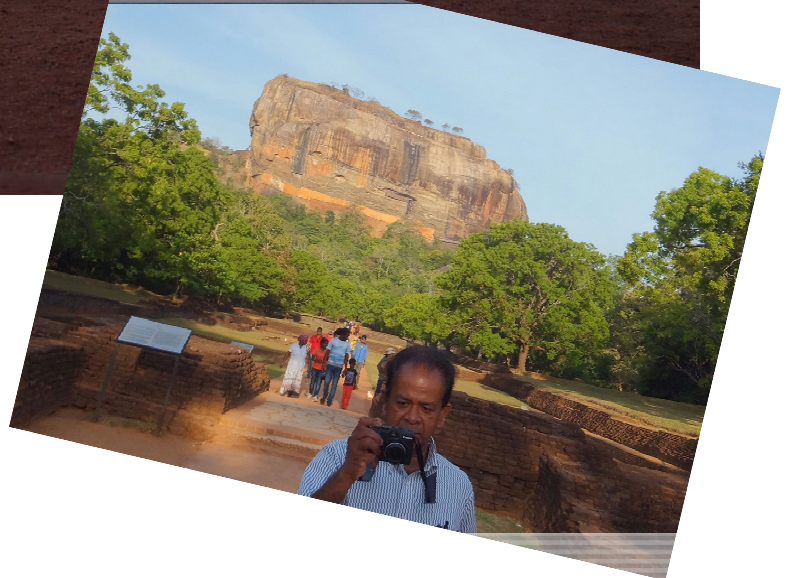


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# Study Tour in Sri Lanka

## 2018 8.25~9.3

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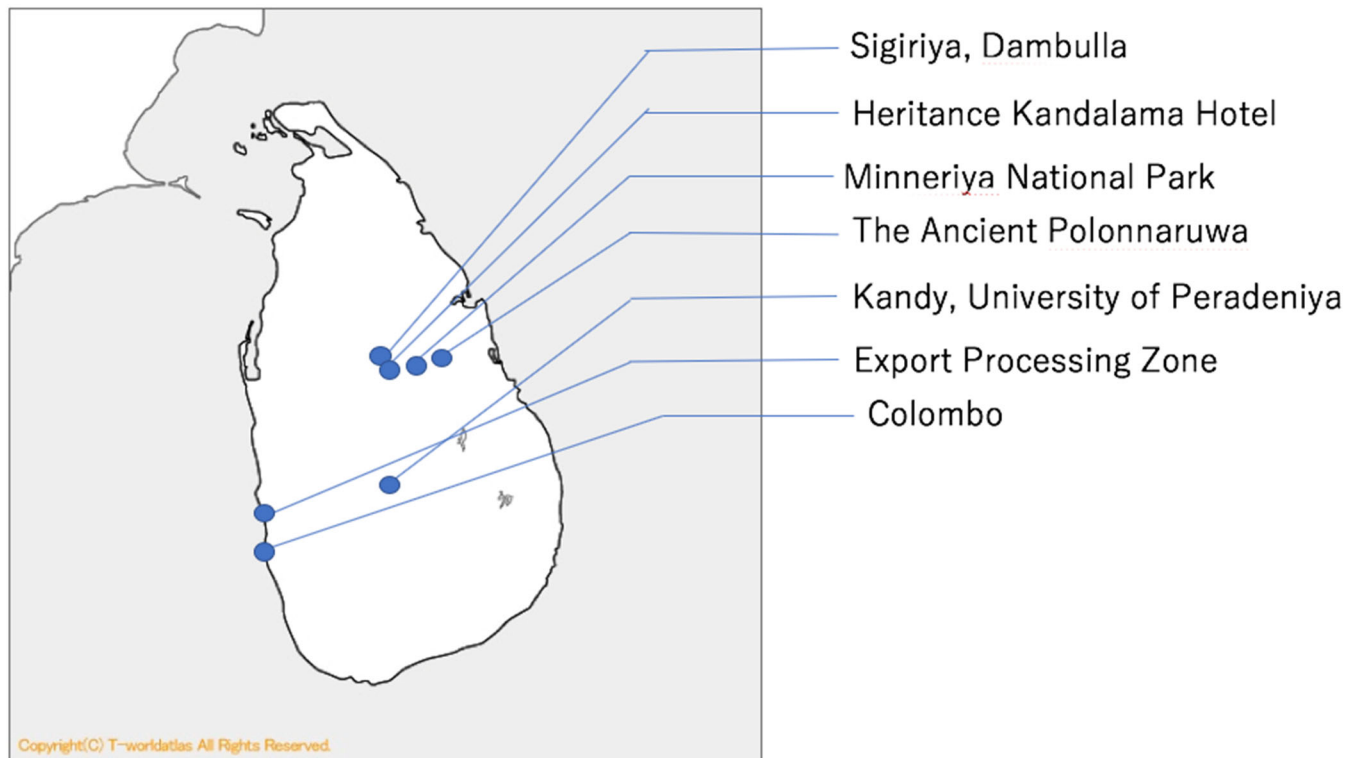
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## 0, Map



## 1, Purpose of study tour in Sri Lanka

The purpose of this program is to deepen understanding about the culture and society of other countries by visiting those countries directly. The student group selected Sri Lanka for the study abroad program of the GHRD, Tokyo Tech this time. Students from the first to fourth year participated to this program, which also helped to enhance intensive interaction among students belong to different academic years. There are three important things we experienced during this program.

First, we expected to learn a lot about Sri Lanka in many aspects. It is because an official guide from Sri Lanka and Professor Kumara who speaks both Japanese and English fluently provided many information about cultural, social and economic aspects relating to Sri Lanka.

Second, we believed that this program in Sri Lanka would assist to train us for future long-term abroad program. All itineraries of the study tour program are decided by the Professor and, therefore we could know the most important points to be focused during the study abroad program. We learned about the world heritages from the aspects of history and, received an opportunity to visit animal sanctuary and several traditional cities in Sri Lanka.

Third, we would receive frequent chances to discuss with Sri Lankan university students and take some lessons for selected majors in the university in English. We realized that new perspective can be accumulated by dis-

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cussing with local students who have different backgrounds. Also, we believed that we could receive a good opportunity to learn about topics which were not of our interest in the past due to the differences of the majors of each student.

In this report, we summarized about what we experienced, learned and found and how we achieved the purpose of our participation to this study tour.

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## 2, Self-Introduction

### 3, Sri Lanka

Sri Lanka is an island country located in the Indian Ocean. This country has the total area of 65610km<sup>2</sup>, which is equivalent to three quarters of that of Hokkaido. The name “Sri Lanka” means “bright island” in Sinhalese which is one of Sri Lankan official languages. The capital is Sri Jayawadenepura Kotte. However, it is not the largest city but the administrative capital of Sri Lanka. The largest city is Colombo and it’s also the commercial capital.

