



Herds of wild elephants at Minneriya National Park

Therapy and Rehabilitation in Sri Lanka

24 February – 8 March 2025

A wonderful tour!! All hospital and clinic visits very educational. Staff very welcoming and open to showing us around and giving lots of information. Excellent bus driver – couldn't have been more attending to our needs.'

Dianne Matthews, Midwifery in Sri Lanka, September 2019



Level 3
MODERATE





Visit the Royal Botanical Gardens of Peradeniya

Welcome to Sri Lanka, a small island crammed full of treasures, with no fewer than eight UNESCO World Heritage Sites. Mystical ruins, jungles, gleaming white tropical beaches, national parks with giant elephants and fleet leopards, seas with blue whales, and mouthwatering cuisine.

This study tour provides unique insight into Sri Lanka's physiotherapy, occupational therapy and speech and language therapy. Meet with your Sri Lankan counterparts and, through a range of specialist visits and talks, gain a general

overview alongside specialist visits focusing on mental health, paediatric rehabilitation, elderly care, disaster rehabilitation and traditional therapies. Professional visits range from large hospitals and smaller clinics to NGOs and many visits are complemented by a range of talks and meetings with local therapists.

There is also a full cultural programme and ample free time to relax by the pool, join optional activities or explore at your own pace.

Tour Activity Level

Level 1 Relaxed



A gentle pace, involving minimal walking and exertion. Shorter travel distances and a full but relatively relaxed itinerary.

Level 2 Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

THIS TOUR IS CLASSIFIED AS:

Level 3 Moderate



Regular walking at destinations, extended standing and/or increased travel distances. Good fitness is required.

Level 4 Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Level 5 Challenging



May involve extended drives, hikes and multiple visits across busy days. Excellent fitness is required.

Tour Leader

Kit Sinclair PhD is an international education consultant in the areas of occupational therapy service and curriculum development. As a founding faculty member of the occupational therapy education programme in Hong Kong, she has played an active role in occupational therapy professional development in Hong Kong and continued in senior academic and research posts for over 35 years.

Since the 1980s, Kit has been passionately involved in the development of rehabilitation and occupational therapy in the People's Republic of China. She was involved in rehabilitation for survivors of the 2008 Sichuan earthquake and continues her commitment in international disaster management.

Kit served as President of the World Federation of Occupational Therapists from 2002-2008 and retains the title of WFOT Ambassador. She is an Honorary Fellow of the World Federation of Occupational Therapists and Fellow of the American Occupational Therapy Association. She



is editor of the prestigious WFOT Bulletin.

A leader in the field, Kit has given many guest lectures and workshops around the world and has been instrumental in global and national policy development in relation to rehabilitation and disability in collaboration with WHO and national governments. Kit has previously led study tours to China and India.

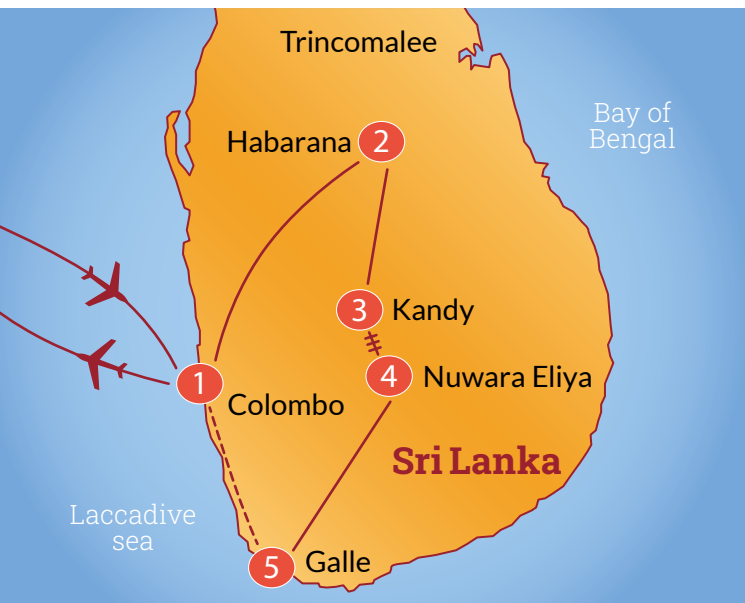
Sigiriya at sunrise



Itinerary 24 February – 8 March 2025

B = Breakfast L = Lunch D = Dinner

2 nights Colombo – 3 nights Habarana – 2 nights Kandy – 2 nights Nuwara Eliya – 3 nights Galle



Day 1: Colombo (Mon, 24 Feb)

D

Pm: Arrive Colombo and transfer to the hotel and dinner.

