



Norway 2024



YPO Global Board of Directors Family Board Meeting 2024

Bergen, Norway | 1-5 JULY 2024





Dear Board Families,

We look forward to welcoming you to the YPO Global Board of Directors Family Board Meeting 2024 in Bergen, Norway, this July.

Bergen is a UNESCO World Heritage City and a European City of Culture. It offers natural beauty, cultural experiences and outdoor adventures – an ideal setting for our family board meeting.

Norwegians are known for their love of the outdoors, or “friluftsliv.” In honor of “friluftsliv,” our program will include outdoor activities such as boating and hiking, and we will learn how nature plays an integral part in Norwegian life.

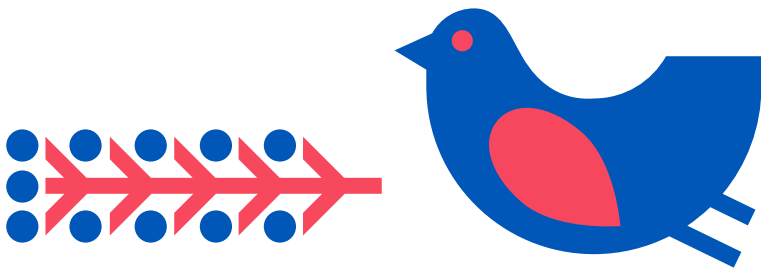
We will also learn about Bergen’s rich history and culture, including fisheries, silver production, music and Viking culture. No visit to the city is complete without a trip to the colorful Bryggen Wharf (a UNESCO World Heritage site) and a ride on the famous Fløibanen funicular for breathtaking views of the city. Each day will also include a hygge experience, a uniquely Scandinavian concept. Derived from the Norwegian word meaning “well-being,” hygge embodies a feeling of comfort, contentment, coziness and togetherness.

We will stay at the Hotel Norge, known for its characteristic simplicity and comfort, providing an authentic Scandinavian experience. Included in this mailing are luggage tags for your use.

Like the city itself, our time together in Bergen is all about connecting with nature, immersing ourselves in its history and culture, and enjoying life’s simple pleasures. Together, we will create lasting memories, and Bergen will provide the perfect environment to bond as a board and as a family. We can’t wait to see you there!

All our best,

[Signatures]



1-5 JULY 2024 Bergen, Norway

30 JUNE SUNDAY	1 JULY MONDAY	2 JULY TUESDAY	3 JULY WEDNESDAY	4 JULY THURSDAY	5 JULY FRIDAY		
Arrivals at Leisure	Arrivals at Leisure	07:30-09:00			07:30-09:00		
		Breakfast at Leisure			Breakfast at Leisure		
		09:00-13:00	09:30-13:00	09:00-13:00	09:00-12:00		
		Board Meeting	Spouse/ Partner Program	Young Adult, Teen & Youth Program	Board Meeting	Spouse/ Partner Program	Young Adult, Teen & Youth Program
		12:30-14:00			12:30-14:00		
		Optional Group Lunch	FiC Lunch Meeting	12:00-14:00			
		Official Start: 14:00-14:15			14:00-17:00		
		Welcome			14:00-17:00		
		14:15-16:30			14:00-17:00		
		Group Offsite Activity			BOD & Spouse/ Partner Program		
17:00-18:30			17:00-18:00				
Awards Refresh & Relax			Refresh & Relax				
18:30-19:00			18:30-20:00				
Group Departure to Dinner			Connecting & Sailing with Cocktails				
19:00-23:30			20:30-23:00				
Group Welcome Dinner: Meet Our New Board Families!			Casual Group Dinner				
19:00-23:00			19:30-23:00				
Optional Dinner for Arrival			Youth Dinner Teens Dinner Young Adults Dinner Board & Spouse/Partner Dinner				
19:00-23:00			19:30-24:00				
Optional Dinner for Arrival			Group Farewell Dinner & Party				
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YPO

Global Board
of Directors
Guide

2024-2025



Global Board of Directors

- Last, First Name (2024-25 Global Chairman)
- Last, First Name (2024-25 Deputy Chairman)
- Last, First Name (Chairman Emeritus)
- Last, First Name (Speaker of the Board)
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name
- Last, First Name