Majority of people are Sinhalese and, the next largest are Tamils. Both the Tamil and Sinhalese languages are official languages in Sri Lanka. In addition, English also is widely used in this country. About 70% of the people believe in Buddhism and the Hinduism is the second largest religion. Christianity is the third largest religion in Sri Lanka. That’s why there are various religious monuments and events in various parts of the country.

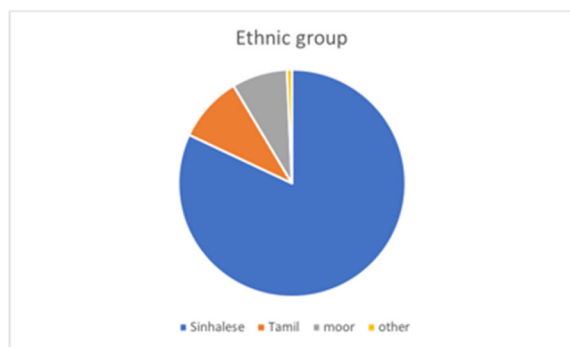


Fig.3-1: The ratio of ethnic group in Sri Lanka

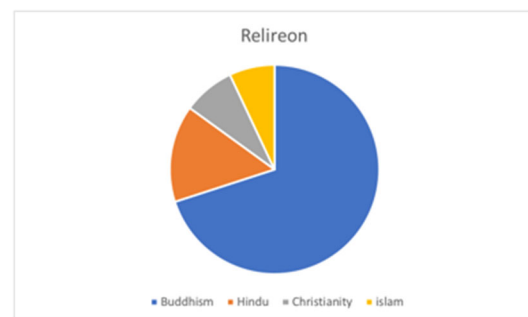


Fig.3-2: The ratio of religion believed in Sri Lanka

Sri Lanka has its long history. The origin of the Sinhalese race goes back to about 500 BC when a Prince called Vijaya arrived the island from North India. According to the history, some heritages in Sri Lanka were said to be the most advanced culture at the time. From 1505, it became a colony of Portugal, Orinda, British in order. Sri Lanka received the independence from the British in 1948, but the Governor appointed by the British was the considered as the leader of the country. In 1972, amendments to the constitution brought the country completely independent from the British.

Sri Lankan economy was dependent on the agriculture of rice and the three biggest plantation crops (tea, coconut, and natural rubber) due to the colonial era. However, this dependence on only the agriculture made the country poor. So the government recently tried to industrialize the country, which has come true.

Fortunately, we had an opportunity to meet and talk with the Inspector General of Sri Lanka Police in this program. He told us what Sri Lanka Police is doing to make the country better. What he emphasized the best was to have strong relationship with people. We were surprised that they were so familiar with the local people. For example, they were positively taking part in events held in villages, elementary school, and so on. I felt it was very different from Japanese police. We don’t know what they do for us specifically because we haven’t had an opportunity to communicate with them. However, I think the police and the people should know each other in order to make better society. So, it’s important that the police is familiar with the people like Sri Lanka Police.

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## 4, University of Peradeniya

### 4.1History

In 1942, this university was established as “University of Ceylon” in Colombo. First, it had 4 faculties: Art, Oriental Studies, Science, and Medicine. There were 904 students and 15 Professors. In 1952, the university moved to Peradeniya, the old capital which was about 100 km away from Colombo. However, some facilities remained in the Colombo premises. They were combined to another university fifteen years later.

In 1972, the government enacted a legislation to universities, which stopped the number of universities to increase and the activities of the universities were very restricted. In 1978, the university became an independent body due to legislation, and renamed as “University of Sri Lanka”, and accordingly, some faculties which disappeared in the past years were restored.

Nowadays, Peradeniya University is the biggest university in Sri Lanka.

### 4.2Education

Peradeniya University has 9 faculties: Arts, Medicine, Science, Dental Sciences, Agriculture, Veterinary Medicine and Animal Science, Engineering, Allied Health Sciences, and Management. Students in the department of Arts study humanities and languages as well as artistic activities. There are five departments in the faculty of Allied Health Sciences; Medical Laboratory Science, Nursing, Physiotherapy, Pharmacy, and Radiography. These faculties offer more practical training and expertise than the faculty of Medicine.

Students spend 3 to 4 years in Bachelors, 2 years in Masters, 2 to 3 years in Doctors degree courses. But the ratio of students who enters to universities is only 6%, which indicates the difficulty to enter to a university in Sri Lanka. Annually, 70,000 students pass the national level examination (GCE Advanced Level) to receive the right to enter universities, but only 20,000 of them can enter to universities because of little capacity of the universities. Though students don't have to pay the tuition, there is some bottlenecks to get high degrees.

### 4.3Campus

#### •Library

Peraedeniya University has the largest academic library in Sri Lanka. It has about 430,000 books. It consists of 8 buildings. 7 buildings are in Peradeniya campus and the other one is in Mahailuppallama sub-campus. Main Library is the largest and has about 300,000 books. The following table shows the number of books available in each building.

Library	Agriculture	Allied Health	Dental
Books	26,110	616	466
Veterinary	Main	Mahiluppallama	Medical
1,533	257,789	1,204	4,979

#### • Dormitory

The university maintains a large dormitory to accommodate almost all students and staff members.

#### • Sri Lanka-Japan study center

It was built encourage the relationship between Sri Lanka and Japan. An annual research conference is held to deepen interaction between Japan and Sri Lanka. (We also received a chance to make a presentation at this Annual Conference this time.



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- **Sport facility**

The university has a pool of 50 meters, cricket field, soccer field, rugby field, hockey rink, gym, etc. It was not clear why the university maintains such a large number of sport facilities. But it is assumed that this university is a residential one and, the accommodation of a large number of students and staff may be one reason for developing many sports facilities within the campus. In addition, it was heard that this university owns more funds than the other universities in the country.

- **Feed center**

The university has 22 cafeterias. It tells how big the campus is.

- **Nature**

There are hills and waterfalls in the campus.

- **Class room**

There are several ceiling fans instead of air conditioners in a classroom. Desks and chairs are made of wood. Many lecturers conduct lectures by using PowerPoint and white boards and black boards.

- **Place**

There is no definite boundary between university area and non-university area in this Peradeniya city. It is very convenient for students to go shopping around this university. Public buses run through the university premises which are used by both students and staff, in addition to the general public.

#### 4.4 Students

There are over 100 club activities and organizations run by student. For example, academic organizations such as Agriculture Students Union and Science Students Unions. There are also religion organizations, with students belong to Buddhism, Christianity, and Hinduism etc. A half of the students are female, which is different from that of the Tokyo Tech. It was surprising to hear that some professors and students had received study experiences in Japan and can speak good Japanese.

