

thegreenlist.nl

your go-to place for a sustainable lifestyle





The greener lifestyle platform

Thegreenlist.nl is the go-to lifestyle platform for greener living and the largest social community for anyone looking to live more sustainably. We emphasize 'greener' because we want to inspire everyone to join us. Our goal is to show that sustainable living is both important and enjoyable, that you can still have just as many adventures and live well. We steer clear of preachy attitudes and the 'you're not doing it right' mindset. Our mission is to spark daily ideas for a more sustainable life. We do this through our website, social media, (e)books, newsletter, podcast, mainstream media, and by partnering with great brands.

We only share what we would personally recommend: to our friends, neighbors, family, and our loyal readers and followers. That's what makes us credible and sets us apart.

Since 2022, founder Saskia has regularly appeared on TV as a sustainable lifestyle expert, and as of May 2024, she is the resident columnist and sustainable travel reporter for the leading travel magazine *Columbus*.

Thegreenlist.nl is certified by influencerregels.com.

Interested in collaboration?
Drop me an email:
saskia@thegreenlist.nl



Taste-makers

At *thegreenlist.nl*, we curate daily inspiration for a more conscious and enjoyable lifestyle. As trendsetters in sustainable living in the Netherlands, we bring together the best: original ideas, practical tips, and surprising solutions. Our goal? To show everyone that living greener not only feels good but is also a lot of fun!



Who we are

Thegreenlist.nl is enthusiastic, positive, and action-oriented. We speak from our expertise and experience, always avoiding the impression that we know better because, truth be told, we don't. However, we love thinking in solutions, bursting with great ideas and fun tips to inspire and entice our readers.

Thegreenlist.nl is a community, your green companion. That's why we specifically highlight ideas and tips from others, including our readers and followers, giving them a platform to connect as many people and ideas as possible.

In an (online) world saturated with (in our view: instrumental) sustainable content, and where robots can generate uninspired articles within seconds, *thegreenlist.nl* distinguishes itself with a new, fresh hue of green in the sustainable media landscape.



Our DNA

- We are a journalistic lifestyle magazine, creating content across the entire spectrum of sustainability.
- We don't criticize anyone and encourage every idea and every step.
- We are solution-oriented and always have good ideas and solutions. Not everyone will agree with us, but in our opinion not every idea needs to be perfectly green. Choosing significantly less meat or opting for a non-industrial piece of meat, we consider that a win too.
- We understand that sustainability is a complex concept encompassing issues such as climate change, environmental pollution, overconsumption, resource scarcity, animal welfare and inequality. We strive to explain as clearly as possible in which areas and how things can be a more sustainable choice. In our view, things can already be a good idea if they address one or several of these major problems.
- Our content is cheerful, and our articles are lively and well-written. We want you to feel excited about sustainability. We are your green companion. That's how we write. No robot can replicate that.
- We don't like nonsense. We conduct thorough research and use reliable sources, which we always cite.
- While we certainly address those already on board with sustainable living, our primary goal is to inspire those who are not quite there yet.
- We step into the world of our readers. We don't talk in lofty terms; instead, we make subjects tangible and relatable. We love clear examples and recognizable daily situations.

Green with a bite



- We're self-aware; nobody lives perfectly sustainably. Those who claim otherwise, we find less credible and not particularly friendly.
- We steer clear of no-brainers because, by now, everyone knows that 'buying second-hand more often' is better for the planet. We take the next step and provide you with original ideas on *how* to do that.
- We reject sustainable jargon. Impactful? In the green bubble, it might be widely known, but outside, people have no clue. We prefer 'harmful to the planet' or 'a negative influence.'
- Our day is a success if we've managed to inspire just one person to make a different (better) choice.



Hi! My name is Saskia Sampimon-Versneij, and I am a sustainable lifestyle expert and the founder of *thegreenlist.nl*. I am also the author and publisher of the most enjoyable sustainable lifestyle book: *NIKS NIEUWS (Nothing New)*, as well as various e-guides, including the No Buy Fashion Guide and a sustainable bookkeeping guide.

What began in 2020 as a personal quest for a more sustainable life has grown into the premier sustainable lifestyle platform in the Netherlands. A dream come true for me as a journalist and content creator! Together with my amazing editorial team, I aim to inspire as many people as possible to make more sustainable choices.

The time I have left, I prefer to spend with my family. I am married to David and the mother of Frank (2015). Together, we explore how we can live more sustainably.

Interested in collaboration? Drop me an email::
saskia@thegreenlist.nl.



Target audience

Women

aged 25-64



***Thegreenlist.nl* is for everyone: deep green, light green, and not green at all. However, we particularly focus on women aged 25 to 65 who are interested in a more sustainable, conscious, and enjoyable lifestyle, or those exploring their options.**



Our readers & followers

- 89% of our Instagram followers are women, mostly aged between 35 and 54.
- On our other channels, we see a more mixed audience.
- Nearly all our Insta followers are from NL (88%) or BE (8%).
- They often live in the Randstad region. Top 5 : Amsterdam, Utrecht, The Hague, Rotterdam, Haarlem.
- They're looking for tips on how to live more sustainably and joyfully.
- They often find sustainability complicated and appreciate that we do the research for them.
- If their budget allows, they're happy to spend a bit more on good, honest products.
- But... they also love second-hand bargains and clever lifehacks.
- They have great taste when it comes to fashion, interiors, (veggie) food, going out, and travel.
- Authenticity matters more to them than polished pictures and slick talk.
- New: the website is now available in English and German, which is helping our community grow internationally.

