

Tune in your life and free your mind.



VITALTURN[®] *Incentive*

Meeting, Teambuilding, Exercising, Joy of Life.



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Better results

To succeed in an competitive market environment, economic growth and productivity are most important factors.

Those corporation, who invest in talent and motivation management, compared to none active competitors, show in all areas clearly better results.

A 2009 Gallup research revealed, that motivated employees show greater potential for increased productivity, more loyalty, and opportunity to contribute to improved returns.



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Teambuilding

Excursions, internal competitions, reached targets, premiums, jubilees, - ample motivation to organize an incentive event.

Core question - what would you like to achieve?

What we can do for your organization - we would like to show you here.

VITALTURN® offers with the **VITALWEEK®** and the **VITALPREMIUMWEEK®** ideal instruments for corporations to motivate staff, further teambuilding efforts and raise consciousness for a balanced life, in taking sustainable responsibility towards one 's own fitness and health.



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Exercise, Discover Nature, Joy of Life

*The perfect alternative to the „usual“ incentive-travel, or -
An added value for your corporate health-promotion policy.*

***VITALTURN® in Croatia combines health-promotion with
teambuilding, discovering nature and Joy of Life.***

*We offer VITALTURN® as a week event and as a speciality for
corporate clients, as a „divided week“ event, featuring two
three day events for two groups. Each group follows its own,
pre-arranged route and exercise itinerary, while visiting the
islands of the bay of Kvarn and the Kornates.*

*In offering the „divided week“ events, we are following
corporate policy requests, of having 3 day events for
customers or employees.*



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The perfect setting for meetings

1 Week or 2x3 days on board of a Motor-Sailing-Yacht

Group 1 (fr-mo): RIJEKA-KRK-RAB-RIJEKA

Group 2 (mo-thu): RIJEKA-CRES-RIJEKA

Timing: May / June / September



Stern - lunch table under the sunshade



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Taking responsibility

VITALTURN® - the leading brand in health-promotion and teambuilding events.

Together, we are working to achieve a healthy lifestyle, focus to see, avoid and abolish one's own bad habits.

The "vital turn" is the point of understanding and a point of transformation. Taking responsibility for one's health and balanced life, developing joy of life with regular exercises and good, healthy meals.



Morning Jogging



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Find Yourself: Not a luxury holiday, but a rewarding experience

At the begin of the journey we placed the performance analysis - a Fit-Check, to be able to determine the fitness of the participant and tailor training accordingly.

The Fit-Check consists of: Anamneses Q&R, Stress-Test, UKK Walking Test, Own Zone Test, Body-Fat-Test.

Life on board is intensive - the day starts before breakfast with Nordic Walking, mountain-biking, Jogging, Qigong or Yoga.

We spend the whole day in fresh air and sun. At noon we are anchoring in a bay for swimming. Siesta. After a short exercise unit in the afternoon and followed by dinner and a glass of wine in the port some might seek their bed early.



Swimming in most beautiful bays of crystal clear water



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Eat well, feel well

Besides the Captain and two Deckhands, there is a Cook on board, who provides a fabulous (half board) kitchen with lots of fresh fish, vegetables, fruits and also meat - just as you wish.

We never cruise on the open sea, but between the islands in the peaceful waters of the bay of Kvarn - therefore, also for the most sensitive - seasickness is not really an issue.



Left Captain Damir, to the right Trainer Andreas



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A sample day

07:45 - 0800 small breakfast

08:00 - 09:30 bike group, jogging group, NW group - departure

10:00 - 11:30 breakfast, gymnastic at the sundeck

13:00 - 14:30 lunch, Siesta, swimming, next destination

16:30 - Ship arrives at new island

17:00 - 18:00 scouting run(Nordic Walking)

19:00 - individual dinner, visiting the port village/city

21:00 - presentation



Nordic Walking Training



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Our ships:

With 2 or 3 trainers on board, our ships of different sizes have from 6 to 14 double-cabins (double beds and bunk beds), all with private bath, WC and adjustable Air condition. Your choice, within our offer of ships, will depend on the size of your group.

