

# The Charm of the Mysterious Country of Sri Lanka

Official Name: Democratic Socialist Republic of Sri Lanka.

(June 2025)

Capital City: Sri Jayawardenepura Kotte.

Colombo (Commercial Capital & Largest City).



National Flag: The Sri Lankan people (Sinhalese) have a lion as their ancestor, so the national flag features a lion holding a sword. The lion is a symbol of courage, strength and dignity. Yellow represents Buddhists, Green represents Muslims & Orange represents Tamils. It also means "Shining Island".



Area: Approximately 65,610km<sup>2</sup>(Approximately 0.8 times of Hokkaido Island in Japan).

Population: Approximately 22.97 million as of 2023 (Between year 2014 to 2023, each year approximately 192,400 population growth).

Official Languages: Sinhala, English & Tamil.

Religion: Buddhism, Hinduism, Islam, Christianity.

Currency: Sri Lankan Rupee (LKR).

Climate: Tropical Lowland (24°C to 30°C) & Highland (12°C to 20°C).

Location: South Asia, an Island Nation in the Indian Ocean (Referred to as PEARL of Indian Ocean).

Flight Time: Direct Flights from Narita International Airport are available about four times a week, with a flight time of about 9 hours.

Number of Visited Tourists: Approximately 719,978 in Year 2022, Approximately 1,487,303 in Year 2023, Approximately 2,053,465 in Year 2024.



## Relationship with Japan

**Trade:** Sri Lanka and Japan trade with each other, and Japan is a valuable trading partner for Sri Lanka. Exports from Japan include machinery and electronics, while exports from Sri Lanka include tea and gems.

**Investment:** Japanese companies have invested in Sri Lanka, and investments can be seen in the manufacturing and service industries.

## Speech by Finance Minister, Junius Richard Jayewardena

**Monument to the former President of Sri Lanka at Kotoku-in, a Buddhist Temple that enshrines , Kamakura Daibutsu (Great Buddha of Kamakura).**

At the San Francisco Peace Conference held in 1951 to end the state of war after World War II, J. R. Jayewardene, Sri Lanka's representative, preached tolerance and love towards Japan, appealed for the abandonment of claims for reparations, and laid the path for Japan to return to the international community, claiming that a completely independent and free Japan was necessary for the future of Asia. He used the words of Buddha to appeal, **"HATRED CEASES NOT BY HATRED BUT LOVE"**, It is said that this speech even moved some of the victorious countries that were calling for

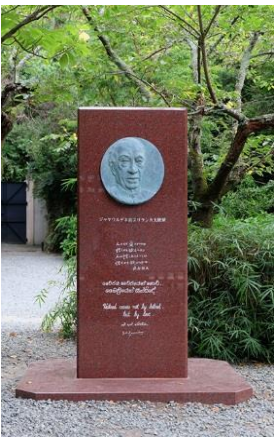
severe sanctions against Japan at the time, and played a very important role in Japan's reconstruction.

## Specialties and Famous Products of Sri Lanka

### Ceylon Tea

Sri Lanka is the second largest producer of black tea in the world. It is also the largest exporter in the world. It is known as one of the world's top quality black teas.

It is also used in Kirin's popular product "Afternoon Tea" in Japan and is known for its good balance of richness and astringency.






### Spices & Curry Dishes

In Sri Lanka, various curries are made using meat, seafood, vegetables, eggs, beans, fruits, etc.

A wide variety of spices such as cumin, coriander, turmeric, cardamom, and cinnamon are used, as well as coconut milk and tamarind. The use of herbs and spices in curry is not only delicious but is also attracting attention from around the world for its health and beauty benefits.



 Fish curry, Chicken curry, Bean curry, etc.



