

Safe and Sound in Zadar County

Visitor's Guide

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Zadar County


























City of Zadar



Silba Tourist Board
Bibinje Tourist Board

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Contemporary icon of Zadar – The Sea Organ



A word by the Director

Dear visitors of Zadar County,

before you is a health-educational booklet *Safe and Sound in Zadar County, Visitor's Guide*, made in the Institute of Public Health Zadar and aimed at the promotion of health.

The Guide is intended for you, your family and friends who have come to Zadar County from other parts of Croatia, Europe and other destinations for holiday, business, recreation...

In regard to infectious diseases, crime and natural catastrophes, Zadar County is a safe region. However, each year, especially during summer, there is an increasing number of guests hurt in an accident. We understand that each trip is connected to certain health risks. The good news is that the majority of the risks can be avoided or significantly reduced by a proper education and personal individual responsibility; firstly by each visitor, and then local citizens, tourism professionals, health professionals and local authorities.

No matter whether during your stay you intend to take on adventure sports or whether you want to spend your holiday seeing cultural, historical and natural sites, shopping and relaxation, a statement to always be kept in mind is: appropriate prevention measures and precaution can reduce risk from injuries and illnesses.

The main goal of the Institute of Public Health Zadar, as the publisher of this Guide, is to provide you with clear and simple information necessary to preserve your health and safety during your stay in our county.

The Guide consists of 21 chapters. The first two chapters will introduce you to the facts about the Republic of Croatia and Zadar County. After that, you will learn about how to prepare for your trip, how the health system works in the county, in other words, whom to contact if you need medical service. In the following chapters, you will be advised on possible dangers you might encounter on your trip, on how to avert them and on the measures you should take in case of an eventual accident. The guide concludes with a list of institutions and their contacts, which you might require during your stay in Zadar and its region.

We hope you will return safely to your homes, with plenty of positive impressions about Zadar County and its inhabitants, and that you will gladly always return. Please take this Guide with you as a picture memory of Zadar and its region that you can share with your friends and family.

We wish you a safe, healthy and pleasant stay in the Zadar County!

DIRECTOR
Zoran Škrgatić, MD, Psychiatry

About the Republic of Croatia





NP Krka, Skradinski buk

***Our beautiful homeland
O so fearless and gracious,
Our father's ancient glory,
May you be blessed forever.
Beloved, you are our sole glory,
Beloved, you are our only one,
Beloved, where you are plain,
Beloved, where you are mountain***

***Clear skies, clear forehead,
Mild personalities, mild nights,
Hot summer, hot work,
Clear water, clear eyes:
Great hills, great people,
Red faces, red vines,
Mighty thunders, mighty wonders; -
This is our home!***

Taken from *Horvatska domovina* by Antun Mihanović

Flag



Emblem



The public-law tradition of the legacy of the Republic of Croatia from medieval principality (791-924) and kingdom (925-1102) to contemporary Republic of Croatia proclaimed on 25 June 1991.

The Republic of Croatia is a member of the United Nations (UN), the Council of Europe (COE), the World Trade Organization (WTO), and the North Atlantic Treaty Organization (NATO). Since 2004 it has been a European Union (EU) candidate country, the process for the entry of which has been concluded.

Government organization: Parliamentary democratic republic

Official language: Croatian

Population (according to preliminary results of the 2011 census): 4,290,612

Gross domestic product per capita 2010: 10,394 €

National currency: Kuna (100 lipa)

Total inland area: 56,594 km²

Total area of territorial waters and internal waters: 31,067 km²

Coastline: 5,835 km

Number of islands: 1,246 (67 inhabited)

Capital: Zagreb

Calling code: +385

Time zone: UTC +1 (UTC +2 in summer)

Internet TLD: .hr

Climate

In Croatia there are three climate zones: the inland is mainly prevailed by moderate warm rainy climate, at the highest peaks there is a snowy forest climate, and along the Adriatic coast there is a pleasant Mediterranean climate with a great number of sunny days.

Average mountain air temperature:

January - 2°C, July 15°C

Average coastal area air temperature:

January 5°C, July 24°C

*Nature Park
Telašćica –Taljurić island*



Nature Park Telašćica – salt lake Mir

Territorial division

Croatia is divided into twenty counties and the City of Zagreb, which maintains a county status. A county includes several spatially connected municipalities and towns of its area. The division into regions is also frequent: Istria, Kvarner, Dalmatia, Slavonia and Central Croatia.

Larger cities: Zagreb, Split, Rijeka, Osijek and Zadar

National Parks

Brioni
Kornati
Krka
Mljet
Paklenica
Plitvička jezera (Plitvice Lakes)
Risnjak
Northern Velebit

UNESCO World Heritage

Natural Heritage

Plitvice Lakes National Park

Cultural Heritage

The Palace of Diocletian in Split

Old City of Dubrovnik

The Euphrasian Basilica in Poreč

The Cathedral of St. James in Šibenik

Stari Grad (Hvar) Plain



Plitvice Lakes

Zadar Airport

Image taken from website en.wikipedia.org



Transportation

Croatia is accessible by airplane, car, vessel, bus or train. The roads surrounding larger towns are in good condition. The country is perfectly connected by bus lines. All major towns in Croatia, except Dubrovnik, are connected by railway.

Larger airfields:

Dubrovnik, Osijek, Pula, Rijeka, Split, Zadar and Zagreb

Airports:

Brač, Osijek, Mali Lošinj

About Zadar County



Lighthouse Veli Rat on Dugi Otok

From foreign press:

Here you can wander quiet streets of marble, sprawl undisturbed on pine-scented beaches and sail to remote islands, deserted except for tiny konobas – restaurants catering mostly to fishermen. Not only is there a dramatic coastline but northern Dalmatia also has a broad hinterland. Three national parks are crammed between the crystal-clear coast and the dusky Velebit mountain, offering hiking, swimming and rock-climbing.

Paris N., (2010), The Telegraph

Flag



Emblem



Population (according to preliminary results of the 2011 census): 170,398

Total inland area: 3,643.33 km²

Total area of territorial waters and internal waters: 3,632.9 km²

Coastline: 1,300 km

Climate

Coast and islands: Mediterranean climate

Hinterland: Continental climate

Velebit: Alpine climate

Typical winds:

bora and sirocco, with frequent levant and mistral

Precipitation:

During the summer period precipitation is at a minimum, with the maximum being in late autumn. Snow is frequent in Lika and the mountains; however, there is hardly any of it in the coastal area and the islands. With approximately 2,600 sunny hours per year, the Adriatic coast is one of the sunniest coasts in the Mediterranean.

Average air temperature: January 5°C, July 24°C.

Water temperature:

Usually does not fall below 10°C in winter, and does not climb above 25°C in summer.

Territorial division:

Zadar County is organized territorially into 34 local administrative and self-administration units, in other words into 6 towns (Zadar, Benkovac, Biograd na Moru, Obrovac, Pag and Nin) and 28 municipalities.



Vinjerac, small town in the southeast part of Velebit canal

The city of Zadar

is the administrative centre of Zadar County and fifth largest city in the Republic of Croatia.

Islands larger than 1 km²:

Pag, Dugi Otok, Pašman, Ugljan, Olib, Molat, Vir, Iž, Sestrunj, Silba, Ist, Premuda, Maun, Rivanj, Zverinac, Škarda, Škrda, Rava, Vrgada, Lavdara, Tun Veli, Planik.

Rivers:

Zrmanja, Krupa, Una, Ričica.

Nature parks:

Velebit
Vransko Lake
Telaščica

National Park:

National Park Paklenica

If you are staying in Zadar County, we also recommend visiting national parks NP Northern Velebit, NP Kornati, NP Plitvice Lakes and NP Krka.

Traffic connections:

The County is crossed by the Adriatic tourist road and A1 motorway Zagreb – Split (so called *Dalmatina*).

Zadar airport connects the city of Zadar with towns and cities in Croatia, and since the introduction of low airfare flights it connects it to about 20 European cities.

There is a ferry connection to Ancona in Italy (from the city of Zadar) in season.

All inhabited island have ship or ferry connections to Zadar.



Island Silba



Kornati

Each year this area is visited by thousands of tourists. The majority of visits to tourism destinations in Zadar County, as well as the rest of Croatia, are safe (trouble-free). There is a possibility of sporadic fires, especially during summer months. Therefore it is legally forbidden and dangerous to set fire in open space and near forests.

For more information on Zadar County please visit Zadar County Tourist Board website www.zadar.hr.

Travel preparations



On the roof of the Church of St. Donatus (9th cent.) the symbol of the city of Zadar

When you decide to go on a trip, whether travelling alone or with your family, it is necessary to prepare well so it could be pleasant and entertaining.

Unfortunately, accidents and illnesses can happen anytime and anywhere. Should you require medical services while staying in a foreign country, keep in mind that those services can be expensive if you lack the appropriate health insurance.

If you require any form of health care during your stay in Zadar County, you can get a full hospital and nonhospital health service at the highest medical standards.

In order to use medical services in the Republic of Croatia, it is necessary to show a health insurance certificate or a European Health Insurance Card.

Before travel:

Get information about the country you intend to visit, especially about the standards and availability of health care.

Contact your physician.

If possible, see your physician 4-6 weeks prior to travelling. Your doctor or medical service provider will determine everything you need, depending on your health condition, immunity levels and the area you are about to visit.

There are no vaccination requirements for Republic of Croatia in international traffic of travellers. Zadar County is very stable and safe in terms of infectious diseases.

Take a health insurance certificate and have it with you at all times (you are not required to hold this certificate if you possess a European Health Insurance Card).

Check whether your health insurance includes the use of medical services outside your country of residence, whether it covers such services as transport of patients into another country and similar.

Consider the option of taking travel insurance offered by the majority of insurance companies.

Chronic patients

If you suffer from any of the chronic diseases, you must contact your doctor or physician before going on a trip. If you use any medications, keep them in their original containers and always carry them with you. Check with your doctor whether your medication is legal in the country you are visiting. If they are not legally admissible, ask your doctor to issue the necessary documentation.

During your stay in any foreign country, do not take any unnecessary risks that may endanger your health.

If you wish to find out what travel documents are required to enter the Republic of Croatia, please visit the website of the Ministry of Foreign and European Affairs of the Republic of Croatia - www.mvp.hr.

Health insurance



Bungee jumping from the Maslenica bridge

Saving lives is not open to question, and urgent medical assistance is provided to all those who require it. However, if you do not have health insurance or you cannot prove it with necessary documentation until the end of your treatment; you are required to pay for the expenses of emergency medical services subsequently.

The type of health care you are entitled to use in the Republic of Croatia and the rights that you have depend on your country of residence, that is, whether your country and the Republic of Croatia have a written agreement on social insurance.

Persons who are temporarily staying in the Republic of Croatia, and who come from countries which have not signed a bilateral agreement on social insurance with Croatia, or this agreement does not determine the use of health care, are required to cover the medical expenses personally.

In the stated case, you can:

- buy a health insurance policy in your country of residence that covers your stay in Croatia (the best option);
- buy a health insurance policy in Croatia from local insurance companies;
- get a travel insurance.

