



# Study Tour In Sri Lanka 2017 Summer

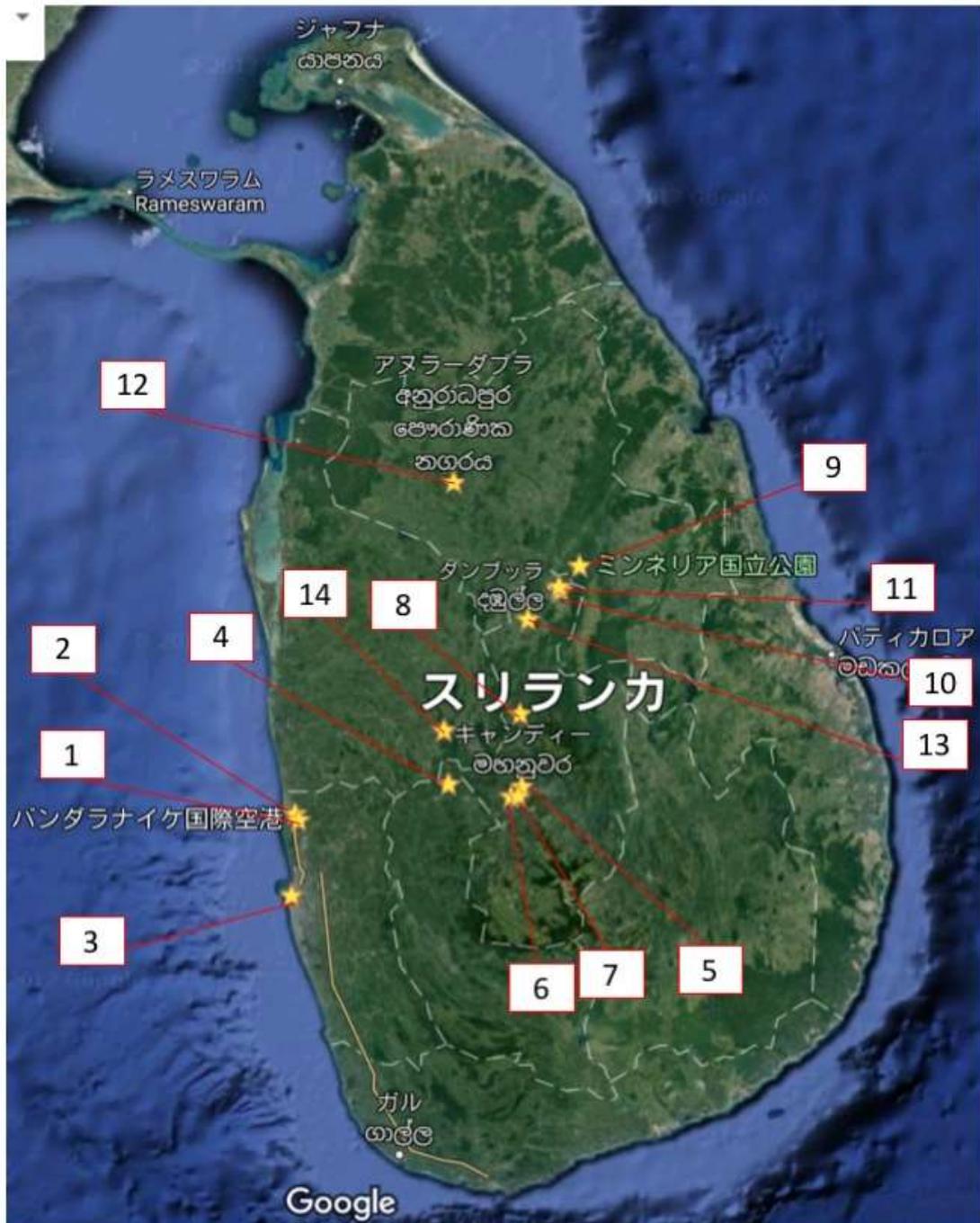
By Member of the Tour

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- Map

## Sri Lanka Map and Points of Places We Visited



Place's name is on the next page.

1. Bandaranaike International Airport
2. Negombo and Ramada Katunayake (Hotel)
3. Colombo
4. Pinnawela Elephant Orphanage
5. Kandy and Devon Hotel
6. Peradeniya University
7. Amaya Hills (Hotel)
8. Spice Garden
9. Minneriya National Park
10. Hotel Sigiriya
11. Sigiriya Rock
12. Anuradhapura and Rajarata Hotel
13. Golden Temple of Dambulla
14. Kurunegala and Kandyan Reach (Hotel)

## • Purpose of study tour in Sri Lanka

The purpose of the study and training in Sri Lanka is breaking our prejudice toward other countries and fostering global perspective.

We live under turbulent social conditions and we have a lot of issues related to populations, environment and energy. Because these problems are not localized but globalized, we need to cooperate and innovate with other countries and fully utilize Japanese state-of-the-art technology in order to deal with the issues. Having global perspective is integral part of building up good relationships among countries.

For accomplishing the great goal, the study and training in Sri Lanka was carried out.

## • Sri Lanka

### • About Sri Lanka

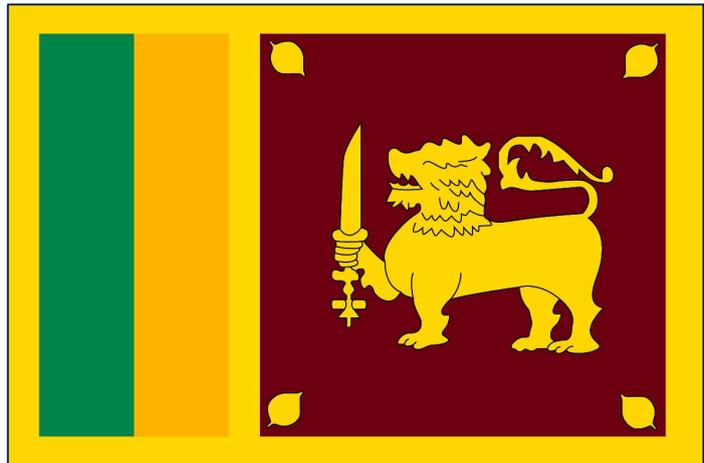
This picture is national flag of Sri Lanka. (Picture 1) This yellow lion with red background is the symbol of Sinhalese. These leaves are symbols of Buddhism. This green represents Sri Lankan Tamils who are Muslim. This orange means Tamils who are Hindi.

The official name is Democratic Socialist Republic of Sri Lanka. The capital is “Sri Jayawardanapura”. The population of Sri Lanka is about 20 million. Total area of Sri Lanka is 65,600 square kilometers. That is a little smaller than that of “Hokkaido”. About 73 % people are Sinhalese, about 18 % are Tamils, and 8% are Moors.

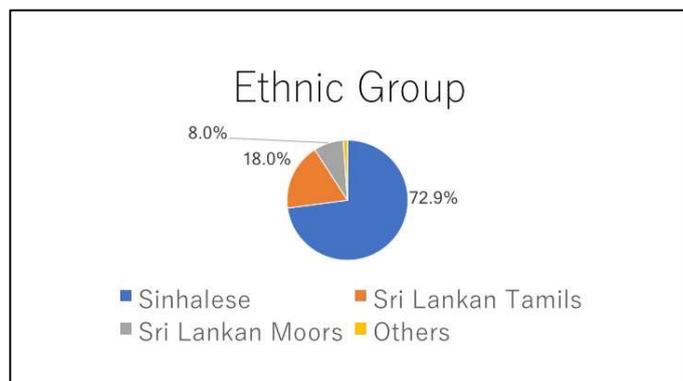
(picture 2) There are two official languages, Sinhalese and Tamil. Sri Lanka has many national parks and they account for 10% of the area of Sri Lanka. It is about 7,500 kilometers from Japan to Sri Lanka, and it is about 9hours’ flight. There is a time difference of 3 and half hours between them.

