

ART AND THE POWER OF DAYLIGHT

Opened on 24.03., the new exhibition of EPFL Pavilions 'Lighten Up! On Biology and Time' uses the lens of art to explore the connection of living organisms with the natural cycle of light and dark.

Co-curated by The Daylight Award laureates Anna Wirz-Justice and Marilyne Anderson, the exhibition is showcasing the works of renowned artists and architects Olafur Eliasson, James Carpenter, Liliane Lijn, Colin Fournier, Helga Schmid, and more.

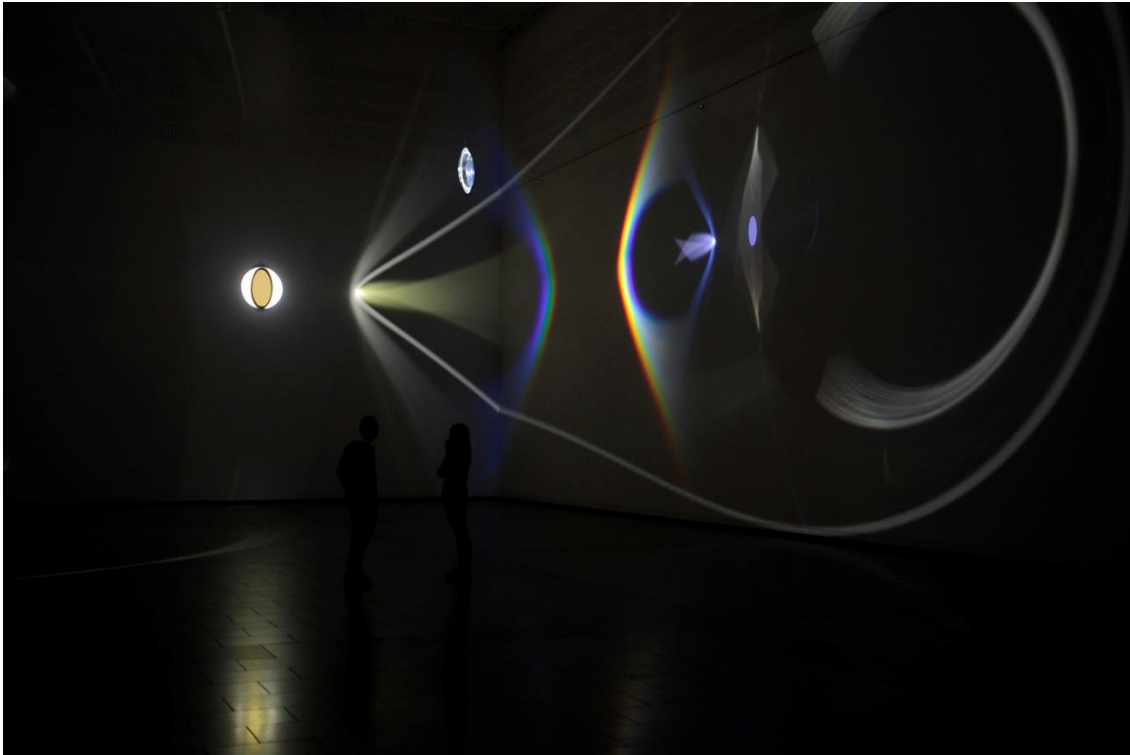


Embodied Light, James Carpenter, The Daylight and Building Component Award 2010 laureate, The Daylight Award jury member 2016 - 2020, and chair of the jury in 2020

