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Καθώς ο κόσμος κάθε μέρα αλλάζει γύρω μας, όλοι έχουμε ανάγκη τον δικό μας κήπο, που θα τον οικοποιήσουμε με σπόρους από άνειρα και θα μας δώσει μια πιο όμορφη, αρμονική ζωή και μια βαθύτερη συνείδηση για το μέλλον του πλανήτη μας.

Σεπαιλιζόμενο το νέο μας κατάλογο Diary Collection 24 θα δειτε ότι κάθε χρόνο επισκέφτατε όλο και περισσότερο σε προτάσεις που απηχούν τη βιωσιμότητα προσθέτοντας αγαπημένα ημερολόγια, φτιαγμένα από οικολογικά υλικά και εντυπωσιακά εταιρικά δώρα που έχουν τη δική μας μαγική ματιά.

Ανακαλύψτε τη σειρά Garden Dreams που προτείνει υπέροχα ημερολόγια από χαρτί με σπόρους και πλαισιώνονται από υλικά με κοιτάζοντας στο παρελθόν οικολογικά προϊόντα. Δημιουργήστε για εσάς μια σειρά με εξώφυλλα από ανακυκλωμένα μήλω με το GARDEN DREAMS που φτιάχνονται με χρώματα από ανακυκλωσμένο χρώμα και κλισές σε 3 ύφασμα για ένα εντυπωσιακό χρώμα: κόκκινο, ασημί και λιλά που είναι eco και glam και θα δώσουν μια άλλη αίσθηση τις Χριστούγεννες που έρχονται.

Ένα αλόκληρο σύμπαν από δώρα, νέα σχέδια και υλικά σας περιμένει.
Χιλιάδες άνθρωποι έχουν χάσει την ζωή τους στη Γάζα, όπου θανάτους έχει αδιαμφισβήτητα χαλάρωσε το παγκόσμιο περιβάλλον. Εξίσου ανησυχητική παραμένει η αποκαρδιωτική κατάσταση εκείνης της περιοχής, με περισσότερη ανθεκτικότητα και βιωσιμότητα για όλους. Αυτή η καταστροφή μας θυμίζει πόσο επιτακτική είναι η ανάγκη περιβαλλοντικής προστασίας. Η κλιματική αλλαγή παίζει μεγάλο ρόλο στην καταστροφή και είμαστε ενωμένοι στην προσπάθεια αποκατάστασης. Εάν οργανώσουμε πρωτίστως σε επείγοντα και καίρια και ανάληψη δράσης, και ανατρέξουμε με περισσότερη ανθεκτικότητα και βιωσιμότητα για όλους, οι καταστροφικές πλημμύρες που έπληξαν την περιοχή της Θεσσαλίας δεν παύουν να μας θυμίζουν πόσο επιτακτική είναι η ανάγκη περιβαλλοντικής προστασίας. Η καταστροφή βασικών υποδομών ύδρευσης και το χαμένο ανθρώπινο ζώον, με μικρά παιδιά, ενώ χιλιάδες είναι οι τραυματίες. Σε αυτούς τους δύσκολους καιρούς θα ευχηθούμε καλό μέλλον.

Διευθύνων Σύμβουλος Ομίλου Interamerican Γιάννης Καντώρος
HeDA President
This November we invite you to embark on an ESG journey at our inaugural event, curated by the members of HeDA’s Sustainability Committee. This event marks the committee’s exciting debut, and underscores our core mission to cultivate and embrace an innovative forum for the exchange of knowledge and actionable initiatives, with the overarching goal of nurturing sustainability within the framework of HeDA.

It is our honor to present Prof. Phoebe Koundouri, a distinguished forum for the exchange of insights and expertise on environmental economics and sustainable development. Renowned in the academic and professional world, Professor Koundouri’s work underscores our core mission to cultivate and embrace an innovative forum for the exchange of knowledge and actionable initiatives, with the overarching goal of nurturing sustainability within the framework of HeDA.

This event, curated by the members of HeDA’s Sustainability Committee, is anticipated to bring profound value to the discussions. Attendees can expect a thought-provoking session that delves deep into the pivotal issues surrounding sustainability. During this event, you can expect a wealth of valuable insights, engaging discussions, real-world best practices, and ample networking opportunities. By embracing ESG, SMEs can pave the way for a more responsible, influential, and sustainable future for their enterprises.