Region
Middle East/
North Africa

First LastName

2024-25 BOARD TITLE

Chapter(s)

YPO Chapter Name
YPO Chapter Name



CONTACT INFORMATION

EMAIL: first.last@example.com
MOBILE: +1 000 000 0000
BIRTHDAY: 01 Month
HOBBIES: Lorem ipsum dolor sit amet
SONG: "Consectetur" adipiscing elit
MOVIE: Lorem ipsum
JOINED YPO: 2015



FAMILY INFORMATION

SPOUSE/PARTNER: First Last
EMAIL: first.last@example.com
BIRTHDAY: 01 Month
HOBBIES: Lorem ipsum dolor sit amet
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DAUGHTER: Name (10)
HOBBIES: Lorem ipsum dolor sit amet

SON: Name (10)
HOBBIES: Lorem ipsum dolor sit amet



HOME INFORMATION

ADDRESS:
123 Lorem Ipsum
City, Region Postal Code
Country



BUSINESS INFORMATION

Business Name
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City, Region Postal Code
Country

Executive Assistant:
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first.last@example.com



Region
Canada

First LastName

2024-25 BOARD TITLE

Chapter

YPO Chapter Name



CONTACT INFORMATION

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BUSINESS INFORMATION

Business Name
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Executive Assistant:
First Last
+1 000-000-0000
first.last@example.com

First LastName

2024-25 BOARD TITLE

Chapter(s)

YPO Chapter Name

YPO Chapter Name

Region

Pacific



CONTACT INFORMATION

EMAIL: first.last@example.com

MOBILE: +1 000 000 0000

BIRTHDAY: 01 Month

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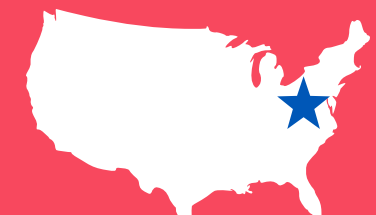
2024-25 BOARD TITLE

Chapter

YPO Chapter Name

Region

Northeastern U.S.



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Region
Latin America

First LastName

Chapter(s)
YPO Chapter Name
YPO Chapter Name



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Region
Southeast Asia

First LastName

Chapter
YPO Chapter Name



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Chapter(s)

YPO Chapter Name
YPO Chapter Name

Region
Pacific U.S.



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Chapter

YPO Chapter Name

Region
Europe



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JOINED YPO: 2015



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Region
Africa



First LastName

Chapter(s)
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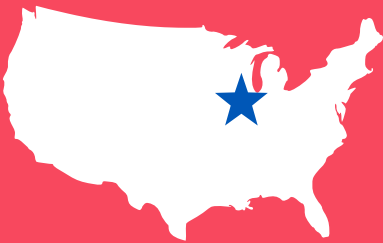
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Mid America U.S.



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Region

Northeastern U.S.



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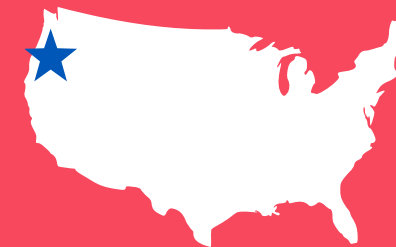
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Chapter

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Region
Southeast U.S.

First LastName

Chapter(s)
YPO Chapter Name
YPO Chapter Name



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Region
North Asia

First LastName

Chapter
YPO Chapter Name



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First LastName

Region

Middle East/
North Africa



Chapter(s)

YPO Chapter Name
YPO Chapter Name



CONTACT INFORMATION

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MOBILE: +1 000 000 0000
BIRTHDAY: 01 Month
HOBBIES: Lorem ipsum dolor sit amet
SONG: "Consectetur" adipiscing elit
MOVIE: Lorem ipsum
JOINED YPO: 2015



FAMILY INFORMATION

SPOUSE/PARTNER: First Last
EMAIL: first.last@example.com
BIRTHDAY: 01 Month
HOBBIES: Lorem ipsum dolor sit amet
SONG: "Consectetur" adipiscing
MOVIE: "Consectetur" adipiscing