### • Sri Lankan Climate

Sri Lanka is in the tropical zone, but the climate depends on the altitude. The middle of Sri Lanka is over 1,000 meters high, so the temperature of Nuwara Eliya. This area’s temperature is 20 degrees. Monsoon has an effect on the climate, from July to September. It blows from south-west. And it blows from north-east from November to January.



Picture 1 (National Flag)



Picture 2 (Ethnic Group)



Picture 3 (Sri Lankan Bills and Japanese)

• Sri Lankan Economy

After a civil war was over in 2009, Sri Lankan economy started to grow because of the activation of economic activity. In 2012, Sri Lankan economy has grown up by 9.1% which is the largest growth since the past. It keeps growing still now.

	Sri Lanka	Japan
Nominal GDP (US dollars)	81.3 billion	4.939 trillion
GDP per capita (US dollars)	3,835	3,889.4
GDP of Economic growth (%)	4.4	1.2
Unemployment (%)	4.4	3.06
Total amount of trade (US dollars)	(1) import: 10.31billion (2) export: 19.40 billion	(1) import: 6,679 billion (2) export: 637.5 billion
Main item of trade (%)	(1) import: industrial products (77.0) agricultural products (22.6) mineral (0.30) (2) export: intermediate goods (50.9) capital goods (26.8) consumer goods (22.3) the rest (0.10)	(3) import: intermediate goods (15.9) clothes (4.5) pharmaceuticals (4.2) (4) export: electronic devices (90.3) mineral (4.10) plastic (3.20) organic compound (2.40)
Currency	rupee	yen
The exchange rate	1 rupee=0.74 yen (the year 2017)	-

Table 1 (the comparison of Sri Lankan economy and the Japanese. (the data in 2016))

• Relationship with Japan

After World War II, Japan had no more rights to fight against U.S. and Soviet Union because Japan was defeated the war. In San Francisco peace conference held in 1951, while other countries were planning to control Japan in various ways. However, Junius Richard Jayewardene who was the Minister of Finance in Sri Lanka expressed his opinion. “Hates can be stopped not by hates but only by love”. His brave and powerful speech and his attitude that renounce a right to claim reparations from Japan impressed a lot of victorious nations. In the end, his action remains in still vivid in the memory of many people yet as a symbolic event.

With that as a start, since Japan established diplomatic relations with Sri Lanka in 1952. There is no big political barrier between Japan and Sri Lanka and they have nice relationship in trade,

Yen credit	1,036 billion yen
Grant aid	209 billion yen
Technical cooperation	76 billion yen

**Table 2** Japan achievements (accumulations of up to 2015)

economic, aid and technical cooperation areas.

First, Japan has given a lot of financial aids. (Table 2) It shows how much Japan has supported Sri Lanka until the end of 2015. The money is used in reconstructions and restoration from the national dispute for 26 years ended in 2009 and build infrastructures like Colombo port, bridges and a superhighway.

Second, Sri Lankan trade with Japan is very active. (Table 1) The amount of trade is 102 billion yen (statistics by the Ministry of Finance in 2016). The amount of export is 26 billion yen and major exported goods to Japan are tea, clothing, fishery products (tuna, shrimp and others), vegetable, raw materials and Jewels. The amount of import is 76 billion yen and major imported goods from Japan are car, machines, electric appliances, textile thread, fabrics and plastic.

Finally, Sri Lanka also gave great aids to Japan when we suffered Tohoku earthquake in 2011. Sri Lanka gave one million dollars and three million tea bags to Japan. Besides, Sri Lankans came to Tohoku and had removed debris for three weeks.

Through these exchanges, Japan and Sri Lanka have built certain bond and the relationship established will bring us something good in the future.

## • University of Peradeniya

### • History of the University

The University of Peradeniya is the heir to a seventy-five years-old University tradition which commenced with the inception of the University of Ceylon, the first institution of its kind, established in Colombo on 1<sup>st</sup> July 1942. It moved to Peradeniya in 1952. The picturesque site in the lower Hantana range where the Hilly slopes ends on the bank of the Mahaweli River was acquired for the purpose. The history of its evolution as the oldest and the largest university in the country.

- Education of the University

The University has nine faculties (Agriculture, Allied Health Sciences, Arts, Dental Sciences, Engineering, Management, Sciences and Veterinary Medicine and Animal Sciences).

- Agriculture

The faculty consists of eight departments of study (Agriculture Biology, Agricultural Engineering, Agricultural Extension, Agricultural Economics & Business Management, Animal Science, Crop Science, Food Science & Technology and Soil Science).

- Allied Health Science

The faculty consists of five departments of study (Science in Medical Laboratory Science(MLS), Science in Nursing, Pharmacy, Science in Physiotherapy, Radiography & Radiotherapy).

- Arts

The faculty of Arts is the largest Faculty of the University, and it boasts a student body of 3700 undergraduates. The faculty consists of five departments of study (Arts(general), Arts(Honours) in 18area of specialization, Laws, Education, Commerce).

- Dental Sciences

The faculty consists of seven departments of study (Oral and Maxillofacial Surgery, Oral Pathology, Orthodontics, Restorative Dentistry, Community Dentistry, Diploma in Hospital Dental Practice), and the faculty received a major Japanese Grant Aid in 1996 to develop buildings, education and service facilities.

- Engineering

The faculty consists of eight departments of study (Chemical and Process Engineering, Civil Engineering, Computer Engineering, Electrical & Electronic Engineering, Engineering Management, Engineering Mathematics, Manufacturing & Industrial Engineering, Mechanical Engineering). The faculty's main building was so great. (picture 4)

- Management



Picture 4

Management education has a long history starting from the early 1960s. The faculty consists of five departments of study (Business Finance, Human Resource Management, Management Studies, Marketing Management, Operation Management).

- Medicine

A unique feature of the medical curriculum at Peradeniya is the one-month selective course(non-credit) that the students take at the end of the first year, where they have the opportunity to engage with an area of study outside the mainstream medical field.

- Science

The Faculty is one of the largest faculties in the University and comprises over 1500 undergraduates. The faculty consists of eight departments of study (Botany, Chemistry, Geology, Mathematics, Molecular Biology, Molecular Biotechnology, Physics, Statistics, Computer Science, Zoology).

- Veterinary Medicine and Animal Science

The faculty is the only institute in Sri Lanka. The various academic/ research collaborations that the Faculty has established with universities in countries like the United States of America, Australia, Canada, Great Britain, Japan and South Korea help the Faculty stay abreast of latest developments in the Veterinary profession.

- About Campus

The University covers about 780 hectares of land (It is thirty-two times as large as Ookayama Campus of Tokyo Institute of Technology). And the developed area covering approximately 130 hectares is occupied by the administrative & academic buildings and other facilities.

The academic buildings have white walls, poles, ceilings and floors. (Picture 5)



Picture 5 (University's way)

Moreover, The University has much nature, for example, many monkeys (Picture 6) live there. The monkeys stole foods from human. When we bring foods, monkeys follow us.

