



YOWUN PURA (CITY OF YOUTH – YOUTH CAMP)

Hambantota, Sri Lanka

27th MARCH TO 31st MARCH 2019

Organized by The Government of Sri Lanka in collaboration with The National Youth Services Council, affiliated with the Ministry of National Policies and Economic Affairs Re-settlement and Rehabilitation, Northern Province Development, Vocational Training and Skills Development and Youth Affairs in Sri Lanka.

PROGRAMME OVERVIEW AND ESSENTIAL INFORMATION GUIDE FOR INTERNATIONAL PARTICIPANTS.

Application Deadline March 15th 2019.

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Introduction to Yowun Pura (Youth Camp)

What is ‘Yowun Pura’?

‘Yowun Pura’ or ‘The City of Youth’ is a leadership and outward bound training programme bringing together 7000 Sri Lankan and 100 International young people. Yowun Pura has a long history in Sri Lanka with successful camps held in Polonnaruwa (1984), Kuliyaipitiya (1985), Matale (1986), Anuradhapura (1987), Bandarawella (1988), Girandurukotte (1989), Sigiriya (2016), Trincomalee (2017) and Niakaweratiya (2018).

This year the camp is taking place in Hambantota in the Southern Province. Each of the 25 districts in Sri Lanka will send a team to represent them at the camp and a 26th ‘Worldwide’ team will be comprised of representatives from across the globe. It’s this international group we’re inviting you to be a part of!

The campsite is a huge ground in Hambantota and each district will have their own area within the camp. International participants will stay together in one area of the camp ground. We will be camping – so sleeping in tents but we promise this will be comfortable and enjoyable! The campsite will have many facilities including a mini-market, media centre, main stage and exhibition centre.

During the camp we will take part in various sporting and outward bound activities, do some community work in the local area, go sightseeing to local places of interest and various other activities. There will be cultural performances and entertainment shows in the evening and other events to watch during the day.

This is a unique opportunity to take part in a huge youth conference, to try new activities, meet new people and explore Sri Lanka!

Once in Sri Lanka the costs of the camp will be covered by the National Youth Services Council; including local transport, accommodation, selected activities and food. International participants must fund their own flights to Sri Lanka, travel insurance and visa.



Participants completing community out-reach work and adventure sports



Objectives of the Program (International Participants):

Objectives	How will we achieve this?
Personal development – problem solving, team building, communication, leadership, confidence, respect, trust, care, tolerance, social awareness, self-esteem	<ul style="list-style-type: none">- Team building games- Outwards bounds activities- Community outreach projects- Sporting activities
Developing mutual understanding/appreciation/respect among young people from around the world	<ul style="list-style-type: none">- Group activities- Campfire- Cultural performances (us)- Food exchange- Informal camp activities (football/rounders)
Develop an appreciation of Sri Lanka – culture/environment/traditions	<ul style="list-style-type: none">- Excursions- Cultural performances (NYSC)- Cooking activities
Share our respective cultures and traditions with the Sri Lankan participants	<ul style="list-style-type: none">- Our ‘Presence’ or ‘Identity’ at camp- Shared activities (community work/sports)

Expected benefits for programme participants:

1. Mutual understanding and friendship with other young people all over the world.
2. An increased understanding of others gained through bringing young people from different nationalities to work together.
3. Long-term relationships with foreign participants, built through shared experience.
4. Leadership, social work and camping experience.
5. The opportunity for youth club members and other international organization's young people to meet and share their knowledge and experience on culture and sporting activities.
6. The chance to explore archaeological sites and the local environment and to participate in outdoor activities like tree planting which help to develop self-esteem.



International and national participants
after friendly sport activities



International participants on
trip to archaeological site



Participants competing in adventure
activities

TENTATIVE AGENDA – INTERNATIONAL DELEGATES

Date	Event/ Activity	Additional Notes
25 th -26 th March	Arrival in Sri Lanka of International Participants	International participants are welcome to arrive in Sri Lanka on 25 th or 26 th March (before 10pm). You will be picked up from the airport and brought to the National Youth Services Council building in Maharagama, Colombo where you will stay until we depart for the camp. This will allow you to rest and relax after your flight and meet other international participants.
27 th March	Travel to Hambantota	<p>We will travel together by air-conditioned bus to the campsite in Hambantota. The journey takes around 5 hours with a stop along the way for lunch!</p> <p>In the evening we will take part in the opening ceremony – a cultural and musical show to celebrate the start of Yowun Pura 2019!</p>
28 th – 30 th March	Camp Activities	The activities are still being timetabled and planned but it will involve a mix of outdoor activities and sports, cultural events, social out-reach work (e.g. tree planting or beach clean-up) or sightseeing to local places of interest.
31 st March	Return from Camp	Again we will travel by air-conditioned buses back the National Youth Services Council in Maharagama, Colombo where you will stay the night before flying home.
1 st April	International Participants Depart from Sri Lanka	We will arrange airport drop-offs so you can say your goodbyes to your new friends and fly home!

