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# Hill Country

Sri Lanka's mist clad mountain ranges draped in cloaks of green will mesmerise you with its many cascading waterfalls, gentle streams, breathtaking precipices, medicinal herb forests, mountain animals and a plethora of other delights. The cool highlands are a haven for nature lovers, hikers, anglers fishing for trout, golfers and those simply seeking respite and tranquillity.

Set about 2000 metres above sea level, the beautiful town of Nuwara Eliya is unquestionably the queen of all hill stations in Sri Lanka. Established by the British in the early 19th century, this verdant town still retains its colonial air and boasts one of Asia's best golf courses, a race course, a man-made lake and of course miles of lush tea plantations.

Whilst in tea country, you could choose to stay in one of the many tea bungalows or other accommodation in the area. The bungalows are located on working tea estates, offering first-hand know-how on how the world's finest tea is made; from harvesting the leaves by hand to processing them in the nearby factories in a traditional manufacturing process unchanged for a century.

South-west of Nuwara Eliya lies the enormous 2234 metre high Adams Peak. Towering dramatically above a virgin forest reserve, the Adams peak or Sri Pada is considered to be holy by Buddhists, Christians, Muslims and Hindus alike and is visited by thousands of pilgrims and trekkers alike between December and May.

The Horton Plains, a 2130 metre high grassy plateau south of Nuwara Eliya is a secluded patch of land dotted with primrose and daffodil orchids, where many endemic species of birds, monkeys and butterflies can be spotted. A stroll across the plain leads to the 'world's end' which offers some of the most awe inspiring views on the island.

East of Horton Plains lies the small town of Ella which is famous for its stunning views through Ella gap down to the coastal plain 1000 metres below. More dramatic scenery can be enjoyed by taking a train ride from the town of Haputalle via Ella to Badulla where the tracks navigate countless iron bridges and viaducts.

Then there is the capital of the hill country, Kandy which spreads around a scenic lake and its most popular attraction includes the Tooth Temple (where the sacred tooth of the Buddha is believed to be enshrined).

The hills are also home to some of the most beautiful botanical parks in the country. Notable amongst these are the Victoria Park in Nuwara Eliya and the Hakgala Botanical gardens which are full of sub tropical plants, montane trees and popular rose gardens. Also popular is the Royal Botanical Gardens in Pardenia. Established in the early 1800's, the Gardens are spread across 150 acres along the Mahaweli River and offer a collection of over 300 species of orchids, medicinal plants, spices, palm trees and numerous other trees.

## Country Director's Message



We now move into 2011 and I would like to wish all of you a Very Happy New Year. May the year ahead be filled with good health and happiness!

It was great to have Elaine Wynn from the UK office visit us this month. It was really good having you with us and I am sure it brought back memories of your last visit to Sri Lanka.

The medical seminar will be held at Sun View and the medical camp at the Kalutara temple, all medical volunteers are invited it will be a good experience for all of you to hear how medicine is practiced in this part of the world.

The outreach for the month will be the Painting / Cleaning of the Dutch Anne Montessori School in Panadura. All are welcome after which in the evening we will have the volunteers get together at a restaurant on the Mt Lavinia Beach. It will be a great evening and we hope all of you will support this event.

Marie will be having a teaching workshop in Panadura and Galle for all the Teaching / Care volunteers so please make sure to be there and get good ideas for your placement.

For all of you who will be joining Projects Abroad soon, Sri Lanka awaits you with a magical experience, tailor made to fulfil your dreams and world of memories. A different culture of smiling people!

**Shyamalee Wijesinghe**  
Country Director  
Sri Lanka

# Outreach Programme - Painting Dutch Annes' Montessori and equipments.

The outreach programme took place at Dutch Annes' Montessori on 28th Friday December. All the volunteers participated in the event and helped in painting and cleaning. IT was a great day and after lunch volunteers joined for the get-together organised at the Mt.Lavinia beach.



# New Staff

## Katie Hooper

Joining the Projects Abroad team this February, I am delighted to be moving from my home town of London, England to meet the team in Colombo!

