



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

SRI LANKA



RELAXATION AND MEDITATION COURSE IN A BUDDHIST RETREAT NEAR COLOMBO

Relax and be inspired on a Course at a Sri Lanka Buddhist Meditation Retreat.

You can't visit Sri Lanka without absorbing the gentle philosophy of Buddhism, which is prevalent in everyday life and an important part of the local culture. Sri Lanka's natural beauty and charm is utterly inspiring if you are looking for an experience of the body, mind and soul this paradise island is the ideal destination!

Thank you for your interest in 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 having a truly remarkable experience enjoying or discovering meditation.
- 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 **£595** excluding flights.

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

Duration: From 1 week to 2 weeks or longer, subject to visa requirements

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

Requirements: Minimum age 17, no qualifications necessary.

What's Included:

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Certificate of Completion
- ▶ Meeting you at Colombo airport
- ▶ 24-hr emergency support.
- ▶ Return transfer to airport.
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Transfer to the Retreat
- ▶ Local in-country team support and backup
- ▶ Food
- ▶ Transfer to the volunteer house to rest after your flight (and possibly staying there for one night)

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

SUMMARY

PROJECT OVERVIEW

COURSE CONTENT:

After experiencing the meditation centre ourselves first-hand, we recommend this 1-week or 2-week course the Centre while on your placement... You'll have a truly remarkable experience enjoying or discovering meditation.

Many of the other people in the retreat may be there for anything between 2 weeks and 6 months. Your stay of 1 or 2 weeks will be relatively very brief. However, as a Westerner with little or no experience of meditation previously, we believe you will find this duration long enough to give you the benefits you're looking for.

During an initial exploration into meditation, a new sense of self-discipline must be acquired. To do nothing, all day long, may not be as easy as it sounds and it takes the first 2-3 days of a meditation retreat to unwind and slow down from a life of deadlines, responsibilities, distractions, rushing, traffic, communication, relationships, to-do lists and so on.

When the noise of the outside world is turned down and the distractions are taken away from us, our awareness comes back to us and a meditation retreat enables us to journey inside and find a sense of calm and balance.

After the first few days, you acclimatised to the pace, the silence, the routine. You slow down to the rhythm around you. It is now that you start to hear the sounds of the jungle better, notice the wildlife in the trees above you, the way the insects move, the changing lights of the forest. You begin to appreciate everything in a deeper way; the hot afternoon lemon tea, the sun on your back, a smile. Sometimes, briefly, there are no thoughts. This is the time when inspiration can come, creativity, insights and understanding are able to surface when your mind is peaceful and you are completely relaxed.

Should you want to stay longer than 2 weeks, of course you can (subject to availability), and this can be arranged through our Sri Lankan staff at the time.

CAUTION! A meditation retreat can be a very intense experience. Anyone who has recently been through a traumatic experience may find the experience too much and it may not be helpful to you at this stage. We highly recommend that you consider this meditation retreat only if you feel that you are currently in sound and stable mind.



“It is a great way to experience meditation and a week of silence in a very authentic (very local feel) and kind environment.”

Oskana Buto

PROGRAMME SCHEDULE

- 4.00am Wake up
- 4.15 Puja (Pay homage)
- 5.00 Porridge/ gruel called Conglee
- 5.15 Meditation
- 6.15 Breakfast
- 7.15-8.15 Meditation
- 8.15 Drink of King Coconut
- 8.30-9.30 Cleaning rooms and centre e.g. sweeping
- 9.30-11.00 Bathing and washing of clothes
- 11.15 Lunch
- 12.30-1.30pm Meditation
- 1.30 Drink of tea
- 2.00 Mediation advice usually by head monk
- 5.00-6.00 Cleaning outside areas
- 6.00 Pay homage
- 6.30 Evening drink
- 7.00-8.00 Meditation
- 10.00 Lights out



LUNCH: Your lunch is the main meal of the day, and this is provided by local people. Most Sri Lankans choose a day to take food to a Buddhist monastery and take one dish on that day every year. It is often a meaningful day to the person who prepares and brings the food – such as the anniversary of the death of a loved one. It means that you will be treated to a wide range of wonderful, tasty dishes each lunch time. It is always rice and curry with lots of variety and endless portions. The food is mostly vegetarian, with some fish. Usually there is also warm water or soup, and pudding of fruit, yogurt and something very sweet, which varies.

Some people save their pudding snacks. This is wise as you do not get to eat again for the remainder of the day (unless you have taken some snacks)!

MONK TIME: After lunch is free time until 2pm. Then the monk comes and sits for anyone who wants to come and talk with him. He speaks English. This is the time to ask questions, get help, or discuss any problems that you are having. Anything at all can be discussed here. Someone is there every day at 2pm. Sometimes the monk may give you a book to read on how to meditate. Otherwise he will answer any questions that you may have about your meditation.

You are encouraged not to write or read, unless advised by the monk or teacher. Sometimes there will also be guided meditation sessions by the head monk, when he is in town. These take place in English.

“I spent one week at the centre and entered it a complete beginner. I could not meditate in anyway shape or form, but 1oneweek on I can do both walking and seated meditation. Without a doubt the first few days are unusual as everything is new and the people around you seem to understand what they are doing while you are still trying to grasp hold of it all. But just live in the present and listen to the advice given to you. Yes it is hard work but you are there to learn a new skill and that takes practice and time... one thing you have a great deal of in the centre.”

I felt very well looked after and cared for throughout the whole stay! I am really pleased that I took this opportunity and I do feel different, much calmer and ready to face the next part of my journey.”

Lisa Okaden

ACCOMMODATION

ACCOMMODATION:

The foreigner accommodation in the meditation retreat is clean, but very basic. You will receive a private room (although it may not have an actual door, but a curtain instead.) with a bed, mosquito net and fan. You'll share a bathroom with the other yogis (meditators) in the accommodation. Again, this is clean and functional but basic.

The Retreat is about an hour and a half away from the Volunteer house in Ja-Ela and it may be possible to accommodate you there for a day or two (or longer) before or after your Meditation Course Programme.

FOOD:

Food is included in your stay.



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 | ✓ UK administration |
| ✓ 24hr emergency helpline | |

"...it was very well organised, everybody at the Meditation Center was very kind, approachable and made me feel at ease...it is a great way to experience meditation and a week of silence in a very authentic (very local feel) and kind environment."

Oksana Buto

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.

ABOUT THE BUDDHIST MEDITATION CENTRE:

The meditation centre is separated into different areas, with lots of small cabana's splayed out in extremely peaceful surroundings which will assist you in setting your mind free. The centre is in a beautiful setting in a small and secluded area. It is very peaceful and relaxed, with sunny and shady parts and areas to sit and relax in. The retreat is split into two sections for males and females and the centre does not allow any interaction between the sexes.

The retreat is a (mostly) silent retreat, allowing you to focus on your own thoughts. The silence is something that takes some getting used to. However it also comes as a tremendous relief as there is no polite chitchat required! Should you need to ask a question or make contact with someone you may do so, respectfully.

On Arrival, your Introduction to the Country:

When you arrive you will be welcomed by a member of our Sri Lankan 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



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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