

THE LIVING PROJECT

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A LEARNING FOR SERVICE ADVENTURE



SRI LANKA - 5 DAYS

"I just wanted to say thank you for everything you did this past week, it was genuinely such a beautiful experience. The philosophy with which y'all approach things is one many could learn from, and one which I hope to move towards in the future."

Student, Latymer Upper School

**BE TRUE.
LIVE WILD**

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WHY WE'RE HERE

We're passionate about working with young people, and providing a supportive space for healthy exploration of self, other and the world.

We do this through providing mindful adventures in wild places.

We have more than 25 years experience providing safe and meaningful adventures in the wild with young people.

We know that human and whole-planet health and wellbeing benefits with cross-cultural exploration and understanding. And that this is more important now than ever.



SAFETY AND LEADERSHIP

Expert insurance, robust risk assessment and safety management, plus AALA licensing and support from Pharos Response 24/7, together with our experienced leaders enables us to provide a safe space for magic to unfold.

Our co-founders have more than 25 years experience working with young people through adventurous activity and learning for service.

This means that safety is a hygiene factor which runs through everything we do as standard.

Through our experience in the adventure industry, we also understand the power of the human journey involved.

As such, our approach to adventure centres around mindfulness, coaching, teamwork, self-development and communication.

So while our leaders are all technically qualified when it comes to safety, they are also experienced, trained, resourced and committed to delivering meaningful adventures for students.

As well as our core team of leaders, we also partner with experts in fields such as re-wilding, conservation and sustainability, so that we can provide genuine breadth and depth to our adventures.

All of this enables us provide safe, current and credible programmes centred around exploration, curiosity, personal development, and wellbeing.

It's this unique combination of safety, experience and leadership which allows magic to unfold.



THE MAGIC (WHAT WE DO)

On all our wild adventures, we focus on the journey itself - taking the time to engage students fully in the environment they're in

We're committed to highlighting the benefits of connecting with others, and the natural world through adventure, and meaningful service.

We do this by engaging in a mix of activities (depending on the group, the environment and outcomes). Some examples of these - but not limited to are:

- Play
- Coaching
- Reflection and journaling
- Conservation and sustainability
- Mindfulness
- Meditation
- Yoga/movement
- Trekking
- Storytelling round the fire
- Sleeping under the stars

Empowering student outcomes include but are not not limited to:

- Self-confidence through Adventure & Exploration
- Improved awareness of Mental Health and wellbeing
- Leadership and teamwork
- A commitment to guardianship of the natural world
- Empathy for others and the natural world
- Awareness of responsible travel

We make conscious decisions about the way we travel to and from our adventures, and the providers, equipment and resources we use on our adventures.

By making responsible decisions, we are able to subtly immerse students in those considerations in order to develop their awareness in this space.

LEARNING FOR SERVICE

We're committed to ensuring our learning for service experiences have a clear win-win for young people, host communities and the natural world. We ensure we do no harm. Our approach is driven by both our organisational values and internationally recognised standards for responsible tourism.

How do we do it?...

GLOBAL CITIZENSHIP

At the heart of our approach is to inspire young people to learn the skills and to want to be active global citizens.

We start with an inquiry question:
How can I/ we do good in the world?

We consider this question from two perspectives.

PERSONAL DEVELOPMENT

Firstly, through a lens of social and emotional learning, we consider the personal values and skills required in supporting healthy interaction with ourselves, our peers, and a wider global community.

GLOBAL DEVELOPMENT

Secondly, we support the United Nations 17 Sustainable Development Goals. We always consider which development goals are appropriate to our learning for service and how we can contribute towards their achievement.



LEARNING FOR SERVICE

CLEAR LEARNING PROCESS

Young people will be led intentionally through a 5 stage structured participatory learning and development process that will take place before travel, in the country of service (Sri Lanka) and after their return.

STAGE ONE: PREPARATION & PLANNING

You will learn about responsible travel, and the ethics of learning for service. You will learn about your host community's context and development needs. Together you will consider what your respective roles can be in support of both your personal and their community development.

STAGE TWO: ACTIVE COMMUNITY PARTICIPATION

You will participate in a 5 day (20hr) learning for service adventure in Sri Lanka. This will support ongoing efforts by your host community and other skilled workers towards a clear development outcome.

STAGE THREE: REVIEW

Reviewing experience daily and after your Sri Lanka adventure as self, team and with the host community is critical to both witnessing growth and achieving a worthwhile outcome.

STAGE FOUR: GRATITUDE & CELEBRATION

At the end of your time with the community there will no doubt be an emotional farewell. It is important that opportunities for listening and sharing gratitude are taken. They form human bonds and recognise our interconnectedness. We say a heartfelt thank you and then with all our success and failure celebrate life and the moment we are part of.

STAGE FIVE: DEMONSTRATION OF IMPACT

After you are back home we will need to consider the real world impact of your experience on you, others and our local hosts. We are looking for impact. How has your time in Sri Lanka inspired your life, decisions and passion to make a contribution to the world?