A previous Projects Abroad volunteer myself, I returned from a trip to Cambodia in 2007, brimming with inspiration, a love of a new country, and unforgettable memories of my first experience of both Asia and working abroad. Since then I have been lucky enough to



work and travel in Ghana, Morocco and the U.S and can hardly wait experience the culture, beauty and welcoming people which I have been unanimously assured await in Sri Lanka!

Having graduated from Leeds University with a degree in History of Art, I've worked in galleries and exhibition houses, been an assistant art teacher, even worked on a film set or two, eventually landing a job in a PR and communications firm in the city!

I will never be quite sure how this all fits together! But am the envy of all my wonderful friends and family having been given the opportunity to come out to Sri Lanka as part of the team.

At home I enjoy cooking, swimming, painting and seeing my friends and in Sri Lanka I hope to indulge my adventurous side with a spot of surfing and scuba diving, although as a total beginner I've heard it's far harder than it looks! I'm hoping that my two siblings will come out to visit Sri Lanka so that I may introduce them the new friends I will make, although with my twin sister and I being identical, I am sure that this may confuse a few people!

As a lover of both hot food and very hot weather, I am hoping that my past volunteer experience will help me compassionately relate to all new volunteers beginning such a unique and amazing journey away from home, and I look forward to assisting the Projects Abroad team in making each individual's experience as fantastic as my own.

See you all very soon!

Katie

## Cricket world cup 2011 – Sri Lanka Schedule



### Feb-2011

Sat 12  
04:00 GMT, 09:30 local

**Sri Lanka v Netherlands**  
2nd Warm-up - [World Cup 2011](#)  
[Pallekele International Cricket Stadium](#), Kandy

Wed 16  
04:00 GMT, 09:30 local

**Sri Lanka v West Indies**  
12th Warm-up - [World Cup 2011](#)  
[R.Premadasa Stadium](#), Colombo

Sun 20 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v Canada**  
3rd match - [World Cup 2011](#)  
[Mahinda Rajapaksa International Cricket Stadium](#), Hambantota

Sat 26 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v Pakistan**  
10th match - [World Cup 2011](#)  
[R.Premadasa Stadium](#), Colombo

### Mar-2011

Tue 01 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v Kenya**  
14th match - [World Cup 2011](#)  
[R.Premadasa Stadium](#), Colombo

Sat 05 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v Australia**  
20th match - [World Cup 2011](#)  
[R.Premadasa Stadium](#), Colombo

Thu 10 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v Zimbabwe**  
26th match - [World Cup 2011](#)  
[Pallekele International Cricket Stadium](#), Kandy

Fri 18 **D/N**  
09:00 GMT, 14:30 local

**Sri Lanka v New Zealand**  
38th match - [World Cup 2011](#)  
[Wankhede Stadium](#), Mumbai

*Mural paintings done by Projects Abroad volunteers at Flowery Kids Montessori in Kindelpitiya and Thimbirigaskatuwa School*



# Photos of medical camp held at Sunthraramaya (temple), Kalutara on 29th January



Hallo,

mein Name ist Dominik und bin 21 Jahre alt.  
Aufgewachsen bin ich in

einem kleinen Dorf in Bayern. Nach meinem  
Schulabschluss habe ich in einer

Firma, welche IT-Systeme vertreibt und wartet, eine  
Berufsausbildung

abgeschlossen.

Ich habe schon sehr lange den Traum in eine Fremde  
Kultur

einzutauschen und das Leben dort zu erleben. Bei meiner Suche nach einem  
passenden Ziel bin ich auf die bezaubernde Insel Sri Lanka

gestoßen, in deren Landschaft ich mich bestimmt verlieben werde. Das angenehme  
Klima, die weißen Sandstrände, unberührter tiefer Dschungel und der  
immerwährender Frühling im Hochland. Die landschaftliche Vielfalt Sri Lankas  
lässt nicht zu wünschen übrig.

Um bei meinem Aufenthalt nicht nur zu nehmen, sondern auch etwas von mir  
dazulassen, habe ich mich dazu entschlossen, am IT-Projekt von Projects Abroad  
teilzunehmen, um in einem kleinen Dorf in der Nähe von Wadduwa, den dortigen Schülern  
den Umgang mit Computern näher zu bringen.

