



DISCOVER

BORDERLANDS

20 YEARS OF ADVENTURE

Borderlands has been running Eco activity based programs and adventure tours for school groups in Sri Lanka for 2decades and in Asia for nearly 25 years.

At Borderlands, we specialize in helping students get away from the mundane and the ordinary, creating an unforgettable experience in the outdoor environment.

At Borderlands we know that people learn best from experience , that's why we offer an outdoor base series of activities that are challenging, memorable and fun. We are proud to work with students to develop customize programs to target specific outcomes. This program is tailor made to cherish the nature in a nutshell.

Bringing the group out of their comfort zones gives us the chance to create a different environment for them which enables us to give a different perspective on every day challenges and issues in life.

Activities are followed with a debrief that helps the participant to link the learning to their life.

UNPLUG TO CONNECT



**DISCOVER
BORDERLANDS
SRI LANKA**
DiscoverBorderlands.com



PROGRAM CONTENT

- Personality Development
- Development of Team Work
- Introduction to Eco System and Biodiversity
- Human Impact on Nature
- Applying Maths to the Reality

We are proposing Games and initiatives based around the above framework. Our facilitators will help the participants to achieve the expected learning outcomes through their guidance and debriefs.



Video links to our Youth Building Programs

<https://vimeo.com/165674483>

<https://vimeo.com/discoverborderlands>

SAMPLE ITINERARY

Feb 12th

- Arrive in Sri Lanka Airport and Meet your Course Director
- Drive to Borderlands Eco Lodge in Kithulgala (3.5 hr drive)
- Upon arrival, enjoy a welcome lunch before diving into an afternoon of training.
- Relax and Rest and get familiar with your Accommodation ground.
- Short Hike crossing the Hanging bridge and Standard canyoning

Canyoning provides a fascinating glimpse into natural science. By examining the rock formations, Students can discover how canyons are sculpted by water erosion over time, revealing the different rock types and their formation process. Canyons can also serve as ecological sanctuaries, allowing them to observe the various ecosystems and how they coexist. Studying the water flow within a canyon offers a chance to learn about hydrology, the science of water on Earth, encompassing erosion, deposition, and water quality.

Feb 13th

- Today's adventure takes the students to Marvel Canyoning, an advanced canyon compared to the one they visited on the first day. This is a truly remarkable natural wonder awaits! They will also enjoy a picnic lunch at the canyon today. Students will delve into the world of math through the lens of the canyon. They'll transform into explorers, measuring the height of cascading waterfalls, the width of the roaring river, and the shortest and highest jumps they made, and the difference in feeling when they do those different jumps. They will get a practical understanding of angles and slopes, as we calculate the perfect angles for a safe and thrilling descent. The canyon itself becomes a giant science experiment, showcasing the power of force and motion. They'll witness the relentless force of water carving its way through rock over time, and feel the forces acting on their own bodies as they navigate the canyon's unique terrain. This promises to be a day filled with scientific discovery and mathematical exploration!

Feb 14th

- Community Service Project - Borderlands in conjunction with you, will find a suitable community service project which will satisfy your requirements and in addition will fulfill a need within the local community. We have worked with various local schools and nurseries to provide much need repair work as requested as well as a valuable cultural interaction between students from two very different walks of life. Past and ongoing projects include installing a clean water for drinking system, repairing collapsed roofs, Renovation of a science and maths lab along with all equipments, painting local creche, planting fruit trees, mural painting..etc. At no time does Borderlands hand over cash to the schools without proof of receipts of work carried out. 100% of Donation from the students will be utilized for the charity only. Borderlands will contribute to the service by providing all the logistics and necessary overheads.
- Tea Factory Visit - Students will visit a tea plantation and a tea factory. They will see the Start to end process of the Tea production. They will also learn the Importance of Tea in Sri Lankan Community. The day will end with a Tea tasting session.

February 15th

- Today's adventure splits the group into two for some exciting water activities: rafting and canoeing! They will experience the Kelani River, utilizing its different sections for each activity. After a delicious lunch break, the groups will swap, ensuring everyone gets a taste of both worlds.
- Through these activities, They'll explore the fascinating world of the Kelani River's hydrology. They'll learn how to calculate the current's speed by strategically dropping a piece of wood and measuring its travel time. This will help them understand how the current's pace varies between the high rapids of the upper river (perfect for rafting!) and the calmer, flat waters found downstream (ideal for canoeing). They'll even delve into the secrets of rapid formation and rafting's rapid grading system.
- This trip promises to be a thrilling mix of physical activity, scientific discovery, and appreciation for the Kelani River's unique environment!

Feb 16th

Last Day of the program. After breakfast. We will ask the Students to divide in to groups and present a summary of what they learnt by doing each activity. With refreshment of those learnings group will be transported to the airport after lunch for the departure flight.



Borderlands Sri Lanka

Welcome to your adventure





CERTIFICATION

We prioritize your safety, employing internationally certified guides and adhering to the highest health and safety standards. Rest assured, we'll manage any risks so you can focus on the thrill of exploration.

- SERT (Swiftwater and Flood Rescue Technician) qualified under Rescue 3 International
- UK Canyoning Guide Level 1
- The INTERNATIONAL RAFTING FEDERATION (IRF) IRF qualified river guides.
- Qualified by “Canoe Kayak Canada” in Ocean kayaking and canoeing as well as flatwater and white-water river canoeing.
- Certified in First aid – CPR by the American Safety and Health Institute.



CLOTHING / PERSONAL ITEMS LIST

Essentials:

- 6 Lightweight T-shirts (long sleeves recommended for sun protection)
- 4-5 Pairs of Quick-drying Shorts (e.g., board shorts)
- Adequate Cotton Underwear
- 1 Pair of Closed-toed Shoes (river shoes, sport sandals, sneakers, or lightweight hikers)
- 5 long lightweight pants
- Adequate Pairs of Socks
- Flip Flops for Camp
- Towel
- Hat with Sun Visor
- Strong Sunblock / Moisturizing Lotion / After Sun
- Sunglasses
- Spare glasses or contact lenses
- Glasses Strap (if needed)
- Head Torch or Flashlight
- Bed Sheet
- Water Container
- Plastic Bags (for wet clothes)
- Swimsuit/Shorts
- Insect Repellent (advisable)
- Raincoat (advisable)
- Any Medication
- Toiletries: Keep it to a minimum!

Non-Essentials:

- Musical Instrument
- Waterproof Camera
- Day Pack

Notes:

- We will provide the Mattresses, pillow, and blanket.
- Pack light and breathable clothing.

Sri Lanka

Adventure
Youth
Challenge

