



# *A Midwifery Study Tour of Sri Lanka* *'Global Perspectives in Practice'*

**COLOMBO | SIGIRIYA | KANDY | NUWARA ELIYA | YALA | GALLE**

**3<sup>rd</sup> to 13<sup>th</sup> October 2026**

*Sri Lanka*

**CPD hours: 32**



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## ABOUT THE TOUR

This study tour will explore midwifery practice both in Australia and Sri Lanka. Together, we will examine traditional, cultural, and contemporary approaches to care, and consider how these compare to current issues experienced by Australian midwives.

How does the role of the midwife shift across different contexts? Is Midwifery remaining focused on 'normal' as the practice context of our profession and the populations we serve continue to change? What contemporary challenges are shared by our Sri Lankan counterparts and what is unique to the settings in which we provide care?

Throughout the study tour, you'll have the opportunity to learn alongside your midwifery colleagues and grow your professional network, regardless of your career stage.

### LEARNING OUTCOMES:

- Examine research trends that impact care for women and their newborns, including the latest evidence emerging from the Australian context.
- Reflect on the broad and evolving role of the Midwife in both Australian and international settings, and consider your future professional goals through networking and discussion with fellow midwifery colleagues.

### YOU WILL ALSO LEARN:

- Midwifery scope of practice in a changing healthcare landscape, including shifts in care models, workforce reforms, and approaches that strengthen continuity of care.
- Political and systemic factors shaping women's healthcare, and the midwife's role in advocating for equitable, culturally safe, evidence-informed services.
- Strategies to support and sustain the midwifery profession, with a focus on wellbeing, retention, professional identity, and career longevity.
- Cultural competence and respectful care, examining how cultural context influences women's expectations and outcomes, and insights gained from Sri Lankan maternity traditions and health systems.
- Ethical and contemporary challenges, including over-medicalisation, balancing risk with normal birth, and navigating decision-making across varied cultural and organisational settings.





## INCLUSIONS:

- Accommodation with Breakfast
- Transportation by air-conditioned vehicle as per the itinerary
- English-Speaking Chauffeur Guide.
- High Tea at Grand Hotel.
- Hiriwaduna Village Trek with Lunch.
- Entrance fees to Sigiriya Rock Fortress entrance, Spice Garden, Polonnaruwa, Minneriya Safari, Peradeniya Botanical Garden, Kandy Temple, Cultural Show, Visit to A Tea Plantation (Nuwara Eliya), Victoria Garden, Yala National Park, Tissamaharama Raja Maha Vihara, Foundation of Goodness, Tsunami Museum.

### Program Inclusions:

- An program based on current best practice
- Dedicated Space for expert presentations and reflection
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- A Registration Reception where you can meet other attendees and network with convenors and presenters
- A Welcome pack and additional information to support a fantastic study tour experience
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio



## CLINICAL LEAD



**LORIN VELTKAMP**

**BNSc, Grad Dip Mid, Master of Public Health**

Lorin is a Registered Midwife currently employed at Townsville University Hospital in Queensland. Alongside her clinical practice, she works in multidisciplinary healthcare education, supporting learning across diverse professional settings.

Over the past twenty years, Lorin has held a wide range of clinical roles, including Caseload Midwife in a Birth Centre, Clinical Midwife at a tertiary referral centre, and Midwifery Educator. Her career has taken her across the globe – from Thursday Island in Australia’s far north to the Arctic Circle in Canada.

Lorin has led quality improvement initiatives, developed clinical curricula for online education modules, and presented internationally at conferences, including CAPWHN. Her professional experience also includes public health and disaster management roles, as well as several years working in prehospital care.

She has also lived and worked extensively in the Middle East, South America, and Sub-Saharan Africa, bringing a truly global perspective to her midwifery practice and education.

Lorin has made multiple trips to Sri Lanka and brings a deep appreciation of the country’s culture, healthcare systems, and midwifery practice. She looks forward to sharing her knowledge, insights, and experiences with colleagues during this study tour.





**3<sup>rd</sup> - 14<sup>th</sup> October 2026**

**DAY 1:**

Saturday 3<sup>rd</sup> Oct 2026

**COLOMBO**

**Inclusions:**

Drinks reception

**DAY 2:**

Sunday 4<sup>th</sup> Oct 2026

**COLOMBO – SIGIRIYA**

**Inclusions:**

Breakfast & Dinner

## INTINERARY

### Welcome to Sri Lanka!

Upon arrival, delegates will check in to the beautiful Cinnamon Grand Colombo. Take a moment to unwind with a cocktail by the hotel's pool or in one of its inviting bar spaces as you settle into the vibrant energy of Colombo and begin this inspiring journey together.

