

THE LIVING PROJECT

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A WILD ADVENTURE TO INSPIRE LIFE



SRI LANKA - 14 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 2 day learning for service experience 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 un-financeable 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.



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WILD SRI LANKA



OVERVIEW:

A 14 day wild adventure in the heart of Sri Lanka.

You are invited to on an adventure among a magical people and place. Work as a team on a wild river expedition, immerse yourself in Sri Lankan culture and, engage in the power of coming together as a connected community of Global Citizens.

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 adventure and learning for service, 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 achievements!

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, Cormac, lived in Sri Lanka for three years, working in support of the country's efforts to recover after the devastating Tsunami in 2004.

On this adventure you will explore the rich cultural diversity of Sri Lanka as well as it's unique environmental magic!



EXAMPLE ITNERARY:

Day 1: LAND

On arrival in Sri Lanka You'll be met by your Leader and our team at Colombo International airport. From here you'll travel a short distance to Colombo. You'll enjoy dinner together and discuss plans for the next day. After a wash and one last photo, it'll be time for sleep - tomorrow you begin to explore!

Day 2: ORIENTATION DAY

Waking up for the first time in Sri Lanka, today you'll find your feet, explore Colombo, and travel up into hill country- to your basecamp at Kitulgula. Here you'll get settled into rainforest life and prepare for the adventure to come!

Day 3: PREPARE FOR THE WILD

Today you'll meet your support crew and prepare for the river adventure that awaits!

Day 4 - 7: MAHAWELI RIVER EXPEDITION

The 335km long Mahaweli is Sri Lanka's longest river. This wilderness adventure, journeyed by kayaks and/or canoes, is a 50km, 3 night, and 4-day paddling trip through the untainted Wasgamuwa National Park, located in the heart of Sri Lanka's Cultural Triangle. It begins 20km downstream from the town of Mahiyanganaya and ends near to Manampitiya. The park is home to large herds of wild elephants and rich and diverse birdlife. It's quite likely that you will spot some crocs sunning themselves on the banks of the river on certain stretches! You'll be working as a team to set-up camp by the river each night, and cooking is a communal affair.

EXAMPLE ITNERARY:

Day 8-9: KANDY

After celebrating your successful river expedition the night before you'll then travel to the spiritual city of Kandy, situated on a plateau, surrounded by rainforest and mountains. After a night's rest you'll have the chance to explore this unique world, and prepare for your pilgrimage tomorrow!

Day 10: SRI PADA (Sacred Footstep) PILGRIMAGE (also known as Adam's Peak)

This beautiful trek sees pilgrims (you) start very early in the dark in order to make your ascent of this revered mountain. On reaching the summit at 2,243m the views are breathtaking. A special day this one. Expect around 5-6hrs trekking.

Day 11 - 12: LEARNING FOR SERVICE

Working with our trusted local partners, you'll spend two days learning from, and contributing to a valuable conservation focused learning for service opportunity.

Day 13: R&R:

Your final day will see you enjoy the ocean for an Ocean Safari: Just off the coast of Sri Lanka, the jewel in the Indian Ocean, swims the majestic blue whale, the largest creature on earth. Nowhere in the world is it possible to see these ocean giants so close to shore. You will have the opportunity to see blue whales along with sperm whales, orcas, playful spinner and bottlenose dolphins, turtles and whale sharks in their natural environment. It is often an experience of a lifetime.

DAY 14: RETURN

Time to head home. And oh my, what stories you'll have to tell!



INCLUSIONS

- 1 Pre-Adventure 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)
- All in-country activities (as per itinerary) + In-country partner instructors as required
- All required transport during the adventure from collection to return at Colombo Airport
- \$75 USD pp contribution to community initiative
- All accommodation - rustic shared dormitories, cabanas, tents
- All required safety kit/support
- All food. From arrival in Sri Lanka until return to Colombo airport
- 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:

£2,995PP

- Price includes \$75USD pp contribution to community initiative
- Min students per team: 12
- Max students per team: 18
- Max number of teams at one time: 2
- 30% pp deposit required to secure booking. Final payment 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."

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THE ADVENTURE STARTS HERE...

The Living Project
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