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# Half a World Away: My Sri Lankan Journey

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*Quote* The journey of a thousand miles begins with one step.

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## Food



Our first experiences with Asian and Eastern foods began on the plane ride to our destinations. If you didn't want to starve, you had to pick one of the options given on the flight. So I ended up enjoying a seaweed salad and Asian crab as an appetizer to my pasta that was definitely not American. This was just the beginning.



A wide variety of foods were introduced into our daily diets, such as chicken sausage, dhal, and many forms of curry. I lost count of how many different curries were served during training.



One day after classes were let out, we braved the public bus system and rode down to Green Face Galle. It turned out to be a pier on the beach front where we encountered typical Sri Lankan street vendors. We did not try their foods, but they were interesting to watch.



Our hotel staff was thoroughly impressed with our group that they decided to honor us with a special dinner. They pulled out all the stops and made us feel very welcome. We were touched.

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*Quote*

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Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.

## People



The most incredible part of this journey has been the people we have met. Both the trip participants and the local citizens of the country. Their smiles, their warm hearts. Kindness. Generosity. Openness. Their love and their friendship. It has forever changed my life.

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