Day 2: Colombo (Tues, 25 Feb)

B D

Am: Travel by rickshaws to the Siddhalepa Ayurveda Hospital and their herbal pharmacy. Enjoy a foot massage.

Pm: Visit the National Rehabilitation Hospital in Ragama. Take a tour of the departments and meet with physio and occupational therapists from the Sri Lanka Society of Physio and Occupational Therapists. Talk: 'A Background to Therapy and Rehabilitation in Sri Lanka.'

Eve: Dinner at University of Kalaniya. Learn about the degree programme and meet with students, with music and dancing.

Day 3: Colombo / Sigiriya

B D

(Wed, 26 Feb)

Am: Visit the National Institute for Mental Health. Visit the Rainbow Centre, which provides holistic development for children with special needs, including those with cerebral palsy, Down Syndrome and autism.

Pm: Drive to Sigiriya and overnight.

Day 4: Sigiriya (Thurs, 27 Feb)

B D

Am: Visit the archaeological site of Ritigala and take a walking tour to explore the site of an ancient Ayurvedic hospital. See traditional medicinal plants.

Pm: Visit Minneriya National Park and see large herds of elephants, sambhur deer and huge flocks of birds.

Day 5: Sigiriya (Fri, 28 Feb)

B L D

Am: Rise early to climb the legendary sky citadel of Sigiriya, possibly the most spectacular site in Sri Lanka. Built in the 5th century on top of a vast 200m granite rock, the rock fortress is famous for its

A beautiful tea plantation in Nuwara Eliya



'Lion Rock' and its 'Celestial Maidens' frescoes.

Pm: Descend the rock and visit a nearby village and its local health clinic before a Sri Lankan cookery demonstration, followed by a delicious lunch. Return to the hotel and at leisure.

Day 6: Sigiriya / Kandy (Sat, 1 March) B L

Am: Drive to Kandy via the Cave Temples of Dambulla. Visit the spice plantations of Matale en route.

Pm: Enjoy a delicious Sri Lankan lunch. Arrive in Kandy and visit the Temple of the Sacred Tooth, which houses one of Buddhism's most sacred relics – a tooth of Buddha. See brightly robed monks performing the blessing ceremony with drums and trumpets. Transfer to the hotel.

Day 7: Kandy (Sun, 2 March) B D

Am: Visit Sirimavo Bandaranaike Children's Hospital and tour the departments of physio, speech and occupational therapy.

Pm: Continue to the Royal Botanical Gardens of Peradeniya, as well as its excellent orchid house and the medicinal herbal section. Later, visit Kandy's gemstone market to see Sri Lanka's famous sapphires being cut and polished.

Day 8: Kandy / Nuwara Eliya (Mon, 3 March) B D

Am: Scenic train ride to Nuwara Eliya.

Pm: Check into the hotel and explore this colonial hill station, built by the British in the 19th century. Continue to Amba, an organic farm, guesthouse and social enterprise in the Uva Highlands of Sri Lanka, where you will stay overnight.

Eve: Sundowner and dinner with a local health worker.

Day 9: Nuwara Eliya (Tues, 4 March) B L D

Am: Take part in a walking waterfall loop (option for a dip). Explore the farm and learn about their organic methods for cultivating tea,

coffee, cinnamon and a range of herbs and spices, fruits and vegetables. Take part in an artisanal tea and coffee production tour, including plucking and rolling your own batch of tea.

Pm: Lunch and at leisure or the option for further walks. Talk: "Global therapy and rehabilitation – the context."

Day 10: Nuwara Eliya / Galle (Wed, 5 March) B D

Am: Optional short sunrise trek to Eagle Rock before a beautiful drive to Galle from the highlands to the coast.

Pm: Arrive Galle and check in to hotel. At leisure.

Day 11: Galle (Thurs, 6 March) B L

Am: Visit the Karapitya Hospital in Galle and hear about lessons learned in disaster management and rehabilitation after the tsunami and to the present day and visit their acclaimed hand therapy unit. Discussion group with local physio and occupational therapists.

Pm: Lunch on the city walls, followed by a tour of the old city of Galle.