DAUGHTER: Name (10)
HOBBIES: Lorem ipsum dolor sit amet
SON: Name (10)
HOBBIES: Lorem ipsum dolor sit amet



HOME INFORMATION

ADDRESS:
123 Lorem Ipsum
City, Region Postal Code
Country



BUSINESS INFORMATION

Business Name
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City, Region Postal Code
Country

Executive Assistant:
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ABOUT NORWAY

Located in Northern Europe, Norway occupies the western half of the Scandinavian peninsula. Nearly half of the country's 5.5 million inhabitants live in the southern region where Oslo, the capital, is located. About two-thirds of the country's total area of 323,800 square km (125,021 square miles), is covered by mountains. Deep glacial fjords created the country's jagged coastline, from which you can find some 50,000 islands.

Composer Edvard Grieg, painter Edvard Munch, novelists Knut Hamsun and Sigrid Undset, and playwright Henrik Ibsen are among the artists the country has gifted the world.

Norway's values are rooted in egalitarian ideas and the country maintains the Nordic welfare model with universal health care and a comprehensive social security system. Its government has large ownership positions in key industrial sectors, having extensive reserves of petroleum, natural gas, minerals, lumber, seafood and fresh water. In fact, Norway's petroleum industry accounts for around a quarter of the country's gross domestic product (GDP). On a per-capita basis, Norway is the world's largest producer of oil and natural gas outside of the Middle East.

Fast Facts

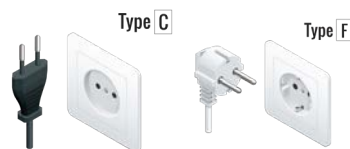
Time Zone: Central European Summer Time (CEST): UTC/GMT +2

Currency: Norwegian krone (NOK kr); 1 NOK kr = .09 USD
Most stores and restaurants accept card payment, but it is recommended to carry some cash.

Weather: The climate of Bergen is oceanic, with cool summers and rainfall above average due to direct exposure to the Atlantic currents. The average temperature in Bergen in July ranges from a high of 62°F (17°C) to a low of 52°F (11°C). Expect moderate temperatures, breezes, and the possibility of rain.

In early July, there are over 18 hours of daylight! Sunrise is at 04:20 and sunset is at 23:05.

Electricity: Plug compatibility is Type C or Type F (voltage 220-240 volts)



Tipping: Tipping in Norway isn't customary, as gratuity is included in the cost of many services. It is considered a nice gesture to round up the bill to the nearest 10 or 100 NOK for exceptional service.

About Bergen

Being the second-largest city in Norway with a population of approximately 300,000, Bergen maintains a small-town charm.

Founded in 1070 by Olav Kyrre, Bergen is one of Norway's oldest cities. The original name of Bergen was Bjørgvin (the green meadow among the mountains). In the 14th century, the name was written as "Bervin," "Bergin" and "Berven," and by the end of the Middle Ages it was simplified to "Bergen."

By the 13th century, Bergen was one of Northern Europe's main centers of trade, largely based on the fishing industry. Today it is an international center for aquaculture, shipping, the offshore petroleum industry, and subsea technology. It's also a national center for higher education, media, tourism and finance. Bergen Port is Norway's busiest in terms of freight and passengers, with more than 300 cruise ships bringing nearly half a million passengers to Bergen each year.

You have probably seen it on Instagram, the picturesque wharf with several old, wooden buildings standing tall in different colors. This is the UNESCO World Heritage site Bryggen, a medieval merchant guild wharf, a remnant from when Bergen was a key center for trade between Norway and Europe.

