

## Product-Catalogue 2014

### Product Overview

At the change of the millennium we turned our hobby and our passion into our career and committed ourselves to Outdoor Pedagogy/Training and Team Training in combination with the elements of high ropes courses.

In Puchberg on Schneeberg we built one of the first high rope courses in Austria.

Today we are still proud of our safety concept and our specialised elements some of which demand the most from our guests.

In the following years we built the highest Pamper's Pole in Austria with a height of 15m! Further Team Circuits such as the Team Balancer, which is unique in this form.

In 2009 we expanded our service with the Diploma Training Course as an "Outdoor Trainer" which has been completed in the meantime 3 times with 20 graduates.

In March 2012 we opened the

### 1. Indoor Team High Ropes Course

in Puchberg in cooperation with the Hotel Schneeberghof. Selected high rope circuits were installed in the roof of the 1400m<sup>2</sup> tennis hall for team trainings.

Outdoor tasks in the woods behind complement the indoor options and find a perfect setting in the park of the hotel Schneeberghof.

We see our strengths in our motivated and perfectly trained trainers who are the guarantee for the safe and exciting trainings.

Alongside our fixed locations in Puchberg on Schneeberg and Reichenau on the Rax we also offer mobile temporary high ropes courses throughout Europe.

We are looking forward to welcome you as our guests!

The move your mind – Team



### **Outdoor Training - Teamtraining**

Outdoor Training is experiencing and learning with people in and with nature. Participants solve tasks and exercises in a guided setting.

They meet and interact with each other on another level than they are used to in everyday situations or work.

An outdoor training is ideally suited to enable a community feeling to develop and gently encouraging the employees out of their routine areas.

Together they solve tasks and overcome diverse challenges within a safe environment.

The team members develop their perceptual capacities, seek their own limits and try to overcome or stretch these but all still within their learning zone.

In this ideal setting they test, develop and learn new ways of behavior and effective and sustainable forms of cooperation during the diverse outdoor tasks.

The team development process and the development of the each individual are promoted intensively in our outdoor trainings.

Transfer into daily working life is enabled through intensively through reflection and debrief sessions.



### **TRAINCENTIVE - Training with fun factor and/or Incentive with content!**

A normal corporate day trip is too little for you – but a real team training is too much... For this type of inquiry we offer a new form of training – the TRAINCENTIVE!

Teambuilding is packed in a playful, relaxed form. With a Traincentive the most important elements of a teambuilding are combined with those of an incentive.

Thus, one can fully exploit the benefits of both forms and derive optimal added value.

A traincentive begins with problem-solving low elements where initial distance of the forming phase is overcome and trust is built up.

Afterwards we rise up to the heady heights of the tree tops and the themes of cooperation and communication take the foreground.

The final challenge is either the highest Pamper's Pole in Austria at almost 15 m or the Giant Swing – both form a unique and lasting experience!

The day is wrapped up with a cosy barbecue around the campfire enjoying the sunset over the Schneeberg.

Participants: from 6 persons

Duration: 5-8 hours

Costs: up to 12 people € 1.450,-, each additional person € 55,-

Catering: € 25,- per person



*Prices excl. 20% VAT and applicable until end 2014*

*We are pleased to create an individual program and package for your specific needs!*

**move your mind e.U.**

2734 Puchberg am Schneeberg, Bürgerfeldgasse 8a ::: +43(0)699 14 55 84 47

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### **Highland-Games, Indoor & Outdoor**

Courage, bravery, skilfulness, concentration, trust, and strength are only some of the qualities needed for the parcour.

The individual tasks such as crate climbing, intuitive archery, Acid River, Thor's Hammer or the Giant Skis demand all these qualities of the participants but also trust in one's own team.

The teams are responsible for their own time management and the sequence of activities can be chosen as well.

Thus communication between the teams is a must, negotiations are held and solutions created.

And most important of all – it's also a lot of fun ;-)))

Participants: from 15 People upwards

Duration: approx. 3 hours

Flat rate: € 1.625,-, each additional person € 55,-



### **Adventure - Trial**

An adventurous hike with lots of surprises is waiting for you on our Adventure Trial.

Equipped with a map and first tips you start directly from the hotel or an agreed starting point, divided into several teams.

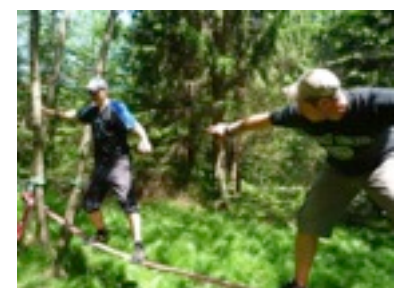
On your way to the common destination, there are however a number of things to experience & discover and , obstacles have to be overcome and puzzles to solve.

At the destination a team task is waiting to bring the teams together again.

Participants: from 6 persons

Duration: 3-4 hours

Flat rate: up to 12 people € 1.450,-, each additional person € 55,-



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## river crossing & raft building

A team training with a difference - together traverse canyons and build rafts!

At appropriate navigable rivers (eg Schwarza / Hell Valley, ...) this team training takes place. The participants have to independently plan and design solutions for the dry river crossing, and / or on existing high ropes elements cross the river.

