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Message from the Project Manager

By Suresh Mani – Lovely Professional University

Non-communicable diseases (NCDs) are a major cause of death and disability throughout the world. Research has shown that physical activity, such as sport, can help in the prevention and management of NCDs. It is estimated that regular physical activity can reduce the risk of premature mortality by up to 30%, and it is important to emphasize the role of sport in reducing this risk. Not only can regular sport reduce one's risk of developing an NCD, but it can also help manage existing conditions like hypertension, diabetes, cancer, and obesity. Sport not only helps physically but also mentally; it encourages social interaction and provides a sense of purpose and meaning in life. There are many benefits associated with participating in sport for those who suffer from NCDs or who are at risk for developing them.

Despite the global Covid pandemic, the SPIRIT project was able to achieve its overall objectives. This was due to the hard work, dedication, and resilience of everyone involved in the project. We faced many challenges throughout the year, including restrictions on travel and face-to-face meetings, but this did not prevent us from working together to make sure that we achieved our goals. Through creative problem solving and adapting our methods, we were able to make sure that implementation of objectives went as planned.

We would like to extend our congratulations to all the partners for their successful planning and implementation of events in their respective countries. Through these efforts, the partners were able to meet the overall objectives that were set out to accomplish. These events highlighted their dedication, hard work, and commitment to achieving the desired results under the SPIRIT project. It is through such collective efforts that we are successfully able to create a successful implementation of various tasks under the SPIRIT project. With this mindset and determination, we can push ourselves to go further than ever before and achieve anything we set our minds to.

The sky is indeed the limit!



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Project Update

IPB University

PERGIZI PANGAN WEBINAR SERIES – Collaboration with IPB SPIRIT Club

In collaboration with PERGIZI PANGAN INDONESIA, SPIRIT sport club IPB University held a webinar entitled Metabolomic Effect of Diet and Exercise on March 13, 2024. In this activity as a resource person was Prof.Dr.dr. Dina Keumala Sari, MGz (Coordinator of SPIRIT Project University of North Sumatra), Dr.dr. Mira Dewi, MSi (member of SPIRIT Project IPB University team, and Dr.Ivan Salazar Chang (Erasmus SPIRIT Team). There were quite a lot of participants who participated in this activity, around more than 150 participants.

PERGIZI PANGAN
Indonesia

PERGIZI PANGAN WEBINAR SERIES
Ketahanan Pangan dan Gizi Indonesia & Global :
Inovasi untuk Pembangunan Berkelanjutan

GRATIS
E-SERTIFIKAT UNTUK
300 PESERTA HADIR DAN
MENGENAI FORMULIR

Rabu, 13 Maret 2024
14.00 - 16.00 WIB

Penerima Penghargaan MURI 2022
"Webinar dengan Serial Terbanyak"

Seri 192:
Metabolomic Effect of Diet and Exercise

Narasumber I
Prof Dr dr Dina Keumala Sari MGzi
Head of Nutrition Department, Faculty of Medicine, Universitas Sumatera Utara
"Metabolomic Effect of Ramadhan Fasting"

Narasumber II
Dr dr Mira Dewi MSi
Acting Vice Dean of Medical Faculty IPB University
"Metabolomic Effect of Exercise "

Narasumber III
Dr Ivan Salazar Chang
Head of International Relations at Sports Chair of University Polytechnic of Valencia (UPV)
"How to Encourage People to Exercise Regularly from Psychological Aspect"

Sambutan
Prof Dr Hardinsyah MS
Ketua Umum DPP PERGIZI PANGAN Indonesia

Moderator
Muhammad Aries SP MSI
Nutrition Department, Faculty of Human Ecology, IPB University

Koordinator
Dr Muksin Pasambuna SPd MSI
Jurusan Gizi Poltekkes Kemenkes Manado

MC
Titlis Retno Sawltri SGz
Alumni Universitas Esa Unggul, Alumni DoYouLead

ZOOM MEETING ID : 818 4527 4258
PASS : LINISEHAT

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Project Update

IPB University

Ramadhan Afternoon Discussion at Al Hurriyah Mosque, IPB University

Ramadhan Afternoon Discussion is an activity initiated by the SPIRIT CLUB IPB University team on March 13th 2024. The activities are in the form of presentations and discussions on "NUTRITION and PHYSICAL ACTIVITY DURING FASTING". The speaker was dr. Naufal Muharam Nurdin, MSi. This topic is related to entering the month of Ramadan 2024,

so it is expected to provide enlightenment to participants, especially students who usually attend lecture activities in the afternoon while waiting for iftar at Al Hurriyah Mosque.



