



**SHEFFIELD DOC/FEST 2021**

# Lift like a Girl

*+ Pre-recorded Q&A*

On a corner-lot in the Egyptian city of Alexandria, female weightlifters train to become Olympic champions. Following in the footsteps of some of Egypt's most famous athletes, 14-year-old Zebiba trains under the tutelage of the visionary Captain Ramadan. Can Zebiba direct her focus to be the weightlifting champion that her coach feels certain she is capable of becoming?

**bfi.org.uk**

On a busy, noisy high-traffic street corner in Alexandria, Egypt, a seemingly vacant corner lot surrounded by chain link fencing is the training site of Egypt's most elite champions – female weightlifters.

Zebiba (Arabic for 'raisin') has been training at the site for five years, since she was 9, following in the footsteps of Egypt's most famous athletes of all time – including the first Arab, female, two-time Olympic medallist, Abeer Abdel Rahman, and world champion and Olympic athlete, Nahla Ramadan. Nahla's father, the visionary Captain Ramadan, has bred champions, female champions, from his makeshift corner-lot training site for over two decades – 4 Olympic, 9 World and 17 Pan African champions.

Now it is Zebiba's turn. But can Zebiba put aside her youthful instincts, and direct her focus to be the weightlifting champion the Captain is sure she is?

## **Zebiba**

Zebiba's real name is Asmaa Ramadan. Although her last name is Ramadan as the Captain's, she is not his daughter. It is just a coincidence or maybe not that they share the same last name, since the two share a very special relationship. It was Captain Ramadan who nicknamed her Zebiba (meaning Raisin in Arabic), because when she first started training, she was so little and as tiny as a raisin.

## **Captain Ramadan**

A former weightlifter and an Olympic athlete who has been coaching women weightlifters for more than 20 years. He has a proven track record of success and more than 400 medals. He is the coach/father of Nahla Ramadan and Nagham Ramadan; the first Egyptian/Arab women to play weightlifting. Yet, Nagham the eldest is a junior world champion bronze medallist while Nahla is a world champion gold medallist, a former world record holder and an Olympic athlete. Captain Ramadan is also the coach of Abeer Abdel Rahman, who is the first Arab female two-time Olympic medallist weightlifter.

**Production notes**

LIFT LIKE A GIRL

Director/Writer/Producer: Mayye Zayed  
Production Companies: Cléo Media, Jyoti Films, Rufy's Films  
Co-producers: Anke Petersen, Anna Bolster  
Director of Photography: Mohamad El-Hadidi  
Editor: Anna Bolster  
Sound Designer: Samir Nabil  
Sound Designer and Mixer: Brian Dyrby  
Music Composer: Marian Mentrup

Egypt/Germany/Denmark 2021  
92 mins

SHEFFIELD DOC/FEST 2021

Opening Night: European Premiere: Summer of Soul (...Or, When the Revolution Could Not Be Televised) + pre-recorded Q&A  
Fri 4 Jun 20:15  
UK Premiere: Lift like a Girl + pre-recorded Q&A  
Sat 5 Jun 20:15  
International Premiere: My Name Is Pauli Murray + pre-recorded Q&A  
Sun 6 Jun 18:30  
UK Premiere: The First 54 Years: An Abbreviated Manual for Military Occupation + pre-recorded Q&A  
Fri 11 Jun 20:20  
Closing Night: World Premiere: The Story of Looking + pre-recorded Q&A  
Sat 12 Jun 20:50

EVENTS & STRANDS

Preview: In the Earth + Q&A with director Ben Wheatley  
Thu 10 Jun 19:00  
Preview: Doctor Who: Dragonfire  
Sat 12 Jun 12:00  
Relaxed Screenings: The Reason I Jump  
Fri 18 Jun 14:30; Tue 22 Jun 18:10  
Woman with a Movie Camera: Wildfire  
Sun 20 Jun 18:40 (+ Q&A with director Cathy Brady); Mon 21 Jun 18:10; Tue 22 Jun 14:40; Wed 23 Jun 20:50; Thu 24 Jun 14:45

BAGRI FOUNDATION LONDON INDIAN FILM FESTIVAL

LIFF Opening Night: WOMB (Women of My Billion)  
+ on stage Q&A with Srishti Bakshi and film critic Anna Smith  
Thu 17 Jun 17:20  
My Beautiful Laundrette  
Fri 18 Jun 20:20  
The Warrior + on-stage career interview with  
writer-director Asif Kapadia  
Sat 19 Jun 20:30  
Ahimsa: Gandhi the Power of the Powerless  
Sun 20 Jun 15:00  
Searching for Happiness...  
Tue 22 Jun 20:50  
Nazarband Captive  
Wed 23 Jun 20:45  
A'hr Kayattam  
Thu 24 Jun 18:00  
The Salt in Our Waters Nonajoler Kabbo  
Sun 27 Jun 15:00

NEW RELEASES & RE-RELEASES

First Cow  
From Fri 28 May  
Surge  
From Fri 28 May  
After Love  
From Fri 4 Jun (Q&A with director Aleem Khan on Fri 4 Jun 17:30; Q&A with director Aleem Khan and actor Joanna Scanlan on Sun 13 Jun 18:40)  
Gunda  
From Fri 4 Jun  
Fargo  
From Fri 11 Jun  
The Reason I Jump  
From Fri 18 Jun  
Nashville  
From Fri 25 Jun  
Ultraviolence  
From Sat 26 Jun  
Sat 26 June 14:20 + Q&A with director Ken Fero and contributor Janet Alder  
Supernova  
From Fri 2 Jul  
Another Round  
From Fri 9 Jul  
Jumbo  
From Fri 9 Jul  
Deerskin  
From Fri 16 Jul  
Girlfriends  
From Fri 23 Jul  
Mandabi  
From Fri 23 Jul

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