

# retreat | recreate

Thailand & Laos Textiles & Handcrafts Tour: 26 November – 9 December 2026

## Part 1 of 2 – Application Form

<b>Name</b> <small>As per passport.</small> The name on your passport must match the name on your booking	Title	Last Name	
	First name(s)	Middle name(s)	
	Date of birth <small>day / month / year</small>	Age at the time of travel	
<b>Passport details</b> If you need to apply for a new passport, write TBA and advise details ASAP.	Passport number	<b>NB.</b> If you have more than one passport, please provide details of the passport you will use for this trip.	
	Date of issue <small>day / month / year</small>	Date of expiry <small>day / month / year</small>	<small>Must be <u>at least 6 months</u> beyond your trip duration</small>
	Place of issue	Nationality	
<b>Address</b>	Number and Street		
	City/Suburb	Postcode	
	State	Country	
<b>Email</b>			
<b>Mobile/cell phone</b>			
<b>Health issues, medical condition[s]</b>			
<b>Medication[s]</b>			
<b>Dietary requirements</b> <small>Allergies, GF, Vegetarian etc</small>			
<b>Room request</b> Please select one	Single <input type="checkbox"/>  Single supplement applies	Share twin (2 beds) <input type="checkbox"/> Share double (1 bed) <input type="checkbox"/> Sharing with: _____ <small>NB: If you're a solo traveller but would prefer to share a room, we will do our best to partner you with another single guest. However, if there should be an odd number of guests, the last to book will be required to pay the single supplement.</small>	
<b>Emergency contact</b> Must not be someone travelling with you	Name		
	Relationship to you		
	Telephone	Mobile	
	Email		
<b>How did you hear about us?</b>			
<ul style="list-style-type: none"> <li>● If advised a place is available, I agree to pay a deposit of AUD \$1000 within 48 hours <span style="float: right;">Please check boxes <input type="checkbox"/></span></li> <li>● I agree to pay the tour balance, ensuring it will be <b>received</b> no later than <b>25 September 2026</b> <span style="float: right;"><input type="checkbox"/></span></li> <li>● I have carefully and thoroughly read the <b>Booking Conditions</b> and understand and agree to the <b>Booking Conditions</b> <span style="float: right;"><input type="checkbox"/></span></li> <li>● I have carefully and thoroughly read the <b>Trip Notes</b> and <b>Itinerary</b> and acknowledge my obligations regarding travel insurance, visas, health, fitness, mobility, acceptance of risk, vaccinations, travelling as part of a group and the notes re transport and safety <span style="float: right;"><input type="checkbox"/></span></li> <li>● I have completed the <b>Fitness to Travel declaration</b> (see next page) as per item 5 of the Booking Conditions <span style="float: right;"><input type="checkbox"/></span></li> </ul>			
Signature:		Date:	

Please complete, sign and scan/photograph the Booking Application Form and the Fitness to Travel declaration and email them to [retreatrecreate@gmail.com](mailto:retreatrecreate@gmail.com) with THAI LAOS in the subject header

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## Part 2 of 2 - Fitness to Travel Declaration

All retreat|recreate travellers must complete this declaration of their fitness to travel, and submit it to retreat|recreate together with their Application Form.

While retreat|recreate doesn't have an upper age limit on our tours, we recognise that some travellers may find our itineraries challenging. We have a duty of care to *all* tour participants, our tour guides, tour hosts and service providers. Due to recent experiences on some of our tours we have decided, like many other tour companies, to implement this new policy requiring participants to carefully assess their health, fitness and mobility and if appropriate, sign a declaration of their fitness to travel. This is in an effort to ensure the safety and enjoyment of all involved in our tours.

Our aim is for all our travellers to enjoy their tour, not struggle through it, and to not negatively impact others in the group or the itinerary. We reserve the right to decline an application if we feel that the requirements of the tour are beyond the capacity of the applicant. We also reserve the right to remove a traveller from the group during a tour without right of refund if the guide and host deem the traveller's levels of health, fitness and mobility are having a negative impact on the group and/or itinerary.

