



## Celebrating 5 years of success for Sri Lankan school children

### Nutrition and education program for children in Kogala, Sri Lanka.

The Martin Wickramasinghe school in Kogala, Sri Lanka was hard hit by the 2004 Tsunami, but with the help of UN agencies and NGO's, was able to rebuild and reopen the school to support the community.

Although the school had been rebuilt, the school kids from the surrounding community were from very poor families and malnutrition continued to be a problem affecting both the health and education of the school age children.

During a 2005 trip to Sri Lanka, vita-life® ASIA CEO Mario Hintermayer, visited the

school and decided to do something about it. The World Health & Sports Foundation, which was founded by vita-life® in the year 2000 in order to support disadvantaged children, launched an aggressive program to provide meals for over 300 children each day of the school year.

With the assistance of local volunteers, a simple meal of grains and legumes was developed to supplement the primarily rice and curry meals that the children received at home. This not only provided a balanced diet, but in many cases was the only meal that children had before starting school.

Cooking a meal for over 300 kids each day was a challenge, but the school families pulled together to work out a process where the volunteer mother's would take turns each

morning preparing and distributing the meals to each child attending the school. The program is now in it's 5th year and the children continue to receive a healthy meal at the start of each school day.



WHSF Sri Lanka



2010

vita-life® World Health & Sports Foundation (WHSF) is a non-profit fundraising organization with the mission to support handicapped, recreational and competitive athletics, as well as socially disadvantaged individuals, especially children. The WHSF is also devoted to protect endangered buildings and habitats. It was founded in the year 2000 thanks to the great success of the company vita-life®.





Students using the Computer Lab.

## Expanding the program

With the nutrition program in place, vita-life® (WHSF) decided to expand the program to include the creation of a computer lab, the addition of volunteers to teach IT-basics and english and provide additional assistance such as new shoes for each child at the start of the school year.

## The Computer Lab

Computer skills are becoming more important for the children of Sri Lanka, as automation begins to change the way even local businesses operate.

In order to ensure that the children were prepared for the rapidly changing education and job market, vita-life® (WHSF) purchased computers and software support the school's efforts to provide a computer training program.

Since the school is located near the ocean, corrosion from salt air continues to be a problem. Although Air Conditioning units have been installed to dehumidify the air, the computers and AC equipment require constant maintenance and repair to keep the lab operating.

The lab has been an overwhelming success with the children and the teachers, providing critical training skills and access to technology that is not available to most families in Sri Lanka.

## English Language Program

Another challenge for many Sri Lankan children is the ability to learn English. Much of Sri Lanka's economy is based on tourism and foreign exports and English is an important skill for the job market. vita-life® (WHSF) sponsors both foreign and Sri Lanka

teachers to work with the children to improve their English language skills and comprehension.

Unlike the traditional language classes of the school, the vita-life® teachers use a



combination of music, dance and arts and crafts, to help the kids become comfortable using conversational English while learning and having fun.

## Teaching Program

As most children in Sri Lanka enjoy to sing, dance and act, vita-life® sponsors in addition to English teachers a full-time music and



dance teacher who provides training in both traditional Sri Lankan song and dance, as well as western songs to reinforce the children's English skills.

## Program Overview

**A comprehensive program to support health and education.**

### 1. Daily Nutrition

Bi-monthly food deliveries from program coordinator and prepared by volunteer mother's to provide a morning meal to over 300 children.

### 2. Computer Lab

Computer work stations, software and teachers to teach the kids computer skills needed for future employment.

### 3. English Program

Foreign and local volunteers work with the children to provide additional English language training using music, dance, and arts and crafts.

### 4. Teaching Program

Supplemental funding for music and dance teachers to provide a well rounded education in Sri Lankan and Western culture.

### 5. Sponsorship Program

In addition to private funding, a child sponsorship program provides additional funding to support our expanded teaching and assistance programs.

### 6. Other Assistance

Providing assistance throughout the school year as needed to provide things such as new shoes for all the children, equipment repair and special

## Sponsorship Program

In addition to the private funding provided by vita-life® (WHSF), a child sponsorship program is maintained to provide additional funding for expanded programs. Sponsors from Austria and Germany provide monthly donations (30€) and will write letters to the children and share information about their lives in Europe. This provides the children with a glimpse into other cultures and in turn allows the sponsors to have a direct impact on the lives of these children.

Letters and gifts are sometimes exchanged as part of the program in order to provide a personalized approach to the sponsorship.





The school children receiving their new pair of shoes.

## Other Assistance

Throughout the school year, vita-life® (WHSF) provides assistance as needed for special school programs, equipment repairs and other needs identified by the school staff.

Last year, vita-life® sponsored new shoes for



all the students. Working directly with a local shoe manufacturer, over 300 shoes were purchased and distributed each child.

## About the Program

As a founder of vita-life®, Mario Hintermayer started the program after visiting the school on a trip to Sri Lanka following the 2004 Boxing Day Tsunami. Impressed by the resilience of the people, Mario CEO of vita-life® Asia and Ingrid Brandstötter, CEO of

vita-life® Europe decided that vita-life was going to help the children of Sri Lanka build a



better future.

Kathrin Austermayer is based in Austria and is the Project Coordinator. Kathrin oversees the program budget and works directly with



the in-country coordinators on monthly budgets, identifying and approving special programs, and managing the Sponsorship Program.

Twin brothers Sanka and Pubudu Hewage have been working with the program since 2007 as program coordinators. Their responsibilities include purchasing and delivering the food supplies to the school every 2-weeks. They also spend 1 day each week at the school providing supplemental



English Language training.

Murray Mocerri joined the program in 2006 as a coordinator and continues to work with



the program maintaining the monthly budget and providing project status reports.

The entire group is excited as they enter the program's 5th year and proud to be a part of the vita-life® (WHSF) program to assist the children of Sri Lanka.

**We want to thank all sponsors for their support and loyalty!**



Curious how to become a sponsor? Wanna support us? Check out [www.whsf.org](http://www.whsf.org) or contact [k.austermayer@whsf.org](mailto:k.austermayer@whsf.org) Together we can build a better future for the Kogala Kids!

## About vita-life®

Founded in 1995 by three young entrepreneurs, vita-life has been working successfully in the health sector since 1995. The company has been world market leader in the field of magnetic resonance stimulation ever since it was set up. vita-life has already been able to show large numbers of people the way to greater vitality and holistic health with its innovative products.