Cultural Introduction week- Sri Lanka

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Project overview

What's included:

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals

What's not included:

- Departures/ drop offs
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

Are you ready for a truly immersive cultural experience? Then read on, for our itinerary and all that you will be doing over the course of your Cultural Introduction Week in Sri Lanka

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarize yourself with the surroundings as well as the local culture.

Orientation Schedule

Monday

- Welcome, introduction to Sri Lanka and projects, House rules, Code of Conduct and handling of documents
- Sinhalese Language Lesson
- Cultural Lesson
- Kandy City Tour

Tuesday

After a good Sri Lankan breakfast, learn about the famous Srilankan Spices and Ayurvedic herbs in a local herbal garden. Do you know what the acronym TEA stands for? And what is the national

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gemstone in Sri Lanka? Let's find out when we visit a tea factory and the Gem Museum in Kandy. A soothing boat ride awaits at the beautiful Kandy lake later on.

Wednesday

Try out cooking skills with our traditional Sri Lankan cooking experience! Thereafter, its a visit to one a local temple, where we will learn about some of the Buddhist religious rituals practised by Sri Lankans. You will also practice some meditation techniques to soothe and calm your soul!

Thursday

We start off early today with an early morning visit to a family practising traditional Batik painting. Have a fun-filled, creative workshop, challenging your creative side with an original Batik design of your own. Alternatively, you can try to master the techniques of a traditional Batik design. Work with vibrant colours, techniques, tools and dyes. After lunch with the family who are delivering the lesson, we visit the sacred 'Temple of the Tooth'.

Friday

Today we visit a sacred temple in a small forest and a holy Hindu temple. Following our walk, an Indian lunch awaits you in the city followed by a relaxing Ayurvedic massage later on.

Places to Visit

You will visit many places during your Cultural Introduction week in Sri Lanka. However, should you wish to plan your own journeys, we recommend the Royal Botanical Gardens, Knuckles mountain range, Udawatta Kele Sanctuary, Hortons Plains National Park and the Railway Museum.

Please note: This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	| Male | Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)