LEARNING FOR SERVICE

EXPERIENCED LOCAL PARTNERS

It's crucial that we work with experienced local partners if we are to see a positive impact of our presence. Our In-country partner is a small family run organisation that employs 10-20 Sri Lankan staff and have been operating in Sri Lanka for over 20 years. We love them because they use their influence and resources to improve livelihoods and the environment through regenerative adventure tourism. They support local groups and schools and the country they are proud to live in.



AVOID HARM, MAXIMISE MUTUAL RESPECT

We're committed to values and actions that respectfully consider appropriate roles, hopes and fears of all stakeholders. These include us, our host communities, skilled work people and local partners.

- We only undertake safe and the appropriate tasks that recognise the experience and skills that we have.
 - Our participation is respectful of others' daily lives and our activities are aligned to ensure they do not adversely affect children's education and the communities normal livelihood activities.
 - We pay fairly for all services we receive, including the services of local tradespeople, if required, so that through our presence we actively provide economic benefits to our host community.
 - We take our social and cultural impact seriously. We take photos of adults only with their stated permission. We do not take photos of children, including you, unless there is an agreement from their guardians to do so. Child Safeguarding is universal.
 - We never seek to tag our names through fixed murals or to take ownership of others schools, community buildings etc. We leave with memories and respect how our hosts wish to recognise our added value.
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LEARNING FOR SERVICE

RESPONSIBLE FINANCING

Our trusted in-country partner will source and manage the community initiative in collaboration with the local community. While they undertake all administrative tasks they do not fund the associated infrastructure works. They will provide a budgeted project, based on a clearly defined community need, showing both the community contribution, funding requirements and required contribution. At this point the expected outcomes and potential impact will also be detailed.

All purchases, professional fees and use of funds will be accounted for through full receipts and evidence of work along with a report on activities and impacts. The young people will contribute valuable sweat equity during the service learning adventure.

In order to avoid unfinanceable projects we include projected project costs in the overall adventure price. This ensures the sustainability of the work required in advance and the delivery of the project on time, and with the active participation of the school and young people. Any unspent project funds will be returned or with agreement, provided to the community for ongoing projects or initiatives.



An aerial photograph of a lush, green forest. A waterfall cascades down a rocky slope in the center-left of the frame. The water is white and frothy as it falls. The surrounding forest is dense with various shades of green, indicating a healthy, mature ecosystem. The overall scene is vibrant and natural.

WILD SRI LANKA

A LEARNING FOR SERVICE ADVENTURE

OVERVIEW:

A 5 day learning for service adventure in the heart of Sri Lanka.

You are invited to participate, as a team, to learn, engage and witness the power of coming together as a connected community of Global Citizens.

You will have the opportunity to step into the warmth and richness of a rural Sri Lankan community in order to support them as they seek to build a better livelihood for their children, and families.

Based in the heart of the rainforest it will be an adventure stepping out of the familiar, and into the daily joys of people who have a close connection to water and the jungle, and face unique challenges in a rapidly changing world.

Your goal, through service and community engagement, is to explore what it means to be human, a community and to find our place in the world, where we can make a positive contribution.

You will be enriched by your experience, inspired by your hosts' resilience and proud of your thoughtful support and hard work.

Your service will be adventurous and fun!

SRI LANKA:

Sri Lanka is beautiful, with world class beaches and a rich diverse culture. It has also lived through recent civil wars, disasters and economic crises. Each time, it's resourceful people respond. Well directed and meaningful help is always appreciated.

We love Sri Lanka. Our Director (and your Adventure Leader) Cormac, lived in Sri Lanka for three years, working in support of the country's efforts to recover after the devastating Tsunami in 2004.

This programme will be based in Kithulgala, approximately 3 hrs travel from the International Airport outside Colombo. You will stay at an Eco-Camp in a stunning location, nestled in the rainforest beside the Kelani river.

Details of your specific learning for service programme will take time to finalise. It requires careful discussion with local communities to ascertain local needs, and ensure local ownership (see more details below).



EXAMPLE ITNERARY:

Day 1: LAND

On arrival in Sri Lanka You'll be met by your The Living Project Leader and our team at Colombo International airport From here you'll travel by coach to Kithulgala. On reaching the camp, you'll make yourselves at home and get comfortable. You'll be divided into teams and assigned a Leader and these will be your learning for service adventure teams for the duration. Following this you'll enjoy dinner together and discuss plans for the next day. After a wash and settling into your new home, it'll be time for sleep - you've got a big day tomorrow!

Day 2 - 4: LEARNING FOR SERVICE (20 hrs)

We rise around 7am each day. We greet the day with morning body movement. After washing / showers we gather for a hearty breakfast. Around 9am you'll gather in a team circle to discuss and prepare for your learning for service adventure. You'll pack lunch and take a short hike to your host community. You will spend around 5 hours working on pre-agreed tasks, before returning to your river basecamp around 2PM.

In the afternoons we may have time to get involved in another short adventure, such as a hike to a local cave / canyoning or river plunge. We'll enjoy dinner together around 7pm and in our team circles discuss the plans for the next day

We take time to experience the joy of simply living in nature. If there is a canopy of stars we'll definitely take a moment to gaze upwards. We finish each day with a wash, gratitudes, and sleep!

