

zertifiziert nach  
§20 SGB V

Leinen los und Kopf frei.



VITALTURN® 2012

Ship: VITALTURN V

Contact und information: Mobile: +43 699 1700 1322

Email: [welcome@vitalturn.com](mailto:welcome@vitalturn.com)



All inclusive: VITALTURN V (from/to Dubrovnik)

Ship charter/port fees ✓

Crew (skipper, cook, deck hands) ✓

boarding (HB/FB) ✓

Beverages/drinks ✓

VITALTURN® Trainer ✓

Fit-Check and analysis ✓

Activities and exercises ✓

Standard equipment ✓

3½ days/HB (boarding: min. 24) from € 19.200,-

not included: VAT, travel cost to and from event, car parking fees

For more information visit our website: [www.vitalturn.com](http://www.vitalturn.com),

or send an email to: [welcome@vitalturn.com](mailto:welcome@vitalturn.com)

#### Cabin configuration details:

- 14 double cabins in total, of those:
  - 5 cabins with double beds
  - 9 cabins with single beds
- 7 under deck cabins
- 1 main deck cabins
- 6 upper deck cabins
- All cabins with shower/WC/AC
- Boards: min. 24 / max. 28
- Booking: Sun/Sun, Sun/Wed, Wed/Sa

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### **VITALTURN® 10 years in Croatia**

The perfect alternative to the "usual" incentive-travel, or an added value for your corporate health-promotion policy, VITALTURN® in Croatia combines team building, health promotion, body awareness and joy of life, while discovering the beautiful nature of the Croatian islands.

### **VITALTURN® - certified quality**

As one of the few Austrian enterprises, VITALTURN® health week received certification by "Team Gesundheit" GmbH in accordance with § 20 SGB (German social law). German corporation can apply to the program as part of their corporate health promotion plan and will receive governmental support.

### **Reaching for targets**

Content employees, growth and productivity are considered today most important factors for success within a competitive market environment. Corporations who invest in talent and in motivation management of their workforce show clearly better results than their competitors who are not active in this area.

### **Team development**

Excursions, internal competitions, reached targets, premiums, jubilees, ample motivation to organize an incentive event. Core question: What would you like to achieve for your team? VITALTURN® provides you with answers.

### **Exercise, health, nature**

VITALTURN® offers with VITAL-WEEK® and VITAL-PEMIUM-WEEK® ideal instruments for corporations to motivate staff, further team development efforts and raise consciousness for a balanced life, in taking sustainable responsibility towards fitness and health.

### **VITALTURN® Fit-Check**

We always start with a performance analysis, which allows us assessment of each participant's state of fitness. The VITALTURN® Fit-Check contains:  
Anamneses  
UKK Walking Test  
Own Zone Test

Each participant receives his status report based on the analysis of the found data and a suggestion for a personal training plan.

### **Activity & endurance training**

Nordic Walking, jogging, Mountain-biking, Trekking.

### **Concentration & relaxation training**

Pilates, Yoga, Qigong, TaiChi.

### **Support**

VITALTURN® Trainers will consult you during, before and after each activity Training. For VITAL-PREMIUMWEEK we are introducing a second trainer for your service.

### **Full board, half board, diets**

Make your choice of preference and please advise on any specific diets that you would have to keep.

### **3½ - days or 1 week events**

We offer VITALTURN® as a week event and also as a "divided-week" event for two groups.

### **We are able to adjust our offer to the size of your group**

VITALTURN® ships come in various size, ranging from small with 5 to larger with 16 double cabins

### **All inclusive charter pricing**

After you have decided on your preferred group size, the timing for your event and your program of choice, you will receive from us an all-inclusive price without any further charges.

### **Information and booking**

For more information and details, visit our website: [www.vitalturn.com](http://www.vitalturn.com), email: [welcome@vitalturn.com](mailto:welcome@vitalturn.com), or just call: +43 699 1700 1322

Welcome on board!



**Roland Barta:** " VITALTURN® is a registered brand of the RBMS Event Agency. Medical wellness, offered within the relaxed atmosphere of a motor sailing yacht, is our recipe for a successful -vital turn- in life. Our guests move a lot, have a common experience of the wonderful nature of the Croatian islands and get their head free, to enjoy new insights, while taking away healthy habits into their everyday life. Providing such a base for change towards a healthy life style is one of the reasons, that from its early beginnings VITALTURN® was receiving the support by two major insurance companies".