



**IFHE**  
INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS

# Our Work in 2022

Advancing knowledge on the responsible use  
of resources at home





textiles & clothing  
 personal finance  
**wa e managemen**  
 human ecology  
 household technology  
**child development**  
 human science  
 institutional hospitality  
*nutrition*  
**food science**  
 education  
**health**  
 housing & shelter  
 community services  
*sanitation & hygiene*  
 family and consumer science  
 gender studies  
**gerontology**  
 responsible use of resources at household and consumer level

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### RESPONSIBLE LIVING STARTS AT HOME

We promote research and education on the responsible use of resources at household and consumer level. Because choices made at home affect the quality of life for all.

IFHE is an independent, membership-based non-profit organisation (est. 1908). Our membership spans over 70 countries and we use our consultative status with the United Nations to make our message heard globally.

### HOME ECONOMICS: A MULTI-DISCIPLINARY APPROACH

## Dear members and friends of IFHE,



*Gwendolyn Hustvedt*  
President



*Annette Ptassek*  
Executive Director

It is a hallmark of our profession that we address research and education on sustainable resource management at the household and consumer level from an interdisciplinary perspective. We finally experienced and demonstrated this particular approach again at the World Congress, our long awaited flagship event, which took place in Atlanta in 2022 after it had to be rescheduled due to the pandemic. Despite international travel being nowhere near its former levels, participants from 35 countries arrived and made the congress the forum for international exchange in our discipline that we all had hoped and waited for. Since, for the first time, online participation was also an option and turned out to be a great success, this type of hybrid (sustainable) platform will certainly be offered in the future.

A special thematic focus for 2022 was the every-day importance of food and nutrition education. The IFHE's appeal to the United Nations to establish nutrition education as a central element in the recovery from COVID-19 is worth highlighting here. IFHE also became a partner in an international food literacy research consortium. Here, opportunities to learn about food are created, developing people's capacity to act in ways that support sustainable consumption and equitable access to food.

As always, the international reach of our work was only possible because of the national and regional associations, our member institutions and the many members who volunteer their time in research, education, or consulting. A big thank you also goes to the IFHE General Secretariat, which, led by the IFHE Executive Director Annette Ptassek, has tirelessly and prudently modernized the Federation since 2018. To our great regret, Annette will leave us in 2023. Thank you to everyone and please enjoy reading about IFHE's activities and events, presented in this annual report.





# UNITED NATIONS

## ADVOCACY AT THE UNITED NATIONS

### MORE RESILIENT THROUGH FOOD & NUTRITION EDUCATION

As in the year 2020, we were pleasantly surprised when the UN announced its priority theme for the 2022 session of the **Commission for Social Development**. Their focus on “inclusive and resilient recovery from COVID-19” perfectly matched the theme of our 2022 World Home Economics Day on resilient homes & families. The logical consequence was for us to present our perspectives on this issue to the UN.

A central issue for the home economics discipline relates to food and nutrition education, building resilience in food selection and preparation, preventing malnutrition and relevant morbidity. However, the increasing rise of businesses that produce ‘on-demand’ food,

often with low nutritional value, has resulted in individuals no longer knowing how to cook and in food being produced off-site, away from households. This leaves people vulnerable in the case of an emergency, when off-site production of food breaks down because of supply chain issues or lockdowns.

Home economics education provides a variety of technical skills to safeguard good nutrition and can also focus on low technology solutions. IFHE therefore calls on societies to embed home economics literacy into educational programmes in order to also contribute to achieving the SDGs related to the reduction of poverty and hunger in this way.

### WIDOWS’ RIGHTS

IFHE traditionally uses sessions of the **Commission on the Status of Women** to publicly address relevant issues regarding the progress of women towards their full contribution to society.

