

Terms and Conditions & Privacy Policy

Effective Date: 5 May 2025

Welcome to **Amstara.com**. These Terms and Conditions & this Privacy Policy explain how we operate our website and how we protect and use your data when you use our services.

1. Who We Are

Amstara is a registered business in the Netherlands, offering coaching, consulting, and educational content to support high-performing professionals—especially migrants—through life transitions using the Vitality-Fit™ methodology.

TERMS OF USE

2. Use of This Website

By visiting or using this website, you agree to use it for lawful purposes only. You must not use the website to infringe on the rights of others or violate local laws.

3. Intellectual Property

All content on this site—including text, graphics, downloads, and the Vitality-Fit™ method—is owned by Amstara or licensed to us. **Vitality-Fit™ is a protected trademark under Amstara.** Unauthorized use or reproduction is prohibited.

4. Disclaimer

All content provided is for informational purposes only. While based on professional knowledge, it does not replace personal medical, legal, or financial advice. Always consult appropriate professionals before making significant decisions.

PRIVACY POLICY (GDPR COMPLIANT)

5. What Personal Data We Collect

We collect and store:

- Name and email address (when you subscribe or download a free resource)
- Website usage data via cookies (e.g., Google Analytics)
- Voluntarily submitted personal data via contact forms or bookings

6. Why We Collect It

We use this data to:

- Deliver requested materials (like your free e-book)

- Send relevant emails about our services, insights, or updates (only with consent)
- Improve our website and user experience
- Keep internal records and comply with legal obligations

7. Email Marketing & Consent

By submitting your email (e.g., to download a resource), you consent to receive occasional emails related to our services. You can **unsubscribe at any time** via the link in each email.

8. How We Protect Your Data

Your data is stored securely using industry-standard tools (e.g., Wix, Google Workspace). We do not sell or share your personal information with third parties unless legally required.

9. Your Rights Under GDPR

You have the right to:

- Request access to your data
- Correct or delete your personal information
- Withdraw consent to email marketing
- File a complaint with the Dutch Data Protection Authority (Autoriteit Persoonsgegevens)

To exercise your rights, contact: wenkoster@amstara.com

10. External Links

Our website may link to third-party content. We are not responsible for their privacy practices or content.

11. Changes to These Terms

We may update this policy periodically. All changes will be posted here. Continued use of the site implies acceptance of the updated policy.

Contact:

If you have questions, email us at: wenkoster@amstara.com