



SRI LANKA: CARE PROJECT

The children in Sri Lanka have the biggest smiles and the cutest brown eyes... they will melt your heart the moment you meet them. They have an enthusiasm for life that will no doubt rub off on you too! We work with an local NGO that has numerous wonderfully worthwhile care projects in Sri Lanka. We work with four different projects, all of which are fantastic projects, perfect for you if you have a passion for children and a desire to help a less fortunate community.



Sri Lanka is a vibrant country, 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 - incredible beauty!



WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into South East Asia and the Sri Lankan culture.
- The enormous satisfaction of helping disadvantaged children and seeing how your efforts are making a difference to them.
- 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 in-depth Induction makes you **feel local straight away!**
- And best of all ... **an unforgettable experience!**

SUMMARY FACTFILE

Start Dates	All year round - You choose your start and finish dates.
Duration	Minimum stay 2 weeks up to 1 year, subject to visa restrictions.
Requirements	No qualifications needed, just a big heart and a love of elephants!
Price	From £895 /US\$1,345 for 2 weeks, ranging to £1,845 / US\$2,770 for 12 weeks. Full Price List
What's included	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support ► Two free T-Shirts.
What's not included	Flights, Insurance, Costs of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to the airport.
Who can do this Project?	All projects are open to all nationalities. You need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

We work with an local NGO that has numerous wonderfully worthwhile care projects in Sri Lanka. We work with four different projects:

- Abandoned Children's Project - An orphanage for young children that have been abandoned. You'll help to provide vital care, love and support to these adorable children.
- Teenage Mother's Project - A remarkable opportunity to work with teenagers who have been incestuously raped. Out of an abominably distressing situation this centre is bring hope to these mothers, providing them a safe and happy environment during and after pregnancy.
- Street Children Project - The opportunity to work with delightful children who have had a hard time in life. The centre provides them a safe place to visit Monday - Friday, to receive three square meals, an education and to meet other friends!
- Disabled School - A wonderful school that provides physically disabled children an education. There are 30 children between the ages of 3 and 20 and with 5 teachers (and occasionally parents to help out and make the tea,) this gives the children the perfect opportunity to learn in an informal, relaxed environment.

WORK CONTENT

At each of these projects you will be making a difference to the lives of underprivileged children. You may volunteer at one of these worthwhile projects or at a combination of projects.

You do not need to have any prior qualifications and this project can also be combined with some teaching or sports coaching in the local government schools to older children if you wish to add some variety to your placement. It can also be combined with any of our exciting conservation projects if you wish to do something totally different!

Your supervisor for all the projects will be Bandula. He works closely with the volunteers to make sure that they are happy in their projects. He works from the NGO's head office. Roshan (the Travellers Sri Lanka Country Manager) or one of his staff, will take you to the headquarters on the first day, there you will meet Bandula and can discuss your volunteer programme with him. During your programme, if you have any concerns or any special requests you can contact him, and of course Roshan will always be available!



ABANDONED CHILDREN'S PROJECT

This centre is for orphaned and abandoned children. There are three separate rooms for children of different age groups:

- Babies
- 1-2 Year Olds
- 2-5 Year Olds

The children are all adorable and would love you to come and play with them! Your main duties will be to play with the children, help to feed them and to develop relationships with them. The children (and most of the staff at this centre) speak very little English but have massive hearts and smiles. They will be really grateful for your help and attention and will welcome you with open arms. You will fit in in no time and will have great fun keeping the children occupied and imparting a few words of English to all. The women that work in the centre will also be grateful to learn a few more words of English! You'll find that although there is a language barrier, it can easily be overcome with hand gestures and smiles! This placement is really fantastic if you're full of energy and enthusiasm! Any ideas you have for simple games will also be appreciated!

At this centre there is also an older girl, of approximately 10 years old, who received severe burns to her head, face and hands as a baby. She's now being supported by an American sponsor and regularly flies to the USA for treatment. She is full of life and energy and is the bubbliest, loveliest girl you will ever meet! She also speaks perfect English and is wonderfully confident and friendly!!



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TEENAGE MOTHER'S PROJECT

It is usual on arrival, to find this project a little distressing. It is a centre for girls under the age of 18, who have been incestuously raped and become pregnant as a result. There are, on average, about 10 teenage mothers at the centre at a time. Some of these mothers will be pregnant, some will have already given birth.

BUT....when you look beyond this, you see the brilliant work that this centre is doing! From an awful situation the girls are being given a second chance to not only recover from an awful, traumatic experience, but they are being offered much much more...

