Burma

THE ROAD TO MANDALAY

February 1 to 16, 2016

a program of the stanford alumni association
I’ll never forget the first time I visited Burma with a Stanford group: the people welcomed us with genuine, open smiles and the sky was such a clear, crisp blue it literally took my breath away. Previously one of the world’s most isolated countries, Burma still possesses unparalleled mystique and charm for the intrepid traveler, filled with treasures few tourists ever see. Stanford faculty leader and Buddhist expert Greg Watkins, ’85, PhD ’02, leads our group as we learn about traditional rural lifestyles that are deeply imbued with Buddhist and animist religious culture. Join us on this extraordinary journey!

BRETT S. THOMPSON, ’83, DIRECTOR, STANFORD TRAVEL/STUDY

Highlights

**ADMIRE** the impressive golden Shwedagon Pagoda, made of 60 tons of gold leaf and festooned with a 76-carat diamond and thousands of precious stones.

**CRUISE** for four nights down the Irrawaddy River from Mandalay to Bagan, through the agricultural heartland of Burma.

**EXPLORE** the ruins and temples of Bagan, a city studded with over 2,000 temples and monuments covered with gold, silver and fine mosaic paintings.

**MEET** and discuss Burma’s past, present and future with local people and government officials in Rangoon.

COVER: BAGAN
Greg Watkins, ’85, PhD ’02, is the assistant director of Stanford’s Structured Liberal Education (SLE) program and a resident fellow in East Florence Moore Hall. A filmmaker himself, he has focused his research on religion and film. His interest in Buddhism started in graduate school when he was a teaching assistant for Stanford’s course on Zen Buddhism. Since then, Greg has taught multiple times at Stanford’s Sophomore College and the Bing Overseas Seminars, including trips to Bhutan and Mongolia. During this program, he’ll discuss the art, architecture and practices of Buddhism that we’ll encounter in Burma.

— Assistant director, Stanford Structured Liberal Education program (SLE)
— Co-director, Virtual Mandala project, Stanford Humanities Lab
— Instructor, The Examined Life, Continuing Studies Program
— Co-instructor, How Is a Buddhist?, Stanford Sophomore College
— Co-instructor, Stanford Overseas Seminars to Bhutan and Mongolia
— BA, social theory, 1985, and PhD, religious studies and humanities, 2002, Stanford University

Mary Oestereicher Hamill, ’64, Bhutan, 2014

“Greg and his colleagues were invaluable contributors to my understanding of the culture.”

Reservation Form
Burma
February 1 to 16, 2016

I/We have read the Terms and Conditions for the program and agree to them.
Signature _________________________________________________________

If this is a reservation for one person, please indicate:
☐ I wish to have single accommodations.
OR ☐ I plan to share accommodations with __________________________
OR ☐ I’d like to know about possible roommates.

Category Preference:
1st choice: __________________________
☐ Twin Beds ☐ Queen Bed
2nd choice: __________________________
☐ Twin Beds ☐ Queen Bed

Here is my deposit of $________ ($1,000 per person) for ______ space(s).
☐ Enclosed is my check (make payable to Stanford Alumni Association) OR
☐ Charge my deposit to my: ☐ Visa ☐ MasterCard ☐ American Express

CARD #: ______________________ Expires ______________
AUTHORIZED CARDHOLDER SIGNATURE __________________________
DATE ___________

Mail completed form to address on mail panel or fax to (650) 725-8675 or place your deposit online at alumni.stanford.edu/trip?burma2016. Please submit your reservation only once to avoid multiple charges to your account.
MONDAY & TUESDAY, FEBRUARY 1 & 2
DEPART U.S. / RANGOON, BURMA
Depart the U.S. on overnight flights to Rangoon, also called Yangon, crossing the international date line en route. Arrive in Rangoon on Tuesday and transfer to our hotel to relax for the rest of the afternoon. Gather for a casual dinner this evening at our hotel. STRAND HOTEL (2/2: D)

