

SHIFT RETREAT Registration Form

SHIFTYOU, LDA. | Rua Major Neutel Abreu 13C, 1500-409 Lisboa |
www.shiftyou.pt/shift-retreat | shiftyouretreats@gmail.com



PERSONAL DATA

NAME: _____

DATE OF BIRTH: ____ / ____ / ____

ADDRESS: _____

POSTAL CODE: ____ - ____ CITY: _____

PHONE: _____ E-MAIL: _____

FOOD OPTIONS / HEALTH FORM

VEGETARIAN ☐

VEGAN ☐

OMNIVORE ☐

INTOLERANCES/ALERGIES: _____

MEDICAL CONDITIONS: _____

MEDICATION: _____

EMERGENCY CONTACT

NAME: _____ CONTACT: _____ KINSHIP: _____

MISCELLANEOUS

WHAT BROUGHT YOU TO THIS RETREAT:

WHAT CHANGES DO YOU WISH TO ACCOMPLISH:

HAVE YOU BEEN TO SIMILAR EVENTS: _____

IF YES, WHEN? _____

PRICES

REGISTRATION FEE: 95€

EARLY BIRD (till July 31st 2025)

SHARED ROOM: 400€

INDIVIDUAL ROOM: 650€

PAYMENT IN FULL

PARTIAL PAYMENT

The registration fee is paid at the time of registration, to reserve a spot. This amount is non-refundable. Full payment must be made by August 15, 2025. Partial payment is divided into 2 installments, the first by July 15 and the second by August 15.

AFTER EARLY BIRD (August 1st till September 15th 2025)

SHARED ROOM: 500€

INDIVIDUAL ROOM: 800€

PAYMENT IN FULL

The registration fee is paid at the time of registration to reserve a place. This amount is non-refundable. During this period, only one-off payment is available, which must be paid by September 15, 2025.

PAYMENT FORMS

REVOLUT: @brunogorodrigues @alvesclaudio

IBAN: PT50 0193 0000 1050 2230 6589 1

INFORMED CONSENT TO DATA PROCESSING

SHFTYOU, Lda. is responsible for the processing of your personal data contained in this Informed Consent, based on your authorization. The data collected is subject to automatic data processing and is intended for compliance with legal obligations. You may or may not authorize its transmission to SHIFT YOU's business partners, through the consent that is at the end of this page. The respective holder is assured, under the terms of the General Data Protection Regulation (GDPR), all rights relating to his/her personal data, and SHIFT YOU has implemented appropriate measures to guarantee the security of the information. It also expressly declares and guarantees that the data provided is true, being responsible for its authenticity, and is also obliged to communicate any changes that occur to SHIFT YOU, in order to guarantee good communication and provision of services.

☐ Yes, I authorize SHIFT YOU to process my personal data for the purposes indicated.

☐ I do not authorize SHIFT YOU to process my personal data for the purposes indicated.

SIGNATURE _____

DATE ____ / ____ / ____