

„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

5. Or you could get a light lamp

Fluorescent light boxes or lamps replicate sunshine through white or blue light, and can be placed in your home or workspace to emit fluorescent light at over 10,000 lux (unit of light). That's ten times the intensity of sunlight on the average overcast day.

Users' reactions to these lamps have been so positive that light boxes are used as an antidepressant medication for Seasonal Affective Disorder (SAD). Depending on the type of lamp used, 20 to 90 minutes of exposure a day can help to treat SAD, [according to SAD.org.uk](http://SAD.org.uk).

6. Visit one of Germany's indoor pools, baths - or an 'island resort'

Inherited from the Romans, Germany has a wealth of public baths, as well as other indoor swimming pools and aqua parks.

In fact, Bavaria is home to the biggest spa in the world: the "Therme Erding". The vast complex includes wellness spas, saunas, kid's areas, and more. An aquatic paradise in the summer, the huge indoor wave lagoon with over 300 palm trees will also transport you out of the chilly winter.

For those wanting something a bit more Romanesque, the beautiful [Stadtbad \(city baths\) in the Neukölln district of Berlin](#) are housed in a traditional bathing hall.

But if you're really missing the summery, beachy experience, you can escape to the [Tropical Islands Resort](#) in Brandenburg. Based inside a former airship hangar, this theme park offers a rainforest, water slides and hot air balloon rides.

7. Try out some German baking



Reindeer-shaped Lebkuchen being decorated in Bremen.