Note:

During the camp we will make special arrangements other sightseeing in the local area! Get excited!

CAMP LOCATION



Yowun Pura will be held in Hambantota in the Southern province of Sri Lanka. Hambantota was formerly a small-port town but in recent years has undergone significant development including the expansion of the sea port and an international cricket stadium. This development has established Hambantota as a major hub in the south of the island.

There are a number of attractions of outstanding beauty in the area including Tangalle beach, Yala and Bundala National Parks, Kalamatiya Bird Sanctuary, Mirijjawila Botanic Gardens, Mahapelessa Hot Springs and ancient temples including Situlpahuwa and Wadahiti Kanda,

Hambantota is approximately 200km from the commercial capital, Colombo where we will begin our journey. It will take approximately 5 hours to reach the camp by bus.

Hambantota
Weather
Mostly Sunny



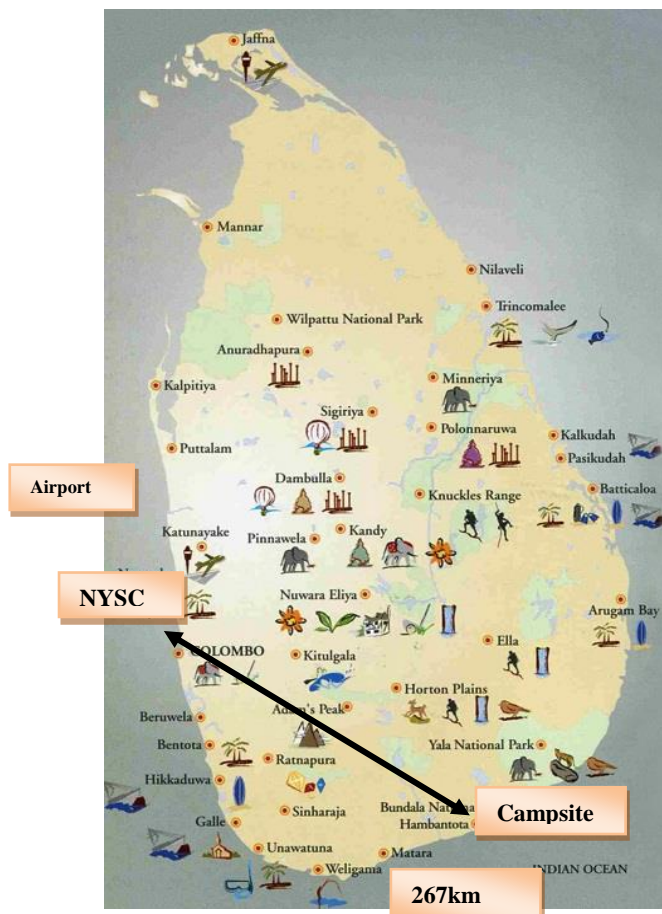
33 -36

°C | °F

Precipitation: 3%

Humidity: 68%

Wind: 8 km/h



CAMP SETTING

There will be over 7000 young people from across the 25 districts in Sri Lanka. Each district will have their own designated area during the camp and will decorate the space to show their own unique identity! The international delegates will have their own designated space within the camp with an area for male and for female participants.

For activities youth participants will be divided into mixed groups. International participants will also join these groups to have a great variety within the team.

ACCOMMODATION

International delegates will be picked up from the airport by an assigned member of the organizing committee and will be taken to the National Youth Services Council where you will stay until the camp starts. During the camp we will stay in tent accommodation with mobile toilet and separate shower.

Why are we camping?

It might seem strange that we've made this a traditional camp with participants staying in tents but with around 7000 young people attending it's really the best way to accommodate everyone! There are a number of additional benefits including: fresh air, socialization, decreased stress, exercise, sunshine....