- Students' attitude and Differences from Japan

Their students are friendly. Moreover, I feel that they think their future more firmly than students in Japanese University. For example, they think their future work, marriage and others. College students in Sri Lanka are seemed to be bad to be going around with other people. Moreover, the students join the hall of residence. As a result, the students of this university love secretly.



Picture 6 (Monkey)

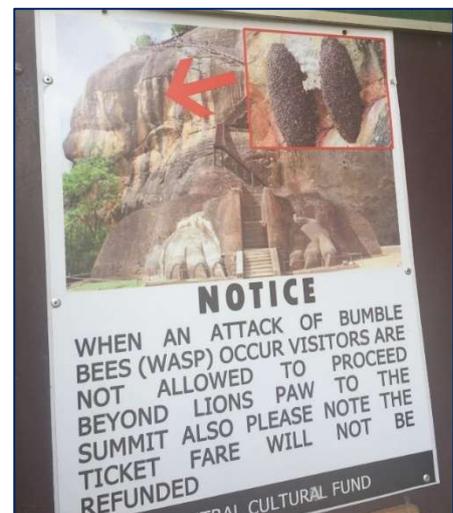
- Visited Place

- 1, Architecture and city planning in Sigiriya

- Outline

Sigiriya Rock is one of the World Heritages in Sri Lanka. It is the ruins of the palace on the great rock that was built 1500 years ago. We saw the ancient fountain and aqueducts at the foot of the Sigiriya, the bird's-eye view, the key-lock, and decoration in the Sigiriya museum, and we knew the advanced technology of ancient Sigiriya. At the top of the Sigiriya, we saw many remains of water supply facilities.

- Our View



Picture 7 (Sigiriya Rock's note)

From a hotel, we stayed at in Sigiriya, I saw part of the rock, but I could never imagine how big the world heritage was at the time. Arriving at the foot of the rock, we went to a museum of Sigiriya rock and studied long history of Sigiriya. I was surprised that Sigiriya kingdom and the castle town had continued since 5<sup>th</sup> century. There are huge differences between the kingdom and Japan in the century. For example, the kingdom made a lot of irrigation ponds and canals in case of bad droughts. I don't know the same technology in Japan at the time. We could easily understand the Sri Lankan kingdom had great technology and made good use of nature.



Picture 8 (view from Sigiriya hotel)

When we were climbing up Sigiriya rock, I found some big honeycombs hanging on the side of the rock andbumbling bees. At the top of the rock, we were overwhelmed magnificent view of Sri Lankan forest. Because the height of the rock is over 350 meters, the sun blazed down on us. I thought kings living on the rock felt uncomfortable because of glaring sunlight. We had a nice opportunity to study old Sri Lankan city and contemplate differences from Japanese one.

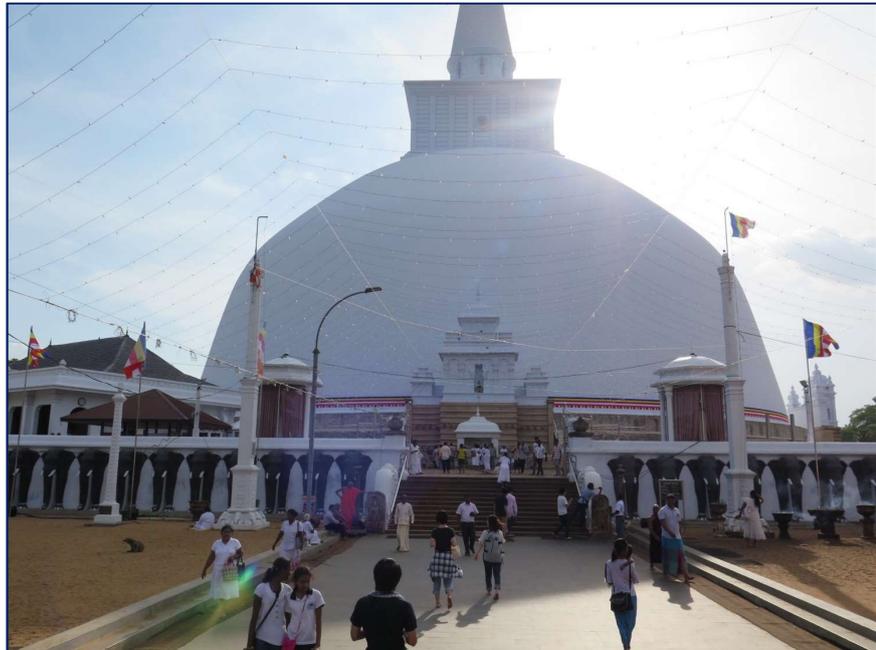
## 2, City Planning, Architecture and Water Management in the Ancient Anuradhapura

- Outline

We visited Anuradhapura, the old capital of the Sri Lankan Buddhism. We not only watched historical constructions, but also we recognized Buddhism played an important part of Sri Lankan life.

- Our View

Before I went to Anuradhapura, I didn't think that the city's structures were so beautiful and huge to be built 2500 years ago. However, I realized that my expectation was different greatly. There were many great structures, especially ruwannwerisayatou (Picture 8) was so beautiful that it was seen to be constructed in recent years. This stupa's white is as clear as cloud. Besides, we needed to take off shoes when walking this area. On the day when we visited there, it was fine weather. As a result, the ground on this area is too hot to walk. Moreover, there were big lindens. The tree is called "bodaiju" in Japanese.



Picture 9 (ruwannwerisayatou)

### 3, History and the City Planning in the Kandy

- Outline & Our View
- Dalada Maligawa (Temple of the Tooth)

Dalada Maligawa is the symbolic temple in Sri Lanka. Buddha's tooth being kept in the temple is told to be taken from Buddha laying on his funeral pyre in India in B.C.543. Then the prince and his wife in Orissa, India brought it to Ceylon, hiding it in her hair and it was kept in Anuradhapura. After that, it was carried with as the capital moved, and at last it settled down in Kandy. It was in 1590 that Buddha's tooth was brought to Kandy. At that time, the ruler was King Wimala Dharma Suriya I and he built two-story temple to worship Buddha's tooth. After three generations from him, King Narendra Sinha built new one. It is the remaining part in the temple now. Trench and octangle temple today were built by Sri Wickrama Rajasinha, the last king of Kandy.



Picture 10 (Dalada Maligawa(outside))



Picture 11 (Dalada Maligawa(inside))

- Kandyan Dance

Kandyan Dance is the symbolic performance in Sri Lanka. It is constituted of mainly dance in the age of Kandy dynasty and the other folk dance in each area in Sri Lanka. Today, it is performed in Esala Perahera once a year.

The show begins with the passionate traditional drum sounds. Then dancers with oil lumps in their hands come. It is show but dances are very sacred, so dancers hope their success and development of dancing skills in the future. After that, dancers perform many different dances. There are men dancers' quick and powerful move and women dancers' colorful costume and flexible motion. Each dance has its meaning and famous dances are Magul Bera, Puja Natuma, Mayura Natuma, Pantheru Natuma, Raksha Natuma, Gini Sisila, Kulu Natuma and so on.



Picture 12 (Kandyan Dance (Mayura Natuma))

- Kandyan Market

Kandy is also famous for fruits. We can buy many kinds of fruits at the shops in Kandyan Market. There are many fruits we seldom see in



Picture 13 (Mangosteen)



Picture 14 (KandyMarket)

Japan, such as small banana, papaya and mangosteen. Even though in Japan there are pineapples, mangoes and so on, they are far cheaper and fresher than those in Japan.

