

## A Quiet Month, *offered to you.*

One calm, clean month away from alcohol, smoking and noise: good food, daily movement, quiet time and good company, lived alongside Sami Adham. It is offered, not booked. You decide.

Photo: Nathan Lemon, CC0, via Wikimedia Commons (illustrative)

To

From

Message

### YOUR NEXT STEP

#### Would you like it? Email Sami.

How to book: email [info@thequietmonth.com](mailto:info@thequietmonth.com) with the subject "I have been given a Quiet Month". You get a reply within 48 hours and your own free video call. Please keep health details for that call.

[info@thequietmonth.com](mailto:info@thequietmonth.com)

More about the gift: [thequietmonth.com/gift](https://thequietmonth.com/gift)  
The month itself: [thequietmonth.com](https://thequietmonth.com)

**Nothing has been booked or paid in your name.** You choose the month, the 1st of any month from 1 January 2027, and saying no is always fine.

### THE SMALL PRINT

- **Every usual condition still applies to the guest:** 21 or over, their own application, a doctor's fit-to-join letter, and travel insurance with medical and evacuation cover.
- **For the giver: you are invoiced US\$10,000** for the programme fee, by email from [info@thequietmonth.com](mailto:info@thequietmonth.com) only, after the guest has said yes and signed.
- **Bank transfer or Western Union only.** Never crypto. Never in a chat. Not sure a request is real? Check it at [thequietmonth.com/verify-payment](https://thequietmonth.com/verify-payment).
- **If they say no, nothing is paid.** The gift is an offer, not a booking.
- The fee covers the programme. The flat, flights, visa, insurance and spending are extra and booked in the guest's own name.
- Who receives any refund is written in the agreement before anyone pays.