

# NORDIC GREEN RUN 2022

**THE NORDIC EMBASSIES IN SINGAPORE REPEAT LAST YEAR'S SUCCESS AND INVITE TO JOIN  
THE NORDIC GREEN RUN 2022**

**MONDAY 30 MAY 2022 TO SUNDAY 05 JUNE 2022**

With more than SGD 59,000 collected for the regional non-profit organisation Coral Triangle Center (CTC) last year, the Nordic Embassies once again invite you to join the Nordic Green Run in 2022.

This year, the proceeds will go to the non-profit organisation Seven Clean Seas, an ocean clean-up organisation whose mission is to preserve the marine environment by ridding the ocean of plastic for good. Since inception in 2018, Seven Clean Seas has recovered over 340,000kg of plastic pollution from the marine environment alone and is focussing on infrastructure and technology solutions to stop plastic from reaching the ocean

The Embassies of Denmark, Iceland, Finland, Norway, and Sweden jointly organize Nordic Green Run 2022. Last year, 1,600 participants joined the run and covered 46,000 kilometres. From Monday 30 May to Sunday 05 June 2022, it will be possible to both exercise and promote a good cause by taking part in the friendly competition by joining the team of either Denmark, Iceland, Finland, Norway or Sweden. Nordic companies operating in Singapore are invited to sponsor one Singapore dollar for every completed kilometre by the relevant teams.

It is possible to join the Nordic Green Run 2022 if you are based in Singapore and willing to support a good cause through healthy exercise. See the next page for information on how to register for the Nordic Green Run 2022. Please note that it is only possible to join one team.

The Nordic Embassies look forward to competing in the name of a good cause for yet another year.

- **When:** 30 May to 05 June 2022.
- **Where:** Singapore
- **Who:** Persons who are physically located in Singapore
- **How:** By joining a Nordic team and recording your walk/run on the Strava app. No cycling, driving etc. allowed.

To register for the Nordic Green Run 2022, please join the team of one of the countries below:

Click [here](#) to register for the Danish team.

Click [here](#) to register for the Icelandic team

Click [here](#) to register for the Finnish team.

Click [here](#) to register for the Norwegian team.

Click [here](#) to register for the Swedish team.

For questions or other inquiries, please contact:

**The Royal Danish Embassy in Singapore:**

Niels Storgaard: [niestr@um.dk](mailto:niestr@um.dk)

**The Embassy of Iceland in Japan:**

Halldór Élis Ólafsson: [halldor.olafsson@utn.is](mailto:halldor.olafsson@utn.is)

**The Embassy of Finland in Singapore**

Suvi Niskala: [suvi.niskala@formin.fi](mailto:suvi.niskala@formin.fi)

**The Royal Norwegian Embassy in Singapore**

Elise Johannessen: [elise.johannessen@mfa.no](mailto:elise.johannessen@mfa.no)

**The Embassy of Sweden in Singapore:**

Lisa Broberg: [lisa.broberg@gov.se](mailto:lisa.broberg@gov.se)

## GUIDE TO GET STARTED WITH STRAVA

- Download the app on App store or Google Play (it has an orange logo)
- Create a user with either a social media account or an email address
  - Note: You don't need to start the trial – the free version is sufficient
- Find and your club with one the following links:
  - Denmark: [https://www.strava.com/clubs/Denmark\\_Nordicgreenrun](https://www.strava.com/clubs/Denmark_Nordicgreenrun)
  - Iceland: [https://www.strava.com/clubs/Iceland\\_Nordicgreenrun](https://www.strava.com/clubs/Iceland_Nordicgreenrun)
  - Finland: [https://www.strava.com/clubs/Finland\\_Nordicgreenrun](https://www.strava.com/clubs/Finland_Nordicgreenrun)
  - Norway: [https://www.strava.com/clubs/Norway\\_Nordicgreenrun](https://www.strava.com/clubs/Norway_Nordicgreenrun)
  - Sweden: [https://www.strava.com/clubs/Sweden\\_Nordicgreenrun](https://www.strava.com/clubs/Sweden_Nordicgreenrun)
- Track you walk or run with the app (Remember to press the “finish” bottom when you are done with your activity)
- Note: Make sure to have your privacy settings set to “everybody can see” and have the activity as either a walk, a hike or a run. If not, your valuable kilometres will not be counted in the app.
- Note: Only top 100 is visible on the leaderboard. You can see your activity on “recent activity”

### IF YOUR ACTIVITY IS NOT COUNTED IN THE STRAVA CLUB

Go to your Strava profile → Select an activity → click on the 3 small dots → click “edit” → Check if the type of activity is set as a walk/hike/run and check if the visibility is set to “everyone”

If you are still experiencing problems, please contact Jan Høegh on whatsapp: +45 50 96 66 38 or text +65 98 85 77 52