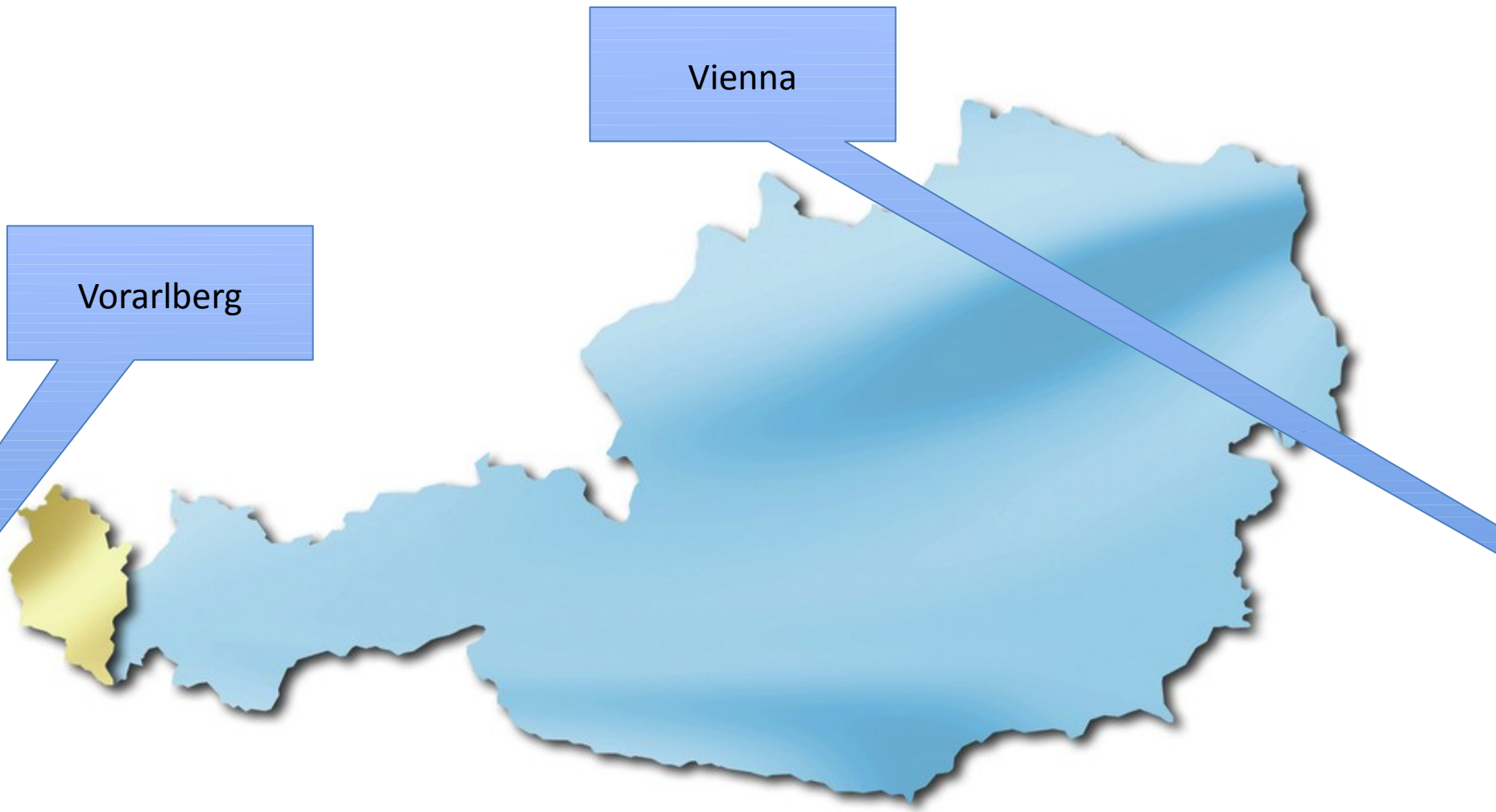




# 3 countries Marathon

**SPARKASSE** **MARATHON**  
3 länder  am bodensee



# Lake Constance(3 Countries)





Start  
Lindau



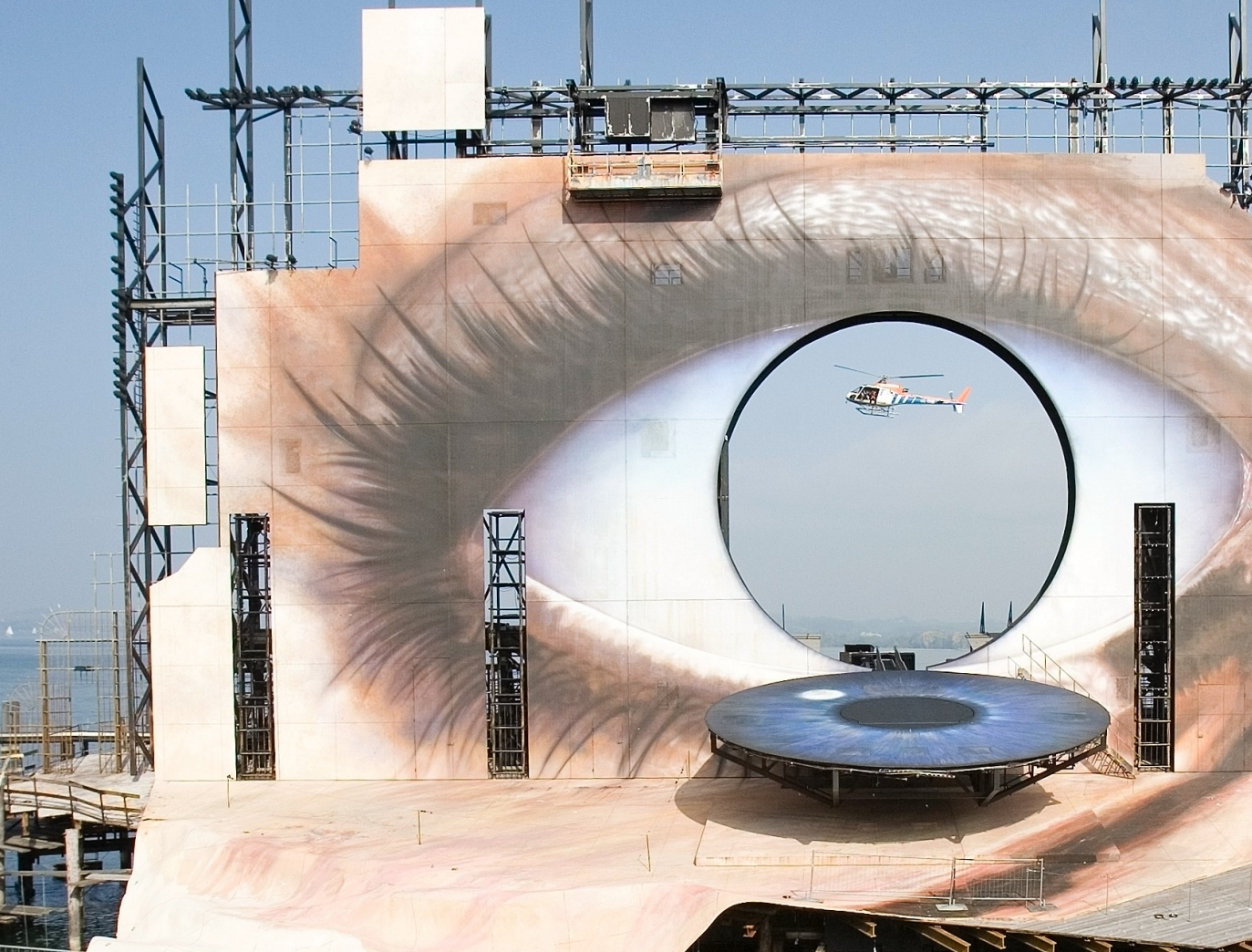
Km 25  
St Margarethen



Finish  
Bregenz



Image © 2012 Geoimage Austria  
© 2012 Google  
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© 2009 GeoBasis-DE/BKG



# Vorarlberg >> moves



**SPARKASSE**  **MARATHON**

*3 länder*  *am bodensee*

Vorarlberg>>moves is an initiative of the state of Vorarlberg with the goal to motivate the people to a healthier life style.



The results of the 4th Berndt survey have surpassed all expectations. We managed within a very short period of time to incite the general public to an increase in movement and change their behavior in a positive manner.



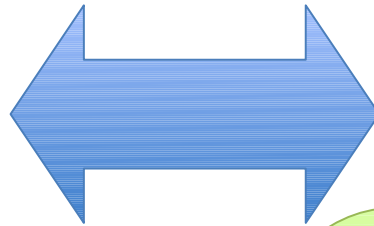


The most striking conclusion from the survey is certainly that around 36,700 Vorarlberger are moving more as a result of **Vorarlberg>>moves.**





# Education



# Motion

Certified Movement-  
Kindergarden-Pedagogue  
Comunal Health Manager  
Family Food Coach  
Nordic Walking Group  
Leader  
Running Group Leader

Womens Run (3500)  
Family Run  
Family Ski Days  
Hiking Days  
**Free Running  
& Walking Groups**  
**Kids Marathon**





Vorarlberg  
>> bewegt

Kids-Marathon  
3500 Kids





Cooperation with schools.  
Direct contact with teachers.  
Registration system only for Schools.



T-Shirt  
Goody Bag  
Electronic timing  
No entry fee



Free bus and rail for  
children and parents  
Collected direct in the  
school.





We start in defferent age groups.