#### Self-directed learning via the online library:

- A day in the life of a Midwife
- ICM definitions of a midwife and the scope of practice
- Chosen support person in the labour space
- Labour Companion programme
- Healthcare worker barriers

#### 5pm to 6pm:

We invite you to join us for a welcome registration and a one-hour drinks reception – a relaxed opportunity to meet your fellow attendees, connect with colleagues, and ease into the start of your Sri Lankan midwifery study tour.

#### 6pm to 7pm: Introduction to Sri Lankan Maternity Care

Introduction to some of the demographic and service provision characteristics of maternity care in Sri Lanka. This will direct your observations as we travel through the country.

#### 7am to 8am - Breakfast

#### 9am - Colombo City Tour

After breakfast, we begin our guided tour of Colombo – a city where modern skyscrapers meet historic colonial charm.



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## DAY 2:

Continued...

We'll explore the vibrant Pettah Bazaar, wandering through bustling streets filled with traders, textiles, and colourful market stalls. A brief stop will be made at the iconic Red Mosque (Jami Ul-Alfar Mosque), famous for its striking red-and-white façade and distinctive architecture.

The tour continues to the Gangaramaya Temple, one of Colombo's most important Buddhist sites, known for its blend of modern and traditional design and its impressive collection of statues and artefacts.

### 10.30am - Transfer to Dambulla

#### Self-directed learning via the online library:

- Women's Economic Participation in Sri Lanka: Challenges and Opportunities
- Child Labour, Night Work & Maternity Benefits - Department of Labour
- Health risks of indoor cooking for Sri Lankan women
- The use of Smokerlyzers
- Complete your CPD notes in preparation for future sessions

### 1pm - Lunch, Hela Bojun

Hela Bojun centres are community-based initiatives found across Sri Lanka that were established through the Women's Agriculture Extension Programme. They promote access to fresh, locally produced foods and support women's empowerment through skills development and income generation. These centres highlight the connection between nutrition, community support, women's autonomy, and broader maternal and family health outcomes.

Enjoy freshly prepared favourites such as hoppers, roti, and sweetmeats – a simple but heartwarming taste of local village flavours.

### 2.30pm - Dambulla Cave

We then visit the Dambulla Cave Temple, a sacred site treasured since the 1st century BC. This iconic rock temple features five beautifully preserved cave sanctuaries filled with intricate paintings and more than 150 statues of Lord Buddha. As you arrive, you'll also see the impressive golden Buddha statue that stands high above the complex, symbolising the cultural and spiritual importance of this historic site.

### 7pm - Dinner in the hotel



### Day 3:

Monday 5<sup>th</sup> Oct 2026

**HIRIWADUNA –  
POLONNARUWA –  
MINNERIYA – SIGIRIYA**

### Inclusions:

Breakfast, Lunch & Dinner

### 7am to 8am: Breakfast

### 9am – Hiriwaduna Tour

Trekking through the Hiriwaduna is an adventure that gets every nature lover excited! Ride a Bullock cart which is Sri Lanka's oldest form of transportation on an unpaved trail. Then set off on a nature walk through a scrub jungle. If you come across a stream, you'll have to wade through it knee deep and later cross a wider tributary on a kind farmer's catamaran. He'll take you to inspect the Chena Cultivation (Slash and burn agriculture).

Immerse yourself in an archetypal Sri Lankan village, spend time with a farmer harvesting crops, or watch the children play or enjoy the sight of the village folk as they go about their early morning tasks of fishing or washing clothes at the lake. Wind down to a scrumptious home-cooked meal in the heart of the village, prepared by a local family using fresh produce from their own garden – a perfect way to end your authentic Sri Lankan countryside experience.

### 12pm – Polonnaruwa City Tour

Next, we proceed to the ancient city of Polonnaruwa. On arrival, enjoy a guided tour of this remarkable UNESCO World Heritage Site.

Polonnaruwa, the medieval capital and the crown jewel of King Parakramabahu I, stands as one of Sri Lanka's most impressive examples of ancient civilisation. As you walk through its scattered ruins, you'll discover stupas, serene Buddha statues, intricate irrigation systems, and beautifully carved Hindu sculptures – evidence of both cultural diversity and architectural brilliance.