IFHE and **Widows’ Rights International**, a UK based non-profit, working in the field of human rights for widows, submitted a joint statement to the March 2022 session of this central UN Commission. The statement raises awareness about how climate change and conflict disproportionately affect widows, as

they tend to be extremely vulnerable, often being disinherited of any land, goods or chattels as a result of their husbands dying. Yet their resilience is a lesson in how to survive and thrive, given the smallest assistance. The IFHE statement therefore calls on Member States to make robust provisions for widows such as seeking out a Special Rapporteur for widows or establishing disaggregated data by marital status.

## GLOBAL ISSUES: HEALTHIER DIETS, SUSTAINABILITY COMPETENCY AND URBANISATION

IFHE uses its consultative status at the UN to promote education for sustainability competency in everyday life but also identifies UN themes and initiatives that feed into the IFHE's goals. The organisation then translates these into calls for action and encourages its members to think globally.

In 2022, we focused on urbanisation for example, a megatrend shaping the life and wellbeing of families worldwide (**International Day of Families**). IFHE also drew its members' attention to the resilience and contribution of older women to community wellbeing. From a home economics perspective, their passing on of traditional knowledge or non-formal

education to younger household members is a valuable asset (**International Day of Older Persons**).

Once again, many activities revolved around **World Food Day**. IFHE has been advocating healthy diets since 1908, continuously strengthening food & nutrition education. The interdisciplinary approach follows the Food and Agricultural Organisation's aim for a better production, better nutrition, a better environment and a better life for all. The FAO's warning to leave no one behind has long been the basis of home economists' understanding that our globalised world and -work has an effect on everyone.



World Food Day logo 2022



German association creating jobs to care for the elderly (see page 13)

## DECENT WORK FOR ALL IN 2023: IFHE TAKES A STAND

In interdisciplinary expert groups, IFHE again developed fundamental positions on various of the UN priority topics for the upcoming year, examining and presenting these from a home economics perspective. One such issue

is productive employment and decent work for all, as outlined in Sustainability Development Goal 8. The pandemic has exposed once again how unequally work in the home is distributed.

In most societies, women are responsible for care work at home and were therefore often the ones who had to drop out of the labour market, for example because of school closures. They not only lost their jobs much more often than men did, this also led to negative effects on the labour market. IFHE has started to develop positions on this and will present them at the UN in 2023.



Expert group meeting at World Congress

# MAKING HOME ECONOMICS MORE VISIBLE

## WORLD CONGRESS ATLANTA 2022: THE ROLE OF HOME ECONOMICS

The contribution of education and research in home economics and consumer sciences to sustainable living was the overarching theme that brought together international experts from 35 countries in Atlanta, USA in 2022. The 5-day XXIV IFHE World Congress featured panel discussions and keynotes from renowned experts, numerous workshops, presentations and an exhibition – an exhibition and library that showed how our profession’s claim to interdisciplinarity and diversity of perspectives is more than theory and empty phrases.

This was particularly evident in the panel discussions and keynotes, which all revolved around reflecting on the role of home economics in a changing world. For example, the President of the Finnish Martha Association gave an interesting insight into the permanently changing social ideas and concepts of the ‘home’ and the resulting expectations of home economics education. During the more than 120-year history of the organisation, its activities ranged from education at grassroots level during the time of the Russian Empire to current-day international projects to prevent sexual and gender-based violence or adult education for immigrants to support their integration and help them manage their day-to-day life, and promoting a healthy lifestyle.

*Participants at the XXIV IFHE World Congress in Atlanta, United States (also see following pages)*



## HOME ECONOMICS' CONTRIBUTIONS TOWARDS A MORE SUSTAINABLE SOCIETY

As in previous years, presentations, workshops and symposiums formed the core of the congress. They were clustered around five main areas of research: Human/political, food, health, and economic- and environmental systems. Each area covered a large number of sub-themes and experts from all over the world presented their findings on a broad range of issues. The subthemes provided an inspiring insight into the concrete contributions that home economists make towards a sustainable society. Experts for example highlighted the challenges and impact of technology use in education, how to integrate education to develop sustainable consumption patterns into the classroom or systemic contributions to food security.

