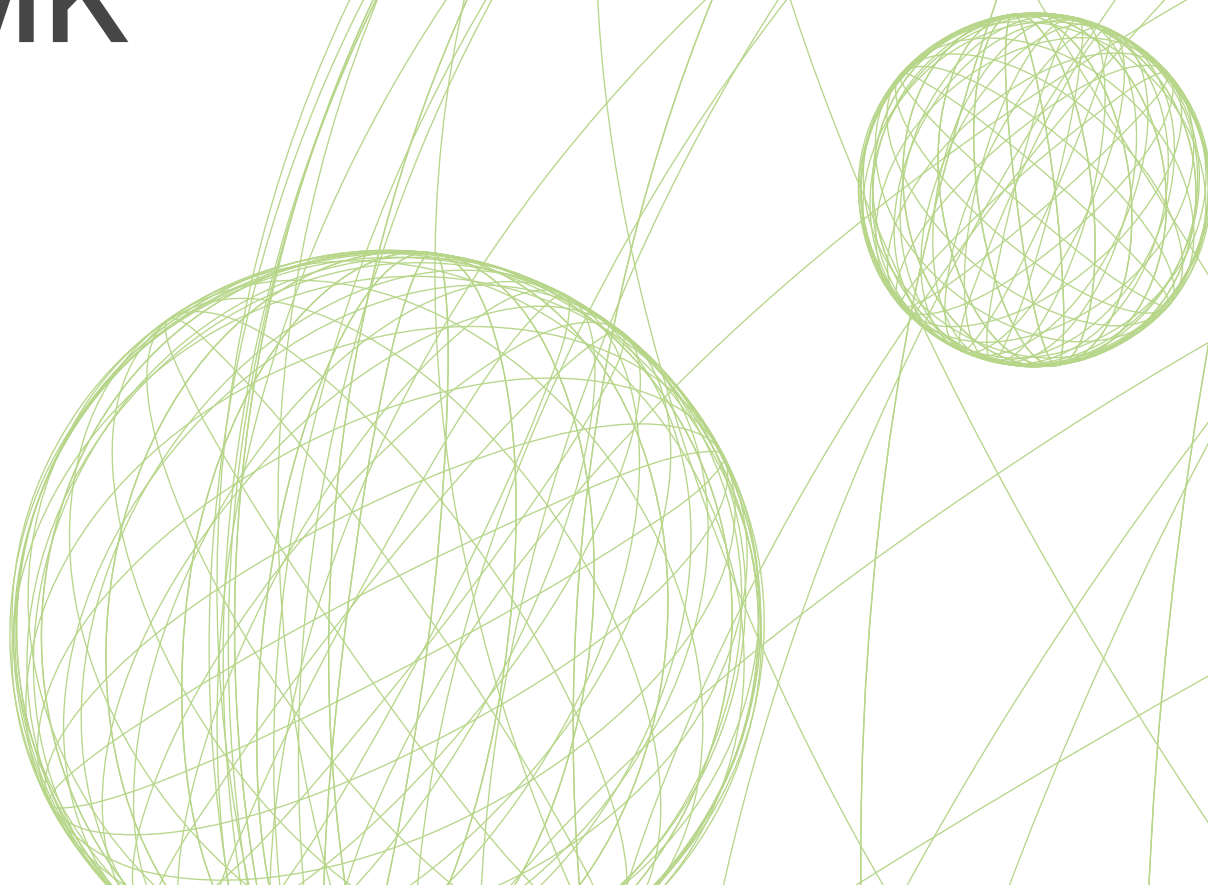


# ALIVANA VITALITY & CARE

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It is not the time we experience, but  
the way we shape it.

ALIVANA INTERNATIONAL

# ALIVANA INTERNATIONAL



## Alivana International – New Perspectives in North Macedonia

At Alivana International, we open new horizons for seniors to experience the unique quality of life in North Macedonia. In a region celebrated for its hospitality, cultural richness, and dynamic growth, we create premium living and lifestyle concepts that seamlessly blend modern comfort, personal growth, and a vibrant sense of community.

