



retreat | recreate

## Türkiye Textiles and Handcrafts Tour: 31 August – 15 September 2026

### Trip Notes

**Merhaba and Hoşgeldiniz!** Hello and welcome to our very exciting textiles and handcrafts tour of Türkiye.

The retreat|recreate host for this trip will be Susan Keeble. Our local tour leader will be confirmed closer to departure.

These Trip Notes function as a kind of FAQ (Frequently Asked Questions) companion. Please read them in conjunction with the itinerary.

Pease carefully and thoroughly **read the entire Trip Notes.**

Click on the links below to locate specific information.

[Itinerary disclaimer](#)

[Is this trip suitable for you?](#)

[Health, fitness and mobility](#)

[Included and optional activities](#)

[Accommodation](#)

[Twin rooms and room sharing](#)

[Pre and post-tour accommodation](#)

[Flights](#)

[Airport transfers \(arrival and departure\)](#)

[Transport](#)

[Meals](#)

[Water](#)

[Toilets](#)

[Workshops and hands-on activities](#)

[Safety](#)

[Travel insurance](#)

[Passports and visas](#)

[Money - tipping, tip kitty, spending etc](#)

[Commissions](#)

[Phone and internet](#)

[Group leader and host](#)

[Weather and climate](#)

[What to bring](#)

[Emergencies and other issues](#)

[A couple of rules](#)

[Responsible travel](#)

[Travelling in a group](#)

#### Itinerary disclaimer

- Some changes to the itinerary may occur due to inclement weather, timetable changes or circumstances beyond our control. While we do our best to prevent this from happening, it may be unavoidable. It can also happen with little notice, so please bear with us if we have to make modifications to the itinerary.
- Please note: this itinerary was developed many months prior to departure. Accordingly, we may make slight amendments depending on the planned activities and venues as they are confirmed closer to departure or if any of our activities need to change days or dates. We'll always let you know of any proposed changes to this itinerary.

#### Is this trip suitable for you?

- This trip is for fit, active (see fitness requirement below), adventurous, textile and handcraft enthusiasts.
- You don't need to be an artist or an accomplished, experienced textile or handcraft practitioner.
- If you're curious about the world, have an interest in the art of hand-made, are keen to explore Turkish culture, you understand the importance of being a generous and tolerant group member, you are a courteous and aware traveller who is respectful of local etiquette, traditions, beliefs and customs, and you value socially responsible travel, this is the trip for you!

#### Health, fitness and mobility

- Please carefully and realistically consider your mobility and health when determining if this trip is right for you.
- The itinerary is full to ensure value for money, however there are some brief free periods. All travellers need to be in good physical health and have good fitness and mobility to participate fully on this trip. This trip is not for you if your health, fitness and mobility are compromised or you use mobility aids.
- Due to recent experiences on some tours, we have made the decision to require all travellers to submit a **Fitness to Travel declaration** together with their

Booking Application form, to ensure all travellers are physically suited to our tours. We reserve the right to decline an application if we deem your fitness or mobility levels to be a detriment to your own and others' satisfactory participation in the tour. The specific physical requirements for this tour are outlined on the Fitness to Travel declaration and below:

**All participants must be able to:**

- Navigate arrival and departure airports without personal assistance
- Carry their luggage for short distances
- Embark and disembark coaches, a commuter ferry and a gullet boat without assistance
- Manage flights of stairs at a moderate pace without assistance. Not all of our hotels have elevators and ground floor rooms are sometimes not available or cannot be guaranteed
- Undertake walking tours including walking on uneven, hilly and possibly muddy terrain
- Walk at a moderate to fast pace and 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 road-side stops
- Cope with several long travel days and some consecutive travel days. Türkiye is a big country! Most of our road travel is in a private air-conditioned coach. Regular stops will be made for bathrooms, meals, sightseeing and photographic opportunities
- Be patient as distances are not necessarily indicative of travel times. Travel can sometimes take longer and we may need to stop more often than expected
- Use shower over bath facilities, as walk-in showers cannot be guaranteed
- Be able to satisfactorily participate in the full tour program as described

This tour offers a range of immersive experiences. Some experiences are not readily available to the average tourist and we will occasionally venture off the standard tourist trail. While this is not an adventure tour, a 'sense of adventure' is required.

