

# Samutthāna

The King's College London Resource Centre For Trauma.  
Displacement and Mental Health

# Global Placements ITINERARY

Destination : Sri Lanka

Duration : 03 Weeks

## WEEK 1



### ARRIVAL IN SRI LANKA

- Transfer to Accommodation
- Day at Leisure

### SAMUTTHANA

- Orientation session at Samutthana
- Lunch
- Session on mental health and well-being – Dr Kavinda De Silva

### LANKADHARA CARE HOME

- Working with staff members
- Lunch
- Working with the children in Care

### CULTURAL TOUR

- Visit to a Buddhist Temple / Hindu Kovil / Catholic church / Mosque

### SAMUTTHANA

- Workshop on practitioner burnout – Dr. Nathalie Panabokke
- Lunch
- Group discussion

### DAY AT LEISURE

### REST DAY



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## WEEK 2



### MJF FOUNDATION

- Full day at the school for children with special needs

### SAMUTTHANA

- Wellness activity (Yoga)
- Lunch
- Suicide Gatekeeping workshop – Mr. Nivendra Uduman

### SHOPPING / SIGHTSEEING

- Exploring the city of Colombo at Leisure

### DEPART TO KANDY

En route :

- Visit to the elephant orphanage
- Lunch
- Visit to Saradiyel's village to experience ancient rural village life

### KANDY GENERAL HOSPITAL

- Full day visit and volunteer work

### CHILD ACTION LANKA

- Full day visit and volunteer work

### DEPART TO GALLE

En route :

- Visit to the temple of the tooth relic
- Peradeniya Botanical gardens

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## WEEK 3



EXPLORE THE CITY OF GALLE

ENJOY SOME SUN, SEA AND SAND



RETURN TO  
COLOMBO

En route :

- Visit the turtle hatchery.

NATIONAL  
INSTITUTE OF  
MENTAL HEALTH

- Visit to the NIMH
- Lunch
- Wrap discussion with the Samutthana team. tthana ife

FAREWELL

- Reflective presentation
- Farewell Dinner



DAY AT LEISURE

DEPART TO THE  
AIRPORT