This debut event is an exciting milestone for our committee, and we’re eager to have you as part of it. Mark your calendar and be part of this unique journey as SMEs embark on shaping a sustainable future. We look forward to welcoming you as part of the solution to global challenges. During this event, you can expect a wealth of valuable insights, engaging discussions, real-world best practices, and ample networking opportunities. By embracing ESG, SMEs can pave the way for a more responsible, influential, and sustainable future for their enterprises.

Join us for an insightful Debut Event by HeDA’s Sustainability Committee!
Sustainability has emerged as a paramount global imperative, driven by a set of factors, including geopolitical changes, climate change, and evolving regulations. In an era marked by increasing environmental challenges, the importance of sustainability cannot be overstated. Additionally, the emergence of strict environmental regulations and international agreements has propelled sustainability to the forefront of business and policy agendas. These developments emphasize the importance of adopting sustainable practices to mitigate environmental degradation, enhance resilience, and secure a brighter, more equitable future for our planet. Thus, sustainability is no longer an option but a necessity, shaping our response to pressing global challenges and fostering a more sustainable and resilient world.

As the President of the HeDA Committee, I feel a deep sense of responsibility to champion sustainability values throughout our organization and beyond. Hence, the HeDA Committee will play a pivotal role in promoting sustainable practices and values. Our objectives are multi-faceted and impactful. First, we will host a sustainability forum, facilitating the exchange of knowledge and experiences among members. This knowledge-sharing not only fosters the exchange of ideas and innovations but also acts as a springboard for collaborative actions with other corporations in the business and policy agendas.

Our overarching goals involve providing opportunities for fostering sustainability and ESG culture within the HeDA community, enabling the exchange of expertise, and catalyzing business synergies and partnerships among our members. Through these concerted efforts, the HeDA Committee will contribute significantly to not only the growth of our organization but also to the broader mission of advancing sustainable practices in the corporate landscape of Greece.

Chrysa Eleftheriou
HeDA Sustainability Committee Chair
Interamerican Group Sustainability and Stakeholders Relations Leader

The Netherlands is organising an international conference on feminist foreign policy: the Shaping Feminist Foreign Policy Conference 2023 (SFFP) on 1 and 2 November 2023 in the World Forum in The Hague.

The conference falls within the context of the Dutch government’s feminist foreign policy, which strives for equal rights and equality for all worldwide. It aims to bring together interested parties and experts from civil society, the private sector, government, the business community, intergovernmental organisations, academia and any other relevant parties.

Through its feminist foreign policy, the Netherlands puts equal rights and equality for all – with a special focus on women, LGBTQ+ people and other marginalised groups – at the heart of its overall foreign policy. Prior to this conference, a ministerial event on feminist foreign policy will be held at the UN General Assembly in New York in September.

#shapingftp feminstforeignpolicy

More information about the Shaping Feminist Foreign Policy Conference 2023 can be found on www.government.nl/sffp
KLM WINS
APEX WORLD CLASS AWARD 2024

ΔΙΑΚΡΙΣΗ WORLD CLASS ΓΙΑ ΤΗΝ KLM ΣΤΑ ΒΡΑΒΕΙΑ APEX

For the third consecutive year, KLM has again won the APEX World Class Award. This special recognition is awarded by customers and the industry for performance in relation to, among others, safety, customer well-being and sustainability. The prestigious award is presented annually by the International Airline Passenger Experience Association (APEX), which evaluates passenger perceptions. Winners are chosen on the basis of worldwide audits and consumer reviews, and are required to be awarded five-star reviews at the very least. In addition to winning the World Class Award, KLM was also recognised as Best-In-Class for Sustainability.

This month, we celebrated the incredible journey of Orange Grove as we marked a significant milestone - a decade of fostering innovation, collaborations and impact. Our 10th-anniversary celebrations, held on October 5th, were an unforgettable experience, filled with innovation, inspiration and, of course, the warmth of our incredible community.

Our celebration began with the launch of the "Working Together on a Sustainable and Innovative Future" symposium held at the Basil & Eliza Goulandris Foundation’s Auditorium. The event kicked off with the inaugural speeches by the Minister of Education, Religion and Sports, Kyriakos Pierrakakis, and the Ambassador of the Kingdom of the Netherlands to Greece Susanna Terstal.