WEDNESDAY, FEBRUARY 3
RANGOON
Explore Rangoon, beginning with the historic downtown district and continuing to the riverfront. Visit the Sule Pagoda and the National Museum, which features royal treasures of the last Burmese kings and other historical objects. This afternoon, visit the Nga Phe Kyaung monastery to view the finest Shan-style Buddhist statues of the region. AUREUM INLE (B,L,D)

THURSDAY, FEBRUARY 4
RANGOON / HEHO / INLE LAKE
This morning stroll through the sprawling Bogyoke Aung San Market, where everything from gems to car parts is for sale. Then fly to Heho and transfer to our hotel situated on the shores of Inle Lake. AUREUM INLE (B,L,D)

FRIDAY, FEBRUARY 5
INLE LAKE
Follow a visit to the local market with a boat ride around Inle Lake to observe traditional daily life. See local fisherman and artisans as well as floating gardens. This afternoon, visit the Mingun temple ruins at Inein and see hundreds of stupas dating from the 11th and 12th centuries. After lunch at a local restaurant, visit the small port town of Nyaung Shwe on the way to Mandalay. Aitereum Inle (B,L,D)

SATURDAY, FEBRUARY 6
INLE LAKE / HEHO / MANDALAY
Explore the magnificent temple ruins at Indein and see the over 700 stone slabs spread around the foot of Mandalay Hill. This afternoon, board our riverboat and cruise the Irrawaddy River through the agricultural heartland of Burma. Aitereum Inle (B,L,D)

SUNDAY, FEBRUARY 7
MANDALAY / IRRAWADDY RIVER / EMBARK PAUKAN 2012
Explore Mandalay, Burma’s second-largest city and an important religious center, with one quarter of the land area covered by monasteries that provide housing to 20,000 monks. Stop at the Maha Muni temple complex and its colossal golden Buddha image, the iconic U-Bein Bridge, Shwenandaw Temple with its magnificent wood carvings and the Kuthodaw Pagoda to see the “world’s largest book”—the complete Buddhist scriptures carved on 729 stone slabs spread around the foot of Mandalay Hill. This afternoon, board our riverboat and cruise the Irrawaddy River through the agricultural heartland of Burma. RV PAUKAN 2012 (B,L,D)

MONDAY, FEBRUARY 8
KYAUK MYAUNG / MINGUN
Visit the spectacular artisan village of Kyauk Myaung to meet with local craftsmen and view their pottery. This afternoon, sail downstream to Mingun and visit the Mingun temple, an uncompleted stupa begun by King Bodawpaya in 1790. This evening enjoy a traditional dance performance aboard our riverboat. RV PAUKAN 2012 (B,L,D)

TUESDAY, FEBRUARY 9
AVA
This morning go ashore for an excursion by horse cart to explore the remains of the ancient city of Ava, capital of the Burmese Kingdom from 1364 to 1841. View Ava’s temples, its magnificent teakwood Bagaya monastery and vestiges of the former royal palace. This evening cruise downstream to Yandabo. RV PAUKAN 2012 (B,L,D)

WEDNESDAY, FEBRUARY 10
YANDABO
Today we visit the village of Yandabo where we stop at a school, monastery and pottery shop to meet local people and artisans. As we continue our cruise down the Irrawaddy River, relax and enjoy the amenities of our riverboat. RV PAUKAN 2012 (B,L,D)
THURSDAY, FEBRUARY 11
**DISEMBARK / BAGAN**
Disembark our riverboat and explore the stupas and temples of Bagan, filled with more than 2,000 temples decorated with gold, silver and mosaic paintings. See the Ananda, Gubyaukgyi and Htilominlo complexes, followed by a visit to a village lacquerware workshop. **AUREUM PALACE (B,L,D)**

