

## I : TRAINING CENTRE AND HOSPITAL FOR TRADITIONAL MEDICINE IN BUTTALA Little Smile ALOKA

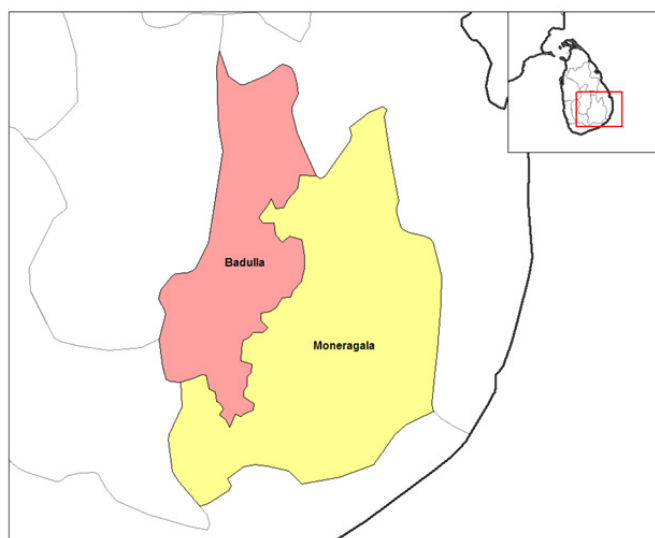


<b>Purpose:</b>	School-, Training Centre and Hospital for Traditional Medicine with Herbal Garden and Organic Agriculture Plantations as well as a home for old Ayurvedic doctors and widows with children
<b>Start:</b>	February 2007 (start of construction) April 2009 (operation)
<b>Place:</b>	Little Smile Project, 240 Mile Post, Monaragala Rd, Buttala.
<b>Employees:</b>	12
<b>Trainees:</b>	up to 40 and various number of daily patients
<b>Size:</b>	5 buildings

*The Uva Province is divided into two districts:*

*Badulla District with 2,818 km<sup>2</sup> and Monaragala District with 7,133 km<sup>2</sup>*

*Uva Province is Sri Lanka's second least populated province with around 1,188,000 people. Badulla acts as the Main City.*



In the hilly regions, a part of the Indian Tamils is cut from every progress. They live in small villages, hardly speaking Sinhalese language and are depending from rubber and tea factories for generations. The main problems are poor knowledge, low hygiene, a lack of medical care as well as common alcohol abuse. Violence against women in family life is quite normal. Involuntary abortions because of need are very common and are practiced in an inconceivable brutal way connected with high risk for health and life of the woman.

In the flat land areas around Wellawaya, **Badulla** and Monaragala people live predominantly from farming. Water shortage, the long distances to the selling markets and poor education are keeping most people poor and without perspectives.

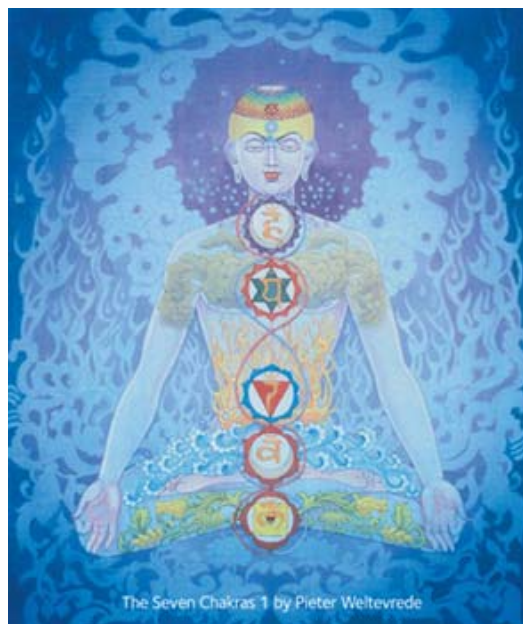
## Special Chances in UVA-Province

Many people are still founded in traditional knowledge and handwork, also people in this rural areas are still closed to traditional medicine.

In and around Monaragala a quite high number of Traditional Herbal Doctors are practicing the real traditional **Ayurveda-Medicine**.

