

Wanderful RETREATS

QUESTIONNAIRE

We want to get to know YOU before you join us on a Wanderful Retreat! These questions will help us to personalize your week and make you feel right at home. Please fill out this questionnaire and return it:
Via email: wanderfulretreats@gmail.com | Via Mail: **PO Box 853, Los Olivos, CA 93441**

TRAVEL STYLE:

When traveling to a new city for the first time, I prefer...

- Not to have a plan. I enjoy sitting at cafes and meandering the streets
- Asking a local what they recommend and hitting the local spots
- To do my research and schedule my days and see as much as I can while I'm there
- Having someone guide me through the towns throughout the day, especially somewhere new

My travel experience is...

- None, this is my first trip out of the country (yay!)
- A little, I've traveled with friends and family but not much solo
- Moderate, I traveled a lot but it's been years
- Extensive, I take a trip every year

Packing wise, I would say I am...

- A light packer, 1 bag as carry on is all I need!
- A moderate packer, I use my 1 carry on and 1 checked bag options wisely
- A heavy packer, I like to have all my options and space for souvenirs!

I prefer to visit...

- Cafes and markets
- Hidden local spots
- All the big recommended sights and monuments
- Museums and Cathedrals
- All of the above
- Other, write in: _____

ART EXPECTATIONS:

On this retreat, I'm really hoping for a lot of...

- Art instruction
- Sightseeing
- Experiences
- All of the above
- Other, write in: _____

When we're "arting"—I hope there will be...

- Instruction & guidance
- Not a lot of instruction or guidance—I just want to freely express myself
- None, I'm just here for the food and sights ;)

I would describe my level of art experience as:

- Minimal, I haven't created for many years
- Intermediate, I create with or without assistance or instruction fairly regularly
- Advanced, I create at home regularly with or without instruction

I hope to be creative, artistically...

- Every day we are there, a little bit at least
- Every day we are there, a large chunk of the day
- A few of the days
- Very little, just let me enjoy the scenery without an art class ;)

MY MORNING STYLE:

My travel (or everyday routine) preference is:

- Early mornings—get out there & get going
- Leisurely mornings

I would say I:

- Am an early riser, I wake up and get going when the sun says to!
- Wake up early-ish so I can have a leisurely morning or squeeze in a morning stroll
- Enjoy my sleep...there's no need to wake me for breakfast
- Love to sleep in, especially when I'm on vacation (woo hoo!)

For my breakfast, I prefer:

- A full spread of breakfast options...eggs, cereal, fruit and coffee!
- Something healthy and light, cereal and yogurt
- Coffee and toast, just enough to get me to lunch

FREE TIME:

On my free day...

- I would like help planning something fun to do before we get to the retreat
- I'll probably be ready for a break or "chill day"
- I will probably wait and see what the group wants to do
- I'd like a tour—or to hit up some museums or another town
- I will probably find something to do solo, I enjoy my alone time

DIETARY RESTRICTIONS OR CONCERNS:

- I do not have any food allergies or restrictions.
- I do not drink alcohol or wine.
- I am (example: gluten-free, vegetarian, vegan, etc):

(please elaborate below, if needed)

- I have allergies to the following foods: _____

(please elaborate below, if needed)

- I have an aversion to the following foods: _____

(please elaborate below)

PHYSICAL OR MEDICAL RESTRICTIONS, OR CONCERNS:

- I do not have any physical limitations, restrictions or concerns.
 - I have a physical or medical limitation, restriction or concerns I'd like you to be aware of.
- (please elaborate below, if you're comfortable sharing)

EXPECTATIONS

What kind of expectations do you have for this trip?

What would you really like to experience or see happen while in Tuscany? Or what are you most looking forward to?

Any other notes or things you'd like us to know?