



Sri Lanka Experience



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2020-07-02
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📍 Sri Lanka - Central to South

Get to visit and experience the grandeur of the vastly distinctive regions of this exotic country!

As part of this unique experience you will visit 3 vastly distinctive regions and explore their exotic, unique and exciting culture. By selecting this program, you will be able to witness the regional and cultural diversity across Sri Lanka. Starting from the Hill capital of Sri Lanka - Kandy, you will travel up to one of the most beautiful beaches in the country located in the South.

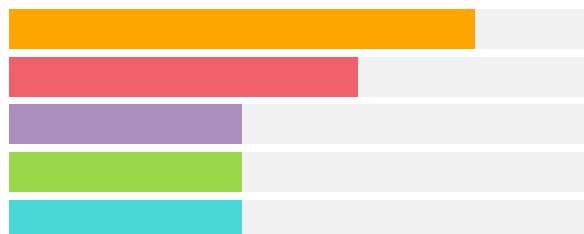
Culture

Learning

Leisure

Community Engagement

Physical Demand



Program Description

Spend 4 weeks travelling around enjoying many attractions, experiences, beautiful views etc. that Sri Lanka has to offer. These four weeks of the Sri Lankan experience have been designed to give you the best of the best of Sri Lanka. On this program, you will have diverse program options which you can choose from. There is the introduction which is a mandatory program and this will introduce you to Sri Lankan culture, traditions, food and many more. During your second and third weeks, you have the freedom to choose between a trekking week or body and mind week, or elephant experience program. During your fourth week, you again have two options to choose between a beach week or a week working at our turtle conservation program in Ambalangoda.

Program Duration & Availability

Min duration (weeks): 4

Max duration (weeks): 4

Aims & Objectives

The aim of this program is to give you an exposure to the authentic Sri Lankan culture. Through different projects and activities, you will get to truly immerse yourself in the culture, customs and lifestyle and much more.

Schedule

Week 1

Monday

- Welcome and introduction to Programs and collection of documents
- Language Lesson followed by Lunch. Attend a cultural lesson and go on a Kandy City tour
- Cultural Show

Tuesday

- Visit to Spice and Ayurvedic garden, Tea factory, and the Gem Museum
- Boat ride at the Kandy Lake

Wednesday

- Sri Lankan cooking lesson, self defence lesson and Buddhism (meditation) lesson

Thursday

- Early morning visit to the Temple of the tooth, visit to a Batik factory and the wood carving factory

Friday

- Visit to a temple in a small forest and visit to a Hindu Temple
- Indian Lunch in the city and get an Ayurvedic massage

Week 2

Monday to Friday

- During this week, you could choose between participating in Trekking/ Elephant Experience or Body & Mind week.

If you choose trekking:

- Short introduction into the week's activities. Proceed to Sigiriya Rock for a nature walk.
- A beautiful walk through the local villages to visit three historic (more than 700 years old) loop temples in Kandy.
- Visit to the first tea plantation in Sri Lanka
- Hike to the Riverstone mountain
- Travel to the Ambuluwawa Hills to do a trek, return to the our house in the evening
- A trip to the Royal Botanical gardens.

If you choose Body and Mind:

- Early Morning Yoga on some days
- Breakfast
- Meditation
- Varying massages
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

If you choose Elephant Experience:

Morning comes early at this working elephant camp, and the animals need to be fed and bathed before the day visitors start pouring in. Bath time is in the river, and it's a pure joy for elephants.

The mahouts are a fun-loving lot, and they'll see to it that you have as much fun as the elephants do. Your duties will vary during the afternoon. Sometimes, you will have the opportunity to help children with their studies on request or to go for an excursion.

However, some of the typical activities you will be doing throughout the day may include,

- Feeding the elephants
- Cleaning the elephants
- Cleaning the elephant enclosures

Week 3

Monday to Friday

Beach week: Explore Ambalangoda through its most important temples, visit sleeping Buddha statue, and also Ambalangoda oldest temple.

- Go on a River Safari, see Sri Lanka's jungle flora and fauna at its closest and relax at the beach or organize a new activity.
- Be a part of the Turtle Conservation project by working along with other participants at the turtle centre. This includes working at the project from 9:30 and help with the feeding and cleaning of the turtles or cleaning the water tanks and centre. You will enjoy a break time from 12:00 to 14:00 and be back at the turtle centre from 14:00 until 15:30 when all activities finish for the day.
- Visit the famous city of Galle, the Tsunami Museum, Natural Silk Factory.
- On the last day of the Beach Week Program you will visit the Moonstone mine where you will be shown the process of cutting and shaping precious stones, go to a waterfall walk where you will be able to swim and spend time admiring it as well as having tea and snacks nearby.

Week 4

Monday to Friday

Participate in a week of turtle conservation.

The activities change according to the beach weather conditions and to the number of participants but the time spent with these marvelous creatures is the main aim of our participants involvement.

This program requires hard working and willing to support in the cleaning of the turtles, the tanks and the turtle conservation centre. It is vital to have a clean and hygienic centre for these animals. Typical activities during the week will include,

- Feeding the turtles (every other day)
- Cleaning the tanks
- Cleaning the turtles
- Cleaning the beach
- Helping with the weekly release of over 100 new born turtles into the ocean (Please note that this may change depending on the season and the weather).

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Weekends are free to relax.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

Additional Equipment

- Shoes suitable for hiking.