Day 12: Galle (Fri 7 March) B D

Am: Day at leisure. Options to relax on the beach, explore Galle, visit the Geoffrey Bawa Gardens or go whale watching for sperm and blue whales and dolphins. The waters off Mirissa have the largest concentration of blue whales in the world.

Eve: Farewell dinner.

Day 13: Galle (Sat 8 March) B

Am: Depart hotel after breakfast or extend on the coast.

All itineraries subject to change according to local conditions



The pool at Sigiriya Village Hotel with Sigiriya Fort behind

Hotels

Radisson (Colombo)

The Radisson Hotel, centrally located on the oceanfront, is known for efficient and friendly service. The hotel has restaurants, a stylish rooftop with a bar, lounge, and an infinity pool.

Sigiriya Village Hotel (Sigiriya)

This peaceful retreat is set against the backdrop of Sigiriya Rock Fortress. The village-themed hotel, with a beautiful pool, offers a comfortable haven within the surrounding forest, where you can experience the genuine warmth of rural Sri Lankan hospitality.

Radisson Kandy (Kandy)

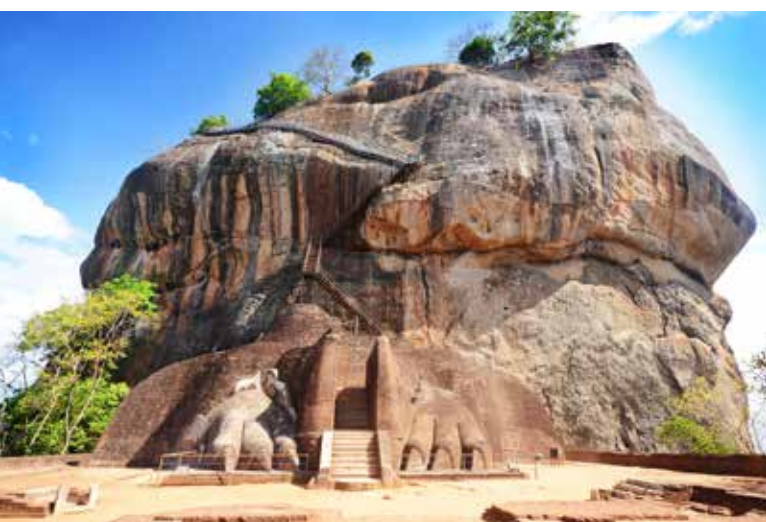
A stylish, modern hotel set in the heart of Kandy with stunning views of the city and lake. There are spacious, comfortable rooms, an excellent restaurant, fitness centre and a rooftop pool bar.

Amba Resort (Nuwara Eliya)

Built 100 years ago as a tea estate, Amba's original farmhouse and other buildings exude rustic charm and cosy character. Today it is a guesthouse that, although simple, rates as one of the best in Sri Lanka, thanks to the stunning scenery, delicious food and the genuine warmth of the staff, who all come from the local community. Guests will stay in a variety of accommodation, including the farmhouse and cottages.

The Lady Hill Hotel (Galle)

Nestled atop the highest point of the ancient port city of Galle sits the Lady Hill Hotel, originally built by the Dutch in the 18th century and later used as the Vicarage of the Church of England in the 19th century. This attractive, medium grade colonial hotel boasts magnificent views across the city and the whole bay and has a warm and welcoming atmosphere with modern amenities, a pool and an excellent restaurant.



A blue whale off the coast of Sri Lanka (top);
Some of the world's oldest landscaped gardens at Sigiriya;
Traditional stilt fisherman; Lion Rock in Sigiriya (above)

The cost of the tour sharing a double or twin room is £2,480

The cost of the tour with a room to yourself is £2,870

The cost includes:

- Tour leader (Professor Kit Sinclair)
- Full time national guide throughout the tour
- Breakfast and lunch or dinner daily
- Filtered water daily (we do not use plastic bottles)
- 12 nights' accommodation in twin-bedded rooms in medium grade and boutique hotels and lodges
- A full programme of cultural visits
- A full programme of professional and meetings visits as per the itinerary
- All transport in modern air-conditioned coach
- One rail journey
- All admission fees
- All tips

The cost excludes:

- International flights and airport transfers (except on extension)
- Sri Lankan visa and travel insurance
- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits



A local fruit seller

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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A local mum with her baby (top); 'Celestial Maidens' fresco in Sigiriya; Take the train to Nuwara Eliya; Galle (above)



Jon Baines
tours