We'll have a celebration with music and hopefully a performance by you on the final night.

EXAMPLE ITNERARY:

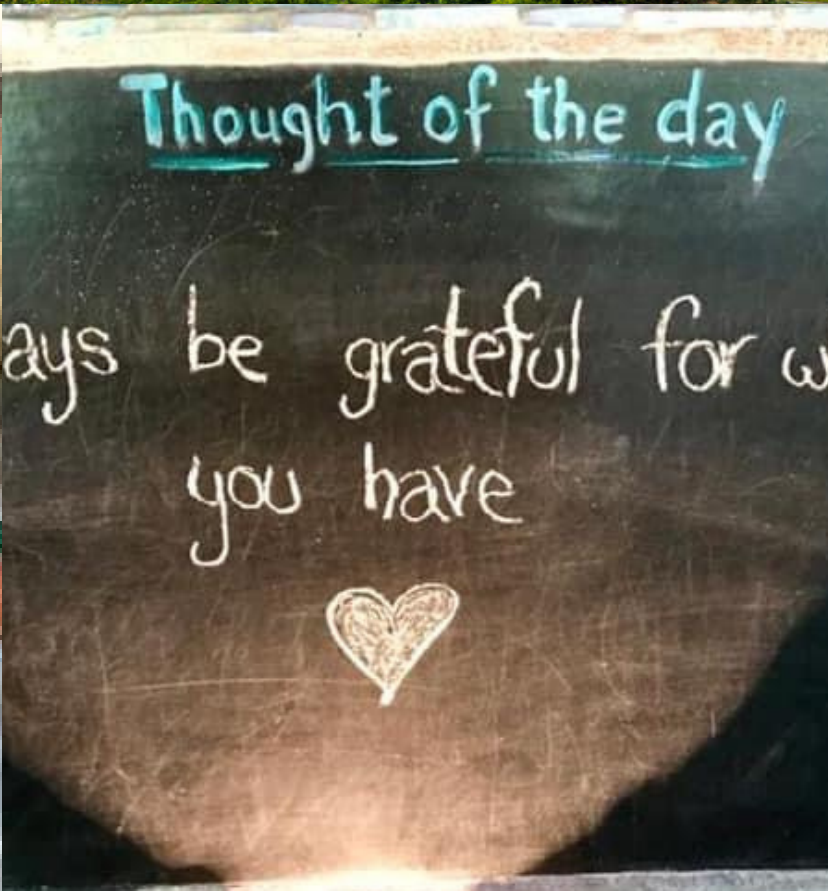
Day 5: SHARE & RETURN

You wake to your final day in this magical place, among its magical people. After breakfast there will be time to reflect and honour our Sri Lankan adventure together, and consider how you might share your experience/learnings on your return. After you've had one final check for anything left behind - you'll jump on your coach to begin your journey home.

We say goodbye with a special ceremony. A thank you from us to you and a gift to remember our special time together.

NB. The above is a proposed itinerary. Following booking confirmation logistical needs for your students may require itinerary adaptation in order to facilitate effective experience for all participants. All itineraries are subject to change on the ground due to weather and group needs etc.





INCLUSIONS

- 1 Pre-Adventure Learning for Service Workshop (Zoom)
- 1 Post- Adventure Learning for Service Workshop (Zoom)
- 1 The Living Project Leader per team
- The Living Project Comprehensive Risk Management inc. travel & public liability insurance and incident response (while in Sri Lanka) see our [terms and conditions](#) for details
- 1 free school leader place per team (extra school leaders charged 100% pp price)
- In-country partner instructors as required
- All required transport during the adventure from collection to return at Colombo Airport
- \$100 USD pp contribution to community initiative
- All accommodation - rustic shared dormitories and cabanas
- All required safety kit/support
- All food. From arrival at basecamp until departure from basecamp
- All activities and support during adventure
- The Living Project t-shirts for all school leaders
- Personal journals + pencils



EXCLUSIONS

- Transport to and from SriLanka (flights)
- Cancellation/flight insurance
- Personal kit, sleeping bags (kit list provided)
- Additional snacks/sweets
- Personal medications
- Personal spending money (recommend \$50USD pp)

WHEN?

- Sri Lanka can be visited all year round. June, July and August are often wetter in the tropical climate

PRICE:

£1200PP

- Price includes \$100 USD pp contribution to community initiative
- Min team size: 12 students
- Max team size: 18 students
- Max number of teams at one time: 2
- 30% deposit per person required to secure booking. Final payment is due 8 weeks before the start of the adventure.



"It's ignited a flame, it's an experience I'll remember for the rest of my life."

**BE TRUE.
LIVE WILD**

A couple is seen from behind, sitting on a rocky mountain peak. They are looking out over a vast, green valley with rolling hills and a winding road. The sky is filled with soft, golden light from a setting or rising sun, creating a hazy atmosphere. The man is wearing a black t-shirt and a black cap, while the woman is wearing a blue hoodie. They are sitting on a plaid blanket.

THE ADVENTURE STARTS HERE...

The Living Project
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