



3-7 November 2025
Celebrate daylight
with us!

A large, solid blue shadow of the person from the graphic above, cast onto the ground below them.

Daylight Awareness Week

Campaign Guide



What is Daylight Awareness Week?

Daylight Awareness Week is a global campaign to share scientific knowledge about natural light and raise awareness of the essential role daylight plays in our lives – not only for our health and well-being, but also from technological and environmental perspectives. It aims to bring attention to insights that are often unknown or overlooked, reaching stakeholders and the wider public.

Launched by the [Daylight Academy](#) in 2020 as a series of public online events, the campaign has grown into a broader, participatory initiative driven by contributions and activities from members and partners around the world.

Highlights from previous editions:

- *In the shade of the lockdown – How does the lack of daylight affect us?*
Webinar (2020)
- *Daylight guides plants, animals, and humans through seasons*
Webinar (2021)
- *The Sun, Star of the Stars*
Webinar (2022)
- *Daylight vs. electric light for health*
Podcast collaboration with CHRONO:MEDICINE (2023) – featuring Prof. Russell Foster
- *Daylight: the unknown priority in urban planning*
Hybrid panel discussion at Berlin Science Week, 1 November 2024, Berlin Museum of Natural History

The Daylight Academy encourages its community – and all interested scientists and practitioners – to use this campaign as an opportunity to give greater visibility to their work. Whether by organising their own activities or creating communication materials, contributors are invited to engage with the annual theme and share their insights with a wider audience.



2025 Theme: **Future Solar Societies**

As the world needs to move away from fossil fuels, we are entering a new era – one where daylight can play a central role in how we live, work, and care for our planet. *Future Solar Societies* imagines a world shaped by the power of the sun – not only through solar energy and sustainable technologies, but also through nature-based systems, lifestyles, and cultural perspectives that embrace natural light.

This year's Daylight Awareness Week explores how daylight can help build healthier, more sustainable, and fairer societies – for both people and the ecosystems we depend on. From climate-friendly architecture to traditional knowledge of living with daylight, from emerging technologies like artificial photosynthesis to sunlight-driven processes in forests and oceans – we will highlight stories, science, and solutions that show how daylight is key to thriving in a changing climate.

Contributions can explore topics such as:

- Daylight & sustainable technologies (e.g. solar energy, artificial photosynthesis)
- Cultural, social, environmental, and health dimensions of daylight
- Innovations in daylight use across science, art, design, and education
- The role of daylight in natural systems: forests, oceans, atmosphere, and biodiversity
- Climate change and its impact on daylight-related behaviours in humans and ecosystems
- Solutions for solar-oriented lifestyles and nature-based adaptation





How you can contribute

We welcome contributions from scientists, students, practitioners, and institutions whose work relates to daylight – and who are eager to make daylight-related knowledge more accessible, visible, and relevant to society.

Suggested formats:

Online contributions are especially encouraged for global reach, but local activities are also welcome. Financial support may be available for selected in-person events (subject to budget).

- Host a live webinar, online talk, or virtual workshop
- Create a blog post, short video, or podcast episode
- Contribute a case study, article, or interview
- Share a photo series, art project, or personal story
- Run a social media campaign (e.g. #DaylightRoutine)
- Organise a local event: public lecture, daylight walk, children's workshop, lab visit, or film screening

(Note: the DLA documentary "Daylight Revolution" will be available!)

Key dates

- **Campaign week:**
3-7 November 2025
- **Submission deadline:**
15 August 2025
- **Submit to:**
office@daylight.academy

Use **#DaylightWeek** & **#FutureSolarSocieties** to join the global conversation!





Why join?

- Be part of a global effort to put daylight in the spotlight
- Share your work and ideas with an international audience
- Get featured on our website and social media, and benefit from our communication support (incl. logos, visuals, etc.)

Contact & further information

- Visit www.daylight.academy/daylight-awareness-week-2025 and www.daylightmatters.org for further inspiration
- Submit your idea or send your questions to office@daylight.academy
- Stay updated via [LinkedIn](#), [YouTube](#), and [our newsletter](#)

Let's shape a brighter, healthier, and more sustainable future
– together with daylight.



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Illustrations by Marina Roa from SenseTribe