

What to expect during the Energy Week in Fuerteventura

Fuerteventura is a beautiful island. One week will certainly not be enough to see it fully, but it will give you the opportunity to charge energy in Corralejo which is a calm and lovely city in the north of Fuerteventura. A city that has it all: beautiful beaches, sports, great food, great shops, entertainment.

The flights we are suggesting are direct flights from Vienna. There are other options available, with connections, but the direct route is the best. You will land in Puerto del Rosario, the capital city of Fuerteventura located in the center of the island. The airport well organized. Once you get out of the arrival area, the car rental companies are right there, inside the airport. At the car rental shops, English is spoken.



The rental is uncomplicated. Once you have shown your license, your passport, your credit card, signed all papers they will hand you the key of the car you have selected. The parking place for all rental cars is just outside the terminal, on the main car park. Once you have found your car, it takes about 45 minutes to get to Corralejo. Let us know if you would like to share a ride, or rather for us to arrange a pick-up van (on self-pay basis), we will gladly do so.

The drive is fantastic, with little traffic on the road. Fuerteventura is a mostly desertsic volcanic island, and the brown and red colours of the land surrounded by the deep blue ocean give it a certain tranquility. The ride is mostly along the coast, with, when you approach Corralejo, an option to go through one best kept natural wonders of Fuerteventura, the beautiful Corralejo sand dunes.

Once you arrive in Corralejo, you can go to your hotel and do the check-in. If you are doubtful about which hotel you would like to go to, we may be able to guide you on the suitability due to location. We have visited some of the hotels, to have a better oversight of what is there. There is a wide variety of hotels: hotels for families, hotels for adults only, central hotels with gym and pool, fantastic hotels with spa...

We will give you time to rest.

Our first meet up will be the same evening, in which we will show you, where Master Shi Yang Lian will hold the Qigong and Tai Chi workshop for us... from 08:00 to 10:00 every day. If you have already trained Qigong or Tai Chi with the Health club, you have already experienced how powerful, soothing and energising this practice is. If you have not, this will be a fantastic opportunity to learn in a relaxing and supporting environment. We fully believe that this practice will provide you with an instant energizing start of the day. And what better way than doing it at the beach, with the sound of the ocean and the pure fresh air.

This is the beach, at which we are intending to do our Qigong and Tai Chi practice:



Another possible option if the group is small:





After our QiGong and TaiChi practice we can go to drink a Barraquito (the Canarian local coffee speciality) and your free time starts. What to do? Depending on your personal interests: if you look for more adventure you can rent a Stand-Up Paddle board or a wind surf board and go on the water. You may also give a try to a surf class! Surf is not easy, but it is surely an energizing challenge, and those of you who have participated in our calisthenics classes on Wednesdays will already be familiar with some of the basics. Give it a try!. If you would like to have a more relaxing time, then discovering the city and the beaches, taking sun baths, resting at the beach, visiting the rest of the island are all good options. ...

Go for lunch at the many of the restaurants along the shore, enjoying fresh and delicious seafood:





In the evening we will meet every day for a relaxing sunset yoga session at the aptly named Sunset Beach:





VIC Health Club cannot be without offering massages. We recommend Pamela, from “Massage Magic Touch”, a talented masseuse, who will be able to relieve the stress of your muscles. Why not get one hour massage from 40EUR! Give it a try, you will love it!

Enjoy Fuerteventura, enjoy Corralejo with this Energy Week!



If you have any question, please do not hesitate to contact the VIC Health Club president, Glenda Quezada g.quezada-rodriguez@iaea.org or the Vice President, Frédéric Guigand f.guigand@iaea.org