

# la fundación

Fundación MAPFRE magazine#41 | December 2017  
www.fundacionmapfre.org

***The best invested  
500 million euros  
in history***

Art  
**ED VAN DER ELSKEN  
DERAIN, BALTHUS,  
GIACOMETTI**

Road Safety  
**HOW DO OUR YOUNGSTERS DRIVE?**

Committed  
**TRAINING THE LEADERS OF THE FUTURE**

Health  
**TO HAVE BREAKFAST OR NOT, THAT IS THE QUESTION  
PREVENTING DIABETES IN THE CANARIES**

# VISITA NUESTRAS EXPOSICIONES VISIT OUR EXHIBITIONS

[www.fundacionmapfre.org](http://www.fundacionmapfre.org)

Fundación **MAPFRE**

Ed van der Elsken  
*Territorio Yakuza, Kamagasaki, Osaka*, 1960  
Nederlands Fotomuseum  
© Ed van der Elsken / Collection Stedelijk Museum Amsterdam.

## ED VAN DER ELSKEN

### Lugar

Sala Fundación MAPFRE  
Bárbara Braganza  
Bárbara de Braganza, 13. 28004 Madrid

### Fechas

Desde el 25/01/2018  
al 20/05/2018

### Horario de visitas

Lunes de 14:00 a 20:00 h.  
Martes a sábado de 10:00 a 20:00 h.  
Domingos y festivos de 11:00 a 19:00 h.

<http://exposiciones.fundacionmapfre.org/vanderelsken>

#expo\_vanderelsken



## ED VAN DER ELSKEN

### Location

Fundación MAPFRE  
Bárbara Braganza Exhibition Hall  
Bárbara de Braganza, 13. 28004 Madrid

### Dates

From 25/01/2018  
to 20/05/2018

### Visiting hours

Monday from 2 pm to 8 pm.  
Tuesday to Saturday from 10 am to 8 pm.  
Sunday/holidays from 11 am to 7 pm.

Balthus  
*Les Beaux jours* [Los días felices],  
1944-1946  
Hirshhorn Museum and  
Sculpture Garden, Smithsonian  
Institution, Washington  
© Hirshhorn Museum and  
Sculpture Garden, Smithsonian  
Institution, Photography  
by Cathy Carver  
© Balthus

## DERAIN, BALTHUS, GIACOMETTI

### Lugar

Sala Fundación MAPFRE Recoletos  
Paseo de Recoletos 23, 28004 Madrid

### Fechas

Del 02/02/2018  
al 06/05/2018

### Horario de visitas

Lunes de 14:00 a 20:00 h.  
Martes a sábado de 10:00 a 20:00 h.  
Domingos y festivos de 11:00 a 19:00 h.  
Acceso gratuito los lunes

<http://exposiciones.fundacionmapfre.org/derainbalthusgiacometti>

#expo\_DBG



## DERAIN, BALTHUS, GIACOMETTI

### Location

Fundación MAPFRE Recoletos Exhibition Hall  
Paseo de Recoletos 23, 28004 Madrid

### Dates

From 02/02/2018  
to 06/05/2018

### Visiting hours

Monday from 2 pm to 8 pm.  
Tuesday to Saturday from 10 am to 8 pm.  
Sunday/holidays from 11 am to 7 pm.  
Free entry on Mondays

*Le Désespoir* [La Desesperación],  
c. 1881-1885  
Musée Rodin, París  
© agence photographique du  
musee Rodin - Pauline Hisbacq

## EL INFIERNO SEGÚN RODIN

### Lugar

Sala Fundación MAPFRE Casa Garriga  
Nogués  
Diputació, 250. 08007 Barcelona

### Fechas

Desde el 11/10/2017  
hasta el 21/01/2018

### Horario de visitas

Lunes: 14:00 a 20:00 h.  
Martes a sábado: 10:00 a 20:00 h.  
Domingos y festivos: 11:00 a 19:00 h.  
Acceso gratuito los lunes

<http://exposiciones.fundacionmapfre.org/elinfiernosegunrodin>

#infiernoRodin



## HELL ACCORDING TO RODIN

### Location

Fundación MAPFRE Casa Garriga Nogués  
Exhibition Hall  
Diputació, 250. 08007 Barcelona

### Dates

From 11/10/2017  
to 21/01/2018

### Visiting hours

Monday from 2 pm to 8 pm.  
Tuesday to Saturday from 10 am to 8 pm.  
Sunday/holidays from 11 am to 7 pm.  
Free entry on Mondays

Joan Miró  
*Oiseaux dans un paysage / Pájaros en un paisaje*, 1969-1974  
Colección Particular en depósito temporal  
©Successió Miró 2017

## ESPACIO MIRÓ

### Lugar

Sala Fundación MAPFRE Recoletos  
Paseo de Recoletos 23, 28004 Madrid

### Exposición Permanente

### Horario de visitas

Lunes de 14:00 a 20:00 h.  
Martes a sábado de 10:00 a 20:00 h.  
Domingos y festivos de 11:00 a 19:00 h.

[https://www.fundacionmapfre.org/fundacion/es\\_es/exposiciones/sala-recoletos/espacio-miro.jsp](https://www.fundacionmapfre.org/fundacion/es_es/exposiciones/sala-recoletos/espacio-miro.jsp)

#EspacioMiro



## ESPACIO MIRÓ

### Location

Fundación MAPFRE Recoletos Exhibition Hall  
Paseo de Recoletos 23, 28004 Madrid

### Permanent Exhibition

### Visiting hours

Monday from 2 pm to 8 pm.  
Tuesday to Saturday from 10 am to 8 pm.  
Sunday/holidays from 11 am to 7 pm.

Free access with the purchase of an entrance ticket to the exhibition halls of Fundación MAPFRE Recoletos



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# *the picture*



*Le Penseur, sur élément de chapiteau [The Thinker, on an element of the capital]*, 1881-1888. Musée Rodin, Paris S.© Photographic Agency of the Musée Rodin - Pauline Hisbacq

## **Fascination with the body**

Fundación MAPFRE is presenting the exhibition *Hell According to Rodin* in Barcelona, which may be visited through January 21, 2018. This display invites the public to explore the creation of one of the icons of the fin-de-siècle art world: *The Gates of Hell* by Auguste Rodin. The sculptor took the Inferno from *Divine Comedy* as his source of inspiration, but he became increasingly influenced by the ambiguity and sensuality of Baudelaire's *The Flowers of Evil* poems. In the photo we see *The Thinker*, which represents Minos, the judge, but also Dante meditating upon his own work and, by extension, any creator, even Rodin himself. ✕

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### REVIEW OF A DECADE

## The best invested 500 million euros in history

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### IN FIRST PERSON

## MENTAL HEALTH IN SPAIN

We interviewed two leading experts in mental illnesses to discover the current situation regarding mental health in Spain.

## MENTAL HEALTH IN SPAIN



Jerónimo Saiz, head of Psychiatry at the Ramón y Cajal Hospital (Madrid).



Julio Bobes, president of the Spanish Society of Psychiatry



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The exhibition of this Dutch photographer, Ed van der Elsken, can be visited at the Bárbara de Braganza Hall in Madrid from January 25 through May 20, 2018.



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## DERAIN, BALTHUS, GIACOMETTI

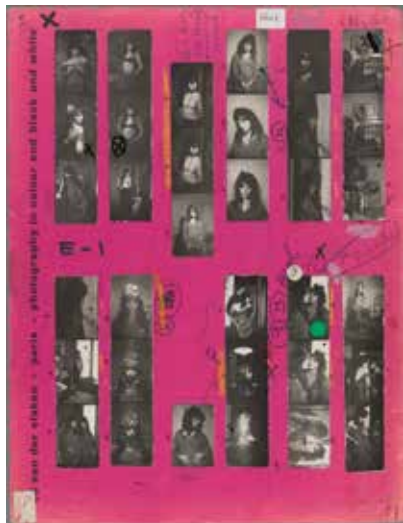
The exhibition explores the friendship between these three great 20th-century artists. Fundación MAPFRE's Recoletos Hall, from February 2 through May 6, 2018



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## ED VAN DER ELSKEN



Ed van der Elsken, *Contact sheet of Vali Myers, Saint-Germain-des-Prés, Paris, c.1954.*  
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© Ed van der Elsken / Collection Ed van der Elsken estate.

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Learn about all our activities on social media and follow us!



## PROFESSIONALS AND MORE



## ROAD SAFETY



© Thinkstock

## COMMITTED



Saravia at her graduation.  
Photo courtesy of the NPH Leadership Institute project



# Overview of the last ten years.

## The best invested 500 million euros in history

TEXT: NURIA DEL OLMO @NURIADELOLMO74

Over the last 10 years, Fundación MAPFRE has contributed to improving the lives of more than 100 million people, thanks to countless projects that have helped to significantly change the economic, social and cultural conditions of the most disadvantaged sectors of society. A decade later, we take stock. We explain the impact of our work on these people and the challenges we face in order to continue being one of the benchmark social institutions.

“Working in a foundation teaches you to be more generous and more human. It enables you to discover firsthand the social drama of many people, to realize how useful our work is, the importance of expressing solidarity.” This is the feeling of Pedro Méndez, one of the 90 employees who make up the Fundación MAPFRE team. His opinion is shared by many other MAPFRE workers and collaborators, who have participated over the past decade with the utmost enthusiasm and commitment in more than 3,000 social and cultural projects, all designed to improve the world in which we live.

Throughout this period, our Foundation has allocated 500 million euros to this end. Its budget has grown progressively, even during the economic crisis, enabling it to undertake activities in the fields of education, health and culture, among others. The overriding goal has always been to assist the most disadvantaged, those with the least resources and opportunities, and often excluded from society. Its work, as recognized by the people it has benefited in over 30 countries, has enabled it to offer “second

chances” and improve the quality of life of many people, turning their lives around with the outlook of a better future.

Fundación MAPFRE is taking stock of this decade’s work and wondering what social footprint it has left, and what impact it has had on the 100 million people who have received its support, who have had the chance to get a job, improve their training or been able to feel more integrated into society, as well as those who have greatly enjoyed its painting and photography exhibitions. Not forgetting those who, thanks to our prevention campaigns, are now more aware of the importance of road safety education and of incorporating healthy habits for a longer, better life, and those who have had their first volunteering experience, something that has changed the lives of many of them. On the Fundación MAPFRE website – [www.fundacionmapfre.org](http://www.fundacionmapfre.org) – there is a video offering an overview of what has been achieved in the last ten years. There now follows a summary for our readers.



Fundación MAPFRE as we know it today is the consolidation of the five historical MAPFRE foundations which, ever since the 1970s, have worked in all of these areas

## International cooperation

This is perhaps our Foundation's most relevant program, both for its international scope and for the number of beneficiaries and collaborating institutions. It encompasses 830 projects which, over this time, have managed to improve the lives of almost one million people, mainly children and adolescents. Some of the figures speak for themselves: each year, over 55,000 children from 23 countries have received at least one meal a day, while over 79,000 have learned how to stay healthy and have received basic health care.

## Education

This is a key factor for breaking the cycle of poverty. For this reason, the Foundation has endeavored to make it available to five million youngsters through the Educa tu Mundo [Educate Your World] program, an initiative whereby, to date, it has trained over 5,000 teachers in values and subjects such as accident prevention, the promotion of healthy life habits and financial education, key if future generations are to know how to deal with the common risks to which they are exposed throughout their lives.

## Disability

We boost the integration and the employment of people who, given their personal circumstances, find

this more difficult. In this regard, our Foundation has facilitated the creation of 2,700 jobs for people with an intellectual disability or mental illness, a chance for these people, who generally suffer from social exclusion and long-term unemployment, to prove to society that they are just as capable as the rest of the population.

## Painting and photography

Promoting culture is one of the most important elements for the development of society, and this is why our Foundation strives to bring it to the largest possible number of people. Over the last decade, 12 million people have enjoyed 300 major painting, sculpture and photography exhibitions.





Most noteworthy is the success reaped in Brazil, where nearly two million people visited two unique exhibits of Impressionist and Post-Impressionist works.

## Target Zero

Prevention is fundamental for avoiding accidents and, for this reason, over the past ten years, the Foundation has invested nearly 100 million euros in, among other things, offering 2,800,000 youngsters road safety education. The aim is for pedestrians and cyclists to behave more responsibly and, in the future, be safer drivers. This work is reflected in the statistics. The *Youngsters and Road Safety* report, presented recently by Fundación MAPFRE, shows a 75 percent reduction in the number of youngster fatalities from road traffic accidents.



## Health

Promoting mental and physical health, investing in research as a motor of scientific progress, and helping society know about certain conditions such as cardiovascular diseases, and be sensitized to what they entail, have been some of the mainstays of its activity in this field. Throughout this period, the institution has invested 79 million euros to boost the development of cell therapies, develop applications to save lives in the sporting arena, and draft protocols on what to do in cases of choking, drowning and

cardiac arrest. It has also helped improve the healthy habits of more than two million children in 15 countries.

## Insurance for All

Fundación MAPFRE never forgets its roots and is therefore keen to

disseminate financial knowledge and, above all, the insurance culture. To this end, it possesses the most significant center of insurance documentation in Spanish in the whole world, which receives some 300,000 visits each year. It has also provided 22 million euros to carry out 600 research projects and help



promote the talent and expertise of more than 1,000 professionals in the sector.

## **Solidarity spirit**

Fundación MAPFRE believes that volunteering is an opportunity to experience and enjoy unique moments and demonstrate that, if we all did our bit to help those suffering from the greatest inequalities, the world would be a very different place. This is why, for years now, it has been encouraging

its employees and their relatives to contribute to a collection, lend a hand in a soup kitchen, paint a shelter, clean up polluted beaches, or get some laughs out of children hospitalized with serious illnesses. These are initiatives which, according to all of them, provide them with a unique form of energy and enable them to realize how much a bit of someone's free time can mean in the lives of the most needy. In the last 10 years, MAPFRE volunteers have helped one million underprivileged people in situations of vulnerability. ✕

**A decade later, Fundación MAPFRE is taking stock and wondering what social footprint it has left, and what impact it has had on those 100 million people who have received its support**

## **Work in which everyone wins**

42 years ago MAPFRE created Fundación MAPFRE. Over the following 20 years, further foundation projects were created within the group, up to a total of five. In 2006 they were all of them were consolidated into one single project, with a logical division into the specialized areas we know today: Culture, Prevention and Road Safety, Social Action, Health Promotion, and Social Protection. This new phase has now completed exactly 10 years, over which time we have invested more than 500 million euros, run thousands of projects and reached millions of beneficiaries.

As a business group, MAPFRE considers Fundación MAPFRE one of the mainstays of its social presence and commitment. Whether employees or collaborators, all of us are proud of the important role our Foundation plays in practically every country where our company is operating in the insurance sector.

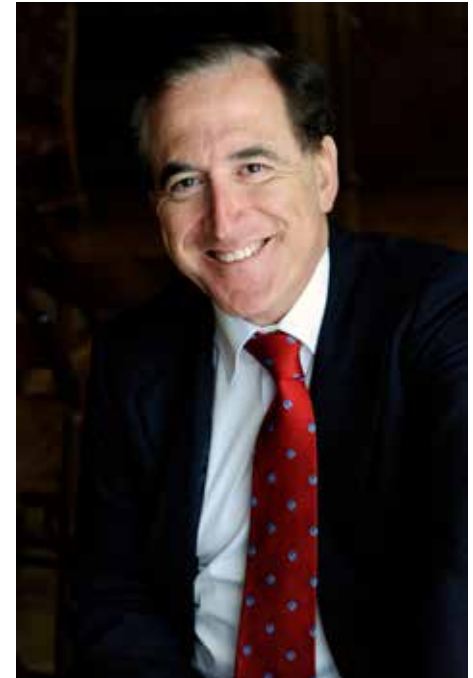
Working in insurance is highly satisfactory, given that this is undoubtedly the economic activity that expresses the greatest solidarity and commitment to our society. In each of the activities inherent in the insurance activity, we are helping others to improve their quality of life, protecting them or assisting them to successfully deal with any contingency. But, in addition, the fact that our Group sets aside significant budgets and human resources each year to the activity of its foundation comprehensively ensures our continued commitment and collaboration with the development of all the communities in which we are present.

