

## COVID-19 TRAVEL & SECURITY PROTOCOL

### IS TRAVELING DURING THE PANDEMIC POSSIBLE?



Yes you can! Travel and Healing is making sure that you can experience an unforgettable and transformational journey in times of the pandemic. We and our local partners throughout the whole countries of Peru, India and Nepal established several risk, health and safety protocols according to the governmental restrictions, so you can travel without worrying about Covid-19. We guarantee that all our drivers, guides and local staff are informed about the current situation. In case some touristic places are not available, we will inform you directly and offer you an even better alternative.

### WHAT ARE THE REQUIREMENTS TO ENTER PERU?



Anyone who wishes to enter Peru must fill out the **Peru Affidavit** at least 72 hours before their flight. All nationalities can apply. To obtain this travel form, you will need to provide information about your flight, health status, and intended stay in Peru. You must adhere to the country's safety protocols. The following is required for your international flight:

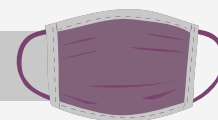
- Face mask
- Face shield
- Molecular test **NEGATIVE** of Covid-19 with 72 hours of anticipation
- Six days quarantine, following a Negative result on a Molecular or (PCR) test
- Quarantine can be done at your final destination (Cusco) when you fill the Peru Affidavit
- Provide a home address where you will spend the quarantine.

Please contact us to know the updates of requirements, since the situation can change a lot in this pandemic. We are happy to help you with the whole process!



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### WEARING A MANDATORY MASK



During your journey, you must wear a mask in the whole country of Peru, Nepal and India. The mask must be worn in public areas and everywhere while being outside. Before and during your trip, we will inform you in case you need additional equipment such as face shield, gloves, or similar. Certain activities (for example cooking class) may require other protection items.

### WASHING YOUR HANDS



Please wash your hands every day with soap and water. We recommend you to carry a hand sanitizer with you and to use it before, during and after a certain activity.

### MEASURING THE BODY TEMPERATURE



Your body temperature may be measured at any time during your stay, for example when entering a hotel, touristic site, restaurant or vehicle. Your guide is allowed to check your body temperature at any time during the excursion. In case your temperature exceeds 38°C, we are obligated to report this immediately and you are not allowed to enter specific sites with a body temperature this high.

### DISINFECTION



You may be asked to disinfect your shoes and soles, hands and personal items before entering certain places, for example at the entrance of sites, hotels, restaurants, museums, stores, vehicles, and other places. At the entrance of these locations there may be security staff who will offer sanitizer.

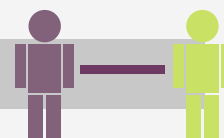
### PAYMENTS DURING YOUR TRIP



Please avoid paying in cash. We recommend you to pay with credit card if possible. After payments in cash, please wash or disinfect your hands immediately. You can consult your bank to confirm the daily limit of your credit card, so you know how often you can use your credit card.

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### PHYSICAL DISTANCING



Please keep the social distance of at least one meter from others. In public places and sites there are defined spaces to avoid crowded areas. We recommend you to avoid physical greetings (shaking hands, etc.) with your guides or other people. Do not share your personal belongings with other persons.

### REGISTRATION FORM



After your booking, you must fill out our registration form. It is very important to mention any pre-existing physical, mental or medical conditions. Please inform us in case you are taking any medications. After your arrival, you must fill out a symptomatic form of Covid-19 to confirm that you do not have any symptoms nor have been in contact with a Covid-19 patient.

### ADDITIONAL INFORMATION




In case you have any symptoms of Covid-19 (cough, fever, problems of breathing, sore throat) within 15 days after your trip, you are obligated to inform Travel and Healing, so we can do a follow up with every person who may have been in contact with you.

Before, during and after your stay, we will inform you about the current situation and updates of the health protocol. Your guide will inform you about any changes during your journey, and you will receive important information by email and WhatsApp to avoid physical contact as a safety measurement.

Please respect the safety protocols and listen carefully to the instructions of your guide. Travel and Healing reserves the right to deny any services in case you are not complying with the health protocol and restrictions. Do not hesitate to contact us in case you have questions.

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