

Terms & Conditions

(Updated 2025)

Through making a booking with NUKA, you hereby acknowledge and understand that an agreement has been entered by you and NUKA, that you have read and understood the following terms and conditions fully.

DEFINITIONS

"You" refers to the guest booking a NUKA retreat

"We" refers to NUKA

"Retreat" refers to The New Methods Retreat.

RETREAT REQUIREMENTS

- You must have active and valid travel insurance before booking your flights.
 - You must meet Senegal entry requirements at the time of travel.
 - You must have a valid passport and be fit mentally and physically to travel abroad.
 - You must be 18+ years of age.
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PAYMENT TERMS

Deposit

- To secure your place on the retreat, a **non-refundable 20% deposit** is required.
- Once the deposit is paid, your spot in the retreat is reserved, but it will only be fully confirmed upon the completion of all payments.
- If the deposit is not received by the stated due date, your place will be reallocated to another guest without further notice.

Payment Schedule

- First Payment: Must be made within **30 days** of paying the deposit.
- Second Payment & Subsequent Payments must be made **30 days after the previous payment**. The total number of payments will be divided equally based on the months remaining until 30 days before the Retreat.
- The final payment (total amount to be fully paid) must be completed **30 days** before the Retreat.

Late Bookings

- For bookings made **less than 90 days** before the Retreat date: The full payment must be completed **30 days** before the Retreat.
- For bookings made **less than 30 days** before the Retreat date: The full payment must be completed within **7 days** of paying the deposit.
- For bookings made less than **7 days** before the Retreat date: Both the deposit and full payment are required within **24 hours** of confirmation.

Important Notes

- An invoice will be sent to you via email once your retreat application is confirmed. A payment reminder for outstanding balances will be sent **24 hours** before the due date.
- Your spot on the Retreat is only validated upon the completion of full payment.
- Failure to make any payments will result in your booking being allocated to another participant. No refunds will be permitted.
- If the final balance is not received by the stated due date, NUKA reserves the right to cancel your booking and allocate your spot to the next guest on the waiting list.

CANCELLATION

Client Cancellation / Refund policy

- If You are unable to attend and notify NUKA prior to 60 days before the Retreat, You may transfer your booking to the next retreat.
- If You are unable to attend and notify NUKA within 60 days of the retreat, your payment will be non-refundable and cannot be transferred to a future retreat.
- Once the Retreat has started, no refund or part-refund will be repaid in the event of cancellation or non-attendance. There are also no refunds for late arrival / early departure / any unused portion of the Retreat.

NUKA Cancellation policy

- If fewer than five participants are booked onto the Retreat, NUKA reserves the right to cancel the experience. In this case, your full payment will either be refunded or transferred to a future retreat date.
 - Travel insurance is required before booking your flight to ensure you are covered for any changes or cancellations, whether they occur on behalf of You or NUKA.
 - Flights and travel costs to the retreat are not included in the retreat price. NUKA is not responsible for reimbursing flight costs in the event of changes or cancellation or if your booking is forfeited due to incomplete payments.
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Travel/health insurance

To join the Retreat, You must have valid travel + health insurance purchased before booking of flights. You will be required to send NUKA proof of your valid travel/health insurance before

joining the Retreat. Please be sure that your insurance policy covers You for all relevant activities You will be engaging in on your Retreat & trip changes or cancellation.

NUKA shall not be held liable for any consequences arising from delays or cancellations in any of the travel companies You may have made arrangements with, or for any irregularities in your documentation required for travel.

NUKA does not assume responsibility for accidents or deaths linked to the participants' negligence, acts of third parties or circumstances such as natural occurrences, extreme weather or similar causes.

Medical conditions

You must inform NUKA of any medical/ mental/ physical conditions, pregnancy, disability, current medication - which could affect your fitness to travel or your state/ participation throughout this Retreat.

Dietary requirements

For those with special dietary requirements, please ensure this was communicated on your application form and if not email us at nukaretreat@gmail.com.

We disclaim all liability for any injuries, illnesses, or adverse reactions resulting from the consumption, preparation, or handling of food provided by or through our services. Users assume full responsibility for ensuring that any food items are safe for consumption and meet their individual dietary needs and restrictions.

Code of Conduct and Zero-Tolerance Policy

Our company maintains a zero-tolerance policy towards rude, abusive, or disrespectful behavior in any form. We reserve the right to take immediate and appropriate action, including suspension or termination of services, if a user engages in such conduct. We are committed to fostering a safe and respectful environment for all our users, and we expect all interactions to reflect this standard.

Inclusivity & Diversity

NUKA Retreats are created as safe, empowering spaces for *all* women. We proudly welcome and celebrate diversity in all forms - including race, ethnicity, age, body type, sexuality, ability, and cultural background. Our retreats are open to all individuals who identify as women, including trans women and non-binary people who feel aligned with this space.

We actively encourage participation from women of different walks of life and believe our magic lies in the mix - when a group of open-hearted, curious women come together, powerful connections happen.

It's important to us that every guest arrives with a spirit of inclusivity, respect, and openness. By booking with NUKA, you agree to contribute to a welcoming and supportive environment for all.

Exceptions to female-only environment

Whilst this NUKA Retreat is a women's only Retreat, there will be male staff and presence in circumstances, locations or workshops. Please be aware the entirety of these venues is not booked by - or exclusive for NUKA only, hence inevitably other males could be present.

Photography / Filming / Content Creation

You may be photographed or filmed in group activities throughout the Retreat, for our use in marketing materials, our website or social media. If You do not consent to be included and featured in these images / videos, please email us before the retreat. Otherwise your permission is granted to NUKA to perpetual and world wide use of such images or videos on public platforms and promotional purposes.

Service Amendment / Changes

NUKA reserves the right to make changes to services, terms and conditions at any time without prior notice. We will inform and update all guests throughout the Retreat on any amended itineraries, timings or classes.

All Retreat details are planned months in advance hence NUKA reserves such right to amend activities at any time given major circumstances such as weather conditions, strikes, accidents or other causes.

Passports, Visas and Health Documents

It is your responsibility to ensure that you are in possession of all essential travel and health documents before departure. We regret we cannot accept liability if you are refused entry onto any transport or into any country due to failure on your part to carry correct documentation. NUKA is not liable for failure to have any necessary travel or other documents results in fines, surcharges or other financial penalty

Passport Copy Requirement: Guests are required to provide a copy of their valid passport for villa registration purposes. All passport copies must be submitted to us prior to departure. By booking with us, You agree to submit the required documentation within the specified timeframe to ensure a smooth and hassle-free experience.

Data Protection and Privacy

NUKA will use your respective personal information (name, contact information, region, age, health conditions, special/ dietary requirements etc.) for general planning of the retreat but will not share with third parties.

Upon first payment, you agree to NUKA's terms and conditions.