The girls are offered a real chance for rehabilitation by receiving education (such as Sinhalese and English classes, along with IT lessons.) They are also given mental stimulation through activities such as dance classes. Lastly, they are offered the fantastic chance to further their training and learn skills such as baking, or handicraft making, so that once they leave the centre they can make a living for themselves.

The sorts of crimes that the girls have been subjected to are treated very seriously in Sri Lanka and every girl will either have had or be in the process of a court case against their perpetrator. The perpetrator could receive up to 35 years imprisonment for such a crime.

At the project, you will have the chance to work with these courageous girls. The work will be varied as you will mainly be encouraged to help and supervise their classes and activities. If you would like to, you may also teach some of their English lessons. You will also have the chance to help them look after their babies.



STREET CHILDREN PROJECT

This project is another brilliantly worthwhile endeavour. You'll mainly be working at the Pre-School Children Day Shelter, which has between 20-30 children in regular attendance. The children are dropped off by their parents any time after 6.30am (for an official start time of 8.30am) and are picked up at 6.30pm. This allows the parents a full 12 hours to work and earn a little money for the family. All of the children either live in the very poor slum area of Colombo, or are literally without a home or roof at all.

The children receive an education at the centre along with time to play with their peers and three proper meals a day. There is one teacher, two assistants and a project officer in the Pre-School area. If the children's massive smiles haven't already melted your heart then these four ladies will - they will make you feel instantly welcome! The head teacher, Anula, is friendly and bubbly and her English is great! She's worked at the centre for 20 years and is very very proud of her achievements - and so she should be! Ask to look at her photo albums and she will tell you the stories of all of the children that have been to the centre. She'll be brimming with pride as she tells you of their accomplishments thanks to the education and support they received from the project.

Every Tuesday some volunteers visit from an International School in Colombo. They are older than the pre-school children but will be under the age of 18. They come to play games with the children, sing, dance and generally have a great time! The children look forward to this every week.

Your main duties will be to muck in and help wherever is needed. You will be needed to supervise the children, play with them and help out in the lessons. There is also a non-formal education centre for older children (from ages 5-14) who receive 4 hours of teaching, 3 times a week. This centre is location right next to the Pre-School and you are welcome to help with classes here as well. Special help is always needed with the English lessons.



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DISABLED SCHOOL

There are roughly 30 students in this school, between the ages of 3 and 22. There are a range of disabilities at the centre, from muteness to forms of autism, epilepsy and cystic fibrosis. This centre is uplifting as the children would not get the chance for an education without this project.

There are 5 teachers in total at the centre. All of them only speak a few words of English, but always manage to communicate with the volunteers! Through hand gestures and smiles you will get by and get your point across!

There are also usually one or two parents who will stay for the school day (which runs from 8am - 12pm.) They will assist with the activities and make tea for the break at 10.30am. During the break time the children have the chance to play sports, which they would be eternally grateful if you joined them in playing!

On your first day you will be accompanied by Roshan (the Travellers Sri Lanka Manager) or Nirangela (the Assistant Manager) who will help you communicate, find your feet and work out your role at the school.

The children participate in a range of activities whilst in the school. These range from formal educational lessons, such as Maths, to therapeutic activities, such as art and playing with water. You'll be able to take part in all the lessons and it would be very appreciated if you could teach some conversational English to the children and the teachers.



SUPPORT:

If you're doing any teaching at all within your project, formally or informally, we will provide you with a *Teaching Suggestions Guide* which will be invaluable in helping you to structure a lesson and will give you lots of ideas for topics and materials to use in your classes. Our support staff in Sri Lanka are excellent and there is a 24 hour emergency international telephone line direct to the Head Office.

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!

Teaching, Work Experience and the Colombo Zoo placements are all 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 that include a fantastic swimming pool. The hotel is only a short trip away from the volunteer house: perfect for those lazy afternoons!

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.

ON YOUR 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.

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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 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 who 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 orphanage or centre!

VISAS:

Visas are required for Sri Lanka. 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
- ✓ Food
- ✓ Meeting you at the airport
- ✓ 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 projects

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 WORLDWIDE?

- Profesional work experience placements
- 15 years' experience sending thousands of participants overseas, plus 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 .

VOLUTNEER FEEDBACK:

"I just wanted to let you know, that I had the time of my life in Sri Lanka. It was FANTASTIC, I wish the entire experience had never had to end. I would just like to say thank you to your team of organisers for organising the spectacular trip. And also a big thank you to Roshan, Shivani ... and all the boys at the house for making my stay very welcoming and memorable. I miss them all very much. And I will definitely want to return and pay them a visit."

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!

Make a Difference – Get Involved!



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