For detailed information please mail us your requirements to: welcome@vitalturn.com

Or call Tel: +43 / 699 1700 1322

VITALTURN® 2012

Ship: VITALTURN I
Contact and information: Mobile: +43 699 1700 1322
Email: welcome@vitalturn.com

All inclusive: VITALTURN I (8 months flying)

- Ship charterport fees ✓
- Crew (skipper, cook, deck hands) ✓
- Boarding (H&FB) ✓
- Beverages/limo ✓
- VITALTURN Trainer ✓
- FI-Check and analysis ✓
- Activities and services ✓
- Standard equipment ✓

3 1/2 days/HB (boarding: min. 24) from € 18.000,-
not included: VAT, travel costs to purchase seats, on-boarding fees

For more information visit our website: www.vitalturn.com, or send an email to: welcome@vitalturn.com

VITALTURN® 2012 - A 1200 class, Trogensee & AUSTRIA

VITALTURN® 2012

Ship: VITALTURN II
Contact and information: Mobile: +43 699 1700 1322
Email: welcome@vitalturn.com

All inclusive: VITALTURN II (8 months flying)

- Ship charterport fees ✓
- Crew (skipper, cook, deck hands) ✓
- Boarding (H&FB) ✓
- Beverages/limo ✓
- VITALTURN Trainer ✓
- FI-Check and analysis ✓
- Activities and services ✓
- Standard equipment ✓

3 1/2 days/HB (boarding: min.18) from € 13.500,-
not included: VAT, travel costs to and from vessel, on-boarding fees

For more information visit our website: www.vitalturn.com, or send an email to: welcome@vitalturn.com

VITALTURN® 2012 - A 1200 class, Trogensee & AUSTRIA

VITALTURN® 2012

Ship: VITALTURN III
Contact and information: Mobile: +43 699 1700 1322
Email: welcome@vitalturn.com

All inclusive: VITALTURN III (8 months flying)

- Ship charterport fees ✓
- Crew (skipper, cook, deck hands) ✓
- Boarding (H&FB) ✓
- Beverages/limo ✓
- VITALTURN Trainer ✓
- FI-Check and analysis ✓
- Activities and services ✓
- Standard equipment ✓

3 1/2 days/HB (boarding: min.10) from € 7.500,-
not included: VAT, travel costs to and from vessel, on-boarding fees

For more information visit our website: www.vitalturn.com, or send an email to: welcome@vitalturn.com

VITALTURN® 2012 - A 1200 class, Trogensee & AUSTRIA

VITALTURN® 2012

Ship: VITALTURN IV
Contact and information: Mobile: +43 699 1700 1322
Email: welcome@vitalturn.com

All inclusive: VITALTURN IV (8 months Zacht)

- Ship charterport fees ✓
- Crew (skipper, cook, deck hands) ✓
- Boarding (H&FB) ✓
- Beverages/limo ✓
- VITALTURN Trainer ✓
- FI-Check and analysis ✓
- Activities and services ✓
- Standard equipment ✓

3 1/2 days/HB (boarding: min. 22) from € 16.500,-
not included: VAT, travel costs to and from vessel, on-boarding fees

For more information visit our website: www.vitalturn.com, or send an email to: welcome@vitalturn.com

VITALTURN® 2012 - A 1200 class, Trogensee & AUSTRIA

VITALTURN® 2012

Ship: VITALTURN V
Contact and information: Mobile: +43 699 1700 1322
Email: welcome@vitalturn.com

All inclusive: VITALTURN V (8 months Dubrovnik)

- Ship charterport fees ✓
- Crew (skipper, cook, deck hands) ✓
- Boarding (H&FB) ✓
- Beverages/limo ✓
- VITALTURN Trainer ✓
- FI-Check and analysis ✓
- Activities and services ✓
- Standard equipment ✓

3 1/2 days/HB (boarding: min. 24) from € 19.200,-
not included: VAT, travel costs to and from vessel, on-boarding fees

For more information visit our website: www.vitalturn.com, or send an email to: welcome@vitalturn.com

VITALTURN® 2012 - A 1200 class, Trogensee & AUSTRIA



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Sample Days Fr-Mo: „divided“ week - 2x3-days

Content and itinerary are individually tailored to needs and discussed and set in detail with clients in advance.