### EXPO HALL – BRIMMING WITH INNOVATIONS

In the spacious EXPO Hall, congress participants could attend rotating best practice poster presentations or examine textile/design exhibits. The latter were often presented in the context of sustainable production practices and were published in a digital catalogue. The interactive character and the creative exhibition contributions made the EXPO a magnet for participants. This was also due to the Learning Labs, another innovative addition to the congress programme. These open learning spaces offered attendees the opportunity to discover new approaches, bearing such interesting titles as 'Peanuts: A Nutrition Powerhouse for the World' or 'En-ROADS, a Home Model for a Cooler Planet.'



*Learning Lab on peanuts as "nutrition powerhouse"*

### Congress App: New forms of communication

For the first time in its history, the congress was held as a hybrid event, with many participants joining online; but there was another novelty: A special app for the congress gave an overview of the events at any time and allowed attendees to create their own schedule, get important updates from the organisers, contact other attendees or even share pictures of the event. The contents of the app were available for some time after the event so that participants could view the recorded sessions that they had missed or could not attend in person.



*Impressions  
of the  
IFHE World Congress*

2022





## GLOBALISING THE CLASSROOM

Prior to the World Congress, IFHE organised an online workshop for educators on how to 'globalise' the classroom and integrate sustainability aspects. The Educators' Pre-Congress was designed to inspire educators, encouraging them to explore and to become creative around issues such as globalisation and sustainability and to develop a platform to share and augment their newly acquired knowledge.

Representing home economics and family and consumer sciences, educators from Nigeria, Japan, United States, Zambia, Australia, South Korea, Philippines, Cameroon, Ghana, India and Ukraine explored model pedagogy and used design-thinking applications to renew curricula. All resources were made available on a purpose-built website, including information on the Planetary Health Project, which presents practical approaches to waste prevention, for example, becoming a tangible add-on for students to explore.



## Learning Day on the Move

On the third day of the congress, the technical excursions offered a welcome opportunity to get to know projects and initiatives with home economics relevance in the region. Six groups returned full of enthusiasm, sharing impressions from their visits to the Atlanta Community Food Bank, the Jimmy Carter Presidential Library and Museum, a civil and human rights tour, a Home Economics classroom visit, a tour to an education farm and a trip to the University of Georgia's Textiles, Merchandising and Interior Design Department.



*Participants at Learning Day on the Move*



# INTERNATIONAL PROJECTS

## FOOD LITERACY INTERNATIONAL PARTNERSHIP

Food literacy education relates to a range of global issues such as social inequity, which causes both hunger and overconsumption or the loss of biodiversity for example, and its impacts on the well-being of citizens. IFHE is partner to the **Food Literacy International Partnership**, a global collaboration to support educators and researchers in their work, understanding the world through food. Funded by the Canadian Social Studies and Humanities Research Council, the research consortium explores food literacy education across several geographic locations. The Partnership's aim is to develop a shared knowledge base and theoretical framework on

food literacy education and to develop people's capacity to act in ways that support sustainable consumption and equitable access to food.

Work in 2022 focused on a series of webinars titled "What is food literacy?" Professionals such as educators, home economists, dietitians, and public health workers all use this term, with each profession perhaps interpreting and defining it slightly differently. During the webinars, food literacy scholars and practitioners discussed their nuanced ideas of what food literacy means and what that looks like in practice.

## PROFESSIONAL CERTIFICATION

Since 2016, IFHE awards the **International Professional Home Economist (IPHE)** certificate to professionals who promote the global visibility of the discipline. The certificate adds an international dimension to national certification systems and sets a benchmark.

This year, the rating system was revised and an easy online application form introduced. This paved the way for an increased interest in the certificate. A board of renowned academics evaluated all applications and the World Congress in Atlanta proved to be a perfect occasion to formally honour the latest certificate holders.

What makes the IFHE international certification so successful are the benefits it offers to the individual and their academic institution. These include competitive advantage and professional credibility for academics through showcasing international competence and documenting the professional status at international level. But also institutions appreciate the IPHE as it strengthens employer reputation, featuring staff that qualify for international benchmark standards. It also offers great networking opportunities within a global community of distinguished professionals.

