



Swiss Documentary Celebrates the Enduring Power of Friendship and Human Connection at MIFF

Mumbai, 20 June 2026

A thought provoking discussion on friendship, mental health, and human resilience unfolded at the 19th Mumbai International Film Festival (MIFF) during the press conference of the Swiss documentary "I Love You, I Leave You" directed by Moris Freiburghaus, produced by Leon Schwitter and Fabiana Seitz. The multilingual documentary winner of the Golden Eye for Best Documentary and the Audience Award at the Zurich Film Festival received an encouraging response from audiences and media representatives at its international premiere, held as part of MIFF's special Mid-Fest showcase.

The documentary follows musician Dino as he travels to Angola, his father's homeland, in search of identity and belonging. The journey takes an unexpected turn when Dino experiences a severe mental health episode, transforming the film into a moving exploration of friendship, care and recovery.



Speaking about the title of the film, Morris said that "I Love You, I Leave You" does not signify the end of love, but reflects the idea that people may have to part ways while the bond of care and friendship continues. He shared that the film was initiated by Dino himself, who wanted to tell his story and create a greater understanding around mental health challenges.

Moris Freiburghaus said his long friendship with Dino shaped the documentary, which evolved organically through real-life experiences rather than a fixed script. He described the film as a means of expressing difficult emotions and deepening their bond through art. Addressing mental health, he stressed upon the importance of empathy and understanding, noting that people are often judged without knowledge of their personal struggles. He said the film encourages audiences to be more open-minded, compassionate and sensitive in their interactions with others.

The director also highlighted the role of cinema in starting meaningful conversations. He expressed hope that the documentary would inspire greater awareness about mental health while reminding audiences of the power of friendship and human connection during difficult times.

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PIB Team MIFF | Nikita Joshi/Robin Singh/Darshana Rane

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