將世界帶入課室 在課室環遊世界

Sri Lanka 斯里蘭卡

ARMCHAIR TRAVELLER

Travel Guide 2 GO~



COUNTRY OF THE MONTH:

SRTIANKA









Teandhop 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**





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

Sinhalese alphabet

ක ka	බ kha	(S)	ලි gha	€ na	ග ňga	ච ca	ල් cha	ප් Ja	ඣ lha	කද ña	
[ka]	[ka]	[ga]	[ga]	[ŋa]	[ºga]			[ʤa]	[ʤa]	[na]	
0	۵	ඩ	ඪ	Ø6)	ඩ	න	0	Ĉ	ಎ	ත	Ę
ta	tha	da	dha	ņa	ňda	ta	tha	da	dha	na	ňda
[ta]	[ta]	[da]	[da]	[na]	[nda]	[ta]	[ta]	[da]	[da]	[na]	[nda]
8	එ	බ	හ	@	(2)	ය	0	C	3	0	
pa	pha	ba	bha	ma	mba	ya	ra	la	va	ļa	
[pa]	[pa]	[ba]	[ba]	[ma]	[mba]	[ja]	[ra]	[la]	[va]	[la]	
ශ	ෂ	ස	Zto	හ	0						
śa	şa	sa	za	ha	fa						
[ʃa]	[ʃa]	sa	[za]	[ĥa]	[fa]						

Numbers:

එක (eka) - one දෙක (deka) - two තූන (tuna) - three තතර (hatara) - four පත (paha) - five තය (haya) - six තත (hata) - seven අට (aṭa) - eight නවය (navaya) - nine දෙනය (dahaya) - ten සියය (siyaya) - hundred දෙනස (dahasa) - thousand

Food:

මස් (mas) - meat මාළු (māļu) - 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 Has been replaced by "hello" in many cities ස්තූන්ය් (bohoma stuty) - "Thank you"

මගේ නම Tom (magē nama Tom) - "My name is Tom"

මට යන්න ඕනේ London (maṭa yanna ōnē London) - "I want to go to London" (replace London with any place, or even "bathroom" or something like that)







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.







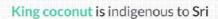
Why is this curry black?

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!



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.



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.



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.





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!



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.





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.