Reach per month:

1.750.000

Impressions per month:

4.200.000

The figures are based on reach and impressions or views over a 28 or 30-day period on Instagram, LinkedIn, Facebook, TikTok, YouTube, website, newsletter, and Pinterest.

LINKEDIN

Followers: +9.826
Reach per post: ~3.000 (2.000-15.000)
Impressions per month: ~367.500
Reach per month: ~185.188

TIKTOK

Followers: +3.897
Reach per post: ~1.000 (800-100.000)
Impressions per month ~396.000
Viewers per month: ~303.000

YOUTUBE SHORTS – NEW

Reach/ impressions per month: ~31.000

PINTEREST

Impressions per month: ~123.000
Reach per month: ~86.000

NEWSLETTER

Subscribers: +4.825/ Open rate: 50-60%

PODCAST

Downloads: 14.000
Listeners per episode: ~1.500

INSTAGRAM



Followers: +61.766
Likes post: ~300-600
Engagement per post: ~5%
Reach post: ~30.000 (10.000-50.000)
Reach/ impression reel: ~40.000 (between 20.000-500.000)
Impressions per month: 2.800.000
Reach per month: 823.000
View story: ~2.500 (1.500-5.000)

FACEBOOK

Followers: +5.542
Reach per month: 282.000
Impressions per month: 481.000
Reach per post: ~1.000 (500-50.000)

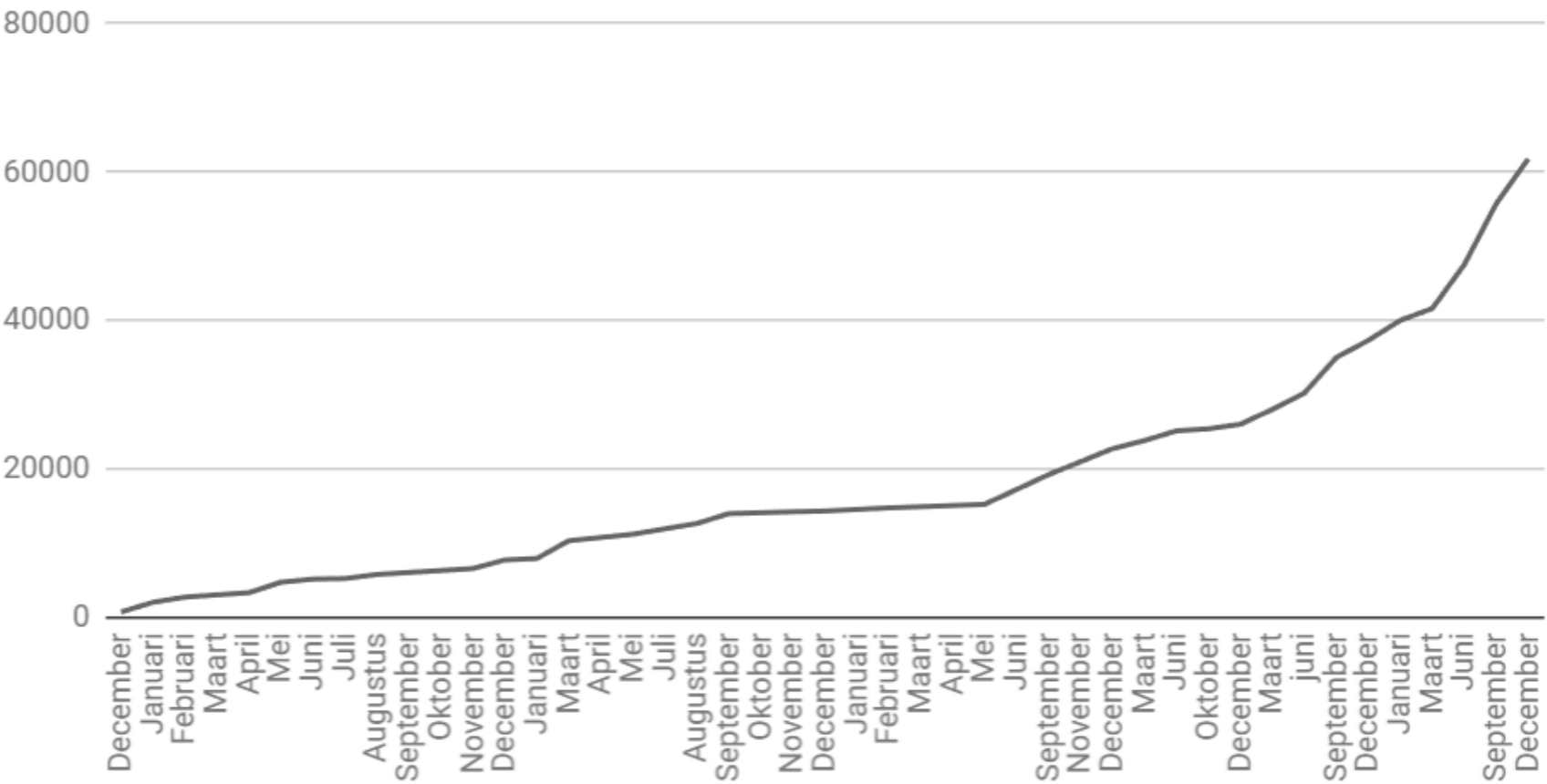
WEBSITE



Unique visitors per month: ~40.000
Page views per month: ~60.000
Expected unique visitors in 2026: +600.000
With 688 search terms ranking in Google’s top 5

