

HOW TO BE NORMAL AND THE ODDNESS OF THE OTHER WORLD
by Florian Pochlatko

• REVIEWS

SCREEN DAILY: 'How To Be Normal' review: Peppy debut from Austria tackles mental illness - By [Lee Marshall](#)
<https://www.screendaily.com/reviews/how-to-be-normal-review-peppy-debut-from-austria-tackles-mental-illness/5202054.article>

"Star Luisa-Celine Gaffron shines in Perspectives premiere."

"A kind of cinematic graphic novel that navigates a deft tonal journey through humour, melancholy, romance, edgy drama and some trippy visual montages."

"A breezily disturbing and disturbingly breezy comedy-drama."

ICS: Berlinale 2025 review: How to Be Normal and the Oddness of the Other World (Florian Pochlatko) - By [Matthew Joseph Jenner](#)
<https://icsfilm.org/festivals/berlin/2025-berlin/berlinale-2025-review-how-to-be-normal-and-the-oddness-of-the-other-world-florian-pochlatko/>

★★★★★

"Captures reality in a hypnotic, challenging way that provokes and intrigues in equal measure."

"The thematic foundation on which Pochlatko constructs this film is fascinating right from the start."

"Luisa-Céline Gaffron in one of the most spellbinding performances of the year."

"How to Be Normal is an exceptional work that represents an entirely new movement in socially conscious but artistically daring cinema."

OVERLY HONEST REVIEW: (A Reality-Bending Story That Redefines Normalcy) - By [Chris Jones](#)

<https://mailnewsgroup.com/ohmr/a-reality-bending-story-that-redefines-normalcy/>

LETTERBOXD> <https://boxd.it/8R7vXD>

★★★★★

"HOW TO BE NORMAL AND THE ODDNESS OF THE OTHER WORLD is a bold and imaginative film that refuses to conform to expectations."

"Its inventive storytelling, striking visuals, and darkly humorous approach to serious themes stand out as a refreshingly original entry into contemporary cinema."

"An unpredictable, deeply human journey that lingers in the mind long after the credits roll."

CINEMA REPORTERS: How to be normal and the oddness of the other world by Florian Pochlatko - Cinema Reporters- By [Le Mag Cinema](#)

<https://cinemareporters.com/microcritic/how-to-be-normal-and-the-oddness-of-the-other-world-by-florian-pochlatko/>

★★★

"How to be normal and the oddness of the other world, proves to be well-informed, precise, addresses different perspectives, takes the side of mimicking inner voices and hallucinating images, and never forgets to involve others."

"Although unrealistic, 'Requiem for a Dream' was a landmark at the time in the field of tranquilizers; 'How to be normal and the oddness of the other world' does the same with pharmacopathy, while offering an entertaining, amusing spectacle."

CREATIVE CINEMATIC COLLECTION: "How to Be Normal and the Oddness of the Other World" Review - *By Creative Cinematic Collection*

<https://creativecinematiccollection.com/2025/02/16/how-to-be-normal-and-the-oddness-of-the-other-world-review/>

4/5

"The film does an incredible job at making us care for someone where there might be a stigma of."

"Luisa-Céline Gaffron is truly the beating heart of the film that is fully realized by Florian Pochlatko's masterful direction."

CINENCUENTRO: Festival de Berlín: "How to Be Normal and the Oddness of the Other World" (2025), de Florian Pochlatko - *Críticas - By Gustavo Herrera Taboada*

<https://www.cinencuentro.com/2025/02/16/festival-de-berlin-how-to-be-normal-and-the-oddness-of-the-other-world-2025-de-florian-pochlatko/>

"The film displays an audiovisual style as delirious and unpredictable as its protagonist,"

"A remarkable performance of Luisa-Céline Gaffron as a demanding character."

JOSH AT THE MOVIES: Berlinale 2025: How To Be Normal and the Oddness of the Other Worlds - *By Alecia Wilk*

<https://joshatthemovies.com/2025/02/16/berlinale-2025-how-to-be-normal-and-the-oddness-of-the-other-worlds/>

★★★1/2★

"How To Be Normal and the Oddness of the Other Worlds' title is a mouthful, supported by a feast of vivid storytelling."