Project Update

IPB University

IPB SPIRIT Sport Club Conducting Traditional Sport – Collaboration with Nutrition Student Association in ENZIM: Community Nutrition Week

On Saturday and Sunday, April 27-28, 2024, one of the work programs of the Human Resources Development Division of HIMAGIZI IPB, namely ENZIM with the theme "Fruit-ship: Freshness and Uprightness in Tight Kinship", has been carried out. The purpose of this activity is to strengthen internalization between the Community Nutrition community and as a forum for showing students' talents and creativity. This activity consists of competitions that can refresh themselves in the midst of being busy to become a Community Nutrition community.

On the first day, ENZYME included a relay race, tug of war and a folk party at Telaga Inspiration, IPB University. Meanwhile, the second day of ENZIM included the GM 58-60 parade, traditional dance competitions and vocal solos at the GMSK Auditorium, IPB University. Students and lecturers attended the first and second days from the Department of Community Nutrition.



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Project Update

IPB University

IPB SPIRIT Club members won The “Kata” Individual Women's U-21 International Dasril Muchtar Cup

Assyifa Azzahra Mahmudin won the **The “Kata” Individual Women's U-21 International Dasril Muchtar Cup**, which held on May 24-26, 2024 at Gymnasium UPI, Bandung, Jawa Barat. This championship is an International and National between all provinces in Indonesia, and as a selection to International championship in Manila Philippines. Assyifa Azzahra Mahmudin, an IPB SPIRIT Club athlete member who is also a Nutrition Science study program student at the Faculty of Human Ecology, IPB University. In March and April 2024 she is also brought home two medals, from: 1) Bronze medal FORKI Championship – organizer by PB FORKI and Ministry of ATB/BPN - 6-8 March 2024 - Location: ICE BSD, and 2) Silver Medal West Java Circuit - Organizer: FORKI West Java - 19-21 April 2024 - Location: GOR Padjajaran Bandung. This achievement is very proud and will be an example for SPIRIT SPORT CLUB members and other students, as well as the public. Thus, through SPIRIT SPORT CLUB it will be increased people’s enthusiasm for healthy living and achievement through exercise and a healthy diet.



Project Update

Universitas Sumatera Utara

Dr. Christoforos Giannaki participated in giving lectures on the Block Elective Wellness Integrated Medicine (WIM) course at the Faculty of Medicine, Universitas Sumatera Utara

One of the courses developed by the Universitas Sumatera Utara as part of the Erasmus Plus SPIRIT Project is the Block Elective Wellness Integrated Medicine (WIM) with the topic title Physiological adaptations in response to exercise. Dr. Christoforos Giannaki, Associate Professor, Department of Life Sciences, University of Nicosia, Cyprus, on Monday, presented this topic April 29 2024, 02.00 PM until finished, via hybrid lecture. This lecture activity was attended by 120 sixth semester students of the Faculty of Medicine, Universitas Sumatera Utara, moderated by Dr. dr. Yetty Machrina, AIFO-K, Sp.KKLP. This lecture activity has been attended for two consecutive years as part of the new course that has been produced by the SPIRIT Project. Apart from that, this course also carries out the practice of prescribing exercise and calculating nutrition for athletes in order to increase a person's physical activity, as part of efforts to prevent infectious diseases.