- Today's problem

Today, Kandy has a problem of traffic congestion. According to Professor Kumarage, the city's traffic congestion is a chronic issue, but it wasn't noticeable until recent years. This is due to the increase in individual income, allowing more people to buy vehicles over the years, he said. And a lack of investment in public transport have made people abandon public transport and seek more comfortable private modes of transport. A large number of street parking also contributes to traffic congestion.

#### 4, An Introduction to Economic, Industrial and Tourism Development Practice

- Outline & Our View
- Economic development

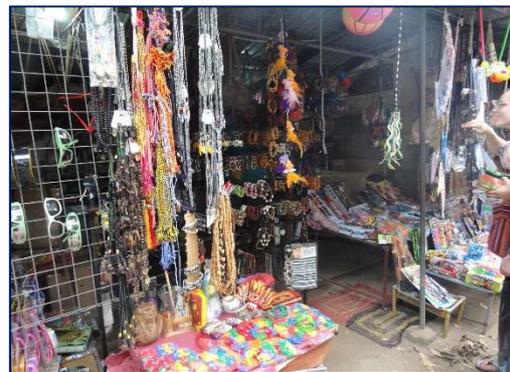
We went the city like Colombo and the country. In the city we visited jewel shop, ate curry at a restaurant, went supermarket and market. In the countryside, we bought many local fruits, went 'safari', visited farm and experienced making cinnamon there.



Picture 15 (Jewels at a jewel shop)



Picture 16 (Restaurant in Colombo)



Picture 17 & 18 (Pictures of markets)

There was a world of difference between the city and the country. There were buildings with an electric bulletin board, restaurants, jewel shops and supermarkets in the city like Colombo or Kandy. People were selling jewels,

foods, clothes, cars and so on at each shop like Japan. We could see the store of electronic appliances like Apple or Samsung in the city.

Compared with the city, there was a lot of nature in the outskirts. People living in the country side were selling fruits like mango, coconut, mangosteen or papaya which can be harvested there or selling handmade goods like basket made of wood in a street stall of their own.

When we bought things in supermarkets, the price of merchandises had been given and we couldn't change it. But we could try bargaining for making the price lower than given price when we bought something in street stalls.

Usually, the given price of goods of street stalls is higher when foreign tourists buy than when local people buy.

But almost all the price of things was lower than that of Japan.

What I was surprised and thought difficult was 'tip'. 'Tip' is not exist in Japan so it was hard for me to understand when to pay it.



Picture 19 (Safari)

- Industrial development

The main industry in Sri Lanka is conducted by utilizing its rich natural resources.

We visited a cosmetic factory and tea factory. In both of these factories, many operations were mechanized. But to keep merchandise's quality the check of materials or manufactures were being done by human.



Picture 20 & 21 (Tea factory)

The products made in the cosmetic factory were produced from plants cultivated in Sri Lanka. And they are only made from natural materials, so the technology to keep raw materials fresh was high.

At the tea factory, there were high techniques to make many kinds of tea from a tea leaf. A leaf was divided into many parts as their size by using machine and skills of people working there. The price of rare tea was very high.

We also experienced making cinnamon at a farm. Cinnamon is made of the skin of cinnamon tree. We take the skin by peeling cinnamon tree with a knife. First, we

washed the branch of the tree and dried it. Then we rubbed it with a stick of brass to make it easy to peel. After that we peeled it with a knife. The cinnamon tree's skin which sells at a high price is thin, so we should peel thin



Picture 22 (tea leaves. There were a lot of kinds of tea)

skin. It was so difficult. The people working at the farm peeled it very well. I was amazed at their skill.

There were a lot of things we can't buy or which become more expensive in other countries. For example, fruits like mangosteen, mango, papaya, starfruit or cosmetics made at herb garden and so on. Those fruits are so tasty and the cosmetics are good for us to use so I think these things will sell well in other countries.

But I also think because there are a lot of things we can buy only in Sri Lanka people who have visited Sri Lanka often feel like visiting there again. It is a good thing for the country to earn money by tourism.

- Tourism development

There were a lot of place for tourists to visit in Sri Lanka because there were so many beautiful and famous temples, wild nature, wild animals we can't see in other countries and world heritage sites. There were many foreigners in The best interesting place of which we visited was 'safari'. We could see about 80



Picture 23 & 24 (animals in Safari)

wild elephants, many cows, birds from the car without windows! The driver of the car drives in big natural park well.

And in every place which foreigners visited many local people were selling many things to foreigners. For example, we bought cut mango at temple or a neckless of "jewel" (actually it was plastic) and so on. Local people were earning money by selling those things to foreigners in tourist attractions.

I thought Sri Lanka is rich in tourist attractions and except temples many tourist attractions are developing. By visiting many places, I thought the number of people who visit Sri Lanka will increase.

## 5, Learn from the Elephant Orphanage

- Outline

A lot of elephants had been killed because of hunting and deforestation. And almost became extinct in 1960s. Then Pinnawala Elephants Orphanage was established in 1975 in order to preserve orphan or injured elephants. Elephants can stay without stress in the vast park.



Picture 25 (Elephants Orphanage)



Picture 26 (Elephants Orphanage (Bathing Space))

- Our View

We went to the Elephant Orphanage on 20<sup>th</sup> August. It was established by the Sri Lankan Department of Wildlife Conservation in 1975. There are over 100 preserved Asian elephants that had lost their parents by death, had been at lost, or had gone blind in the jungle. It is next to impossible for these misplaced or abandoned elephant's babies to survive by themselves because they grow up by breast-feeding until they are about 5 years old. That is why the institution was founded.

Elephants there can live in vast area and also swim in the river twice a day. They seem to live an easy life. It is different from Japanese zoo in that they can't take a walk out of the cage in Japanese zoo.

## 6, About the Tea industry

- Outline

- Characteristics of Ceylon tea

Sri Lankan production of tea is the second largest, and the exportation is the best in the world. As large amount is exported to Japan, many of Japanese must have tried it. Compared to Indian tea, Ceylon tea is said to be not so unique but mild and smooth. In addition, it has nice balance of three important factor of good tea, water, taste and aroma. Also, blended one or Ceylon brand is widely on the market.

- Production area

Five biggest production areas of Ceylon tea are Dimbula, Nuwara area, Uva, Kandy and Ruhuna, and they are called Five Kinds Tea. From the higher altitude, there are High Grown, Medium Grown and Low Grown. On the whole, its taste gets bitterer and stronger.

- Process

- 1, Plucking

First, pluck two leaves and a bud. This process is mainly done by women.



Picture 27 (Picking)



Picture 28 (Plucked two leaves and a bud)

- 2, Weighing

Second, weigh the gathered leaves at the factory.

- 3, Withering

Next, the leaves are laid out to dry or wilt, to reduce the amount of moisture.



Picture 29 (Withering)

- 4, Rolling

Then, the leaves are bruised or rolled to commence fermentation.



Picture 30 (Rolling)

- 5, Fermenting

Kept under climate-controlled rooms, the leaves are left to oxidize. The amount of time given for fermentation influences the color, taste and strength of the liquor.

#### 6, Drying

Control the time and dry them to stop fermenting.

#### 7, Grading

Separate the leaves into different shapes or sizes by wind.



Picture 31 (Drying)



Picture 32 (Separating)

#### 7, About NGO(TFG farm)

- Outline

At the TFG farm, we experienced the way cultivating and processing cinnamon. We see many plan to cultivating cinnamon in that environment, and now we know how difficult to make a stick cinnamon.

