

2024



Sri Lanka

Volunteering Program Offer Document





What you can get inside this document

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Why a Volunteer Program?

Volunteering is a beautiful way to travel with numerous benefits that are being enjoyed by tens of thousands of people from all over the world each year.

If you are looking to have fun, make a difference and do it safely then you can look forward to making a volunteering trip for the following reasons:

- **Experience the real culture** of your destination – unmatched by any other type of travel.
- **Make a difference** to a community or environmental project.
- **Travel safely** in a well-organized packaged program
- **Pay fair prices** for trips that offer a lot of great experiences.
- Visit famous highlights and nature reserves or have soft adventures.
- Be a proud 21st century global citizen, travelling responsibly.

Why Sri Lanka?

Reasons Sri Lanka Should Be Your Next Trip

Sri Lanka is an island country, sharing maritime borders with the South of India. It features diverse environments; you can find everything from sparkling beaches to jungles for adventurous trekking. If you're more interested in culture, it features ancient Buddhist ruins. It has recently come through a 20 year long civil war that ended in 2009. Now, the country has recovered and is welcoming tourists with gorgeous luxury hotels. Here a few reasons why Sri Lanka is worth booking a trip to.

- The Glorious Tea Trails

If tea time is your favourite part of the day, this is a must visit. The Hill Country of Sri Lanka is blanketed with tea trails in every direction. If you stay with Ceylon Tea Trails, you can choose one of their bungalows for a luxurious travel experience. They are connected by walking trails through the peaceful tea gardens. This area expands for 2000 square kilometres and, it produces 300 million kilos of Ceylon Tea a year. If you wake up early one morning, you can climb the famous Adam's peak. At 2250 meters it's a hike to prep for, but it is entirely worth it for the sunrise you'll catch on top.

- Unique Beach Scene

Your everyday beach isn't framed by orchards, rice paddies and tea plantations, but this is what you'll find in Sri Lanka. If you are seeking paradise, stay near Galle for golden sands that shine during sunset. And, if you are passionate about surfing, this is the place to visit.

Arugam Bay is located on the east coast and produces the best surf from April to October. If you want the ultimate experience, you can try Soul and Surf for a combination of surfing, yoga, and soothing massages after a long day at sea. If you are feeling particularly adventurous, you can even find white water rafting opportunities.

- Exciting and accessible Wildlife

Wildlife seekers should head to Yala West National park which offers light forests, scrubs, grasslands, tanks and lagoons. Not to mention, you can spot leopards on a trip to Yala.

If you are looking for elephants, you can check out Uda Walawe National park, only 4 hours away from the capital and tea trails. This park focuses on what's best for flora and fauna and strives to help the surrounding community. For the ocean lovers, you can dive with blue whales- they reach 18 meters in length.

- Stress-free Climate

If you don't want to worry about lugging around an umbrella or becoming overheated, Sri Lanka's weather will meet your needs. The dry heat on the beaches is relieved by the ocean breeze, and you can also take a break in Hill Country where the wind blows all day to cool the earth. Just make sure you travel in season! In the Southwest, it's best to visit from December to March. If you venture to the Northern or Eastern parts, the dry season is between May and September.

- Memorable Dishes

Sri Lanka uses spices, seafood and lots of local food to create unique dishes that you'll want to make at home. While it has influences from other countries, especially India, it has kept its own flavour in the dishes, and the food continues to evolve. Their recipes pop with flavour, spice and they love snacking. Not to mention, when you feel like indulging, you can always depend on finding some deep-fried foods.

While it's not the first destination on the map, Sri Lanka has much to offer. It's a beautiful country with diverse activities and remarkable scenery.



Features of the Volunteering Trip

After knowing why you should see yourself making a volunteer trip, as compared to any other type of travel, here are some features that make it a safe, immensely enjoyable and memorable experience.

