

## 1: Sri Lanka - Wikipedia

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**Prehistory of Sri Lanka** The pre-history of Sri Lanka goes back , years and possibly even as far back as , years. In these caves, archaeologists have found the remains of anatomically modern humans which they have named Balangoda Man , and other evidence [37] suggesting that they may have engaged in agriculture and kept domestic dogs for driving game. The 19th-century Irish historian James Emerson Tennent theorized that Galle , a city in southern Sri Lanka, was the ancient seaport of Tarshish from which King Solomon is said to have drawn ivory , peacocks , and other valuables. Pre-Anuradhapura period Main article: Ancient cemeteries that were used before BC and other signs of advanced civilization have also been discovered in Sri Lanka. Sri Lankan dynastic history ended in , when the island became part of the British Empire. Thereafter, Anuradhapura served as the capital city of the country for nearly 1, years. Bodhivamsa [53] Invasions Sri Lanka first experienced a foreign invasion during the reign of Suratissa , who was defeated by two horse traders named Sena and Guttika from South India. Dutugemunu , the eldest son of the southern regional sub-king, Kavan Tissa , defeated Elara in the Battle of Vijithapura. He built Ruwanwelisaya , the second stupa in ancient Sri Lanka, and the Lovamahapaya. These invaders were all subsequently driven back. Kala Wewa and the Avukana Buddha statue were built during the reign of Dhatusena. The council was held in response to a year in which the harvests in Sri Lanka were particularly poor and many Buddhist monks subsequently died of starvation. Later periods Frescoes on the Sigiriya rock fortress in Matale District , 5th century Sri Lanka was the first Asian country known to have a female ruler: Anula of Anuradhapura r. The Sigiriya rock fortress is surrounded by an extensive network of ramparts and moats. Inside this protective enclosure were gardens, ponds, pavilions, palaces and other structures. Bisu Kotuwa, a peculiar construction inside a dam , is a technological marvel based on precise mathematics that allows water to flow outside the dam, keeping pressure on the dam to a minimum. It maintained close ties with European civilisations including the Roman Empire. For example, Bhatikabhaya 22 BC – AD 7 sent an envoy to Rome who brought back red coral , which was used to make an elaborate netlike adornment for the Ruwanwelisaya. In addition, Sri Lankan male dancers witnessed the assassination of Caligula. Taking advantage of this situation, Rajendra I , son of Rajaraja I, launched a large invasion in Mahinda V was captured and taken to India, and the Cholas sacked the city of Anuradhapura. Subsequently, they moved the capital to Polonnaruwa. Following a seventeen-year-long campaign, Vijayabahu I successfully drove the Chola out of Sri Lanka in , reuniting the country for the first time in over a century. In , Kalinga Magha , a South Indian with uncertain origins, identified as the founder of the Jaffna kingdom, invaded and captured the Kingdom of Polonnaruwa. He sailed from Kalinga [76] nautical miles on large ships with a 24, strong army. Unlike previous invaders, he looted , ransacked, and destroyed everything in the ancient Anuradhapura and Polonnaruwa Kingdoms beyond recovery. His reign saw the massive migration of native Sinhalese people to the south and west of Sri Lanka, and into the mountainous interior, in a bid to escape his power. The north, in the meanwhile, eventually evolved into the Jaffna kingdom. Chinese admiral Zheng He and his naval expeditionary force landed at Galle, Sri Lanka in and got into battle with the local king Vira Alakesvara of Gampola. Zheng He captured King Vira Alakesvara and later released him. Thomlin at Galle in and is now preserved in the Colombo National Museum. Kandyan period See also: In , after decades of intermittent warfare with the Portuguese, Vimaladharmasuriya I moved his kingdom to the inland city of Kandy , a location he thought more secure from attack. In , the king signed a treaty with the Dutch East India Company to get rid of the Portuguese who ruled most of the coastal areas. The Dutch remained in the areas they had captured, thereby violating the treaty they had signed in An ethnic group named Burgher people emerged in Sri Lankan society as a result of Dutch rule. He was married to a Telugu -speaking Nayakkar princess from South India Madurai and was childless by her. Kings of the Nayakkar dynasty launched several attacks on Dutch controlled areas, which proved to be

