



SRI LANKA

VOLUNTEER PROGRAM

WHY EVERYONE NEEDS TO DO IT AND OTHER DETAILS

WHY A VOLUNTEER PROGRAM?

Volunteering is a beautiful way to travel with numerous benefits that are being enjoyed by tens of thousands of people from all over the world each year.

Following are some of the reasons why Volunteering should be a great form of travel for people whether it is done in Sri Lanka or anywhere else:

- Experience the real culture of your country of your destination – unmatched by even the best trips that money can buy.
- Be part of the local culture, interacting with the natives on a day to day basis experiencing their daily life from up close.
- Make a positive contribution to a community or environmental project and get their gratitude, smiles and lifelong memories of the local people in return.
- Travel in the safety of a well organised packaged program
- Visit the best and most famous highlights that the destination has to offer because you need to cover the main attractions for a complete travel experience.
- Pay fair prices of the trips that offer lots and lots of great experiences.
- Be proud of the fact that you are a responsible, conscientious global citizen, making the world a better place.



WHY SRI LANKA?

Sri Lanka is an island who shares maritime borders with the South of India. It features diverse environments, you can find everything from sparkling beaches to jungles for adventurous trekking. If you're more interested in culture it features ancient Buddhist ruins. It has recently come through a 20 year long civil war that ended in 2009. Now, the country has recovered and is welcoming tourists with gorgeous luxury hotels. Here a few reasons why Sri Lanka is worth booking a trip to.

THE GLORIOUS TEA TRAILS

If tea time is your favourite part of the day, this is a must visit. The Hill Country of Sri Lanka is blanketed with tea trails in every direction. If you stay with Ceylon Tea Trails, you can choose one of their bungalows for a luxurious travel experience. They are connected by walking trails through the peaceful tea gardens. This area expands for 2000 square kilometres and, it produces 300 million kl of Ceylon Tea a year. If you wake up early one morning, you can climb the famous Adam's peak. At 2250 meters it's a hike to prep for but it is completely worth it for the sunrise you'll catch on top.

UNIQUE BEACH SCENE

Your everyday beach isn't framed by orchards, rice paddies and tea plantations, but this is what you'll find in Sri Lanka. If you are seeking paradise, stay near Galle for golden sands that shine during sunset. And, if you are passionate about surfing, this is the place to visit.

Arugam Bay is located on the east coast and produces the best surf from April to October. If you want the ultimate experience, you can try Soul and Surf for a combination of surfing, yoga, and soothing massages after a long day at sea. If you are feeling particularly adventurous, you can even find white water rafting opportunities.



WHY SRI LANKA?

EXCITING & ACCESSIBLE WILDLIFE

Wildlife seekers should head to Yala West National park which offers light forests, scrubs, grasslands, tanks and lagoons. Not to mention, you can spot leopards on a trip to Yala. If you are looking for elephants, you can check out Uda Walawe National park, only 4 hours away from the capital and tea trails. This park focuses on what's best for flora and fauna and strives to help the surrounding community. For the ocean lovers you can dive with blue whales- they reach 18 meters in length.

STRESS-FREE CLIMATE

If you don't want to worry about lugging around an umbrella or becoming overheated, Sri Lanka's weather will meet your needs. The dry heat on the beaches is relieved by the ocean breeze, and you can also take a break in Hill Country where the wind blows all day to cool the earth. Just make sure you travel in season! In the Southwest, it's best to visit from December to March. If you venture to the Northern or Eastern parts, the dry season is between May and September.

MEMORABLE DISHES

Sri Lanka uses spices, sea food and lots of local food to create unique dishes that you'll want to make at home. While it has influences from other countries, especially India, it has kept its own flavour in the dishes and the food continues to evolve. Their dishes pop with flavour, spice and they love snacking. Not to mention, when you feel like indulging, you can always depending on finding some deep-fried foods.