- The minimum age is 18 years at the time of travel
- If you are prone to motion sickness, you should consider how you might manage this. Sitting by a window and/or using motion sickness bracelets, ginger tablets, Kwell tablets and Travacalm tablets are measures that have assisted our previous tour participants greatly.
- For legal reasons the retreat|recreate host and tour leader are prohibited from dispensing any type of drugs including antibiotics and headache tablets.
- You must carry your own personal first aid kit at all times - paracetamol, bandaids, anti-nausea pills, hydration salts, Imodium tablets, RAT tests etc in addition to any personal medications (suitable substitutes are not always available outside your

home country) or other requirements (eg spare prescription spectacles).

- Please ensure that you are personally and adequately prepared as flights, bus trips, lots of walking, warm weather and unfamiliar food can take their toll.
- retreat|recreate is able to provide general advice on mandatory health requirements, however we are not medical experts.
- It is your responsibility to consult your doctor or travel health expert at least two months prior to departure (as some vaccines require more than one dose) for up-to-date medical information and for the latest health, vaccination and anti-malarial requirements and recommendations for your destination.
- Travellers in Türkiye are no longer required to be vaccinated against Covid-19, however we strongly recommend all our travellers are up to date with their recommended routine vaccination schedule including Covid-19, influenza, tetanus etc.
- Carry a copy (digital or hard copy) of your vaccination record as you travel.
- We ask all travellers to monitor their health throughout the trip and report any symptoms of any illness to the host and/or guide immediately.
- If you feel unwell or exhibit flu, cold or covid-like symptoms while on tour, you will be required to take precautionary measures to reduce the risk of transmission, including wearing a mask around others. Please bring masks and rapid antigen tests with you on tour.
- Mosquito-borne illnesses: Take preventative measures such as wearing long, light-coloured clothing, using repellent, and being indoors particularly around dusk and dawn. Consult a medical professional regarding prophylaxis against malaria and other mosquito-borne illnesses according to the destinations you'll visit and the time of year.

**Included and optional activities**

- Included activities are those specifically listed in the itinerary.
- None of the included activities are compulsory, however if you take time out from the scheduled itinerary and choose not to participate in any of the included activities on this itinerary, the cost of those activities will not be refunded.
- Activities marked as optional are at additional cost.
- Any activities not outlined in the itinerary are at your own expense and undertaken at your own risk. Please use your own good judgement when selecting an activity in your free time.

**Accommodation**

- Accommodation on this trip is on a twin share basis with a single supplement available at the time of booking if you would prefer your own room.
- We aim to provide an authentic and memorable experience of the incredible places we visit as well as an insight into Türkiye's colourful history, culture and architecture. Where possible, we have selected boutique and character-filled accommodation venues rather than business-style hotels.

- The hotel rating on this trip ranges between 3 and 4 stars according to Trip Advisor - definitely more than comfortable but not luxury. Please don't expect 5 stars.
- On rare occasions, alternative hotel arrangements may need to be made due to circumstances beyond our control. A similar standard of accommodation will be arranged in these instances.

#### Twin rooms and room sharing

- Solo travellers can also elect to share a twin room for the duration of the tour and we will do our best to pair you up with another solo traveller. Note however that if we receive bookings from an uneven number of solo guests, the last to book will need to pay the single supplement.
- If you are considering requesting to share a twin room with another solo guest, **please be brutally honest with yourself about your capacity to share with a stranger (and another person's potential snoring or different understanding of personal space and quiet) as well as your own suitability as a roommate.**
- Be sure to read our tips for successful room sharing at [www.retreatrecreate.com/room-sharing-tips-and-suggestions](http://www.retreatrecreate.com/room-sharing-tips-and-suggestions)
- Unless twin share travellers book together, we'll rotate our twin share solo guests each time we move hotels so they each have the opportunity to share with each other.