All participants MUST have good levels of health, fitness and mobility to participate in this tour and must be able to:

- navigate arrival and departure airports without personal assistance
- carry their luggage for short distances
- embark and disembark mini-vans, tuk-tuks and boats without assistance
- manage flights of stairs at a moderate pace without assistance (not all of our hotels have elevators and ground floor guest rooms are not always available and cannot be guaranteed)
- undertake walking tours including walking on uneven, hilly and possibly muddy terrain
- walk at a moderate speed to keep up with the rest of the group
- cope with warm to hot and sometimes humid weather
- stand for extended periods of time in galleries and museums
- use squat toilets as western toilets are not always available at some of the villages we visit and at some road-side stops
- cope with some long travel days and consecutive travel days. Most of our road travel is in two comfortable, air-conditioned, private mini-buses. Regular stops will be made for bathrooms, meals, sightseeing and photographic opportunities.
- be prepared for some travel on rural roads which can sometimes be pot-holed and rough or bumpy and dusty. Some of the roads we encounter may not be maintained in as good condition as those you're used to at home and others do not have concrete/bitumen
- be patient as distances are not indicative of travel times and sometimes take longer than expected
- use shower over bath facilities, as walk-in showers cannot be guaranteed
- sleep on a firm mattress on the floor in a room (with bathroom) shared between 4-5 people (from within our group) at our simple Hmong guesthouse accommodation on day 4 (one night)
- sit on a low stool or on the floor for some workshops
- be able to satisfactorily participate in the full tour program as described

By signing below, I certify that:

- I have read the above information;
- I understand my obligations regarding my participation in the tour;
- I verify that I adequately meet all of the health, fitness and mobility requirements as outlined;
- I verify that my assessment of my health, physical ability, fitness and mobility as described below is true and accurate;
- I agree to advise retreat|recreate of any negative changes in my health, fitness, mobility and/or medical circumstances that occur prior to departure that may impact my ability to fully participate in the tour;
- I understand that if the guide and host deem my health, fitness and mobility levels are not sufficient for the demands of the tour and/or are having a negative impact on the group and/or the itinerary, I may be removed from the tour with no right of refund.

Name:	
Health, fitness and mobility capabilities <i>(please describe in full): eg. how often/far do you walk each day/week, swim, participate in yoga, pilates, tai chi, weight training etc</i>	
Date:	Signature:

Please complete, sign and scan/photograph the Fitness to Travel declaration and the Booking Application Form and email them to [retreatrecreate@gmail.com](mailto:retreatrecreate@gmail.com) with THAI LAOS in the subject header

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## Booking Conditions

### 1. Our contract

By booking with us you are deemed to have read and understood the Booking Conditions and agree to be bound by the Booking Conditions. Your booking will be accepted by us on this basis.

### 2. Deposit requirement

- You are required to pay a deposit of AU\$1500 per person and email a copy of the transfer receipt to [retreatrecreate@gmail.com](mailto:retreatrecreate@gmail.com) within 48 hours of your booking application being accepted. Bank details will be provided once your place on the tour is confirmed.
- Please do not pay your deposit until you have received confirmation that a place on the tour is available.
- If your booking is made on or after 25 September 2026, the full amount is payable at the time of booking.
- Should we not reach our minimum group size, the tour will not proceed and your deposit will be returned.

### 3. Final payments

- Payment of the balance of the trip price is due (and must be **received**) no later than close of business on 25 September 2026. To ensure your payment arrives by the due date, you may need to initiate your payment in advance.
- If the balance is not **received** on or before the due date, we reserve the right to treat your booking as cancelled.

### 4. Your details

In order for us to confirm your travel arrangements you must provide all requested details as indicated on the Booking Application Form, complete the Fitness to Travel Declaration (see item 5 below) and pay your deposit. Necessary details include full name as per passport, date of birth, nationality, passport number, passport issue and expiry date and any pre-existing medical, health, fitness and mobility conditions which may affect your ability to complete your travel arrangements. All travellers are also required to complete and return a Fitness to travel declaration form. Your booking cannot be confirmed without provision of these details.

### 5. Age, Fitness & Health requirements

We ask you to be honest with yourself about your fitness and mobility levels and realistic about your ability to keep up with the group and fully participate in this itinerary. This trip is not for you if your fitness is compromised or you use mobility aids. Please carefully and realistically consider your physical abilities and contact us if you have any queries before applying for a place. We reserve the right to decline a booking if we deem your fitness or mobility levels to be a detriment to your own and others' satisfactory participation in the tour. We also reserve the right to remove a traveller from the group during a tour without right of refund if the guide and host deem the traveller's fitness levels are having a negative impact on the group and itinerary.