Skopje, the lively capital of North Macedonia, is the center of our activities. Here, we develop projects tailored to the needs of discerning, internationally minded clients — offering a life stage defined by vitality, security, and inspiring new experiences.



## Aging a Human Right

Sustainability in aging means fostering a conscious appreciation for the gift of life.



## Health

The well-being of our clients is at the heart of everything we offer. Preventive measures, exercise programs, and a health-promoting environment support an active, self-determined lifestyle, fostering vitality and joy in life.

## Assistance for Seniors

With tailored everyday support, personal care, and a respectful environment, we create security while maintaining independence.

## Vitality Care Resort

Comfortable living with personalized offerings to promote health, well-being, and joy in life creates space for new perspectives, social interactions, and an active, fulfilling life.

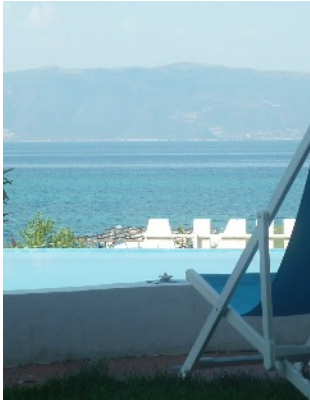
## Senior Community

In our vibrant community, seniors make new friends, share experiences, and actively shape their daily lives together. Community, interaction, and mutual support are at the heart of everything we do.

## Senior Products

Products tailored to the needs of older adults and modern communication solutions provide security and comfort, with the goal of enabling a connected, active life — simple, intuitive, and personalized.

# ALIVANA - SENIOR COMMUNITY



## Concept and Development of the Project ALIVANA - VITALITY CARE RESORT

The idea for our company originated from personal experiences in caring for older adults. It was born from family life, where the needs of our parents are often not sufficiently addressed, from the foresight that one day we ourselves might need special support, and from the concern that society, in general, is increasingly failing to meet the demands of aging.

We have witnessed how essential it is, not only for older adults, to create spaces in different stages of life that address individual needs, whether in support, exchange, or mutual growth. These experiences led to the development of a living concept that offers space for encounters, education, and mutual support.

### Vision for the Vitality Care Resort

In the Vitality Care Resort project, the starting point of our vision is the creation of individualized living and care options that can flexibly adapt to the needs of our guests and residents. In addition to stylish apartments, we offer short-term care placements that allow for a harmonious blend of care and relaxation – for both seniors and their family members, who can enjoy a carefree vacation during this time.

At the heart of our approach is the goal of providing security, comfort, and joy in life. By integrating educational offerings, leisure activities, and social engagement, we create a holistic living environment that fosters well-being, independence, and community equally.

Our resort is envisioned as a flexible model for a new quality of life in old age – open to individual needs and defined by vitality, care, and genuine joy of living.

Our community is intended to be much more than just a place to live: it is a vibrant space that strengthens connections between generations and enables both individual and collective development.

With a flexible, holistic approach, we contribute to meeting the evolving needs of an open, international society – creating places where people of all ages can lead an independent, inspired life.

Peter A. Faist  
- Rechtsanwalt -



## The Team

Our project is supported by an interdisciplinary team that brings together diverse perspectives, expertise, and practical experience.

### Health and Care:

Experienced healthcare professionals, gerontologists, and health managers develop innovative care concepts and ensure the integration of modern care standards, preventive offerings, and personalized care models.

### Medicine and Therapy:

Doctors, therapists, and specialists in rehabilitation medicine design customized health and movement programs to promote mobility, well-being, and independence in old age.

### Social Work and Psychology:

Experts in social work, psychology, and coaching contribute their knowledge of social needs, community building, and mental health to create a supportive, respectful environment for all generations.

### Education and Culture:

Educators, cultural managers, and trainers develop concepts for lifelong learning, creative leisure activities, and cultural exchange – as an integral part of an active, fulfilling daily life.

### Business and Corporate Development:

Entrepreneurs, lawyers, project managers, and financial experts bring their experience in structure building, sustainable management, and innovative business models.

