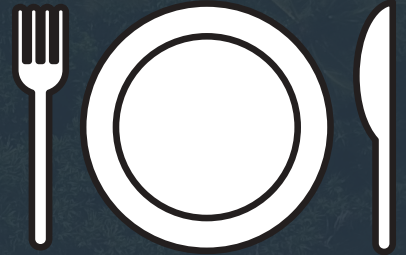


## WHAT'S INCLUDED FOOD

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!



### SRI LANKA

Volunteers are provided with three meals a day from Monday - Friday, with breakfast provided on weekends. Lunch and dinner on weekends is a real chance for volunteers to get out and explore the surrounding area and our co-ordinators will be able to give guidance on the best spots!

### BREAKFAST

Travelteer provides breakfast every morning at the Volunteer House! 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 breakfast which usually consists of dhal and string hoppers!

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 house between morning and afternoon volunteering projects. Throughout the week you will taste a variety of different curries, using a number of fresh vegetables such as Jackfruit and Plantain - all lunches are served with rice and accompaniments.

The dinner menu changes each day, mixing in asian dishes such as noodles and fried rice as well as western favourites such as Bolognese - finishing up with a BBQ every Friday.



## NEPAL

As with our Sri Lankan programmes, we provide three meals a day during the week whilst volunteers are staying with us in Nepal. Breakfast is provided at the weekend, but volunteers will need to buy further weekend meals themselves - time to explore!

### BREAKFAST

Travelteer provide breakfast every morning - whether that be at the Travelteer House in Pokhara or in one of our selected Home-stays in mountain communities! Throughout the week there is a range of continental breakfast options including; toast, eggs, cereal, yogurt and fruit. There is also the chance to try traditional Nepalese breakfast options including Chai (a hot milky tea) with rice or some rice porridge.

Tea and coffee are included to kick-off the day and all the breakfast is 'self-service' so volunteers will be able to help themselves before they leave for their programme.



### LUNCH & DINNER

During the week we will either deliver lunch to volunteers at their various projects or be serving it between projects at the volunteer accommodation. We will provide volunteers with a range of options including Dhal Bhat (traditional Nepalese cuisine), fried rice, sandwiches and vegetable momos!

After a day working on our Community Development Programme, volunteers will have dinner together at either the volunteer accommodation or a local restaurant. Dinner usually consists of vegetable, chicken or fish curry and rice.



## 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](mailto:admin@travelteer.co.uk)  
Phone: 0115 874 4399

## TIME TO MAKE AN IMPACT!