unsuccessful. Following his death, a nephew of Rajadhi Rajasinha, eighteen-year-old Kannasamy, was crowned. By this time, experiments with coffee plantations were largely successful. Falling coffee prices as a result of the depression of stalled economic development and prompted the governor to introduce a series of taxes on firearms, dogs, shops, boats, etc. Tea production in Sri Lanka thrived in the following decades. Large-scale rubber plantations began in the early 20th century. British appointed Kandyan chiefs, By the end of the 19th century, a new educated social class transcending race and caste arose through British attempts to staff the Ceylon Civil Service and the legal, educational, and medical professions. Buddhist and Hindu revivalism reacted against Christian missionary activities. This step was strongly criticised by the Tamil political leadership, who realised that they would be reduced to a minority in the newly created State Council of Ceylon , which succeeded the legislative council. However, this demand was not met by the Soulbury reforms of 1945. Modern Sri Lanka Main articles: Sri Lankan independence movement , History of Sri Lanka 1948–present , and Sri Lankan Civil War The formal ceremony marking the start of self-rule, with the opening of the first parliament at Independence Square The Soulbury constitution ushered in Dominion status , with independence proclaimed on 4 February Senanayake became the first Prime Minister of Ceylon. A countrywide popular demonstration against withdrawal of the rice ration, known as Hartal , resulted in the resignation of prime minister Dudley Senanayake. Bandaranaike was elected prime minister in 1956. His three-year rule had a profound impact through his self-proclaimed role of "defender of the besieged Sinhalese culture". Although partially reversed in 1958, the bill posed a grave concern for the Tamil community, which perceived in it a threat to their language and culture. Chelvanayakam , leader of the FP, to resolve the looming ethnic conflict. The bill, together with various government colonisation schemes , contributed much towards the political rancour between Sinhalese and Tamil political leaders. During her second term as prime minister, the government instituted socialist economic policies, strengthening ties with the Soviet Union and China , while promoting a policy of non-alignment. In 1971, Ceylon experienced a Marxist insurrection , which was quickly suppressed. In 1972, the country became a republic named Sri Lanka, repudiating its dominion status. Prolonged minority grievances and the use of communal emotionalism as an election campaign weapon by both Sinhalese and Tamil leaders abetted a fledgling Tamil militancy in the north during the 1970s. The Black July , 1983, 10,000 Tamil civilians were killed across the island in the anti-Tamil Pogrom allegedly backed by hard-line Sinhalese ministers within the government.

### 2: CEYLOVE: From Sri Lanka With Spice by Jessica Heath â€” Kickstarter

*I Love My Country Sri Lanka.. by Ravi www.enganchecubano.com top of the mountain God sits on Adams peak Throwing his heavenly blessings to our nation Blessed our country known to the world as the Garden of.*