Nach meiner Freiwilligenarbeit möchte ich während einer Rundreise  
die Orte Sri Lankas besuchen, die mir noch fremd sind.

Ich hoffe eine wunderschöne Zeit in Sri Lanka zu erleben und Erfahrungen und  
Erinnerungen mitzunehmen, die ich nie wieder in meinem Leben missen möchte.

Anschließend, nach meiner Rückkehr nach Deutschland, möchte ich in München ein  
Informatikstudium beginnen.

Dominik



Hello everybody!

I am Anne-Marijn Batterink. I am 23 years old and I am living together with my parents in a small town in the Netherlands. I have one elder sister. She lives on her own in the same town. At this moment I am going to school. I am following the study of Social Work and I am in my last year. This is at a university of applied sciences. The next few months I will finish my study. This means in the Netherlands, doing research at an organisation. I will be looking for answers to a problem that the principal has given. I will do research here in Sri Lanka.

I will arrive in Sri Lanka on the 18<sup>th</sup> February. For three days a week I will be volunteering in an orphanage called 'Sukitha Children's Orphanage'. The other two days I will be working on my research.

I could do research in the Netherlands, but I have always wanted to do research abroad. I want to learn, and this project means a challenge for me. I am curious about the way of live in Sri Lanka, the culture, the people, the nature. And most of all, I want to develop myself!

In my spare time I like to make and listen to music. I enjoy playing clarinet. Every Thursday I play in an orchestra, which I have to miss for three months now. I also like to read, talk with friends or making a long walk. I am not bored easily.

I hope that I am going to have a wonderful time at Sri Lanka. I hope to meet a lot of nice people and learn from each other.

I am looking forward to come to Sri Lanka!!

Kind regards,

Anne-Marijn Batterink



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As I write this article, I am sitting in our farmhouse overlooking the Kentish countryside - I know that the scenery in Sri Lanka will be very different! Needless to say, I am counting down the days until I step foot on Sri Lankan soil. I have volunteered to teach English to children in March, and I believe it will be an enriching experience, from many perspectives.

My name is Emily-Rose, I'm 18, and currently on my gap year. I have already spent a month completing an expedition in Malawi, Africa. There I helped build a school, completed a 7 day mountain trek, canoed across Lake Malawi, and went on a safari - it was a very eventful month! The school recently opened, and to see the results on facebook was very moving. Since Malawi, I have worked as a Sales Specialist at Levi's, and have saved most of my wages to fund my trip to Sri Lanka. I am applying to study Theology and Philosophy at University.

I decided to volunteer in Sri Lanka to learn about the country's people, values, and history. I chose teaching because, in helping the children to understand English, I'm sure they will help me to understand their values. I have already gained some experience teaching younger years in school, so already know how rewarding it can be.

I expect that my month in Sri Lanka will be an unforgettable experience, and will hold stories that I will tell for years to come. I hope to create a bond with my host family, local people, and other volunteers. It is quite a daunting thought, flying alone to a foreign country, where I will meet new people from varying backgrounds, but I am ready for the challenge!

Emily-Rose Rolfe.

My name is Julie Friis, I am a 21 year old Danish girl who wants to learn more about people in other parts of the world. I grew up in a small Danish village with my mother and my older brother, my parents are divorced, but I often stay with my father and his new wife for a weekend or during holidays. At the moment I live together with a friend in a rented apartment in a rather big city, it is the second biggest in Denmark, but there are still only 300.000 inhabitants.



I went to school for 13 years, and I expect to start a new study after the summer holiday.

After I finished high school 18 months ago I have had different jobs, earning money so I was able to travel around in Thailand for 5 weeks last year, it was very exciting for me to experience a different way of living compared to Denmark. Since I returned to Denmark I have been working in a family restaurant, I like working there due to the fact that a lot of children come to this restaurant and I like to help and take care of them. I also work as a contact person for a girl who does not function very well social.

