

Parinaz Hashemi

Independent Documentary Filmmaker • Director • Editor • Author Tehran, Iran

Professional Profile

Parinaz Hashemi is an independent documentary filmmaker, editor, author, and researcher from Tehran, Iran, with more than twenty years of experience in cinema and television. She has contributed to over forty film and television productions in roles such as assistant director, editor, programmer, and production coordinator.

In 2009, following political events in Iran, she chose to leave institutional filmmaking and pursue a fully independent path. Since then, she has refused collaboration with government-affiliated productions and has continued her work without financial support from state institutions. This independence has allowed her to maintain full creative freedom and remain committed to stories that are often overlooked.

As a solo filmmaker, she travels across Iran documenting the lives of people whose voices are rarely heard. Her films explore social issues, cultural identity, marginalized communities, and human resilience.

Education

Associate Degree in Curatorial Studies University of Cultural Heritage, Tehran, Iran

Publications

- *Bachehaye Naft (Children of Oil)* — 2001
- *Bachehaye Bam (Children of Bam)* — 2004
- *Divar Neveshtehaye Zendan-e Qasr (The Writings on the Walls of Qasr Prison)* — 2008

Filmography

Director / Editor

- 2025 — *Bashla*
- 2024 — *Lilium*
- 2022 — *Colorful Dreams*
- 2021 — *My Share*
- 2019 — *A Girl from Parsian*
- 2018 — *The Little Red Fish*
- 2016 — *The Rhythm of My Life*
- 2014 — *Lost Human Language*
- 2008 — *A Smile for Fire*

- 2005 — *Next Time* (Short Film)
- 2004 — *I Speak to You and I Know That You Hear Me*

Editor

- 2017 — *Ali vs Ali* (Documentary)
- 2010 — *Behind Ashpazbashi* (Making-of Documentary)
- 2008 — *Che Guevara* (Documentary)

Professional Experience

More than twenty years of experience in cinema and television across over forty productions in roles including:

- Documentary Direction
- Film Editing
- Assistant Directing
- Production Coordination
- Programming
- Script Supervision
- Research

Technical Skills

- Adobe Premiere Pro
- Final Cut Pro
- Adobe Photoshop
- Documentary Research
- Film Editing
- Production Management

Languages

- Persian — Native
- English — Working Proficiency

Past Professional Experience in Iranian Cinema

(1995–2014) Before choosing an independent path, Parinaz Hashemi worked for nearly two decades in the Iranian film and television industry. During this period, she collaborated on more than forty productions in various roles such as script supervisor, assistant director, editor, programmer, and production coordinator.

In 2009, following political events in Iran, she made the decision to leave institutional filmmaking entirely. Since then, she has refused all government-affiliated collaborations and has continued her work independently, without financial support from state institutions.