

Sri Lanka Teens Workcamp: Together for the Community:

Date: 21 July 2026 – 27 July 2026 [8 days 7 nights]
Location: Polonnaruwa, North Central Province, Sri Lanka
Theme: Community Service, Women & Youth Empowerment, Cultural Exchange
Target: Teenagers between 15 - 20 years old who are fit to travel



“Only when I stepped into their lives — sharing stories and everyday moments — did I realise that real change begins with genuine connection.”

Our mission is simple yet far-reaching: not only to participate, but to become a driver of change. When you step into Sri Lanka’s North Central Province, you are no longer a bystander — you become an active contributor to community.

On this land rich in history and natural beauty, villagers in Polonnaruwa move forward with resilience, navigating daily life and development with limited resources. As part of the programme, you will engage in cultural exchange with local residents, women’s groups, and teens volunteers — learning from one another, bringing your own stories and culture into their lives, and through real human connection, inspiring new possibilities and planting hope for the future.

A journey of deep connection with the land, culture, and people. As you participate hands-on and build meaningful relationships with the community, you will discover that every small contribution also shapes the world — and becomes a powerful reflection of your own growth.



Especially Suitable for :

🌱 Community Companions

- Engage with communities and work with women and youth, experiencing the power of walking and growing together.

👉 Connection Builders

- Enjoy meeting people, listening to stories, and building genuine friendships through cross-cultural exchange!

🌍 Global Citizen Explorers

- Reflect on global issues, respect differences, and bring learning back to Hong Kong.

Programme Highlights & Activities:

1. 🌱 **Community Service & Development:** Engage with community members through activities and games, sharing stories and experiences from around the world. Work alongside local residents to understand their way of life and contribute to improving community facilities.
2. 🌍 **Cultural Exchange & Human Connection:** Interact with local residents and youth through cultural activities, sharing global cultures and personal stories.
3. 🌿 **Environmental Protection & Sustainability:** Learn eco-friendly practices at a community sustainable farm and take part in agricultural work — protecting natural resources while supporting local sustainable livelihoods.
4. 🏠 **Home Visits:** Join activities with women’s groups and visit local families, participating in daily tasks and gaining deeper insight into local culture and lived realities — building resonance and connection.
5. 🏯 **Exploring Local Temple Culture:** Visit temples and historical heritage sites to learn about local religious traditions, values, and cultural identity.





Sri Lanka Teens Workcamp: Tentative Itinerary

[Note: The actual work schedule may be adjusted depending on weather conditions, and community needs.]

Day	Date	Morning	Afternoon	Evening
Day 1	21 July	Gather at CMB Airport at 10am, Travel to Polonnaruwa	Arrival at the community and accommodation	Orientation session and project briefing
Day 3	22 July	Volunteering Service: <ul style="list-style-type: none"> Participating in community activities to support women and youth through sharing and interaction Supporting community development work, including basic infrastructure improvement and maintenance (e.g. cleaning, repairs) Engaging in sustainable farming activities and daily community services; learning about sustainable agriculture and resource management Activities Outside of Volunteering: <ul style="list-style-type: none"> Sharing life stories and cultural perspectives with local youth and community members Experiencing Sri Lankan home-style cooking and daily lives (Spices and vegetables as key ingredients) Visiting temples and nearby historical and cultural sites to deepen understanding of local values and traditions 		Free time Sharing session Activity preparation (if any)
Day 4	23 July			
Day 5	24 July			
Day 6	25 July			
Day 7	26 July			
Day 8	27 July	Participation in community activities	Evaluation and reflection session	Farewell Dinner
Day 9	28 July	Pack up and depart from Polonnaruwa	Free time in Colombo, then travel to Negombo	Dismissal at CMB Airport

Accommodation & Meals



Teens volunteers will stay in local homestays or volunteer dormitories, sharing rooms with same-gender participants. Facilities are simple, with basic wash areas and limited hot water. Sri Lankan-style home meals are prepared by local families, featuring spices, local vegetables, and often chicken or fish. Participants will take turns assisting with meal preparation and basic cleaning duties — experiencing authentic local life through everyday routines, food culture, and shared living.