- Our View

There has been no rain for two year at TFG farm, so they buried some pots that contain water and fertilizer to avoid crops dying.

There are many ways to deal with water shortage, but I realized that we must choice the right way by considering the environment, soil, and finance when I meet a problem to solve.

I found that make cinnamon shape sticks is very difficult and only highly disciplined people can make a perfect stick cinnamon.

It is said that even machines can't make these perfect stick cinnamons.

## • Modern Sri Lanka in the Eyes of Japanese

### • Food Culture in Sri Lanka

#### • Food culture of Sri Lanka

I thought that many of Sri Lankan foods are very extreme taste. Because, I ate very spicy foods and sweet foods. I will introduce these foods next paragraph.

#### • Spicy foods

##### Curry

Sri Lankan curry has many species. I remember some species of Sri Lankan curry, for example, Dahl curry, chicken curry, fish curry, potato curry and others.

I think someone believe that All of Sri Lankan curry is much spicier for Japanese to eat. However, it was not true. I was sure that Sri Lankan curry to made of meats is very spicy. But Sri Lankan curry which is not made of meats was not much spicier for us to eat. Although this may digress, we met officers of Japanese Embassy in Sri Lanka. They said that you will lose interest to Sri Lanka curry. I think so, too. Sri Lankan curry was very spicy, as a result, it is hard to eat. Someone who go to Sri Lanka need to be bind. If someone's favorite food is spicy one, they can eat them not to lose interest.

##### Others

We ate many spicy buns. I say exactly, meals in the buns ware spicy, itself of buns is not spicy. If someone will eat buns which has some meals, someone be careful of meals whose name is same to curry which is very spicy.

#### • Sweet foods

##### Fruits

Many delicious fruits were in Sri Lanka. Please see this picture.



Picture 33 (Spicy foods)

First, the red fruits which is nearest of all fruits is water melon. It was so good, but Japanese one is more delicious.

Second, the three kinds of bananas are on this picture. The left one which is short was little sour and so fruity. In summary, it was different from Japanese one. It is near fruits. And, the others were near Japanese one, and these were nearer fruits than Japanese one too.

Third, the orange fruits which is much more distant from us. The fruit's name is papaya. It was larger than Japanese one, and was so delicious.

Moreover, I saw the interior of papaya, there are many black seeds.

Fourth, the black fruits on the center of the tables. This fruit's

name is mangosteen. It was so fruity and little sour. The fruits are my favorite fruits in Sri Lanka.

Lastly, the yellow fruit's name is pineapple. This was tenderer to eat not to remove center of this one.



Picture 34 (Fruits)

- About Export Processing Zone in Sri Lanka

In export processing zone, many. Production is made reasonably. This system helps Sri Lanka to get skill and foreign currency. Many company from overseas come to export processing zone for business.

Sri Lanka exports industrial products most, the main products are textile products (40.8%) and rubber products (8.8%). Sri Lanka has latest technology of apparel and there are many western brand's factories in Sri Lanka. Following textile products, tea is the second biggest export products. Now Sri Lanka is the third biggest tea export country in the world. Sri Lankan people drink tea every day however the quantity of the which Sri Lankan people drink is only 10% of all amount of tea products.

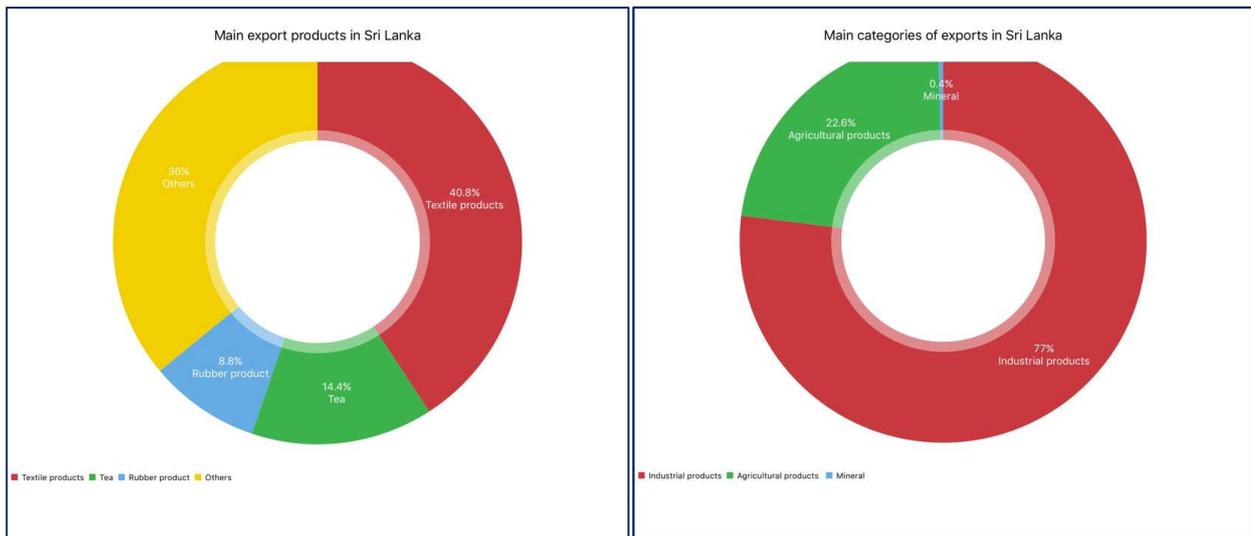


Table 3 & 4 (Category of export and import)



Picture 35 (Tea Factory)



Picture 36 (One student bought a small amethyst in Sri Lanka)

- City Life in Sri Lanka

I would like to show you states of cities in Sri Lanka. Because cities and roads in Sri Lanka are largely not well-ordered except Colombo that is a virtual capital city of Sri Lanka, I found some interesting character in them.

First, a lot of shops selling daily goods and foods for Sri Lankans stood along roads (Picture 37). We could find many kinds of shops like fruit shops (Picture 38), nuts shops (Picture 39), bamboo works shops and clothing shops. I know some of you may suspect the safety of foods, but we tried fruits like mangosteen (Picture 40) and avocado, and nuts (Picture 41). For the first time, I was actually afraid of eating such foods outside. However, the taste and flavor were opposite from my expectation. All of them we ate were so delicious that we couldn't help eating them more. For example, we compared Sri Lankan with Japanese nuts like picture 5 and found distinct differences. Japanese nuts were smaller and lighter than Sri Lankan nuts. Besides, prices of nuts in Sri Lanka were higher than Japanese.



Picture 37 (view of road)



Picture 38 (shops)



Picture 39 (nuts shop)



Picture 40 (mangosteen)



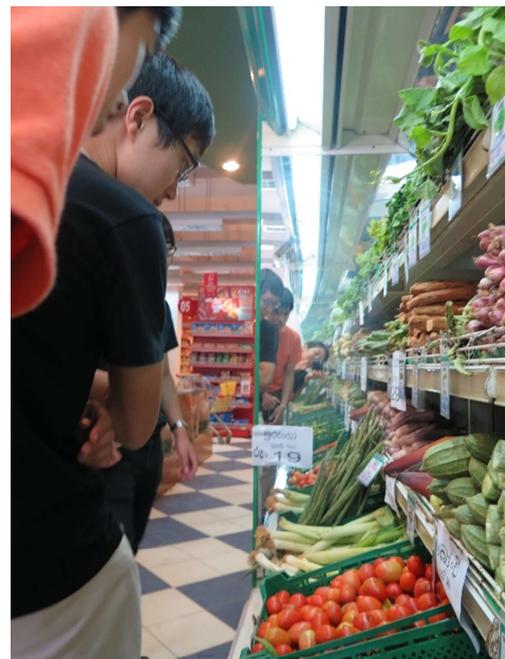
Picture 41 (Sri Lankan nuts and Japanese nuts)

Second, Sri Lankan people usually use “three wheeler” as taxi in Japan. A three wheeler is like picture 42, namely having three tires. Because it can easily make sharp turns, it is an important means of transportation for Sri Lankans. We practically rode on them and went to a local supermarket. It was not as uncomfortable to ride on as I expected. On a road, we saw more three wheelers than cars and people on three wheelers drove recklessly, so we sometimes felt dangerous.