Friday - afternoon Rijeka – Krk

*Arrival of 1st group until 13:00pm (car-parking in port possible). At around 14:00 we depart from **Rijeka** with destination **Krk**. While cruising we start with performance analysis and fit check, but we shall also have a swimming break in a nice bay as well as lunch on board. Around 18:00 pm we arrive at **Krk** and start a cultural scouting excursion run (50 – 60 min). Alternative is a Nordic Walking group. After dinner we set an on board optional presentation.*

Saturday - Krk - Rab

*After breakfast we schedule the UKK-Walking-test. Here we are determining in an easy way the fitness of each participant. (part of the fit check). Thereafter we set over to **Rab** for our first bike tour. Two variants are available - an easy and a less easy. Both are departing from **Lopar** to **Rab**. **Rab** is one of the oldest settlements in the bay of **Kvarn** and is seducing with its charm. We shall await our ship in the port, after having completed a short excursion of the old city with the bikes. The night we shall spend in **Rab** and enjoy the many options of entertainment and enchanting evening walks.*

Sunday - Rab – Cres

*Sunday we start with all well trained with our famous mountain stage on mount **Kamenik**, which overlooks **Rab** with almost 400 m. The work will be rewarded by the most beautiful sunrise of the bay of **Kvarn**! As we return we have breakfast and we shall depart towards **Merag**, on **Cres**. Here starts our last bike tour “the stage of kings” to the old town of **Beli**, which still shows walls of the period prior to the roman empire. Located in proximity of the town is the EKO Center where the white headed vulture population of the island is cared for. In this region of **Tramuntana**, the most northern part of the island are two bird reservation areas where 25 pairs are nesting. Dinner in **Beli** allows us to explore more secrets of the town and its artistic sculpture path.*



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Sample-Days Mo-Thu.: „divided“ Week - 2x3-days

Monday – Morning - Cres - Rijeka

Today we shall return again to **Rijeka**, ahead of us lies a nice varied sea cruise which will allow sunbathing and an optional massage. The team of VITALTURN wishes the first group a nice journey home and hopes that the days spent in the bay of **Kvarn** shall remain as a nice memory.

Monday – Afternoon - Rijeka - Cres

Around noon we shall welcome the arrival of the second group. In the afternoon we shall steer towards **Cres**, the main-town of the island by the same name. As we cruise we start with performance analysis. The obligatory cultural scout run, or walk is starting immediately after landing. The town is impressing with its Venetian charm and allows the visitor a good look at the life on the islands. Evening dinner will take place at one of the fish restaurants in the port.

Tuesday - Cres

On program today is the “stage of kings” for mountain-bikers. Starting from **Cres** we ascend shortly and follow the way along the water-pipe direction **Valun**, then on a small asphalt road direction **Lubenice** and further along the **Vrner See** (trekking path) via **Grmov**, and from there, again on asphalt until **Martinscica**. The tour is estimated with about 700 m in height and a lengths of 40km. The evening will be spent in the fisher village of **Martinscica**. A small restaurant will seduce us with its “frutta di mare” kitchen and the famous **Zlahtina**, the white wine from **Krk**.

Wednesday - Cres

Today, our bike tour leads us over a small mountain path to the old main village of **Cres**, towards **Osor** which was protected already by Liburns (Illyric tribe) with a Cyclops wall. Once inhabited by 20.000 the historic important location had also the right to press coins during the roman empire. A beautiful museum narrates the history of the town and the island. After this visit our ship takes us north to a bay below **Lubenice**, were we shall anchor. The 348 meters in height to the top are teasing for trekking, which in the evening sun might be a hot walk. The scenic view towards the old pirate village are rewarding for the strain. Dinner will be on board and it will be our last evening for this group.



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Sample-Days Mo-Thu: „divided“ Week - 2x3-days

Thursday - Cres - Rijeka

*After breakfast we shall leave the Croatian islands in direction of our home port. Cruising back gives us opportunities for a stop over at different bays to swim, dive and enjoy the clear water, or just be lazy in the sun. We shall arrive around 16:00 pm in **Rijeka** time enough to visit the old town. Every journey comes to an end - today also for the second group. Remaining will be the memories of a moving, teambuilding and enjoyable event. We all hope to see you on board again soon.*



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The VITALTURN® offer

Offer - VITALWOCHE®

Vital-Check (Fit-Check) per participant (analysis und discussion)

Daily exercise activities at the sundeck

Guided bike tours (free rent bikes available on board - private bikes can be stored on board - use of safety helmets obligatory)

Daily jogging training, alternative Nordic Walking (NW sticks available)

2x3 days half-board, single or double occupancy in double cabins

The VITALTURN event is accompanied by 1 or 2 sport / health trainers / Masseur

Added offer Premium package

The premium package is accompanied by Sport Science Mag. Elisabeth Gollackner, or by Health Advisor and TCM specialist Andreas Koller.