- The minimum age for participants is 18 years at the time of travel
- **All applicants must complete and submit the 'Fitness to Travel' declaration together with their Booking Application Form (NEW POLICY).**
- All applicants must have good levels of health, fitness and mobility to manage the physical demands of this tour. The Fitness to Travel declaration outlines the health, fitness and mobility requirements for this trip, as do the Trip Notes.
- For the safety of those who travel with us and that of the people we visit on tour, we strongly recommend all our travellers are fully vaccinated against influenza and COVID-19 and that all general vaccinations are up to date
- If you're unwell (Covid, flu, cold or otherwise) at any time during the tour, you will be required to wear a mask
- retreat|recreate is able to provide general information on mandatory health requirements; however, we are not medical experts. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest vaccinations, health requirements and recommendations for Thailand and Laos.

### 6. Cancellation by the traveller

Once you've paid your deposit, we incur very real costs in booking and confirming this trip. Thus, if you cancel your booking, cancellation fees will apply. Notification of a cancellation must be provided in writing.

If you cancel your place on the trip:

- before 25 September 2026 we will retain the deposit;
- after 25 September 2026 we will retain 100% of the total price (see also point 8 below);
- You should lodge a claim for these fees and costs through your travel insurance. **Please refer to point 13 regarding travel insurance.**

### 7. Cancellation by retreat|recreate

- We may cancel this tour any time prior to departure should we not achieve the minimum number of passengers required or if we receive cancellations which cause the number of passengers to fall below our minimum number. In this case, your deposit is fully refundable.
- We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability, Covid-19 border closures and related travel restrictions or other external events if it is not viable for us to operate the planned itinerary.
- If we cancel your trip due to external events before 25 September 2026, your deposit is fully refundable.
- If we cancel your trip due to external events after 25 September 2026, you will receive a full credit towards a rescheduled tour. In circumstances where the cancellation is due to external events, you may request a refund however, refunds will be less any unrecoverable costs plus an administration fee of \$150 per person. You should lodge a claim for these expenses through your travel insurance. Please note that most of the venues, hotels and tour operators with whom we partner have indicated that they will not impose cancellation fees in the case of border closures. As such we hope to keep unrecoverable costs if any, to a minimum.

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- We are not responsible for any incidental expenses that you may incur as a result of your booking, including but not limited to visas, vaccinations, travel insurance excess or non-refundable flights.

## 8. Booking amendments

If you wish to transfer your booking to a third party you must notify us at least 45 days prior to the proposed departure date. A fee of \$150 per person per change will apply (in addition to any charges levied by hotels, ground operators or airlines). If you notify us less than 45 days prior to the proposed departure date the refund policy applicable to cancellations will apply. Transfers to a third party are only permitted where the transferee meets all the requirements in relation to the trip and with the written permission of retreat|recreate. Amendments to any other arrangements made in conjunction with your trip will incur a \$150 administration fee per booking per change. This fee is in addition to any charges levied by hotels, ground operators or airlines. No amendments are permitted to your booking within 45 days of departure.

## 9. Inclusions

The price of your trip includes:

- all accommodation as listed in the itinerary
- all transport listed in the itinerary
- arrival airport transfer
- sightseeing, activities, workshops and meals as listed in the itinerary
- the services of a retreat|recreate host and local tour leader

## 10. Exclusions

The price of your trip does not include:

- International or internal flights
- Departure airport transfers
- Taxes and excess baggage charges
- Meals other than those specified as 'included' in the itinerary
- Beverages with included meals
- Visa and passport fees
- Travel insurance
- Personal expenses eg. laundry, mini-bar, room service etc
- Early check in or late check out at hotels
- Tips for guides, drivers and services

## 11. Prices & surcharges

Prices are based on currency exchange rates as of March 2026. We reserve the right to impose surcharges up to 60 days before departure due to unfavourable changes in exchange rates, increases in transportation costs, increases in local operator costs, taxes, or if government action should require us to do so. In such instances we will absorb any amount up to 2% of the trip price and you will be responsible for the balance. If any surcharge results in an increase of more than 10% of the trip price you may cancel the booking within 14 days of notification of the surcharge and obtain a full refund. We will not surcharge any booking for travel once paid in full.

## 12. Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip and have at least four blank pages. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip. We are not responsible if you are refused entry to a country because you lack the correct passport, visa or other travel documentation.