Entitlements to use health care for persons who come from countries which have signed a bilateral agreement on social insurance with the Republic of Croatia (until December, 2011)

Country granting insurance	Certificate	Basis for use of medical protection	Services that can be used without covering all the expenses
AUSTRIA	Bilingual medical insurance certificate ¹ A/HR 3	Patient's record ²	A person is entitled to use emergency medical services, including prescription medication. The scope of the rights in accordance with individual contracts on social insurance (emergency or extended emergency) is stated on the Patient's record.
BELGIUM	Bilingual medical insurance certificate BE/HR 111	Patient's record	A person is entitled to use emergency medical services, including prescription medication. The scope of the rights in accordance with individual contracts on social insurance (emergency or extended emergency) is stated on the Patient's record.
BOSNIA AND HERZEGOVINA	Bilingual medical insurance certificate BH/HR 3	Patient's record	A person is entitled to use emergency medical services, including prescription medication. The scope of the rights in accordance with individual contracts on social insurance (emergency or extended emergency) is stated on the Patient's record.
MONTENEGRO	Bilingual medical insurance certificate SCG/HR 111	Patient's record	A person is entitled to use emergency medical services, including prescription medication. The scope of the rights in accordance with individual contracts on social insurance (emergency or extended emergency) is stated on the Patient's record.

CZECH REPUBLIC	European Health Insurance Card ³ CZ/HR 111 A	European Health Insurance Card or statement containing information from the European Health Insurance Card ⁴	A person is entitled to use emergency medical services, including prescription medication
FRANCE	Bilingual medical insurance certificate SE 21-03A	Patient's record	A person is entitled to use emergency medical services, including prescription medication
ITALY	Bilingual medical insurance certificate 111 I, 112I	Patient's record	A person is entitled to use emergency medical services, including prescription medication
LUXEMBURG	Bilingual medical insurance certificate L/HR 111, L/HR 112	Patient's record	A person is entitled to use emergency medical services, including prescription medication.
HUNGARY	European Health Insurance Card ^{***} HU/HR 112	European Health Insurance Card or statement containing information from the European Health Insurance Card	A person is entitled to use emergency medical services, including prescription medication
MACEDONIA	Bilingual medical insurance certificate HR/RM 3	Patient's record	A person is entitled to use emergency medical services, including prescription medication
NETHERLANDS	Bilingual medical insurance certificate NL/HR 111, NL/HR 112	Patient's record	A person is entitled to use emergency medical services, including prescription medication
GERMANY	European Health Insurance Card HR/D 112	European Health Insurance Card or statement containing information from the European Health Insurance Card	All health services that cannot be postponed until his/her intended return to country of residence, including prescription medication.
POLAND		Passport or certificate of health insurance of foreign insurance holder	Use of emergency medical protection aimed at averting life and health threats.
ROMANIA	Bilingual medical insurance certificate R/Y 11	Patient's record	A person is entitled to use emergency medical services, including prescription medication.
SLOVAKIA		Passport	
SLOVENIA	European Health Insurance Card HU/HR 4	European Health Insurance Card or statement containing information from the European Health Insurance Card	A person is entitled to use emergency medical services, including prescription medication.

SERBIA	Bilingual medical insurance certificate SRB/HR111	Patient's record	A person is entitled to use emergency medical services, including prescription medication.
SWITZERLAND (accidents at work)	CH/HR 3.1	Patient's record	In case of accident or treatment of professional illnesses, medical protection is granted with a special scope, including entitlement to prescription medication.
GREAT BRITAIN		Passport or certificate of health insurance from a foreign insurance holder	Use of emergency medical protection aimed at averting life and health risks. In Great Britain the right to health care is used in a broader sense.

- 1 **Bilingual medical insurance certificate** – this certificate is issued by your insurance holder in the country of issuance in order to prove that you have health insurance. This certificate, in case of emergency, can be issued subsequently.
- 2 **Patient's record** – upon arrival to a place of stay, in the branch office of Croatian Institute for Health Insurance (HZZO)– and bilingual medical insurance certificate is to be exchanged with the Patient's record in order to use medical services with ease. The list of branch offices is on pg 84. In case of emergency it is possible to use medical services based on the certificate of entitlement, which is handed to the physician and exchanged for Patient's record during treatment.
- 3 **European Health Insurance Card (EHIC)** – Hand the card, the copy of the card or certificate to medical staff. In case you do not have your EHIC card, copy of the card or certificate with you, you need to write a statement given to you by medical staff, which will stay in the institution where the service is used. The physician will check and certify the information.

Medical services not pertaining to emergency medical assistance

- These services are given upon your request.
- They can be provided by all national health institutions or private practice medical professionals
- The provided medical services are charged in Kuna.
- Prior to the provision of these services you might be required to pay a deposit or other guarantee ensuring payment of services.
- The health institution or private practice medical professional are required to issue an invoice containing specifications for each particular medical service provided.

Health care for visitors of Zadar County



If you are experiencing any medical conditions during your stay in Zadar County, please contact Emergency Medicine Institute of Zadar County. In case of necessity, patients are transferred from there to further medical processing and treatment.

Emergency Medicine Institute of Zadar County Emergency Health Care

Ivana Mažuranića 28, 23 000 Zadar

Tel.: +385 (0)23 239 840; +385 (0)23 239 820

fax: +385 (0)23 239 819

GSM: 385 (0)91 2398 021

Interventions: 112

The newly founded Emergency Medicine Institute of Zadar County performs emergency medical services and consists of 12 teams; 10 in Zadar and 2 in Biograd na Moru. Each team consists of a physician, driver and medical nurse.

The Institute organizes 7 stand-by duties (physician, driver, medical nurse permanently in the institution), in Biograd na Moru, Benkovac, Gračac, Posedarje, Nin, Pag and Preko, and 6 on-call duties (physician available), in Obrovac, Sali-Žman, Iž, Ist, Silba and Božava.

For the first time there are also the newly recruited teams for emergency medical transport that consist of trained medical nurses and technicians. There are 5 of these teams in Starigrad, 5 in Gračac, 5 in Benkovac and 3 in Biograd na Moru.

In the summer (especially July, August) period there is an increased health care service in Zadar County in several localities (in Zadar, Pag, Biograd na Moru, Starigrad, Vir and along the motorway through the whole county). There is an ensured health care service on the continent within 24 hours.

The islands are covered by a 24-hour on-call duty (Sali-Žman, Božava, Ist, Molat, Iž-Rava, Silba, Olib-Premuda) or 24-hour stand-by duty (Pašman, Ugljan and Pag). The municipality Preko has an emergency vessel for transportation of persons hurt in an accident or patients. In case of necessity, an emergency helicopter transport can also be organized.

Health Institutions in Zadar County

General Hospital Zadar

Special orthopaedics hospital Biograd na Moru

Psychiatry hospital Ugljan

Community Health Centre of Zadar County

Institute of Public Health Zadar

Institute for Emergency Medical Assistance of Zadar County

Pharmacies

Private polyclinics

General medicine offices

Stomatology offices

Specialized medical offices

Note for travellers on haemodialysis

Should you require haemodialysis during your stay in Zadar County, you can make the necessary arrangements with Zadar General Hospital. The best option is to make an appointment **2 to 3 months** prior to your arrival.

**General hospital Zadar
Internal diseases division, Nephrology
Department – Haemodialysis Centre**

Bože Peričića 5, 23 000 Zadar
Tel.: +385 (0)23 505 121, fax: +385 (0)23 505 423
e-mail: dijaliza-obz@optinet.hr
www.bolnica-zadar.hr

Notification to persons under treatment for opioid type dependence by means of substitution therapy

Outpatient treatment of addiction diseases is performed in the Department for Prevention and Outpatient Treatment of Addictions and Mental Health, which is a constituent part of the county's Institute of Public Health.

**Institute of Public Health Zadar
Department for Prevention and Nonhospital
Treatment of Addictions and Mental Health**

Ravnice bb, 23 000 Zadar
Tel./fax: +385 (0)23 314 783
e-mail: sluzba.ovisnosti.zadar@zjz.t-com.hr
www.zjz-zadar.hr

Working hours for users: Every day from 7 am to 8 pm, except on Fridays from 7 am to 3 pm.

Before travelling, the users of substitution therapy need to contact their physician, who will then contact our Department physicians and announce their arrival.

Upon arrival to the Department, it is necessary to bring:

- identification document (passport or ID card),
- valid health insurance card issued in country of residence / European Health Insurance Card / additional certifications depending on your country of residence proving that your health insurance covers the cost of treatment in the Republic of Croatia;
- test results by the physician in charge of treatment, preferably not older than 10 days.

Visitors from those countries that do not have a signed bilateral healthcare agreement with the Republic of Croatia are also entitled to receive health care to continue treatment of addiction, with the exception that they will be charged for the substitution therapy, as well as other service provided, with the issuance of a valid invoice.

Traffic safety



New Maslenica bridge (motorway A1)

Inappropriate speed and alcohol are the most frequent factors causing traffic accidents almost everywhere in the world. To protect yourself and your loved ones, it is important to respect the traffic rules.

Rules of the Road

Below you can find some of the traffic rules in effect in the Republic of Croatia:

- Vehicles travel on the right side of the road.
 - Drivers and passengers are required to wear a seatbelt during a journey, sitting on all seats that have seatbelts.
 - Children below the age of 5 need to be placed in a special safety seat, and from the ages of 5 to 12, on a special seating adjusted to their height.
 - On roads in inhabited areas drivers are not allowed to exceed the speed of 50 km an hour, that is, the speed which exceeds the one indicated by traffic signs.
 - The maximum speed limit in uninhabited areas: 130 km an hour on motorways, 110 km an hour on roads intended solely for motor vehicles and on speed roads, 90 km an hour on other roads.
 - The maximum allowed alcohol limit is 0,5 promille.
 - In winter time all vehicles are required to have the lights turned on during the whole day.
 - It is prohibited to use a mobile phone during driving.
 - During winter road conditions (when the roads are covered by snow or there is ice on them) vehicles are required to have the prescribed winter equipment.
- Non-resident drivers are allowed to drive if they possess a valid foreign driver's license issued by the competent authority of the foreign country, with the condition of reciprocity.

How to act if you encounter a traffic accident?

- Turn on all four direction indicators and with increased caution stop your vehicle so that it does not endanger other vehicles and participants in traffic, at a safe distance. Turn off your engine and stay composed and calm.
- Put on a reflective safety vest and secure the accident area with a safety warning triangle, in case it has not yet been done.
- Immediately notify the authorities on telephone number **112** or **SOS** telephone by the motorway.
- Do not move the injured persons, except if they are in an imminent risk of fire or explosion.
- Provide first aid to the injured persons, in the scope of your knowledge and abilities. (more on pg 82).
- Remain at the scene of accident until the police and emergency medical authorities arrive.

In case of vehicle breakdown, you can ask for technical road assistance from the Croatian Automobile Club (Hrvatski autoklub – HAK) by calling **1987**.



Tunnel Mala Kapela

How to act if you have participated in a traffic accident?

A participant in a traffic accident that has caused death or injury of third parties must:

- remain at the scene of accident, except that they can temporarily move away only in case of providing first aid to the injured or if they need medical assistance; and in order to notify the police;
- do everything in their power to minimize risk that can occur at the scene of the accident and ensure normal traffic flow, try not to alter the conditions at the scene of the accident and to preserve the existing vehicle tracks, under the condition that these actions do not hinder traffic safety;
- notify the nearest police administration or department about the accident and return to the scene of the accident and wait for the arrival of traffic on-site investigators.

