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Mango Doula

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Journal

Mango Doula

Author

Trinidad, Francesca

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Mango Doula- Final Proposal
Producers: franny trinidad and Koby Park



I. Treatment

Logline: In Washington State, an expectant mother and her doula navigate their shared identity as first generation Filipina Americans

Synopsis: *The Mango Doula* is a 20-minute documentary following Marie and Jay as they welcome their newborn with the help of community doula, Bethany "The Mango Doula" Monsrud, whose work is guided by the ancestral wisdom of pre-colonial Philippine shamans and healers. Through prenatal rituals, breathwork, recipes, and intimate conversations, the two women explore the intimate connection between birth and the ongoing struggle for sovereignty and identity both in the Philippines and in the diaspora.

As first-generation children of immigrants, Marie and Bethany's paths crossed in their own individual journeys toward reconnecting with their ancestral roots. Using poetic montages of nature, archival footage, and meaningful family objects, the film will blur past and present– illustrating what was lost through colonial oppression and what may be reclaimed through birth.

Artistic Approach
Weaving between cozy verité and dynamic poetry, the visual style of *Mango Doula* conveys the raw intimacy of community, partnership and motherhood while paying homage to tradition and nostalgia. Vibrant mosaics that illustrate ancestors, birth and our souls will be used to intro, transition and close the film. Serene observations between the expecting family, doula and their community will ground the primary acts in

the idea that “it takes a village.” We draw inspiration from the short film “I am the Nature” from its use of colorful imagery to paint vivid pictures of life and “Un après-midi” which uses warmth and softness to carry the love and solitude of motherhood. Informal yet up-close interviews will be filmed using natural light and shadows to carefully capture the striking intentionality of our characters who revive pre-colonial practices in a western world. The film will visually push the boundaries of the documentary form.

Act 1: We Are All Connected

On a rainy Pacific Northwest morning, sun peaks through the misty evergreen trees. “Thousands of miles away, we embody the spirit of our homeland.” A voice is heard under slow, dreamy imagery of the local ecosystem– birds chirping, leaves rustling, the glimmering surface of a nearby lake.

Bethany prunes mallunggay branches from a small garden bed in front of her Renton home, the dirt still moist from the early morning rain. Her hands carefully place them into a basket lined with patterned fabric, then she walks into her home. She talks about how she didn’t know how to root herself in the United States, until she returned to her ancestral land in the Philippines.

“In the Philippines, everyone thinks of the collective. It’s not like the isolating and competitive culture we have in the U.S.”

Bethany talks about the origin of her name, “The Mango Doula” as an homage to a fruit which represents both community and fertility, the name she came up with after her first visit to the Philippines.

In the kitchen, Bethany prepares a large pot of water and places it on the stove. She drops beef bones and shanks into the water as it boils from the heat. Bethany is preparing nilaga– a clear broth soup, typically eaten during pregnancy to support the mother’s tissue growth and increased blood supply. She wraps herb bundles and folds textiles in preparation for an upcoming doula session.

We transition from Renton’s quiet coast to Seattle’s muted greys, fog swallowing high-rise buildings and ferries cutting through dark blue waters. Marie sits in the living room with her husband, Jay, tracing her belly with her hands. At almost 40 weeks, Marie’s due date is rapidly approaching.

“When my mother passed away,” Marie tears up at the memory, “I was filled with a deep regret that I didn’t learn more about them, about their culture, about their homeland.”

Jay comforts her. Marie explains why she sought out Bethany's doula services.

"Having this baby is my opportunity to add to this family and pass down my mother's traditions."

Marie speaks about her upbringing, wanting to emulate her mother's bravery for her daughter. Archival footage of her childhood in Seattle melds together with imagery of their new home in Renton.

We transition to Bethany and see her own personal archival– growing up in Washington's beautiful scenery. She tells us that her clients often view their births as a chance to reconnect with their heritage.

Act 2: Preparing the Portal to Earthside

Bethany wakes early in the morning, preparing to travel to her Lola Estelita's house in a nearby city, Kent. She is on the way with some fruit and a tupperware of her homemade nilaga. As part of Bethany's doula journey, she has made more of an effort to document her family's history.

