

**Sri Lanka**  
the wonder of asia

**Allianz**   
Global Assistance

**THE GREEN  
E LION** 

**Baurs**   
Established 1897

**Slaito**  
Sri Lanka Association of Inbound Tour Operators



# Sri Lanka

## Volunteering Adventure



Join with other students on this volunteer adventure to Sri Lanka and Singapore. Participate in humanitarian and wildlife conservation projects that will challenge and change you forever.

- 2 weeks volunteering in a Sri Lankan child care centre and renovating a temple
- Have a personal elephant experience, learning about and bathing an Asian elephant
- Journey through highland tea plantations on Asia's most beautiful train journey
- Visit fascinating World Heritage historic sites in Sri Lanka's Cultural Triangle
- Go ride-wild during a full day at Universal Studios theme park in Singapore!
- Search for wild elephants on a jeep safari in the Sri Lankan rainforest
- Release endangered baby sea-turtles into the Indian Ocean

**24 nights - \$5,950**

- Fully-escorted, all inclusive tour. Very few additional costs.
- Includes flights, transfers, insurance, accommodation, meals and listed activities\*

\*Some exclusions. Terms & Conditions apply  
Final itinerary, activities and price subject to change.

**ONLY 22 PLACES! EMAIL [INFO@BETTERWORLDADVENTURES.COM](mailto:INFO@BETTERWORLDADVENTURES.COM) FOR INFO**





# What's Included?



**INTERNATIONAL  
VOLUNTEER HQ**  
www.volunteerhq.org



Wherever possible, known costs that will be incurred by all participants have been included up-front. No surprises, no significant extras! Additional costs are minimal, and mostly personal.

- 24 night fully escorted tour
- 2 tour leaders, (male and female)
- Tour leaders available to students 24/7
- Economy-class return airfares to Sri Lanka ex Auckland
- Sri Lankan entry visa (for New Zealand passport holders)
- All airport transfers (including Tauranga-Auckland-Tauranga)
- Comprehensive Travel and Medical Insurance
- All accommodation (single gender, twin or multi-share basis)
- 3 meals every day (except weekends in Kandy when breakfast/lunch will be replaced with brunch, and in Singapore where lunches are a personal expense)
- Two weeks community volunteering in central Sri Lanka
- 2-day *ethical* elephant experience at Millennium Elephant Foundation
- Visit to Kosgoda Sea Turtle Conservation Project including baby turtle release
- 3-day tour of Sri Lankan Cultural Triangle, including local guide
  - Entrance fees for Sigiriya, Polonnaruwa and Dambulla World Heritage sites
  - Entrance fee for Minneriya National Park and Matale spice gardens
  - Fully escorted National Park jeep safari viewing wildlife & elephants
  - Guided bicycle tour of Polonnaruwa Ancient Kingdom
- Reserved train travel Kandy to Ella (return ticket, seated 2<sup>nd</sup> class)
- Tuk-tuk tour to Little Adam's Peak and Demodara Nine Arches Bridge
- ½ day tuk-tuk tour of Kandy city including entrance fees
- Sri Lankan and Singaporean SIM card with data (for unlocked devices)
- Tour tipping (drivers, guides, group waiters)
- Participant souvenir T-shirt
- Extensive pre-departure orientation

## Includes all meals



24 Breakfasts  
19 Lunches  
24 Dinners



Hotel (6 nights)  
Dormitory (16 nts)  
Night flight (2 nts)



## Price includes:

- 3-day (2 night) stopover in Singapore
  - Full-day entry to Universal Studios Singapore
  - Walking tour of Singapore Chinatown
  - Gardens By The Bay Skywalk and Gardens Rhapsody Lightshow
  - Entrance fee to Marina Bay Skypark Observation Deck
  - 3-day EZLink public transport pass

## Price does not include:

- Vaccinations
- Public transport in Sri Lanka
- Personal spending

NEVER UNDERESTIMATE  
**YOUR ABILITY  
TO MAKE  
SOMEONE ELSE'S  
LIFE BETTER**

**"THE BEST  
PLACE TO FIND  
A HELPING  
HAND IS AT THE  
END OF YOUR  
OWN ARM."**



\* Suggested itinerary only. Itinerary amendment and activity substitutions may be made at the discretion of the tour organisers. Supplier costs and currency fluctuations prior to departure may increase or decrease the total trip price by a marginal amount.

