



CAREER ENRICHMENT



Mental Health Program to Yangon,
Inle Lake & Bagan

Myanmar (Burma)

10 days / 7 nights

November 10-19, 2016

\$6,699 (Based on double occupancy)

Enjoy the unique culture and traditions of Myanmar while you spend time with the locals. This adventure includes a very special visit to the small community of Inn Paw Khone – a floating village!

BOOK NOW 888.747.7501

Myanmar Highlights

- ✓ 10 days & 7 nights
- ✓ Cross a visit to the **temple complex in Bagan** off your bucket list as you step back in time and explore this iconic cultural city. Take in the many pagodas, temples and stupas that dot the beautiful landscape of central Myanmar.
- ✓ Explore the small village of **Inn Paw Khone** and enjoy a tranquil canoe ride to witness life in a floating village
- ✓ Accompanying guest program available on this itinerary

Community Connections

- ✓ Take part in a social service project in Bagan at a **local school or clinic**
- ✓ Spend time making new friends as you immerse yourself in giving back

Educational Interaction

- ✓ Myanmar's healthcare infrastructure
- ✓ Investigate the unique aspects of the mental health system in Myanmar
- ✓ Develop an understanding of the strengths and weaknesses of the mental health system in Myanmar
- ✓ Begin a dialogue about how Myanmar and the U.S. could help each other to improve mental health services to citizens of both countries
- ✓ Learn about training for mental health professionals while visiting a **local medical school**

What's included?

- 4* & 5* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Yangon (gateway city set tentatively out of Los Angeles)
- Local English speaking guide
- Meals as mentioned and most tips

Not included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



ITINERARY | DAY-BY-DAY



📍 Los Angeles, California

DAY 1

Fly to Yangon today

Depart from Los Angeles today and make your way to Myanmar. The stunning beauty and friendly people alone are worth a visit!

📍 In route

DAY 2

Lose a day due to crossing the International Date Line.

📍 Yangon, Myanmar

DAY 3

Arrival and hotel check in

Upon arrival the group will be met and transferred to your local hotel for check in. Relax this evening and settle into your lovely five star hotel.

Depending on flight arrival time, dinner is on your own tonight (if not provided in flight).

Your beautiful hotel lies in the heart of the city and is conveniently located near many major attractions and parks. Enjoy their outdoor pool, fitness and recreation center and many onsite restaurants and bars. Enjoy their many amenities including free WiFi, onsite gift shop and business center.

Overnight: Sule Shangri La Hotel
Included meals: N/A

📍 Yangon, Myanmar

DAY 4

Welcome to Yangon!

Please Note: Breakfast is included daily in your program

Morning **orientation and welcome.** All travelers will gather this morning with your national guide and receive further information on the program and today's activities. Discuss the political and cultural diversity of Myanmar, and receive further information on the program.

Lunch is by individual arrangement this afternoon prior to departing for a visit to the historic **Shwedagon Pagoda** which towers almost 98 meters (326ft) above the green cityscape of Yangon. One of the wonders of the religious world, it is believed to have been built more than 2500 years ago and is a testament to the faith of the Burmese. This magnificent building is covered with hundreds of gold plates and the top of the Stupa is encrusted with 4531 diamonds; the largest which is a single 76 carats. Continue onward to visit the **Kabar Aye Pagoda** and Caves.

Enjoy a welcome dinner at a local restaurant.

Overnight: Sule Shangri La Hotel
Included meals: Breakfast, Dinner



📍 Yangon, Myanmar

DAY 5

Learn about Myanmar's mental health systems

Morning and afternoon meetings: (Discussion topics will be finalized as the team forms.)

Meetings will be finalized closer to travel and will be coordinated with the assistance and guidance of the **Myanmar Medical Association** as well as local universities, hospitals, and the **local WHO office**.

Lunch will be provided today at a local restaurant.

Guest program

Today guests will explore **Chanmyaeyeiktha Monastery** one of the famous meditation center for the study and practice of vipassana process taught by the Buddha in ancient India. Chanmyay Yeiktha, Yangon, functions mainly as a meditation center but is also a monastery with resident monks (meditation teachers) and nuns. Guests will have the unique chance to interview Buddhist monks and preachers in the World Buddhist Institute, one of Yangon's several world renowned centers of Buddhism. The experience is always different as you learn how and why these monks dedicate their lives to worship and introspection.

Enjoy some time to relax and dine on your own this evening at the hotel or a nearby restaurant.

Overnight: Sule Shangri La Hotel
Included meals: Breakfast, Lunch



📍 Inle Lake, Myanmar

DAY 6

Mental health workshop and travel to Inle Lake.

Immediately after breakfast, medical members of the group will take part in a half day workshop in cooperation with the **Myanmar Medical Association**. This will include the opportunity to interact with your fellow counterparts from a variety of different facilities.

