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GENEVA · SWITZERLAND
July 2025



GLOBAL HEALTH EQUITY FOUNDATION

Project Proposal - The Speed of Change

*Cover: Director Felix Heinzlmann moderates an intergenerational dialogue during the research phase of *The Speed of Change* in Düsseldorf, Germany, April 2025. [Watch video](#)*

Shadows: Our Award-Winning Film & Participatory Literacy Program on Trauma. [Trailer](#)



GHEF Headquarters

40, rue de Athénée CH-1206 Genève Switzerland
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Project Proposal - The Speed of Change

A Dialogue Across Generations

Advancing Health Equity Through Narrative & Intergenerational Engagement

Rooted in the Global Health Equity Foundation's flagship Connecting Cultures program, this multimedia project examines how rapid social transformation shapes wellbeing, belonging, and the ways we relate across generations – and how open dialogue can advance public health understanding, create spaces for reflective exchange, resilience, and help build more inclusive communities.

About GHEF

The Global Health Equity Foundation (GHEF) advances public health through adaptable, values-driven programs that integrate cultural dialogue, storytelling, and research-based community education. Our work centers on addressing the social and community factors that shape wellbeing and interrupt patterns of harm – sparking conversations within safely curated environments that cultivate trust and openness. This project stands as a natural extension of GHEF's enduring commitment to catalyzing mutual understanding, strengthening social fabric, and enabling communities to thrive together.

Background

The development of The Speed of Change began in November 2024 with the initial idea of creating a documentary that explores the growing disconnect between younger and older generations. Director Felix Heinzemann observed this divide increasing at an alarming rate, particularly around changing perceptions of work and generational values. Over the course of four months, he conducted extensive research, collecting ideas, questions, and recurring points of tension. With structural and conceptual support from Dr. med. Tayeb Al-Hafez and the Global Health Equity Foundation, the project gained a solid framework for development. To gather real-world insights and personal perspectives, Felix moderated four dialogue panels in Bonn, Düsseldorf, and Zurich, engaging participants from diverse social and cultural backgrounds. These discussions offered valuable first-hand accounts that laid the narrative groundwork and revealed a recurring insight: the world of work is a focal point of generational friction and a symbol of society's accelerating transformation. As a result, work was placed at the heart of the documentary's narrative.

Production & Budget

The project is planned for production during August and September 2025, with post-production and initial test screenings completed by October 15, 2025.

Skeleton schedule:

- August: On-location filming in Zurich and Bonn, narrative interviews, b-roll.
- September: Editing, sound design, early feedback screenings.
- By October 15: Final cut delivered for donor previews and festival submissions.

The total production budget is approximately CHF 20,500 covering direction, crew, equipment, editing, local coordination, and outreach materials. **Preliminary Budget (CHF)**

Item	Cost
Pre-production & coordination	CHF 2,000
Director & camera (5 days)	CHF 3,000
Sound Design	CHF 2,500
Equipment rental	CHF 1,500
Editing	CHF 5,000
Music & sound mix	CHF 1,500
Narration recording	CHF 500
Graphics & titles Local	CHF 1,000
travel & expenses	CHF 1,500
Contingency (10%)	CHF 2,000

Total Estimate: CHF 20,500

Impact & Outreach Plan

- Organize screenings and facilitated dialogues in schools, universities, and workplaces across Germany & Switzerland.
- Develop discussion guides and youth workshops curricula.
- Submit to European documentary festivals and social change media platforms.
- Aim to reach 2,000 viewers in the year of 2025 via events and online distribution.
- Leverage GHEF's existing network of educators, cultural institutions, and mental health advocates to embed the film in broader programming on trauma literacy in order to facilitate intergenerational solidarity.
- Evaluation will include participant feedback and qualitative assessments of dialogue effectiveness.

Impact Goals

- Direct engagement: Reach of ~2,000 through community screenings and HR-led workshops in Switzerland and Germany.