*Ayurveda (Devanagari: आयुर्वेद, the 'science of life') is a system of traditional medicine native to India and practiced in other parts of the world as a form of alternative medicine.*

*In Sanskrit, the word Ayurveda comprises the words āyus, meaning 'life' and veda, meaning 'science'. Evolving throughout its history, Ayurveda remains an influential system of medicine in South Asia. The earliest literature of Ayurveda appeared during the Vedic period in India.*



**There is a high risk that more and more of this knowledge will go lost in near future, because there is no centre collecting, teaching and practicing this kind of traditional treatments in the area.**

The existing health care can be effectively supported by information and care especially for pregnant women and babies to add their food with herbal medicine and natural vitamin to make mothers and babies strong to prevent or recover from illness. That way information from herbal doctors, as well as healthcare and Ayurveda medicine can help to reduce the high rate of death birth and infant mortality

**Poor farmers have no access to the market, so they are unable to get good prices for their products.** Over use of chemicals pollutes all kinds of products, water and soil, further reached an intolerable status.

Knowledge of traditional, organic farming based on composting is quite unknown, marketing for organic products is not organised.

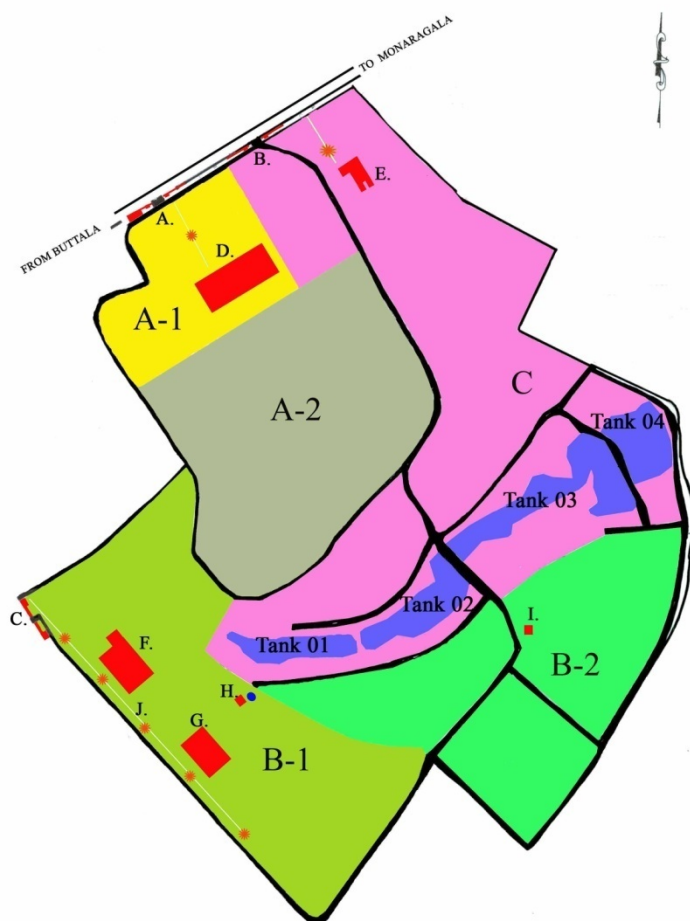
## LITTLE SMILE ALOKA closed to Buttala

In **Buttala** – a small town in one of the poorest regions of Sri Lanka – people are earning their living by farming predominantly. It is a mixed area therefore Buttala has a Sinhalese as well as a Tamil school.



2005 Little Smile Association bought a land around 30 acres and increase the size up to end of 2006 to 49 acres by buying two neighbour lands. The land, called Little Smile Aloka (Light) is located at the A 4, milepost 240, three kilometres east from Buttala.

### Land map of Little Smile “Aloka”, Buttala



#### AREAS:

- A-1** : Treatment and Teaching Area
- A-2** : Forest & Herbal Garden
- B-1** : Housing project for widows
- B-2** : Agriculture Plots
- C** : Recreation Area

#### LEGEND:

- A.** Gate & Watcher House
- B.** Gate Two
- C.** Gate Three
- D.** Health- and Training Centre
- E.** House One
- F.** House Two
- G.** House Three
- H.** Water Well & Pump House
- I.** Toilets and Shower rooms
- J.** Electricity Line



Between 2005 and 2009 the land was completely fenced and developed with roads, paths, three houses, storerooms and a cow stable. Four water tanks were built, a difficult task in the sandy ground, to store the water from the rainy season. The whole land was cleaned from bad grasses without use of chemicals.

So, step by step a desert, which was fired at least two times a year was converted in a beautiful peace of nature.

8 Acres of the land (A 2) are untouched forest with a high number of herbal plants, wild animals like deer and ostriches.



