

DAY-BY-DAY ITINERARY OF EDUCATIONAL TOURS 16 Days Program for Myanmar

Day 1

9:00 -10:00am : Orientation for the trip

10:00-11:30am : **Lecture: Buddhism in Myanmar**

12:00-1:00pm : Lunch

1:30-2:30pm : Chauk-htat Gyi Pagoda & Visit monastery

It was built in 1907 by one Chinese architect with Buddha image in sitting position. But, the facial expression was not very impressive and Myanmar people did not like it. So, Myanmar government planned to build a new Buddha image. At the same time, a famous monk got a dream in which the Buddha is in a reclining position. Therefore, the government built the Buddha in a reclining position in 1957 and it became the largest reclining Buddha image in Yangon. The length is 70 meters and height is 18 meters. One impressive thing to see is the Buddha footprint with 108 symbols which are connected to the Buddha's life.

After studying the Buddha, you can also study the daily lives of monks around the pagoda.

3:00- 4:00pm : Buddhist Museum Library. There is also a monastic library with palm-leaf manuscripts at the Shwedagon Pagoda

4:00-5:00pm : Visit around the Shwedagon Pagoda

Shwedagon is one of the wonders of the world. Shwe means "Gold" and "Dagon" is the original name of Yangon, so the meaning is "Golden Pagoda in Yangon". According to the legend, it was built over 2500 years ago during the Buddha's life-time. It has 4 auspicious relics which belonged to the previous Buddha.

The pagoda is built on a hill which is 58 meters high. The pagoda itself is 99 meters high. It is covered with gold leaves and the top parts are covered with gold plates. It is famous not only as a religious monument but also a place to see all kinds of wonderful Myanmar handicrafts. Moreover, you can see the various classes of people from Myanmar at one place. It was also a place used as a fortress by the British troops during the first Anglo-Burmese War in 1824-26. A very interesting place to see.

5:00-5:30pm : Noviciation Ceremony (*Depending on the availability of novice only*)

It is one of the important traditional ceremonies for all Buddhists in Myanmar. In Myanmar culture all boys have to become a novice and a man has to be a monk at least once in their life. The main aim to have this kind of ceremony for young men is to take an interest in the Buddhism.

6:00-6:30pm : Kandawgyi Royal Lake

Second largest lake in Yangon. Since there are many trees around the lake, it is also known as “Kandawgyi Royal Lake and Botanical Garden”. It’s a peaceful park and a place for relaxation. Also a place for regattas. You can have a spectacular scenery from the lake and you can see Shwedagon Pagoda and also the Royal Barge. A good place to see the sunset.

7:00-9:00pm : Dinner at Karaweik Restaurant & Culture Show
Overnight Yangon

Day 2

8:30-10:00am : ***Lecture: 135 Ethnic Tribes of Myanmar***

10:30-12:00am : Yangon, The National Museum

It is a new museum built in 1990. It is open everyday from 10:00am to 4:00pm.

It has many interesting things to see. One is the Lion throne used by our two last kings, King Mindon and King Thibaw. The Museum has displays on costumes of the various national ethnic groups, Buddha statues, folk arts, paintings, musical instruments, the Royal Regalia, folk arts and crafts.

12:30-1:30pm : Lunch

2:30-5:30pm : Visit a Tribal Village

It has houses of different ethnic groups. An interesting place to study the various lives and cultures of the major tribes of Myanmar.

6:30-7:30pm : “Longyi” and “Htami” Wearing Section: Demonstrate and trial to wear Myanmar traditional dress. Longyi is for “mens” and “Htami” for “ladies”.

8:00-9:00pm : Dinner
Overnight Yangon

Day 3

5:00 am : Departure from Hotel to go to Mandalay

10:00am : Hotel check in at Mandalay.

10:30-12:00am : ***Lecture : Crafts of Myanmar 1: Woodcarvings, Bronzeware and Alabaster stone carvings***

12:00-1:30pm : Lunch

1:30-3:00pm : Free time

3:30-6:30pm : Visit workshops at woodcarvings, bronze wares and alabaster stone carvings places

7:00-9:00pm : Dinner at Mandalay
Overnight Mandalay

Day 4

9:00-10:30am : ***Lecture: Architecture of Ancient Myanmar***

11:00-12:30pm : Shwe-in-pin Monastery

Famous place to see ancient and fine woodcarvings.

