

# NACHO DEAN

**Naturalist. Professional Explorer. Popularizer.**



**FIRST PERSON IN HISTORY TO  
WALK AROUND THE ENTIRE WORLD  
AND TO SWIM BETWEEN THE 5 CONTINENTS**

**NACHO DEAN**  
adventurer • writer • speaker

## BIOGRAPHY



Nacho Dean is a very well known professional explorer. He is the first Spanish person and fifth person in history to walk around the world (more people have visited the moon) an adventure that took him three years to walk through four continents, 31 countries and 33,000 kilometers solo on foot, a remarkable experience he undertook to raise environmental awareness.

In his conferences, he speaks through personal experience, passion and learnings, in order to help others achieve their personal, business and sport goals. Nacho Dean promotes leadership, motivation and risk management as a strategy for personal growth. Furthermore, thanks to his unique knowledge of the world, he stands up for sustainable development, environment friendly strategies and innovation.

Born in Málaga (Spain), Nacho Dean grew up moving frequently from one city to another: those years taught him how to adapt to changing environments, a very useful skill for the hard conditions of the journey. Conceived as a song of freedom, his adventure exceeded all expectations, even when some dangerous experiences made him give up walking through Africa. This journey around the world on foot is his personal way of showing dreams coming true, as he tells us in his book “Libre y Salvaje: La Gran Aventura de la Vuelta al Mundo a Pie” (2017, Planeta publishing House, 6<sup>th</sup> edition).

Recently, he has completed the Nemo Expedition: a challenge that took him to connect all 5 continents swimming, to raise awareness for the oceans, becoming the 1st and only person in history to complete both achievements. He has recently published his second book “La llamada del océano: La Gran Aventura de Unir Nadando los 5 Continentes.” (2020, Planeta publishing House).

Finalist of the Discovery Awards in 2014, nominated for the Princesa de Asturias Awards in 2015, he received the Medal of the city of Malaga in 2016, the Talentia Award for Sports and Culture in 2019, and he has been awarded Adventurer of the Year 2020 by the España Rumbo al Sur Foundation in recognition of his career.

## AWARDS AND HONOURS

- 2014 Finalist of the DISCOVERY MAX AWARDS



- 2015 Nominated for the PRINCESA DE ASTURIAS AWARDS



- 2016 CONMEMORATIVE MEDAL OF THE CITY OF MÁLAGA



- 2016 30<sup>th</sup> SPORT GALA AWARD of Benalmádena



- 2018 Marine Stewardship Council AMBASSADOR



- 2019 TALENTIA AWARD for Culture and Sports.



- 2020 500 Sevilla AMBASSADOR



- 2020 Step ByWater Alliance AMBASSADOR

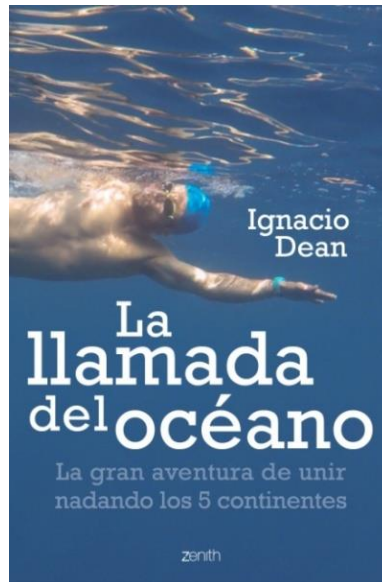


- 2020 ADVENTURER OF THE YEAR by España Rumbo al Sur Foundation



## BOOKS

- [LA LLAMADA DEL OCÉANO: La Gran Aventura de Unir Nadando los 5 Continentes \(2020, Planeta Publishing House\)](#)



- [LIBRE Y SALVAJE: La Gran Aventura de la Vuelta al Mundo a Pie \(2017, Planeta Publishing House 6<sup>th</sup> edition\)](#)



**IGNACIO DEAN**  
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## CONFERENCES

### TOPICS:

- Leadership and Motivation / Responsible Leadership.
- Management Skills.
- Entrepreneurship and Personal Growth.
- Uncertainty Management and Changing Enviroments.
- Risks and Adversity Management.
- Resilience.
- Team Management.
- Innovation.