# Sri Lankan Itinerary\*

## Orientation and Familiarisation. *Look and Learn*

The first priority on our Sri Lankan adventure is to learn about our new home. We will travel into Sri Lanka's "Cultural Triangle" where our guides will introduce us to elements of Sri Lanka's rich history, Buddhist religion, and Tamil and Sinhalese cultures, as well as familiarising us with the exotic foods and fascinating wildlife of the country.

## Two Weeks of Volunteering. *Change someone's life; possibly your own.*

One of the greatest catalysts to personal growth for young people is participation in charitable community service. For this reason, the most significant part of our trip focuses on interaction with the Sri Lankan people by volunteering with Sri Lanka's **Green Lion Foundation**, facilitated by New Zealand based **International Volunteer HQ**.

95% of international volunteers say that their experience challenged the way that they viewed the world, so it's no understatement to say that your Sri Lankan experience has the potential to profoundly affect you for the rest of your life. Your volunteering will not only benefit other peoples' lives, but also give you confidence, responsibility and purpose, cultural sensitivity, communication skills, and possibly develop life-long friendships.

## But Wait, There's More. *Uniquely exciting extras.*

After you've completed your volunteering it'll be time to relax, reflect on your achievements, and then reward yourself with some new and exciting cultural and wildlife experiences that you could never do at home in New Zealand!



### DAY 1: "Ayubowan" Welcome to Sri Lanka

Thanks to time differences we depart Auckland and arrive in Sri Lanka on the same day that we depart New Zealand. We'll be met at the airport and transferred to our nearby hotel for an afternoon of relaxation and acclimatisation.

### DAY 2-4: 3-day Cultural Triangle Tour

The best way to appreciate our experiences in Sri Lanka is to understand as much as possible about the country's history and people, right from the outset.

Day One, you will travel into the heart of central Sri Lanka for a three-day cultural immersion involving visits to a number of key World Heritage sites to learn about Sri Lanka's ancient history, predominantly Buddhist religion, and rich wildlife.

Highlights will include:

- bicycling through the 10<sup>th</sup> century kingdom of Polonnaruwa, famous for its well-preserved archaeological ruins, and huge resident population of monkeys.
- climbing 200m to the summit of Sigiriya Lion Rock to admire the extensive views from the remains of the 1,500 year-old fortress on its top.
- watching elephants from the world's largest elephant orphanage take their midday river swim.
- exploring the 2,000 year-old Buddhist Temple complex located inside the Dambulla Caves.
- taking a wildlife safari by jeep into the forest to view wild elephants in their natural habitat.

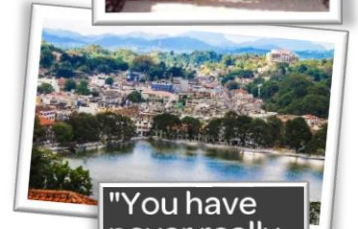
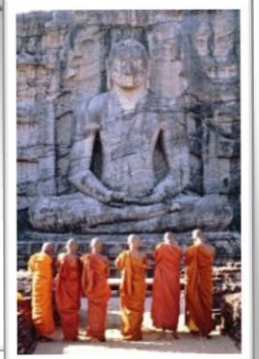
We end our cultural tour in Kandy, Sri Lanka's second largest city and the base for your two-week volunteer programme. Surrounded by rainforest-clad hills and "Ceylon" tea plantations, Kandy was the historic home of Sri Lanka's royal family. The city has World Heritage status and its Temple of the Sacred Tooth Relic is one of the world's most important Buddhist sacred sites.

### DAY 5: Orientation to IVHQ Volunteer Programme

Today is your orientation to **IVHQ's** volunteer programme facilitated by Sri Lanka's Green Lion Foundation. Your orientation will include meeting other volunteers, information on our group's projects, IVHQ rules and expectations. The local Sri Lankan staff will also provide an introduction to Sri Lankan customs, and your personal safety. In the afternoon we will go sightseeing in Kandy, including a fun tuk-tuk tour of the city's tourist sites including the White Buddha, and the Temple of the Tooth.