- 1:00-2:00pm : Lunch
- 2:30-3:30pm : Mandalay Palace
The rebuilt palace of the last 2 kings who resided there from 1859 to 1885. It was built by King Mindon in 1859 and was destroyed during the Second World War and it was rebuilt in 1990 by using the actual floor plans and architectural drawings. It has 114 rooms which are scattered over the whole palace. A good place to study the lives of Myanmar kings, queens and royalty and architecture of ancient Myanmar.
- 4:00-5:00pm : Shwe Kyaung Monastery
It was initially built by King Min Don in 1859 as part of the palace. It was used as funeral service for King Min Don. So, when King Thibaw became king, he moved the whole Shwe Kyaung from the palace to this current place. A good place to study the ancient architecture of monastery of Myanmar.
- 5:10-5:45pm : Kut-tho-daw Pagoda
It was built in 1859. It is well known as “The largest book in the world” because of presence of large numbers (729) of stone inscriptions of the Buddhist Tipitaka scriptures. A person who can read the inscription for 8 hours a day, will take up to 40 days to finish the 729 inscriptions. All the inscription are in Pali language using Myanmar script and it records the sayings of Buddha.
- 6:00-6:30pm : Sun-set from Mandalay Hill
It is 237 meters high. One can see the whole city of Mandalay and have a magnificent sunset view from there. We need to change to a smaller bus to climb up the hill as the road climbs steeply.
- 7:00-9:00pm : Dinner
Overnight Mandalay.

Day 5

- 9:00-10:30am : Lecture : ***Crafts of Myanmar 2 : Puppet, Tapestry Making & Gold Leaf Cottage Industry of Myanmar***
- 11:00-11:30am : Visit Gold Leaf work shop
- 12:00-1:00pm : Lunch
- 1:30-2:30pm : Puppet & Tapestry Workshops
- 3:00-5:30pm : Free Time
- 7:00-8:00pm : Dinner
- 8:30-9:30pm : Puppet Show at Mandalay Marionette Theatre of Mandalay
Overnight Mandalay.

Day 6

- 8:00 – 9:00 : Departure from Mandalay to Amarapura
- 9:00-10:00am : ***Lecture: Myanmar Designs Through Drawings***
- 10:15-11:00am : Maha Gandayon Monastery
The most famous monastery of Myanmar for its high learning and discipline. It has over 1,000 monks (also some foreigners). You can

enquire about the lives of Buddhist monks.

- 11:30-12:30pm : Lunch
- 1:00-2:00pm : Visit Silk Weaving Factory and study the various traditional designs of Myanmar.
- 2:15-2:45pm : Bargayar Monastery Museum and Library
Famous monastery for its numerous ancient manuscripts.
- 3:00-3:30pm : Boat ride across the Thaug-tha-mun Inn (Lake) to Thaug-tha-mun village.
- 3:45-5:00pm : Study the “Nat-Pwe” (Ceremony for Nat Spirits); A very common ceremony of rural Myanmar.
- 5:15-6:00pm : Sunset at U Pein Bridge
Longest teak bridge in Myanmar and named after U Pein who was mayor of Amarapura who built and donated the bridge about 100 years ago. It is 1,209 meters long and built over 100 years ago. It was built from the discarded teak timber of the Innwa Palace.
- 8:00-9:00pm : Dinner
Overnight Mandalay.

Day 7

- 9:00-10:00am : Maha Muni Buddha Image
One of the most famous Buddha images of Myanmar. According to the legend, it was cast in bronze during a visit to Rakhine by the Buddha, and made in his presence. The bronze image was brought to Mandalay in the 18th century. Men are allowed to go closer to the Buddha and can apply gold leaves to the image.
- 10:30-11:30am : Visit Kyaе-sone
Excursion on the Ayeyarwaddy river side where many buffaloes are trained to drag the teak logs.
- 12:30-1:30 pm : Check in onboard to the Irrawaddy Princess Cruise
- 12:30-1:30pm : Lunch on boat
- 1:30-3:30pm : Excursion of Sagaing, Innwa (Ava) and Mandalay from the river side.
- 4:00-5:30pm : ***Lecture: History of Myanmar with special emphasis on Bagan Dynasty***
- 5:30-7:00pm : Free Time
- 7:00-8:00pm : Dinner on boat.
Overnight onboard.

Day 8

- 9:00-10:30am : ***Lecture: Archaeology of Myanmar***
- 12:00-1:30am : Lunch on boat
- 1:30 – 3:00pm : Free time
- 3:00pm : Arrive Bagan
Bagan: Even though it has not been designated as a World Heritage, it is famous as one of the most spectacular ancient sites in Southeast Asia. It was built in 10th to 13th century. It has now 2217 pagodas.

