

EDUCATIONAL TOURS

One of its kind in Myanmar

Topic 1 : Buddhism in Myanmar

Location : Yangon

Buddhism arrived Myanmar over 2,500 years ago. Various golden pagodas, temples and shrines all over Myanmar tell how religious Myanmar people are. Our religious expert will be giving a lecture on history of Buddhism in Myanmar as well as daily lives of people living with Buddhism.

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 fortres 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.

Overnight Yangon

Topic 2 : Ethnic Tribes of Myanmar

Location : Yangon

Myanmar has over 135 ethnic groups and each has its own identity and culture. Our ethnology expert will give a brief lecture on ethnology of Myanmar and field trip to interesting places in Yangon to study various ethnic tribes of Myanmar.

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

Topic 3 : Handicrafts of Myanmar1

Location : Mandalay

Myanmar is famous for its various kind of handicrafts dating back to 1st Century A.D during the Pyu dynasty. Our craft historian will explain history, production of various crafts and its economical impact on local history. This lecture will be concentrated on Woodcarving, Bronzeware and Alabaster stone carvings.

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

Topic 4 : Handicrafts of Myanmar 2

Location : Mandalay

Those who want to study Myanmar puppetry, tapestry making and famous gold leaf production, please take this lecture and field trip.

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.

Topic 5 : Architecture of Ancient Myanmar

Location : Mandalay

Architecture of ancient Myanmar is one of the magnificent culture to study. Our art historian will give background history of architecture of ancient Myanmar through palace, monasteries and famous temples.

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 War World 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.

Topic 6 : Myanmar Design Through Drawings

Location : Mandalay

A famous art historian will give a lecture through drawing as well as accompanying a field trip and explaining the evolution of design changes over centuries. Various designs of Bagan, Pinya, Innwa and Konbaung dynasty will be explained in details through the drawing.

9:00-10:00am : ***Lecture: Myanmar Designs Through Drawings***

11:00-12:00 : Go to Amarapura and visit Silk Weaving Factory and study the various traditional designs of Myanmar.

12:00- 1:00pm : Lunch in Amapura

2:00 - 3:00 pm : Bargayar Monastery Museum and Library

Famous monastery for its numerous ancient manuscripts.

3:30-4:30pm : Visit a woodcarving workshop and study various carvings from each dynasty of Myanmar.

7:00 pm : Dinner

Overnight Mandalay.

Topic 7 : History of Myanmar with special emphasis on Bagan Dynasty

Location : Bagan

Bagan is famous for its over 4,000 temples which were built from 9th to 12th Century A.D. History of Bagan is so interesting with the arrival of Buddhism to Myanmar until the invasion by Munko army and destroyed Bagan. Our historian will give background history of Bagan with famous kings and their famous works on beautiful temples around Bagan. This one day lecture with field trip will beneficial to anyone who is interested to study the history of Bagan and its people.

9:00-10:00am : ***Lecture: History of Myanmar with special emphasis on Bagan Dynasty***

10:30 -11:30am : Visit 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.

12:00-1:00pm : Lunch

1:30- 2:30pm : Gu-pyauk Gyi Temple

It is famous for its numerous ancient mural paintings.

3:00- 4:00pm : That-byin-nyu Temple

Highest temple of Bagan and it is 63 meters high.

4:15-5:15pm : 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 with knowledgeable locals who can give more information on the history of Bagan.

Overnight Bagan

Topic 8 : Archaeology of Myanmar

Location : Bagan

A famous Myanmar archaeologist will give an overall lecture on Archaeology of Myanmar and accompany the field trips by showing various sites of archaeological findings in Bagan and environ.

9:00-10:30am : *Lecture: Archaeology of Myanmar*

11:00-12:00am : Visit an archaeological site in Bagan

12:00 – 1:00pm : Lunch

1:30 – 2:30pm : Visit the Bagan Archaeological Museum

3:00 – 5:00 pm : Visit a archaeological site around Bagan.

7:00 - 9:00pm : Dinner at restaurant with Culture Show

Overnight Bagan

Topic 9 : Architecture of Temples in Bagan

Location : Bagan

Bagan is famous for its presence of over 4,000 magnificent temples spreading over Bagan. Our art historian will give a lecture with field trip to study the architecture of these temples. An insightful and knowledgeable trip for anyone who loves to study architecture of temples in Bagan.

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
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- 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
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Topic 10 : Economy of Bagan with special reference to the lacquer ware Industry

Location : Bagan

Social economic history of Bagan will be given by our famous historian. This one day field trip will give an overview of economic history of Bagan from ancient days up until today.