A participant in a traffic accident who has caused only material damage of vehicles must:

- if possible, remove the vehicles from the road, ensure an unhindered traffic flow, fill in and sign a European Motor Accident Report form or exchange personal data and vehicle information in another way;
- in case that there is no vehicle owner or owner of other damaged possessions at such accidents, the driver is obliged to leave personal data and information about the vehicle that caused the accident to the owner of the vehicle or other damaged possession.

Behaviour policy at sea

A commander of a vessel sailing into the Republic of Croatia by sea is obliged to sail into the nearest international port by the shortest route in order to perform customs control, and they are obliged to do the following:

- Obtain a vignette.
- Certify the list of crew members and passengers in the Harbourmaster's Office or Harbour Branch Office.

The same action is required for vessels brought to the Republic of Croatia by mainland or that are kept in a port or other authorised place in the Republic of Croatia.

A vignette is required for vessels that are 3 meters or over in length, as well as those vessels that are less than 3 meters in length but are powered by 5kW or stronger propulsion engines.

A vignette is not required for vessels powered by paddles, regardless of their length (e.g. kayak, beach canoe, paddle boat or similar).

A vignette is issued by the Harbourmaster's Office or Harbour Branch Office.

County Port Authority of Zadar

Liburnijska obala 6/5, 23000 ZADAR
Tel.: + 385 (0)23 250 565, fax. + 385 (0)23 250 564,
e-mail: lucka-uprava@zd.t-com.hr

Harbourmaster's Office Zadar

Liburnska obala 5, 23 000 ZADAR
Tel.: + 385 (0)23 254 888, fax: + 385 (0)23 254 876,
e-mail: milivoj.maricic@pomorstvo.hr

A vessel sailing in the Republic of Croatia needs to contain the following original documents that can be subject to control:

- vignette;
- certified list of crew members and passengers (in case of longer stay on the vessel) and/or certified list of persons staying on the vessel;
- evidence of seaworthiness;
- evidence that the skipper is competent for boat handling;
- evidence of third party insurance policy;
- ownership certificate or authorization for the use of vessel.

Skipper, crew member of yacht or vessel cannot have more than 0,5 g/kg of alcohol in blood while on duty.

Ships, yachts, boats and seaplanes, while sailing on interior waters and territorial waters of the Republic of Croatia, are not allowed to come near the coastline, as defined below:

- ships and seaplanes to a distance below 300 m;
- yachts to a distance below 150 m;
- motorboats and sailing boats to a distance below 50 m.

Vessels on paddles, surfing and wave-riding boards, canoes, kayaks, gondolas, beach canoes and paddle boats can sail at a distance below 50 m from the coastline, and cannot move away from the coastline to more than 500 meters.

A sailing vessel of 2,5 meters or less in length can carry a maximum of two persons.

On water area near the beach, yachts and vessels have to sail at a distance greater than 50 m from the fence of a designated beach and 150 meters from the coastline of a natural beach.

Speedboats and vessels on jet engine (scooters, jet ski, inflatable boats and similar) can speed-glide only at a distance greater than 300 m from the coastline and on an area that permits speed-gliding.

For more detailed information on regulations and customs in the Republic of Croatia, please contact your consular offices.



The island of Vir is connected to the inland by a bridge

Safe sailing





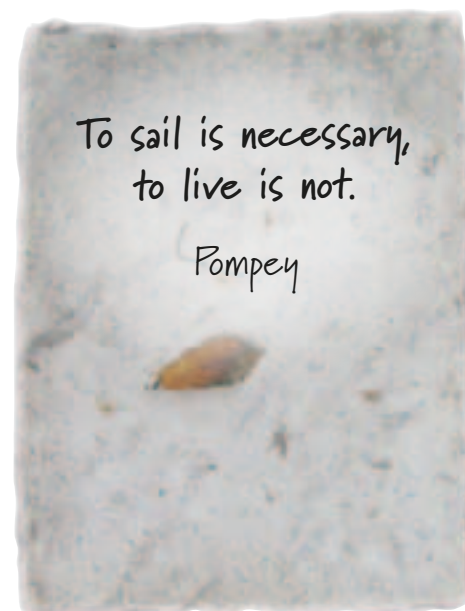
Brbinj
on Dugi otok

The Zadar archipelago, with numerous islands, straits, canals, protected coves and safe docking in 8 marinas presents a true paradise for sailors.

Unfortunately, every year there is a large number of accidents and injuries during sailing, sometimes even with death incidents. The majority of sailing accidents are due to man overboard, on the least expected occasions – in calm weather, while docking, or when the vessel is anchored.

We would therefore remind you of the basic safety measures that you need to take in order to avoid endangerment of your life and the lives of others regardless of whether you are sailing the boat or are one of the passengers.

User's disregard is the most frequent factor causing misfortunes and accidents!



Before sailing out, check the local weather conditions and forecast, make a sailing route plan, pack necessary clothing and equipment, food and medicine for prevention of sea sickness.

Float plan

Float plan includes notifying a person of confidence on the mainland (friend, apartment owner and similar) that you are preparing to sail out, so they could contact the rescue authorities if you do not come back at the estimated time. When you come back from your journey, do not forget to notify the persons responsible so they wouldn't worry or engage a rescue team.

In case of misfortune and accident or doubt that these have occurred, you should call for help on **112** or toll-free number **195** for Search and Rescue at Sea service of the Republic of Croatia.

Safety equipment

Basic equipment:

- lifejacket,
- manual VHF radio that should be kept close at all times.

Using a mobile phone is never reliable as you might lose signal, and a radio call will always be heard!

Other important equipment: *Jackline*, safety belt with safety harness and line, *Chartplotter* or other vessel monitoring system.

Passengers on board

Passengers on board present a risk, especially if they do not know anything about boats and sailing. A skipper is obliged to inform guests about the most important safety measures (e.g. safety equipment and basic tactics). If you are a passenger, insist on being informed about the necessary precaution measures before the vessel sails out!

Everyone on board needs to have a lifejacket – find out where yours is and if it fits you.

Children under the age of 12 and non-swimmers are required to wear a lifejacket at all times!

Man overboard

If anybody falls into the water, they should be thrown a lifebuoy ring or any other floating object. One person should watch the person overboard at all times, and others should listen to the skipper's orders. The vessel should manoeuvre in order to stop next to the person who has fallen into the water.

Navigational skills

The safety of sailing increases with the quality of navigational skills of persons sailing the vessel.

Accidents can occur at any moment! Consideration of possible actions helps in situations of panic should an accident occur in reality.



Near Pašman

Storm and bad weather conditions

Good sailors always seek a safe port during a bad weather threat.

The National Centre for Search and Rescue at Sea issues regular warnings to sailors about good/bad weather conditions and special warnings in case of heavier storms. The website of Croatian Meteorological and Hydrological Service **www.prognoza.hr** contains weather forecasts for sailors.

Bad weather conditions and storm impose the most serious danger while you are sailing. Timely observation of incoming storm and the implementation of appropriate tactics greatly reduce risks of injury.

During the storm all passengers are required to wear lifejackets and safety belts with carbine.

Remain conscientious and composed if you are handling any sailing object in order to protect yourself and others nearby.



Velebit Channel near Ražanac

The quality of sea bathing water on the beaches of Zadar County

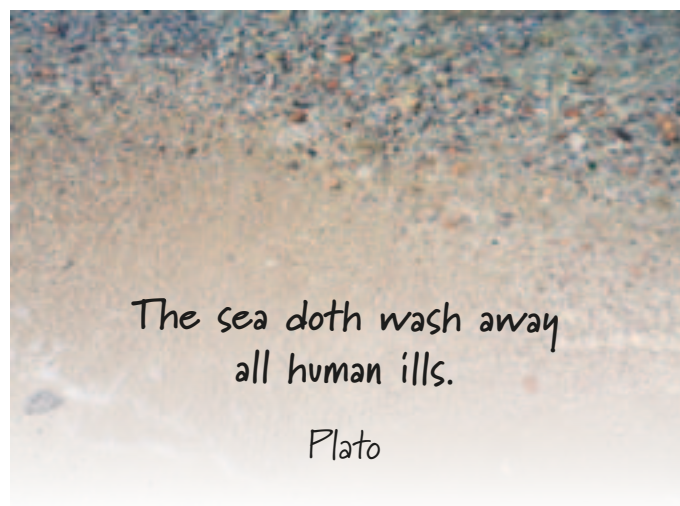


Cove Brbišćica on Dugi Otok

Every year from 15 May to 30 September in Zadar County there is a Programme of assessment of the quality of bathing water on sea beaches. The quality testing consists of testing physical, chemical and bacteriological characteristics of seawater, meteorological conditions and hydrographical characteristics of the sea.

Annual assessment of sea quality for 2011 in Zadar County

You can check the quality assessment of Zadar County's seawater on a cartographic projection on the website www.izor.hr.



Blue flag - international ecological programme for protection of the marine environment and coastal area shows clear, developed, safe and well-maintained beaches/marines.

List of blue-flag beaches in 2011.

Zaton tourist resort beach, Zaton
Borik beach, Zadar
Dražica beach, Biograd na Moru
Bošana beach, Biograd na Moru
Hotel Alan's Bluesun beach, Starigrad-Paklenica
Iza banja beach, Sv. Filip i Jakov
Jaz beach, Preko
Prosika beach, Pag

You too can actively participate in preserving clean seawater!

LEGEND:

- excellent
- good
- satisfactory
- unsatisfactory

On the beach



Beautiful seashore, rivers and lakes of Zadar County as well as a pleasant warm climate make our area suitable for enjoying water activities and sports such as swimming, diving, sailing, rafting and so on, during all seasons of the year.

Swimming is entertaining and an excellent way of staying in shape, and it is also an activity which you can undertake during your lifetime.

Apart from being a pleasant way of cooling off in hot summer days, swimming is also a relaxing and light type of physical exercise. However, injuries and drowning in water and water areas are possible and it is therefore necessary to take certain measures of precaution to avoid dangerous situations.

Precaution measures on designated beaches

A designated beach is a mainland area directly connected to the sea with sanitary facilities, showers and cabins, enclosed on the seaside, accessible for all under the same conditions.

- Swim only inside the enclosed swimming area.
- Read notifications and etiquette on beaches and swimming pools and abide by them.
- Avoid swimming after a large meal.
- Avoid swimming under the influence of alcohol, drugs or antianxiety drugs (tranquilizers).
- If you are experiencing serious health problems, talk to the lifeguards on the beach.
- Avoid forward diving if you are uncertain about the depth of water.

Small children up to three years of age are especially exposed to the risk of drowning due to inexperience and curiosity, and they can drown in water merely 5 cm deep.

Never leave your child unattended or alone in or near water at any moment. While the child is in water, you need to supervise them at all times.

Inflatable vests, swim rings, arm pads and similar equipment aimed at protecting children against drowning in water must have a label showing that they meet the safety standards and a label showing for which age and weight they are intended. This equipment cannot be a substitute for your vigilance, because a child may turn over or slip out of it.

Older children and adolescents also need to be supervised while in water or in areas near water because they can often overestimate their abilities and are prone to competing with their peers. This can lead to unfortunate events.

It is therefore necessary to check that they are well trained in swimming, diving and remaining in water for longer periods of time.