I hope that I during my stay will be able to develop myself into a person who becomes better to see and understand other people's way of living; I expect that I will be able to see other volunteers and have a social life together with them and also with my host family. I am sure it will give me an important background when I start my study.

When I come to Denmark after my stay in Sri Lanka I will start a study becoming a teacher followed by some psychologically education and training.

I am a very open and independent person who likes to be together with other people, friends and family. I also enjoy meeting new people and developing new friendships. I really look forward to come to Sri Lanka to learn, to develop and to help.

Julie Friis

Hi all

I am 23 years old and I live in Lyon, France. I live in an apartment in the city centre with my boyfriend, and am getting married this September.

I have been studying English for three years, with a year of language sciences and after I graduated in Lyon, I started to look for a job as an English teacher, either in schools for children or in adult schools for training sessions. I studied ethnological issues during my first year and it really made me want to travel around the world to discover other cultures, other languages. I found a job in the transport area, in an international customer service, where I stayed for two years while finishing my studies, before leaving the company in December 2010.



I am now looking for a job in my home town, Lyon. But before that, before "settling" and having a long-term job, I wanted to experience more. I love to travel and to meet people and I also feel the need to help others. I always had in my mind the project to work in a school abroad, and maybe come back to France and start an association to help and finance other schools around the world. I chose Sri Lanka for its program combining a teaching mission and help in a refugee's camp. It's also a country I've always wanted to visit, and I can't wait to start my mission. I think I can really bring to the classes my knowledge and my energy and share it. I expect a lot from this trip, I also expect a lot from myself. It will definitely benefit me on the human scale, and also it will be healthy to be away from massive consumption, selfishness for a while. I think this kind of mission can help me be a better person, and give me strength to help others when I get back to France. If possible I will even try to return to school, a school for humanitarian aid called BioForce, to work with associations abroad. But for now I focus on this journey and my classes! I'm already sure it's going to be a fantastic experience.

RaphaëlleBellon

# Sri Lanka 23 oktober 2010 tot 24 november 2010

Een deel van de vrijwilligers dat zich aanmeldt bij Projects Abroad is van een hogere dan gemiddelde leeftijd. Zeg maar gerust dat ze een stuk ouder zijn dan de jonge snaken van rond de twintig die doorgaans aan de projecten meedoen. Ik ben er daar één van. Ik ben 56 jaar oud en werkzaam in het onderwijs als manager en heb diverse functies gehad. Nu ben ik coördinator onderwijs en innovatie bij een stichting die een vijftal scholen voor Voortgezet onderwijs onder haar verantwoordelijkheid heeft. Mooi werk, maar ik was toe aan een pauze; een career break zoals Projects Abroad het noemt en daarmee ben ik een career breaker.

Omdat ik dagelijks werkzaam ben in het onderwijs wilde ik geen project in het onderwijs, zorg of ICT. Ik wilde graag iets heel anders; werken met de handen. Ook thuis ben ik nogal handig in klussen in en om het huis en ik was bereid alles aan te pakken. Projects Abroad had een passende klus voor mij: het bouwen van een keuken in de Dutch Annes Montessori school in Panadura, een Tsunami Camp. Ik dacht aan het inbouwen van een keuken in een bestaand gebouw zoals je ook in Nederland keukens inbouwt. Mijn verbazing was dan ook groot toen ik bij aankomst ter plekke zag dat het de bedoeling was dat er een stenen gebouwtje gebouwd moest worden, buiten het schoolgebouwtje (er was maar één lokaal). Nu koken de mensen hier vaak nog op open vuur buitenshuis. Nu ik wist wat de bedoeling was kon de klus beginnen en dan kom je dus de infrastructuur en de mentaliteit van de lokale bevolking tegen. Die mentaliteit is absoluut relaxed. Als je echter snel tot werk wil komen kan dat ook wel eens ophouden. Daarbij het taalprobleem; de aannemer en de uitvoerder spraken nauwelijks Engels plus ook nog eens de miscommunicatie en de obstakels voor dit project zijn in beeld. De stenen, betonblokken, het zand, het cement, het kwam wel, maar vaak te laat, er werd verkeerd geleverd of de spullen werden op een verkeerde plek gelost. Soms kwam de bouwvakker niet opdagen en wist ik op geen enkele manier te achterhalen wanneer de werkzaamheden weer opgepakt zouden worden. Voldoende obstakels dus om een forse vertraging in te bouwen. Na vier weken was het project dan ook niet helemaal af, maar wel bijna en een volgende vrijwilliger zal maar even tijd nodig hebben om het af te maken.

