

Terms & Privacy

The Urban Howl Terms of Service (“Agreement”)

This Agreement was last modified on September 15, 2016.

Please read in full these Terms of Service for using www.theurbanhowl.com, owned and operated by The Urban Howl ApS. This Agreement documents the legally binding terms and conditions attached to the use of www.theurbanhowl.com from here on known as “the Site”.

By using or accessing the Site in any way, viewing or browsing the Site, adding your own content to the Site, or by submitting material to the site you are agreeing to be bound by these Terms of Service.

By submitting to the Site, you are giving you permission the Site to email you correspondence in the form of publishing notification and occasional newsletters to which you can unsubscribe anytime.

Intellectual Property (Copyright)

The Site and all of its original content are, unless otherwise noted, the sole property of The Urban Howl ApS and are, as such, fully protected by the appropriate international copyright and other intellectual property rights laws.

The Urban Howl ApS reserves the right to edit, alter and update all content of submitted articles, including the title and images – at their discretion. Our editorial team remains open to any ideas and suggestions and will consider any specified requests by the submitter prior to publishing. The writer retains the right to retract the article before publishing.

It is also the submitting party’s (the party submitting content to The Urban Howl for publishing on the Site)

responsibility to ensure that they have all the rights to all the submitted content (e.g. copy and imagery). The Urban Howl ApS is not responsible for any copyright infringement on submissions, if not notified of the infringement to the email below. If notified of copyright violation, we will promptly remove or properly credit the content. If you are the copyright owner or the agent of the copyright owner and believe that any of our content infringes upon you or your client's copyright, please send an immediate request for removal to editorial@theurbanhowl.com.

Submitting content previously published on the Site to another website or for print publishing:

To republish or share more than 33% of the written content of an article, previously published on the Site, on another website (the only exception to this being the author's personal website), you must change the title, so it doesn't interfere with online search engines and you must use a different featured image. We also ask that The Urban Howl is credited at the top or bottom of the article as follows:

"This article was previously published on The Urban Howl."

(Hyperlink the original URL of the article on the Site to the words "The Urban Howl".)

Submitting content previously published on another website or in print to the Site:

We do not republish content previously posted elsewhere, with the exception of the author's personal website. To have content published on the Site, we ask that you notify us if your content has previously been published elsewhere before it is published on the Site. Given the volume of submissions we receive, we ask that you notify us if you decide to submit the same material to another website while it is awaiting review/publication on the Site, no matter how much time has passed since you submitted it.

Links to other websites

The Site contains a number of links to other websites and online resources not owned or controlled by The Urban Howl ApS. The Urban Howl ApS does not assume responsibility for the content or general practices of any of these websites and online resources. We strongly advise you to read the entire terms and conditions and the privacy policy of any site that you visit through a link posted on the Site.

Payment

All payments for products and services offered by The Urban Howl ApS are due upon receipt unless otherwise noted. If a payment is not received or a payment method is declined, the buyer forfeits the ownership of any items purchased. Items will not be shipped before full payment is received.

Shipping Policy

Shipping will be paid for by the buyer in the amount agreed upon by the seller at the time of purchase. If an item is lost during shipping, the total cost of item, including shipping, will be refunded to the buyer by the seller if the buyer has paid for shipping with tracking. If an item is damaged during shipping, seller will not be held responsible.

Refund/Return Policy

Items are entitled to be refunded or returned based on complaint. If an item is unsatisfactory, a written explanation is needed before the item may be considered for a refund.

Buyer must take into account the description of the item before requesting a refund. If the item matches the description by the seller and the buyer is unsatisfied, seller is not responsible for refund. Exchanges are granted on a case-by-case basis.

Cancellation

Advertising: Written cancellation of order must be received prior to the agreed issue date of the advertisement to avoid billing. If no issue date has been agreed upon, it will be assumed that the issue date of the ad is the same as the date of payment. No cancellation will be accepted without written acknowledgement from the Site confirming receipt. Any order canceled on or after the agreed issue date will incur the full insertion cost. Late delivery of materials (e.g. imagery and link) for the ad may incur forfeiture of ad space at full cost.