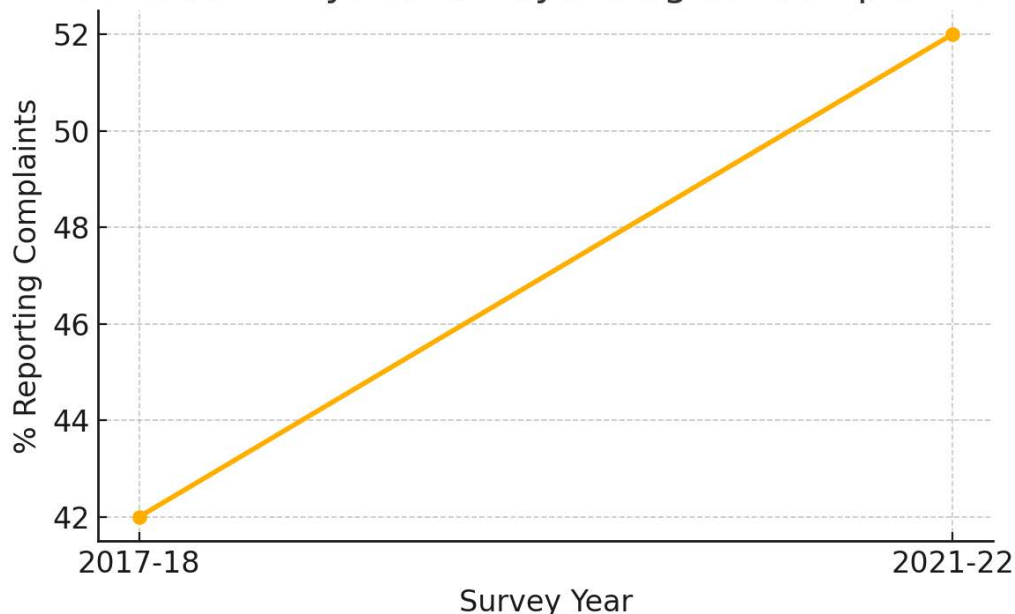
- Online reach: Over 10,000 through dedicated social channels, short video clips, and partnering organizations' platforms.
- The film will be permanently available on GHEF's website, along with a curriculum guide to help communities and organizations lead their own debates and screenings – extending its impact far beyond initial events.
- This documentary also opens pathways for future series and adaptations that can be developed with major organizations, media partners, or public institutions –sparking essential dialogue, strengthening community connections, and advancing GHEF's mission through thoughtfully licensed, values-driven frameworks.

Public Health Rationale & Urgency

Youth Mental Health Pressures Across Europe

Recent data signals a sharp rise in youth mental health concerns: from 42% in 2017–18 to 52% in 2021–22 adolescents reporting physical or psychological complaints (OECD, WHO). In Germany, nearly one in three university students faces frequent burnout, with depressive symptoms affecting almost half of women and gender-diverse groups. In Switzerland, the steepest declines in life satisfaction occur among 14–25-year-olds, coupled with rising digital stress.

in Adolescent Physical & Psychological Complaints in



Source: OECD, WHO Health at a Glance Europe 2024.

Ageing, Loneliness & Health in Switzerland

- 37% of Swiss adults aged 85+ report loneliness, with similar trends among those 65–84— raising risks of depression, cardiovascular issues, and cognitive decline.

Workplace Generational Tensions in Germany

- A 2024 survey shows Gen Z and Millennials report markedly lower job satisfaction compared to Baby Boomers, reflecting cultural friction.
- 60% of workers overall report generational tension at work, impacting productivity –highlighting the need for structured dialogue.

Taken together, these indicators highlight the critical role of initiatives like *The Speed of Change* in advancing GHEF’s mission – translating public health evidence into locally grounded, intergenerational solutions that strengthen community ties and resilience.

