



## Childcare projects



### Objectives:

There are two distinct projects working with children, each addressing different needs within the local community. Volunteers can choose between a **kindergarten project** that supports very young children, or a **teaching project** focused on teaching English and developing new skills for older students.

Those projects aim to assist young rural children of southern Sri Lanka by providing them with care, support, and attention by interacting, exploring, explaining, and elaborating in the language.

## 1. Teaching project

The Children's Teaching Project works with children aged **8 to 12** and focuses on teaching English as well as key life skills.

Volunteers help improve pronunciation, comprehension, reading, and speaking through engaging, activity-based lessons.

This project requires a good level of English skills and is ideal for participants who are confident working with groups, enjoy preparing creative lessons, and wish to inspire children in their learning journey.

The major goal is to get the children to participate, investigate, explain, and elaborate so that they can learn in a dynamic and practical setting.

This project is perfect for enthusiastic and energetic individuals who enjoy spending time with young children and are eager to support their development.

The classes are conducted in the afternoons for 2-3 hours per day and lesson planning is done for 4-5 hours a week. Typical class sizes range from 20-30 children.

**Capacity :** 25 participants at one time.

**Age requirement :** The minimum age is 16 years.



## 2. Kindergarten Project

The Kindergarten Project is designed for children aged **3 to 6**. Volunteers support local teachers with :

- Daily activities
- Participate in educational games
- Encourage social and emotional development
- Introduce basic English in a playful way

No advanced English skills are required, only motivation, kindness, and a genuine interest in interacting with young children.

Classes typically take place in the mornings, although in some cases they may be held in the afternoons depending on local circumstances.

Volunteers usually spend around 2–3 hours per day at the kindergarten, with an additional 4–5 hours per week dedicated to lesson planning. Class sizes generally range from 20 to 30 children, and volunteers often work with smaller groups.

**Capacity :** 10 participants at one time.

**Age requirement :** The minimum age is 18 years.



**Project Start & End Days:** Saturdays

**Project Work Days:** Monday to Fridays (weekends are free)

**Availability:** Available for 10- 11 months of the year; partial availability in January and April. No availability in December. **Please check with us to confirm exact dates for bookings made in these months.**

**Support Provided:** Program Manager provides detailed introduction and culture training on arrival.

Our teaching staff also assists participants with lesson planning. Participants also have access to our in-house teaching library to help with lesson planning and providing general guidance.

### **Required Documents:**

- CV
- Motivational letter
- Application
- English Language level
- Passport copy
- Police Report and Medical. (soft copies only)

**Airport and arrival:** Colombo Bandaranaike International Airport which is only a **2 hour drive** from the volunteer house.

The morning transfer covers the flights that arrive between 6:00-10:00 AM whereas the afternoon airport transfer covers the participant whose flights are arriving between 2:30-6:30 PM.

**Location of Project:** The project is run at the NGO's Community Centre and other locations around the area based on local conditions and project requirements at the time.

### **Meals**

3 freshly cooked meals every day (breakfast + lunch + dinner)

The cooking style tends to be a **mix of both local authentic Sri Lankan** cuisine in the form of various curries (vegetarian and non-vegetarian), rice, coconut rotis, kottu, hoppers, etc, and western cuisine such as pastas, bread, wraps, spaghetti, etc.

There are also **multiple local supermarkets** near us from where participants can buy food they like.

The volunteer house is also located in close proximity to **several restaurants**, bars and cafes that offer high quality international cuisines.

## Accommodation

All bedrooms are equipped with open cabinets for volunteers to store their clothes and toiletries. Mattresses, pillows and cotton bed sheets/pillowcases are provided.

We also provide drying racks and extension cables for each room. All rooms can be **key locked**. Each participant is provided with a **safety locker** in which they can store their cash, passports, jewellery and other valuables. Wall fans and/or floor fans are provided in each room and all rooms are ventilated well with windows. Room **cleaning is done twice a week** including the bed linen change, while bathrooms and common areas are cleaned regularly.

