



# YOWUN PURAYA THE YOUTH FESTIVAL

**Nikaweratiya, Kurunegala,  
Sri Lanka**

**28th March to 01st April 2018**



(Memories of Trincomalee “Yowunpuraya” 2017)

Organized by the Government of Sri Lanka collaboration with The National Youth Services Council, affiliated with the Ministry Of Policy Planning and Economic Affairs In Sri Lanka.

**PROGRAMME OVERVIEW AND ESSENTIAL INFORMATION GUIDE FOR  
INTERNATIONAL DELEGATES.**

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## ➤ Introduction

“Yowun Puraya The City of Youth” is leadership and outward bound training programme bringing together 6000 Sri Lankans and 100 International Participants with hope we can motivate young people to contribute to the national development process, and provide them with the skills to do so. The programme has been organized by the Government of Sri Lanka with The National Youth Services Council (NYSC) which is affiliated with the Ministry of Policy Planning and Economic Affairs in Sri Lanka. The NYSC the primary government institute for youth in Sri Lanka.

### **Selection Criteria of the Participants Of “Yowun Puraya The Youth Festival”:**

- Aged between 18 to 29 years.
- Female participants should be 40% of the total participants.
- Opportunity should be given for the youth with special needs.
- Participants should represent different nationalities.
- Participants should have the skills to perform different activities at the program.

### **Service Provider Organizations:**

- Presidential secretariat
- Prime Minister Secretariat
- Ministry of National Policies and Economics Affairs
- Sri Lanka Army / Sri Lanka Air Force / Sri Lanka Navy
- Sri Lanka Police and Civil Security Department of Sri Lanka
- Other Government and Non Government Organizations



### **Objectives of the Programme:**

- Build relationship, reconciliation and bilateral agreement among the Sri Lankan youths and share their experience with each other.
- Share knowledge and experience about youth development with international youths.
- Development mutual understanding among Sri Lankan youth by conducting and activities like education, sports, cultural events and entertainment.
- Engage in dialogue about national development with young people and get their ideas and suggestions.

### **Expected Benefits for Programme Participants:**

- Mutual understanding and friendship with other young people all over the world
- An increased understanding of others gained through bringing young people from different nationalities to work together.
- Long term relationship with foreign participants, build through shared experience
- Leadership, social work and camping experience for youth club members.
- The opportunity to share the ideas and suggestions about National development with young people.
- The opportunity to have an idea about other nationalities culture and sporting activities.
- The chance to explore archeological sites and local environment and participate in outdoor activities like tree planting which help to develop self-esteem.

## Tentative Agenda – International Delegates

Date	Event /Activity	Remark
27 <sup>th</sup> – 28 <sup>th</sup> March	Arrival of International delegates in Sri Lanka and travel to campsite and registration.	International delegates will be picked from airport and accompanied in camp site. This Journey will be 1hrs and 31min, in an air conditioned bus. We will break up the journey with stops for refreshment. Lunch will be providing in the camp site.  In the evening we will attend the camp opening ceremony.
29 <sup>th</sup> March – 30 <sup>th</sup> March	Camp Activities	We will send the camp activity agenda as soon as possible.
31 <sup>st</sup> March	Return to Colombo	We will travel back to the NYSC in Colombo where delegates will spend the night.
1 <sup>st</sup> April	Airport transfer for International delegates	Departure from Sri Lanka.

Note : During the camp we will make special arrangements for shopping and other sightseeing in local area.





## ➤ CAMP LOCATION

This programme is scheduled to be held in Nikaweratiya, Kurunegala in the North Eastern Province of Sri Lanka. This is an absolutely beautiful city surrounded by most historical places in Sri Lanka.

Kurunegala, Mawathagama is approximately 70.7 Km from the Commercial capital, Colombo where we will begin our journey. It will take approximately 1hrs and 31min to reach the camp by bus.



Clock Tower



## ➤ Foods and Accommodation

International delegates will be picked up from the airport by and assigned member of organization committee and direct to the camp site where will stay in tent accommodation with mobile toilets and separate shower.

