

Walk and talk routes

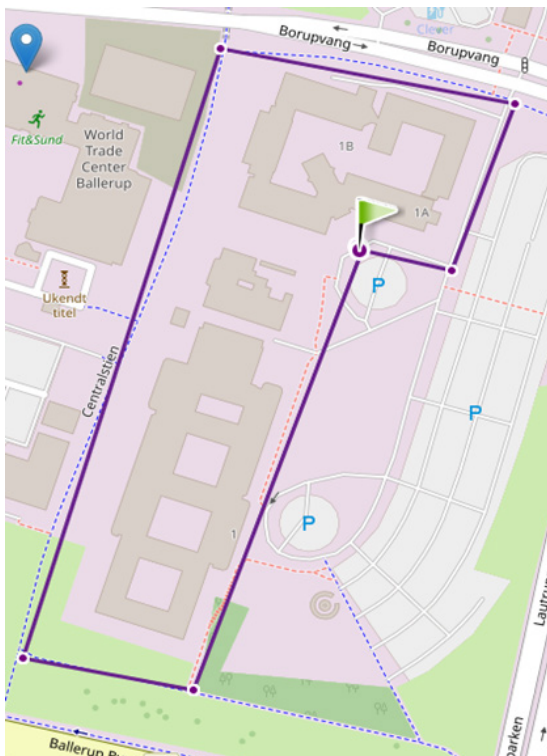
It is possible to book a walk and talk meeting as well as an outdoor meeting in Birkelunden in the South building.

When booking your meeting simply choose the walk and talk (Walk and Talk) route through location/resource.

There are two suggested routes besides a meeting in Birkelunden, but of course it is optional where to go. The routes are only suggestions based on the amount of time you have set for your meeting.

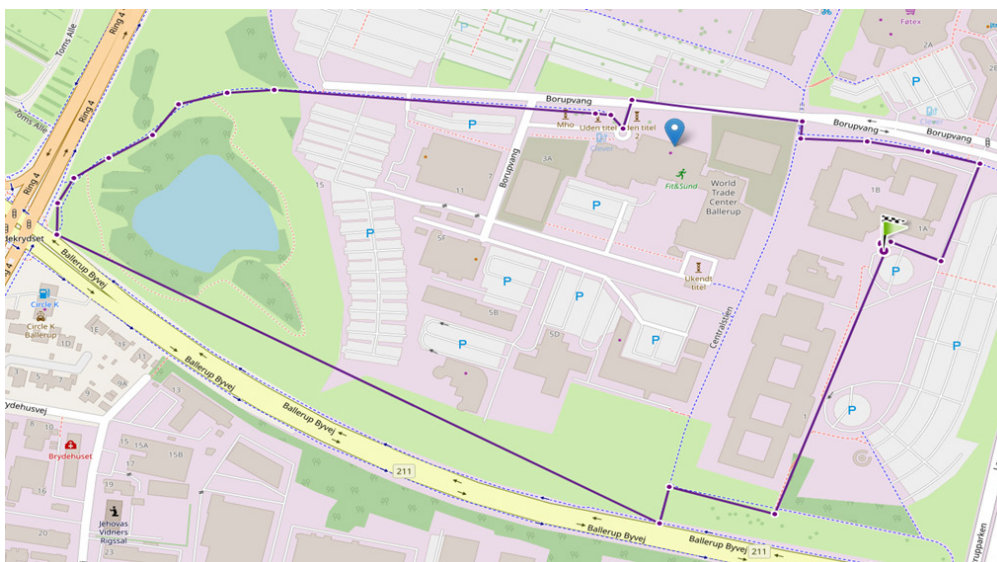
Route 1:

Is approximately 1 kilometre and takes **15-20 minutes** at a slow pace.
As a bonus you will burn 75 kcal.



Route 2:

Is approximately 2 kilometres and takes **35-45 minutes** at a slow pace.
As a bonus you will burn 150 kcal.



Birkelunden:

Is a beautiful and biodiverse garden in the South Building.
There are benches in the garden - relevant for a one to one talk.