A great many adverse circumstances are currently affecting our society, calling for our decisive support and action. But we are sure that helping disadvantaged people, mainly children, people with other abilities and the unemployed, preventing traffic accidents and those in the home and in companies, organizing major displays of the

masterpieces of important painters and sculptors, helping to spread basic knowledge of financial, insurance and complementary social protection concepts, and, last but not least, assisting in general to improve the quality of life and the promotion of health matters are all priority tasks in which we are putting all our attention and endeavor. Each and every one of them is a clear example of how we can achieve small advances that translate into major achievements which have a positive impact on millions of people, through dissemination, training, prevention and contribution. All wonderful words that fall under one umbrella term – solidarity. And solidarity touches all of us who work in MAPFRE. Thanks to Fundación MAPFRE, we can be protagonists and driving forces, boosting this commitment and effort to help others through the VOLUNTEERING program, promoted jointly by MAPFRE and its Foundation. We have committed ourselves to having the best volunteering program in the world, as we want to be the company with the greatest solidarity of all and Fundación MAPFRE is the best channel for this.

We see many examples on a daily basis of how the foundations have the capacity to be true agents of social transformation. We form part of a huge group of non-profit organizations that make a significant contribution toward enhancing the well-being of society. But we must feel proud and appreciate everything Fundación MAPFRE brings to all its spheres of activity and regions in which it operates.

Ten years on from the integration of all our activities into one single institution, on taking stock of the results we can see many figures which, despite their importance, barely reflect the reality of what has been achieved. Behind every number there is a person or a family that has benefited from this work. We help many of them have a better future, a better job and better education, and



Antonio Huertas, president of Fundación MAPFRE.

**“The foundations have the capacity to be true agents of social transformation”**

seeing to it that, at some future time, they may also give back to society what we are now doing for them.

As a company, we are going to remain committed to ensuring our Foundation keeps helping them and we are confident that all of us who work in MAPFRE, as well as proud, feel passionate about our contribution, in any of the areas available, to help us reach many more people, undertake many more activities, and grow in solidarity and desire to help others.

Many thanks to all of you, employees, collaborators, and public and private entities that have supported us over these last ten years and, don't forget, we need you for the next hundred years, at least. We owe it to those in need. ✖



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# Mental health in Spain

TEXT: NURIA DEL OLMO @NURIADELOLMO74 PHOTOS: MÁXIMO GARCÍA

**Over one million people have some severe mental illness in Spain. The psychiatrists estimate that one in every four Spaniards has suffered, is suffering or will suffer from some psychiatric disorder during their lifetime. Depression and anxiety are the most common. Fundación MAPFRE supports various initiatives aimed at improving the lives of people with mental illness. We spoke with two experts in this field. We discussed the current situation, the consequences and the challenges.**



# Jerónimo Saiz: “Negative people are selfish and fall ill more”

He is one of the most reputed psychiatrists in Spain and has been the Head of Psychiatry at the Ramón y Cajal Hospital (Madrid) for 25 years. His passion for teaching, clinical practice and research has led to his putting off retirement several times and remaining on the front line. This entails working in the basement of the Madrid hospital, where each week he sees approximately 20 people with mental illness, as well as at the Alcalá de Henares University (Madrid), where he trains the future generations of this medical specialty, stressing the importance of listening to and empathizing with patients.

He has a soft, calm tone of voice. He admits that he is accustomed to privacy, behind closed doors. Mental illness in Spain is still a major taboo; mentioning it is still something that is frowned upon. We interviewed Jerónimo Saiz

(Madrid, 1948) in his office, first thing in the morning, shortly before his patients arrived to talk about their depression, bipolar disorder or schizophrenia, the fields he knows best. He admits that he finds it hard to smile. “All we doctors have difficult or incurable cases.”

## What does your work entail?

This hospital’s catchment population is over 600,000 people. There’s a lot of work. We come across all kinds of mental illnesses, from mild ones such as anxiety and stress, which are increasingly common, to other more severe ones such as schizophrenia, bipolar disorder or depression, which is one of the most worrying. We have a hospitalization unit and a day hospital where we offer psychoeducation, which is designed to help families cope with the uncertainty, anger and frustration inherent in living with a mentally ill individual. Our goal is to treat patients

Jerónimo Saiz, 69, at the entrance to consultation room No. 7 at the Ramón y Cajal Hospital, where he sees patients on two days each week. The head of the Psychiatric Unit and one of the three most prestigious psychiatrists in Spain, he began his professional career at this Madrid hospital more than 30 years ago. He will be retiring next year, but will continue giving classes at the university.

“There is a lack of resources, as mental illness is still not a priority on the political agenda”



**JERÓNIMO SAIZ**  
This Spanish psychiatrist trained at various health centers and international universities, and has been working at the Ramón y Cajal Hospital of the University of Madrid for over 20 years. He is currently senior researcher at the CIBERSAM (Mental Health Network Biomedical Research Center) in Madrid and a member of prestigious international scientific associations such as the International College of Neuropsychopharmacology and the American Psychological Association, among others. He has received numerous accolades, most noteworthy being First Prize at the “Juan José Barcia Goyanes” Clinical Neuroscience Awards.

just like any other sick person, not as a potentially unpredictable, violent or incurable individual.

**What kind of people pass through your office?**

Many of our patients fall ill in adolescence, when they are still young. This is the case, for example, with bipolar disorder, which takes up to ten years to be diagnosed and which already affects about two percent of the population. Most of the patients arrive here somewhat wary, some with hostility and distrust, but with the need for advice. Sometimes they come of their own volition, but often it is on the insistence of their parents, who also suffer a great deal. The patients are aware that something is wrong, but their disorder often distorts their perception and hinders their full collaboration. Many will require treatment throughout their lives.

**You are of the view that depression is a major public health issue**

Without a doubt. This is an illness that is tremendously incapacitating, produces great suffering, has a huge economic impact and, in the most severe cases, can even lead to suicide. It’s an overlooked reality. Depression is difficult to detect and there are many patients who are never even diagnosed – nor, therefore, treated.

**Is there a lack of resources?**

Spain has improved greatly in research and, generally speaking, we have an excellent healthcare network, which, moreover, is public, free and universal, but resources always fall short. The health and social services are increasingly unable to cope with the increasing number of consultations

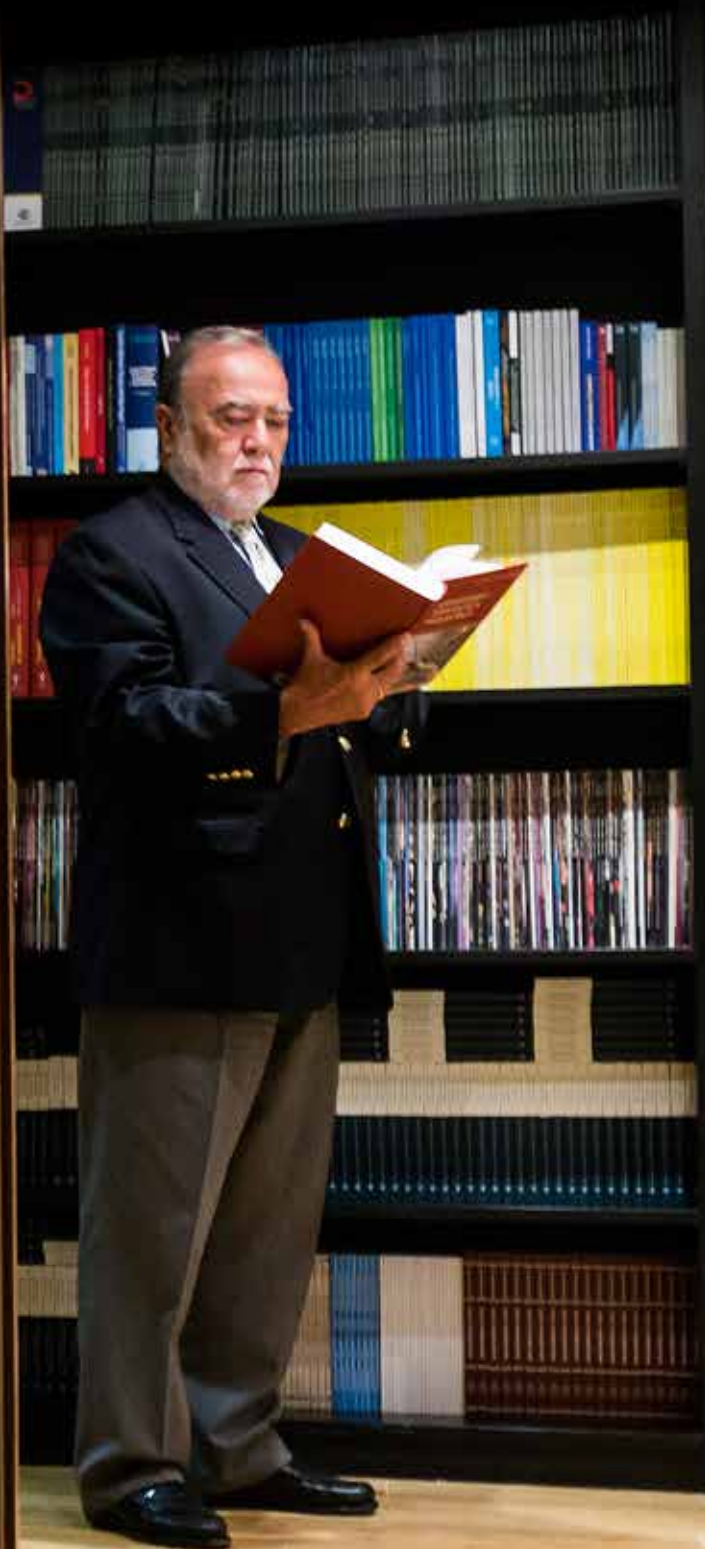
for issues that, some years ago, were not problems. These are due to a highly diverse range of conflicts and maladies related to the workplace, family or partner, as well as emerging pathologies such as those related to addictions (alcohol and gambling) or eating disorders. Psychiatric centers also have no places available. Mental illness is still not a priority on the political agenda.

**We go to the gym a lot, yet pay much less attention to our mental health. Are we not aware of its importance?**

Indeed, mental health is just as important as physical health. There’s no health without mental health. We should take care of all the aspects that have to do with our emotional well-being, including the concept we have of ourselves, as well as our ability to solve problems and establish high-quality relationships. In addition, we should not suffer a difficult situation in silence, nor with a feeling of shame.. It’s important to recognize that one is going through a rough patch and needs to seek help.

**What improves our mental health?**

Maintaining important, significant social relationships is essential for our mental health. We must surround ourselves with positive people, those who enrich our lives. Generosity is another fundamental factor. Empathic people, those willing to share and who show gratitude, are more cheerful and therefore happier. The opposite occurs with negative people, who tend to be selfish and therefore less healthy, poorer and more solitary. ☒



Julio Bobes, a 65-year-old Asturian, is the father of six children. He states that, for children to enjoy good mental health, they must live in a loving environment where both the father and the mother devote quality time to dialog with their offspring. Children must also be given the freedom to live out experiences that will help them get to know themselves better.



# Julio Bobes:

## “Our work often reaches us late. Early diagnosis is essential”



### **JULIO BOBES**

Senior researcher at the CIBERSAM (Mental Health Network Biomedical Research Center) in Oviedo, Julio Bobes is currently president of the Spanish Brain Council, integrated within the European Brain Council, among other posts he holds. His activities include training as well as research and clinical practice. His investigative work lead him to the treatment of issues such as psychotic and affective disorders, anxiety and suicidal behavior.

The president of the Spanish Society of Psychiatry heads an institution created 17 years ago with the aim of contributing to the scientific advancement of psychiatry and mental health treatment in Spain. And also to defend the interests of this medical specialty, which currently accounts for six percent of Spain’s healthcare budget. This institution is urging that this figure should be 10 percent, as in other European countries.

Professor of Psychiatry at the University of Oviedo, Julio Bobes (Oviedo, 1952), has just arrived in Madrid, where the Spanish Society of Psychiatry, which he has presided over for the last three years, is based. Responsible for mental health at all the health centers and hospitals in Oviedo, he is clear about the challenges facing the association: reduce the inequalities in treatment in each Spanish region; enhance child and adolescent psychiatric services; reduce the incapacity these disorders can cause and provide the system with a greater number of professionals.

**According to the latest figures, over a million people in Spain suffer from a severe mental illness. Over half of those needing treatment do not receive it, and a significant percentage do not have access to**

### **adequate treatment. What are the challenges ahead?**

The greatest of them is to help prevent mental and behavioral disorders, which often cannot be prevented, but, in other cases, early diagnoses can be made and this is key to ensuring the treatment is as effective as possible. If we treat a person who has been ill for ten years, the results are much poorer. We cannot lose so much time.

### **Another major challenge with mental health sufferers is improving their quality of life**

Things have improved a lot in the past few years and we currently have community and mental rehabilitation facilities in the hospitals, which will undoubtedly help us provide ever better care. However, much remains to be done. A large part of our work reaches us late. Sometimes because we do not detect a disorder in time and, on many other occasions, because those affected do not visit their family physician, as they are not aware of their illness, and this makes it difficult to help them.

### **You are a staunch proponent of scientific research. Are we on the right track?**

We’re making progress. We have to start from the basic premise that most funds are earmarked for oncology and cardiovascular disease. Neuroscience

is in third place and currently has a smaller budget than in the 1990s, when giant strides were made in this field. If there is no firm commitment to research, scant advances are made.

### **The mortality rate among this group is worrying**

That's right. The life expectancy of the mentally ill is 20 years less than that of any other population group; they die earlier than expected, mainly due to the fact that preventive measures are not implemented in time and, in general, their state of health is not monitored. This is one of the challenges. Family physicians should make greater efforts to treat these people. They should not leave it all in our hands.

### **Ten people commit suicide in Spain every day. These figures are dramatic.**

Indeed so. We know that nine out of every ten people who take their own life each year suffer from a severe mental illness, such as schizophrenia, or some bipolar or personality disorder. Also due to an addiction to drugs or alcohol, which do a lot of damage. In this regard, Spain has progressed slowly and this remains an unresolved matter. We need the adoption of a National Suicide Prevention Plan in order to reverse the trend. We have gone from being a country with a low rate to a medium-risk nation, with rates close to nine percent, which means that suicide is now the leading cause of death among those under the age of 35.

### **Could it be said that mental health remains a taboo subject?**

There is certainly a great social stigma and many prejudices that lead to cases of rejection and exclusion. In general,

the attitude of society toward the mentally ill is not good, and even less so at close quarters, which means that these individuals are less likely to be integrated into the system.

### **The families are also victims.**

The families perform authentic miracles and sacrifices when it comes to living with these people. They often don't know what the problem is with them, until someone encourages them to visit the family physician. Other times they shut their eyes and wait to see if the situation improves with time, something that usually does not occur, because, in most cases, these individuals usually get worse and, as I said earlier, we are late on the scene.

### **Do you feel the educational centers should have greater resources to detect mental illness among their students and know how to deal with it?**

I believe that's fundamental. Schools should pay more attention and teachers should be better prepared to treat pupils with disorders, such as ADHD, for example. These children are often highly intelligent with great potential and we could thus prevent them having difficulties in school, so that they can compete on an equal footing with the other children. This is a task which calls for the whole school community, parents and teachers included, to be fully engaged.

### **In your experience, what leads to a child developing a mental illness?**

When we treat minors, we come up against real surprises, such as frequent situations of abuse, violence and harassment. All this results in a child not performing well and are decisive as

## **Fundación MAPFRE opts for less exclusion, more equality**

For more than a decade, since 2006, Fundación MAPFRE has been conducting innovative programs to improve the quality of life of people with physical and intellectual disabilities. Today, we can proudly say that over 200,000 people with disabilities and mental illness have benefited throughout this period from our grants and projects, the most notable of these being Juntos Somos Capaces [Together We Can]. In its seven years in existence, this program has enabled 3,000-plus companies from all over Spain to collaborate actively by facilitating training and a transition into the workplace for over 2,400 workers with intellectual disabilities. Within this framework, the foundation has also focused on their families, the true protagonists of these people's development. In this regard, it supports various activities where they can share information, receive advice and learn tactics that can help them improve the relationship with their family members with disabilities. More information [www.fundacionmapfre.org](http://www.fundacionmapfre.org)

“To be happy you must want to be happy.  
Having a good social network helps a lot”



regards developing a disorder sooner or later. The family environment is crucial. The children, who fortunately tell us what goes on at home, need a caring environment, where harmony, cordiality and dialog are paramount. They need their parents to devote time to them.