Safety features

Your safety and well-being is the top priority when you are travelling to another country. For this, we use our experience since the year 2000 to make it one of the safest forms of travel you can undertake:

- Everything is pre-organised for you from the time you arrive until the time you complete the program. Journey with complete peace of mind.
- Safe, licenced drivers and registered vehicles used for all your road transportation.
- We are always with you, during trips, transfers and your project activities.
- Hygienic meals of home-like local cuisine (as included in your plan) for proper nutrition.
- We prepare you really well for your travel and volunteer experiences from before you start the program until the completion of the program.
- With us, your family can feel safe because they can reach you through multiple team members that are with you or looking out for you.

Convenience features

A volunteer program needs to be well designed and organised to make sure that even if you are volunteering or visiting the country for the first time, you can focus on enjoying your time there and make the maximum positive impact possible.

- Pre-arranged accommodation throughout the program with other international volunteers.
- 3 meals per day as per local cuisine (breakfast, lunch and dinner) for the entire duration of the program.
- Free wi-fi at the accommodation to stay in touch with family and friends.
- The regular presence of our trained staff to help you at your volunteer project guiding you on how to plan and execute your volunteer work.

Volunteering experience features

It is very possible that you are volunteering for the first time or at least volunteering in a new country on your trip. This means that you will do better if we supported you fully during your volunteering activities.

- We provide complete details of the project where you would be contributing. You will know why the project exists, it's needs and the role you play as a volunteer to help in that project.
- A tailor-made volunteering activity plan for you to get started as quickly as possible and know who you are teaching.
- We support you every day in planning activities at your project, the next day.

Travel and cultural Experience features

We believe that a good volunteering program should be fun and leave you with memorable experiences. This means that your volunteer program can include trips, adventures, workshops and cultural experiences that are delightful or hard to find.

- Optional weekend excursions to top highlights of the country or region ensure that you are getting the best of what tourism in the area offers.
- One of the most fun elements of a country's culture is learning the basics of its language, cooking food local style, seeing how local people live and other aspects. For this reason, we include workshops in your volunteer program such as:-
 - Visiting local families and having a meal with them.
 - Learning the local dance or arts.
 - Trying your hands at local cuisine.
 - Learning the local language for fun and for practically using during your travels or volunteering.

Care and support features

We will speak with you daily, assist in case you need medical care or help you change plans if something unexpected comes up.

5 Easy Steps to Choosing Your Program.

We will speak with you daily, assist in case you need medical care or help you change plans if something unexpected comes up.

Step 1 – Select the country you want to travel to.

Decide which country you want to enjoy and contribute to.

Step 2 – Decide program duration and project you will participate in.

The duration of your program depends on how much time you want this trip to last and what kind of project you can do. Shorter durations (2 weeks or less) will let you work on projects where building emotional connections with people is not required. These include building, renovation or working with animals.

More extensive programs (3 weeks or more) allow for a more profound contribution to a community as well as works out cheaper in terms of cost-per-day. The projects here could include working with children, orphans, women empowerment, teaching monks or teaching in a school.

Step 3 – Select a program suitable as per your budget.

Look at how much money you have spare for this program. Are you short on funds and would organise some things such as additional trips on your own or do you prefer to have everything arranged already and just enjoy your time?

Step 4 – decide the kind of project that you want to be engaging during volunteering.

Taking a clue from step 2 above, now decide what kind of project are you eligible to participate in and then select one from those.

Step 5 – Apply for the program, pay your fee and go through all the preparation information to ensure that you make most of your trip, for yourself and for the project you are going to help.



Sri Lanka Volunteer Program

Practical Details

Day by Day Plan

Here is a sample of a 4-week volunteer program. If you want to travel for shorter or longer durations, then let us know and will give you a plan for that.

Based on your budget, you can do this program in 2 forms, “Volunteering Only Program” or “Volunteer and Travel Program”.

