



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

SRI LANKA



COACH FOOTBALL TO UNDERPRIVILEGED CHILDREN IN JA-ELA

Our Football Coaching programme runs in schools in Ja-Ela, on the western side of Sri Lanka. You'll work with disadvantaged children who benefit enormously from your help!

The schools have about 400 to 500 pupils aged 5 to 16 years old, with approx. 35 per class. Their English is generally poor, so by coaching football, you're also giving them a chance to improve their English in an informal setting.

You'll coach all age groups, from 6 to 18 years old. You don't need any qualifications to do this project.

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 **£795** 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: Minimum age 17, no qualifications necessary (just a good dose of enthusiasm). If you're coaching Football or any other sport, you must have a good knowledge of the game and rules.

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 |
| ▶ Free T-Shirt. | ▶ Return transfer to airport. |
| ▶ Transport to and from your project | |

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

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

You'll work in schools for the poorer children and the underprivileged section of the community in JA-ELA, midway between Colombo and the popular Indian Ocean resort of Negombo. The football coaching project is very popular with the children.

You'll coach at one or two out of a variety of local schools. The schools have about 400 to 500 pupils aged 5 to 16 years old, with approx. 35 per class.

The facilities are basic but the children are excited about playing football and being coached by our volunteers. The pitches in Sri Lanka are typically gravel and dirt pitches, which makes the game of football very quick and exciting as it is played at a very different pace and style to European football.

The schools have very limited sports equipment and facilities, but lots of enthusiasm. You'll work with the teachers to create and coach school teams. You may be able to arrange an inter-schools **Football Tournament** as part of your placement. These tournaments in the past have provided the children with the opportunity to play football competitively, which many of the children haven't had. Hopefully, towards the end of your placement (if you're doing a long enough placement), you may be able to organise a tournament that brings together all the schools you've been working with to play against each other.

SCHOOL TERM DATES: 2015

- Term 1: 7th January – 10th April
- Term 2: 20th April – 12th June
- Term 3: 10th August – 2nd October
- Term 4: 12th October – 11th December

School Holidays:

Dates vary each year, but the months of April, August and December are generally taken up with School Holidays. Our volunteers usually use this time to travel around and explore the island, or they expand their travel experience by doing a project at the [Pinnawala Elephant Orphanage](#).

This is an exciting project that gives you an awesome and totally different experience. If a holiday falls during your placement, you can take off and explore and then return after the holiday to complete your programme



FREE COACHING MANUALS

You'll be provided with access to a large number of coaching manuals for each sport - these manuals have been produced in-house by our Sports Manager. The manuals are very useful and will help you to plan coaching sessions for your students.

“Just wanted to drop you a line as my project in Sri Lanka comes to end to tell you that I have had the best time of my life and the project has been amazing, both the teaching and the elephant orphanage. It has been a truly amazing experience.”

David Constable

“Thank you for the experience you gave me, it was stunning and a memory that always always always brings me warmth.”

Tim Hancock

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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