

ANNUAL REPORT 2019

IDEAS THAT INSPIRE





ANNUAL REPORT 2019



Dear Friends of the Mahle Foundation,

When we look at what the MAHLE FOUNDATION is doing today, it is particularly interesting to realise that the various fields it supports, and its source of revenue, were all firmly in existence by the mid-1920's: The first Waldorf School opened its doors in Stuttgart in 1919, and in 1920 Hermann Mahle began working for the Hirth company. In the same year anthroposophical medicine treated its first patients, shortly followed by the development of bio-dynamic agriculture. 1924 then saw the founding of anthroposophically-based curative education.

Thus it was that a visionary process of reform, encompassing medicine, the arts, education and agriculture was initiated a hundred years ago. And when we see the way things are today, with disruption and change all around, then the ideas of that time attain a new and urgent relevance to the present situation. We need look no further than the Corona-virus pandemic and the climate crisis for a demonstration of how fragile our health is, and likewise that of our ecosystem. As early as 1966 the Mahle brothers pointed out in the "Guidelines for the Management of the MAHLE FOUNDATION Ltd." that "the destructive effects of poisonous pesticides and chemicals in water, the deleterious side-effects of medicines etc. are beginning to alarm people". In connection, they refer to the warning and call to action in the book "Silent Spring",

by Rachel Carson, the pioneer and grande dame of the environmental conservation movement. The founders were clearly ahead of their time.

Their ideas and visions continually prompt us at the Foundation to scrutinise both the projects we support and our current angle on things, and to look at them in relation to society as a whole. And this applies particularly to a situation in which many institutions, on account of exogenous factors, are not able to keep their eye on the whole picture and must devote themselves to managing the uncontrollable. Ultimately this calls up the question of how people are to live together in future on a whole range of different levels: from that of health to the ecological, technological and social levels. When they enabled the founding of the Filder Clinic in 1974, the Mahle brothers no doubt felt they were promoting a comprehensive idea of health in addition to being the providers of capital. In the interview section of this report the paediatrician Georg Soldner calls this the “One Health” idea. The further promotion of this idea will be a priority for the Foundation over the coming years.

Of course, the corona crisis has not failed to affect our project partners across the world. Many of them have found themselves in need. This applies to artists, who depend for their living on an audience; also to medical institutions, which have clearly been reaching the limits of their functional capacities and treatment capabilities.

Educational establishments and farms are also having to reckon with unanticipated problems. From our current perspective we can say that we will not be able to help all our partners, but I would like to assure everyone that we will do our level best to honour our responsibilities towards those we support.

As always, my thanks to all those who make the work of the MAHLE FOUNDATION possible, thus breathing life into numerous unusual project ideas; especially the staff of the MAHLE company – I wish them all the best and every success in all their endeavours. My further thanks go to the partners, trustees and our teams in Germany and Brazil. Also to the many recipient individuals and initiatives, who are showing the way forward with their know-how and enthusiasm.

I hope, dear readers, that with this report we have offered you something to give you inspiration, interesting new ways of seeing things and a little courage.

Best wishes, stay healthy,

Jürgen Schweiß-Ertl
Managing partner



WORDS OF WELCOME



Ladies and Gentlemen,

The MAHLE FOUNDATION supports committed individuals actively involved in creating positive change in the world through their initiatives and projects – the MAHLE company has similar aspirations. For 100 years now we have been a force of new ideas and technologies in our branch of industry. Our products and solutions are geared towards improving people's mobility by making it more efficient, climate friendly and economical.

Faced with the challenging transformation the transport business is currently undergoing, we remain true to this goal, concentrated upon making present and future mobility sustainable. Viewed in this way, the MAHLE FOUNDATION and the MAHLE company have a common aim: making the future better.

This year our enterprise celebrates its 100-year anniversary. A good reason to review the company's development: From the small engine shop in Cannstatt we have become one of the world's leading suppliers of parts for the automobile industry with more than 77,000 employees. To look back like this is also to look forwards: We wish to continue along the path laid down by the company's founders, Hermann and Ernst Mahle, to be innovative and develop future-oriented solutions of high practical use to our customers.

The wind currently blowing is stormy. The transformation taking place in our branch of the industry is an enormous challenge. At the same time we are having to cope with the world-wide effects of the SARS-CoV-2 pandemic, which we, like many other businesses, are

watching with bated breath. At the moment we are concentrating on getting MAHLE through the Corona-crisis as smoothly as possible.

Overall 2019 was a difficult and challenging year for us. We had a turnover of 12 billion euros. Adjusted for effects of currency exchange and changes in the consolidation cycle this was down three percent on last year. Trading profits amounted to 10 million euros. Besides the losses in turnover, there were special reasons for this, among them the investments in restructuring measures, and the lack of the high one-time returns of the previous year. As of the final day of 2019, the MAHLE workforce stood at 77,015.

Among the most demanding tasks we pro-actively undertook in 2019 were the comprehensive restructuring of the company and our costs reduction programme. We identified a large bundle of work and divided it up appropriately. Here we also had some difficult – because painful – decisions to make. However, they were necessary if we are to keep our firm sustainable and secure in its future.

We have already achieved a lot. But for the current year we still have a long and strenuous road before us. It is already foreseeable that the Corona-crisis will have considerable effects upon our business activities in 2020, even though we cannot estimate the full effect in hard numbers. To protect our employees, in reaction to the world-wide spread of the virus and the halt in production by numerous customers, we have instituted extensive measures. At the same time we will continue to exert every effort to strengthen our profitability in

2020, and thus improve our returns. These are our two highest priorities.

We are aware of the areas requiring our urgent, pro-active attention in 2020. It is important for us to keep the company as a whole in view, to proceed in a manner conducive to entrepreneurial sustainability, and to react early to market signals. Our chief guideline – the MAHLE dual-strategy – will remain our premise for action in 2020: to continue our optimisation of the internal combustion engine, while at the same time driving forward the development of alternative ideas of mobility.

In spite of all the adversities of these challenging times we stand firm on our conviction that – change is an opportunity. That it has a momentum of its own and also makes heavy demands on us is no contradiction. If we take up the opportunities this power of change offers us with courage, confidence and optimism, we will achieve our goal. And remain an important player in our industry, and a reliable employer for our staff of more than 77,000 world-wide.

In this spirit I wish the MAHLE FOUNDATION continuing success with its meaningful work.

Dr. Jörg Stratmann
CEO of the MAHLE company.



MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

THE PARTNERS, AND THE MEMBERS OF THE OUTGOING AND INCOMING ADVISORY BOARDS OF THE MAHLE FOUNDATION

The MAHLE FOUNDATION Ltd partners



Nikolai Keller,
Stuttgart



Johannes Maier,
Stuttgart



Martin Merckens,
Stuttgart



Christian Raether,
Stuttgart



Angelika Sauer,
Stuttgart



Jürgen Schweiß-Ertl,
managing partner, Stuttgart



Prof. Götz W. Werner,
Stuttgart

On 5th June, 2019, Prof. Werner withdrew from his position as one of the partners. We offer him our heartfelt thanks for all he has done. Over many years he has served the foundation loyally and attentively and been an inspiration to us all.

The MAHLE FOUNDATION Ltd Advisory Board members up to May 2019



Dr. Karlheinz Autenrieth,
Stuttgart



Susanne Dambeck,
Weinheim



Dr. Henner Ehringhaus,
Berlin



Dr. Michaela Glöckler,
Dornach, Switzerland



Dr. Andreas Goyert,
Filderstadt



Thomas Krauch,
Stuttgart



Gerhard Pietsch,
Ostfildern-Ruit



Georg Soldner,
Munich



Dr. Hartmut Spieß,
Bad Vilbel



Eberhard Mahle,
Leonberg



As part of our re-structuring process the then-serving membership of the Advisory Board was dissolved in May 2019. We thank them warmly for their long years of committed service and their professional expertise.



The new Advisory Board of the MAHLE FOUNDATION Ltd
from autumn 2019

In autumn 2019 a new Advisory Board was appointed. It will give the newly-structured foundation expert advice on all projects applying for sponsorship.

We extend a warm welcome to all the members of the Advisory Board, and are very much looking forward to working together with them.



Prof. Friedrich Edelhäuser

- Specialist in neurology on the programme Integrated Curriculum for Anthroposophic Medicine, Faculty of Health, University of Witten/Herdecke, Witten, Gemeinschaftskrankenhaus Herdecke



Dr. Nana Goebel

- Archaeologist, banker, non-profit entrepreneur on the executive of Freunde der Erziehungskunst Rudolf Steiners e.V., Berlin



Prof. Stefan Hasler

- Musician and eurythmist, head of the Section for the Arts of Speech and Music, Goetheanum, Dornach, Switzerland



Prof. Albrecht Schäd

- Professor of upper school methodology for the subjects biology and geography, Freie Hochschule Stuttgart, Seminar für Waldorfpädagogik, Freie Waldorfschule Uhlandshöhe, Stuttgart



Andreas Höyng

- Teacher of gardening and religion, Freie Waldorfschule Uhlandshöhe, lecturer at the Freie Hochschule Stuttgart/Seminar für Waldorfpädagogik, Stuttgart



Georg Soldner

- Paediatrician, deputy head of the Medical Section at the Goetheanum, Dornach, Switzerland; head of the Academy of Anthroposophical Medicine GAÄD, Munich



Oliver Willing

- Agricultural scientist, director of the Foundation for the Future of Agriculture, GLS Trust, Bochum



Urs Sperling

- Farmer, board member and manager of the Breitwiesen Estate e.V., Demeter Agricultural Research and Education, Ühlingen



Prof. Tomáš Zdražil

- Lecturer in the anthropological/ anthroposophical foundations of Waldorf education, professor for the promotion of health in schools, Freie Hochschule Stuttgart/Seminar für Waldorfpädagogik, Stuttgart



Dr. Andreas Goyert

- Specialist in internal medicine, the Filder Clinic, Filderstadt

MAHLE
STIFTUNG

AGRICULTURE
NUTRITION

HEALTH
CARE-GIVING

ART
CULTURE

EDUCATION
TRAINING

TABLE OF CONTENTS

SOME HIGHLIGHTS OF 2019

● Media-fasting – just switch off and find your balance	page 12
● “I soften their arrival”	page 16
● Bio-dynamic agriculture – much has been achieved – much is still to be done	page 22
● Korea: giving life meaning in a changing world	page 28
● Making the world a better place	page 32
● What makes us human	page 36
● Making a social impact	page 42

TIMESCAPE

● The tasks of Waldorf education in today's world	page 48
---	---------

CONVERSATION PIECE

● On the road to “One Health”	page 56
-------------------------------	---------

CAUGHT IN THE SPOTLIGHT

● One-day workshop on dairy farming practice	page 63
● Circus nomads travelling round the world	page 64
● Bringing arts, people and cultures together	page 65
● Choral music with a human face	page 66
● A rainbow circus	page 67
● Peripatetic general studies	page 68
● Teaching media literacy	page 69
● “Together from the start” congress	page 70

OUR TEAM

page 71

STATUTORY FUNDING EXPENDITURES 2019

page 72

FACTS AND FIGURES

page 80

PUBLICATION DETAILS

page 86

MEDIA FASTING – JUST SWITCH OFF AND FIND YOUR BALANCE

Smartphones & Co. – who's in control, them or us? Can we go offline sometimes – simply because there are more important things than e-mails, WhatsApp and Instagram? Many parents know the repeated discussions around these issues only too well. The “Media-Fasting” project seeks to raise awareness of how we use media, and act upon the consequences.

Smartphones and apps, make communicating easier, smoother and more efficient. But they also keep us occupied from morning till night. If you don't react promptly to the latest post, you'll very soon get the follow-up: “Is everything OK? Are you still there?” No one leaves the house anymore without their cell-phone; and if by mistake we do, we immediately get agitated.

BEING CONSTANTLY ONLINE: WHAT DOES THAT DO TO US?

Studies show that there is a direct correlation between excess body weight and the amount of time children spend in front of screens, and that excessive media consumption predisposes the incidence of ADHD. Particularly alarming is the finding that individuals who are addicted to social media have a 4.6 times higher risk of suffering from depression. Teenagers who spend more than five hours of their free time online each day are, on average, twice as dissatisfied with their existence as those who spend less than one hour per day in this way. Given the fact that young people are investing more and more time on WhatsApp, Instagram, Facebook and other “social” media, this should give us much cause for concern.

Teenagers
who spend more than
5 hours of
their free time online each day
are, on average, twice as dis-
satisfied with their existence as
those who spend less than
1 hour per day
in this way.

With all this in mind, Prof. David Martin and Dr. Silke Schwarz of the University of Witten/Herdecke set up the “Media-Fasting” project, in conjunction with the Professional Association of Paediatricians and other experts in the field, and with the support of the MAHLE FOUNDATION. “For us it's not about demonising electronic media”, says David Martin emphatically. “They are here to stay, and we would not wish to forego the advantages of digitalisation.” Nevertheless, we should be in control of technology, not at its mercy. “We are trying to find out whether temporary abstinence leads to people gaining more conscious control over their use of media”, explains Silke Schwarz. In 2019, therefore, for the purposes of a pilot project, they put together a media fasting package with special supporting materials. This provided a practical and scientifically evaluated basis for developing the idea further and for making it widely available to paediatricians.

INITIAL EXPERIENCES

Annette, her husband, Jan, and their two children, Amelia and Mia, are one of the 1,500 families who took part in the pilot project. “My children found it an exciting prospect. My husband was against it at first – he reckoned we didn't need it. Myself? I thought a media fast would be no problem for us, because we have our media consumption under control”, Annette recalled.

The calendar of surprises helps support families through the period of media fasting

Together the family agreed on definite times during the six-week period of fasting when Smartphones & Co. would be off! Not only that: to prevent cheating they decided to install an app on all devices that showed how often and for how long they have been used. Annette's take on the project: "The actual fasting was by no means easy, but it was worthwhile. We suddenly began talking to each other a lot more than we used to. I was completely astonished at everything that came out, so much that I didn't know – and we thought we had a good relationship with our children."

The most interesting thing for Annette was that her children experienced the reduced online time as a relief, because they no longer had to react immediately to the latest "news". For the first time they became properly aware of just how much pressure they were under.

But the adults also had their "aha" experience: Jan, who works in IT, now turns the wi-fi off in the evening on account of the radiation – whereas before he hadn't even thought about it. "Apart from that he makes sure that I don't hold my cell-phone in my hand too often," laughs Annette, frankly admitting, "I really had no idea what a big role it played in my life." Smartphones are not only used for providing distractions, but also for organising the day – appointments to make, questions to ask. Since the period of media fasting the children have continued to just switch their phones off. Anna is pleased about this – though not entirely: "When I can't get hold of them, I start to worry."



Fasting has also created a new awareness. The "calendar of surprises" that was part of the fasting package was a great help here. Just like an Advent calendar, one little door could be opened each day; behind each one were motivations to keep going – little suggestions for activities under the headings games, cooking, exercise and rela-

PROJECT FOCUS: EDUCATION & TRAINING

14

tionships. “Hide and seek? It’s ages since we played that. Thanks to that calendar we had more fun than we’d had in a long time”, said Annette with a smile.

STUDENTS TRY TO FIND THE RIGHT DOSE

As Silke Schwarz spoke to Witten/Hedecke students about her project, it quickly became clear that appropriate use of digital media was a big subject with them too. To study without a smartphone, tablet or laptop? Unthinkable! Group-work is coordinated via WhatsApp, essays and other assignments done on PC’s, course content increasingly delivered via the internet. Students spend many hours each day in front of screens – and not only in connection with their studies. Too many?