Highlights include the Watadage, a circular relic house renowned for its exquisite stone carvings, and the iconic Gal Viharaya, where four colossal Buddha statues are carved into a single granite rock face, radiating extraordinary craftsmanship and spiritual presence.

We also visit the Council Chamber of Nissankamalla, an elegant structure distinguished by its uniquely carved pillars, located near the vast Parakrama Samudraya – the great reservoir created by King Parakramabahu, and a masterpiece of ancient hydraulic engineering.



### Day 3:

Continued...

### Self-directed learning via the online library:

- Social capital in pregnancy in rural Sri Lanka

### 3pm - Transfer to Minneriya, afternoon Safari

We will then transfer to Minneriya for our afternoon safari in Minneriya National Park.

Minneriya National Park is famed for its annual “Gathering” – when large numbers of wild elephants congregate around the Minneriya Tank during the dry season, creating one of Asia’s most extraordinary wildlife spectacles. In addition to elephants, the park is home to leopards, sloth bears, deer, and an impressive variety of birdlife. A jeep safari through this stunning landscape offers an unforgettable opportunity to observe wildlife in its natural habitat.

After the safari, we return to our hotel to enjoy the evening at your leisure.

### 7pm - Dinner at our hotel

### 7am to 7.30am - Breakfast

### 8am - Sigiriya Rock

The 5th-century citadel of King Kasyapa, now a UNESCO World Heritage Site, is one of Sri Lanka’s most iconic landmarks. We will ascend through the impressive Lion Gate, framed by the massive stone paws that guard the climb, and take in sweeping views of the perfectly symmetrical royal gardens below. As we explore, we will encounter the famous Sigiriya frescoes – vivid ancient paintings that echo the artistic traditions of the Gupta period – and walk alongside the remarkable Mirror Wall, once polished so finely it reflected the king himself.

We will also visit the Sigiriya Museum, gaining insight into the engineering brilliance of this ancient fortress, from its elevated palaces and pools to the advanced hydraulic systems that once drew water to the summit.



### Day 4:

Tuesday 6<sup>th</sup> Oct 2026

**SIGIRIYA - MATALE -  
PERADENIYA - KANDY**

### Inclusions:

Breakfast & Dinner



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## Day 4:

Continued...

### 11.30am - Matale Spice Gardens

Known for its rich agricultural heritage, Matale is celebrated for its spices, which play a central role in Sri Lankan culture, cuisine, and traditional healing. Here, we will learn about the cultivation and uses of local spices and herbs, enjoy the aromas that fill the garden, and, if you wish, sample a refreshing cup of herbal tea.

### 12.30pm to 1.30pm – Lunch (at own expense)

#### Self-directed via the online library:

- Ayurveda
- Midwifery outcomes and the Midwifery Workforce

### 5pm to 6pm - Kandy Temple

We then continue to Kandy, the island's last royal capital and a UNESCO World Heritage City. We will visit the Temple of the Sacred Tooth Relic, one of Sri Lanka's most revered Buddhist sites. The evening rituals create a serene and spiritual atmosphere as we step into this sacred space.

### 6pm to 6.30pm – Cultural Show

We will enjoy a traditional cultural show, featuring Kandyan dance, drumming, and vibrant performances that reflect the region's artistic heritage. We will also explore the city on a guided tour, taking in bustling markets, the Kandy City Centre, and charming colonial-era landmarks that reveal the city's layered history.

After the tour we will check into Amaya Hills hotel.

### 7pm to 8pm – Dinner at our hotel

### 9am - Morning session:

This morning, we begin our conference by exploring maternal and neonatal outcomes in both Australia and Sri Lanka. How do our nations compare, and what can we learn from each other's results? We will also examine midwifery workforce data within a global context, along with the unique populations and care needs that shape practice in each country.

### 10.30am: Break

## Day 5:

Wednesday 7th Oct 26

**KANDY**

#### Inclusions:

Breakfast, Lunch & Dinner



## Day 5:

Continued...

### 11am - Morning session:

We will explore the traditions and cultural practices surrounding pregnancy, birth, and the postnatal period, and consider how deeper cultural understanding can enhance the holistic nature of midwifery care.

### 12.30pm to 1.30pm - Lunch

### 1.30pm Afternoon session:

We will also review recent research from the Australian context to contextualise and update our understanding of current trends in midwifery. Specific studies and findings will be shared closer to the conference date to ensure we are drawing on the most up-to-date evidence.

