



Travellers Worldwide is a leading International Provider of  
Volunteering Programmes, Work Experience Internships  
and Cultural Courses Abroad

# SRI LANKA



## CARE AND COMMUNITY VOLUNTEERING IN KANDY

Help the local community by assisting in a broad range of activities. You can choose from one or more of - the Babies Orphanage, Womens' Project, Elders' Home, Orphan Care, or even Renovation of Buddhist temples!

***Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!***

## WHAT DO YOU GET?

### SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The satisfaction of helping a community of local people in many different ways ... and knowing that your efforts are making a difference.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

### SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

### AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Sri Lankan life and culture, and best of all ... **an unforgettable experience!**

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## SUMMARY

**Prices:** From £695, excluding flights. See our [Full Price List Online](#)

**Duration:** From 1 week to 12 weeks or longer, subject to visa requirements

**Start Dates:** All year round, you choose your start and finish dates. Projects start every Monday.

**Requirements:** Minimum age 17, no qualifications required, but you must be enthusiastic about children. Open to all nationalities.

**What's Included:**

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Food (excluding lunch)
- ▶ Meeting you at the nearest Airport
- ▶ Transport to and from your project
- ▶ 24-hr emergency support.
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Certificate of Completion

**What Not Included:** Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport.

## PROJECT OVERVIEW

Help the local community by assisting in a broad range of activities. Choose from one (or more, or even all) of the following areas to help in:

- 1) Babies Orphanage
- 2) Womens' Project
- 3) Elders' Home
- 4) Orphan Care
- 5) Building and Renovation – or you could even help to rebuild and renovate Buddhist temples!

Our programme runs in Kandy, one of the most scenic cities of Sri Lanka located amidst the hills. It's also home to the Famous Temple of the Tooth.

Help the local community by assisting in a broad range of activities. You can either choose to focus in one of the five areas or help at more than one during your placement.

### Babies Orphanage

Care for around 15–20 babies, all of whom are below 12 months old. You'll help to prepare baby food and feed babies, help the staff clean beds, change nappies, bed sheets and pillows and help keep the area clean and sterile.

### Womens' Project

Volunteer at shelters for women between 8-25 years who have been physically and mentally abused. Most of these women are very shy, introverted and unwilling to relate to others. Our previous volunteers have been successful in building up trust and in encouraging them to come out of their shells and relate to others. (Please Note: Volunteering at the women's project is open only to female participants).

### Elders' Home

The Elders Home provides free food, shelter and medical facilities to 75 adults, both male and female, aged between 50 to 80 years. You'll care for the elderly by helping to wash them; spending time with them – listening and talking;



keeping them occupied by playing with them or reading to them; helping the staff to clean the home and prepare food. If required, you can also attend to sick elders by giving them medicines, etc.

### Orphan Care

This project works with 2 boys' Orphanages that care for orphans between 4 and 18 years. You can teach the children English, help them with their homework, play games with them, assist the staff and also help in painting and renovation work within the Orphanage.

### Building and Renovation

Rebuild and renovate Buddhist temples in and around Kandy. Work includes construction, repainting temples, cleaning in and around temples, interacting with children and villagers and helping the temples arrange Community Centres for the youth of the village. If you'd like to focus solely on this project, please [see a full description of the programme here](#)



## INTRODUCTION WEEK

You'll most likely start your project with an Introduction week to help you settle into the culture so that you grow comfortable with your surroundings. The Introduction week in Kandy is the best way to embrace Sri Lanka. During this week we will ...

- Explain the do's and don'ts regarding safety and transport.
- Additionally you will get acquainted with Buddhism, the mysterious mythology behind this culture
- You will visit a few temples, including the Temple of the Tooth.
- We will enrich your experience with language sessions to be able to talk to the locals.
- You'll get to know how a traditional Ayurvedic massage feels like.
- You will also witness an ancient Kandyan dance performance and, last but not least,
- You will get to look, smell and taste Sri Lankan's cuisine during the cooking sessions.

## HOW THE LOCAL COMMUNITY BENEFITS FROM YOUR VOLUNTEERING:

As a result of your volunteer work, the community benefit directly or indirectly because they get the opportunity to interact and learn about foreign cultures, plus they have access to your invaluable help and assistance.

