

m&i Healthcare, The Hague 2023

activities guide

We've got so much in store for you in The Hague – from walking
tours and bike tours to beach workouts and gallery visits.

Keep reading to find out more!

Please refer to [Wyred](#) for more detailed descriptions of the activities.





the hague by boat

All aboard this relaxing boat trip through the city guided by a local expert. Experience the cross-section of The Hague: old and new, natural and man-made.



the hague by foot

Take a stroll through The Hague's history. Led by a local expert, your walk will take you through the historical inner city of The Hague. You'll get to experience the city's various neighbourhoods and landmarks.



[the hague by bike](#)

Take to the city on two wheels on this intermediate bike tour. Led by a local expert, cycle past The Hague's many famous landmarks like the Peace Palace and enjoy beautiful views of the sea from Scheveningen.



[the hague by gallery](#)

Surround yourself with famous Dutch works of art. Follow a guide through Mauritshuis, a world-class museum housing collections of Dutch paintings with works from Rembrandt and Vermeer.



the hague by beach with a beach clean

What's better than a workout? A workout on the beach, of course. Try out Coastal Gym's original training session, PULLKA, and then take part in a beach clean.



the hague by wave

Dip your toe into surfing with an introductory lesson. If you've never surfed before this is your chance to try!





[the hague by raft](#)

Take on the Dutch coast in a coast raft. With 12 people to a boat, you'll work together as a team – paddling, pacing and steering at the same time – to brave wave after wave.

how to select your networking activities.

Now you know what's on offer it's time to choose what you'd like to do.

There are limited spaces on each activity, so we don't want you to miss out. You'll be able to book one activity on the afternoon of Wednesday 7th June.

Sign up for your chosen activity by logging into the [Wyred networking platform](#).

1. Head to the **Networking Activities** tab
2. Find the **activity** that you want to do (*you can read a more detailed description of each activity by clicking on it*).
3. Click '**Book**'

If you no longer wish to attend the activity, please let us know by clicking the 'Attending/Cancel' button in My Schedule.

Deadline: Please select your activities by no later than Tuesday 30th May.