



*GET OUT OF YOUR COMFORT ZONE.*

## **COUCH DIARIES**

Factual Entertainment Format

Country of Broadcast: Israel

Broadcaster: Hot

Episode Length: 30 min.

Transmission Pattern: Daily, 21.30

Production Company: Artza Productions

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cross-platform content

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# COUCH DIARIES

## Factual Entertainment Format

A 37-year-old woman with three children who has been a wife and a mother her whole life wonders if there is something more for her out there...

A couple married for over a decade is contemplating an open marriage, but one of them has cold feet...

A young man who cares only about money and status is suddenly fired from his job, and must rethink all of the plans he'd made for his life...

People at a crossroads in their life will have the opportunity to view it from a completely different perspective: the couch of a stranger. *Couch Diaries* forces participants out of their comfort zone and challenges everything they think they know about themselves in a surprising and deeply personal journey.

Participants will leave the comfort of their home, their culture and their language and travel to countries as far away as Brazil, Poland and Japan for a one- to two-week sleepover on the couches of complete strangers. Once they land, they'll find themselves knocking on the doors of people living parallel lives, who are their age, but are living completely differently. They'll meet artists and journalists, street performers and charity workers, attractive divorcees and tempting singles, all in a quest to explore what the world has to offer.

*Couch Diaries* offers an alternative solution to those who might be contemplating a session on a psychologist's couch, trading in the therapy for a dynamic journey of self-awakening. Featuring testimonials, video blogs, and intimate conversation, *Couch Diaries* places no buffers between participants and viewers, allowing them to connect in a powerful way.

A total of 8 stories will be explored across a season of 40 half-hour episodes, with each episode featuring 3 stories. Each participant will fly to a different country for their personal Couch Diary, and will have the opportunity to sleep on seven different couches. It's up to them to decide for how long to stay and when to move on to the next part of their journey, decisions which prepare them for the ultimate next step: how to move forward in their lives, and in which direction to go.

At times hilarious, heartbreaking and hopeful, *Couch Diaries* celebrates the wonderful differences in all of our lives, and explores how each decision leads us down a path towards the rest of our lives. So get off of your couch and stay on a stranger's. Experience life outside of your comfort zone.