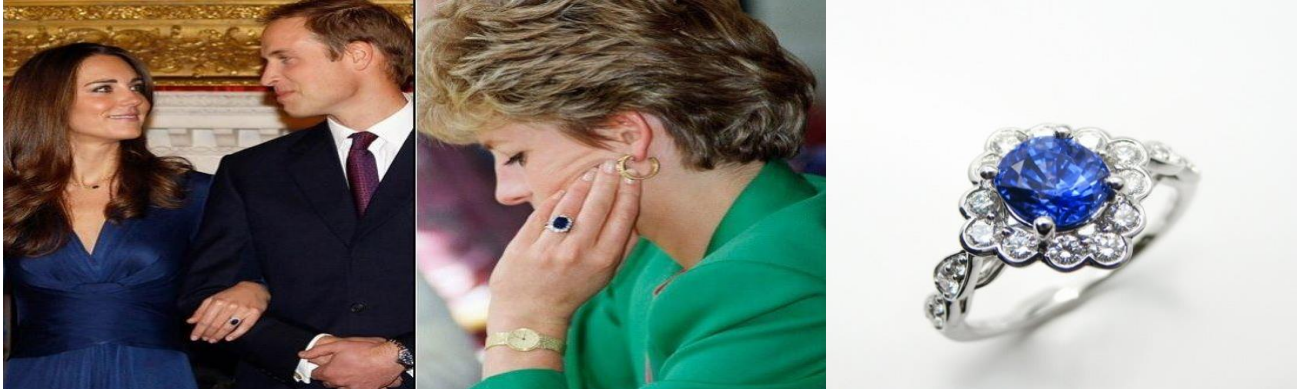
### A Treasure Trove of Tropical Fruits

There are over 20 varieties of bananas in Sri Lanka, including long bananas, red bananas, and sugar bananas. Similarly, mangoes are also famous and available in a wide variety. Coconuts are in season all year round, and passion fruit and rambutan are also delicious. In addition, a variety of nutritious fresh fruits such as papaya, dragon fruit, and Sri Lankan avocado can be enjoyed at local markets and fruits stalls.



### Country with Many Famous Varieties of Gems

Sri Lanka is a world-famous gemstone producer and is especially famous for blue sapphires known as "Ceylon sapphires", it is said that the jewels given by Prince Charles of England to Princess Diana, and Prince William to Catherine, Duchess of Cambridge, were blue sapphire from Sri Lanka. Blue sapphires are the most common, but they also come in a variety of colors, including pink, yellow, and green.



Rubies mined in Sri Lanka are also highly regarded for their transparency and deep color and are said to be of high quality. Beautiful pearls are also harvested, especially in the southern seas. Many other gemstones are also produced, including cat's eye, also known as lion's eye, designated as the national stone of Sri Lanka, topaz, aquamarine, amethyst, tourmaline, garnet, and quartz, making Sri Lanka one of the world's leading producers of gemstones. They are popular not only as jewelry, but also as collection items.

### Popular Things to do in Sri Lanka

#### Elephant Ride

You can experience elephant riding in Sri Lanka, which is famous for its large elephant population. Elephants are considered sacred animals in Sri Lanka and there is even a profession called mahout, as elephants are familiar to the people of Sri Lanka. It is common to ride on the backs of elephants and tour the jungle and villages and on some tours, you can also care for and feed the elephants and bathe (clean) them in the river. Recently in safari tours

you can observe herds of elephants in their natural environment have also become popular, allowing you to see them living freely up close.





## AYURVEDA – The World’s Oldest Traditional Medicine

Ayurveda, which has a history of over 5,000 years, is a preventive medicine that aims to maintain health, longevity, and youth. It is approached from the perspective of daily life, such as diet (food is medicine) and health methods (yoga, meditation). The most important thing is to ask questions to understand the physical and mental state of each person. Oil massages and mind-body purification methods are also performed according to the dosha type and physical and mental state. The oil massage which uses oil mixed with natural herbs to relax the whole body is so comfortable that it is hard to put into words. It is an exquisite time to relax slowly in a beautiful and mysterious atmosphere. Shirodhara, which heals the head by pouring oil or herbal decoctions on the forehead is also called "brain massage".



## Marine Sports such as Surfing



Sri Lanka is known as the mecca of marine sports and Hikkaduwa is an excellent destination for surfing trips. Arugam Bay is also known as a tropical paradise on the east coast and its beautiful beaches are popular with surfers and beach lovers from all over the world. You can find beaches suitable for all levels, from beginners to advanced surfers. Other popular activities include snorkeling, diving, and jet skiing.



### Traditional Sari Dressing Experience

A sari is a long piece of fabric wrapped around the body, symbolizing beauty and elegance. The design, color and decoration of saris vary according to region, culture and personal preference and they are worn on special occasions as well as in everyday situations. Wearing a sari with vibrant colors reminiscent of the tropics is sure to be a memorable experience. Men's costumes are also available, so couples' photo shoots are also recommended.

## Tourist attractions in Sri Lanka

### Beach Resort Country

Sri Lanka is an island nation surrounded, with beach resorts dotted around the island.

It is rich in nature and the water is very clear. Each area has its own characteristics, so you can enjoy a different atmosphere to suit your travel style and preferences.

You can enjoy the perfect beach for your honeymoon trip, family trip, diving, surfing, snorkeling, and more. You can also enjoy Sri Lankan cuisine and tropical drinks while looking out at the sea. The sunset view from the sea is also spectacular.

