

# Volunteer Women Shelter in Sri Lanka

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## The Program

**Location:** Kandy, Sri Lanka

**Starting Dates 2012 :** 2nd January, 16th January, 30th January, 13th February, 27th February, 12th March, 26th March, 9th April, 23rd April, 7th May, 21st May, 4th June, 18th June, 2nd July, 16th July, 30th July, 13th August, 27th August, 10th September, 24th September, 8th October, 22nd October, 5th November, 19th November, 3rd December, 17th December, 31st December

**Arrival and departure:** Bandaranaike International Airport on the Sunday before the start date

**Minimum Stay:** From 2 weeks

Your program will start with an airport pickup at Bandaranaike International Airport. You need to arrive on the Sunday before your start date. The program is based in Kandy. You can join from 2 weeks up to 6 months. The first week of the program will be an Introduction week. The Introduction week is the first step towards a comfortable stay in a new country.

You will stay in at the Volunteer Center during sharing a room with other volunteers. Meals are included in the program. There are 3 meals per day from Monday to Friday and 2 meals per day on weekends. The minimum age for joining the program is 18.

## Program Locations

**Sri Lanka** is a small island in the Indian ocean of 65,000 square kilometers. Sri Lanka has a population of 18.5 million, a tropical climate, lush green forests and rich history and one of the best tourist destinations and has a wide range of geographic features and is rich in natural beauty. Most of the country's 18.5 million population speak Sinhala, Tamil or English. Sinhala is the most widely spoken language and the Sinhala people make up the largest ethnic group. Interestingly this language is not spoken anywhere else in the world.

**Kandy** is a city in the center of Sri Lanka. The city lies in the midst of hills in the Kandy plateau, which crosses an area of tropical plantations, mainly tea. Kandy is one of the most scenic cities in Sri Lanka; it is both an administrative and religious city. It is the capital of the Central Province and also of Kandy District. Kandy is the home of The Temple of the Tooth Relic, one of the most venerable places for the Buddhist community of Sri Lanka and all around the world.

## Introduction & Orientation Week

You will start your program with an introduction and orientation week. The Introduction Week will be held in the city of Kandy and is the first step towards a great stay in a new country. It's an action packed and fun filled week that is dedicated to getting to know Sri Lanka in all its cultural aspects with a first hand live in experience. You will also get time to meet the local people, taste the local cuisine and get familiar with the Sri Lankan customs. Accommodation during the introduction week will be in Kandy in the Volunteer Centre in shared bedrooms.

The schedule will be flexible but all introduction weeks usually consist of :

**Sri Lanka:** Culture, religion, habits, customs, history, social issues, are some of the topics that we will introduce you to through group discussions, workshops and visits.

**Language Skills:** A first contact with Sinhalese and you will learn a few phrases to get by.

**Projects:** If you proceed to do a volunteer project, we will give you an overview of the ongoing projects we support and send volunteers to, and an explanation of your particular placement. There will also be a project visit on site.

**General Information:** Many new things will be introduced to you through some sessions on yoga, cooking, team work, project work, customs, habits, behavioral aspects, dos & don'ts, and emergency preparation.

**Cultural Site Visits** and meeting people will acclimatize you culturally. You will have the opportunity to visit market places, and natural sites in groups or individually during free time.

**Group Games** will be the style of operation of our coordinators during the orientation week to make the theoretical sessions as dynamic as possible. Do not forget to bring items from your home (photos, music, food) to be able to talk about your place and your culture.

### Itinerary Introduction Week

#### Monday

We will start the week with an introduction into the program and an explanation of the week's activities. We will do a small excursion around the town of Kandy and have lunch in town. In the evening, we will watch a traditional performance of Kandyan dancers. We will have dinner on our return back at the guesthouse.

#### Tuesday

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After breakfast, we will have a session on Sri Lankan culture, and some guides on the dos and don't's in the Sri Lankan society. In the afternoon, we will visit a local temple and the rest of the evening would be free

## **Wednesday**

We will start the day with language lessons and later a session on Sri Lankan religion and Mythology. In the afternoon, we will have a session on what it is to be a volunteer in Sri Lanka and expectations. The evening would be free.

## **Thursday**

In the morning, we will have language lessons and after we will have a session on religion and an introduction into Buddhism. In the afternoon, we will have a session on cultural shock and women travelers. In the evening, we will visit a Sri Lankan host family and have dinner with them.

## **Friday**

We will start the day with language lessons. We will make a visit to the famous Temple of the Tooth and have lunch in town. In the afternoon we will visit a local Hindu temple. We will have a group session when we return back in the evening.

## **Weekend**

Free Time.

## **Women's Shelter Project**

This program is only for female participants, This centre started in 1985 by the women's development centre of Sri Lanka, to help the women of the country. They welcome female volunteers from all over the world to help these women in the shelter.

There are women from the age of 12 to 25 and they are very shy and very backwards. But our past Volunteers have helped them to come out from that. If you have special abilities such as Teaching self defence, Teaching Dance, Beauty culture and if you can teach them something new, then that's the person that the shelter is looking for. Volunteers should have a good level of conversational English and a little knowledge or prior experience in teaching is highly appreciated but not necessary. But the most important thing is that you have to enjoy spending time surrounding the local people.

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