



THE WAR IN ME

by Sebastian Heinzel



SYNOPSIS

How much soldier is still alive in me?, Sebastian Heinzel 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 Heinzel · 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 Heinzel](#)

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COPRODUCTION COMPANY

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LINKS / REFERENCE

VOD

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

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<https://www.facebook.com/he...>

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