



On this trip, you will be part of a group with other Dining for Women (DFW) members. DFW members are people of all ages dedicated to transforming lives and eradicating poverty among women and girls in the developing world. What an amazing opportunity to travel with like-minded women who share your passions!

During the trip, there are actually three journeys happening simultaneously: Your personal journey, the group experience, and the logistical process of moving through a destination. These are intertwined with each other and influence the outcome of all three experiences.

While traveling in a developing country, there are so many things that cannot be controlled. Because of that, we need to make sure we have a shared understanding of how we agree to move through this adventure together, and how we will manage the unexpected, our feelings, and each other.

Please read through the following **Traveler Agreement** and sign at the bottom.

I understand and agree that:

- An open-minded attitude and a bit of flexibility will enhance the trip experience. Often, it's the new experiences and unexpected things that make the best memories!
- Time is a shared resource. We all need to be on time when we leave the hotel and when we depart a destination.
- Our guide is in charge of the group and has the right to change the itinerary at any point.
- Everyone has an equal seat at the table. Everyone should have the opportunity to ask questions and discuss ideas. Be considerate of how much space you are taking up and make room for others.
- We come from all walks of life and will bring different perspectives to the trip. Learning about others' perspectives can often enhance our travel experience.
- We show up in communities as guests to learn and then understand how to be of service.
- Understand what is seen as culturally respectful clothing and behavior and follow suit. We have limited time in a community so the most visible parts of us leave the strongest impression. Pay attention, listen, ask questions, show interest, wear modest clothing, use the language, and smile!
- There will be moments when we are uncomfortable. However, that does not mean you are unsafe. Recognize the difference between discomfort and safety and reach out to each other for understanding or support.
- Photography policies are different at each organization. Please be sure to understand the policies before taking pictures and adhere to the policies at all times.
- We each need to give ourselves time to digest what we are seeing. Take care of your mind, body and soul. If you are unable or not wanting to participate in an experience please let your guide know ASAP and recognize if that has an impact on the group.
- If you are not feeling physically well, let your guide know. We want to make sure we get you back on your feet quickly.
- If you have experienced something threatening or illegal, alert your guide immediately.

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Signature

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Date

If you have any questions or concerns about the Traveler Agreement or the trip in general, please contact us and we would be happy to speak with you further.