Minister Kyriakos Pierrakakis emphasised the transformation of Greece into an attractive entrepreneurial destination, encouraging the growth of innovation ecosystems, inspired by initiatives such as Orange Grove. Netherlands Ambassador Susanna Terstal reflected on the success of Orange Grove, which is rooted in its people who have shared their knowledge and experiences throughout this decade, creating an environment that fosters the growth and evolution of startups. Orange Grove initiated an ecosystem where innovation, sustainability and knowledge flourish.

Throughout the day, four engaging panels delved into various aspects of innovation and entrepreneurship. From the purpose of entrepreneurship to its profound impact, emerging business models in response to new challenges, and the critical role of responsible technology, our panels were both enlightening and thought-provoking.

Throughout these years, the dynamic endeavours and influence of Orange Grove were made possible through the continuous support of our Main Sponsors, Reggeborgh and Heineken, Sponsors, Interamerican, FrieslandCampina, Philips, KLM, and HeDA.
Over the past 2 years, the Embassy of the Netherlands in Athens has explored and promoted opportunities for Dutch companies in the horticultural sector. What started with a sector survey, followed by two webinars, conducted in an interactive economics session during the State Visit in November 2022, under the title “Farming the Future - Water & Energy efficiency for Agriculture in Greece”.

In the meantime, Greece has been given a great opportunity through the EU Trade Program Brexit Adjustment Reserve (BAR), which can help companies find alternative markets following the UK’s departure from the EU. Within this program, 6 horticultural companies have been approved that want to explore Greece.

This process started last June with an incoming mission to the Netherlands. A Greek delegation of 7 companies active in the horticulture and fruit sector had the opportunity to witness the wealth of knowledge, expertise and innovation of the Dutch horticultural sector - a world leader in smart solutions for controlled agriculture.

September 20-23 a follow-up mission was organized in Northern Greece. Five of the Dutch companies that the Greek delegation visited traveled to Greece to further explore cooperation opportunities with the Greek companies they met.

The Dutch companies arrived in Greece at a very dramatic, yet interesting moment for the country. Very recently a major size of Greek agricultural land was flooded – and the recovery will take a long time. The Thessaly Plain - home to a quarter of the country’s agricultural production - turned into a vast lake.

Now more than ever, it is crucial for Greece to adopt technology to operate modern greenhouses; make the transition to climate smart production processes; to reduce post-harvest losses and add value; ensure modern (retail) markets with safe and high-quality products; and to support the management of water and energy resources.

The focus of this mission was in the Central Macedonia region; an important region for agriculture in the country. The primary sector of Central Macedonia participates with 26% of the gross value added of the primary sector at the national level: 70% of fruits, 20% of vegetables, 15% of fodder crops. In the coming years, the region wants to focus on developing and strengthening R&D capabilities and utilizing advanced technologies; realizing the benefits of digitalization for citizens, companies, research, organizations and govern-ments; strengthening the sustainable growth and competitiveness of SMEs and creating jobs in SMEs, including through productive investments.

The Dutch delegation consisted of very important players in the field. They spent the first day in the city of Thessaloniki, where they took part in a business event with selected guests from the region. The aim of this event was to help Dutch companies learn the ins and outs of doing business in their sector in Greece. The focus of the discussions was on infrastructure irrigation projects; financial actions for rural development; cluster of agricultural products; meeting the needs of supermarkets; market trends (prices, new product needs, food production, safety protocols); financial instruments for agriculture that are available in both Greece and the Netherlands.

Over the next two days they traveled around the region visiting Greek companies engaged in: production, research and distribution of high quality plant propagation material; development, production and distribution of crop protection products, specialty fertilizers and seeds, seed propagation materials, laboratory and consultancy services; cash operations; agricultural supplies and technical support; a large farmers’ cooperative for the distribution of fruit and vegetables; a producer organization for the production, maintenance and distribution of kiwis and seedless grapes; production and packaging of unwashed baby leaves and their distribution on the Greek market. The Dutch delegation was very satisfied with what they saw, had very good discussions and could see with their own eyes that Greece is indeed a good alternative to consider.
Η Πρεσβεία των Κάτω Χωρών στην Αθήνα, ο HeDA και η Υπατεία Αρμοστεία του ΟΗΕ στην Ελλάδα συνδιοργάνωσαν στις 10/9/2023 στα κεντρικά γραφεία της Interamerican το “Work for the Future”, εκδήλωση στην οποία συζητήθηκε μια από τις κοινές προκλήσεις που αντιμετωπίζουν Ελλάδα και Κάτω Χώρες, ήτοι η επιτυχής ενσωμάτωση στην αγορά εργασίας των αναγνωρισμένων προσφύγων και αιτούντων άσυλο.