In de dagen dat er niet aan de keuken werd gewerkt, heb ik niet stil gezeten. Bij de projecten van de andere vrijwilligers was genoeg te klussen en er werd een beroep op mij gedaan om allerlei klusjes te doen zoals elektrische draden vastzetten, stopcontacten repareren, afvoer ontstoppen en een spoelbak repareren. Daarnaast hebben we samen liters verf gebruikt om een schooltje en een 'ICT-leer-centrum' op te knappen. Werk genoeg, maar vooral voldoening. Ik was weg uit mijn dagelijkse werk en kon de accu weer opladen. Na een maand had ik weer nieuwe power om mijn werk in het onderwijs goed op te pakken. Dat heeft Sri Lanka en Projects Abroad mij gebracht waarvoor dank, ook aan de vele mensen die ik daar heb leren kennen.

Harrie Thijssen

## Busy little machines call tuk-tuks

Two French journalism volunteers, CLAIRE BOULLAND and CORALIE FAVRE, now interning with the Sunday Island cast a fresh eye on Colombo's ubiquitous three-wheelers to compile this photo feature. These busy little machines, variously called three-wheelers, tuk-tuks, trishaws and auto rickshaws buzz around not only on city streets but also in the most remote villages, ubiquitous workhorses hauling both goods and passengers.



Many middle class homes have a trusted tuk-tuk driver on call on a cell phone to be summoned whenever needed and many small businessmen find them invaluable to move goods to their shops from the Pettah wholesale market where many of these pictures were shot. Sometimes the tired drivers grab a nap in their tiny vehicles as these photos shot mostly in Pettah show.

## Viceroy Special: 25 years as a unique tourism product

The Viceroy Special Luxury Steam Train will celebrate its 25th anniversary with a journey from Colombo Fort to Rambukkana on 2nd February. Recognizing the contribution to tourism, the postal authorities will issue five stamps. The Sri Lankan railway came into operation during the British era in the 19th century. The purpose was to transport commodities, especially tea from the upcountry plantations, then, it expanded to include many other points and also passengers. The Viceroy Special was introduced as a unique tourism product 25 years ago to offer the visitors a true experience through colonial places with modern, comfortable facilities. During the journey, tourists enjoy panoramic picturesque views.



The Viceroy Special is the only steam train with two air-conditioned observation salons and 64 plush reclining seats with individual adjustable tables. A qualified guide describes the landscapes, backed by suitable music. The restaurant car is elegantly furnished and the train also has an equipped kitchen with a bar. It stops on request for guests to photograph scenic spots. Some even opt to take a ride in the engine driver's cabin. "It's an expensive operation, that's right, but for foreigners it's nothing", says Chairman of JF Tours, Hemasiri Fernando.

The train contributes to Sri Lanka's tourism with popular trips to Pinnawala, Kandy, hill country as well as the west coast beach resorts.

Dr. Nalaka Godahewa, Chairman of Sri Lanka Tourism said the Viceroy offers an attractive option for visitors. Malaysia attracts about 25 million tourists a year and Singapore about 15 million. However, Sri Lanka attracts only 654,000 tourists, this locomotive will be one way to boost tourist arrivals.

By Claire Boulland

# Elaine visits Sri Lanka

Last February, we were delighted to welcome back Elaine from the UK Projects Abroad office! Elaine joined us for a few days to meet our volunteers, placement supervisors and families currently working with Projects Abroad. Now an integral part of the team back in the UK, Elaine is also an ex-volunteer who volunteered with us on her own Teaching and Care project back in 2007, and so has an especially fond bond with our colleagues here in Colombo.