#### 4.5 Differences from Japan

Some students and staffs come to university by cars and there are a lot of car-parking in the campus. The dormitory is in the campus as well, so students can quickly go to the class room from where they stay. There are separation between students' restroom and staffs' one.



Classroom



Art facility building



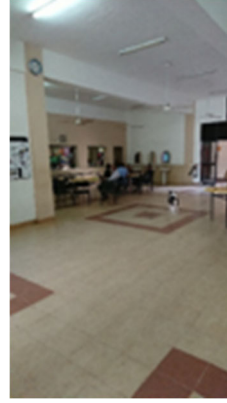
wood in campus



Toilet for Staff



car parking



cafeteria



field



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## 5. Visited Places

### 5-1, Architecture and city planning in Sigiriya/Golden Temple of Dambulla

#### ① About Sigiriya rock

Sigiriya is an ancient rock mountain surrounded by greenery which is about 200 meters in height and located in the northern Matale District near the town of Dambulla in the Central Province, Sri Lanka. The remains of Sigiriya are consisted of the ruins of fortified royal palace, a waterway around them, a garden, stockroom, which were built by King Kashyapa (477-495 CE) in the fifth century. There are frescoes of the female image known as “Sigiriya Lady” halfway up the rocky mountain.

Sigiriya rock has an interesting history. King of Dhatusena area, King Kashyapa's father, had two sons. The first one was Kashyapa. The second one was Moggallanna whose mother was higher social position than Kashyapa's. Therefore King Kashyapa who was afraid of being seized the throne by his brother confined his father and sat on the throne. Moggallanna ran away to India. For fear of Moggallanna's revenge, King Kashyapa confined himself in the fortress palace on Sigiriya rock for 7 years. 11 years later, He killed himself there.

Now, Sigiriya is a popular tourist attraction. Also, it designated World Heritage Site.



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## ② City planning in Sigiriya

Sigiriya is known to be one of the best preserved examples of ancient urban planning, showing techniques and technology far more advanced than believed possible for the time.

To the west of the rock are water gardens made in perfect symmetry and fountain ornaments look like manhole covers. When it rains, the fountains play even now. That's a marvel of engineering skill from about 1,500 years ago. Also, there are 2 moats which are important to live in Sigiriya because of little rainfall. To the foot of the rock are some rocks which have ditches. These ditches show us there were a wall. It seemed that there was a space to hide for soldiers. In addition, the rock have a role to prevent the invasion of the enemy. From these points, we can think Sigiriya is designed in order to protect the palace.



## ② About Golden Temple of Dambulla

Golden Temple of Dambulla also known as Dambulla cave temple is a World Heritage Site (1991) in Sri Lanka, situated in the central part of the country. It has been preserved in the best condition in Sri Lanka. Far more than 2000 years, this elevated site called Dambulla has been a spiritual center for Buddhists in Sri Lanka. When the religion arrived on this island nation in the 3rd century BC, caves at the top provided shelter for monks and a form of monastery was formed in nature. Over more than millennium, this has grown and been improved. This sacred pilgrimage site, this cave monastery, with its five sanctuaries, is the largest in Sri Lanka and complex. The Buddhist mural paintings (covering an area of 2,100 m<sup>2</sup>) are of particular importance, as are the 157 statues.

It is traditionally thought that Valagamba of Anuradhapura had the caves converted into a temple. He was exiled from Anuradhapura at the time and was seeking refuge from South Indian usurpers. He spent 15 years in hiding within the caves before reclaiming his capital and as a way of thanking the gods built the temples with the caves he once hid inside. The statues and art found within the cave truly highlight



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the artistic abilities of those living in the past. It was well preserved and a walk through the caves proved to be both insightful and a very memorable.



#### ④View Points

##### ●Sigiriya Rock

###### • Frescos

They are frescos of lady in the secret room. It seemed to be drawn several hundred people before, but it is 18 people now that we can confirm it. Some believe that they are the ladies who served for the king while others believe that they are women taking part in religious observations. We cannot take a picture of them though it was available before.

###### • Mirror Wall

It is the artificial wall called the mirror wall under the Sigiriya lady. The mirror wall is the wall polished to a bright shine and the figure of the person was reflected in like a mirror. It is not reflected in, but we can see letters of Sinhala alphabet that was carved into the rock.

###### • Lion foot

There is the foot of a huge lion to the palace in front of the stairs. It seemed to be the full state of a lion.

###### • Sigiriya Rock shadow

We went there in the evening, so was the big shadow of Sigiriya rock. It was a moving sight.



- Golden Temple of Dambulla

- an Outward Appearance

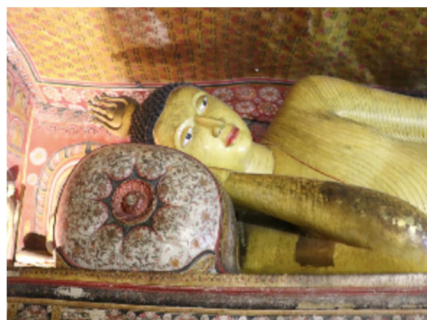
The rock was carved and at the crack there is the temple.

- Many Statues

The statues came in the 12th century, all different sizes and different poses. Some stand while others sit neatly in a row and blend in with the overall aesthetics.

- Wall and Ceiling

The Dambulla caves are not just hollowed-out rock. They are as alive as statues and they radiate despite an absence of light. Almost every surface of the interiors are covered in colors, vibrant reds and yellow painted on as divine images and striking patterns.





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## 5-2, City Planning, Architecture and Water Management in the Ancient Polonnaruwa

Sri Lanka has many remains. Especially, “Cultural triangle”, the area surrounded with Anuradhapura, Kandy and Polonnaruwa, has many world heritages. Polonnaruwa is an ancient city of the area and the whole city is registered on a world heritage.

Polonnaruwa was the capital of Sinhala dynasty for about 150 years from 1017 to 1255. Before that, Chola dynasty in South India had attacked Anuradhapura, which had been the first capital of Sinhala dynasty for as long as 1400 years. Anuradhapura became the capital since King Parakramabahu the Great constructed a massive irrigation reservoir, Buddhist temples, and so on in 5 century B.C. Therefore, Polonnaruwa flourished as a Buddhist city.



Fig. 5-2-1: A castle wall of the palace of King Parakramabahu in Polonnaruwa



In this article, I introduce one castle wall of the palace of King Parakramabahu in Polonnaruwa (Fig.5-2-1). It seems that the palace had 7 floors and the upper floor was a shape of a pyramid. Now, the walls up to the 3<sup>rd</sup> floor remains while there is no wall above 4th floor. That is because the upper stories were built by wood. As fig. 5-2-2 shows, this wall was much larger than I had imagined.

