

JUNGLE BEACH

Camp Ahungalla



@Jungle Beach
Restaurant, Spa &
Watersport Ahungalla,
Sri Lanka

Wathuregama, Ahungalla
Sri Lanka
+94 775959406
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Back to basics
Back to life

LIVING IN THE NATURE WITH THE NATURE - FOR VOLUNTEERS



Investing a lot of euros in a common volunteer project is less effective if you don't bother to invest in your personal growing, knowledge about the life generally and your health.

You want to find out what is your nature, what are your unique gifts, which you want to give to serve others

You want to make an unforgettable valuable experience in another country before your start with your dream job

You want to live for a while with like-minded people in the nature with the nature

But more than anything you just want to feel proud of yourself

After partnering with a group of young people to give them space for optimizing their health, energy and focus I feel like I know you pretty well:

- * Your day starts from the moment you open your eyes and start checking messages on your iPhone
- * From the moment you start thinking about school, university -or what the hell comes after that- your adrenaline kicks in and you are „on“
- * You still have not any or a very vague idea of what you want to do in your working life
- * Your parents are pushing you in a direction you don't want to move
- * After years of filling your brain you feel tired and dream about a time out from your monotonous daily life, step back and look at your life from a distance
- * You love traveling and were always dreaming about discovering other cultures and countries to understand your own life better
- * You want to get rid of some patterns, which have crept into your life over the years and already, so your body's vital energy stores have already lost power

If this sounds similar like the story of your life, you're in the right place!

- * You have finished school or university, an important part of your life
- * You filled your brain with many helpful but also unnecessary things which you will never use again in your life
- * You have pleased your parents and grandparents and have been a more or less „good“ student
- * Because of ignorance unhealthy patterns have crept in your life
- * You eat and drink unhealthy things and your body energies are out of balance
- * You have missed to learn, how life and your body really works, how to don't think all the time, how to live without smartphone, TV and your branded clothes

I am Barbara and I created Jungle Beach Camp Ahungalla for people like you, who want to combine their precious time abroad with a lot of fun, personal growing and new experience

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The perfect environment for your life
project at the south coast of Sri Lanka

Natural abundance

Experience yourself and find your unique gifts, which you want to share with the world

Jungle Beach Camp Ahungalla gives you a wide range of space from just enjoying on of the most beautiful beaches in Sri Lanka with like-minded people to one-to-one mentorship in the most interesting topics - your life

Its created for young people like you, who want to get more out of their volunteer time in Sri Lanka like others.

During your stay with us you will have an intense experience living in the nature, with the nature and all of it's elements.

If you like you will get many possibilities and support to find out your unique gifts, which are given to you that when continually grown in service to others brings you freedom and fulfillment. Life is constantly giving us emotional feedback about our gifts.

Our Jungle Beach Camp Team has a wide range of knowledge, experience and ways to support you.

But the best of all, it happens through having fun, adventure combined with exploring new valuable things, learn a lot about life and meet new friends

Here's what can be included in your stay with us. Choose your own combination.....

- * Organic farming - Healthy food for a healthy body
- * Ayurveda philosophy, lifestyle & treatments (basic knowledge and workshops) - The science of life
- * Yoga & meditation workshops
- * Personal life coaching workshops
- * Traditional & modern way of Sri Lankan cooking
- * Tourism & service, event management
- * Surf & fun (many kind of sports & watersport)
- * Beach Volleyball Camp
- * Survival & rescue training
- * Plastic & garbage project
- * Teaching English and/or language for kids and adults from the village
- * Arts & Craft Workshop
- * Sea turtle saving project

Included in every package is

- * Transfer from and to airport
- * Introduction workshop through the team on location
- * Mentoring through the team on location
- * Contact person in your project
- * Daily transfer to your project
- * 3 healthy meals per day
- * 3 x yoga lesson per week
- * 1 x meditation & workshop per week
- * 1 x Full body massage and river safari during your stay
- * 1 x Beach BBQ night during your stay
- * Sim-card for your mobile phone
- * 24 h emergency number
- * Questionnaire before and feedback form after your stay

Accommodation in

- * Tents from 2 to 8 person at the beach
- * Rooms in bungalow 15 minutes walking distance on the beachside with hot water and with or without A/C



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Facilities

- Beach Camp (in tents for 2 to 8 pax)
- Bungalow & Apartment with 7 bedrooms with hot water, with and without A/C
- Bungalow with 4 bedrooms with hot water, with and without A/C
- Restaurant
- Full equipped kitchen
- Washrooms & toilets
- Surfboards & bodyboards
- Many kind of other watersport
- Massage hut with 2 treatment beds
- Beach volleyball court
- Table tennis
- Card games, games & carrom board
- Open Air Cinema

Trips (optional)

- Visit Mahayangana - The Veddas (Indigenous People of Sri Lanka) - Living with the nature
- Visit Pinnawela Elephant Orphanage
- Visit Ambalangoda Sea Turtle Project
- Visit Sinharaja Forest
- Visit Yala National Park
- Visit temples, ancient cities and special places
- Refreshing at the waterfall
- Whale & Dolphin Watching
- Visit Galle Fort
- Bicycle Village Tour
- and much more....

Packages

- You can create your own individual package through our Excel-Sheet and find out the price per week for your life project