Stats

Groei following Instagram



Topics & Mediamix

- TWEEDEHANDS
- SECONDHAND
- REUSE
- ZERO WASTE
- DIY
- REPAIR & UPCYCLE
- GROCERIES
- COOKING & RECIPES
- SUSTAINABLE FASHION
- OUTINGS & VACATION
- CITYLIFE & RESTAURANTS
- BEAUTY & CARE
- HOME & INTERIOR
- HOUSEHOLD
- WORK & ENTREPRENEURSHIP
- HEALTHY LIVING
- CHILDREN & PARENTING
- MINIMALISM
- PRODUCT REVIEWS
- GARDENING
- ANIMALS
- SOCIAL INITIATIVES



INSTAGRAM FIRST VIDEO CONTENT
With socials shares on **TikTok, LinkedIn, Facebook & YouTube Shorts.**



PODCAST
Every Friday a new episode in your favorite podcast app (ON A BREAK).



PINTEREST
Pins to inspire greener living ideas.



(E)BOOKS
Author and publisher of (e)books.



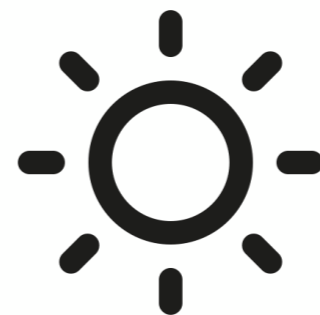
NEWSLETTER
A weekly newsletter featuring sustainable tips, useful discounts, and greener giveaways.



ONLINE MAGAZINE (WEBSITE)
5 times a week an article from the editorial team.



GREENLIST FAVORITES
3-4 times a year, an online edition featuring must-haves for spring / summer / autumn / winter / the holidays.



TRAVEL JOURNALIST & COLUMNIST
Columnist and travel reporter for *Columbus, NS Dagje Uit & In Eigen Land.*

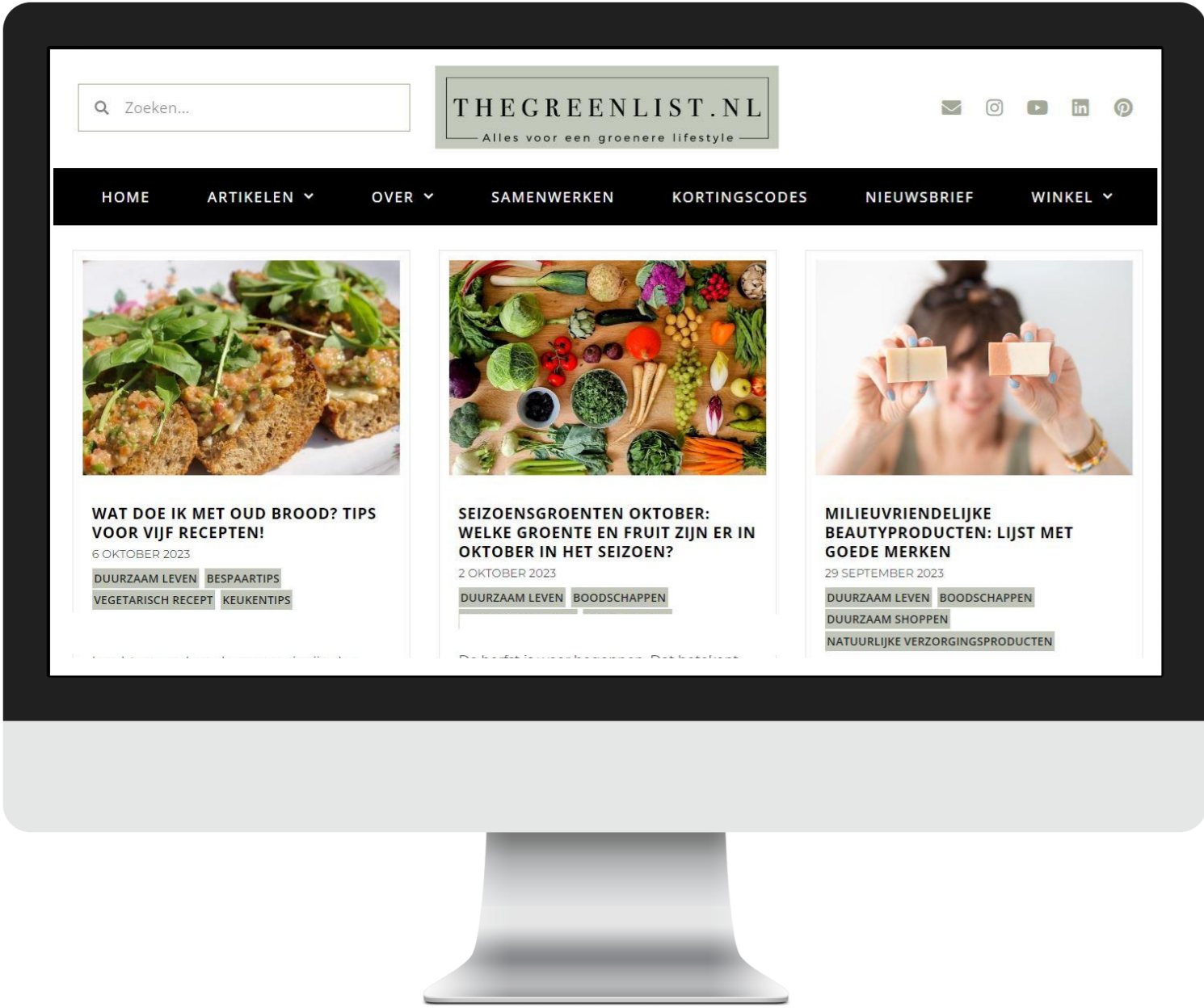


TV
Sustainable lifestyle-expert for editorial and branded content TV features.