ATLANTA, USA



*Certificate award ceremony*

## SUSTAINABLE USE OF HOUSEHOLD TECHNOLOGY & RESOURCES IN UKRAINIAN

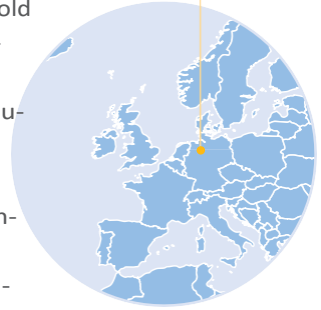
Thanks to the initiative of the Department of Nutritional Science and Home Economics at the Hamburg University of Applied Sciences, IFHE Best Practice Posters are now available in Ukrainian.

The posters publish best practice tips on cooking, drying, storage, refrigeration and other daily chores and activities, encouraging a responsible use of household technology and

resources. Developed by experts for household technology, they are based on peer-reviewed scientific literature and explain every-day sustainable behaviour in a visually appealing and condensed way.

The Hamburg University of Applied Sciences in Germany has now translated the posters into Ukrainian, making them available to arriving refugees.

### GERMANY



## Disaster Assistance Partnership

The Disaster Assistance Partnerships (DAP) is a multi-organisational cooperation under the auspices of IFHE and is incorporated into the structure of International Home Economics Services (IHES). It supports home economics education and services programmes whenever there is significant need, especially during recovery after natural disasters. DAP has successfully offered assistance in six countries during the last couple of years and in 2022 has continued its commitment in Guyana to support home economics education institutions that serve indigenous communities.

### GUYANA



## Development Fund

Every four years, the IFHE Development Fund awards small, competitive grants to home economists around the world. The endowed fund gives grant holders the opportunity to intensify educational efforts, collaborate in studies and research and work towards resolving the impact of global issues on individual homes. With the latest grants awarded for the period 2020-2024, the US-based IFHE affiliate now started fundraising for the next round during the annual conference of the American Association of Family and Consumer Sciences in Orlando, Florida.

### USA



## FOOD AND NUTRITION SECURITY IN TANZANIA

Because of its expertise in food security research, IFHE was again invited to collaborate on an international research project in 2022. The project is planned within the context of an international cooperation on "Innovative Sustainable Production Systems,"

financed by the German Federal Government. The aim is to foster collaborations between German agricultural and nutrition research institutions and those in countries and regions that are severely affected by hunger and malnutrition.



A consortium made up of the University of Applied Sciences Osnabrück, the Tanzanian Sokoine University of Agriculture and the NGO Tanzania Home Economics Association lead the project. It aims to enhance youth participation in an innovative sustainable vegetable value chain as a source of employment, and food and nutrition security in Tanzania. The demand-oriented results and solutions are expected to contribute to an improved nutrition of the local population and to produce practicable, transferable and sustainable solutions in the existing environment.

### TANZANIA



# CONNECTING THE PROFESSION

## DECOLONIZATION OF THE PROFESSION (EJOURNAL SPECIAL ISSUE)



2022 saw the publishing of an **International Journal of Home Economics** special issue with the title “Decolonization of the Home Economics Profession.” As a profession, home economics has existed for over 100 years. Given its development out of North America in a time when White privilege informed understandings about the colonial project, the profession has most likely been implicated in colonial practices as well, and an examination of this topic was overdue.

Home Economics education has definitely been implicated in the colonisation of Indigenous people. In Australia, for example, Aboriginal girls and women were trained to do housework for white families. In Canada, life in residential schools required labour to clean and cook for those living there. Settlers took advantage of this ‘free’ domestic labour, with little concern for the impact of child labour or indentured servitude on those who were forced into unwaged and unfree labour.

