

# *mv individual*

*Enjoy Rostock and Baltic Sea Area*

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Dear visitor,  
mv individual warmly welcomes you to Rostock and the Baltic Sea area.  
We are your agency for a personal high class recreational program.

We know that your time in our area is limited and want to help you to see and experience as much as possible of the most amazing things of your interest.

We help to choose and organize your personal recreational program, no matter if you travel alone, with your family or a group, if you are on a business trip or on vacation.

Choose from our various different activities, such as

- lots of different sailing trips,
- kite surfing, windsurfing, wakeboarding, waterskiing and stand up paddling
- scuba diving
- beach volleyball
- personal golf coaching (to improve your handicap and the health of your spine and joints)
- horseback riding
- yoga, qi gong and meditation
- "sightrunning" (guided running tours)
- Personal guides for all kinds of cultural events and locations, shopping tours or just to get to know the "scene"
- day trips to Denmark
- day trips to Berlin
- get to know our area from the air by plane, helicopter or hot-air balloon
- ...

or just tell us, what you would like to do and we realize your dream.

We are looking forward to share our love for Rostock and the Baltic Sea area with you.

*B. Dasenbrook*

