

PARADISE NOTEBOOK

The Earth is our paradise. An experimental poem of praise for nature and the light of nature and a reminder that we are part of nature and forever dependent on it.

Music: [Pimeääni](#), Runo 5 from the album Kokouma – Quietest Hits Vol. 1.

Concept and direction: Hannu Nieminen. Design: Hannu Nieminen and Timo Jansson. Cinematography: Timo Jansson and Hannu Nieminen. Actor: Mette Paloniemi. Editing: Hannu Nieminen. A HIDAS production 2025.

About the director

I am Hannu Nieminen from Finland. I have done experimental short films and music videos for Finnish indie bands since the 90's. In my art I like to study time, change, human identity and our role as part of nature. Many of my works are reflections of the ongoing environmental catastrophe, the mixed feelings of hope and despair and attempts to find a new balance. Besides my artistic career I have worked in research and engineering, and films are a thing I do for love, not for money.

Most of my films are made using either digital video or analog 8/16mm film. I like to combine analog and digital tools and experiment with new technologies and ways of storytelling. I started making films in the analog film age, and 8 mm film is my first love, and I still like to use it. Film grain is so beautiful.

HIDAS film group

"Paradise Notebook" has been produced by the HIDAS art collective, whose central themes in their work are time, change, environment and self. The group has five members and has been operating since 2019.

In HIDAS films technical experiments give shape to timeless and poetic reflection. The films strive to be the antithesis to the increasingly rapid flood of stimuli. Slowness requires concentration and offers the mind a space to encounter mystery and beauty even in the small things of everyday life. And, yes, "Hidas" means slow in Finnish.

The group's films have been seen and rewarded at many international film festivals.

Hidas film group web page: <https://hidas.fi>

Facebook: <https://www.facebook.com/TaiteilijaryhmaHIDAS>

Instagram: https://www.instagram.com/hidas_art/

Instagram name is "hidas_art"

About the making of Paradise Notebook

Paradise Notebook was shot July 2025 mostly by a small lake near the city of Tampere, Finland. Scenes shot that day were combined with a set of close-up studies of light and nature, which were shot using a special optics created by the main camera man of the film, Timo Jansson.

We also used macro shots of old flowers from herbariums from 70's and 80's. Finnish primary school students needed to collect flowers and plants to herbariums during their summer holidays and present the results at school after the holidays

Mette Paloniemi, a young actor from Finland, played the main role. We used in the film mostly her first-person-view and rarely showed her face. Focus was more on her senses and emotional connection to nature.

Music in the film is by a Tampere, Finland based composer and musician Pimeääni. He focuses on slow ambient music.

As typical in HIDAS productions the film team was very small consisting only of two persons (+ one actor): Hannu Nieminen and Timo Jansson. Most of the scenes were shot with Lumix GH5 II using Leica optics. In addition GoPro camera and iPhone equipped with special hand-made optics were used.



CONTACT

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Born in 1960. Lives and works in Lempäälä, Finland. Member of media artist group HIDAS (hidas.fi).

ARTIST STATEMENT

In my art I study time, change and our role as part of the nature. Many of my recent works are reflections of the ongoing environmental catastrophe, the mixed feelings of hope and despair and attempts to find a new balance.

TOOLS AND TECHNIQUES

Most of my films are made using either digital video or analog 8/16mm film. I like to combine analog and digital tools and experiment with new technologies and ways of storytelling.

HANNU NIEMINEN

Filmmaker and media artist

PROFILE

I have made films and media art since 1990's: experimental films, music videos, VJ performances and audiovisual installations. **See next page for filmography.**

LINKS

- [Web page](#) (HIDAS group)
- [Facebook](#), [Instagram](#)

FESTIVALS, EXHIBITIONS AND AWARDS

- Denver Underground Film Festival, USA, 2025, **Official selection**
- Art Experimental Screening Film Festival, Georgia, 2025, **Official Selection**
- Magikal Charm Experimental Video & Film Fest XIII, New York, USA, 2025, **Official selection**
- Cine Salon Experimental Film Festival, Cord, Ireland, 2025, **Official selection**
- Tulum World Environment Film Festival, Mexico, 2025, **Official selection and Jury's Award**
- Celluloidra Revolverrel - Hungarian Experimental Film Festival, 2025, **Official selection**
- PlantPop film festival, Virginia, USA, 2025, **Awards for Best Experimental Film and Best Cinematography**
- Moss Farm film festival, Montreal, Canada, 2025, **Official selection**
- Celaya Experimental Festival, Mexico, 2025, **Official selection**
- Without Voice International Film Festival, Argentina, 2025, **Official selection**
- Short Long World Festival, Argentina, 2025, **Official selection**
- Ciudad del este independent film festival, Paraguay, 2025, **Official selection, Award for Best Short Documentary Film**
- Experimental Brazil, 2025, **Official selection**
- Outer Banks Environmental Film Festival, 2025, NC, USA, **Honorable Mention**
- Bahia Independent Cinema Festival, 2025, Brazil, **Official selection**
- Umbria Underground Film Festival, 2025, Italy, **Official selection**
- NeuroVisions Film Festival, 2025, Vermont, USA, **Official selection**
- Valparaíso Amateur Film Festival, 2025, Chile, **Official selection**

