



# SRI LANKA VOLUNTEER PROGRAM



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# INTRODUCTION

**N**estled away of the South East coast of India, many people think of Sri Lanka for honeymoons before they consider it as a Volunteer destination.

But the truth is that in rural locations in Sri Lanka seven out of ten people have no access to electricity, and almost half of the population does not have access to safe drinking water.

Malnutrition in children is common for many locals in Sri Lanka.

Our volunteers will be helping out projects set up to assist the most vulnerable in the community.

Volunteers arrive & stay in the city of Colombo - the capital city in Sri Lanka, is also known as the financial and commercial capital of the country. Located on the west coast of the island, Colombo is a busy and vibrant city with a mixture of modern life and ancient historical colonial buildings and ruins that offers a variety of experiences.



It has the lazy charm of the historical era combined with the liveliness of a modern city. Colombo is an ideal location to start your program in Sri Lanka.

# FACILITIES AT VOLUNTEER COMPLEX

The Shared Volunteer Complex is located in the Battara Mula district in Colombo, located 13 kilometres from the city centre.

It is a quiet area allowing volunteer's space to relax when they are not working on their projects. The main house offers a quiet, relaxing place with

- Common lounge with satellite television,
- Internet access,
- Well-manicured garden,
- Air-conditioned rooms with en-suite facilities
- Dining area

For the participant's convenience and safety, the following staff is available at the accommodation location:

- Location Manager: The camp manager acts as an administrator of the camp facility & responsible for safety and wellbeing of the participants.
- Support staff: The support staff includes Chef, Helper, House Keeper, Drivers etc. The support staff is committed to the enjoyable and comfortable stay of the participant



**NOTE:** Volunteers on the Turtle Conservation project will stay in Homestay accommodation – see details under Turtle Conservation project

# CHOOSING YOUR SRI LANKA VOLUNTEER PLACEMENT

It's important to note that for the Sri Lanka Volunteer projects, flexibility is required in terms of what project you will end up working at. USIT will take on board your preferences of the types of projects available, however the volunteers are spread around the projects depending on the needs of that project on any given day or week.

This means that Volunteers may be requested to change from Sports Coaching to Women Empowerment or possibly teaching.

Volunteers should not apply for the Sri Lanka projects if they are not prepared to be flexible in their approach as you cannot be guaranteed to stay on one project for any given period. The benefit to the Volunteer with this approach is that you will gain experience in all areas and will experience the wide reaching effects of poverty throughout the community.

**NOTE:** The above does not apply to the Turtle Conservation project as this is carried out in a different location so Volunteers will not be moving between projects should they decide to go on the Turtle project – though is requested when in Sri Lanka, our local partner on the ground will do their best to facilitate the volunteer if they wish to try other projects.



## WOMEN EMPOWERMENT

A variety of educational and confidence building activities are run for the benefit of adolescent girls and women of the local community. These activities are geared towards expanding the horizon of this often neglected section of the community with the purpose of giving them a sense of self-worth and empowerment.

### DAY TO DAY ACTIVITIES MAY INCLUDE:

- Teaching basic conversational and written English.
- Activities to enhance personality and self-confidence.
- Teaching basic computer literacy.
- Organize recreational and awareness activities.



### VOLUNTEERS DESIRABLE TRAITS:

- Experience in Social Care
- Teaching experience

## CHILD CARE

Volunteers are involved in the daily care of under privileged children.

You will be contributing to a child's cognitive, academic, emotional and social growth, with the hope that it brings about some lasting and sustainable changes in their lives.

### VOLUNTEERS ACTIVITIES:

- Assist in mid-day meals for the children of the project
- Assist in Workshops with Songs, rhymes, shape concept- colouring of different shapes.
- Teaching with rhymes & games etc.
- Play Games, including outdoor games with the children
- Maintaining the growth charts of children
- Following the time table put forth by the centre.
- Teaching psychomotor skill development

### VOLUNTEERS DESIRABLE TRAITS:

- Experience in Childcare/Social Care
- Teaching experience
- Active & bubbly personality with lots of energy
- Comfortable dealing with younger children – toddlers & babies.



## SPORTS

Our sport projects are mainly concentrated on providing professional coaching services to the deprived section of the society. The volunteers are encouraged to impart any professional training or past experience they have on particular sports activities to the children involved in the project.

The main aim of the project is to develop sporting talent in the country with modern means of sports coaching.

### **VOLUNTEER ACTIVITIES:**

- Providing the information about a particular game.
- Developing team spirit.
- Teaching rules & regulations of game.
- Coaching sports and organizing tournaments.
- Propagating the importance of sports and physical training.



- Participant or hold sessions on how to develop a career through sports.

### **VOLUNTEERS DESIRABLE TRAITS:**

- Sports background
- Teaching experience
- Active & bubbly personality with lots of energy

## MONK TEACHING

There is a high need for teachers in Monk Education centres – as the focus of the centre tends to be on religion, the subjects of English, Maths, Art & Craft are often left out.

This is where the volunteers come in – teaching the required lessons to young monks aged between 8 to 25 years old.

