

ARAM TRIP 2025

Information pack



Supported by Tamil Aid

Registered charity number (UK): 1108660

Contents

01

What is the Aram Initiative?

02

What is the Aram Trip?

03

Example itinerary and a detailed dive into the trip

04

Dispelling myths about Sri Lanka

05

Next Steps and How to Apply!

What is the Aram Initiative?



Aram Initiative | Our 3 pillars

Our Aims

- 01 Bridge the diaspora, especially the youth
- 02 Change perceptions of the homeland by being present
- 03 Equalise support distribution
- 04 Empower people to help themselves
- 05 Tap into diaspora expertise



Aram Trip (Discovery)

Conduct an annual trip to deliver aid and stay informed about current needs and challenges

E.g: The 2024 Trip



Research (Collaborate)

Share the challenges identified and invite collaboration to propose long-term solutions

E.g: Medical report



Initiatives (Delivery)

Implement strategic, long-term initiatives understood in the discovery and research stages.

E.g: Virtual mentoring scheme

We started as a small group of volunteers who travelled to Sri Lanka for two weeks, and have since expanded into an initiative running different projects



2023



Took 20 students and young professionals to Sri Lanka, raising £20k+ in donations.



2024



Took **30 students** and young professionals to Sri Lanka, raising £40k+ in donations.



2025



Aim to take **40 students** and young professionals to Sri Lanka in two groups of 20



Gave **connectivity** to some of the orphanages we visited and **launched digital mentorship** program



Improve our digital mentoring scheme to achieve 100+ students



Helped improve the finance tracking system of women-led self help group schemes in Mullaitivu



Launch our network of Sri Lankan student volunteers



Aram Ball at the end of the year?

What is the Aram Trip?

The Aram trip is a **two-week trip to Sri Lanka** that enables diaspora youth to **reconnect with their roots in Sri Lanka** by **contributing their academic and personal skills to sustainable projects**, all within a safe and pre-organised environment

You'll be travelling in a coach and staying in local hotels with 20 other volunteers



Together, we'll visit a variety of locations within Sri Lanka – we'll start off in Colombo and end in Jaffna



We'll carry out a range of pre-planned activities & workshops



Study skills workshop
Herman Girls' Home



Healthcare camp
Maskeliya



We'll be accompanied by experienced UK parents and local guide who are experienced with the trip and areas in Sri Lanka.

Arnold uncle & Meera aunty
2023 + 2024 trip chaperones

This year's Aram Trip

What will the organisers provide?

The trip organisers will lay the foundation for your contributions. They will plan the 14-day itinerary of:

- Locations
- Free-day activities
- High-quality accommodations
- Full A/C Coach travel
- Full meals for the two weeks
- Adult chaperones from the UK and from Sri Lanka

They will also be assisting and supporting you during the trip itself!

What we will require from you

Payment of the deposit and plane ticket

Deposit*

14-days of:

- Accommodation
- Full A/C Coach travel
- Full meals for two weeks

Plane ticket

We'll arrange group booking of the **same flights at the best rates** if you would like to travel with the group (preferred option)

~£500
(tbc during booking)

+
~£700-800
(tbc during booking)

TOTAL: ~£1200-£1300

**We will try our best to organise the best rates for the deposit. The deposit will be calculated by dividing the total cost by the number of volunteers. No money will be taken for admin or as any extra costs other than the costs listed above*

This year's trip will fall for two weeks between 21st June - 16th July. The exact dates will be confirmed as soon as possible.

Planning activities

Conducting needs assessment, and planning itineraries with institutions

Fundraising

Taking part in a fundraising activity and awareness campaign of the trip

Commitment

Your commitment pre-trip to achieving our collective goals!

Example Itinerary



Summary view

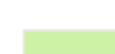
Timetable: Week 1



Week 1	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00		
Sun 23 June						Plane			Coach to Hotel							Global Towers
Mon 24 June					Travel : Maskeliya (5am)				Tea Leaf						Dinner Madhusha	Madhusha
Tue 25 June		Breakfast Madhusha						Tea Leaf							Dinner Madhusha	Madhusha
1 Wed 26 June 2	Breakfast Madhusha				FREE – Water rafting		Lunch Local					FREE			Dinner Madhusha	Madhusha
1 2 2 2 2	Breakfast Madhusha						Ohiya (leave 5:15am tbc)								Dinner Ohiya	Ohiya
1 2 2 2	Breakfast Madhusha				Travel: Batticaloa										Dinner Rivera resorts	East Lagoon
1 2 2 2	Breakfast Ohiya				Ohiya hike to Bambarakanda											
1 2 2 2	Breakfast East Lagoon	D. Space	Travel				St John Boys Home								Dinner St John Boys	East Lagoon
1 2 2 2	Breakfast East Lagoon			Travel: Mutur		Travel		Saratha								
1 2 2 2	Breakfast JKAB							HOPE					FREE		Dinner Dutch Oven Cafe	JKAB
1 2 2 2	Breakfast JKAB		Travel: Mullaitivu			Mullaitivu Navigate and Media Lab		Lunch VP					FREE			
						Mullaitivu Kullu Projects		Lunch Local		Continue visit					Dinner Uthaya	Uthaya



Visit



Travel



Food



Free Time

Example Itinerary (1/3)



Departure Day

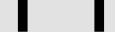


Day 1

7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
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Global Towers, Colombo



Activities

Arrive and relax

Debrief from 6:45 – 8:30

Options for Dinner include Barracuda/Galle Face Mall



Logistics

Everyone should arrive at Global Towers Hotel by 4:30pm!

