

## Sri Lanka Sample Program Itinerary (for 2 weeks duration) 2016

	Day	Volunteer Program	Volunteer and travel Program	Meal Plan
<b>WEEK 1:</b>  Arrival and Orientation	Monday	Arrival at Bandaranayake International airport and transfer to IDEX accommodation to settle down		No Meal
	Tuesday	Welcome meeting and orientation start. <ul style="list-style-type: none"> <li>• Orientation includes                             <ul style="list-style-type: none"> <li>• Talks &amp; presentations on:                                     <ul style="list-style-type: none"> <li>▪ Sri Lanka &amp; its culture</li> <li>▪ Social development and the role of volunteers</li> <li>▪ How to do volunteer work</li> <li>▪ Project activities</li> <li>▪ Cultural responsibility</li> <li>▪ Personal safety &amp; Code of Conducts</li> </ul> </li> <li>• Introduction to the allotted project.</li> </ul> </li> </ul>		B,L,D B,L,D
	Wednesday to Friday	<ul style="list-style-type: none"> <li>• Project work starts with the daily schedule of volunteering, cultural activities and free time.</li> <li>• Local cooking demonstration on one afternoon.</li> <li>• One local dinner with a host family to experience everyday life of Sri Lankan people.</li> </ul>		B,L,D
	Saturday	Free Weekend/ Optional weekend excursion to Kandy (Orphanage elephant, Botanical garden, Kandy sight seen, Buddhist temple Daldamligwa and cultural dance)	<ul style="list-style-type: none"> <li>• Transfer to Kandy (1 h 58 min (116.7 km)</li> <li>• Sightseeing tour of Kandy - Temple of Tooth, Royal Botanic Gardens in Peradeniya, Gem Museum Night Stay at Hotel</li> </ul>	Only breakfast during excursions. All meals during camp stay
	Sunday	Free Weekend/ Optional weekend excursion to Kandy (Orphanage elephant, Botanical garden, Kandy sight seen, Buddhist temple Daldamligwa and cultural dance)	<ul style="list-style-type: none"> <li>• Drive to Colombo</li> <li>• Sightseeing of Colombo - Kelaniya Raja MahaViharaya, Viharamahadevi Park, Gangaramaya Temple, St. Lucia's Cathedral, Town Hall and Colombo Dutch Museum. Transfer to IDEX house</li> </ul>	
	<b>WEEK 2:</b>	Monday To Friday	<ul style="list-style-type: none"> <li>• Volunteer Work with the daily schedule of volunteering, cultural activities and free time.</li> </ul>	
Saturday		Free weekend/ optional visit to Yala National Park	<ul style="list-style-type: none"> <li>* Drive to Kiranda Tissamaharama</li> <li>* Visit to Yala National Park</li> <li>* Overnight Stay at Hotel</li> </ul>	Only breakfast during excursions. All meals during camp stay
Sunday		Optional visit to Yala National Park/ Transfer to Bandaranayake airport after 20:00 hrs. <i>(Please refer to arrival and departure procedure for details)</i>	<ul style="list-style-type: none"> <li>* Drive to back to Battaramulla</li> <li>* Overnight Stay at IDEX house (for longer program duration) / Transfer to Bandaranayake airport after 20:00 hrs. <i>(Please refer to arrival and departure procedure for details)</i></li> </ul>	

B,L,D : Breakfast, Lunch, Dinner

## A typical day of the volunteer (Mon-Fri)\*<sup>+</sup>:

The schedule of the day depends on the type of project but below mentioned is just the brief outline of their normal day:

<b>Timings</b>	<b>Activities</b>
7:30-8:30hrs	Breakfast at Idex accommodation
9:00-12:30hrs	Project work
12:30-13:30hrs	Packed lunch at the project location
13:30-14:00hrs	Free time/relax
14:00-16:00hrs	Project work
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at Idex accommodation
19:00-20:00hrs	Dinner at Idex accommodation