



DAYLIGHT
ACADEMY

**Series of virtual talks
22-23-24 September 2020**

Each evening from
18:00 to 19:30 (Swiss time)

A stylized stick figure in dark blue is positioned on the left side of the poster. The figure has a circular head and a zig-zag body. A large, bright yellow sun is partially visible behind the figure's head. A long, blue shadow of the figure is cast across the bottom of the poster, extending from the figure's feet towards the right.

Daylight Awareness Week

When daylight
rhymes with health

www.daylight.academy
office@daylight.academy
🐦 [@DaylightAcad](https://twitter.com/DaylightAcad)
[#DaylightWeek](https://twitter.com/DaylightAcad)



Day 1

Tuesday, 22 September 2020

18:00-19:30 (Swiss time)

The disinfection powers of daylight

The sun has a well-known germicidal effect. Through its ultra-violet rays, it can neutralise germs, bacteria, and viruses. This natural power is for example used to disinfect water in developing countries or even to treat certain diseases. But how exactly does it work? What applications could that offer in everyday life? Three experts share their knowledge with us and shed light on the still under-exploited potential of these disinfection methods.

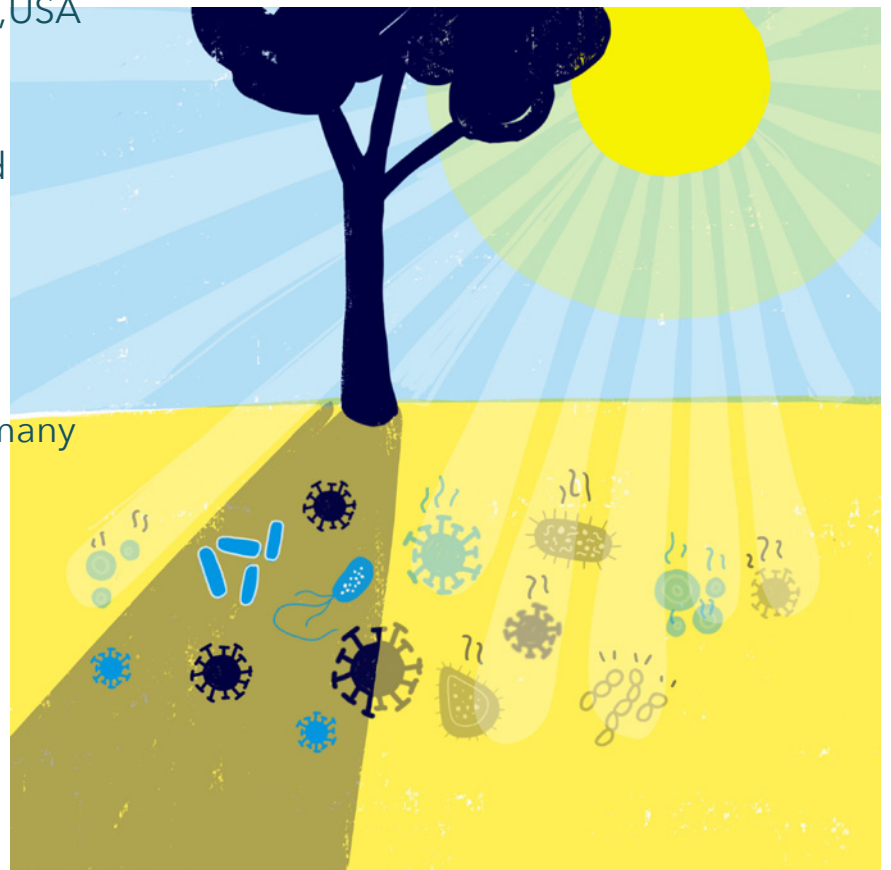
With

- **Prof. Wolfgang Bäuml:**
light disinfection of surfaces,
University of Regensburg, Germany
- **Dr. Sara Beck:**
UV disinfection of microbes,
University of Colorado Boulder, USA
- **Prof. Caroline Maake:**
photodynamic therapy,
University of Zurich, Switzerland

[Register here](#)

Moderated by

- **Prof. Burkhard König,**
Institute of Organic Chemistry,
University of Regensburg, Germany





Day 2

Wednesday, 23 September 2020

18:00-19:30 (Swiss time)

In the shade of the lockdown - How does the lack of daylight affect us?

Natural light and darkness give our body clocks essential time cues to stay in sync with the outside world. Robust and synchronised circadian rhythms are at the core of good health, quality sleep and well-being. Yet today's way of living and working makes us spend most of our time indoors, which estranges us from daylight. And the lockdown measures of the last months may have further accentuated this separation. Interested in better understanding how the lack of daylight can affect you and getting some recommendations from experts? Join us for this interactive session!

With

- **Prof. Russell Foster:**
circadian neuroscience and sleep research,
University of Oxford, UK
- **Dr. Samer Hattar:**
light, circadian rhythms and brain functions,
National Institute of Mental Health, USA
- **Prof. Till Roenneberg:**
chronobiology and social jetlag,
Ludwig-Maximilians-Universität
München, Germany

[Register here](#)

Moderated by

- **Prof. Debra Skene,**
Section Head of
Chronobiology,
University of Surrey, UK





Day 3

Thursday, 24 September 2020

18:00-19:30 (Swiss time)

Daylight for healthy & sustainable living spaces

Today, for the first time in history, more than half of the world's population lives in urban areas. For many, their access to daylight is limited by a poor built environment and air pollution. After two first sessions dedicated to the potential and importance of daylight for our health and well-being, different questions arise for this third meeting: How can this knowledge be applied to make our living spaces healthier? How can daylight contribute to more sustainable and energy-efficient cities? Come discuss these questions and many more with our panel of interdisciplinary experts!

Round table with

- **Christina Hemauer & Roman Keller,**
Artist duo, Switzerland
- **Prof. Jasmin Joshi:**
landscape ecology,
University of Applied Sciences
of Rapperswil, Switzerland
- **Prof. Hubert Klumpner:**
architecture and urban design,
ETH Zürich, Switzerland
- **Prof. Brian Norton:**
engineering and renewable energy,
Dublin Institute of Technology, Ireland
- **Prof. em. Anna Wirz-Justice:**
chronobiology, University
of Basel, Switzerland

Moderated by

- **Prof. Marilyne Andersen,**
Laboratory of Integrated
Performance in Design,
EPFL, Switzerland

[Register here](#)

