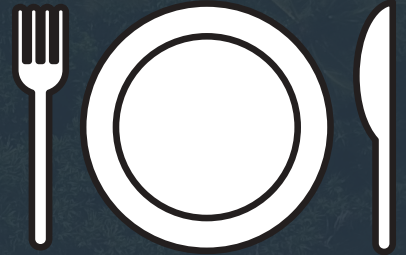


WHAT'S INCLUDED FOOD

At Travelteer we think that local cuisine is a huge part of the volunteering experience and luckily both Sri Lankan and Nepalese food are absolutely delicious!



WHAT WE PROVIDE

School groups are provided with three meals a day for all but one day of their two week experience. On the day where we do not provide the group with food, students have the chance to get out and explore the local surroundings and test out an extra activity of their choice such as kayaking, zip-lining or paddle boarding - we will give them guidance on good restaurants to try!

BREAKFAST

Travelteer provides breakfast every morning at the Volunteer accommodation! Throughout the week there is a range of continental breakfast options including; toast, eggs, cereal, yogurt and fruit. There is also the option to try a traditional Sri Lankan and Nepalese breakfasts which usually consists of dhal, string hoppers or rice porridge!

We provide morning drinks such as tea and coffee. All the breakfast is 'self-service' so volunteers will be able to help themselves before they leave for their programme.



LUNCH & DINNER

Lunch is served at the volunteer accommodation between morning and afternoon volunteering projects or delivered directly to the projects themselves. Throughout the week you will taste a variety of different local foods - various rich curries and fresh vegetables in Sri Lanka and delicious Dhal and Momos in Nepal.

The dinner menu changes each day, mixing in asian dishes such as noodles and fried rice as well as western favourites such as Bolognese.



WHAT'S INCLUDED

FURTHER INFORMATION

ALLERGIES

Travelteer take allergies very seriously! All chefs in our volunteering destinations are able to accommodate specific needs if notified ahead of time. If you are affected by any form of allergy, please let our team know in your pre-departure call!



WESTERN ALTERNATIVES

We believe that eating traditional food is a huge part of responsible travel and really completes the experience. However, if you do end up having difficulties with the local cuisine we will try our hardest to sort a simple western alternative.

SUPERMARKETS

Small supermarkets or shops can usually be found close to our volunteer accommodations - we recommend bringing some spending money with you just in case you're missing some home comforts!



CONTACT US

Our friendly staff are always ready to help out with any queries! If you would like to get in contact, please use the below details:

Email: admin@travelteer.co.uk
Phone: 0115 874 4399

TIME TO MAKE AN IMPACT!