The premium package allows optional offers - see pricelist www.vitalturn.com

Details/images: *ship, activities, islands, etc. see www.vitalturn.com*

Not covered cost of the event:

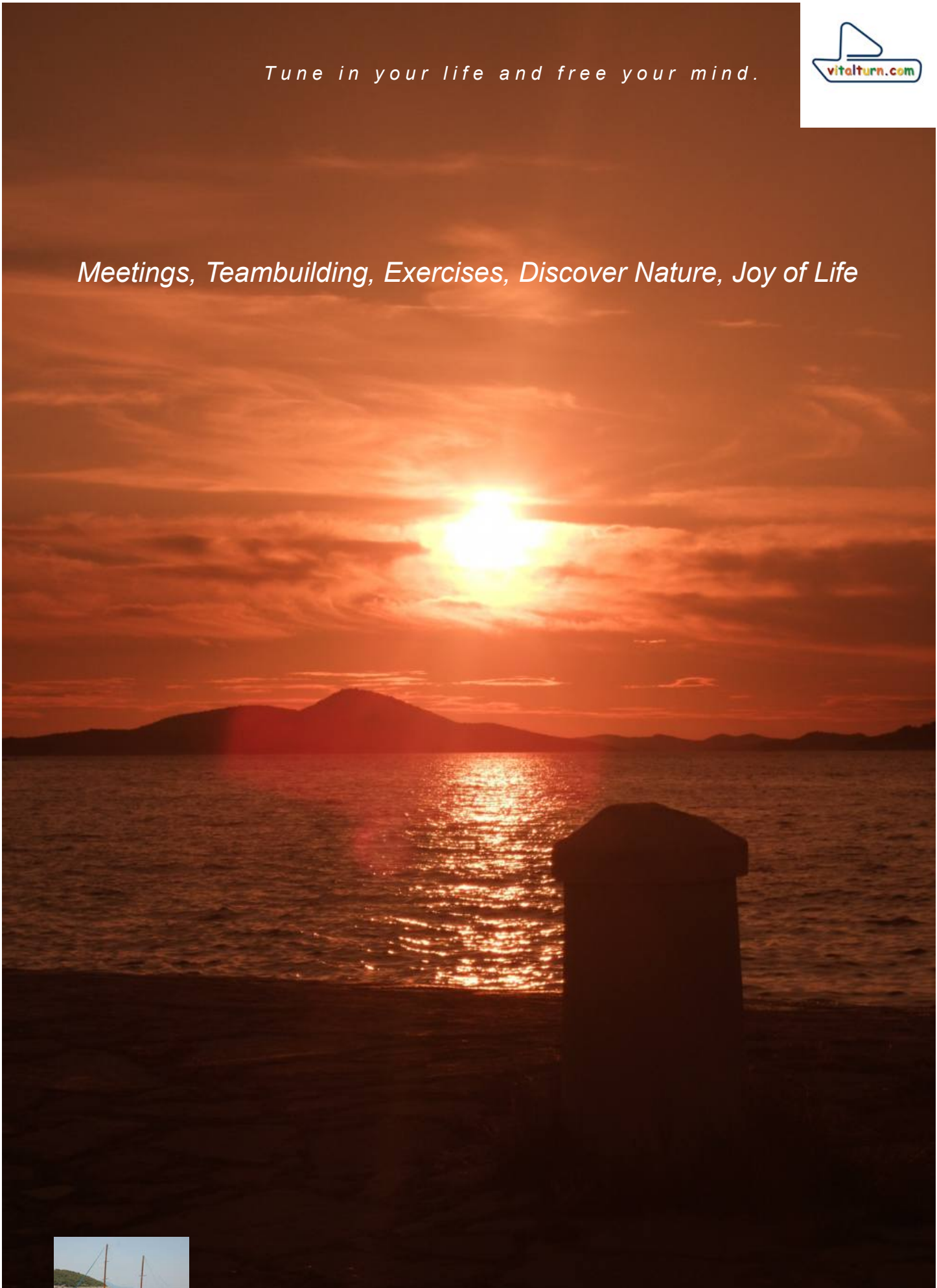
- travel to and from Rijeka or Zadar*
- ca. € 7,- / day car park fee in Rijeka (direct payment to car park operator)*
- Drinks on board (payments to captain)*
- ca. € 3,- / night / Port fees and taxes (payment to captain)*
- Massage on board or individual consulting - see pricelist*



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