

# 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](mailto: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):

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(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?**