**At what point should we suspect that something is not going well? What sort of behavior should alert us?**

The ones we should be most worried about are those kids who, unfortunately, are not able to keep up with their peers,

not because they lack the ability, but rather because they spend most of their time obsessed with false ideas from their imagination, or delusional people who believe they are being followed. These are psychotic behaviors and are common in people who use drugs, substances that can eventually trigger a mental illness. Changes for the worse should also serve as warning signs. For example, children who have always performed well academically and, suddenly, do not, or those who stop interacting with their friends.

**Studying the nervous system also furnishes a lot of information**

Neuroimaging techniques enable us to recognize the functions of the nervous system. They also help us to detect diseases that have to do with the frame of mind and thought processes. When someone hallucinates, is insane or is apathetic, this is not purely by chance.

**What habits would you recommend to be happy?**

The most important thing is to want to be happy and, of course, work on it. It helps a lot to know yourself well, to be aware of what we are like, discuss our problems, smile (this strengthens the immune system) and, most importantly, have a good social network, good friends and good companions. With respect to work, I'd like to highlight the importance of balance. Working in excess is toxic in the long term. Achieving work-life balance should not be an option, but rather an essential element for mental health. ⊗

According to UNESCO, “Culture forms a fundamental dimension of the development process, and helps to strengthen independence, autonomy and identity...”. Fundación MAPFRE enthusiastically strives to bring art closer to the citizens of the whole world

## Art for all



Left:  
Ignacio Zuloaga, *Portrait of the Countess Mathieu de Noailles*, 1913  
Bilbao Fine Arts Museum Inv. 82/50  
© IGNACIO ZULOAGA, VEGAP, MADRID, 2017  
PHOTO: © BILBOKO ARTE EDERREN MUSEOA –  
BILBAO FINE ARTS MUSEUM

Right:  
Nicholas Nixon, *Clementine and Bebe*, Cambridge 1986  
Gelatin silver contact print  
© NICHOLAS NIXON  
COURTESY OF FRAENKEL GALLERY, SAN FRANCISCO

### Madrid.

#### ZULOAGA IN THE PARIS OF THE BELLE EPOQUE. 1889-1914

Fundación MAPFRE Recoletos Hall  
28/09/2017 – 07/01/2018

#### PERMANENT COLLECTION. ESPACIO MIRÓ

Fundación MAPFRE Recoletos Hall

#### NICHOLAS NIXON

Fundación MAPFRE Bárbara de Braganza Hall  
14/09/2017 – 07/01/2018

#### COMING SOON:

#### ED VAN DER ELSKEN

25/01/2018 – 20/05/2018

Fundación MAPFRE Bárbara de Braganza Hall

#### DERAIN, BALTHUS, GIACOMETTI

02/02/2018 – 06/05/2018

Fundación MAPFRE Recoletos Hall



Top right:  
Joan Miró, *Peinture (Per a David Fernández Miró) / Painting (For David Fernández Miró)*, 1965 (close-up).  
Private Collection on temporary loan  
© JOAN RAMON BONET.  
MIRÓ ESTATE ARCHIVE

Left:  
Ed van der Elsken *Girl in the Subway*, 1984.  
Netherlands Photo Museum  
© ED VAN DER ELSKEN /  
COLLECTION STEDELIJK MUSEUM  
AMSTERDAM

Right:  
André Derain, *Young Girl Peeling Fruit*, 1938-1939. Collection Allbright-Knox Art Gallery, Buffalo, New York.  
Photography by Biff Heinrich  
© ANDRÉ DERAÏN, VEGAP, MADRID, 2017



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## **Barcelona:**

### **HELL ACCORDING TO RODIN**

11/10/2017 – 21/01/2018

Fundación MAPFRE Casa Garriga Nogués Hall

COMING SOON:

### **BRASSAÏ**

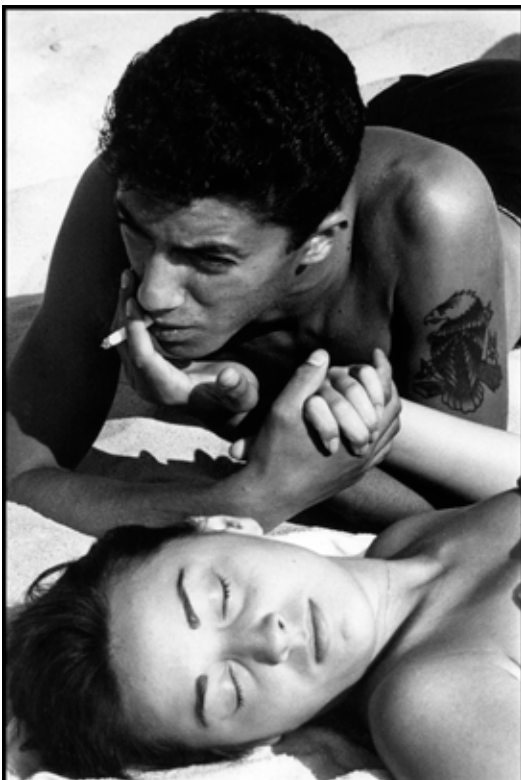
13/02/2018 – 13/05/2018

Fundación MAPFRE Casa Garriga Nogués Hall



Above:  
Brassai, *Market Porter, Les Halles*, 1939  
© BRASSAÏ ESTATE, PARIS

Left:  
Auguste Rodin, *Le Baiser [The Kiss]*, 1881-1882  
Musée Rodin, Paris  
© PHOTOGRAPHIC AGENCY OF THE MUSÉE RODIN -  
JEROME MANOUKIAN




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## **Rotterdam**

### **BRUCE DAVIDSON**

Netherlands Photo Museum

16/09/2017 – 07/01/2018



Left:  
Bruce Davidson  
*Coney Island, Brooklyn, New York*, 1959  
© BRUCE DAVIDSON / MAGNUM PHOTOS

Right:  
Manuel Vázquez Díaz, *Ramón Gómez de la Serna*, c. 1923  
Ink on paper  
Fundación MAPFRE Collections

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## **La Laguna-Tenerife:**

### **VÁZQUEZ DÍAZ IN THE FUNDACIÓN MAPFRE COLLECTIONS**

16/02/2017 – 20/04/2018



# Ed van der Elskén

TEXT: FUNDACIÓN MAPFRE CULTURE AREA

This exhibition of the oeuvre of Dutch photographer Ed van der Elskén (1925-1990), which may be visited at the Bárbara de Braganza Hall in Madrid from January 25 through May 20, 2018, presents an ample selection of his most iconic images: snapshots of Paris from the 1950s onward; figures photographed on his many trips or in his hometown of Amsterdam from the 1960s onward; as well as his books and excerpts from his films and slide presentations, especially *Eye Love You* and *Tokyo Symphony*.

Recalcitrant, self-aware and committed. Over more than four decades, Ed van der Elskén sought “his people” on the streets of cities such as Paris, Amsterdam and Tokyo. He preferred to publish his photographs in book format, like *Een liefdesgeschiedenis in Saint-Germain-des-Prés* (1956) – *Love on the Left Bank* in its English edition – his internationally acclaimed photographic novel; the monumental *Sweet Life* (1966); or the impressive *De ontdekking van Japan* (The Discovery of Japan, 1988). He also captured the world around him with a movie camera. His viewpoint was generally autobiographical, his attitude direct, his methods rather unconventional, and he often included himself in the scene. “Heh, gorgeous, look at the camera!” he would shout provocatively from behind the

lens. A lover of quirky characters and young rebels, he produced a kind of chronicle of the *zeitgeist*, a journal of the spirit of the age.

Van der Elskén worked on a variety of platforms and experimented with numerous techniques for the edition and layout of his works, creating publications and films, slide shows and videos. The book dummies, contact sheets and sketches on show offer a better understanding of his work methods, while the excerpts from his films – in black and white or in color – emphasize his importance as a filmmaker and highlight the relationship that exists between this practice and his photography. In this contemporary visual culture of the selfie and blending of disciplines, Ed van der Elskén’s work still remains undeniably relevant.

## *Paris and Love on the Left Bank*

Ed van der Elskén discovered his own style in Paris. At first he was

enamored by the urban landscape and focused on the street artists, *clochards* and beggars, lovers next to the Seine, street demonstrations and billboards. But his encounter in a nightclub with the redheaded Vali Myers and her friends made him adopt a radically new, personal approach, which led him to photograph the bohemians of Saint-Germain-des-Prés, mainly at night. The twinkling of the street lamps and the mirrors of the cafés afforded his velvety black pictures a special ambience. He captured embraces, the art of seduction, loneliness and the intoxication by alcohol and drugs with a great sense of the physical, of plasticity. There is always little distance between the photographer and his characters, giving the impression that he shoots without them even realizing, although he sometimes obviously gets them to pose. In any case, his approach reflects a departure from the unwritten rules of the documentary

Ed van der Elskén, *Contact sheet of Vali Myers, Saint-Germain-des-Prés, Paris, c. 1954*  
Netherlands Photo Museum

© Ed van der Elskén / Collection Ed van der Elskén estate



Ed van der Elsken, *Selfportrait with Ata Kandó, Paris, 1952*  
 Nederlands Fotomuseum  
 © Ed van der Elsken / Collection Ed van der Elsken estate

based purely on observation, so characteristic of the postwar period.

At the end of the 1970s, Ed van der Elsken used his archives to produce a photobook on his Parisian period in the early 1950s. He reminisces about what were often difficult early days: his work in the laboratory of the Magnum agency; his first steps in the professional photography world; his life with the photographer Ata Kando and her three children; his relationship with Dutch artists and, of course, the creative process that led to his first book, *Een liefdesgeschiedenis in Saint-Germain-des-Prés (Love on the Left Bank, 1956)*.

Van der Elsken jotted down ideas and made sketches for his

projects in a Rhodia notebook. At first he worked with a Rolleiflex and had to be sparing with his film; later he used a Leica, which allowed him to reduce the distance between himself and his subjects. One of his favorite themes was his family's everyday life, which he recorded in both spontaneous snapshots and carefully staged scenes, sometimes literally acted out for the camera.

In his 1972 film, *Death in the Port Jackson Hotel*, Ed van der Elsken presents us with the memoirs of Vali Myers, his muse and the protagonist of his first book, the iconic photographic novel *Love on the Left Bank*. While the book blends fact and fiction to create a story of impossible love

between the Mexican Manuel (Roberto Iniguez-Morelosy) and Ann (Vali Myers), the reality that Vali recalls proves to be much rawer and harsher.

This book marks a clear departure from the positive humanist vision of postwar documentary photography and is one of the first signs of interest in the phenomenon of youth culture, with its doubts, violence and addictions. Van der Elsken's viewpoint is that of a participant: direct and emotional. The narrative takes the form of a lengthy flashback.

### **Bagara and Sweet Life**

In the late 1950s, Ed van der Elsken embarked on his first long journeys. The photographs he



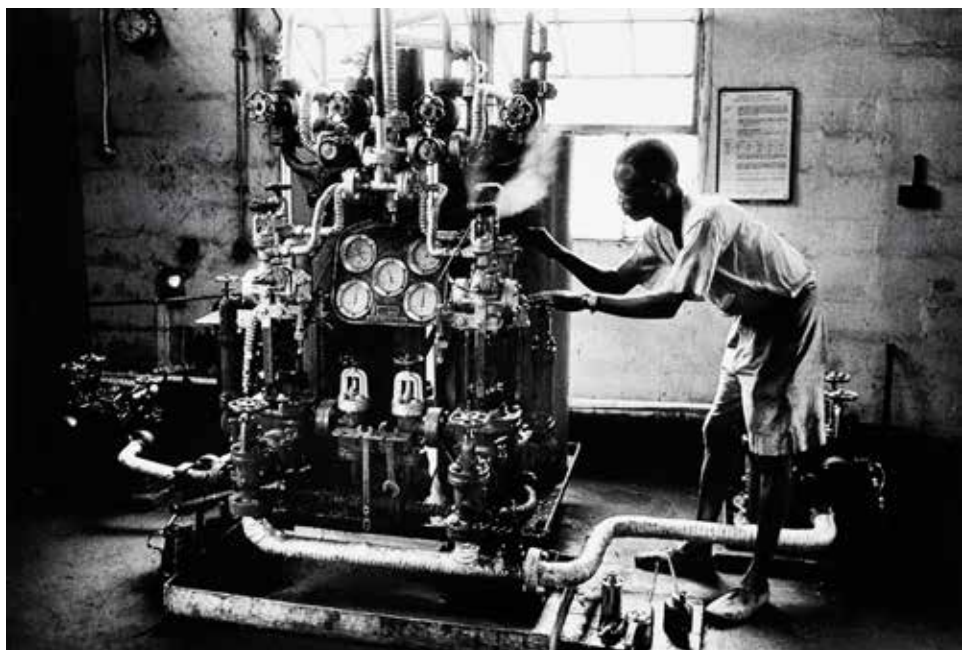
His subjects increasingly became characters with whom he often entered into a highly direct personal relationship

Ed van der Elsken, *Hong Kong*, 1959-1960  
Leiden University Library. Special Collections

took in Central Africa in 1957-1958 show him to be a cultural anthropologist in search of an “authentic” culture and, at the same time, an enthusiastic reporter of the vicissitudes of the daily lives of the inhabitants of Ubangi-Shari. Van der Elsken was a master when it came to capturing intense situations related to certain rituals and hunting.

Ed van der Elsken and his then wife, Gerda van der Veen, left the Netherlands on August 22, 1959 for a journey that would take them around the world over a period of fourteen months. It was during this time that he defined his personal style and methods. His subjects increasingly became characters with whom he often entered into a highly direct personal relationship.

At the invitation of his brother-in-law, who was a district commissioner in Ubangi-Shari, van der Elsken traveled to Central Africa in 1957, just one year before the French colony gained independence. During a three-month stay, van der Elsken captured everyday life in remote villages. He asked children to draw magical characters and rituals – such as circumcision, which he was not allowed to



Ed van der Elsken, *Durban, South Africa*, 1959  
Netherlands Photo Museum  
© Ed van der Elsken / Collection Stedelijk Museum Amsterdam



Ed van der Elsken, *Audience at a Lionel Hampton Big Band concert, at the Concertgebouw, Amsterdam, 1956*  
 Netherlands Photo Museum  
 © Ed van der Elsken / Collection Ed van der Elsken estate

photograph – and included these pictures in *Bagara*. The title of the book means “buffalo”, an animal which, for van der Elsken, “symbolizes the wildness, cunning and life force that is Africa.”

*Bagara* sets forth his vision of “the true Africa”, as reflected in the title of the German edition, *Das echte Afrika*; contemporary aspects such as cars and white people are practically nowhere to be seen.

They covered the costs of their adventure by making films for television and taking photographs for magazines. The trip began in Senegal and Sierra Leone, from where they continued on to South Africa. Their next ports of call were Malaysia and Singapore, before moving on to Hong Kong,

via the Philippines. At the end of November they reached Japan, where they stayed for three months. The round-the-world trip ended in Mexico and the United States.

*Sweet Life*, which found no publisher until 1966, embodied his adventurous spirit, his interest in humanity, and his fascination with foreign cultures. It was a passenger ship he photographed in the Philippine islands that inspired the title of a book that was originally going to be called *Crazy World*.

#### Amsterdam and Jazz

Ed van der Elsken devoted himself assiduously to street photography in Amsterdam, his hometown. This was where he

developed his interest in young rebels and atypical characters. He first photographed them in black and white, but later, beginning in the 1970s, he turned to color. His pictures reflect the atmosphere of the capital over successive decades. In the 1950s he photographed “his” Nieuwmarkt neighborhood: a waitress, rebellious youngsters, two stylish sisters, a dreamy-eyed girl with backcombed hair, and children in homemade costumes. At this time jazz was becoming increasingly popular. The young people went insane at Amsterdam’s Concertgebouw, where they attended concerts by Miles Davis, Chet Baker or Ella Fitzgerald, among others. Van der Elsken found their enthusiasm infectious

and his camera captured to perfection the spontaneity of the music and the intensity of the audience's experience. Color took on ever-increasing importance in his photography from the 1970s onward, but this barely made him change his approach. However, film began to acquire greater importance in his work.