CREATIVE AGENCY
Content production for brands and publishers.

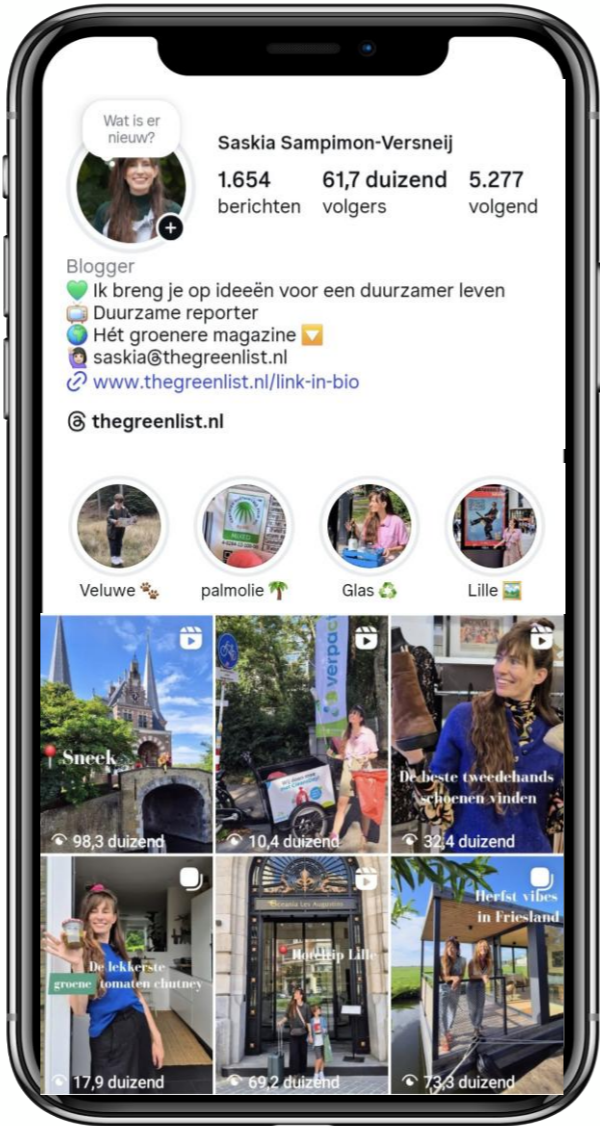
Touch points



ONLINE MAGAZINE (SITE)