Lola Estelita welcomes Bethany at the door, a warm smile on her face as she embraces her granddaughter. The two sit down in the living room and share the mangoes Bethany travelled with. Bethany asks her lola about her experience with traditional doulas in the Philippines who assisted her with 10 home births. Lola Estelita tells her story with remembrance in her dialect, Kapampangan, Bethany cannot speak but understands. She looks at her lola with admiration.

"These ancestral practices are being lost," Lola Estelita says, "After the Philippine government prohibited home births and intuitive doula work, many women have suffered greatly."

The next morning, Bethany packs her doula bag as she prepares to make the drive to see Marie and Jay for their final session before she is on-call for the birth. When she arrives, they practice somatic bodywork and breathing exercises, derived from the practices of the *hilots* and *babaylans*. Bethany's voiceover explains the important connection between body, nature, and spirit.

Marie's breath transitions to montages of mothers and nature, with Bethany's voice explaining the socioeconomic barriers many women face within modern medicine. She monologues about how doulas are trying to fill the gaps that have been left by colonial mentality:

"The cycles of lack of care and discriminatory practices– that's what is known as generational curses for many folks," Bethany says. "Doulas are quite literally trying to weave communities together and empower families for the future of humanity as a whole. "

Act 3: It Takes a Village

Bethany returns to the Philippines to study under the Hilot Academy of Binabaylan in Manila, Philippines. Here, she learns in depth the ancestral practices and somatic work which she aims to bring back to the families she supports in the States.

Back in Washington, Marie and Jay are preparing for their baby shower. We see them on stage with a mic, addressing their loved ones, and thanking them for celebrating their pregnancy. A slowed montage of games, cheers, hugs, and kisses plays over hopeful music. Here, we see the village and community Marie and Jay have created who will help collectively raise their daughter.

We return to Bethany, practicing a yoga ritual on the coast. We hear her internal monologue about how it feels to assist new parents with their birth journey. She reflects on her time spent with Marie and Jay.

II. PRINCIPAL PHOTOGRAPHY SCHEDULE

The Mango Doula- Principal Photography Schedule
Producers: Franny Trinidad and Koby Park

Call Sheet			
Name	Role	Phone	Email
Koby Park	Producer	(949) 701-3351	kopy_park@berkeley.edu
Franny Trinidad	Producer	(831) 242-0659	fctrinid@berkeley.edu

Call Sheet			
Bethany Marie	Self	(206) 992-8176	themangodoula@gmail.com
Marie	Self	+1 (206) 356-7983	
Jay	Self	+1 (206) 334-8552	

I. Principal Photography Shoot (TRIP 1)

January 12, 2026	Travel Day/Scout Day
	Arrive in Seattle

Day 01/ Tues- Jan.13 Seattle, WA **Weather:** Overcast **High**: 47° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 13, 2026		Production Day
1:00PM	EXT	Landscape Shots
5:00 PM		Ingest footage/editing

Day 02/ Wed.- Jan.14 Renton, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 14, 2026		Production Day
1:00 PM	EXT	Meet with Bethany for coffee
3:00 PM	EXT	Film Bethany at Cedar River
		Ingest footage/editing

Day 03/ Thurs- Jan.15 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 15, 2026		Production Day

5:00PM	EXT	Sunset at Seward Park
		Ingest footage/editing

Day 04/ Fri- Jan.16 Renton, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 16, 2026		Production Day
6:30 AM		Drive to Renton
7:00 AM	EXT	Bethany garden + morning routine
		Ingest footage/editing

Day 05/ Sat- Jan.17 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 17, 2026		Production Day
5:00PM	EXT	Doula Session
		Ingest footage/editing

Day 06/ Sun- Jan.18 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 18, 2026		Production Day
9:00 AM	EXT	Seafood City
12:00 PM	EXT	May's salon
4:00 PM	EXT	Bethany + Lola + aunt + May cooking
		Ingest footage/editing