In the 1950s jazz was tremendously popular in the Netherlands. Ed van der Elsken's journalist friend Jan Vrijman took him to a Chet Baker concert at the Concertgebouw in Amsterdam and the photographer was immediately captivated. The book *Jazz* (1959) is fruit of the photos he took at jazz concerts, including performances by Miles Davis, Lionel Hampton and Ella Fitzgerald. Van der Elsken himself designed the layout of *Jazz*, translating the music into images.

From 1959 Ed van der Elsken focused increasingly on film. During his round-the-world journey he made brief travelogues for Dutch television which unfortunately have been lost, with the exception of a rushed montage of just a few – often rather formal – clips. For one of his first documentaries, Van der Elsken filmed his friend Karel Appel. He also made experimental short films, such as *Handen* (Hands, ca. 1960), a montage that shows the different functions and movements of the hands.

Ed van der Elsken, *Nieuwmarkt Fair*,  
 Amsterdam, 1956  
 Netherlands Photo Museum

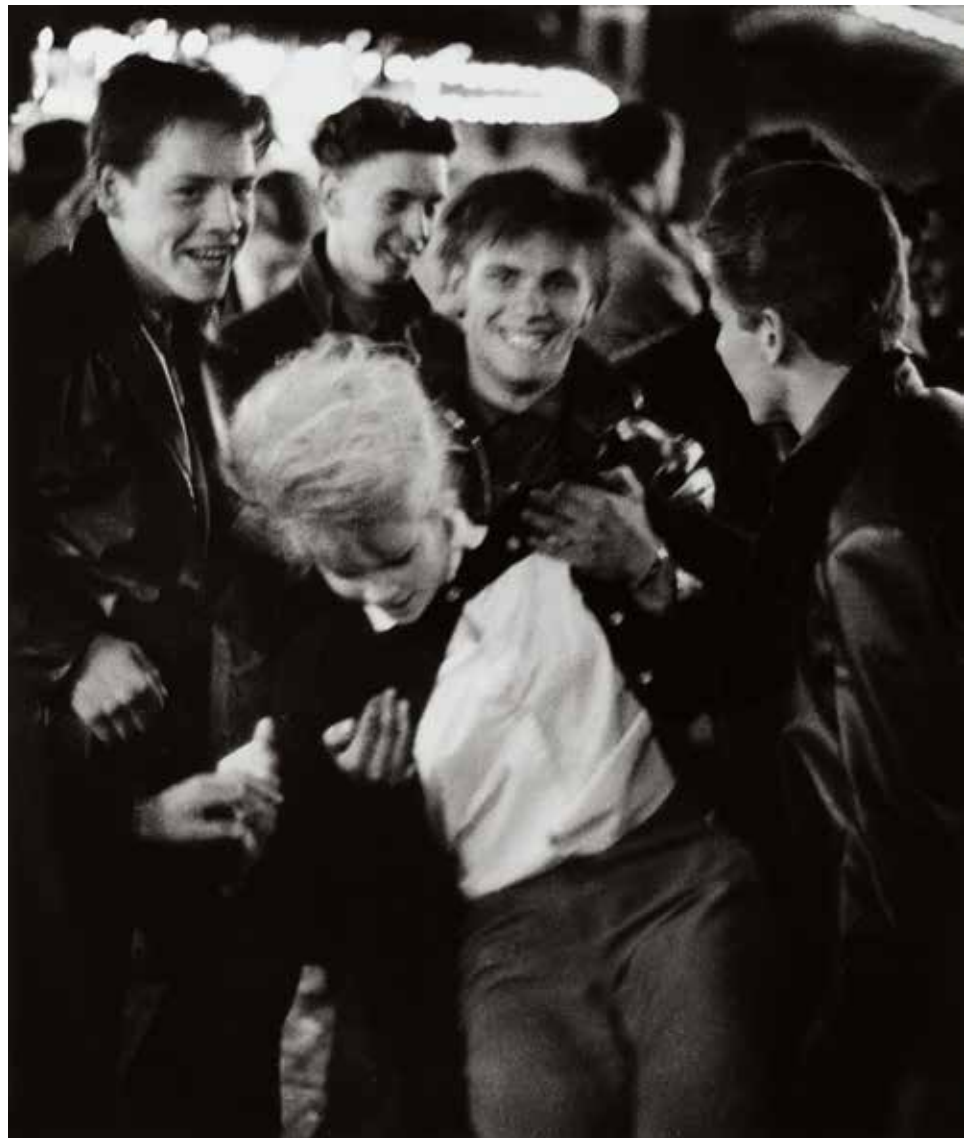
© Ed van der Elsken / Collection Ed van der Elsken estate

### *The Camera in Love*

In 1970 Ed van der Elsken left Amsterdam to live on a farm he had purchased near the IJsselmeer lake, in the vicinity of Edam. The film *De verliefde camera* (*The Camera in Love*, 1971) focuses mainly on his foreign assignments for the magazine *Avenue*. It begins with images of the photographer capturing a birth and closes with a recital from his Mini Moke while driving

around the farm in Edam with his family. The fish-eye lens he used to record this sequence is one of his typical technical jokes.

In 1971 Ed van der Elsken worked again with Vali Myers, his muse from *Love on the Left Bank*. In *Death in the Port Jackson Hotel* he did a portrait of the artist who was then living in a secluded Italian valley with her young lover, Gianni Menichetti, and her animals.



Color took on ever-increasing importance in his photography from the 1970s onward, but this barely made him change his approach. However, film began to acquire greater importance in his work

*Avonturen op het land* (*Adventures in the Countryside*, 1980) is a tribute to the flora and fauna – and to the inhabitants – of the area around his farm in Edam in each of the seasons. He also published a book with the same title.

### *Eye Love You*

*Eye Love You* lists the different ways of experiencing and practicing love all over the world, a universal theme running through Ed van der Elsken’s “people book”. The images of hippies, nudist beaches, couples making love and Indian transvestites are in stark contrast

with the more serious issues he dealt with for *Avenue* during his travels, when he documented in color extreme poverty, the struggle for survival and even death. The result is Ed van der Elsken’s tribute to mankind, his own personal *Family of Man*.

### Japan

During his first visit to Tokyo in the late 1950s, Ed van der Elsken progressively turned into a provocative, playful stage director of “his” people. The *Yakuza* – Japanese gangsters wearing American suits – seem to be staring straight at the viewer, like

actors in a B movie. The transsexuals are clearly having fun glancing flirtatiously at the photographer. Van der Elsken made a total of 15 trips to Japan, whose inhabitants, culture and traditional values and customs he found fascinating. His photographs depict typically Japanese themes such as sumo wrestlers, bowing to greet each other and the incredible pushing and shoving at train doors. However, he not only photographed demure customs and polite attitudes, but also how consumerism was affecting Japan and, yet again, the youth culture.



Ed van der Elsken, *Luchadores de sumo en campo de entrenamiento, Tokio, 1959*  
Nederlands Fotomuseum  
© Ed van der Elsken / Collection Stedelijk Museum Amsterdam.

Ed van der Elsken, *Yakuza Territory*, Kamagasaki, Osaka, 1960  
 Netherlands Photo Museum  
 © Ed van der Elsken / Collection Stedelijk Museum Amsterdam



### *Tokyo Symphony*

For van der Elsken, the slide show was an inspiring format, halfway between a static medium such as photography and one that proved so expensive, namely filmmaking. He created various audiovisual pieces, some with synchronized sound. In the final stages of his life, he worked on an audiovisual presentation about Tokyo, the metropolis with which he had maintained such a special bond. He photographed the fish market, demonstrations, attractive people, mannequins, wrestlers and alternative youngsters. He was unable to complete this project due to his health problems. *Tokyo Symphony* was completed

posthumously and shown for the first time in 2010.

### *Bye*

Ed van der Elsken's first autobiographical film was *Welkom in het leven, lieve kleine* (Welcome to Life, Dear Little One). *With his last film, Bye*, he bids farewell to life. In it, the photographer is both the protagonist and cameraman. In 1988 he was diagnosed with a terminal cancer and decided to document how the disease advanced as the world closed in around him. For him, this was the only way to deal with this experience. *Bye* is a personal, intimate self-portrait in which the photographer openly expresses

his sadness, fear, pain and anger. He also refers to other photographers, his own work and his family, clearly emerging as a witty, spirited character right to the very end. ⊗

The exhibition has been organized by the Stedelijk Museum in Amsterdam, in collaboration with the Jeu de Paume and Fundación MAPFRE. Our special thanks go to Anneke Hilhorst and Han Hogeland, Netherlands Photo Museum in Rotterdam and the Leiden University Library. Special Collections, Eye Film Museum in Amsterdam, Netherlands Institute for Sound and Vision in Hilversum, Annet Gelink Gallery in Amsterdam, and Paradox Edam.



André Derain, *Geneviève à la pomme* [Jane Keeping an Apple], circa 1937-1938  
Private Collection

© Thomas Hennocque  
© André Derain, VEGAP, Madrid, 2017

# Derain, Balthus, Giacometti

TEXT: CULTURE AREA

The *Derain, Balthus, Giacometti* exhibition, which will be on show at Fundación MAPFRE's Recoletos Hall from February 2 to May 6, 2018, explores the friendship between three great 20th-century artists: André Derain (1880-1954), Balthus (1908-2001) and Alberto Giacometti (1901-1966).

The visions of these three artists, never before contrasted, coincide in what must be demanded of a work of art. The three share a powerful yearning for modernity, yet are passionately interested in painting's history and the art of distant civilizations. They are fascinated by "the dark forces of matter" (Derain) and, in general, pay close attention to the "wonderful, unknown" reality before their eyes (Giacometti). Far beyond the mutual admiration and sincere affection that bonded them throughout their lives, their profound agreement on aesthetic questions is the common thread running through this exhibition.

The exhibition, which was conceived by the City of Paris Museum of Modern Art and co-organized with Fundación MAPFRE, is curated by Jacqueline Munck, head curator at the Paris museum, where its run from June 2 to October 29, 2017 proved hugely successful. The

exhibition includes an exceptional selection of more than 200 works (paintings, sculptures, works on paper and photographs), focusing principally on the period between the 1930s and 1960s.

The three artists met in the early 1930s as they all moved in Surrealist circles and, more specifically, they coincided at Balthus' first exhibition at the Pierre Loeb gallery in 1934. Their friendship grew stronger from 1935 onward and their lives and works became ever more intensely intertwined. Moving between Saint-Germain and Montparnasse, they crossed the paths of many artists, writers and poets: first of all Antonin Artaud, but also Max Jacob, André Breton, Louis Aragon, Jean Cocteau, Pierre Reverdy, Jean Oberlé, Robert Desnos, Albert Camus, Pierre-Jean Jouve, Samuel Beckett, Jean-Paul Sartre and André Malraux. The theater also figured prominently and they undertook several projects with Marc

Allégret, Boris Kochno, Roger Blin and Jean-Louis Barrault; they also shared an interest in fashion, working with Jacques Doucet, Paul Poiret and Christian Dior, and in the art market, collaborating with Pierre Loeb, Pierre Colle and Pierre Matisse.

Six sections testify to this exceptional friendship between the three artists. The exhibition begins with their shared views on the figurative tradition and primitivism, from which some unique hybridizations arose (*The Cultural Gaze*). It continues with their landscapes, figures and still lifes, which investigate codes of representation, from Neoclassicism through to Corot and Courbet (*Silent Lives*). There then follow portraits of the friends and models they had in common (*The Models*). An *Intermission* introduces us into the entertainment world, where the painters also become librettists and set designers. Giacometti opens up a dreamlike



Alberto Giacometti, *Autorretrato*, 1920  
 Fondation Beyeler, Riehen/Basilea  
 Foto: Robert Bayer / Beyeler Collection  
 © Succession Alberto Giacometti (Fondation Alberto et Annette  
 Giacometti, Paris / ADAGP, Paris) VEGAP, Madrid, 2017

world in the section *Dreams – Visions of the Unknown*, in which Balthus and Derain updated the theme of the sleeping female and reverie, on the frontier between fantasy and actual life. Finally, in *The Mark of Darkness*, the three artists examine “the possibilities of reality” in contrast to the tragedy of time.

### 1. The Cultural Gaze

Throughout their lives, Derain, Balthus and Giacometti turned their sights on the artistic past. André Derain underwent a major conversion in 1906, when he visited the National Gallery and British Museum in London, discovering with wonderment the works of the “whole world”. From then on, the renewal of his art was based on depicting an authentic multicultural humanism, as revealed by the unpublished hybrid works *Le Joueur de cornemuse* [The Bagpiper] and the *Portrait d’Iturrino* [Portrait of Iturrino]. In the case of Alberto Giacometti, his copies of the Italian masters and Egyptian/African statuary fully reflected his way of seeing and transposing those works that impressed him. He also allowed the multiple influences on his sculptures to manifest themselves freely – *Femme qui marche* [Woman Walking]. Balthus saw to it that the original impact of Arezzo, where he copied the frescoes of Piero della Francesca in 1926, resonated in his personal universe. The mysterious “figure” of these compositions,



the transparency of their colors and the timeless quality all proclaimed a new credo: “true modernity lies in this reinvention of the past.”

## 2. Silent Lives

When Derain, Balthus and Giacometti examined landscapes, objects and figures, they intensified their physical presence through the “magic of gravity”. The complete break with reality, an essential element of Giacometti’s art, is reflected in works ranging from *Le Lac de Sils* [Sils Lake] to *Nature morte avec une pomme* [Still Life with an Apple]. The artist produces a painting with a highly particular graphic style, fruit of visual examination: “What I strive to do is reproduce on a canvas, or with clay, exactly what I see.” Derain and Balthus remind us of the 17th-century “painters of reality”, with their harmonious arrangement of objects and figures set against dark backgrounds, subtle treatment of light and their precision of execution. In his *Vue de Saint-Maximin* [View of Saint-Maximin], Derain conveys a melancholic vision of the landscape, revealing a reality “augmented” by his imagination. The Balthus still lifes add a narrative dimension, full of suspense and latent violence.

## 3. The Models

A series of reciprocal portraits brings together the friends and patrons the three artists have in common. In 1935, Isabel Rawsthorne posed several times for Derain and, from 1936, for Giacometti. *La Nièce du peintre* [The Painter’s Niece] by Derain

bears a disturbing resemblance to the adolescents of Balthus and the nudes of both — Derain, *Nu au chat* [Nude Female Near the Cat] and Balthus, *Jeune fille à la chemise blanche* [Young Girl in a White Shirt] — seem to link into a “mysterious tradition” (Antonin Artaud). The *Nu assis à la draperie*



André Derain, *L'Artiste et sa famille* [The Artist and His Family], 1920-1921  
Private collection

© Ted Dillard Photography  
© André Derain, VEGAP, Madrid, 2017



Alberto Giacometti, *Tête d'Isabel*  
[Isabel's Head], 1936  
Hirshhorn Museum and Sculpture  
Garden, Smithsonian Institution,  
Washington

Photo: Lee Stalworth / Hirshhorn Museum and  
Sculpture Garden, Smithsonian Institution  
© Estate of Alberto Giacometti (Alberto &  
Annette Giacometti Foundation, Paris / ADAGP,  
Paris) VEGAP, Madrid, 2017



Balthus, *Jeune Fille à la chemise blanche*  
[Young Girl in a White Shirt], 1955  
Collection of The Pierre and Tana Matisse  
Foundation

© Collection of The Pierre and Tana Matisse  
Foundation - Photo Christopher Burke, NY  
© Balthus

*verte* [Nude Woman in Front of Green Hanging] by Derain, with its serious, austere simplicity, is set against a plain background. *La Chambre* [The Room] by Balthus turns us into spectators behind a two-way mirror, watching a theatrical rehearsal reminiscent of childhood role-playing games.

#### 4. Intermission

From a decade of prolific theatrical creation, namely the 1930s, several productions have been selected for which Derain was responsible for the sets, costume designs and sometimes the libretto. This clearly shows the close relationship between

the stage (theater and ballet) and the art world. An important selection of works recalls the friendship between Antonin Artaud, André Derain and Balthus, who created the sets and costumes for *Les Cenci*, the first play of Artaud's "theater of cruelty". The same sense

Far beyond the mutual admiration and sincere affection that bonded this three artists throughout their lives, their profound agreement on aesthetic questions is the common thread running through this exhibition

of chaos reigns in the sets for this play and for Albert Camus' *L'État de siège* [The State of Siege] (1948), both the work of Balthus. The expressive richness of Derain's carved masks and costume masks, some in the studio and others on the stage, is reminiscent of the origins of classical theater, while Giacometti's "cages" define the stage space where the figures are to be placed.