INSTAGRAM

Facebook, TikTok & Shorts



LINKEDIN



NEWSLETTER



PINTEREST

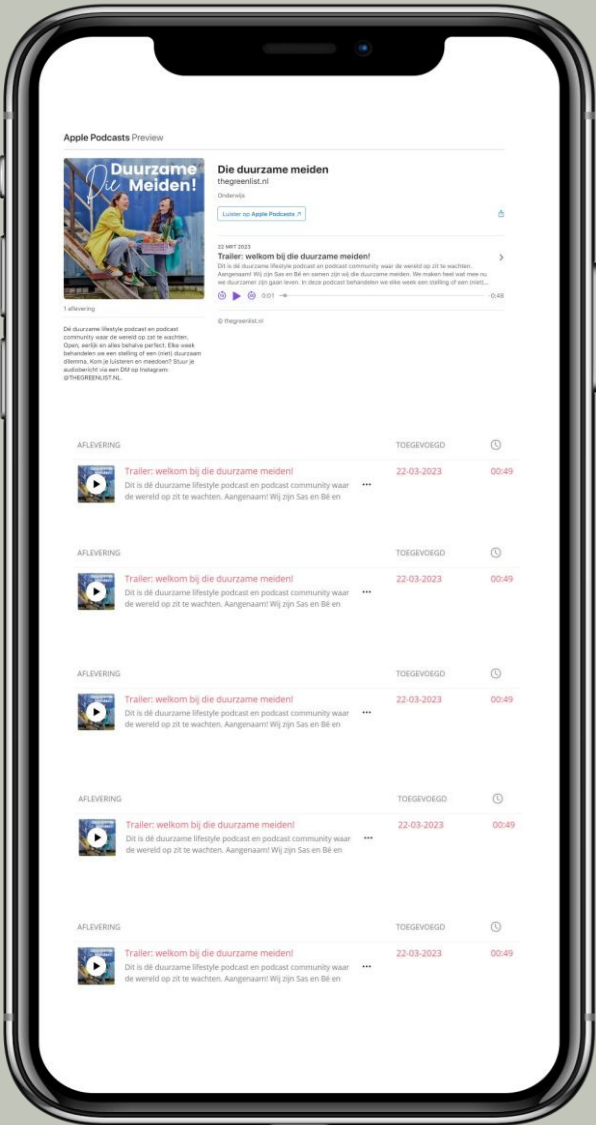


(E)BOOKS



DE GIDS
voor startende ondernemers

*die het duurzamer & mooier willen doen



PODCAST

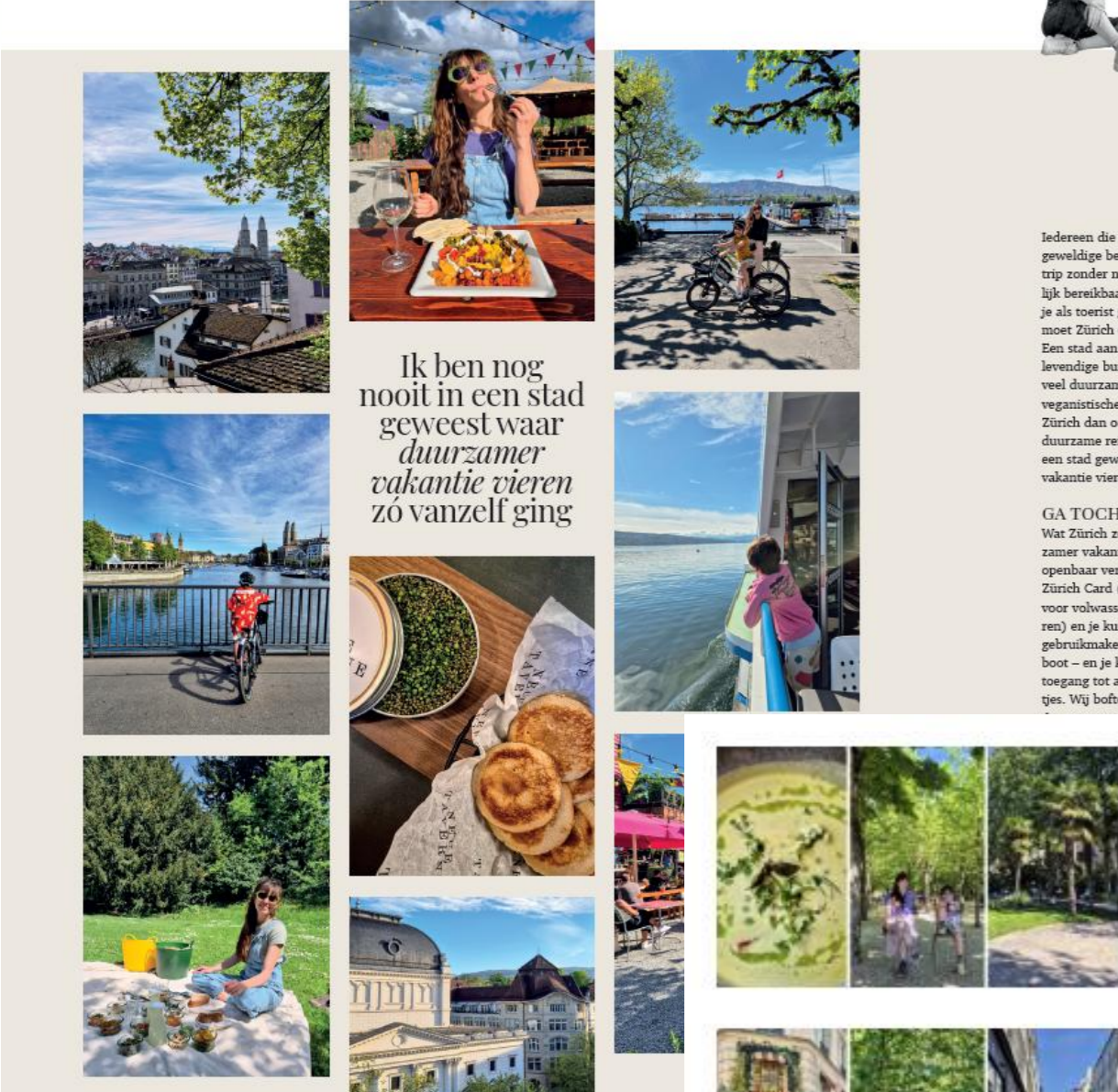


MAINSTREAM MEDIA



TRAVEL REPORTER & COLUMNIST

Dagboek van een *duurzame* reiziger



Ik ben nog nooit in een stad geweest waar *duurzamer vakantie vieren* zo vanzelf ging



COLUMN

Saskia Sampimon-Versneij van *thegreenlist.nl*, een online lifestylemagazine en Instagram-community over duurzaam leven, toont aan dat je je reis juist verrijkt door groene(re) keuzes te maken. In deze editie tipt ze Zürich als dé stedentripbestemming voor de duurzame reiziger.