Zaton

Older persons need to carefully evaluate their abilities for water sports and long-term sun exposure. Swimming is an ideal form of recreation and maintaining fit and it imposes minimal threat of injury. Avoid long-term bathing in colder water (sea). If you are taking medication, do so regularly and in agreement with your physician.

It is prohibited to bathe and swim beyond the enclosed area of a designated beach!

Precaution measures on natural beaches

A natural beach is an undeveloped mainland area directly connected to the sea, accessible to everyone. It does not have an infrastructure with facilities and its natural features are completely preserved.

If you are swimming or diving on natural beaches:

- make sure that your swimming surroundings are safe;
- do not swim or dive alone, especially at greater distance or depth;
- do not swim alone especially at greater distance if you haven't notified the persons in your company about where you are going.

It is prohibited to swim at a distance greater than 100 m away from a natural beach!

During your stay at the beach it is important to consume sufficient amounts of fluids to avoid dehydration; this is especially important for children. Coffee and alcohol should be avoided. Protect yourself from the sun and the heat (more on pg 48).



Vir



Rafting on the river Zrmanja

Windsurfing and rafting

Windsurfing and rafting are extremely interesting sports filled with excitement, providing you with unforgettable experiences.

If you have decided to take on these or similar water sports:

- avoid doing them alone;
- seek advice and escort from local citizens;
- get and check all the necessary equipment on time (signal flares, lifejackets, sufficient amount of drinkable water);
- if you are planning a full-day excursion, prepare protective sun lotions or creams so you do not burn, light clothing, head protection and sunglasses;
- get information about the geographical characteristics of the area you are intending to visit, wind power and direction, the power of sea currents, dangerous rapids and ravines;
- follow the local weather forecast and weather conditions because they can suddenly change.

Children and persons who are not good swimmers should wear lifejackets at all times.

Careful with the sun



Saharun cove on Dugi Otok

Besides positive effects (such as regular growth and bone development) sun exposure also has certain adverse effects on people. Overexposure to the sun can cause sunburn, allergies, damage to the eyes and various degenerative and malign skin diseases. The sun's effect on human organism is cumulative, so adverse consequences from overexposure in childhood and youth can be reflected in mature age.

UV radiation is a part of the spectrum of sun radiation which we cannot observe with our senses.

You can get further information on the intensity of UV radiation on the website of National Meteorological and Hydrological Service daily on URL www.dhmz.htnet.hr.

UV radiation, that is, UV index changes during the day as well as during the year.

Changing behavioural practices when sun tanning is a first step toward an efficient protection against unfavourable adverse effects of UV radiation!

How to protect yourself from the sun in summer months?

Avoid long exposure to the sun from 10 am to 5 pm.

New-born children (up to 6 months) are not to be exposed to the sun at all.

Toddlers up to 3 years of age should not be exposed to the sun from 10 am to 6 pm, and they also shouldn't be exposed directly to the sun.

Choose light and comfortable clothes that cover most of your body's surface (long sleeves and long trousers) and that are made from natural materials (cotton, flax).

You should protect your head with various types of coverings, and eyes with sunglasses.

Use protection devices; sunblock lotions with a sun protection factor dependent upon your skin type, and use it on all areas of your body that are not covered.

Risk of UV radiation in mid-summer on a clear day

8 am and earlier	9 am	10 am	11 am	12 pm	13 pm	14 pm	15 pm	16 pm	17 pm	6 pm and later
almost none	moderate		high	extremely high			high	moderate		almost none

Risk of UV radiation during the year

January	February	March	April	May	June	July	August	September	October	November	December
minimal except in the mountains		moderate	high	extremely high				high	moderate	minimal except in the mountains	

Good to know

- Sunburns can occur even on a cloudy day.
- Sunblock lotions are not meant for prolonging your exposure to the sun, but to increase protection during unavoidable sun exposure.
- We can get sunburn even if we do not feel the heat during sun tanning.
- UV radiation does not only affect the skin but also the eyes.
- A tanned skin does not protect us from further sunburns.
- The ability of human organism to protect itself from UV radiation is reduced with age.
- UV radiation is also dangerous in winter and in spring.
- The intensity of UV radiation also depends on geographical width, above mean sea level, ground reflection, and especially reflection off the ground covered by snow, which reflects about 80% of radiation.
- Reflected UV radiation (off the ground, sand, snow or water) is also dangerous.
- Sun tanning is not required to entice production of vitamin D.
- The shorter our shadow is, the more dangerous UV radiation becomes.
- Sunburns can also occur during swimming.
- The higher above mean sea level, the more dangerous UV radiation becomes.
- Shadow protects us from direct UV radiation, but not from reflected or dispersed radiation.
- Consumption of certain medications, perfumes or deodorants in combination with the sun can induce unfavourable reactions.

According to skin reaction to sun exposure during summer in our climate, there are 4 different skin types:

SKIN TYPE	LENGTH OF SUN EXPOSURE WITHOUT PROTECTION	RECOMMENDED SUN PROTECTION FACTOR
VERY LIGHT SKIN	5 TO 10 MINUTES	20 - 30
LIGHT SKIN	10 TO 20 MINUTES	12 - 15
DARK SKIN	20 TO 30 MINUTES	8 - 10
VERY DARK SKIN	30 TO 40 MINUTES	4 - 6

Protection form summer heat



When temperatures are high in spring and summer months, and there is still a lot of humidity in the air, certain disorders can occur, such as sunstroke, heat exhaustion, heat stroke and dehydration, which have adverse health effects. Especially susceptible groups are children, elderly people, chronic patients, persons with high blood pressure and persons working in the exterior.

Recommended health protection measures during high air temperatures

- Increase the intake of fluids, regardless of the level of your activity. Do not wait until you become thirsty. Do not consume fluids that contain caffeine, alcohol or large amount of sugar, because they will only increase the loss of fluids in your body.
- Drink cool, but not very cold beverages.

On Zadar's waterfront



- Take baths or showers or use cool, wet towels.
- Avoid eating greasy, fried, spicy or heavy meals. The advantage should be given to boiled vegetables, fruits, salads and fish. It is also very important to compensate fluids by light stews, soups and tea.
- If possible, stay in air-conditioned spaces. If you do not have an air-conditioning unit at home or at work, try to go to air-conditioned places in the town. Close your windows during the day and try to obscure the areas where you are staying.
- Avoid leaving the house at the warmest times of the day, from 10 pm to 5 pm.
- Wear light, comfortable, light-coloured, wide clothes made from natural fibres, and when you go out in the sun it is best to wear a bigger hat.
- Slow down your usual pace of life and avoid physical activity when the temperatures are at their highest.

Never leave your children in locked, parked automobiles. Temperatures in cars can go up to 60 °C in summer.

Do not expose new-borns and small children (up to 4 years of age) to the sun and make sure they drink enough fluids.

Additional protection measures for elderly persons

- Elderly persons must not be exposed to the sun between 10 am and 5 pm, especially if they are heart patients or diabetics.
- When you go out, protect your head with a hat, scarf or cap.
- It is necessary to check your blood pressure frequently.
- The signs of headache, sickness, dizziness and dehydration for elderly people are cause for alarm, and they should immediately contact their designated general practice physician or the nearest emergency medical service.
- Elderly people must always carry their general information with them: name and surname, year of birth, address and a telephone number from a person who can be contacted with regard to any problem occurring to the elderly person.
- It is important to maintain regular body hygiene and clean environment and to seriously adhere to doctor's instructions and controlled medication intake.
- Long-term physical exercise is necessary, especially in the morning and in the evening, and preferably in natural surroundings. If physical activity is impaired, it is necessary to air for several hours the areas of stay of the functionally impaired elderly persons.

Medical disorders caused by heat



Peninsula Pinija near Petružane

Heat exhaustion

Heat exhaustion is a medical condition caused by excessive perspiration due to high temperatures and inadequate compensation for salts and water in the body.

Symptoms: severe perspiration, normal body temperature, feebleness, dizziness, sickness and vomiting, severe thirst, fast breathing and heart palpitations, possible loss of consciousness.

First aid procedure

- Place the patient in a cooler area and keep them cool.
- Place the patient in a horizontal position, lifting up their feet.
- Compensate for lost fluids and salt (electrolytes) by orally giving them finished isotonic beverages, which are available in stores or powder solutions (such as *rehidromix*) that can be bought in pharmacies.
- Solutions for electrolyte compensation can be prepared at home: put 1 teaspoon of salt and 8 teaspoons of sugar in 1 litre of water.
- Follow the signs of life functions, and in case that the condition worsens call emergency medical service and apply the necessary first aid procedure (more on pg 82).

Heat stroke

Heat stroke is a medical disorder in which there is a drastic increase in body temperature. If necessary measures are not taken, it can cause severe body damage and even death. The body temperature increases quickly up to 40 °C in 10 to 15 minutes.

Heat stroke occurs at times of extremely high temperatures and humidity that make it impossible for the body to cool off by perspiration.

Symptoms: very high body temperature, red, warm and dry skin that especially with young people is also perspired, strong headache, sickness, dizziness and vomiting.

First aid procedure

- Immediately call **emergency medical service (112)** because this condition requires treatment in a medical institution.
- Begin cooling off the affected person as soon as possible by spraying them with water and creating a draft.
- Follow the signs of life functions, and in case of worsened condition, apply the necessary first aid procedure.

Sunstroke

Sunstroke is caused by a long-term exposure of the head, especially the nape area, to the influence of the sun's energy.

Symptoms: high body temperature, confusion, extreme redness of the face, headache, dizziness, sickness and sensitivity to light.

First aid procedure

- Remove the affected person from the sun and cool them off.
- Place a cold compress (a wet wrung-out cloth) on the patient's head.
- Give smaller amount of water or natural juice to the patient.
- Follow the signs of life functions, and in case that the condition worsens call emergency medical service and apply the necessary first aid procedure.

Sunburns

In general, these are first-degree burns, and the best treatment measure is by all means prevention.

Symptoms: local redness, pain, swelling, blistering on parts of the body that were exposed to sun radiation.

Treatment procedures with sunburns

In case of mild burns, in order to alleviate difficulties, it is useful to shower with cold water, to have a cold bath or to apply compress with cold water or cold camomile tea.

If the burnt area is large, the injured should be transported to the hospital urgently, and during transport they should be encouraged to drink fluids containing salt, minerals and sugar.

Different people can show different symptoms and signs of a certain body disorder.

If you feel unwell (you feel sick, dizzy, infirm, anxious, you have a headache or you are very thirsty):

- go to a cooler area, take your temperature and ask for help;
- compensate for fluids (as soon as possible have a drink of water, unsweetened tea or juice);
- If you have engaged in heavy physical activity in heat, and you are experiencing cramping in legs, arms or stomach, calm down, lie down in a cool area, drink fluids with electrolytes, and if the cramping does not cease after one hour, ask for medical assistance;

In case of experiencing other long-lasting difficulties, consult with your physician.

Diving



Sport or recreational diving with an autonomous diving device brings body and spiritual relaxation, enjoyment in an anti-gravity environment, physical activity and the nature of the world under the sea.

Diving is called a technically equipped sport, for which it is indispensable to know the basic laws of physics, physiology, biology and medicine. Certain diseases and conditions impose limitations for diving as they can influence the safety of divers. The maximum allowed depth of free-diving is 40 meters.

For individual diving in the Republic of Croatia it is necessary to obtain permission for individual diving issued by the authorised Harbormaster's Office.