- 3:30- 4:30pm : From boat jetty to the hotel by pony cart.
4:30-5:30pm : Free Time
5:30-6:30pm : Sun set at Mingalar Zedi
Can see the spectacular scenery of Bagan with Ayeyarwady River on one side and numerous pagodas on the other side.
7:00-9:00pm : Dinner at restaurant with Culture Show
Overnight Bagan

Day 9

- 9:00-10:30am : ***Lecture: Architecture of Temples at Bagan***
11:00-12:30pm : Ananda Temple & Arnanda Oak Kyaung
It is famous for its architecture. It was built by King Anawratha (who founded the Bagan Dynasty) and King Kyansithar in 10th century. It is named after the younger brother of the Buddha, Ananda who was appreciated by King Anawratha who founded the Bagan Dynasty. King Anawratha is father of King Kyansithar.
1:00-2:00pm : Lunch
3:00- 4:00pm : Gu-pyauk Gyi Temple
It is famous for its numerous ancient mural paintings.
4:15- 4:30pm : That-byin-nyu Temple
Highest temple of Bagan and it is 63 meters high.
4:45-5:15pm : Damayangyi Temple
Largest in size in Bagan.
5:30-6:30pm : Sun set at Ywar-haung-gyi Temple
You can see numerous temples and you might feel that you are surrounded by various temples of Bagan.
7:00-9:00pm : Dinner.
Overnight Bagan

Day 10

- 8:00-9:00am : Visit the Nyaung-U Market
Excursion to the biggest market in Bagan. You can see the live style and also can study the basic economy of Bagan.
9:30-11:00am : ***Lecture: Economy of Bagan with special reference to the lacquer ware Industry***
11:30-12:30pm : Lunch
1:00-2:30pm : U Ba Nyein Lacquer ware shop
Biggest lacquer ware producer of Bagan. You can study the various steps in making the lacquer wares.
2:45-3:15pm : Visit a primary school at Minnanthu Village. You can see the typical style of a primary school in rural area of Myanmar.
3:30-4:30pm : Visit Pywar Saw Model Village
A typical Bagan style village where there is no electricity nor running

- water. Water has to be fetched from nearby lake with buffalo carts.
- 4:30-5:00pm : Bagan to toddy palm grove
- 5:00-6:00pm : Visit the production place of jiggery, toddy juice and liquor, palm furniture, mats and hats made from Palm leaves. An interesting thing is the demonstration of making a palm leave manuscript which is used as the only way of recording in old days.
- 6:00-6:30pm : From palm grove to Bagan
- 7:00-9:00pm : Dinner at Bagan.
Overnight Bagan

Day 11

- 6:00 am : Departure from Hotel to go to Heho, the entry point of the Shan State
- 9:30 am : Arrive Heho Airport and transfer to Nyaung Shwe, the port of the Inlay Lake, the second largest lake in Myanmar.
- 10:30 am : Arrive Nyaung Shwe, the port jetty town of the Inlay Lake
- 11:00-12:30pm : Boat trip from Nyaung Shwe to the Golden Island Cottages (G.I.C) Hotel, the bungalow style hotel on the lake.
- 12:30-1:30pm : Check in hotel & take lunch
- 2:00-3:30pm : ***Lecture : History of the Shan State and Culture of the Shan People***
- 3:30-4:15pm : Boat trip to In-dain Pagoda
- 4:15-4:45pm : On foot to the temple. You can study the PaO and Padaung tribes on the way to the pagoda and can take a lot of photos. Padaungs are known as “Long-necked Tribes of Myanmar” as they wear brass rings on their neck.
- 4:45-5:15pm : Visit In-dain Ancient Pagoda
An ancient pagoda of the Shan State with fine architecture.
- 5:15 – 5:45pm : On foot back to the jetty
- 5:45-6:15pm : Boat trip to G.I.C Hotel
- 7:00-9:00pm : Dinner at G.I.C Hotel with Shan and PaO culture dance
Overnight Inlay Lake

Day 12

- 8:00-9:30am : ***Lecture: Inlay Lake & Inthar People***
- 10:00-11:00am : Visit the Phaung-Daw-Oo pagoda
Auspicious pagoda for all Myanmar people.
- 11:30-12:30pm: Lunch at Ann’s Restaurant.
- 1:00-2:00pm : Study the “Lotus Weaving Workshop” at Ann’s Weaving Centre
Myanmar is the only country which produces fabric from the lotus fibre. Lotus fabric were initially produced only for the monks as monk robes due to its high value. Over 10,000 lotus stems have to be used for production of 2 meters lotus shawl. Naturally, it is in brown color and people appreciate it without any colour dying. Now, we are exporting to Japan , Europe and American.
- 2:00-3:15pm : Nga-pae-chaung monastery

An ancient monastery of the Inlay Lake. Famous for its “Jumping Cats” which jumps according to the monk’s instruction. It also has ancient Buddhist shrines which dates back to 13th 15th century.