HOOFDSTUK 9: De ultieme groene stedentrip

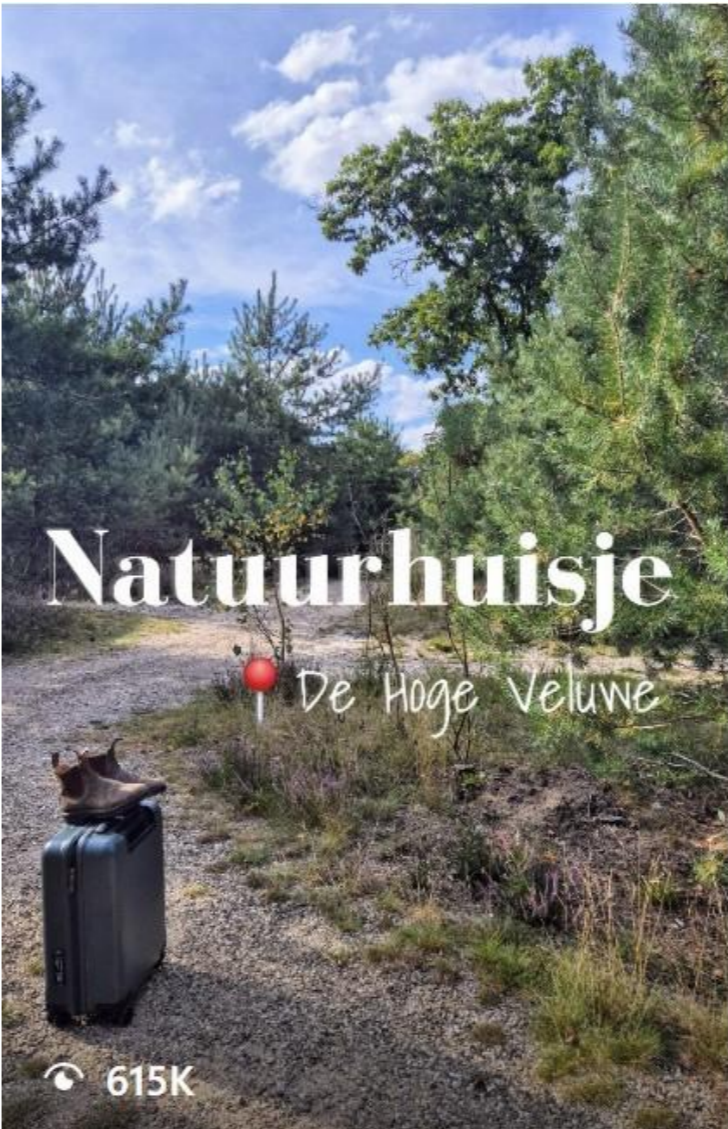
Iedereen die nog op zoek is naar een geweldige bestemming voor een stedentrip zonder massatoerisme, die makkelijk bereikbaar is zonder vliegtuig, waar je als toerist gratis fietsen kunt lenen, moet Zürich op zijn bucketlist zetten. Een stad aan het water, met een levendige buitencultuur en verrassend veel duurzame en zoveel vegetarische als veganistische eetplekken. Ik nomineer Zürich dan ook als dé stedentrip voor de duurzame reiziger. Ik ben nog nooit in een stad geweest waar duurzamer vakantie vieren zo vanzelf ging!

GAT OCH FIETSEN
Wat Zürich zo relaxed maakt als je duurzamer vakantie wilt vieren: het goede openbaar vervoer en de fiets. Koop een Zürich Card (omgerekend circa € 60 voor volwassenen en € 40 voor kinderen) en je kunt 72 uur lang gratis gebruikmaken van tram, bus, trein én boot – en je krijgt ook nog eens gratis toegang tot allerlei musea en leuke uitjes. Wij boften met prachtige weer en

GROENE JUWELTJES
Ook als je van groen houdt, zit je in Zürich goed. Langs het Zürichmeer kun je eindeloos wandelen, relaxen in het gras of een frisse duik nemen – met de Alpen als decor. Langs de rivier de Limmat vind je fijne groene stukken én Badis, heerlijke openluchtzwembaden in de rivier, waar je samen met de locals zwemt en ontspant in het groen. Zelfs in het financiële district, doorgaans in veel steden niet bepaald een groene wijk, stuit je op onverwachte oases, zoals een oude verdedigingsgracht om langs te dwalen en de Albert Botanische Garten met zijn kleurrijke planten en bloemen.

DUURZAAM LEKKER
Laat de Italianen en Fransen het maar niet horen, maar het eten in Zürich is echt een tien uit tien. Je vindt hier verrassend veel verfijnde, duurzame restaurants zoals The Artisan en Neue Taverne, die smaken op tafel toveren die je niet vaak meemaakt. Maar wat me ook opviel: zelfs in de 'gewone' restaurants is er altijd voldoende en goede vega(n) keuze. Een must voor je bucketlist is Haus Hiltl, het oudste vegetarische restaurant ter wereld. Sinds 1898 een begrip en nog steeds dé plek in hartje Zürich als je vega(n) en smaakvol wilt eten. Soms zijn vegetarische buffetrestaurants een cultureel fenomeen in Zürich. Ook bij Tibits, een vegetarische buffetketen die je in de hele stad tegenkomt, schep je bord vol, van ontbijt tot laat op de avond, en reken je af per gewicht.

