

# HELP-O

## Training Program



### What We Offer

HELP-O is pleased to propose a training program designed for international university students. This program will provide a unique blend of academic knowledge, practical experiences, and cultural immersion while covering key themes such as waste management, marine conservation, human rights, and microfinance. Our goal is to foster cross-cultural learning and equip participants with hands-on knowledge in sustainable development.





# Our Objectives

- ✔ To provide academic insights and field-based learning in environmental conservation, human rights, and community empowerment.
- ✔ To facilitate knowledge exchange between local experts and international students.
- ✔ To introduce participants to Sri Lanka's cultural heritage and sustainable development practices.
- ✔ To create a network of globally conscious individuals committed to environmental and social change.

## Program Structure

This program will be structured around the following activities:

### A. Lectures & Interactive Sessions

**Waste Management & Sustainable Solutions** – Introduction to waste segregation, composting, recycling strategies, and future waste management expectations.

**Marine Conservation** – Discussions on ocean pollution, microplastics, mangrove restoration, and hands-on activities like beach clean-ups and turtle hatchery volunteering.

**Social Integration & Foreign Relations** – Exploring cultural exchange, diplomacy, and international cooperation in sustainability.

**Environment & Urban Planning** – Examining the intersection of environmental conservation and urban development for sustainable cities.

**Contemporary Issues in Forests & the Environment** – Understanding deforestation, biodiversity loss, and conservation efforts, complemented by a rainforest visit.

**Integrated Waste Management & Circular Economy** – Strategies for reducing waste, promoting circular economic models, and sustainable business practices.





## B. Field Visits

- Waste Management Facilities (Recycling plants, composting sites, and community projects).
- Coastal and Marine Ecosystem Conservation sites.

## C. Presentations & Group Discussions

- Daily debriefing sessions for experience sharing.
- Participant-led presentations on sustainability initiatives from their home countries.
- Case study analysis and group discussions.

## D. Outbound Training & Team Building

- Leadership and teamwork exercises in an outdoor setting.
- Environmental conservation challenges such as beach clean-ups and tree planting.
- Problem-solving activities addressing real-world issues in Sri Lanka.

## E. Cultural Exchange & Networking

- Traditional Sri Lankan music, dance, and culinary experiences.
- Visits to cultural heritage sites such as Galle Fort, Sigiriya, and Kandy's Temple of the Tooth.
- Interactions with local university students and community members.

## F. Educational & Recreational Trips

- Visit Rainforests for biodiversity conservation insights.
- Exploring Sri Lanka's historical sites and natural landscapes.
- Participation in local community events and eco-tourism activities.

# Travel Essentials

## ✔ Online Registration & Documentation

All participants are required to complete an **online registration process** before joining the program. After successful registration, HELP-O will issue the necessary **invitation letters and other relevant documents** to assist students with visa applications and travel arrangements.





## ✔ Airport Pickup & Arrival Assistance

HELP-O provides a seamless arrival experience by offering **airport pickup services** for all participants. Upon landing in Sri Lanka, students will be welcomed by a HELP-O representative who will assist with immigration procedures, baggage collection, and transportation to their accommodation. This service ensures a hassle-free transition into the program.

## ✔ Mandatory Travel Insurance

All participants **must obtain their own travel insurance** before arriving in Sri Lanka. The insurance should cover medical emergencies, trip cancellations, lost or stolen belongings, and other unexpected situations. HELP-O is not responsible for arranging or advising on travel insurance, and it is the student's responsibility to ensure they have adequate coverage.



# Cultural Exchange & Homestay Experience |

## A. Introduction

The homestay experience is designed to immerse students in the everyday life of a Sri Lankan family. This unique arrangement allows participants to live as family members, engage in household activities, and gain a deeper understanding of Sri Lankan culture through real-life experiences. It fosters a meaningful cultural exchange, creating bonds that last beyond the program duration.