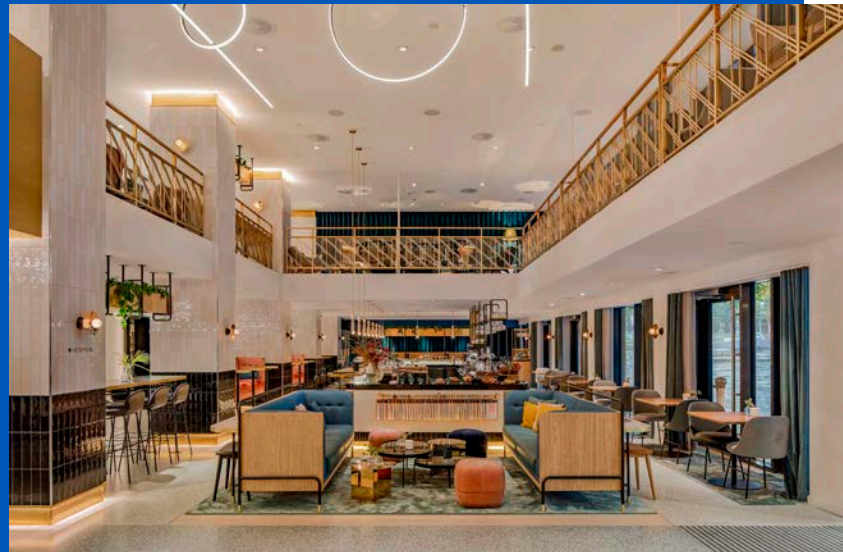


Hotel Norge by Scandic

Nedre Ole Bulls plass 4
5012 Bergen
Phone: +47 55 55 40 00
Email: hotelnorge@scandichotels.com

Check in time: 15:00
Check out time: 12:00

Hotel Norge opened its doors in 1885 and is one of Bergen's most iconic and prominent hotels. Located in the heart of Bergen, the hotel is within easy reach of everything the city has to offer, including shopping, cafés, museums and modern art galleries.



The hotel has a modern, informal, yet international atmosphere, with floor-to-ceiling windows to enjoy the mountains, extended light and city views. The hotel has 415 rooms, a spa, indoor pool and two onsite restaurants. It is 19km (12 miles) from Bergen Airport.



JUMP!

YPO is partnering with the JUMP! Foundation, (jumpfoundation.org), a nonprofit social enterprise that aims to inspire youth through experiential education. YPO has partnered with the organization since 2008 to craft irreplaceable experiences at the annual family meetings for the children of YPO board members.

Programming is planned for youth (ages 6-12), teens (ages 13-17), and young adults (18-28) and will focus on friluftsliv, the Norwegian word that describes their culture and connection to nature. We will also explore sustainability. Bergen's rich natural setting and strong cultural connection to the outdoors lends itself to a program that will show how we interact with the natural world to meet basic needs as well as to enjoy it.

We will kick off discovering Bergen and then dive deeper into the lives, history and traditions of the area, fostering a deeper understanding of Norwegian ways of life while developing closer connections to one another.



What to Pack

Please bring a large suitcase. You will receive gifts during the week!

General attire: Smart casual at hotel and restaurants. Active clothing, with layers, for daily outdoor activities.

The following will be provided to you: waterproof rain jacket, light back pack, water bottles and snacks.

Suggested Attire

Monday, 1 July Outdoor Walking Activity; Group Dinner

Group Lunch: Casual and comfortable. Layers - yoga/hiking gear, lightweight pants, casual gear, comfortable walking shoes.

Group Activity: Casual and comfortable. Layers - yoga/hiking gear, lightweight pants, casual gear, comfortable walking shoes.

Welcome Dinner: Smart casual
Women: Skirt, nice jeans or pants and dressy top; wrap for cooler temperatures.
Men: Jeans/slacks are OK.

Youth, Teens & Young Adults: Smart casual. Jeans are OK, bring a light jacket.

Tuesday, 2 July Board Meeting; Hiking; Outdoor Group Activity; Dinner

Board Meeting: Smart casual. Layers - jeans are OK, bring a light jacket.

Programs:
Spouse/Partner and Youth, Teens & Young Adults: Casual and comfortable. Layers - yoga/hiking gear, lightweight pants, casual gear, comfortable hiking shoes.

Dinners:
Board & Spouse/Partner Dinner: Dressy casual.
Women: Dress, nice jeans or skirt with a dressy top, dressy pants outfit; wrap or jacket. Wedges, block heels or flats recommended.
Men: Pants, collared shirt (tie not required), jacket optional but suggested for cooler temperatures.