#### Pre-tour and post-tour accommodation

- We strongly recommend that you extend your stay both before and after the tour to allow time for recovery from flights and different time zones and to explore independently and pursue your own interests.
- Pre-tour and post-tour accommodation at our Istanbul hotel may be booked through us at additional cost, subject to availability. Details will be provided to confirmed travellers.
- You are welcome to arrange your own pre/post-tour accommodation. Options include using your preferred travel agent, Airbnb or online sites such as booking.com.
- If you book pre-tour accommodation other than our tour hotel, you will need to make your own way (at your own expense) from your chosen accommodation to our starting point hotel in time for our 1pm welcome meeting on day 1 of the tour.
- Hotel Check-in time is generally 2pm and check-out time is 10am. Additional charges apply if you require early check-in on your day of arrival or late check-out on your day of departure (subject to availability).

#### Flights

- Flights to and from Türkiye are not included in the trip price. Please don't book flights until you've received confirmation that you have a place on the tour, have paid your deposit, received confirmation that we have our minimum tour group size and the trip is confirmed as proceeding. Information on booking flights and a Travel Details Form will be forwarded to confirmed travellers once we have our minimum group.
- Given current circumstances in the Middle East, we recommend avoiding flights that pass through Middle

Eastern airspace of transit through airports in that region.

- The itinerary **commences in Istanbul at 1pm on 31 August 2026 and concludes upon arrival at Istanbul (IST) airport on 15 September 2026.**
- Flights should be booked to arrive into either of Istanbul's two international airports. Istanbul New Airport (IST) is situated 52kms from our joining point hotel. Sabiha Gokcen Airport (SAW) is located at Pendik / Kurtköy on the Asian side of Istanbul, 50km from our starting point hotel.
- Please be sure your plans for 31 August allow you to arrive in plenty of time (including possible delays) for our welcome meeting at 1pm at our starting point tour hotel.
- Our tour officially ends at **Istanbul airport (IST)** on 15 September 2026 following our group flight from Cappadocia. Depending on flight times and availability, we expect our group flight to land in Istanbul at approximately 15:00 hours (TBC). If you wish to book your home-bound or onward flight on the same day, please don't book flights until the arrival time of our group flight is confirmed. Meanwhile you may wish to research possible flight options, ensuring you'll have enough time to make your connection. As an approximate guide, your onward flight should **depart no earlier than 22:00 hours on 15 September from Istanbul New Airport (IST).**
- If you are not comfortable booking your own flights or buying travel insurance online, you may wish to consult a travel agent for assistance.

#### Airport Transfers

- Your arrival transfer from either of Istanbul's two international airports to our joining point hotel is included in your trip cost. Details of your arrival transfer will be provided closer to departure.
- Please note that if you book pre-tour accommodation at a hotel other than our joining point hotel, your airport transfer may not be included. Contact us for confirmation if you are considering booking alternative accommodation.
- Post-tour transfers from the airport to your hotel on 15 September (for those staying on in Istanbul) and departure airport transfers at the end of your stay in Istanbul are not included in the trip price. There's the option to pre-book a transfer through us, catch a taxi from Istanbul New airport to your Istanbul hotel (our tour leader will be able to assist with this) or you're welcome to make your own transfer arrangements. There are also several transfer services such as: <https://www.istanbulshuttleport.com/> <https://www.istanbulshuttlehere.com/en/>
- Please note also that any unused arrival or post-tour transfers will not be refunded.