- 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 -2:00pm : U Ba Nyein Lacquer ware shop
Biggest lacquer ware producer of Bagan. You can study the various steps in making the lacquer wares.
- 2:30- 3:30pm : Visit a primary school at Minnanthu Village. You can see the typical style of a primary school in rural area of Myanmar.
- 3:45-4:45pm : 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.
- 5:00 – 6:00pm : Bagan to toddy palm grove. 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
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Topic 11: History of the Shan State and Culture of the Shan People

Location : Shan State (Inlay Lake and Taunggyi)

Shan are the second largest ethnic group after Myanmar. Moreover, the Shan State is the largest state in term of area covering eastern mountain ranges of Myanmar. Our Shan expert will give history of Shan people, their culture, religion, economy through a lecture and field trip.

9:00-10:00am : ***Lecture : History of the Shan State and Culture of the Shan People***

11:00- 12:00 : Visit Phaung Daw U Pagoda to study various cultural diversity of the Shan people and their religion

12:30: 1:30pm : Lunch at a Pa-O Restaurant

2:00 – 4:00pm : Visit to In-dain, ancient pagoda by boat. From the jetty, there will be 20 minute walk 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.

4:30 – 6:00pm : Visit silver smith, silk and lotus weaving workshop and study the culture of Intha people, native of the Inlay Lake

7:00pm : Dinner with Culture show at the hotel

Topic 12 : Inlay Lake and Inthar People

Location : Inlay Lake

Inlay Lake, a lake among the mountains of Shan State, is one of the wonders of the world by having its people who use their legs to row their boats (known as leg rowers). Our expert will explain history of Inlay Lake and its people, their culture and identity, religious objects and temples, economy and their daily lives.

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

Topic 13 : Glazed Ceramic of Myanmar

Location : Yangon

Our art historian will give an interesting history of glazed ceramic of Myanmar and accompanying the famous sites where you can study the ancient kiln sites of glazed ceramic of Myanmar

- 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.

Topic 14 : Gems of Myanmar

Location : Yangon

A gemologist will give history of gem mining industry in Myanmar, history of Mogoke (the main production gem mining place), valuation of each precious and semi-precious stones.

- 9:00-10:00am : ***Lecture: Gems of Myanmar***
10:30-11:30am : 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.

12:00 – 1:00pm Lunch at a local restaurant

2:00 - 3:00pm : 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.

3:30 -5:00pm : Aung San Market

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

5:30 – 6:00pm : Visit to a Gem Shop

7:00- 9:00pm Dinner

Topic 15 : History of Myanmar

Location : Yangon

A famous local Myanmar historian will give an insight history of Myanmar with salient dates. One can gain valuable knowledge of Myanmar history after spending this one day lecture and field trip.

9:00 – 10:00 am : **Lecture : A Brief History of Myanmar**

10:30- 11:30 am : Visit the National Museum where you can study various dynasties of Myanmar. Moreover, Mandalay palace model, royal regalia and other ethnic tribal culture can be studied there.

12:00 – 1:00pm : Lunch at a local Myanmar Restaurant

1:30 – 3:00pm : Visit the city tour by seeing the old colonial buildings such as City Hall, High Court, Inland Water Transport Building and finally a rest by having a cup of tea/coffee at the famous Strand Hotel. Our expert will give explanation of British colonial history along the way.

3:30 – 4:30pm : Visit General Aung San Museum where you can study the life of Myanmar national hero General Aung San (father of Aung San Su Kyi) who fought against British and Japanese to gain independence.

5:30 pm : A short stop over to take photo in front of the residence of Daw Aung San Su Kyi who is the democratic icon and chairman of National League for Democracy, the main opposition political party.

7:00pm : Dinner with some Myanmar historians

Topic 16 : Yangon Heritage Trail

Location : Yangon

Yangon which was built in 1885 by the British has numerous historical heritage buildings. Numerous Victorian style historical buildings catch the eyes of many travelers. At present, Yangon Heritage Trust is working on plans to do conservation jobs on many of its historic buildings which constitute 187 buildings. Our expert

from Yangon Heritage Trust will give a short history of these buildings and their works as well as a field trip to visit these buildings.

- 9:00 – 10:00am : Lecture : Heritage Buildings of Yangon and role of Yangon Heritage Trust
- 10:30 – 12:00 : Visit to Eastern part of Yangon around Botataung Pagoda Road and seeing the Secretariat Building from outside. Secretariat Building is where late General Aung San (national hero and father of Daw Aung San Su Kyi) was assassinated.
- 12:30 – 1:30 pm : Visit to the Sule Pagoda and walk outside of the City Hall and Mahabandoola Garden
- 1:45 - 3:00 pm : Walk along the Pansodan Street and studying many heritage buildings along the road such as High Court, Inland Water Transport Building, Banks and the Strand Hotel.
- 3:30 – 4:30 pm : Relax and have tea/coffee at the Strand Hotel which is over 100 years.
- 4:45 – 5:30 pm : Visit the China Town area and visit the old Chinese temple and other historic buildings
- 7:00 pm : Dinner
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