



Samutthāna

The King's College London Resource Centre For Trauma,
Displacement and Mental Health

Global Placements with Samutthana

Take the trip that gives back





Itinerary for Week 01

Arrival at Bandaranayake International airport
Transfer to accommodation



Orientation at Samutthana followed by lunch

Workshop on Mental Health and Wellbeing
facilitated by Dr. Kavinda De Silva



Volunteering opportunity at the MJF Charitable Foundation—school for children with special needs. Participants will engage with the students, help in daily activities and also meet with the parents / carers.

Capacity Building programme at Samutthana. A programme structured around strengthening resilience, improving teamwork and stress management will be curated for the participants.





Volunteering opportunity at the Lankadhara care home for young girls.

Participants will engage with the inmates of the girls home, engage in recreational activities and assist in the daily activities of the home.





A Visit to a buddhist temple, hindu kovil, muslim mosque and catholic church, will give participants a sneak peek into the cultural and spiritual diversity of Sri Lanka





Yoga and wellness activity at Samutthana

Rest of the day for leisure activities and/or shopping around the capital, Colombo. Participants will have the freedom to explore the city in their own time.





Suicide Gate keeper training by Mr. Nivendra Uduman, with a Certification being awarded by the QPR Institute, USA



Departure to Kandy after lunch, with visits to the Pinnawala Elephant Orphanage and the Saradiyel Village en route.



**Day for sightseeing -
Temple of the tooth relic and peradeniya botanical
gardens**





Volunteer work with Child Action Lanka. Participants will engage with orphans and street children, getting involved in the daily field activities, followed by a visit to the mental health unit at the Kandy General Hospital.





Participants will depart Kandy and head to the sandy golden beaches of Galle for a day of rest and relaxation





Explore the quaint and historical Galle fort, and the golden beaches of Galle



Return to Colombo from Galle. The rest of the day will be spent at leisure exploring the City sights of Colombo





Visit to the National Institute of Mental Health, external facility.





Departure to the Bandaranayake International Airport



Samutthāna

The King's College London Resource Centre For Trauma.
Displacement and Mental Health

What we offer

Package includes :

- 01** Safe and comfortable accommodation on twin sharing basis with breakfast.
- 02** Transfers to and from the accommodation to placements, sightseeing locations and training venues by comfortable coach
- 03** Lunch on days of placements and training.

Package does not include :

- Airfare and visa charges
- Dinner on all days
- Lunch and transport on days of leisure and shopping

