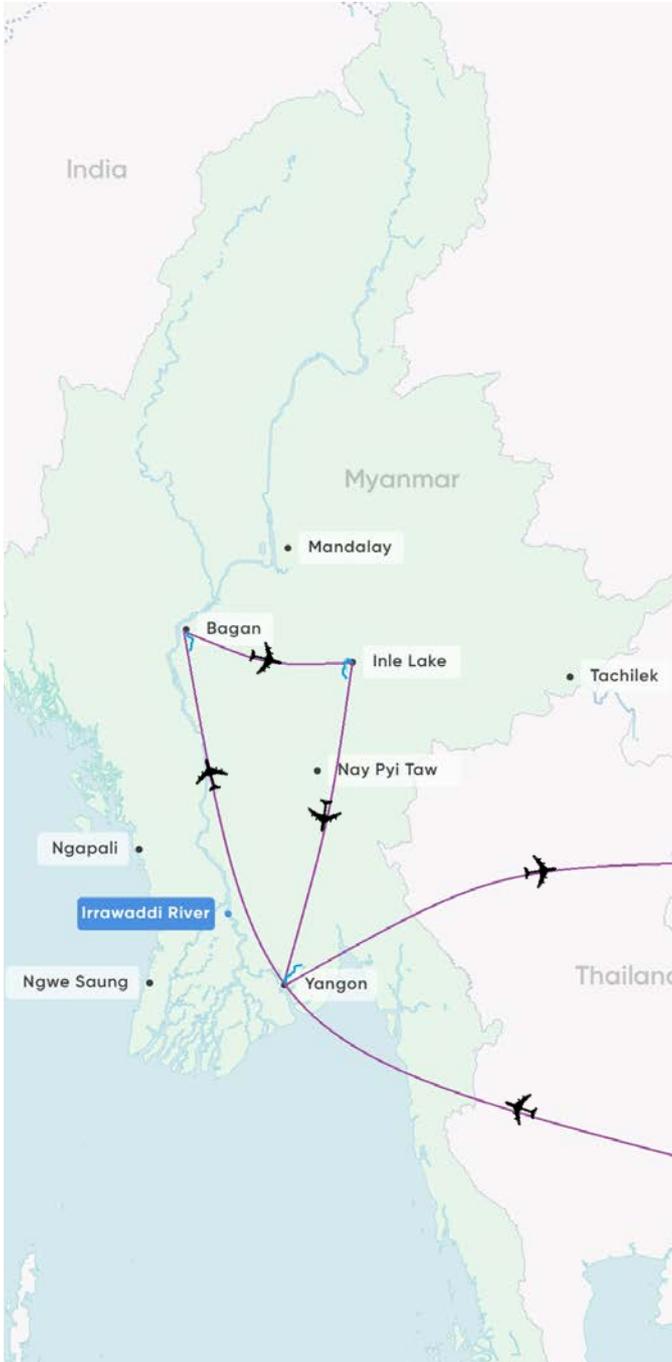


Myanmar – Week Without Walls (6 days)



Departs anytime (2018-19)



Please note: This itinerary can be modified in any way to best suit your school's particular aims, learning objectives and budget.

Please contact us detailing any changes you'd like to make.

It's a new era for this extraordinary country. Sanctions have been dropped, investors are coming to do business and finally, mobile-phone coverage and internet access are now common.

There has never been a better time to meet Myanmar's gracious people. This will be a central focus of the 6-day trip, specifically designed for students wishing to explore Southeast Asia's most culturally diverse and geographically unique country.

Highlights will include visiting the country's most important sights and ethnic regions including Yangon, the sublime Inle lake, and the temples of Bagan that rival Cambodia's own.

Significantly, the trip is intended to provide insight into Burmese society. It will include a hands-on service learning component, by engagement with local students to learn of their lives and aspirations. In addition, there is a meditation session with monks, as well as several outdoor activities including cycling, boating and light hiking.

Most importantly, this trip is designed to be highly enjoyable. We aim to provide students with a very memorable and fulfilling introduction to this amazing and – for now at least – less travelled country.



David Eales
Asia Manager

Day 1

Arrive Yangon, transfer for internal flight to Bagan



Upon arrival in Yangon we will complete immigration formalities before being greeted by our tour leader. They will accompany us on our flight transfer to the city of Bagan, located in the country's northern reaches.

Bagan is one of Asia's most significant archaeological sites, which until recent years has remained relatively unknown to outsiders. Like its contemporary, the Temples of Angkor in Cambodia, it is inspired by religion and a marvel of Asian civilisation. The countryside surrounding Bagan abounds in literally thousands of stupas and temples. In every direction we will see ruins of all sizes, some soaring into the sky and others standing quaintly at a corner with the beauty of the meandering Irrawaddy River completing the scene.

On arrival, our tour leader will brief us over health and safety, as well as our activities over the coming days.

Following this, we venture out, first travelling by horse and cart – a traditional form of transport in the region of Myanmar - to the banks for the Ayeyarwaddy for a sunset cruise to learn of the importance of this river in Burmese history. **Flight details to be advised.** (lunch, dinner)

Day 2

Bagan Community Project



This morning we will travel to a small village on the edge of the Bagan prefecture. It is here that we begin our day-long renovation project of a local school. Students will be expected to do a range of tasks. This includes painting, digging and tree/fruit planting, and repairing buildings in the school grounds, classrooms or library area. The work will be hot going but very rewarding as we see our project come to fruition at the end of the day. We will also have the opportunity to interact with students and learn about the Myanmar educational system.