- Festival de Largos y Cortos de Santiago, 2025, Chile, **Official selection**
- International Film Festival Kolaksai, 2025, Ukraine, **Official selection**
- Waco Family & Faith International Film Festival, 2025, USA, **Finalist**
- Luleå International Film Festival, Feb 2025, Sweden, **Official selection**
- Santiago Festival de Cine Del Mundo, 2025, Chile, **Official selection**
- VASTLAB Experimental 2025 VLX6, L.A., USA, **Official selection**
- Almaty Underground Screening Series, 2025, Almaty, Kazakhstan, **Official selection**
- Bahia Independent Cinema Festival, Bahia, Brazil, Nov 2024, **Official selection**
- Experimental Film Odyssey, 2024, **Official selection**
- Cuzco Underground Cinema Festival, Peru, 2024; **Official selection**
- Engauge Experimental Film Festival, Seattle, USA, 2024, **Official selection**
- Veracruz Itinerant Short Film Festival, Mexico, 2024, **Official selection**
- Bogotá Experimental Film Festival, Colombia, 2024, **Official selection**
- Ribalta Experimental Film Festival, Italy, Animation series, 2024 **Official selection**
- 8fest Small Gauge Film Festival, Toronto, Canda, 2024, **Official selection**
- éphémère ~ London experimental film festival, 2024, **Official selection**
- Hallucinea Film Fest, Paris, -24, **Official selection**
- DIAMETRALE B-sides, Austria, -24, **Official selection**
- Flickers Eindhoven, NL, -24, **Honorable mention**
- Los Angeles Underground Film Forum, USA, 2024, **Honorable mention**
- Magikal Charm Experimental Film Festival, USA, New York, 2023, **Official selection**
- VASTLAB Experimental VLX5 festival, L.A., USA, 2023, **Official selection**
- Kinoskop5 festival, Belgrade, -23, **Official selection**
- Video Art and Experimental Film Festival, New York, 2023, **Honorable mention**
- Experimental Brasil, Brasil, 2023, **Semifinalist**
- High Tatras Film Festival, Slovakia, 2023, **Finalist**
- Bizarrya Film Fest., Porto, 2023, **Official Selection**
- Fisura Film Festival, Mexico, 2023, **Official Selection**
- Experimental Film Fest, USA, -22, **Official selection**
- Esto es Para Esto festival, Mexico, 2023 and 2022, **Official selection**
- Kinoskop Experimental Film Festival, Serbia, 2021. **Official selection, award for Best OST**
- Bogotá Experimental Film Festival, Columbia, 2021, **Official selection**
- Tampere Short Film Festival, Special competition, 1992, **Official selection and 2nd prize.**
- UNICA international amateur film festival, **Official selection** 1999, 2010, 2011, 2024.
- Finnish Amateur Filmmakers festival, 1999 2nd prize, 2010 1st prize, 2011 1st prize, 2024 2nd prize
- Ryynikän Mylly **exhibitions**, Lempäälä, 2014, 2016

- Voipaala Art Center **exhibition**, Valkeakoski, 2025

+ Several other **film events and performances** in Finland.