Divers are required to obtain information on zones in which it is prohibited to dive individually and mark the diving area properly with buoys visibly placed to a distance of at least 300 meters.

In case of ignoring safety rules, diving can impose high risks and even life risks.

Scuba-diving, as well as free-diving, is required to be taught in an authorised centre, from an authorised instructor.

Diving is always conducted in pairs. When free-diving, one diver dives, and the other watches him/her from the surface. The second diver dives only when the first diver has come to the surface and is ready to watch his partner.

Diving can take place only if we feel well. Whatever small problems we are experiencing on the mainland, can become serious issues at depths of 20 or 30 meters.

Diving can be undertaken only if divers abide by the limitations of their diving category, knowledge, skills, experience and equipment. These limitations must never be surpassed. Discipline is crucial.

Diving takes place with respect to nature: sea, wind and sun. If weather conditions cause uneasiness or are an obvious threat, diving must not take place.

Diving centre PanDive Starigrad-Paklenica



GSM: +385 (0)98 923 4724
e-mail: info@pandive.com
www.pandive.com

Health fitness for diving

In general, every average person of average health can dive. Persons who are not allowed to dive are those who suffer from illnesses that cannot be controlled with treatment or illnesses that can worsen by diving. The accurate assessment of health fitness for diving can be given only following a check-up by the authorised physician of diving medicine, according to the prescribed criteria.

The most frequent health conditions that can obstruct diving are a cold, indigestion, joint and muscle conditions, heart conditions and impairment of the senses. Diving during pregnancy is prohibited.

Careful with food intake



Summer months, apart from offering enjoyment in a well-deserved holiday, can often bring some less favourable events. Due to high temperatures that are suitable for reproduction of malign microorganisms the frequency of intestinal infections increases. Today this is especially connected to mass production of food and the consumption of the so called *fast food*.

The wider meaning of the expression food poisoning covers all conditions caused by the intake of unhealthy, expired or poisonous food. The most frequent bacteria transmitted via food are Salmonella, Staphylococcus aureus (golden staph) and Campylobacter.

Consequences of food poisoning

The first symptoms of consumption of contaminated food are most frequently diarrhoea and vomiting with or without other general symptoms (elevated body temperature, cramping stomach pains and the feeling of overall feebleness).

In the majority of cases these symptoms will cease on their own and without special treatment; however, sometimes it is necessary to compensate for lost fluids and electrolytes (water, unsweetened tea and mild soup from a soup bag) and eat light and simple meals that do not cause damage to bowel epithelium (toasted bread, rice, boiled fruits and vegetables).

Ask for doctor's advice or medical assistance:

- when the oral intake of fluids is impossible due to sickness and vomiting (often with small children) and in case that diarrhoea reoccurs or lasts for more than a week;

- if there is blood in the stool;
- if the patient has high temperature for more than two days;
- when there are signs of dehydration (reduced frequency of urination, dry throat and mouth, dizziness when standing up).

How can we prevent food poisoning?

The most important thing is to prevent the microorganisms from getting into the food in the first place

- by washing hands before eating or preparing food;
- by separating raw from cooked food;
- by good thermal food processing (especially poultry and eggs) while boiling or roasting;
- by cooling; raw groceries and cooked food must be kept in a refrigerator (best at temperature of 4°C);
- by washing; fresh fruits and vegetables should be washed thoroughly with tap water.

Do not refreeze defrosted food. Throw away any suspicious cans that seem to be filled with air. Do not drink hygienically questionable water from the surfaces of rivers, lakes, creeks or wells!

Health safety of drinking water

As per the wealth of water resources, Croatia holds the 5th place in Europe, that is the 42nd place in the world, and as per the quality of water it holds the 48th place in the world!

With the aim of consumer protection, water from public water-supply facilities is subjected to strict sanitary control and is under constant health

supervision. Water from other water-supply facilities (private wells, cistern tanks and other) is not under constant health supervision and can impose health risks for consumers.

In view of sensory, physical-chemical, microbiological and toxicological indicators, water from public water-supply facilities conforms to the Regulations on Health Safety of Drinking Water (*Official Gazette* 47/08).

Therefore it is completely safe to consume tap water!

Water is our common heritage,
and everyone should be aware of
its value. Taking steps to save
water and use it with care is
everyone's responsibility.

European Water Charter



Zrmanja estuary

For a long and healthy life
enjoy Mediterranean food



Muline on island Ugljan

Mediterranean food, besides offering numerous health benefits, also contributes to good looks because it is rich in highly valuable nutritional substances and numerous antioxidants.

Numerous studies have shown manifold advantages of the Mediterranean cuisine, which is recommended as healthy and balanced diet. People whose food intake is based on the principles of Mediterranean cuisine show less total mortality rate, less deaths from cardiovascular diseases, less frequency and

death from neoplasms and less frequency of Parkinson's and Alzheimer's diseases.

Mediterranean diet helps reduce body weight, has favourable effects on high blood pressure and type 2 diabetes.

Detail from the street market in Zadar



In Croatia, like in all Mediterranean countries, Mediterranean cuisine has experienced certain changes due to a modern way of life; however, the basic characteristics of the cuisine have remained and are common in the whole Mediterranean region.

Together with daily physical activity, the consumption of the following is recommended:

- whole-grain cereals (whole-grain bread and pastry, whole-grain pasta, corn flour);
- olive oil, which takes a central place in the diet;
- all types of seasonal vegetables, especially vetch and green leafy vegetables;
- fresh fruits, especially citrus and berries;
- nuts (almonds, walnuts, hazelnuts, dried figs...);
- herbs and spices (basil, rosemary, bay leaf, oregano, fennel, caper, garlic).

The consumption of fish and shellfish is recommended several times a week.

Mediterranean diet also implies a moderate consumption of dairy products (yogurts, cheese, goat cheese or sheep cheese) and a moderate consumption of wine during meals.

In addition to all the above, do not forget to engage in daily physical exercise, such as walking, dancing, sports, sailing, mountaineering, excursions...



Olive oil, and especially extra virgin olive oil, is rich in monounsaturated fatty acids, vitamin E, sterols and polyphenols.

Olive oil reduces the risk of heart and cardiovascular diseases and neoplasms; it lowers blood pressure, has beneficial effects on stomach diseases, strengthens the immune system and has favourable effects on asthmatic diseases. It has anti-inflammatory effects and reduces pain, a characteristic that has proven beneficiary for rheumatic joint diseases.



The Greeting to the Sun in Zadar

Fish and sea fruit are multi-beneficial foodstuff because they contain polyunsaturated fatty acids and are a rich source of mineral salts. Sea fish are rich in iodine, potassium, sodium and copper, and all fish contain vitamins B1, B2, B6 and B12, highly valuable for a regular nervous system.

Fish is also rich in calcium that is mainly contained in shells. It is therefore useful to include small fish into the menu from time to time.

Fish that contain fat should not be avoided because they are rich in omega 3 fatty acids, so European anchovies, mackerel, anchovies and sardines represent an excellent source of protein and omega 3 fatty acids.

Persons who often eat fish have lesser chances of developing factors connected to heart diseases, diabetes and stroke, due to the positive effects of omega 3 fatty acids.

During your stay in Zadar County, visit the local street market and fish market, where you will find a great offer of fresh fruit and vegetables and fish and other sea fruits.



Mountaineering and nature excursions



Excursions in nature and physical activities in fresh mountain air represent an active holiday that, despite the physical effort, fulfil people with new energy and satisfaction.

Each nature excursion should be undertaken with **preparations**, and a safe trip to the mountains also requires a certain measure of knowledge, equipment and experience.

If you are a beginner, it would be best to pass a general mountaineering training, and you can also obtain more detailed information individually and ask a mountain guide for help.

Advice for those who plan to mountaineer:

- Choose an excursion which you can complete both physically and in time.
- Check the weather forecast, times of sunrise and sunset.
- Be adequately equipped for the trip (fast-drying clothes, comfortable mountain shoes, hat and gloves).
- Notify your family, friends or reception staff about your routes and time of return.
- Bring sufficient amounts of food and water, fully-charged mobile phone, flashlight, lighter, map, compass, personal documentation.
- Never go to the mountains alone and do not separate from the group.
- Take occasional rests and properly balance your strength.
- Stay on the marked mountain trails.
- Follow the advice of experienced mountaineers and mountain lodgers.

- Inscribe yourselves into the book of mountain lodge visitors.
- With regard to possible changes of weather, pack warm clothes, hat, gloves and protection from rain and wind.
- Seek shelter before nightfall.

Before the climb

- Study the terrain through available literature, respect the verbal information from people knowledgeable in the field.
- Follow the weather forecast.
- Get to know the signals in case of accidents (more on pg 67).

What if an accident or misfortune happen?

The basic rule in difficult and dangerous situations is: STOP – THINK – ACT.

In case of an accident call **112** or the **Croatian Mountain Rescue Service** – department of Zadar, tel. **+385 (0)91 721 0010**, specialized in rescue service in the mountains, speleological sites and other inaccessible areas. The rescue service is free for all who have suffered an accident.



The notification about the accident should contain the following information: WHEN the accident occurred, WHERE the accident occurred, WHO suffered the accident, WHAT happened and what are the injuries, WHO is in the company of the injured person(s).

Signal communication

Use all available signals to draw attention of people near the scene of the accident or those who can reach light signals. The way of how you call them is important.

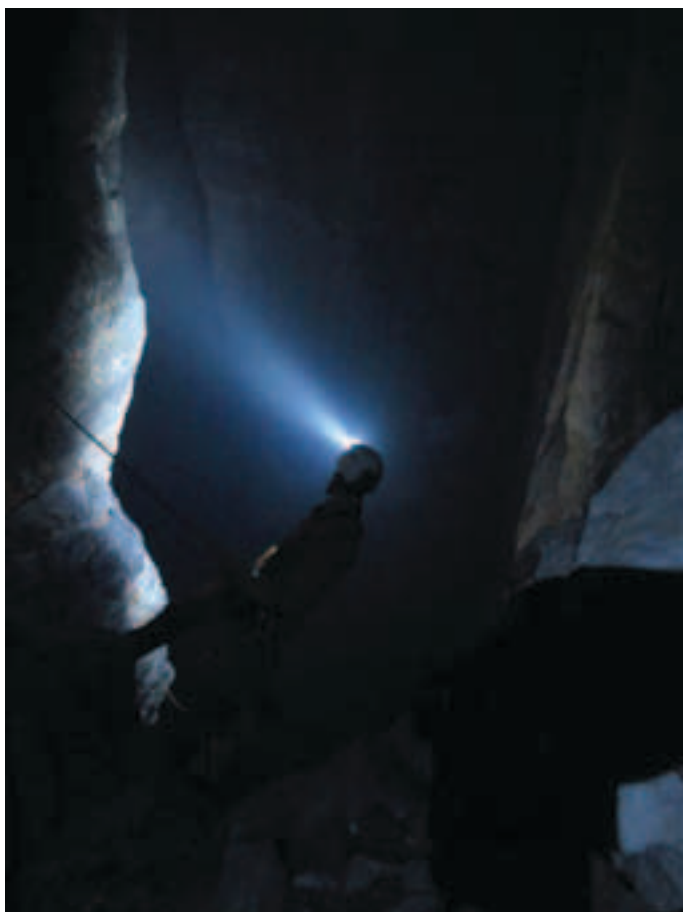
The injured give signals 6 times in one minute with a one-minute pause. Those who have received and understood the signals of the injured send 3 signals in a minute with a one-minute pause.