### Technology and Communication:

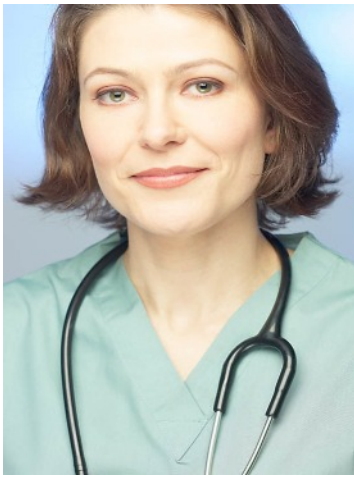
IT specialists, communication designers, and digitalization experts support the development of modern technologies.



# ALIVANA SERVICES

## Care Packages Vitality Care & Vacation Resort

Our tailored care packages offer German long-term care benefit recipients a comfortable and secure stay at the Vitality Care & Vacation Resort in North Macedonia. They combine professional support with a relaxing living environment and are tailored to various levels of care needs.



### 1. VitalCare Basic – Basic Care Package

- Daily assistance with basic care
- Medication reminder
- Room and laundry service
- Weekly report for family members

Price: € /month

### 2. VitalCare Plus – Comfort Package

- Services from Package 1
- Daily 1-hour care (e.g., walks, conversations)
- Participation in leisure activities
- Provision of care aids

Price: € /month

### 3. Care & Relax – Care Respite

- 14-day stay including care & full board
- 2x daily basic care + 2 hours of care
- Transfer service & doctor visits upon request
- Documentation for billing with the care insurance

Price: €  
(compatible with respite care)



### 4. LightCare & Balance – Wellness Package

- 3x weekly daily assistance
- Wellness elements (e.g., foot bath, music therapy)
- Cleaning & room services

Price: € /month

### Additional modules

(available for optional booking)

- Physiotherapy / Massage:  
from € /hour
- Occupational therapy:  
from € /hour
- Translation service:  
from €
- Transfer & doctor  
accompaniment:  
from €



### Individualized Care Services

Our care packages provide a solid foundation for various needs.

At the same time, we understand that every individual is unique – that's why we also offer customized care services upon request.

In close coordination with doctors, healthcare professionals, and – if desired – also with family members, we develop tailored solutions that are optimally aligned with the health requirements and personal preferences of our guests.

Whether specific medical needs, additional care services, or special daily requests – we provide comprehensive advice and adapt our services flexibly to meet your individual needs.

## ALIVANA Corporate Responsibility

### Living responsibility, shaping the future

As part of our social responsibility, Alivana is actively involved in projects that promote self-help and bridge the gap between generations. Our initiatives are aimed at both seniors and the younger generation, creating sustainable perspectives for a strong community.

A key focus is on support through sponsorships, which specifically promote educational projects for Macedonian youth, giving them access to knowledge, skills, and future opportunities.

In addition, we initiate self-help projects that enable older adults to maintain or regain their independence through targeted support.

We are particularly passionate about the active involvement of our seniors: Through environmental projects or social initiatives, they have the opportunity to contribute their knowledge, experience, and energy in meaningful ways, thus making a valuable contribution to society and the environment.

### Sponsorships

Sponsorship for youth and environmental awareness  
Sponsorship for mobility in old age  
Sponsorship for intergenerational exchange  
Sponsorship for health and quality of life



# ALIVANA - VITALITY CARE RESORT



## IMPRESSIONS



### Moments of Joy

Encounters with animals bring joy to life and enhance well-being.



### Always in Good Hands

Reliable healthcare for your safety and well-being.

### Harmony of Body and Mind

Gentle movements promote flexibility, balance, and inner peace.



### Fit and Active

Individual training support for better health and energy.



### Feel Relaxation

Professional massages promote well-being, regeneration, and inner balance.



### Finding Peace

Relaxation in nature strengthens body, mind, and soul.