Other products and services: An order may be cancelled up until payment has been processed. Once payment has been processed, the buyer is responsible for payment.

Complaints

Any complaints about products and services offered by The Urban Howl ApS should be addressed to **support@theurbanhowl.com**. There is no guarantee of a resolution. Each case will be looked at individually.

Legalities

Advertising: In no event shall The Urban Howl ApS, its owners, its employees or its volunteers be liable to the Advertiser

for any direct, indirect, incidental, special, punitive or consequential damages whatsoever relating to the Advertisement. Any liability by The Urban Howl ApS shall be limited to the amount paid for an Advertisement. The foregoing limitations of liability shall apply to the fullest extent permitted by law in the applicable jurisdiction.

Other products and services sold or for sale by The Urban Howl ApS: The seller is not responsible for any health or safety concerns once the buyer has received the item. If any harm is incurred from the items purchased by the buyer, the seller shares no responsibility.

Content Disclaimer

The Site contains information and advice on a wide range of subjects (e.g. exercise, writing, spirituality, relationships, politics, satire, personal development). By using or accessing the Site in any way, you acknowledge and agree that the following warnings and disclaimers shall apply to all of the content on the Site.

Before following any advice made accessible on the Site or in the programs or courses offered through the Site, we strongly recommend that you consult with a professional healthcare provider. The Urban Howl ApS and its staff are not licensed medical care providers, therapists, psychiatrists, psychologists, relationship counselors, life coaches, first responders or any other kind of professional care provider and have no expertise in advising on, diagnosing, examining, or treating medical, psychological, emotional, relationship or personal growth conditions of any kind, or in determining the effect of any specific action, activity, routine or program (e.g., exercise or diet) on a medical condition or any other condition. Some of the content providers on the Site may be professional care providers, but The Urban Howl ApS is merely

providing you with general education and information. You acknowledge and agree that when participating in any activity or program described on the Site or made accessible through the Site, there is the possibility of physical injury, emotional distress and/or death, and you assume the risk and responsibility for any such results.

Our content is not meant to replace professional advice from professional care providers and we make no warranties, express or implied, as to the effect of any information shared on or through the Site. You are advised that all professional advice is subject to updates and improvements due to ongoing research and development. However, we are committed to delivering to you the most up to date information, but we make no guarantee that the information herein is the most recent on any particular subject. You are encouraged to consult with a professional with any questions or concerns you may have regarding any condition that you may have before starting any program made accessible on or through the Site.

You should never disregard professional advice or delay seeking it because of a statement you have read or heard on our through the Site. The content of the Site should not be used instead of professional advice given by qualified medical professionals such as your doctor, your registered dietitian or other professional care provider. If you know or suspect that you may have an eating disorder, have diabetes, be pregnant or have any other physical, psychological, emotional or medical condition, it is vital that you seek the advice of your professional care provider prior to following the advice found on or through the Site. If you experience any discomfort or pain during an activity made accessible on or through the site, you must immediately cease the activity and seek the assistance of an applicable professional care provider.

In addition to the above, by submitting a question to Danielle Dusky via her column as the Wolf-Woman, you acknowledge that you are over the age of 18 and that you understand that you

alone are responsible for the outcome of your actions in following any advice that you receive in response.

Comment Section

The Site provides space for mindful discussion in the comment section below each article. All derogatory, offensive or defamatory comments will be removed immediately upon notification. Users who engage in repeated defamatory or derogatory commentary will be banned from the site. The Urban Howl ApS reserves the rights to delete any comments that do not abide by this policy. The Urban Howl ApS is not responsible for any information disclosed in the comment section by users of the Site. Feel free to contact us at support@theurbanhowl.com with any concerns regarding comments on the site.

By commenting on the Site, you are giving you permission the Site to email your comment follow-ups and other correspondence to which you can unsubscribe anytime.

Governing Law

This Agreement is governed in accordance with the laws of Denmark.

Changes to This Agreement

The Urban Howl reserves the right to modify this Agreement at any time. The date of the last modification is featured in the beginning of this Agreement. Your decision to continue to visit and make use of the Site after such changes have been made constitutes your formal acceptance of the new Terms of Service.