We were surprised that the buildings whose floors are made of bricks still remain. There were conference halls, dancing halls, changing rooms, Buddhist images and so on. It made me be sure that the dynasty had really existed and many people had really lived in this area. Also, there were many Buddhist images and temples, so we realized the close relations between Sri Lanka and Buddhism.

Fig.5-2-2; The wall of the castle.

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## 5-3, History and the City Planning in the Kandy, the Last Kingdom

### 1. Nature in Kandy

Kandy is rich in nature. It is surrounded by rivers and forests. In the edge of city, there is University of Peradeniya. It has big trees, a big playground and old school buildings. Also, we stayed at “Tree of Life” for three days. This hotel is located in a suburb of Kandy. We enjoyed many species of trees.



Fig. 5-3-1: The View of the city of Kandy. Kandy has many rivers and trees.



Fig. 5-3-2: The appearance of “Tree of Life.”

### 2. Temple of Tooth Relic

The most famous Kandyan structure is Temple of Tooth Relic. It is called “Sri Dalada Maligawa” by local people. This building was built by King Vimaladharmassoriya to place the tooth relic of Lord Buddha. Buddha’s tooth relic is an object of faith, so this temple is religious symbol of Kandy. By the way, why is this building preserved? The reason is that Britain permitted Kandy to have Buddha’s tooth when Britain invaded Kandy. If Britain didn’t permit that, we cannot see this temple now and many Kandyan people may be Christians. From this history, we can see the strong connection between Kandy and Europe, which continue still now. Moreover, “Sacred City of Kandy” was declared to be a world heritage site by UNESCO in 1988.



Fig. 5-3-4: A mark of world heritage site on the wall of the temple.



Fig. 5-3-3: Temple of tooth

### 3. European Buildings

Figure 5-3-5 shows the history of Kandyan Kingdom. Kandy was influenced by many European countries. This feature can be seen in the architecture of Kandy. The best example is Queen's hotel. It is located in front of Temple of Tooth Relic. It is a British style building. Moreover, a lot of churches can be seen everywhere. Thus, we can see the European feature from city of Kandy.

The mid-14 <sup>th</sup> century	The base of Kandyan city was constructed
15 <sup>th</sup> ~late 16 <sup>th</sup> century	Sri Lankan mid area was invaded by Kingdom of Kotte.
1521	While kingdom of Kotte was attacked by Portuguese, independent group was born in Kandy.
1602	During attack of Portuguese, Dutch adventurer land in eastern coast.
1638	Kandy allied with Netherland.
1658	Kandy and Netherland defeat Colombo. Portuguese occupation finish, but Dutch one start.
17 <sup>th</sup> ~18 <sup>th</sup> century	Kandy conflicted with Netherland.
1795	The Britain rapidly annexed Dutch possession.
1803~1805 and 1815	Kandy was attacked twice by Britain.
1815	In Kandyan Convention, Kandy joined British protectorate.
1817	Rebellion collapsed, and Kandy joined British Ceylon.



European building



Queen's hotel

Fig. 5-3-5: The History of Kandyan Kingdom



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## 5-4, Introduction to Economic, Industrial and Tourism Development Practices

The economy of Sri Lanka has been developed after the end of the war in 2009. The ratio of development of GDP is 4.4% and the prices increase by 3.9% per a year. Through this study trip, I realized that not only the numbers but also the situation in the country shows how developing the country is. In this report, I focus on the main two industries, agriculture and textile industry.

We went to TFG farm on the second day. The farmers showed us around the farm, let us experience how they process the cinnamon, and treated us with delicious food. As the chapter 5-7 explain TFG, this NGO group gives knowledge of agriculture to the farmers as well as donates the place to the farms. The point is this type of support makes the farmers stand their own feet. If we give them only the farm or an equipment, they would ask us to give them more and more goods. They would think the better goods make better harvest, in other words, they would say it is our fault if there is not enough harvest. However, if we give them knowledge and teach them one by one, they would know delights in making crops, working, and earning money. They would try many things to make the farm better. This good cycle leads the farm better in the future.

While Prof. Kumara told us these things, he mentioned that the face of people also changes as their quality of life changes. He said that not only the people in TFG farms but also the people in the cities have changed compared to 10 or 20 years ago. I guess it is result of that the cities have been developing and there have been more jobs after the end of the war. The development of the economy and the industry of Sri Lanka was seen in people's sensation as well as the numbers in statistics.



Fig; We are learning how to process the cinnamon



Fig; The clothes made by Sri Lankan people at the factory

The second biggest industry in Sri Lanka is textile industry. We visited Katunayake Export Processing Zone and a factory in this study trip. The details are described in chapter 6-2, so I write my idea of why this industry became the second industry in Sri Lanka. I think the reason is the national character of Sri Lankan people while it is said that the low labor cost made textile industry bigger in many explanations. During the tour, we saw the process of making clothes of a famous and expensive brand such as ADIDAS, UNDER ARMOUR and TJ Maxx. I was surprised that around 20 people gathered and sewed each part to make only one cloth. They looked not so tired while sewing each part perfectly again and again. This shows Sri Lankan people are clever with

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their hands and thorough to anything. The guide of the factory said that only Sri Lankan people can make clothes with high quality. Some famous brands prefer Sri Lankan people to the people who work with lower labor cost, such as Bangladesh, because they trust the clothes of high quality made in Sri Lanka. In this way, textile industry in Sri Lanka has been developing owing to their national character.

I finally understood how and why a country develops through these visits. I think it is important to know what people there are good at and give them suitable education when we make a country develop. Their own industry can liven up the country. In the case of Sri Lanka, there was a good chance for the country to develop; the end of the war, but I realized that this is not only the reason.

I write about the development of tourism industry in chapter 6-4.

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## 5-5, Learn from the Animal sanctuary



We went Minneriya Park which preserves wild animals. There were various animals, Peacock, Buffalo and Elephant. Especially I was impressed in Elephants because I saw the shocking scene. Generally they live in a herd. We saw it that has about 10 Elephants. They walked with surrounding their baby and strong one threatening for ensuring the safety. These are similar to human. But there is an elephant live for oneself because he can't be in a herd for some reasons. We saw an elephant breaking his leg. There were a crash with a train. He was hard to walk (maybe this is the reason). Then another elephant came and got together. It was a silent but warmful time.



The elephant breaking his leg (right) and another one approaching him(left)



And they get together

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I wonder why this accident happened. I saw Sri Lankan railroad but it was much more dangerous than Japanese. For example, there are no fence, if a person walk on railroad, no one warn him. Not only train but also roads are also dangerous because of lack of infrastructure like traffic lights. So is it good to enhance the infrastructure? But If Sri Lanka develops the infrastructure, it may start from urban area so it takes a lot of time for this problem. Furthermore, this area has another problem.