Example of tent accommodation:



### **Foods:**

Throughout the duration of their stay in Sri Lanka (28th March to 01st April) participants will be provided with three meals per day. The foods will be Sri Lankan styles food which is mainly rice and curry and specially curries bare provided separately(see the picture below). So even if you're vegetarian or vegan you can easily have your food preference. The Sri Lankan youth participants will be cooking their own foods in their camp sites so if you want to see how it's done there will be plenty of opportunity.





## ➤ What to Pack

It can be difficult to know what to pack so we have put together this kit-list for you with suggestions for things to bring. This is not an exhaustive list but should help guide you in the right direction. Its important not to pack too much as you will be camping.

For Males	For Females	For Both
01 pair of smart trouse (Linen trousr or chinos are common favorite)	01 pair of smart trouser (Linen trousr or chinos are common favorite)	Toiletries – Toothbrush/aste, shampoo/conditonier,showergel etc..
01 – 02 pairs of casula trousers that you can wear outward bound activities. (Track suit bottoms or similer)	01 – 02 pairs of casula trousers that you can wear outward bound activities. (Track suit bottoms or similer)	Sun Cream
03 t-shirts (light and airy materal t-shirts are preffered due to whether)	03 t-shirts (light and airy materal t-shirts are preffered du to whether)	One Towel. If you like to sleep with the sheet covering you bring the bed sheet/liner.
01 pair of flip flops / sandles	01 pair of flip flops / sandles	Water bottle and a torch
01 pair of lightweight trainers	01 pair of lightweight trainers	Basic medica supplies – painkillers,plasters, oral rehydration salts (if you would usually use these) etc..
Casula clothes (Shorts / T-shirts)	1x shorts (above the knee is acceptable)	Insect repellent
Swimming clothes , 01 spare outfit to remain dry for evening wear	Hair ties, swimming clothes and 01 spare outfit to remain dry for evening wear	A day bag for the sightseeing and expeditions.





## ➤ MEMORIES FROM 2017



## ➤ Other Essentials

### Sri Lankan Visa

It's a relatively easy process to apply for a visa of Sri Lanka. You can apply for an ETA visa online, using the following website:

[https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en\\_US](https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US)

Please Note:

- I. Make sure to apply for an ETA tourist visa.
- II. In the travel information section, it will ask you to select the purpose of the visit. For this, please select '***participating in sporting events competeting and activities relating to cultural performance***' .
- III. In the contact details section it will ask for contact details in Sri Lanka, please use following informations:
  - a) Address : National Youth Services Council, No. 65, Highlevel Road, Maharagama, Sri Lanka
  - b) Email : [ypyf.youthfestival@gmail.com](mailto:ypyf.youthfestival@gmail.com)
  - c) Phone: +94112844212 / +94773019889

### Travel Insurance

Fir your own safety, we strongly recommend you obtain travel insurance before you fly out.

## ➤ Our Contact

### Postal address

International youth Relations Division,  
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### Contact Person

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***Thank You!!!***

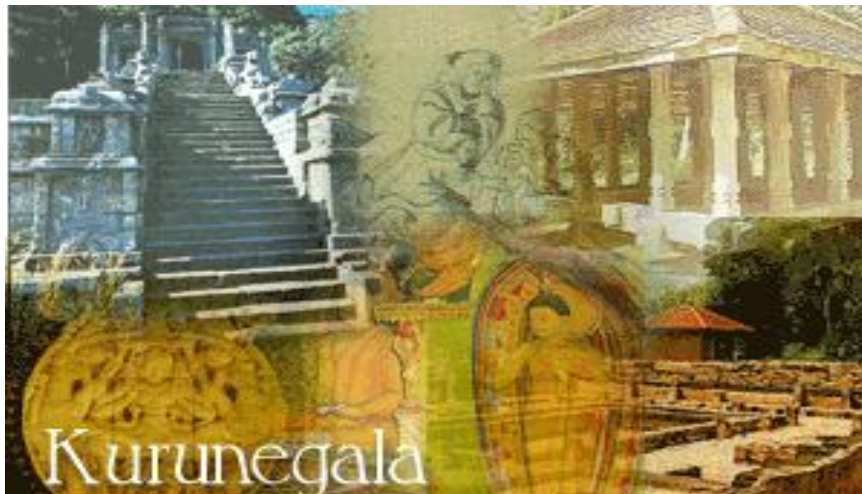
***We Look Forward to seeing you in Sri Lanka Soon!***