On another part of the land (B2 and part of C) there is a plantation of more than 200 mango trees, papaya, banana and coconut.

The biggest part (C) is reserved for an area of peace and recreation

First 5 years Little Smile Association will provide the necessary funds.

After that time period 50 % of all costs have to be recovered through private patients and the income of the agriculture area.

**After 10** years hospital and school has to be self-sufficient.





## Bereich A 1

2007 and 2008 a hospital with all necessary infrastructures was built. According the need of the area the original plan was changed and instead of a hospital for western medicine in 2009 a hospital and training centre for traditional medicine starts to operate.



In an area with direct access to the main road a hospital area were built with a two store building, roads and parking place, watcher hut and an herbal garden.

In June 39 female and one male student started their training to become a herbal doctor. At the same time the hospital opened for treatments. After two years the first students completed their training and left school as traditional herbal doctors. The knowledge will remain and this part of culture will not get lost!





## Section B 1



is reserved for doctors and employees, to stay there with their families. As long they are in an employment.

Agriculture take place in section B2



Garden should be maintained like a park to use the area partly also for recreation.

## Section C

with one existing house, with the lakes and plantations is reserved for organic agriculture and for running a resting place with breakfast- and lunch buffet, as well as fruit juices during the whole day.





## K : HOSPITAL BUILDING KALMUNAI IN ASHRAFF MEMORIAL HOSPITAL (AMH)



<b>Purpose</b>	Medical warehouse, sterilization and cleaning
<b>Start</b>	Start of construction June 05; Opening: 13.01.2010
<b>Place</b>	Ashraff Memorial Hospital Kalmunai
<b>Employees</b>	Will be provided by the government of Sri Lanka
<b>People get benefit</b>	Around 800.000
<b>Size</b>	3 floor building with around 5000 Square meter

After completion in January 2010 this 3 floor building was handed over to the authorities of the Ashraff Memorial Hospital Kalmunai on 13<sup>th</sup> of January 2010.



Present at the ceremony Hon. Minister Ferial Ashraff, the directors of the organization “Apotheker ohne Grenzen – Germany”, who was founding the construction and Michael Kreitmair, President LSA. The building has a value of over 200.000 US.

## **L: CENTRE FOR BUDDHIST CULTURE AND MEDITATION IN PILANE/GALLE**

*A Country without Tradition and Culture is like a tree without roots.*



*Only by remembering the past and learning out of it, we can face the challenges of the future.*

### **Vision**

Colonialism, war and the strong influence of a modern Western or Chinese way of living endanger the traditional culture as well as the rich knowledge of former generations to disappear. A key role to bring the real culture back to life and bring into the society holds the Buddhism.

The Culture- and Peace Center in Pillane should become a place, to discover the traditional way of Buddhism new under the needs of today's Society.



## Mission

To create a place, where the unique heritage of Sri Lanka's culture can be protected, preserved and recovered under the guidance of the teaching of Lord Buddha.

The traditional buildings will be filled with the spirit of Buddhism, Spirituality, Meditation, Recreation. Special seminars and workshops will be offered in this first Academy for Buddhism in Sri Lanka.



**6 km away from the centre of Galle on the road to Akuressa: A road built out of granite stones crossing the paddy fields, reaching the 4.5 acres “Land of Buddhist Culture”, which seems to be an island in the fields like this place will become a peaceful island in a busy world.**

<b>Purpose:</b>	A Centre for Buddhist Culture and Peace
<b>Start:</b>	Start of construction 05/2005 Full operation 03/2013
<b>Place:</b>	Pillane/Galle close to the Colombo Highway
<b>Buildings:</b>	9 and an meditation area with a Buddha Statue out of granite
<b>Employees:</b>	4 permanent and various on contract base according need
<b>Size:</b>	4.5 acres
<b>Coasts:</b>	120 Million Sri Lankan Rupees
<b>Residents</b>	At least 4 monks and one Meditation Master

## Buddhism, the Heart of Sri Lanka

In the past, Sri Lanka had to face many times of violence, in which different groups tried to cut the country into pieces. The great culture of the history came under high pressure through the five centuries of Colonialism. But even in the times of occupation by Portuguese, Dutch and British, the Culture of Sinhalese and Sri Lankan Tamils was able to survive even adopted and integrated elements of the Colonialists. After a long fight, we can say today:

**There is One Nation, One Country!**

**To grow together Sinhalese, Tamil, Muslims and all other groups have to understand the different cultures to discover their common roots for a future together!**



Today's influence from abroad with all its accompaniments like mobile phones, internet, western fashion and junk food comes so fast and so totally, that the old system of values, of tradition and behaviour seems to get lost. Rarely you can find young people in Sri Lanka, who are willing to work in the agriculture sector, to do pottery or handcraft. Traditional poems, dances and dramas will go first, after the respect for Elders, for Buddhism and the Culture will follow and disappear. Therefore it is better, instead of looking the other way, to open the eyes of the young generation and to show them the value of Sri Lankan culture and tradition based on the principals of the teaching of Lord Buddha.

