

# EPK - REMNANTS OF SUFFERING

## About the Band

### LONG

The foundation for the project was laid in 2021, in the midst of the COVID-19 pandemic, when Dan (vocals), Val (drums), and Olli (guitar, formerly a thrash musician in Skulled) met for the first time in a rehearsal room in Lindau. The original idea was to play heavy metal covers together and escape the monotony of the lockdowns.

Before long, a shared musical language began to emerge. The sound grew heavier, taking cues from acts such as Blood Youth, After the Burial, and Whitechapel. With the addition of Marius on guitar in 2022, Remnants were finally complete.

On June 6, 2023, the EP DROWN was released. It opened the door to the band's first live shows and helped establish connections within the scene.

Lyrically, DROWN revolves around loneliness and the many ways it can be experienced. The desperate attempt to escape it only leads to further suffering. Addiction, violence, religious fanaticism, and intrapersonal struggles are portrayed without compromise. Musically, the personal influences of each member can be recognized, which makes the EP difficult to place within a single genre. Fan favorites like Monatophobia and House of God already show the band's emerging signature.

The name Remnants of Suffering was intentionally chosen for its ambiguity. At first glance, it seems nihilistic and dark, but on closer inspection, it reveals surprisingly hopeful undertones. The song Remnants reflects this idea and became the band's first single after the EP.

A significant milestone followed in 2023, when the band supported The Black Dahlia Murder at Club Vaudeville (Lindau) in front of a packed house. Their first open-air performance took place in 2025 at Aargh Festival, which strengthened their presence in the southern German extreme metal scene.

Predetermined Existence is the second single after Remnants and marks a deliberate refinement of the Remnants of Suffering sound, shaped by a phase of self-analysis. Within a contemporary deathcore framework, the musical profile became more focused: more energy and chaos in the arrangements, stronger emphasis on breakdowns, denser drumming, as well as a more diverse and brutal vocal approach. The single was accompanied by the band's second music video, which interprets the demanding lyrics through a multilayered narrative.

What comes next for Remnants? The band aims to anchor their newly defined sound, and naturally the next step points toward a full-length album. The groundwork has already been laid, though fans will need to be patient while details are finalized.

### SHORT

Emerging from a lockdown project and formally founded as a band in 2022, Remnants of Suffering released their debut EP DROWN in 2023. It enabled their first live shows and marked their entry into the scene. Lyrically, the EP revolves around loneliness and its destructive escape routes. Musically, it documents a period of experimentation. Fan favorites like Monatophobia and House of God already carry the band's distinctive signature.

The name Remnants of Suffering was chosen for its deliberate ambiguity. On the surface, it appears nihilistic and dark, yet it also implies that there can be hope within suffering.

An early milestone came in 2023 with a support slot for The Black Dahlia Murder in front of a packed venue. Another followed in 2025 with their first open-air performance at the Aargh Festival, strengthening their presence in the southern German extreme metal scene.

With the single Predetermined Existence, the band refined their sound with intention: more energy and chaos, a stronger focus on breakdowns, denser drumming, and a noticeably more diverse and brutal vocal approach.

The next step is set: recent experiences and this sharpened stylistic vision are now flowing into a full-length album. Further details will follow.



### MEMBERS

Dan - Vocals  
(Daniel Gündisch-Miclea)

Marius - Guitar  
(Marius Dienel)

Val - Drums  
(Valentin Amann)

Jojo - Bass  
(Joel Diallo)

### LINKS

Spotify:  
<https://open.spotify.com/intl-de/artist/09XTkszdZHRJIV7BCkInFV?si=iYRrlktxTcC6fIHhaPcQg>

MusicHub:  
<https://music-hub.bio/remnantsofsuffering>