# ACCOMMODATION

All accommodation in Kandy is included during your stay on our programme within the schedules/ itineraries provided. Living is comfortable and all volunteer houses and home stays have electricity and running water. Accommodation at the Volunteer House in Kandy comprises of dormitory style, shared rooms.

Private rooms and double rooms can be requested, plus there is also the option of staying with a local Sri Lankan family (home stay accommodation) in Kandy, but both these options are subject to surcharges. Please speak to your Project Co-ordinator when making your booking.

## FOOD

Meals will be provided three times a day during the week and twice during the weekend (breakfast and lunch combine to become brunch during the weekend). Breakfast is self-service with toast, fruits, tea and coffee.

Sri Lankan foods include roti bread, dal (Lentil Soup) and curries, vegetables, salads, milk and yogurt. Meat is rarely eaten, except on festive occasions.

Weekends are free to relax, and to explore the local area.



**Climate:**

Dry Season (December to April) where the temperature is between 22°C to 30°C.

Monsoon (May to August) with the temperature ranging between 25°C to 29°C.

Inter-monsoon (September to November) where the temperature lies between 24°C and 29°C.

## WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, 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.

*“I have been very impressed with Travellers' staff who are always interested in how I am getting on and willing to help if I need it.”*

**Jess Corbett**

## 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.

Donations to **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.

The price of this project is a reflection of the following costs:

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

## ADDITIONAL INFORMATION

Got any questions? Please email us: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home.

The documents you'll have access to also include a Country Factfile, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget.

As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.

## THINGS TO DO IN SRI LANKA

We cannot BEGIN to tell you how beautiful this paradise island is! Nor how cheap to live and get around. It is *almost* too good to be true! But it is true.

### SRI LANKA'S FANTASTIC BEACHES!

Sri Lanka has miles and miles of amazing beaches. Some of our favourites are:

**MIRISSA:** Perhaps a contender for the most beautiful beach in the world. Long, deserted and hot. You know you have got away from it all as you sit and watch the sunset over this horizon...The snorkelling is also incredible here.

**NEGOMBO:** To the north of Colombo lies Negombo, a bustling fishing town with golden beaches and a pallet of colour provided by sails and boats against the deep blue of the ocean.

**UNAWATUNA:** A sleepy peaceful cove with deep still water and a temple overlooking the bay from the protecting cliffs.

**HIKKADUWA:** A long stretch of beach with plenty of hostels, restaurants and some nice bars, not forgetting the impromptu beach parties held on the beach front bars blaring Bob Marley, Eric Clapton, Led Zeplin and many other classics! Sri Lanka is a conservative island brimming with culture and Hikkaduwa offers an exciting opportunity to holiday for the odd celebratory weekend! Many a volunteer birthday has been seen in over Hikkaduwa cocktails. You can also body board and even surf on this beach.

### ADRENALIN JAUNTS:

*White Water Rafting:* Sri Lanka's boulder stream rivers are the ideal setting for white water rafting. This is the best way to see the stunning environment what this region has to offer. Many tours are available and many begin with days of action, rafting the white waters. This high adventure is suitable for fish time 'go for it' rafters and experts alike. Rafting has become a very popular exciting yet safe adventure sport option.

*Rock Climbing and Mountaineering:* Mountaineering is an adventure sport that requires skills and levels of fitness that few other adventure sports can match. The mountain ranges in Sri Lanka offer breath taking, enthralling, climbing routes. Climbing is all about discovering the natural world around and with you.

*Hiking and Trekking:* There's no better way to explore the natural scenic beauty of this island with diverse climatic zones. Trekking is an excellent way to explore a country, people, their traditions and beliefs. Paths and campsites have been set up to give nature lovers the experience of a lifetime. All possible steps are taken to ensure local community benefit and nature conservation in keeping with all international camping guidelines.

*Canoeing & Kayaking:* This relatively new sport is rated as the most adventurous of all adventure sports. It involves descending a stream as it drops over waterfalls and boulders. In Sri Lanka they have low waterfalls for beginners and some as high as 700 feet for the very experienced - all surrounded by breathtaking scenery.



# HOW TO BOOK

## TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone  
01903 502595 (UK)  
or  
1-603-574-4935 (USA)



**THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!**  
**We hope you'll join us!**  
**Don't hesitate to contact us with any questions.**  
**We're happy to help you plan your exciting adventure!**

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