



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

SRI LANKA

CARE FOR CHILDREN IN A CHILDREN AND ELDERLY HOME NEAR JA ELA

Make a difference in an Orphanage, Children's Home and Elderly Persons Care Home. This is a small Home with around 12 boys and 15 elderly ladies. You'll help by playing with the children and caring for them.

Your love and care is the most important contribution you can make to their well-being.

The types of activities you can also get involved in with the children include sewing & handicrafts, English lessons, Maths classes ... and lots of games!

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 disadvantaged children and knowing that you made a difference to them.
- 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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Prices: From **£895** excluding flights.

Please see 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.

Requirements: No qualifications or experience required, just lots of enthusiasm and a love of children.

What's Included:

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

What Not Included: Flights, Insurance, Cost of Visas (if a visa is required)

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

Volunteer with disadvantaged children and elders on this varied project. The Care Centre is home to children who have been removed by government agencies from their family situations for a number of reasons, such as abuse, being orphaned, etc. The aim is to give the children a safe home. The children live in the Home and attend the local schools.

The Care Centre is also home to elderly women who need a safe place to live. Some of the time you'll work with the children, some of the time you'll care for the elders, and some of the time you may teach in the local school.

You'll assist at the Centre from 8.30 am to 5.00 pm, on Monday to Friday. In the morning you will assist with the old ladies while the children attend the local school.

When the children arrive back from school, usually around 12.00 noon, your attention will be given to them. You'll help by playing with the children and teaching them various skills. Love and care is the most important job required. The types of activities the children do include sewing & handicraft, music, English lessons, Math's classes, and so on. Each day has a different programme.

If you have specific experience or interests that you'd like to incorporate into your programme, such as in teaching, counselling, care work, handicrafts - you will be most welcome to put them to good use here!

ABOUT THE CARE CENTRE / ORPHANAGE:

The orphanage/home is based just near the town of Gampaha, the house itself is in quiet shady grounds. The orphanage currently houses around 12 young boys aged between 6 and 11, each with their own background story. The orphanage aims to offer them a caring and safe environment to grow up, develop and learn in.

Due to the small nature of the orphanage, you will be able to work with the children on a very personal basis and really give them the care and attention they deserve. You will work alongside the small network of staff that are based there. There is a very important focus on them learning English, so you will be able to do this with the children on a daily basis as well as taking part in other activities such as handicrafts.

The orphanage is made up of separate houses, one of which acts as a dormitory where the boys sleep. All the buildings are based in beautiful shady grounds, giving the boys a great area to run around and play in.



In addition there is an old people's home within the same grounds. This is a great set-up as it means the boys are constantly under the watchful eye of the old ladies, whilst the old ladies get to be surrounded by the energy of the young boys. The old ladies love the attention from our volunteers as much as the boys do, so even if you've chosen not to work with the, do take a moment to go over and say hi! You'll be greeted by huge grins!!

“The staff there was absolutely fantastic - Niranjela and Sujeet were so helpful ... Niranjela couldn't do enough for us and we all thought of her as our mum!

I have loved my time in Sri Lanka - I wish I had planned my trip earlier so that I could have done a month's placement! I am so pleased that I have done this and will miss the people I met and the children I worked with a lot.”

Emily Henderson

ACCOMMODATION

ACCOMMODATION:

You'll live in a quaint bungalow in a residential area surround by lush Sri Lankan landscape in the Gampaha region. The bungalow is airy and is typical of the modern styling of Sri Lankan houses. The bungalow can comfortably accommodate more than 6 volunteers, whilst still allowing you to keep a sense of having your own space. The bungalow has living and dining area and plenty of outdoor areas, including a garden, making it the perfect setting for sociable evenings with the other volunteers or reading a book in peace in tropical surroundings.

Travellers' Volunteer Coordinator, Niranjala, lives in a separate close by, with her family. Many of our past volunteers who have stayed there have commented that the place offer the opportunity to get fully immersed in the wonders of Sri Lankan culture. Niranjala is a very chatty and extremely friendly and always gets the volunteers involved in her lively community activities. You will have all necessary facilities such a comfortably furnished living area with TV and DVD player in the lounge area. Sri Lanka is a great place to buy DVD's.

You will likely share your room with one or more other volunteers. The bedrooms are basic but comfortable. Bedrooms normally have single beds, mosquito nets, a clothes rack, and a ceiling fan (some rooms have standing 'pedestal' fans only). Bedding in Sri Lanka is very basic and for some reason sheets never seem to be large enough to tuck in, so you may want to consider bringing your own bed linen with you (sheet/pillowcase).

Although we supply bed linen, towels aren't provided! You can either bring your own with you or buy one from a local shop. A tip about washing your clothes – Sri Lanka has a red dust which gets into everything – with your white washing being most at risk – you have been warned!

Facilities include shower, sink and western toilet. The showers are cold water showers here I'm afraid – it can be quite refreshing first thing in the morning before the water tank has been warmed by the sun - although with the climate being predominantly hot and humid for most of the year, taking a shower can be great way to cool off after a day spent in the Sri Lankan sun.



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:

- ✓ Accommodation and Food
- ✓ Full pre-departure support
- ✓ Meeting you at the airport
- ✓ Transport to the placement site
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ 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
- ✓ Free T-Shirt

"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.

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



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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