FILMOGRAPHY

2019-2025

[Vortex](#), 2025, 5'44"
[The Memory of the Seeds](#), 2025, 17'05"
[Paradise Notebook](#), 2025, 6'50"
[Farewell to Paradise](#), 2025, 4'05"
[Musta neliö](#), 2025, 1'28"
[Jaettu uni](#), 2025, 4'20"
[Kun ei muista](#), documentary, 2025, 13'18"
[Stone Circle](#), 2025, 5'39"
[Dance of the Happy Frogs](#), 2024, 2'54"
[Toivo / Hope](#), documentary, 2024, 12'08"
[Oletko tässä? / Are you here?](#), 2024, 3'28"
[necropolis/rust/wave, a triptych](#), 2024, 20'36"
[Uhrisavu / Sacrificial Smoke](#), 2024, 12'07"
[Kahdet kasvot / Two faces](#), 2024, 10'08"
[Vanishing point](#), 2024, super-8, 3'35"
[From the Dust of the Earth We Came](#), 2023, 5'04"
[Palava pensas / Burning Bush](#), 2023, 11'48"
[Heiluri / The Pendulum](#), 2023, 6'17"
[Valssi / The Waltz](#), 2022, 7'2"
[Peephole](#), 2022, 1'27"
[Requiem for Growth](#), 2022, 6'54", 16 mm film
[12 eco-films](#), 2022, 12 1 second films
[Tempus fugit](#), 2021, 5'33"
[Tulvan jälkeen / After the flood](#), 2021, 1'31"
[Portrait of Matti](#), 2021, 1'48", animation
[Ajan hammas / The tooth of time](#), 2021, 4'06", 8mm film
[Etsijät / The Searchers](#), 2020, 14'30"
[A catatonian dog](#), 2020, 5'29"

2010-2019

[Seitsemän matkakuvaa maailman laidalta](#), 2019, 24'01"
 Good Vibrations, 2015, 1' 25"
 The Unity Principle, 2014, 3'40"
 A life, 2014, 45"
[California Dreaming](#), 2013, 1'19", found footage
 Löin kerran pääni ilmassa olevaan reikään, 2013, 1'12"
 Guevara Moustache, 2013, 2'57, found footage
 Polttopiste, 2013, 40"
 Pantokraattori, 2013, 10", animation
 Napanuora, 2013, 7"
[Väreitä](#), 2013, 3'53"
[Joko kaikella on tarkoitus tai millään ei ole](#), 2013, 5'10"
 Punainen metsä II, 2012, 2' 2"
[Seitsemäs aalto](#), 2012, 2'39"
[Portti / The Gate](#), 2012, 1'3", silent
[Punainen metsä / Red Forest](#), 2011, 3'
[Luopuminen / Giving up](#), 2011, 1'52"
[Hyppy / The Jump](#), 2011, 1'58", found footage
 Nuorena nukkunut, 2010, 2'38"
[Pakko kasvaa](#), 2010, 2'35"
 Suomalainen maisema, 2010, 1'5"

2000-2009

[Translight](#), 2009, 3'32"
[Kotiinpaluu](#), 2009, 5'14"
[Syysvirasto](#), 2009, 1'
[Lähtökohta](#), 2009, 4'01"
[Lasi kirkasta vettä](#), 2009, 2'
 Waiting for the train, 2009, 3'25"
[Pieni askel ihmiskunnalle](#), 2009, 1'58"

Courage to Consume, 2008, 1' 28'', found footage
5 to, 2008, 1'1'', animation
[Cyclorama](#), 2008, 2'7'', animation
[Crystal reflections](#), 2007, 2'29
High Tide ,2007, 2'35'', found footage
The Bradley Experiment, 2007, 2' 24'', found footage
Roach Race,2007, 2'29'', found footage
Kaamostango,2007, 3'30'', 8mm film
Events in dense fog, 2006, 59''
[Ruoste](#), 2002, 7'50'', 8mm film

Before 2000

Maan alta, 1999, 7'2''
Kangastuksia, 1989, 3'18'', 8mm film

MUSIC VIDEOS

Noitalinna Huraa!

Puujalkaiset (1990), Keinu (1991), Peräseinäjoen Teräsmies (1992),
Jäljillä (1992), Kapean kummun kamaa (1992), Oletko (1992),
Roskisprinssi (2017), Syksyn sirkus (2017), Laitaan elokuun (2017),
Avaruuslaiva (2018)

Musta Köksä

Sula (2008), Ran (2010), Mummo ja aasi (2010), Tyttö (2011), Mitä
mä oon (2011), Ei se haittaa (2012), Kiltti kaupunki (2012), Elokuun
yöt (2012), Ruusunen (2012), Deja vu (2014), Paskalauantai (2014),
Pienet kalat (2014), Musta varis (2014), Kämpälä (2015)

Kumikameli

Ontto kaiku (1994)

Teurastamo 5

Halla (1993, new version 2015)

Tuntematon Koskinen

Yön matkaaaja (2023), Päivänkorennoille (2023)

Koskinen&Syrjä

Minä ja P (2025)

Maanvaiva

Auringonkukka (2017)

melkoinen

Radiolaulu 2 (2011)

schbert

That's Why (2013)

Clinga / ARNRealm

Mind the Gap (2013)