Day #	Weekday	Volunteer Only Program	Volunteer and Travel Program
Day 1	Monday	Arrival at Bandaranaike International airport and transfer to accommodation settle down	Arrival at Bandaranaike International airport and transfer to accommodation settle down
Day 2	Tuesday	Welcome meeting and orientation start. Orientation includes talks & presentations on: <ul style="list-style-type: none"> • Sri Lanka & its culture • Social development and the role of volunteers • How to do volunteer work • Project activities • Cultural responsibility • Personal safety & Code of Conducts • Introduction to the allotted project. • Sinhala Lessons and visit to the local market. 	Welcome meeting and orientation start. Orientation includes talks & presentations on: <ul style="list-style-type: none"> • Sri Lanka & its culture • Social development and the role of volunteers • How to do volunteer work • Project activities • Cultural responsibility • Personal safety & Code of Conducts • Introduction to the allotted project. • Sinhala Lessons and visit to the local market.
Day 3	Wednesday	Volunteering project work starts with the daily schedule of volunteering, cultural activities and free time. Afternoon Sinhala language lesson.	Volunteering project work starts with the daily schedule of volunteering, cultural activities and free time. Afternoon Sinhala language lesson.
Day 4	Thursday	Volunteering project continues. Afternoon Sinhala language lesson.	Volunteering project continues. Afternoon Sinhala language lesson..
Day 5	Friday	Volunteering project in the morning and Afternoon Sinhala language lesson.	Volunteering project in the morning and Afternoon Sinhala language lesson
Day 6	Saturday	Free Weekend.	Transfer to Kandy (1 h 58 min (116.7 km) Sightseeing tour of Kandy - Temple of Tooth, Royal Botanic Gardens in Peradeniya, Gem Museum Night Stay at Hotel
Day 7	Sunday	Free Weekend.	Return from Kandy Excursion and free time.
Day 8	Monday	Volunteering project continues. Afternoon local cooking demonstration.	Volunteering project continues. Afternoon local cooking demonstration.
Day 9	Tuesday	Volunteering in the morning. Local family dinner: Visit a local family in the evening for learning about day to day life in Sri Lanka and have a meal with them.	Volunteering in the morning. Local family dinner : Visit a local family in the evening for learning about day to day life in Sri Lanka and have a meal with them
Day 10	Wednesday	Volunteering during the day and free time.	Volunteering during the day and free time.

Continue day to day plan...

Day 11	Thursday	Volunteering during the day and free time.	Volunteering during the day and free time.
Day 12	Friday	Continue volunteering in the morning and afternoon to explore the local area on your own.	Continue volunteering in the morning and afternoon to explore the local area on your own.
Day 13	Saturday	Free Weekend.	Visit the Udawalawe National park for safaris in the Reserve.
Day 14	Sunday	Free Weekend.	Morning at Udawalawe National Park and evening return to Colombo.
Day 15	Monday	Continue the volunteering project. (Departure for 2-week program participants).	Continue the volunteering project. (Departure for 2-week program participants).
Day 16 - Day 19	Tuesday to Friday	Continue volunteering project.	Continue volunteering project.
Day 20	Saturday	Free Weekend.	Depart for Anuradhapura excursion. Visits during the day, overnight at Anuradhapura.
Day 21	Sunday	Free Weekend.	Morning visit to Kuttam Pokuna and Mihinhaya. Afternoon return to Colombo
Day 22	Monday	Continue volunteering project. (Departure for 3-week program participants)	Continue volunteering project. (Departure for 3-week program participants)
Day 23 to Day 26	Tuesday to Friday	Continue Volunteering project	Continue Volunteering project
Day 27	Saturday	Free Weekend.	Transfer to Hikkaduwa beach for relaxing.
Day 28	Sunday	Free Weekend.	Late afternoon, return to Colombo from the relaxing beach break.
Day 29	Monday	Departure transfer to Bandaranayke airport for journey back home.	Departure transfer to Bandaranayke airport for journey back home.

** Participants can choose to travel on weekends by purchasing excursions additionally.*



Typical daily schedule during volunteering days.