Youth Dinner: Comfortable. Sweatpants and sweatshirts are acceptable.

Teen Dinner: Comfortable layers, bathing suits. Towels will be provided.

Young Adult Dinner: Smart casual. Layers - jeans are OK, light jacket.

Wednesday, 3 July Board Meeting; Program Offsites

Board Meeting: Smart casual. Layers - jeans are OK, light jacket.

Programs:
Spouse/Partner Casual. Warm layers - yoga gear, lightweight pants, casual gear.

Youth, Teens & Young Adults: Casual and comfortable. Warm layers - yoga/hiking gear, warm pants, sweatshirt, casual gear.

Dinner:
Group Dinner: Smart casual. Layers - jeans are OK, light jacket.

Thursday, 4 July Board Meeting; Exploring Bergen; Water Activities; Farewell Dinner

Board Meeting: Smart casual. Layers - jeans are OK, light jacket.

Programs:
Spouse/Partner: Smart casual - jeans are OK. Comfortable walking shoes.
Youth Program: Comfortable. Layers. Bathing suits (towels will be provided). Water shoes or flip-flops.
Teen Program: Comfortable. Bathing suits (towels will be provided). Water shoes or flip-flops.
Young Adult Program: Casual. Layers, bathing suits (towels will be provided). Water shoes or flip-flops.

Dinner & Celebrations:
Evening Social Smart Casual. Jeans are OK. Bring your dancing shoes ;)