"All experimental twists withstanding, it resists being overly stylized. »

"How To Be Normal and the Oddness of the Other Worlds contains both a terribly hopeful personal narrative and a vividly bleak social one."

LOUD AND CLEAR: How to Be Normal and the Oddness of the Other World Review - *By Hayley Croke*

<https://loudandclearreviews.com/how-to-be-normal-film-review/>

★★★

"Pochlatko's artistic vision is precise and exacting."

"He shoots Luisa-Céline Gaffron as Pia with a tenderness that makes it abundantly clear how much he cares for this character."

"Pochlatko takes risks with alternating aspect ratios and experimental storytelling that make this feature truly unique."

JOURNEY INTO CINEMA: How to Be Normal and the Oddness of the Other World Review
- By Redmond Bacon

<https://journeyintocinema.com/how-to-be-normal-and-the-oddness-of-the-other-world/>

LA ESTATUILLA: Crítica: "How to be Normal and the Oddness of the Other World", existir en el sinsentido - By Lalo Ortega

<https://laestatuilla.com/criticas/critica-how-to-be-normal-and-the-oddness-of-the-other-world/>

"As a sensory recreation of what it means to live in the nonsensical, How to be Normal and the Oddness of the Other World is a fascinating experience."

CINEMATOGRAPHE (IT): How to Be Normal and the Oddness of The Other World: recensione del film presentato alla Berlinale 2025 - By Luciano Attinà

<https://www.cinematographe.it/recensioni/how-to-be-normal-and-the-oddness-of-the-other-world-recensione/>

*"Florian Pochlatko's first feature film is a reworking of postmodernist cinema of the 1990s."
"Pochlatko makes us realize that perhaps it is not Pia who is wrong."
"How to Be Normal and the Oddness of The Other World builds a link between psychic image and filmic body."*

CINELAPSUS: HOW TO BE NORMAL AND THE ODDNESS OF THE OTHER WORLD (2025), di Florian Pochlatko - By Marco Romagna

<https://www.cinelapsus.com/how-to-be-normal-and-the-oddness-of-the-other-world-2025-di-florian-pochlatko/>

"His striking debut feature How to be normal and the Oddness of the Other World is simply beautiful in delving all the way into the darkest meanderings of illness and mental instability without ever detaching itself from the point of view of the protagonist and her family."

CINEMA AUSTRIATICO: How to be normal and the Oddness of the Other World (2025) by Florian Pochlatko - Review | Cinema Austriaco - By Marina Pavidó

<https://cinema-austriaco.org/en/2025/02/17/how-to-be-normal-and-the-oddness-of-the-other-world/>

grade: 8

"How to be normal and the Oddness of the Other World is a particularly interesting feature film not only because of the themes it deals with, but also because of the special and courageous staging adopted by the director."

"Pochlatko has managed to give his first work its own, well-marked personality, never afraid to experiment and play with all the possibilities that the seventh art has to offer".

• NEWS ITEMS/MENTIONS

THE HOLLYWOOD REPORTER: Is Ed Sheeran in a Berlin Film Festival Movie? - By Georg

Szalai

<https://www.hollywoodreporter.com/movies/movie-news/ed-sheeran-double-berlin-film-festival-how-to-be-normal-1236130924/>

CINEUROPA: How to Be Normal and the Oddness of the Other World - By Susanne Gottlieb
<https://cineuropa.org/en/newsdetail/473903/#cm>

" It is an impressive piece of filmmaking that Austrian director Pochlatko offers up with the movie."

" Pochlatko wants to build bridges to understand neurodiverse people, and to point out that coming off the pills makes the illness even worse."

UNSEEN FILMS: - By Steve Kopian

<http://www.unseenfilms.net/2025/02/how-to-be-normal-and-oddness-of-other.html>

" One of the best films at Berlin (and maybe 2025) is a one of a kind film that is unlike anything you have ever seen."

" This film is lightning in a bottle and is highly recommended, twice more if you want off Hollywood wondrous one of a kind thrill machines."