### GENERAL TOPICS:

- Sucess and Failure Management.
- Health and Wellness
- Enviroment and Sustainable Development.
- Sports.
- Cultural Diversity.
- Detachment and Dissafection.

Conferences given in international companies, congresses and universities:



EXAMPLES:

- [2020 IE UNIVERSITY | “Our Home: the Earth”](#)



- [2020 SOUTH SUMMIT | “Energy and Sustainability”](#)



- [2020 INSIDE IDEAS | “Explorer walks the talk on climate change”](#)



ENGLISH SUBTITLED:

- [2020 BBVA | “Even the longest adventure begins with a first step”](#)



- [2017 TEDx LUCENA | “The accomplishment of a dream”](#)



- [2016 TEDx MADRID | “The return of the voyager”](#)



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## MEDIA

(Click on the logo to watch the interview)

- TELEVISION



- PRESS



- INTERNET



- PODCAST



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## TESTIMONIALS

*"IE University had the pleasure of receiving Nacho Dean as the Opening Keynote Speaker for the first-ever edition of IE Sustainability Week. Under the overarching theme THE BIG RESET, the event addressed the 3 pillars that constitute the UN Sustainable Development Goals: Economic, Social, and Environmental progress. Nacho spoke to these global commitments, and showed our community of students, faculty, and partners that leading a sustainable lifestyle needs to be prioritized in this day and age more than ever before. By showing us that our planet Earth is fragile and smaller than we think, Nacho inspired us to treat it as our home and spoke to how, together, we can all leverage our collective ingenuity and forge a future with a common purpose. We very much appreciated his contribution to the event!"*

Elisa Hicks (Associate Director at IE Business School)

*The people who are crazy enough to think they can change the world are the ones who do: this is the meaning of Nacho Dean. From the very first minute I started to interact with him I noticed that he is a special human being. Nacho is a thinker, a dreamer and what is even more important, a doer. His combination of focus, method and passion ensures that he is consistently making things happen so we all have good news because he is an ambassador of one of the main responsibilities the world faces in this 21st century: the environmental conservation. I had the opportunity to interview him and this was one of the best professional and personal experiences I've had during this year -the deep passion he showed up every minute was outstanding- we had the chance to discuss about what are the required skills to be the first person in history to have walked around the world. On top of that Nacho is a nice and polite guy with an extremely learned mind showing also a sharp and dry sense of humor - like a good Aperol Spritz. His vision is clear: a humanity of free people, healthy and happy living in balance with the planet. Nacho, I am sure you are someone who has come to the world to make it a better place to live in. I am here to help you to make it happen anytime, anywhere.*

Pablo García Barrilero (Team Leader & Enterprise Account Executive at LinkedIn)

*"We had the great pleasure to have you as speaker for our Madrid Ops team at Align Technology. It was very inspirational to hear not just the amazing experiences you have lived through your journeys-challenges, but mainly to understand why and how you approach and lived them. Sincere thanks from all of us Nacho!"*

Julen Uribe txeberría (Director Treat Operations Iberia at Align Technology)

*"Nacho has one of the greatest life experiences I have ever seen. His long travels around the world, on land and through the ocean, is the authentic basis of a very powerful conservation message and authentic passion for the planet. Have the opportunity to collaborate with Nacho as an ambassador of Marine Stewardship Council (Mares Para Siempre program) and he has showed very high professionalism, exceptional speaker attitudes and very generous support to our mission. I am looking forward to read his book and know his next challenge."*

Laura Rodríguez Zugasti (Country Manager Spain & Portugal at Marine Stewardship Council)

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## WEB AND SOCIAL NETWORKS

Web: [www.nachodean.com](http://www.nachodean.com)

Linkedin: <https://es.linkedin.com/in/nachodean>

Facebook: <https://www.facebook.com/nachoexplorer/>

Instagram: <https://www.instagram.com/deanmouliaa/>

Twitter: <https://twitter.com/explorernacho>

Youtube: <https://www.youtube.com/user/earthwidewalk>

Tik Tok: <https://www.tiktok.com/@nacho.dean>

## CONTACT

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