Culture, History and Customs

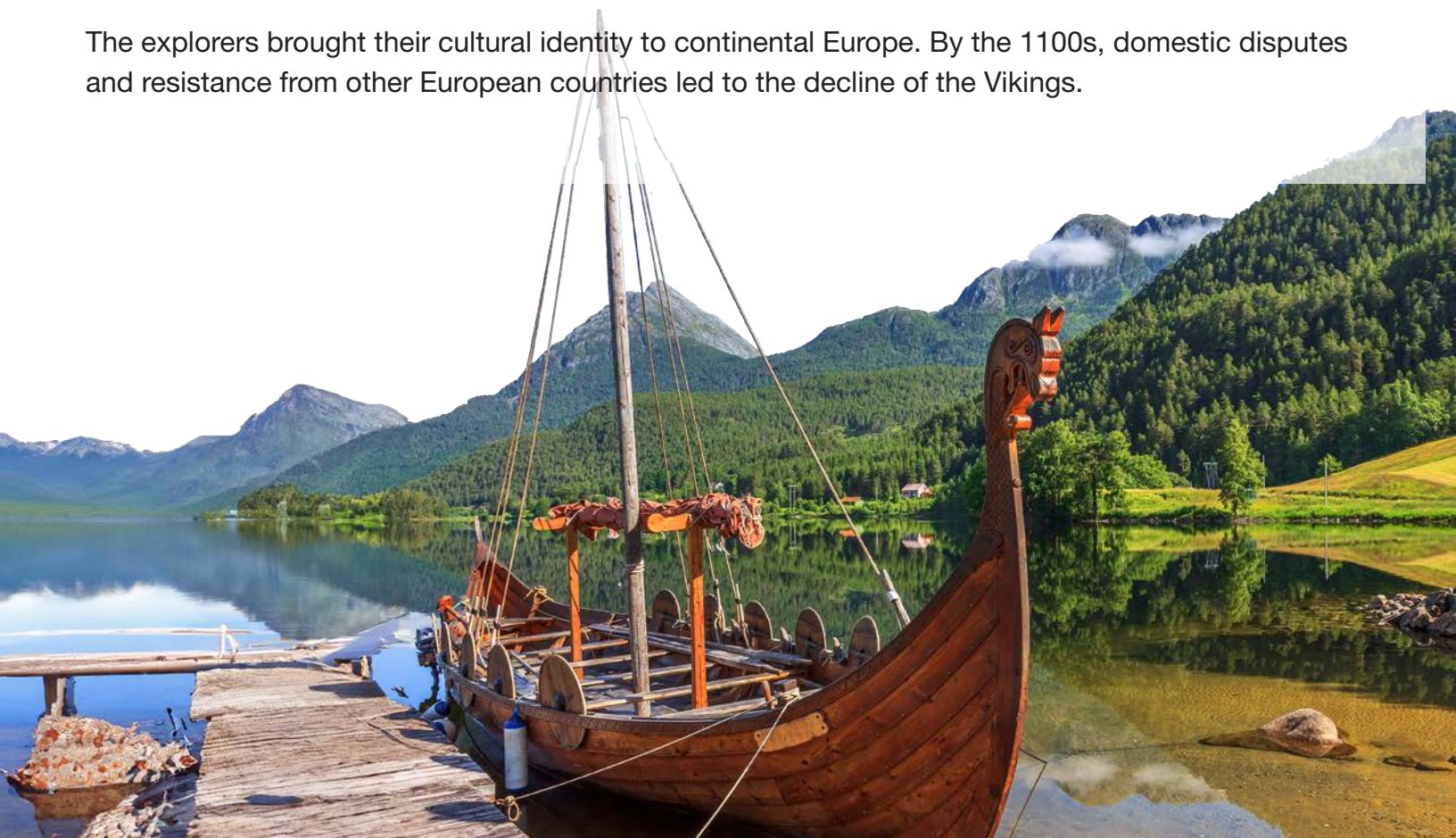
Viking Heritage

An attack on the English monastery, the Lindisfarne, in 793 launched the Viking Age, which lasted until 1066, when King Harald Hardrada was killed at the Battle of Stamford Bridge.

As seafarers and explorers, Vikings were fearless, and they were skilled traders. They raided, looted, colonized and traded throughout the known world as well as the new. Vikings were the first Europeans to reach Greenland and North America, beating Christopher Columbus to the shores of North America by about 500 years. They sailed in vessels known as longships across the Baltic Sea and down Russian rivers as far as the Black Sea and the Caspian Sea to Byzantium and the Caliphate of Baghdad.

Among the many cities and colonies founded by Vikings was Dublin, Ireland, and the Normandy region in France. Dublin was held as a significant settlement for more than three centuries. Between the years 879 and 920, Vikings colonized Iceland, which became the springboard for the colonization of Greenland.

The explorers brought their cultural identity to continental Europe. By the 1100s, domestic disputes and resistance from other European countries led to the decline of the Vikings.



Hygge

“Hygge” refers to “a pleasant and highly valued everyday experience of safety, equality, personal wholeness and a spontaneous social flow.” As a noun, “hygge” is something nice and cozy. Norwegians value “hygge” and being together with loved ones, present in the moment, enjoying precious moments with them, while eating, drinking, chatting and playing.



Friluftsliv

Friluftsliv, the Norwegian philosophy of embracing the great outdoors, emphasizes the simplicity, harmony and richness of nature and outdoor living as a pathway to well-being. The word blends the Norwegian words for free, air and life. This tradition continues to define Norwegian culture, so much so that the “right to roam” is enshrined in law.

Unsurprisingly, camping is a much-loved pastime of Norwegians. It’s legal in Norway to camp almost anywhere across the country, as long as you’re at least 150 meters away from any buildings, only stay for one night and leave the area in the condition that you found it.

One distinctive feature of early childhood education in Norway is the emphasis placed on spending time outdoors and developing a relationship with nature. Norwegian kindergarteners spend 75% of their time outdoors in the summertime and 30% in the winter.



Norse Mythology

Norse mythology encapsulates the religious beliefs of ancient Scandinavian societies. Known by some as the religion of the Vikings, Norse myths originated from centuries of oral tradition, serving as a compass to explain the world. Over time, these stories evolved into beliefs and practices, permeating every aspect of Viking society.

A core motif in Norse mythology is the battle between order and chaos. Deities and heroic figures – Loki, Thor, Odin and Freya – battle monstrous creatures, giants and other dangers that pose threats to the balance of the universe. Such tales served to reflect the Norse understanding of the world as one in ongoing conflict, with destiny and fate playing pivotal roles in the stories. The notion of predestined fate shaped the Vikings’ outlook toward life, death and their role in the world and enforced the belief that every event and every action, no matter how trivial or momentous, was universally designed. Norse mythology continues to captivate contemporary audiences in works of art, film, television and video games.