## Transport

- Private air-conditioned coach, a commuter ferry, Mediterranean gulet (boat), a domestic group flight and short trips via taxi and tram.
- There are several long travel days and sometimes consecutive travel days, however most travel is in a comfortable air-conditioned private coach, we'll make regular stops for bathrooms, meals and photos and the scenery and landscapes are superb. You may also wish to be prepared with your own music, podcasts, small craft project or reading material

## Meals

- While travelling with us you'll experience a vast array of wonderful food. Our tour leader will be able to suggest restaurants to try during the trip.
- Several lunches and dinners are not included in the tour price, giving guests the flexibility to set their own budget. However, we will frequently eat together as a group, particularly lunches, for convenience as we move from a morning activity to an afternoon activity. In Türkiye you can eat well on a fairly modest budget, or dine as finely as you wish.
- Our local tour leader will endeavour to cater for specific dietary requirements where possible, and vegetarianism and gluten intolerance will be catered for in most instances. For those suffering from particular food allergies, our tour leader will endeavour to disclose to their fullest knowledge the main ingredients in dishes being consumed. However, it is your responsibility to ensure that you do not ingest any foods to which you are allergic.
- You may also wish to bring your own extra preferred tea bags, snacks, travel sweets etc.

## Water

- It's not safe to drink tap water in Türkiye. Please bring and carry your own refillable drink bottle with you each day. Most of our hotels have bulk drinking water dispensers from which you may refill your own drink bottle.
- We recommend that you use filtered water when brushing your teeth.
- Travel bottles with their own filter are effective, lightweight and don't add to landfill eg. <https://grayl.com/> or <https://www.fill2purefilters.com.au/>

## Toilets

- All our accommodation venues have western toilets, but we may encounter squat toilets during our travels, particularly in public places and in rural areas.
- Public toilets usually have both sit-down and squat choices and are most easily found at major attractions and transport hubs. Most require a payment of TRY1-2.
- Toilet paper is not always provided so we strongly recommend that you always carry your own stash of toilet paper/wipes and hand sanitiser. In some places, toilet paper should be placed in the waste bin provided to avoid blocking the plumbing.

## Workshops and hands-on activities

The hands-on handcraft activities included in this itinerary are not necessarily formal classes with trained teachers. They're more about genuine person to person interactions, cultural exchange and learning directly from authentic, traditional artisans at their work-place or home in their own style. Some of our teachers are recognised masters of their craft, while others are skilled artisans who share a passion for their craft.

## Safety

- Many national governments provide a regularly updated advice service on safety issues, news, travel restrictions, entry requirements etc involved with international travel. We recommended that you check your government's advice for their latest travel information relating to Türkiye prior to your departure.
- Our tour operator and local guide have the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns.
- We strongly recommend the use of a neck wallet or money belt for the safe keeping of your money, passport, air tickets and other valuable items. Please leave valuable jewellery at home.
- Not all hotels will have a safety deposit box for your valuables.
- A lock is recommended for securing your luggage.
- We recommend that you exercise caution when walking at night and encourage you to walk together and only on main, well-lit thoroughfares.
- Whilst travelling in Istanbul before, during or after our tour we recommend avoiding crowded areas like Taksim Square, Galatasaray and Kadikoy Meydan after 6.00pm, especially on a weekend.
- Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.
- Seat belts: Please be aware that local laws governing transportation safety may differ from those in your home country and not all of the transport we use provide seat belts.
- Traffic and driving conditions: Depending on where you come from, note that drivers in Türkiye may drive on the opposite side of the road to what you're used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Stay alert!
- Be aware that some hotel balconies don't meet western standards in terms of the height and width of the balcony balustrade, being lower/narrower than required in your home country.
- Fire Precautions: Please be aware that local laws governing tourism facilities differ from those in your home country and not all of the accommodations we use have fire exits, fire extinguishers or smoke alarms.
- Swimming pools: You may stay at hotels with unfenced pools and no lifeguard on duty.
- Water safety: Please take care when taking part in any activities in the ocean, river or open water, where

waves and currents can be unpredictable. It's expected that anyone taking part in water activities is able to swim and has experience in open water. All swimmers should seek local advice before entering the water.