### **Buddhism, the centre of the Sri Lanka's culture:**

**Sri Lanka is an important world centre of Buddhist teachings and culture.**

**Approximately 74% of the population are Sinhalese, who practice Buddhism, which arose in India more than 2,500 years ago.**





## History of this Centre:

The Little Smile Association, a local NGO registered under Social Voluntary Service, is working since 1998 for the poor and children in need. Helping in the east, the central mountains and the south, running various children homes in rural areas and a children village close to Koslanda, a number of preschools and an International School in Kalmunai, the education for all this children was always focused to plant into each child a deep love for the rich culture of their home country. But the real knowledge is going to disappear. It is difficult to find teachers today, who are living what they are teaching. Many traditional artists and teachers find it difficult to run their lives and often there is no interest in their families, to take over the knowledge, which is in the family since many generations. The President of the Little Smile Association Michael Kreitmair believes strongly, that there should be a place, where people with knowledge and love for Sri Lankas Culture can come together under the guidance of high educated Buddhist monks, who are living what they are preaching, **the love for people and nature, based on the teaching of Lord Buddha**. Monks should conduct Seminars, where they can create an interest specially in the young generation.

When the Little Smile Association found the land in Pillane and bought it step by step from different owners, there was an old mainly broken house there.



**Even it would be much cheaper to destroy and built something new, LSA tried to protect this house, which is also a part of Sri Lankan Culture. With a lot of difficulties the broken house was renovated and rebuilt.**

**The renovation of the old main building was finished in June 2007. This villa should become the book- and reading centre.**





**A Vision becomes Reality**  
**The Heart of the Centre:**  
Main Hall, a place of teaching, meeting and thinking





## **A place to make a journey into Yourself:**



### **Meditation in various forms**

The Centre offers many places and hidden corners  
as well as experienced teachers.

Mediation is an important technic in Buddhism.



## Function and Aesthetics in Harmony with Nature



Water tank or Eating-place, Kitchen or even Toilets  
This Centre shows,  
how beauty, aesthetics and function find a way together.  
Even hundreds of visitors can be managed without any disturbance for  
the deep harmony with tradition and nature.



## Ready to serve the country



After seven years of hard work, construction was completed end of 2012. Michael Kreitmeir, Founder and President of the Little Smile Association joined with the monks of the Buddhist Culture Centre, Colombo 5.



This wonderful place of meditation and contemplation will be given to the followers of Lord Buddha.



**In January 2013 a Trust was formed from real lovers of the Buddhism. This trust is able and willing to fill this unique place with the spirit of real Buddhism to find an answer to the sad side in today's society by discovering the old values of Buddhism new for a world of today and tomorrow.**



**Two Traditional Halls, Tower and Houses for Meditation, the Main Villa, a house for Monks to live and a beautiful landscaping: the Buddhist Peace- and Culture Centre in Pilane is ready now, to do its part, to create a great future based on the principals of the Buddhism.**



**The Little Smile Association will join the Director Board of the Trust and will support the new Trust in many ways. In 2013 a running budget of 5 Million will be given from the LSA to the Trust.**



*Create the **Present** - Be ready for the **Future** - Learn from the **Past**.*

***LIVE VALUES!***



**Pillane should become a place, where you can meet yourself, become strong and should be able to create concepts for a peaceful future together through**

- regular meditation and recreation guided by a Buddhist monks
- seminars, where people from different parts of the country learn how to live in harmony
- exhibitions form art and culture
- readings from the known but also unknown poets and authors of the country
- deep studies of the Buddhism
- workshops for leadership according to the teachings of Lord Buddha

#### **A visit in Pillane Culture Centre**

- should become a special journey to the history of Sri Lanka
- should give a deep understanding about love and care according to the teaching of Buddha
- should make the real Buddhist Culture touchable for locals as well as for guests from foreign countries.



