

Amsterdam, 12.06.2023

## Worldwide attention for the fifth edition of the international **Outdoor Office Day** A day-long focus on healthy working and connecting outdoors in urban nature

**On Thursday 15 June 2023, people all over the world will answer the call to celebrate Outdoor Office Day once again. The 5th edition of the event is all about connecting outdoors: working together and meeting people in the green (urban) spaces. Outdoor Office Day - an idea born in Amsterdam - is an open invitation to be part of a fast-growing international movement of people and organizations promoting better and healthier work.**

The positive impact of nature in the city on our health, and active movement during work, is receiving much attention worldwide in many scientific studies, with concrete initiatives and in public debates. More and more organizations are encouraging their employees and associates to go outside during working hours and not just sit inside. The underlying idea of the international Outdoor Office Day is for people to experience working outdoors for themselves in a low-threshold way, thus becoming aware of their own relationship with work, well-being and nature in the home and work environment.

### **Nature as outdoor office**

With the rise of hybrid work, nothing stops us from making outdoor work possible on daily basis. Walking meetings, conferring with a colleague, or meeting a client. This can all be done very well in the open air in a neighborhood park. Since the pandemic we increasingly see people writing or reading in quiet places in city parks. Our balconies, roof terraces and front and back gardens became private offices. You need nothing more than your mobile phone, writing materials or your laptop in order to take your work outdoors. People intrinsically feel the physical and mental health benefits of the nature, also during working hours. Fresh air and being surrounded by trees, plants and water reduces stress, increases creativity, inspires and energizes.

Outdoor Office Day has been organized every June since 2019 on the initiative of the platform Nature Desks. Each year the number of parties joining is growing. This year hundreds of employees, self-employed entrepreneurs, civil servants and students will actively participate in organized events near their offices, lecture halls or homes. Many citizens will spontaneously decide to take their work outside. Once again this year, many municipalities, agencies and companies in Sweden, Finland, Romania, Germany, United Kingdom, United States or Switzerland have joined. Please follow them via the social media: **#outdoorofficeday**.

In Helsingborg (Sweden) there's a special Outdoor Office Day event in the gardens of Fredriksdal museum: <https://fredriksdal.se/event/outdoor-office-day-pa-fredriksdal/>; Mälardalen University invites all interested to a day filled with inspiration, knowledge and conversations on the theme 'Outdoor Office' in Vasaparken, Västerås' largest park. Meet Meijan Polku in central Finland (<https://www.meijanpolku.fi/luontotyopaiva/>) or visit Kortrijk in Belgium where the event is celebrated on multiple locations (<https://designregio-kortrijk.be/nl/nieuws-events>). Timisoara (Romania)– this years one of the European Capitals of Culture – and 'Meaning and Fusion of Work' will welcome workers outdoors in one of the city's gardens.

#### Outdoor Office Day in the Netherlands

The initiators of 'National Park' Rotterdam

(<https://www.nationaalparkstadrotterdam.nl/outdoorofficeday>) are organizing one big outdoor office with 10 locations on 15 June where everyone is invited to work outside. The central government is joining in again this year, encouraging civil servants nationwide to meet colleagues outside in an approachable way. And in The Hague, the Koekampaan and the Haagse Bos will be transformed for a day into a large outdoor office with workstations, workshops and themed walks.

Several partners in other places in the Netherlands are also providing facilities to support local events. Ondernemersfonds Utrecht is organizing no less than two Outdoor Office Day events in the city center. The initiative aims to make these areas of Utrecht city centre more sustainable, green and liveable. The entire outdoor space of Marineterrein Amsterdam will be freed up for Amsterdam residents to work there, but also to learn from the experiments and innovations on display there.



Not for publication

Outdoor Office Day is a non-profit platform and an open invitation. Find us online on all social media: #OutdoorOfficeDay & [www.outdoorofficeday.info](http://www.outdoorofficeday.info)

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OUTDOOR OFFICE DAY

## Take your work outdoors

wellbeing • future of work • walkability • urban nature • placemaking

-  Walk your meeting #weeting
-  Discover the greenest routes to your office
-  Place tables and chairs and work outside
-  Change a parking place into an outside terrace
-  Go walk outside during lunchtime
-  Create your own nature desk in a park/garden or on a terrace/balcony
-  Replace a coffee break with a short walk
-  Invite your colleagues for a short walking break
-  Discover the 'urban nature' in the vicinity of your (home) office
-  Do some of your phone calls during a walk outside

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For more information, please visit:  
[www.outdoorofficeday.info](http://www.outdoorofficeday.info)  
[#OutdoorOfficeDay](https://twitter.com/OutdoorOfficeDay)



OUTDOOR OFFICE DAY