*General Studies:
the participants in the “Media Awareness” course*

“HIDE AND SEEK? IT’S AGES
SINCE WE PLAYED THAT.
THANKS TO THAT CALENDAR
WE HAD MORE FUN THAN
WE’D HAD IN A LONG TIME.”

Annette – a project participant

MEDIA  FASTING *Find your balance*





To tackle this question project groups were initially formed, resulting finally in a General Studies course that provoked great interest: “For us, however, the ‘media-fasting’ concept didn’t work,” recalled Caroline Rein, who was involved right from the start. “These days going without is not an option. That’s why we decided on ‘media awareness’. Ultimately, to become aware of what you’re doing is the first step towards change. In the winter semester of 2019/20 this course is being

offered for the second time. Over 60 students from almost all faculties are taking part. “On the one hand it’s about finding the right balance for yourself, how much is enough,” reports Caroline Rein. “Then we’re also working out a set of action guidelines for students – a model adaptable to particular target groups, and thus suitable for use at other universities.” Through this work the participants are at the same time learning how to manage projects – right down to the fund-raising.



Dr. Silke Schwarz and Prof. Dr. David Martin

What can we do to ensure that children grow into energetic, healthy and happy adults? On this question these two paediatricians organise annual interdisciplinary gatherings of experts at the University of Witten/Herdecke. Since everyone agreed that digitalisation has great bearing on this question, they started the Media Fasting Project.

www.mediafasting.org

“I SOFTEN THEIR ARRIVAL”

In the Filder Clinic’s paediatrics department the unexpected is what is expected. This is due to the use of therapies that are somewhat out of the ordinary.

The tones Miriam Kaiml teases out of her children’s harp sound as if they come from another world. She gently hums along with the pentatonic melody she is playing. There is a stark contrast between this heavenly music and the surroundings into which it flows: the music therapist sits beside an incubator, above which a monitor displays the vital functions of the tubed and cabled premature baby lying inside it. The child encased in this high-tech capsule lies in the Filder Clinic’s neo-natal intensive-care unit near Stuttgart.

“MUSIC IS A GATEWAY INTO THE INNER HEART OF THE HUMAN BEING. IT CAN CONVEY FEELINGS OF WARMTH AND SAFETY, INNER CALM AND TRUST.”

Miriam Kaiml, Music therapist

But what is a harp doing in a setting like this? “I soften their arrival,” says Miriam Kaiml, “music is a gateway into the inner heart of the human being. it can convey feelings of warmth and safety, inner calm and trust, and provides a protective shield. Exactly what a premature baby needs.” It would seem that the interval of the fifth that forms the basis of pentatonic music really has a special kind of access to the human soul – even in rock music it is very popular as the so-called “power chord”.

Music therapy is one of the many applications of integrative medicine we offer here,” says Dr. Jan Vagedes, the head of paediatrics at the Filder Clinic. “We do, of course, use all the proven methods of treatment of conventional medicine, like every other hospital. However, we extend these with special therapies which activate the organism’s regenerative powers and take account of the mental and emotional disposition of our young patients.” Among these, besides the artistic therapies, are medicaments from the field of natural medicine (such as herbal or anthroposophical remedies) and nursing methods particularly attentive to the patients’ wellbeing, which also enhance the healing process.

THERAPIES THAT WORK

Jonas is an early arrival. He was born in the Filder clinic in the 30th week of pregnancy and as he lay in intensive care he fell under the spell of Miriam Kaiml’s harp-playing. “Every time the music began I noticed how he was listening, how he visibly relaxed,” reported his mother, Corinne Jillich. A study done by the ARCIM Institute in Copenhagen, in cooperation with the Tübingen University Clinic and the Filder Clinic, has provided scientific confirmation of this effect. In a controlled, randomised trial it was found that important parameters of the babies’ heart rates considerably improved, which indicates increased wellbeing and decreased stress. A positive side-effect was that maternal anxiety was also reduced: mothers reported that they felt much more relaxed after hearing the music.



Music enfolds premature babies in an alternative protective ambience to the womb they left too early

Due to such positive effects the “extras” of integrative medicine are very much in demand by parents. This goes just as much for other artistic therapies as for music therapy – for instance, painting or clay-modeling, working with coloured light or with movement, as in curative eurythmy. “By now there has been a lot of scientific research showing the health benefits of yoga. In an anthroposophical study it was found that

curative eurythmy is just as effective, especially in the case of chronic conditions,” explains Jan Vagedes.

But how can the Filder Clinic afford to provide these additional therapies? It is, after all, a completely normal hospital of the so-called “general care” variety, like others in the local district. “We are, of course, subject to the budget of the health system. In our experience,

however, the cost of the 'extras' is not that high; it has more to do with the inner attitude of the doctors and nurses," says Jan Vagedes. "When the application of a healing ointment is integrated into the patients' morning wash routine, then we have hygiene and healing warmth combined in a simple and meaningful way. A proportion of the costs of our treatments is covered by the health insurance companies anyway, as long as certain conditions are fulfilled." According to a study by a prominent health insurance provider the Filder Clinic performs particularly well on all counts, partly because of its additional therapies.

ALL-ROUND CARE

Babies born ill or prematurely, like Jonas – but no earlier than the 29th week of pregnancy – are all cared for in the Filder Clinic's neo-natal intensive care unit. Besides the tiny patients in this "level II neonatology unit"

(as it is known in technical jargon), the doctors are responsible for examining every child born in the maternity wards. With more than 2000 births a year this means a lot of work (roughly 5.5 births per day).

Apart from that, all common forms of acute illness in children of all ages are dealt with in the Filder Clinic. Among these are fevers, lung infections, appendicitis, and urinary and digestive tract infections. The hospital is also responsible for emergencies from the nearby Stuttgart Airport, the provincial exhibition centre and the local motorway.

"We cover a wide spectrum of general paediatrics," says Jan Vagedes. "At the same time we have a number of specialties on offer, such as the ketogenic diet for epilepsy. This is why parents come to us with their children from northern Germany and even from



Applications of integrative medicine, such as curative eurythmy, art or music therapy enhance the classical treatments of child illnesses

abroad.” This diet puts the body in a special state, which protects the nerve cells and supports the fits-prevention treatment. The Filder Clinic is one of the major centres for this special therapy over the whole of Germany.

The department for the treatment of psychosomatic problems in children and adolescents also has a high reputation. Here, in the so-called “Cuckoo’s Nest”, children with anorexia and bulimia are admitted, usually girls of 13 or 14 years of age. Treatment takes place within the framework of a therapeutic community with a regularly structured day and on-site school lessons, and is backed up by integrative measures such as art therapy or eurythmy.

And anyone with a child suffering from asthma can take advantage of the Filder Clinic’s asthma surgery. There are also units for diabetes and endocrinology.

FURTHER DEVELOP WHATEVER HELPS

“We are very well connected with the other hospitals in our locality”, explains Jan Vagedes. “This is presumably because the Filder Clinic, existing as it does in close proximity to the largest paediatric hospital in Germany, the Olga Clinic in Stuttgart, and the Tübingen University Clinic, also has its own paediatrics department.” The Filder Clinic’s experts are often consulted when normal methods of treatment have not produced the desired results with children in other hospitals.

In the coming years Jan Vagedas and his team intend both to intensify the work on diabetes and to extend



PROJECT FOCUS: HEALTH & CARE-GIVING

their capacity for the treatment of bronchial and pulmonary illnesses. The focus on psychosomatic therapy for young children will also intensify, as the number of children suffering from sleep and digestive disturbances, anxieties of various kinds, and refusing to go to kindergarten or school are sharply increasing.

To meet the increasing demand for its services the Filder Clinic is also undergoing spatial expansion: in the course of the year an extension to the neo-natal intensive care and maternity units will be built. The idea is to create more space not only for the young patients, but also for their parents, for it has been shown that their presence at the bed of the sick child has a considerable therapeutic effect – which is entirely in keeping with the principles of integrative medicine.

The neonatology team is not only there for the children, but also for their parents



Modern medical apparatus ensures treatment according to the latest scientific standards



INTEGRATIVE MEDICINE: SCIENCE-BASED

“What we are doing here is not faith healing or glorification of the past, rather we subject what we do to academic investigation,” says Dr Jan Vagedes, characterising his work of applying integrative medical therapies at the Filder Clinic. The scientific investigation of the various disciplines takes place largely at the ARCIM Institute, its acronym standing for “Academic Research in Complementary and Integrative Medicine”. The aim: to evaluate the anthroposophical, integrative therapies being used with the methods of modern scientific research, and thus provide evidence of their efficacy and at the same time gain new knowledge. For instance, in the form of randomised, controlled studies, in keeping with the criteria of the highly regarded “Equator-Network” for medical research.

“We have carried out studies, for example, on the application of compresses, and established that it is not a matter of indifference which thermogenic substance is used. It was found that *Zingiber officinale* (ginger) and *Sinapis nigra* (mustard) have completely different heat-generating effects,” says Jan Vagedes, describing one of their findings. So now the treatment can be carried out on a rational rather than merely empirical basis. It is good to know that for a child, say, with pneumonia the appropriate compress loosens the phlegm, which can then be coughed up, thus improving oxygen saturation; or that with anorexia sufferers, whose temperature is usually hovering at around 35.5 degrees Celsius, foot-baths containing ground ginger will help to restore body heat to healthy levels.

Other findings from this research are, for instance, that children to whom the anthroposophical medicament *Aurum Lavandula* has been applied are much more likely to sleep through the night; or, that accompanying the treatment of lung infections in children or the treatment of new-born or premature babies with an integrative therapy significantly reduces the need for antibiotics – an interesting result, particularly in these times of rising resistance to antibiotics.

“All our investigations are appraised by the ethics commission of Tübingen University and published in independent, officially approved professional journals,” says Jan Vagedes, underlining the claim to scientific transparency. “In the area of research we also have close connections – with the universities of Berlin, Munich, Freiburg and Witten/Herdecke. Our efforts are intended to culminate ultimately in a comprehensive presentation of integrative medicine’s capacities in the treatment of children.



Lavandula angustifolia



Dr. Jan Vagedes, MA

He studied medicine and philosophy in Munich and has been working at the Filder Clinic since the year 2000, initially as specialist and senior physician and eventually becoming the head of paediatrics in 2019. He is scientific director of the ARCIM Institute and a lecturer in neonatology at the University of Tübingen.

PROJECT FOCUS: AGRICULTURE & NUTRITION

BIO-DYNAMIC AGRICULTURE: MUCH HAS BEEN ACHIEVED – MUCH IS STILL TO BE DONE

Cows now give three times more milk than in 1950, hens lay twice as many eggs, wheat gives three times the yield. This is all as intended, but the price is high – as we now know. All this time, of course, organic agriculture has been demonstrating another, better way. What has been achieved? And what challenges need to be met in the coming times?

Plenty of meat on the plate – in the post-war Germany of the 50's and 60's that was synonymous with affluence. In the 70's the image changed: with instant soup and tinned vegetables industrialisation conquered the kitchen as well. But then the eggs tasted of fish-meal, and as if that wasn't bad enough, smog-alerts and dying forests made it plain that things could not go on like this. Environmental protection and healthy eating became the order of the day. Progressive young farmers switched to organic farming – pioneers, who had to learn the hard way.

In spite of what many of their fellow-farmers prophesied, they did not go under – quite the reverse, in fact, and their success shows no let-up. Take the example of Peter Bentele: After his father's early death he converted the farm to bio-dynamic methods, and now runs it together with his son. To this day the Benteles are the world's only producers of Demeter grade hops – and while their neighbours have all had to give up, these two have tripled the acreage they cultivate.

The
potential demand
for organic products
is at least
30 percent
of the
total market.

IMPORTANT SUCCESSES

Again and again organic farmers have had to listen to the prognosis "it won't work". Now they are the living proof that reverses the picture. Organic farming does work!

Nationally a good ten percent of agricultural land is currently under organic cultivation – and the growth rate is high. More and more consumers are prepared to pay the extra money for better quality food. The level of potential demand for organic products is not three percent, as was initially assumed, but at least 30 percent of the total agricultural market.

Going organic is a viable market ploy – organic agriculture is economically sound. On paper organic farms often come out much better than conventional farms. And this without significant extra subsidies under political conditions that hinder rather than encourage them.

It is now an established scientific fact that organic farming goes hand in hand with higher biodiversity. The soil, moreover, has a higher humus content and



PROJECT FOCUS: AGRICULTURE & NUTRITION

can thus bind more carbon dioxide and store more water – an important advantage, when due to climate change, as has already been seen, the rain can sometimes stay away for weeks on end, only to come down – when it finally does – in torrents. Since the nutrient balance is better, the soil does not so readily become acidic and less nitrates end up in the ground water. Water purity is further safeguarded by the non-use of pesticides and reduced use of medicines for animals.

WE NEED FARMERS WHO ACT OUT OF CONVICTION

Farming rests on three main pillars: soil fertility, bio-diversity and the proper treatment of animals. Organic farming has set itself high standards here, and bio-dynamic farmers score especially well in all three areas, for the Demeter guidelines are particularly strict. You can't be ecological or organic just by obeying certain regulations. Monocultures are harmful even if they are "organic". Giant agricultural machines also use too

much energy and harm the wild-life in the fields when they are driven by organic farmers. What we need, therefore, are farmers who do more than the law requires. And we need consumers who exert pressure. Good examples of what the two combined can do are projects like "Bruderhuhn" (Brother Rooster) or the campaign for rearing calves with their mothers. The ideas behind both of these have been incorporated into the Demeter guidelines.

WHAT DOES THE FUTURE HOLD? WHAT NEXT?

"The main thing that needs to happen for there to be a major turn-around in agriculture is that the government needs to start funding increases in quality rather than growth in production," says Demeter-farmer Martin Hahn, who is a member of the Baden-Württemberg Provincial Parliament's Committee for Rural Areas and Consumer Protection. But contributions to the common good should also be rewarded. Orchards, for instance,

Martin Hahn, Demeter farmer and member of the provincial parliament





www.saveourseeds.org

formerly an economic commodity, are no longer taken into commercial consideration. “We need more funding for contributions to nature conservation and less for acreage expansion.”

Should the area of land under organic cultivation actually increase from today's roughly ten percent to close to 50 percent as the government has stipulated, it will be a real challenge to market organic products in such a way that they find their buyers.

If we look at the channels of distribution, it will not work without discount stores – that is already apparent. Thus it is all the more important that organic producers do not make themselves dependent on customers driven by this kind of pricing, but can negotiate with them on an equal footing. As the market gets more concentrated, therefore, it becomes imperative to create a counter-balance – cooperatives, for instance.

As regards markets, Marin Hahn sees great potential in “eating out”. At home we make sure our food is organic. But what about canteens, dining halls, hospitals and restaurants? According to Hahn, this is an area where we need to raise awareness, “otherwise we might come to a dead-end.” This does not necessarily mean that food will be dearer – it's more a question of changing the recipes. That eating meat every day is not the way to go should already be well known in any case.

It is also up to consumers to be aware of how local their food is – an important point, for the more international the markets, the greater the market share for the best growing regions for particular products. If price dictates everything, then many regions will not be able to keep up. The consequences of this are long haulage distances and monocultures.

GENE DRIVE – BLESSING OR CURSE?

Over 200 million people suffer from malaria every year – one in five die of it. And as with yellow, Dengue and Zika fever, there is only one mode of transmission: mosquitoes. If there were no mosquitoes, the diseases could be completely eliminated. This can be achieved by using Gene Drive to insert the gene called Crispr into the mosquito genome. This slices other genes, thus rendering the insects infertile, and has hundred percent heritability. The mosquitoes would quickly be wiped out.