Religion & Beliefs

Early Norwegians, like most Scandinavians, were once adherents of Norse paganism. The indigenous people of northernmost Norway, the Sámi, had a shamanistic religion, but Norway was gradually Christianized by missionaries between 1000 and 1150.

Today, 63.7% of the population in Norway is belong to the Evangelical Lutheran Church of Norway. Islam is the largest non-Christian religion, with 3.4% of the population Muslim. The unaffiliated make up 18.3% of the population.

Midsummer

Midsummer, or “Sankthansaften,” is a celebration of the summer solstice and the long days of sunlight in Norway, including the midnight sun. Traditionally associated with pagan rituals, Midsummer celebrations have transformed into a time of joy and outdoor activities.

The most important custom of all the cultural traditions in Norway at Midsummer is lighting bonfires along coastlines, lakeshores and hilltops, symbolizing the banishment of evil spirits. Families and friends gather for picnics, games and traditional dances, creating a sense of unity and joy, embracing the beauty of the Norwegian summer.



Trolls

Trolls have captured the imagination of Norwegians for centuries. A recurring creature in legends, myths, sagas and fairytales, these mythical creatures from Nordic folklore are portrayed as supernatural beings that dwell in caves and avoid humans.

According to some stories, trolls have caused blizzards, rockslides and other dangerous weather and geological events. People believed that trolls never ventured out during the day because sunlight would turn them into stone. Trolls are such an integral part of Norwegian culture and history that there’s even a famous hiking route called Trolltunga, which means ‘troll’s tongue.’



Interesting Facts About Norway You Probably Didn't Know!

Norway's national symbol is a rather exotic animal, the lion.

The island of Rødøy, in northern Norway, is home to rock carvings of a skier that dates back 4,000 years, leading experts to believe Norwegians invented skiing.

Norway has won more medals in the Winter Olympics than any other country, with 368 to date since the first Winter Olympic Games were held in 1924.

Contrary to popular depictions, Vikings did not wear helmets with horns. However, they did drink from polished horns. In particular, they drank a type of fermented beer-like beverage, mead or "mjød."

The Viking diet was more varied and healthier than what is commonly thought. Their travels gave them access to various spices. They also enjoyed drinking skyr, a fermented, creamy yogurt-like cheese that today is considered a superfood.

Norwegians tend to be fond of alcoholic beverages but appreciate their (generally black) coffee even more. Their annual consumption of 9.9 kg of coffee per capita is only surpassed by the Finns (12 kg).

The Norwegians founded Dublin, Ireland, in A.D. 841.

Norwegians read more than any other population in the world, shelling out an average of NOK500 NOK (USD76) a year per capita on books. More than 2,000 book titles are published annually. Following in the footsteps of literary giants Knut Hamsun and Henrik Ibsen, today's most famous authors include the crime-writer Jo Nesbø and the author of "My Struggle," Karl-Ove Knausgård.

The most famous artwork to come out of Norway is Edvard Munch's iconic The Scream, which once held the Guinness World Record for the world's most expensive painting when a version of it (there are four) was sold for almost USD120 million at Sotheby's in 2012.

In Svalbard, an island 2,030 km (1,261 miles) north of Oslo and 1,050 km (652 miles) south of the North Pole, it is required by law to be armed when you leave a settlement due to the danger of a polar bear encounter.

Sognefjorden is the largest fjord in Norway and the second largest in the world. It is the longest ice-free fjord in the world and stretches 205 km (127 miles) inland from the ocean.

The Lærdal Tunnel is the world's longest road tunnel at 24.5 km (15 miles) and opened in November 2000.

The Hardangervidden mountain plateau is the biggest of its kind in Europe and home of the largest reindeer population on the continent.

Half the world's Sámi population lives in Norway. They are a Finno-Urgic people who inhabit a region known as Sápmi, which includes large parts of northern Norway, Sweden, Finland, and the Murmansk region of Russia.