There were strikes in this area before we came there. This area was nature protection area but people living in there caught a fish for their food. Government arrested them then strike occurred. This is a very difficult problem.

Then what is the effective way? I saw the similar case in the Internet and found the common point. It is management system quality. The main activity of protection is patrol. But it only arrests people who break the law. If government makes the law much strict, it may result the increase of the number of the people being arrested, which will not improve this problem. It is desirable that residents doesn't oppose but cooperate for protection, so to speak sustainable solution. Using the area as a safari park is a good example. But it needs money and people. For example, guide, translator and manager. These jobs need high level skills (language or knowledges) so education is also related to this problem. If the quality improves and the number of animals increases, there will be a benefit for residents. I introduce one example in Ocean area. The number of fish increases and people can get more fishes near the area.

I learn about the way to solve the problem from the Minneriya Safari Park. It's not effective to enforce the rule. Breakthrough idea that has a good effect to multiple direction is needed. I think finding these solution is our task.

## 5-6, Tea factory

The tea industry is one of the most important industries in Sri Lanka. Coffee is cultivated on a large scale in Sri Lanka until 19<sup>th</sup> century but large outbreak of harmful insects widely damaged coffee farms. After that, English started to cultivate tea in Sri Lanka. This is the beginning of tea industry in Sri Lanka.

High grown tea	<ul style="list-style-type: none"><li>• unique delicate taste</li><li>• refreshing astringency and fragrance</li><li>• bright color</li></ul>
Medium grown tea	<ul style="list-style-type: none"><li>• strong taste</li><li>• weak astringency</li><li>• full-bodied</li><li>• mellow fragrance</li></ul>
Low grown tea	<ul style="list-style-type: none"><li>• weak fragrance</li><li>• dark color</li></ul>

Sri Lanka is famous for Ceylon tea. There are three types of tea divided by the altitude that the tea is cultivated in; high grown tea, medium grown tea and low grown tea. The high grown tea is made over 1300 meters

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above sea level. The medium grown tea is made at an altitude of 650 to 1300 meters. The low grown tea is made at 650 meters or less above sea level. The following chart shows information of each type of tea. By the way, high grown tea has the highest grade.

In this program, we visited a tea factory and learned the production process of tea. This process includes withering, rolling, roll breaking, green sifting, fermentation, drying and sorting. These are done by machines, so there are few people in the factory. The picture on the right below is a machine which separates color leaf particles and brown stem particles by color sensor. It was made in Japan. Before they had this machine, the particles were separated by hand. We can separate 10 to 20 kg by a hand per a day but the machine can separate 200 kg per an hour.

Tea can be graded by the size of particles or what part of leaves it comes from. The picture below shows samples of tea. Using sprout is the most expensive tea. Otherwise, the bigger the particles are, the higher the price is. Tea bag uses the lowest grade tea, which is called “Dust”.



Fig.5-6-1; Pictures of the machines.



Fig.5-6-2: The grades of tea.

## 5-7, About NGO Activities and Cinnamon Industry

### 1. Introduction

In the middle of Sri Lanka, there are 16 Acer farms. A NGO group, TFG; Tarannga Friendship Group, take actions in this place. TFG was established in 1993. It aims to improve Sri Lankan young people's technical education level and deepen mutual understanding between Sri Lanka and Japan. The chief director is our professor; Prof. Ananda Kumara, and he donated the place to the farms.



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## 2.Cinnamon Processing

TFG does many activities. In Sri Lanka, the recent activity is “Cinnamon Processing.” When we visited the farm, we experienced agricultural activities. In this section, I introduce “Cinnamon processing.”



① Cut cinnamon trees.



② Cut them enough short to process



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③ Strip the rough outer peels.



④ Polish the surface of the trees with brass rod in order to smooth the surface and loosen the bark from the hard woods.



⑤ Carve out the soft inner layer of the bark into one piece.





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⑥ Dry peel, then we can get “cinnamon stick” as we know. The rest of cinnamon tree turn into cinnamon bark oil or cinnamon leaf oil.



#### 4. Outlook for Future

In Sri Lanka, except for cinnamon, TFG is trying to cultivate coconut palms. I regret to say that I didn't hear the reason, but I guess a coconut is utility. Indeed, a coconut is both edible and drinkable. Copra is dried meat or kernel of the coconut. This can be used for oil, so copra can be a source of money. Moreover, the stem could be used as wood. The peel of a coconut has fiber, so it could turn into rope or scrub brush. That is why a coconut palm is TFG's next target.

In Japan, TFG is spreading “Ceylon gourd”, a famous vegetable in Sri Lanka. It has many nutrition and effect against diabetes, which is the most popular Sri Lankan disease. Japanese people are suffered from diabetes as well, so Ceylon gourd is good health vegetable for Japanese. In addition, Ceylon gourd is good for Japanese house plantation. A vine of Ceylon gourd grows anywhere, and its leaf is large and thick. Therefore, it can prevent sunlight. Ceylon gourd may loosen Japanese summer heat, so that we can reduce electricity of air conditioner. Thus, Ceylon gourd is good for not only health but also the environment.



(Cited from website of TFG)

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## 6, Modern Sri Lanka in the Eyes of the Japanese Young Scientists and Engineers

### 6-1, Food Culture in Sri Lanka

#### •Everyday curry life?

Before we visited Sri Lanka, we had heard that Sri Lankan eat curry three times a day. But students in University of Peradeniya told me that they also eat other kinds of food such as pizza and noodle for dinner, and curry for breakfast. That is similar to Japanese food style because we don't eat Japanese food every time but choose other kinds of food anytime we want. However, during our stay, we experienced the real curry life that means we ate curry for every meal.

#### •introduction of food in Sri Lanka

Let me introduce some traditional foods in Sri Lanka.

#### Curry

Curry in Japan is liquid food on the whole. On the other hand, curry in Sri Lanka is solid, so they can eat curry by hand. As you know, there are many kinds of curries in Sri Lanka. They contain a lot of spices and most of them are hot. Fish curry was extremely hot in every restaurant. Dhal curry, curry of peas, was not hot and it was my favorite one. (That's because my stomach was tired from hot food). Other kind of curries were tasty too.

#### Hopper

Hopper is a bowl-shaped pancake made from fermented rice flour and coconut milk. People cook it in small round pans. Hopper itself is not spicy so people eat it with spicy food. And egg hopper is a hopper with an egg cracked in the bottom.

#### Curd

Curd is yogurt made from milk of water buffaloes. Sri Lankan eat it with kithul treacle (palm nectar). It was very nice so I had it whenever I saw curd in restaurants.

#### Mangosteen

Mangosteen is a fruit that is not famous in Japan. It has thick rind and you can eat only white fruit inside. It was little bit bitter because I chose bad one I think.



