

Day 4: Wednesday – 27/11/2019

Field visit to Sri Palee Campus

07.45 am – 09.45 am	Breakfast and Leave the hotel to Sri Palee Campus Horana
10.00 am -10.30 am	Welcome <i>Prof. Ranjan Hettiarachchi, Rector, Sri Palee Campus, UOC</i> Incorporating Physical Activity to Life <i>Dr. Chathuranga Ranasinghe, Specialist in Sports and Exercise Medicine, Faculty of Medicine UOC</i>
10.30 am – 11.30 am	Moving with Nature <i>Hike with site specific performance and tree planting (Activity)</i> <i>Mr. Pujitha de Mel – Lecturer, Performing Arts, Sri Palee campus UOC</i>
11.30 am – 12.30 pm	Refreshments and ' Painting a cloth '
12.30 am – 01.30 pm	Contemporary drumming and dancing/ music/ mask making – Workshop <i>Sri Palee UOC Staff and Students</i>
01.30 pm – 02.30 pm	Lunch - ' Traditional Sri Lankan food '
02.30 pm – 04.30 pm	Contemporary drumming and dancing/ music/ mask making – Workshop cont. <i>Sri Palee Campus, UOC Staff and Students</i>
04.30 pm – 05.30 pm	Refreshments
05.30 pm – 06.00 pm	Traditional sport performance – “Angampora”
06.00 pm – 07.30 pm	Talent Show <i>Sharing the experiences with the participants</i>
07.30 pm – 08.30 pm	Dinner – Local food with action stations
08.30 pm	End of session day 4 and leave to the hotel

Schedule