Mijn conclusie: wie Zürich ontdekt, wordt er een beetje verliefd op. Normaal ben ik iemand die het in een stad na een paar dagen wel gezien heeft, maar in



PARIJSTIPS VOOR EEN DAG IN SAINT-GERMAIN-DES-PRÉS

17 MEI 2025

Saint-Germain-des-Prés is een van de populairste buurten van Parijs – en dat merk je meteen op plekken als Rue de Buci. Een straat vol klassieke

PARIJSTIPS: EEN DAG IN OBERKAMPF

17 MEI 2025

Oberkampf is het creatieve zusje van Le Marais. Iets rauwer, een tikkeltje Berijns, maar met die typische Parijse charme. Je vindt er street art op

PARIJSTIPS VOOR EEN DAG IN HET ZEVENDE ARRONDISSEMENT

17 MEI 2025

Het zevende arrondissement van Parijs? Daar hoeft je eigenlijk niet veel woorden aan vuil te maken. Want: de Eiffeltoren. Alleen daarom al is dit stukje

PARIJSTIPS VOOR EEN DAG IN LE MARAIS

17 MEI 2025

Le Marais is één van de populairste buurten van Parijs. En terecht. De wijk is prachtig, charmant én verrassend groen. Je vindt er historische pleinen,



Ontdek een verborgen stadsoase

Bij een groene citytrip denk je niet snel aan het financiële district, met zijn wolkenkrabbers, drukke verkeer en haastige zakenlui die met hun Starbucks-koffie van of naar hun werk hollen. Toch vind je juist in 'The City' verrassende groenvoorzieningen. Een verborgen parel is St. Dunstan in the East Church Garden, een middeleeuwse kerk die in de Tweede Wereldoorlog werd verwoest. In plaats van wederopbouw, besloot men in de jaren zeventig de natuur zijn gang te laten gaan en de ruïnes te laten overwoekeren. Het resultaat? Een serene oase met klimop, bloemen, vogels, eekhoorns en bankjes waar je volop kunt genieten van de rust. Kortom: één van de zeldzame plekken in de stad waar de telefoon nog in de broekzak blijft. St. Dunstan is dagelijks gratis te bezoeken tot 19 uur.



Collaborate

Do you want your sustainable brand story and/or product featured on one of the channels of *thegreenlist.nl*? Whether it's in the online magazine, on social media, in the podcast, in print, in an e-book, at your company, or even on TV, it's all possible! We love brainstorming creative and impactful ideas that stick. And, of course, in the unique, lively, and informative style that is characteristic of *thegreenlist.nl*.

(VIDEO) REPORTER

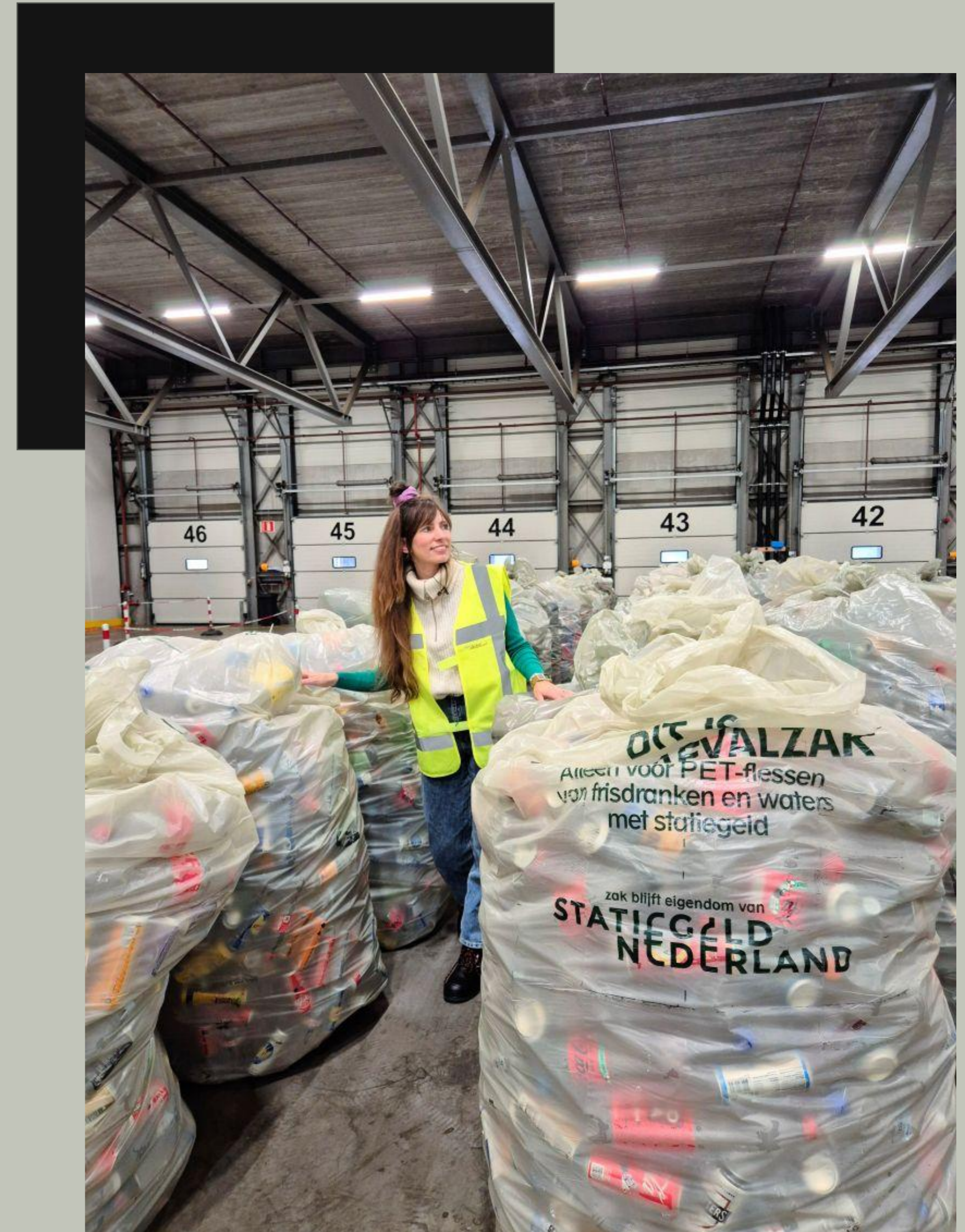
At *thegreenlist.nl*, we bring stories to life. Whether it's a behind-the-scenes look at a factory, a sustainable shop, or a festive event, we make sure the story not only makes sense but also inspires. From script to social video or an engaging article: we create a report that conveys your sustainable message clearly and appealingly, with attention to fun details and accessible to everyone.