Picture 42 (three wheeler)

Third, there are supermarkets in Sri Lanka (Picture 43). For people in advanced nations like us, supermarket is ubiquitous, but I didn't have the idea that there were supermarkets in Sri Lanka. During staying in Sri Lanka, we used them for some times and bought foods and souvenirs like spices and ayurvedic tooth powders. In developing countries like Sri Lanka, people usually negotiate prices with clerks and foreign tourists sometimes buy things at unreasonable prices, but prices of things sold in supermarkets are unchanged. That was a reason we could enjoy shopping with relief. In a supermarket, many kinds of things were sold. For example, there were fruits, snacks, breads, drugs and daily products. I thought it was nearly the same as Japanese one. For comparison, I put a picture of ordinary local shop in Kandy (Picture 44(next page)). In the clothing shop, our professor negotiated prices of pants.



Picture 43 (super market)

Last, we met so many stray dogs in Sri Lanka (picture 45 (next page)). Our professor told us why there were a number of stray dogs in Sri Lanka and I was

convinced the reason. The reason was that people who couldn't feed dogs anymore left them at temples because Buddhists which were the majority of Sri Lankans wouldn't kill these living things, based on the teaching of Buddha. Unfortunately, left dogs usually get skin diseases and they bite themselves, so we saw a lot of bald and injured dogs.



Picture 45 (stray dogs)



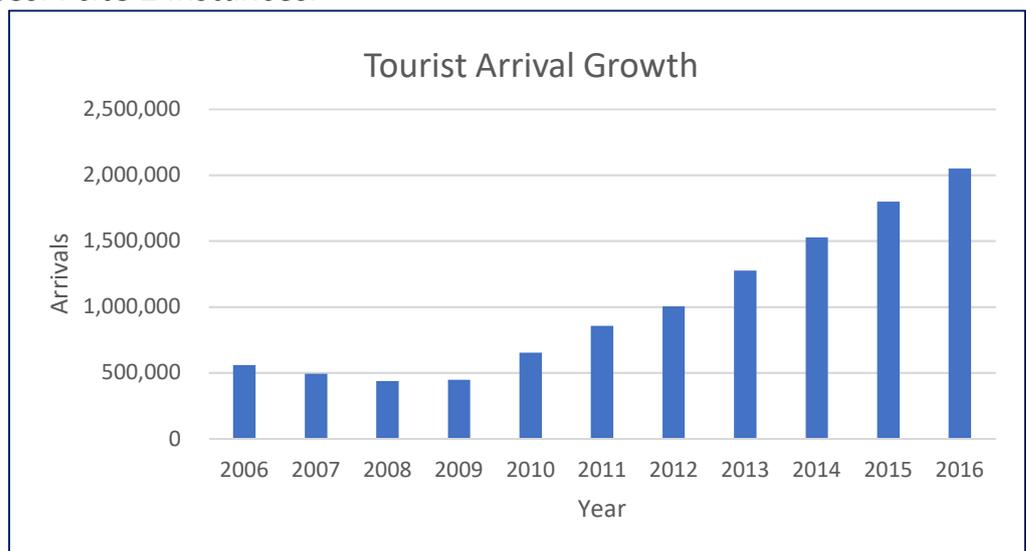
Picture 44 (local shops)

In these circumstances, I hope you can understand states of cities in Sri Lanka. However, that's not enough and you should practically watch these cities and feel them. Finding differences from a city you are living in will give you an opportunity to think why these gaps were born. I think the question is not childish but it will become a chance to foster our problem-solving ability.

• Tourism Industry in Sri Lanka

After the Sri Lankan Civil War in 2009, national situation became stable. Various areas of Sri Lankan industry including tourism industry have been developing. According to Picture 46(next page), the number of tourists was decreasing from 2006 to 2009. However, it has been increasing rapidly after 2009. Tourists in 2009 was about 450 thousand, and tourists in 2016 was 2 million. The number of tourists in 2016 is as 4 times as that of 2009. It was incredible. Look at Picture 47(next page). The number of accommodations also has been increasing. More and more hotels including 5-star hotels have been built by major international hotel company. This is because Sri Lanka has many tourism resources. I cite 2 instances.

First, there are as many as 6 cultural world heritage sites and 2 natural heritage sites. We visited 4 cultural heritage sites, Candy, Sigiriya, Dambulla, and



Picture 46 (Tourist Arrival Growth)

Anuradhapura. To my surprise, entrance fee of foreigners is different from that of locals. For example, in Sigiriya locals can enter the site if they pay only Rs50(40 yen) entrance fee. In contrast, foreigners have to pay \$30 USD (3300 yen). This is because UNESCO use this money to restore cultural property.

Second, there is rich nature. There are 11 natural parks. The area of these parks account for 10 % of the country. Visitors can ride a jeep and go on safari. There are many indigenous species. For example, the Sri Lanka elephants. We could see about 80 elephants in total on safari. In addition, we could see the Sri Lanka Grey Langur in the temple.

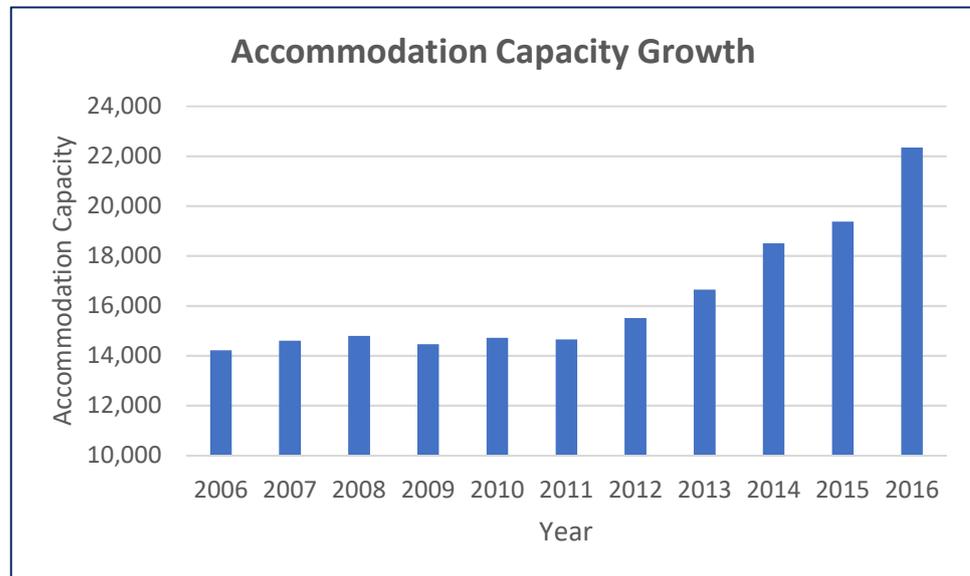
Moreover, we encountered wild peacock.