While it's not the first destination on the map, Sri Lanka has much to offer. It's a beautiful country with diverse activities and remarkable scenery.



FEATURES OF THE TRIP

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There are many features in the program that would allow for a safe, immensely enjoyable and memorable experience for the customers. These are

Safety Features

- All services from the time of arrival till departure included in the program. No need for the traveller to organise anything.
- Licenced drivers and registered vehicles used for road transportation.
- Accompanying local staff or representative, throughout the activities of the program.
- High quality, hygienically prepared meals (as included in the itinerary) for health safety.
- Extensive preparation information before departure from home.
- Orientation and training related to responsible behaviour and personal safety.

Convenience Features

- Accommodation throughout the program. The accommodation can be shared or exclusive depending on what is booked and confirmed as available.
- 3 meals per day as per local cuisine (breakfast, lunch and dinner) for the entire duration of the program. For exact meal plan, please refer to the day to day meal plan.
- "Best available" internet facility in the area.
- Presence and support on site by a English speaking translator and helper to ensure that volunteer work can be carried out effectively by the volunteers on a daily basis.

Volunteering Experience Features

- Complete details of the project where the traveller would be engaged.
- A customised volunteering activity plan for the customer based on the best available project preference.
- Every day support in planning activities and work for the next day at the project.



FEATURES OF THE TRIP

Travel and Cultural Experience Features

- Excursions- Excursions that the customers can add on the trip by choosing Volunteer & Travel Option
 - 1 night 2 day excursion to Kandy
 - Visiting the Yala National park with overnight stay.
- Cultural workshops and activities during the first 2 weeks of the program (subject to schedule changes) on
 - Dinner with local Sri Lankan Family for experience of daily life of local people.
 - Cooking demonstration and instruction on Sri Lanka cooking.
- Local support and information to explore the local areas on your own during free time in the program.

Care and Support Features

- Presence of a dedicated program coordinator at accommodation to support, resolve issues and help with regular enquiries.



PRODUCT DETAILS

Sri Lanka Volunteering Program itinerary (day by day)

The following is the itinerary for the Sri Lanka on a day to day basis. This sample is for a 2 week program and longer programs itinerary can be made available if requested by the customer.

The plan depicts two options of programs – a basic version without any excursions and an upgraded version with weekend excursions pre-included in the programs.

	Day	Volunteer Only Program	Volunteer & Travel Program	Meal Plan
WEEK 1: Arrival, Orientation, Cultural Activities, Volunteering Work	Monday	Arrival at Bandaranayke International airport and transfer to Idex accommodation settle down		No Meal
	Tuesday	Welcome meeting and orientation start. <ul style="list-style-type: none"> · Orientation includes talks & presentations on: · Sri Lanka & its culture · Social development and the role of volunteers · How to do volunteer work · Project activities · Cultural responsibility · Personal safety & Code of Conducts · Introduction to the allotted project. 		B,L,D B,L,D
	Wednesday to Friday	Project work starts with the daily schedule of volunteering, cultural activities and free time. <ul style="list-style-type: none"> · Local cooking demonstration on one afternoon. · One local dinner with a host family to experience everyday life of Sri Lankan people. 		B,L,D
	Saturday	Free Weekend	Transfer to Kandy(1 h 58 min (116.7 km)Sightseeing tour of Kandy -Temple of Tooth, Royal Botanic Gardens in Peradeniya, Gem Museum Night Stay at Hotel	Only breakfast during excursions. All meals during camp stay
	Sunday	Free Weekend	Drive to Colombo Sightseeing of Colombo -Kelaniya Raja Maha Viharaya, Viharamahadevi Park, Gangaramaya Temple, St. Lucia's Cathedral, Town Hall and Colombo Dutch Museum. Transfer to house	
	WEEK 2: Volunteering	Monday To Friday	Volunteer Work with the daily schedule of volunteering, cultural activities and free time.	
Saturday		Free weekend	Drive to Kiranda Tissamaharama *Visit to Yala National Park* Overnight Stay at Hotel	Only breakfast during excursions. All meals during camp stay
Sunday		Free weekend / Transfer to Bandaranayke airport after 20:00 hrs.	*Drive to back to Battaramulla *Overnight Stay at house(for longer program duration)	