Problem solved, everything fine. Unfortunately not. Since the organisms pass on their new features not just with the usual, Mendelian 50% probability, but to all their offspring with absolute certainty, Gene Drive thus sets off a chain reaction, which would be hard to stop, if at all. This harbours risks on a scale hitherto unknown, and sets us completely new ethical challenges. Moreover, whereas previously it was in the commercial interests of gene technology to prevent crosses between the engineered features and natural organisms, here this is the declared intention. And Gene Drive could, of course, be used for less noble causes than fighting disease – at worst, as a biological weapon.

It seems approval has not yet been given. But that could change. The researchers are ready for the green light. The Save our Seeds initiative, supported by the MAHLE FOUNDATION, is currently concentrating on a campaign addressing the threat posed by Gene Drive. They are thereby hoping to prevent irreversible experiments with unsure outcomes.

More on this can be found at www.saveourseeds.org

WE NEED DIFFERENT SEEDS

The more climate change advances the more important organic seed development becomes. This has been a funding priority of the MAHLE FOUNDATION since its founding in 1964. What we need are adaptable and resilient varieties, which improve the soil, instead of depleting it. "In organic farming plants must be able to cope with nutrient scarcity. It is not like conventional agriculture where there is always an excess of nutrients. Consequently we need seeds that can deliver quality under these special conditions," says Herbert Völkle, head of the renowned Swiss cereal-breeding firm, Peter Kunz. This is why plant-breeding is such an essential part of organic farming. Herbert Völkle seeks to increase awareness of this by not only offering farmers

"WE MUST MAKE OURSELVES INDEPENDENT OF THE CHEMICAL INDUSTRY, BUT WE ARE UNFORTUNATELY NOT THERE YET. FOR BREEDING IS DEAR – AND ONLY FINANCIALLY VIABLE ONCE IT HAS ATTAINED A CERTAIN SCALE."

Herbert Völkle

and bakers new varieties, but also incorporating them into the breeding process by giving them the opportunity to do comparative tests. Thus mutual understand-



ing grows, and hopefully the proportion of truly organic seeds available to organic farmers.

“We must make ourselves independent of the chemical industry, but we are unfortunately not there yet. For breeding is dear – and only financially viable once it has attained a certain scale.” It can easily take twelve years before new cereal varieties are ready to be marketed. So we need to be patient and be able to anticipate what the real challenges of this future might be.

Simply preserving old varieties only makes limited sense. The fact is that over the years the playing field has changed: the soils, cultivation methods, the wishes



Herbert Völkle

of consumers, the channels of distribution. This is why old varieties tend not to be suitable for commercial horticulture. The main thing, therefore, is not just conservation, but also dynamic further development, so that the “seed-ark” and organic plant-breeding complement each other.

WHAT CAN WE DO AS CONSUMERS?

Buy Demeter quality food, if you can, for it is produced under the strictest regulations. Shop in organic outlets, rather than discount stores – or better still, direct from the farm, if it's not too far away. And: for those who have the choice, go for the real thing – fertile seed-stock, genetic diversity and breeding free of genetic engineering.

Breeding its own seed varieties is an integral part of organic agriculture



KOREA: GIVING LIFE MEANING IN A CHANGING WORLD

Education is a valuable asset. But what if an education system is based entirely upon attainment and felt to be inadequate? To whom, then, can children and parents turn to have their questions answered, questions which may never have arisen until now? Michael Debus and Eun-Kyong Lee, both Christian Community priests in Stuttgart, came upon this problematical situation as if by chance. Out of this has developed a lively, inter-cultural exchange between Europe and East Asia.

In Korea education is regarded as something extremely important, and this is very likely one of the main reasons for the country's rapid rise to high-tech prosperity. However the South Koreans pay a high price for this. The education system is rigidly geared towards rote-learning and frontal instruction – art, music and sport are unheard of as school subjects. Since their performance in the state exams determines what career they can pursue and even the reputation of their whole family, children swot long into the night. For friends and hobbies they have practically no time. And so it is no surprise that this constant pressure to excel often leads to personal anxiety and depression – the suicide rate is among the highest in the world.

Not all parents are prepared to accept this for their children. For them Waldorf schools are a welcome alternative. 15 have been founded since 2002 – they are sorely needed. But the families involved also have great need of support, for the fact is that they have no one to whom they can address the many questions arising from their rejection of the existing education system. This was what Michael Debus discovered on his first visit to South Korea, which came about through what he described as a chance encounter, and has since developed into an intensive educational collaboration.

IN SEARCH OF ONE'S TRUE SELF

"Young people ask me how to become a good person," recalls Debus, "when actually they want me to tell them how to lead a meaningful life." Above all, however, they are looking for someone to talk to, partly about subjects that are surrounded by taboos. In a discussion circle for mothers it was exactly the same thing – they needed a sympathetic ear. Michael Debus offered them just that.

**"YOUNG PEOPLE ASK ME HOW
TO BECOME A GOOD PERSON,
WHEN ACTUALLY THEY WANT
ME TO TELL THEM HOW TO LEAD
A MEANINGFUL LIFE."**

Michael Debus

In East Asia families usually live within a tight social framework. Confucianism has ruled culture and society for centuries and determines the conduct of everyday life. While we in Europe prize the freedom of the individual, there society is of central importance, and within it everyone has a traditionally defined role.



The pressure to get high marks places children under tremendous stress

This even affects the structure of language. For instance, in Japan there are a number of variants for our short word “I”. Which one is used depends on the context. “I” as mother, “I” as son or “I am hungry” each demand a different idiom, for the meaning of “I” is affected by its surroundings. Under such circumstances it is difficult to act upon one’s own impulses. For many people mental problems are a taboo subject. The stigma of illness is

attached to them so strongly that many would far rather be looked after by robots than by human beings.

In the discussion groups and meetings with Michael Debus and Eun-Kyong Lee it wasn’t long before the idea came up of having family gatherings in the holidays. The first one took place in summer 2014, organised by Waldorf mothers. Since then, under the joint

PROJECT FOCUS: EDUCATION & TRAINING

30

leadership of Michael Debus and Eun-Kyong Lee, they have been offered once a year and taken up with great enthusiasm. Playing music and doing theatre together, cooking and eating together, playing sports and going on outings together gives infinite opportunity for debating and talking about everything under the sun. Since not only Korean, but also Japanese and German teenagers and adults take part, these gatherings are also a contribution to inter-cultural understanding. Europeans get to know the mentality of East Asia. People from Japan and South Korea meet and begin to strip away their prejudices about one another – historically these two countries have a very fraught relationship.

HOW CAN DIFFERENT CULTURES, WORLDS AND MENTALITIES BE COMBINED?

It very quickly became apparent that in East Asia much is seen very differently than in Europe, and then again much the same. An example: For Buddhism life entails suffering, yet the longing for life leads to rebirth; the circle begins anew. In traditional Christianity to be alive

also involves suffering – but it means something different. It is part of a path that the human being can follow. According to Michael Debus, “Anthroposophy can unite these two worlds. For us heaven is not the unattainable Beyond, but here on earth; it is in this world that it can be sought and found. We don’t live for six days in a physical world and only on Sundays in a spiritual world. For us both belong together.”

Thus East and West can meet. This succeeded in a wonderful way on a journey Eun-Kyong Lee and Michael Debus made with a group of South Korean participants into the Gobi Desert. Lee summed up the experience

Holiday gatherings are really special events for all concerned



in the following words: "Where there is nothing but silence and the view is not interrupted by any hill or tree or bush, you feel the connection of heaven and earth very intensely."

Doing things like this together calls up new questions for all concerned: for instance, how do you celebrate Christian festivals with people who are connected to Confucianism, Shamanism or Buddhism? In other words, how can different cultures, worlds and mentalities be combined? Michael Debus and Eun-Kyong Lee are making their contribution in this direction: "We don't work with any ready-made answers, but with questions which can perhaps help people along their own path to an answer." Thanks to the support of the MAHLE FOUNDATION the work they have been doing here can be consolidated for the future. The aim remains the same: to offer growing individuals orientation and meaning in a changing world.

DIFFERENT CULTURES REQUIRE DIFFERENT EDUCATIONAL APPROACHES

In South Korea there are 15 Waldorf schools. As everywhere else in the world, this creates the challenge to "translate" Waldorf education into the terms of the local culture. New questions arise every day in the classroom. Here in Germany, for instance, we use Grimms' Fairy Tales as story material for the children, since among their many special features they exemplify a process of development. Do we retain this in Korea? Would it not be more appropriate to use local fairy tales? Certainly. But what if they don't carry the desired message?

The first South Korean Waldorf school is now 17 years old. By now the children have turned into young adults with individual personalities – living proof that learning through drill is not the only way, that creative subjects are not a waste of time, that comprehensive, holistic education helps children to become upstanding, self-confident adults.



Michael Debus: An internationally renowned author and public speaker, he studied mathematics, physics and philosophy, and then went on to become a Christian Community priest. For 30 years he was part of the central leadership of the Christian Community.

Eun-Kyong Lee: studied physics and theology in Korea and Germany and has been a Christian Community priest since 2009. She is currently engaged in founding a congregation in South Korea.

MAKING THE WORLD A BETTER PLACE

In the 50 years of its existence Forum 3 in Stuttgart has developed into an imposing presence in the educational and cultural life of the provincial capital. One reason for this is that it has always been a place that both reflects and enriches what is actually happening in society: visionary, experimental and creatively unsettling.

The fact that it began as an initiative of the 1968 movement may well be the reason why Forum 3 describes itself as “a free association of people dedicated to helping to solve the urgent problems of our time through responsible action.” A look at its programme reveals a rich diversity of courses and other events that still lives up to this maxim – for instance, regular meetings of NGO’s such as Amnesty International, Bienen-schutz e.V. or Economy for the Common Good, or lectures on hot topics like the roll-out of 5G or the future of urban centres. Issues around personal development in the 21st century are addressed in seminars or workshops such as “Sorting out your inner life”, “Non-violent communication”, or “Meditation in every-day life”. This may also be done through artistic workshops such as ceramics, dance and theatre.

A FORUM WHERE SOMETHING NEW IS CREATED

The building on Theodor-Heuss-Strasse in Stuttgart’s inner city was due for demolition when it was discovered as a possible domicile for Forum 3 by Siegfried Woitinas, who could thus be regarded as the actual founder. In 1969 it was rented by a group wishing to create a platform where they could engage others in debate on questions of social renewal. In this they

were inspired by the French Revolution’s credo of freedom, equality and brotherhood (or sisterhood, as is the politically correct term nowadays) and by the idea of the Threefold Social Order put forward by Rudolf Steiner, social reformer and founder of anthroposophy.

In the spring of 1970 while she was still at school, Ingrid Lotze ended up getting “stranded” here. Now she is the manager of Forum 3, but at that time she was part of a strike by high school

students protesting against the centralisation of their end-of-school examinations. Forum 3 offered them rooms to use for discussions and as strike headquarters. Here Ingrid Lotze met the Forum co-founder Siegfried Woitinas and other like-minded people. “For the first time I was with people who had answers to my deepest questions,” she recalled.

The various ideas on social reform all meshed together into a fruitful collaboration. In no time a student newspaper was launched, coupled with learning how to use a printing machine. In a variety of working groups many social issues and developments were explored. Young and old side by side, learning from each other and expanding their minds.

In 2018
98,000
people
were sufficiently interested
to visit the theatre,
café, courses, seminars
and lectures.

In a building once scheduled for demolition a place of human interaction and inspiration has come into being

Saved from the demolition ball, a Centre modelled on the Roman forum arose: as a place where people of different persuasions could meet and perhaps create something new out of their exchange of views. Today, all five storeys of the Forum are in use, and in the 1980's an extension increased the overall floor-space to 1,700 square metres. Since then an inner courtyard has been created for the Forum Café, a green haven in the city's hustle and bustle.

In the café reigns an atmosphere at once vibrant and relaxed. Almost any day, even in the afternoon, you will find a colourful mixture of people intent upon treats for mind and palate.



PROJECT FOCUS: ART & CULTURE

Many groups regularly meet here – in 2019 they were 65 in number. Table-bookings for 2020 are already well advanced. This makes clear that it is the open, all-embracing atmosphere that attracts people. “Engineers without borders” have a regular table, then there’s a German-Japanese group or the “Start with a friend” initiative. Lying on the café’s counter is something that epitomises the spirit of the Forum: a binder of vouchers with the heading “Give-Take-Share”. If someone wants to donate the price of a meal or a drink, they put the voucher in the binder. If someone wants to eat or drink something, but can’t afford it, they simply take a voucher. A small-scale welfare system.

SHOWING THE UNSEEN

Beneath the inner courtyard, but of somewhat larger proportions, lies the centre’s artistic nucleus – the 150-seater Forum Theatre. Since its founding in 1982 its artistic director has been Elke Woitinas, one of the co-founders of Forum 3 and a former actress. A number of its productions and actors have won awards, among them the renowned Monica Bleibtreu Prize. This was also where the well-remembered clown Frieder Nögge cut his artistic teeth, and where the great Dimitri family once had its theatrical home. What is it makes the Forum Theatre special? “Looking at the breadth and variety of the programme doesn’t give you any clue as to the unifying idea behind it. What we’re about is not just to show human beings and their world as they appear, but also to express what is hidden,” explains Elke Woitinas. And the high attendance shows that this idea works.

The wide variety of courses, workshops and theatre performances are an open invitation to expand your horizons





A further reason for the success of Forum 3 is surely the fact that its prime movers have always been in the business of integration rather than agitation. This also explains the decades-long backing they have had from the city of Stuttgart and other institutional and private funders, who have regularly invested both in the running and the infrastructure of the Forum. In its own words, Forum 3 exists for the benefit of people “who, as culturally creative individuals, both socially and spiritually motivated, seek to bring about a truly civil society”.

FORUM 3 IN FIGURES:

Events take place in Forum 3 every day of the week.

In 2018 there were 20 salaried employees (some part-time).

There were seven young people serving their Voluntary Service Year or a National Voluntary Service Year.

There are about thirty regular course and workshop leaders, who are paid on a fee-basis.

In the same year there were fully 98,000 visitors, of which 10,176 went to the Forum Theatre, 61,300 to the Forum Café, 19,660 attended courses, 3,630 lectures and seminars, and 3,234 other events on offer.



Ingrid Lotze

While still at school she was already busy with ideas on how to humanise education and with the concept of the threefold social order. After her “Abitur” (end-of-school exams) she attended a drama school and then spent two years in charge of the Tea Room (now Café). Then followed a degree in Sozialpädagogik in Berlin, a further five years working at Forum 3, one year’s attendance at the Seminary of the Christian Community and a period of work in curative education in Switzerland. Since 1989 Ingrid Lotze has been the manager of Forum 3.

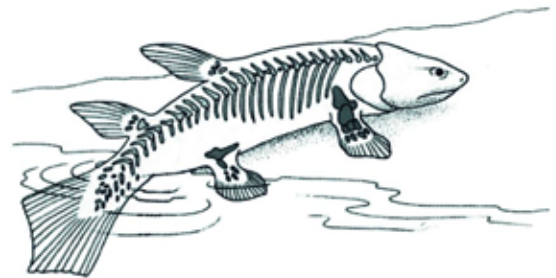
WHAT MAKES US HUMAN?

Conventional evolutionary research works on the assumption that organisms adapt to their environment and thus attain a better chance of survival. It concludes from this that human evolution is also determined by these adaptation processes. Researchers at the Institute for Evolutionary Biology at the University of Witten/Herdecke take a different view. “The main thrust of human biology is the creation of flexibility, not fixed function,” as their central thesis states.