CAMPAIGNS & PARTNERSHIPS

Ideally, we'd form a long-term team with you, combining all channels (including yours) for an unstoppable green wave.

SOCIAL ACTIVATION

Personal, honest, colorful, and humorous: that's what sets thegreenlist style apart in the green landscape. Saskia loves devising an approach that informs, entertains and captivates.





BRANDED ARTICLE

A review of your product, a feature on your company, or an in-depth interview about your sustainable mission? It's your call! The editorial team is ready to craft a compelling, tailor-made story that remains easily accessible forever.

AGENCY

We're excited to get to work for you, bringing our refreshing dose of green to your channels. Got an exciting project? We have a wide network of sustainable content creators: writers, video reporters, podcasters, photographers, designers, illustrators, influencers, UGC creators, and social reporters... You name it!

TALK GREEN

Saskia loves to take the stage for a talk about her green journey. This can be a solo presentation or in collaboration with others. We have a vast network, predominantly consisting of women, who also contribute to a better planet. We're eager to form a team for an inspiring session.

Meet the team



SASKIA



KIRSTEN



LAURI



MELANIE



CORINE



FLEUR



KATJA



DAVID



ANNE

Portfolio

- ALTER ECO

ASC & MSC

ARMEDANGELS

ARTIS

ATOUT FRANCE

BEVER

BIG GREEN SMILE

BLOOMON

BUILD YOUR DREAMS/ LOUWMAN

CENTER PARCS

COLUMBUS MAGAZINE

COSHI!

CRISP

DE HOGE VELUWE

DELA

DILLE & KAMILLE

DISNEY

EFTELING

EINDHOVEN 365

EKO

ENECO

ENERGYFLIP

EPSON

EUROPESE UNIE

FAIRPHONE

FAIRTRADE NEDERLAND

FAIRTRADE ORIGINAL

FOOD FOR SKIN

FORD

FRUITMASTERS

GREENCHOICE

GROHE

HET GOED KRINGLOOPWARENHUIZEN

HOLLAND & BARRET

HUTTOPIA

IN APELDOORN

INNOCENT

JUNGLÜCK SKINCARE

KING LOUIE

KRINGLOOP NEDERLAND
- LANDAL

MARCEL'S GREEN SOAP

MARKTPLAATS

MEET IN FREISLAND

MEPAL

MILIEU CENTRAAL

NESTLÉ

NIU

NS

OXFAM NOVIB

PHILIPS

PRINCESS TRAVELLER

REPEAT

RSPO

STATIEGELD NEDERLAND

STEDIN

SUSTAINABLE FASHION GIFT CARD

STAYOKAY

STOOV

TERRASANA

THE BODY SHOP

TONY CHOCOLONELEY

RAINFOREST ALLIANCE

UNILEVER

VANDEBRON

VERENIGING AFVALBEDRIJVEN

VERKADE

VERPACT

VISIT GRONINGEN

VISIT NETHERLANDS / NBTC

VISIT TILBURG

VISIT WADDEN

VISIT ZÜRICH

VISIT ZWOLLE

VOEDINGSCENTRUM

WILDLING SHOES

WADDENVERENIGING

WECYCLE

ZEEMAN



Backstory

In 2019, I made the shocking discovery that if everyone in the world lived like me, we would need over four Earths each year. Four Earths?! That had to change. I had to change!

So, I began researching how I, as an average consumer, could lead a more sustainable life. I approached it as a journalistic project from the start. Everything I learned and encountered; I've been sharing on my website and social media ever since. Soon enough, I gained many followers and readers. Fast forward: *thegreenlist.nl* has now evolved into a sustainable lifestyle platform, my business, where I, along with an enthusiastic team, work on a daily basis.

With my positive and open approach, I hope to engage in the right conversations with my followers and readers so that we can learn from each other. And it's working. With the largest greener social community in the Netherlands, there's a cool solution for every problem. Together, we know so much! And it's precisely those original ideas that get a spotlight.

The success of *thegreenlist.nl* has led to appearances as a sustainable lifestyle expert on TV programs such as *Koffietijd* and *Eigen Huis & Tuin: Lekker Leven*, , as well as a regular column in the leading travel magazine *Columbus*.

Initially, I thought my quest for a more sustainable life would be a practical task of finding alternatives. But it turned out to be much more than that. For me, it's a journey towards a more meaningful life. It's about slowing down, discovering who you are, and what truly matters to you. Realizing this, I've become a happier person. I'm more content and concluded that aiming for less gives you more: more time, more attention, more quality in life. In short, I highly recommend this lifestyle to everyone!

Love, Saskia





**‘WE WANT TO
SHOW THAT
LIVING MORE
SUSTAINABLY IS
BOTH IMPORTANT
AND FUN!’**