Dilshan Jayasinha December 21, at Monica February 11, at I have been waiting to say something in sinhalese to my boyfriend. He is such a humorous guy. Reply Lee February 23, at Reply Gail May 21, at Thanks for this fun lesson! Dilshan Jayasinha May 21, at Exactly what was expected: Thanks for sharing that, Gail. Please say hello to Nishan too. You both made me very happy. Harold June 10, at D and also i would like to know the meanings of these words 1 you are my Angel 2 you mean the world to me 3 i love you my Angel And also my apologies in advance as i am really gonna annoy you for more meanings in future: Harold June 11, at Reply Dilshan Jayasinha September 2, at Again, not very often used as far as I know. Sorry again about the delay. Reply Harold September 2, at And tnx again for the reply: Dilshan Jayasinha September 4, at Harold September 4, at Dilshan Jayasinha September 17, at Just makes it a little more romantic: Erica November 3, at Reply Dilshan Jayasinha November 3, at So happy that you built up the courage to say itâ€ Well, now you know what the obvious next step is, right? All the best, Erica! Reply Erica November 3, at Which brings to mind â€” are you making any more videos? Thanks again for this FAB site: Reply Dilshan Jayasinha November 4, at I most likely will develop a collection and sell them on the blog sometime in the near future. Will keep you posted. Please could you translate the song nethu aadara by uddikka premaratha for meâ€I love the song. Please please could you help me. Nishana Reply Lovy Pradeep November 27, at Sara December 4, at What is that meaning? What do I knowâ€!. Paul December 7, at Thank you for the posts on this slushy subject: Let me know how she reacts: Mya December 14, at I am so happy that I met you. I hope we can be friends forever! America mokada Australia mokada.

### 3: Love Cake - Traditional Sri Lankan Recipe | flavors

*Of all the things that I expected in Sri Lanka, I did not expect my taste buds to actually fall in love with the food in Sri Lanka. As a person who suffers from Irritable Bowel Syndrome, I find that finding a cuisine that suits my stomach is hard because I need to eat food that isn't oily.*

Email Shares Today, we are headed to Sri Lanka for a love cake! The one who will make you feel butterflies in the belly, who will put a large smile on your face, or who will make you fly three feet above the ground will also have to prepare this love cake for you! A cake with enchanting ingredients, which shows that nothing in the world is more important than to love and to be loved! Love! Every recipe hides a secret! This secret is called love! Cooking and teaching cooking is much more than just a recipe: Centuries ago, when the Portuguese ruled the small island of Ceylon, a cake named love cake was born. When the Portuguese arrived on the island in 1498, and since there were no women in the Portuguese navy, they married Sinhalese and Tamils, from the two largest ethnic groups in the country. It should be noted that this practice of mixed marriages with local populations had been encouraged by the Portuguese, not only in Ceylon, but also in the other Portuguese colonies, for example in Batavia in Indonesia, Macao in China, Malacca in Malaysia or Goa in India. When the Dutch took Ceylon back in 1638, they expelled all the Portuguese. It was not until that the British colonized Ceylon until 4 February 1948, the date of independence of the island. The children born of these mixed marriages were the Burgers. The Burghers have introduced a number of foods and dishes into Sri Lanka that have become an integral part of Sri Lankan cuisine. The love cake is one of them, just like kokis, frikkadels baked meatballs, the traditional Christmas cake fruit cake and lamprais a curry wrapped and cooked in a banana leaf, just to mention a few. The love cake dates back at least to the fifteenth century, and was initiated by the Portuguese who controlled large parts of Sri Lanka for more than a century. The love cake is probably of Portuguese origin because of one of its most important ingredients: The beauty of cooking is that there is always an opportunity to discover new flavors and be surprised by new ingredients and surprising combinations. My new flavor, my discovery of the day, is called puhul dosi in Sinhalese. A variety of squash in a cake? After all, if carrots can be used in an Indian dessert like gajar ka halwa or the famous American carrot cake; if pumpkin can be the star ingredient of American pumpkin pie or pampoenkokies from South Africa, why not squash in Sri Lanka? It is also known as winter melon, is an annual vegetable plant native to Malaysia and is related to squash, melon and cucumber. It is also from this ingredient that puhul dosi, the famous candied winter melon, is made. In Sri Lanka, winter melon is called alu puhul in Sinhalese. Most cooks buy already made puhul dosi in stores. Unfortunately, even if you can find this winter melon very easily all over the world, it will sometimes be difficult to find puhul dosi in some countries. There too, do not panic! You will find the recipe for puhul dosi on many websites and it is very simple to prepare. I had the chance to find an excellent puhul dosi in an Indian and Sri Lankan market in Paris, in the Indian neighborhood. The most important tip to make puhul dosi is to ensure that the watermelon is drained well before making the jam. It is said that this cake was prepared by Sinhala and Tamil women to win the hearts of the contenders and, like love, it is deliciously sweet, fragrant, spicy and slightly intoxicating. Born from a simple and unpretentious Portuguese recipe, the love cake has had its own life in Sri Lanka, with fruits, cashews and spices from the island, and scents of rose water and citrus fruits, thanks to the Moorish influences of the region. The standard and traditional recipe for love cake uses an almost equal amount of butter, sugar and cashews and plenty of eggs, as well as a good amount of candied fruits, essences, spices and honey. The cashew gives it a delicious taste and unexpected melting texture. This same cashew nut is the main ingredient of the bolo polana, this cake from Mozambique, that also features Portuguese origins. The secret to the success of a love cake is the moisture it must keep inside. Do not let it dry. And speaking of love, the love cake is traditionally prepared first and foremost for weddings but sometimes also for festive occasions such as birthdays or anniversaries. Sri Lankans will tell you that the love cake can be kept for a year or more, in an airtight box but, at my table, its life was very short. I prepared it for dessert for a dinner with friends. They were all as curious as I was, and we devoured it all on the spot! It was definitely love at first bite! Happy holiday to all lovers and whatever the