Day 07/ Mon- Jan.19 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39°

First light: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 19, 2026		Production Day
10:00 AM	EXT	Film Bethany at hospital
11:00 AM	EXT	Vashon Island exteriors
		Ingest footage/editing

Day 08/ Tues- Jan.20 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 20, 2026		Production Day
4:00 PM	EXT	Seattle ext

Day 09/ Wed- Jan.21 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 21, 2026		Production Day
		Rest day

Day 10/ Thurs- Jan.22 Seattle, WA **Weather:** Overcast **High**: 45° **Low**: 39° **First light**: 7:00 AM **Sunrise:** 7:30 AM **Sunset:** 4:30 PM **Last light**:4:40 PM		
January 22, 2026		Production Day
1:00 PM	INT	Bethany interview

January 22, 2026	Travel Day

February 10, 2026	Finish Assembly

GEAR SHOOTER LIST

VIDEO
C200 x 1
11-16mm f2.8 lens x 1
24-70mm f2.8 lens x 1
24mm f1.4 lens x 1
50 mm f1.4 lens x 1
85mm 1.4 lens x 1
70-200mm f2.8 lens x 1
100-400mm f4.5-5.6 lens x 1
Manfrotto Tripod x 1
Manfrotto Monopod x 1
DJI Drone x 1
Batteries x 4
SD card (32 GB) x 3
SD card (64 GB) x 2
SD card (128 GB) x 2
Hard drive x 4 (1tb each)

SOUND
Mixpre x 1
Wired lav x 2
Sennheiser Wireless lav x 2
Sanken lav mic for wireless x 2
Boom mic x 1
Boom pole x 1
Pistol Grip x 1
Boom stand x 1
XLR cables x 3
Headphones x 2

LIGHTS
Lyra (med) x 1
Lyra (large) x 2
Diffuser
Clamp x 1

Gaffer Tape
Surgical Tape

To buy:

- Lav stickies
- Double a batteries

III. FINAL BUDGET

Travel and/or Reporting Expenses				
Fill in YELLOW columns to best your knowledge. Unit cost and unit quantity for each expense line. Total cost will automatically caluclate				
Expense Item	**Unit Cost**	**Unit Quantity**	**Total Cost**	**Student's Budget Notes**
TRAVEL EXPENSE				
Airfare	$600.00	3	$1,800.00	
BART/Bus			$0.00	
Rail/Train			$0.00	
Shuttle/Taxi/ Ride Share			$0.00	
Rental Car	$50.00	18	$900.00	
Tolls			$0.00	
Mileage (personal vehicle used) - *Fill in # of miles under unit quantity*	$0.67	1596	$1,069.32	
Gas (non personal vehicle)	$4.40	30	$132.00	
Other (please specify)			$0.00	
SUBTOTAL travel			***$3,901.32***	
LODGING / DAILY EXPENSES				
Lodging/Hotel Accomodations	$130.00	17	$2,210.00	
Conference Registration			$0.00	
Meals/Food	$20.00	54	$1,080.00	
Incidentals (i.e. tips)			$0.00	
Other (Please specify)			$0.00	
SUBTOTAL Daily Expenses			***$3,290.00***	
Other Miscellaneous Expenses				
Copying/Computer/Printing			$0.00	
Passport / VISA fees			$0.00	
Translation Services			$0.00	
Fixers / other reporting on the ground expenses			$0.00	
Other production support (please specify)	$250.00	1	$250.00	
Other International travel fees			$0.00	
Other Miscellaneous (Please specify)			$0.00	
			$0.00	
SUBTOTAL Miscellaneous			***$250.00***	
GRAND TOTAL			**$7,441.32**	