### Travel insurance

- Travel insurance is NOT included in the tour cost and mandatory for ALL travellers on ALL retreat|recreate tours.
- You will not be able to join a tour until evidence of your travel insurance (including credit card insurance) and the insurer's 24-hour emergency contact number have been provided.
- We require that, at a minimum, you are covered for medical expenses including emergency repatriation, personal accident and death. We strongly recommend that the policy also covers personal liability, cancellation, Covid-19 related scenarios as far as possible, curtailment and loss of luggage and personal effects.
- It is your responsibility to ensure you are adequately covered.
- Be sure to carefully note the circumstances under which your chosen insurer will cover you for cancellation.
- We recommend that you take out travel insurance as soon as you pay your deposit. Insurers will generally allow you to adjust the dates for which you are covered, however if you extend the period for which you are covered, additional charges will apply. Some insurers may charge an amendment fee.

### Passports and Visas

- are the responsibility of the individual traveller.
- Please ensure the name on your passport matches the name on your booking form and airline tickets.
- Your passport must be valid for at least 6 months beyond the duration of your trip and have at least two blank pages.
- We recommend that you familiarise yourself with any requirements specific to your nationality. Please note that visa requirements, eligibility and costs can change at any time and with little notice.
- Apply for an e-visa at least two weeks prior to your arrival in Türkiye at <https://www.evisa.gov.tr/en/>
- At the time of writing, a multiple entry, 90 day e-Visa costs USD60 for Australians. US, UK, Canadian and New Zealand passport holders are exempt. Please check the above link for updates until departure.

### Money

- The official currency of Türkiye is the Turkish Lira (TRY). As at March 2026: TRY 100 = AUD 4.50 / USD 2.26 / EUR 1.96 / GBP 1.69 / CAD 3.10 / NZD 3.86.
- We recommend that you download the XE currency exchange App to your smartphone or use the 'convert' function on your iPhone calculator for up to date currency exchange rates.
- Most goods and services, meals and general shopping can be paid for using the local currency (TRY). Smaller businesses take cash only. The Euro and US dollars are also accepted.

- ATMs are widely available in all major towns and cities throughout Türkiye noting that charges are applied to each transaction. Credit cards are generally accepted in tourist shops and restaurants. Visa and MasterCard are generally preferred over American Express, Diners, etc.
- Spending money: Every traveller is different and spending money requirements will vary. Please consider your own spending habits when allowing for drinks, shopping, optional activities, gifts and souvenirs, and tipping. Note that the itinerary includes all breakfasts and some lunches and dinners. You will need to buy the remainder of the lunches and dinners. It's always better to allow for a little more than you think you'll need.
- Contingency/Emergency funds While we try to plan for every eventuality, some things are beyond our control. Please make sure you have access to an additional US\$1000/AU\$1500 for emergencies or in case of unforeseen circumstances (eg. severe weather, natural disaster, civil unrest etc) or events that necessitate last minute changes.
- While budgets are a personal choice **you should NOT expect Türkiye to be a budget destination.** Türkiye is often misjudged when it comes to the cost of goods and services and prices can vary considerably between regions. Cities like Istanbul and Antalya are very European and as such the standard of restaurants and cafes is high and the cost equivalent to its European counterparts. Eating in local restaurants, road side stalls and markets is still inexpensive and lots of fun.
- Tipping in Türkiye is customary (10-15% of the bill) in restaurants, a few coins at budget eateries, 3% of the room price for hotel porters and in taxis, round up metered fares to the nearest lira. You may wish to put aside some money for your own tipping (when you are doing your own optional sightseeing, when joining in optional groups meals or dining out on your own. We advise you to carry small notes of local currency to make tipping easier.
- At our group meeting on day 1, our tour leader will discuss the idea of running a group tipping kitty whereby everybody contributes an equal amount and then our tour leader pays the tips on behalf of the group while keeping a running record of all monies spent (except restaurant tips). The amount to budget for the tipping kitty on this trip is approximately EUR 180 (TBC).
- This kitty does not include a tip for our tour leader. If you are happy with our local leader's services, a tip would be welcome at the conclusion of the tour. As a guideline, we suggest an amount of USD 4-7 per person per day x 16 days (payable in USD, TRY or EUR), but you are welcome to tip more or less depending on your perception of their service.