day of the year, never stop believing in love! This recipe is validated by our expert in Sri Lankan cuisine, Chef Niza.

### 4: Sri Lanka Dating

*Sri Lanka My Love - Photo Essay [Llu Yongqiu] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers. Sri Lanka encompasses beautiful tropical beaches, verdant vegetation, ancient monuments and thousand delight to please all tastes.*

Food In Sri Lanka: That means that I get to eat fruits and ice cream all the time. The delightful part about the Sri Lankan food was that it was low in oil and high in fibre most of the time. There are exceptions but those exceptions I could deal with. It also had a good deal of spices read flavourful and a lot of coconut the Goan in me went nuts! By day two in the country I was in ecstasy and it is the food that makes me feel like hopping on the plane and heading back. Many people will narrow it down to rice and curry. True enough rice and curry seems to be the popular meal but to just say that would be an injustice. We quickly learnt that the Sri Lankans eat different food at different times. For example, string hoppers are popular breakfast meals where as hoppers are eaten for dinner or tea. Rice is mostly an afternoon affair. One thing that you will quickly learn is that coconut is the key ingredient in almost everything. Another thing is that there is no such thing as a small meal in Sri Lanka. After the first few mishaps, we learnt that one meal was enough for both of us and we would still be stuffed. Breakfast In Sri Lanka There are a number of different types of Sri Lankan food that you will be able to get for breakfast. A lot of places will provide you with items that are served at popular western breakfast tables like pancakes, eggs, toast, jam etc. I however urge you to try some of the local cuisine too. It is intriguing, and you probably will fall in love with it. Unfortunately for us we were usually too full with dinner the previous night to eat breakfast on many days which was a big disappointment because one of our favourite items of Sri Lankan food is served only in the morning. At the top of our list of food in Sri Lanka is the String hopper. Made of rice flour these thin noodle like pancakes are steamed and served with a curry of your choice. Each string hopper is sold for around 2 LKR and you usually require 5 - 10 to start off with. String hoppers are bland, so spice should not be a concern and are oil free. One thing that we found surprising was even though the string hoppers appear light and fluffy, they are remarkably filling. String hoppers are usually never found in the evening so if you want to try this out make sure you have it for breakfast. Every time I looked at the breakfast menu, I always noticed that one of the items would be coconut roti. I finally got to try it when we had our breakfast in Dambulla. The coconut roti is a homemade Sri Lankan bread that is shaped like a pancake and made of rice flour and coconut. It is rather dry and is even more filling than the string hoppers. Served with coconut sambol the roti is an interesting eat. In some places they also have onion flakes in the roti. These rolls are usually parathas flattened bread that are stuffed. Shawn tried one that had egg inside. Folded versions have a variety of options ranging from chicken to fish. I found these a bit too oily for me, but they certainly were delicious. I love the brown rice because it has a higher amount of fibre and is healthier. Just beware that it tends to fill you up more quickly than the polished version, so you can overestimate how much you can eat. As stated by numerous blogs, Sri Lankan food tends to have a lot of curries. In fact, every meal that you order usually has an assortment of vegetables that may or may not be cooked with coconut curry. Shawn and I had to keep telling them to up the spice for us being Indian we love spice. Popular dishes that we enjoyed were beetroot, a delish pumpkin curry that we later learnt to make, brinjal, baby jackfruit a great meat substitute! As you can see, we ate a lot! Roti or Paratha is a flattened bread. You can choose to have a vegetarian version if you wish. The one that we had was topped with cheese and was served in a traditional mud pot. A Sri Lankan friend told us that the word Kothu refers to a mixture and that certainly describes the dish well. One of the items that really confused me were the hoppers. There are string hoppers and hoppers and both of them look nothing like each other than the fact that they are probably made of the same stuff. String hoppers look like fine noodles. Hoppers on the other hand is a form of Sri Lankan bread that is bowl shaped. It is thin and crisp on the edges and thicker in the centre. I reminded me of a semi spherical Indian dosa if that is possible. Hoppers are popularly eaten with curries as part of the Sri Lankan dinner and you will find that they are one of the popular items of Sri Lankan food that can be seen after dusk. Like the string hoppers they fill you up pretty fast! This is another popular dish that you see on