Η ένταξη είναι σημαντική για πολλούς λόγους. Στους πρόσφυγες προσφέρει οικονομική αυτάρκεια και ενισχύει την ψυχολογική ευεξία ενώ προλαμβάνει τον κοινωνικό αποκλεισμό και διευκολύνει τη διαπολιτισμική και την κοινωνική ένταξη. Και για τη φιλοξενώσιμη χώρα η ενσωμάτωση στην αγορά εργασίας αποτελεί τεράστια ευκαιρία αφού συμπληρώνει τα κενά σε επαγγέλματα και γνώσεις, διορθώνει τις ανισοτήτες της αγοράς εργασίας, αποδίδει περισσότερο σε φόρους και κοινωνικά και μπορεί να υποστηρίξει την οικονομική ανάπτυξη.

Σε αυτήν την πολύ χρήσιμη και επίκαιρη εκδήλωση συμμετείχαν εκπρόσωποι του δημοσίου και του ιδιωτικού τομέα, καθώς και κοινοτήτων προσφύγων.

The Embassy of the Kingdom of The Netherlands in Athens, HeDA, and UNHCR Greece came together September 10th for “Work for the Future”, an event held at the offices of Interamerican with discussions focused on the common challenge that Greece and the Netherlands face about how to successfully integrate asylum seekers and recognised refugees into the labour market.

Integration is important for many reasons. It allows for economic self-sufficiency and enhances their psychological well-being in host societies. It also prevents social exclusion, and facilitates cultural and social integration by providing them with early access to networks and services. For the host society labour market integration is a great opportunity as well. It can fill gaps in low and high-skilled occupations, address labour market imbalances, contribute more in taxes or benefits and spur innovation and, thereby, economic growth.

It was a very insightful event, featuring guests from the public and private sector, and refugee communities.
European Climate Pact

EUROPAΪΚΟ ΣΥΜΦΩΝΟ ΓΙΑ ΤΟ ΚΛΙΜΑ

We are pleased to announce that INZEB has taken on the role of Country Coordinator for Greece in the framework of the European Climate Pact. This significant initiative, launched by the European Commission as an integral part of the European Green Deal, is intended to inspire citizens to take proactive measures in addressing climate issues. In our capacity as Country Coordinators, we are committed to conducting Climate Pact activities within Greece, collaborating closely with Climate Pact Ambassadors, and engaging with the broader Climate Pact community to nurture and amplify climate action at the local level.

The European Climate Pact represents a collective movement, bringing together individuals who share a common objective – each person taking meaningful actions within their respective spheres to contribute to the development of a more sustainable Europe. Conceived and initiated by the European Commission, the Pact forms an essential component of the European Green Deal, designed to assist the European Union in achieving climate neutrality by 2050. Every individual and organization has a significant role to fulfil within the Pact, irrespective of whether they are just beginning their path toward climate action or have already been dedicated to creating a positive influence in their respective spheres. Participation is extended to both individuals and organizations, encompassing cities, communities, and associations.

The Climate Pact offers a unique opportunity to engage in climate action on a European scale. It serves as a platform for:

- the establishment of meaningful connections with like-minded individuals and organizations, thereby amplifying the impact of collective efforts.

As our community continues to grow, the scope of the Pact’s activities will expand accordingly. We encourage you to regularly visit our website or to the European Climate Pact website for the latest updates and opportunities for involvement.

Ready to join us in the movement for a climate-proof Europe?

We invite you to take action and be part of the change. Whether you’re an individual or an organization, your efforts matter. Get in touch with us and let’s work together to make a lasting impact on our climate.

Reach out to the INZEB team at hello@inzeb.org and start your journey towards a greener future today.

An environmentalist would be very proud of such a project. We are looking forward to more such projects, as we at BASF are firmly by our climate-neutrality commitment.
POST-DISASTER REMEDIATION OF 2023 CYCLONE DANIEL FLOODING OF THESSALY, GREECE

ΑΠΟΚΑΤΑΣΤΑΣΗ ΠΕΡΙΟΧΩΝ ΜΕΤΑ ΤΙΣ ΦΕΤΙΝΕΣ ΠΛΗΜΜΥΡΕΣ ΛΟΓΩ DANIEL ΣΤΗ ΘΕΣΣΑΛΙΑ

In the wake of the devastating Storm Daniel that caused unprecedented flooding of the agricultural heartland of Greece, the Greek government has today requested that HVA international compile a Post-disaster Remediation Plan in regard to the inundated Thessaly watershed.