### DAY 6-9: Volunteering - Temple Restoration

Sri Lanka is a devoutly Buddhist country. Helping to renovate and repaint a Buddhist temple and to restore its paintings and sculptures will be a lot of fun and help you to gain a greater appreciation of the Buddhist religion and how it influences Sri Lankan culture. You will interact with a variety of people from the community including villagers, monks and families to whom the temple holds great significance.



"You have never really lived until you have done something for someone who can never repay you."





### **DAY 10-11: The Most Beautiful Train Ride in Asia**

*This weekend we will travel by slow train to the town of Ella, in the Sri Lankan highlands. The train journey is famous for its beauty, winding through numerous villages and hillsides covered with vast tea plantations. In Ella we will travel by tuk-tuk to visit Little Adam's Peak and the iconic Demodara Nine-Arches Bridge.*

### **DAY 12-16: Volunteering at Childcare Centre**

*Continuing the community focus of your volunteering, this week you will provide assistance, attention and emotional support to the children in a childcare centre. This may involve playing educational games, helping with homework, and doing basic maintenance such as gardening, painting, or cleaning. Local staff are often overworked and do not have the time to give children the individual attention they need. As a volunteer you can make a genuine and positive contribution to the lives of the children. You can expect your time with them to be fun, personally challenging, humbling, and ultimately very fulfilling.*

### **DAY 17**

*Catch your breath, reflect on the week, and prepare to leave Kandy. Perhaps visit a local tea factory, or wander the peaceful and lovely Kandy Botanic Gardens.*

### **DAY 18-19: Personal Elephant Experience**

*Oh, just a couple of the best days ever! It's one thing to see elephants from a distance on a jeep safari, but it's a whole different thing to have one-on-one time. We spend two days volunteering at the Millennium Elephant Foundation, a Sri Lankan leader in the ethical rehabilitation of retired working elephants. As well as assisting in day-to-day tasks around the property, you will spend an unforgettable time amongst the elephants, learning about these magnificent giants, walking with them, feeding and observing them, and having the opportunity to personally bathe an elephant in the river. You'll even visit the factory where their poo is recycled into hand-made paper. How sustainable is that...*

### **DAY 20-21 Sun, Sand, and Sea Turtles**

*Sri Lanka is famous for its tropical palm-fringed sandy beaches so what more relaxing way could there be to end your Sri Lankan Volunteer Adventure than spending one of our final evenings dining on an Indian Ocean beach to the light of flaming torches. Sunbath by our hotel pool at Induruwa Beach or swim in the sea. The neighbouring beaches are the nesting site of five of the world's seven breeds of endangered sea turtles. You'll visit a turtle conservation project that protects the fragile eggs from poachers and predators and will have the opportunity to help release tiny 3-day old baby turtles back into the ocean!*

### **DAY 22: Singapore City Tour**

*Saying goodbye to Sri Lanka, you depart for a fabulous two-night stop-over in Singapore. The city is a melting pot of Chinese, Malay and Indian cultures, where the old and traditional merge with the ultra-modern. We'll stay at the very central Fort Canning Lodge YWCA with its large swimming pool to beat the heat! Your city exploration includes a walking tour of Chinatown, a rixtaxi ride on the Singapore river, a visit to the futuristic SuperTree grove, and watching the sunset from the 55-story Marina Bay Hotel Skydeck.*

### **DAY 23: Universal Studios & VivoCity**

*Today you are up early for a full day at Universal Studios Singapore, with many huge rides including Transformers 3D, Jurassic Park, Revenge of The Mummy, and the world's tallest duelling twin roller coaster! You then visit VivoCity; Singapore's largest shopping mall for a traditional Singaporean dinner and time for some serious shopping.*

### **DAY 24: Singapore Shopping, Sightseeing and Departure**

*We have the whole day for a last swim and selfie or shopping before heading to the airport and home, filled with the memories of so many new experiences.*

**DAY 25:** Arrive into Auckland Airport, then home to Tauranga!



<https://betterworldadventures.com>