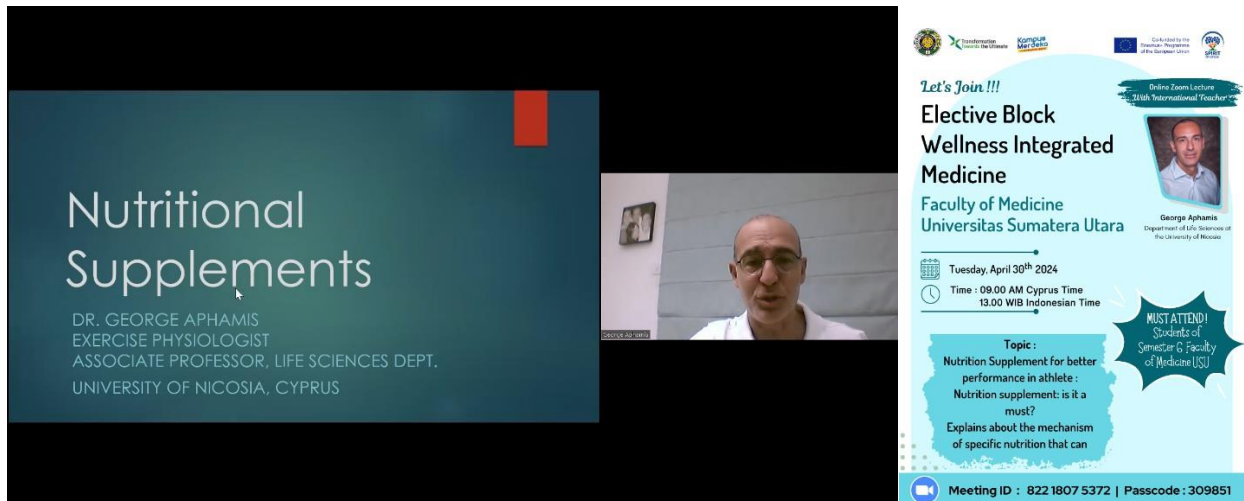


Project Update

Universitas Sumatera Utara

The topic of Nutritional Supplements was presented by Dr. George Aphasimis on the Block Elective Wellness Integrated Medicine (WIM) course block at the Faculty of Medicine, Universitas Sumatera Utara

The topic of nutritional supplements is of particular interest to athletes. Several types of vitamins that are good for athletes to consume are vitamin B12, vitamin D, and vitamin E. Apart from that, several types of food supplements, such as creatine, whey protein, caffeine, protein, sodium bicarbonate, and Coenzym Q10, can help improve performance in athletes. Dr. George Aphasimis, Associate Professor, Department of Life Sciences, University of Nicosia, Cyprus presented this topic, on Tuesday, April 30 2024, at 01.00 PM until finished, through a hybrid lecture. This lecture activity was attended by 120 sixth semester students of the Faculty of Medicine, Universitas Sumatera Utara, moderated by Dr. dr. Yetty Machrina, AIFO-K, Sp.KKLP. This lecture activity has been attended for two consecutive years as part of the new course that has been produced by the SPIRIT Project. This topic is interesting because most students have a desire to deepen nutrition in athletes.



The image shows a Zoom meeting interface. On the left, a slide titled "Nutritional Supplements" is displayed, featuring the name and title of Dr. George Aphasimis, an Associate Professor in the Department of Life Sciences at the University of Nicosia, Cyprus. On the right, a Zoom meeting invitation is visible, detailing the "Elective Block Wellness Integrated Medicine" course at the Faculty of Medicine, Universitas Sumatera Utara. The invitation includes the date (Tuesday, April 30th 2024), time (09:00 AM Cyprus Time / 13:00 WIB Indonesian Time), and a meeting ID (822 1807 5372) with passcode (309851). It also highlights that the speaker is an "11th International Teacher" and that the topic is "Nutrition Supplement for better performance in athlete: Nutrition supplement: is it a must? Explains about the mechanism of specific nutrition that can".

Project Update

Universitas Sumatera Utara

Child development is an introductory part of children's physical activity which helps understanding of children's physical activity, discussed by teacher Rita Cordovil, Lisbon, Portugal

The topic of Development as a process of changing fundamental concepts was thoroughly discussed by Assistant Professor Rita Cordovil, Faculty of Human Kinetics, University of Lisbon, Portugal. This teaching will be held on Tuesday, April 30 2024, at 03.00 PM until completion, through a hybrid lecture. This lecture activity was attended by 120 sixth semester students of the Faculty of Medicine, Universitas Sumatera Utara, moderated by Dr. dr. Yetty Machrina, AIFO-K, Sp.KKLP. This lecture activity has been attended for two consecutive years as part of the new course produced by the SPIRIT Project. It is important to teach sports to children from an early age, and a person will get used to exercising. If during childhood he is accustomed to exercising, children who actively play will show optimal bone growth and development. Children who play actively can prevent overweight and obesity in adulthood.

