



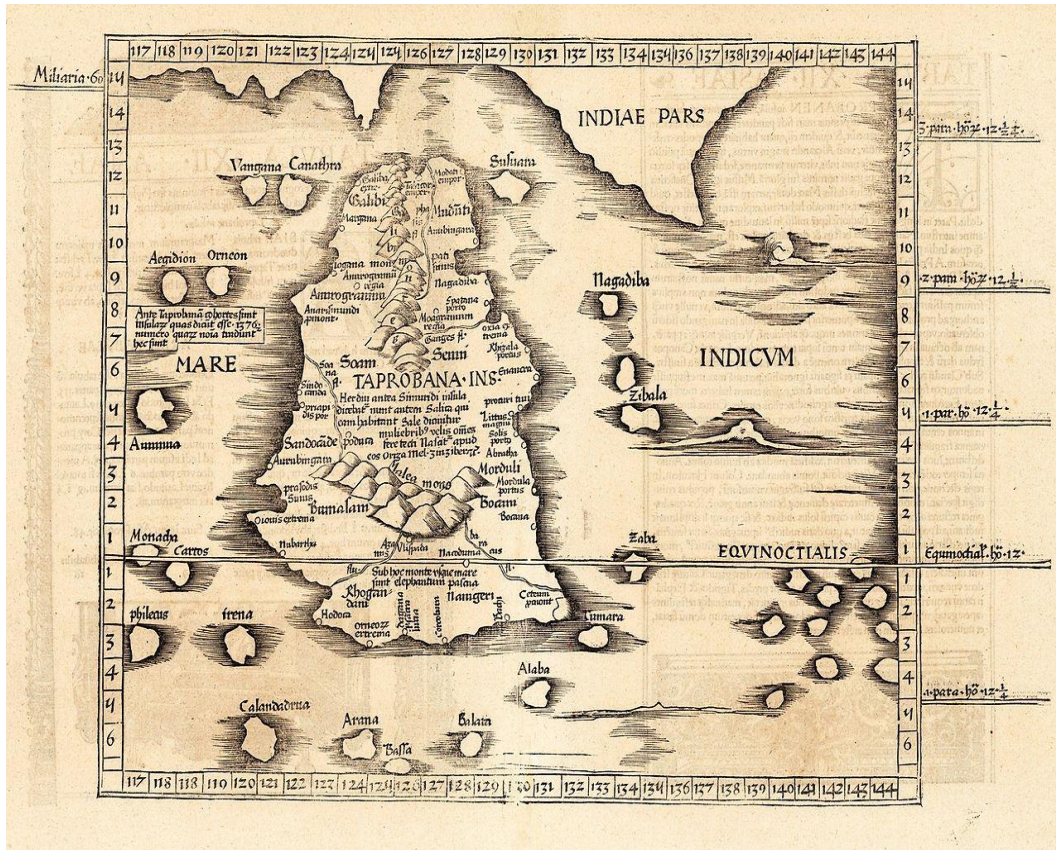
# Splendours of Sri Lanka

---

Friends of the Museums Singapore Study Tour

4-15 September 2024

# Over 3000 years, this ancient island had many names...



Ptolemy's map of Ceylon, 1st century CE, from a 1535 publication

- Earliest known reference to Lanka in Ramayana (7<sup>th</sup> century BCE)
- Tambapanni (Sanskrit) in 5<sup>th</sup> century BCE (Source: Mahavamsa)
  - Greek adaptation called Taprobana... Taprobane
- Sinhaladvipa from 2<sup>nd</sup> century BC... with people called Sinhala
- Ratnadipa (Sanskrit) ... island of precious gems
- Sarandib (Arab/Persian) adaption from Sinhaladvipa
  - Origin of word "serendipity"
- Ceilao (Portuguese) from 1505
  - Ceylon derived from this
- Modern name of Sri Lanka since 1972





# Trip Highlights

- A 12 day all inclusive trip covering UNESCO World Heritage sites
- Tour of the Cultural Triangle and ancient Buddhist-Hindu sites -- Dambulla, Anuradhapura, Polonnaruwa and Sigiriya
- A wildlife/game viewing safari at Kaudulla/Minneriya park
- The royal capital, Kandy, and the famed Buddhist Temple of the Tooth
- Experiencing village life and cooking demonstrations of delicious local food
- The charming old town of Galle and fortifications, and lovely sunsets over the Indian Ocean
- Visiting a tea farm/factory and spice garden tour
- Visit to gemstone mining/museum
- Tours of Geoffrey Bawa's homes and architecture, pioneering examples of Tropical Modernism





Anuradhapura, the first great kingdom of Sri Lanka, founded 437 BCE and a holy Buddhist site.