The Prime Minister’s office has asked HVA to draft a Master Plan that can avert future inundations of this scale and thereby save both lives and livelihoods. HVA is mobilizing a team of experts in water management to Thessaly in order to gain a first-hand understanding of the challenges. In conjunction with this rapid deployment, HVA will collaborate with the relevant government agencies, communities and stakeholders to collate data. This will in turn be analysed over the coming weeks so as to propose a viable Master Plan to the government of Greece.

This is the second time in less than 5 years that flash floods in Thessaly have led to devastating damage to crops and livestock, both of which purportedly once-in-100 years and once-in-500-year storms. This undertaking will require input from a multidisciplinary team of climate scientists, water management experts, agro- economical experts and engineers. HVA will work as fast as possible to provide an actionable report to the Prime Minister’s office so as to expedite the commencement of the remediation efforts to the Thessaly region.

Background
Storm Daniel developed during September 4-12, and it is surmised that the record-breaking heat wave in the summer of 2023, which heated up surface water in the Mediterranean to a record high, led to unprecedented evaporation that in turn caused the torrential rains that got blocked over Thessaly. Seeing as the region is encircled by mountains, this exacerbated flooding as enormous volumes of water made their way to the plains, flooding 90,000 hectares and killing more than 100,000 livestock and 16 people.

About HVA International
Established in 1879 in the Netherlands, HVA International is a worldwide agricultural company and asset manager that specializes in the development of large-scale, (sub) tropical agricultural projects. Irrigation and water management have been cornerstones of hundreds of HVA projects, where the unique expertise that Dutch engineers possess in water management has frequently been leveraged to manage flash flooding and complex irrigation works.

HeDA Business Review

NEW MEMBER
Eco Wave Dynamics (EWD) is a Greek startup founded in 2020 by Captain Dimitrios Lygeris and based on the island of Ikaria. His passion for the sea along with his background in shipbuilding engineering, and his team's IT and business expertise, inspired him to address the link between the production and use of energy -to satisfy human needs and run economic activities- and the resulting environmental pressures.

EWD firmly believes that to be able to accelerate the energy transition we need a holistic approach to energy systems; an approach that combines energy diversification, energy storage, and energy intermittency, maximize the potential of renewable energy, and provide consistent electrical output. EWD and its business development partner Urban Camel, a niche strategy and innovation agency for the transition to the circular economy specialized in blue growth, both members of EWD, have proudly announced their participation in the 10th edition of the Ocean Energy Europe Conference & Exhibition in The Hague on 25 and 26 of October 2023.

The EWD hybrid system which combines solar and wind energy, Aurora, has formed the basis for EWD’s latest technological innovation, Smart Hybrid Energy System (SHES). By intelligently integrating renewable energy capture from wind, wave and solar, advanced AI, efficient energy storage with compressed air, and a responsive vold system, SHES is designed to address the limitations of renewable energy intermittency, maximize the potential of renewable energy, and provide consistent electrical output.

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For over two years EWD has been working on its wave technology, Wave Daedalus. It has built a 25KW prototype wave energy unit and achieved wave energy harvesting with machine learning techniques. This led to the development of Aurora, a hybrid system which combines solar and wind energy, Aurora, has formed the basis for EWD’s latest technological innovation, Smart Hybrid Energy System (SHES). By intelligently integrating renewable energy capture from wind, wave and solar, advanced AI, efficient energy storage with compressed air, and a responsive vold system, SHES is designed to address the limitations of renewable energy intermittency, maximize the potential of renewable energy, and provide consistent electrical output.

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For more info:
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On 1 September 2010, Joost van der Pols and Robbert Verbert set out to realize their business dream: to start their own tech company. The experts is the product of a successful journey of 13 years, that also recently landed in Athens, Greece.

At the experts we are architects of a brighter digital future for our cherished clients and partners. Our secret sauce? A team of experts in constant evolution. Each consultant dedicates 20% of their business day to projects other than their expertise in a new city. We engage in a collaborative partnership that goes beyond the conventional client-vendor relationship. We become an extension of our client’s team, understanding their business inside and out. Our value proposition lies in our unwavering commitment to aligning every line of code with your strategic objectives. We don’t just develop software; we craft solutions of businesses.

