



WOMAN EXPLORE

Frequently Asked Questions

SRI LANKA SURF RETREAT

How much do I need to pay to secure my place on the retreat?

You only need to pay 30% deposit at the time of booking to secure your place and ensure it is not sold to anyone else. For full details, please refer to Woman Explore's [Terms and Conditions](#).

When is the remaining balance due?

The remaining balance is due by 16 March 2026. This is because all of the logistics and inclusions for the retreat must be confirmed and paid for in advance of the retreat commencing. With any group travel, there are multiple elements that must be confirmed with the resort well in advance of the retreat commencing, to ensure the experience is high quality and seamless for everyone.

Is there a payment plan I can utilise if I'd like to pay in instalments?

Yes, Woman Explore offer this service at no additional cost! To help you to manage your cashflow, your retreat cost can be split into 3 payment amounts with the final amount due 90 days before the retreat. Contact the team at Woman Explore on hello@womanexplore.com and they will send through payment plan information specific to you.

Can I stay extra nights at the resort or arrive earlier than the retreat start date?

Yes, if you'd like to stay additional nights you can email the team at Woman Explore on hello@womanexplore.com and they will coordinate your requirements with the hotel and confirm the additional costs.

If needed, can I join the retreat after it starts or leave early?

Yes, you can join late or leave early. Contact the team at Woman Explore on hello@womanexplore.com for further information. Depending on your arrival or departure date there may be a minimal change to the price. They will endeavour to assist you as much as is practical.

Where do I fly to in to Sri Lanka to join the retreat?

When visiting Talalla Retreat, most guests fly into Bandaranaike International Airport (CMB) in Colombo—approximately 192 km away. When you confirm your flight details via the [Traveller Details Form](#), Woman Explore will ensure a transfer is organised for you from the airport to the resort.

What time can I check-in to the hotel?

Guests can check in from 2:00 pm daily. If you arrive earlier, drop your bags at reception and enjoy some time in this wonderful city.

Do I need to arrange airport transfers?

No, Airport transfers are included in this retreat. To ensure the the team at Woman Explore have your correct arrival and departure information please ensure you complete the [Traveller Details Form](#).

Is there Wi-Fi at the hotel to stay in touch with family or my business?

Yes, a Wi-Fi connection is available throughout the resort, although please be mindful that it could be slow in communal areas such as the restaurant, bar and pool.

Do I need to get travel insurance for this retreat?

Definitely! To attend any Woman Explore retreat you must secure your own travel insurance. Guests require this to protect against unexpected events such as trip cancellations, delays, medical emergencies and loss of belongings during their trip. This information needs to be provided before commencing your retreat via the [Traveller Details Form](#).

Does the resort have a spa and/or massage facilities?

Yes, the resort has an Ayurvedic spa and wellness centre on-site that provides a full range of treatments and massages. Indulge in relaxation and rejuvenation with their luxurious spa services, designed to pamper you from head to toe during your stay.

Does the retreat cater for food allergies?

We strive to accommodate all dietary needs and preferences, including food allergies, to ensure everyone can enjoy our offerings safely and deliciously. Please ensure you add any dietary requirements into the [Traveller Details Form](#).

What currency is used in Sri Lanka, and do I need to bring cash with me?

The official currency used in Sri Lanka is the Sri Lankan Rupee (LKR). While card payments are accepted in many hotels and tourist areas, it's still advisable to carry some cash for smaller purchases, tipping, and places that don't accept cards. Having local currency is especially useful in remote areas, at markets, or when using tuk-tuks, where card facilities are limited.

Are there any age restrictions to attend this retreat?

To attend a Woman Explore retreat, guests must be over 18 years of age.

What should I pack for my trip to Sri Lanka?

When preparing for your trip to Sri Lanka, pack light, breathable clothing suitable for warm, tropical weather. Bring swimwear, sunglasses and sunscreen for beach or pool days. Comfortable sandals or walking shoes are ideal for exploring temples and towns. Include insect repellent, a lightweight rain jacket or umbrella, and a refillable water bottle. Don't forget essential medications, a travel adapter, and a sun hat for extra protection.

What is the weather like in Sri Lanka?

Sri Lanka enjoys warm and tropical weather year-round, with temperatures ranging from around 75°F to 90°F (24°C to 32°C). The island has two monsoon seasons, affecting different regions at different times. In June, the southwest is humid with occasional rain, while the east coast tends to be sunnier—making it a great time to explore places like Arugam Bay and the southern coast.

Am I required to tip in Sri Lanka?

Tipping in Sri Lanka is not mandatory, but it is appreciated for good service. Many restaurants and hotels include a service charge, but it's common to leave a small tip—around 5 to 10%—for exceptional service. Tipping drivers, guides, and spa staff is also customary. Always tip in Sri Lankan Rupees where possible, and keep small notes handy for this purpose. As with any destination, tipping is at your discretion.

What power points or plugs are used in Sri Lanka?

In Sri Lanka, power points typically use plug types D, M and G. Type D and M have three round pins, while Type G has three rectangular pins (similar to the UK). The voltage supply is 230V and operates at a frequency of 50Hz. It's recommended to bring a universal adapter to ensure compatibility with your devices.

Do I need a visa to visit Sri Lanka?

Whether you need a visa to enter Sri Lanka depends on your nationality and the nature of your visit. Most travellers are required to obtain an Electronic Travel Authorization (ETA) before arrival, which allows short stays for tourism purposes (usually up to 30 days). Check the latest visa policies through the official Sri Lankan immigration website or your local embassy.

What language is spoken in Bali?

Sri Lanka has two official languages: Sinhala and Tamil. English is widely used, especially in tourism, business and government settings. In major cities, resorts and tourist areas, English is commonly spoken by hotel staff, guides and drivers. Learning a few basic Sinhala or Tamil phrases can be a great way to connect with locals and show cultural respect.

What if I missed some of the retreat activities, can I get a refund on those?

Unfortunately refunds are not able to be given for missed services or unused portions of the retreat. This is because most activities, accommodation and events are paid for well in advance of the trip.

What time is check-out on the last day?

Guests are required to checkout at 12:00 pm. If your flight or transportation isn't scheduled until later, feel free to drop your bags at reception and take advantage of the hotel facilities whilst you wait.

What happens if I need to cancel my booking?

Payments for the retreat are generally non-refundable. Deposits are the exception and they are refundable within 14 days of booking, except for bookings made within 14 days of departure, which are non-refundable.

Can I transfer my booking to another trip?

Transferring to another retreat or retreat date may be possible, with requests required in writing at least 120 days prior to departure. Any price difference must be paid by the customer.