The poster is for a Zoom meeting titled "Elective Block Wellness Integrated Medicine" for the Faculty of Medicine at Universitas Sumatera Utara. It is an online Zoom lecture by Rita Cordovil, Faculty of Human Kinetics at the University of Lisbon. The meeting is on Tuesday, April 30th, 2024, from 09:00 AM Portugal Time to 15:00 WIB Indonesian Time. The topic is "Motor Development and motor behavior: How to understand motor development and motor behavior." The agenda includes: 1. Explains fundamental concepts of motor development; 2. Explains the main changes in motor behavior across lifespan; 3. Explains the importance of motor competence for healthy trajectories of life. A call to action says "MUST ATTEND! Students of Semester 6 Faculty of Medicine USU". The meeting ID is 822 1807 5372 and the passcode is 309851.



Project Update

Universitas Sumatera Utara

USU Smart Class Moodle started at the Universitas Sumatera Utara with the topic The Nutritional Support in Sport and Physical Activity

As part of the course development by the Universitas Sumatera Utara (USU), Erasmus Plus SPIRIT Project, USU held USU Smart Class Moodle as Life Long Learning course. This activity uses USU's Moodle platform as a teaching medium. The course period is carried out over five weeks with the topic The Nutritional Support in Sport and Physical Activity. USU Smart Class Moodle will discuss various aspects of nutrition, especially sports and physical activity that is useful for students, health, nutrition and sports practitioners, general practitioners, specialist doctors and paramedics. Providing proper nutrition to athletes will have an impact on the athlete's performance during training or competition. Nutrition really helps athletes improve performance through proper energy intake, delaying fatigue, increasing focus, and speeding up the recovery process. The registration period for Batch 1 is from May 4th to 15th, with courses starting May 20th to June 24th, 2024. Registration is done by filling in the g-form application:
https://bit.ly/USU_MOODLE_REGISTRATION,

by filling in the registration each participant will get a unique username and password, which will later be used to take the course. At the end of the course, each participant will receive a certificate of 3 ECTS or the equivalent of 2 credits, which will be sent in softcopy form. Further information can be obtained by contacting ps.sp1giziklinik@usu.ac.id or dr. Meriza Martineta +62 8192002120.



The poster is for the 'USU SMART CLASS MOODLE: THE NUTRITIONAL SUPPORT IN SPORT AND PHYSICAL ACTIVITY'. It features logos for Universitas Sumatera Utara, 'Transformation Towards the Ultimate Kampus Merdeka', and the Erasmus+ Programme of the European Union. A yellow starburst says 'Let's Join and Register Immediately'. A blue box lists the target audience: 'Open for: Student, Health/Sport/Nutrition practitioner, Medical Doctor, Specialist Doctor and Paramedic'. Four circular portraits of lecturers are shown with their names and titles: Prof. Dr. dr. Dina Keumala Sari, M.Bizi, Sp.GK(K); dr. Fitriyani Nasution, M.Bizi, Sp.GK(K); dr. Hina Khairunisa Shalihat, M.Bizi, Sp.GK, AIFG-K; and dr. Jennifer Setiawan, Sp.GK. Registration details include: 'Registration Date: May 01st - 15th, 2024' and 'For Further Information: dr. Meriza Martineta (+62 8192002120)'. A yellow banner states 'BATCH 1 Learning Period Dates: May 20th - June 24th, 2024'. At the bottom, it says 'REGISTRATION HERE: https://bit.ly/USU_MOODLE_REGISTRATION'.

Project Update

Universitas Sumatera Utara

USU SPIRIT Project introduces the role of genes in nutrition and physical activity

Entering the final year of the Erasmus Plus SPIRIT Project, the Universitas Sumatera Utara is presenting a mini seminar on the role of genes in nutrition and physical activity in collaboration with various nutritional associations and hospitals. The hospitals involved are Haji Adam Malik Hospital Medan and Prof. Hospital. Chairuddin P Lubis, as a teaching hospital. Apart from that, nutritional associations are also involved namely the Association of Clinical Nutritionists (PDGKI) and the Association of Medical Nutritionists (PDGMI). This topic is very interesting because nutrition has a dominant role and identifies nutritional responses to disease conditions. Apart from that, genes, both, can influence physical activity in performance in sports and endurance in

Dr. Dina Keumala Sari, M. Gizi, SpGK, as coordinator of the USU SPIRIT Project, then this event will be presented by dr. Hilna Khairunisa Shabayar, M. Gizi, SpGK, AIFO-K, this event will be moderated by dr. Meriza Martineta, M. Nutrition. This event will be held on Saturday, May 18th, 2024 at 01.00 PM until finished. The event will be held at JM. Bariani House Restaurant will support this event along with other sponsors. The plan is to be followed by general practitioners with a specialization in nutrition and other health practitioners. This activity is an output of the SPIRIT Project in the form of dissemination of activities to introduce exercise and proper nutrition in preventing non-communicable diseases.