## B. Process

- Each student will be matched with a local host family based on shared interests and lifestyle compatibility.
- Host families will be carefully selected and trained to provide a comfortable and enriching experience.
- Students will be introduced to their host families on the first day and will be guided on expectations, cultural sensitivities, and household routines.
- Regular check-ins will be conducted by HELP-O coordinators to ensure both students and families have a positive experience.





## C. Activities with Host Families

### 1. Daily Household Participation

Cooking traditional meals together and learning local recipes.

Assisting with farming and gardening in home gardens or small farms.

Shopping at local markets and preparing fresh meals.

### 2. Family Celebrations & Events

Participating in local weddings, religious festivals, and family gatherings.

Learning about Sri Lankan customs, rituals, and traditional clothing.

### 3. Community Engagement

Engaging in conversations with neighbors and village elders.

Attending local cultural performances, music, and dance events.

Visiting community centers, temples, and rural schools.

### 4. Family Outings & Excursions

Beach visits, fishing trips, and exploring nearby natural attractions.

Attending religious ceremonies at Buddhist temples or Hindu kovils.

Participating in weekend getaways to nearby scenic areas.



## D. Homestay Benefits for Students

**Authentic Cultural Immersion** – Living with a Sri Lankan family provides firsthand exposure to the country's traditions, values, and way of life.

**Enhanced Communication & Language Skills** – Interaction with host families and local communities strengthens cross-cultural communication.

**Practical Skill Development** – Cooking, farming, fishing, and other activities provide hands-on learning experiences.

**Strong Personal Connections** – Participants build lifelong relationships with their host families, creating a global network of cultural exchange.

**Deeper Understanding of Local Challenges & Solutions** – Students gain a unique perspective on community life, sustainability practices, and rural development efforts in Sri Lanka.





# Activity Schedule

## Activity

Lecture: Waste Management & Sustainable Solutions in Sri Lanka

Field Visit: Recycling & Composting Facility

Lecture: Marine Conservation

Beach Clean-up/ Visiting Turtle Hatchery and Volunteering

Lecture: Invisible Threats: How Microplastics Pollute Our Oceans

International Discussion: Comparing Waste & Pollution Management in Participants' Countries

Volunteering at Sri Lankan Schools/ Preschools

Group Presentations on Environmental Challenges in Sri Lanka & Participants' Countries

Rainforest Visit & Exploration of Biodiversity Conservation Practices in Sri Lanka

Introduction to Sri Lankan Ayurveda – History & Herbal Medicine Practices

Practical Ayurveda Experience – Hands-on Herbal Preparation & Therapy Demonstrations

Field visits and hands-on experiences for traditional Sri Lankan fishing, Beralu lace weaving, batik dyeing, and pottery making

Group Presentations on Waste Management & Marine Conservation

Discussion & Reflection Session

Outbound Training & Fire Camp

Heritage Tour: Historical Sites in Sri Lanka

Student-Led Exhibition- Cultural Exchange, Sustainability Innovations, and Creative Showcases

Certification Ceremony & Farewell





# Expected Outcomes

- ✓ Enhanced understanding of sustainability practices and human rights issues.
- ✓ Strengthened international collaborations and networking opportunities.
- ✓ Participants equipped with skills to implement sustainable initiatives in their own countries.
- ✓ Increased awareness of Sri Lanka's environmental challenges and cultural heritage.

## Package & Cost

Two week package - \$650

Six week package - \$950

**The budget is allocated across the following categories:**

**Accommodation & Meals:** Comfortable Lodging & Three Daily Meals

**Training & Facilitation:** Lectures, Workshops, and Expert Guidance

**Field Visits & Transport:** Site Visits, Local Transport, and Logistics

**Cultural & Recreational Activities:** Heritage Visits, Cultural Exchange, and Outbound Training

**Miscellaneous & Administrative Costs:** Certificates, Coordination, and Emergency Support

**Operational Management:** Program Management and Logistics

## Contact Us



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