### Sigiriya Rock – The Ancient Palace in the Sky

Located in central Sri Lanka, this huge rocky mountain stands at about 200m high and is registered as a World Heritage Site. It is said that many people, including a king, once lived here in the 5th century and there are ruins of an ancient fortress and palace at the top. In the cave halfway up the rocky mountain, there is a fresco depicting a beautiful female figure. At the entrance to the top, there used to be a huge lion statue, but now only its feet remain.





### Temple of the Sacred Tooth Relic in Sri Lanka



The Temple of the Tooth of the “Sri Dalada Maligawa” is a Buddhist holy site located in the city of Kandy. It enshrines the left canine tooth of the Buddha and Sri Lanka is the only country in the world that houses the tooth of the Buddha. The tooth of the Buddha was brought to Sri Lanka from India around the 4th century and since then it has been considered a symbol of royal authority and has been protected by various dynasties. The tooth was moved to Kandy at the end of the 16th century and has since played an important role as a symbol of the

Kandy Kingdom. The Temple of the Tooth is an important symbol of Sri Lanka’s Buddhist culture and history and is visited by many pilgrims and tourists daily.

### A Scenic Train Journey Through Tea Fields.

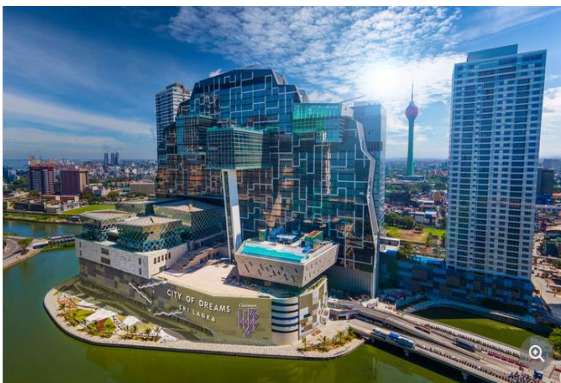
The Sri Lankan highland train runs exhilaratingly through tea fields as far as the eye can see. The Sri Lankan highland train is famous among train enthusiasts for being one of the most spectacular views in Asia. It will be a wonderful experience to enjoy the beauty of nature and unique culture.



### A Selection of Exquisite Hotels

Here are some popular places to stay in Sri Lanka where you can spend a wonderful time in hotels of various designs, from resort hotels surrounded by nature such as the sea to hotels designed by world-famous architects.

#### Cinnamon Life Colombo (City of Dreams Sri Lanka)



Cinnamon Life Colombo opened in October 2024. It is a trendy boutique hotel resort with panoramic city views with over 30 floors over 800 rooms and suites , 08 restaurants, 05 bars/lounges, pools and retail shops.

### Marino Beach Colombo



Marino Beach Colombo is a 10-minute walk from the Marino shopping mall and 09 minutes' walk from Bambalapitiya Railway Station. Its biggest attraction is direct access to the beach and it also has an outdoor pool and a private beach.

### Anantara Peace Heaven

This 5-star luxury resort hotel in Tangalle offers spectacular views of the emerald green sea and sky. Choose from rooms with a garden view overlooking the beach or rooms overlooking the Indian Ocean.



### Blue Water Hotel

The Blue Water is a hotel just a few minutes' walk from Wadduwa Beach. The most striking thing about the hotel is the presence of palm trees on its spacious grounds. As its name suggests, the hotel is designed with the water in mind, with water extending from the lobby and corridors. Massages and hair extensions are also popular and beach weddings are also held here.





## Sri Lanka's Future Potential – Port City Project

Sri Lanka's Port City is a large-scale urban development project located in Colombo Port, the largest port in Colombo, Sri Lanka's leading commercial city. Approximately 200 ships pass through Sri Lankan waters every day and just average 10 ships call at Sri Lankan ports per day and the network with shipping companies is wide. The project is being carried out with the support of China and began with the creation of an artificial island. Port City aims to promote Sri Lanka's economic development and make Colombo the economic hub of the region. It is planned to include a variety of facilities such as commercial, residential, leisure, and education. Approximately 269 hectares of land has been reclaimed. Port City is expected to attract foreign direct investment (FDI) and create new businesses and jobs. Industries such as Finance, IT, and Tourism are expected to benefit. It is a project that will have a significant impact on the future of Sri Lanka and its progress and results are attracting a lot of attention.



Economic growth is expected to come from infrastructure and economic diversification, including the development of a port city and the promotion of tourism in Sri Lanka, which has beautiful natural scenery and cultural heritage. Modernization of agriculture and manufacturing and the promotion of the digital economy also combine to create the elements of economic growth. Urban development centered on Colombo and the development of transportation infrastructure will improve the business environment in the region and the expansion of port facilities and airports will also promote economic activity, making the city one that will attract attention from around the world.

<https://www.youtube.com/watch?v=RyHhq7hS6sI>