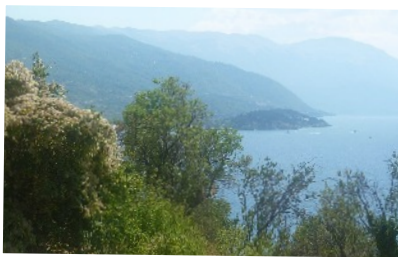
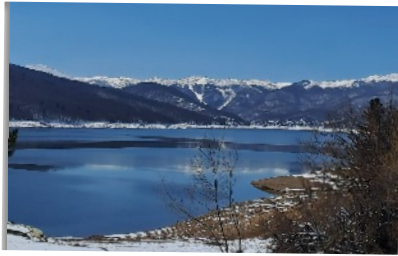




# ALIVANA - NATURE NORDMAZEDONIEN

## Nature tour

Stations for reflection on a journey to inner peace and renewed vitality



Places of Awe



## Experience nature – find harmony

The nature of North Macedonia is more than just a backdrop – it is an essential part of what Alivana has to offer.

Surrounded by mountains, deep blue lakes, and an incredible variety of flora and fauna, we provide the opportunity to experience this pristine beauty in all its glory. Our project aims to connect people with nature, promoting their well-being and both mental and physical health.

The region around Lake Ohrid, with its fascinating history and crystal-clear waters, invites relaxing walks and meditative moments. In the mountainous regions of the Šar Mountains, which traverse the western part of the country, idyllic hiking trails offer an ideal opportunity for nature lovers – and especially for our seniors – to recharge amidst the peace and tranquility of the mountains.

Another gem of nature is the Matka Canyon, just a few kilometers from the capital Skopje. This impressive canyon offers not only spectacular views but also opportunities for

boat trips on the clear waters of the Treska River and hiking along the steep cliffs or visiting the stalactite cave.

The Mavrovo National Park in the west of the country is another highlight for nature enthusiasts. With its vast forests, mountains, and the Mavrovo reservoir, the park offers not only breathtaking views but also a variety of outdoor activities such as hiking, horse trekking, cycling, and, in winter, skiing. The park is a significant nature reserve and home to many rare animal species, including the Macedonian bear.

With customized offerings such as guided hikes, nature experiences, and meditation sessions in the mountains or by the shores of Lake Prespa, we create spaces for relaxation and mindfulness. For us, nature is an integral part of our lifestyle – a lifestyle that focuses on health, vitality, and harmony with the environment.



# ALIVANA - HISTORY NORDMAZEDONIEN



## Places of Faith – Spiritual Diversity in Macedonia

Macedonia is a country that has stood at the crossroads of great cultures for centuries. Here, where East and West meet, an impressive religious diversity has emerged, reflected in intricate buildings, vibrant traditions, and a deep spiritual atmosphere. Orthodox churches, Catholic chapels, and Ottoman mosques shape the cities and landscapes alike, telling stories of faith, tolerance, and artistic creativity.

A prominent example of this is the colorful mosque of Tetovo – a masterpiece of Ottoman architecture, famous for its extraordinary ornamentations and vibrant colors. It is considered a symbol of the artistic fusion of religion and joy of life. Equally fascinating are the Orthodox churches and monasteries, many of which are located high on hills or in remote valleys. Their frescoes, icons, and mosaics are silent witnesses of centuries-old traditions of faith, inviting moments of reflection and inner contemplation.

These spiritual places are much more than historical buildings. They are living testimonies of the harmonious coexistence of different faiths and expressions of a culture that uniquely unites spirituality, art, and community. Many of these places are still active centers of faith, offering space for prayer, silence, and cultural exchange.

However, the significance of these sacred sites goes far beyond the religious context. They remind us of the unifying power of shared values and the timeless human longing for peace, security, and meaning. Those who visit these places can feel the depth of a tradition that unites respect for life and openness to the new.

In harmony with the rich cultural and spiritual history of Macedonia, we invite our residents and guests to replenish their energy, discover personal spaces, and consciously shape new life paths.

## Tour of Faith

Stations for sightseeing and reflection on a vibrant mosaic of religions



## Places of Silence

ALIVANA UG (haftungsbeschränkt)  
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