



## SRI LANKA: COACHING FOOTBALL

Coach football in Sri Lanka from 2 weeks to 6 months! Sri Lanka is an exotic island, famous for its 1,600 kilometres of unspoilt, golden beaches and diverse climate zones. It is the proverbial paradise island!

You'll work in schools for the poorer children and the underprivileged section of the community in Ja-Ela, midway between Colombo and the popular Indian Ocean resort of Negombo, and the football coaching project is very popular with the children. Sri Lankans are very friendly, hospitable and welcoming, if somewhat laidback and in no-rush mode to get things done!



## WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure!
- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An opportunity to make lifelong friends from all over the world.
- And best of all ... **an unforgettable experience!**

### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates.
<b>Duration</b>	Minimum stay 2 weeks and up to 6 months, subject to visa requirements
<b>Requirements</b>	No qualifications needed - just a big heart and a desire to provide care and support
<b>Price</b>	From £895 / US\$1,435 for 2 weeks, ranging to £1,845 / US\$2,950 for 12 weeks. <a href="#">Full Price List and other Currencies</a>
<b>What's included</b>	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project Monday to Friday (one trip per day) ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support. ► Two free T-shirts
<b>What's not included</b>	Flights, Insurance, Costs of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
<b>Who can do this Project?</b>	All projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

## PROGRAMME OVERVIEW

Children in Sri Lanka are a joy to teach, their enthusiasm for sports really knows no bounds. Although for the vast majority, coaching won't have a direct impact on their lives as they are unlikely to become the next David Beckham, indirectly it has immeasurable effects. Personality changes, health awareness, increased confidence and social skills are all benefits from the coaching they might otherwise fail to receive. There is massive scope for your input on this project: you can set up clubs, create tournaments or even bring other sports into the mix if you have a particular passion for one.

## WORK CONTENT

You will get the opportunity to coach football at a range of local schools in a very unique placement! Depending on what's needed at the time, you may spend most of your time at one particular school, or at a combination of schools. Please ask us if you have a particular preference. The schools we work at generally have about 400 to 500 pupils aged 5 to 16 years old. The facilities are basic but the children are excited about playing football and being coached by our volunteers. The pitches in Sri Lanka are typically gravel and dirt pitches, which makes the game of football very quick and exciting as it is played at a very different pace and style to European football.

Sports lessons/practices are often either before the school day begins or after it's finished. You may also be able to hold some sports lessons/practices during the school day, this is especially true during the January – March term. During this term a special emphasis is given to sports – and towards the end of the term all the schools hold a sports day – for some of the schools this can be a very big occasion!

In the past, volunteers have worked alongside the teachers to create and coach school teams to play in the inter-schools Travellers Football Tournaments, which they organised as part of their programme. The tournaments were established to provide the children with the opportunity to play football competitively, which many of the children haven't had, so towards the end of your placement, you may be able to organise a tournament that brings together all the schools you've been working with to play against each other. In the past, volunteers have organised very successful football tournaments which have been the highlight of the year for the children at the school given the honour to represent their school.

During your programme you may also get the opportunity to coach at a local football club – The 'Katunayake All-Stars'. It should be noted that coaching at Katunayake may involve working early evenings or some weekends. Coaching the club is extremely fun and rewarding! It gives you a real chance to get to know the locals and become part of the team!

## A TYPICAL DAY

You will usually coach from 7 – 8:30 am Monday to Friday and then again after school has finished, so your hours will be slightly different to those of the teaching volunteers. The only available coaching takes place before and after school hours, so you are more than welcome to teach English with the other volunteers to fill up your hours if you wish!



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## LOCATION

Our football coaching project is situated just north of Colombo, Sri Lanka's bustling and chaotic Capital city. Ja-Ela is 1 hour from Colombo and equal distance from Negombo, the popular tourist beach resort. Teaching, Work Experience and the Colombo Zoo placements are also based in Ja-Ela and so the house is often full and offers a lively, sociable atmosphere – there will be no shortage of friends to spend weekends at the beach with! Ja-Ela volunteers also have the advantage of easy access to Colombo's facilities, major bus stations and also The Airport Gardens Hotel - a luxury hotel which offers facilities including a fantastic pool. The hotel is only a short trip away from the volunteer house: perfect for those lazy afternoons!

## SCHOOL HOLIDAYS

We are unfortunately not able to offer coaching programmes during the school holidays. Holidays in Sri Lanka are usually as follows:

- The month of April
- The month of August
- 15th December – 5th January

However, you are more than welcome to spend a holiday period travelling independently, or taking part in one of our Conservation Projects and then return to teaching at the beginning of the new term! Please speak to your Project Co-ordinator about how we can tailor your placement to suit you!

## ACCOMMODATION & FOOD

Travellers' has a traditional Sri Lankan house in Ja-Ela. It is spacious and comfortable, with a garden, several balconies, two lounge rooms and many bedrooms. You will most likely share a room with other Travellers volunteers. There is a TV and DVD player for evening entertainment, in the upstairs lounge area and with the latest DVD copies just a pound to buy locally, there is usually something to watch!