B: - Breakfast; L: - Lunch; D: - Dinner

A TYPICAL DAY (INDICATIVE)

The schedule of the day depends on the type of project but below mentioned is just the brief outline of their normal day:

TIMINGS	ACTIVITIES
7:00-8:00hrs	Breakfast at accommodation
8:00-13:00hrs	Project volunteering work
13:30-14:30hrs	Lunch ¹
15:00-16:00hrs	Cultural workshops- as per program schedule
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at accommodation
19:00-20:00hrs	Dinner at accommodation

¹Lunch may be offered as packed lunch or lunch at the project depending on different factors such as distance from accommodation and others.

⁺The scheduled time table mentioned above may change due to the need of the project or any other circumstances.



AVAILABLE VOLUNTEERING PROJECTS IN SRI LANKA

The following listed projects are available in our Sri Lanka location.

- Teaching
- Child Care (kindergarten/pre-school)
- Care and supervision of Orphan children
- Women empowerment program
- Monk teaching project

Following is an introduction to various type of projects that are available at Colombo, Sri Lanka.

TEACHING PROJECT

Volunteers engaged in teaching activities make a direct and long term contribution to the development of students for building their confidence, academic performance and future prospects.

Volunteers work mostly in pairs as teachers or teaching assistants for one or more of the following kind of activities based on the curriculum and academic plans for the educational facility or project:

- Teaching English, Math, Computers / IT and creative subjects.
- Music Lessons and practice.
- Sports instructions and activities.
- Helping with homework
- Supporting teachers with lesson planning or preparations
- Extra classes to students requiring special attention
- Preparation of teaching learning material for joyful learning and activity base learning.

The project activities of the volunteers are designed in such a way that there is no need for previous teaching experience to participate in a teaching project. Teaching material, every day lesson/activity planning and day to day support is provided to volunteers for making most impact in their time at the project.

Specific conditions for this type of project activities

- Formal education or past experience related to the type of project: Not required.
- Language Proficiency: Basic English
- Open to which gender of volunteers: Male and Female
- Criminal Background check is Mandatory.



CHILD CARE

Daily caring for and help with Basic English of children from underprivileged communities is one of the most satisfying and popular of volunteering activities. Overall purpose of these projects is to provide a higher standard of care to infant's children in different public and privately-run facilities by providing hands-on support on a day to day basis.

Volunteering activities on these projects include one or more of activities similar to the following:

- Preparing meals for and feeding children
- Helping the children with bathing, homework etc.
- Other activities as may be need by the institution/facility such as motor skills and preparation for early education, education on health, hygienic etc.

Specific conditions for this type of project activities

- Formal education or past experience related to the type of project: Not required.
- Language Proficiency : Basic English
- Open to which gender of volunteers : Male and Female
- Criminal Background check is Mandatory.

CARE OF ORPHANS CHILDREN

Working at orphanages is a very rewarding and yet sometimes an emotional experience. While is very satisfying to work with underprivileged children, it's only when one meets them to realise that they don't have something very fundamental.

There may be an experience of an intense desire to support these kids with the very best that one can so that they may be ready to face challenges of life. And that is what the volunteers help the orphaned children do through a number of activities, one or more than one may be included in your day to day work at the Orphanage home:

- Helping kids with their homework.
- Preparing food and feeding the kids
- Organising sports, creative learning and other activities.
- Help orphanage authorities organise their activities.

While a one-sided view of western media has somewhat put a negative light on supporting orphanages, make no mistake that the work done by legitimate orphanages and the volunteers supporting them makes world of a difference in the lives of the kids who don't have almost anything to call as their own.



