



# King Ling College

## S5 Grand Tour Report

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Class:	5B (Group 2)
Destination:	Sri Lanka (Colombo, Sigirya, Dambulla, Kandy,Galle)
Date:	30 March-4 April 2017
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# Chapter 1 Introduction

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As we all know different countries have their own distinct culture including religions, clothing and food culture. In this project we will mainly be focusing in the food culture in Sri Lanka. Food cultures were greatly involved in different countries, for example there's Japanese cuisine, Indian cuisine and so on. Those cuisines were some of the most popular cuisines of Hong Kong, however, HongKongers seldom have the chance to know about the Sri Lanka cuisine. Through this grand tour trip we hope to further investigate the local foods in Sri Lanka and try those uncommon local food of Sri Lanka. Plus, we would like to further understand the history of Sri Lanka through the food culture.

In this trip, we went to several places of Sri Lanka which were Colombo, Sigiriya, Dambulla, Katunayake, Kandy and Galle. In those places we experienced a lot and we will further explain the things we learnt in the project.

## Chapter 2 Methodology

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In this project we will mainly use photos that taken by us, some observation of our own and some of the research on the internet. During this trip we've took loads of pictures including the views of Sri Lanka and the journey that we've been through in those 5 days. We've also took photos of the foods that we ate.

Food culture is a large area which includes tons of history of Sri Lanka. So in this project, we will mainly focus on the food and tea culture. We will also investigate whether the tea culture is related to the history of the colonial background of Sari Lanka's history and does it involves globalization.

## Chapter 3 Literature Review

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Since Sri Lanka is a tropical country, it has a similar food culture with Thailand and India. People in Sri Lanka like spicy food. Spicy, salty and sweet are the main feature of their food.

For breakfast, most breakfast provided by hotel in Sri Lanka are European style. Egg, toast, coffee, fruit and tea are the most common breakfast that people would eat. For egg, Sri Lanka has a special egg roll that is spicy since some pepper would be put inside the egg roll.

For dessert, Sri Lanka has some special dessert, one of them is called "Wattalappam" which is made by coconut milk, egg and some spices like kitul and cardamom.

For main dish, rice and bread are the main food in Sri Lanka. Coconut, curry, onion and curry leaf are the necessary cooking materials. "Hopper" and "Rotti" are two kind of bread in Sri Lanka, Hopper usually eat with curry, sometime may also eat with egg, cheese or chicken. Rotti usually eat with coconut fruit, curry or jam. hat is more, the flour of Rotti can be cook to be something like fried rice and usually, this kind of "fried rice" is spicy too.

There are another kind of bread which is popular in Sri Lanka is called "Wadi". When corn, curry, onion and pepper are wrapped by bread crust then fried, it becomes Wadi. If people are taking the bus or train in Sri Lanka, they may buy a Wadi as a snack on the journey.

In Sri Lanka, the local usually eat with their hands unless there are guests from other country. Also, after their dinner, locals would like to eat the dessert which is very sweet since they would have satisfaction by eating something sweet.

Since Sri Lanka used to be the colony of England, the locals have the habit of drinking tea at lunch. When there are guests, locals will ask if the guest need some tea as they see a cup of hot tea is the symbol of polite. If the tea is getting cold, they will soon get a new cup of hot tea to the guest as they think cold tea is not healthy. Moreover, locals love drinking sweet tea and they usually put three times of sugar (compare to Taiwan) into one cup of tea.

## Chapter 4 Feature of food in Sri Lanka

The people in Sri Lanka taste heavy and they always like to use rice, coconut, corn and cassava to be the major materials of curry. Rice is their main meal as same as Chinese and they like to eat chicken and curry because the taste of the food must be spicy which is suitable for them.

Ceylon cinnamon and kudzu are commonly used to add in curry, vegetables and rice. Black pepper, fennel also accompanied to be the seasoning. The curry of Sri Lanka is different from India and Southeast Asia because they especially preferred for coconut and red peppers.



Figure.1 One of the curry in Sri Lanka.

Sri Lanka is famous for its diverse curry, with black curry, red curry and white curry. The taste of Black curry is purer than others because the main spices used will bake to dark brown so that it will issue a strong flavor. Many spices were added into the Red curry so that the taste will be very spicy. The white curry has the gentlest taste as a lot of coconut milk is added. The most common cooking method is use the white curry to cook vegetables, fish and chicken.

## Chapter 5 Tea Culture in Sri Lanka

Sri Lanka is one of the world's three major tea producing countries which produced about 250,000 tons of tea per year. The Ceylon Black Tea has six producing areas, including UVA, Uda Pussellawa, NuwaraEliya, Ruhuna, Kandy and Dambulla. The Ceylon Black Tea is very popular which attracts many people to visit there and buy it.

There are many ways to drink the Ceylon Black Tea. We can drink it in hot or cold ways. Besides, we can also add milk, honey or juice to be our flavors.

