

Guidelines for Lay Visitors to Sasanarakkha Buddhist Sanctuary

Welcome to SBS! If you are planning to visit us please follow the guidelines below to avoid disappointment. The guidelines have been drawn out of consideration for the routine of the resident monks and the on-going/planned activities at SBS.

No.	Category of Visitor	Description	Min. advance notification	Food	
				Lunch	Dinner
1	Drop-by day visit	Informal; unofficial.	Nil	Not provided by SBS	Not relevant
2	Drop-by overnight	Informal; unofficial. Visitors known to SBS, e.g. SBSMC members, SBS Building Consultants, relatives of SBS monastics; OR Visitors recommended by Sangha / SBSMC / people known to SBS. [The person who recommends must contact SBS directly to obtain approval and then be responsible to inform the proposed visitor(s).]	2-3 days	Arrange own lunch before coming to SBS	Not provided by SBS
3	Call-on day trip	Formal with special programme, e.g. pindacara, Dhamma talk	3 months	By special arrangement with SBS	Not relevant
4	Call-on overnight		<i>*Note: Only 1 group allowed per month</i>		Not provided by SBS
5	Yogis on personal retreat	Meditators holding 8 precepts. Must obtain recommendation from referee who is recognized by the retreat sub-committee.	1 week	From pindacara or SBS arranges	Not relevant
6	Stay-in volunteers	Devotees who volunteer their services in SBS, i.e. those who come with a specific project in mind to complete within a specific time frame. The project may be one proposed by the volunteer(s) and approved by SBS or one proposed by SBS. The project must be something to be seen and done, something fruitful.	1 week	<3 people: pindacara >3 people: SBS arranges	SBS arranges
7	Camp / Retreat participants	Approved participants of SBS-organised camps / retreats	As in Camp / Retreat program	As in Camp / Retreat program	As in Camp / Retreat program

Contact details of SBS Main Office (MO)

Tel/Fax: +605 8411198; H/p: 017 5182011 Time: 10.00am – 12 noon; 1.00pm – 5.00pm

Email: office@sasanarakkha.org

IMPORTANT

- **Please be prepared to walk.** It is not possible to provide transport for all lay visitors up to SBS, especially those who come in big groups. As such, transportation is normally provided only for those who are physically unable to walk up.
- **Please wear proper footwear.** As the track up to SBS and within the grounds are on steep and irregular slopes, lay visitors are strongly advised to wear proper walking shoes. Inappropriate footwear such as slippers or high-heeled shoes can cause untoward accidents and injuries such as sprains or torn ligaments.