

## Mind, Body & Soul Reboot Weekend 2021 | FREQUENTLY ASKED QUESTIONS

A very warm welcome to Mind, Body & Soul Reboot Weekend, a three day residential programme at UWC Atlantic, St Donat's.

### *Key Details*

**Dates:** 11th June - 13th June 2021

**Ages:** 18+

**Gross price:** £399 per person (sole occupancy) or £349 per person (shared occupancy)

Please read this document carefully as if you decide to participate in Mind, Body & Soul Reboot Weekend. The contents of this document will become the basis for our Service Agreement and Terms and Conditions for your participation in Mind, Body & Soul Reboot Weekend.

### *Frequently Asked Questions (FAQs)*

#### 1. OVERVIEW

##### **What is Mind, Body & Soul Reboot Weekend?**

Committed to educating and encouraging a healthier lifestyle, Mind, Body and Soul Reboot Weekend is a 3-day residential programme designed in collaboration with Jo Partridge – a qualified, plant-based personal trainer.

##### **How long is the programme?**

The programme runs for 3 days, from 3pm on Friday the 11th June 2021 until mid-morning on Sunday the 13th June 2021. You are also invited to join the campus Open Day event before departure.

### **How many will be attending Mind, Body & Soul Reboot Weekend?**

The maximum capacity for the programme will be 15 people as per current Government restrictions.

## **2. PROGRAMME PROFILE**

### **I don't exercise regularly, can I still participate?**

Yes! Our workouts are suitable for all abilities, we are here to initiate good habits, not burn you out and make you feel rotten.

### **Do I have to participate in all the physical activities?**

No, although we do recommend that you give them a go. All the activities have been created to give you the most out of your stay with us and offer maximum benefit. We are not here to judge you or make you feel uncomfortable but we know how important it is (and how incredible you'll feel) if you do something that is slightly out of your comfort zone.

### **Do I have to have a Reiki session?**

No. This is totally optional and you will be able to book a time slot when you arrive.

### **What should I wear for the workouts?**

Anything that is comfortable and doesn't restrict movement. Training shoes are required as we will be using a variety of locations both indoor and outdoor (weather depending).

### **Is all the food plant-based?**

Yes. There will be no animal products available.

### **I have food allergies, can I still come?**

Yes, when booking you will be asked to give us information regarding allergies so we can ensure you will still have tasty nutritional options available.

### **Can we drink alcohol?**

No. There will be a strict no alcohol policy during your stay with us. Anyone caught neglecting this will be asked to leave.

#### **Can we smoke?**

No. This is a no smoking campus and we will not tolerate smoking on site.

#### **What is the purpose of a consultation on Sunday?**

This is a chance for us to catch up on a one-to-one basis and find out how you got on. We can provide you with specific tips and advice to help you achieve any goals you may have. There will also be the opportunity to receive a discount on personalised Training & Nutrition programs with Jo.

#### **What should I bring?**

- Training clothes (a few sets)
- Swimwear
- Towel
- Toiletries
- Open mind
- A smile

### **3. ACCOMMODATION AND MEALS**

#### **Where will I be sleeping?**

The programme is inclusive of accommodation and all meals from arrival to departure. Accommodation will be provided in modern 4 bed dormitory style single occupancy accommodation with the option to book double occupancy rooms at a discounted rate. Rooms provided are spacious with shared shower facilities and plenty of communal living space. All beds are single beds.

#### **What are the arrangements for meals?**

You will enjoy your plant-based meals in our main cafeteria within the castle in the 'Harry Potter style' dining room. All dietary requirements can be catered for and a full range of hot and cold food is offered. There will also be snack points throughout the day appropriate to the timetable. This will typically include an additional mid-morning and mid-afternoon snack.

Please ensure you make us aware of any special dietary requirements at least 2 weeks before the start of the programme.

## **8. PAYMENT AND CONDITIONS**

### **How can I enrol and when would I need to pay full fees?**

We would kindly ask you to complete the booking form via the UWC Atlantic Experience webpage linked [here](#). Once booked, your place is reserved and you will receive an invoice for payment in full with the terms and conditions. The payment deadline following receipt of the invoice will be 14 working days. Should payment not be made within this period, UWC Atlantic Experience reserves the right to cancel the applicants booking

### **What if I need to cancel due to Coronavirus? Can I have a refund?**

We all understand that we are in an evolving and unpredictable situation at present. Should you not be able to attend due to being infected with COVID19 we should be notified as soon as possible. A refund for the amount paid will be issued when a track and trace email/text or doctors certificate is produced. If you are making travel arrangements from overseas or using public transport to the College, we strongly recommend taking out adequate travel insurance or refundable tickets.