FRIDAY, FEBRUARY 12
**MOUNT POPA**
Today we visit Mount Popa, the “Mount Olympus” of Burma, an extinct volcano estimated to have erupted for the last time over 32,000 years ago. It is known as the home to *nats*, or mischievous local spirits that are a key element of daily life in Burma. **AUREUM PALACE (B,L,D)**

SATURDAY, FEBRUARY 13
**BAGAN**
Continue our exploration of Bagan, visiting ruins and more temples, including the Shwezigon Pagoda with its gilded golden dome. **AUREUM PALACE (B,L,D)**

SUNDAY, FEBRUARY 14
**RANGOON**
This morning we fly to Rangoon, where we spend the remainder of the day exploring the former capital city independently, perhaps returning to the Aung San Market or visiting the Chaukhtatgyi “Reclining Buddha.” **STRAND HOTEL (B,L,D)**

MONDAY, FEBRUARY 15
**RANGOON**
Today we have the opportunity to meet with local people and dignitaries to learn about the current state of affairs in Burma. Toast the end of our trip at a farewell reception and dinner this evening. **STRAND HOTEL (B,L,D)**

TUESDAY, FEBRUARY 16
**RANGOON / U.S.**
This morning transfer to the airport for international flights back to the U.S., arriving home the same day. (B)
RV Paukan 2012

The RV Paukan 2012 is a beautiful river cruise vessel, blending colonial old-world charm with contemporary Burmese style and modern comforts. The timber-walled cabins are furnished with colonial-style cupboards and a dresser. Meals in the dining room on the main deck include both Burmese and Western-style cuisine. A good selection of international and local wines, spirits and beers is served at meal times and is available from the bar on the upper deck.

Program Cost*

Rates are per person, based on double or single occupancy, as specified.

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<thead>
<tr>
<th>CATEGORY</th>
<th>DOUBLE RATE</th>
<th>SINGLE RATE**</th>
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<tbody>
<tr>
<td>SUPERIOR</td>
<td>$10,495</td>
<td>$12,695</td>
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<tr>
<td></td>
<td>Cabin on Main Deck with twin beds and picture windows. 250 sq. ft.</td>
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<tr>
<td>DELUXE</td>
<td>$10,995</td>
<td>$13,195</td>
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<tr>
<td></td>
<td>Cabin on Upper Deck with fixed double bed, picture windows and a private balcony. 270 sq. ft.</td>
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<tr>
<td>SUITE</td>
<td>$11,495</td>
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<tr>
<td></td>
<td>Cabin on Upper Deck with double bed, picture windows and a private balcony. 270 sq. ft.</td>
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*Association nonmembers add $300 per person.

**Single accommodations may be limited to as few as 2 cabins.
DATES
February 1 to 16, 2016 (16 days)

SIZE
This program can accommodate 32 participants. Single accommodations are extremely limited; please call for availability.

INCLUDED
10 nights of deluxe hotel accommodations ■ 4-night cruise aboard the RV Paukan 2012 ■ 14 breakfasts, 13 lunches and 14 dinners ■ Welcome and farewell cocktail receptions ■ Gratuities to guides, drivers and ship crew for all group activities ■ All tours and shore excursions as described in the itinerary ■ Transfers and baggage handling on program arrival and departure days ■ Internal flights within Burma ■ Port fees and embarkation taxes ■ Minimal medical, accident and evacuation insurance ■ Educational program with lecture series and pre-departure materials, including recommended reading list, a selected book, map and travel information ■ Services of our professional tour manager to assist you throughout the program

NOT INCLUDED
International and U.S. domestic airfare ■ Passport and visa fees ■ Immunization costs ■ Meals and beverages other than those specified as included ■ Independent and private transfers ■ Trip-cancellation/interruption and baggage insurance ■ Excess-baggage charges ■ Personal items such as internet access, telephone and fax calls, laundry and gratuities for nongroup services

AIR ARRANGEMENTS
International and U.S. domestic airfare is not included in the program cost. Round-trip, economy-class airfare on Singapore Airlines between San Francisco and Rangoon, Burma, is approximately $1,050 as of April 2015 and is subject to change without notice. Information on recommended flight itineraries will be sent by our designated agent.