Assessed ist the Average  
time of each class.  
Two award ceremonies.



Children are our future!



Some pictures from the marathon



IBM  
COMING AUTUMN  
UBS

SPELL-OF-RED-SEA

MUSA

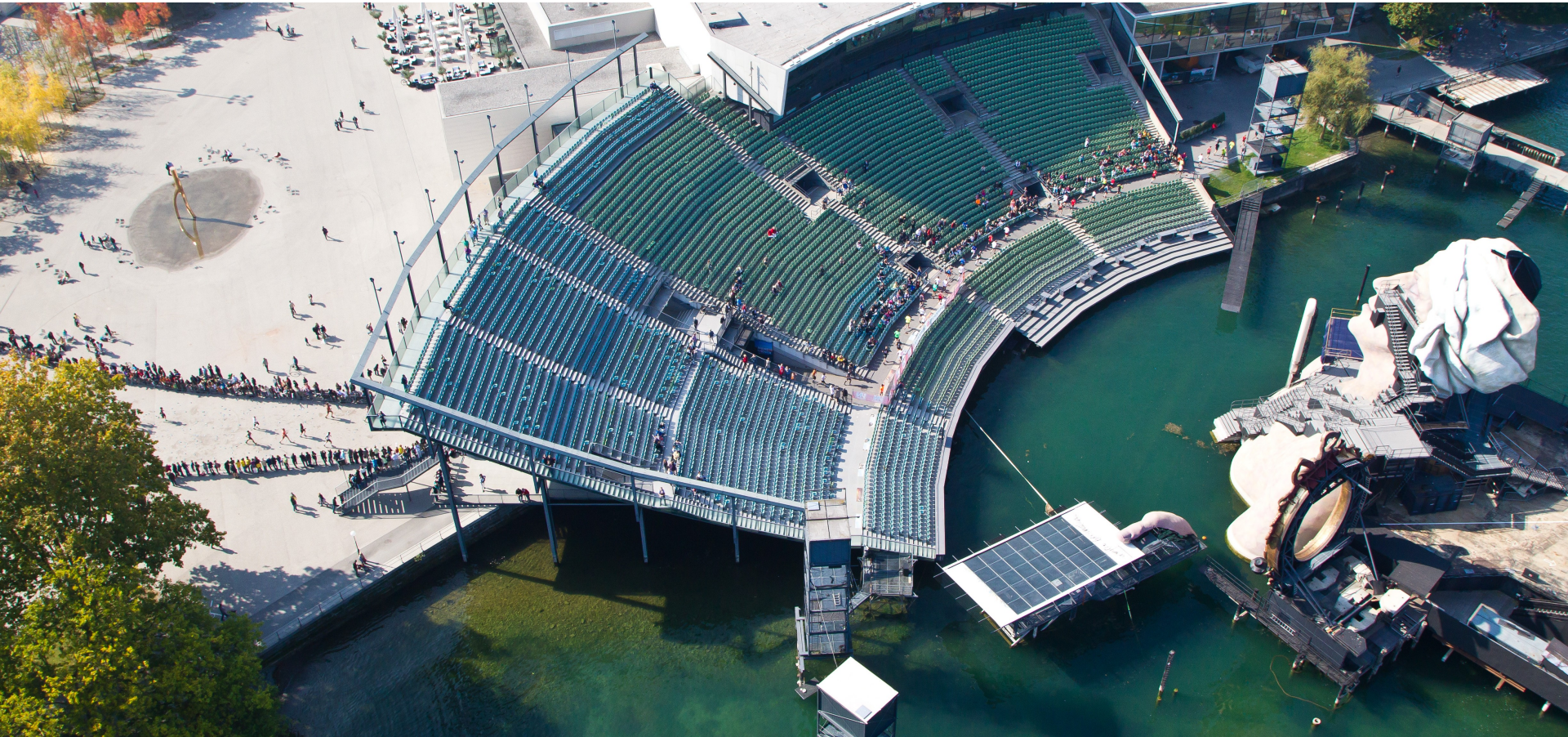
THE MUSA PROJECT IS A COLLABORATION BETWEEN THE MUSEUM OF MODERN ARTS (MOMA) AND THE MUSEUM OF CONTEMPORARY ART (MOCA). THE PROJECT IS A PART OF THE MUSEUMS OF MODERN AND CONTEMPORARY ART'S (MOMA) 2015-2016 SEASON. THE PROJECT IS A PART OF THE MUSEUMS OF MODERN AND CONTEMPORARY ART'S (MOMA) 2015-2016 SEASON. THE PROJECT IS A PART OF THE MUSEUMS OF MODERN AND CONTEMPORARY ART'S (MOMA) 2015-2016 SEASON.

THE MUSA PROJECT

THE MUSA PROJECT















**SPARKASSE MARATHON**  
3 länder  am bodensee