For this skill, ingenuity and courage are required, the team spirit is strengthened and communication takes place.

Another challenge are the design and construction of sustainable rafts for 5 people. How successful the teams have worked will attend the subsequent joint maiden voyage.

Participants: from 12 persons

Duration: 5 - 8 h

Flat rate up to 12 persons: € 2.880,-, each additional person € 95,-

## Intuitive Archery

Experience immersion in the world of our ancestors, and to deal with the bow and arrow - instinctive archery.

We learn to sharpen the eye and to train the instinct. (S) a target with the eyes fixed, everything else banish from his head, only to a point - on the target - focus, that is the challenge!

So the theory - in practice we learn to focus on the essentials, disable and only the real thing - the goal - is important. Instinct Archery is a good method to find the inner peace to concentrate and can let go.

With Celtic longbows or recurve bows is without aiming - instinctively - shot at targets.

Focus on the goal and lets go - that's the goal!

Participants: 6 to 12 persons

Duration: 2 -4 h

Flat rate up to 6 persons: € 270,-, each additional person € 25,-



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## High ropes Course Puchberg, a real & genuine challenge!

In our high ropes course experience unique, because ...

- ... we are not a fun park - with us it's the real thing!
  - ... we have two courses, a difficult and a very difficult one!
  - ... 20 elements, some simple - you have time to deal with your fears!
  - ... partly technically sophisticated - you have your hands full!
  - ... for the safety there is always a top trainer!
  - ... we always work with redundant / duplicate backup systems!
  - ... the minimum age is 14 years old!
- Appointment ... Reservation is required!

Exciting hours rich in intensive experiences with a direct panorama on to the Schneeberg are the guarantee for a genuine highlight for your company, association or trip.

### „Pure“ Program

Reach and surpass your limits, experience something unique in tandem teams or with the whole group – that's what we can offer in the high ropes course.

Due to their technical difficulty some elements and stations make to forget you the height; with others height is constant guide

Duration: 2 - 3 hours

Price: up to 6 persons € 210,- , each additional person € 35,-

### „Adrenaline“ Program

Here the highest “Pamper's Pole” in Austria adds spice to the Pure Program - adrenaline guaranteed!

Duration: 4 - 5 hours

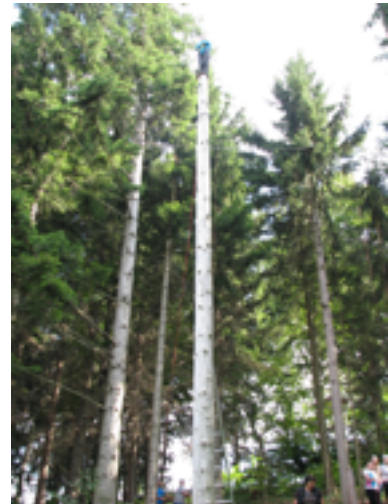
Price: up to 6 persons € 300,-, each additional person € 50,-

### „Power Day“ Program

The individualised full-day program with everything the terrain of the High Ropes Course has to offer! From the Low Elements to archery to up high in the treetops – the whole days belong to you! Suitable above all for teambuilding, corporate events, birthday parties and club trips. A cosy campfire with a view on to the Schneeberg wraps up the experiences of the day.

Duration: 6 - 8 hours

Price: up to 6 persons: € 420,-, each additional person € 70,-



**All Programs bookable from 6 persons – only with prior booking!**

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## Snowshoeing

Snowshoeing is increasingly developing into a fine alternative to ski touring.

We offer a snowshoe rental, but also guided walks.

Snowshoeing is suitable for everyone, if the weather (or fitness) does not allow you to climb the high mountains, you go it slowly and move up with snowshoes through the woods.

The advantages are the flexibility - anyone can snowshoe, you need no prior knowledge.

A guided, leisurely tour through snowy woods with a stop at the hut, nothing stands in the way!

We are happy to combine the program with a sleigh ride, a torch-lit hike or individual elements from the team training area.

Rent: € 12,- per Day

Guided Tours:

Half Day-Tour: 2 - 3 h € 35,- per Person, at least € 210,-

Full Day-Tour: 4 - 6 h € 50,- per Person, at least € 300,-



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## About us:

### Herwig KERBL



Managing Director of move your mind e.U.  
Systemic Coach and Organizational Developer  
Certified Outdoor-Pedagogue & Trainer  
Social Educationalist  
Master Trainer of Outdoor Trainers  
High-Rope Course Trainer  
Mobile and temporary Rope Course Trainer  
Trainer for Intuitive Archery  
State certified Mountainbike Trainer  
State certified Raft-Guide  
Long-term teaching experience in the following sports:  
Intuitive Archery, Mountain Biking, Snow-shoeing, Ski touring,  
hike, Cross- and Mountain racing, Road Biking,  
Hang- and Paragliding,...

...and more!

**move your mind is your partner in the field of systemic Outdoor Training and Organizational Development.**

**We develop and realize your Outdoor-, Teambuilding- or Corporate event.**

**We guarantee your leisure experience.**

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