The usual assumption is that human beings are a product of their genes, the nerve-cells in their brains, of ice-age survival techniques or Darwin’s “struggle for survival”. However, if we study the development of living things up to the advent of humans, another pattern can be discerned in evolution: there has been a gradual increase in the independence, stability and flexibility of individual organisms. The researchers working together with evolutionary biologist Bernd Rosslenbroich sum this up as an increase in the capacity for autonomy, a growth in the degree of freedom, and have described these processes from primeval animals all the way to the evolution of human beings in great detail.

Even the earliest organisms already displayed a certain autonomy, which then developed further, especially in the evolution of the vertebrates, that is, the fish, amphibians, reptiles, birds and mammals. Thus the first terrestrial vertebrates, which were descended from certain species of fish, had to develop a stable and independent system of body-fluid metabolism as well as breathing by means of lungs. The increase in autonomy here is signified by this internalisation of respiration. Later, with the transition from the reptiles to the mam-

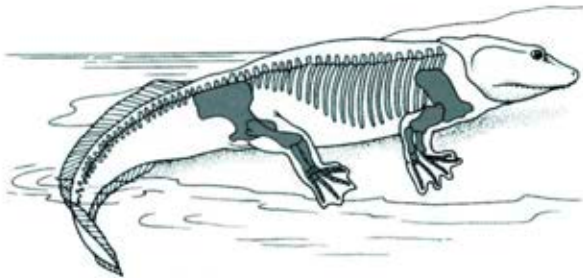
mals, bodily movement became more flexible and varied as a result of the legs being located under the body, as, for instance, with the horse. Then there was also the development of the ability to maintain a constant body temperature. This transition to the mammals has been fully documented in drawings of well-known fossils by Susanna Kümmell, a member of the Institute’s staff. Ultimately human beings stood up,



Tiktaalik is presumed to be the first to venture onto dry land. It is recognised as a connecting link between fish and Amphibia. In its flippers the bones for arms and legs are already present

These hominid footprints preserved at Laetoli in Tanzania are a good 3 million years old. They show the human path to greater autonomy

thus freeing the hands from their locomotory function and making them available for a host of activities that gave birth to human culture. They also developed the most complex and powerful brain evolution has ever produced, combined with a very stable and perfectly regulated circulatory system in addition to other homeostatic features, in other words, independently regulated biological functions. While many kinds of animals are still very much dependent on environmental conditions, human beings have a high degree of autonomy, which accounts for their extremely broad flexibility and wide-ranging freedom of action.



PROJECT FOCUS: EDUCATION & TRAINING

In frogs, for instance, body temperature always corresponds to that of their surroundings, whereas in mammals, including human beings, it is autonomously held at a constant 37 degrees. Fish don't yet have a divided blood circulation, so their venous blood is always mixed with the arterial. Only once a septum (the wall of tissue separating the heart in two) has formed can oxygen-saturated blood flow through the body. Viewed over a long stretch of time, these are all steps towards greater independence.

The researchers see in this approach a possible way of refuting the various claims of biological determinism in relation to humans, or at least of setting them in a wider context. They feel their findings have shown that our basic physiology and anatomy clearly express our capacity for freedom.

“THUS HUMAN BIOLOGY PROVIDES THE BASIS FOR DEGREES OF FREEDOM THAT ENABLE THE DEVELOP- MENT OF CULTURE.”

Bernd Rosslenbroich

Charles Darwin indeed provided evidence that left the fact of evolution in no doubt, but he set too much store by the struggle for existence and natural selection as the controlling factors in the survival and further development of living organisms. As a result, to this day in anthropology we still have two opposing schools of thought – those who take the strictly evolutionary line, and those who emphasise the importance of culture. The former place the principle



of selection in the foreground, and investigate the extent to which we have been determined by the adaptations arising from its action. The latter, by contrast, reject these interpretations, and emphasise the many forms of cooperation and mutual aid that appear in human societies.

“EVOLUTION IS MUCH MORE THAN SELECTION.”

Bernd Rosslenbroich

By contrast, Witten/Herdecke's autonomy hypothesis is an attempt to reconcile the claims of biological reductionism and the purely cultural perspective. “Our idea has provoked much controversy among our colleagues in the profession,” says Rosslenbroich, “but we are just at the beginning, and investigating all the factors involved will take a lot more time.”



Competition and selection are not the only factors at work in evolution. Studies of little children show that human beings are pre-disposed to cooperate



Nowadays very many more factors are taken into account in explaining evolution than was the case throughout the 20th century. A veritable revolution is currently taking place in this subject. Rosslenbroich sees the concept of “cooperation” as an important tool for understanding evolution: “Darwinism sees everything in terms of perpetual competition. In nature there is just as much cooperation.” The human being is especially geared towards cooperation. Studies of little

children have shown that they are predisposed towards communal activity. The over-emphasis on competition is a product of 19th century social theories.

The phenomenon of play yields in interesting perspective on these ideas. We now know that all mammals and many birds engage in play. So far it has not proved possible, however, to explain play in terms of competition and the struggle for existence.

Young mammals enjoy playing – here it’s not necessarily about dominance through strength



PROJECT FOCUS: EDUCATION & TRAINING

Here the theory of autonomy yields a completely new perspective. Precisely the higher developed species show an increasing capacity for flexible behaviour that does not serve any definite purpose. It can be completely divorced from the demands of survival, and manifests as play. This appears, for instance, unbridled romping of young animals.

In the development of the human child, then, play attains a very far-reaching significance and much time is devoted to it. It is not so much the expression of an extensive freedom of action, but far rather the actual act of developing and nurturing flexibility and creativity.

“MAN IS FULLY HUMAN ONLY WHEN HE PLAYS.”

Friedrich Schiller

It is closely related to the development of independence, imagination and individual creative will. The tendency of many modern education systems to restrict play in favour of programmed learning is a direct attack on the human capacity for freedom. “Let the children play” is a watchword that also follows from this research.

Independence leading to the capacity for freedom is inherent in the human being right from the start

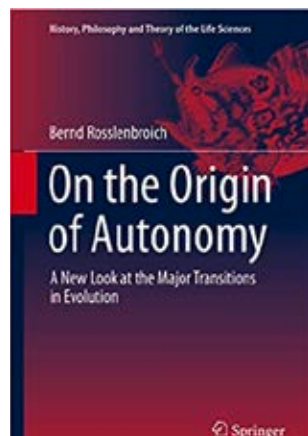


PUBLICATIONS

Details on the evolution of autonomy and its significance for understanding the abilities of the modern human being are contained in two books Bernd Rosslenbroich has published on this subject. In addition to

the biological phenomena, the books deal with philosophical aspects of the subject as well as the question of what it implies for our relationship towards animals and the natural world as a whole.

Bernd Rosslenbroich:
On the Origin of
Autonomy. A new
look at the major
transitions in evolution
(History, philosophy
and theories of the
life sciences).
Springer 2014.



Dr. Bernd Rosslenbroich

Studied veterinary medicine at the Justus Liebig University in Gießen and submitted his professorial thesis in evolutionary biology at the University of Witten/Herdecke. Since 2007 he has been head of its Institute of Evolutionary Biology and Morphology. Here his research focuses on the origins of autonomy and the properties of life.

MAKING A SOCIAL IMPACT

In a special session in summer 2019 the Brazilian Parliament honoured the hundredth anniversary of Waldorf education. The debate was shown on television over the whole country – official public recognition for something of which the INSTITUTO MAHLE in São Paulo is also an integral part.

“Waldorf education can teach a lot to our children and to the whole of Brazil”, said the speaker of the House of Representatives, Rodrigo Maia on this special occasion. While it is true that the country’s first Waldorf school was founded 64 years ago, the fact was that for a long

time only the middle and upper class had access to Waldorf education, as it was only available in the form of expensive private schools. This has since changed. Among the roughly 300 Waldorf schools in 21 of Brazil’s 26 provinces there are now a few in public ownership.



Thus children from other social backgrounds now have access to Waldorf education. The fact that these are now a recognised quantity in the current public discussions on the modernisation of the education system is due in no small part to the many projects the INSTITUTO MAHLE has initiated and supported over the years. Supporting educational projects, however, is not the only thing this partner institute of the MAHLE FOUNDATION does. It also supports initiatives in the health sector, in organic farming and in other areas of civil society.

TURMALINA:

WALDORF EDUCATION IN THE COUNTRY

With the assistance of INSTITUTO MAHLE a Waldorf school opened its doors in the rural district of Paudalho in 2018. In this socially deprived region the founders were as much concerned about social integration as about creating a humane child-centred school. Here, besides normal lessons, a variety of other activities take place, which all children are free to attend – such as circus workshops, courses in bio-dynamic agriculture and permaculture, and activities with horses. The workshops are offered in conjunction with the neighbouring state school and this has strengthened the ties between the two institutions. The success of all this is very evident: students are now travelling even from Recife, which lies an hour away, so that they can go to the “tourmaline school”.

Activities with animals and helping on the farm create ties that transcend social barriers

ALLAYING THE TRAUMA OF REFUGEES

Many people who fled the humanitarian catastrophe in Venezuela have ended up in the province of Roraima in northern Brazil. Since many of the refugees are children, the charity “Brüderlichkeit” (“Brotherhood”) has set up the project “Education for Times of Emergency” with the support of the INSTITUTO MAHLE. This entails arranging for the teachers working in a Venezuelan refugee centre to be given a training in emergency pedagogy, which will equip them with effective methods for dealing with sometimes seriously traumatised children. It will give the teachers a better understanding of the psychological condition of the young people in their care, and enable them to take the right line in a variety of situations: in play activities and games, on health issues (sound, balanced nutrition), on the protection of cultural identity, and in the social sphere (increasing emotional and inter-personal confidence). Thus in the medium term these young people can begin to get some clearer idea of where their lives are going.



SUSTAINABLE CULTIVATION OF ORGANIC MACAÚBA

The savanna of south-eastern Brazil is called the cerrado. This is the home of the macaúba palm, which has great potential for the sustainable production of palm-oil. A company called INOCAS, based in Patos de Minas, Minas Gerais, has therefore set itself the aim of developing the sustainable production of oil from this indigenous plant in a way that supports the local community. The work of INOCAS made it possible for farming

families to be trained in the sustainable extraction of macaúba palm-oil, and for them to receive support in having the product certified as organic. The project has helped bind the local community together and has increased their appreciation of the importance of biodiversity. It has also created jobs and multiplied the earning capacity of the many family farms.

The sustainable cultivation of the low-maintenance macaúba palm supports social relationships in the local community



This form of macaúba cultivation has increased the market share of organic products in the region and raised the level of organic oil being used in the production of cosmetics, drugs and fuels. This has also led to the replacement of genetically modified varieties, and increased the capture of CO₂ from the atmosphere. At the same time the landscape is being afforested, and the consequent increase of shade has significantly reduced water consumption in the rearing of animals. In the 2019/20 season INOCAS is hoping for a macaúba harvest of at least 180 tonnes. Over the same period the initiators of the project are planning a series of training sessions on bio-dynamic agriculture supported by the INSTITUTO MAHLE.



In future macaúba fruits will be grown bio-dynamically



THE INSTITUTO MAHLE – PARTNER OF THE MAHLE FOUNDATION IN BRAZIL

BIRTH AND MOTHERHOOD

Inspired by the maternity house “Casa Angela” of the Associação Comunitária Monte Azul in São Paulo, the project “Ekos Mawe House” was conceived. Its purpose is to provide under-privileged women with a safe haven, where they can give birth, nurse their child and simply be a mother in as natural and healthy a way as possible. This service is extended particularly to indigenous women from the banks of the Maué in Amazonia. They often live in inaccessible places, but now throughout pregnancy and birth they can receive care consisting of a combination of traditional herbal knowledge and anthroposophical therapies for the wellbeing of mother and child. The service also includes birth preparation courses and opportunities to meet other mothers and share experience. A vehicle has recently been acquired that can fetch full-term women from remote places in time for the delivery, or bring midwives right to their door.



Settlements on the bank of the Maué are often very hard to get to

Indigenous women are given comprehensive natal care





“This year we concentrated on putting our work in a wider context”, says Oskar Kedor, voluntary chairperson of the INSTITUTO MAHLE. “Our aim was to approach health problems on the basis of integrative medicine, and to pursue a modern form of education that builds resilience in children. We have been applauded in both

governmental circles and the public domain alike. We would like the whole of society to be able to participate in this movement, so that dialogue might occur through which solutions can be found – no matter whether by public or private initiatives.”



The INSTITUTO MAHLE

This partner of the MAHLE FOUNDATION was founded in 2007, and manages all the initiatives funded by the foundation in Brazil. Since its inception it has supported 767 projects and the work of 128 charity organisations in 74 towns and villages. The main focus is on education, health and agriculture. The institute has its headquarters in São Paulo with 2 permanent staff members, 3 voluntary executive members and 4 voluntary advisory board members. www.institutomahle.org.br



PROF. DR. TOMÁŠ ZDRAŽIL

„For the children coming into school today the main priority of education must be to develop and refine their powers of creativity and initiative, so that as young adults they will have the independence of mind to be able to open up new fields of human endeavour.“

A guest article by Prof. Tomáš Zdražil. Czech by birth, he is a professor at the Freie Hochschule, Stuttgart, Seminar für Waldorfpädagogik, lecturing on the anthropological and anthroposophical foundations of Waldorf education.

THE TASKS OF WALDORF EDUCATION IN TODAY'S WORLD

Waldorf education was founded 100 years ago with the clear aim of meeting the pedagogical challenge of the massive social upheavals of that time. Today – in the age of digitalisation – that original stance appears just as relevant.

In its Jubilee Year of 2019 the German Waldorf school movement was lauded by the majority of the media, politicians and the general public. The president of Baden-Württemberg, Winfried Kretschmann said Waldorf education “was one of the most astonishing and successful educational ideas of the last century.” For particular praise he singled out its creativity, its educational commitment to the liberal ideals of civil society, its strongly all-inclusive pedagogical practice and its world-wide expansion and international cooperation. “Its pedagogical conception represents diversity and intercultural cohesion, as well as the ideals of freedom and the dignity of all people...” wrote the former state president Joachim Gauck. While recognition streamed in from all sides, Waldorf schools themselves were engaged to a much greater extent than usual in putting themselves squarely in the public eye, and this happened world-wide. Within the framework of “Waldorf 100” important conferences and congresses were held, innumerable lectures, podium discussions, workshops, performances, concerts and other artistic presentations took place, and a long string of new publications appeared. A great wave of creativity swept through the whole school movement. There was scarcely a school that was not involved in some way in the festivities. A central event was the congress “Am Anfang steht der Mensch” (“In the Beginning was the Human Being”)

from 7th-10th September in Stuttgart, which followed the impressive evening of celebration staged by the Uhlandshöhe Waldorf School (the first Waldorf school) in the city's major concert hall, and which revisited the founding ideals of Waldorf education, viewing them in their modern context.

**“ITS PEDAGOGICAL CONCEPTION
REPRESENTS DIVERSITY AND INTER-
CULTURAL COHESION, AS WELL
AS THE IDEALS OF FREEDOM AND
THE DIGNITY OF ALL PEOPLE...”**

Joachim Gauck, former President

600 participants from all over the world grappled with the challenges facing Waldorf education, both now and in the future, and took whatever insights they had gained from the congress back with them to their colleagues and schools. The themes addressed in the congress have spawned further work – for instance, the “Forum Zukunft Waldorfschule” (“Forum on the Future of Waldorf Schools”), which appeals to young Waldorf teachers and seeks to develop visions of the Waldorf school of the future.

