Apart from the film screenings and discussions scheduled to follow the screenings, three panel discussions will be held. They will be moderated by the curators of the program, Asako Fujioka, responsible for the "Asian Currents" section of the YIDFF program and Jean Perret, festival director of the international film festival Visions du Réel, Nyon:

- Intimacy, privacy, voyeurism and healing the self Complications of taking the camera to the inner world
- Memories Cinema as a way of remembering and recreating
- Body and "The Personal is Political"
 The physical body and the importance of subjectivity