Therefore, tourism industry will keep growing. However, we found out that there are several

problems to grow tourism industry.

First, it takes many hours to move. For example, it takes more than 3 hours to move from Colombo to Candy by car. It is about 100km long. This is because there are few expressways. It is essential to develop infrastructure. Second, some tourist sites can handle only native language. For example, there was the warning written only in Sinhalese in the temple we visited. There are many manners in the temple. First, we have to take off our shoes. In addition, we can't take pictures when we turn our back on statue of Buddha. We can't know what behavior is taboo when the warning is not written in English. It is important to be able to deal with many languages.

Sri Lanka is not still famous tourist site for Japanese, but it will be more popular in several years.



Picture 47 (Accommodation Capacity Growth)

• Herbs in Sri Lanka, including Cinnamon

I feel herbs and spices are indispensable for the life in Sri Lanka. Herbs and spices were used in foods or cosmetics and utilized as a medicine.

There are so many foods containing spices and herbs. Curry includes many kinds of spices like turmeric, cumin seeds, bay leaf and so on. There was a salad made of herbs. And in the morning people eat 'green okayu'. 'Green okayu' is a soup made from herbs and it is like Japanese okayu. By eating herbs and spices through Sri Lankan food my condition of stomach was very well.

Herbs and spices are also used as a medicine. Sri Lankan 'youmeisyu' is made from many kinds of herbs. It had a unique taste but I thought it good for our health. There were a lot of medicines made from herbs in herb gardens. Not only humans but also animals eat herbs as a medicine. When dogs get hurt or become sick they look for and eat particular herbs which will heal them. I thought it was surprising.

Herbs and spices are also used in cosmetics. The lotion made from aloe extract helped to heal a dry skin. My skin was moistened after it was applied. There was a soap and toothpaste made from herbs in a Sri Lankan supermarket. The soap was kind to my weak skin and made my skin so smooth.

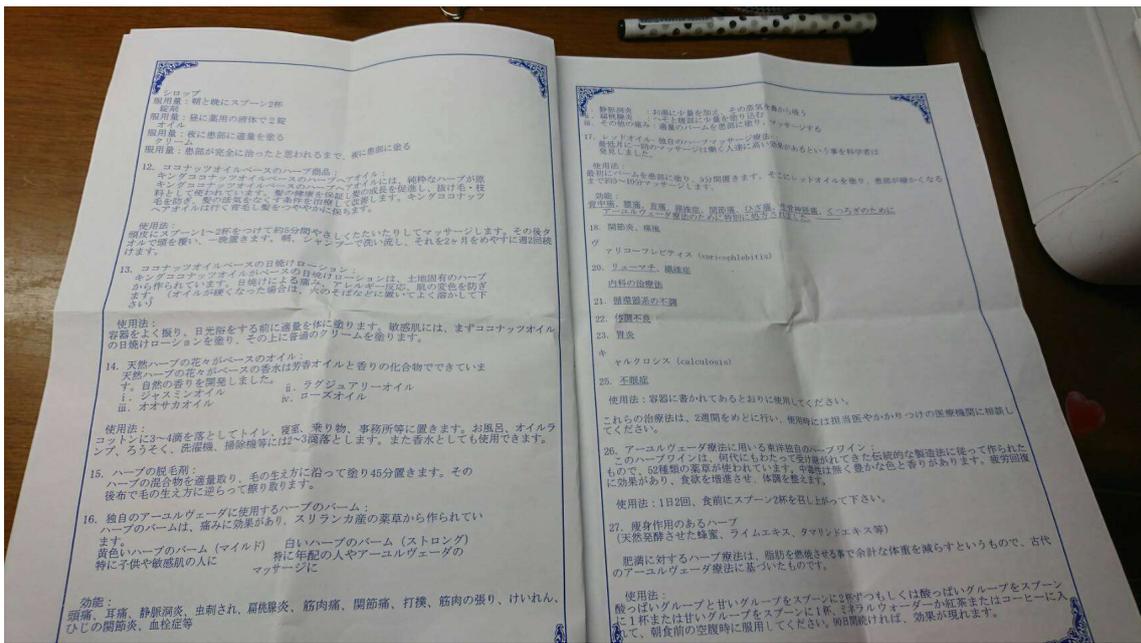
The people living in Sri Lanka had beautiful teeth, beautiful skin and looked so healthy. I thought it because they eat herbs and spices not artificial materials.



Picture 48 (a lotion made from aloe)



Picture 49 (herb soap)



Picture 50 (a brochure given in herb garden. There are explains of medicine made from herb)

## • Summary of the Training in Sri Lanka

### • B2, Dept. of Chemical Science and Engineering

I have never been to foreign countries till this trip, so I have no idea what a foreign country is like. But I was looking forward to going to Sri Lanka.

The trip to Sri Lanka was so fun than I had expected. There are three main things I felt through this trip.

First, Sri Lankan food was so delicious. Especially, hopper and potato curry was so delicious. And the fruits like mango, mangosteen and papaya was tasty. I want to eat them again.

Second, to be friends with students of Peradeniya was precious thing for me. They study much harder and they major more subjects than I. I was motivated by their attitude toward studying. Communicating with students about hobbies or school was also interesting. But I thought it hard to be not able to communicate what I want to say when I want to say due to my poor English. I thought I want to make a progress of my English skill. It was also a big motion to study English.

Third, I felt what to have religion is like by visiting many temples. The people praying in temples looked solemn. I little thought I wish I had had religion.

By experiencing to go abroad, I become to have interests about affairs of world. And I want to go more countries to know more countries. I want to know what I should do by utilizing what I learn at the university by visiting foreign countries.

### • B2, Dept. of Life Science and Technology

At the discussion with Peradeniya university students, they said “Japanese works like machine.”

On the contrary, they said that they are “Take it Easy” people.

When we ask Sri Lankan citizens “Can I take a photo?”, they always nod with a smile. Could it happen in Japan too?

I felt that Sri Lankan have more “Human Kindness” than Japanese. Japanese people, especially who concern science, sometimes seem to lack in this “Human Kindness”.

In this program, I strongly felt that this “Human Kindness” is indispensable if you want to build a better relationship in the world.

- B1,4th Academic Group

This program must be my one of the best memory from now on. What I learned in Sri Lanka varies from communication to social problems. I felt seeing is better than hearing. This is because I did pre-research before departure, but I couldn't feel real with what I heard in books or on the Internet was not. Only in doing many activities with unique members, the program became inspiring for me, I think. So, in the end, I'd like to say thank you to Prof. Kumara, Ms. Murata, team members, local people and other people kindly supported us.

- B1,4th Academic Group

Comparing myself after visiting Sri Lanka with myself before visiting there, I can articulate that I learned a lot of things and changed so much. I learned not only superficial things like Sri Lankan life-style and the food-culture but more profound things during this study and training tour in Sri Lanka. There are some opinions about what I saw, felt and considered in Sri Lanka.

First, most Sri Lankan people are friendly and lenient with others. The opinion itself came up by one of my Japanese friend when we exchanged views with students in Peradeniya university. I agree with it but I suppose that he referred to their attitude toward only us. I think that's not enough and they are also lenient with other ethnic groups. Before visiting Sri Lanka, I had an idea that people in each ethnic group spoke each language and usually didn't get along with other ethnic groups because Japan is a single-ethnic state and I had never been to any multi-ethnic and multi-religious countries. However, this tour in Sri Lanka made me realize it was completely wrong.