Hosting Organization – Green Volunteers for Green Future (GV4GF)

Green Volunteers for Green Future (GV4GF) is a Sri Lanka-based non-profit organisation dedicated to promoting voluntarism locally and globally, while fostering cultural exchange through community partnership. As a member of the Network for Voluntary Development in Asia (NVDA), GV4GF represents Sri Lanka in building strong collaboration with NGOs, community-based organisations (CBOs), and local initiatives. Their partners work across areas such as organic agriculture, livelihood development, environmental conservation, and support for orphaned children. Through hands-on participation, volunteers engage directly with real community needs and experience the rhythms of local life — contributing to meaningful development work while deepening understanding of the cultural and environmental contexts behind it.

Participant Testimonial

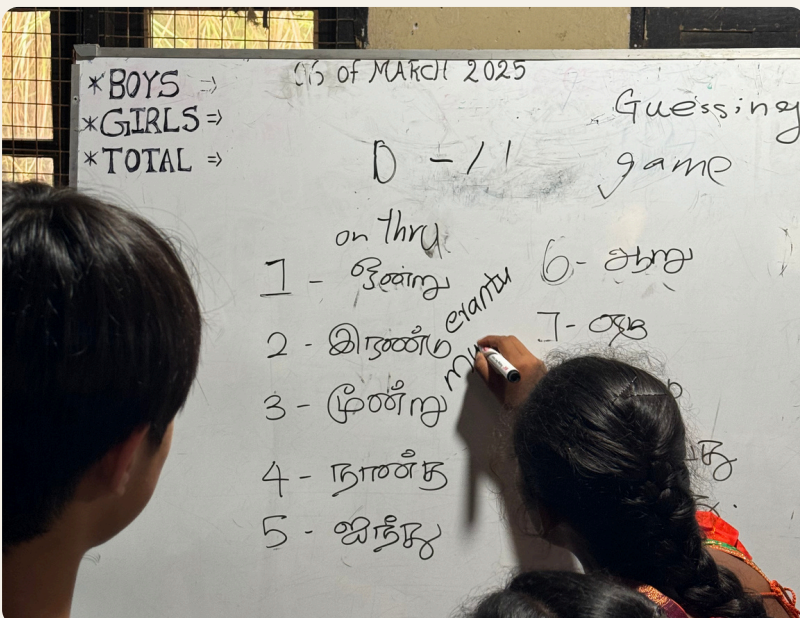
"Sri Lanka was a place I had never been to before, so I didn't have high expectations before the journey. When I arrived, I found the people to be incredibly friendly.

This international volunteer service opened my eyes to a whole new world. One of the most memorable moments was playing games with the children at a village school; their enthusiasm was truly inspiring.

Although the trip may have only accounted for a tiny fraction of my life, the experiences along the way have left an indelible mark, and I will never forget them. I had the chance to witness the starry night sky, listen to the symphony of crickets and tree frogs, and meet the kind and warm-hearted locals. The exchange of ideas, conversations about astronomy, geography, and people were profound and fulfilling.

I am truly grateful for the people I met on this journey. They taught me so much."

--Anson Liu, 2025 Sri Lanka Group Workcamp Participant



Thailand Teens Workcamp: Crafting Community Through Eco-Living



Date: 25 July 2026 – 3 August 2026 [10 days 9 nights]
Location: Thoen District, Lampang, Thailand
Theme: Community Building, Traditional Cultural Heritage, Sustainable Agriculture
Target: Teenagers between 15 - 20 years old who are fit to travel



Thoen District lies in a beautiful northern Thai valley. Surrounded by nature, its villages are shaped by traditional farming life and a close-knit relationship with the land. A local eco-farm and community invite teenage volunteers from around the world to take part in a journey that supports community change. This programme is a shared process of learning and growing together. Here, volunteers will work side by side with local residents to cultivate organic vegetables and learn farming practices that protect the land's future — including rice replanting in flooded fields and land care work. Beyond the farms, participants will connect with the wider community through activities with children at the local school, and join nature-based learning such as forest hikes, waterfall visits, planting seedlings for reforestation, and even simple conservation actions.