TIMESCAPE

In 1919 when it was founded, the Waldorf School had a number of features that distinguished it as revolutionary in comparison to the education system of the time. This was primarily due to the prophetic vision and genius of its founder, Rudolf Steiner. He had his finger on the spiritual pulse of the times, and was a man of stupendous imagination, extremely rich in ideas. His successors spent the decades that followed working through his pedagogical legacy, putting it into practice and establishing an educational movement out of his fundamental ideas. The movement they created has grown, so that today we have about 1200 schools

and 2000 kindergartens world-wide, but now in some ways it is less of a movement and more a system of fixed forms. Rather than working creatively with these established forms, they tend to be accepted as given, so that a number of questionable habits and traditions have crept into every-day classroom practice: “this is how things are done in a Waldorf school...”. After 100 years these signs of senescence and fatigue are perhaps not unexpected, but if we are to have a viable future they must be vigorously combatted. The big question we face, therefore, is how to acquire the teachers willing to take up this challenge. In German

Today Waldorf teachers are a scarce commodity





Inspiring children to learn – a challenging task

Waldorf schools alone 600 teachers are sought every year. These must not only be trained in a way that consolidates their professional competence and gives them a thorough grounding in Waldorf principles, but they must also have the inner strength and imagination needed to adapt the existing forms to the conditions of modern life. Young, first-time class-teachers need the help of sympathetic and experienced mentors for their work with the children, for their dealings with parents and not least for the kind of tasks they may face in a school practising self-management. In the schools as they are at the moment there are a lot of leading personalities in key positions who are of retirement age and need to hand over the carrying of the school to other (younger) colleagues. How does a training programme, whether in the form of full-time study or part-time further training, address such a problem? It demands a wide diversity of approaches that also accommodate the widely differing life-styles of young people nowadays. Then there is also the question of the content of courses on offer at training centres. Is it possible to derive the principles of Waldorf education from a detailed phenomenological characterisation of the needs of today's children and adolescents?

How are these principles then to be viewed in relation to the vast array of possibly relevant research findings? And, finally, how can all this be presented in such a way that it inspires young people to take up the educational challenges of the present?

Waldorf high (or upper) schools are in a serious predicament. On the one hand, their pedagogical freedom is being restricted by the pressure of state examinations. On the other hand, the training centres are not managing to attract enough people interested in studying to be high school teachers. In most Waldorf schools the majority of teachers in the high school do not have a Waldorf training. One positive thing of note is that the last few years have seen the publication of a number of solid, well-researched books on the methodology of several high school subjects.

In the area of primary school teaching materials, however, the situation is not so rosy. For years now, even decades, there has been a considerable need for research-based material that could give a new impetus to the teaching of the various primary and middle school subjects. It is crucially important to realise,

TIMESCAPE

however, that whatever progress is made in regard to the method and content of primary and middle-school teaching, it needs must take place upon the background of wholesale digitalisation – of society and of the daily lives of children.

At the beginning of the 21st century what is clearly emerging is a civilisation regulated by autonomous digital technologies, in which human beings are spending more and more of their day occupied with audio-visual media. Right now about 50% of 8-year-olds, 60% of 10 to 11-year-olds and 92% of 12 to 18-year-olds have their own smartphone. In 80% of cases they will be online every day: 12 to 13-year-olds for 156 minutes, 14 to 19-year-olds for 208 minutes.

It is foreseeable that in a few decades many hitherto familiar occupations will become obsolete, because they will have been taken over by artificially intelligent machines. For the children coming into school today the main priority of education must therefore be to develop and refine their powers of creativity and initiative, so that as young adults they will have the independence of mind to be able to open up new fields of human endeavour. What they will need to study and what qualifications they will require to be able to do so can only be envisaged in rough outlines at the moment. This is why an all-round education which addresses the full spectrum of human abilities is the best preparation for the future. From this perspective the current economic and political strategies, which aim at the complete digitalisation of school-life, are one-sided. The real pedagogical challenge of today stems from the fact that too many children, through unregulated use of information technologies, are led into habits

*Children need an
all-round education that
addresses all their abilities*



"Be the change"



of behaviour which – paradoxically enough – severely hamper, if not entirely eliminate the possibility of developing the future-oriented abilities previously mentioned.

Since everything about our way of life, including the nature of childhood, is changing, all areas of the practical realisation of Waldorf education must be looked at, evaluated and conceived anew. A number of the fundamental works on the didactics of Waldorf education currently in use saw their first publication already in the 1970's or 80's. Since then they have been re-published, but revisions are the exception rather than the rule.



Learning to use media is a must

TIMESCAPE

This means that there is an urgent need for a complete revision and re-thinking of all the subject material and indeed every aspect of Waldorf education within the context of the increasing digitalisation of children's every-day lives. From the outset Waldorf education has contained much hidden potential for effectively meeting the digitalised future.

The issues surrounding the process of learning to write, one of the essential things children learn in school, provide an urgent example of how Waldorf methods are currently being put to the test. Now that PC use has become so widespread, we find ourselves faced with a revolutionary situation in that the advantages and disadvantages of writing by hand compared to writing with a keyboard are now under intensive discussion and scientific investigation. This has led, on the one hand, to a warning that increased use of digital media poses a danger to writing by hand, and that it might even die out. On the other hand, the point is being made that, in compensation for losing the presumed advantages of writing by hand, learners are gaining the ability to process texts much more effectively.

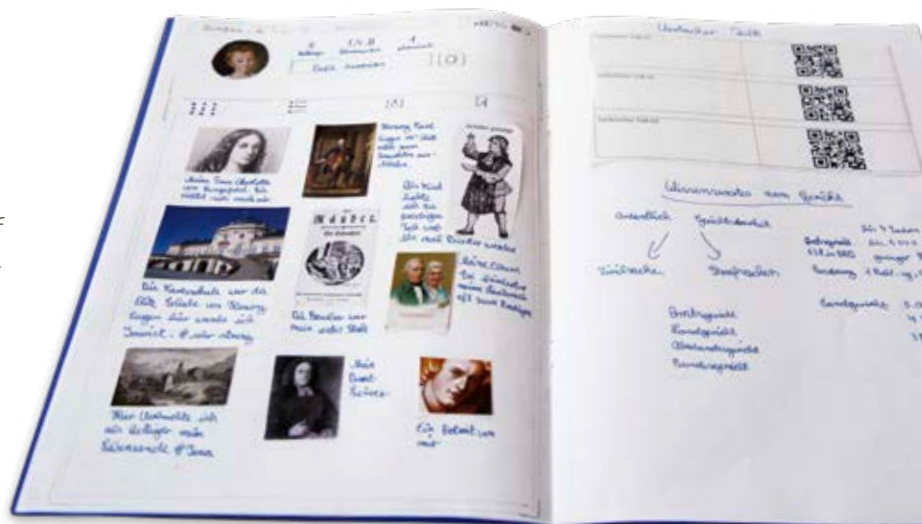
A meta-analysis of the research findings shows that there is no definitive answer to the key question. There are clear indications, however, that writing by hand has a positive effect on memorisation, the development of fine-motor coordination and cognitive abilities. Sometime before the founding of the Waldorf School, Rudolf Steiner had occasion to comment on the changes in

people's handwriting that had been happening during his lifetime. He saw them as symptoms of changes in culture and consciousness, which could have serious consequences for human health. This is why calligraphic exercises featured in some of his early indications on meditative practice. Also in establishing the methodology of Waldorf education from 1919 onwards he regarded the manner of introducing writing as of central importance. Thus there is probably no other aspect of method that was concretely addressed so often and so thoroughly by Steiner. The points he particularly stressed were the need to forge a direct connection between the shapes of the letters and their sounds when spoken, to make the process more creative by using the art of form-drawing (the preliminary to calligraphy), and to pay constant attention over the years to the cultivation of beautiful handwriting using ever-varying methods. Providing sound, research-based justi-

*Writing by hand helps
the brain to learn*



fication for this central component of Waldorf education, given that it is being seriously jeopardised by digitalisation and its future is under critical scientific scrutiny, is a major priority for the coming years. For the teaching of mathematics, language, science, modern and contemporary history and other subjects, as well as for the provision of relevant literature for each subject, the situation looks very similar.



Creativity occurs on different levels

In the coming years, then, the Waldorf school movement needs to address the question of how relevant Waldorf education still is, or how much it needs to be modernised, and in so doing – just as happened with Waldorf 100's superbly coordinated and successful celebration of the past – revitalise the spiritual springs of its creativity.





GEORG SOLDNER

“In times when many children have difficulty standing on one leg, it is all the more important that lessons begin with movement.”

Conversation piece with Georg Soldner. He is one of the most highly reputed anthroposophical paediatricians in the world, and deputy head of the Medical Section of the School of Spiritual Science established by Rudolf Steiner in Dornach, Switzerland.

ON THE ROAD TO “ONE HEALTH”

Human health is much more than a question of bodily wellbeing. Why this is so, what factors are ideal for the development of our species, and what contribution complementary medicine can make here, are questions Georg Soldner, doctor and humanist, has been pursuing for years.

Dr. Soldner, in 2020 anthroposophical medicine celebrates its 100-year jubilee. What is the secret of its success?

If we consider what things were like a hundred years ago when anthroposophical medicine began, we can clearly see just how innovative it was back then. And it still is today, for we are talking about the first branch of complementary medicine to be based on the full recognition of conventional scientific medicine. Modern orthodox medicine was already 300 years old in 1920, but was only just beginning to bear fruit in therapeutic terms. This means that today's medicine, which is so therapeutically powerful, needed a build-up period of 300 years, during which it developed scarcely any effective treatments. Its first successes were fully recognised by anthroposophical medicine.

What anthroposophical medicine added to the picture was a holistic conception of the human being and the integration of treatments which did not regard the human body simply as a machine in need of repair, but offered complementary measures. The problem with conventional interventions in the human organism is, of course, that operations, say, or antibiotics weaken a system that actually regulates and repairs itself. The

body always has to compensate for this kind of intervention. Anthroposophical medicine strengthens the living organism's ability to regulate itself. This new approach has remained highly significant right up to the present day, if we think of such organisations as the “Quality Control Network for Integrative Medicine” here in Baden-Württemberg, in which university and anthroposophical hospitals are working together on the further development of integrative medicine. The whole idea here first began with anthroposophical medicine.

Homeopathy developed at a time when the orthodox medicine then being practised left a lot to be desired; for instance, the usual blood-letting treatment for chronic diarrhoea accelerated the death of the Austrian Kaiser himself. Hahnemann was quite right to be up in arms about this, and thus homeopathy tended to always find itself in a sort of “anti” position. The founder of anthroposophical medicine, Rudolf Steiner, was the first to say: “The effectiveness of homeopathy must be scientifically investigated.” The history of its scientific and pre-clinical investigation begins with Rudolf Steiner's lecture course for doctors and the studies carried out by Lili Kolisko under his supervision and after his death.

CONVERSATION PIECE

Another new feature, of course, is the fact that anthroposophical medicine is not just doctor-centred, but other medical professionals have been integrated into the therapeutic process right from the start. In other words, doctors, nurses and therapists work together as a team. Back in the day this was new; now we know that their trainings must increasingly overlap, if later problems with teamwork are to be avoided.

Is the variety of therapies on offer in anthroposophical medicine a reflection of this idea of teamwork?

Yes, because one thing that has been restored to medical practice is the art of applying compresses – a domain of nursing. And they're amazingly effective, both with simple, acute conditions and complicated, chronic complaints or functional disturbances, such as sleeplessness, which is very prevalent nowadays. In anthroposophical hospitals it is particularly these externally applied remedies that bring patients speedy and significant improvement and relief, and enable us

“MANY PATIENTS AND THEIR PARENTS LEARN TO OVERCOME STRAIGHTFORWARD, ACUTE ILLNESSES WITH THE HELP OF ANTHROPOSOPHICAL MEDICINES. IN THIS WAY WE ARE ABLE, FOR INSTANCE, TO DRASTICALLY REDUCE THE USE OF ANTIBIOTICS, AND THUS SAFEGUARD THEIR EFFECTIVENESS AT THE SAME TIME.”

Georg Soldner

in many cases to heal serious diseases like pneumonia without the use of antibiotics. But the artistic therapies also help patients to take an inner step towards overcoming their illness. This brings the therapist into play, and it is then the doctor's task to keep the whole collaborative effort diagnostically and therapeutically on track.



What role do anthroposophical medicines play in this context?

An essential one. The first thing to consider here, particularly in the treatment of children, is the whole idea of self-medication. Many patients and their parents learn to overcome straightforward, acute illnesses with the help of anthroposophical medicines. In this way we are able, for instance, to drastically reduce the use of antibiotics, and thus safeguard their effectiveness at the same time. Mistletoe has become the best known anthroposophical medicine. It is not only used for cancer, but has also proved successful, for instance, in the treatment of arthrosis. In Germany mistletoe preparations are now the most common type of complementary medicines used in the treatment of tumours. They are also prescribed world-wide, and by no means only outside normal medical practice. For example, university and other hospitals in South Korea regularly use mistletoe preparations.

In Germany anthroposophical medicine enjoys legal protection through being classified as one of the so-called “special types of therapy”. How do things look internationally? Do we have enough anthroposophical doctors?

First of all, the basic fact is that world-wide we have too few doctors to meet the demand. As far as Germany is concerned, we are in the fortunate position of having swelling numbers of 25-35-year-old doctors and medical students, due to a good recruitment drive. The “trough” occurs with the 40-55-year-olds, who are the ones carrying the main burden of patient care. What’s more, the full-time country doctor, who is free of red-tape and never has to answer an e-mail, no longer exists. Today we have to train two or three doctors to meet the work-load of one retiring colleague.

Internationally things are different according to where you look. In the countries of north-western Europe we have come to a somewhat dramatic crisis-point through the widespread actions of sceptics opposed



CONVERSATION PIECE

to alternative medicine. Even the work of the Vidar Clinic in Sweden, which has been so successful, has collapsed under these attacks, in spite of research having shown that in the treatment, for instance, of patients addicted to painkillers they had had above-average positive results. We are experiencing massive attacks from Finland to Spain, but they are based on a distortion of reality. It is simply not true that there is no evidence for the effectiveness of anthroposophical medicines. They have been the subject of hundreds of studies, some of which have resulted in remarkable findings. For instance, in Serbia, where patients gravely ill with pancreatic cancer lived twice as long when treated with mistletoe as did the control group.

The situation in Latin America looks very encouraging – with Brazil in the forefront. Interest is keen also, and growing all the time, in Asia, for example in the Philippines, Thailand and Taiwan, but also in Russia. Indeed all the signs here point towards growth.

What for you is anthroposophical medicine's particular "take" on the human being?

When dealing with someone who is ill, I'm not just meeting a body with a defect, but a living human being. From an anthroposophical point of view this raises the question of the resonance between how the person's body feels and what they are feeling. So, we could be talking about a breast-feeding mother who's exhausted, and says, "I don't feel anything anymore", and the doctor's job is then to boost her vitality, so that the crisis she has been feeling on an emotional level dissolves. It could also be, that a woman's feelings are so acutely tensed up that her level of vitality is

suffering as a result. What is specific to anthroposophical medicine is that it treats people as individuals, taking into account their full reality as spiritual beings. Thus a new-born baby is a being in complete possession of human dignity. This is something you can actually see with your own eyes, and is, of course, enshrined in the constitution. Once we admit this as a way of thinking, it changes our whole attitude, and we can address our patients' specific, individual needs, approaching them with the question: "What do you need now?" We can also come to the realisation that, for instance, the moment of death can be an "active departing" and not simply a "passive dying". The same goes for birth. To be able to accompany these processes sensitively our inner attitude is crucial. The patients feel this, and it is also what they want from us.