Therefore, we ask that you check and review this Agreement for such changes on a regular basis. Should you not agree to any provision of this Agreement or any changes we make to this Agreement, we ask and advise that you discontinue your use of the Site immediately.

Contact Us

If you have any questions about this Agreement, please feel free to contact us at support@theurbanhowl.com.

The Urban Howl Privacy Policy

This privacy policy sets out how The Urban Howl ApS makes use of and protects any information that you make available to The Urban Howl ApS by visiting www.theurbanhowl.com.

The Urban Howl ApS is committed to ensuring that your privacy is protected. Should we ask you to provide certain information by which you can be identified when visiting www.theurbanhowl.com, you can be assured that it will only be used in accordance with this Privacy Policy.

The Urban Howl ApS may change this Privacy Policy from time to time by updating this page. To ensure that you are happy with the changes, we encourage you to check this page on a regular basis.

This latest version of our privacy policy was effective from June 21, 2016.

What we collect

We may collect the following information:

- Name
- Contact information, including email address

- Demographic information such as gender, age, postcode, preferences and interests
- Other information relevant to presenting our readers with new and relevant offers

What we do with the information we gather

We collect this information to understand your needs and provide you with a better service – in particular for the following purposes:

- To improve our products and services to better fit your needs and interests
- To periodically send out promotional material with new products, special offers or other material that we believe you may find interesting using the contact information that you have provided
- To, on occasion, contact you for market research purposes – we may contact you by email, phone or mail depending on which information you have made available to us
- To provide you with offers from our third party partners
- Internal record keeping

We will not sell or lease your personal information to third parties unless we have your permission or are required by law.

Security

Unfortunately, no data transmission over the Internet can be considered 100% secure. However, we are committed to ensuring that your information is secure. In order to prevent unauthorized access or disclosure we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect online.

How we use cookies

A cookie is a small file which asks permission to be placed on your computer's hard drive. Once you agree, the file is added and the cookie helps analyze web traffic or lets you know when you visit a particular site. Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

We may use traffic log cookies to identify which pages are being used. This helps us analyze data about web page traffic and improve our website in order to tailor it to customer needs. We only use this information for statistical analysis purposes after which the data is removed from the system.

Overall, cookies help us provide you with a better website, by enabling us to monitor which pages you find useful and which you do not. A cookie will in no way give us access to your computer or any information about you, other than the data you choose to share with us.

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. This may prevent you from taking full advantage of the website.

Cookies in Display Advertising & Google Analytics

The Urban Howl ApS has implemented Display Advertising and may use Remarketing with Google Analytics to advertise online. It means that third-party vendors, including Google, show our ads on sites across the Internet.

The Urban Howl ApS along with third-party vendors, including Google, use first-party cookies (such as the Google Analytics

cookie) and third-party cookies (such as the DoubleClick cookie) together to inform, optimize, and serve ads based on your past visits to our website.

If you want to opt-out of Google Analytics for Display Advertising, just customize Google Display Network ads using the Ads Settings or using Google Analytics Opt-out Browser Add-on that will instruct the Google Analytics JavaScript not to send any information about the website visit to Google Analytics.

Links to other websites

Our website may contain links to enable you to visit other websites of interest easily. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this Privacy Policy. You should exercise caution and look at the privacy statement applicable to the website in question.

Controlling your personal information

You may choose to restrict the collection or use of your personal information in the following ways:

- Whenever you are asked to fill in a form on the website, look for the box that you can click to indicate that you do not want the information to be used by anybody for direct marketing purposes
- If you have previously agreed to us using your personal information for direct marketing purposes, you may change your mind at any time by emailing us at

support@theurbanhowl.com.

You may request details of personal information, which we hold about you under the Data Protection Act 1998. A small fee will be payable. If you would like a copy of the information held on you please write to **support@theurbanhowl.com.**

If you believe that any information we are holding on you is incorrect or incomplete, please email us as soon as possible, at the above address. We will promptly correct any information found to be incorrect.