IV. SCENE LIST

The Mango Doula Scene List Producers: Franny Trinidad and Koby Park

LIST AND DETAIL AT LEAST 10 KEY SCENES FROM YOUR FILM IN SCREEN TIME ORDER

SCENE NAME	SCENE List the location. What will unfold? What will we see?	STORY BEAT What idea or dramatic plot point should the scene convey? Note any tension you expect it to show. (1-2 story beats per scene)	ADVANCE THE STORY How does the scene advance the story or someone's story arc?	START AND END Think like an editor. How will you start and end the scene?	POV Whose POV should we *feel* in the scene?	KEY MOMENTS List any "must have" shots or moments for the scene to work.	STYLE How will you film the scene to enhance its intrinsic meaning?	NOTES Additional notes?
Intro sequence	Poetic juxtaposition and intercuts of Washington and Philippine scenery over voiceover of Bethany establishing the connection between ancestral practices and diasporic people	Sets tone for the film's themes of diaspora and duality	Combination of poetry and experimental visuals will establish the philosophy behind Bethany's birthwork and the connection between child and parent– nature and nurture.	The scene will start and end with various shots of plant life, buildings, water, and wildlife		Show contrasting color schemes, landscape, and feel of the places	Kinetic shots, lots of movement between cuts	
Meet The Mango Doula/ Bethany's garden	Bethany in her Renton home garden, harvesting traditional produce and herbs for her clients.	Bethany is introduced, her motivations for getting into doula work, her own personal identity. She talks about the origin of her name and its relationship to collective life.	Establishes Bethany's character, establishes the theme of collective life	Starts with Bethany in her garden tending to her plants, then ends with her preparing materials for an upcoming doula appointment	Bethany	Show both Filipino and non Filipino plants in garden, show what she does with the herbs	Intimate and steady handheld camera work	
Meet Jennifer	Jennifer at her Seattle home with Salar, tracing her belly with her hands and reflecting on her father and grandfather's passing which led her on a personal journey toward reconnecting with ancestral practices.	Introduces Jennifer, establishes her motivation for seeking out Bethany's care, provides context from her upbringing	Allows audience to connect to Jennifer's story as one of diasporic loss and longing. The main conflict of film is established.	Starts with Jennifer and Salar having a conversation, ends with showing her collection of indigenous instruments and playing them	Jennifer	Seeing the couple together, Jennifer talking about her father and grandfather, archival from her childhood, showing her collections of indigenous artwork and musical instruments	Intimate and steady handheld camera work	
Bethany and Lola Estelita	Bethany visits her Lola Estelita in Kent to learn more about her experience with traditional doulas and home births in the Philippines	Audience sees how Bethany's family history lies into her work as a doula. Establishes an intergenerational connection between her and her grandmother, also introduces issues of medical inequality.	Establishes relationship between Bethany's work and her family history, introduces prohibition of home births and traditional birthwork in Philippines where the effects are worsened by medical inequity	Starts with Bethany on her way to Kent, ends with Lola Estelita talking about the prohibition	Bethany	Bethany and Lola sharing fruit, Lola talking about her home births talking about the prohibition	Intimate and steady handheld camera work	
Jennifer and her mother	Jennifer and her mother prepare a meal together and talk through motherhood. Jennifer explains how difficult it was for her to get pregnant because of the stress of the corporate world. She discusses the importance of culturally conscious healthcare in a society which doesn't value women of color.	Jennifer talks about the differences between Western and pre-colonial Philippine culture– tying it to her own experience in corporate America and the inequity of the healthcare system.	We learn why Bethany's work is important and why it is both spiritual and political.	Starts with two women cooking and conversing, ends with them talking over a meal	Jennifer	Cooking a recipe taught by Bethany, interactions between mother and daughter/expectant mother, discussing past life in finance, discussing medical inequity	Intimate and steady handheld camera work	
~~Final prenatal appointment~~	~~Bethany and Jennifer meet for their final pre-natal session. Bethany uses *hilot* practices and somatic bodywork to prepare Jennifer for labor.~~	~~We see the two women interacting and discussing preparation for birth. Bethany explains the significance of the hilot practice and how it directly supports Jennifer.~~	~~We see how Bethany integrates intuitive practices into her birthwork while incorporating education about pre-colonial practices for her clients~~	~~We start with the two women discussing the plan for the meeting and end with Jennifer's breathwork~~	~~Viewer~~	~~Explaining hilot, somatic bodywork, breathwork~~	~~Intimate and steady handheld camera work~~	
