

Press release, January 10, 2014

Marres, House for Contemporary Culture

## ***Winter Anti Depression Show***

19.01.2014 – 23.03.2014



**Celebrate the summer at Marres**

**The *Winter Anti Depression Show* softens the effects of winter depression by stimulating the senses. Visitors walk over ribbed floors, feel summer flowers, let the sun caress their skin, compose landscapes, relax with St John's wort tea, and improve their condition through motion play.**

One in sixteen Netherlanders suffers from the winter. Some people don't get out of bed or perform poorly at work. Others neglect family and friends. Many go looking for sunny destinations, subtropical islands or the solarium. Opinions on the causes of winter depression differ. What is certain is that our metabolism adjusts to when it's cold outside and the days are shorter. We have a slower pace and our senses miss stimuli. It's a state that harks back to hibernation. Science and industry view the lack of sunlight as the culprit and stress the importance of light therapy. Dutch hospitals have special rooms for this therapy. With the help of ingenious wake-up lamps, Philips ensures people can alleviate their winter blues at home as well.

The emphasis on light can make us forget that our other senses also fall short of stimulation in the winter. We miss the scent of flowers and plants, the feeling of bare feet in the sand, the sound of crickets in the summer.

For the *Winter Anti Depression Show*, Marres has invited a team of designers and artists to create a house that immerses visitors in a variety of sensory experiences. [Chris Kabel](#), [Katja Gruijters](#), [Ludmila Rodrigues](#), [Kaffe Matthews](#), [FourceLabs](#), [Alessandro Gualtieri](#), [Thierry Mandon](#), [Lisa Pacini](#) and [Christine Istad](#) turn Marres temporarily into an *Art Resort*.

*The Winter Anti Depression Show is a pilot for a spectacular exhibition about the senses, Here Comes The Sun, which takes place in the former Sphinx factory in Maastricht from 21 Dec 2015 until 22 March 2016.*

### **Practical information:**

Visitors are guided through the Winter Anti Depression Show twice per hour in groups of maximum 8 persons. Marres recommends visitors to organize small groups and reserve a tour via: [info@marres.org](mailto:info@marres.org). Of course it is also possible to individually reserve a place in a guided tour.