Theatrical collaborations abounded in the 1950s and 1960s, most noteworthy being those at

the Aix-en-Provence Festival. On the recommendation of the painter and graphic designer Cassandre, Balthus was chosen to design the sets for Mozart's *Così fan tutte* in 1950. The following year, Cassandre and Edmonde Charles-Roux persuaded Derain to do the set and costume designs for *L'Enlèvement au sérail*. The painter returns to Aix in 1953 to design the sets for *The Barber of Seville* by Rossini, his last theatrical production. Jean-Louis Barrault, a friend of both Derain and Balthus, suggested

the latter should design the sets for Shakespeare's *Julius Caesar*, a play he directed in 1960. In 1961 he turned to Giacometti for the minimalist set – a solitary tree – for *Waiting for Godot* by Samuel Beckett.

### 5. Dreams – Visions of the Unknown

The works brought together here combine the classic theme of the reclining woman with the reverie theme, in a synthesis of tradition and modernity. The young girls painted, figures either



Balthus, *Costume for Les Cenci*, c. 1935  
Speck Collection, Cologne  
© Galerie des Modernes, Paris  
© Balthus

André Derain, *Isabel Lambert*, 1934-1939  
North Carolina Museum of Art, Raleigh.  
Donación de Mrs. James Forrestal  
© North Carolina Museum of Art, Raleigh  
© André Derain, VEGAP, Madrid, 2017

When Derain, Balthus and Giacometti examined landscapes, objects and figures, they intensified their physical presence through the “magic of gravity”



Balthus, *Les Beaux jours* [Happy Days], 1944-1946  
Oil on canvas, 148 x 199 cm  
Hirshhorn Museum and Sculpture Garden, Smithsonian Institution, Washington  
© Hirshhorn Museum and Sculpture Garden, Smithsonian Institution, Photography by Cathy Carver  
© Balthus



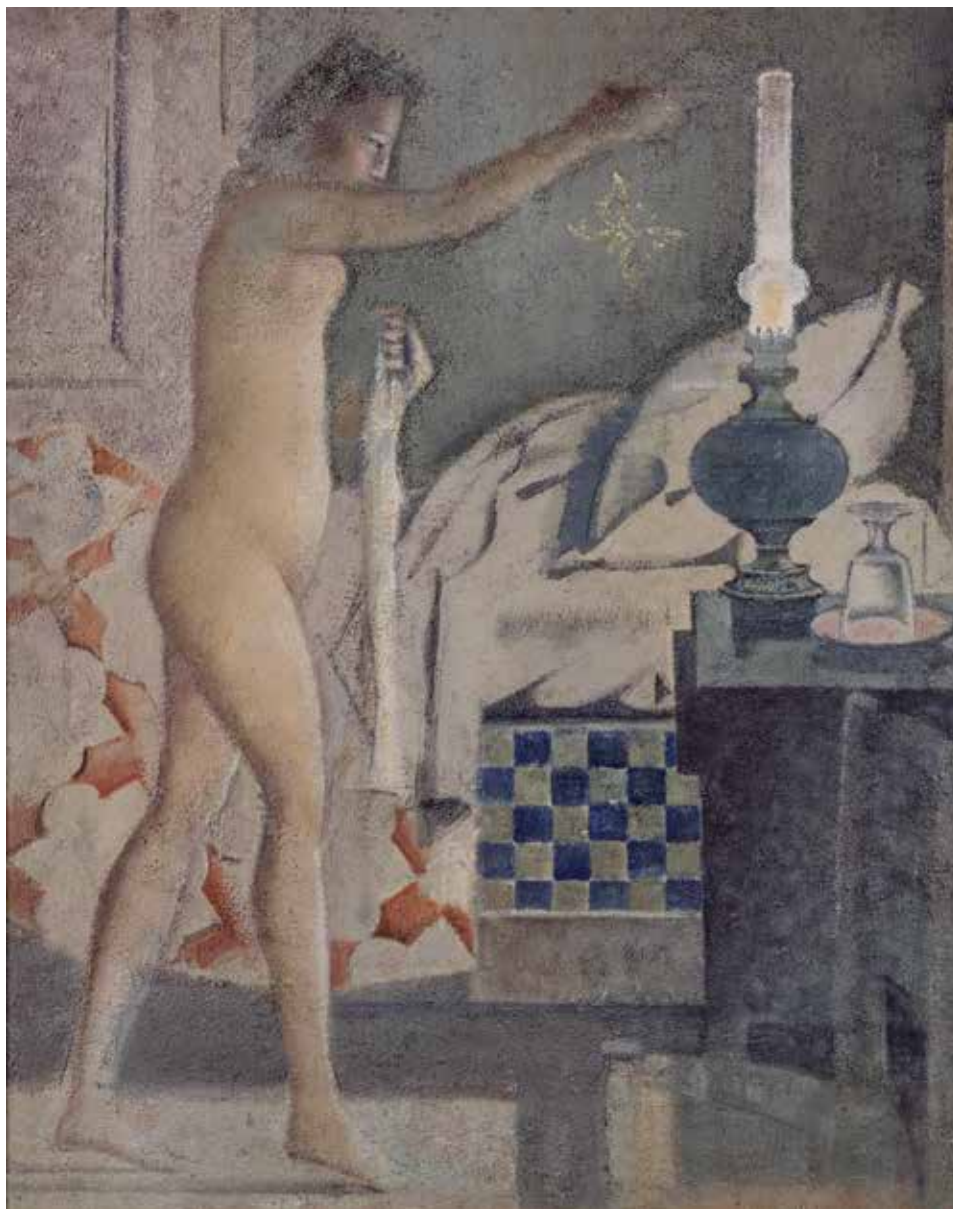
Alberto Giacometti, *Femme couchée qui rêve* [Reclining Woman Who Dreams], 1929  
Hirshhorn Museum and Sculpture Garden, Smithsonian Institution, Washington  
Photo: Cathy Carver / Hirshhorn Museum and Sculpture Garden, Smithsonian Institution  
© Estate of Alberto Giacometti (Alberto & Annette Giacometti Foundation, Paris / ADAGP, Paris) VEGAP, Madrid, 2017

Balthus, *La Phalène* [La falena], 1959-1960  
 Centre Pompidou - Musée national d'art moderne -  
 Centre de création industrielle, Paris  
 © Centre Pompidou, MNAM-CCI/Jacques Faujour/Dist. RMN-GP  
 © Balthus

asleep or dreaming – Derain’s *Nu au chat*; Balthus’, *Jeune fille endormie* [Young Girl Asleep] – languid or even ecstatic; Balthus’ *Les Beaux Jours* [Happy Days] – are indolently subjected to the spectator’s gaze. Inner life is vividly expressed in the dark backgrounds and such remarkable lighting – Derain, *Grand nu* [Great Nude]; Balthus, *Nu couché* [Reclining Nude] – which afford an air of confidence to the scenes depicted. In Balthus’ work, the theme of dreams takes reality into the realm of the imagination, whereas, in Giacometti’s work, the ideogram sculpture epitomizes the curves of the female figure and the softness of a barely discovered landscape.

#### 6. The Mark of Darkness

The sculptures and paintings on display in this section, with their conflicting influences, offer an insight into the complex relationship between all three – Derain, Balthus and Giacometti – and reality. *L’Objet invisible* [The Invisible Object] (1934) by Giacometti, which signifies a total vacuum and the inability to grasp what is real, heralded the artist’s future conflicts: despite the failures – *Tête noire* (*Tête de Diego*) [Black Head (Head of Diego)] – he never ceased striving



to grasp it – *Annette assise, deux fois* [Annette Seated, twice]. From the dawn of creation to the torments of history, anguish and destruction likewise haunt Derain’s later works: those terrified bacchantes striving to escape – *Les Bacchantes* [Orgiastic Women], *Grande bacchanale noire* [Great Black

Bacchanal]. Derain depicted light permeating the darkness – *Nature morte sur fond noir* [Still Life on Black Background], *La Clairière* [The Clearing] – as did Balthus – *Les Poissons rouges* [The Red Fish]. In the end, light prevails in the works of Balthus, bathed in warm tones – *Le Baigneur* [The Bather]. ⊗



Maximilian of Habsburg chatting with two youngsters receiving treatment at Recal

# “Quitting drugs is possible, but it calls for a lifestyle change, incorporating values”

TEXT: NURIA DEL OLMO PHOTO: MÁXIMO GARCÍA

A drug problem over 15 years ago led to his creating the Recal Foundation, a nonprofit organization which, to date, has helped more than 1,000 people to overcome their addiction to psychoactive substances and be reintegrated into society. Archduke Maximilian of Austria combines this work with directing a company in the medical sector. His social work fills him with enormous satisfaction.

In Spain, it is estimated that around three million people (between five and ten percent of the population) suffer some addiction to psychoactive substances such as alcohol, cocaine, cannabis and others

Close to 100 people arrive at the center each year. They come from all over Spain, from both modest and affluent backgrounds. Men and women of all ages with a chronic illness in common, which is increasingly frequent and characterized by compulsively seeking and consuming substances such as alcohol and drugs. Their addiction destroys them and also those around them. It leads to family, emotional, legal and financial conflicts. They arrive at Recal hoping to rebuild their lives and lead a decent life.

### **How did this foundation come about?**

The foundation was set up in the year 2000 to help homeless people who were living in the marginalized neighborhoods of Madrid. For many years we took food and clothing to these people – mostly prostitutes and alcoholics – until, exactly five years ago now, we prepared an apartment and a center in Pozuelo (Madrid) to professionalize the work we were doing and start providing therapy. We thus became a treatment center.

### **What do you recall from those times?**

The work has always been highly satisfactory, yet also complex, particularly when it comes to organizing so many people. That is why we decided to set up a new center so as to be able to offer patients a safe home, where we could provide them with food, clothing and, most importantly, effective treatment to deal with their addiction problems. An addict is a mentally ill individual who needs all the support in the world.

### **Who comes to this center?**

People of all ages, from every social stratum – and even from abroad – who are suffering from addiction problems, whether due to a substance or behavior-related issue. They all believe in our method as it yields results. People with sufficient economic means pay for their treatment, while those who cannot afford it are treated free of charge. Our mission is to offer quality treatment to any person, whether or not they can afford it, and strive to reduce the stigma that person faces daily in society.

**Addicts are people who are ill and need the full support of society**

### **How do you help them?**

They all enter our center for a minimum period of three months. This gives them enough time to undergo detoxification and learn a new lifestyle. And, most importantly, to realize they are not alone in this battle. Our method is based on the Minnesota model, which, in turn, is based on the Alcoholics Anonymous program. It is overseen by a medical team working in close collaboration with therapists who were addicts in the past and have now fully recovered. We explain to them the importance of their attitude, of constructing a life project based on goals and challenges.

### **Drugs leave sequelae**

Without a doubt. That's why there is a whole team of psychologists, doctors and physiotherapists, all helping these people to take care of their diet and to practice sports. As well as manage their emotions and share their concerns. They are all continuously monitored, as a relapse is often just around the corner.

### **Do the families also participate?**

They arrive here in a desperate state, despondent and disoriented. Our treatment attaches great importance to family therapy, which takes place every week in the center. The relatives listen to the experiences of members of the other families and are offered guidance by our team so that they can make the changes necessary for a better life and relationship with the patient and the disease.

### **What should we do in order to avoid falling into an addiction?**

I believe the most important work begins in childhood. Efforts should be made to get the groundwork right. The aim is to establish rules, taking the utmost care to enhance the parent-child affective relationship, encouraging communication, self-esteem and self-control. These are the values we convey here. We try to ensure these people have greater critical capacity so that they can deal with peer pressures and social stereotypes, and thus foster their own criteria and be independent thinkers. ⊗



# SEGUROS DE QUINTAS

## Quintas policy, conscription insurance

TEXT: ANA SOJO

Curator of Fundación MAPFRE's Insurance Museum

Throughout history, there have been various ways of recruiting troops to fill the ranks of armies everywhere. Slaves, mercenaries, lords who responded to the call of their king with their armed retinue, etc.

Military service recruitment turned to the use of various compulsory conscription systems. The Quintas [Fifths] – the type of insurance we are discussing here – is named thus for the system

of selecting by lot every fifth man to serve their military service in the army.

The Cadiz Constitution of 1812 established compulsory military service for men. Successive laws



and regulations on the ‘quintas’ enacted throughout the 19th century also made provision for two ways of evading military service: redemption by way of a cash payment or finding a replacement. The replacement option also called for sufficient money to pay the substitute. In both cases, the price was so high that only the wealthiest families could afford it.

Both replacement and redemption represented a socially unfair system in which the most affluent had the means necessary to avoid military service; meanwhile the humble had no choice but to comply, with the consequent adverse effect on the family income, given their absence at a productive age. Another consequence suffered by the most needy in society was the indebtedness of families who fell into the hands of usurious lenders. They had to endure disproportionate interest rates in an endeavor to raise the cash sum needed for the redemption fee or to pay a substitute.

We must remember that, depending on the historical period, the compulsory military service lasted between three and eight years, that the mortality rate was rather high, and it deprived families of much needed hands for agricultural work, all within a largely rural economy with modest surplus produce. The Spanish population was below the 19 million mark according to the INE (Spanish National Statistics Institute) and, in 1900, life expectancy at birth was less than 50 years.

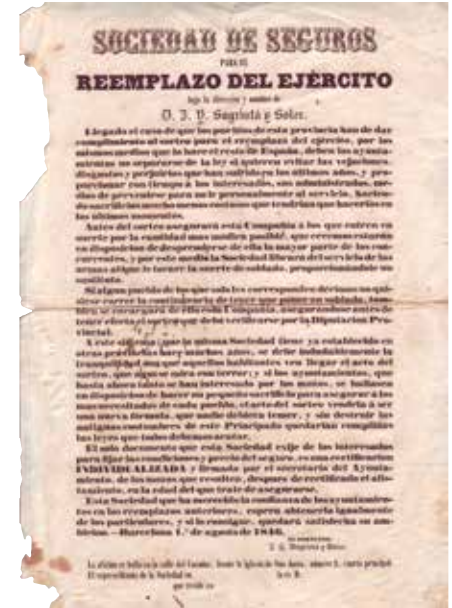
It is no wonder that, in this scenario, a large number of



La Mundial ‘quintas’ insurance policy. Insurance Museum. Fundación MAPFRE

insurance companies sprang up, engaged – some of them exclusively – in offering ‘quintas’ insurance policies, similar to life savings insurance nowadays. The purpose was none other than to build up the capital necessary for the payment of the redemption fee or to hire a substitute.

The social discontent generated by this redemption/replacement system came to a head with serious riots at the port of Barcelona in 1909. The call-up of some 14,000 reservists who had already completed active service triggered the so-called Tragic Week of public disturbances. Once again, they were forced to leave their homes to fight in Morocco, while those able to pay the redemption fee continued with their lives. These confrontations were echoed at the main railroad stations of other cities such as Zaragoza and Madrid.



Sociedad de Seguros document for military service replacement. Insurance Museum. Fundación MAPFRE

The Spanish Law on Military Recruitment and Replacement of 1912 abolished the redemption and replacement systems. As a result, the ‘quintas’ insurance line disappeared, as did those companies whose business was not sufficiently diversified. ⊗

## Practical information on the Insurance Museum

Located in Madrid, at Bárbara de Braganza 14, it has 600 pieces on display and a total of 1,300 preserved in the institution’s collection.

In addition, all of them can be viewed on a virtual tour of the museum at [www.museovirtualdelseguro.com](http://www.museovirtualdelseguro.com).

Free guided tours for groups may be reserved in advance by telephoning +34 916 025 221.



# Scientists who anticipate the future

TEXT: JUAN RAMÓN GÓMEZ PHOTO: THINKSTOCK

The urgent need to optimize resources on a planet where the population and consumption are growing exponentially is driving quite a few scientists to investigate areas such as the quest for new foods. Well aware of these needs, the 2016 Ignacio H. de Larramendi research grants set aside a portion of their resources to projects of this type, without overlooking other projects equally necessary in our daily lives, such as those related to road safety.