### 3pm: Break

### 3.30pm - Afternoon session

We will conclude our first day by reflecting on the voice of consumers. What do women want, need, and experience when accessing midwifery care – and what can we learn from their perspectives to improve our practice?

### 7pm to 8pm - Dinner at our hotel

## Day 6:

Thursday 8<sup>th</sup> Oct 26

**KANDY - NUWARA ELIYA**

### Inclusions:

Breakfast & High Tea

### 7am to 8am - Breakfast

### 9am - Transfer to Nuwara Eliya

After Breakfast at the hotel you will Check out from the hotel & continue your way to Nuwara Eliya.

### Self-directed via the online library:

- Social inequalities in low birthweight outcomes in Sri Lanka
- Tradition and Cultural Practices
- Australian context

### 3pm - High Tea at the Grand Hotel.

We will enjoy High Tea at the Grand Hotel, taking in its historic charm and beautiful surroundings as we relax and unwind together.



## Day 7:

Friday 9<sup>th</sup> Oct 26

### NUWARA ELIYA - TEA PLANTATION - YALA - TISSAMAHARAMA

#### Inclusions:

Breakfast & Dinner

#### 7am to 8am - Breakfast

#### 8.30am - Tea Plantation

We will explore the misty hills blanketed in lush tea bushes and step inside a working tea factory to observe the traditional processes behind world-famous Ceylon Tea. From the rhythmic hum of machinery to the fragrant aroma of freshly processed leaves, this visit offers a fascinating glimpse into a craft preserved for generations. We will conclude the experience with a perfectly brewed cup of pure Ceylon tea.

#### 10am - Nuwara Eliya City Tour

We will then commence a guided city tour of Nuwara Eliya, often referred to as “Little England” for its cool climate and charming colonial heritage. As we travel through the region, we’ll encounter picturesque tea estates, cascading waterfalls, and colourful tea pluckers at work. The town itself features English-style bungalows, manicured gardens, and one of the finest 18-hole golf courses in Asia. We may stroll through its peaceful streets or enjoy views over Lake Gregory, taking in the beauty and tranquility that define this historic hill-country retreat.

#### 12pm - Lovers Leap Waterfall

We will continue on to Lovers’ Leap Waterfall, a beautiful cascade surrounded by misty hills and local legend. From there, we will visit viewpoints overlooking Pidurutalagala, Sri Lanka’s highest mountain at 2,500 metres, which rises majestically above Nuwara Eliya and offers breathtaking vistas across the hill country.

#### 4pm - Buduruwagala Temple

Upon completion of our visit, we will check out from the hotel and travel to the Buduruwagala Temple, an extraordinary site where seven statues of the Buddha and other revered figures were carved into a rock face more than 1,000 years ago. This serene and lesser-visited archaeological treasure offers a powerful glimpse into Sri Lanka’s ancient spiritual heritage.

#### Self-directed learning via the online library:

- Cultural and political forces in Midwifery

#### 7pm to 8pm - Dinner at our hotel



## Day 8:

Saturday 10<sup>th</sup> Oct 26

**YALA - GALLE**

### Inclusions:

Breakfast

### 6am - Safari at Yala National Park

We will rise early to embark on a safari in Yala National Park, Sri Lanka's premier wildlife reserve. Spanning a vast landscape of grasslands, forests, wetlands, and coastal dunes, Yala is home to an extraordinary diversity of wildlife. As we journey through the park, we may encounter elephants, sloth bears, spotted deer, jackals, and an impressive variety of birdlife. Yala is also renowned for having one of the highest densities of leopards in the world, making each safari an exciting opportunity to witness these magnificent creatures in their natural habitat. The rugged tracks, tropical landscape, and sounds of the wild create an exhilarating start to the day.

### 9.30am - Breakfast

### 10.30am - Transfer to Galle

After returning to the hotel for breakfast, we will begin our scenic drive to Galle, a coastal city rich in multicultural heritage and colonial history.

Along the way, we will make a brief stop at the Tissamaharama Raja Maha Vihara, one of the region's oldest and most sacred Buddhist temples. Its striking white stupa and peaceful setting offer a meaningful glimpse into Sri Lanka's ancient spiritual traditions.

### 12pm - Lunch (at own expense)

### 1pm - Visit to maternity ward at Karapitiya Teaching Hospital

Sri Lanka has unique public health challenges, and this hospital visit will provide insights into managing maternal and child health in challenging environments.

