

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



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.

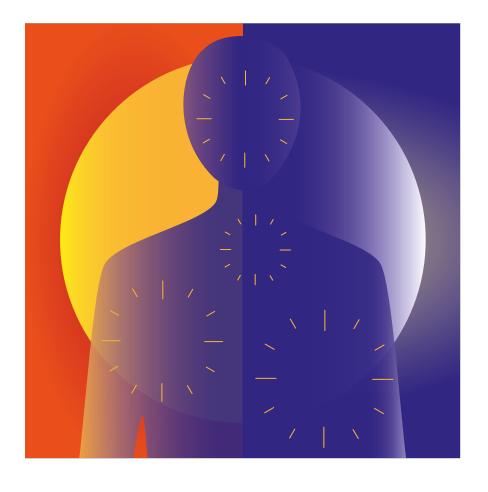
Speakers:

- 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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