### **VOLUNTEER ACTIVITIES:**

- Teaching English & Maths
- Get involved with Arts & Crafts, including painting the classroom with the students
- Get involved or initiate games & sports activities

### **VOLUNTEERS DESIRABLE TRAITS:**

- Experience with Teenagers
- Teaching experience
- Active & bubbly personality with lots of energy



# TURTLE CONSERVATION

Sri Lanka is an island and it prides itself on its marine wildlife, being home to 5 of the world's species of turtle; Olive Ridley, Leatherback, Hawksbill, Loggerhead and the Green Turtle.

This project is located in Duwemodara, Kosgoda on the west coast, about 75 kilometers south of Colombo.

Kosgoda, Bentota, and Induruwa areas are prime turtle nesting sites of Sri Lanka and beautiful areas with stunning beaches and several turtle hatcheries which attracts a lot of tourists.



## ACCOMMODATION:

On this project the accommodation will be in a Home stay with basic facilities near the project site.

Volunteers staying here will be treated with home cooked Sri Lankan food and comfortable simple rooms on a shared basis

The overall aim of this sea turtle conservation project is to monitor sea turtle activity and conserve the local nesting sites in the Kosgoda region of Sri Lanka.

As Volunteers on this project you will be supporting the local team to help & protect these critically endangered sea turtles.

Volunteer work includes:

- Protecting turtles' nests
- Collecting turtle eggs
- Feeding turtles
- Caring for and treating turtles that are victims of commercial fishing and various illnesses
- Cleaning the beach and turtle tanks
- Releasing turtles back to sea
- Educating communities on saving sea turtles

## PROJECT DURATION :

Minimum 2 weeks and Maximum 8 weeks.



## PROJECT WORK SCHEDULE/WORKING HOURS :

Participants will work from Monday to Friday and will be assigned at least 6 hrs of work a day as per the requirement of the project. The work would be divided in two parts. Shifts will vary as work is needed at the turtle project for 24 hrs.

There are days when the project expect shifts at night as well as throughout the day particularly during egg laying season.

Typically the shifts will be divided into 2 parts with a lunch or dinner break of 1 hour, as the case may be.

## REQUIREMENTS:

- Volunteers must be 18 yrs or older on program start date.
- Good physical fitness.
- Flexibility and team work.
- Respect the local culture and be ready to get your hands dirty.

# SAMPLE PROGRAM ITINERARY

## PROGRAM: 2 WEEKS

### WEEK 1: ARRIVAL AND ORIENTATION

DAY	VOLUNTEER PROGRAM	VOLUNTEER + TRAVEL PROGRAM	MEAL PLAN
Monday	Arrival at Bandaranayake International airport and transfer to Idex accommodation settle down		No Meal
Tuesday to Wednesday	Welcome meeting and orientation start. Orientation includes: Talks & presentations on: <ul style="list-style-type: none"> <li>• Sri Lanka &amp; its culture</li> <li>• Social development and the role of volunteers</li> <li>• How to do volunteer work</li> <li>• Project activities</li> <li>• Cultural responsibility</li> <li>• Personal safety &amp; Code of Conducts</li> <li>• Visit of local markets and orientation to the general local area</li> <li>• Project description and project allotment</li> </ul>		B, L, D B, L, D
Thursday to Friday	<ul style="list-style-type: none"> <li>• Project work starts</li> <li>• Free time for own activities</li> </ul>		B, L, D
Saturday	Free Weekend/ Optional weekend excursion to Kandy (Orphanage elephant, Botanical garden, Kandy sight seen, Buddhist temple Daldamligwa and cultural dance)	<ul style="list-style-type: none"> <li>• Transfer to Kandy(1 h 58 min (116.7 km)</li> <li>• Sightseeing tour of Kandy - Temple of Tooth, Royal Botanic Gardens in Peradeniya, GemMuseum</li> <li>• Night Stay at Hotel</li> </ul>	Only breakfast during excursions. All meals during camp stay
Sunday	Free Weekend/ Optional weekend excursion to Kandy (Orphanage elephant, Botanical garden, Kandy sight seen, Buddhist temple Daldamligwa and cultural dance)	<ul style="list-style-type: none"> <li>• Drive to Colombo</li> <li>• Sightseeing of Colombo - Kelaniya Raja MahaViharaya, Viharamahadevi Park, Gangaramaya Temple, St. Lucia's Cathedral, Town Hall and Colombo Dutch Museum.</li> <li>• Transfer to Idex house</li> </ul>	

# SAMPLE PROGRAM ITINERARY

## WEEK 2 : VOLUNTEERING PROGRAM & VOLUNTEER + TRAVEL

DAY	VOLUNTEER PROGRAM	VOLUNTEER + TRAVEL PROGRAM	MEAL PLAN
Monday to Friday	<ul style="list-style-type: none"> <li>Volunteer Work during morning and afternoon time for total around 05 hours.</li> <li>"Cooking" workshop</li> <li>"Kandyan Dance class" (one class)</li> </ul>		B, L, D
Saturday	Free weekend/ optional visit to Galle beach south	<ul style="list-style-type: none"> <li>Drive to Kiranda Tissamaharama</li> <li>Visit to Yala National Park</li> <li>Overnight Stay at Hotel</li> </ul>	Only breakfast during excursions. All meals during camp stay
Sunday	Optional visit to Galle beach/ Transfer to Bandaranayke airport after 20:00 hrs. (Please refer to arrival and departure procedure for details)	<ul style="list-style-type: none"> <li>Drive to back to Battaramulla</li> <li>Overnight Stay at Idex house</li> </ul>	