In the late afternoon, we will ride our bikes to visit some of the Bagan's beautiful temples. Having climbed to the top, a terrific view awaits us! This evening, we will enjoy dinner at a popular local restaurant. (breakfast, lunch, dinner)

Day 3

Bagan Inle Lake



After an early breakfast, we will transfer to the airport for our flight to the magnificent Inle Lake. Inle is one of Myanmar's most magical places, located 900 meters above sea level and surrounded by beautiful mountains on the Shan Plateau.

Today we will board fast boats to explore this unique region of Myanmar. Fast boat is by far the best and most enjoyable way to view this region. It also enables us to get a real feel for the communities who depend on the lake for their lively hood. En route we will stop to visit cottage industries, including weaving collectives set amongst water communities. It is hard not to be impressed by

their very different way of life. From our boats we can enjoy the one-legged rowing style characteristic of the Inle Lake boatmen, while we check out the expansive vegetable gardens floating on the lake's surface, wondering how they survive.

NB: If by chance our visit to Inle Lake coincides with the market day, we will also visit the bustle of this unique market whose vendors travel on a five-day rotation basis throughout the area. **Flight Details: Afternoon flight, exact time to be advised.** (breakfast, lunch, dinner)

Day 4

Inle Lake

Saddling up we will venture out on bicycles to explore the surrounding foothills of Inle, beginning with a visit to the famous Red Mountain Estate to learn about agricultural practices in Myanmar. Although this cycling activity is designed for cyclists of all abilities, it would be very advantageous to practice riding before arriving in the country. Later we will form two teams and challenge each other to a Burmese-style boat race.

After lunch, we visit a school and join local children in a tree-planting project aimed at repopulating an important tree species. We can ask about the region's agricultural practices, sample local produce, and find out how

comfortably families can support themselves. Dinner tonight will be at a pizza restaurant close to our hotel.
(breakfast, lunch, dinner)

Day 5

Inle ✈️ Yangon



This morning we will travel to the surrounding hinterland to begin a vigorous walk. We will journey through villages amongst the foothills, visiting local communities on the way. Later we will visit a monastery to learn of Theravada Buddhism, practised by an estimated 89% of Burmese. Here is the opportunity to talk to the local monks about their lives and commitment to their way of life, as well as join them in an uplifting meditation session.

This afternoon we will farewell our plateau abode for our short flight to Yangon, the former capital of Myanmar (Myanmar's current capital is Naypyidaw by the way!).

We will arrive in this bustling city in the late afternoon and enjoy a cyclo ride around its water. Surrounding us are crumbling British architecture and streetscapes unique in Asia. Dinner tonight will be on the Yangon waterfront.
(breakfast, lunch, dinner)

Day 6

Depart Yangon ✈️



We will set out early this morning to visit one of the most famous sites in all of Asia —the Shwedagon Pagoda. This awe-inspiring golden stupa is Yangon's most famous landmark. Standing 99 metres high and plated in gold, the pagoda dominates Yangon's skyline and is said to enshrine sacred relics of the Gautama Buddha (as well as the three previous Buddhas).

Time permitting, we will also visit the Yangon Bake House to learn of the success of this enterprise in rescuing local children from the street and providing a safe future for them through vocational training.

As we say our goodbyes and begin our travel home, we can prepare to share with our family and friends the immensity of our discoveries as we consider what has most impacted us on this physical and spiritual journey. Our group leader will take care of your onward travel arrangements and bid us farewell. (breakfast, lunch)

Flight details to be advised

Summary

Grading

Moderate; Students will be required to be in good health to get the most out of this trip whilst any one of reasonable fitness will be able to take part. Students will be expected to walk every day as well as be able to ride a bike. It will be necessary for all travellers to carry their own luggage throughout the trip but only for short distances. Most importantly, students will also be expected to work diligently during the days of the community service project.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. Hotels hold a 3-star equivalent rating.

Transport

Modern air-conditioned bus, boat, plane, speedboat and aircraft.

Group Size

Minimum group size 20 students & 2 staff members travelling *free of charge*.

▲ [Smaller group sizes can be quoted upon application](#)

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, Student Educational Adventures employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and the world of education and new experiences.

Your tour leader is always with your students throughout your trip and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are always safe during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

Service Learning Program

All service-learning programs initiated by Student Educational Adventures in Vietnam are conducted after careful consultation with the local community and with the local People's Committees.

These projects are initiated based on a model of mutual learning and designed as an immersion experience. An understanding of the importance of an integrated approach to community development is useful to frame what students and teachers might see, learn or experience during a student immersion.

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Inclusions

- All accommodation, transport, activities, entrance costs and other programs as describe in itinerary
- *Student Educational Adventures* tour leader throughout the trip & additional specialist guides
- **3 internal flights – Yangon to Bagan, Bagan to Inle Lake, Inle to Yangon**
- Meals (+ drinking water) as listed in the daily itinerary
- Pre-departure support, briefings & planning meetings for students and parents
- 24/7 in-country support
- **Cost of community project**

Exclusions

- International flights to/from Myanmar
- Some meals
- Myanmar Visa (if required)