As an intercultural team, we step into a deeper exploration of traditional Lanna Culture. Teens from different backgrounds will exchange stories, values, and experiences through genuine daily interaction. When you sow seeds of hope in this land, you are also sowing hope for the community's future.

Every drop of sweat and every moment of mutual support becomes a priceless memory in this green journey. Here, you are not only a volunteer — you are a co-weaver of the community's transformation story.



Especially Suitable for:

🌱 Field Explorers

- Hands-on experience in farming and sustainable living.

🔨 Community Builders

- Enjoy natural building and curating together.

🔥 Cultural Immersion Seekers

- Keen to learn traditional crafts and connect through daily life.

Programme Highlights & Activities:

1. 🌱 **Eco Farming & Forest Stewardship:** Take part in rice replanting in flooding affected fields, cultivate organic vegetables, and join reforestation work by planting seedlings in the forest—learning through hands-on, nature-based tasks.
2. 🌍 **Community Learning with Local Children:** Support activities at the local school through interactive games, simple learning sessions, and cultural exchange with students.
3. 🌿 **Nature Exploration & Conservation-in-Action:** Hiking in the forest, explore local ecosystems, and collaborate on small environmental actions such as building a mini river dam. Visits may also include natural sites like waterfalls.
4. 🍵 **Traditional Culture, Food & Heritage Experience:** Experience natural dyeing using plant-based colours, learn Northern Thai cooking and desserts, and cultural visit to the Surrounding neighborhood.





Thailand Teens Workcamp: Tentative Itinerary

[Note: The actual work schedule may be adjusted depending on weather conditions, and community needs.]

Day	Date	Morning	Afternoon	Evening
Day 1	25-Jul		Gather at Chiang Mai Airport (CNX) Travel to Thoen, Lampang (approx. 3-hour drive)	Arrival at the community and accommodation, Orientation session & project briefing
Day 2	26-Jul	Community Mapping	Exchange with community members	Free time Sharing session Activity preparation (if any)
Day 3	27-Jul	Volunteering Activities:		
Day 4	28-Jul	<ul style="list-style-type: none"> Eco-farming: support soil preparation, planting, irrigation, weeding, and harvesting alongside local farmers. 		
Day 5	29-Jul	<ul style="list-style-type: none"> Supporting Community Education: Plan Cultural and educational activities with the local children. 		
Day 6	30-Jul	<ul style="list-style-type: none"> Land care & regeneration: join simple land restoration tasks and learn practical, sustainable farming methods used in the community. 		
Day 7	31-Jul	Activities Outside of Volunteering:		
Day 8	1-Aug	<ul style="list-style-type: none"> Traditional Lanna culture experience: learn local crafts and food traditions such as straw weaving, spice-making and food preservation. Take part in daily community rhythms—morning walks, simple temple visits/activities, and communal time with host families and neighbours. 		
Day 9	2-Aug	Community activities or free time	Evaluation and reflection session	
Day 10	3-Aug	Travel to Chiang Mai International Airport (CNX) after breakfast	Dismissal at Chiang Mai International Airport (CNX)	

Accommodation & Meals



Participants will stay in a local homestay in wooden cabins located within the eco-farm, sharing rooms with same-gender participants. Facilities are basic, with beds and mosquito nets provided. There is no hot water in the bathrooms. Meals are prepared together by local residents and volunteers, mainly using farm-grown rice and vegetables, featuring local flavours. Volunteers will take turns assisting with cooking and cleaning, experiencing a simple, eco-friendly lifestyle while building strong bonds and deeper cultural exchange through shared living.





Hosting Organisation - DaLaa

DaLaa is a Thailand-based non-profit organisation that promotes long-term community development through international volunteer exchange. Working closely with local communities, DaLaa designs workcamps where youth learn, live, and serve side by side through hands-on projects such as sustainable agriculture, education, cultural preservation, and community resilience. With strong experience in hosting international groups, DaLaa emphasises meaningful participation, shared living, and cultural immersion — creating mutual understanding, cross-cultural friendship, and responsible global citizenship for both the community and participants.