### Hidden food sources in the sea

Developing new wholesome, healthy, sustainable foodstuffs may prove critical for the future of humanity. The Food Research & Innovation group at the Food Technology Department of the Polytechnic University of Valencia has been working for some time with different ingredients they call “superfoods”, such as quinoa, chia and insect-based flour. To overcome the phobias of consumers regarding new products, they integrate them into readily identifiable formats.

In this context, and in view of the increasing use of microalgae in diets, they decided to apply them to products such as doughnuts and other mealy products. Thus began new research supported by Fundación MAPFRE designed to take advantage of “the remarkable potential and wide variety of applications these microorganisms may have in such diverse sectors as bioenergy, food, pharmaceutical and biomedicine,” explains professor Javier Martínez Monzó. “The potential of microalgae in the human diet was possibly one of the key factors in warranting this grant, since dealing with the production of food in sufficient – and, above all, sustainable – quantities is one of the greatest challenges facing our society,” he adds.

The group is already testing several products and it is most likely that some may already be put on the market next year, “although, in the food sector, launching a new product is not an easy task,”

## Dealing with the production of food in sufficient – and, above all, sustainable – quantities is one of the greatest challenges facing our society

Martínez complains. “People really don’t appreciate what it costs to produce food. We readily spend hundreds of euros on technology, yet count every cent when we buy food.”

### Safer crossings for pedestrians

“Crossing a street represent the greatest obstacle for pedestrians in the city and is when they are most at risk of being run over,” explains Dr. Ruth Pérez López who, together with Jorge Montejano, coordinates the Jorge L. Tamayo Geography and Geomatics Research Center. For this reason, they proposed installing “a Pedestrian Crosswalk Safety Index (ISCP) score above the intersections of the main thoroughfares in Mexico, so as to reduce the accident rate and improve the conditions for crossing there.” This index lays down the minimum criteria to be taken into account when designing a crosswalk, with a view to ensuring quality pedestrian environments that allow for safe, efficient, comfortable walking.

Supported by Fundación MAPFRE, the project was created to deal with the high traffic accident rate in Mexico, which, according to Dr. Pérez, is “the leading cause of death among children aged 5-14, and the second in the 15-29 age group.” An anthropologist with expertise in non-motorized mobility issues, she began her research into pedestrian behavior at crossings in 2014. One year later, she was joined by the urban planner Jorge Montejano and the architect Yazmín Viramontes, and today she has an extensive, multidisciplinary team.

At present, employing various methods that include computer programming tasks, they have extracted a sample of 500 crossing points from the databases on people run over in Mexico City. Classifying them into three categories will facilitate the collection of field data. Several teams took charge of evaluating the crosswalks over seven weeks, starting at the end of July. Fruit of their work will be the ISCP, which “aims to become a useful instrument for public authorities, enabling them to both assess the quality of the pedestrian crosswalks and identify aspects of them which should be targeted as a priority.”

For 2018, the group expects to have achieved the goal of reducing traffic-related deaths by 35 percent. ✕



# “Diabetes is like Attila, King of the Huns”

TEXT: CRISTINA BISBAL PHOTOS: THINKSTOCK

Kidney damage from diabetes is more common in the Canary Islands than in the rest of Spain. And that is because many of the patients diagnosed with this disease do not realize how important it is to take its possible consequences seriously and strive to prevent them. In the Canary Islands, Fundación MAPFRE Guanarteme finances a project that aims to control diabetes from an early age and improve the quality of life of patients with advanced renal disease.

“Diabetes is like Attila, King of the Huns: where he passes, the grass will never grow again.” The head of the Nephrology Service at the Doctor Negrín University Hospital of Gran Canaria, José Carlos Rodríguez, uses this curious visual analogy to explain how serious the complications may be for those who suffer from this metabolic disease and fail to adequately control it. In particular, he cites the following: “It is the leading cause of blindness, amputations of legs and feet, end-stage renal disease with dialysis, a high percentage of ischemic heart diseases, and atherosclerosis problems.” Given the circumstances, you would think that, on receiving the diagnosis, anyone would take its possible consequences seriously and strive to prevent them. However, this is not always the case. It seems that the social status of the patient is of major importance. Again, we quote José Carlos Rodríguez: “Diabetes is a disease in which social and cultural factors play their part.”

He knows this only too well as he has spent years studying the incidence of this disease in the Canary Islands, where he lives and works. And he does so thanks to

**Uncontrolled diabetes is the first cause of blindness, amputations of legs and feet, end-stage renal disease with dialysis, among other things**

the support he receives from Fundación MAPFRE Guanarteme, which has been driving research into pathologies prevalent in the Canary Islands ever since 1998. In particular, since the year 2012, Rodríguez has been leading a medical research project whose objective is to analyze the situation of patients with advanced renal disease, as well as what actions may be taken to enhance their quality of life. The project focuses to a large degree on diabetes. Rodríguez explains the reasons: “Diabetic nephropathy – kidney damage from diabetes – is more frequent in the Canary Islands. Until recently it was believed that this

was due to the fact that, in this region, there were more cases of diabetes than in others. But now we know that this is not the case. The figures for diabetics, recurrence and prevalence are approximately the same as in the rest of the country.” What then? The peculiarity of the disease in the Canary Islands is that it degenerates into more complications than in other places.

“There are more patients in the Canary Islands on dialysis due to diabetes than in any other part of Spain.” The



José Carlos Rodríguez, head of the Nephrology Service at the Doctor Negrín University Hospital of Gran Canaria

team led by Rodríguez has sought the reason by studying genetic, sociological, dietary, nutritional aspects, etc. Among the conclusions, one refers to the fact that “it seems that diabetes starts much earlier among the local population than in the rest of the country. Therefore, the diabetic patient’s system is more exposed to the risks associated with hyperglycemia than in other areas. We could say that diabetes evolves over a longer period, with the result that the complications are greater.” Simple to understand.

#### The importance of good information

But then another question arises. Why do patients in the Canary Islands start suffering from this disease at a younger age, especially type 2 diabetes, which is of external origin? Once again Rodríguez replies: “In this regard, we noted the importance of social and family aspects. Those most affected by the complications of diabetes are

generally from a rural environment and low social status. We have also noted the importance of the types of diet and the inclination toward fast food: nowadays, making a good homemade stew is more complex and, above all, more expensive than eating a hamburger.” This aspect of people’s diet has a lot to do with the price of items in the shopping cart. It is more expensive to eat well on the islands as many products in the primary sector have to be shipped in. With transportation costs, prices go up. Rodríguez feels that there should be policies to incentivize home-grown produce, at the expense of meat, margarine, butter, whole milk...

From a medical point of view, the work consists in being able to offer the best treatment to patients right from primary care onward. But also create communication campaigns that clearly put across the problems stemming from diabetes. Patients must understand why it must be controlled from the very outset. “There is a curious lack of awareness, which is even more common in the Canaries than in other parts of Spain, despite historically having a very close relationship with this disease.” For this reason, one fundamental element of the project focuses on the need to produce suitable messages for the population regarding the quality of their food, healthy living and the need for physical exercise, and encourage the practice of self-care.

This project fulfills the important task of getting relevant information across, thanks to the Patient Classrooms organized at the hospital, as well as group sessions with an expert patient who has reached the kidney dialysis and/or transplant stage. The latter



One fundamental element of the project focuses on the need to develop suitable messages for the population regarding the quality of their food, healthy living and the need for physical exercise, and encourage the practice of self-care

can explain their firsthand experience and advise other patients how to avoid ending up in this situation. Moreover, it is of vital importance that primary care physicians know how to convey the concern raised by this illness to their patients. “Make them understand that, even if they have the genetic factors that predispose them to develop the disease, they should adopt a proactive attitude to combat these factors. Because, what’s more, we now know that diabetes has a memory. If we don’t start looking after ourselves from the outset, it ends up taking its toll.”

The reality is that the program must have worked, given that Rodríguez himself declares: “I’m seeing small, but real, positive data.” However, for this to work, this cannot be simply a one-off campaign: “There has to be continuity.” In this respect, the renewal of Fundación MAPFRE Guanarteme’s support for the project in 2017 guarantees its continuity.

As well as raising awareness about diabetes, thanks to this program a multidisciplinary Chronic Kidney Disease Unit has been set up for the early care and integrated treatment of patients diagnosed with this condition. The unit consists of separate consulting rooms for Chronic Kidney Disease (where the initial assessment of the patient is made), Advanced Chronic Kidney Disease and conservative medical treatment, as well as an innovative area for nephrology nursing. It receives patients discharged from hospital, as well as those referred from general nephrology consultations and specialists (nephrologists) offering support to primary care facilities. The Nephrology Service is a true first in



## Grants and awards

Support for training has been a constant in the activity of Fundación MAPFRE Guanarteme since its inception. Proof of this are the annual specialization grants – each endowed with 60,000 euros – which they have started handing out this year to medical professionals in the Canary Islands, in order to receive training for a year in new techniques or procedures which, in the future, will benefit the healthcare system in the archipelago.

José Carlos Rodríguez, head of the Nephrology Service at the Doctor Negrín University Hospital of Gran Canaria, states that this kind of grant is common in other countries. The aim is to detect talent, train them overseas and ensure they return afterward: “That the know-how they bring back may prove positive for our hospitals.” “When our residents finish their specialty, either they get hired swiftly in their field or they have to endure underemployment. These

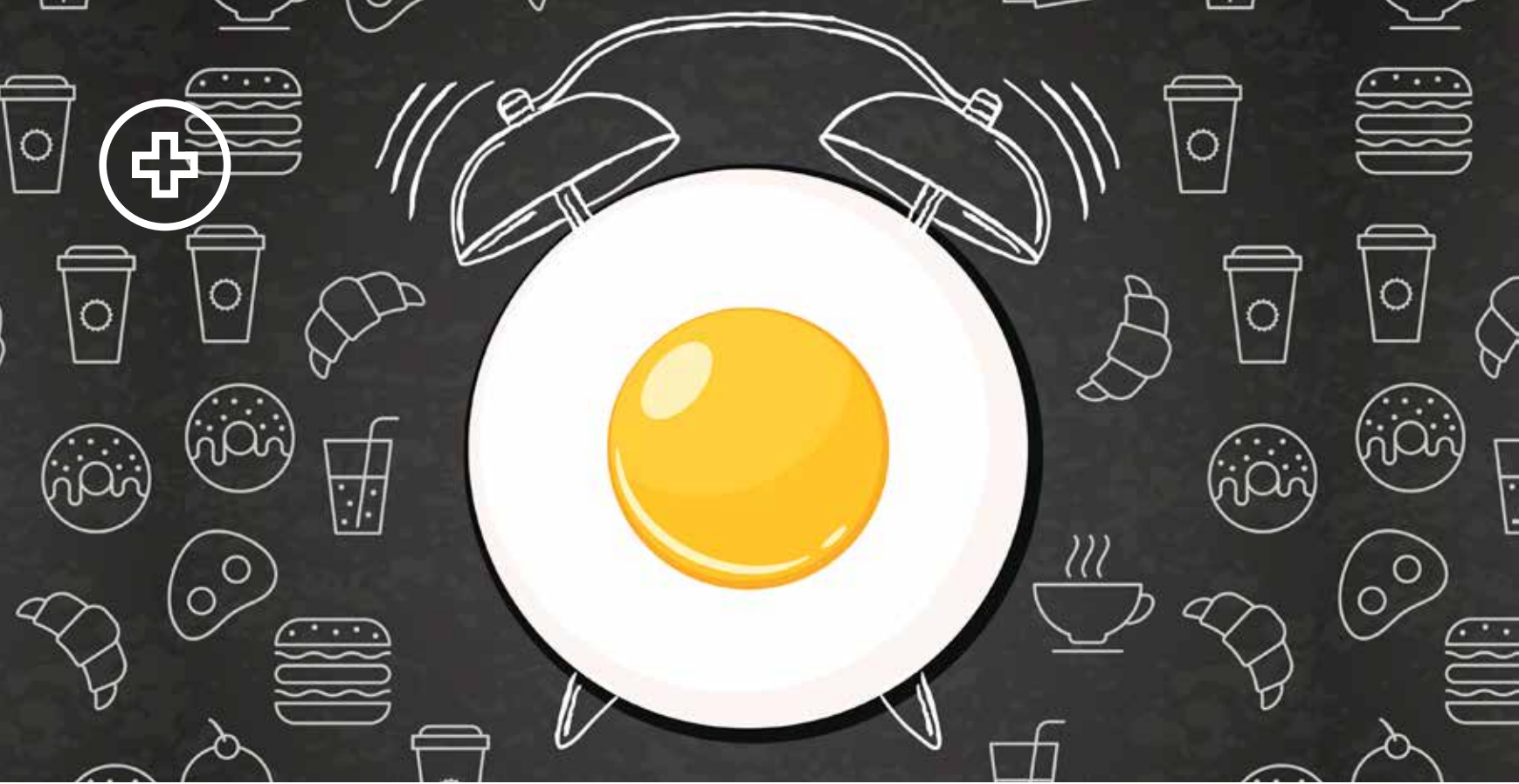
the Canary Islands, having pioneered the introduction of such techniques as hemodialysis, online hemodiafiltration and telemetry for overseeing patients undergoing dialysis at home.

The measures adopted have demonstrated an improvement in survival rates and quality of life. ✕

grants are designed to deal with this and encourage them to further their training,” Rodríguez concludes.

In addition, this year has also seen the first Fundación MAPFRE Guanarteme Awards handed out to the most outstanding MIR (Spanish initials of Resident Medical Intern) in the Canary Island teaching hospitals. Endowed with 2,000 euros each, the aim is to recognize the endeavor, talent and excellence of Canary Island professionals in the field of medicine. Last May these awards were granted to five newly trained specialists attending the four university hospitals in the archipelago.

Both initiatives are in addition to the scholarship programs in support of training and excellence that the foundation has been running for several years now.



# To have breakfast or not, that is the question

TEXT: ÓSCAR PICAZO  
DIETITIAN-NUTRITIONIST  
FUNDACIÓN MAPFRE  
ILLUSTRATION: THINKSTOCK

A recent scientific study has analyzed the relationship between breakfast and cardiovascular risk. The results of this work have appeared in the media, with certain conclusions being highlighted. However, things are not as simple as they might appear. We are going to take a detailed look at this to see whether, as it states, breakfast is the most important meal of the day.

No daily intake of food proves as controversial as *breakfast*. A recent study would appear to have settled once and for all the question of whether or not skipping the first meal of the day is to be recommended.

Specifically, we are referring to “The Importance of Breakfast in

Atherosclerosis Disease” published in the journal of the American College of Cardiology. The results are just some of the advances made within the PESA (Progression of Early Subclinical Atherosclerosis) study conducted by Spain’s CNIC (National Cardiovascular Research Center).

This article outlines the association between different breakfast patterns and the condition of the arteries of over 4,000 workers at a major bank. The population was divided into three groups: those taking a high-energy breakfast (which accounts for over 20 percent of daily calories); a low-energy breakfast (intake of 5-20 percent of calories) and those skipping breakfast (less than 5 percent of daily calories). The results indicate that 75 percent of those who skip breakfast had generalized atherosclerosis, compared with 57 percent in the group that has

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a hearty breakfast. But there is one important caveat: association does not imply causation.

To understand this better, we must analyze the type of study we are talking about here. It is of a cross-sectional nature and takes a “snapshot” of the population analyzed at a given moment in time. The subjects were asked about their nutritional habits and were tested using ultrasound equipment to see whether or not plaques were present in their arteries. This enabled a statistical association to be established between skipping breakfast and the prevalence of atherosclerosis. But this does not mean that the cause is necessarily skipping breakfast.

Although this may seem surprising, we must bear in mind what, in epidemiology, are called “confounding factors”. It is known that skipping breakfast is often a sign of unhealthy habits. In fact, this study revealed that, among the group that skipped breakfast, there was greater prevalence of obesity, hypertension, consumption of alcohol and tobacco, or red meat, all factors associated with cardiovascular disease. Moreover, omitting breakfast may also be associated with a lack of time and stress, or a lack of sleep.