Velebit

Velebit or **Velebit massif** is the longest mountain range in Croatia. The peak is Vaganski vrh (Vagan peak) (1.757 m). The whole mountain area is a protected natural park, and Northern Velebit and Paklenica have been established as national parks. Within NP Northern Velebit there is an especially protected strict reserve Hajdučki i Rožanski kukovi.

On Velebit there are also the deepest speleological sites in Croatia: Lukina cave and Slovačka cave. There are many developed marked paths and trails for mountaineers, which are connected to surrounding small towns and mountain lodges on the mountain.



Lukina cave

*Image taken from website
www.ronitsemora.com*

Land animal bites and stings



Paklenica Canyon

Snakes

Venomous snake bites in Zadar County are very rare (1-2 a year). Last year there were no records of fatalities. In Croatia there are 15 kinds of snakes, only three of which are venomous (horned viper (*Vipera ammodytes*), adder (*Vipera berus*) and Orsini's viper (*Vipera ursinii macrops*)).

Snake bite prevention

While walking along an area that is not easily surveyed, where you suspect there might be snakes, stomp firmly and pound on the ground with a stick. The snakes can feel the vibrations so they will leave on their own.

Leave the snake alone. Snakes usually get away, and attack only in rare occasions; usually when they are trodden on.

Avoid high grass if you are wearing unsuitable clothes (thick leather boots) and move along existing paths as much as possible.

Do not put your arms and legs in areas that cannot be surveyed easily (shrubs or rocks). Do not lift rocks or pieces of wood if you are not maintaining a safe distance to avoid snake bites.

Be extremely careful and alert if you are climbing rocks.

Snake bite symptoms

There are usually two small bite wounds separated 6 to 8 mm visible on the bite area. The presence of the wounds does not mean that the venom has certainly been injected. Within two hours the bite area starts to hurt and swell. In more severe cases of poisoning

the pain appears faster and is extremely sharp. Apart from redness, the skin can also display blisters with blood content. Immediately after the bite there can be general symptoms such as dizziness, sickness and vomiting, feebleness and swelling of regional lymph nodes (in the groin if there was a leg bite or the armpit if there was an arm bite).

First aid for venomous snake bites:

- Call 112!
- The bitten person should be encouraged.
- Treatment should begin as soon as possible.
- The bitten person must be absolutely still, and the arm or leg containing a bite wound should be immobilized.
- About 5 to 10 cm above the bite area, the bitten limb should be fastened with a medium strong grip.
- It is necessary to transport the bitten person to the hospital urgently.
- Should vomiting occur, the bitten person should be placed on their side.

In general, each snake bite incident is hospitalized, regardless of whether the snake is venomous or not.

The generally accepted rule today is that the wound is not cut, the venom is not sucked out and no ice should be placed on the bite area!!!

Stings, that is **insect and spider** bites in our region most frequently present a minor discomfort. On the sting area there is usually a local reaction in the form of redness, swelling and itching that lasts only several hours or several days. More severe reactions due to oversensitivity to stings are generally very rare.

In order to reduce all dangers and risks, it is generally necessary to avoid direct contacts with wild, and also farm animals, and avoid bathing in stagnant waters (ponds and similar).

The protection against insects can be in a form of appropriate clothing and footwear, protective nets during the night, anti-mosquito devices and other repellent devices against insects or the application of poisons (insecticides).

In general, we recommend that in case of a snake bite, as well as in the case of a bite, sting or scratch by any animal, you should contact your physician as soon as possible.

Insects and spiders

Black Widow Spiders

The Black Widow Spider (lat. *Latrodectus mactans tredecimguttatus*) is the most venomous spider in our region living mainly in the coastal area. Its venom can cause severe symptoms, very rarely even death in risk population groups (children, chronic patients, elderly people) that have not received treatment. Bites are rare, amounting to 2 – 3 in the summer, and there has been no record of fatalities.

Bite symptoms

A Black Widow bite is almost painless and can often go undetected. On the bite area there can be swelling and mild redness, and within one hour there are muscle spasms around the bite area that spread to groups of larger muscles, such as abdominal, spinal, chest and thigh muscles. Other symptoms usually include sickness and vomiting, headache,



Black Widow Spiders
Image taken from website www.hr.wikipedia.org.

perspiration, pressure in the chest area, anxiety and elevation of blood pressure and faster heart rate. The face of the bitten person can get characteristic features due to the muscle spasms of facial muscles and swelling of eye lids.

First aid in case of bite

- The bitten person should contact their physician immediately due to the possibility of severe consequences.
- The recovery is usually complete within 2 to 5 days.

Mosquitoes

In the area of our county mosquitoes do not transmit infectious diseases such as malaria, Dengue fever and similar, and there is a possibility of a local reaction.

Ticks

In Zadar County ticks do not usually transmit agents that cause infectious diseases and cause complications.

Ticks are widely spread throughout the countryside, and they are most frequently situated near forest edges, in shrubs and low plant covers, along thickets and in high grass.

Tick bite prevention

Avoid crossing shrubs, lying on the ground, placing your clothes on shrubs and grass.

While in nature, wear appropriate long-sleeve and long-trouser clothing, brighter colours (ticks are more noticeable) and closed footwear. Use repellent devices. Repelling effect lasts for 4 to 6 hours.

Upon return from the countryside, change your clothes and inspect your body carefully with the help of another person. Inspect children's head with special caution.

First aid in case of tick bites

- If a tick has already secured itself to the body, the most important preventive measure is to remove it.
- Do not apply any devices on the tick or the surrounding area; grasp it with tweezers disinfected by alcohol or flame on the area where its mouth enters the skin.



*Tick removal
taken from website www.cdc.gov*

- Be calm and do not rush, and use light and equal pulling motion to slowly extract the tick from the skin.
- After removing the tick, wash the bite area, as well as your hands thoroughly with soap and water and disinfect them.
- If there are mouth parts remaining in the skin, noticeable as tiny dark dots, they should be removed with sterile needle, so contact your physician in these cases.

Other land animals

Avoid touching and contact with unfamiliar or wild animals that can transmit rabies, disease or cause serious injury. Do not provide home for animals unless you have consulted with the veterinary service. Preventive vaccination against rabies is not required unless you will be hunting.

If you have been bitten or scratched by an animal, rinse the wound with soap and water and report immediately to the emergency service or directly to the epidemiological service of the Institute of Public Health Zadar.

Institute of Public Health Zadar Epidemiology service

On-call epidemiologist, GSM: +385 (0)98 332 765

Marine animal bites and stings



Marine animal bites are usually not dangerous and occur on very rare occasions, because there are hardly any venomous animals in the Adriatic Sea. Below we will mention some of them and recommend what you should do in case you came into contact with them.

Weever

The most venomous fish in the Adriatic is the weever (lat. *Echiichthys draco*), which can grow to about 20 centimetres. The venom is released through their spines on gill covers and dorsal. Poisoning can occur even with a sting of a dead weever. They live in sandy and silty bottoms of the sea. Apart from sunbathers walking barefoot in shallow ends, frequent weever victims are fishermen who separate fish after a catch or those preparing fish meals.

Weever

Image taken from website www.morski-ribolov.net



Weever sting symptoms

The sting area swells after a few minutes, and the pain dulls all other senses. The main symptoms include excruciating pain, the swelling and redness of the sting area, and appearance of blisters. Sometimes dizziness and elevated temperature can appear.

Red scorpionfish

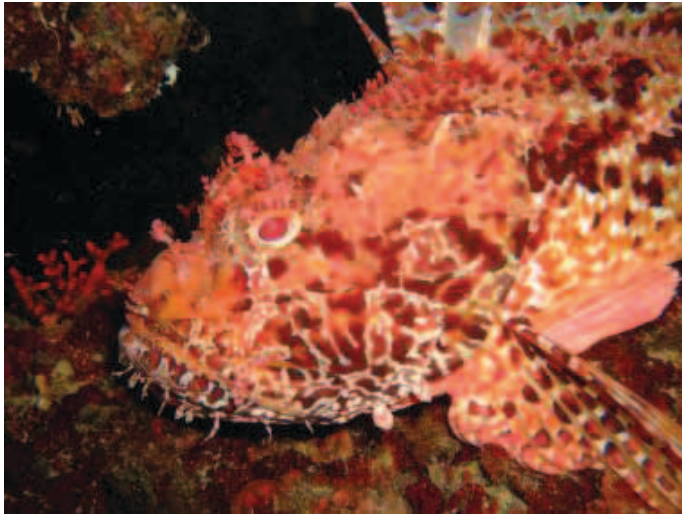
Our part of the Adriatic Sea is home to red scorpionfish (lat. *Scorpaena scrofa*). It usually lies motionless on the seabed between rocks and sea plants. Since it is not prone to attack, it does not impose a threat to swimmers and divers. Most frequent stings are suffered by fishermen who extract it from the sea or separate their catch, and those who prepare meals from it because the venom usually remains in fins up to two days after the fish dies.

Prevention of stings and bites of venomous fish

Weever or red scorpionfish should be taken off the fish-hook or taken out only with sting-resistant gloves. It is also advised to use firm shoes or boots. Experienced fishermen recommend taking the weever or the red scorpionfish out with a small net.

First aid in case of venomous fish stings or bites

- First aid relies on the fact that fish venom is usually very thermally unstable, that is, very sensitive to high temperature effects.
- The best method is to place the stung body part into warm water (50-60°C) until the skin wrinkles (30-60 minutes). The effects of the venom can be reduced by pressing the stung area on a boat's exhaust system. The spine needs to be removed out from the skin, and sometimes a minor surgical procedure is required.
- Contact a physician.



Red scorpionfish
Image taken from website www.ronitsemora.com

Jellyfish

The appearance of jellyfish (lat. *Pelagia noctiluca*) in the Adriatic Sea is cyclic. The jellyfish bell is 12 cm in diameter, pale yellow to pink colour, which makes it difficult to be seen sometimes, so while swimming you could touch it with any part of your body. When in contact with the jellyfish, there is an intense pain at the contact area, the skin reaction is similar to skin burns, and there could also be blisters (welts). The worst effects occur when there is contact with the epithelium. When larger parts of the body are in contact with several jellyfish there can be more significant systemic effects with symptoms such as sickness, vomiting, headache, discomfort and local changes with bleeding and blisters.