Norway's most famous architectural invention is probably the stave church. These singular medieval wood churches look like something straight out of a fantasy novel. Today only 28 are left (from over 1000), and a must-see when visiting the country.

Brown cheese is a staple on Norwegian breakfast and lunch tables. If you are a cheese lover who does not feel tempted by the caramel-like brown cheese, don't worry! Norway has a number of world-class artisanal cheese producers like Ostegården, the winner of "World Cheese Awards" in 2018, and Tingvoll, winner of the same in 2016. It was also a Norwegian who invented the cheese slicer.

Roald Dahl, the English author of Norwegian descent, based his "Charlie and the Chocolate Factory" on the Freia chocolate factory in Oslo.

The paperclip was invented and patented by Norwegian Johan Vaaler in 1890.

According to The Happiness Research Institute, Norway is the second happiest country on Earth, only beaten by Finland.

Greetings in Norwegian

Common Phrases

"Hei" or "Hallo" Hello	"Ja" Yes	"Nei" No	"Hvordan har du det?" Pronunciation: "hvohr-dan-hahr-doo-deh" How are you?
"Ha det" or "Ha det bra" Goodbye to someone in both formal and informal settings.			"Jeg heter" Pronunciation: "yeh-heh-ter" My name is ...
"Unnskyld" Excuse me, I'm sorry			"Ha en god dag" Pronunciation: "hah-ehn-gohd-dahg" Have a good day
"Vær så snill" Pronunciation: "Vair Saw Sneel" Equivalent to saying "please" in English.			



Shopping

Fish Market in Bergen

The Fish Market in Bergen is one of Norway's most visited outdoors markets. The picturesque market sells seafood, fruit and vegetables.

Arven gold

A gold and silver factory, Arven offers a wide range of beautiful silverware and unique jewelry handcrafted and made in Bergen.

Dale of Norway

Dale of Norway is known worldwide for their iconic sweaters and other premium quality knitwear.

Høyer Bergen Sentrum

Høyer Bergen offers fashion from Toteme, Zimmermann, Acne Studios, Polo Ralph Lauren, Stone Island, Holzweiler and BRGN.

Røst

At Røst, you will find design, fashion and interior products that are hand-picked, quality-checked and made from solid natural materials.

Selected Clothing

Responsibly crafted philosophy, bringing good quality to the latest fashion.

Ting

Not sure what gifts to bring home? Check out this gift shop.

Restaurant Recommendations

Bare by Chef PAK

Chef Vladimir Pak won gold in the Sushi World Championship in Tokyo 2017 and a Michelin star for his restaurant "Omakase by Vladimir Pak" in 2020. Bare by Chef PAK combines Nordic and Japanese ingredients.

Frescohallen

Nicknamed Bergen’s new seafood “cathedral,” Frescohallen serves delicious local and fresh dishes in what may be Norway’s most spectacular restaurant venue. Located in a beautiful historical building with eye-catching frescos on every wall.

Brasserie Chérie

Experience Paris in the heart of Bergen at Brasserie Chérie, located on the charming street Skostredet. Inside, bold floral wallpaper, luxurious dark velour, vibrant decor and plush sofas embody the elegance and charm of France.

Bien Basar

Bien Basar is a classic Norwegian restaurant, inspired by continental restaurants and food markets. The restaurant serves classic dishes based on local ingredients, and is famous for their persetorsk, a traditional fish dish unique to Bergen.

Pubs & Bars

Bar Amundsen

Relax in this peaceful lounge after spending the day exploring Bergen.

Bella Notte

Bella Notte is an elegant cocktail bar with a focus on delicious cocktails, atmosphere, music and service.

Hulen Bergen

Hulen Bergen is one of Northern Europe's oldest rock clubs. Located in an old bomb shelter, it offers a unique music and nightlife experience.

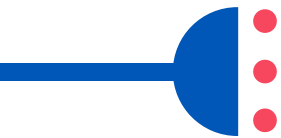
Restaurant Sjoboden

Enjoy the best of the sea and land at this favorite spot located on a pier.





ON-SITE SUPPORT



First Last

YPO Title

✉ first.last@example.com

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of extraordinary chief executives.