There is a local live-in chef at the Travellers house who will prepare your breakfast, lunch and dinner each day, throughout the week. We also have other staff at the house 24 hours a day for cleaning, assistance, security and comfort!



The food is usually local cuisine which means lots of curry, rice and salads. Whether a curry fan or not, you will be by the time you return as Sri Lankan food is delicious! You can buy snacks and treats, including a growing variety of Western tastes (chocolate!) from the local store. There is also a KFC in Ja-Ela for those who need a fix of home!

The area of Ja-Ela is an industrialised town and although it is not one of the paradise beauty spots, it's a good point at which to start your exploration of the island's many beaches and beautiful inland resorts.

Most schools are between two and five kilometres from the house and you will be taken to and from the schools every day. We hope that you will relax and feel comfortable in your accommodation but we do ask you to respect the property as you would your own home.

## INDUCTION ON ARRIVAL

When you arrive in Sri Lanka, you'll be met from the airport by our delightful Managers, Roshan or Nirangela and their big welcoming smiles. They will take you to Ja-Ela (just down the road from the airport) where you will be introduced to the other volunteers on the placement and to our lovely staff at your new home.

Everyone is always extremely friendly and very excited to see a new face. You will be looked after immediately and taken under the collective wing soon to be absorbed in stories of wonderful weekend trips and the all important Sinhalese vocabulary such as hari hundi (very good!). You will be made to feel very welcome and at home and then

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you will most likely need a little sleep before a hearty meal and exploring your new surroundings and starting on your tan!

There is plenty of support at the house - 24 hours a day with live in staff that will happily help you to understand and get around this new and exotic culture. Plus, you have the support and friendship of the other volunteers which makes adjusting very easy and fast – a little homesickness is normal for a few days however, trust us, it won't last longer than your first day in the school!

## VISA

Visa requirements may differ between different nationalities, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

## FLIGHTS

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

## COSTS

Please see the prices pages of our website Full Price List. The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Meeting you at the airport
- ✓ Transport to and from you project each day
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile project

## HOW YOU MAKE A DIFFERENCE

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.



For every volunteer, a donation is made by Travellers on your behalf into the [Bridge The Gap Foundation](#). This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

## COUNTRY PROFILE

Sri Lanka is famous for its 1,600 km of unspoilt, golden beaches. It's a paradise Island shaped like a tear drop in the Indian Ocean. Formerly known as Ceylon and famous for its wonderful Tea, Sri Lanka is a vibrant country with an incredible history. It's a country of 18 million people; rich in its diversity of culture, race, language and religion.

The island has an abundance of natural resources, fauna and flora, mountains, rivers and beautiful beaches. It is located at the crossroads where East meets West and is regarded as the gateway to South Asia. The hill country has gorgeous rolling hills and tea plantations. The entire island is teeming with bird life and exotics like elephants and leopards.

The people are friendly, food delicious and costs low! A stunning island filled with beaches and wild life sanctuaries like the Elephant Orphanage, ancient cities, hills, beaches - and most of all, it's incredible beauty.

## THINGS TO DO IN SRI LANKA:

You will never be short of something to do in Sri Lanka - wherever you are based on your project you will be able to reach some of the most incredible beaches, cultural sites including ancient temples and cities, aromatic tea

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plantations and exhilarating waterfalls in the rolling hill country. The famous Pinnawala Elephant Orphanage is also a "must-see" on this paradise island.

In Sri Lanka, every sight, sound and smell will engulf you with new experiences. Take an early morning train ride from Colombo to Hikkaduwa and watch in awe as you travel past some of the most incredible scenery. Smiling children will wave at you from shanty towns lining the outskirts of Colombo, but these soon give way to views across paddy fields where buffalo and cows can be seen grazing. As your journey continues the train tracks begin to run parallel to the beach and you will be left mesmerised by the incredible sights in this friendly country.

## WHY GO WITH TRAVELLERS?

- Professional & structured programmes!
- Over 15 years' experience sending thousands of participants overseas!
- The largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

## VOLUNTEER FEEDBACK

*"I'm loving Ja Ela and the teaching. I have given out all the sports equipment which was greatly appreciated. I have been running a weekly sports club and have got to know the kids there really well. The grade 11's have taken me with them to rounders and cricket tournaments, quite an experience going on a public bus with a whole cricket team, great fun, they even paid for me and stopped me from falling out. I've just bought them team shirts with their logo and school names printed on and I'm going to buy them some cricket equipment so they can practice. I have also donated the football kit to the Local football team and bought the team football boots. This is all with money raised by the schools in Cornwall that I worked at.*

*I have done so much work with these kids that it seems a shame to be leaving so soon, so I would love to stay for an extra month and come back to Ja Ela for April. I would stay longer if I had the money, maybe even indefinitely!! Well, I'm having a great time, so thank you for all your help setting it up, its definitely an experience of a lifetime and just what I needed"*

*Chris Wetter / Coaching Football*

## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

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## **MAKE A DIFFERENCE – GET INVOLVED!**

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