



## Frequently Asked Questions (FAQs)

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## Where will we be staying?

We will stay in a large property on the gorgeous East coast of Barbados right by the ocean. It's slightly off the beaten track and therefore perfect for peace and quiet. There is direct access to the beach and we are within walking distance to natural, reef pools. Beach towels are provided in your room.

The views are incredible but the sea is a little rough, so swimming is not encouraged. You can, for a fee, learn to surf in this area with knowledgeable experts.

We will visit a calmer beach on the South coast where you can dip in and out of the sea to your hearts delight. You can also take trips of your own volition. Barbados is very safe and travelling around as a tourist is relatively easy.

## Shared spaces

There is a restaurant a few steps away, where we will take our meals within a sea-front setting.

There is a large beautiful pool with loungers and umbrellas as well as a rustic, bamboo cabana that we may share with a few other guests, should they arrive at the same time.

## Are there other expenses?

Sit down meals (or packed lunches if we're on a trip) and soft drinks are included. Please be sure to advise of any food allergies and dietary requirements so that we may liaise with our Chef.

Room service meals/drinks will be available at your own expense. Alcoholic beverages will incur a charge.

# The **JOY** Retreat Barbados

Flights are purchased at your own expense. I will share details of suggested options so that you can book them yourself in good time. If you prefer to arrive before the retreat dates or times - perhaps you want to take a longer vacation - I will share the exact location, nearer to our date of departure.

Any transport required outside of our group outings will not be included and will need to be paid for directly.

## **Insider Tips**

Barbados may be a 'small island' but what it lacks in square mileage, it makes up with vibrance.

You can get around using the local minivans for a few Barbadian Dollars. The timetable may be 'flexi-regular' but you'll never get lost and you'll be entertained whilst you wait.

The taxi system is a tad on the expensive side, so do check with the driver for the exact price and stick to that once agreed.

Bridgetown, the capital, is a few kilometers away. You can buy everything you need there. We will do a complimentary 'town run' so you can get souvenirs/provisions at a mutually convenient time during the week.

Nightlife is plentiful; the South coast has a plethora of bars you can visit should you feel the urge to party!

## **Are flights included?**

No. However recommendations will be provided, as mentioned.



## **Are airport transfers included?**

Yes, these are complimentary, providing guests arrive and leave The Joy Retreat via the suggested flights. Any movement outside of this will incur an extra charge.

Barbados has specific quarantine compliant taxi companies that are easily identifiable outside of the airport.

## **Accessibility**

The property is accessible via wheelchair and some bedrooms are situated on the ground floor.

It is best to advise if you have any specific accessibility needs that make stairs difficult to navigate. There are steps to the beach for which assistance may be needed.

## **Covid compliance**

Please review [www.barbadostravelprotocols.com](http://www.barbadostravelprotocols.com) for the latest protocols, prior to departure to Barbados.

It is strongly advised that your travel insurance includes Covid-19 clauses.

## **Climate**

Late April/May is a great time to visit Barbados, with nearly 9 hours of sunshine and strong cooling winds. This is also the last month of the dry season, so rainfall remains low. Temperatures hover around 31c.



## What should I bring?

- Please pack a journal. And a cute pen
- A yoga mat will be helpful, but not necessary for your enjoyment as I will provide some (I know that some like to travel with their own yoga mats)
- Comfortable clothing for movement
- Old trainers or hiking sandals for walks
- A wide brimmed hat and/or high sun-protection factor (SPF) cream. As you may be aware, the tropical sun doesn't play!
- Pack extra masks and hand sanitiser
- Barbados has strict Covid-19 rules regarding enclosed spaces, outside of the property. Please respect these.

If you have any questions, concerns or specific requirements, please do not hesitate to reach out via [thekarenarthur@mail.com](mailto:thekarenarthur@mail.com)