FUEL COSTS
In the uncertain, often volatile oil market of late, it is difficult to predict fuel costs over the long term and, more specifically, at the time of operation of this voyage. Our prices are based upon the prevailing fuel rates at the time of brochure printing. While we will do everything possible to maintain our prices, if the fuel rates increase significantly, it may be necessary to institute a fuel surcharge.

WHAT TO EXPECT
Travel in Burma can be demanding. This is a fast-paced, strenuous program in a country where conditions can be hot and dusty and where delays are not uncommon. Some sites include one to three miles of walking, as well as stairs and uneven terrain. In some instances, such as ruins, steps are a necessary part of the tour and may not have handrails. Temples in Bagan and elsewhere must be entered without shoes. Passengers will frequently be stepping in and out of motorized canoes. Good health and stamina with a sense of adventure and a flexible attitude about delays and inconveniences are essential. All stops while aboard the RV Paukan 2012 depend on river conditions and the schedule will be adjusted accordingly. Hotel accommodations are best-available and provide all necessary amenities. Participants must be physically fit, active and in good health. We welcome travelers 15 years of age and older on this program.

Deposit & Final Payment
A $1,000-per-person deposit is required to hold space for this program. Complete and return the attached reservation form or sign up online. Final payment is due 120 days prior to departure. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

Cancellations & Refunds
Deposits and any payments are refundable, less a $500-per-person cancellation fee, until 120 days prior to departure. After that date, refunds can be made only if the program is sold out and your place(s) can be resold, in which case a $1,000-per-person cancellation fee will apply.

Insurance
Stanford Travel/Study provides all travelers who are U.S. or Canadian citizens with minimal medical, accident and evacuation coverage under our group-travel insurance policy. Our group policy is intended to provide minimal levels of protection while you are traveling on this program. You may choose to subscribe to optional trip-cancellation and baggage insurance. A brochure offering such insurance will be provided to U.S. residents with their welcome materials. The product offered in this brochure includes special benefits if you purchase your policy within a specified window: 14 to 21 days of the date listed on the welcome letter, depending on your destination and state of residence.

Eligibility
We encourage membership in the Alumni Association as the program cost for nonmembers is $300 more than the members’ price. Parents and their children under 21 may travel on one membership. For more information or to purchase a membership, visit alumni.stanford.edu/goto/membership or call (650) 725-0692.

Responsibility
The Stanford Alumni Association, Stanford University and our operators act only as agents for the passenger with respect to transportation and ship arrangements and exercise every care possible in doing so. However, we can assume no liability for injury, damage, loss, accident, delay or irregularity in connection with the service of any automobile, motorcoach, launch or any other conveyance used in carrying out this program or for the acts or defaults of any company or person engaged in conveying the passenger or in carrying out the arrangements of the program. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, quarantine, force majeure or other causes beyond our control. All such losses or expenses will have to be borne by the passenger as tour rates provide arrangements only for the time stated. We reserve the right to make such alterations to this published itinerary as may be deemed necessary. The right is reserved to cancel any program prior to departure in which case the entire payment will be refunded without further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the program. No refund will be made for an unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. It is understood that the ship’s ticket, when issued, shall constitute the sole contract between the passenger and the cruise company. Baggage is carried at the owner’s risk entirely. The airlines concerned are not to be held responsible for any act, omission or event during the time that passengers are not onboard their plane or conveyance. Neither the Alumni Association, Stanford University nor our operators accept liability for any carrier’s cancellation penalty incurred by the purchase of a nonrefundable ticket in connection with the tour. Program price is based on rates in effect in April 2015 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges.

California Seller of Travel Program Registration #2048 523-50

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"I couldn’t recommend this trip more highly. The opportunity to see traditional Asia on the cusp of dramatic change was a very special opportunity."

PATRICIA LEICHER, ’70, BURMA, 2013