During staying in Peradeniya university, I had a lot of opportunities to listen to the students' conversations spoken in English. They spoke English when they talked with people in other ethnic groups, but I didn't find who was the Sri Lankan Tamil, that is one of minority ethnic groups in Sri Lanka, because they used English so frequently. After all, our professor answered the question and I got surprised so much. The Sri Lankan Tamil was an affable and active woman who was one of the leaders of the exchange between two universities; Tokyo Tech and Peradeniya university. Besides, I heard she had married a man who was in different ethnic group from hers. This experience was only one example that shows present harmonious state of Sri Lanka, but I think it was enough to show it.

As you know, Sri Lanka experienced a bitter dispute between two ethnic groups finished in 2009 and the damage is too big to be left yet. However,

what I saw in Peradeniya university must tell us that there are some solutions to overcome oppositions.

Second, it's true that Sri Lanka is poorer than Japan, but people's atmosphere was peaceful and comfortable. One of the reasons I felt relaxed was, I think, there were vast nature in Sri Lanka, but that's not an important reason. In my opinion, religions and Sri Lankan life-style give huge impact on their peaceful atmosphere. In Sri Lanka, we visited temples and saw a lot of people praying fervently. It was easy to understand that religions governed Sri Lankans. Because most Japanese people believe no religion and there are a lot of problems related to religions, they are apt to look down on people who believe religions. To my pity, I was one of these Japanese people. However, Sri Lankans praying in temples moved me so much and appeared they had some clear ways of living based on their religions.

I think Sri Lankans have apparent answers to questions like "what is my happiness?" or "how should I live for my happiness?". These are interminable questions for Japanese people. Of course, I don't mean all Japanese people should believe religions, but we should stop working too hard and sometimes think about our own happiness over a cup of tea.

Last, we understood Sri Lanka was changing entirely. Through the tour in Sri Lanka, we saw a variety of cities ranged from Colombo which is the biggest and most developed city in Sri Lanka to Anuradhapura which is famous for ancient architectures there. At the same time, I learned some problems the country was facing and have my opinions to them.

I strongly think the way of developing Colombo is wrong in terms of keeping country identity. It's true that imitating developed countries is a shorter way to enrich Sri Lanka, but that means gradual loss of character of the country. We saw floods of foreign goods and companies in some cities in Sri Lanka and felt them disordered. Importing foreign goods and companies is easy for Sri Lanka because these companies are always watching for a chance to sell their products in the country. I assert that it encourages uniform world and loss of diverse cultures of countries. Therefore, we should not force our ways of developing.

However, I understand some good points of developing a country with ways used in advanced nations. For example, we visited a foreign cosmetic factory and saw that many women were working there. Giving women opportunities to work is necessary to improve their lives. Besides, building infrastructures and solving water problem, these are the two biggest problems in Sri Lanka, are integral part of more convenient and healthful Sri Lankan life. Therefore, I don't know the way of developing Sri Lanka is really good for Sri Lankan future and this is the point I should contemplate more.

During this study tour in Sri Lanka, I saw and learned a lot of things and fostered my global perspective. Besides, it was a golden opportunity to understand what a developing country is and think what we should do for their future. Making full use of things I experienced in the study tour in Sri Lanka, I will apply them to my study and future goal.

- B1,6th Academic Group

I decided quickly to attend this project. As a result, I was anxiety before I depart for Sri Lanka. Actually, I hadn't been to abroad. I don't know how to prepare for going to abroad. However, some advices of someone who went Sri Lanka last year and friend of who had been to abroad many time help me to prepared for this project. I have some point of what I felt in Study Tour.

First, When I was in Sri Lanka, I felt distress about telling myself. I felt distressing that I can't tell myself them. Originally, I like to tell myself the others. I don't think that it is distressing that I don't have approach to tell myself others. If I go abroad next time, I would establish way to express myself.

Second, I don't think that asking questions and telling my view in lectures have good effect for me. In other words, this action is always hate in Japanese university's lecture. I think this reason that asking question and telling own view stop the lecture. As a result, lecture don't finish. Many of Japanese university students hate this situation. I hated too. But, I did these action in Sri Lankan University's lecture. This action has many good effect. I note two big effect after. First big effect is what students listen lecture carefully and take notes. In other words, students take the lecture well. This effect is biggest good effect. Second big effect is what lecture change to the chance to express myself. In other words, this action isn't conversation that one-to-one talk between professor and student who do this action as telling student's view, thinking and others. If a student does this action in a lecture, everyone who attend the lecture can know what the student think. If we know what others think, we can communicate with each other. Addition to, someone's question sometimes make new thinking, knowledge and others. If we think this action so, do you think do this action in Japan?

Lastly, I think it good that I attend this Study tour. Perhaps, I didn't have more thinking to this study tour than the others, And I was a bad English speaker more than the others before depart from Japan. However, it was good experiences that I writhed in prepare and staying in Sri Lanka. If someone who lost to go abroad because you can't speak English read it, I think that you should attend this study tour. Actually, I attended this Study tour unarmed. However, I learned many things and gain precious experiences. I really appreciate someone who related this study tour.

- B1,4th Academic Group

I went to Korea and America when I was a high school student, so this is the third time I have been abroad. I got the most precious experiences this time. I learned two important things for my university life. First, I found myself that I live a life under ideal circumstances. Second, I understood that I had to be more active.

First, I found out that I lead a life in a favorable environment. I visited University of Peradeniya, one of the top universities in Sri Lanka. It has vast land and rich nature. However, learning environment is different from Tokyo Tech. Tokyo Tech has more latest research instruments and materials than Peradeniya University. In the same way, Tokyo Tech has more research fund. In addition, Tokyo Tech has many brilliant professors. It even has Professor Okuma, who won the Nobel Prize in Physiology or Medicine. It is a shame to make the most of these things. If I went to developed countries such as England or America, I would not notice them.

Second, I have to be more active. We interacted with Peradeniya University students for three days. They spoke English much more frequently than me. At first, I hesitated to talk to them in English because I was poor at speaking English. However, they were friendly, they talk to me. Moreover, our Professor Kumara advised us that it was important to speak English whether our English skill was bad or not in order to improve English, so I could tell them in English. They were also eager in studying. They never use smartphone or fall asleep during the lecture. Our Professor Kumara advised us to take a class actively such as raising hands and asking questions. I learned I should not be shy, but more active.

Therefore, I gained valuable experiences. I would like to make use of them for my school life.

- B1,1st Academic Group

I went to Sri Lanka to improve my English skill, communicate with Sri Lankan students and know about developing country. Before traveling, I was little nervous about talk in English. In the way by bus, my teacher gave us many chance of speech. Futhermore I studied positively in class asking many questions. Thanks for these training, I was likely not to hesitate to speak English and I succeeded in talking with Sri Lankan students. It is happy that I still contact with them in e-mail now.

In Sri Lanka, I experienced many things that I could never experience in Japan. How people work, how they live, how students study, how they think,

differences exist everywhere but it's interesting for me. Through this trip, I acquired the ability to think many things which I didn't know. I think this ability is needed to solve global issues so I would like to make use of this experience to contribute to our society in the future.

## • References

Map : <https://maps.google.co.jp/>

Picture 3 – 45, 48 – 50 : took by us

Picture 1,2,46,47 : Sri Lanka Tourism Development Authority

Table 1,2 : HP of Ministry of Foreign Affairs

Text :

Pamphlet of University of Peradeniya

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