



Sri Lanka Experience Road Trip

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Project overview



What's included:

- 24/7 support in case of emergencies
- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa



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Project itinerary

Week 1

Monday

Welcome and introduction to Programs and collection of documents
Language Lesson followed by Lunch. Attend a cultural lesson and go on a Kandy City tour
Cultural Show

Tuesday

Visit to Spice and Ayurvedic garden, Tea factory, and the Gem Museum
Boat ride at the Kandy Lake

Wednesday

Sri Lankan cooking lesson, self defence lesson and Buddhism (meditation) lesson

Thursday

Early morning visit to the Temple of the tooth, visit to a Batik factory and the wood carving factory

Friday

Visit to a temple in a small forest and visit to a Hindu Temple
Indian Lunch in the city and get an Ayurvedic massage

Week 2

Monday to Friday

During this week, you could choose between participating in Trekking/ Elephant Experience or Body & Mind week.

If you choose trekking:

- Short introduction into the week's activities. Proceed to Sigiriya Rock for a nature walk.
- A beautiful walk through the local villages to visit three historic (more than 700 years old) loop temples in Kandy.
- Visit to the first tea plantation in Sri Lanka
- Hike to the Riverstone mountain
- Travel to the Ambuluwawa Hills to do a trek, return to the our house in the evening
- A trip to the Royal Botanical gardens.



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If you choose Body and Mind:

- Early Morning Yoga on some days
- Breakfast
- Meditation
- Varying massages
- Meditation - Walking meditation
- Lunch and a relaxed afternoon

If you choose Elephant Experience:

Morning comes early at this working elephant camp, and the animals need to be fed and bathed before the day visitors start pouring in. Bath time is in the river, and it's a pure joy for elephants.

The mahouts are a fun-loving lot, and they'll see to it that you have as much fun as the elephants do. Your duties will vary during the afternoon. Sometimes, you will have the opportunity to help children with their studies on request or to go for an excursion.

However, some of the typical activities you will be doing throughout the day may include,

- Feeding the elephants
- Cleaning the elephants
- Cleaning the elephant enclosures

Week 3

Monday to Friday

Beach week: Explore Ambalangoda through its most important temples, visit sleeping Buddha statue, and also Ambalangoda oldest temple.

Go on a River Safari, see Sri Lanka's jungle flora and fauna at its closest and relax at the beach or organize a new activity.

Be a part of the Turtle Conservation project by working along with other participants at the turtle centre. This includes working at the project from 9:30 and help with the feeding and cleaning of the turtles or cleaning the water tanks and centre. You will enjoy a break time from 12:00 to 14:00 and be back at the turtle centre from 14:00 until 15:30 when all activities finish for the day.

Visit the famous city of Galle, the Tsunami Museum, Natural Silk Factory.



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On the last day of the Beach Week Program you will visit the Moonstone mine where you will be shown the process of cutting and shaping precious stones, go to a waterfall walk where you will be able to swim and spend time admiring it as well as having tea and snacks nearby.

Week 4

Monday to Friday

Participate in a week of turtle conservation.

The activities change according to the beach weather conditions and to the number of participants but the time spent with this marvellous creatures is the main aim of our participants involvement.

This program requires hard working and willing to support in the cleaning of the turtles, the tanks and the turtle conservation centre. It is vital to have a clean and hygienic centre for these animals. Typical activities during the week will include,

- Feeding the turtles (every other day)
- Cleaning the tanks
- Cleaning the turtles
- Cleaning the beach
- Helping with the weekly release of over 100 new born turtles into the ocean (Please note that this may change depending on the season and the weather).

Saturday & Sunday

Weekends are free to relax or do more exploring in Sri Lanka ☐

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)