## Commissions

As in many countries, the receipt of commissions or kickbacks in exchange for recommending particular shops, services or activities is ingrained in the culture of the Turkish tourism industry. In an effort to best control and monitor shopping and activities with an aim for the best possible experience, our guide has curated a small number of carefully selected shopping experiences and activities based on positive feedbacks from previous travellers. On occasion these will be part of included walking tours or occasionally outside of included activities in free time. Please be assured that if you prefer not to join in on any shopping experiences there is no obligation to do so. If you do attend, be assured you are not under any obligation to buy.

## Phone and internet

- Internet access is available at all our hotels.
- Please ensure you have internet access at all times during the day, not just when we're at hotels.
- If you intend to use your mobile phone for keeping in touch with family and friends at home, we recommend you have Facebook Messenger, WhatsApp or other WiFi based communication installed and updated before you leave home as your local App store won't always work in another country. While you're connected to WiFi, calls and messages are free, otherwise you can use your data connection to make calls and send messages using these Apps.
- We'll set up a **WhatsApp group** in the week prior to departure to enable us to provide the group with updates and reminders each evening for the following day. Please ensure you have WhatsApp installed at least one week prior to departure.
- If you intend to make international phone calls from your mobile phone, we recommend that you ensure Türkiye is covered by your usual service provider. Check out the global roaming packages, charges and the activation procedure prior to departure. Don't forget to turn off international roaming and data when not in use to avoid a huge phone bill.
- Other alternatives for use with an unlocked mobile phone (and to be purchased prior to departure) include:
  - an eSIM such as <https://esim.holafly.com/> or <https://www.airalo.com/>
  - a travel SIM <https://travelsim.com/turkey-sim-card/>
  - more options are at the following link: <https://istanbul-tourist-information.com/en/turkey-sim-card/#tve-jump-1863a737288>

## Group leader and host

- This tour will be accompanied by a local English-speaking tour leader and your retreat|recreate host Susan Keeble. The aim of the leader and host is to take the hassle out of your travels and to help you have the best trip possible.
- Your local tour leader will provide information on the areas we travel through, suggestions for things to do and see and recommend great local dining venues.
- The retreat|recreate host will provide suggestions for craft and textile-based activities, venues, shopping

locations and experiences additional to those included in the itinerary. A list of these additional recommended shops, galleries/museums and activities will be provided closer to departure.

## Weather and climate

Refer to the table below to assist with your planning and to give you an understanding of what to expect. Be prepared for a range of temperatures including hot weather during the day and cooler temperatures in the evening. Istanbul and the Mediterranean can also be humid.

Location	September – Monthly Averages			
	Daily high °C / °F	Daily low °C / °F	Days of rain	Rainfall mm
Istanbul	25 / 77	16 / 61	8	50
Bursa	27 / 81	13 / 55	6	30
Selcuk	29 / 84	16 / 61	5	15
Pamukkale	28 / 82	11 / 52	2	Neg
Kas & Antalya	31 / 88	18 / 64	2	10
Konya & Goreme	26 / 79	11 / 52	1	Neg

## What to pack

A Suggested Packing List will be provided closer to departure. Generally speaking, you should pack as lightly as possible as you will be expected to manage your own luggage. It is recommended that you keep your luggage weight to less than 15kg (at least to begin with). It is also essential that you check the weight and dimensions of luggage permitted by the airline/s you'll be flying with as well as the included luggage allowance on our group flight on day 16 (see note below).

