Join Stanford Travel Study to explore remote and exotic Burma, the so-called "Golden Land." Controlled by a military dictatorship and officially known as Myanmar, this country remains largely isolated from the forces of development and modernization in the outside world, leaving the people to follow their traditional rural lifestyles that are deeply imbued with Buddhist and animist religious culture. Traverse the country from the aging British colonial port city of Rangoon and the scenic highlands region of Inle Lake in the Shan State to the ancient temple ruins at Pagan and the old royal capital of Mandalay. Included in our program are four days of sailing up the stately Irrawaddy River aboard a chartered colonial-era teakwood cruiser and stopping at out-of-the-way villages and historic sites.

FACULTY LEADER

Dr. Carl Bielefeldt's fascination with Burma began during graduate school, when he met “the lady,” Aung San Suu Kyi, the Burmese opposition leader presently under house arrest, in Nepal. Since 1980, Dr. Bielefeldt has taught religious studies, with a specialty in Buddhism, at Stanford. Dr. Bielefeldt has led Travel/Study programs to Vietnam, Laos, Cambodia and Sri Lanka and is particularly interested in how the religious values and ideas of ancient India were spread throughout Asia and transformed by many different cultures, times and places. In Burma, he especially looks forward to visiting the ruined temples of Pagan, once a great religious center, and exposing travelers to the role of Buddhism in this culture. His lectures will focus on the history and teaching of Buddhism; the Theravada form of Buddhism prevalent in Burma; and contemporary Buddhism, culture and politics.

- At Stanford: director, Ho Center for Buddhist studies at Stanford; former chair, department of religious studies; director, Stanford Center for Buddhist Studies; director, Center for East Asian Studies
- BA, philosophy, 1966, San Francisco State College
- MA, Asian studies, 1972; PhD, Buddhist studies, 1980, UC-Berkeley

ITINERARY

Please note this itinerary includes only the tourist sites we will be visiting; guest speakers and special events are also being planned but will not be confirmed until shortly before departure. Our intent on this program is to give travelers a well-rounded introduction to Burma, including tourist highlights as well as interactions with local Burmese.

Tuesday & Wednesday, November 1 & 2
DEPART U.S. / RANGOON, BURMA

Depart San Francisco for flights to Burma, crossing the international date line in flight. Arrive in Rangoon (Yangon), capital of Burma (Myanmar), the next day and check in to our hotel. In Rangoon, still the hub of commercial activity within the country, we will see traders dressed in traditional longyi as they conclude transactions for rice, teak and oil. This afternoon visit the famous golden Shwedagon Pagoda. Built 2,500 years ago to house eight sacred hairs of the Buddha, the structure has been restored and enlarged continuously since it was built. Sixty tons of gold leaf cover the central tower; its weather vane is decorated with a 76-carat diamond and 4,350 additional diamonds and precious stones. The pagoda is surrounded by numerous other
places of worship that accommodate the 10,000 pilgrims who visit each day. Many kinds of religious observances are in progress simultaneously and even the processions of sweepers have a ritual quality. Watch the sunset before returning to our hotel for dinner and a good rest. STRAND HOTEL (11/2: D)

Thursday November 3
RANGOON
Explore Rangoon again today, beginning with the historic downtown district and continuing to the riverfront and the Sule Pagoda. After lunch at a local restaurant, visit the National Museum, which features royal treasures of the last Burmese kings and other historical objects. This afternoon stroll through the sprawling Scott Market (Bogyoke Aung San Market) where everything from gems to car parts is for sale. Return to the hotel for a welcome reception and dinner. STRAND HOTEL (B,L,D)

Friday, November 4
RANGOON / HEHO / INLE LAKE
This morning visit to the Boyoke Aung San central market and the Chaukthatgyi reclining Buddha image. Enjoy lunch at a local restaurant before transferring to the airport for our flight to Heho. Upon arrival we drive to Inle Lake and transfer by boat to our hotel.
INLE PRINCESS HOTEL (B, L, D)

