

Participant Agreement for InsightOut Journeys

Your Name: _____

Event name and date: _____

The journey you have signed up for has its physical demands. Sadly, every year a few people ignore this warning and, after a day or two, wish they had selected a more comfortable tour offered by someone else. We want you to be happy with your choice to make this journey so please give careful thought to the itinerary and requirements to participate with this group. Ultimately, you are responsible for your well being. We want you to be clear about the responsibility you assume with this journey, some of which are:

- Be capable of fully and happily participating, without assistance, in the following:

- Understand the level of activity as described in the itinerary. You always have the option of "opt out" of a segment of the event, before it begins. We will give you alternatives to the more rigorous parts of the adventure. What is important is that you take responsibility for your well being and make choices that you can complete.
- Walking long distances (1-2 miles), including up and down stairs and on uneven surfaces.
- Standing, like in museums, for 1 to 2 hours at a time.
- Carrying your own luggage- to from the bus or train, up and down stairs at the trains or in hotels. This is why we ask you to pack light which means you bring only what you need in a 9x21x14 suitcase and one smaller day pack.
- Accept the possibility that your room mate may have different sleeping habits than you... including snoring. We encourage you to bring ear plugs.
- An important part of the event is experiencing other people. Your behavior, good or bad, will affect the entire group. Please practice the most considerate behavior with your fellow tour members and the locals we encounter. We must remember that the habits and cultures of the local people are different than our own.
- Be prepared to embrace surprises. Understand that the itinerary, like most of life, are subject to change.

I am happy to participate with this group as outlined,

Signature: _____ Date _____

One form per participant.