EN PRIMERA FILA: Berlinale 2025 - Parte 1: Identidades - By Miguel A. Reina

<https://enprimerafila.blogspot.com/2025/02/berlinale-2025-parte-1-identidades.html>

★★★★★

"How to be normal and the oddness of the is one of the most thought-provoking works in terms of its visual conception."

"The film is a mixture of visual and narrative ideas that are very attractive."

"How to be normal and the oddness of the world is radical in its approach to the unstable reality experienced by the main character, not only because of her own mental illness but also because of the world around her."

FILMSTARTS (DE): Die Filmstarts-Kritik zu Wie man normal ist und die Merkwürdigkeiten der anderen Welt - By Patrick Fey

<https://www.filmstarts.de/kritiken/1000018576/kritik.html>

★★★★★

KINO-ZEIT (DE): How to Be Normal and the Oddness of the Other World (2025) - By Mathis Raabe

<https://www.kino-zeit.de/film-kritiken-trailer-streaming/how-to-be-normal-and-the-oddness-of-the-other-world-2025>

★★★★★

"The playful, essayistic staging of How to be normal... makes for some brilliant sequences."

"When you leave the movie theater, look around and turn your cell phone back on, you may still think you're in the middle of the end of the world."

FATA MORGANA: "How to be normal and the oddness of the other world" di Florian Pochlatko - By Martina Tassone

<https://www.fatamorganaweb.it/how-to-be-normal-and-the-oddness-of-the-other-world-pochlatko/>

"Going back to the Latin etymology of the term alienus, Pia is an alien being, that is, other, different."

"Florian mixes science fiction, horror and comedy, trying to coexist the humorous satire to the intimate narration of the inner states of the characters."

THE SPOT: „How to Be Normal and the Oddness of the Other World” - *By Michael Müller*

<https://the-spot-mediafilm.com/reviews/review-berlinale-how-to-be-normal-and-the-oddness-of-the-other-world/>

“How to Be Normal and the Oddness of the Other World” by Florian Pochlatko, is a tragicomic directorial debut which tells the story of a woman who has just been released from a psychiatric hospital and is played magnificently by Luisa-Céline Gaffron."

"A film that perfectly captures our times."

FILM-REZENSIONEN (DE): How to Be Normal and the Oddness of the Other World - *By Gabriel Göttel*

<https://www.film-rezensionen.de/2025/02/how-to-be-normal-and-the-oddness-of-the-other-world/>

7/10

“How to Be Normal and the Oddness of the Other World” uses creative visuality to provoke its audience into engaging with mental disorders in a new way."

"A self-referential cinematic work, a film that reflects on the aesthetic possibilities of the medium and impresses with its visual versatility."

STYLE (RU): Berlinale 2025: about saucles and diamonds - *By Stas Tyrkin*

<https://style.rbc.ru/impressions/67b2f0459a79472f96f24eec>

• NEWS ITEMS/MENTIONS

ABUS DE CINE: Festival Berlin 2025 : sélection Perspectives - Abus de Ciné - *By Olivier Bachelard*

https://www.abusdecine.com/article_festival/berlin-2025-selection-perspectives/

• INTERVIEWS

NEUES DEUTSCHLAND: Berlinale: Als wäre die Realität ihre eigene Satire
Florian Pochlatko über seinen Film »How to Be Normal and the Oddness of the Other World
- Interview By Inga Dreyer

<https://www.nd-aktuell.de/artikel/1189124.sektion-perspectives-berlinale-als-waere-die-reality-ihre-eigene-satire.html?sstr=how|normal>

THE HOLLYWOOD REPORTER: Is Ed Sheeran in a Berlin Film Festival Movie? (interview
with Wesley Byrne) - By Georg Szalai

<https://www.hollywoodreporter.com/movies/movie-news/ed-sheeran-double-berlin-film-festival-how-to-be-normal-1236130924/>

• AUDIO'S/ VIDEO'S

ANTHONY A PEREZ on You Tube: How to be Normal and the Oddness of the Other World |
Hysteria - The 75th Berlinale 2025 Reviews - By Anthony A. Perez

<https://www.youtube.com/watch?v=wJ7SPia-qjM>