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# THE KINGDOM OF



# NIKAWERATIYA, KURUNEGALA





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## ❖ Introduction

**Kurunegala** (Sinhalese: කුරුණෑගල, Tamil: குருணாகல்) is a major city in Sri Lanka. It is the capital city of the North Western Province and the Kurunegala District. Kurunegala was an ancient royal capital for 50 years, from the end of the 13th century to the start of the 14th century. It is at the junction of several main roads linking to other important parts of the country. It is about 94 km from Colombo and 42 km from Kandy.

Located at an altitude of 116 meters above sea level, Kurunegala is surrounded by coconut plantations and rubber estates. There are eight very noticeable large rocks that encircle and dominate the city. Kurunegala's rocks rise from the plain below and have characteristic names, six of which come from the animals that they are imagined to represent. The largest among them is Ethagala or the "Elephant Rock" (though the translation is actually tusker), reaches 325 meters. The shape of Ethagala resembles an elephant.

## ❖ Etymology

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Kurunegala has been named after the Elephant rock (ඇතුගල). "Kurune" means tusker or an elephant with protruding teeth and *gala* in Sinhala means rock. *Kurunai* means tusker or an Elephant and *gal* in Tamil means rock or hill. Kurunegala's old name was **Hasthishaila-pura**, which can be translated as 'The City of the Elephant Rock' in Sanskrit. In some ancient literature the word **Athugal-pura** (ඇතුගලපුර) is employed to describe the city of Kurunegala.

Nearby are three archeological cities — Parakramapura (Panduvassnuwara, පඬුවස්නුවර) (northwest) with remains of a moated palace and monasteries from the 12th century, Dambadeniya (දඹදෙනිය) (southwest, mid-13th century) and Yapahuwa (north).

Kurunegala enjoys a pleasant location with huge rocky outcrops some of which have been given names of the animals they resemble: elephant rock, tortoise rock etc. According to folklore legend, a long time back the city had a severe drought. To exacerbate matters for the humans, animals had threatened the city's storage capabilities by consuming huge amounts of water. Fortunately for the locals, a witch had volunteered to alleviate the problem, transforming some of the animals magically into stone figures.



## History

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**The 88 feet (27 m) giant Buddha Statue on top of the Elephant rock.**



**Clock Tower, Kurunegala**

Kurunegala had a citadel in the 13th century. Its ascendancy as an ancient capital of Sri Lanka began with a series of events that took place during the late 12th century at Yapahuwa. The sacred tooth relic which was in the Yapahuwa Kingdom was taken by an Aryacakravarti from the Jaffna Kingdom to the Pandyan country during the rule of Buwaneka Bahu I from 1272 to 1284.<sup>[2]</sup> The relic was brought back by King Parakrama Bahu III who ruled from Kurunegala between 1287 and 1293.<sup>[3]</sup> Over the next half a century Kurunegala was the capital and the governing centre for three other kings of Sri Lanka.

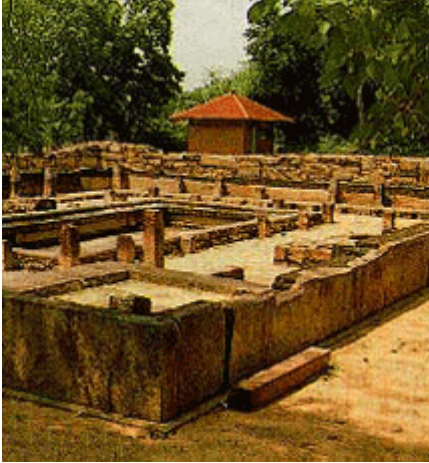
After the death of King Parakrama Bahu III, kings Buvanekabahu II (1293–1302) who was followed by Parakramabahu IV (1302–1326) ruled from Kurunegala. The ruler in Kurunegala from 1326 to

1335 was Buwaneka Bahu III alias Wannī Buwaneka Bahu. He was the son of Pandith Parakrama Bahu II and is believed to be the last king to rule the country from Kurunegala.

