Sri Lanka is ‘A Land Like No Other’ with spectacular hill country, lush tea plantations, tropical rainforest, a wealth of wildlife, glorious beaches and fascinating ancient temples. It’s an assault on the senses - and what Sri Lanka may lack in sophisticated infrastructure, she more than makes up for with her beguiling beauty, cultural diversity and the warmth of her people.

You can share in and learn from our wide range of experience in development, peace and spirituality throughout Sri Lanka, knowing that you are supporting the communities you visit. Your money goes directly to those who host you, such as our Village Societies, District Centres and individual host families.

SARVODAYA SPIRIT OF THE COMMUNITY

Begun in 1958 by a Sri Lankan schoolteacher, Sarvodaya is a nationwide grassroots movement for peace and sustainable development across all ethnic and religious communities, based on Buddhist-Gandhian principles. The organisation and our founder, Dr A.T. Ariyaratne, have earned international recognition.

In thousands of villages throughout Sri Lanka, Sarvodaya members help each other to build a society with no poverty. Based on the sharing of resources which will uplift the poor and promote ‘the awakening of all’, Sarvodaya supports participatory democracy, human rights and environmental sustainability.

Our work spans social and technological empowerment, designed to preserve traditional Sri Lankan values and culture at the village level whilst simultaneously promoting peace and sustainable national well-being. (www.sarvodaya.org)

‘5R’ TSUNAMI PROGRAMME RELIEF TO REAWAKENING

Sarvodaya continues to implement a vast catalogue of relief, rehabilitation, reconstruction, reconciliation and reawakening work in 226 villages in 13 districts affected by the Tsunami. Most recent of many awards is the prestigious 2005 UN Habitat Scroll of Honour in recognition of our work, specifically our achievements since the first hours following the Tsunami on 26th December 2004. You can witness and be a part of that work as the country rebuilds its homes, economy and community life.

FRIENDS OF SARVODAYA REGISTER NOW!

Sarvodaya is developing a worldwide support network which will offer regular newsletters, donation schemes and a Professional Volunteer registry - ‘Friends of Sarvodaya’ will be launched later in 2006; to register your interest, please email friends@sarvodaya.lk. We will contact you at the time of the launch. Residents of the USA may also go to www.sarvodayausa.org
Sarvodaya hostels have single sex community tour. For more details, contact tour@sarvodaya.lk +94 112667363 or +94 112667366 Ext. 105.

In some areas, you may stay in village hostels and learn about traditional Sri Lankan village life such as:

- Traditional Sri Lankan cookery
- Dance, drama, music, arts and crafts
- Indigenous medicine
- Shopping for fresh fruit, vegetables and spices at outdoor markets
- Traditional farming and fishing
- Family, community and religious ceremonies

Village Experiences

Whilst visiting our communities, you may be able to experience and learn about traditional Sri Lankan village life such as:

- Traditional Sri Lankan cookery
- Dance, drama, music, arts and crafts
- Indigenous medicine
- Shopping for fresh fruit, vegetables and spices at outdoor markets
- Traditional farming and fishing
- Family, community and religious ceremonies

Leave a Lasting Benefit - Shramadana-style

Your ideal itinerary will include a two or three day Shramadana Camp, an experience central to understanding Sarvodaya. Undoubtedly the highlight of your stay, it will give you the opportunity to donate your time and labour working alongside an entire village community of all ages - you may build a pre-school, mend a well, dig an irrigation channel or provide some other vital facility.

You will get to know the life of a village, witness its history and hopes for the future - and celebrate Sri Lankan culture in nightly family gatherings.

No technical experience is required; the cost of your tour will include a donation towards the materials.

YOUR ITINERARY

Each itinerary will combine touring, lectures/discussions, some physical activity and participatory events — and some spontaneous moments too! You need to stay for a minimum of 9 nights to include a Shramadana Camp.

Groups from as few as 6 up to 20 people of all ages are welcome (minimum stay 7 nights).

SAMPLE ITINERARY - Post-Disaster Recovery

DAY ONE
Arrival in Colombo - welcome orientation and introduction to the Sarvodaya movement, our history, philosophy, village-based strategies and challenges for the future.
Overnight: Sarvodaya Nagarodaya Centre Hostel, Colombo.

DAY TWO
Travel to the headquarters at Moratuwa for a tour of the various units such as Community Capacity Building, One World One People, Women’s Movement, School for Deaf Children, Damsak Mandira Suwasetha (caring for disadvantaged youth), SEEDS (micro-finance) and Early Childhood Development.
Overnight: Sarvodaya Hostel, Moratuwa

DAY THREE
Travel south to Ambalangoda via Lagosswatta Eco-Village and Kalutara’s temple. Briefing from the District Centre on the impact of the Tsunami and an overview of Sarvodaya’s post-Tsunami work in the Galle district.
Overnight: Sarvodaya Hostel, Ambalangoda

DAY FOUR
Visit the new Balapitiya Community Cultural & Arts Centre - pre-school, Telecentre, healthcare unit and resource centre plus a traditional dance performance by local children and lunch prepared by the villagers.
Afternoon visit to a post-Tsunami housing project, participate in a community activity such as a children’s art project, planting a garden etc.
Overnight: Sarvodaya Hostel, Ambalangoda

DAY FIVE
Morning sightseeing in Galle en route to the new Polhena Community Centre for a demonstration of Sri Lankan cooking and a meal shared with the villagers. Overnight: Sarvodaya Hostel, Ambalangoda

DAY SIX
Travel to Bandaragama Educational Training Institute for an afternoon on Bolgoda Lake, seeing the amazing sights of village life on the water’s edge. Overnight: Sarvodaya Hostel, Bandaragama

DAY SEVEN
Return to Colombo for a final Q&A session and the opportunity for some shopping. Dinner at leisure.
Overnight: Sarvodaya Nagarodaya Centre Hostel, Colombo

Tour Information

THE PRICE
The cost of your tour will vary according to the length of stay, group size, preferred activities and distances covered; one week should cost between US$600 to US$900 per person including transportation, all meals and accommodation (excludes international flights).

For home and hostel stays, we provide basic bed linen, mosquito nets and all meals. Meals served are vegetarian (including fish); we request that you refrain from consuming alcohol and smoking during your tour. Transportation for scheduled activities is provided, together with an English-speaking escort.

We will book hotels where Sarvodaya accommodation is not available and will confirm the price for your group once we have full details of your requirements.

ACCOMMODATION

District Centre Hostels: Sarvodaya hostels have single sex dormitories sleeping 2 to 8 people with shared shower/toilet facilities. They are simple but clean; your meals will be cooked by local villagers.

Village Home Stays: In some areas, you may stay in village homes, giving you genuine insight into rural village life.

You will have a simple private bedroom but will share the family bathing and living facilities; this may include an outside toilet and washing from the garden well. Your meals will be prepared by your host family.

Contact Us

Sarvodaya Community Tourism Initiative
Nagarodaya Centre, 155A Dr Danister de Silva Mawatha, Colombo 8, Sri Lanka
Telephone: +94 112667366 or 112667362 Ext. 105
Fax: +94 112667363
Email: communitytourism@sarvodaya.lk
www.sarvodaya.org