

# PROJECTS ABROAD.

Sea Turtle Conservation in Sri Lanka  
for Teenagers

# Sri Lanka

Turtle conservation, cultural  
immersion, and cultural  
immersion

4 QUALITY  
EDUCATION



12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



14 LIFE BELOW  
WATER



15 LIFE  
ON LAND

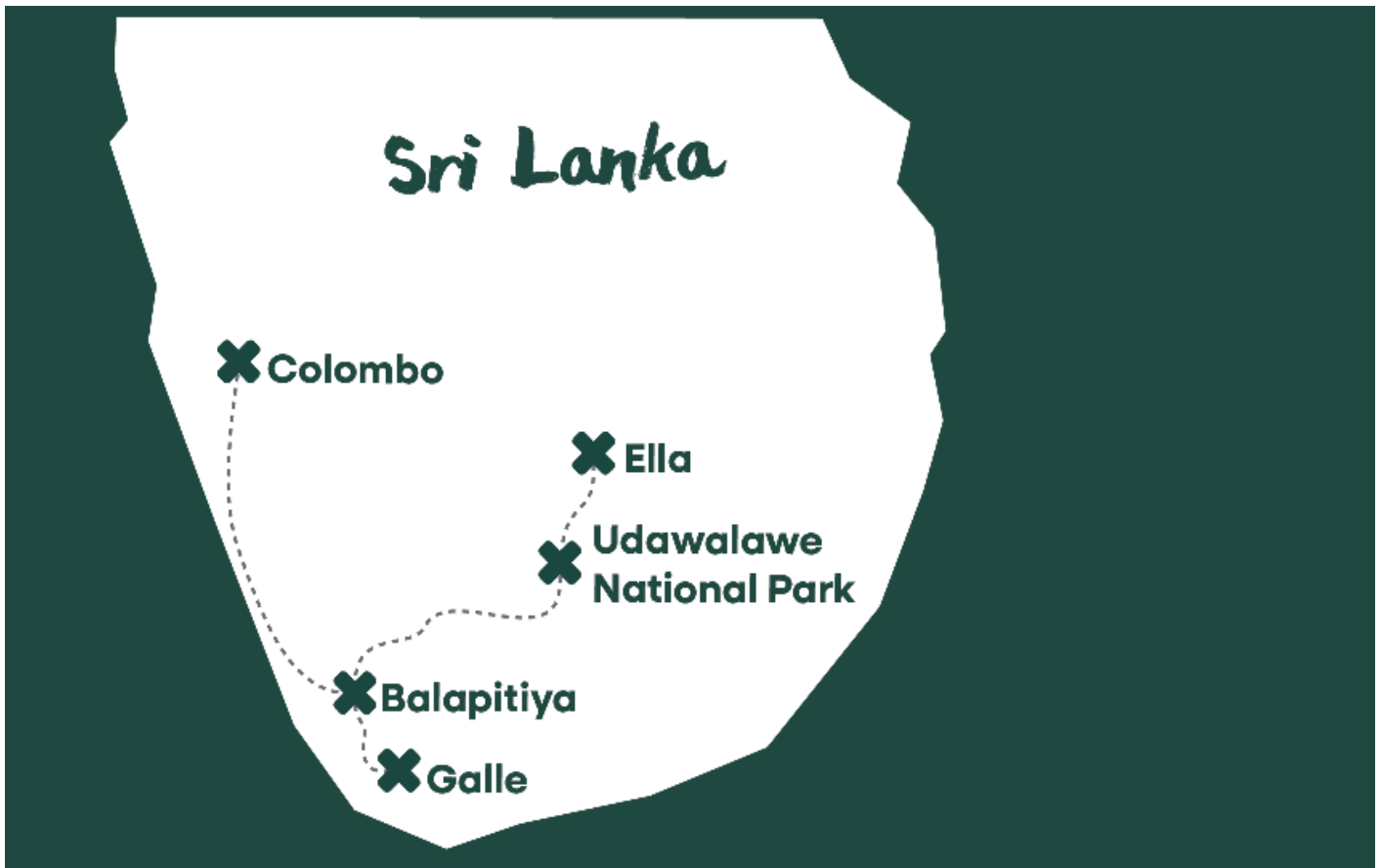


Certified



Corporation

SUSTAINABLE  
DEVELOPMENT  
GOALS



## Trip highlights:

-  Directly contribute to the protection of sea turtles in Sri Lanka, excavating eggs to a nursery and releasing hatchlings into the wild.
-  Build your knowledge of conservation techniques while improving conservation knowledge and awareness in local children.
-  Embark on an exciting safari to spot wild elephants and other iconic species at Udawalawe National Park and enjoy scenic views in Ella.
-  Get behind the scenes of the world's third-largest tea exporter with a tea plantation and factory tour.

 **LENGTH**  
14 Days

 **SUPERVISION**  
24/7

 **TRANSPORT**  
Train, minibus, boat

 **ACCOMMODATION**  
Guesthouse

 **SERVICE HOURS**  
40 hours

# Overview

The following is included in the cost of your trip (subject to change).