First aid in case of contact with jellyfish

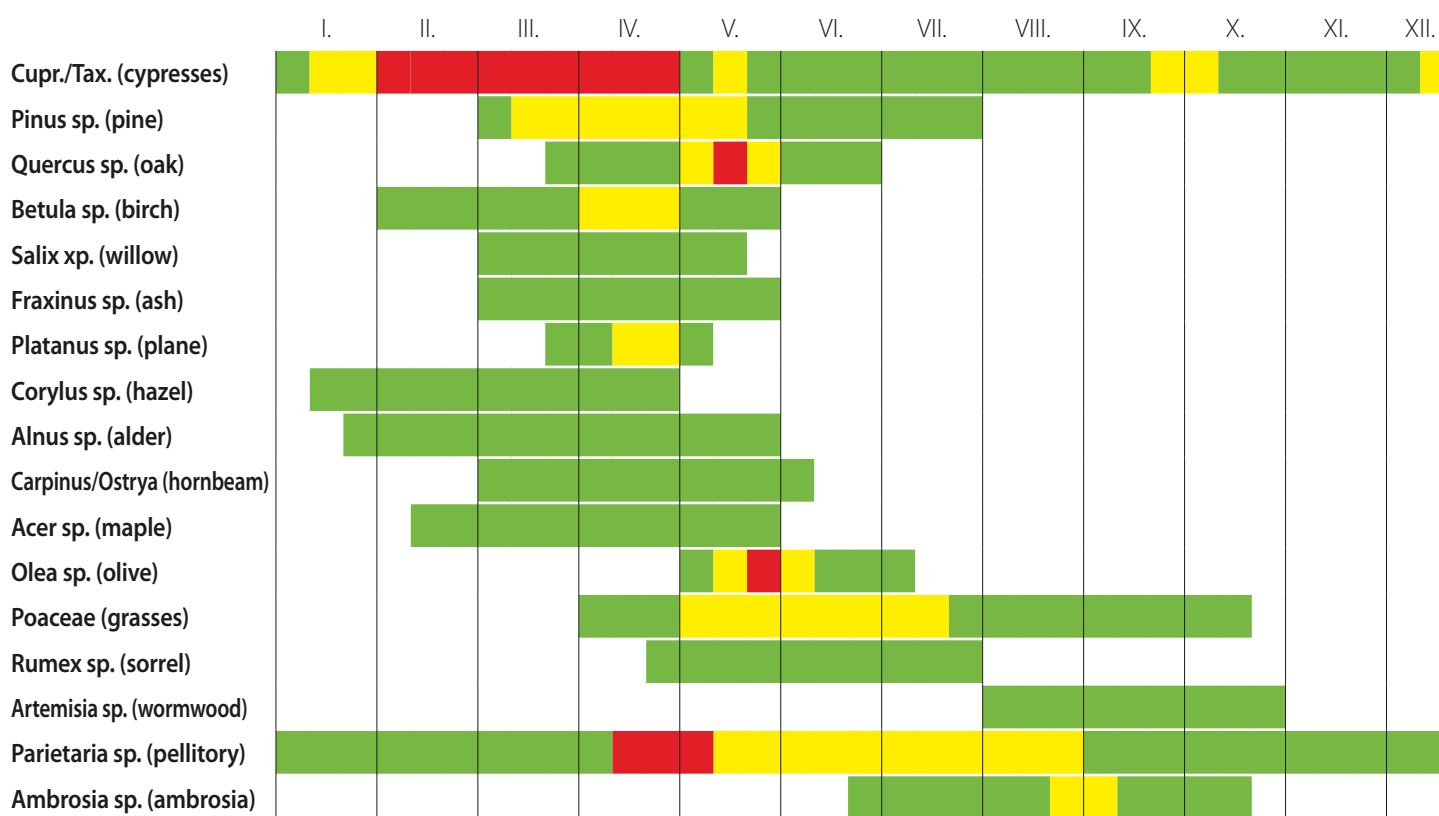
- In case of contact, the person should get out of the water, wash the contact area and apply magnesium sulphate paste or solution to inactivate the remaining poison. After that they should apply lotions based on lidocaine (typical anaesthetic), antihistamine or corticosteroids.
- First aid to the injured from jellyfish cnidocyte can involve removing its tentacles from the skin and rubbing the area well with water and sand.
- If systemic effects occur, the injured should be transported to a hospital where they will receive a symptomatic treatment. This is especially important for persons allergic to jellyfish poison.

Pollen allergies

Pollen grains, although they are present by a small share in the total number of atmosphere's particles, represent one of the most frequent and strongest natural allergens.

Geographical-climatic characteristics of Zadar County and the vegetation define the type of pollen grains in the air.

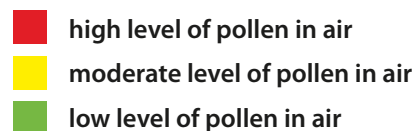
Pollen calendar - dynamics of most frequent pollen allergens in the area of the city of Zadar



For more information on dynamics of pollen allergens and pollen forecast for particular time periods visit:

www.polleninfo.org

www.stampar.hr/PeludIPeludna.



Risky behaviours



On Zadar's waterfront

Staying away from place of residence and relaxation that most people enjoy during their holidays can often entail a somewhat irresponsible behaviour, especially in younger people.

Alcohol and drug consumption

Dangerous driving under the influence of alcohol, unprotected sexual intercourse, impairment of brain and liver, injury and death represent only a few adverse effects that irresponsible abuse of alcohol and drugs can lead to.

When children are getting ready to go out

- Find out where exactly your child is going, with whom, when they are planning to get back and how are they planning to get to their destination and back.
- Ask about who is driving and whether the person is reliable.
- Give your children some money and a mobile phone.
- Keep the phone numbers from their friends and their friends' parents.
- It is important that they eat something before going out. Full stomach slows down the absorption of alcohol.



World Hepatitis Day - public health intervention at beach Zrće

- Encourage your child to always stay near their friends and that they look after each other.
- Let them know that they can call you at any time if they have any problems.

Outpatient services for addiction prevention and mental health provide counselling on what to do and how to act toward problems of alcohol and drug consumption of young people.

Contact: tel./fax: +385 (0)23 314 783
Working hours for users: every day from 7 am to 8 pm, except on Fridays from 7 am to 3 pm.

Sexually transmitted diseases

Short-term adventures and unprotected sexual intercourse can lead to unplanned pregnancies and possible permanent and severe consequences to general and reproductive health if any of the sexually transmitted diseases are contracted.

Sexually transmitted diseases are infectious diseases that are contracted through direct contact during a sexual intercourse (vaginal, oral or anal) from an infected person to a healthy person.

Besides being transmitted by sexual intercourse, these diseases can be transmitted through blood and from an infected pregnant person to a child during pregnancy and labour.

For the infection to be transmitted only one sexual contact is sufficient!

Diseases that can be transmitted through sexual contact are: Herpes simplex, genital warts (HPV), Chlamydia, Gonorrhoea, Hepatitis B and C and HIV.

Sexually transmitted diseases, especially during the first stage of infection, often have no symptoms or the symptoms are very mild. Undetected and untreated diseases can lead to permanent impairment of general and reproductive health, especially in women.

It is therefore recommended to do a regular yearly pelvic exam and Pap test!

As with any other disease, it is best to take prevention measures so that the disease isn't even contracted.

How to protect yourself and your partner

Avoid changing partners frequently.

Avoid sexual intercourse under the influence of drugs or alcohol.

Use condoms regularly and consistently with each sexual intercourse.

Avoid intercourse during an infection.

Test yourself for sexually transmitted diseases.

If an infection is present, both partners need to be treated.

If you have been stung by an infected needle or if you suspect to have caught sexually transmitted diseases, you can test yourself anonymously if necessary to HIV, HEPATITIS B and C at the following address:

Institute of Public Health Zadar

Kolovare 2, 23 000 Zadar

Tel.: +385 (0)23 300 841,

1st floor, room 21, every day from 9 to 11 am.

First aid in cases of accidents and misfortunes



On Zadar's Kalelarga (Wide street)

Accidents, injuries and illnesses happen unexpectedly. In a large number of cases, we can prevent them by being responsible and conscientious.

Nevertheless, should accidents, injuries or illnesses occur, people who are at the scene (family members, associates, friends) need to help, especially if they have been trained in providing first aid. Therefore, in this article we will remind you of some of the basic first aid procedures in case of accident or misfortune.

This article isn't aimed at providing lessons about first aid. If you have passed your driver's test a long time ago, find a first aid handbook in your country of residence, so you could remind yourself about some, perhaps forgotten, and yet very important information on providing first aid to an injured person. Your first aid knowledge could save someone's life or at least reduce some of the serious consequences of injuries.

Basic rules in giving first aid

- Always make sure that you, the injured persons and bystanders at the scene of accident are safe.
- Do not panic, act quickly and purposefully.
- Your actions should not hurt the injured or a person who has suddenly became ill.
- Do not do more than is necessary.

General procedure at the scene of the accident

1. Ensure safety.
2. Assess the condition of the injured person.
3. Call for help.
4. Provide the necessary first aid.

Ensuring safety

Do not get near to the scene of accident if this endangers your own safety, but rather call the emergency services. If there has been a traffic accident, check whether there is a possibility of fire, spilled petrol, electricity, glass, other vehicles, etc.

Assessing the condition of the injured

When possible, perform a primary check-up without moving the injured person too much.

- Check whether the person is conscious.
- Check whether the airway of the injured is open and unobstructed.
- Check whether the person is breathing.
- Check for wounds that are bleeding profusely or signs of internal bleeding.

Calling for help

The centre 112 acts as a single communication centre for all types of emergencies. You can call the number 112 at any time of day and night regardless of where you are located in Croatia. The call is **free of charge**, and it can be made from all mobile or landline networks and from all telephone devices simply by dialling 112.

Call 112 if you immediately need:

- urgent medical assistance,
- assistance of the fire department,
- police assistance,
- assistance of the mountaineering rescue service,
- assistance of other emergency services and protection and rescue service operational forces.

or if you witness:

- a fire,
- spillage of dangerous substances,
- pollution of potable water, creeks, rivers or the sea,
- other occurrences that represent life and health risks for people or animals, or damage to properties, environment and cultural assets.

When you call 112, say:

- what happened;
- where it happened;
- when it happened;
- how many injured there are;
- what assistance you need;
- who is calling.

Wait for further questions or instructions; the call is ended by the person in the emergency medical services.

The operator who takes your emergency call will notify the specialized and territorial authority services and inspection services that will provide assistance to you or undertake the necessary protection measures.

In case of an accident, the 112 centre will also provide communication in one of the following foreign languages:

English, German, Italian, Hungarian, Slovakian, Czech.

If a call to the emergency services has been done by another person, ask them to confirm that the call has been received and that the emergency assistance is on the way.

Providing the necessary first aid

First attend to life threatening injuries and conditions (lack of breathing, unconsciousness, profuse bleeding, injuries that can cause shock and shock). Only after that do you attend to other injuries that you find on the injured person. Also, if there is a larger number of injured people, first provide care to those whose life functions are endangered, which puts their life in threat.



