

Mind Environment

Booking Form

Mind Environment programme, Bardou, October 2019

Date:

Dear

This is to confirm your place on the forthcoming Mind Environment October 2019 programme, which and we look forward to welcoming you on.

In order to finalise your booking please could you do the following:

- 1) Complete details about you
- 2) Read our payment terms and conditions
- 3) Read our waiver of liability
- 4) Complete the payment section and make payment
- 5) Read our data protection statement
- 6) Sign and return this document to the address given

1) Your details

Name:

Age:

Address:

Email Address:

Phone Number:

Any dietary issues that we should know about (NB: it is important that you provide us with full disclosure of any serious allergies you may have, including those which cause anaphylaxis):

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Any medical issues that we should know about:

Anything else that we should know about that may affect your participation:

2) Payment Terms

The fee payable for attendance on the October 2019 programme is £450 per person.

What you need to do next.

- 1) Pay a deposit of £200, in order to secure your place. If you decide that you would like to withdraw from your place, this sum is fully refundable for a period of 14 working days after payment (and in any event no later than 20/09/19) after which, the deposit is not refundable.

Please make a transfer for this sum to the bank account detailed below referencing your full name on the transfer.

Account name: Mind Environment Limited T/A Mind Environment
Lloyds Bank: 16 Marketplace, Oldham, Greater Manchester, OL1 1JG
Acc number: 50986560
Sort code: 30-96-26
IBAN: GB02LOYD30962650986560
BIC CODE: LOYDGB21446
SWIFT: LOYDGB2L

- b) Please ensure that the balance of £250 is paid no later than 20/09/19. We will not be able to secure your place beyond this date, and we will not be able to refund your deposit.

3) Waiver of liability

All of the programme's activities have been risk assessed by an independent risk assessor, and we have taken all reasonable measures to mitigate against any risks identified. All activities are also appropriately insured.

Please read the following carefully.

www.mindenvironment.co.uk

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28 Arcadia Avenue, Finchley, London, N3 2FG, United Kingdom

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a) Physical fitness

Depending on your current level of physical fitness, you may find that elements of the Mind Environment October 2019 programme are physically challenging, and so participation may carry with it risks that we cannot entirely eliminate.

Outdoor activities will rarely exceed two hours in duration, and should be manageable if you have of a reasonable level of fitness. These activities may include:

- Hiking
- Working with trees
- Repairing stone pathways
- Canyoning
- Gathering firewood

b) Mental wellbeing

Depending on the state of your emotional and mental wellbeing, you may find participating in the programme's psychological group process challenging, and so participation may carry with it risks that we cannot entirely eliminate.

We anticipate that if you have a reasonable degree of psychological stability and are not currently experiencing severe mental health problems, then participation in the group process should be manageable.

If you do experience psychological difficulties during the programme, both of the team's psychologists will be on hand to support you.

c) Village infrastructure

Bardou has simple amenities. The water supply is not mains. It is collected straight from the mountain, stored in a tank and double filtered, but is not treated. Heating is provided by open fires and wood burning stoves, and showering and toilet facilities are mostly shared. Staying in Bardou accommodation, therefore, may also pose the following risks:

- Fumes from wood burning stoves or open fires
- Unattended open fires (woodburning stoves can be safely left)
- Consuming untreated water
- Infection from shared toilet facilities, or use of earth closet toilets
- Entering into dilapidated buildings (unauthorised entry is prohibited)
- Eating home prepared food, may pose risk for those with severe allergies

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Where possible, we have put interventions in place, such as anti-bacterial hand gel in eating areas and toilet areas, a limited supply of bottled water for those who are concerned about drinking untreated mountain water, providing instruction on fire safety, providing a map of the village and buildings where entry is not permitted, etc.

Meals and snacks will be prepared by either the owners of the village, or a local cook, or a combination of the two, depending on the day and other practical arrangements. They will do everything possible to cater for food preferences and allergies when food is prepared, but if you have a serious food allergy, you will need to assess your own risk.

While we have done everything possible to ensure the safety of participants, in order to engage with these activities on the October programme, we ask that you undertake to:

- Act responsibly and sensibly at all times.
- Not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- Follow any safety warnings or instructions displayed or given to you by a member of our team.
- We are not qualified to express an opinion that you are fit to safely participate. You must obtain professional or specialist advice from your doctor before participating.
- Adhere to the rules of staying in Bardou village, which will be outlined to you on your arrival.

In the absence of any negligence or other breach of statutory or regulatory duty by us, participation in the programme is entirely at your risk and we waive our liability to the maximum extent permissible at law.

We are not responsible for any theft, damage, destruction or loss of your property or belongings while attending the October programme, or at any other time in the provision of our services. You are advised to take out your own travel insurance policy to mitigate against these risks.

Please note that we reserve the right to adapt the programme from time to time due to group capabilities and inclement weather or other unforeseen circumstances. If you have any questions that we might be able to help with or you require any further information regarding the programme, please do feel free to contact: tom@tomcotton.co.uk

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4) Payment amount

In this section, please tick the relevant options and then fill in the total amount that you plan to pay.

Deposit of £200 []

Balance of £250 []

Additional costs

I would like to book a place on the pickup transport provided, leaving Toulouse Airport on 09/10/19 at approximately 2pm, for the additional cost of £50. The most suitable flight for this is operated by British Airways, leaving London Heathrow at 10.25am, arriving at Toulouse at 1.25pm. []

I would like to book a place on the return transfer leaving Bardou village on 13/10/19 at approximately 12pm, for the additional cost of £50. The most suitable flight for this is operated by British Airways, leaving Toulouse at 5.35pm, arriving at London Heathrow at 6.25pm. []

Your total payment of £

5) Data Protection

We agree to process your personal data lawfully in accordance with the terms of our privacy policy which is available on our website.

6) Your signature

IT IS IMPORTANT THAT YOU READ AND UNDERSTAND THIS BOOKING FORM BEFORE SIGNING. IF THERE IS ANYTHING THAT YOU DO NOT UNDERSTAND, THEN PLEASE DISCUSS IT WITH US BEFORE SIGNING.

By signature of this form we will assume that you are happy to be contacted in general regarding the October programme.

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I hereby confirm that I have read and fully understand and agree with the terms of this booking and my subsequent participation in the programme.

Signed

Print Name:

Date