Participants have access to **refrigerators** in all the common areas on each floor. **Wi-Fi** is available to each participant in the villa (20 GB per person per month).

**Air-conditioning is also available in an additional cost.** Participants can bring self-attached mosquito nets that fit bunk beds should they wish to.

Shared accommodation (2-6 people per room)

## Transportation

Daily project transfers for all participants are provided in a van. The van is a 14 seater modern vehicle equipped with the necessary safety and security standards. For certain projects other transportation modes like company-owned tuk-tuks, locally contracted Tuk Tuks or buses are used.

## Activities

Following are the activities presented by the local team that is available for all its participants:

- Movie nights (weekly)
- Yoga Class (weekly)
- Guided Bike Tour (monthly)
- Monthly BBQ Nights (monthly)
- Special Events like Christmas, Buddhist & Hindu New Year, Easter, Ramadhan Fast Breaking, New Year Day...

The following are popular daily/weekend excursions around the area (at an additional charge):

- Wildlife Safari
- Whale Watching
- Rainforest hiking at Sinharaja Forest Reserve (UNESCO World Heritage site)
- Surfing Lessons
- Galle Fort Walking Tour
- Tea Plantation Visit
- Local Cooking Class
- Gem Cutting Workshop visit
- Jaffna Tour
- Ella-Kandy Tour
- Handloom Factory visit



- Hindu Temple visit
- Upper Diyaluma Waterfall Hiking
- Arugambay / East Coast Tour

## Country Overview

In Sri Lanka, younger children at less affluent schools receive far less resources and attention than those who receive greater help. The unfortunate reality of the situation is that the difference in quality of the education received from poorer schools, more often than not, pales in comparison to those received by better-funded ones, particularly as it relates to a foreign language like English. Hence, there is a strong need to develop English skills.

The main religion in Sri Lanka is **Buddhism** (approximately 70% of the population). Buddhism does not advocate the belief in a God; instead expects the individual to seek truth within one's own experience.

Sri Lanka has a number of **languages** that are spoken in the country. The two official languages are **Sinhalese** (most prominent) and **Tamil**. **English** is also spoken.

## Electricity

In Sri Lanka the standard voltage is 230 V. The standard frequency is 50 Hz. The power sockets that are used are of type-G.

You can use your electric appliances in Sri Lanka, if the standard voltage in your country is in between 220V - 240V (as in the UK, Europe, Australia and most of Asia and Africa). Participants are advised to purchase an international plug adapter for convenience.



## What to Bring:

A conservative dress code needs to be adhered to while at the project. Knees and shoulders must be covered, as well as any tattoos or body art. Additionally, participants need to wear our blue cotton teaching coats during their sessions which we will provide. The rest of the clothing can be comfortable and casual.

- Passport /Visa
- Travel & Insurance documents
- Debit/Credit cards
- Towel
- Mosquito net
- Plug adapter (type G)
- Laptop (education projects)

- Sanitary products (tampons)
- Mosquito Repellent
- Sun Blocks
- Rain jackets
- Jeans / trousers (mandatory for education projects)
- Flipflops
- If any allergic medications
- Anti-Diarrhoea Medication
- Throat Lozenges
- Paracetamol
- Anti-inflammatory
- Anti-histamine

## Money

The national currency of Sri Lanka is the Sri Lankan Rupee (LKR). You can only purchase Sri Lankan Rupees in Sri Lanka (not an International Currency). On arrival at Colombo Airport, it is best to change some money at various Bank ATMs or traditional money exchange centres (located in the Airport arrival lobby area).

It is essential that you notify your bank(s) in advance of the dates you will be in Sri Lanka to ensure access to your bank accounts and debit/credit cards while you are away.

You should carry a debit card to withdraw cash from the ATM and to take a credit card just in case you lose your debit card or it is blocked. **Avoid carrying large amounts of cash** in public as ATMs are well located and easily accessible in and around Unawatuna and Galle.