From the Founder & President

Learning from my two decades in medical practice and two decades advancing multidisciplinary approaches to health equity, and informed by my roots in Syria among a people where innovation and community cohesion are essential to navigating hardship – I understand profoundly the need to integrate wellbeing literacy, cultural dialogue, and public health education into shared narratives. It is both my conviction and my practice that by weaving these disciplines together, we can reclaim existing knowledge, build empathy, and fortify community resilience. The Speed of Change grows directly from this lifetime of work: a deliberate intervention to illuminate generational divides and strengthen the capacity of families and communities to adapt and thrive together. Dr. med. Tayeb Al-Hafez, FACP

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Support this vital project fostering cross-generational understanding and addressing the roots of disconnection affecting mental well-being: ghef.org/donations

Project Architecture

The Speed of Change is a short documentary film about the speed of change in work realities.

Duration: max. 15 minutes

Status: in development (pre production)

Director / Writer: Felix Heinzelmann

In Collaboration with: Dr. med. Tayeb Al-Hafez, FACP Global Health Equity Foundation (GHEF)

The Speed of Change is a short documentary film exploring the widening generational gap, told through the lens of one of today's most defining societal topics: work. In an era of rapid technological, social, and cultural transformation, different generations increasingly collide in their values, lifestyles, and expectations. What once stood for duty and security now represents self-fulfillment or, to some, a necessary burden. These diverging views on work lead to misunderstandings, stereotypes, and conflict. Across families, workplaces, and broader society.

Should these differences result in alienation? Or is there potential in intergenerational dialogue to redefine work for a shared future?

Narrative Structure & Creative Approach

The film follows two main subjects, each of whom experiences the changing world of work from a distinct perspective, yet all are directly connected to Generation Z. For example:

A master craftsman struggling to find apprentices, who modernises his business model to align with younger values and expectations.

A Gen Z AI student who sees work as a means to a highly digital, efficient, self-directed lifestyle.

These characters will be observed through cinéma vérité-style footage in their everyday environments, capturing intimate moments, professional routines, and reflections on their personal relationship to work. Their stories serve as microcosms of today's broader conflicts: productivity vs. purpose, security vs. freedom, structure vs. flexibility.

Interwoven throughout the film are brief expert commentaries from two researchers (e.g., sociology, work psychology), who provide concise contextual insights on generational shifts, workplace evolution, and the influence of technology.

The film will be guided by a calm, non-judgmental narrator, who frames key questions and connects the various threads, without offering one-sided conclusions.

Core Questions:

- *How do different generations define 'work' – and why?*
- *What societal shifts are shaping our current understanding of work?*
- *Where and how do intergenerational tensions arise?*
- *What stereotypes persist – and how can they be challenged?*
- *Which ideas, models, or mindsets can help bridge the gap?*

Purpose & Perspective:

The Speed of Change is not a film of judgement. It is a film of connection. It seeks to foster empathy, highlight contradictions, and create space for dialogue. It puts work at the center. As a functional necessity and a social glue with transformative potential.

In just 15 minutes, the film aims to inform, move, and inspire – contributing to a wider conversation about the future of work and the values we want to uphold across generations.

Target Audience & Use Cases:

- *Foundations, educational institutions, employers, unions, media organizations*
- *Use in education, science communication, HR training, and public discourse*
- *Suitable for submission to documentary festivals.*

Director Biography:

Felix Heinzelmann (b. 2001) is a German filmmaker. After an injury ended his carpentry apprenticeship, he turned to filmmaking, training as an audiovisual media designer. As director and creative lead, he explores emotional depth and human authenticity through a documentary lens. His recent works include *The Woodpecker Patchwork Family* (2022), *Beauty in the Subconscious* (2023), and *The Source Project* (2024).



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(Please be sure to include “GHEF” as the reference for your donation)

To review and discuss the project proposal, please contact:

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*GHEF BELIEVES EQUITY IN HEALTH IS A CORE PRINCIPLE
FOR THE ADVANCEMENT OF HUMAN SOCIETY*



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