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## Banana

Sri Lanka has a wide variety of bananas. This is a picture of bananas in a supermarket. There are some bananas which are not sweet, and people cook them as dishes. I ate a banana whose taste was similar to that of Japan. And another banana I ate was chewy and less sweet than that of Japan.

## Tea

We can't talk about Sri Lanka without the presence of tea. The island of Ceylon is the world's leading producer of tea. Sri Lankans drink tea with much milk and sugar. Before I went to Sri Lanka, I had liked plain tea. But I found that milk tea was also good in Sri Lanka. And I bought a lot of tea for me and my family (because I and my parents are tea addicts).

I introduced some foods in Sri Lanka. But I couldn't tell you their taste exactly and there are many other foods that I didn't introduce today. It is the best to feel by yourself so please try them when you visit Sri Lanka and find your favorite food!





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## 6-2, About Export Processing Zone in Sri Lanka

We visited Katunayake Export Processing Zone and observed a clothes factory named Hirdaramani. In the factory, clothes for export were made by the staffs by hand. I was surprised that clothes we buy usually were made by so many staffs. Only for make a pocket of a pants, as many as four staffs were needed! Japanese people are taking it for granted to be able to buy high quality clothes cheaply, but I felt that we have to appreciate it and use it with care.

Nowadays, we can buy various things very cheaply in Japan. Have you ever thought why they are so cheap, or whom they are made by? Many people know they are made in developing countries. However, the fact is not familiar with us and most of the people can't have concrete images. So, observing tour of the factory was precious experience for us.



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### 6-3, City Life in Sri Lanka



Market in Sri Lanka

We almost moved around Sri Lanka by bus so I couldn't observe the city carefully. But we took photos a lot. I will introduce and think about city life in Sri Lanka.

This is a market where local people often come. I found two features of the market compared with Japanese one. First, the vegetables and fruits were much cheaper than the ones in Japan. For example, an avocado there cost about 40 SLR, which is equal to 30 yen. If I buy one in Japan, it costs about 200 yen. Second, people in the market were very friendly. They spoke to me whenever I caught their eyes. It was fun though I knew their purpose was to sell goods. Not only a seller but ordinary people smiled and waved their hands to us. They piled up their merchandises on a mat. Third, I was surprised at the unclean environment. There were many flies, and they sometimes touched foods we would eat. I hated it first but gradually get used to it. People in Sri Lanka eat food by using their hand, not with a fork and a spoon. They are strong in health from this environment. I think that's why I saw few elderly people in Sri Lanka while I felt there are many elderly people in Japan.

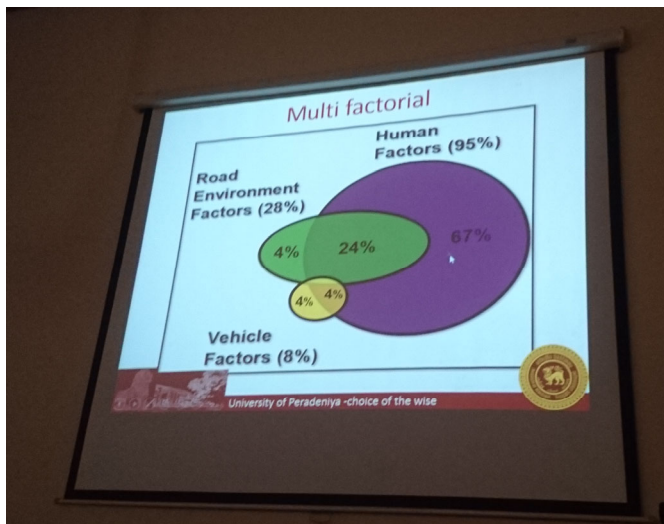


Road in Sri Lanka

In fact, there were few weak elderly people in Sri Lanka because they always eat healthy nourished food, herbs and spices. Therefore, elderly people in Sri Lanka are very cheerful!

In this study abroad, I found some problems about infrastructure. The picture below shows the developing state of a local area.

There are only two lanes as you can see in the picture. It makes the road crowded and it is dangerous. In addition, there are few traffic lights and street lights in local area. Not only the infrastructure but also a driver and a pedestrian are dangerous. For example, three cars sometimes access to two lanes! Drivers try to overtake cars ahead with going opposite lane if it is possible! Pedestrians walk among running cars! I felt fear even on the bus. Also, because train is not so developed as Japan, people in Sri Lanka often uses bus. But under this condition, the number of traffic accidents are much higher than Japan.



Rate of Traffic accidents

Besides, I had a class about “Traffic Accident in Sri Lanka” in Peradeniya University. There are various causes of the problem but we learned that the biggest one is Human Error. For example, missing brake, too fast speed and carelessness. Recently, driving with using cell phone is a remarkable factor. To prevent it, it is not so effective to increase the number of police or make more strict law because people try to speed down only

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when seeing police men. The professor said that there are two more effective ways. One is appealing to emotion, and the other is breakthrough idea. For example, a commercial message which urges to fasten seatbelt shows that mother and daughter prevent father from being hurt with holding him like a seatbelt. Another example is that a red character of traffic light for pedestrians DANCES while waiting. It has no force to stop people walking, but as a result, 81% people stopped and waited in this research. There are many ways to improve city and I think finding them is our duty.



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## 6-4, Tourism Industry in Sri Lanka

The tourism industry in Sri Lanka has been developed after the end of the civil war in 2009. The number of tourists from Japan to Sri Lanka in a year was 19,300 in 2017, which increased as twice as that in 2010. Sri Lanka Tourism Assistance Center has announced these high spots in the country. The eight world heritages, Ayurveda, the buildings by Geoffrey Bawa and Ceylon tea. Each explanation is written in other chapter in this report.

I write two things about tourism industry in this report, which we asked Upul, our tour guide. First, I mention a basic tour plan for tourists. Tourists in Sri Lanka basically attend tour groups because there is a rule that a tour guide has to be with tourists of ? The main transportation is bus. They see around the cities listening to guide's explanation on the bus. Every tour has plan to visit Ancient City of Sigiriya, one of the world heritages.

Next, I asked Upul about how he became a guide. To be an official guide, they have to take tests of 23 subjects, foreign languages, some kinds of history, politics, world heritages and so on. Upul became a guide when he came back to Sri Lanka after the end of war. He once went to a university and studied architecture in Sri Lanka. However, the civil war was serious at that time and he thought he would get little salary even if he can get little chance to do works related to architecture. Then, he left university, came to Japan and did night-time job in high salary. After the war ended, he soon came back to Sri Lanka and decided to become a guide making full use of his Japanese and English skills and show around the country he loves.

As I wrote in the beginning of this chapter, the end of the war made tourists increase. I think it is because not only the safety has come back but also Sri Lankan people who love their own country have made use of their experiences in other countries.