In addition to our project model, we offer accessible and valuable knowledge subscriptions. These subscriptions provide our clients with continuous access to the latest industry insights, trends, and best practices. Our knowledge subscriptions are designed to empower your team with the information and expertise needed to stay ahead in a fast-paced world of technology.

In our words of Joost and Robbert, owners of the experts: “We are immensely proud of our expansion into Greece; it is an important step in ensuring our continuous delivery of expertise. There is a huge amount of IT talent to uncover. Our professionals in Greece and the Netherlands are one team. We share the same core values, including knowledge leadership and sharing, continuous improvement, and delivery of high-value work on a shared client base. The team in Greece and the Netherlands is growing, while always remaining the IT boutique for which we are known for over 13 years.”

For more info: https://the-experts.nl

Farmvent, a Dutch pioneering leader in the field of small-scale indoor vertical farming, is transforming the way herbs and leafy greens are produced by bringing the production of fresh produce right at the sustainable development goals (SDGs) to the forefront of agriculture.

Farmvent, with the hydroponic farming process, Farmvent’s farms consume 90% less water and reduce the need for fertilizers in comparison to the traditional agriculture which uses 75% more water and increases the need for fertilizers. This eco-conscious approach generates less discard and reduces the carbon footprint by a significant 90% and food miles.

In an area of one to two square meters of the available area of two meters, Farmvent’s self-contained indoor vertical farm produces high yields of fresh produce on a weekly basis. This is achieved through the interconnected cloud-based vertical farms network. Farmvent is a sustainable, energy-efficient LED lamps to cultivate more food with less effort.

For more info: farmvent.com

The setup, born at Wageningen University, has already established vertical farms in the Netherlands and Belgium, in innovation centers, restaurants, and corporate canteens such as Unilever Global Innovation Centre (HIVE), Microsoft Innovation Centre, ING (Global HQ), Compass Group and many others.

Farmvent’s farms consume 90% less water but also enhance the profit margins of agro-businesses while reducing labor costs but also enhances the sustainability of the farming process.

H Farmvent, prωτοπόρος νεώς σε κλειστές καλλιέργειες, αλλάζει τα τρόποι παραγωγής τροφίμων στα καταστήματα και επισιτιστική ασφάλεια λόγω εντόμων, ασθενειών, αυξανόμενων διακινητικών και κλιματικών αλλαγών, το σύστημα της Farmvent συμβάλλει στους Στόχους Βιώσιμης Ανάπτυξης (SDGs) με στόχο την διασφάλιση της ζωής και την ανάπτυξη του πόλου.

The Farmvent πρωτοπόρος της προσπάθειας για μια περισσότερο βιώσιμη και αποδοτική μέλλον της παραγωγής τροφίμων καθώς υπόσχεται να αλλάξει τον τρόπο παραγωγής τροφίμων στις παγκόσμιες προκλήσεις στον τομέα των τροφίμων με ελάχιστες επιπτώσεις στην περιβάλλον.

For more info: +31615535020 allfiers@farmvent.com

For more info: https://the-experts.nl
US GREEKS WANT TO LIVE UP TO 103 YEARS OF AGE

MAJOR SURVEY BY NN ON LONGEVITY IN GREECE

Our chances of living up to a hundred years old have increased significantly, but are we really prepared for this possibility? NN’s survey provides significant data on Longevity, an issue that is becoming increasingly timely.

As we traverse the 21st century, life expectancy is constantly increasing, and our generation is expected to live longer than any other. In that context, NN conducted a pioneering survey on Longevity and how we can contribute to good quality of life. 

- 103 is the age to which most Greeks would like to live
- 82 is the age to which most Greeks believe they will live
- 74 is the age at which people are considered elderly in Greece
- 61 is the age at which people wish to retire
- 69% of Greeks look forward to living longer
- 50% of Greeks believe they are prepared to live longer

We have also noted that growing older no longer means that people cease to be productive and creative. In fact, it seems that we will not merely live longer, but it will also take us longer to “grow old” or at least that’s how we feel. But living a longer and healthier life, does not only mean living as long as possible; it also means enjoying life as much as possible. Thus, NN’s survey went in depth into what we believe contributes to good quality of life. The main sections that seem to enhance Longevity are: 1. The Power of Change, 2. Mental Well-being, 3. Social Ties and 4. Lifelong learning.

