# **KNOW BEFORE YOU GO**

# Healing Your Spirit ~ Past and Present John Holland, Sonia Choquette and Gregg Braden Paradisus Cancun Resort, April 8 - 13, 2015

#### **Passports**

All visitors must have a valid passport that will be valid for 6 months beyond the length of your visit and a round-trip airline ticket (Proof of Departure - confirmed round-trip or onward airline ticket). It is a good idea to take a photocopy of your passport with you.

Traveling into Mexico with Minors - Passports are required. Any person under 18 years of age is considered a minor. Very strict regulations govern travel by minors into Mexico. Children under 18 years of age traveling as guests of your family need a notarized letter giving permission to travel to Mexico signed by both parents and a passport. If traveling with only one parent, the minor must have a notarized letter of consent signed by the parent not traveling and a passport. If traveling with only one parent and the other parent is deceased or the child has only one legal parent, a notarized statement must be obtained as proof, along with the passport.

#### **Entry Visas**

Upon arrival in Mexico you will need to produce a visitor's permit which is now known as the FMM "Forma Migratoria Multiple". This form is provided free of charge by your airline during your flight or at point of entry.

Mexico Visa Policy permits citizens of the countries listed below (not a complete list) to travel to Mexico without a visa (FMTTV): Australia, Austria, Canada, France, Germany, Ireland, Japan, Netherlands, New Zealand, Sweden, Switzerland, United States, United Kingdom. For a complete list of Countries and regions that do and do not require a Visa for Mexico, please check <a href="http://www.inm.gob.mx/index.php/page/Paises\_No\_Visa/en.html">http://www.inm.gob.mx/index.php/page/Paises\_No\_Visa/en.html</a>. One online resource to obtain a Visa for Mexico is <a href="http://www.visahg.com/?a aid=vaff3381">http://www.visahg.com/?a aid=vaff3381</a>.

## **Getting to Cancun**

Cancun Airport International **(CUN)** is easily accessible from almost every major city in the world. The distance between the airport and the Paradisus Resort is 15 miles (approx. 20 minutes). Taxis cost approximately \$35 USD from the airport.

Check-in time at the resort is 3:00 PM and check-out time is 12:00 noon. The hotel will accommodate early arrivals and late departures as much as possible. If your room is not available upon your arrival, you can put your luggage in storage and enjoy the resort.

### **Transfers and Group Tours**

We have contracted with a local Tour Operator, Amstar, to offer both transfers from the Cancun Airport (CUN) to the resort and tours during the time frames when we are not in sessions. Reservations are now being accepted online. Because there may be a minimum and maximum requirement on many of the tours, it is very important that you make your requests as soon as possible. Cancellation penalties will apply, so please review their information carefully. Based on availability, reservations can also be made onsite at the Amstar tour desk at the resort. All reservations or inquiries must be made directly with Amstar in Mexico via their online website or email: <a href="mailto:jelopez@amstarmexico.com">jelopez@amstarmexico.com</a>. Life Journeys/Worldview Travel will not be involved in reserving these tours or answering any questions. For a detailed list of services offered and prices, use this link (recommended web browsers Google Chrome or Firefox): <a href="mailto:AMSTAR Transfers and Tours">AMSTAR Transfers and Tours</a>.

# Things to do

Cancun is home to countless miles of beautiful beaches and varied activities - such as excellent snorkeling, scuba, cave and ship wreck diving, sailing, jungle touring, parasailing, wave running, shopping, and fun nightlife. Golfers can enjoy many different courses close to our resort including the 9-Hole golf course that the Paradisus has at the Resort. This is included in your package price. You will never run out of things to do while visiting this wonderful part of the world. To find out more about a variety of activities go to <a href="http://cancun.travel/en/things-to-do/">http://cancun.travel/en/things-to-do/</a>.

#### **Room Amenities**

All rooms include: Terrace / balcony, Central air-conditioning system, 32" LCD Flat Screen TV with cable, marble floors, daily-stocked mini bar, coffee maker, 24-hour room service, safety deposit box (laptop suitable), direct dial telephones, hair dryer, radio alarm clock, daily maid service, daily turn down service, iron and ironing board, free Wi-Fi.

#### Currency

The official currency in Cancun is the Mexican Peso but American Dollars are also widely accepted. The front desk can exchange dollars to pesos and there also are exchange houses found throughout Cancun for currency conversion if needed.

#### YHI Spa and Salon Services

The YHI Spa offers their guests an extensive list of pampering spa and salon treatments. As part of our Group, you will receive a 20% discount on all services.

#### We're bringing the kids; any special activities for them?

Absolutely! The Paradisus Cancun baby play area is located in a separate room just off the family concierge lounge. Play areas are open and visible. The baby club is full air conditioned, bright and cheerful. It is open daily from 9am until 7pm during high season and closes at 5pm in low season. The Paradisus Cancun Kids Club is open daily from 9am to 7pm in high season and 5pm in low season. It is a fun hang-out for kids ages 4-12. Parent must sign kids in and out with staff for security. Kids will enjoy age appropriate activities like Finger-painting, Mini Disco, Surprise Games, Camping Night, Beach Excursions, Treasure Hunts and Kid's Circus Dinner. Daily teen activities are available throughout the resort like sports, cooking classes and competitions. No child under the age of 4 is supervised without the parent – no babysitting services are offered for children under 4 years old.

#### What's included in your price?

- All meals and drinks at any of the 8 Restaurants at the Hotel including alcoholic beverages
- Two Group cocktail parties with the Authors
- One Private Group Dinner in the Grand Ballroom with the Authors
- All Hotel taxes and gratuities (except for Mexican citizens)
- Most property sports and activities, excluding optional excursions and motorized water sports
- Entertainment daily and nightly activities,
- · Wireless Internet access throughout the resort
- 24 hour room service
- Use of the Gym at the YHI Spa
- Tennis Courts and Free Golf at the executive par 3 golf course (Green Fees. Equipment not included)
- 14 hours of Seminars

# What's not included in your accommodation price?

- Air Transportation
- Transfers to and from the airport to the resort
- Motorized water sports rentals
- · Spa or Salon individual treatments
- Gift Shop purchases
- · Laundry or dry cleaning at the resort

#### **Dining**

The Paradisus Cancun has 9 restaurants to choose from and you're welcome to dine anywhere you'd like. 24-hour room service is available providing delicious alternatives to eating at one of the restaurant venues. A private Group dinner is planned for our group with the Authors.

#### Weather

The weather is tropical with year round sun. Temperatures should range from 22° to 33° C (75° to 91° F)

#### **Resort Contact Information**

The Paradisus Cancun Resort telephone number is (52) 998 881-1670 and the address is Blvd. Kukulcán Km. 16.5, 77500 Zona Hotelera, Cancún, Quintana Roo, México.



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