



## Welcome Pack

*“Once in a while it really hits people that they don’t have to experience the world in the way they’ve been told to.” - Alan Keightley*

Congratulations! You are now officially going to be a guest at a Munch. You get to eat home-cooked food at your host’s home, learn about them and your fellow special guests.

You will walk through the door and into your host’s life, even if just for a moment. You will spend a few hours with them sharing stories, ideas, experiences and let’s not forget - food! What a wonderful opportunity to get to know people from different countries, backgrounds, cultures and communities.

Before you get started, here are a few things to think about before, during and after your Munch.

### Before

#### Host’s information

The host’s full address and contact details are not shared with the public. These are only shared with guests who have registered to the Munch. You will have received an email with the host’s full address, contact details and any other information you may need (e.g. “doorbell not working, please knock”).

#### Your host

Your host’s profile will be visible to you on the [Munch Together](#) website, feel free to enjoy whatever information they’ve shared or be bold - and go knowing nothing! You’ll have plenty of time to get to know them a bit better at the Munch.

#### Your approach

Part of the idea behind Munch Together is the experience of other people’s homes and cultures, so we encourage you to celebrate how your host lives and approach the Munch with an open and curious mind.

#### You at ease



If it is your first Munch and you are a bit shy, why not take someone you know with you. This means you get to share your experience and you can get over any first Munch jitters.

### **You Cancelling**

We understand that events happen and you may need to cancel your place at the Munch. Please do so through the website and we will notify your host. If you cancel within the cancellation cut-off point, you will be offered a full reimbursement. If you cancel after the cancellation cut-off point, you will not be refunded.

### **A Munch being cancelled**

It is rare but also possible that a host needs to cancel a Munch due to unforeseen circumstances. In case of emergency, this can also be last minute. If a host cancels, you will be notified immediately and issued with a full refund.

## **During**

*“Everybody has a secret world inside of them. All of the people of the world, I mean everybody. No matter how dull and boring they are on the outside, inside them they've all got unimaginable, magnificent, wonderful, stupid, amazing worlds. Not just one world. Hundreds of them. Thousands maybe.” - Neil Gaiman*

### **Openness**

A Munch is a meal in someone's home, in this case - it's your host's! They will help make you feel welcome and at ease.

We hope that Munches are places where all guests can feel open, included, curious, and welcome. This means that it's important to be non-judgmental of other cultures and ways of life. If you notice yourself being judgmental, it can help to become curious and try and understand why someone does something, or be interested in how different things are - so you can ask lots of questions. You could learn incredible new ways of thinking!

### **Respect**

Munches are always full of this delicious ingredient. It is a simple ingredient. Respecting yourself and others, respecting food, space, respecting ideas, backgrounds, beliefs and choices. And mostly, respecting respect.

### **Late Arrivals**

We know this happens because traffic, weather and life is often unpredictable. If you are running late, please do let your host know. It's up to the host to use their discretion about waiting for a late arrival or starting without them. If you arrive late to find the Munch has already started, don't worry, the host will help you feel welcome.

### **Photographs and Social Media**

The host may take photos of the Munch and share them. They will only do this with your permission. If you aren't comfortable with your photo being taken or shared, please let your host know and they will focus their photo's on other aspects of the Munch (food, decoration, art etc).

### **Alcohol**

Please don't get drunk before you arrive! And try your best not to get drunk at the Munch or/and behave in an inappropriate way that will make your host and fellow guests feel uncomfortable.

### **Announcing the end of a Munch**

It is clear in the instructions that a Munch ends at a certain time, to avoid people overstaying their welcome. While most people are considerate and leave on time, both guests and hosts can feel uncomfortable about leaving. So the clearer it is - the better for everyone so please be conscious of the time. The host may also:

- Let guests know what the time is so that it's time to start wrapping up.
- Put a little alarm on their phone so that everyone knows what the time is.
- Ask one of the guests to be responsible for timings
- Say with a big smile "This Munch is over" and thank everyone for coming.

## **After the Munch**

### **Social Media**

Go wild on social media if that's what you're into - if you share any information about hosts, please **only** do so with your host's permission.

- Share on Social Media and make sure to tag Munch Together!
- Write a blog and add the link to your Munch Together Profile
- Upload your photo's to your Munch Together Profile

### **Reviews**

Once the Munch is over, you'll be sent an email asking you to review the experience with your host, which will then be added to their profile. This is a great way to share your experience you had with the host with the rest of the Munch Together family.

### **Join a Munch as a host**

If you want to try your hand at hosting and cooking and welcoming guests, you could create your very own Munch...

*That's all folks. We know you've got this. Bon Appetit!*