Important telephone numbers and address



Institute of Public Health Zadar

Kolovare 2, 23 000 Zadar
 Tel.: +385 (0)23 300 830, fax: + 385 (0)23 211 072
 e-mail: tajnica@zjz.t-com.hr
 www.zjz-zadar.hr

Zadar County Emergency Medical Services

Ivana Mažuranića 28 A, 23 000 Zadar
 Tel.: +385 (0)23 239 800

Management

Obala kneza Branimira 4, 23 000 Zadar
 Tel.: +385 (0)23 627 184, fax: +385 (0)23 627 185

Emergency Health Care Zadar

Ivana Mažuranića 28 A, 23 000 Zadar
 Tel.: +385 (0)23 239 840; +385 (0)23 239 820
 fax: +385 (0)23 239 819
 GSM: 385 (0)91 2398 021

Stand-by duty Benkovac

Stjepana Radića 14, 23420 Benkovac
 Tel.: +385 (0)23 681 667
 GSM: +385 (0)91 2398 068

Stand-by duty Biograd n/M

Matije Ivanića 6, 23210 Biograd n/M
 Tel.: +385 (0)23 383 014,
 GSM: +385 (0)91 2398 067

Stand-by duty Gračac

Nikole Tesle 72, 23440 Gračac
 Tel.: +385 (0)23 773 519, GSM: +385 (0)91 2398 065

Stand-by duty Nin

Grgura Ninskog 3, 23232 Nin
 Tel.: +385 (0)23 264 888,
 GSM: +385 (0) 2398 062

Stand-by duty Pag

Prosika b.b., 23250 Pag
 Tel.: +385 (0)23 611 001
 GSM: +385 (0)91 2398 039

Stand-by duty Posedarje

Marinka Vedrića 9, 23242 Posedarje
 Tel.: +385 (0)23 266 028,
 GSM: +385 (0)91 2398 075

Stand-by duty Preko

23 273 Preko
 Tel.: +385 (0)23 286 546,
 GSM: +385 (0)91 2398 063

On-call duty Božava

23286 Božava
 Tel.: +385 (0)23 377 604
 GSM: +385 (0)91 2398 081

On-call duty Ist

23 293 Ist
 +385 (0)91 2398 078

On-call duty Iž

23 284 Iž
 GSM: +385 (0)91 2398 079

On-call duty Obrovac

Stjepana Radića b.b., 23 450 Obrovac
 Tel.: +385 (0)23 689 283
 GSM: +385 (91) 2398 019; +385 (91) 2398 061

On-call duty Silba

23295 Silba
 GSM: +385 (91) 2398 080

On-call duty Žman-Sali

23 281 Sali/ 23 282 Žman
 Fax: +385 (0)23 283 423
 GSM: +385 (0)91 2398 014; +385 (0)91 2398 076;
 +385 (0)91 2398 077

Branch office Starigrad

Marinka Vedrića 9, 23 242 Posedarje
 +385 (0)91 2398 066

Branch office Benkovac

Stjepana Radića 14, 23 420 Benkovac
 +385 (0)91 2398 064

**Croatian Institute for Health Insurance
 HZZO Directoreate**

Margaretska 3, 10 000 Zagreb
 Tel.: +385 (0)1 4806 333, fax: +385 (0)1 4812 606

Regional office Zadar

Šimuna Kožičića Benje 23 000 Zadar
 Tel.: +385 (0)23 208 900, fax: +385 (0)23 251 314

Branch office Biograd n/M

Tvrtkova 5, 23 210 Biograd n/M
 Tel.: +385 (0)23 383 815, fax: +385 (0)23 383 815

Branch office Benkovac

Ivana Meštrovića 7, 23 420 Benkovac
 Tel.: +385 (0)23 681 162, fax: +385 (0)23 681 162

Branch office Gračac

Školska bb, 23 440 Gračac
 Tel.: +385 (0)23 773 460, fax: +385 (0)23 773 029

Branch office Obrovac

Stjepana Radića bb, 23 450 Obrovac
 Tel.: +385 (0)23 689 383, fax: +385 (0)23 689 383

Branch office Pag

Prosika bb, 23 250 Pag
 Tel.: +385 (0)23 611 035, fax: +385 (0)23 612 467

General hospital Zadar

Bože Peričića 5, 23 000 Zadar
 Tel.: +385 (0)23 505 505, fax: +385 (0)23 211 586
 e-mail: opca.bolnica.zadar@zd.t-com.hr
 web: www.bolnica-zadar.hr

Zadar County Health Centre

Ivana Mažuranića 28 a, 23 000 Zadar
 Tel.: +385 (0)23 239 800, fax: +385 (0)23 239 802

National Protection and Rescue Directorate

Protection and Rescue Branch Office Zadar
 Andrije Hebranga 11 c, 23 000 Zadar
 Tel: +385 (0)23 230 433, 205 600, fax:+385 (0)23
 231 822
 e-mail: zadar112@duzs.hr
 www.duzs.hr

Single emergency call number: 112

Fire Department: 193

Police: 192

Croatian Search and Rescue Service

**Central office for maritime search
 and rescue service: 195**

**Mountain search and rescue service: +385 (0)1
 4821 049**

PD Paklenica

(Paklenica Mountaineering Association)

Majke Margarite, 23 000 Zadar
 Tel.: +385 (0)23 301 636
 e-mail: pd.paklenica@zd.htnet.hr
 www.pdpaklenica.hr

County Port of Zadar Authority

Liburnijska obala 6/5, 23000 Zadar
 Tel.: +385 (0)23 250 565, fax: + 385 (0)23 250 564
 e-mail: lucka-uprava@zd.t-com.hr

Weather forecast and traffic conditions:

060 520 520

Road assistance: +385 (0)1 1987

General information: 18981

Croatian Automobile Club (HAK)

Tel.: +385 (0)1 4640 800
 e-mail: info@hak.hr
 www.hak.hr

Zadar County

Božidara Petranovića 8, 23 000 Zadar
 Tel.: +385 (0)23 350 350, fax: +385 (0)23 250 356
 e-mail: zupanija@zadarska-zupanija.hr
 www.zadarska-zupanija.hr

The city of Zadar

Narodni trg 1, 23 000 Zadar
 Tel.: +385 (0)23 208 177, fax: + 385 (0)23 213 916
 e-mail: idadic@grad-zadar.hr
 www.grad-zadar.hr

Zadar County Tourist Board

Sv. Leopolda B. Mandića 1, 23 000 Zadar
 Tel.: 385 (0)23 315 316, fax: +385 (0)23 315 107
 e-mail: tz-zd-zup@zd.t-com.hr
 www.zadar.hr

Zadar Tourist Board

Ilije Smiljanića bb, 23 000 Zadar
 Tel.: +385 (0)23 212 222, fax: +385 (0)23 211 781
 e-mail: tzg-zadar@zd.t-com.hr
 www.tzzadar.hr

Benkovac Tourist Board

Ante Starčevića 2b, 23 420 Benkovac
 Tel.: +385 (0)23 681 834, fax: +385 (0)23 681 834
 tzg-benkovac@zd.t-com

Biograd N/M Tourist Board

Trg hrvatskih velikana 2, 23 210 Biograd N/M
 Tel.: +385 (0)23 383 123, fax: +385 (0)23 383 123
 e-mail: info@tzg-biograd.hr
 www.tzg-biograd.hr

Nin Tourist Board

Trg braće Radića 3, 23 232 Nin
 Tel.: +385 (0)23 264 280, fax: +385 (0)23 265 247
 e-mail: tzg-nina@zd.t-com.hr
 www.nin.hr

Obrovac Tourist Board

Ivane Brlić Mažuranić 6, 23 450 Obrovac
 Tel.: +385 (0)23 689 870, fax: +385 (0)23 689 871
 e-mail: turisticka.zajednica.obrovac@zd.t-com.hr

Pag Tourist Board

Od špitala 2, 23 250 Pag
 Tel.: +385 (0)23 611 301, fax: +385 (0)23 611 301
 GSM: +385 (0) 98 330 616
 e-mail: tzg-paga1@zd.t-com.hr; tic@tzgpag.hr
 www.tzgpag.hr

Bibinje Tourist Board

112. Brigade HV 2, 23 205 Bibinje
 Tel.: +385 (0)23 261 001, fax: +385 (0)23 261 001
 e-mail: tzo-bibinje@zadar.net
 www.tzo-bibinje.hr

Jasenice Tourist Board

Gojka Šuška 41, Maslenica, 23 243 Jasenice
 Tel.: +385 (0)23 655 634, fax: +385 (0)23 655 634
 e-mail: tzo.jasenice@zd.t-com.hr
 www.maslenica.hr

Kali Tourist Board

Sv. Lovre 2, 23 272 Kali
 Tel.: +385 (0)23 282 406, fax:+385 (0)23 282 406
 e-mail: info@kali.hr
 www.kali.hr

Kolan Tourist Board

Trg kralja Tomislava 6, 23 251 Kolan
 Tel.: +385 (0)23 698 290, fax: +385 (0)23 698 290
 e-mail: tz.kolan-mandre@zd.t-com.hr
 www.tzkolan-mandre.com

Kukljica Tourist Board

Kukljica bb, 23 271 Kukljica
 Tel.: +385 (0)23 373 276, fax: +385 (0)23 373 842
 e-mail: info@kukljica.hr
 www.kukljica.hr

Novigrad Tourist Board

Trg kralja Tomislava 1, 23 312 Novigrad
 Tel.: +385 (0)23 375 051, fax:+385 (0)23 375 051
 e-mail: tzo-novigrad@zd.t-com.hr
 www.novigrad-dalmacija.hr

Pakoštane Tourist Board

Kraljice Jelene 78, 23 211 Pakoštane
 Tel.: +385 (0)23 381 892, fax: +385 (0)23 381 608
 e-mail: tzo-pakostane@zd.t-com.hr
 www.pakostane.hr

Pašman Tourist Board

23 262 Pašman
 Tel.: +385 (0)23 260 155, fax: +385 (0)23 260 155
 e-mail: info@pasman.hr
 www.pasman.hr

Posedarje Tourist Board

Nikole Tavelića 11, 23 242 Posedarje
 Tel.: +385 (0)23 266 742, fax: +385 (0)23 266 436
 e-mail: tzop@tzo-posedarje.hr
 www.tzo-posedarje.hr

Povljana Tourist Board

Stjepana Radića 20, 23 249 Povljana
 Tel.: +385 (0)23 692 003, fax: +385 (0)23 692 003
 e-mail: tz-povljana@zd.t-com.hr
 www.tz-povljana.hr

Preko Tourist Board

Magazin br. 8, 23 273 Preko
 Tel.: +385 (0)23 286 108, fax: +385 (0)23 286 108
 e-mail: tzpreko@preko.hr
 www.preko.hr

Privlaka Tourist Board

Mostina 1, 23 233 Privlaka
 Tel.: +385 (0)23 367 468, fax: +385 (0)23 366 634
 e-mail: tzo.privlaka@zd.t-com.hr
 www.privlaka-tz.hr

Ražanac Tourist Board

Ražanac bb 1, 23 248 Ražanac
 Tel.: +385 (0)23 651 205, fax: +385 (0)23 651 205
 e-mail:
 turisticka.zajednica.opcine.razanac@zd.t-com.hr
 www.tzo-razanac.net

Sali Tourist Board

Obala Petra Lorinija bb, 23 281 Sali
 Tel.: +385 (0)23 377 094, fax: +385 (0)23 377 094
 e-mail: tz-sali@zd.t-com.hr
 www.dugiotok.hr

Silba Tourist Board

23 295 Silba
 Tel.: +385 (0)23 370 010, fax: +385 (0)23 370 010
 e-mail: tz.silba@zd.t-com.hr
 www.silba.net

Starigrad Tourist Board

Trg Tome Marasovića 1, 23 244 Starigrad Paklenica
 Tel.: +385 (0)23 369 245, fax: +385 (0)23 369 255
 e-mail: info@rivijera-paklenica.hr
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Sukošan Tourist Board

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Ship and ferry connections

Jadrolinija

Liburnska obala 7, 23 000 Zadar
 Tel.: +385 (0)23 25 48 00
 www.jadrolinija.hr

Miatours Zadar

Vrata sv. Krševana bb, 23 000 Zadar
 Tel.: +385 (0)23 25 43 00
 www.miatours.hr

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