Black Tea is not only produced there but also the Fruit Tea, such as the Mango Tea, Strawberry Tea and Blueberry Tea. The tea there is different from the Chinese Tea. The taste of the Chinese Tea had a hard beginning but it makes a good ending and it is different with the Black Tea in Sri Lanka. The taste of the Black Tea is lighter than the traditional Chinese Tea.

Moreover, we had tasted the Fruit Tea, the smell of the Fruit Tea is so strong. However, the taste was not as strong as its smell.

## Chapter 6 Analysis on the feature of food in Sri Lanka

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Apart from the impact of colonial rule, Sri Lanka was also affected by globalization.

Globalization also affected the food in Sri Lanka. Globalization is the action procedure of international integration arising from the interchange of worlds view, products, ideas and other aspects of cultural. After Grand Tour, we can understand what is Globalization and the power of it.

Food is one of the easiest cultures to be spread around the world as it is a necessity to human. In Sri Lanka, besides the local food, there are food in both Chinese and Western style as well. During our trip, we ate Chinese cuisine like fried tomato with egg and steamed fish in the Chinese restaurants. Furthermore, we had buffet dinner in the Western style, which included salad and spaghetti, in hotels. Inside both hotels and restaurants, there were local people who had the buffet dinner and ate the Chinese cuisine as well. It shows that globalization did affect people's eating habit in Sri Lanka.

## Chapter 7 Analysis on the tea culture in Sri Lanka

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Globalization makes the culture in some particular countries to the globe. Food is not an exception.

It is proved that Sri Lanka did not have the tea in the past. Tea culture did not exist but was spread from other countries to Sri Lanka. It marked the globalization.

In 1408, the visit of Cheng Ho of the Ming dynasty marked Sri Lanka to be one of the destination. At that time, Cheng brought a lot of Chinese culture among the route of his visit. Trading was undoubtedly to be one of the activities during his visit. Tea was known by the Sri Lanka people at that time since Cheng bought some seeds of the tea tree to Sri Lanka.

In 1915, with the colonial rule of Britain, Sri Lanka was encouraged to have a rapid growth of productivity of tea. It is believed that tea was a favourite for the British. Subsequently, Britain wanted to have much tea with a low price rather than trading the tea with China.

One interesting thing is that, although the tea tree is come from China, the taste of tea grown in Sri Lanka is different from those in China since the soil is different.

Encouraged to produce the tea heavily, Sri Lanka marked tea as one of the daily necessities. Tea even became the specialty of Sri Lanka and was invented to product by special technique.

## Chapter 8 Conclusion

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With the above mentioned, the exchange of food cultural between Sri Lanka and other countries is shown in the above. Due to the economic globalization, Chinese businessmen invest in Sri Lanka, thus there is the need of Chinese restaurants in Sri Lanka which lead to the exchange of food cultural between Sri Lanka and other countries, like China and the cultural globalization.

What is more, we can see that the colonial rule in Sri Lanka in the past played an important role in the culture of tea in Sri Lanka. Without a doubt, tea in Sri Lanka is famous around the world nowadays and the tea production contributed 2% to the country's GDP and more than US \$1.5 billion in 2013 to the economy there.<sup>1</sup> Unexpectedly, the colonial rule of Sri Lanka in the past has developed the tea culture in Sri Lanka which helps to enhance the economy in Sri Lanka.

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[http://www.srilankabusiness.com/pdf/industrycapabilityreport\\_tea\\_sector.pdf](http://www.srilankabusiness.com/pdf/industrycapabilityreport_tea_sector.pdf)

## Chapter 9 Reflection

Day 1 (30 March 2017)

The arrival at Bandaranaike International Airport marked the start of the fabulous Grand Tour! Although we arrived the airport at the midnight which in both Sri Lanka and Hong Kong time, we were so excited and looked forward to the trip.



Figure.2 class photo taken before we were on board

Day 2 (31 March 2017)

Today is the second day that we arrived in Sri Lanka. We visited a local international school in Sigiriya and be the volunteers. We all look forward to serving the students there!

We drove a jeep for around 15 minutes to the school. The students there stood in front of the door to welcome us. One children play a drum and lead us to go inside the school. On the way we walked in, they gave us the garland as a present.

We first took the photos together, then we sang the school song for each other. Their school song sound so great! We felt pleasant to hear it.

At the time when we started our volunteer work, our class was separate into 2 groups. One group was going to play the cricket and the other was going to paint the tables and chairs. During the cricket time, we got closer with the teachers and the students there. Moreover, when we painted the tables and chairs, some local students gave a helping hand to us and joined our painting work.

By playing the cricket with the local students, we learn a new sport which is quite challenging, especially for girls since this sport really required some power of the arm in order to fight back the ball. Luckily, the local students are so kind that they hide their real strength so that the competition could be longer. This made me feel the kindness of Sri Lanka. Also, although painting was a tired work, we felt



Figure.3 photo taken when we were playing cricket with the local students in Sri Lanka



Figure.4 Photo of our groupmates and the local students in Sri Lanka.

happy and satisfied since the desks really became more beautiful after painting.

Time flies. Three hours later, we need to go. Before we left, we distributed the gifts that we bought from Hong Kong to them. They received the presents with smiles! I guess they may like our gifts.