While the schedule of the day depends on the project, overall, it looks a bit like the following:

Timings	Activities
7:00-8:00hrs	Breakfast at accommodation
8:00-13:00hrs	Project volunteering work
13:30-14:30hrs	Lunch ¹
15:00-16:00hrs	Cultural workshops- as per program schedule
16:00-17:00hrs	Preparation meeting/lesson planning for the next day
17:00-17:30hrs	Tea/coffee at the accommodation
19:00-20:00hrs	Dinner at accommodation

¹ Lunch may be offered a packed lunch or lunch at the project depending on different factors such as distance from accommodation and others.

**The scheduled time table mentioned above may change due to the need of the project or any other circumstances.*



Available Volunteering Projects in Sri Lanka

There are several local projects which have requested volunteers to help them improve their work. Broadly, the type of activities available are



Teaching at schools for underprivileged children

Women empowerment program



Educating Buddhist Monks



Child Care at kindergartens or for pre-school children

Turtle conservation work



The turtle conservation project can be done for durations as short as a week and is organised differently. If you are interested in this project, then ask us for more details.

TEACHING PROJECT

Volunteers who engage in teaching activities make a direct and long term contribution to the development of students for building their confidence, academic performance and future prospects.

You work at the project, mostly in pairs as teachers or teaching assistants for one or more of the following kind of activities based on the curriculum and academic plans for the educational facility or project:



- Teaching English, Math, Computers / IT and creative subjects.
- Music Lessons and practice.
- Sports instructions and activities.
- Helping with homework
- Supporting teachers with lesson planning or preparations
- Additional classes to students requiring particular attention
- Development of teaching learning material for joyful learning and activity based learning.

The project activities are designed in such a way that there is no need for previous teaching experience to participate in a teaching project. Teaching material, everyday lesson/ activity planning and day to day support is provided for making most impact during your time at the project.

Specific conditions for this type of project activities

- Formal education or past experience related to the kind of project: Not required.
- Language Proficiency: Basic English
- Open to which gender of volunteers: Male and Female
- A criminal Background check is mandatory for volunteers to ensure well being of children at the project.



CHILD CARE

Daily caring for and help with Basic English of children from underprivileged communities is one of the most satisfying and accessible of volunteering activities. The overall purpose of these projects is to provide a higher standard of care to infant's children in different public and privately-run facilities by providing hands-on support on a day to day basis.



Volunteering activities on these projects include one or more of activities similar to the following:

- Preparing meals for and feeding children
- Helping children with bathing, homework etc.
- Other activities as may be needed by the institution/facility such as motor skills and preparation for early education, education on health, hygienic etc.

Specific conditions for this type of project activities:

- Formal education related to the type of project: Not required.
- Language Proficiency: Basic English
- Open to which gender of volunteers: Male and Female
- A criminal Background check is mandatory for volunteers to ensure the wellbeing of women and teenage girls at the project.



WOMEN EMPOWERMENT

Women empower projects are engaged in a variety of on-going and short term activities that help in building the confidence, self-esteem, and abilities of women to lead a better life. Activities of volunteers may be geared towards teenaged girls or adult women and may include one or more of the following:

- Basic education for English literacy
- Income generation skills
- Awareness towards personal health, hygiene, civil rights etc.
- Practical skills such as riding bicycles.
- Confidence building activities such as taking short excursions, personal life story sharing etc.

In many countries, women are the marginalised section of society and these activities are geared towards more opportunities and better quality of life for them. This leads to not just the women being helped with living a better life but also building better future generations.

Specific conditions for this type of project activities

- Formal education or past experience related to the kind of project: Not required.
- Language Proficiency: Basic English
- Open to which gender of volunteers: Male and Female
- A criminal Background check is mandatory for volunteers to ensure well being of children at the project.