# SAMPLE ITINERARY FOR TURTLE CONSERVATION

	DAY	LOCATION	ACTIVITY	MEAL PLAN
Monday	1	Colombo	Arrival at Colombo Airport and transfer to Idex accommodation in Colombo. (Airport code : CMB)	B, L, D
Tuesday	2	Colombo	Early morning after breakfast, Orientation. After lunch transfer to Project location by road (75 kms Approximately: 3hrs). Settle down & free time in the evening	B, L, D
Wednesday	3	Kosgoda	Early morning visit to project for introduction of local team and get briefing about turtles. Start Volunteer work	B, L, D
Thu to Fri	4-5	Kosgoda	Volunteer work	B, L, D
Sat & Sun	6-7	Kosgoda	Weekend free/optional trip	B, D
Mon-Friday	8-12	Kosgoda	Volunteer work	B, L, D
Sat	13	Kosgoda	Free time	B, L, D
Sun	14	Kosgoda	After Lunch transfer to Colombo Airport	B, L

# PROGRAM SERVICES

## **VOLUNTEER PLACEMENT INCLUDED SERVICES:**

- Return Airport Transfers
- Accommodation at the Shared Volunteer Complex – with up to 4 Volunteers per room
- Meals as per the Meal Plan as laid out in the Programme Itinerary
- Dedicated programme coordinator throughout the project on the ground
- Support from local partner organisation throughout placement
- All material & resources required to carry out duties in each volunteer project

## **EXTRA SERVICES AS PART OF THE VOLUNTEER & TRAVEL PROGRAMME:**

- Overnight Tour of Kandy, including Temple of Tooth, Royal Botanic Gardens & Gem Museum
- Sightseeing Tour of Colombo
- Overnight tour to Kirinda Tissamaharama
- Visit to Yala National Park

## **VOLUNTEER PLACEMENT – TURTLE CONSERVATION INCLUDED SERVICES:**

- Pickup at Colombo airport and one night stay in Colombo on arrival
- Home based accommodation on sharing basis
- Sri Lankan food (Breakfast, Lunch and Dinner) for the entire duration of the program as per meal plan.
- Presence of a dedicated program coordinator that will resolve volunteering issues with projects and facilities.
- The program coordinator will be available at the project at regular periods and will be accessible at all times of the day on phone during the entire project
- All local project coordination, placement and orientation of volunteers in the project.
- Training and support by local partner on the ground to prepare the participants for their experience.
- The volunteer accommodation will offer necessary amenities like purified water, television, western toilets, mosquito nets etc.
- Local transportation from accommodation to project and return.
- Transfer from project to Colombo Airport (Airport drop).



**B**eaches & Rainforests is the main attraction for visitors to Sri Lanka and while on your Volunteer project you will have opportunities to go off and do your own travelling – whether it's a day tour or long weekend excursion.

USIT can book you on small group tours before or after your volunteer experience – this way you can get to see as much of Sri Lanka as possible.

If you are feeling adventurous why not travel the short distance to India or go a bit further to Sumatra in Indonesia or get away from it all with a break in the Maldives!

USIT can arrange your flights around your adventure plans and you can choose to go solo or book on a small group tour, make friends and experience new cultures.

Just talk with your USIT coordinator about how you want to spend your next adventure!

One great example of our wide range of tours is this

## 14 Day Cultural Sri Lanka Adventure from €1,199

With a huge range of inclusions in such a short space of time this trip is definitely the one to achieve an exciting overview for travel in Sri Lanka!

What's included:

- Dambulla Cave Temple visit (Sigiriya).
- Sigiriya Rock Fortress tour.
- Village tour with local lunch.
- Spice plantation visit.
- Temple of the Tooth guided tour (Kandy).
- Cultural dance performance.
- Tea factory visit.
- Uda Walawe Wildlife Reserve visit.
- Wilderness walking tour (Hikkaduwa).
- Galle Fort tour and stilt fishing demonstration.
- Beach time in Hikkaduwa Beach.
- Colombo orientation walk.
- All transport between destinations and to/from included activities.
- Local Guide
- 12 Nights Hotel Stay
- 1 Night Tented Camping



## FLIGHTS & INSURANCE

All participants on a USIT Volunteer Project must purchase their flights & insurance through USIT. Our Insurance policy is a Work & Travel policy tailored to the volunteer experience.

All flight itineraries will be discussed and agreed between the volunteer and USIT coordinator before finalising the details.

Your USIT coordinator can tailor make certain flight plans to include stopovers or multi stop itineraries should you wish to do some travel to other countries besides Sri Lanka – just let us know where you want to go next!

# MAP OF SRI LANKA

INDIA

BAY OF BENGAL



LACCADIVE SEA