The poster for the mini seminar features a light blue and white color scheme with a heart rate line graphic on the right. At the top, it lists sponsors including Universitas Sumatera Utara, Erasmus+ Programme of the European Union, Kampus Merdeka, RS USU, and others. The main title is "MINI SEMINAR THE IMPLEMENTATION OF LIFESTYLE GENOMIC IN CLINICAL SETTINGS: FOCUS ON NUTRITION AND PHYSICAL ACTIVITY". The event details are: Saturday May 18th, 2024, Time: 13.00 WIB, Location: JM Bariani House Lt. 2, Jl. Ringroad No. 88 D-F. The contact person is Adil Armaya (+62 81361763325). The speakers and moderator are: Prof. Dr. dr. Dina Keumala Sari, M.Gizi, SpGK(K) (Opening Speech); dr. Meriza Martineta, M.Gizi (Moderator); and dr. Hilna Khairunisa Shalihah, M.Gizi, Sp.GK, AIFO-K (Speaker).



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Project Update

Universitas Sumatera Utara

USU SPIRIT Club members won the National Bodil Taekwondo Championship

Fiora Patricia Br. Ginting won the National Bodil Taekwondo Championship, which will be held on 10-12 May 2024 at the Rajawali Simalungun Building. Various athletes attended this championship from several cities and provinces, such as Aceh, North Sumatra, Riau, Riau Islands, West Sumatra and Java. Fiora Patricia Br Ginting, a USU SPIRIT Club athlete member who is also an Accounting student at the Faculty of Economics, University of North Sumatra, in 2021 managed to bring home two medals, namely: the Women's Senior Poomsae Gold Medal and the Women's U-62 Kg Senior Kyorugi Silver Medal. This achievement shows the role of SPIRIT Club in increasing interest in sports, especially among students and teenagers. This is very necessary considering that exercise is something that is needed to prevent disease, especially infectious diseases in adulthood. This is also the main aim of establishing the USU SPIRIT Club.



Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

The Sabaragamuwa University of Sri Lanka (SUSL) conducted a comprehensive evaluation of the SPIRIT project during the first week of April. Dr. Ivan Salazar Chang, in his capacity as the European representative of the Erasmus Plus-funded project, spent three intense days at our university evaluating the impact and progress of the project. He then proceeded to the University of Peradeniya (UoP) to continue the assessment.

Workshop on personal development and inclusive education

During his visit, Dr. Salazar Chang, a professor at the Polytechnic University of Valencia, Spain, actively engaged with our students, faculty, and a group of 80 physical education instructors, as well as external students registered under the Physical Education and Sport Coaching Higher Diploma at Sabaragamuwa University of Sri Lanka. These external students are following a curriculum created under the auspices of the SPIRIT project.



Outdoor recreational center

During the visit, he participated in the recreational activities in the outdoor recreational center of Sabaragamuwa University, which was established under the SPIRIT Erasmus project. The activities include hiking and water activities. Further, Dr. Iván visited a stakeholder rural school helped by the Sabaragamuwa University Erasmus SPIRIT sports clubs. He participated in sessions of the Life Long Learning (LLL) course on outdoor activities such as climbing or canyoning, and evaluated their practical implementation. Professor Thanuja Liyanage, the project coordinator and representative of the University of Sabaragamuwa, emphasized the importance of active sports in the region and the potential for Sri Lankan youth to enjoy healthy lifestyles. In addition, He visited to see the infrastructure of the SPIRIT Outdoor Recreational Center; it has to accommodate 30 people and suitable equipment for outdoor activities.