After the reign of Buwaneka Bahu III, the newly throned king Vijayabahu V ruled from Dambadeniya and Yapahuwa from 1335 to 1341 before once again the kingdom of Sri Lanka shifted to Gampola.

Few remains of the Palace of the Tooth relic that housed the tooth of the Buddha have avoided natural destruction, including few stone steps and a part of a doorway.

## ❖ Arankele



Arankele, 24km north of Kuruneglala (west of the Ibbagamuwa - Moragolla gama Rd) has a 6th century cave hermitage up a forested hillside. Ancient Brahmi donative inscription have revealed meditation halls, stone-faced double platform structures and ambulatories for the *Tapovana* (Forest-dwelling) sect of austere Buddhist hermits here. Typically, the platforms aligned east-west, with the entrance porch to the east, would be bridged by a large monolith. The smaller of the double platform structure here was probably divided into nine 'cells' or monks' dwellings the roof being supported on columns.

## ❖ Ridi Viharaya



### **Ridi viharaya (Silver Temple)**

18km north-east of Kurunegala, marks the place where silver ore was discovered in the 2nd century BC, during the reign of Dutugemunu. It is an ancient Buddhist temple site with rock cave hermitages and an image house with Kandyan paintings. Among the finds, which mostly date from the 18th century, are Buddha statues (seated and reclining), a door frame beautifully carved and inlaid with ivory, and a curious altar with Dutch (Delft) tiles with Biblical figures gifted by a Dutch consul. There is an attractive artificial lake at the foot of the hills.

## ❖ Yapahuwa



Yapahuwa An ancient fortress and capital built in the year 1301. Yapahuwa is a rock rising to a height of 90m. Many traces of ancient battle defaces can still be seen, while an ornamental stairway, remains its biggest showpiece.

"Yapahuwa" the the 13 th Century capital in Sri Lanka, was made King Buvanekabahu I. Here the chief object is the rock which rises about 300 ft above the surrounding land. The land at the base to the south is fortified with two moats and ramparts . In this enclosure there are the remains of a number of buildings.

The tooth Relic too was brought from Dambadeniya kept in the special built for the purpose.

This fortress capital capital of the Sinhalese kings when abandoned was inhabited by Buddhist monk and religious ascetics. The relics were carried away from the temple here to South India by the Pandyas, and then recovered in 1288 by Parakkramabahu III (r1287-1293), who temporarily placed them in safety at Polonnaruwa. Rajangane (1km) and Anuradhapura (37km).





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## ❖ Sigiriya



Originally called “Sihagiri” (Remembrance Rock) and later dubbed Sigiriya (Lion Rock), the rock mass is actually the hardened magma plug of an extinct volcano that long ago eroded away. Pocked with natural cave shelters and rock overhangs – supplemented over the centuries by numerous hand-hewn additions and modifications – the rock may have been inhabited in prehistoric times.

Popular myth says that the formation served royal and military functions during the reign of King Kassapa (AD 477–495), who allegedly built a garden and palace on the summit. According to this theory, King Kassapa sought out an unassailable new residence after overthrowing and murdering his own father, King Dhatusena of **Anuradhapura**.

A new theory, supported by archaeological, literary, religious and cultural evidence rather than local legend, says that Sigiriya was never a fortress or palace, but rather a long-standing Mahayana and Theravada Buddhist monastery built several centuries before the time of King Kassapa. Monks were using it as a mountain hermitage by the 3rd century BC, and there is abundant evidence to show it had become an important monastery by the 10th century AD. According to *Sigiriya and its Significance: A Mahayana-Theravada Buddhist Monastery*, by Dr Raja De Silva, **Sri Lanka**'s former archaeological commissioner, the ancient site's much treasured frescoes of buxom women were not portraying ladies from Kassapa's court, as was popularly believed. Instead, they were intended to represent **Tara Devi**, an important Mahayana Buddhist goddess.

After the 14th century, the monastery complex was abandoned. British archaeologist HCP Bell discovered the ruins in 1898, which were further excavated by British explorer John Still in 1907. Whatever exact purposes Sigiriya may have served in the past, the visible ruins today suggest a significant urban site complete with relatively sophisticated architecture, engineering, urban planning, hydraulic technology, gardening and art.

