

## PRODUCT DETAILS

### Sri Lanka Volunteering Program itinerary (day by day)

The following is the itinerary for the Sri Lanka on a day to day basis. This sample is for a 2 week program and longer programs itinerary can be made available if requested by the customer.

The plan depicts two options of programs – a basic version without any excursions and an upgraded version with weekend excursions pre-included in the programs.

	Day	Volunteer Only Program	Volunteer & Travel Program	Meal Plan
<b>WEEK 1:</b>  Arrival, Orientation, Cultural Activities, Volunteering Work	Monday	Arrival at Bandaranayke International airport and transfer to IDEX accommodation settle down		No Meal
	Tuesday	Welcome meeting and orientation start.		B,L,D
		<ul style="list-style-type: none"> <li>• Orientation includes talks &amp; presentations on:</li> <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> <li>• Introduction to the allotted project.</li> </ul>		B,L,D
	Wednesday to Friday	Project work starts with the daily schedule of volunteering, cultural activities and free time. <ul style="list-style-type: none"> <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	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	Only breakfast during excursions. All meals during camp stay
	Sunday	Free Weekend	Drive to Colombo Sightseeing of Colombo -Kelaniya Raja Maha Viharaya, Viharamahadevi Park, Gangaramaya Temple, St. Lucia's Cathedral, Town Hall and Colombo Dutch Museum. Transfer to IDEX house	
<b>WEEK 2:</b>  Volunteering	Monday To Friday	Volunteer Work with the daily schedule of volunteering, cultural activities and free time.		B, L, D
	Saturday	Free weekend	Drive to Kiranda Tissamaharama *Visit to Yala National Park* Overnight Stay at Hotel	Only breakfast during excursions. All meals during camp stay
	Sunday	Free weekend / Transfer to Bandaranayke airport after 20:00 hrs.	*Drive to back to Battaramulla *Overnight Stay at IDEX house( for longer program duration)	

**B: - Breakfast; L: - Lunch; D: - Dinner**

## A TYPICAL DAY ( INDICATIVE )

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

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

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

<sup>+</sup>The scheduled time table mentioned above may change due to the need of the project or any other circumstances.