Project Update

Sabaragamuwa University of Sri Lanka (SUSL)



Lady's Hub

Dr. Salazar shared a session of the "Lady's Hub," led by Ms. Waruni Rupasinghe, which promotes inclusive sports and empowers women through physical and educational activities in nutrition and health. The Erasmus Project (Erasmus+ Programme) team of Sabaragamuwa University established a Lady Hub for Promoting Good Health and Well-Being of Female employees. The Lady hub conducts daily aerobic sessions to uplift the general health and reduce the risk of non-communicable diseases among the employees.



He expressed satisfaction with the work done and confidence in the project's sustainability beyond its initial duration.



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Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

Visited Rural Schools

Dr. Salazar and members of the Spirit Erasmus team from Sabaragamuwa University of Sri Lanka visited a rural school, Nonperial, in Sri Lanka to inquire about its educational requirements. Dr. Salazar handed over gifts to the principal to be distributed to the students for their upcoming new year. The students warmly welcomed the visitors. The Spirit Erasmus sports club of Sabaragamuwa University always helps such schools to promote inclusive education.



A one-day workshop on Inclusive Education

A one-day workshop was conducted for 100 of school teachers in Sri Lanka on "Promote the inclusive education practices in Sri Lanka through teachers' awareness" by the SPIRIT Erasmus project teams of Sabaragamuwa University of Sri Lanka and the University of Peradeniya and the Ministry of Education, Sri Lanka. The workshop occurred on 9 April 2024 at the National Institute of Education Sri Lanka.

This workshop aimed to help teachers in Sri Lanka better understand and support students with physical, mental, and behavioral diversity, that affects their learning and behavior in the classroom. Many teachers may not have the training or knowledge to recognize and address the needs of these students effectively.

Dr. Iván Salazar Chang, contributed to this workshop by delivering a lecture on 'Transforming Inclusive Education Through the Flipped Classroom Model' during his visit to Sri Lanka. Lectures on 'Inclusive Education in Sri Lanka-Policy and Practices', 'Inclusive Education: What



Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

is Missing in Our Classroom', 'Physical Activity and Inclusive Education', and 'How to use ICT in Inclusive Classroom' were conducted by Prof. Prasad Sethunga, Director General, National Institute of Education, Sri Lanka; Prof. Samantha Nanayakkara, Professor in Sports Studies, University of Colombo; Prof. Walter Senevirathne, Head, Department of Education, Faculty of Arts, University of Peradeniya; and Prof. Sakunthala Yatigamma, Department of Education, Faculty of Arts, University of Peradeniya, respectively.

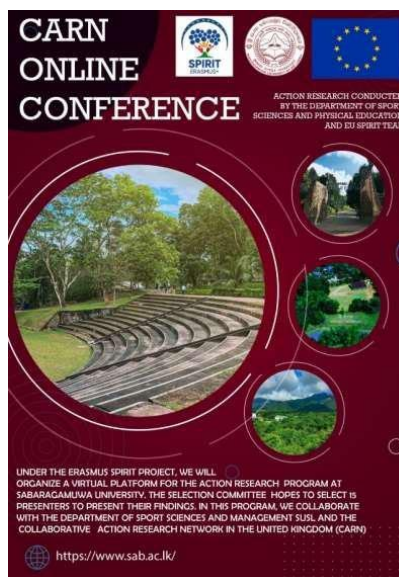


Finally, thanks to the Erasmus Plus project. Students expressed enthusiasm for implementing that they had learned in their classrooms, underscoring the need to continue such sessions to enhance the educational quality of the country. Following his visit to SUSL, the evaluation of the University of Peradeniya and Dr. Walter Senevirathne's team is next on the agenda.

Action Research Symposium

An online conference on operational research was conducted by the Collaborative Action Research Network (CARN) of United Kingdom from 6th to 13th May 2023 with the participation of Sri Lankan action researchers.

The Department of Sports Sciences and Physical Education joined hands with the Erasmus Spirit project to provide a virtual platform for this Action Research Conference in collaboration with CARN.



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Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

Olympic Value Education Program

Olympic Values Education Programme (OVEP) was conducted by the SPIRIT Erasmus group of Sabaragamuwa University as a joint venture with the National Olympic Committee Sri Lanka (NOCSL) on 21 – 24 July 2023 at Sabaragamuwa University of Sri Lanka. The target group for the program was the physical education and sports instructors of Sri Lankan Universities who are closely engaged with the University Students. The trainees are expected to disseminate the gained knowledge in their respective universities and identify and uplift the qualities of the body, will and mind of the Undergraduates.