The Power of Change: Being adaptable and open to change motivates us to evolve in an ever-shifting world. And, indeed, 32% of Greeks state that they easily manage stress, while 41% makes choices easily. In fact, for 45% of those asked, changes and challenges are a chance for personal growth.

Mental Well-being: An important part of a long and happy life is having mental well-being, which includes both a healthy way of thinking, in order to manage the challenges presented by daily life, and mental resilience, so that we are open to change and able to grow through them. A healthy mind allows us to live longer and enjoy life more. Thus, 78% of Greeks is searching for ways to reduce anxiety/stress with regards to living longer.

Social ties: 72% of Greeks feel that they are part of the community to which they belong, however 9% feel lonely. As social beings, people seek to have strong ties, because that makes us happier and healthier on all levels.

Lifelong learning: The old motto “live and learn” has become a necessary skill for people to remain physically and mentally alert, and thus handle daily life. So, 61% of our fellow citizens who are professionally active have invested significantly in recent years in further developing their skills, while 89% state that they are always looking to learn new things with regard to their profession.

Lastly, Greeks consider the following, the 5 most important aspects of a long life: 1. Health and Well-being, for 60% 2. Money and Financial Security, for 38% 3. The Power to Adapt, for 34% 4. Having a Purpose in their life, for 33% 5. Retirement, for 23%

Through the new page on NN Hellas’ website, everyone can take a short test to discover what longevity profile they belong to, while there are useful tips for living a longer and higher-quality life.

For more info: ACCESS THE 2022 NN HELLAS’ SURVEY www.olivetica.com ntalex10@gmail.com

NEW MEMBER

OLIVETICA, ELAICN TERRA

Olympos, Greece

For more info: www.olivetica.com
ntalex10@gmail.com

Greek were the first to cultivate olive trees in the European Mediterranean area. Since then, olive oil consumption has been the core element of the internationally acclaimed Mediterranean Diet. OLIVETICA is a Greek-based olive oil trading company. We deal with olive oil and olives from various regions of Greece that are renowned for their olive oil production and rank among the best worldwide. OLIVETICA trades brands focusing on organic olive oil, table olives and olive paste. We supply premium high-quality EVOO and organic EVOO, single varietal, early harvest, infused olive oil, virgin olive oil, in small or larger quantities according to our customer’s wishes, all of them quality/acydity levels/organic certified by accredited labs.

Our product range also includes various types of organic vinegar, balsamic, balsamic cream, and dressings. Our products (olive oil, vinegar, table olives, olive paste) come in different sizes of packaging, glass or tin and bags for larger quantities.

Our purpose in trading, as a company, is to guarantee our clients seamless and abundant premium-quality supplies.

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Started in 2009

Thank you, NN, for the opportunity to be a part of this very special issue! We are honored to collaborate with you and NN Hellas, and we look forward to continuing to work with NN in the future.
Η Βίβιαν Χιονά, μέλος του HeDA και δημιουργός του Expat Nest, διακρίθηκε στην κατηγορία «Ψυχολογία και Εκπαίδευση» των φετινών βραβείων GIWA - Greek International Women Awards, ενώ διαδραμάτισε στην υποστήριξη των πελατών του Expat Nest, τους συναδέρφους της, την ομάδα της και τον οίκο της. Απονυμμένη στην κατηγορία «Ψυχολογία και Εκπαίδευση» των διεθνών βραβείων ήταν ευτυχής στην Αθήνα στις 21/9, όπου η Βίβιαν δήλωσε συγκινημένη τον σιγά σιγά την κατακτήσεις της και της Ελληνίδας διεθνούς εμβέλειας. "Το θαυμάζω πως οι άνθρωποι προσέβλεπαν στην ομάδα μου και στον οίκο μας καλύτερο".

Η Βίβιαν Χιονά, Expat Nest founder and HEDA member, has won the Psychology and Education category at the 2023 Greek International Women Awards (GIWA). The award ceremony, which celebrates Greek international women who are making an impact in the world, took place in Athens, Greece, on 21 September. "I was blown away to hear my name announced as the overall winner in the Psychology and Education category! It is an incredible honor to be recognised in this way," said Vivian. "Congratulations to the 124 finalists in all categories; together we make the world a better place."

