

A DAY IN DAYLIGHT

LIGHT EXPOSURE AROUND THE WORLD

MONDAY, 3 NOVEMBER 2025 1700-1830 CET ZOOM

On the September equinox, over 50 participants across the globe, from dateline to dateline captured and annotated their daily light exposure.

Join us for *A Day in Daylight* where these global teams reveal their findings and explore what these patterns mean for health, lifestyle and our understanding of daylight.



Hosted by **Manuel Spitschan PhD** | Technical University of Munich & Max Planck Institute for Biological Cybernetics (Germany)
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