Salar and Jennifer discuss parenthood and the implications of a premature birth	On the Seattle waterfront, the couple discusses the next phase of their life and what it means to birth a diaspora baby on settler colonial soil.	The partnership between Salar and Jennifer is further explored. They talk about their experiences as first-generation Americans and talk through their future plans with their baby.	The internal conflict both parents experience is highlighted as they work through the emotions as new parents to a diasporic baby. They unpack their own feelings about identity and partnership.	Starts with couple holding hands, walking along the water, ends with them staring off into the horizon	Both	Couple talking about parenthood, couple talking about their own emotions surrounding diaspora and identity	Intimate and steady handheld camera work	
~~Bethany on-call~~	~~In the week approaching the due date, Bethany is on-call for the family– answering late night calls and helping relieve anticipatory anxiety.~~	~~The build up to the birth has natural tension; emotion will be amplified through intercutting phone calls with Jennifer preparing for labor at home~~	~~Shows Bethany's commitment to the doula work, stakes are high as she~~	~~Starts with late night calls to Bethany, ends with Bethany on her way to the birthing place~~	~~Bethany~~	~~Late night calls, Jennifer and Salar at home~~	~~Intimate and steady handheld camera work~~	
~~The Birth~~	~~Poetic montage of Jennifer's birth at a midwifery clinic, surrounded by her loved ones. Capturing first moments with the baby.~~	~~Baby is born– emphasizing birth as a portal from womb to earthside. Highlighting community around Jennifer supporting her birth.~~	~~Birth represents the fulfillment of Jennifer's wish to be a mother and the beginning of journey toward sharing her culture with her child.~~	~~Poetic montage of physical journey to the birthplace, end with first moments with the baby~~	~~Jennifer~~	~~Staying mostly with Jennifer, getting artistic shots of the birthing location and process as well as of her community~~	~~Intimate and steady handheld camera work~~	
~~First days with the baby~~	~~Jennifer and Salar's family visit their home to meet the baby. They help the new family with the new child.~~	~~Build up the theme that the doula encourages building a community around the mother and family, especially within the first few weeks postpartum~~	~~See the family's community through intimate interactions between them and their loved ones~~	~~Welcoming loved ones into home, end with sincere moments between them~~	~~Jennifer and Salar~~	~~Talking to each other's' parents. First meeting with baby~~	~~Intimate and steady handheld camera work~~	~~Maybe Bethany is there?~~
Bethany's reflections	Bethany does yoga by the water near Renton, she reflects on what the doula work means to her and her time with Jennifer and Salar.	Bethany takes time for herself to reflect on her own work and time with Jennifer's family	Emphasizes how Bethany	Start with shots of Bethany within the scenery, end close up to her, emphasizing her inner monologue	Bethany	Water, closeups of Bethany's face to show pensive thoughts, wide shots showing yoga poses and environment	Intimate and steady handheld camera work	
Placenta burial	Bethany, Jennifer, and Salar perform a placenta burial ritual in a significant location to forever tie the baby to their homeland.	A final ritual to ground the baby and the family within their homeland– represents connection between nature and people	Final ritual is a culmination of different themes within the film	Start with an establishing shot of the location, end with the burial of the placenta, family's reactions	Jennifer and Salar	Establishing shots of area, close ups of burial ritual, parent reactions	Intimate and steady handheld camera work	
Add-ons: figure out where to place these								
Jennifer visits NICU (recurring scene?)	Jennifer and Salar make their daily visit to the NICU to get updates on their baby.	Jennifer balances being there around her newborn while also letting the hospital do what they need to do	Ilustrates the process of having a premature baby and how that has impacted the first month of being a mother for Jennifer	Starts with Jennifer and Salar riding over to the hospital and ends with them having a conversation about the visit outside of the hospital	Jennifer	Hospital nurse giving updates to Jennifer and Salar	Slow, handheld verite	
Spiritual care in the hospital								
Post-partum meal preparation	Bethany is helping Salar and Jennifer with meal planning and cooking for post-partum health							