almost every menu from north of Sri Lanka to the south. It intrigued me, but I was rather scared to try it out. Shawn finally took the plunge in Ella. Turns out that the dish gets its name because of its fiery spice. It is usually sweetened up for foreigners, so we had to tell them to make it the Sri Lankan way for us. Not something that I would order for myself but definitely delicious if you love spice. In a way, snacks in Sri Lanka reminds me a lot of the ones we would find in India. They are plentiful, and they are sold by local stalls and hawkers wherever you go be it in the train or on the beach. We even had hawkers entering our buses at stops. Here are a few of the ones that we tried. This is a variant of the hoppers that are served for dinner. The difference is that an egg is cracked open and placed in the centre. The egg fries along with the hopper and the whole bowl-shaped hopper is placed on your plate. It is a tasty treat that you will find at any place that has the hopper pans at it. Samosas are basically wrapped goodies that are deep fried. In Sri Lanka we have tasted versions with vegetables, some with fish and have heard of those with egg. These popular snacks are best had hot and on a cold or rainy day! The most popular ones that we saw and tasted were the ones made of dal or lentil. Some of these were topped off with a prawn on top. To be truthful, I did not like these too much. The prawn was usually too small and too fried to add any flavour. That makes fruit cheap, fresh and easily accessible. Fruits that you should try in Sri Lanka are jackfruit, mango, apple, avocado, pineapple and wood apple. There are probably a number of other fruits that you should try but these are the ones that we encountered. I mean a lot of us have a sweet tooth, right? Unfortunately for me, I always landed up eating too much. I usually had no place for desert. In some instances, I found that the deserts in Sri Lanka were as filling as a whole meal. Here are some of the ones which I managed to find space in my tummy for. Banana roti is exactly what it sounds like. It involves a ripe banana which is sliced and placed between two rotis Sri Lankan bread. I had a version of it which involved drizzling the entire concoction with liquid chocolate. It was by far the most delicious thing I had that day! While a lot of the restaurants that we went served this, I only got a chance to taste it in the packaged form. Small yogurt containers are sold in the grocery store with a tiny packet of honey attached. It is delicious and a great to go option if you want a light snack or meal. Some of the restaurants also serve it with pancakes. Sadly, I did not get a chance to try it. My only regret was that I did not discover it earlier. The yogurt and jelly concoction is available in grocery stores. It comes with a red jelly on top of the white yogurt base. It is cheap and easily accessible. Did I mention that it is delicious? No matter how full he was after a meal, he would trot to the grocery store and ask me whether I would share one. The bar was a lot like the popular chocobar except that it has a layer of liquid caramel.