When we look at the health deficits of modern society, what can anthroposophical medicine do to help?

I would see all this in terms of the concept "One Health". Anthroposophy was not only responsible for the birth of integrative medicine, but also for the first modern form of organic agriculture, which works in such a way that its products provide optimal nutrition for human beings, while at the same time it enriches the earth instead of exhausting it – also in places where the soil has been ruined for decades and crops have been overbred. On account of overbreeding wheat has become indigestible for many people. French winegrowers are going bio-dynamic in droves, because they see the effect it has on the soil, the plants and the quality of the wine. This shows that we need a different form of agriculture, that looks out for our real needs and our health. Waldorf education is also

“THE ONE-HEALTH IDEA ALSO HAS SOCIAL DIMENSIONS: MORE AND MORE COMPANIES ARE BEING SET UP IN SUCH A WAY THAT THEY CAN ACTUALLY FULFIL THEIR OPTIMAL PURPOSE, REGARDLESS OF THE INTERESTS OF CORPORATE HEIRS AND SHAREHOLDERS.”

Georg Soldner

concerned with health. In times when many children have difficulty standing on one leg, it is all the more important that lessons begin with movement. Interestingly enough, in his first lecture for Waldorf teachers Rudolf Steiner singled out health as a fundamental aim of education, saying particular attention should be paid to healthy rhythms of sleep and breathing. Today asthma is the most common and the most expensive chronic illness among children world-wide, while 15 % of all children in the first class of primary school suffer from sleep disturbances, with all the associated ill-effects on the ability to concentrate.

The One-Health idea also has social dimensions: more and more companies are being set up in such a way that they can actually fulfil their optimal purpose, regardless of the interests of corporate heirs and shareholders. This understanding of purpose also applies to education, agriculture and commercial enterprises. It is a genuine expression of the anthroposophical question: why are you here, what values are you dedicating your life to? This is not the sort of question to which an engineer could give a scientific answer. Upon this background I believe we must aim at achieving health for the planet as a whole. Here anthroposophical medicine can make a very valuable contribution.

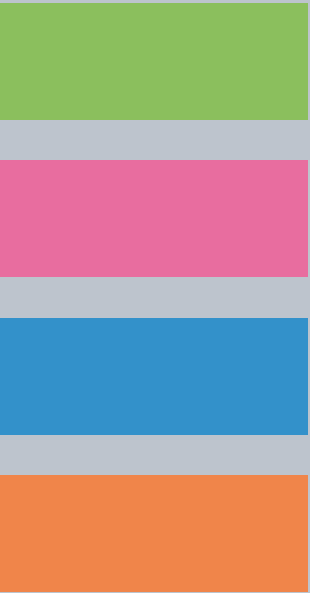
Dr. Soldner, thank you for speaking to us.

The interviewer was Antal Adam.



Georg Soldner

Doctor of paediatric medicine. Finished his clinical training at paediatric hospitals in Munich. His work is focused mainly on children with chronic illnesses. Together with Dr. Michael Stellmann he published the textbook on “Individual Paediatrics”. In collaboration with Dr. Jan Vagedes he wrote “Das Kinder Gesundheitsbuch” (“The Book of Children’s Health”), a handbook for parents, and was the originator of the “Vademecum Anthroposophische Arzneimittel” (“the Manual of Anthroposophical Medicines”). Besides his activities in the Medical Section at the Goetheanum, Georg Soldner is also leader of the “Akademie Anthroposophische Medizin” (the Academy of Anthroposophical Medicine) which is a branch of the Society of Anthroposophical Doctors in Germany.



CAUGHT IN THE SPOTLIGHT

SHORT REPORTS ON SOME
SELECTED RECIPIENTS OF
MAHLE FOUNDATION FUNDING

AGRICULTURE & NUTRITION

ONE-DAY WORKSHOP ON DAIRY-FARMING PRACTICE

A bio-dynamic farm is an organism, and cows, especially dairy cows, are its centrepiece. Ultimately from the cow and its milk we can tell the quality of the soil and of the crops it produces, while the spreading of dung helps preserve the ecological balance and fertility. In 2019, working from this basic insight and on the background of widespread calls for increased efficiency and rationalisation in agriculture, the impulse arose to pool together, preserve and pass on all the forward-looking best-practice of organic dairy-farming.

At the “One Day Workshop on Dairy-Farming Practice” on the Rengoldshausen estate near Überlingen participants had a chance to obtain an overall picture of the current state of practice-related research, consultation and practical application in this area. The dairy-farmers and professional consultants (some from the ranks of conventional agriculture) taking part were offered an informative programme of practical reports and short lectures on topics such as “pasture management”, “udder health” or “breeding for vigour and resilience”, with the option pursuing them further in seminars. They were given the possibility of analysing their own dairy operations in terms of bio-dynamic agriculture, plus concrete suggestions as to how the implementation of this more natural approach could look. The organisers have documented all the insights gained from this workshop in a brochure that can be obtained from the estate. The programme, with short summaries of the lectures, can be viewed on their website.



On bio-dynamic farms dairy cows get to keep their horns

More at: www.milchviehtag-rengo.de

ART & CULTURE

CIRCUS NOMADS TRAVELLING
ROUND THE WORLD

For two years now David Finscher and Jan Stoll have been traversing the globe. Their aim: to bring circus culture to the whole world with their project “GO HAPPY” – from Europe via the Middle East to Asia and back. Both are in their mid-twenties, the one an artist, the other a sport and gymnastics teacher, and they began their two-year tour in 2018. Through teaching circus skills they wish to spread joy through the whole world for children, teenagers and adults alike. The idea is that wherever they are they give people the chance to learn juggling, acrobatics, balancing and clowning in workshops, or at least to experience them through performances, and perhaps even to work out their own acts. For travelling they use a “Pinzgauer” they converted into a camper van, a genuine Austrian, four-wheel-drive “mountain-goat”, with which they hope to master all the mud and potholes the world can muster. They sleep wherever they are offered a bed, or else in their vehicle.

“Wherever we set up we have amazing experiences”, relate David and Jan. “After every one we tell ourselves: it was worth it just for that. A beaming face, a smile, people who liked our show, children we have managed to teach something to.” That they travel sometimes through regions dominated by poverty is intentional. “In many places like that neither children nor adults have any time for things that are not absolutely necessary for survival. We give them the chance of allowing themselves to be children (once more)” is how they sum this up. They intend to be back in Germany by August 2020. Until then they are documenting their journey in a blog on their website.



Sometimes happiness is out on the street

BRINGING ARTS, PEOPLE AND CULTURES TOGETHER

In 1919 the first Waldorf school was founded. Since then the arts, especially eurythmy, choral singing and learning to play an instrument, have held an important position in school-life. For good reason: they develop creativity, the understanding of language and music, flexibility of body and mind, and make the connections in social interaction tangible. For several years now various youth projects have been giving many young people the opportunity to (re-) experience these arts outside the school context. Since 2012, in three four-week projects, “WHAT MOVES YOU?” has choreographed symphonies by Beethoven, Dvorák and Schubert for eurythmy with about 240 young people in all. “EURYTHMY IN PROGRESS” is a eurythmy project that first took place in 2017, and also gave some young people their first stage experience, albeit on a somewhat smaller scale. Up to now “CANTARE” has put on seven choir workshops and managed to whip up enthusiasm for classical choral and orchestral music in almost 500 young people.

On the occasion of Waldorf education's 100-year jubilee, the three above-named arts came together at “CONNECT”, an international youth project held in the summer of 2019. It was all done in a spirit of equal rights, consensus, openness and mutual enrichment. The intention behind this artistic conference was to give young people the space to really get to grips with the arts of eurythmy, choral singing and orchestral music. Here they had the chance to experience the interplay among these arts, how they can complement and enhance each other. The result was a triad that was moving. And full of life.



Inner mobility through music, dance and song

More at: www.connect-project.art/en/

ART & CULTURE

CHORAL MUSIC
WITH A HUMAN FACE

A few years ago Denis Rouger, the Stuttgart professor of choir conducting, founded the chamber choir, Figure Humaine. Originally from Paris, his idea was to give graduates, who had sung under his leadership in the College of Music's chamber choir during their studies, a chance to continue with choral singing. At the same time he wished to fill a gap in the repertoire, by performing choral arrangements of solo songs. The name of the ensemble comes from a central work of 20th century French choral music, namely Francis Poulenc's cantata of the same name, based on a text of Paul Eluard's. What they aspire to is that the music be suffused with the image of a "human countenance", as an inner leitmotif.

With their project "Music unites", Figure Humaine are seeking to realise their original idea of creating community through music while honouring people as individuals. This spirit of unity appears not only in the choir's mainly French-German repertoire, but also in the deep friendship that is cultivated among its members. Friendship and humanity are what they also wish to bring to tonal expression in their concerts, uniting the listeners for a moment through music. "Familiar, yet unfamiliar – well-known, but not too well-known," is how the choir's approach was once characterised in a programme. This is fittingly exemplified by the fact that in 2019, together with Stuttgart Philharmonic, they gave an excellent performance of the Requiem op. 9 by Maurice Duruflé, in a seldom heard, symphonic original-version.



French-German friendship in music

More at: www.figurehumaine.de

A RAINBOW CIRCUS

The idea for the “Carousel of Cultures” took shape during the influx of refugees in the summer of 2015 and seemed – at first – very simple: young artistes teach circus skills like juggling to refugee children, practice them and prepare little performances. No pressure or competition. The healing power of play should be the main focus. Three years on, and the Stuttgart “Refugee Circus” has now grown into a firmly established, multi-cultural group of committed individuals, who meet regularly and have taken things a good deal further. Rehearsals take place two days a week.

Through physical effort the children, some of them traumatised, experience their bodies, extend themselves to their limits and in the process experience the joy and fun of movement. The idea is simple: training together overcomes barriers and doesn't require language. Allied to and inspired by the principles of Waldorf education, the work pays particular attention to the children's emotional needs. This means processing experiences of pain and shock, and at the same time providing a way into real life in Germany, far from school and academic pressure, and away from their family. All this demands great flexibility, and above all sensitivity, on the part of the coaches, who are carefully monitored and trained in trauma pedagogy. The voluntary dedication of project leader, Timon Schilling, and the many other trainers has found recognition: in 2019 the project was awarded the 9th Stuttgart Citizens Prize, in the “culture” category.



Acrobatics knows no language barriers

More at: www.circuleum.de/manege-der-kulturen/

EDUCATION & TRAINING

PERIPATETIC GENERAL STUDIES

5 young people, 8 cities, 1 car, 11 lecturers, 3,500 kilometres, 4 months on the road – that is the inventory of more than a journey. The numbers are the result of a project “that could inspire many young people to determine their own course of study”, as its originators characterise it. The five had just finished school when they took to the highway. The impulse to do this was the question: how would an individual study path look? How can we use the time after school to follow a path we decide for ourselves and thus glean experiences that will be ours to keep and cherish?

To find out, they set off on a journey they organised themselves through the whole of Germany and the Netherlands. The goal: to learn from encounters on the way. An experiment, which was christened “Wander-StudiumGenerale” (Peripatetic General Studies), and gave them the chance to grapple with a whole range of different minds and subjects. Here personal interest was the driving force, and thus the subjects were individually chosen – from religion and the Apocalypse to medicine and economics. “We studied in a totally new way, in the form of seminars that sometimes lasted a few hours, sometimes a fortnight – according to the availability of the lecturer,” as their account records. People were extraordinarily open to dialogue, and just as willing to provide the travellers with board and bed.

A book has now been published, in which there are accounts of the various stages of the journey, the lecturers are introduced, and the group’s experience of different types of learning and their life together on the road are described: *WanderStudiumGenerale*, 128 pages, hardback, 1st edition 2019, published by Urachhaus.



Learning from life on the road

More at: www.wanderstudiumgenerale.de

TEACHING MEDIA LITERACY

In this digital age media literacy is one of the key areas where competence is essential, and the degree to which this applies to children and teenagers is currently under intense discussion. Many parents, and teachers as well, feel out of their depth on this, or have doubts about their own competence in this area.

The Tessin Chair of Media Education at the Freie Hochschule Stuttgart has decided to address this deficit and, together with the College of Waldorf Education in Berlin, has put together two further-training courses on this subject for both Waldorf teachers and students studying Waldorf education. They offer training in becoming:

- A teacher equipped to lead children and adolescents towards a practical understanding of media technology
- A media consultant, equipped to conduct pedagogical-therapeutic conversations with adolescents and parents

Each of these further-training courses for professionals and students consists of several modules held over seven weekends. Their content covers both the fundamentals of modern media and media law, and special practical applications, such as the directing of film and radio projects, or the planning and design of lessons alerting learners to potential dangers. Upon completion, the teachers will be in a position to carry out media education projects from class five or six up to high school.



Learning how to engage in practical work with media

HEALTH & CARE-GIVING

“TOGETHER FROM THE START” CONGRESS

For several years now the number of children born in Germany has been rising – more and more couples are taking the plunge into parenthood. However, almost one in ten children are born prematurely. Meantime more and more maternity units are closing on account of a shortage of obstetricians and midwives combined with rising costs. What's more, the resulting crowded working conditions and an unclear demarcation of duties are creating increasing conflict among midwives, gynaecologists and paediatricians. And this is leading parents to lose confidence in the system.

A congress entitled “Together from the start” was thus mooted with the idea of getting all parties – parents included – round the table to thrash out some new perspectives on pregnancy, birth and early childhood. They convened in Stuttgart on 25th and 26th October, 2019, and spent the two days discussing how parental trust could be strengthened, and how cooperation among the various professional groupings could be improved. The congress programme was strongly geared towards practice. In all there were five forums: “Birth”, “Premature Birth”, “Teamwork from the start”, “Pregnancy” and “Parenting”. Here current problems were outlined and possible solutions worked out. Experts presented examples of best practice, research findings and exemplary care provision projects. The central focus in all the forums – while bearing in mind the wellbeing of mother and child – was the question of how the co-operation between parents and the various medical professionals could be improved, and any lost confidence restored. A further goal was to encourage the re-establishment of mutual respect and recognition among professional colleagues, to ease strained relationships, and to find ways of keeping parents more closely in the loop.



Improved perspectives for pregnancy and birth

OUR TEAM



Jürgen Schweiß-Ertl
Executive Partner



Alexander Lerch
Project Director



Monica Mozer-Menrad
Secretary



Kerstin Höß
Project Manager



Anna Mendes da Cunha
Project Manager



Hermine Krauspenhaar
Financial Administration

STATUTORY FUNDING EXPENDITURE 2019

A. PUBLIC HEALTH AND PUBLIC HEALTH CARE

1. Association Filderklinik e.V., Filderstadt
 - Investment measures
 - Start-up financing Competence network Integrative medicine
2. Filderklinik gGmbH, Filderstadt
 - Financial support for the Filder Clinic 2019
3. Foundation for Anthroposophical Medicine, Hausen
 - a) Goetheanum, Medical Section, Dornach/Switzerland
 - Anthroposophical medicine in public context, 2020–2022
 - IPMT – International Postgraduate Medical Training 2019
 - English translation „Anthroposophical nursing practice“
 - b) IVAA International Association of Anthroposophical Medical Societies, Dornach/Switzerland
 - IVAA: Anchoring the anthroposophical medicines in health systems
4. Nursing Education Centre at the Filderklinik e. V., Filderstadt
 - Pathways of learning – providing individual learning in the care training
5. Umbrella organisation for anthroposophical medicine in Germany e. V., Berlin
 - 100 Years of Anthroposophical Medicine, Opening congress
6. Phoenix Association for the promotion of the recovery of mother/father and child e. V., Potsdam
 - Project development 2019

7. Society of Anthroposophical Physicians in Germany e. V., (GAÄD), Munich
 - Congress „Together from the start“
8. Foundation for Anthroposophy, Stuttgart
 - a) Support Group „Light and Wind“, Fukutsu Fukuoka, Japan
 - Support activity East Japan earthquake disaster

B. YOUTH WELFARE SERVICES

1. Seminar for Intercultural Youth Encounters e.V., Stuttgart, Free Youth Seminar Stuttgart
 - Seminar development and public image
2. KuKuk Culture e. V., Stuttgart
 - Strong together – three youth welfare institutions grab hold of something!