## M: TRAINING CENTRE FOR TEACHERS AND STUDENTS in Little Smile Mahagedara, Koslanda



<b>Purpose</b>	Training and educational Centre for teachers with emphasis on natural and environmental conservation, traditional handcrafts and general knowledge
<b>Start</b>	June 2005 (construction) December 2007 (operation)
<b>Place</b>	Lower Ampitithanna, Koslanda, Wellawaya Rd.
<b>Employees</b>	11
<b>Trainees</b>	70
<b>Size</b>	Main building and various separate training stations as well as a home for 50 trainees

**Learning is a lifelong process!**

**Learn from the past in order to be prepared for the future!**

**Learn to use our hands, and learn through success!**

**Learn that we are human beings and a part of nature!**

**Learn self-motivation in order to be able to motivate students!**

**Learn to use modern and traditional working tools, computer and carving knives ...**







Various departments, including sewing, carpentry, carving, traditional painting, Ayurveda medicine and organic farming, provide a wide range of further educational opportunities for young people after their official graduation from school – and for teachers as well.

Associated with this school- and training centre:

- Cabinetmaker's workshop, sewing center, carving workshop, Ayurveda medicine training, organic cultivation, traditional art
- A nature park with over 35 hectares
- An herb garden with over 350 different medicinal herbal plants
- An organic farm in Dikkapitia (30 hectares) and
- An organic fruit farm in Buttala (15 hectares).



**In the adjoining nature park of Little Smile, home to many wild animals, including several elephants and a pair of leopards.**

**There is also a place for meditation (Heaven's Door) at the summit of the mountain; here, trainees can develop a new relationship to nature and the beauty of their own country. It is a place where they can recuperate from the seminars and learn ancient techniques for meditation.**



**Education: The more we know, the sooner we realize that we know very little!**

Instead of going through life with blinders, we should all – teachers, in particular – be open to new things and never stop asking questions. Every moment is an opportunity to learn and every place is our classroom. Successful learning means recognizing that real teaching is never achieved through force and fear or through the automatic repetition of sentences (like a parrot), but through arousing curiosity and experiencing the joy of success.



**Goal of the training program**

- a) Give teachers an unforgettable experience with a new attitude toward teaching and learning.
- b) Rediscover traditional subjects of instruction.
- c) Create a new relationship to nature.
- d) Learn techniques to identify the potential of the individual students and incite in them a joy of learning.
- e) Create the impression that we can never stop learning and that the more we learn, the more we can discover.

**The Little Smile Association is also organizing weekend seminars (Friday evening to Sunday afternoon) and two-week courses (12 days and nights), especially for kids and youngsters from east and north of the country.**





## N : PRESCHOOL IN GALLE " WACKWELLA "



<b>Purpose</b>	Qualified schooling and warm meal for preschoolers
<b>Start</b>	March, 2007 until December 2012
<b>Place</b>	Preschool Wackwella, Galle.
<b>Employees</b>	3
<b>Children</b>	30
<b>Size</b>	One building + playground

In March 2005, the LSA renovated the existing building of the preschool Sapoomalpedesa, adding a storage room that gives the children more space and a place to keep their books, and installing a playground. The roof of the neighboring Buddhist monastery was also repaired. This kindergarten was on the property of Buddhist monks, directly next to a temple. After 2 years this Montessori was closed because of internal problems and the Lions Club Galle requested an urgent help for a preschool in Wackwella, south of Galle, with 30 children in one of the poorest neighborhoods of Galle. In addition to the salary for the caregivers, Little Smile also ensures that every child receives a warm meal at lunchtime; for many of these children, this is the only certain meal of the day. The running costs were also paid until end of 2012.

## O: CULTURE CENTRES



<b>Purpose:</b>	Maintenance and further development of cultural and religious facilities and places
<b>Start:</b>	1999
<b>Ort:</b>	Uva und Southern Province
<b>Projects:</b>	6 Buddhist Temples 4 Hindu Tempels 3 Tamil villages

As far as financially possible, the Little Smile Association would like to contribute to the preservation of temples and religious venues.

People who live according to the rules of their religion are, as a rule, people who also show respect for nature and for others. For this reason, LSA supports both Buddhist and Hindu temples (kovils). A Buddhist temple near Ella is receiving special assistance with its renovation and, in return, the LSA is setting up a culture center there together with the monks.

**At the children's village Koslanda, we have both a Buddhist and Hindu temple, a hundreds of years old cave temple and a Christian chapel.**