**5: Never Say Never: Meeting My Love in Sri Lanka | Tamilunity | Entertainment source**

*The love cake is a traditional Sri Lankan cake made from cashews, semolina and candied winter melon called puhul dosi. It is perfumed with rose, cinnamon, cardamom with lime and nutmeg.*

I had just finished high school. My family planned for a vacation. Where would we spend our summer holidays? Canada or Sri Lanka? After discussing, our family decided to fly to Sri Lanka. It would be the first time that I visited my native country. Who would have thought that I would meet a special person who would change my life completely? In July, we finally arrived in Sri Lanka. We spent our first few days in Colombo and then we headed to Jaffna. There, I met him for the first time. During our visit, he spent most of the time with my family and me. My parents liked him immediately – his behavior and his character. Our parents even talked about a marriage between us. You can say that he was a desirable son-in-law. When my parents mentioned this to me, I looked at them speechless. I have a different idea of my future husband. Two weeks later, we flew back to Germany. The new year came. And so I did, not expecting him to answer. Do you have an email address or a Facebook account? But then it started. We wrote messages upon messages to each other. He stayed awake late into the night. I got up early in the morning to send him a message before I went to school – there was a time difference of 4. For months, it went on like this until we realized it had become love. I was fascinated by his character and his care for me. What we never could have imagined had happened. We fell in love and started a long distance relationship. During the next 16 months, I was totally dependent on my cell phone. It was the only way to communicate with him. In a short time, I also recognized some jealousy towards me. He always asked me to send photos so that he would know where I was and who I spent my time with. He would get jealous because I was sitting next to a boy in university or do group work with a boy. The problem was that he did not know the German culture. Here, it is not unusual for boys and girls to chat or work together or even be friends. In Sri Lanka, it is different. He only had male friends. That was why it was difficult for him to see me living a different lifestyle. In August, my mother and I traveled to Sri Lanka again. I spent a lot of time with him. I was so happy just to be with him. The topic of getting married came up again. Sri Lanka and Germany were two different worlds. So I asked him to come to Germany. Our parents decided we should get married as soon as possible so that it would be easier for him to come to Germany. All his friends helped us prepare the civil wedding. On the day before my mother and I headed back to Germany, we finally got married. My husband stayed in Sri Lanka to apply for a visa. Back in Germany, the jealousy became worse. He asked me not to wear trousers that were too tight in his eyes or short tops or shirts with any cutouts. He wanted me to stay home after 6 pm. I tried to consider his opinion but it became very stressful for me. I knew that it could not go on like this. So I decided to fly back to Sri Lanka one more time and bring him to Germany. I bought a flight ticket on my way to university without telling my parents. The requirement for him to get a visa was to pass the German language level A1. When I arrived in Sri Lanka, I taught German lessons every day to him and his classmates for three months. Then the day of his final test came. It was the date of my departure. He passed the test successfully. Two months later, he got a visa and was able to come to Germany. We were so happy. It was easy for me to imagine our life together in Germany. But in reality, it was different. I had to help him like a child in the beginning. He did not speak the language well yet, so I had to accompany him everywhere. For him, everything was new. Above all, he struggled to deal with the culture shock and got homesick. I did my best to make him feel home but it was difficult. My husband attended school and worked in a laundromat as well as a fast food restaurant during the weekends. The stress for him grew. I could not stand watching my husband working every day without taking a day off. The tension between us grew and my depression got stronger. I struggled with my studies and was overwhelmed by the whole situation. I just wanted us to be happy again. Something had to change. One day I decided to go to the employment office to ask for better professional opportunities for my husband and me. We were both unsatisfied with our situation. My husband applied to work in a warehouse for a well-known company and was accepted. There he learned to love his work again. This encouraged me and I also decided to drop my studies to get a new education and training. Today, my husband and I are both working in the same

