



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

SRI LANKA



BUDDHIST TEMPLE RENOVATION AND CONSTRUCTION IN KANDY

Rebuild and renovate Buddhist temples in and around Kandy. This unique and fascinating project offers an opportunity to learn about Sri Lankan construction using traditional manual methods, without using modern machinery.

Work includes construction, repainting temples, cleaning in and around temples; interacting with children and villagers and helping the Temples arrange Community Centres for the village youths. You'll also assist with the restoration of paintings and sculptures inside the temples.

This is a fantastic project for anyone who is looking for something a little different, getting their hands dirty and getting involved with the local community, especially if you're artistic and have handyman skills.

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 enormous satisfaction of helping to restore a precious and irreplaceable Buddhist temple.
- 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 Asia and the fascinating culture of Sri Lanka! And best of all ... **an unforgettable experience.**

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TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

Prices: From **£855**, excluding flights.

Please see Full [Price List Online](#).

Duration: From 2 weeks up to 12 weeks, subject to visa restrictions.

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

Requirements: No qualifications needed, just lots of enthusiasm. Minimum age 18.

What's Included:

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| ▶ Arranging your Programme, | ▶ Full pre-departure support and assistance, |
| ▶ Payment Protection insurance | ▶ Accommodation |
| ▶ Certificate of Completion | ▶ Transfer to your on-site accommodation |
| ▶ Meeting you at Colombo airport | ▶ Local in-country team support and backup |
| ▶ 24-hr emergency support. | ▶ Food |
| ▶ Transport to and from your project | ▶ Free T-Shirt. |

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

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

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.

You'll help to rebuild and renovate Buddhist temples using traditional manual methods. The work is extremely varied with lots of opportunities to learn new skills. You can get involved with:

- Construction and maintenance of a range of temples
- Painting and renovating, both inside the temples themselves and structures in the grounds of the temples.
- Restoring old statues, sculptures and paintings to help bring them back to their former glory.
- Assisting the staff in the temples to arrange community centres which help the youth in the community.
- Cleaning and tending the grounds in and around the temples



This is a fantastic project for anyone who looking for something a little different, getting their hands dirty and getting involved with the local community, especially if you're artistic and have handyman skills.

Hours of work are generally from Monday to Friday, 9.00 a.m. to 4.00 p.m.

EXTRA ACTIVITIES YOU MAY BE ABLE TO INCORPORATE INTO YOUR PROJECT

You may also have the opportunity to provide help and support to the local community through the various other activities we have to offer. This is optional, but another excellent way to immerse yourself in the Sri Lanka culture, but most importantly to give a caring hand to the local community. The activities could range from helping out in the following areas:

- **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 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 help 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. You'll also help the staff to clean the home and prepare food. If required, you may also attend to sick elders by giving them medicines, etc.
- **Orphan Care** – This project works with two boys' Orphanages that care for orphans between 4 and 18 years. You'll 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.

These are just a few ideas and it may be that some volunteers will have more ideas that will help to continue to make this project a worthwhile one, that will benefit the community for a long time to come

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 week will include:

- Introduction the culture and people of Sri Lanka
- Sessions on safety, transport, women travelers and do's and don'ts
- Visit various temples, including the Temple of the Tooth, Ayurvedic massage and traditional Kandyan dance performances.
- Sessions on Buddhism and mythology, and language lessons
- Learning about Sri Lankan food..

HOW THE LOCAL COMMUNITY BENEFITS FROM YOUR VOLUNTEERING:

As a result of your volunteer work, the community benefit directly or indirectly as follows

- They get the opportunity to interact and learn about foreign cultures
- They have access to your invaluable help and assistance
- They improve their own traditional knowledge, skills and ideas on construction work as these will be supplemented by any initiatives that you and other volunteers come up with
- The restoration of the Temples is progressed much quicker and better than it would have been without your help, and as these temples are so important to their culture, this achievement is invaluable to them.
- This is an amazing opportunity to gain a greater appreciation of the Sri Lankan culture and the temples that hold spiritual significance through interacting with the local community.

“Just wanted to drop you a line as my project in Sri Lanka comes to an end to tell you that I have had the best time of my life. The project has been amazing ... It has been a truly amazing experience.” **David Constable**



ACCOMMODATION

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.



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.

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! And 24/7 emergency helpline for you and your family
- 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.
- Free pick up from the nearest airport.

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:

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

"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."

Rajni Kanda

ADDITIONAL INFORMATION

Got any questions? Please email us: 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 Fact file, 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.

On Arrival, your Introduction to the Country:

When you arrive you will be welcomed by a member of staff who will take you to your accommodation and introduce you to everyone. During your first few days you'll be given an induction so that you can learn about the country and its culture, as well as other useful information, like how to use the transport system, banks, safety issues, tipping, and lots more.

You will have weekends free and this will also allow some time for travelling and sightseeing.

THINGS TO DO IN SRI LANKA

LOCATION, EXPLORING AND SIGHTSEEING:

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.

Towering Pagodas, Hindu temples and ancient fortresses to holy rivers and sacred mountains. The local people are very welcoming and friendly, especially in the rural areas. The tea plantations are a must, the lace making, monuments and architectural splendours, etc., but the most appealing is the Elephant Orphanage at Pinnawala. Not to be missed! It's an emotive sight that you'll never forget!



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.

ARUGAM BAY: This tiny fishing village is Sri Lanka's newest hot spot and hosts the best surfing and an easy going happy party atmosphere. With its wide sweeping beach in front of the village and year round gorgeous swimming it is no surprise that this bay has developed into a low budget travellers haunt.

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

Climate:

The driest and best seasons are from December to March on the west and south coasts and in the hill country, and from May to September on the east coast. December to March is also the time when most foreign tourists come, the majority of them escaping the European winter.

The coastal stretch south of Colombo offers palm-lined sandy expanses as far as the eye can see. The Kandyan dances, a procession of elephants or the masked devil dances. Then there are the ruins, ancient and inspiring architecture in the cities of Anuradhapura and Polonnaruwa to satisfy any archaeologist.

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!

www.travellersworldwide.com

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