

Sightseeing in Sri Lanka



PSHE – Eco-Traveller challenge
Citizenship – cultural do's and don'ts

Sri Lanka is a beautiful tropical island off the south coast of India. It has many fascinating heritage sites and lots of local traditions and festivals.

Traders have been calling at the island for many thousands of years to buy gemstones, spices, tea and coffee. Roman merchants visited Sri Lanka and the Italian adventurer Marco Polo also sailed to the island. Now it's a hotspot for tourists who enjoy soaking up the sun on the sandy beaches and visiting some of the spectacular landmarks.



The Sri Lankans do things differently!

One of the most exciting things about visiting another country is finding out how their culture differs from ours. It's a good idea to learn about the country's customs before you travel so that you don't offend the locals accidentally! Here are some important things you need to know before visiting Sri Lanka:

- Sri Lankan people are friendly and kind, but many of them depend on the money brought to the island by tourists. It's customary to give a small tip to anyone who helps you during your stay.
- Sri Lankans shake their heads when they mean 'yes' and nod when they mean 'no'!

Sri Lanka has been a Buddhist country for more than 2,000 years, so we need to respect their religious customs:

- Always put a hat on and take off your shoes when you enter a Buddhist temple. Buddhists expect visitors to dress properly at holy sites.
- If you see a local holy man, offer to shake hands, but never try to take a photo of him!



Your Eco-Traveller challenge – be a holiday rep in Sri Lanka!

Imagine you are working for a holiday company in Sri Lanka. Part of your job is to plan outings for holidaymakers visiting the island. Study the table of popular Sri Lankan visitor attractions and choose 5 different day trips for a family of 4 with 2 children. Then choose 5 outings for a fit retired couple. Write down your choices in the blank table below to create their itineraries.

Outings...

Galle Fort

A very old fortress with massive granite walls built by the Dutch 400 years ago. There's a storytelling centre for children and tourists.

Pinnawela Elephant Orphanage

You will see baby elephants being fed and elephants bathing in the nearby river.

Uda Walawe National Park

This national park is one of the largest in Sri Lanka. You can take a jeep game drive through the reserve, which is home to deer, elephants, monkeys, crocodiles and a variety of different birds.

Yala National Park

A wonderful game reserve with photo safaris. See elephants, monkeys, peacocks, boar, buffalo, deer and crocodiles!

Kandy

The centre of Buddhist worship including the Temple of the Tooth, a relic of Buddha. Esala Perahera is a huge festival which is held here in July/August.

Nuwara Eliya

This Tea plantation offers a fascinating insight about the history of the favourite British drink.

Polonnaruwa

World Heritage Site and ancient capital of Sri Lanka with fine statues and ruins, once lost and almost overgrown by forest.

Sigiriya

1500-year-old Lion Rock fortress has a mirror wall, landscaped gardens and famous frescoes of 21 beautiful 'cloud maidens'.

Ratnapura

Famous gemstone mines producing rubies, sapphires, garnets and yellow topaz.

Anuradhapura

The sacred fig tree, Sri Maha Bodhi, planted in 230 BC. It is said to have grown from a cutting from the tree that once sheltered Gotama Buddha as he meditated!

Your outings plan...

Family of 4

Monday

.....

Tuesday

.....

Wednesday

.....

Thursday

.....

Friday

.....

Retired Couple

Monday

.....

Tuesday

.....

Wednesday

.....

Thursday

.....

Friday

.....

Your routes...

Now draw the routes in coloured pencil on your map of Sri Lanka as shown previously for the holidaymakers to follow. Use one colour for the family and another for the couple.