Participant Testimonial

“The experience was much rewarding than I had imagined, as every day brought unexpected little moments of joy between the land and people. The farming tasks — planting, weeding, composting, irrigating, and harvesting. Each task seemed simple but required patience and teamwork. Eventually, I learned to focus on doing it together: learning step by step alongside local farmers and collaborating with fellow volunteers from different places. I built a solid sense of confidence through hard work.

I am also very grateful to have met the local volunteers, host families, and fellow participants. We chatted by the rice fields, took turns preparing dinner in the kitchen, and dealt with unexpected changes — weather shifts, adjustments to the farming schedule, and visits from insects. The most unforgettable moments were experiencing handicrafts, and listening to the elders share village stories.

This journey taught me to respect differences, appreciate simplicity, and build true friendships — including the connections made with the local volunteers.

— Ada Tsui, Participant of the 2023 Thailand Group Workcamp



Nepal Teens Workcamp: Nurturing Minds

Date: 6 August 2026 – 15 August 2026 [10 days 9 nights]
Location: Jitpurphedi, Kathmandu, Nepal
Theme: Community Service, Education Support, Women's Empowerment
Target: Teenagers between 15 - 20 years old who are fit to travel



“Education changes the future. Exchange builds understanding.”

Jitpurphedi is a small community on the outskirts of Kathmandu. Local residents deeply understand the importance of education and social support. For years, community organisations have been working to improve conditions for children and creating better pathways for every community member to grow.

As a volunteer, you will step into this journey through real contribution. Support local students by sharing knowledge, designing interactive English learning activities, and broadening their horizons through meaningful connection. Beyond teaching, you will also work with local schools on light improvement tasks — such as painting walls, fixing desks and chairs, and improving learning spaces — helping to make classrooms more welcoming and functional.

The programme also creates space for exchange with local women's groups. Through sharing and simple training sessions, you will support women to strengthen leadership awareness and community participation — encouraging greater influence within family, society, and economic life. In addition, you will take part in environmental and community care actions, working alongside residents on tree planting, cleaning, and farm maintenance — learning the resilience and beauty of this land through shared effort.

This is a journey of mutual growth. You will live and work alongside volunteers from different cultural backgrounds, facing challenges together, sharing stories, and witnessing hope taking root in Jitpurphedi — step by step, toward a better tomorrow.



Especially Suitable for:

Interactive Learning Enthusiasts

- Enjoy designing games and simple crafts for fun and meaningful learning.

Hands-on Contributors

- Motivated to take part in school improvement and create better learning spaces through action.

Comfort-Zone Challengers

- Eager to build resilience by adapting to new environments.



Programme Highlights & Activities:

1. **School improvement & English teaching:** Support light renovation at local schools (e.g., painting walls, repairing furniture), and run interactive English lessons to build students' confidence and communication skills.
2. **Women's empowerment & community support:** Collaborate with women's groups through sharing or training, supporting leadership awareness and broader worldviews, and encouraging participation in community and economic life.
3. **Eco-action & organic farming support:** Join tree planting, community clean-up, and field/farm maintenance to improve local environments and support more sustainable practices.
4. **Cultural exchange:** Engage with local youth through cultural activities, sharing stories from different places, and learning across cultures.
5. **Kathmandu cultural visit:** Visit heritage sites or cultural landmarks to understand Nepal's history, religious traditions, and local customs.



Nepal Teens Workcamp: Tentative Itinerary

[Note: The actual work schedule may be adjusted depending on weather conditions, and community needs.]

Day	Date	Morning	Afternoon	Evening
Day 1	6-Aug		Gather at Kathmandu International Airport, then travel to VIN Kathmandu Headquarter	
Day 2	7-Aug	Orientation session & project briefing	Community Mapping	Free time Sharing session Activity preparation (if any)
Day 3	8-Aug	Volunteering Activities in Jitpurphedi and Kathmandu:		
Day 4	9-Aug	<ul style="list-style-type: none"> • Visiting local schools and conducting interactive English activities (games, storytelling, crafts) 		
Day 5	10-Aug	<ul style="list-style-type: none"> • Supporting school improvement work (e.g. classroom renovation, simple repairs) 		
Day 6	11-Aug	<ul style="list-style-type: none"> • Exchange with local youth to support confidence-building and community participation 		
Day 7	12-Aug	Activities outside of Volunteering in Jitpurphedi and Kathmandu:		
Day 8	13-Aug	<ul style="list-style-type: none"> • Exchange with locals to learn about daily life and community traditions • Experiencing traditional Nepali cuisine and local crafts • Visit cultural and historical sites around Kathmandu to understand local history and development 		
Day 9	14-Aug	Community activities or free time	Evaluation and reflection session	Farewell Dinner
Day 10	15-Aug	Pack up and depart from Jitpurphedi	Sightseeing and free time in Kathmandu	Dismissal at Airport