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Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

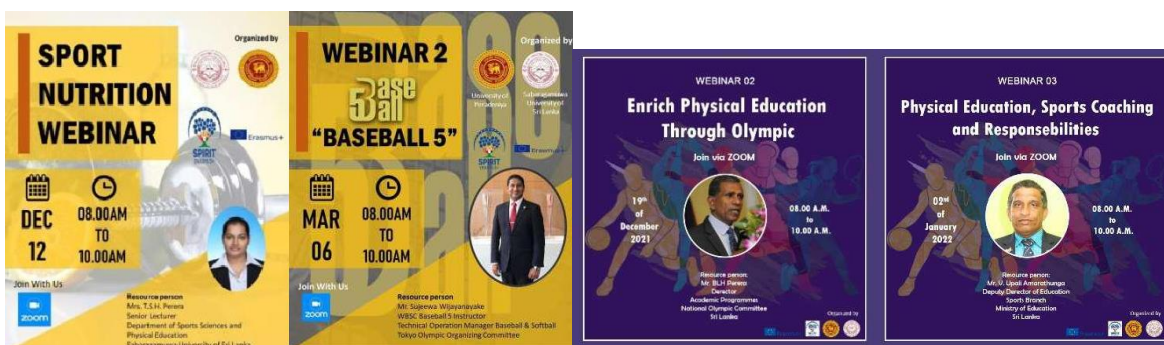
Workshop on Work Injury Prevention and Basic First Aid

A training program on 'Workshop on work injury Prevention and Basic First Aid' was conducted by the SPIRIT Erasmus project team of Sabaragamuwa university of Sri Lanka. The athletes participated into the University Games of Sri Lanka have been participated into this workshop.



Webinar Series

Webinar Series on baseball, sport nutrition, physical education, sport coaching and responsibilities, and enrich physical education through olympic was organized by the expertise participation of the resource programs.



Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

Lady Hub

Erasmus Project (Erasmus+Programme) team of Sabaragamuwa University established a Lady Hub for Promoting Good Health and Well-Being of Female employees. The Lady hub is conducting daily aerobic sessions to uplift the general health and reduce the risk of noncommunicable diseases of the employees.



Outdoor recreation Centre

Faculty of Applied Sciences at Sabaragamuwa University of Sri Lanka (SUSL) established an Outdoor Recreation Centre (ORC) on Promoting Good Health and Well-Being Through Physical Education and Sports in collaboration with Erasmus Project (Erasmus+Programme) of the European Union.

ORC provides a wide range of outdoor recreation and adventure services to meet the diverse needs of various groups of participial Soft Skill & Leadership Development E.g. hiking, aquatics activities, trekking, camping, waterfall Abseiling, refilling, fitness and wellness Programmes, wilderness First-aid Programmes, day Trips throughout the year, many special events, some of which are complimentary, are also offered



Project Update

Sabaragamuwa University of Sri Lanka (SUSL)

Outdoor Recreation Programme

Outdoor recreation is a type of physical activity that takes place outside or in natural settings and allows people to connect with the outdoors on an individual, small group, or community level.





Target Groups

- All the communities in Sabaragamuwa University of Sri Lanka
- All the communities in other universities in Sri Lanka
- Schools
- Government institutions
- Private institutions
- All other interested parties

Standard Programmes

One Day Programme

- Opal* – Soft Skill & Leadership Development
- Diamond* – Hiking
- Serendib* – Water Activities

Two Day Programme

- Kalu* – Leadership Development and Hiking
- Walawa** – Soft Skill & Leadership Development and Water Activities
- Samanala*** – Trekking and Camping

Two Day Programme

- Platinum** – Soft Skill Development, Water Activities, Trekking Hiking and Camping

*Includes Food & Beverages
 ** Includes Food & Beverages and Accommodation
 (Minimum Number of Participants should be thirty for Select a Standard Programme)

ORC will also provide customized programmes considering the special requirements of the clients.

Join with us **Boost your Skills**

Programme Venues

- Base Camp - Outdoor Recreation Center, Kumbalgama
- Sub Venues - SUSL premises, Samanala reserve, Belluloya, Hinkatuoya, Haagala, Parviyangala, and Nonpareil