The 45 Seater Coach will pick up the 'Group Flight' group from Colombo Bandaranaike Airport and take the group to the hotel

Example Itinerary (2/3)



Volunteering

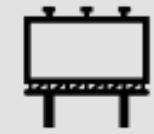


Mon 1st July 2024

7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	
Breakfast Uthaya	Travel: Vavuniya		1		Vavuniya families visit					Free			Dinner BBK	
			2		ORHAN					Free				



Oviya Hotel, Vavuniya



Plan & Activities

Breakfast at Uthaya. Visiting BBK and group family visits

1 Vavuniya Families Visit

- Leave at 10:30 am
- Education encouragement
- Discovery of barriers
- Musical Showcase

2 ORHAN

- Disabled / Special Needs Home
- Sensory Activities
- Arts and Crafts
- Musical



Logistics

MEDICAL CAMP group will leave to Mallavi at 7:45am return to Vavuniya at 2pm.

This is the last day of group splits

Example Itinerary (3/3)



Free Day



Wednesday 26th June 2024

7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Breakfast Madhusha	1	FREE – Water rafting				Lunch Local			Free/Badulla Trip			Dinner Madhusha	

1

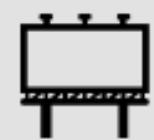


Madhusha Guest House, Maskeliya

2



Ohiya Hotel, Ohiya



Plan & Activities

Group splits after breakfast for 1) Free day and 2) Ohiya School

- 1 Travel on the coach to Kithugala for White water Rafting.
Activity will be 60 mins.
Local or packed lunch.
Then either return and explore upcountry or head to Badulla.
- 2 Ohiya Hike: Hike to Ohiya School and visit and discove.r



Logistics

Remember to bring :

Swimming/Wet Gear (1) and
Clothes for a cold climate/windbreaker + socks
Change of clothes

What are the range of locations and activities we do?



Locations

Name	Information	Location
Orhan	School for Visually Impaired - Mixed	Vavuniya
Good Shepherd	Orphanage - Girls	Mankulam
Mahadeva Ashram	School - Mixed	Killinochi
Sacred Heart	Orphanage - Girls	Uruthurapuram Kilinochi
Saratha Girls Home	Orphanage - Girls	Trinco
St John's Boys Home	Orphanage - Boys	Batticaloa
Vavuniya Nurseries	Nursery - Mixed	Vavuniya
Mullaithivu Nursery	Nursery - Mixed	Kilinochi
Serendip Special Needs	Special Needs - Mixed	Kilinochi
Serendip School	Fine Arts - Mixed	Kilinochi
Arc	School for Mentally Impaired - Mixed	Chunnakam
Vaalvaghram	School for Visually Impaired - Mixed	Chunnakam
Varany Central College	School - Mixed	Varany
Green Memorial Hospital	Hospital	Manipay, Jaffna

Activities

Recreational/Creative

- Arts and Crafts Sessions
- Fine Arts/Music Teaching and Show Cases
- Games Sessions
- Playing Sports - Footy/Cricket

Health and Community

- Medical/Dental Check-ups
- Hygiene/Sanitation
- Nutrition
- Self defence workshop
- Life skills/advice on health and social issues

Community Service

- Painting and Decorating Orphanages
- Repairing Dorms/ Furniture
- Donating School Bags/ Stationary
- Landscaping/Gardening
- Farming Activities

Education and Career

- Teaching English
- Careers Fairs/ Advice
- Soft IT Skills workshops

Dispelling myths

1



Safety

2



Experience

3



Food & hotels

Common perception

*"I heard Sri Lanka is very **unsafe** and my parents would never let me go there without them because I'm a girl."*

Reality

- **War ended 15+ years ago** - violence no longer prevalent
- **Reputable private bus operator** and vetted hotels
- **3 adult chaperones** (incl. women)

- **Short term - make people smile**
Long term - improve lives
- Experienced, well-connected **team to support** you with your ideas
- Key is **drive and passion**

- Most locations will have **A/C rooms** and entertainment
- All locations will have **beds, running water, clean bathrooms**
- **Catering** provided for all 3 meals

Next Steps: The Process

PRE-SELECTION



POST-SELECTION



Next Steps: Sign Up

What we're looking for

You have your own **hobby** or academic skill that you would like to contribute

You have a **strong desire and passion** to commit long-term towards Sri Lanka

You have good people skills and will **contribute to the vibe of the group**

You can **contribute time to planning before the trip** (outside exam season)

Apply now!



**For further information about the trip, have a look at
our FAQs guide or contact us via:**

Email: aramtriplanka@gmail.com

Instagram: aram.initiative

**Thank you,
The Aram Team**