



# Sri Lanka

## Biology Beyond the Classroom

12 Days

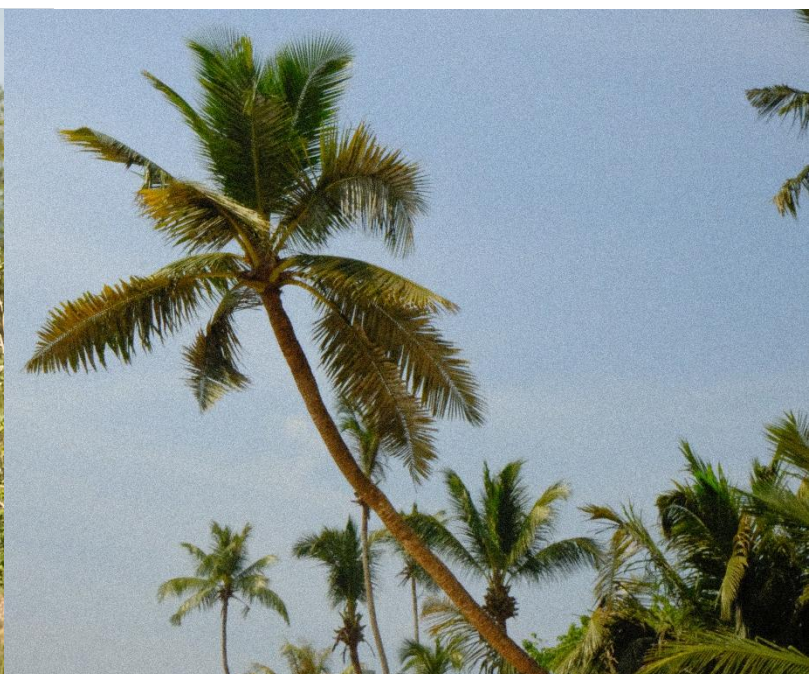
We discover the extraordinary wildlife and ecosystems of Sri Lanka on this immersive expedition, exploring lush tropical rainforests, encountering rare birdlife and native species, and venturing on safari through national parks in search of elephants and leopards in their natural habitat. A key focus of the journey is conservation, with dedicated time to learn about important efforts to protect Sri Lanka's leopard population and endangered sea turtles through dedicated conservation projects. The expedition concludes on the island's south coast with the chance to spot whales and dolphins in the Indian Ocean, offering an unforgettable insight into Sri Lanka's rich marine biodiversity.



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Days 1 - 2</b>	<b>Arrive in Sri Lanka</b> We depart the UK and arrive in Sri Lanka. Upon arrival, we meet our local leader and transfer directly to our hotel. Afternoon activities are subject to arrival time. After an evening meal at our hotel, we have the opportunity to listen to a fascinating lecture on natural history, delivered by a local expert.	LD
<b>Day 3</b>	<b>Colombo to Sinharaja Rainforest</b> After breakfast, we begin our 200 km journey to the Sinharaja Rainforest, approx. 4 hours. After checking in to our hotel, we receive the first taste of our new tropical surroundings with a beautiful walk up to a nearby waterfall. We also have the chance to learn about the local industries in the area, such as the extraction of treacle from the fishtail palm tree. Later we enjoy dinner and overnight at our hotel.	BLD
<b>Day 4</b>	<b>Sinharaja Rainforest Trek</b> The Sinharaja Forest Reserve is one of the least disturbed and biologically unique lowland rainforests remaining in Sri Lanka; it is surrounded by 22 villages with a population of approximately 5,000 people. The day begins with a very early breakfast before we embark on a 12 km exploration into this unique forest. After a long but exhilarating day, we return to our hotel and enjoy a well-deserved dinner.	BLD
<b>Day 5</b>	<b>Udawalawe Elephant Transit Home &amp; Safari</b> After breakfast, we head to the Udawalawe Elephant Transit Home (3-hour drive). This facility within Udawalawe National Park was established in 1995, with a primary objective to rehabilitate orphaned elephant calves for release back into the wild. They are looked after until they are around five years old before being released. During feeding time, visitors can watch from the viewing platform for about twenty minutes while the elephant calves are fed. We then proceed to the edge of the national park, from where we enjoy our first safari into Udawalawe National Park.	BLD
<b>Day 6</b>	<b>Udawalawe National Park</b> The Udawalawe National Park spans approximately 31,000 hectares. With approximately 400 elephants residing within the park's boundaries, it is an unforgettable experience to witness these elephants — both adults and young — in their natural habitat. In addition to the main attraction, the park is home to water buffalo, water monitor lizards, sambar deer, monkeys, and the occasional leopard. It is also an exciting location for bird enthusiasts; an incredible variety of bird species inhabit the park and many others pass through on their migratory routes. An open-top four-wheel-drive safari is the best way to experience the natural wonders this protected reserve has to offer.	BLD



After breakfast, we proceed to Yala National Park (approx. 2-hours). Yala is the second largest national park in Sri Lanka and here we have an introduction to leopard identification and conservation, offering insight into their behaviour, tracking techniques, and the challenges of protecting them in the wild. In the evening, we enjoy a safari out into the national park followed by dinner at our campsite.