We are delighted to cordially invite you to the Client Event at our upcoming AIMS International EMEA Meeting. The theme of this year’s event is “International Growth in a Transformative Era” which reflects the dynamism of our time. Kindly find your exclusive invitation below.

If you would like to attend virtually, kindly let us know by signing up.
Η περιοδική υπογραμμίζει την προσέλκυση της TECHNOGRAFIA στην ποιότητα των μεταφραστικών υπηρεσιών της.

ΤΑΧΥΛΗΡΗ ΔΗΜΟΣΙΕΥΣΗ ΑΠΟΣΤΟΛΗΣ ΠΡΟΣΗΛΩΣΗΣ
ISO 17100:2015 ΓΙΑ ΤΗΝ TECHNOGRAFIA

Η τελευταία έκθεση Βιώσιμης Ανάπτυξης της Interamerican, που επελεγεί ως «Έκθεση Βιώσιμης Ανάπτυξης της Interamerican: Επιχειρησιακή Βιωσιμότητα», επανέλαβε την αδιαπραγμάτευτη προσήλωση της εταιρείας στην προώθηση της οικονομικής ανάπτυξης και τη δημιουργία αξίας για τους εργαζόμενους, τους πελάτες, την κοινωνία, την ευημερία του κοινωνικού συνόλου και τη δημιουργία αξίας για την οικονομία. Η έκθεση αποτυπώνει τη διαρκή προσπάθεια της Interamerican να συμβάλει στην οικονομική ανάπτυξη της χώρας, την ευημερία του κοινωνικού συνόλου και τη δημιουργία αξίας για την οικονομία, ως βασικής βάσης της εταιρικής βιωσιμότητας. Η έκθεση επιλέχθηκε ως το βασικό δράμα της έκθεσης, ως επιδεικνύεται στην επιβλητική έκθεση της Επιχειρησιακής Βιωσιμότητας, όπου οι πιο σημαντικές αποτελέσματα και τα θέματα που αναφέρθηκαν στην έκθεση αναπτύσσονται σε περισσότερο λεπτομερές επίπεδο.

Η έκθεση Βιώσιμης Ανάπτυξης της Interamerican, η οποία αποτελεί ένα μεγάλο από τα θέματα της εταιρικής βιωσιμότητας, διακόσμησε τον Άθηνα Στέιτ Σάλον το 2023, ως μια από τις πανηγυρικές και ευπρόσδεκτες εκθέσεις της εταιρείας. Η έκθεση περιλάμβανε πολλές είδη διαφημίσεων, κοινωνικής ευελιξίας και ευεξίας, ως επίσης ως είδος θέματος που αναφέρθηκε στην οικονομία, την κοινωνία και την ευημερία του κοινωνικού συνόλου. Η έκθεση επελέγη ως η κορυφαία εκθεσιακή συνάντηση της εταιρείας, ως επίσης ως είδος ευεξίας και κοινωνικής ευεξίας.
ESG CRITERIA: HOW THEY AFFECT THE BUSINESS ENVIRONMENT

Article by VDI Law Firm

The term “ESG” has already been in the news and is expected to become increasingly so in the future. It refers to environmental (E), social (S) and corporate governance issues (G) that can affect a company’s ability to create value. Although these criteria are often described as “non-financial indicators”, they influence and are linked to a company’s performance and the way they are measured may have financial consequences.

The transition to a greener economy has already become a priority for the European Union. The most recent Directive that came into force in 2023 is Directive (EU) 2022/2464 on Corporate Sustainability Reporting Directive (CSRD), which now applies to all large companies and those listed on regulated markets (except micro-entities). Compliance for the above companies starts from fiscal year 2024 and will be extended to the others until 2026 or later.

Sustainable finance concerns businesses, creditors and investors and there is growing interest in the economic materiality of each ESG criterion separately. High performance in relation to the ESG criteria will have a significant impact both at the level of corporate financing and at the investment level, as those that have complied with these criteria seem to receive more favorable financing terms from credit institutions, while institutional investors are already showing their preference for companies that have complied. At the same time, the Athens ESG index marks the efforts of the Greek Stock Market to strengthen its efforts to improve its ESG criteria.

Despite the burden of strict regulatory compliance and ESG implementation disclosure requirements, the outlook remains positive. This is because it will reduce the phenomenon of greenwashing and companies will enjoy long-term benefits, both financially and in terms of investment.

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