UNESCO World Heritage Site



Polonnaruwa, second oldest kingdom dating to 10<sup>th</sup> century CE.

UNESCO World Heritage Site







Hilltop citadel of  
Sigiriya (477-495CE).  
UNESCO World  
Heritage Site,  
considered prime  
example of ancient  
urban planning

Dambulla  
Buddhist cave  
temples, 1<sup>st</sup>  
century BCE.  
UNESCO  
World  
Heritage Site







Sacred city of Kandy, UNESCO world heritage site  
and last capital of ancient Sinhala kingdom





# Charming old fort town of Galle and 16<sup>th</sup> century ramparts, a UNESCO World Heritage site







More Trip  
Highlights...









Colombo: Galle Face Green



# Hotels

Sigiriya: Kandalama



Galle: The Merchant



Kandy: Cinnamon Citadel





# Tour Cost, Payment, Visa and Flights

- **Trip cost: S\$5,600.00 per person**
  - **Includes** return flights on trip dates, travel insurance, hotel accommodation on a twin/double basis (minimum 4\* hotels), all breakfasts, all meals, bottled water, internal transfers within Sri Lanka, all entrance fees, all tips to guides, drivers, and contribution to FOM general fund
  - **Excludes** personal expenses such as visa fees, airport transfers in Singapore, excess baggage charges, alcoholic drinks, telecom/local SIM charges, laundry, shopping, personal medicine costs, medical fees not covered by insurance, ayurvedic treatments/massages, and optional excursions/services.
  - Single room is on request and will incur extra charges
- Minimum group size of 12 pax, maximum 18
- All usual FOM Terms and Conditions apply
- **Payment Schedule**
  - Deposit of S\$1,400.00 upon booking
  - Balance S\$4,200 by 1 July 2024
- **Visa information**
  - Singapore passport holders do NOT require a visa (see <https://www.mfa.gov.sg/countries-regions/s/sri-lanka/travel-page>)
  - Holders of other passports – please check with your respective embassy
  - Visa applications can be made online here: <https://eta.gov.lk/slvisa/visainfo/center.jsp>
- **Flights:**
  - Group tickets with Sri Lankan Airlines -- Economy class with 30kg checked baggage allowance + 1 hand luggage of 7kg



# Other Admin Stuff

- Some sites require a moderate level of fitness, as we will be climbing stairs and hills (eg, at Mihintale, Sigiriya). Note that such sites are not suitable for people with vertigo or mobility restrictions.
- All meals are provided on this trip
- Changes in the itinerary, accommodation and transportation schedules may occur. We try to keep as close to the itinerary as possible, but sometimes weather events, government regulations, or other factors beyond our control may disrupt our plans. So please come with patience and a flexible attitude!
- You are advised to carry cash for your personal needs (shopping, private expenses, 1 lunch, any snacks, alcoholic drinks etc).
- Foreign exchange can be made at Colombo airport and other major locations
- Credit cards are accepted at major towns and most tourist sites
- If you have any special needs/requirements, please let us know in advance – eg, food restrictions/ preferences (eg, vegetarian/ vegan, no beef etc), allergies/intolerances, mobility/access issues, etc.





# Study Themes

- Participants are expected to do research/presentations and attend pre-trip meetings (dates to be confirmed)
- Proposed Subjects:
  1. Ancient Buddhist and Hindu Kingdoms of Sri Lanka
  2. The Kandy Kingdom
  3. Ancient engineering – the Tanks of Sri Lanka
  4. Lanka in the Ramayana
  5. Geoffrey Bawa, pioneer architect of Tropical Modernism
  6. Gems of Sri Lanka
  7. Ayurveda
  8. Spices and Sri Lanka's role in the Spice trade



# Shopping Attractions in Sri Lanka

- Tea
- Gemstones and jewellery
- Spices
- Cashew nuts
- Beauty and skin products
- Fabrics and clothes
- Home furnishings
- Books
- Ayurvedic products
- Barefoot: <https://barefootceylon.com/>
- Paradise Road: <https://www.paradiseroad.lk/12-Shop>
- Odel: <https://odel.lk/home>
- Laksala: <http://laksalasl.weebly.com/>
- Spa Ceylon: <https://lk.spaceylon.com/>





# For more info

FOM Tour Leader: Azra Moiz

+65 9174 6567

[azramoiz@pm.me](mailto:azramoiz@pm.me)