MONK TEACHING

Providing education to Monks is one of the most sought after activities by volunteers from all over the world. A lot of children come to these institutions to get formal and spiritual education. These institutions, despite their overall right economic conditions, tend to focus more on the religious/spiritual knowledge of the pupils and therefore leading to an acute need for quality formal education.

Therefore the need for volunteers is very high in Monk education centres as they require help to teach English, Mathematics, Art & Craft and to prepare teaching learning material. These monk-teaching centres usually have accommodation facility for their students, and it means the volunteers can contribute to a more considerable period each day if they so wished.

The age group, the students, is from 8-25 years and they have a different level of grade & education.

Day to day activities may include:

- Teaching English, Math and social skills
- Beautify the classroom with painting.
- Games and sports activities
- Making teaching-learning materials and teaching aids.

Specific conditions for this type of project activities

- Formal education or past experience related to the type of project: Not required.
- Language Proficiency: English
- Open to which gender of volunteers: Male and Female
- A criminal background check is Mandatory.



Here are the **start dates of the program this year**. Please note:

Start date of the program is the day when you arrive at the designated airport.

The programs include one extra day on top of the weekly duration. For example, the 2 week program is 14 nights, and 15 days, week program is 28 nights and 29 days and so on

Start Day	Start Date	End Date		
		For 2 week	For 3 week	for 4 week
Monday	08-01-2024	22-01-2024	29-01-2024	05-02-2024
Monday	22-01-2024	05-02-2024	12-02-2024	19-02-2024
Monday	05-02-2024	19-02-2024	26-02-2024	04-03-2024
Monday	19-02-2024	04-03-2024	11-03-2024	18-03-2024
Monday	04-03-2024	18-03-2024	25-03-2024	01-04-2024
Monday	18-03-2024	01-04-2024	08-04-2024	15-04-2024
Monday	01-04-2024	15-04-2024	22-04-2024	29-04-2024
Monday	15-04-2024	29-04-2024	06-05-2024	13-05-2024
Monday	29-04-2024	13-05-2024	20-05-2024	27-05-2024
Monday	13-05-2024	27-05-2024	03-06-2024	10-06-2024
Monday	27-05-2024	10-06-2024	17-06-2024	24-06-2024
Monday	10-06-2024	24-06-2024	01-07-2024	08-07-2024
Monday	24-06-2024	08-07-2024	15-07-2024	22-07-2024
Monday	08-07-2024	22-07-2024	29-07-2024	05-08-2024
Monday	22-07-2024	05-08-2024	12-08-2024	19-08-2024
Monday	05-08-2024	19-08-2024	26-08-2024	02-09-2024
Monday	19-08-2024	02-09-2024	09-09-2024	16-09-2024
Monday	02-09-2024	16-09-2024	23-09-2024	30-09-2024
Monday	16-09-2024	30-09-2024	07-10-2024	14-10-2024
Monday	30-09-2024	14-10-2024	21-10-2024	28-10-2024
Monday	14-10-2024	28-10-2024	04-11-2024	11-11-2024
Monday	28-10-2024	11-11-2024	18-11-2024	25-11-2024
Monday	11-11-2024	25-11-2024	02-12-2024	09-12-2024
Monday	25-11-2024	09-12-2024	16-12-2024	23-12-2024
Monday	09-12-2024	23-12-2024	30-12-2024	06-01-2025
Monday	23-12-2024	06-01-2025	13-01-2025	20-01-2025

Included Services:

- Accommodation on sharing occupancy.
- Airport pickup on arrival
- Drop off at the airport at the end of the program
- Daily return transfers between accommodation and volunteer project
- All required transfers for cultural workshops and excursions (as included in the program)
- Breakfast, lunch and dinner of local cuisine from the time of arrival till departure during the volunteering days and free week ends
- **Activities for experiencing local culture in addition to the volunteering and optional week end trips include:**
 - _ *Cooking workshop to observe and learn Sri Lankan cuisine and try your hands at it yourself.*
 - *Visit the home of a local, English-speaking middle-income level family to experience their day to day life, its challenges and opportunities. Have a meal with the family for a truly authentic experience.*
 - *Learn the Sinhala language for fun, use during trips and volunteer work.*
- A pre-selected and organised volunteer project based on your selection and availability including
 - Project introduction to get you settled at the project.
 - Handover session so you may continue the work from where it was left by previous volunteers.
 - Daily work planning to plan the next day.
 - Daily accompanying staff to help with translation, organising and general support.
 - The material used for volunteering such as pens, papers, workbooks, paint, colours or others.
- A thorough orientation upon arrival including various topics of local culture, personal well-being and appropriate behaviour.
- Additional services for participants on the Travel and Volunteer option -
- 1 night, 2 day Excursions++ to
 - Anuradhapura
 - Udawalawe National Park including safari.
 - Kandy
 - Hikkaduwa Beach
- Services included during trips
 - Entrance fees to monuments and sightseeing as required.
 - Services of English-speaking guides during sightseeing.
 - Accommodation on twin sharing basis.
- All currently applicable taxes.

Refer to arrival and departure procedure to know pickup window times and departure schedules.

+ Meal plan during any trips during weekends may be different.

++ Please refer to detailed information about excursions for all details.

Services not Included:

- Any personal expenses such as tips, laundry and drinks.
- Any extra meals (other than those specifically mentioned).
- Personal Travel Insurance, visa etc.
- Camera fees (both still and video).
- International flight ticket or other flight tickets, unless otherwise mentioned.
- Donation to your volunteering project is not included in this program fee and may be taken upon an individual capacity.

Arrival and Departure Procedure-

Arriving into and departing from an unfamiliar country can cause stress. Especially if you are visiting the country for the first time. Read these instructions carefully and have them be known to your travel agent because at any scheduled start date we are picking up people arriving from all parts of the world to join the program.

Once we have you on the program, you can just relax because we will pick you up, no matter what time of the day it is. You will also have multiple phone numbers to reach out to, in case your flight is delayed, or you miss the connection altogether. Once you provide us with your flight details, we have you covered.

Important: please carefully note the detailed itinerary to know the arrival and departure airport for your trip and plan your flights accordingly

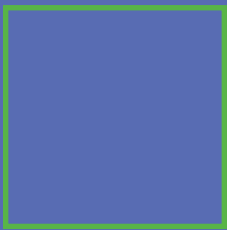
Arrival Procedure -

- Please arrive by flights that have their scheduled arrival time from 10 AM on the start date of the program until 6 AM on the following day (Day 2) of the program. If the flight is delayed inside a reasonable time, then we will wait for you else call us, and we will come to pick you up.
- Arrival pickups or flights with their scheduled arrival time outside of these hours will be charged extra.
- Check in at accommodation is available from 12 noon on Day 1 of the program, even though, we attempt to have you checked in at the accommodation, as early as possible.
- Please exit from departure gate and wait outside of exit gate at Jaipur International airport.
- Please be advised that you will see a board with the Idex logo instead of your personal name when searching for our airport pickup representative.

Departure Transfer Procedure -

- Airport transfer on departure is available from 8 PM on the 2nd last day of the program (for ex, Day 14, Day 21, Day 28 in case of 2 weeks, 3 weeks or 4 week programs respectively) until 10 AM on the last day of the program (for ex, Day 15, Day 22, Day 29 in case of 2 week, 3 week or 4 week programs respectively).
- Departure transfer will be available at gaps of 2 hours, and you will be asked to take the most convenient transfer based on your flight's departure time.
- Departure transfers outside these times or schedules are available on extra charges.
- During departure, check out time from the accommodation is 12 noon on the last day of the program (for ex, Day 15 on a 2-week program).

Important: all the program and services are available as per schedule only. If any deviation or reschedule occurs, and such would cost extra to organise, then it will be charged extra. We are not able to do any settlement or reimbursement against any unused services.



REACH & **CONTACT US!**

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