occupation. We are very happy. The stress is gone, my depression is gone and we are surprised by how everything has changed since then. What did I learn from this story? One thing is that after every difficult situation, some good will come out of it. Although it was challenging for me to support my husband on his transition to Germany, he always stood by my side while I was fighting depression. The bad times have greatly strengthened our relationship and we are happy that we met these challenges successfully together. But it did not happen like this “ not at all. Today, I can say that I am so happy for that and now I will fulfill my dreams with my soulmate together. I found the love of my life “ my better half. Through my husband, I learned what is really important in life. My husband is one of my greatest blessing. So never say never.

### 6: Sri Lankan Poems and Poetry from Sri Lanka

*I Love My Sri Lanka. likes. No political, No religion, only talking about as a one nation, about environment, natural law and Inheritances of ancestors.*

It is a small island which is in the Indian ocean. It lies between longitudes 79 and 81 east and latitudes 5 and 10 north. From north to South the island is kilometers long. From west to east it is kilometers wide. The island has a tropical climate. Two monsoons coming from the north east and the south west bring rain to all parts of the country. The temperature ranges between 20 to 30 centigrade. In the central hills the climate is cooler. There are many different wild flowers, shrubs and trees here and the Peradeniya and Huggala botanical gardens have a large variety of tropical plants. It has many mountains, waterfalls, rivers, forests, tanks, flower gardens, animals, birds, beaches and ruined cities. The highest mountain is Pidurutalagala, which is meters high and the longest river is the Mahaweli, which is over kilometres long. Kelani, Kalu, Walawe and Nilwala also big rivers. As well as there are beautiful waterfalls in my country like Dunhida and Lakshapana. They help to produce electricity. We have forests where animals, birds, reptiles live freely. Yala, Wilpaththu and Kumana are wild life reserves. Wild animals live in the game reserves. Elephants, leopards, bears, deer, Loris and monkeys are found here. There are many varieties of birds live in their natural habitat. Jungle fowls and parrots are some of the four hundred kinds of birds that are found on the island. The economy of Sri Lanka is both agricultural and trade based. Tea, rubber, and coconut products are important exports. As other exports spices for an example pepper, cinnamon, cardamom, cloves are exported to overseas. Rice is our staple food. There are so many fertile paddy fields in my country. There are large tanks and ruined cities at Anuradhapura and Polonnaruwa. Sigiriya is the 8th wonder in the world. The golden beaches of Sri Lanka are very much enjoyed by the tourists. The tourist business in Sri Lanka brings in income to the economy. In the past traders from overseas visited the island looking for gems. This is still an important market today. In the present the president of Sri Lanka is Mr. Mahinda Rajapaksha and the prime minister of Sri Lanka is Mr. The population of Sri Lanka is about 20 million. Ethnic groups include the Sinhalese, Tamils. The majority population is Sinhalese and the minority population is Tamils. We live peacefully in our country. The people of my country live very honestly and kindly. Unfortunately we had to face tsunami tragedy in and lots of people died at that moment. I am very happy to be born in this beautiful country. I love my motherland.