Although we have just stayed together for three hours, our relationship

were close. We shared the happy and wonderful time together. We played, we worked and we talked! We believed that, being a volunteer in Sri Lanka will be our unforgettable experience and special memory.

### Day 3 (1 April 2017)

In Day 3 of our trip, we went to the Sigiriya Rock Fortress to start our day. Sigiriya Rock Fortress was the palace of the king of Sri Lanka in the past. We Climbed the Lion Rock which is a mountain in that place. Under the hot sun, it was one of the toughest challenge that we have ever faced before, everyone in our class including the tour guide and our teachers were covered with our own sweat. During the climb, there's some ancient drawings that were painted on the wall of the mountain for centuries. It's so fascinating and we were very impressed for how the ancient people manage to draw something that last this long considering the lack of resources back in the day.

Then, we went to Dambulla Cave Temple. This is a temple which were also built by the ancient people of Sri Lanka. In the temple, there is loads of statue built by the ancient Sri Lanka people. Not only had we learnt about the history of the religion of



Figure.5 class photo taken after we visited the Dambulla Cave Temple.

Sri Lanka, we also experienced one of the toughest challenge that we have ever faced before. Walking on a floor that's extremely hot because of the sun shining with our feet nearly naked. In the temple, we were not allowed to enter with our shoes on so this is one of the most remarkable experience of our life.

During day 3, we experienced a lot of things that we have never experienced before, as a team, as a class. So this day is one of the most special days among Grand Tour.

Day 4 (2 April 2017)

After having breakfast in Amaara Forest Hotel in Dambulla, we went to Kandy for visiting the Kandy Lake and Temple of the Tooth which is a Buddhist temple and one of the World Heritage Sites in Kandy.

It took 2.5 hours' drive from Dambulla to Kandy. When we are in Hong Kong, we seldom need 2.5 hours' drive to go to another place. Although it was a little bit rough for us, we did not regret to go Kandy for the magnificent temple.



Figure.6 class photo taken after we visited the Kandy Lake and Temple of the Toot.

When we arrived Kandy, we saw there were a lot of local people who were entering the temple for worshipping the statue of Buddha. It implies that people in Sri Lanka obey their religion with sincerity and we surprised by the number of people there.

Inside the temple, we saw the paintings of the life of the Gautama Buddha who is the founder of Buddhism and the war between Sri Lanka and India because of the relic tooth. Once again, we were shocked by the sincerity of people in Sri Lanka in obeying their religion. The paintings record how people in Sri Lanka tried their best to protect the relic tooth, even she was just a small country when comparing with India in the past.

After visiting the temple in Kandy, we went to Galle and checked-in the Hikkaduwa Beach Hotel. We started to be upset since the end of the journey was coming.

Day 5 (3 April 2017)

On the last day of the Sri Lanka trip, we had gone to the National Museum of Colombo to do a research of our Chinese History homework. There are a lot of ancient artifacts, although most of them are counterfeit. The Museum told the history of Sri Lanka to the visitors which included culture, artistic, religious, lifestyle and nature.

As students who are studying Chinese History, we need to have an objective idea and thinking skills to analysis different events. While we were visiting the Museum, we find that the story of Zheng He's voyage was totally different from what we heard in Hong Kong. We started to think about the reasons and we discovered that we can't trust one side details because it is not objective. As someone says that Zheng He was helping Sri Lanka to develop their country and some say that he was attacked Sri Lanka what my duty is analysis the event by searching information to get close to the truth.

We learn to find the truth and analysis the event once more time after listen to all the stakeholders. We hope that we can remember and understand the important of being objective.

Day 6 (4 April 2017)

It was the first time that we felt doleful when we arrived the Hong Kong

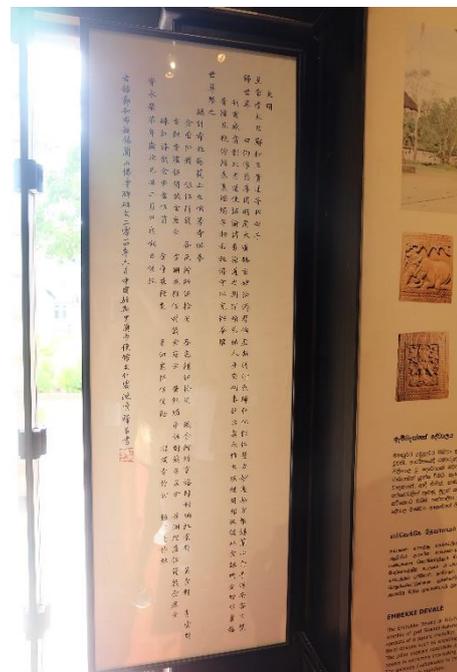


Figure 8. photo taken in the National Museum of Colombo

International Airport. The scenery in Sri Lanka became the best memory of us.

## Chapter 10 Appendix

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# Chapter 11 Bibliography

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斯里蘭卡飲食習慣和飲食文化

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