

Welcome to Myanmar

Myanmar has the possibility to surprise and inspire even the most seasoned traveler. Tourism remains a slowly developing industry, which allows visitors to witness a rich culture and ancient history now on the verge of change.

Myanmar, also known as Burma, gained independence from British rule in 1948. However, independence did not spawn peace and unification. By 1962, rising tensions between the military and civilians resulted in a coup that toppled the elected government. Since then, internal political and ethnic conflict have troubled the country.

This trip will emphasize and clarify the work of Nonviolent Peaceforce to support Myanmar's peace process through the protection of civilians and ceasefire monitoring.

Around Yangon



Day 1: Upon arrival at Yangon airport you will be welcomed by a local English guide/NP staff and escorted to your hotel. Yangon was the capital of Myanmar until 2006, and remains the largest city and the most important commercial center of the country. Today, Yangon is home to over 7 million people and hosts various street markets, tea shops and ancient pagodas.

After a meeting with NP's local staff for a short orientation, you will have a tour to give you a glimpse of the unique charm of the city. You will discover old colonial era buildings, the Sule Pagoda and the Chinese and Indian quarters.

Late in the afternoon, you will visit the stunning Shwedagon Pagoda. The pagoda is 2,500 years old and was built during the lifetime of the Gautama Buddha. Legend has it that the Okkalapla king who built the structure, received eight strands of the Buddha's hair to enshrine within the building. The exterior of the stupa is adorned with an impressive 8,688 solid gold plates and decorated with over 5000 diamonds and other precious stones.



Day 2: Begin your day by visiting the [Chauk Htat Gyi Pagoda](#), known for housing a 70m long reclining Buddha. Afterwards, take a stroll through [Kandawgyi](#) park where picturesque wooden boardwalks cross the lake at the park.

After lunch, you will have the opportunity to meet with and learn from individuals and organizations working on peace efforts alongside NP. This will help you better understand the complexity of the country's history and the significance of the peace process.



Day 3: Fly to [Heho](#), the gateway to the pristine, [Inle Lake](#). Before you head to the lake, we will visit the lively village and the monastery at [Nyaung Shwe](#).

In the afternoon, you will take a cruise around the lake to observe the lakeside [weaving villages](#), [floating gardens](#) and fishermen and stop at the [Nga Phe Chaung Monastery](#) and [Phaung Daw Oo Pagoda](#).

NP has been working in Shan State with local partners to provide civilians training on ceasefire monitoring. You will have the chance to meet with some of our monitors, hear their firsthand accounts of their work and its impact on their communities.

The Five-Day Market & Indein Village



Day 4: The morning starts with a walk through the famous, local [five-day market](#) with a chef to purchase the ingredients to prepare a gourmet Shan meal. In the afternoon, visit Indein village located on the bank of Inle Lake. Hundreds of [ancient pagodas](#) dating from the 15th century are hidden among the natural surroundings.

Taunggyi City



Day 5: Travel to [Taunggyi City](#). Experience some of the civilian protection training activities with local monitors and gain a better understanding of the hope they have for their country and the challenges they face. Stop at the [Aythaya Vineyards](#), Myanmar's first vineyard, in the afternoon

to enjoy a tour and wine tasting. Transfer back to Nyaung Shwe Village to relax overnight at Inle Lake.

An Ancient City



Day 6: Transfer to Heho airport to fly to Nyaung U. The afternoon is dedicated to visiting the ancient monuments of , the Royal Palace ruins, [Tharabar Gate](#), the [Ananda Temple](#) and meet with and be guided by local monks. Dating back to the 13th century, Bagan was the former capital of the ancient kingdom.

Day 7: Begin the day by exploring ancient temples and monuments before visiting a lacquer workshop to learn more about this tradition. In the evening, we will take a cruise on the Irrawaddy River. Dinner and traditional puppet show in a local restaurant.

Homeward bound

Day 8: After breakfast, fly back to Yangon. Enjoy free time at Cafe Rangoon and [HLA Day](#) gift shop.

Lunch at the "[House of Memories](#)" Restaurant or **Aung San Suu Kyi home restaurant with NP staff to debrief and address any outstanding questions.**

Cost

\$2,850.00 per person based on double occupancy for in-country experience; additional \$540.00 for single occupancy. Includes accommodations, meals and in-country travel.

For more information please contact Amy Hansen at ahansen@nonviolentpeaceforce.org