## 13. Travel insurance

**Travel insurance is mandatory for all our travellers and should be taken out at the time of booking (upon payment of your deposit).** Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation. We also strongly recommend your policy covers cancellation, curtailment, personal liability, Covid-19 related scenarios as far as possible, and loss of luggage and personal effects. It is the responsibility of each traveller to ensure they are adequately covered. You must provide proof of your travel insurance including the name of your insurer, their 24/7 emergency number and your policy number. You will not be able to join the trip without it.

## 14. Flexibility

You appreciate and acknowledge that the nature of this type of travel requires considerable flexibility and you should allow for alternatives. The itinerary provided is representative of the types of activities contemplated, but it is understood that the route, schedules, itineraries, amenities and mode of transport may be subject to alteration without prior notice due to local circumstances or events.

## 15. Change of itinerary

While we endeavour to operate the tour as described we reserve the right to change the trip itinerary. Before departure: If we make a major change we will inform you as soon as reasonably possible if there is time before departure. The definition of a major change is deemed to be a change affecting at least one day in five of the itinerary. After departure: We reserve the right to change an itinerary after departure due to local circumstances or events outside of our control. In such emergency circumstances the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itinerary such as visas, vaccinations or non-refundable flights.

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## 16. Authority on tour

This trip is fully escorted by a local English-speaking tour leader and a retreat|recreate host. As required by Laos government regulations, an accredited, English-speaking Lao tour leader will also accompany the group for the Laos section of the itinerary. The decision of these group leaders is final on all matters likely to affect the safety or well-being of any person participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, you may be directed to leave the trip immediately, with no right of refund. This includes being willing to wear a mask or take a Rapid Antigen Test when requested, to protect the rest of the group and the communities we visit. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our responsible travel guidelines.

## 17. Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a degree of personal risk. You may be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

## 18. Limitation of liability

retreat|recreate contracts with a network of companies, government agencies and individuals to assist in the running of our trips as agent for these third parties. We are not responsible for the acts and omissions of these third parties.

To the fullest extent permitted by law:

- Any liability for any loss, death, injury or damage which you may suffer (directly or indirectly) in connection with or arising out of your participation in a trip, or any breach of the Booking Conditions, is excluded;
- You release us and our officers, employees, agents and representatives from any liability and expressly waive any claims you may have against us arising out of or in connection with your participation in a trip; and
- Any condition or warranty which would otherwise be implied by law into these Booking Conditions (Implied Warranty), is excluded.

To the extent an Implied Warranty cannot be excluded, our liability in respect of the Implied Warranty is limited to (in our absolute discretion): (i) the provision of a similar trip to an equivalent value; or (ii) a refund of the total amount received by us from you in connection with your booking. Any claim by you is excluded to the extent that it is for indirect or consequential loss, loss of profits or economic loss, however it arises, or for indirect, special, punitive or exemplary damages.

## 19. Optional activities

Optional activities not included in the trip price do not form part of the trip or this contract. You accept that any assistance given by your group leader or local representative in arranging optional activities does not render us liable for them in any way. The contract for the provision of that activity will be between you and activity provider.

## 20. Claims & complaints

If you have a complaint about your trip, please inform your retreat|recreate host and/or local tour guide at the time in order that they can attempt to rectify the matter. If satisfaction is not reached through these means, then any further complaint should be put in writing to us within 30 days of the end of the tour.

## 21. Severability

In the event that any term or condition contained in these Booking Conditions is unenforceable or void by operation of law or as being against public policy or for any other reason than such term or condition shall be deemed to be severed from this contract or amended accordingly only to such extent necessary to allow all remaining terms and conditions to survive and continue as binding.

## 22. Photos and marketing

Unless you specify otherwise, acceptance of these Booking Conditions means you consent to us using images of you taken during the trip for advertising and promotional purposes. Please advise before the tour commences if you do not consent.

## 23. Privacy policy

Your email address will only be used for any purpose associated with the operation of a trip or to send you marketing material in relation to our events, special offers and future tours. All personal details you provide (passport scans, notice of medical conditions, medications, etc) will be retained securely for the duration of the trip.

## 24. Applicable law

The laws of Victoria, Australia govern these Booking Conditions to the fullest extent allowable. Any disputes in connection with a trip or these Booking Conditions must be initiated in the courts of Victoria, Australia.