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International FACE

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YOUR MAGAZINE

**Leaders of the
XXI century**
no comment

Herten

Naturally Amazing

**Expressing
Feeling** with
Katharina Krügl

**Gourmet
Avocado**

MARTINA HIRSCHMEIER

GERMANY

photography - Dr. Markus Hirschmeier
By Corrales

I am born in Herten, Recklinghausen, Germany – a nice place in an industrial area in the rurals disctrict in Western Germany.

When I was three years old my mom and I were driving in the car and I said: „When I grow up, I want to be a presenter in TV.“ And I am still not exactly there where I wanted to be at this moment, but I am far enough along, because I present my own films in the educational sector. School kids from Germany, Austria and Swiss can see films I produced in their Geography, Biology, English or German lessons. This was my approach regarding job life. At the age of eight my friends and I created a group called „Rainbow group“, dedicated to our surrounding nature: we wanted to clean the nature around us and keep it clean in future. This was in primary school. Afterwards I was concerned about the labelling of genetically-modified food.



photography: Dr. Markus Hirschmeier

What are your tastes in food, your habits and customs?

I like vegetarian food. I recently shot a series of recipes of my most favorite food.

I am a huge fan of veggies, fruits, herbs and nuts. I recognize that my days become better, if I drink at least 2 liters of water and add some lemon juice to it. Whenever I go to a supermarket or market, I try to fill the basket with fruits and vegetables first. Whatever I take in this section: I have to smell it. I only take fruits and vegetables that smell good. If it doesn't, I don't take it. Funnily my daughter smells at these things now, too – and she is only two and a half years old. I prefer decaffeinated coffee and no alcohol.

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¿Cuáles son sus gustos en la comida, sus hábitos y costumbres?

Me gusta la comida vegetariana. Recientemente he filmado una serie de recetas de mi comida favorita.

Soy un gran fan de verduras, frutas, hierbas y nueces. Reconozco que mis días se hacen mejores, si bebo al menos 2 litros de agua y le aporte un poco de jugo de limón. Cada vez que voy a un supermercado o un mercado, trato de llenar la canasta con frutas y verduras primero. Lo que sea que tome en esta sección: Tengo que olerlo. Sólo tomo frutas y verduras que huelen bien. Si no, no lo tomo. Curiosamente, mi hija huele a estas cosas ahora, también - y ella sólo tiene dos años y medio de edad. Prefiero el café descafeinado y no alcohol.



photography: Dr. Markus Hirschmeier

Do you study? What interest do you have in studies or work?

I studied international Marketing, Media Management and Business psychology in Cologne, Germany and Dublin, Ireland. After this I completed a master in film producing. I love my courses in improvisational theatre and personal development, Yoga, Body Pump and Meditation. I like to watch mind valley or other sources on YouTube. I did some courses on Tibetan Pulsing, Life Work Planning and Native American Culture.

¿Estudias? ¿Qué interés tiene usted en los estudios o en el trabajo?

Estudié Marketing Internacional, Gestión de Medios y Psicología Empresarial en Colonia, Alemania y Dublín, Irlanda. Después de esto terminé una maestría en la producción cinematográfica. Me encantan mis cursos de teatro improvisado y desarrollo personal, Yoga, Body Pump y Meditación. Me gusta ver mindvalley u otras fuentes en YouTube. Hice algunos cursos sobre Pulsación tibetana, Planificación del trabajo de la vida y Cultura de los nativos americanos.



What contributions would you make if you had the opportunity to do something?

I would teach children and adults how to eat healthily and how to produce as little garbage as possible. I would love to have an APP that shows them directly whether food is good or bad before eating it. The APP should show a healthy alternative, too. Sometimes advertisements make us think, that products will make us happy or healthy for example soft drinks. But in fact they affect us negatively.

I would especially like to educate girls, because they are the ones who will raise their own children and who will be able to set a good example.

I would love to have the opportunity to bring the most influential people in the world together at one table and see them making plans for more freedom in the world – in my dream, they wouldn't be allowed to leave the table until most problems are solved.

If I could, I would change curriculum in the schools: I would teach children that it is more important to find what makes them happy than how to get a job that pays well. I would make them proud of the things they can do and I would teach them to be proud of their talents they were gifted. I would support them in finding themselves and their dreams. And they would learn how to deal with conflicts – it is so much more important to know how to get along with the people you are surrounded with than to know the date when the Weimarer republic started.

Vivo en Palma de Mallorca, España y vivo en Nideggen, un pequeño pueblo en un balneario natural cerca de Colonia, Alemania. En Palma me encanta el entorno internacional. Me encanta conocer gente inspiradora de todo el mundo. Este lugar me hace creativa. Nideggen es un lugar para relajarse y conectarse con la madre tierra. Como soy una cineasta independiente, no tengo una actividad diaria que ocurre todos los días igual. Algunos días estoy planeando nuevas películas, algunos días estoy de rodaje y otros días me siento con un cortador para completar mis películas. Los mejores días para mí son siempre los que están llenos de alegría debido a las conversaciones agradables y hermosos momentos con otras personas. Me encantan los momentos, cuando una idea se hace real. Me encanta el flujo que se produce en el proceso creativo.



photography: Dr. Markus Hirschmeier

Tell us about your locality, your area where you live or develop your daily activity.

I live in Palma de Mallorca, Spain and I live in Nideggen, a small village in a natural resort close to Cologne, Germany. In Palma I love the international surroundings. I love to meet inspiring people from all over the world. This place makes me creative. Nideggen is a place to relax and to connect to mother earth. As I am a self employed film maker, I don't have a daily activity that occurs every day the same. Some days I am planning new films, some days I am off shooting and other days I sit down with a cutter to complete my films. The best days for me are always the ones full of joy because of nice talks and beautiful moments with other people. I love the moments, when an idea gets real. I love the flow that occurs in the creative process.



Foto By Coralles

Tell us about yourself freely, express your wishes, tastes and dreams.

One day baby, we'll be old – oh baby, we'll be old – and think about the stories that we could have told... is one of the lyrics that touches me the most. I don't want to sit there one day and think about the things I didn't do. I chase moments of joy and I try to give my best to make these moments happen. I founded a production company for educational films because I wanted to show students at home how the world really looks like. I want to do my part to make this world a little bit happier, less stressful, more peaceful and safer for all creatures that are living on this beautiful planet.

I am a person that doesn't fit into a box. And this is sometimes scary, because it seems, that sometimes there is no one out there like me and no one understands me. And in other moments I feel connection with people who are similar minded. This is really nice, magic happens in these moments.

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