In addition, the causal link between skipping breakfast and being at greater risk of atherosclerosis is not immediate. On the contrary, it might be felt that skipping a meal would reduce the daily caloric intake and, thus, overweight issues. However, other studies have not found differences in body weight between those who eat breakfast and those who do not.

The answer might lie in the circadian rhythms, those hormonal cycles linked to our internal clock which controls day and night. Their discovery

by Hall, Rosbash and Young warranted their recently receiving the Nobel Prize in Medicine. The fact is that research seems to indicate that breaking the overnight fast could enhance hormonal control during the rest of the day.

In any case, worrying about whether or not we eat breakfast makes little sense if we smoke, drink alcohol frequently, are physically inactive, stick to a poor diet, or sleep little and poorly. Meanwhile, science will keep making advances, but we should focus on improving our lifestyle habits day by day. And remember: we must not solely heed the headlines, as association does not always imply causation. ☒

**75 percent of those who skipped breakfast had atherosclerosis, compared to 57 percent of those who did eat breakfast**

### Spurious correlations

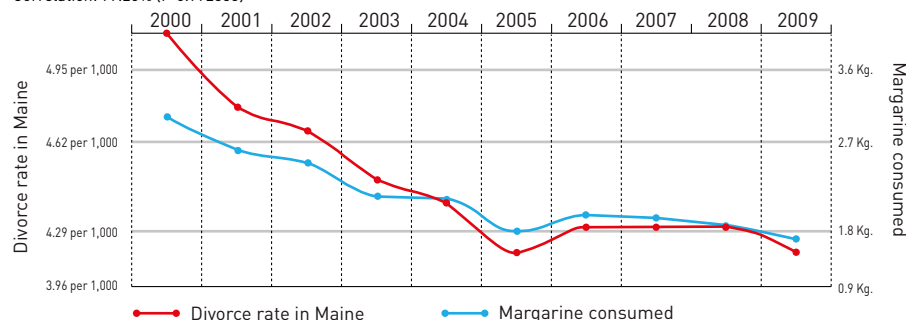
There sometimes appears to be a clear relationship between two facts, which can even be represented graphically and evolve in parallel over time. However, we may be dealing with what is called a “spurious correlation”, in other words a mere coincidence. Tyler Vigen, a Law student at Harvard University, has created a website with a compilation of the weirdest and funniest statistical coincidences. According to the author, the aim is to highlight the inappropriate use of statistics in

the media. Among others, Vigen has found the following associations:

- Per capita consumption of margarine and divorce rate.
- Per capita consumption of mozzarella cheese and civil engineering doctorates.
- Per capita consumption of chicken and U.S. crude oil imports.
- People drowned in pools and Nicolas Cage movies.
- Per capita cheese consumption and people who died tangled in their bedsheets.

**Divorce rate in Maine correlates with per capita consumption of margarine**

Correlation: 99.26% (r=0.992558)



Data sources: National Vital Statistics Reports and U.S. Department of Agriculture



# Young people are starting to say NO! to danger

TEXT: NURIA DEL OLMO @NURIADELOLMO74



Young drivers are calling for greater sanctions for drug use and a zero blood alcohol level. This is one conclusion drawn from Fundación MAPFRE’s latest road safety report, which highlights the significant reduction achieved in Spain over the last decade as regards fatalities in traffic accidents among drivers aged 16 to 29.

Spanish drivers between the ages of 16 and 29 account for the most significant reduction (75 percent) in the number of deaths caused by traffic accidents over the last 10 years. The figures, while still troubling, are clearly positive: six percent of young car drivers have been involved in an accident involving victims in the past three years. Road safety campaigns, lower mobility rates and greater awareness of the risks at the wheel are just some of the factors that have had a direct bearing on youngsters currently being safer drivers than those of exactly a decade ago.

This is reflected in the report *Youngsters and Road Safety*, which contains encouraging data such as the fact that seven of every ten young people feel they are “good drivers” and that most of them are aware that the most frequent risks of accidents include the consumption of alcohol (92 percent underscore it) and drugs (87 percent), as well as exceeding the speed limit (85 percent), driving when tired (74 percent), and using a cell phone (70 percent).

**Small cars over 10 years old**

This study not only included young Spaniards, but also around

1,000 young people from Latin America (Argentina, Brazil, Chile, Colombia, Mexico and Peru), so that its results are equally useful in that region. In fact, the study was also presented in Colombia last October in front of the Colombian and Bogotá traffic and education authorities and, in November, in Buenos Aires before the National Road Safety Agency of Argentina. In Spain, presentations were held simultaneously in Madrid and Las Palmas de Gran Canaria.

Conducted with the aim of analyzing in a detailed, quantifiable manner the opinions and perceptions of 2,000 young people regarding the risks

associated with driving, the study also shows that, in general, this population group drives smaller vehicles, which tend to be older and fitted with less safety equipment. It also highlights the fact that using the family’s second or third vehicle and frequently riding motorcycles (with less active and passive protection) makes them more vulnerable in the event of an accident.

In this regard, the report underscores the fact that the greater their social activity, the more likely it is that youngsters will be exposed to alcohol and drug use, and, as a result, the greater their fatigue level behind the wheel. It warns about their lack of experience, which means that they have greater difficulty anticipating and reacting to hazards, and that, generally speaking, they have less expertise when it comes to driving safely when faced with certain weather conditions and situations on the road.

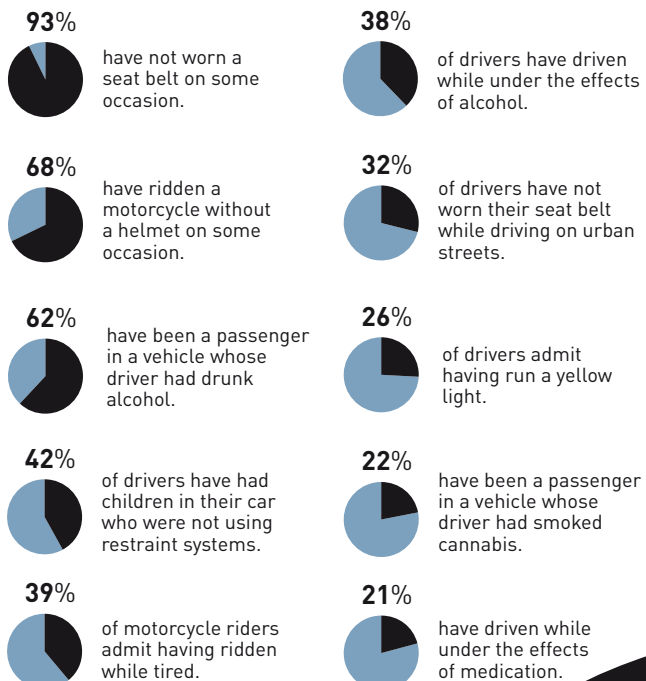
“These are relevant factors on which we must continue working,” says Jesús Monclús, Fundación MAPFRE’s Prevention and Road Safety manager, who believes that “much remains to be done to reduce to zero the deaths of young drivers and pedestrians.



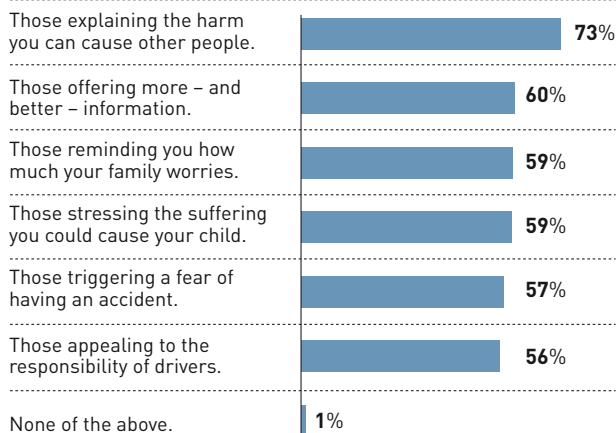
Cover of the report *Youngsters and Road Safety*

## The messages get through, but do they resonate?

### They know what the risks are, but...



### To which strategies and prevention campaigns are they more receptive?



In Spain over 400 young people aged 15 to 29 die each year, which means that, on average, more than one youngster is killed on Spanish roads every day – truly intolerable.” This road safety expert also stressed the “need to continue promoting road safety training from the earliest stages of education, as they are key to avoiding frequent, dangerous habits, when they are passengers too.” In fact, on this very question, the report highlights the fact that nine of every ten young people have “at some time” ridden in a car without fastening the safety belt, that over half (62 percent)

admit having been a passenger in a vehicle whose driver had drunk alcohol, and that two out of every ten have been a passenger in a car whose driver had smoked cannabis.

During the presentation of the study, Jesús Monclús defended

**88%**

OF YOUNG PEOPLE REVEAL A “HIGH” OR “FAIRLY HIGH” LEVEL OF CONCERN WITH REGARD TO TRAFFIC ACCIDENTS

the need for concrete measures such as promoting accompanied driving, strengthening the systems for progressive access to a full driving license, “for young people to gradually acquire greater experience in safer driving conditions; for example, they should particularly avoid driving at night and with other youngsters in the car”. The blood alcohol limits should also be lower for all drivers, but most especially for novices. “Young people are aware of the risks, but, even so, they believe they are inevitable. We must therefore convince them that they must say ‘no’ to danger.”

## ***Fewer motorcycles***

86 percent of motorcycle riders agree that they should use bicycles more and reduce motorcycle use (66 percent) with the aim of reducing environmental pollution. The same percentage also advocates more days with motor vehicle bans and greater use of public transport (51 percent).

## ***Alcolocks and speed limiters***

The most useful injury-prevention strategies, in the opinion of the youngsters, are: increase checkpoints on the public highways (speed and alcohol, among others); promote education in the classroom and stiffen the penalties for driving under the influence of alcohol, using a cell phone without hands-free

equipment, not using a protective helmet and restraint systems such as seat belts or child safety seats, as well as exceeding speed limits. Young drivers are also in favor of taking advantage of the latest technologies to increase their safety and that of the other occupants. In this regard, more than nine of every

ten vote in favor of the use of alcolock systems — devices that block the vehicle's ignition if the driver is drunk, "black boxes" to identify the causes of accidents (88 percent), and speed limiters (81 percent).



© Thinkstock

## ***Latin America in figures***

While 69 percent of residents in Spain move around on foot on a daily basis, in Latin America this figure barely reaches 45 percent, perhaps justified by the fact that the majority, seven of every ten, feel that the roads are 'not very' or 'not at all' safe.

## ***Your life can change in a second***

Campaigns such as those launched recently by the DGT (Spanish traffic authority), in which people directly affected by an accident relate their experiences, are, in the opinion of the youngsters, those which impact the

general public the most. 73 percent of young people indicate that the most effective road safety campaigns are those which explain the damage that can be done to other people, which stress the concern and suffering

of the family (parents, partners, siblings) and friends when they lose a loved one, and which appeal to drivers' sense of social responsibility.



Saravia at her graduation.  
Photo courtesy of the  
NPH Leadership Institute project

# The leader we all have inside

TEXT: RAQUEL VIDALES

Farid, from Honduras. Yomara, from Nicaragua. Darich, from Nicaragua. Darlyn, from Guatemala. María, from Honduras. Ever, from Bolivia. These are the six young orphans who, throughout this course year, will benefit from one of the international programs supported by Fundación MAPFRE in the United States: the NPH Leadership Institute project.

Who still thinks that an underprivileged child cannot go on to become a leader capable of changing the world? Each year disadvantaged students from Latin America and the Caribbean have the chance to improve their English and develop their leadership skills. Fundación MAPFRE supports a number of programs in the United States which show that education is key to reversing the effects of poverty. Over a ten-month period these youngsters study English in Seattle, living with host families to ensure a full cultural immersion experience. But, in addition, they attend leadership seminars, meet mentors, visit firms and perform community work so that, once they are back in their own countries, they can be better prepared and offer this talent to their community.

“This program is an invitation to grow personally and professionally. Our students spend a lot of time pondering the challenges we set them, but

also celebrating their successes. We work on self-awareness, communication, social skills and leadership. I admire the courage and audacity of the students on examining their past, discussing their present and imagining what they might be capable of doing in the future as leaders,” the program director, Jacqueline Shrader, explains in her blog. “It must be said that, all too often, leadership is associated with prestige and

**“We view leadership as providing a service. For us, a leader is a flexible, responsible, compassionate person, capable of promoting changes that help improve life within their communities”**

authority. That is not how we understand it; on the contrary, we view leadership as providing a service. For us, a leader is a flexible, responsible, compassionate person, capable of promoting changes that help improve life within their communities,” explains the director.

## **Leadership, justice and freedom**

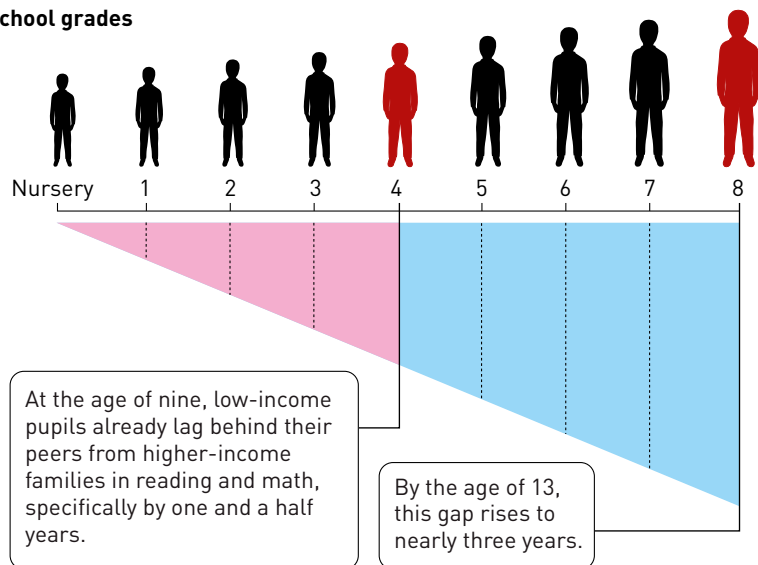
The graduation ceremony for the six youngsters who benefited from the program this past year was held at the end of June. Their final speeches at this event demonstrated the tremendous impact their stay in Seattle had had on their lives. “I’ve come a long way to reach this place, somewhere I couldn’t even have imagined being prior to this program and where I’ve learned that I can become the best version of myself. I can proudly say that I’m now able to identify who I am, as a human being and as a leader. I can now be sure that I’m on the right path

“I can proudly say that I’m now able to identify who I am, as a human being and as a leader. I can now be sure that I’m on the right path to becoming the man I’ve always dreamed of”

## Greater poverty, worse education

In the United States, over 16 million children grow up in poverty. How does this affect their education?

### School grades



Children in conditions of extreme poverty are twice as likely to fail to graduate from high school.



And ten times more likely to fail to graduate from university, compared to students from more affluent backgrounds.

Source: Teach for America.

to becoming the man I’ve always dreamed of,” declared an emotional Samuel, from Haiti, during his intervention.

Saravia, from Honduras, spoke of leadership, justice and freedom: “For me leadership means something more than heading a group or having control. I firmly believe that a good leader is someone who is able to put themselves in other people’s shoes. Someone who strives to reap benefit for the whole group, not just for themselves. That is the kind of leader I want to be. My time in Seattle has also taught me how to fight for equality, social justice and freedom of expression.” And David, from Guatemala, spoke of his plans for the future: “I’m looking forward to returning home and continuing my studies at university.

I’m studying Psychology and one day maybe I’ll open my own clinic to help people with problems. It’s most important never to lose sight of this philosophy – to be a productive member of society.”

### Access to quality education

The NPH Leadership Institute program has been run since 2011 by the Nuestros Pequeños Hermanos organization, an international non-profit organization that provides housing, education, health care and a family for vulnerable children in Latin America and the Caribbean. It was founded in 1954 by an American, Father William Wasson, following an episode which was to mark his life and, in the future, that of thousands of disadvantaged children. It occurred in Cuernavaca (Mexico), where he was the

parish priest in a rather poor neighborhood. One day, the police arrested a minor for stealing from the church’s poor box, but Father Wasson refused to file charges against the boy; on the contrary, he asked for custody of the boy and the judge agreed to this. A week later, the same judge sent him a further eight homeless children to take care of. By the end of the year, 32 children were already living with him.

