# Filmmaker Jeroen Wolf’s decade-long portraits reveal raw and varied faces of ageing



A lot can happen in a decade, especially when it comes to how we perceive ourselves and others as we age. Dutch photographer and filmmaker Jeroen Wolf has vividly captured this transformative journey in a short film that chronicles the aging process of his school friends. By taking headshots of 50 individuals on their 50th birthdays and revisiting them a decade later, Wolf creates poignant side-by-side comparisons that reveal the often stark changes wrought by the passage of time.

Wolf commenced this project after celebrating his own 50th birthday in 2013, motivated by a desire to reconnect with his roots and reflect on the shared experiences of his generation. The results, according to Wolf, were "definitely confronting" for many participants. During a small preview of the film, several subjects found it difficult to face their transformed appearances, a reaction not uncommon when confronting the realities of aging. In the resulting film, viewers witness not only the physical changes—such as increased facial wrinkles, thinning hair, and altered dental aesthetics—but also a profound shift in voice quality. Experts at UT Southwestern explain that age-related changes in the larynx and vocal cords contribute to a lower pitch in voices, particularly noticeable in those over 60.

The varied effects of aging on Wolf's subjects highlight significantly different lifestyle impacts. Some participants appeared to have aged gracefully, with mild wrinkles and vibrant demeanours, while others showed more pronounced signs of wear, often correlated with lifestyle choices like smoking and heavy drinking. Wolf himself noted that, while some seemed to defy the effects of time, others' experiences were visibly tougher; he remarked, “Obviously, for some people life has been tougher... it can show.”

Viewers of Wolf's work, which has amassed over 600,000 views online, have reflected on their own relationships with aging. One viewer poignantly noted, “While I love these years, I must say it is a difficult decade... We often say goodbye to our parents during these years.” This sentiment resonates with many as they navigate the bittersweet realities of middle age, where the trivialities of youth drift further into the past, and the weight of mortality becomes more pronounced.

The emotional collective experience portrayed in Wolf's film serves as a reminder of the universality of aging. He expressed surprise at the positive global response, asserting that “Aging is universal.” In a culture often dominated by youth-centric narratives and idealised notions of beauty, Wolf’s film stands out as "shockingly refreshing," capturing normal aging in a way that radiates authenticity. It's a testament to how identity and personality persist even as the physical self undergoes inevitable changes.

Wolf's filmmaking has previously explored themes of aging and human experience, as noted in projects like "100 (from 0 to 100 years in 150 seconds)," which showcases individuals of all ages stating their ages on camera. His commitment to authentic storytelling reflects a broader societal shift towards embracing the complexities and nuances of getting older.

In conclusion, Wolf’s endeavour not only rekindles connections and friendships from his past but also offers viewers a reflective space to consider their own journeys through life. The personal and emotional aspects of aging captured in "50 turned 60" resonate deeply, reminding us all that although the years may change us, our core selves remain steadfast.

### Reference Map

* Paragraph 1: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 2: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 3: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 4: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
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* Paragraph 6: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://topicalteaching.com/tag/jeroen-wolf-filmmaker/), [[5]](https://thisisnotadvertising.wordpress.com/2013/11/27/100-from-0-to-100-years-in-150-seconds-a-documentary-by-jeroen-wolf/)
* Paragraph 7: [[1]](https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.filmfestival.nl/en/person/jeroen-wolf), [[7]](https://thetvdb.com/people/8879770-jeroen-wolf)

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## Bibliography

1. <https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.dailymail.co.uk/health/article-14719745/10-years-filmmaker-jeroen-wolf-shoots-people-aging.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Dutch filmmaker Jeroen Wolf documented the aging process of 50 school friends by taking headshots on their 50th and 60th birthdays. The project revealed noticeable changes, including facial wrinkles, hair thinning, and lower-pitched voices. Some participants appeared to age better, while others showed signs of aging due to lifestyle choices like smoking and drinking. The video has garnered over 600,000 views, prompting reflections on personal aging experiences. Wolf expressed surprise at the global response, emphasizing that aging is a universal experience.
3. <https://www.streetsoftheworld.com/en/Streets-of-the-world-documentary> - Dutch photographer Jeroen Swolfs embarked on a seven-year journey to photograph streets in 195 countries, aiming to capture the essence of humanity. National Geographic Channel recognized his endeavor, resulting in a documentary that showcases his travels and the challenges faced. The project highlights the beauty and diversity of the world's streets, emphasizing the connections between people across different cultures. Swolfs' work offers a unique perspective on global unity and the shared human experience.
4. <https://topicalteaching.com/tag/jeroen-wolf-filmmaker/> - Jeroen Wolf, a Dutch filmmaker, created a poignant documentary titled 'From 0 to 100 in 150 Seconds.' The film features 100 individuals, ranging from infants to centenarians, stating their ages on camera. The project highlights the aging process and the passage of time, capturing the diversity of human experiences. Wolf faced challenges in finding participants at both ends of the age spectrum, particularly centenarians, due to their rarity and vulnerability. The documentary offers a touching portrayal of life's journey.
5. <https://thisisnotadvertising.wordpress.com/2013/11/27/100-from-0-to-100-years-in-150-seconds-a-documentary-by-jeroen-wolf/> - Dutch filmmaker Jeroen Wolf's documentary '100 (from 0 to 100 years in 150 seconds)' captures individuals from 1 to 100 years old stating their ages on camera. The project, filmed in Amsterdam, faced challenges in recruiting very young and very old participants. Wolf found centenarians to be particularly rare, with one 99-year-old refusing to disclose her age. The documentary offers a poignant look at the aging process and the passage of time, highlighting the diversity of human experiences.
6. <https://www.filmfestival.nl/en/person/jeroen-wolf> - Jeroen Wolf, born in 1963, is a Dutch filmmaker who studied mass communication at Emerson College in Boston. He has worked as a journalist, editor, director, and cameraman. His notable works include 'Verloop van jaren - Dichter bij Remco Campert' (2016), where he served as executive producer and camera operator, and 'Het ritme van Elly de Waard' (2012), where he was the director, camera operator, and scriptwriter. Wolf's diverse roles showcase his multifaceted contributions to the film industry.
7. <https://thetvdb.com/people/8879770-jeroen-wolf> - Jeroen Wolf is credited as the creator of the documentary 'The Passing Years' (2016). The film explores the passage of time and the changes individuals undergo as they age. Wolf's work delves into the emotional and physical transformations that occur over the years, offering a reflective look at life's journey. The documentary has been recognized for its insightful portrayal of aging and the human experience, contributing to discussions on the inevitability of time and personal growth.