WOMEN EMPOWERMENT

Women empower projects are engaged in a variety on-going and short term activities that help in building the confidence, self-esteem, and abilities of women to lead a better life. Activities of volunteers may be geared towards teenaged girls or adult women and may include one or more of the following:

- Basic education for English literacy
- Income generation skills
- Awareness towards personal health, hygiene, civil rights etc.
- Functional skills such as riding bicycles.
- Confidence building activities such as taking short excursions, personal life story sharing etc.

In many countries, women are the marginalised section of society and these activities are geared towards more opportunities and better quality of life for them. This leads to not just the women being helped with living a better life but also building better future generations.

Specific conditions for this type of project activities

- Formal education related to the type of project: Not required.
- Language Proficiency : Basic English
- Open to which gender of volunteers : Male and Female
- Criminal Background check is recommended – not mandatory.



MONK TEACHING

Providing education to Monks is one of most sought after activities by volunteers from all over the world. Lot of children come to these institutions to get formal and spiritual education. These institutions, despite their overall good economic conditions tend to focus more on the religious/spiritual education of the pupils and therefore leading to an acute need of quality formal education.

Therefore the need of volunteers is very high in Monk education centres as they requires help to teach English, Mathematics, Art & Craft and preparing teaching learning material. These monk-teaching centres normally have accommodation facility for their students and it means the volunteers can contribute for a greater period of time each day, if they so wished.

The age group the students is from 8-25years and they have different level of grade & education.

Day to day activities may include:

- Teaching English, Math and social skills
- Beautify the class room with painting.
- Games and sports activities
- Making teaching learning materials and teaching aids.

Specific conditions for this type of project activities

- Formal education or past experience related to the type of project: Not required.
- Language Proficiency : English
- Open to which gender of volunteers : Male and Female
- Criminal Background check is Mandatory.



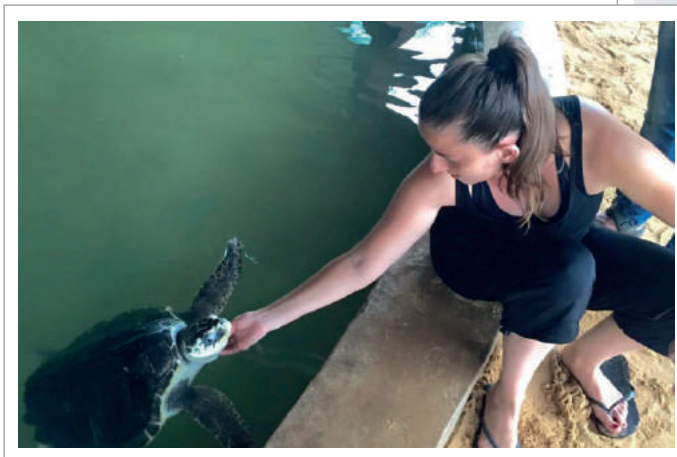
SERVICES INCLUDED

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- Number of nights stay depends on the duration booked.
- Accommodation on sharing occupancy basis.
- All transfers and sightseeing by vehicle.
- Check-in time is 2 p.m. and check-out time is 12 noon for most of the hotels (but we can usually arrange earlier check-in).
- Meals as per itinerary.
- Culture activities as below: -
 - One dinner with local Sri Lankan Family.
 - One cooking demonstration.
- Volunteer work as per itinerary.
- Entrance fees to monuments as per itinerary.
- Services of an English speaking guide as per the itinerary.
- Representative for assistance on all arrival and departure transfers.
- All currently applicable taxes.
- Additional services in Travel Option –
 - One excursion to Yala National Park including jeep safari.
 - One excursion to Kandy

SERVICES EXCLUDED

- Any personal expenses such as tips, laundry and drinks.
- Any extra meals (other than those specifically laid down).
- Personal Travel Insurance, visa etc.
- Camera fees (both still and video).
- International flight ticket.
- Miscellaneous.
- Donation to Project.