Thus NPH (Our Little Brothers and Sisters) was born. Since then, close to 20,000 children have been raised with the help of this organization, which now runs shelters for vulnerable kids in nine countries: Mexico, Honduras, Haiti, Nicaragua, Guatemala, El Salvador, Dominican Republic, Peru and Bolivia. Around 1970 Father



Wasson launched a program so that the most promising youngsters who had grown up under his protection could learn English and have the chance to study and become role models for the other children who were growing up with them. The participants on the leadership program in Seattle are now chosen on this basis.

This is not the only leadership development program that is supported with funds provided by Fundación MAPFRE in the United States. It recently signed another agreement with the Teach for America organization to finance the training of 10 new teachers for 625 children from low-income communities in the city of Boston (Massachusetts). This means that these new teachers must be prepared not only to convey academic knowledge to their students, but also to help them improve their living conditions through education. And, of course, to open up to them the chance to access higher education.

This project is having a huge impact on society, as it enables disadvantaged children to benefit from top-quality education. Since its creation in 1990, Teach for America has been convincing graduates and outstanding professionals to commit themselves for an initial period of two years to teach in schools in low-income neighborhoods in order to combat educational inequality in the United States. To do so, the future teachers complete a specific training course, designed especially for schools in



Maria, from Honduras, one of the beneficiaries of the program. Photo courtesy of the NPH Leadership Institute project

### *Yes, we can*

Elisa Villanueva Beard became a Teach For America teacher in Phoenix in 1998. Two years later she met her future husband, Jeremy Beard, who also taught at a high school associated with the organization. Almost two decades later, she has become CEO of the organization and both are still fighting for what brought them together – to build a better world for their children. “When we work for educational equality, we are working to change reality. We are fighting against segregation,

racism, xenophobia and inequality. So this is much more than just an educational program. It’s a program to change the world,” said Ms. Villanueva Beard in her welcome address to the new teachers last year. “Eighteen years ago, when I started at Teach for America, the people were still arguing about whether or not it was possible for children growing up in low-income communities to reach the same level as their better-off peers. There were still people wondering whether it was possible, whether

colored students could really be as good as the white students in the school. Nowadays, that is no longer a legitimate question. We know they can. Of course they can. We can point to hundreds of schools in urban and rural areas of the United States proving it every day,” her speech continued. “Today, we reject the world as it is and we commit ourselves to making it as it should be,” the organization’s CEO concluded in emotional fashion.

disadvantaged areas and governed above all else by a key precept: education can change lives.

In the Massachusetts area there is another organization that also receives funding from Fundación MAPFRE. It is called the United Way

of Webster and Dudley and is a kind of support network that underpins 17 local health and humanitarian organizations working directly with more than 7,000 people at risk of social exclusion in the localities of Webster and Dudley. ✕

# What about you... studying or working?

## THE “EMPLOYMENT GRANTS” PROGRAM

**The Employment Grants program has been run annually in Spain since 2013.**

Despite not having made any investment in marketing campaigns, the success of this initiative has been remarkable. Spreading the word has solely been on the basis of meetings with business associations (CEPYME) to present the Social Employment Program to them.

**In this fifth edition, 500 grants were on offer, although 100 more were awarded due to the huge demand encountered.**

GRANTS AWARDED OVER THESE FIVE YEARS

**2376**

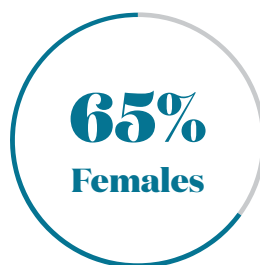
**600**

GRANTS AWARDED THIS YEAR

### HIRING BY AGE



### HIRING BY GENDER



### HIRING BY DURATION



**OBJECTIVE:** PROMOTE EMPLOYMENT THROUGH SUPPORT TO SMALL AND MEDIUM-SIZED ENTERPRISES, THE SELF-EMPLOYED, AND SOCIAL INSTITUTIONS WHO NEED TO HIRE WORKERS, YET LACK THE RESOURCES TO DO SO.

**Each of the grants, with a duration of nine months, are for a maximum amount of €500 each month for full-time contracts, and €300 each month for half-day contracts.**

## Valencia

THE MOST SUCCESSFUL REGION IN THIS EDITION

## Banking, insurance and self-employed

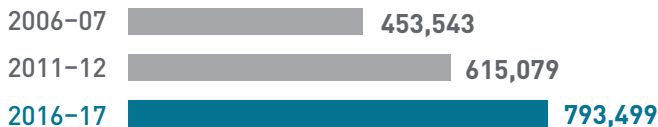
THE SECTORS THAT HIRED THE MOST PEOPLE

Despite the fact that access to employment sometimes seems an impossible goal, there are initiatives to help us achieve this, either in the form of direct aid or boosting our training. **The Fundación MAPFRE employment grants and Discover VT programs are two examples.**

## “DISCOVER VT” PROJECT

**According to 2016 data from the ANAC Employment Observatory, the vast majority of companies still opt for students with Vocational Training (25 percent), compared to 15.4 percent of job offers calling for higher education. Despite this, many young people are still unaware of the options offered by Vocational Training.**

### GROWTH IN STUDENTS ENROLLED IN VT



### THE REGIONS IN WHICH MORE STUDENTS TAKE VT COURSES ARE:



ANDALUSIA 140,331  
CATALONIA 131,304  
VALENCIA 95,112  
MADRID, 89,143

**The “Discover VT” Project focuses on spreading the word about Vocational Training through two kinds of actions: dissemination and communication activities, and classroom activities.**

**OBJECTIVE:** FUNDACIÓN MAPFRE AND THE ATRESMEDIA FOUNDATION WISH TO INFORM AS MANY PEOPLE AS POSSIBLE OF THE BENEFITS AND OPPORTUNITIES A VT QUALIFICATION CAN OPEN UP TO THEM, BOOST THIS SPECIFIC FORM OF EDUCATION AND HELP ENHANCE ITS QUALITY, AS WELL AS FURTHERING THE EMPLOYABILITY OF SPANISH YOUNGSTERS.

## Why other students opted for VT?

**“There’s a broader range of courses on offer”**

ADONAY LÓPEZ

**“It combines theory and practice”**

SERGI PEREA

**“You have more career openings”**

YAIZA ANCORIMI

**“Large companies call for technical VT qualifications”**

IVÁN CASTILLO

**“It gives you the experience you need for work”**

XAVIER LLIVERIA

**“There are courses that are only offered through VT”**

NOEMÍ

Visit our digital edition for further information.



# I'm a Volunteer: you reap as you sow

TEXT AND PHOTOS: MEDINE TANRIVERDI

Medine Tanriverdi has been working at MAPFRE Turkey for 20 years, and since 2011, when the Volunteering Program was initiated, she has been working tirelessly to support all of its activities. So much so that she leads the way for her department in various donation campaigns, boosting the end result with her own individual efforts. Being a volunteer is a fundamental part of Medine's life. She and her sister, who often lends her support during social events, conquer the hearts of children and the elderly alike with their unbridled, heartfelt compassion. Medine really has a lot of love to give. We'll let Medine tell the rest of the story herself..

Picnic with children in need of protection  
(Koruncuk)

*"In the hopes of reaching the moon  
men fail to see the flowers that  
blossom at their feet."*

Albert Schweitzer

In the 21st century, with nature under attack from humankind and whole species facing extinction, it is our duty as responsible human beings to protect the ecosystem around us.

In today's big cities, people are constantly on the go, trying to tick myriad items off their endless to-do lists. We postpone many of our plans, pushing them back to the weekend, or when we take our annual leave, or even until retirement. And then we wake up one day and realize that life has passed us by. But life is the greatest gift given to us. Though at times we cannot recognize the value of life, I think we should at least try to be deserving of it. Depending on our standpoint, stories and events change and take on new meaning. When I look at life from the perspective of a volunteer, my whole outlook changes, and I want to reach out to even more people, learn more about them, and try harder to find a sense of solidarity with them.

I am often reminded of the old saying "You reap what you sow". And so it is with life: whatever you do comes back to you full circle. Give to others and they will give to you in return. That's what happiness is all about. Somebody with a healthy degree of self-love is at peace, loves the people around them and is willing to help others.

It falls upon us as parents and adults to guide our young people in the right direction and create a sense of awareness in them. Being part of the *I'm a Volunteer* program has shown me that life is all about flourishing - flourishing as you share and sharing even more as you flourish.

During our visits to the Foundation for Children in Need of Protection (Koruncuk) and the Kasev Nursing Home I've noticed that all the elderly residents or orphans wanted from us was a little bit of unconditional love. The moments that affect me the most during those visits are when I see the happiness on the faces of the elderly residents who equate love with being remembered, and when I see a sparkle in the eyes of a child yearning for love and compassion.

As someone who dislikes wastefulness, I find it gratifying to see unwanted items destined for the scrap heap given to those in need. This curbs excessive consumption and makes people aware of how much use others can get from things that may have outlived their useful lives for us.

My family has seen the positive change volunteering has had on me, and they support me 100% in everything I do, especially my sister Canan, who often comes along with me on our various outings. It's wonderful to see her experience the same sense of the satisfaction and joy that my colleagues and I get from helping others.

Being part of the Volunteering program makes me feel as good as those who are on the receiving end of our activities.

To make a long story short: if you want to be happy, just spread the love. ✕

Concert with sign language on behalf of hearing impaired people, picnic with children in need of protection (Koruncuk) and garbage collection activity



# Another Way to Help

TEXT: ESTHER SILVÁN

## From teenage fan phenomenon to feminist icon

It is common for many young – and some not so young – people to grow fond of the actors who play their favorite characters, especially when they form part of such remarkable phenomena as the Harry Potter series. Luckily for her followers, Hermione Granger is strongly reflected in real life by the actress who interpreted the part, at least as regards her love of books. More than a year ago, Emma Watson launched *Our Shared Shelf*, a reading club open to the whole world, whose common thread is the feminist theme of the books.

To enter the group you just need to have an account on Goodreads, the book discovery social network. The English actress explains that this initiative arose after being named UN Women Goodwill Ambassador: “I want to share everything I’m learning and also to hear what you think.” It is a very straightforward system: each month, a book is selected for reading and everyone can then discuss it during the last week. We have also seen Emma Watson hiding books around the subway system, as part of the project *Books on the Underground*.

The last time, she distributed 100 copies of *Mom & Me & Mom*, an autobiography by the American woman Maya Angelou, at various locations on the London Underground. Can you imagine going to work and finding a book with a note inside? This states the sole condition: that, when you have finished reading it, you should leave it in the subway again for someone else to find.

More information at: [www.goodreads.com](http://www.goodreads.com)



Twitter Emma Watson

## Gathering of artists for a good cause

17 years ago María Entrecanales launched an initiative to help a few children at risk of social exclusion. Today Balia Foundation helps more than 5,000 youngsters in Spain and has over 120 workers and 330 volunteers. Under the title “Photographers with the Children”, the foundation organizes a



Balia Foundation

biannual photography auction to raise funds for the support of children at risk of social exclusion.

The latest edition of this auction in support of children in need was held on October 9 at the Thyssen-Bornemisza Museum. The event consisted of a total of 20 works donated by winners of Spain’s National Photography Prize, such as Joan Fontcuberta, Chema Madoz, Alberto García-Alix and Isabel Muñoz, among others. The idea is to offer low starting prices to make the auction attractive, with all money raised being allocated to vocational training, school tutoring, sports projects, etc. In this third edition, moreover, a very special piece was auctioned off. The subject? There still is none. Alberto García-Alix will portray the person who made the highest bid for this work.

Further information at:

<https://fundacionbalia.org/subasta.html>

## The sacred cat of the Andes

The use of wild animals in religious rituals forms part of the ancestral culture of the Andean peoples of Quechua, Atacama and Aymara origin. In particular, for these people, the Andean cat is a symbol of fertility and protection, and is closely linked to the so-called spirits of the mountains. This is a small feline living in the High Andes of Argentina, Bolivia, Chile and Peru, whose survival is under serious threat.

Ever since 1999, professionals in these countries have been working through AGA (Andean Cat Alliance) in an effort to conserve this species and its natural habitat. The aim is to further knowledge of this animal and its environment

through community participation, conservation and research initiatives.

Among the greatest threats for the survival of this species is hunting, both of the Andean cat itself and the prey on which it feeds. AGA also combats inappropriate practices in the livestock, agricultural, mining or tourism sectors, as well as the major threat facing all living beings – climate change. Every possible effort is necessary to ensure the conservation of this majestic animal which, moreover, is a fundamental part of the shared tradition of the peoples of the four Andean countries.

Further information at: [www.gatoandino.org](http://www.gatoandino.org)



## Seen on the Web

Learn about all our activities on social media. In this section you will find a selection of the best posts on Facebook, Twitter and Instagram.

### f FACEBOOK

@FundaciónMapfre  
@fundacionmapfrecultura  
@EducatuMundo  
@FMobjetivocero

### t TWITTER

@fmapfre  
@mapfreFcultura  
@EducatuMundo  
@FMobjetivocero  
@FMculturaCat

### ig INSTAGRAM

@mapfrecultura

### THE BEST TWEET

@fmapfre

A society that saves lives.  
October 16. European Restart  
a Heart Day.

262 retweets 91 likes



### f Voices of the Soul

#VocesDelAlma

Voices of the Soul is a project within the #SéSolidario program whereby Fundación MAPFRE strives to ensure that word gets out about the work of small institutions, thanks to the most recognizable voices in Spain: its best movie voice-over artists.

Have a listen!

<https://www.facebook.com/FundacionMapfre/videos/1872437426114582/>



### f Miró on Facebook



Do not miss this interview in which Joan Punyet Miró, the artist's grandson, introduces us into the artistic universe of the Catalan artist, the contemporary art creator, wizard and genius.

<https://www.facebook.com/fundacionmapfrecultura/videos/1597819506935404/>





You can also learn more about our exhibitions on Instagram. Use the hashtags **#infiernoRodin**, **#expo\_nixon** and **#expo\_zuloaga** to discover and share curiosities about the works being exhibited.



Rodin: <https://www.instagram.com/p/BZT0hz0nvfY>

Nixon: <https://www.instagram.com/p/BZwJV4oHBwF>

Zuloaga: <https://www.instagram.com/p/BaMGoxJnTWE>



## f Insurance Museum Campaign

Old plaques, insurance ordinances, policies, advertising posters and flyers, etc. A comprehensive array of elements on display, relating the history of the insurance culture.

Discover our permanent collection at the Insurance Museum.



<https://www.facebook.com/FundacionMapfre/photos/a.430632776961728,99044,190968184261523/1853292748029050/?type=3&theater>

<https://www.facebook.com/FundacionMapfre/photos/a.430632776961728,99044,190968184261523/1870924089599249/?type=3&theater>





**Fundación MAPFRE**

@fmapfre

Immerse yourself in the universe of Miró. Discover his life and his dreams. Visit [#EspacioMiró](#)



**Fundación MAPFRE**

@fmapfre

Since 1975, Fundación MAPFRE's mission has been to remain responsibly committed to society. Get to know us!



**Fundación MAPFRE**

@fmapfre

Cyclist! Before starting off, make sure no vehicle is approaching and signal the maneuver with your arm. [#ConsejoSeguro](#)



**Fundación MAPFRE**

@fmapfre

On [#WorldStrokeDay](#) we in [@fmapfre](#) wish to raise awareness of the importance of recognizing stroke symptoms. Find out more.



**Learning to save can be fun**



We are spreading the word on Facebook about the PlayPension board game which helps youngsters think about the importance of saving.



The environment and genetics are vital factors for the development of our lives, as are our lifestyle and habits.



You can see the storify of the [Youngsters and Road Safety](#) report, which forms part of our campaign [#ObjetivoCero](#), at:

<https://storify.com/FMobjetivocero/jovenes-y-la-seguridad-vial>



## International Social Projects

Fundación MAPFRE carries out **social programs** in **23 countries**.  
Evylin is one of the **113,693 beneficiaries** of our lines of action in  
**education, nutrition, health and training.**

Would you like to form part of Evylin's future?

We look forward to your visiting us at [www.fundacionmapfre.org](http://www.fundacionmapfre.org)

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**ENU/CHECK OUR ONLINE MAGAZINE**  
**PTB/CONFIRA NOSSA REVISTA ON-LINE**  
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**ENU/SUBSCRIBE TO THE DIGITAL EDITION**  
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