In recognition of these facts, the issue’s articles come both from post-secondary scholars as well as those practicing in the field. The texts defy academic traditions of hierarchy by offering multi-directional dialogic provocations, turning the special edition into a unique academic read.

## TEXTILES & DESIGN: SUSTAINABLE PRODUCTION PRACTICES

In 2022, IFHE again became a platform for a global exchange on sustainable production practices and resource-aware consumer behaviour in the textile sector. International experts from different countries, who conduct research on creative outputs, were invited to send in their work. The exhibition then showcased sustainable production practices, raising awareness on issues such as textile waste, damage caused by the industry, consumer behaviour or disposal practices. Results were published in a digital design catalogue. Some extravagant pieces included:

dress messily mixes yarn and discarded electric cables, symbolising the heaps of electrical cords and e-waste that we constantly produce, raising awareness on the impact that the partly toxic materials have on our environment.

### The reusable wedding gown

A modular wedding dress for the environmentally conscious bride was designed with an extended life cycle and reusability options in mind. Natural dyes were used and the dress can be disassembled and adjusted to different sizes. Once it will no longer be used as a wedding gown, its large pieces of fabric easily come apart and can be reused for other projects.

### The felt Abaya

In this version of the traditional Saudi abaya (an ankle length outer garment), local sheep’s wool was used, a renewable material that is currently under-used in Saudi-Arabia. The wool for this responsibly-made chemical-free garment is organic and has been dyed with natural dyes, making a contribution to sustainable consumption.



### The electric cable dress

This piece of wearable art portrays the dark side of technological innovation. Materially well-off societies produce large amounts of waste with their unsustainable consumption of electronic devices. The



## WORLD HOME ECONOMICS DAY 2022

Since 1982, IFHE celebrates World Home Economics Day every year on March 21<sup>st</sup>. The international event highlights a specific theme each year and publicises home economics and consumer issues. It also promotes the profession and celebrates the contribution that home economists make to the quality of everyday life for people around the globe.

This year's World Home Economics Day (WHED) focused on what it takes to make homes safer and more resilient. Homes are the most important havens and assets in peoples'

lives, which have been heavily affected by the consequences of climate change and the pandemic. Housing and the indoor environment form a home economics discipline that spearheads education & research on building resilient households. A series of **online expert talks** highlighted our profession's contributions to building a more resilient future. These covered, among others, indoor health aspects such as air pollution, waste management or sanitation, housing as an aspect of community development or the particular challenges of housing insecure populations.

**As in the previous year, pandemic related limitations did not deter IFHE members from making WHED the public relations event it is designed to be. Among others, celebratory activities featured:**

● **Virtual celebration connecting 11 Asian countries:** For the first time, the Asian Regional Home Economics Association organized a WHED event, which almost 250 home economists from across the region attended. Hosted by the Thai Home Economics Association, participants gained insight into the various types of events taking place in other countries, such as a nationwide training in the Philippines or a keynote on promoting the resilience of Singaporean homes.

● **Germany: National competition.** The German branch of IFHE organized a competition and awarded projects related to home economics skills that strengthen the resilience of families and households. The winner was an association that creates jobs to care for the elderly, providing respite for households through their support services. Another prize went to a 23-year-old home economist who developed teaching materials for pupils in 8<sup>th</sup> and 9<sup>th</sup> grades.

● **Round table discussion in the African Region.** Members in the African Region organized a virtual round table discussion on the 2022 WHED theme with 150 participants attending from Nigeria, Cameroon, Egypt, Ghana, Zambia, Seychelles and Burkina Faso. Panel speakers addressed various topics in relation to building resilient homes, which remains a pressing issue, taking into account disruptive and potentially traumatizing events such as the global pandemic, wars, (domestic) violence and the climate crisis.

● **United States: Building Resilient Homes and Families.** A panel presentation featured Audrey Jones-Drayton, who shared how Barbadian people prepare for weather emergencies in their country; Judy Warren, who presented on changing living environments for older adults for aging in place with supports; and concluded with Rachel Schichtl who discussed a food pantry supporting students on the University of Central Arkansas campus.