C. EDUCATION, FOLK AND VOCATIONAL TRAINING

1. Freunde der Erziehungskunst Rudolf Steiners e. V., Berlin
 - Waldorf Lyceum Budweis upper school, Kishinew/Liceul Waldorf, mobile constructions
 - The Child of Europe – Kaspar Hauser Centre for curative education
 - Initiative Look into the Future, Bulli-Tour 2019
 - WOW-Day 2019
 - a) CES Waldorf Columbia
 - PAES educational and social programme
 - b) Cardiff Steiner School, United Kingdom
 - Cardiff Steiner Upper School Facilities
 - c) L'École des Enfants, North Reading, MA, United States
 - L'École des Enfants

- d) NOU, „The Periodic Seminar in Russia“,
Moskau, Russia
 - Periodic Seminar for teachers of Russian
Waldorf Schools
 - e) Detroit Waldorf School, USA
 - Waldorf Professional Development Institute
at Detroit Waldorf School
 - f) Rudolf Steiner School of Ann Arbor, USA
 - supporting the next generation of Waldorf
teachers in the post-industrial Mid-west
 - g) The Butterfly Art Project, South Africa
 - Emergency pedagogy tools for Community
Art Facilitators
 - h) Ssobschestwa Antroposofskich Iskustw,
Association for antroposophic Art,
St. Petersburg, Russland
 - Eurythmy training, Eurythmy school
Andrej Bjelij
 - i) Asosiatia Euritmia, Eurythmy Association,
Bukarest, Romania
 - Eurythmy training Bucharest, stage work
2. Association for the promotion of teaching and
research in anthroposophic medicine e.V., Witten
 - Integrated accompanying study programme
Anthroposophical Medicine (IBAM) at the
University of Witten/Herdecke
 - Summer Academy for Integrative Medicine
 3. Kues Academy for European Intellectual History
e.V, Bernkastel-Kues
 - Master of Further Education
 - Pilot year of the study programme initiative
„Self-determined studying“
 4. Forum 3 e.V., Stuttgart
 - Promotion of cultural education
5. Anthroposophical Society in Germany e.V.,
Stuttgart
 - Further development campusA
 - bildungsART 20 – Balance
 - a) Goetheanum, Dornach/Switzerland
 - Section for the Arts of Speech and Music:*
 - Book project „Eurythmy Today“
 - Children's Culture Festival
 - Colloquium „Research questions on the
mystery dramas and their staging“
 - Youth Section:*
 - International student conference „COURAGE“
 - General Anthroposophical Section:*
 - Conference on Romance languages „Human
soul – a contribution to peace in the world“
 - b) Stichting Uit Eigen Beweging, Netherlands
 - „ADAM“ the human between light and
darkness, an organ project with tour in the
Ukraine
 6. Eugen-Kolisko-Academy e.V., Filderstadt
 - Medical training in anthroposophical medicine
2019/20
 7. Association for the Promotion of the Freie Hoch-
schule Stuttgart, Stuttgart
 - Vocational qualifying further education studies for
speech- formation in cooperation with the
Eurythmeum Stuttgart
 - The Stuttgart Congress 2019 – International
Conference of Waldorf Education
 8. Initiative for training in anthroposophical
Medicine e.V., Heidenheim
 - Promotion of training and research

9. Agricultural school Dottenfelderhof e.V., Bad Vilbel
 - Promotion of training and further training, public work and the securing of the future
10. Mellifera e.V., Rosenfeld
 - Control of the varroa mite with heat and development of an online portal for natural, ecologically sensitive beekeeping
11. Association for the Promotion of Eurythmy e.V., Stuttgart
 - a) Swiss Association for Eurythmy Education, Ukraine, Dornach/Switzerland
 - Pedagogic-artistic eurythmy training Ukraine
 - b) Le Théâtre De L'Homme Inconnu/mistral eurythmy
 - The King of Ireland's Son by Padraic Colum
 - c) Union pour l'Eurythmie l'Eurythmee, Chatou, France
 - Support for the artistic work of „Citadel“ 2019
 - d) Association APHEA, Chatou, France
 - Fables of Jean de La Fontaine
12. Future Foundation for Agriculture, Bochum
 - a) SOS – Save our seeds, Berlin
 - Global Gene Drive Moratorium
13. Bund der Freien Waldorfschulen e.V., Stuttgart
 - Waldorf School Future Forum
14. Free intercultural Waldorf School Berlin, gUG, Berlin
 - Areas of assembly and of special education IKWS Berlin
15. Foundation Sozialimpuls Marthashofen, Grafrath-Mauern
 - a) Escola Livre do Algarve - Associação Pedagógica de Estudos Waldorf, Vila do Bispo, Portugal
 - Escola Waldorf a Oliveira Expansion Project
16. Foundation for the Promotion of Anthroposophical Medicine, Hausen
 - a) Goetheanum, Medical Section, Dornach/Switzerland
 - Anthroposophical body therapy in the interdisciplinary dialogue – trauma and resilience
 - International advanced training for kindergarten- and school doctors
 - b) Sponsorship Circle for Curative Eurythmy Training at Goetheanum, Dornach/Switzerland
 - Curative Eurythmy Training at the Goetheanum
 - c) Southern Cross Eurythmy Therapy Training (SCETT), Cape Town, South Africa
 - SCETT 2019–2021
17. Foundation of The Christian Community in Germany, Berlin
 - Anthroposophical, Waldorf educational and religious development work in Korea and Japan
18. Theatre Total gGmbH, Bochum
 - Theatre Total 2019/2020
19. Association for the promotion of eurythmy at Alanus Hochschule e. V., Alfter
 - a) AMST eurythmy, St. Petersburg, Russia
 - Eurythmy Space
 - b) Fundevogel Performances – Association for the creation and promotion of the time arts, Vienna, Austria
 - Cia Terranova tour Netherlands, Germany and Switzerland Autumn 2019
 - CHRYSOTHEMIS - Resumption of Production
 - c) CULTURASI, Rome, Italy
 - „Guardian of the Threshold“ by Rudolf Steiner, Staging of the third mystery drama in Italian
20. Forum Theatre gGmbH, Stuttgart
 - Society on the brink of disaster

21. Society of Anthroposophical Physicians in Germany e. V., (GAÄD), Munich
 - Albertus-Magnus Scholarship
22. LiedKunst KunstLied, Society for Songwriting, Chamber Music and Poetry Stuttgart e.V., Stuttgart
 - Concerts for school classes/music education
23. Start International e.V., Gröbenzell
 - Emergency relief Lesbos – „We take our lives in hand“ – support for unaccompanied minor children and teenagers and for families
24. Waldorf kindergarten Teacher Training Seminar Stuttgart, Academy for Erziehungskunst e. V., Stuttgart
 - AZAV certification of further training
25. Weltgarten non-profit UG, Marquartstein
 - Puss in Boots 2017–2019
26. Society for the promotion of youth through agriculture e.V., Überlingen
 - One Day Workshop on Dairy-Farming Practice
27. Simba Kufunda e.V., Görwihl
 - a) Kufunda Village Trust: Harare, Zimbabwe
 - All Africa Anthroposophical Training (AAAT) 2019 Conference
28. Foundation ELIANT gGmbH, Stuttgart
 - a) Foundation ELIANT, Dornach/Switzerland
 - Data pool of essential contacts for the campaign activities of ELIANT and the activities of the alliance's members.
29. Foundation TRIGON, Stuttgart
 - a) Foundation TRIGON, Arlesheim, Switzerland
 - Eurythmy group with the speaking choir from Moscow. Tour in Germany and in Switzerland
30. Circus Calibrastra e.V., Stuttgart
 - 4th Stuttgart Circus Festival
31. Association for Anthroposophical Care e. V., Filderstadt
 - Scholarship fund for academic training for integrative and anthroposophical nurses
32. figure humaine chamber choir e.V. Stuttgart
 - Music connects
33. Association for the Care of Eurythmy in Nuremberg e.V., Nuremberg
 - Part-time training as a eurythmy teacher
34. The Christian Community in Baden-Württemberg KdoR, Community of Schwäbisch Hall
35. Christophorus School Society in Hamburg e. V., Hamburg
 - Nouvelles Perspectives, Franco-German pupils' construction project
36. Förderkreis für Pädagogik, Kunst und Therapie e. V., Böblingen
 - PEACE: NOW!
37. Förderkreis Rudolf Steiner School Munich-Daglfing e. V., Munich
 - Georgia 2019
38. Independent agricultural school Bodensee e.V., Überlingen
 - Training course „Business start-ups and business development in organic farming“
39. Impulshaus Engen e.V., Engen
 - Further training for two senior employees in the course of the succession plan
40. Jugend Pro Arte e. V., Bollschweil
 - ROMEO AND JULIET – Experience democracy – overcoming boundaries – taking responsibility. A dance theatre project by Jugend Pro Arte
41. Musicon e. V., Velbert
 - Gaza is alive 2019

42. Rudolf Steiner School Berlin e.V., Berlin
 - Upper school orchestra of the Rudolf Steiner School Berlin
43. The Christian Community in Bavaria KdöR, Community Nuremberg
 - Youth Theatre: Mystery Dramas
44. Demeter Baden-Württemberg, Association of the Working groups for biodynamic Agriculture e. V., Leinfelden-Echterdingen
 - Workshop „Leadership and organisation in agriculture, processing and trade“
45. Eventeurythmy e. V., Bornheim
 - #BeAt12Heavens – a project with 12 performances in the context of the Beethoven Jubilee Year 2020
46. Waldorf School Silberwald e. V., Stuttgart
 - A playground for Georgia
47. The Christian Community in West Germany KdöR, Community of Dortmund
 - Worldwide Youth Festival of Christian Community
48. Christian Community in East Germany KdöR, Community of Dresden
 - International exchange with the youth of the Christian Community, Community of Dresden/ Görlitz and the youth of the Christian Community, Tbilisi Municipality, Georgia
49. Ginkgo Foundation - Foundation for Education, Environment and Art, Marquartstein
 - THE NEW STANDS AND REMAINS SILENT (Renewal)
50. Seminar for Intercultural Youth Exchange e. V., Stuttgart, Free Youth Seminar Stuttgart
 - Consulting activity of C. Czesla for the youth seminar Stuttgart
51. Stuttgart Youth Centre gGmbH, Stuttgart
 - STUGGI School Tour 2019
52. Rural Education and Culture gGmbH, Lüneburg
 - Fall conference 2019: Something is coming up – Life and (rural) economies in times of change
53. Assoziative DREI zu EINS e.V., Stuttgart
 - „What do you need? „Take courage. Through doubt.“ New Year’s Eve meeting 2019/20
54. The Christian Community in Württemberg KdöR, Community of Tübingen
 - IN PULSE. Conference on the task of life. Development
55. Waldorf School Society Esslingen e.V., Independent Waldorf School Esslingen, Esslingen
 - Social project of the 12 grade
56. KuKuk Culture e.V., Stuttgart
 - Northern Spain: A small, new Waldorf School needs our support!
57. kunstplanbau e.V., Berlin
 - Ghost. Breath. Wind. Change of mind.
58. Monte Azul International e.V., Freiburg
 - Culture days 2019. 40 years Monte Azul – Yesterday, today, tomorrow
59. Association for a Free School System Waldorf School-Association e.V., Waldorf School Uhlands- höhe, Stuttgart
 - Project days of the upper school 2019
60. Association for the promotion of the Filder Clinic in Filderstadt e.V., Filderstadt
 - Support choir concert 2019
61. Hit the Beat e.V., Stuttgart
 - Hit the Beat Namibia - Waldorf100 Tour 2019

D. SCIENCE AND RESEARCH

1. Future Foundation for Agriculture, Bochum
 - a) Seed Fund Peter Kunz, Hombrechtikon, Switzerland
 - b) The Nature Institute, New York, United States
 - Spiritual Agency and Its Implications for Evolutionary Biology
2. Agricultural school Dottenfelderhof e.V. Bad Vilbel
 - Research projects development of biodynamic cereal varieties
 - Developing, testing, placing on the market of adapted cereal population varieties
3. Foundation for the Promotion of Anthroposophical Medicine, Hausen
 - a) Goetheanum, Medical Section, Dornach/Switzerland
 - „Care project“, follow-up application
 - b) Private University Witten/Herdecke, Witten
 - Pilot Project: Media Fasting
 - c) Translation of the book „The Heart and Circulation“ by Branko Furst
4. Institute for Evolutionary Biology and Morphology University Witten/Herdecke, Witten
 - Continuation of Goetheanistic research
 - Goetheanism in the lessons of the Waldorf Schools
5. Cultivari cereal breeding research Darzau gGmbH, Neu Darchau
 - Extension of the quality properties of Summer barley for human consumption with regard to poultry-meat feeding in organic farming (multi-barley)
6. Rudolf Steiner Fund for Scientific Research e. V., Nuremberg
7. ESCAMP - European Scientific Cooperative on Anthroposophical Medicinal Products e.V., Freiburg
8. Institute for Applied Epistemology and Medical Methodology (IFAEMM) e.V., Freiburg
 - Asthma study
9. Private University Witten/Herdecke gGmbH, Herdecke
 - Multi-professional intervention to promote healthy self-management skills for the heart according to the curriculum of the International Heart school (MIFESCH)
10. Circle of Friends for the Promotion of Farm Krumhuk e. V., Hamburg
 - Development of biodynamic agriculture in semi-arid Namibia and conservation of the livestock breeding in times of drought
11. University of Kassel, Witzenhausen
 - Influence of biodynamic preparations on the soil parameters of test sites in France
12. Association for the Promotion of Seed Research in biodynamic agriculture e. V., Salem
 - Lens breeding for Central European cultivation-conditions
 - Development of winter-proof durum wheat varieties
13. Aurelia Foundation, Berlin
 - The effect of thiacloprid (neonicotinoid) on memory formation and recall in bees (bumble bees)
14. International Psychoanalytic University gGmbH, Berlin
 - Evaluation and further development of „Strong together! - a project to support parental skills of fugitives with infants
15. Lebende Samen - Living Seeds e. V., Darmstadt
 - Biodynamic plant breeding research on the evaluation of fertile, self-seeding horticultural varieties compared to hybrids, varieties and populations in a Mediterranean climate

16. Future Foundation for Development, GLS Treuhand e. V., Bochum
 - a) Asociación para la Agricultura Biodinámica en Argentina (AABDA), Villa General Belgrano, Argentina
 - Establishment of a „Collaborative Seedbank“: Commercialization of organic and biodynamic seed produced by a small farmers network
17. Research Ring for Biodynamic Methods of Agriculture e. V., Darmstadt
 - Effect of modern cereal processing methods on the quality of food
18. Pedagogical Research Centre at the Federation of Waldorf Schools e. V., Stuttgart
 - Ice age culture
19. Society for the Promotion of Cancer Therapy e. V., Niefern-Öschelbronn
 - 7th Mistletoe Symposium, support for simultaneous translation into English
20. Foundation The Christian Community in Germany, Berlin
 - a) Fundación La Choza, General Rodríguez, Argentina
 - Support for seed breeding