Examples of tent accommodation:



FOOD

Throughout the duration of their stay in Sri Lanka (25th March – 1st April) participants will be provided with three meals per day. The food will be Sri Lankan style food which is mainly rice and curry - spicy, but very tasty! Normally the curries are provided separately (see the picture below) so even if you're vegetarian or vegan you can easily have your food preference! The Sri Lankan youth participants will be cooking their own foods in their campsites so if you want to see how its' done there will be plenty of opportunity!



SAFETY

Safety is our top priority. All activities have been carefully planned and tested and will be constantly supervised by qualified instructors at the campsite. Equipment is subject to regular on-site safety inspection and participants are trained in basic safety procedures. Each group will be accompanied by an experienced person. In addition, first aid and medical services will be available at the campsite. However, please adhere to all instructions given by the instructors and organizing committee at all times.

Sri Lankan army and police officials will be onsite 24 hours a day to ensure the overall safety of the campsite and delegates.

A TYPICAL DAY AT CAMP

We're still confirming the final plans and don't want to give away too much information until closer to the time but to give you an idea of what to expect we've put together this sample timetable for a typical day at camp!

Time	Activity	Description
7:30am	Breakfast	All meals will be provided for you at the camp in the area designated for international delegates.
9am	'Shramadana Campaign'	Community work in the local area - you might be helping to paint a school or planting trees! This is an excellent opportunity to meet and work with some of the Sri Lankan youths also attending the camp.
12 pm	Return to camp	Time to relax and enjoy some free time in the campground. You can play cards or games with the other delegates, rest, there might also be some events like motor-cross, dog shows, army displays happening that you can watch!
1pm	Lunch	We hope you are excited to try some Sri Lankan foods – maybe rice and curry?!
3pm	Outing to place of interest	Hambantota is a beautiful beach town with a rich history. There are temples (both Buddhist and Hindu) and incredible natural scenery to explore and enjoy!
5:30pm	Return to camp	Take some time to wind down at the end of the day; relax before dinner, take a tour of the camp or visit the mini-market place.
7pm	Dinner	More tasty Sri Lanka food to keep your energy levels high!
8pm	Cultural event	One evening it might be a cultural show with music and dancing, or it might be a campfire with different groups presenting something from their district.
10pm	Bed time	

A full programme will be released nearer the time but for now we hope this is enough to get you excited about Yowun Pura 2019! Other activities might include sports meets (mini-marathon, volleyball, tug of war competitions etc.), outwards bounds courses, cultural events like singing and dancing.

WHAT TO PACK?

It can be difficult to know what to pack so we've put together this kit-list for you with suggestions for things to bring. This is not an exhaustive list but should help guide you in the right direction. It's important not to pack too much as you will be camping.



For Males	For Females	For Both
1 pair of smart trousers – (Linen trousers or chinos are a common favourite)	1 pair of smart trousers - Linen trousers or chinos.	Toiletries - Toothbrush/paste, shampoo/conditioner, shower gel etc.
2-3 pairs of casual trousers that you can wear for outward bound activities. (Track suit bottoms or similar)	2-3 pairs of casual trousers that you can wear for outward bound activities. (Track suit bottoms or similar)	Sun cream
5 t-shirts - it's hot, so you want them to be light and airy	5 t-shirts/tops (you may show your shoulders but no spaghetti straps please)	One towel
1 pair of flip flops / Sandals	1 pair of flip flops / Sandals	Water bottle and a torch
1 Pair of lightweight Trainers	1 Pair of lightweight Trainers	Basic medical supplies - Painkillers, plasters, Oral Rehydration Salts etc if you would usually use these
Casual clothes (Shorts/ T-shirts)	1x shorts (above the knee is acceptable)	Insect repellent
1 spare outfit to remain dry for evening wear	Casual clothes (Shorts/ T-shirts)	If you like to sleep with a sheet covering you, bring a bed sheet/liner
Swimming clothes	Hair ties	A day bag for the sightseeing and expeditions.
	1 spare outfit to remain dry for evening wear	Pack of cards can be useful for socializing
	Swimming clothes (please bring shorts/vest to wear overtop when swimming)	If you have any cultural items you'd like to bring and share with the other participants please do – e.g. traditional dress, music, art items etc.