This international engagement enriches both professional and personal understanding while contributing to the broader goal of improving global health standards and outcomes.

Once our visit is complete, we will check into our Radisson Blu hotel and enjoy the remainder of the day at your leisure.

**Evening** - Enjoy this evening at your own leisure, dinner at own expense.



**Day 9:**Sunday 11<sup>th</sup> Oct 26**GALLE****Inclusions:**

Breakfast &amp; Lunch

**9am - Morning session:**

We will begin our second day by examining the cultural and political forces that shape women's experiences during their reproductive years. This includes exploring consent laws, domestic and family violence, femicide, and societal preferences for gender, and considering how these factors influence access to care, safety, and overall wellbeing.

**10.30am:** Break**11am - Morning session:**

We will compare and contrast the scope of practice of conference participants and reflect on how our roles align with the international definition of a midwife. We will also examine predicted workforce needs both in Australia and globally. This discussion will support participants in considering their own future professional development and career pathways.

**12.30pm to 1.30pm - Lunch****1.30pm Afternoon session:**

We will consider midwifery training in Australia and Sri Lanka and how this interacts with the current Australian media and legislative debates around the care of birthing women and the field of obstetrics.

**Evening** – Enjoy this evening at your own leisure, dinner at own expense.



## Day 10:

Monday 12<sup>th</sup> Oct 26

COLOMBO

### Inclusions:

Breakfast

### 8am to 9am – Breakfast

### 11am - Foundation of Goodness

Visit the Foundation of Goodness to observe Sri Lanka's Women's Empowerment Programmes and explore how community-based initiatives contribute to women's health and wellbeing. These programmes support rural women through skills training in areas such as dressmaking, beeralu lace weaving, cookery, and small-business development.

For midwives, this visit offers a unique opportunity to examine the social, economic, and cultural factors that shape women's lives before, during, and after the reproductive period. By engaging with participants and hearing their stories, we can deepen our understanding of:

- how empowerment and economic independence influence maternal and neonatal outcomes
- the role of community networks in supporting women's physical and emotional wellbeing
- barriers rural women face in accessing healthcare and how these challenges compare with our own contexts
- how holistic, woman-centred care extends beyond clinical encounters

This experience provides valuable insight into the broader determinants of health and highlights the importance of advocacy, equity, and culturally responsive midwifery practice.

### Self-directed learning via the online library:

- Informed consent and patient rights
- Birthing outside the system: the motivation behind the choice to freebirth or have a homebirth with risk factors in Australia

### 2pm - Visit to Tsunami Museum

Later, we will visit the Tsunami Museum to learn about the 2004 tsunami and its profound impact on Sri Lanka's coastal communities. The exhibits and personal stories offer a moving insight into resilience, loss, and community rebuilding.



## Day 10:

Continued...

From a midwifery perspective, this visit provides an opportunity to reflect on:

- the effects of large-scale disasters on women, families, pregnancy, and newborn health
- the challenges faced by health services in crisis situations
- the importance of trauma-informed, compassionate care for survivors
- how midwives contribute to community recovery, psychosocial support, and continuity of care during and after emergencies

This experience encourages us to consider the broader contexts in which women live, give birth, and raise families – and how midwives play a vital role in supporting communities through both everyday challenges and extraordinary events.

### 5pm - Farewell drinks

Tonight, we will gather for a drink to celebrate our time together and reflect on the experiences and insights gained throughout our study tour.

We say our final goodbyes and wish you a safe journey home.

Thank you for sharing this unforgettable experience together.

## Day 11:

Tuesday 13<sup>th</sup> Oct 26

**COLOMBO - DEPARTURE**

### Inclusions:

Breakfast





## EXCLUSIONS:

- Flights to and from Sri Lanka
- Meals & Drinks not mentioned in the itinerary
- Arrival & departure transfers to and from airport
- Gratuities
- Travel insurance
- Visa: <https://eta.gov.lk/slvisa/>

## COST:

<b>Twin Share:</b>	\$4790 per person
<b>Single Supplement for solo travellers:</b>	\$1495 per person

A non-refundable deposit of \$600 per person is due at time of booking with the final balance payable by the **3<sup>rd</sup> July 2026**

## International Flights & Travel Insurance:

We are happy to provide airfare and travel insurance quotes upon request for any travel needs. There is no obligation.

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