E. OTHER CHARITABLE PROJECTS

1. The Christian Community in Baden-Württemberg KdöR, Filderstadt
 - Artistic colour design of the festival hall of the Filder Clinic
2. Diocese of Rottenburg-Stuttgart, Rottenburg am Neckar
3. Foundation The Christian Community in Germany, Berlin
4. Development Association Primary and Secondary School Neuffen e. V., Neuffen

F. INSTITUTE MAHLE SÃO PAULO, BRAZIL

Funded institutions in 2019

1. Ação pelo Desenvolvimento e Bem Estar Humano (Escola Comunitária Jardim do Cajueiro), Maraú/BA
2. Asklepios – Associação de Massagem Rítmica, São Paulo/SP
3. Associação Amigos da Arte do Mediar Antroposófico, São Paulo/SP
4. Associação Aramitan, Embu Guaçu/SP
5. Associação Brasileira de Agricultura Biodinâmica, Botucatu/SP
6. Associação Brasileira de Agricultura Biodinâmica do Sul, Florianópolis/SC
7. Associação Brasileira dos Eurytmistas, São Paulo/SP
8. Associação Brasileira de Medicina Antroposófica, Belo Horizonte/MG
9. Associação Brasileira de Medicina Antroposófica de Minas Gerais, Belo Horizonte/MG
10. Associação Centro Terapêutico Lapidar, São Paulo/SP
11. Associação Comunitária CSA-Brasil, Bauru/SP
12. Associação Comunitária Micael, São Paulo/SP
13. Associação Comunitária Monte Azul, São Paulo/SP
14. Associação Comunitária Murundu, Palmeiras/BA
15. Associação Comunitária Pequeno Príncipe, São Paulo/SP
16. Associação Comunitária Ponte das Estrelas, São Paulo/SP
17. Associação Comunitária Recanto da Folha, Taquari/RS

18. Associação Comunitária Yochanan, São João del-Rei/MG
19. Associação Cultural Circo da Lua, Serra Grande/BA
20. Associação de Produtores da Microbacia do Fojo de Guapimirim (AFOJO), Rio de Janeiro/RJ
21. Associação de Pedagogia de Emergência no Brasil, São Paulo/SP
22. Associação Educacional Labor, São Paulo/SP
23. Associação Pedagógica Cecília Meireles, Nova Friburgo/RJ
24. Associação Pedagógica Dendê da Serra, Ilhéus/BA
25. Associação Pedagógica Micael, Florianópolis/SC
26. Associação Pedagógica Rudolf Steiner, São Paulo/SP
27. Associação Pedagógica Waldorf Santos, Santos/SP
28. Coletivo de Educação, Cultura, Permaculture e Saúde Integral Flor e Ser no Cerrado, Milho Verde/MG
29. Coletivo de Educação, Cultura, Permacultura e Saúde Integral Flor e Ser no Cerrado, Serro/MG
30. Companhia Suspensa, Nova Lima/MG
31. Consórcio Acadêmico Brasileiro de Saúde Integrativa, São Paulo/SP
32. Escola Waldorf Guayi, Embú das Artes/SP
33. Escola Waldorf Quintal Mágico Paraty, Paraty/RJ
34. Escola Waldorf Angelim, Jundiaí/SP
35. Faculdade de Medicina de Botucatu da Universidade Estadual Paulista, Botucatu/SP
36. Federação de Educação Terapêutica e Terapia Social, São Paulo/SP
37. Federação das Escolas Waldorf do Brasil, São Paulo/SP
38. Fraternidade – Federação Humanitária Internacional, Boa Vista/RR
39. Fundação de Apoio à Universidade Federal de São Paulo, São Paulo/SP
40. Fundação Criança, São Paulo/SP
41. Fundação Pavel, Barão do Grajaú/MA
42. Instituto Anchieta Grajaú, São Paulo/SP
43. Instituto Anjos do Sertão, Canto do Buriti/PI
44. Instituto Beija-Flor Brasil, Vargem Grande/RJ
45. Instituto Brasileiro de Estudos e Apoio Comunitário (IBEAC), Queirós Filho, São Paulo/SP
46. Instituto Compassos, Florianópolis/SC
47. Instituto de Desenvolvimento Sustentável da Península de Maraú, Maraú/BA
48. Instituto Elos, Santos/SP
49. Instituto Internacional Ita Wegman, São Paulo/SP
50. Instituto Paripassu, São Paulo/SP
51. Mama Ekos, Maués/AM
52. Organização Não Governamental Alquimia, São Paulo/SP
53. Paidéia Associação Cultural, São Paulo/SP
54. Solar Ita Wegman, Campo Magro/PR
55. Thydêwá, Ilhéus/BA

FACTS AND FIGURES

Report 2019

A: Statistics

Funding requests (verbally and in writing)	approx. 500
Applications vetted by the Foundation's committees	244
Applications approved	142

B: Overview of grants 2019

Main funding area Healthcare

Filder Clinic gGmbH (operating company)	3,312,184.26 €
Other applicants	458,000.00 €
Total	3,770,184.26 €

Further funding areas

Youth welfare	36,000.00 €
Education, national- and vocational training	1,206,398.00 €
Science and Research	663,880.00 €
Further non-profit projects	6,424.60 €
IINSTITUTO MAHLE, Brazil	1,100,000.00 €
Total	3,012,702.60 €
Total sum	6,782,886.86 €

In 2019, the MAHLE FOUNDATION reformed its decision-making process for the allocation of funds. After thorough preparation, both the committee structure and the composition of the advisory board, whose expertise supports the MAHLE FOUNDATION in evaluating and analyzing incoming requests for funding, were changed.

The second season of the lecture series „How we became who we are“ in cooperation with the Stadt Palais Museum of Stuttgart - achieved an extremely positive response in 2019 and reached many people with well-attended lectures.

This second series was dedicated to the question of whether and how tinkerers and inventors from Baden-Württemberg had a positive influence on making the province the well-oiled political entity it is today - sometimes with very surprising insights. Among other things, that the Swabians are more likely to be considered businesslike: The great inventions in the country were often not made by Swabians, but successfully implemented and driven forward by them. Based on the success of the series, by the end of 2020 we are planning another series with the working title „How we become, what we want to be“.

The Filder Clinic, by far the largest funding project of the MAHLE FOUNDATION, again required a great deal of attention because the general conditions for hospitals are changing due to legislative procedures and cost constraints that must be allowed for. It is therefore not surprising that the thoughts about extensions, conversions and new buildings, which are or will be necessary from an organisational point of view, occupy a rather large space. It is worth mentioning that the Filder Clinic is also becoming more and more popular as a place to give birth, and a record of 2,000 births was set in 2019.

The supporting activities of the MAHLE FOUNDATION in the areas of health and care-giving, education and training, agriculture and nutrition as well as the arts could again take place at a high level. In some fields, the MAHLE FOUNDATION is one of the most experienced foundations, for example in the area of organic and biodynamic agriculture. This area also plays an important role from a climate perspective, since biodynamically cultivated soils can store more CO₂ than conventionally cultivated soils. It is worthwhile to focus on people in all areas of support, because: People move projects with their power of initiative and this must be encouraged.

It should not go unmentioned that our Brazilian partner, the INSTITUTO MAHLE in São Paulo, entered upon some outstanding promotional activities in 2019 in the above-mentioned fields and in cooperation with the MAHLE FOUNDATION, and has meanwhile achieved a high level of recognition in Brazil.

With a 99.9% interest in MAHLE GmbH, MAHLE-FOUNDATION gGmbH is the main shareholder of the MAHLE GROUP. The carrying amount of the participation is – 273.549.354, 72. As a matter of principle, the share does not carry any voting rights. These are held in trust by the Association for the Promotion and Advice of the MAHLE Group (MABEG), the second shareholder of MAHLE GmbH.

The MAHLE-FOUNDATION GmbH is entitled to 3% of the net income of the MAHLE Group as a contractually agreed regular dividend. In 2019, the MAHLE-FOUNDATION GmbH received a dividend of – 13.400.000,00 from MAHLE GmbH for the previous year.

We would like to express our cordial thanks to the management and all employees of the MAHLE Group for their outstanding performance, without which our work would not be possible.

On account of the persisting low-interest phase, interest income of only – 1.774,91 could be generated from the administration of project reserves. Other operating income mainly consists of unused grants from previous years, release of unused accruals and rental income. In addition, donations amounting to – 32.374,60 were received.

Non-profit projects amounting to – 6.782.886,86 were supported.

The financial statements of the MAHLE FOUNDATION GmbH as of December 31, 2019 were examined by the auditor Detlef Siebeck, Stuttgart, and issued with an unconditional audit certificate on April 02, 2020.

Balance sheet as at 31,12,2019**Assets****2019****2018****Fixed assets**Intangible assets

0.00 €

331.00 €

Property, plant and equipment

Property and buildings

261,085.21 €

267,402.21 €

Office equipment

45,525.00 €

65,350.00 €

306,610.21 €

332,752.21 €

Financial assets

MAHLE GmbH shareholding

273,549,354.72 €

273,549,354.72 €

Filder Clinic gGmbH shareholding

80,000.00 €

80,000.00 €

Cooperative shares

326,650.00 €

326,400.00 €

273,956,004.72 €

273,955,754.72 €

Current assets

Credit to non-profit institutions

1,079,252.28 €

1,229,252.28 €

Other assets

222.00 €

0.00 €

1,079,474.28 €

1,229,252.28 €

Securities

202,460.00 €

193,420.00 €

Cash in hand and bank balances

16,345,254.62 €

10,262,496.81 €

Accrued income

558.55 €

538.96 €

291,890,362.38 €

285,974,545.98 €

Balance sheet as at 31.12.2019**Liabilities****2019****2018****Equity**

Subscribed capital	28,700.00 €	28,700.00 €
Foundations funds	19,613,974.63 €	19,613,974.63 €
Free Reserve in accordance with § 62 Abs, 1 Nr, 4 AO	253,935,380.09 €	253,935,380.09 €
Earmarked reserves for promotional measures	16,739,668.02 €	11,031,852.28 €
Operating expense reserves	700,000.00 €	700,000.00 €
Reserve for BilMoG adjustment	225,257.00 €	225,257.00 €
Regrouping profit reserve	98,992.03 €	98,992.03 €
Balance sheet profit	4,012.90 €	632.66 €

291,345,984.67 €

285,634,788.69 €**Accruals**

144,198.00 €

150,631.00 €

Liabilities

400,179.71 €

189,126.29 €

Deferred income

0.00 €

0.00 €

291,890,362.38 €

285,974,545.98 €

Profit and loss account for the period 1.1.2019 to 31.12.2019

	2019	2018
Income from shareholdings	13,406,528.00 €	7,505,649.94 €
Donations received	32,374.60 €	2,729.00 €
Expenses in fulfilment of statutory purposes	- 6,782,886.86 €	- 5,744,064.00 €
	6,656,015.74 €	1,764,314.94 €
Other interest and similar income	1,774.91 €	2,242.80 €
Other operating income	26,861.52 €	33,038.12 €
	6,684,652.17 €	1,799,595.86 €
Staff expenses	- 527,647.91 €	- 419,291.20 €
Depreciation of property, plant and equipment	- 31,754.33 €	- 32,895.81 €
Other operating expenses	- 413,901.36 €	- 377,369.79 €
Write-downs on securities held as current assets	0.00 €	- 9,040.00 €
Interest and similar expenses	0.00 €	0.00 €
Result from regular activities	5,711,348.57 €	960,999.06 €
Other taxes	- 152.59 €	- 188.92 €
Surplus for the year	5,711,195.98 €	960,810.14 €
Profit carried forward from previous year	632.66 €	674.80 €
Withdrawals from revenue reserves	3,462,184.26 €	3,133,400.00 €
Allocations to revenue reserves	- 9,170,000.00 €	- 4,094,252.28 €
Balance sheet profit	4,012.90 €	632.66 €





PUBLICATION DETAILS

PUBLISHER

MAHLE-STIFTUNG GmbH

Leibnizstraße 35

70193 Stuttgart

Germany

Telephone: 0049 711 65 66 169-0

Fax: 0049 711 65 66 169-29

E-mail: info@mahle-stiftung.de

Internet: www.mahle-stiftung.de

CONCEPTION, DESIGN AND PRODUCTION

Authors

Antal Adam, Stuttgart

Martina Schwendemann, Stuttgart

Editors

Antal Adam, Alexander Lerch, Jürgen Schweiß-Ertl,

Martina Schwendemann

Translation

Norman Skillen

Lector

Svenja Hoyer

Conception, design and production

faktor | Die Social Profit Agentur GmbH, Stuttgart

PHOTOGRAPHS

Adobe Stock_bramgino: p. 15 (above)

Andreas Pohlmann: p. 4

Arne Morgner, Oelsnitz/Vogtland, Germany: p. 66

Bernd Jonkmanns: p. 23

Birgit Betzelt: p. 6/7 (except p. 6 centre right),
9 (below right)

Branka Jukic: p. 63

Charlotte Fischer: p. 2, 6 (centre right),
8 (below right), 41 (below), 48, 50 to 55, 56, 58/59, 61,
65, 69, 71 (except below centre)

Charlotte Fischer/MAHLE-STIFTUNG: p. 85

Die Filderklinik/Charlotte Fischer: p. 17, 20 (below), 21

Die Filderklinik/Maks Richter: p. 18/19, 20 (above and centre)

Duilio A. Martins: p. 9 (above centre)

Ernst Wukits: p. 9 (below centre)

Esther Michel: p. 27

Eun-Kyong Lee and Jeong-Ryul Park: p. 30, 31 (right)

Forum 3 e. V.: p. 33–35

Frank Rogner: p. 9 (above right)

Gemeinschaftskrankenhaus Herdecke: p. 8
(above left)

Giorgio Hösli: Titel and p. 26

GoHappy/David Finscher: p. 64

Images of Africa Photobank/Alamy Stock Photo: p. 37
(right)

ISTITUTO MAHLE : p. 42 to 44, 45 (below right), 46/47

iStock.com/Inna Sinano: p. 21 (above)

iStock.com/jaboticaba: p. 45 (below left)

iStock.com/jacoblund: p. 40

iStock.com/Laikwunfai: p. 29

iStock.com/romrodinka: p. 38

iStock.com/Sasiistock: p. 39 (above right)

iStock.com/sdbower: p. 39 (below left)

iStock.com/taviphoto: p. 39 (below right)

Jana Nita Raker: p. 8 (above right)
KuKuk Kultur e. V.: p. 67
Lena Lux Fotografie & Bildjournalismus: p. 24
Marcel Sorge: p. 8 (below left)
m:con – mannheim:congress GmbH: p. 70
privat: p. 8 (above left and below left), 71 (below centre)
Private Universität Witten/Herdecke gGmbH/
Bernd Rosslenbroich: p. 36, 37 (left)
Reiner Pfisterer: p. 31 (left)
Rubens Alarcon/Alamy Stock Photo: p. 45 (above right)
Universität Witten/Herdecke: p. 13, 14, 15 (below)
Verlag Freies Geistesleben & Urachhaus GmbH: p. 41
(both above)
WanderStudiumGenerale/Tim Allen: p. 68

PRINTING

GO Druck Media GmbH & Co. KG,

Kirchheim unter Teck

Printed with PlanoJet®



MAHLE-STIFTUNG GmbH

Leibnizstraße 35

70193 Stuttgart

Germany

Telephone: 0049 711 65 66 169-0

Facsimile: 0049 711 65 66 169-29

Mail: info@mahle-stiftung.de

Internet: www.mahle-stiftung.de