Unesco declared Sigiriya a World Heritage Site in 1982.

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## ❖ Dambadeniya



Dambadeniya About 30km south-west of Kurunegala, become prominent in the mid-13th century when the capital was moved there by **Parakramabahu II** (1236- 1270) together with the Tooth Relic. Little remains of the palace buildings though 6 ponds are still there. The 2-storey temple (originally three) about 400m south, which has Buddha images, is identified as the Vijayasundaramaya. It has some interesting wall painting dating fro the 18th century, when it was restored. It was used to exhibit the Tooth Relic which was normally housed in another temple near the palace.

Dambadeniya on the Kurunegala - Nigombo road was a Royal capital in mid in the 13th century. Excavations have uncovered remains of the temple of the tooth relic and the Royal palace, ponds and Garden layouts, moats & city walls etc.

Historic in nature, majestic in repose is Dambadeniya, selected as the capital of the kingdom of Sri Lanka by king Vijayabahu the 3rd (1232-36). The sovereignty of the country was at stake as a result of invasions, which dislodged Polonnaruwa as the capital. Vijayabahu, the king of the Dambadeniya dynasty fought the invaders and established Dambadeniya. On the summit of the Dambadeniya rock he built fortifications and sturdy walls and gates. The city was made secure in its day by a moat, a marsh and ramparts round the royal palace. During the reign of king Parakramabahu (1236-70), Dambadeniya reached the zenith of its glory.

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## ❖ Panduwasnuwara



Panduwasnuwara, the oldest of the capitals in the district is Panduwasnuwara, on the Kurunegala- Chillaw road, which according to legend, was the capital of king Panduvasdeva, who succeeded Vijaya, the first king of Sri Lanka. (circa 5th century B.C. ) Several sites here date by tradition, from these early times- especially the Ektemge, the moated tower where Princess Unmada Chitra, so beautiful that she drove men crazy, was confined because of an ominous prophecy of untimely death in the family. A forested mound is also identified as the tomb of king Vijaya.

Panduvasnuwara's many other archeological remains date from the 12th century when it was known as 'Parakramapura' and was used by Sri Lanka's great medieval king Parakramabahu I as a stepping stone to his great capital - Polonnaruwa. Among the many impressive ruins are the citadel walls and moat, the royal palace with carved pillars and guard stones, and a beautiful Bodhigara, the edifice round the bo-tree, sacred to Buddhists. Other 12th century remains include shrines, a monastic complex, stone inscription as well as a tank ( irrigation reservoir) A visit to the small archaeological museum here is well worth while, to see the collection of 'finds' from the excavations especially a small bronze statue, very similar to the famous sculpture of King Parakramabahu at Polonnaruwa's Potgul Vihara. Panduwasnuwara also presents a fascinating insight into the layout and ground plan of a medieval Sinhalese royal palace, complete with inner court yard (meda midula) and fortifications.

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## ❖ Daduruoya

The **Deduru Oya Dam** is an embankment dam built across the Deduru River in Nikaweratiya, Kurunegala District of Sri Lanka. Built in 2014, the primary purpose of the dam is to retain approximately a billion cubic metres of water for irrigation purposes, which would otherwise flow out to sea. Construction of the dam began in 2006 and was ceremonially completed in 2014.



(The mouth of Deduru Oya, approximately 80km downstream of the dam.)

Site studies and design of the dam was done by engineers from the Ministry of Irrigation. The dam, which measures approximately 2,400 m (7,900 ft) wide, creates the Deduru Oya Reservoir, which has a capacity of 75,000,000 m<sup>3</sup> (2.6×10<sup>9</sup> cu ft). Water from the reservoir is used to irrigate approximately 11,000 hectares (27,000 acres) of farmland, while also powering a 1.5 megawatt hydroelectric power station, operated by the Ministry of Power and Energy.

In addition to the eight sluice gates, water from the reservoir is channelled from the reservoir (for irrigation) via three canals, namely the *Left Canal*, *Central Canal*, and the *South Canal*. The South Canal is a trans-basin concrete canal measuring 33 km (21 mi), channelling water from the Deduru Oya Reservoir to the Inginiyitiya Reservoir at a flow rate of 300 cu ft/s (8.5 m/s)