



Date: October 28, 2023

Time: 11:00-13:00

Location: Inspyrium, Cuijk

## Welcome to #NordicTalks2023

### “Friluftsliv – The Great Impact of Nordic Outdoor Living on Health”

Join us at #NordicTalks2023, where we will be joined by experts, scientists, business leaders, and Ambassadors from all the Nordic countries and the Netherlands to discuss the impact of outdoor lifestyle on health and well-being, and how companies can benefit from a more energized workforce by offering healthy choices for their employees. Are you interested in hearing more about the positive impact of Nordic outdoor living, both for you as an individual, for your workplace and for society? Secure your seats today!

[Read more and sign up!](#)

#### Moderator:



We are thrilled to introduce our **moderator for #NordicTalks2023, journalist, entrepreneur, and TV presenter, Sander Schimmelpenninck**. Originally from the Netherlands and currently residing in Sweden, Schimmelpenninck brings a unique perspective, offering valuable insights that bridge the cultural landscapes of both nations. We are excited for his contributions, with a dynamic blend of Dutch and Swedish viewpoints.

#### Speakers:



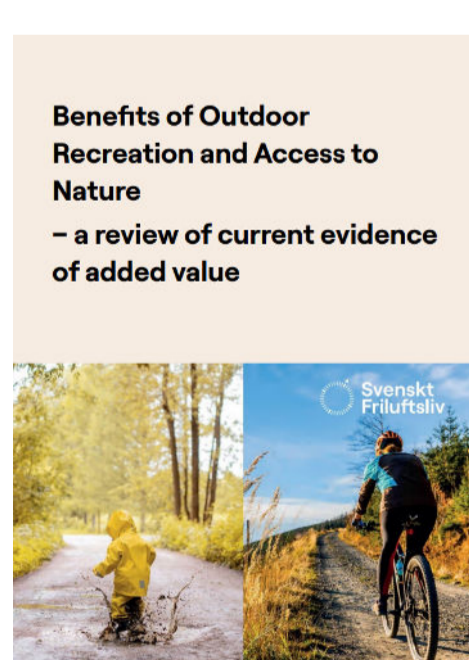
We are very proud to be joined by the **Nordic Ambassadors**, who all will share their country's latest perspective on Nordic outdoor living. Read more about the speakers on the [#NordicTalks2023](#) website.

*More speakers to be confirmed.*

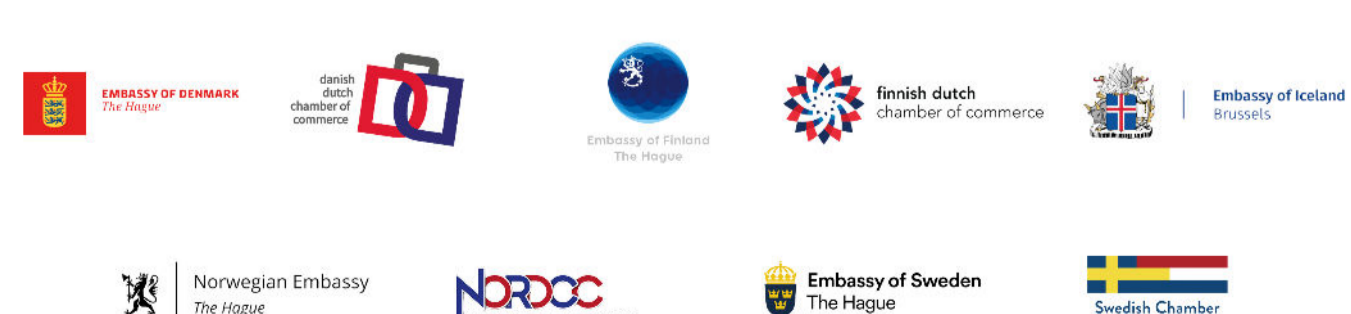
#### "Benefits of Outdoor Recreation and Access to Nature" by the Swedish Association for Outdoor Organizations

At the #NordicTalks2023, we look forward to hearing about the latest research demonstrating the positive impact that the Nordic culture of active and healthy outdoor life have on **individual health, public well-being, and wider societal benefits**. These findings are addressed in the latest report by The Swedish Association for Outdoor Organisations (Svenskt Friluftsliv) **Benefits of Outdoor Recreation and Access to Nature**, which provides an overview of the societal effects of the Nordic connection to nature. As a main contributor to the report, event speaker Johan Faskunger will be sharing his insights on the report and its findings.

[Download the report.](#)



#### The #NordicTalks2023 is organized by:



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