- 3:30- 4:30pm : Excursion to the floating islands of the Inlay Lake.
4:30 – 6:00pm : To Nyaung Shwe Hotel by boat trip
6:15 pm : Hotel Check in at Hupin Hotel
7:15-8:15pm : Dinner at Hupin Hotel with Traditional Shan Dance
Shan dances are very lively and you can participate in the dance. You can also dance together with young Shan girls and boys.
Overnight at Nyaung Shwe

Day 13

- 8:00 am : Check out hotel from Hupin Hotel
8:00 – 9:00am : Nyaung-Shwe to Heho Airport
10:30 -11:45am: Heho – Yangon Flight
12:00 noon : Hotel Check in
12:30-1:30 : Lunch
1:30-6:30 : Free Time
7:00-9:00 : Dinner at Green Elephant House restaurant
You can have traditional Myanmar cuisine.
Overnight Yangon.

Day 14

- 8:00-9:30am : ***Lecture : Glazed Ceramic of Myanmar***
9:45 -10:45am : Yangon to Bago which is about 50 miles from Yangon
10:45-11:30am : Visit La Gon Bi Ancient Kiln Site
Visit the ancient kiln site which dates back to 12th to 14th century. The ceramic wares are in greenish in color and they are considered as one of the old glazed ceramic wares of Southeast Asia.
11:45-12:30pm : Visit the pottery production place. Pottery are made from clay and it is the one of the main production site of pots in Myanmar.
12:45-1:30pm : Lunch at Bago
1:45-2:30pm : Shwe Thar Lyaung Buddha Image.
Biggest reclining Buddha in Myanmar. It is 16 meters high and 55 meters long. It is famous for its wonderful facial impression.
2:45-3:30pm : Shwe Maw Daw Pagoda.
It is 114 meters high and one of the famous pagodas of Bago. It is the tallest pagoda of Myanmar. According to the legend, it was built 2200 years ago.
3:45-4:15pm : Visit the Cheroot Production Workshop
Cheroots are part of Myanmar people and Bago is the centre place for production of cheroots and distribute to all over Myanmar.
4:15 – 6:00pm : Bago to Yangon by coach
6:00-7:00pm : Visit to Myanmar Book Centre Book Shop where thousands of academic books on Myanmar are on sales.

7:30-9:30pm : Dinner at Yangon
Overnight Yangon.

Day 15

8:00-9:30am : ***Lecture: Gems of Myanmar***

10:00-11:00am : Gem's Museum

One and only gem museum of Myanmar and it is under the government Ministry of Mine. You can see many precious stones of Myanmar including world largest ruby, sapphire, jade and pearl. You can take pictures in front of the big jade stone.

11:00-12:00pm : VES Gem's Factory

A Thai investment company with French technologies are used to cut the gemstones. An interesting place to see the actual cutting of raw stones into wonderful jewellery setting.

12:30-1:30pm : Lunch

2:00-3:00pm : Aung San Market

It was built 50 years ago. It has over 500 shops and famous for its numerous souvenir shops. It is an old colonial style building.

3:15-3:30pm : Excursion to the City Hall and can take pictures in front of it.

Moreover, you can also see the Independence Monuments and Sule Pagoda at one place. It is considered as the right centre of the Yangon city.

3:40-4:10pm : Excursion on old colonial buildings of Yangon around the Strand Hotel

4:15-4:15pm : Excursion to the Strand Hotel

Over 100 years old hotel and it is nicely decorated.

4:45-5:45pm : Excursion around the Yangon city.

6:00-7:00pm : Free Time

7:00-9:00pm : Farewell Dinner with private Myanmar performing art show.

Meeting with various Myanmar scholars and you can chat and ask various questions about Myanmar. Dinner will be arranged in a private garden.

Overnight Yangon

Day 16

9:00-9:30 am : Check out hotel

10:30am : Departure Time