

7 Ways to walk

in a conference

How to include more walking in a conference? Here's some inspiration! Choose one for this conference, and maybe more forms for the next! Watch video's, listen to podcasts, read (scientific) articles and "how to's" on the different forms of walking.

1	Netwalk	Netwalking is a guided form of networking while walking. In most setups you can get to know at least three new people. Gather a group for a walk of 30 minutes and change your conversation partner every 7 minutes.	More on Netwalking https://netwalkglobal.com/
2	WalkActive	Improve your walking technique! You learnt walking when you were really very young, and probably never paid much attention to it. There is more to it than you think – look at the youtube movie!	Intro video WalkActive https://youtu.be/2uO-08fTuzw?si=UuNOj5nmYZnS0b82
3	Nature walk	After presentations and workshops, recharge with nature. You don't need to travel far, go for urban nature and take some time alone	Intro to forest bathing Your guide to forest bathing Forestry England
4	Flaneur walking	Flaneur walking is an idle, observant way of walking through the city, with no goal or time schedule, preferably alone. Try this in the city of Lisbon	Flâneur - Wikipedia The Art of Wandering While Traveling - The New York Times (nytimes.com)
5	Walking meditation	Walking meditation is an effective and more dynamic form of meditation. Great way to start or end a conference day in a nearby park.	Walking meditation: https://www.verywellmind.com/walking-meditation-8597698
6	Silly walking	Silly walks – it's one of the most famous Monty Python sketches. Recently research proved it's a great and fun way to exercise. The city of Eindhoven even painted the moves inside a tunnel. It's not only fun but also a very efficient way to exercise, scientific research reveals.	Full sketch: https://youtu.be/iV2ViNJFZC8 Scientific research: Quantifying the benefits of inefficient walking: Monty Python inspired laboratory based experimental study The BMJ
7	Take Away Weeting	Your head may be exploding with all the conference information by the end of the week. What do you really want to take with you? Let's wrap it up! Use the take away – weeting form, especially designed for conferences and lectures. (Re)formulate your take aways by telling others, during a weeting. First step, before you walk: write down three things you want to remember. Share this during a walk, first ask your partner, listen ask questions to fully understand. Take a moment to take notes. Then, start walking again, change places: your tell, the other person listens. Wrap it all up!	More info on weeting in general: Walk Your Meeting – Why you need to get out more for productivity, health and wellbeing! – Smart Work Network (smart-work.net)