### 7: Sri Lanka Love Dating, Sri Lanka Love Singles, Sri Lanka Love Personals

*Check out my crazy trip. Sri Lanka Tour Summer. Jaffna, Urimpirai, Navanthurai, Trincomale, Nilaveli etc. Song Free Download Here: [www.enganchecubano.com](http://www.enganchecubano.com)*

Apr 25, by: Not only was I not disappointed, I completely fell in love with the country. From the bustling modern capital city of Colombo, to the tea highlands and game safari, there was so much to savor. Here I compiled some of my favorite experiences from my trip to give you a better idea of what Sri Lanka has to offer. Then there are the sparkling lakes that perfectly compliment the dominant green landscape. Construction of these reservoirs dates all the way back to the fourth century BC, the purpose of which was codified by the ancient Sri Lankan monarch, Parakrama Bahu the Great, who said: If leopard spotting is your goal no pun intended, then Yala is your best bet for finding and viewing the elusive cat. And of course, no trip to Sri Lanka is complete without about a million and one encounters with monkeys. Also, resist the urge for a monkey selfie. The country is most well-known for its rice and curry dishes. These curries vary in flavor and heat remember, you can always ask for mild spiciness if you are sensitive, made from seasonal vegetables, chicken or beef, and even dried fish. Curries are usually accompanied by sambals, the Sri Lankan version of the Indian pickle. The hopper came from humble beginnings and is now very trendy. Fruit is fresh and abundant. There are more varieties of bananas, different sizes and flavors, than I have ever seen. One my best experiences was drinking fresh coconut water from the shell, then scooping out the flesh for a tasty snack. Then there are the spices, the prime culprit responsible for the color, smell and flavor of all Sri Lankan cuisine. Sigiriya is a fortress built on a meter majestic rock tower that holds court over the surrounding valley. This very accurately named temple holds a tooth relic of the Buddha, and according to local political lore, whoever holds this tooth holds governance over the country. Kandy was the last capital of the Sri Lankan kings, so maybe the legend is true. You be the judge! Inside you can lose yourself in intricately patterned walls of gold and vermilion, gilded Buddha statues, saffron robed monks and sky blue murals. You can buy it in most supermarkets here in America. But did you know the tea takes its moniker from the former name of Sri Lanka under British colonial rule, Ceylon? I visited the highlands of Nuwara Eliya, taking a scenic train journey from Kandy. Then I got to drink a cup. So fresh, delicious and straight from the source. Sri Lankans are warm, friendly and hospitable. Smiling faces greet you everywhere. Many locals wear traditional dress, saris for women and sarongs for men. Street stalls with colorfully dressed vendors line the main roads of towns and villages, selling fruit and snacks, pots and pans, tools and parts, everything a household could need. I was fortunate enough to be in country on a full moon, or Poya Day which is a monthly public holiday, when entire families make a pilgrimage to a Buddhist temple and visit local parks, shrines and attractions. I visited a museum and lapidary to learn about the process of mining, cutting and polishing the stones, then turning them into gorgeous jewelry. Sri Lanka has several other traditional crafts, including masks. Culturally, these masks have depicted gods or animals and have been used in ancient rituals. Nowadays, the masks are used more for dramatic adaptations and dances; however, the same artisan families that produced the masks centuries ago still do so today. In a similar vein, there are local artisans who create batiks, or handmade, colorfully dyed cloth panels, as well as wood carvings and lace products. Though these days the crafts exist more for the tourists and visitors than the locals, they do have their roots in the history and culture of Sri Lanka, and they offer the opportunity to indulge in another of my favorite travel pastimes, shopping. There are many other aspects of Sri Lanka that make it a wonderful, emerging destination for eager world travelers.

### 8: Sri Lanka My Love - Photo Essay: Llu Yongqiu: [www.enganchecubano.com](http://www.enganchecubano.com): Books

*Thank you for the good job and shows us how beautiful and natural is Sri Lanka [www.enganchecubano.com](http://www.enganchecubano.com) I am a big fan of your amazing page. I love you Sri Lanka See More July 21, I love to see the photos posted by you and visitors to your beautiful island.*

9: "The beauty of my motherland" and "The importance of my mothland" | Dedunu Hetti Arachchi

*So I decided to fly back to Sri Lanka one more time and bring him to Germany. I bought a flight ticket on my way to university without telling my parents. The requirement for him to get a visa was to pass the German language level A1.*

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