



explore your global food system...



TRAVEL GUIDELINES

Note: Your registration for a Food Sovereignty Tour (FST) will not be complete until we have received both your registration form and \$400 non-refundable, non-transferable deposit. In the case of a medical or family emergency that requires you to cancel your participation, FST will consider a full or partial refund, or a transfer of your deposit to a different tour. Full payment is due within 45 days of tour departure; otherwise you may lose your deposit and your spot on the tour. Please note you will be receiving a "Orientation Packet" specific with to your tour that will detail pre-tour preparations.

TRAVEL INSURANCE

Food Sovereignty Tours recommends that all participants purchase travel insurance to protect themselves against financial loss in the case of personal emergency or other unforeseen events. We recommend the following provider:

USI Affinity Travel Insurance Services

www.travelinsure.com

2950 Camino Diablo, Suite 300

Walnut Creek, CA 94596-3949

Hours: 9 am to 9 pm Phone: 1-800-937-1387 Fax: 1-925-932-1387

Many of our participants purchase the "Travel Insurance Select" plan:

www.travelinsure.com/what/selecthigh.asp

Why We Recommend Travel Insurance:

First, it is important to insure your travel investment against the potential financial insolvency of any of the travel suppliers that provide the air, land or sea arrangements for your trip. BE AWARE that not all policies offered in the marketplace include this form of insurance.

Second, with some of our destinations, there may be times when the risk of political unrest or terrorism causes participants to cancel their journey with us. The recommended insurance company has policies with this important benefit. Third,

for international trips, it is most important to have substantial medical and medical evacuation expense coverage. We're pleased that Travel Insurance Services offers \$75,000 coverage for your protection.

We strongly encourage you to purchase coverage WITHIN 14 DAYS of receiving tour confirmation. Doing so can make you eligible for three benefits at no additional cost: 1) waiver of pre-existing condition exclusion, 2) travel supplier financial insolvency coverage, and 3) coverage for certain terrorist acts.

***Please note that we are not insurance experts. Should you still have questions or require assistance with your travel insurance needs, please contact USI Affinity at 1-800-937-1387.*

PURCHASING AIRLINE TICKETS

IMPORTANT: Please do not purchase your tickets until a Food Sovereignty Tours representative confirms that your tour has filled and will take place.

Some Food Sovereignty Tours (such as those to Cuba) include partial international airfare in the tour package. However, most of our tours do not include international airfare, and program costs cover "in-country," land-only transportation. Even tours that include all or part of the international airfare may require participants to secure domestic flights to specific departure sites—call or e-mail us for details at foodsovtours@foodfirst.org or 510 654 4400 ex. 223.

When purchasing your own domestic or international tickets, check the status of your ticket. Be informed. Ask if it is refundable or transferable. We recommend this, as it can protect you from losing hundreds of dollars in the case of a family emergency or tour cancellation.

Searching for flights:

Travel Search engines like www.kayak.com and www.Orbitz.com search for travel fares and prices across multiple sites. They are extremely useful in finding the cheapest flights. Simply enter your travel details and the engine will cross-reference airline prices for you. Once you have found a flight we recommend booking it directly through the airline, either by calling or through their website.



You can insure your ticket, if you desire, through USI Affinity Travel Insurance Services (see above).

If you prefer to consult with a travel agent, we can recommend the following agencies:

Cyrus Travel

(Africa, Europe) Contact: Mitra or Mansour
Phone: 800-882-9787 or 415-398-6111 Hours: 9am to 5:30 pm (PST) Monday -
Friday Email: info@cyrustravel.com Web: www.cyrustravel.com

Exito Travel

(Latin America)

Phone: 800-655-4053 Hours: 8am to 6pm (MST) Monday thru Friday
Email: vip@exitotravel.com Website: www.exitotravel.com

Food Sovereignty Tours has no formal business connections with any of these companies; please note they are suggestions only to assist you.

TRAVEL HEALTH

Food Sovereignty Tours recommends that all participants make an appointment at a travel clinic, or with your physician, to determine what immunizations are most important and appropriate for you and your destination. Note that some destinations require proof of certain vaccinations, such as yellow fever, in order to enter the country. It is best to schedule your visit for travel immunizations and advice two months prior to your planned departure.

You can find a list of travel clinic locations in your area by visiting the CDC website:
Center for Disease Control and Prevention - Travelers' Health
www.cdc.gov/travel/content/travel-clinics.aspx

We look forward to traveling with you!

HAVE A QUESTION?

Call us at **510 654 4400 x 223**
or email us at foodsovtours@foodfirst.org