



## Childcare project



**Objectives:** This project aims **to assist young rural children** of southern Sri Lanka by providing them with **care, support, and attention as they learn English** by interacting, exploring, explaining, and elaborating in the language. The goal is to develop their English language skills (along with some life skills from time to time) and increase student involvement in schools for children aged 6 to 12 years old. The hope is that these unique opportunities to study English will instill a positive attitude in them that will drive them to continue their English studies in high school and beyond.

In Kindergarten the purpose of this project is also to provide assistance, attention and care to very young underprivileged children, allowing them to **develop their social, mental, emotional, linguistic, reading, and writing skills** in preparation for a brighter future. 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. To maximise volunteer contributions, priority is given to well-deserving children that lack adequate resources.

**Capacity:** Maximum of 10 participants at one time. But for the kindergarten project the maximum is 25 participants at one time.

**Availability:** Full availability for 10 months of the year (Jan, Feb, March, May,

June, July, Aug, Sep, Oct and Nov); partial availability for 2 months of the year (Jan and April); no availability in Dec – **please check with us to confirm exact dates for bookings made in these months.**

**Project Start & End Days:** Saturdays

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

**Support Provided:** Program Manager provides detailed introduction and culture training on arrival. Area orientation tour provided within 1-2 days of arrival. Teaching Coordinator gives project-specific training. Our teaching staff also assists participants with lesson planning, guiding them on the specific curriculum to follow each week and conducting regular meetings to monitor progress. Participants also have access to our in-house teaching library consisting of manuals, books and various teaching materials to help with lesson planning and providing general guidance.

**Age Requirement:** Must be **16 years** or over.

**Required Documents:** CV, Motivational letter, Application, English Language level, Passport copy, Police Report and Medical. (soft copies only)

**Nearest Airport:** Colombo Bandaranaike International Airport

**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 Provided:** Breakfast, lunch and dinner on all 7 days of the week. (Monday to Sunday). 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. Fresh ingredients are purchased on a regular basis from local vendors and markets for the preparation of these meals. We also source fresh vegetables from our own organic garden from time to time. The emphasis is on cooking fresh, healthy, organic and delicious food so participants get to experience authentic Sri Lankan flavours along with all its nutritional goodness. With every meal we serve a minimum of one tropical fruit and a fresh salad mostly at lunches and dinners.

There are also **multiple local supermarkets** near us from where participants can buy food they like (e.g., nuts, avocados, packaged goods, etc.). We can also accommodate varied food requirements (e.g., vegetarians, vegans, specific allergies, etc.) if these requirements are mentioned to us beforehand.

The volunteer house is also located in close proximity to **several restaurants**, bars and cafes that offer high quality international cuisines (Italian, Asian, Mexican, Persian, etc) which give our participants additional options.

**Background to this Program:** In Sri Lanka, younger children at less

affluent schools receive far less resources and attention than those who receive greater help. In the greater Galle area, there are a number of schools, both public and private, ranging from primary to secondary, that cater to children of varying ages. Public (or government) schools provide free education to children, and are therefore in greater demand, especially for parents from poorer rural communities that lack the resources to put their children in private schools, for which they have to pay extra. 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. There are significant differences in the resources and facilities available for various schools in various locations, even though successive governments have tried to improve educational opportunities and standards at schools by giving out free textbooks, uniforms, and other items. Notwithstanding the unequal distribution of learning resources, the inability to support basic requirements for children in rural schools and lack of qualified teachers, crowded classrooms with more children and one teacher have led to limited educational opportunities for disadvantaged school children.

Hence, **there is a strong need to develop English skills** (speaking, reading and writing) in these schools, where teachers and facilities are not as well equipped. We only work with schools that really need the help and we do it in a sustainable manner, where our volunteers can make the maximum impact.

**What our Volunteers do on the Project:** Children's Teaching participants can choose between one of the two options:

1. Volunteer full-time (Monday to Friday) at our kindergarten school
2. Volunteer 3 days a week at the kindergarten school + 2 days a week with older children at the local public school

At the Kindergarten school, our participants assist the local school teachers with the day-to-day running of the classes. 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 size ranges from **20-30 children**. Typical activities include teaching basic English (reading and writing), playing educational games, socializing with the children and caring for them by giving them attention and warmth in an intimate environment. Basic life skills, basic computer literacy and table tennis are also covered during the project ensuring all arenas of personal development are catered to while developing their English language.

This project is ideal for participants who like spending time with young children and nurturing them.

At the local public school (for children aged 6-14 years), participants are expected to run their own classes (with guidance and support from our education coordinators). The school we work with thoroughly lacks adequate local English teachers to teach English, so the need and impact of this project is strong.

**Participants need to plan their own lessons on a daily basis** (approximately 1-2 hours each day) with support from our staff, but the ultimate responsibility lies with the participants. Typical class size ranges from 10-30 students. We encourage you to **bring a notebook** and a pen to make necessary notes and records along with laptops or tablets for lesson planning.

## **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, while the driver is an experienced chauffeur with expert knowledge of Sri Lankan roads and traffic conditions. However, for certain projects other transportation modes like company-owned tuk-tuks, locally contracted Tuk Tuks or buses are used. Our Operations team has a network of trusted and dependable tuk-tuk drivers that we have been working with for a longer period of time that meets our safety standards. Private transfers can be arranged upon requests of the participants at an additional cost.

## **Arrivals**

Participants fly into the Colombo Bandaranaike International Airport (CMB) which is only a **2 hour drive** from the volunteer house.

The destined arrival date for our participants is **Saturday**.

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.

If a participant arrives outside of these time windows, then they can either wait longer in the airport to avail the shared transfer service or they have the option to book a private transfer for an additional fee.

## 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

Sri Lanka is home to some of the most beautiful sights in the world. Sandy beaches, lush green forests, over 100 beautiful rivers and clear waters populated by thriving marine ecosystem adds up to its beauty. These make Sri Lanka a special place for wildlife like elephants, leopards, sloth bears, deer, peacocks, small loris, wild boar and porcupines to live in.

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 widely, particularly in urban areas, and is prominently used in education, science and commercial purposes.

## Weather

Being a tropical island, Sri Lanka has very little seasonal change in weather and is good to visit all year round. The temperature ranges from 15 to 30 degrees (Celsius) on average depending on the day and whether you are in the mountain regions or not. The weather in our vicinity (Galle) averages about 25 degrees Celsius throughout the year.

## 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.

The most important thing to note is not to pack too much, as you are to live in a shared accommodation with limited storage space (helps to be fairly mobile), while leaving room to pick any clothing or souvenirs during your time in Sri Lanka. Along with your other travel essential, following are few of the important things required by participants over here;

- 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.