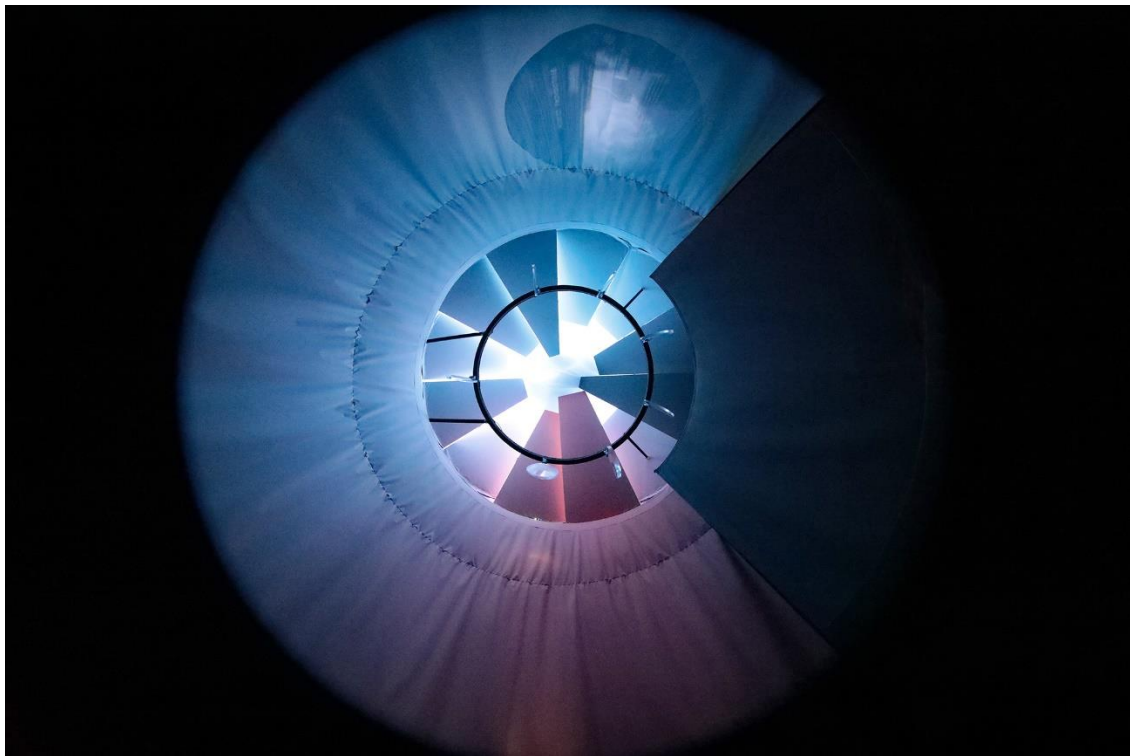
Nineteen installations transform daily, lunar or seasonal rhythms into light and soundscapes, immersive spaces or virtual experiences. They highlight the urgency of reconnecting to the outdoor environment and remind us of that regular light exposure is necessary for health.

All living organisms have internalized the alternation between day and night and changing daylength with seasons in the form of circadian rhythms that optimally prepare the body for the right behavior at the right time. Being exposed to enough bright light at the appropriate time of day can significantly boost our immune system, ensure sleep quality, daytime alertness and mood, and determine our overall well-being.

Through a striking variety of forms and experiences, Lighten Up! employs art to explore our connection to light and the crucial role of circadian rhythms. These artworks celebrate the power and beauty of daylight, introduce us to the secrets of biological clocks, offer alternative representations of time, or probe the mysteries of sleep and dreams.



Your Circadian Embrace, Olafur Eliasson



Circa Diem, Marilynne Andersen, The Daylight Award 2016 laureate, The Daylight Award jury member 2018 - 2022, and chair of the jury in 2018



Synchronicity, Robin Meier Wiratunga with André Gwerder and Guy Amichay

[Lighten Up! On Biology and Time](#)

Exhibition 'Lighten Up! On Biology and Time' is supported by [VELUX STIFTUNG](#).

Free guided tours on Saturdays

Discover the exhibition on a free guided tour headed up by EPFL Pavilions' staff. Guided tours are held from 11:15 am to 12:15, open to everyone, no booking required.

Lighten Up! On Biology and Time, 24.3. – 30.7.2023
EPFL Pavilions, EPFL Campus, Lausanne, CH
From Tuesday to Sunday, 11 am – 6 pm, Closed on Monday

[Check guided tours dates](#)



About

The Daylight Award honours and supports daylight research and daylight in architecture and puts specific emphasis on the interrelation between theory and practice.

The Daylight Award is presented by the philanthropic foundations, VILLUM FONDEN, VELUX FONDEN, and VELUX STIFTUNG, established by Villum Kann Rasmussen. The foundations support a wide range of non-commercial purposes through scientific, social, cultural, and environmental projects.

[Read more](#)

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