Accommodation & Meals



Participants will stay in a local homestay, sharing rooms with same-gender participants. Facilities are simple, with basic beds and bathroom amenities. Meals are prepared by local hosts and feature traditional Nepali dishes with local spices, including meat and vegetables. Volunteers may assist with meal preparation and will share daily cleaning duties — deepening connection with local life and building meaningful relationships within the community.





Hosting Organization – Volunteers Initiative Nepal (VIN)

Volunteers Initiative Nepal (VIN) is a Nepal-based non-profit and non-government organisation founded in 2005, supporting marginalised communities through long-term, holistic community development. With a dedicated local team and a strong volunteer network, VIN runs year-round programmes focused on women and children, guided by four pillars: education, health & environment, economy, and basic infrastructure. Its initiatives are designed from local needs and aligned with the SDGs, and are monitored to ensure quality and impact. Through volunteerism and community partnership, VIN builds meaningful service experiences that strengthen local well-being while fostering cross-cultural understanding and responsible global citizenship.

Participant Testimonial

“This workcamp gave me many unforgettable memories. It was my first time visiting Nepal, and before, I felt both excited and anxious. I was also worried about adapting to the local weather and environment. Surprisingly, I adapted much faster than I expected. The local people were very friendly, and with the support from the group, I was able to enjoy the experience more.

The workcamp mainly involved organizing lessons for local children at a school, which was my first. Seeing the children enjoying themselves brought me a great sense of accomplishment. Of course, this journey was not perfect. The accommodation and living conditions were not ideal. However, it was precisely these challenges that helped me step out of my comfort zone and gave me more confidence in dealing with future challenges.”

— Participant of the 2024 Nepal Individual Workcamp



Indonesia Teens Workcamp: Yogyakarta World Heritage Guardians

Date: 10 August 2026 – 19 August 2026 [10 days 9 nights]
Location: Yogyakarta, Central Java, Indonesia
Theme: Heritage Conservation, Community Service
Target: Teenagers between 15 - 20 years old who are fit to travel



In Yogyakarta, the Prambanan Temple Compounds has stood through centuries of cultural exchange and change. As a UNESCO World Heritage site, it also faces ongoing conservation and restoration challenges. In this programme, you will step into the local community, learn the stories behind Prambanan Temple, and contribute directly to hands-on heritage work — not as a tourist, but as a teenage volunteer walking alongside local people.

Beyond conservation, the journey invites you to bring creativity into service. You will design playful, meaningful activities for local schoolchildren, using games, storytelling, and simple crafts to spark cultural curiosity and mutual understanding. Through shared meals, shared routines, and daily interactions, you will experience the real rhythm of local life — and discover the resilience, hope, and warmth that shape the Yogyakarta community.

This is a journey of deep connection with history, culture, and people. Side by side with the community, you will help protect a legacy that belongs to the world — and in the process, redefine what it means to “build a better world” through action.



Especially For:

iii Cultural Heritage Advocates

- Interested in world heritage conservation and hands-on restoration work at real sites.

🎨 Creative communicators

- Enjoy using games, stories, and crafts to make learning engaging while sharing Hong Kong culture.

🎉 Festival Experience Seekers

- Eager to take part in local community celebrations and create once-in-a-lifetime memories.

Programme Highlights & Activities:

1. 🌿 **World Heritage conservation work:** Work with professionals on-site to support restoration tasks such as cleaning, sorting, and carefully re-attaching or stabilising stone pieces and carvings
2. 🌍 **Community school volunteering:** Design and deliver creative English activities using games, storytelling, and hands-on crafts to make learning engaging and culturally meaningful.
3. 🌸 **Local cultural immersion:** Explore community life through traditional snacks, handicrafts, music, and dance, while joining residents in daily-life exchanges and shared activities.
4. 🇮🇩 **Independence Day experience:** Take part in Indonesia's Independence Day celebrations in Yogyakarta, such as cultural performances, parades, and local festivities, to understand national identity and traditions.



