

## 【Dr. Irene Tang AYP Hong Kong - Sri Lanka Exchange Project 2019】

Dr. Irene Tang AYP Hong Kong - Sri Lanka Exchange Project 2019 was successfully held from 18<sup>th</sup> to 24<sup>th</sup> April 2019 at Sinharaja Rainforest (a UNESCO World Heritage Site) in Sri Lanka. 14 Hong Kong participants and 4 Sri Lankan participants took part in a series of cultural activities to experience mutual traditions. Everyone established good friendship with each other.



Local participants and leaders welcomed us at the airport.



We visited the National Youth Service Council there.



Participants got to know each through different ice-break games.

All participants explored the famous Sinharaja rainforest and admired the unique natural environment of Sri Lanka. They also visited the Lankagama rural village. Participants asked questions actively to know about the development of the rural village and lives of the villagers. Villagers showed us good hospitality and prepared various traditional food for us. In addition, participants got the chance to visit a traditional temple and tea factory. They learnt different tea type and understood how the well-known Ceylon tea was made. Every day was a fruitful for all of them.



Participants were curious about the unique insect species in the rainforest.





Everyone enjoyed the nice waterfall there!



Participants knew more about the lives of rural villagers.



Everyone had a try on the local food.



Participants visited a traditional temple.



Everyone was could not wait to taste the famous Ceylon tea.



Apart from visiting the natural habitat of Sri Lanka, participants also took part in different cultural activities like learning Chinese calligraphy and making Chinese Tang Yuan. Since April is the New Year month in Sri Lanka, Hong Kong participants taught them how to write Chinese characters and make 'Fai Chun'.



Participants learnt how to write their names in mutual languages.



Everyone actively participated and had an enjoyable afternoon very much.



Participants made and tried Tang Yuan together.



HK participants shared their AYP experience and reflection over the trip.

Getting along with one another for a week, everyone built friendship and got to know more the Sri Lanka culture. It's always hard to say goodbye for everyone. At the campfire session, HK participants gave their handmade souvenirs to the local people. They exchanged contacts and took photos together to record this unforgettable trip.



Everyone sang songs and danced together.



Participants exchanged souvenirs which marked the end of the trip.