

„Bei uns ist immer etwas los!“

DEUTSCHE FEIERTAGE, FESTE, UND MESSEN

DER ERSTE TAG WINTERS / FIRST DAY OF WINTER

(occurs between 20th to 23rd of Dezember)

8 TIPS TO HELP YOU SURVIVE THE HARSH GERMAN WINTER

4. Don't forget the importance of vitamin D



Walkers enjoying the winter sun near Garmisch-Partenkirchen, Bavaria.

Make sure to keep your vitamin D levels up through the winter, as the days get shorter and shorter. You should try to get as much exposure to sunlight as possible, but if it's not enough, you can always take extra supplements.

Vitamin D helps build strong bones, regulate your neuromuscular system, and give your skin that lively glow (Glühwein may also help with this).

Check out [this map of Germany](#) to see which state gets the most sunshine in the winter months to see whether you should be making some weekend trips to different parts of the country.