OTHER ESSENTIALS

Sri Lanka Tourist Visa

Its relatively easy to apply for your visa online in advance. Follow the link below for details.

https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US

Please note:

1. Make sure to apply for an ETA Tourist Visa
2. In the travel information section it will ask you the purpose of the visit. For this please put 'Participating in sporting events and activities relating to cultural performance'
3. In the contact details section it will ask for contact details in Sri Lanka, please use the following information:
 - a) Address: National Youth Services Council, No 65 Highlevel Road, Maharagama, Sri Lanka.
 - b) Email: cfyouth19@gmail.com
 - c) Phone: +94 768208607 / +94 11 2844212
 - d) Name: Mr Kelum +94776694670

Travel Insurance:

For your own safety we strongly advice you obtain travel insurance before you fly out.



2017 Yowun Pura
Kurunegala

MEMORIES FROM PREVIOUS YOWUN PURA

Mariam, Afghan Delegate:

"It was an exciting year for me, and the most **enjoyable and beautiful** journey of my life. I can say that is you want to camp, learn, enjoy, discover, have fun and **make the best memories of your life** so the Yowun Pura Camp is the place you can achieve these things!. I would like to thank the NYSC for making programs like these for youths"



Surender, Indian Delegate:

"Yowun Pura 2016 was one of the greatest memory for me. It was **my first international trip**, where I have developed my friendship network and learnt how to enjoy equality and so on. **Still I am recollecting and sharing my memories of tent stays with my family.** I miss you all"



Nina, Russian Delegate:

"First of all it was my first visit to Lanka so I like **everything and every moment was new to me.** I enjoyed the cuisine and spicy food, learnt about the ordinary life of Sri Lankan people and saw national dance performances!"

Abid, Bangladeshi Delegate:

Yowun Pura Camp 2016 was a phenomenal program. It was my first experience to engage with young leaders from many countries, cultures and values I really enjoyed this program and the great hospitality of locals. From this program we learn about different society norms and their values. Thanks NYSC!

OUR CONTACTS

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For safety reasons participants are not permitted to leave the campsite without prior approval. There is a mini-market/shop at the camp and many activities taking place within the campsite so you shouldn't need to leave. We will go out as a group for sightseeing excursions and community work.

Thank You!!!

We look forward to seeing you at Yowun Pura!

Application form Link

https://docs.google.com/forms/d/e/1FAIpQLSfF6SmIx89eyMMHACmKZ7bxlsQCZhzcYgr2pRjgDF2yHJ3H6A/viewform?usp=sf_link



CODE OF CONDUCT FOR INTERNATIONAL PARTICIPANTS

'Yowun Pura - City of Youth' - Leadership and Outward Bound Programme, Sri Lanka.

Organized by the Government of Sri Lanka in collaboration with the National Youth Services Council, affiliated with the Ministry of National Policies and Economic Affairs, Re-settlement and Rehabilitation, Northern Province Development, Vocational Training and Skills Development and Youth Affairs

We are committed to providing the fullest support to you throughout this programme. Your safety is our number one priority. This document has been created with the input of the organizing committee in order to ensure your safety during the programme.

The two key rules of the programme:

- Please follow the rules we have put in place to avoid any potential situation where you could be hurt or made to feel uncomfortable. We expect you to obey the laws of Sri Lanka during your time in the country.
- In order for us to support you and ensure a positive experience we expect you to be flexible, respectful and to follow the cultural and societal norms of Sri Lanka.

Whilst participating in the programme:

- We expect you to treat fellow participants, staff and organizers with courtesy and respect.
- You are not permitted to leave from the campsite unless you are ill, in the case of illness please alert a staff member straight away so we can help you.
- We expect you to look after your own belongings, but we will provide safety at best within the camp premises.
- All obscene behavior within campsite and within the programme is strictly prohibited.
- Consumption of alcohol and smoking is totally prohibited at the campsite during the whole programme.

Health:

- Please stay hydrated by drinking plenty of water and other fluids.
- If you are feeling unwell please notify a staff member straight away so we can make the necessary arrangements for your safety.
- You must disclose any and all pre-existing health conditions in the Individual Participant Registration sent out by email.

Clothing and Appearance:

- You must adhere to the clothing guidelines outlined in the Camp Overview document.
- Please ensure your knees, chest and the upper parts of your arms are covered at all times, in order to respect to the culture sensitivity of Sri Lanka.
- Please cover any religious tattoos related to Buddhism.

I have read and understood the above code of conduct.

Signed_____

Date_____

Print name_____