## Conservation work

- 24 hours direct patient observation
- Sea turtle tank maintenance and cleaning
- Food preparation and hand-feeding of injured turtles
- General care and monitoring of turtle hatchlings
- Location and relocation of turtle nests to protected hatcheries
- Monitoring of hatching times and assistance for emerging baby turtles
- Release of hatchlings into the ocean
- Daily beach patrols
- Mangrove planting
- Beach clean-ups
- Conservation awareness presentations
- Creation of educational murals at the conservation centre

## Logistics

- Airport transfers in Sri Lanka
- Orientation and tour of Balapitiya
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

## Culture & Leisure

- Galle Dutch Fort
- Madu River boat safari
- Traditional Sri Lankan beach games
- Cooking lesson
- Traditional dance workshops
- Exploration of the UNESCO World Heritage Galle Dutch Fort
- Visit to the Japanese Peace Pagoda
- Beach sunset and souvenir shopping at Unawatuna markets
- Wildlife safari at Udawalawe National Park
- Visit to the legendary Ravana Falls
- Little Adam's Peak hike
- Scenic train journey through the Ella
- Tea plantation and factory tour
- Nine Arch Bridge visit
- Trekking in the Kanneliya Rainforest
- Afternoon excursion to Mirissa: Coconut Tree Hill and Parrot Rock
- Colombo city tour

## Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Host family

## Explore Sri Lanka's History

Step back in time as you enter the massive stone walls of the Galle Dutch Fort, a UNESCO World Heritage site and the largest European fortress in Asia. Beyond a simple visit, you'll spend your summer in a city where ancient colonial history and modern Sri Lankan life coexist. It's the perfect setting to gain your medical experience while exploring one of the most iconic spots on the island.

**Days 1 - 2**

# Arrival

Land in the capital city of Colombo, where our team will meet you before heading to your accommodation in Balapitiya. Spend the evening settling in and enjoying a welcome dinner with your group.

The next day begins with a cultural immersion workshop and a comprehensive induction session detailing the aims and impact of the conservation project.

After lunch, enjoy a tour of Balapitiya town and an orientation of the Turtle Conservation Centre, ensuring you are ready to begin your hands-on work the following morning.





**Day 3 - 6**

## *Conservation initiative & river safari*

Start building your conservation skills at the local marine centre. Your first few days will be spent at the Turtle Conservation Centre, lending a hand to the local conservationists where needed. You'll work with many different turtle species during your time here, including Green, Leatherback, Olive Ridley, Loggerhead, and Hawksbill Turtles.

This could include feeding the turtles at the centre, cleaning their tanks, supporting the growth of baby turtles at the hatchery, and more. You will also engage in educational initiatives for the local community, including painting educational murals and a hygiene awareness programme at a nearby school

Beyond the centre, you'll head out for a Madu River trip to engage in mangrove planting, an essential part of coastal biodiversity. In the evenings, enjoy traditional Sri Lankan beach games, a cooking class, and a traditional dancing lesson. You'll also conduct an outreach beach cleanup on a nearby island to witness the direct impact of your efforts.

**Day 7 - 8**

# Weekend trip: Udawalawe & Ella

After a week of hard work, explore the wilder side of Sri Lanka. Embark on an early morning drive to Udawalawe National Park to witness elephants, crocodiles, and leopards in their natural habitat. Stop at the legendary Ravana Falls for a journey into local mythology and a photo session.

In the afternoon, hike to Little Adam's Peak for panoramic views of Ella Rock. Your weekend continues with a scenic train journey through the hills of Ella, followed by a visit to a tea plantation and factory to learn about the world's third-largest tea exporter. End the weekend at the stunning Nine Arch Bridge before travelling back to Balapitiya.



Days 9 - 12

# Conservation & Galle tour

Return to the conservation centre to continue supporting turtle rehabilitation through tank cleaning and food preparation. You will visit the historic Galle Fort and Japanese Peace Temple, followed by a sunset at the Unawatuna markets.

One afternoon is dedicated to discovering Sri Lanka's biodiversity with a hike through the Kanneliya Rainforest, exploring its waterfalls and streams. You will also visit Mirissa to see Coconut Tree Hill and Parrot Rock. Your final project days include a preparation session for awareness programmes and a farewell beach cleanup at the turtle centre.



## Day 13

# Colombo city tour

After breakfast, a two-hour drive will take you to Colombo for a full day exploring the capital. Embark on a guided tour of the city's most iconic landmarks, including the Gangaramaya Temple, Independence Square, the Lotus Tower, and the vibrant Red Mosque. In the afternoon, enjoy some last-minute souvenir shopping at the Pettah street markets and a local shopping mall.

The day concludes with a special farewell dinner at your guesthouse in Colombo to celebrate your conservation journey with your fellow volunteers.



## Day 14

# Departure

Reflect on the once-in-a-lifetime journey you've undertaken and the memories you've made. Look back on the incredible work you've done and how you've contributed to the protection of sea turtles with pride. Think about your newfound confidence, skills, and cultural understanding during your journey; these will stay with you for the rest of your life.



# Destination

The “Pearl of the Indian Ocean”, Sri Lanka, is an island nation known for its tropical beaches, lush tea plantations, and ancient Buddhist ruins just off the southeastern tip of India.

The two dominant ethnicities of Sri Lanka are the Sinhalese and Tamil, but there are many other communities of Arabic and European descent.

Sri Lanka has a warm, tropical climate, influenced by monsoons that have resulted in diverse ecosystems, from arid plains to rainforests.

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### LANGUAGE

Sinhala, Tamil, English

### CURRENCY

Sri Lankan Rupee

### NATIONAL DISH

Rice and curry

### POPULATION

22 million

### TIMEZONE

GMT +5:30

### NATIONAL ANIMAL

Sri Lankan Giant Squirrel

### CAPITAL

Colombo

### COUNTRY CODE

ES / +34

### NATIONAL BIRD

Sri Lankan Junglefowl

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## Adventure with Purpose.



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