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## 6-5, Herbs in Sri Lanka, including Cinnamon

In Sri Lanka, many kinds of spices and herbs are used for curry, oil and medicine for Ayurveda, which is a famous treatment taking root in Sri Lanka. I introduce some of the herbs mainly used in Sri Lanka.

### • Turmeric

It means “ウコン” in Japanese. This is the same group of ginger and a stalk part, so the length is about 1 meter. A thicker stalk is used for spice. While Japanese use turmeric as a medicine, Sri Lankan women also rub powder of turmeric on their face before their sleep. That's why turmeric has the effect of permanent depilation. If you put the cream made by this powder on your skin and leave it about 15 minutes, your hair will be removed. Certainly, the hair of a member putting it on his arm was removed.



### • Nutmeg

The tree of nutmeg is very tall. The flower is used as herb medicine while the nut is used as spice. The flower is precious, so it is used as herb medicine for a cold, a cough, a stomachache and so on. Moreover, when they cook hamburger, they fry meat with the husk to remove the smell of meat and to make the taste good. For Sri Lankan, nutmeg is like God, so they use all of nutmeg.



### • Cinnamon

Cinnamon is processed goods of the trunk. It is made by hand, so the price is relatively high. However, cinnamon have so many good effects that they can disregard the price. For example, taking cinnamon prevents hair loss and diabetes by strengthening their vessels, and removes their blotches and wrinkles. When they drink tea, Sri Lankan often add cinnamon for smell.

The above is a part of Sri Lankan spice and herbs and all three are used as curry spice. Sri Lankan always take natural medicine from curry.



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## 7, Summary of the Training in Sri Lanka

### **B3, School of Engineering, Electrical and Electronic Engineering**

I am interested in Buddhism. So, going to Sri Lanka, where many Buddhists live, was a good experience for me. I think it is the same between Sri Lanka and Japan in dealing with Buddhism. But almost all Sri Lankan people belong to their religion, such as Buddhism, Christianity, Hinduism and so on. I think the point that Sri Lankan people stick to one religion is difference from Japanese people.

Also, it was good experience for me to visit a developing country. In Sri Lanka, I notice that what Sri Lankan people want is very difference from what Japanese people want. I realized that nothing becomes better in such developing countries if we only think of Japanese people.

Finally, when I came back Japan, I understood how sophisticated, convenience and comfortable Japan is. It is most important things in what I got in this program. Everyone can easily get good and safe food and water everywhere, and there are a lot of convenience stores which have good restrooms and something to eat. I think and confirm again that Japan is rich and developed country.

### **B3, School of Engineering, Information and Communications Engineering**

I learned many things from this studying abroad. I would like to introduce three of them in this summary.

The first one is communication in English. At first, I tried to talk with the correct grammar and difficult words in English. But this is impossible at that time because it took time to think and speak. I sometimes didn't came up with a word. Therefore, my communication in English was not successful. When I told this worry to Mr. Kumara. He said to me "you can talk with any easy word." Then I decided not to say difficult things and tried to talk anyway. I tried to make my communication simple and responsive. Thanks to his saying I could ask many questions in class and symposium in Peradeniya University. I felt growth for myself in this study abroad in Communication English. That's because I could discount in jewelry shop! Others laughed at my passion to discount.

Second is that I became to think and find solutions of difficult problem. I saw many things in Sri Lanka. For example, city, countryside, roads, building, market and sightseeing spots. Then I could realize the problems of developing country. Let's focus on roads for example. I could find the problems that there are too many cars on narrow roads and driving was rough. I had never thought about these problems in Japan so I became to be fun to consider the problem in Sri Lanka. Furthermore, there was a class about traffic accident of Sri Lanka in Peradeniya University. I studied how to solve the problem (analyse and find new ideas to solve) in the class. The things I studied in the class can be applied to another difficult problem. I considered many problems while this study abroad. Why are many buildings under constructions? Why are there few traffic and street light? This skill will be important in the future.

Third is that I became to visit another country. Before studying abroad I wanted not to go abroad because of some reasons. But when I knew the existence of foreign country's impressions I became to know more and more. For example, possibility of communication in English, passionate dance and beautiful views. I want to visit Northern Europe next.

I think I was glad to join in this study abroad which made me motivated. Perhaps I will work overseas! I want to train my English skills for my future.

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#### **B4, School of Engineering, Polymer Chemistry**

I learned two things from this study trip.

First, I found it so difficult but simple to make a country develop. Before I went to Sri Lanka, I had been interested in developing countries because I had wanted to make their poor conditions better somehow in the future. But it was literally “somehow”, I had had no idea of how to conduct it. I had known there are many problems to deal with in every field, but I hadn’t been interested in any specific field. It was one of the reasons of my participating in this program that I wanted to find some points which most interests me. I focused on the industry in Sri Lanka, then found the important point; the main industries come from its national character. In other words, in order to develop a country by making the industries strong, it is better knowing what the national character is and what kind of things the people are good at. I think it is simple to find them while it is difficult to come true.

Second, I found the diversity of people important. In Sri Lanka, we experienced a lot of things; seeing the cities, learning some kinds of industry in the country and talking with people there. I was surprised that every student from Japan found and focused on different things even if we have similar backgrounds. Everyone had each perspective, could give solutions to problems in Sri Lanka, or found the similarities and differences compared to Japan. I heard their innovative ideas while preparing for the final presentation, and I could improve my idea by knowing some perspective. I had thought that perspective depends on each country basically, but now I understand the perspective depends on each person basically, and each country generally. I found the reason why I like to communicate with people all over the world, that’s I can know a lot of perspective and make unexpected ideas together.

Finally, thank you Mr. Kumara for making such a wonderful program, thank you Mrs. Taya for giving us the best support, and thank you all participants for giving me some new perspective.

#### **B1, Group 2**

I’ll explain two things I learn from this program.

First, I saw many people live in Sri Lanka, or a developed county. In spite of that they are much poorer than us from the view point of money, they looked happy. They value relationships with nature, other people and so on. Their houses are surrounded by green, and their lives are filled with kindness of the people. However, as for Japan, we can see only a little green in cities. We don’t have something to do with our neighborhoods. We don’t try to make friends with others we meet in cities. Although our life is much benefit, we are not happier than people in Sri Lanka. I feel we have forgot something important that we had when Japan was yet a developing country.

Second one is about my English skill. Professor Kumara told us not to try to speak perfect English again and again. So I tried to communicate with Sri Lankan people even if I cannot speak English well. Thanks for that, I came to be able to speak English better than before. Of course it is not good English. However nobody can speak perfect English at first. I could make the first step to improve my English through this program.

The experiences we had in the program was so precious and valuable. I appreciate professor Kumara, Mrs. Taya and many people we met in Sri Lanka.

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## B1, Group 6

This was the first time that I went abroad alone. I wanted to know how studying abroad is, so I decided to take part in this program that I can go abroad with some Japanese students in a short term. There are two things I thought through this stay in Sri Lanka.

