



# THE WAR IN ME

by Sebastian Heinzl



## SYNOPSIS

How much soldier is still alive in me?, Sebastian Heinzl asks himself when he learns from the Wehrmacht archives that his grandfather fought in Russia during the Second World War. Grandpa Hans had never told his family about the mission. Inspired by these discoveries, the filmmaker travels to the places where his grandfather was stationed as a soldier. He encounters unexpected connections to his own life and to his war dreams, which have been haunting him for decades. As Sebastian gets deeper into the search, he gets his father involved, which breaks a silence that has blanketed his father and brings the two closer together. The film shows how knots in one's own family history can be loosened and how changes can be made. New research from epigenetics indicates that enormous stress experiences change the genetic make-up. These groundbreaking insights offer a window onto inheritance the descendants carry on their shoulders - often without being aware of it. With the help of...

## FESTIVALS

2019  
34 DOK.fest Munich  
DOKVILLE - SWR DOKU FESTIVAL  
36 Dokfest Kassel  
41 Biberacher FF  
25 KIFF - Kolkata India  
36 Dokfest Kassel

## CAST AND CREW

DIRECTOR Sebastian Heinzl · SOUND Markus Egloff · EDITOR Sascha Seidel · DOP Adrian Stähli

Germany 2019

83 min

FORMAL CATEGORIES

Family, War/Peace, POV

ORIGINAL LANGUAGES

German, Russian

PREMIERE

München, Germany (2019)

PRODUCTION COMPANY

[Heinzelfilm GmbH](#) | [Sebastian Heinzl](#)

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LINKS / REFERENCE

VOD

<https://www.kino-on-demand...>

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<https://youtu.be/ddTBgOV34n...>