



# SRI LANKA

## English Language Workshop

**Dates:** August 11-18, 2012

**Individual Cost:** Approx. \$755. This includes food, lodging, in-country transportation, and travel/health insurance. This is an estimated cost and does not include international flights, and is based on a team of 10 people for 10 days.

**Project Cost:** \$2,290. This includes materials for the workshop. This is a shared cost between team members.



### English Language Workshop

Lutheran Hour Ministries-Sri Lanka (LHM) would like to offer a 6 day English Language Workshop from 9am to 3:30pm for a selected group of 60 students between the ages of 12-21 from the plantation sector in Nuwara Eliya District. The student group will be divided into three which would include 20 students each according to their age. The team would teach basic English with grammar to help the students read, write and speak. The team would also conduct daily devotions, teach scripture songs and tell scripture stories.

### Project Location

The project will take place in Nuwara Eliya which is located in the central highlands and is considered one of the most important locations for tea production in Sri Lanka. The town is overlooked by Pidurutalagala, the highest mountain in Sri Lanka. Due to high altitude, Nuwara Eliya has a much cooler climate than the lowlands of Sri Lanka. In the winter months it is cold at night and there can be frost. Although it rapidly warms up as tropical sun climbs higher during the day. One of the distinctive features of Nuwara Eliya's countryside is the widespread growing of vegetables, fruit and flowers, usually associated with temperate Europe. This "Little England" is covered with terraces growing potatoes, carrots, leeks and roses, interspersed with tea bushes on the steeper slopes. The slow growing tea factories around Nuwara Eliya offer guided tours and opportunity to sample or purchase their product.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email [christine.myers@lhm.org](mailto:christine.myers@lhm.org).

## **Sample Itinerary**

- Day 1. Arrival and rest
- Day 2. Worship, orientation, visit worksite, sightseeing
- Day 3. Workday
- Day 4. Workday
- Day 5. Workday
- Day 6. Workday
- Day 7. Workday
- Day 8. Workday
- Day 9. Worship and Sightseeing
- Day 10. Depart for home

*A detailed itinerary will be customized and provided to you by LHM according to your travel days and team size.*

## **Entry Documentation**

- U.S. Passport must be valid 6 months beyond arrival date
- Onward/Return ticket
- Currently, no visa is required for stay less than 30 days



## **Embassy of Sri Lanka**

2148 Wyoming Ave. NW

Washington, DC 20008

Phone (202) 483-4025

Fax (202) 232-7181

Email: [slembassy@slembassyusa.org](mailto:slembassy@slembassyusa.org)

Web: [www.slembassyusa.org](http://www.slembassyusa.org)

*Please visit the Embassy of Sri Lanka website for the most current visa information.*

## **Sightseeing**

The team will visit many different sites for a rich cultural experience which include a visit to Victoria Park, Labookellie Tea Factory and Aggalla Botanical Garden. This is a separate cost not included in the individual budget.

## **Insurance Coverage**

Medical evacuation for all team members is mandatory and LHM provide insurance from AIG at the cost of \$3.30 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when you return.

## **Lodging and Meals**

Based on availability, accommodations will be made at Windsor Hotel [www.windsorhotellk.com](http://www.windsorhotellk.com). This is within approximately 5 minutes walking distance from the worksite. Breakfast is included with hotel, lunch will be provided at the worksite and dinner will be at a local restaurant of your choice close to the hotel.

## Budget

Sample budget based on 10 people for 10 days:

Individual Costs		
Travel Insurance	\$3.30 per person per day, including travel days	\$39.60
Lodging	\$42.50 @ 9 nights per person includes breakfast	\$382.50
Food- dinner	\$20 average for 10 days	\$200.00
Transportation (include airport)	\$60/person to and from airport	\$60.00
Bottled Water	\$5 per day x 10 days	\$50.00
Translator	\$20/person	\$20.00
Total		\$752.10

You must also budget for your international flights, miscellaneous cost with sightseeing and souvenirs. An airport tax should be included with your flight costs. Be sure to check this when booking your flights.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We generally over-budget as much as possible so you do not run short of funds; it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

## Project Costs

Project costs are \$2,290.00 which covers all the materials for the English Language Workshop, plus administrative costs. Small gifts from the team such as pens, stickers, key chains etc., would be greatly appreciated. These costs are a shared cost from all the team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 4 weeks prior to departure and Individual Costs must be paid 2 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.

## Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<a href="#">Routine</a>	Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<a href="#">Hepatitis A</a> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <a href="#">see map</a> ) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<a href="#">Hepatitis B</a>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ( <a href="#">see map</a> ), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<a href="#">Typhoid</a>	Recommended for all unvaccinated people traveling to or working in South Asia, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

<a href="#">Japanese encephalitis</a>	Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see <a href="#">country-specific information</a> .
<a href="#">Rabies</a>	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

## Malaria

**Areas of Sri Lanka with Malaria:** All areas, except none in the districts of Colombo, Galle, Gampaha, Kalutara, Matara, and Nuwara Eliya. ([more information](#))

If you will be visiting an area of Sri Lanka with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Sri Lanka: Atovaquone-proguanil, doxycycline, or mefloquine. For detailed information about each of these drugs, see [Table 3-11: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#).

**Note: Chloroquine is NOT an effective antimalarial drug in Sri Lanka and should not be taken to prevent malaria in this region.**

To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

*This information is based on current information from CDC and often depends on where the team travels in Sri Lanka. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.*

<http://www.cdc.gov/travel>

## Forms

*Please return all required forms to LHM St. Louis if you have not already done so.*

### **LHM-Sri Lanka**

Lutheran Hour Ministries (LHM)-Sri Lanka relies on staff and volunteers to effectively distribute materials about Jesus to thousands of people. The usage of Internet web pages and email are increasing in Sri Lanka as the introduction of modern technology increases in almost every sector. LHM-Sri Lanka web site is designed in Tamil and Sinhalese languages. Plans are to develop the website in English to modify and update the present web pages. Publicity for this ministry is done by advertising in local news papers which include the website address.

The ministry center offers two Bible Correspondence Courses (BCC) that are available in the Sinhalese and Tamil languages. The BCC is promoted through newspaper ads, video showings, and musical events. Staff takes the video showings and musical events from community to community, and they offer devotional songs and short sermons as well. At these events, cassettes and CDs are distributed. Equipping the Saints (ETS) workshops are also held to train Christian people to share the Gospel, strengthening local congregations and ministry center outreach efforts.

### **Contact Information**

Mr. S. Sathiyabalan (Balan)  
Lanka Hope Media  
PO Box 47  
Or No 36, Park Road  
Nuwara Eliya, Sri Lanka

**Director :** Mr. S. Sathiyabalan (Balan)

**Phone:** (94-52) 222-3395 or (94-52) 492-4296

**Fax:** (94-52) 223-5512

**Email:** [srilankahm@sltnet.lk](mailto:srilankahm@sltnet.lk)

**Web Site:** [www.lankahopemedia.com](http://www.lankahopemedia.com)

**Skype:** Sathiyabalan3

**Ministry Established:** 2001



Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ's love.

If you are interested in touching lives please call

**Chris Myers @ 314-317-4268 or email [christine.myers@lhm.org](mailto:christine.myers@lhm.org)**

