



Sweat & Soil — Terms & Conditions

Last updated: January 2026

Welcome to **Sweat & Soil**. By joining one of our trips, retreats, or activities, you agree to the terms below. We keep things human, transparent, and fair — just like the experience itself.

1. What Sweat & Soil Is (and Is Not)

Sweat & Soil organises **small-scale, physical, outdoor experiences** that combine:

- Movement & training
- Manual work (e.g. harvesting, farming tasks)
- Shared meals, nature, and community

We are **not**:

- A luxury travel provider
- A medical, fitness, or therapy service
- A tour operator offering packaged holidays

Sweat & Soil acts as a **facilitator and organiser**, connecting participants, hosts, and activities.

2. Participation Is Voluntary & At Your Own Risk

By joining, you confirm that:

- You are **physically and mentally fit** to participate
- You understand activities may be **physically demanding**
- You take **full responsibility for your own health, safety, and limits**

You participate **at your own risk**.

Sweat & Soil is **not liable** for:

- Injuries, accidents, illness, or loss
- Damage to personal belongings
- Consequences of pushing beyond your own limits

👉 If in doubt: **don't join, or take it easy**. Listening to your body is part of the culture.



3. No Medical or Professional Advice

Sweat & Soil does **not** provide:

- Medical advice
- Physiotherapy or rehabilitation
- Personal training guarantees

Any movement, workouts, or guidance shared are **informal and optional**. You remain responsible for deciding what you do or don't participate in.

4. Travel, Insurance & Documents

Participants are responsible for:

- Their own travel arrangements (unless explicitly stated otherwise)
- Valid passports, visas, and documents
- **Adequate travel and health insurance**

We **strongly recommend** insurance that covers:

- Physical activities
- Manual labour
- Travel disruptions

If you're uninsured — that risk is yours.

5. Accommodation, Hosts & Local Conditions

Accommodation and meals are often:

- Simple
- Local
- Part of a working environment (farm, rural property, etc.)

This is **intentional**, not a flaw.

By joining, you accept:

- Non-hotel standards
- Shared spaces
- Rural conditions (weather, insects, dirt — yes, really)



Hosts are independent parties. Sweat & Soil is **not responsible** for their private facilities beyond reasonable care and selection.

6. Behaviour & Group Culture

Sweat & Soil is built on:

- Respect
- Personal responsibility
- Positive contribution to the group

We have **zero tolerance** for:

- Aggressive or abusive behaviour
- Disrespect toward hosts, locals, or other participants
- Reckless behaviour that endangers others

We reserve the right to **remove participants** without refund if behaviour damages the group or experience.

7. Payments, Cancellations & Refunds

Unless stated otherwise:

- Payments are required upfront
- Places are limited and often reserved specifically for you

Cancellations:

- More than 60 days before start: partial refund possible
- Less than 30 days before start: no refund

If Sweat & Soil cancels an event, you will receive:

- A full refund **or**
- The option to move your booking to a future experience

No further compensation applies.



8. Photos, Videos & Stories

During experiences, photos or videos may be taken for:

- Website
- Social media
- Storytelling & community building

By participating, you grant Sweat & Soil permission to use this material **unless you explicitly object in advance**.

We'll always aim to portray people respectfully.

9. Liability Limitation

To the fullest extent permitted by law:

- Sweat & Soil is **not liable for indirect or consequential damages**
- Liability is limited to the amount paid for participation

In short:

We do our best — but **you join knowingly and responsibly**.

10. Changes & Common Sense

These terms may be updated as the concept evolves.
The version published on the website always applies.

If something isn't written here, **common sense and good faith** apply first.

11. Questions?

If something feels unclear:

👉 Just ask. Transparency beats fine print.

Contact:

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