Guest program

Guests will depart the hotel early this morning, traveling by ferry from Nanthida Jetty to the southern township Dhala. Explore the colorful countryside and witness daily life along the riverbanks of Yangon. Upon arrival enjoy a ride on a local trishaw which exposes you to the natural beauty and local customs of this scenic town. You will be able to observe authentic Myanmar village life, visit the market and be stunned by the friendliness of the locals.

Continue on to visit Shwe Sayan Pagoda, the most significant pagoda in Dala as well as Chedi, the golden stupa of the village. Relax at the slower pace of the town, before heading back to Yangon.

Later today depart for the airport for your flight to Heho. Shan state's prime attraction, **Inle Lake** is dotted with interesting villages and floating gardens and is one of the most picturesque locations in all of Myanmar. The lake and the surrounding area are also home to a number of tribes, mainly Intha but also Kayah and Danaw.

Settle into your local hotel situated inside the archaeological preservation zone, within easy reach of surrounding attractions. Relax in their swimming pool, grab a drink at the pool bar, make use of the business center or get a massage in the spa! Inle Lake features a unique ecosystem, singular life-styles and rich traditions.

Dinner with your fellow travelers will be provided at a local restaurant this evening.

Overnight: Myanmar Treasure Resort
Included meals: Breakfast, Dinner



ITINERARY | DAY-BY-DAY

📍 Inle Lake, Myanmar

DAY 7

Explore the surrounding towns and lake

Nyaung Shwe is the gateway to the lake and after breakfast the group will be transferred to this small but attractive town.

After a brief visit to **Shwe Yaunghwe Kyaung Monastery**, which is famed for its unique oval windows, transfer to your private boat and venture onto the lake. Start off with a visit to the five ancient gold-covered Buddha images at **Phaung Daw Oo Pagoda**, the holiest monastery on the lake. Continue onward with a visit to the temple at **Nga Hpe Kyaung** on the eastern side of the lake, which houses an impressive collection of ancient Buddha images.

There will also be the opportunity to visit a **floating garden** and it goes without saying any visit to the lake would not be complete without witnessing the unique technique of leg rowing which is so synonymous with Intha fisherman.

This afternoon continue to **Inn Paw Khone**, a small village that specializes in silk weaving. The day will end with a tranquil canoe ride to witness life in one of the **floating villages** that are scattered throughout the lake.

Lunch is by individual arrangement with dinner provided this evening.

Overnight: Myanmar Treasure Resort
Included meals: Breakfast, Dinner

📍 Bagan, Myanmar

DAY 8

Cultural program

Depart this morning for **Bagan** famous for its many ancient temples and stupas. Bagan is one of the richest archaeological sites in Asia with over 2200 temples and pagodas that still are standing today. Lunch is by individual arrangement today.

This afternoon explore the wonders of Bagan. Start at **Gubyaugyi (Great Painted Cave Temple)** with its excellently preserved colored frescoes; the impressive three story red brick **Htilominlo Temple** dating back to 1211 and **Ananda Temple**, one the best preserved temples in the archeological zone. This stunning temple has also been titled the "Westminster Abbey of Burma".

Finish the day with a relaxing sunset cruise on Irrawaddy River before returning to your hotel. Dinner will be provided this evening.

Overnight: Thante (Nyaung Oo) Hotel
Included meals: Breakfast, Dinner

📍 Yangon, Myanmar

DAY 9

Return to Yangon

For those interested, get up very early this morning to climb partway up the **Shwesandaw Pagoda** for the unbeatable sunrise views over the landscape below.

This morning get involved with a local social service or other **community project** (pending confirmation of specific activity and organization).

Bagan is also famous for its artistic handicrafts and lacquer ware. Visit a local workshop to learn more about how these items are hand crafted. Speak with the artisans and learn about the history and pride they put into preserving this ancient craft.

Late this afternoon there will be another chance to re-visit the temples, this time by horse cart which affords the opportunity to explore some of the lesser visited areas which cannot be reached by more conventional modes of transport.

Fly back to Yangon for dinner at a local restaurant.

Overnight: Sule Shangri La Hotel
Included meals: Breakfast & Dinner

📍 Depart for home

DAY 10

Depart this morning for Los Angeles.



📍 Yangon, Myanmar

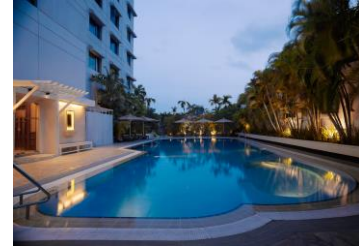
Sule Shangri La Hotel

223 Sule Pagoda Road

Yangon, Myanmar

Telephone: +95-1-242828

<http://www.shangri-la.com/yangon/suleshangrila>



📍 Inle Lake, Myanmar

Treasure Resort

Maing Thauk Village, Nyaung Shwe

Inle Lake, Myanmar

Telephone: +95-81-29481

<http://www.myanmar-treasure-resorts.com>



📍 Bagan, Myanmar

Thante Hotel (Nyaung Oo)

Myo Ma Quarter

Bagan, Myanmar

Telephone: +95-61-60315

<http://thantenyu.com/>