DETAILS OF WEEKEND EXCURSION DURING COLOMBO PROGRAM

For people choosing Colombo, Sri Lanka volunteer Program, below weekend trips can be added to the program by travellers either by upgrading the trip to a Volunteer and Travel combination program.

1 Night, 2 day excursion to Kandy

Detailed itinerary

Kandy a lovely exotic city, the Hill capital and last stronghold of the Sinhala King is a UNESCO World Heritage Site which retains an aura of grandeur, time has not affected. Encircled by hills, with a tranquil take in its center, it is site of the renowned temple that enshrines the Tooth Relic of the Buddha and the Royal Botanical gardens – home to one of the world's best collection of Orchids.

A culture sanctuary where many legends, traditions and folklore are still lovingly kept Kandy alive, Kandy and its satellite villages are the Centre of the island handicraft industry (items of wood, brass & silver) exquisite silver or gold jewelry and precious gems of many varieties including the world's best blue and star sapphires.

Saturday: Colombo - Kandy

In the morning – After breakfast drive to Kandy approximately three & half hours journey.

Visit the Peradeniya gardens. **The Royal Botanic Gardens** Peradeniya is well known for its large variety of plant life. The great lawns highlight huge tropical trees and a variety of bamboo can be found in one place. The best know attraction of the garden is the orchid House. The area, nearly 150 acres in extent, is beautifully undulated, its average elevation above sea-level being about 1,540 feet. The Royal Botanic Gardens at Peradeniya were established in 1821

After lunch visit the Kandy temple. "**The Sacred Tooth Relic of the lord Buddha** is the most venerated of worship for Buddhists which is now protected in the Kandy Temple, The Kandy temple is considered the foremost sacred place of worship in the Buddhist world."

Overnight stay at accommodation, Kandy (Meals- Breakfast Only)



SUNDAY : KANDY – COLOMBO

After a hearty breakfast, leave the hotel to proceed towards Colombo.



The de facto capital of Sri Lanka, Colombo is the commercial and cultural hub of the country. Situated on the western coast of the island, the city can be reached from most major cities of the world, both by sea and air. The city is known for its historical monuments, pristine beaches, vibrant festivals and delicious cuisine that attract hordes of travellers from across the globe.

During the city trip, you can explore its popular attractions like Kelaniya Raja Maha Viharaya, Viharamahadevi Park, Gangaramaya Temple, St. Lucia's Cathedral, Town Hall and Colombo Dutch Museum.

After sightseeing – You are drive down to your accommodation.

Overnight stay at accommodation, Colombo (Meals- Breakfast & Dinner)



1 Night, 2 Day Excursion To Tissamaharama

Yala National park one of Sri Lanka's premier eco tourist destinations and is renowned for its variety of wildlife notably Yala Deer "One could sight Elephants, Leopard, Bear and Buffalo. Other mammals such as sambhur, spotted deer, jackal, mongoose and several species of monkeys could be sighted very frequently. The bird life is also very vivid and rich in numbers, especially during the months of April to April when thousands of migratory birds arrive in Sri Lanka."

Detailed Itinerary

Saturday: Colombo – Tissamaharama

In the morning – After breakfast leave for Yala for a half a day safari. The journey will take around six hours.

Arrive at Tissamaharama and check in to your hotel.

In the afternoon commence a safari in the Yala National Park by jeep accompanied by a tracker.

Overnight stay at accommodation, Tissamaharama (Meals – Breakfast Only)

Sunday: Tissamaharama – Colombo – Fly Out

Morning – You are at leisure. Afternoon – Check out from your accommodation and drive back to Colombo.

Later evening after dinner you will be transferred to airport to board your flight to onward destinations OR Overnight stay at accommodation, Colombo. (Meal – Breakfast & Dinner)



VOLUNTEER HOUSE IMAGES

