

A large, stylized illustration on the left side of the poster. It features a bright yellow sun in the upper left corner. Below the sun is a dark blue stick figure with its arms outstretched. A long, blue shadow of the figure is cast across the bottom of the page, extending from the figure's feet towards the right.

Series of online talks
25-27 May 2021
Each evening from
18:00 - 19:30 (CEST)



Daylight Awareness Week

Three reasons
why we need daylight

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#DaylightWeek



Day 1
Tuesday, 25 May 2021
18:00 - 19:30 (CEST)

Daylight regulates our body functions

For all of our planet's history, there has been night and day, driving the rhythms of life across days and seasons... until the invention of the light bulb. Now, we have light whenever we want it. But when do we need it and why? How does natural light impact our body and what does it mean for the design of our built environment? If you want to better understand the effects of daylight on the human body, this session is for you! The invited experts are currently developing an open online course on this subject and are looking forward to answering your questions.

Speakers:

- **Prof. Urs Albrecht**
Biochemistry, influence of light on Physiology, University of Fribourg, Switzerland
- **Prof. Thomas Kantermann**
Human Chronobiology, FOM University of Applied Sciences, Essen, Germany
- **Dr Natalia Sokol**
Lighting design, daylight in architecture, Gdansk University of Technology, Poland

Moderated by:

- **Prof. Steven Brown**
Chronobiology and Sleep Research, University of Zurich, Switzerland

[Register here](#)





Day 2

Wednesday, 26 May 2021

18:00 – 19:30 (CEST)

Lack of daylight can cause illness

After a first session dedicated to the positive effects of daylight on our health and body functions, the following question arises for this second meeting: What happens when we do not get enough natural light? Consequences can be diverse. By disrupting the body clock, lack of daylight can affect the quality of our sleep, our mood, and our productivity. Besides, it can result in a lack of Vitamin D and a weakened immune system. But this is not all. Our three health specialists will explain to us that, in the long term, lack of daylight can also cause or aggravate certain diseases, like myopia, depression, and diabetes. Fortunately, this also means that in many cases daylight can help prevent and even treat these disorders.

Speakers:

- **Dr Richard Hobday**
Engineering, health in the built environment, independent researcher and writer, UK
- **Dr Francesco Benedetti**
Psychiatry and Clinical Psychobiology, IRCCS Ospedale San Raffaele, Milan, Italy
- **Prof. Charna Dibner**
Molecular Biology, Chronobiology, University of Geneva, Switzerland

Moderated by:

- **Dr Mariëlle Aarts**
Lighting in the built environment for the benefit of the user, Eindhoven University of Technology, The Netherlands

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Day 3

Thursday, 27 May 2021

18:00 - 19:30 (CEST)

Daylight guides plants, animals, and humans through seasons

The rhythms of daylight shape the biology of all living beings on the planet, humans, animals, plants. For millennia, we have adapted our emotional, cultural, and social lives to seasonal cycles. At northern latitudes, spring, summer, autumn, and winter dictate how we produce our food. In the tropics, endless growing seasons enabled the lush life of tropical rainforests. Today, we risk being increasingly disconnected from natural rhythms. Climate change disrupts the ecological clocks of flowering, bird migration and breeding. Artificial lighting and indoor lifestyles override seasonality in cities. Four experts from various fields (plant biology, ecology, anthropology, and urban design) share their knowledge with us, explain the great importance of daylight for ecology and quality of life and discuss ways to rethink our embeddedness in nature.

Round table

With:

- **Dr Sonja Dümpelmann**
Landscape history,
Urban Design, University
of Pennsylvania, USA
- **Prof. Peter Edwards**
Plant Ecology,
ETH Zürich, Switzerland
- **Dr Maria E. Eriksson**
Plant Biology, circadian
regulation of plant growth,
Umeå University, Sweden
- **Dr K. David Harrison**
Anthropology, Linguistics,
Swarthmore College, USA

Moderated by:

- **Prof. Christoph Kueffer**
Urban Ecology, OST Rapperswil
and ETH Zurich, Switzerland

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