- Day 8**      **Yala National Park Safari & Katharagama Shrine**      BLD  
We start the day with breakfast before embarking on a full day safari. Yala was designated a wildlife sanctuary in 1900 and is best known for its variety of wild animals; it is important for the conservation of Sri Lankan elephants, Sri Lankan leopards, and aquatic birds. We look out for pugmarks (footprints) and other clues that leopards are ever present in this area. We then enjoy an evening visit to the Katharagama Shrine, where we explore the connection between animals and Gods and debate faith versus science as a group.
- Day 9**      **Transfer to Ahangama & Turtle Conservation**      BLD  
We make our way to Ahangama (approx. 2.5 hours). We head to the ancient port of Galle, Sri Lanka's first international commerce and trade centre. Galle is the bustling provincial capital and administrative centre of the south, famous for its beautiful Unawatuna Bay where the sea is protected by the reef, making swimming safe. We enjoy a tour of the city, including the Galle Fort, followed by a visit to the Turtle Conservation Project.
- Day 10**      **Whale Watching**      BLD  
(Subject to time of year) Our final day in Sri Lanka is spent whale watching. The south coast of Sri Lanka is one of the very best places in the world to see blue whales, and Sri Lanka boasts the longest blue whale season. Sperm whales are also present in pods. The whales are on their annual migratory route, travelling from the Horn of Africa up to the waters of the Arabian Sea, and can be seen from November to April in the waters around Sri Lanka. Other cetacean species that can be seen include the Bryde's whale, dwarf sperm whale, spinner dolphin, striped dolphin, and the Indo-Pacific bottlenose dolphin. After this unforgettable experience, we head back to the beach for swimming and relaxation before returning to our hotel.
- Days 11 - 12**      **Depart Sri Lanka**      BL  
This morning we make our way back north and head to the airport. Subject to flight time, we arrive home on day 12.



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

## Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

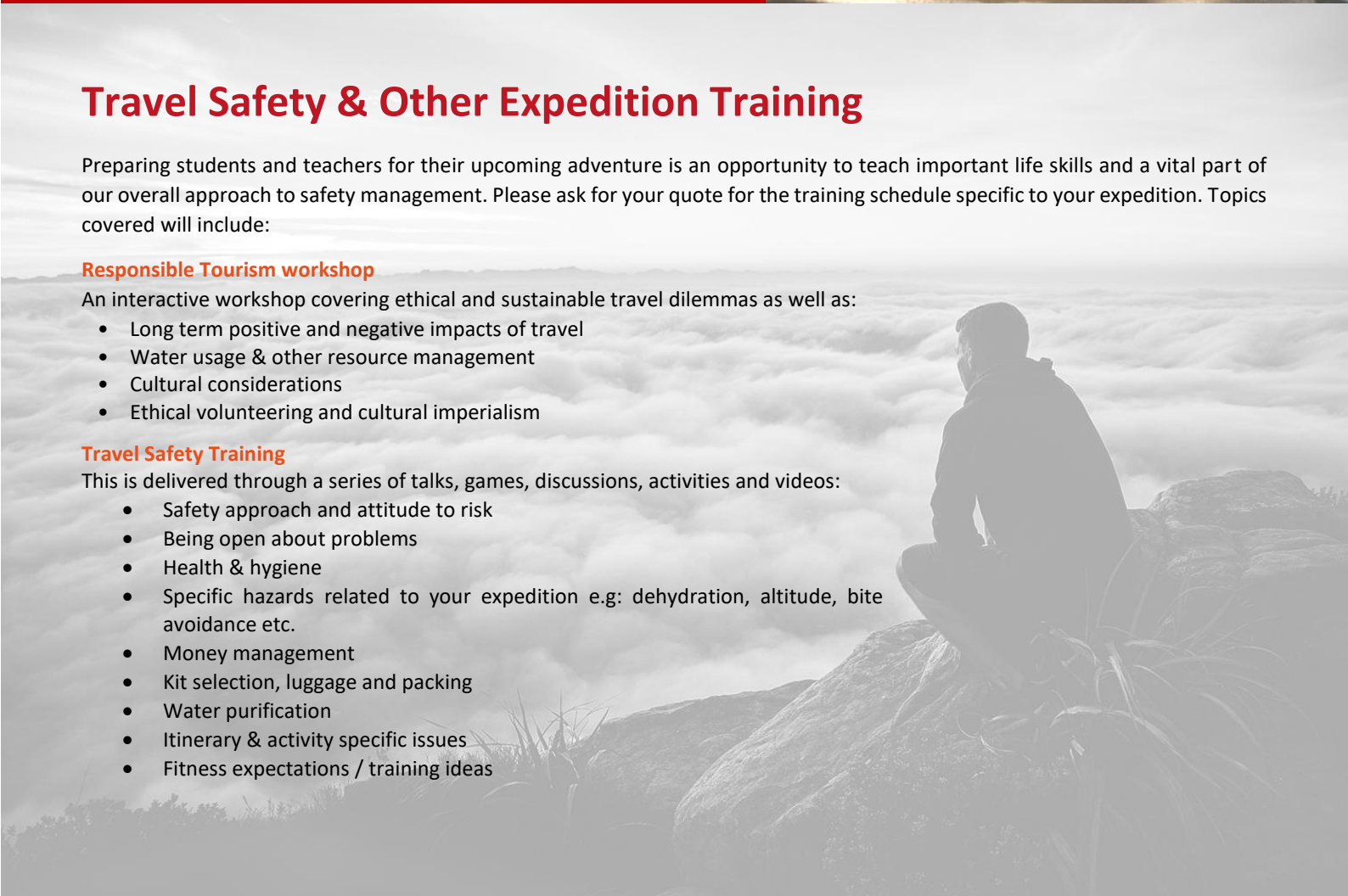
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

STC Expeditions, 65-67 Bank Chambers, High Street, Exeter, EX4 3DT  
t: 01392 660056 | e: [info@thestc.co.uk](mailto:info@thestc.co.uk) | w: [www.thestc.co.uk](http://www.thestc.co.uk)



Trees for Life

