



Adventure, sport and volunteer tour in Sri Lanka

You will have 1 month to explore Sri Lanka, discover its landscapes, learn more about its culture, and take part in volunteer projects! You will embark on an immersive, authentic, and engaging journey!

Program description

The adventure, sports, and volunteering program is divided into several weeks, each offering stimulating and enriching activities.

- The first 2 weeks are dedicated to the volunteer project. You must choose from 4 available projects, each making a positive contribution to local communities. You may combine the projects as you wish, except for the **marine turtle conservation project, which is limited to a maximum of one week.**
- This is followed by one week focused on surf and yoga.
- Finally, you will end the program on a high note with a one-week road trip, exploring the country's different cities and must-see destinations.

Packing list:

- Wear comfortable attire (not too bright)
- Comfortable walking shoes
- Sunscreen, scarf or mask to cover face as it can get dusty
- Bottled water and any snacks you may like
- Modest clothing for cultural respect



Schedule

- **Week 1: Volunteering** (with 1 yoga class + 1 Buddhist temple visit in the afternoon)
- **Week 2: Volunteering** (with 1 yoga class + 1 group bike ride in the afternoon)
- **Week 3: Surf & Yoga** (an unforgettable week of surf, yoga, sun and good vibes on Sri Lanka's beautiful south coast, in Ahangama!)
- **Week 4: Adventure Tour** (ends with a drop-off to Colombo airport)

Surf and yoga week highlights:

- Surf camp is located near Kabalana Beach in the popular beach town of Ahangama in the south coast, widely regarded as one of the best surfing destinations in Sri Lanka
- 5 Yoga sessions from experienced instructors
- 5 surf lessons (beginner or Intermediate)
- 3 surf guiding sessions
- Free surf equipment and yoga during the whole stay

Adventure week highlights:

- Half-day safari adventure at Yala National Park
- A day and night in Ella, a scenic town in the Sri Lankan Highlands, with visits to the famous Nine Arches Bridge, Little Adam's Peak and Ravana Waterfalls
- Visit a historical tea factory to learn all about Ceylon Tea
- Visit to a local Buddhist clothing shop to try on native Sri Lankan dresses like sarees (females) and sarongs (males)
- Guided tour of the Sacred Temple of the Tooth Relic
- Visit the region's Arts & Craft centres to get a glimpse of traditional Sri Lankan crafts
- Visit to Sigiriya, a UNESCO World Heritage site which is an ancient rock fortress in the Central Province
- Visit to Dambulla Vegetable Market, the largest vegetable and fruit wholesale market in Sri Lanka