یک روز شیرین

A SWEET DAY

79
Locarno Film Festival
PARDI DI DOMANI
OFFICIAL SELECTION



Original Title: Yek Rooz-e Shirin
International Title: A Sweet Day
Category: Fiction Short Film
Genre: Drama
Country of Production: Iran
Year of Production: 2026
Running Time: 18 min
Language: Persian (Farsi)
Subtitles: English

Technical Specifications
Aspect Ratio: (4:3) 1.33:1
Screening Format: 4K DCP
Frame Rate: 25 fps
Sound: Stereo - 5.1 Surround
Color: Color

Synopsis

When a young woman gets the chance to have a conjugal meeting with her imprisoned husband after a long time, she decides to re-experience a romantic time in the apathetic and harsh atmosphere of the prison.



Biography of the director

Omid Abdollahi is an Iranian director, screenwriter, and editor whose short fiction and documentary films have been screened at numerous international film festivals. His short film Glimmer received a Special Mention from the Jury at the 35th Clermont-Ferrand International Short Film Festival in France and went on to screen at more than twenty international festivals, including the 15th Short Shorts Film Festival & Asia in Japan and the 21st Arcipelago International Short Film Festival in Italy. In 2015, Abdollahi received the Grand Prize for Best Filmmaker at the Sapporo International Short Film Festival in Japan for his trilogy of short films Bandage, Glimmer, and Hostess. In 2016, his documentary project Winners received both Script Development and Production grants from the IDFA Bertha Fund in Amsterdam. His latest short film, A Sweet Day, was selected as one of eight projects for the Script Pitch and Script Lab sections of the 40th INTERFILM International Short Film Festival Berlin. The film had its world premiere in the International Competition of the 79th Locarno Film Festival. Omid Abdollahi is currently developing his first feature-length fiction film.

Director's Statement

A Sweet Day is rooted in a deeply personal memory. As a child, I accompanied my mother on weekly visits to see my father in prison. In those waiting rooms and behind those walls, I witnessed not only the absence of a loved one, but also the quiet resilience of women and children struggling to preserve their emotional bonds under difficult circumstances.

Although many years have passed, the images, sounds, and emotions of those visits remain vivid in my memory. This film emerged from that experience, blending personal recollections with imagination and observations drawn from the world around me.

Set in contemporary Iran, the film is inspired by the experiences of families living in the shadow of imprisonment and execution. While public attention is often focused on those directly subjected to punishment, I have long been interested in those who remain behind — the mothers, wives, and children who must continue living with loss, uncertainty, and the burden of absence.

For me, some of the deepest wounds are the ones that cannot be measured or recorded. They persist quietly in everyday life, shaping memories, relationships, and the emotional lives of those left behind.
Through this film, I wanted to give voice to those invisible scars and to the resilience, love, and hope that endure even in the shadow of loss.

Credits

Lead Actress
Behdokht Valian

Voice Cast
Reza Akhlaghirad
Ebrahim Azizi

Director
Omid Abdollahi

Screenwriters
Omid Abdollahi
Solmaz Haddadian

Director of Photography
Ali Ehsani

Sound Recordist
Ahmad Saberi

Production Designer
Mohammad Reza Baghandeh

Editor
Omid Abdollahi

Sound Designer
Tirdaad Shabankareh

Composer
Kaveh Kateb

Poster & Graphic Designer
Amirhossein Zarifian

Producers
Hossein Mansourzadeh
Omid Abdollahi

Production Company
Doornama Studio



Official Poster

Contact Information

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