## In focus: Highlights from our member regions

During the past year, our members once again organised and created an impressive number of rich and manifold activities all around the world.

Unfortunately, we can only list a few highlights from our regional and national associations here:

Although many resources in the **Americas** region were tied up by the organisation of the World Congress, IFHE-US and the Caribbean Association for Home Economics remained committed. Both associations continued to offer professional skills seminars to their members in 2023, including “Decolonizing Home Economics” and “Mental Health Awareness.”

Members in the **Pacific** region resorted to new forms of exchange and set up a LinkedIn page for members from this very diverse and large region. Established to support networking opportunities and the sharing of ideas, it has to date proved to be a viable source of information on the topic of climate change in home economics education. It also became an instrument of support for Tongan communities after the eruption of a volcano in Hunga-Tona.

The **Asian** Regional Association for Home Economics (ARAHE) regularly brings together active member associations from 10 countries. Among its publications is a scientific e-journal whose three issues in 2023 focused on aspects of international nutrition and nutrition education. During the World Congress in Atlanta, the prize for the best publication was awarded to a research paper of a young scientist from India, showcasing the successful initiative to promote young academic talent in the region.

Alexandria University in Egypt hosted a series of UNESCO-supported workshops providing guidance for home economics teachers on effective distance learning tools applicable during the COVID-19 disruptions. Focusing on the complementary relationship between formal and non-formal education, the event attracted over 200 teachers. Other regional activities in **Africa** included the traditional Regional Conference, which was held in Nigeria this year and drew participants from 12 countries.



## IFHE INTERNAL AFFAIRS

### BIENNIAL COUNCIL HELD IN ATLANTA, USA AS A HYBRID EVENT

Every two years, IFHE holds a member assembly, which in 2022 took place during the World Congress in Atlanta. Over 50 delegates participated in the meeting, which provided a good opportunity to discuss IFHE concerns in more detail. Much of the discussion centred around the Federation's business model, which

the global pandemic had a severe effect on. A working group to review existing approaches to funding the Federation's work was formed, which developed a pilot event for young professionals that will be realised in the upcoming year.

### IFHE STRUCTURE & LEADERSHIP

After two very demanding years following the unexpected death of the incumbent President, including planning for her succession and re-scheduling the Congress, the number of Executive Committee meetings dropped back to its normal level in 2022. Under the President's chair, the 13-member IFHE voluntary leadership body, representing all five IFHE regions, held four meetings. It authorized IFHE cooperation with a research consortium on food literacy for example and cooperated closely with members in China to evaluate the continuing impact of the pandemic and its influence on the planned IFHE annual meeting there.

The IFHE General Secretariat is based in Bonn, Germany and continued to manage the Federation's operations, including event management and public relations activities, membership services as well as finances and legal affairs. After focusing primarily on digital transformation and process optimisation in recent years, new international research partnerships were launched in 2022 and the business model was adapted to the changed global situation.

### SUCCESSION TO THE PRESIDENCY

Council delegates elected Amanda McCloat from Ireland as the next IFHE President. Amanda will serve as President-Elect until 2024, when she will officially take over from current IFHE President Gwendolyn Hustvedt, USA. Amanda is President of St. Angela's College in Sligo, which serves as National Centre of Excellence for Home Economics in Ireland. Among other roles she held in the past with IFHE, she is now Co-Chair of the Planning for the IFHE XXV Congress 24th – 29th June 2024 in Galway, Ireland.



For more information please visit the Congress website: [www.ifhe2024.com](http://www.ifhe2024.com)





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Publisher:

**International Federation for Home Economics (IFHE) e.V.**

Kaiser-Friedrich-Strasse 13  
53113 Bonn, Germany

Phone: +49 (0) 228-921 25 90  
Fax: +49 (0) 228-921 25 91

E-Mail: [office@ifhe.org](mailto:office@ifhe.org) Web-  
site: [www.ifhe.org](http://www.ifhe.org)

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