V. LOOKBOOK


THE MANGO DOULA
a film by
franny trinidad and koby park


overview

The visuals of our film will weave between cozy verité and dynamic poetry in order to convey the raw intimacy of community, partnership and motherhood while paying homage to tradition and nostalgia. Vibrant mosaics that illustrate ancestors, birth and our souls will be used to intro, transition and close the film. Serene observations between the expecting family, doula and their community will ground the primary acts in the idea that "it takes a village".

We draw inspiration from the short film "I am the Nature" from its use of colorful imagery to paint vivid pictures of life and "Un après-midi" which uses warmth and softness to carry the love and solitude of motherhood. Informal yet up-close interviews will be filmed using natural light and shadows to carefully capture the striking intentionality of our characters that are bringing back pre-colonial practices in a modern westernized world. The film will visually push the boundaries of the documentary form.





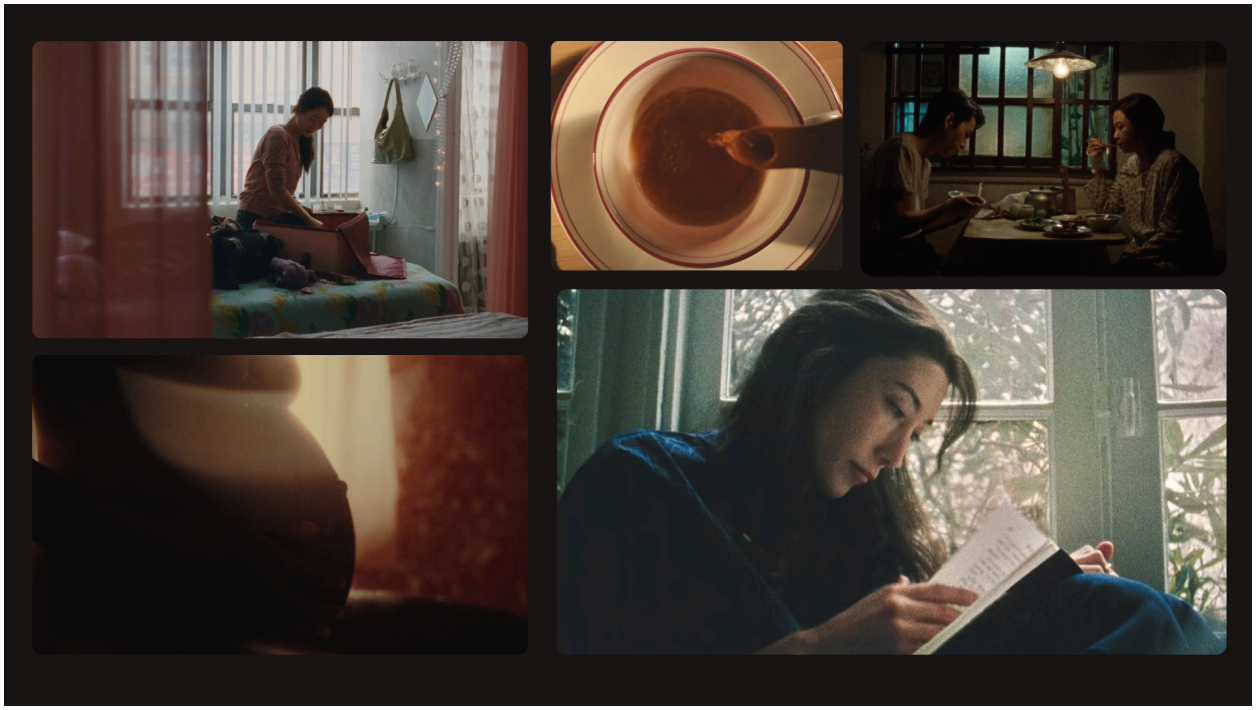

bethany
wisdom, healing, community




traditional medicine
rooted, nostalgia, heirloom




client life at home (prenatal)
meditative, still, vulnerable




south puget sound
alive, solemn, longing










eastern motherhood
it takes a village




interview
natural light, conversation, tender


I’m so old.
but I feel like I’m still