## Donations

### Donations

Projects Abroad donated Rs 25,000/= to purchase shoes for the children of the band of Siri Seevali Maha Vidiyalaya and also a cupboard for the Base Hospital in Panadura

### Janet Tate

Monthly sponsorship for the children at Kalutara Tsunami Camp



# Fish Curry with Tamarind Recipe

## Ingredients : Serves 6

500 g	firm fish (Kingfish, tuna or mullet) fillets
1 tablespoon	tamarind pulp
1/2 cup	hot water
1 1/2 tablespoons	curry powder
1 teaspoon	salt
1/4 teaspoon	ground turmeric
1 teaspoon	chilli powder
3 tablespoons	oil
6 curry leaves	
1/4 teaspoon	fenugreek seeds
1 medium onion, finely chopped	
2 cloves	garlic, finely chopped



### Method :

- Wash and dry the fish and cut into bite size pieces.
- Soak the tamarind pulp in hot water, allow to cool and squeeze to dissolve pulp.
- Strain through a fine nylon sieve and discard the seeds and fibres.
- Combine the tamarind liquid with the curry powder, salt, turmeric, chilli powder and marinate the fish for 20 minutes.
- Heat the oil and fry the curry leaves and fenugreek seeds for 2 minutes.
- Then add the onion and garlic and continue to fry on medium heat until the onion is golden, stirring occasionally.
- Add the fish and marinade, cover and cook over low heat for 10 minutes.
- Uncover and cook for a further 10 minutes.
- Serve with white rice and vegetables curries.

## Moments

# Get-together at Mt.Lavinia Beach

On 28th January, volunteers joined for the get-together at the Mt.Lavinia beach after the hard work at Dutch Annes' Montessori. All enjoyed the evening playing football, swimming and delicious BBQ buffet meal.



# Mon expérience sri lankaise

Depuis plusieurs années, je pense à faire de l'humanitaire, mais franchir le cap n'est pas évident.

Donc quand j'ai vu le programme de 2 semaines, je me suis dit que c'était un bon compromis pour en savoir plus sur moi-même.

Et je n'ai pas été déçu !!

Je voulais tous vous remercier pour l'accueil que vous m'avez fait.

Arriver tout seul dans un pays inconnu n'est pas facile, mais grâce à vous, tout s'est bien passé, et je me suis senti très vite à l'aise.

L'organisation était au top.

Un chauffeur (Charlie pour moi) nous attend et nous amène à l'hôtel, ensuite il ne reste plus qu'à se laisser guider.

Rencontre avec les autres volontaires, puis un responsable de Project Abroad qui nous explique le contenu de la mission.

Pour ma part, deux semaines avec des enfants dans leur école pour partager avec eux leurs loisirs.

Même si l'anglais aura été difficile, on rencontre toujours quelqu'un qui a la patience de répéter.

La famille Bandara a été géniale, toujours soucieuse de notre bien-être, à l'écoute, et on ne risquait pas de mourir de faim...

Même si c'était parfois "spicy", et que la chaleur était dure à supporter (so hot...), cela restera pour moi une aventure inoubliable.

Les enfants ainsi que les professeurs, malgré la pauvreté de l'endroit, gardent le sourire et sont heureux de nous voir.

Chaque après-midi, ils étaient contents de nous retrouver et ils nous sollicitaient tout le temps.

Je n'oublierai pas les parties de foot avec les garçons du Tsunami Camp, car même avec un ballon crevé, ils continuent de jouer... Ils ne sont jamais fatigués...

Partager avec eux leur quotidien et les activités est très enrichissant.

Ces quinze jours ont été pour moi un réel plaisir qui me donne qu'une envie : recommencer.

Conclusion, ces quinze jours sont passés très vite, et de retour en France, je prends des cours d'anglais pour vite repartir.

Je n'oublierai jamais cette aventure, et les rencontres avec les gens, notamment, Thushari, Kalpana, Rasika pour les professeurs, la famille Bandara et Kasun pour l'accueil dans leur maison,

Sahan, Lasan té, Suranga, Nimente, pour les enfants d'écoles et tous les autres !!!

Merci pour tout. Have a nice day.

Loïc Sin.