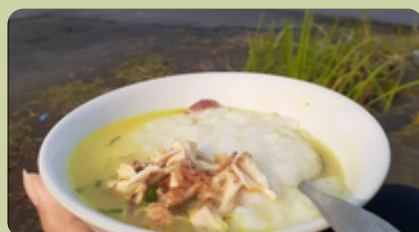


Indonesia Teens Workcamp: Tentative Itinerary

[Note: The actual work schedule may be adjusted depending on weather conditions, and community needs.]

Day	Date	Morning	Afternoon	Evening
Day 1	10-Aug		Gather at Yogyakarta International Airport (YIA), Proceed to project site, check into homestay, Orientation Session and project briefing	
Day 2	11-Aug	Community Mapping (Prambanan Temple and the community)	Local Community activities	
Day 3	12-Aug	Volunteering Work: <ul style="list-style-type: none"> Participate in Heritage conservation work, follow staff to conduct stone cleaning, organizing and restoration Assist in the basic restoration process of ancient buildings, such as patching, matching components, etc Visit community schools: planning interactive English activities, introduce Hong Kong culture to the children Participate in the temple cleaning and maintenance. Leisure Activities: <ul style="list-style-type: none"> Explore daily life in Yogyakarta, tasting traditional snacks and experiencing local crafts and culture Learn traditional music and dance, and take part in cultural activities with local residents Join Indonesia Independence Day celebrations (e.g. parades or performances) and experience the strong sense of community spirit 		Free time Sharing session Activity preparation (if any)
Day 4	13-Aug			
Day 5	14-Aug			
Day 6	15-Aug			
Day 7	16-Aug			
Day 8	17-Aug	Participate in the celebration activities of "The Independence Day of Indonesia" in Yogyakarta		
Day 9	18-Aug	Prambanan Temple conservation & restoration	Local Community activities	Farewell dinner
Day 10	19-Aug	Evaluation and Reflection Session	Free time in Yogyakarta, then proceed to Yogyakarta International Airport and dismissal	

Accommodation & Meals



Volunteers stay with local host families near Prambanan, sharing rooms and beds with 2-3 same-gender participants. Facilities are basic with shared bathrooms and no hot water. Meals are home-cooked Indonesian food, typically rice with vegetables and sometimes meat, and volunteers help with light meal support and shared cleaning duties.





Hosting Organization – Dejavato Foundation

Dejavato Foundation is an Indonesia-based non-profit organisation that promotes peace, international understanding, and sustainable social development through international voluntary work, education, and cultural exchange. Registered under Indonesia's Ministry of Law and Human Rights, it supports respect for local culture and the environment. Dejavato is a member of CCIVS, ICYE Federation, and Network for Voluntary Development in Asia (NVDA), and an official partner of the Alliance of European Voluntary Service Organisations. Sustained by participation fees and donations, Dejavato supports disadvantaged individuals' education and community well-being without bias toward ethnicity, religion, gender, or political belief.

Participant Testimonial

"The most authentic part is that you're working every day. During the temple conservation, we followed professionals to learn the process: cleaning the stones, brushing off the sand in the cracks, sorting and recording stone positions, fixing broken stones — many of these tasks were small but crucial. You will realize that conservation isn't done by just one person; it's a team effort to get the job done well.

The teaching part was also quite challenging because we had to design our own activities. We prepared interactive games and cultural sharing (like everyday life in Hong Kong, holidays, and school life). We had to adjust on the spot because each class had different responses.

I really enjoyed the rhythm of living with local youth volunteers: eating together, helping to prepare meals... You gradually learn how to respect other people's habits and how to explain your thoughts in English (with a little help from gestures). It wasn't 'comfortable', but it truly made me more patient, more cooperative, and braver in stepping into the unknown."

— Sum, Volunteer of the 2024 India Group Workcamp