Basic requirements are:

- A small lockable suitcase with wheels or a small-medium sized (40-50 litres) back-pack is ideal.
- A small daypack/backpack to carry water, sunscreen, camera etc. for day trips.
- Please ensure your luggage is clearly labelled.
- Easy to wash and fast-drying clothes are a good choice
- We recommend that you dress conservatively, in comfortable, loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather).
- Clothing that can be layered is the best way to manage temperature variations.
- Aim to cover upper arms to below knees as a minimum (for modesty, particularly in smaller towns and for religious respect). No shorts, mini-skirts or revealing necklines please.
- Keep a lightweight cotton shawl/scarf handy for use as an extra cover-up at religious sites, for cooler evenings and on air-con transport.
- **On day 16, the included luggage allowance on our domestic flight is 1 x 25kg checked-in luggage + 1 x 8kg hand luggage (1 piece, max size 23 x 40 x 55cm) per person. Any excess luggage fees will be at each passenger's own expense.**

## Responsible Travel

retreat|recreate believes strongly in sustainable, responsible, ethical travel. Responsible travel is all about making good choices and ensuring you have an incredible trip while also having a low impact, or rather a positive impact on the local environment, community and economy. We operate on principles of respect for all people, cultures, religions and traditions and expect our travellers to extend that same respect.

How can you be a responsible traveller?

- Choose to travel with a responsible travel company like retreat|recreate!
- Consider offsetting your flights with organisations such as [www.ecologi.com](http://www.ecologi.com) or <https://sustainabletravel.org>. Be responsible for your carbon emissions, provide jobs for local families, improve soil and water quality, restore wildlife habitats and contribute to a sustainable future.
- Say 'no' to plastic. Avoid buying bottled water. Refill a reusable water bottle with filtered water as we travel. A retreat|recreate cloth shopping tote will be provided in your tour welcome pack on Day 1.
- Buy directly from artisans and/or not-for-profit organisations, social enterprises and NGOs. particularly those that support women, girls and marginalised communities. Supporting local artisans helps keep traditional crafts alive.
- ALWAYS ask and receive permission before taking photos of people, including children. Please refrain from posting photos of children on social media as they can end up on the 'wrong' sites.
- Eat at local restaurants so you can contribute directly to local communities and their economy.
- Always be respectful of local customs, traditions, religions and culture.
- Dress modestly and respectfully. Shoulders to below knees should be covered as a minimum, especially when entering places of worship. In rural areas women will also need to wear modest clothing when swimming.
- Always dispose of litter thoughtfully, including cigarette butts.
- When bargaining at markets, stay calm, be reasonable and keep a smile on your face. It's meant to be fun!
- Learn a few words of the local language and engage with the people around you. A list of basic words and phrases will be provided to participants closer to departure.
- Refrain from giving gifts of money to locals. Please do not give children sweets.
- Be an animal-friendly traveller. Only visit venues that respect animals by allowing them to live normally in their natural environment. Steer clear of venues that use animals for entertainment, rides or abnormal activities and/or keep animals in poor and unnatural conditions.
- Please also refer to our website page: <https://retreatrecreate.com/responsible-tourism/>

## Emergencies and other issues

- While we endeavour to provide the best experience possible, due to the nature of travel, occasionally things go awry.
- Should any issue occur during the trip, please discuss this with your tour leader and/or retreat|recreate host immediately so we can do our best to rectify the problem.
- In the case of a genuine emergency dial 112 (no credit required).
- Our tour operator's local emergency number will be provided to participants closer to departure.

## A couple of rules

- You must at all times comply with the local laws, customs, foreign exchange and drug and alcohol regulations. Any illegal activities including the use of illegal drugs will not be tolerated. Possession or use of these substances is not only against the law but puts the rest of the group at risk.
- If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.
- By travelling with us you are agreeing to adhere to these rules.
- Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

## Travelling in a group

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group – patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a particular place at a certain time, please be on time and ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on everyone's part.

Bring a sense of humour and a sense of adventure!  
We're going to have a wonderful trip!

Any other questions? Just ask!  
Email us at [retreatrecreate@gmail.com](mailto:retreatrecreate@gmail.com)