One thing is that Japanese can't speak English. I think this reason is they don't have only enough vocabulary but also much time to speak English. I myself had never talked with people from other countries in English and I had thought that I can't communicate with them without correct grammar, so I was very nervous before this trip. But I shouldn't have concerned about this point. It is why Peradeniya students speak English very fluently not to be afraid of grammar mistakes. They also listened to my talking warmly and often helped me when I slowly talked in poor English. Moreover, they were eager to anything and they seemed to want to look up unfamiliar things and tell everyone what they thought. I was impressed with such Peradeniya students' attitudes. Though it has been already said generally, I fully felt Japanese must train this point to catch up with this global society.

The other thing is about traffic circumstances. Before I went to Sri Lanka, the image of traffic condition in developing countries had been a gravel road as we watch on TV. Actually, the road wasn't improved in rural area in Sri Lanka. On the other hand, there was an expressway and a rail road in urban area. Though the traffic condition was much more developing than I expected, I thought we should deal with many traffic problems. For example, the number of traffic accidents is very large. I think one of the reasons is that Sri Lankan drive so fast to be anxious to hit other vehicles. I really think they should drive more slowly and receive training as a careful driver.

Finally, thanks to Professor Kumara, through this program I could feel and learn many things. Of course, I also really enjoyed Sri Lankan food, hotels, world heritages' tour and so on.

I want to apply these feelings to my future activities.

## B1, Group 5

This was my first time to study abroad, so I was looking forward to participating in this program. I hadn't known about Sri Lanka before I went there. I worried about unsafety in this country because an impression I had on developing countries was not good. However, through the ten days in Sri Lanka, I didn't feel any dangerous thing. I heard the number of traffic accidents is large, but I didn't see any accidents. We were not stolen anything by pickpockets. We could enjoy Sri Lanka.

I was most impressed with the nature in Sri Lanka. Seeing the view from the top of Sigiriya Rock, I was surprised that there were no buildings and vehicles there. There are only forests and the remains. I had never experienced such situation in Japan. In the safari park, I saw many wild elephants. There were injured male and female elephants and I was impressed with the situation a male elephant took care of others.

In University of Peradeniya, I interacted with students. This was my first experience to talk with foreigners in English. Their English was very fluent and mine was not. I keenly realized the gap between me and these students. To be honest, I thought I am all right in speaking English. However, this was wrong. In this global society, we couldn't work without English. I need to study English more seriously.

I am glad to participate in this program. I could experience many things I can't do in Japan. I don't forget these ten days. I want to make use of what I gained in Sri Lanka in the future.



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### **B1, Group 7**

This program was my first trip abroad. Everything in Sri Lanka was fresh for me. I got excited whenever I touched Sri Lankan music, heat, wind, fruit, curry, dishes, the smell of spices, and people living there.

Before I visited Sri Lanka, I had thought there is poor public security in this country. However, Sri Lankan people were so warm and kind to me. It is typically said that Japanese people are kind. For example, your wallet will usually come back when you drop it in Japan. I thought this Japanese character is similar to Sri Lankan one. In my opinion, it is because both are island countries. There may be a mental characteristic of the people of an island country though I am not sure what it exactly is. On the other hand, there are many differences between Japan and Sri Lanka. Especially, Sri Lanka is a multiethnic country, so I saw Buddhist temples, Hindu ones and Christian churches. The place that gave me the biggest impression was Dambulla Cave Temple. Statues of Buddha made in different periods told me how people have believed in the religion across centuries. I was moved so much and interested in religions.

Next, I got excited and flustered when I visited University of Peradeniya and talked with the students. They are so friendly and taught me Sri Lankan life and education system. Their English are better than mine. I knew my English was so poor. I realized that it is important to speak more ideas in English in order to spread my world. I also understood my environment is blessed. They had made much of their effort to enter the university, while there are many youngster who cannot enter the university because of financial problems. Through this experience, I came to be eager to change this environment in Sri Lanka in the future.

I touched a lot of culture that I had never experienced. I will not forget this experience for the rest of my life. Finally, I really appreciate to Prof. Ananda Kumara, Ms. Taya, Tokyo Tech students who visited Sri Lanka together and all Sri Lankan people who communicated with me.

### **B1, Group 5**

I have chosen Sri Lanka as my destination during summer vacation because I thought I could learn a lot of things from this program. And I felt and thought many things in Sri Lanka.

I'd like to tell you the biggest feeling I found in this program.

It came to me on 2nd day, when I visit TFG farm. Many people gathered for our visiting and welcome party. Children there told us what they do as play in TFG farm. They drew some squares on the ground, and jumped with some rules (in Japan, that play is called "ken-ken-pa"). We tried it and adults there also did it with much fun. They told us another play. That was to walk keeping a coconut cup (two cups were connected each other by a rope) under each foot. That was similar to "take-uma" in Japan. We did it too (and I found my ability to walk fast). They don't use money for goods of plays (coconut cups were abundant there). And everyone looked happy. I like such situation. See what I'm saying? I mean, I like to see children playing in nature not playing video games. And I enjoyed plays with them, that makes me more happy. So I was impressed by that situation. It is difficult to express what I felt and thought exactly. But I certainly learn something in Sri Lanka.

I want thank all the people I met in Sri Lanka, Mr.Kumara, Ms.Taya and team members of this program. Thank you.

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### B1, Group 3

“Does international elite speak English so slowly?”

“Does international elite talk about very poor things, like a child?”

“Will I be able to speak English as well as foreign country?”

I ask me these questions recently. During staying Sri Lanka, I thought foreign student can speak English very well, but Japanese student cannot. I also cannot. It is problem for me at least. So, I would like to talk about my linguistic experience in Sri Lanka.

On day 6. We arrive University of Peradeniya, and participate a student exchange. So, we make many groups. My group member is four people which are two Japanese, one Sri Lankan, one Czech, and one Pakistani. Our discussion is about home country. Then, Czech and Pakistani talk in English very fast, so fluent. Moreover, they talk about difficult topics, like politics, religion, and national character. While they talk fluently, I cannot speak English well. I cannot talk about difficult contents. They seem boring while I talk. All I can do is to keep silence. I thought my English speaking skill is lower than elementary school's students. I felt as if I am a stone statue. It was educational shock. In the foreign world, I am just nobody.

So, I ask me the three question. In the end, the answers is I need English skill more. If I desire to work as global worker or research abroad, I must ask me many times over and take actions to raise my English skill.

I will not forget this summer experience in Sri Lanka.

## 8, Special Thanks

Our special thanks to

Prof. Ananda Kumara

Ms. Miwako Taya

Professors and Students of Peradeniya University

Members of TFG Farm

All People we met in Sri Lanka



