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Explorers' Month



探索月歷

Sri Lanka 斯里蘭卡

ARMCHAIR TRAVELLER

Travel Guide 2 GO~



COUNTRY OF THE MONTH:

SRI LANKA



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Sri Lanka
101

Teardrop of India



The **Democratic Socialist Republic of Sri Lanka**

- "Teardrop of India" is an island country in South Asia right under India
- Inhabits around 21 million people
- 75% of the population speak **Sinhala** and 12% **Tamil**, which are the two official languages of the country.

Religion: **Buddhist** (70%), with **Hindu**, **Muslim** and **Christian** as minorities

Judicial and executive capital: **Colombo** (Largest City)
Official administrative capital: **Kotte**



Sinhalese
to go

#1

Sri Lanka ranked top country for travel in 2019 by Lonely Planet

Sinhalese alphabet

ක	ඛ	ග	ඝ	ඛ	ඟ	ච	ඡ	ඣ	ඤ	ඞ
ka	kha	ga	gha	ṅa	ṅga	ca	cha	ja	jha	ṇa
[ka]	[kha]	[ga]	[gha]	[ṅa]	[ṅga]	[ca]	[cha]	[ja]	[jha]	[ṇa]
ට	ඨ	ඩ	ඪ	ණ	ඬ	ත	ථ	ද	ධ	න
ṭa	ṭha	ḍa	ḍha	ṇa	ṇḍa	ta	tha	da	dha	na
[ṭa]	[ṭha]	[ḍa]	[ḍha]	[ṇa]	[ṇḍa]	[ta]	[tha]	[da]	[dha]	[na]
ප	ඵ	බ	භ	ම	ඹ	ය	ර	ල	ව	ළ
pa	pha	ba	bha	ma	m̐ba	ya	ra	la	va	ḷa
[pa]	[pha]	[ba]	[bha]	[ma]	[m̐ba]	[ja]	[ra]	[la]	[va]	[ḷa]
ශ	ෂ	ස	ෂ්	හ	ඬ					
śa	ṣa	sa	ṣa	ha	ḥa					
[śa]	[ṣa]	[sa]	[ṣa]	[ha]	[ḥa]					

Numbers:

- එක (eka) - one
- දෙක (deka) - two
- තුන (tuna) - three
- හතර (hatara) - four
- පහ (paha) - five
- හය (haya) - six
- හත (hata) - seven
- අට (aṭa) - eight
- නවය (navaya) - nine
- දහය (dahaya) - ten
- සියය (siyaya) - hundred
- දහස (dahasa) - thousand

Food:

- මස් (mas) - meat
- මාළු (maḷu) - fish
- කුකුල් මස් (kukul mas) - chicken (literally "chicken" + "meat")
- හරක් මස් (harak mas) - beef
- ඌරු මස් (ūru mas) - pork



Some easy phrases to learn:

- ආයුබෝවන් (āyubōvan) - Traditionally "hello" or "welcome". Has been replaced by "hello" in many cities
- ස්තූතියි (bohoma stuty) - "Thank you"
- මගේ නම Tom (mage nama Tom) - "My name is Tom"
- මම යන්න ඕනේ London (maṭa yanna one London) - "I want to go to London" (replace London with any place, or even "bathroom" or something like that)



Tourist Spots



Colombo is a busy and vibrant place with a mixture of modern life and colonial buildings and ruins. The city has been known to ancient sea traders 2000 years ago and has undergone a lot of changes in its long history.

The Portuguese, Dutch and British left their marks during the colonisation period which one can find in the architecture and food. Due to its proximity to the ocean, tourists can enjoy the nearby beaches as well as the busy life of this major city.



The **Yala National Park** is the oldest and most visited park on the island.

This beaming wildlife spot is crucial to the local elephant, leopard and aquatic bird conservation.



This beautiful city **Kandy** is right in the middle of Sri Lanka and was the last capital of the ancient king's era.

It is home to the Buddhist **Temple of the Sacred Tooth Relic** (also called **Sri Dalada Maligawa**) one of the most sacred places of worship in the Buddhist world.



If you want to have a beach holiday **Arugam Bay** will be perfect! This small **fishing village** is now becoming a famous tourist attraction, especially for **surfers** and those who want to learn! The whole village has a very laid-back atmosphere and offers great relaxing opportunities.





Food



King coconut is indigenous to Sri Lanka also known as **Thambili**. Majority of the people have King coconut trees in their backyard! It is sweeter than the regular coconut and is being used in various forms in herbal medicines.



Lamprais

Introduced by the country's Dutch Burgher population (a Sri Lankan ethnic group of mixed Dutch, Portuguese Burghers and Sri Lankan descent).

It's loosely translated from Dutch meaning a packet of food.



Kottu Roti

This dish is considered the Sri Lankan equivalent of the hamburger, in terms of its popularity on the island.

Originally derived from the Tamils, it is now eaten as street food! You can find Kottu in Chungking Mansion in Hong Kong too!

Why is this curry black?

The black in the **Black Pork Curry** comes from pepper, very dark roasted curry powder and either tamarind or goraka (a souring agent). Normally served with plain rice and one of the quintessential dishes in Sri Lanka!



String Hoppers

String hoppers are the things that look like nests of spaghetti in this breakfast picture. To make string hoppers Sri Lankans mix red or white roasted rice flour with water to make a dough, then push it through a sieve or press to make the strands. The little matted nests then go into a steamer.



Prawn Vadai

A popular snack or 'short eat' at **Galle Face Green**, are crisp, deep-fried lentil patties topped with small prawns, and doused with a tangy chilli sauce.



Watalappam

It is a coconut custard pudding made of coconut milk or condensed milk. The dish is believed to have been brought to the country by Sri Lankan Malays in the 18th century.



Special Tips



Anuradhapura

For everyone that is interested in historic and ancient cultures!!

Its well preserved ruins speak of ancient kingdoms and stories that want to be discovered. Being one of the oldest continuously inhabited city in the world, it is a UNESCO World Heritage Site as well as the current capital of the North Central Province.

Story from the Flag of Sri Lanka

There are numerous myths around the **Sri Lankan flag** and its meaning especially the **origin of the lion**. Learn more about one of them now!

Once upon a time, there was an **Indian princess** of Kalinga, who was abducted by a **lion** who forced her to bear him a child. The child, **Sinhabahu**, killed his own father and for this crime was told to leave the country on a ship. He travelled to a special island in the south known as the **island of gems** which is nowadays known as Sri Lanka. There, he met a yakshini, **married** her and together they **had children**.

Therefore, Sri Lankans see themselves as **descendants of lions** and are proud of their heritage.



Dulanga's Favourite restaurant

Ministry of Crab

Address: Old Dutch Hospital Complex,
04 Hospital St, Colombo 00100



The first institution
dedicated to serving you the
best of Sri Lankan crabs.