Saturday, November 5
INLE LAKE
Inle Lake today, is an area inhabited primarily by Intha people (a Mon ethnic group). Visit Indein (a 5-days-a-week market) where tribes from nearby villages come to buy and sell local produce. One can also see a cluster of hundreds of old small stupas at the ruined monastery here. Afternoon sightseeing includes sights of the famous leg rowers, a few typical floating gardens, local methods of fishing, village life and magnificent scenery. We also visit Nga Phe Kyaung Monastery, which is famous for its “jumping cats.” Tonight enjoy a dinner of traditional Intha cuisine at our hotel. INLE PRINCESS HOTEL (B,L,D)

Sunday, November 6
INLE LAKE / / HEHO / BAGAN
We continue our exploration of the Inle Lake region with a visit Phaungdaw U Pagoda, one of the famous principal shrines in Myanmar, housing five small Buddha images. Explore the lovely Shan Palace and other local landmarks including the Yadanamanuang and Phaung Daw U Pagodas. This afternoon take a boat trip along the Nankand Canal to enjoy views of the unique “floating gardens” and to watch the unusual rowing style of local sampan boatmen.
THIRIPYITSAYA SANCTUARY RESORT (B,L,D)

Monday, November 7
BAGAN
Bagan was the capital of Burma for 230 years, from the 11th to the 13th centuries. At its peak the city spread across the plains, situated at a great bend in the Irrawaddy River. An unprecedented effort to build stupas and temples was begun when the area was converted from Hindu and Mahayana Buddhism to Theravada Buddhism. These monuments were decorated with gold, silver and fine mosaic painting. Today the area of more than 25 square miles is studded with 2,000 temples in varying states of repair. Spend a full day exploring the temples, including the Shwezigon Pagoda, Gubyaukgyi Temple and Htilominlo Temple. After lunch explore temples representative of various time periods and architectural styles, and visit a village devoted to the production of Burmese lacquer ware. Enjoy sunset from the top of Mingalazedi Temple. Dine tonight at a local restaurant and enjoy a traditional puppet show. THIRIPYITSAYA SANCTUARY RESORT (B,L,D)
Tuesday, November 8
BAGAN
Early this morning walk through lively Nyaung Oo market, where local produce and craft items are heaped in colorful piles. Visit the great Ananda Temple, distinguished by its golden stupa, and Thatbinyu Temple with its enormous seated Buddha figure. THIRIPITYSAYA SANCTUARY RESORT (B,L,D)

Wednesday, November 9
BAGAN / EMBARKATION / YANDABO
This morning embark the RV Pandaw 1947 and cruise upstream all day. In the early evening arrive at Yandabo, a picturesque village known for its pottery and where the peace treaty of the First Anglo-Burmese war was signed on February 24, 1826. RV PANDAW 1947 (B,L,D)

Thursday, November 10
YANDABO / AVA
Early this morning go ashore for a walk through the village, stopping at the school, the monastery and some pot-making workshops to learn their unique production technique. Return to the ship for breakfast and cast off. Continue upstream to the ancient city of Ava, founded by the Shan king, Thadominbya, and capital from 1364 until the capital was moved north to Amarapura in 1782. RV PANDAW 1947 (B,L,D)

Friday, November 11
AVA / MANDALAY / KYAUK MYAUNG
Explore Ava by horse cart today, visiting the beautiful 200-year-old teak Bagaya Kyaung Monastery, Nanmyin watchtower and Me Nu Ok Kyaung Monastery. Then travel by coach to Mandalay visiting Mahamuni Pagoda and Shwe-in-bin Monastery. Return to the ship for lunch and proceed upstream. Moor overnight near a river village north of Mandalay. RV PANDAW 1947 (B,L,D)

Saturday, November 12
KYAUK MYAUNG / MINGUN / AMARAPURA
Today venture ashore at Kyauk Myaung, a string of villages known for its unique pottery. Here we find everything from tiny toy tea cups to giant 50-gallon urns built for storing fish paste. Additional stops today include the former capital city of Shwebo (1750–1763) and Mingun, where King Bodawpaya pledged to build the largest pagoda in the world. Upon the death of King Bodawpaya in 1819, the pagoda project was abandoned, but the vast building site and the huge Mingun Bell, originally cast for the pagoda, continue to draw visitors from all over the world. Travel by coach to Amarapura, the penultimate Burmese Royal Capital (1783) to visit U-Bein Bridge at sunset. This evening enjoy a dance and theater performance. RV PANDAW 1947 (B,L,D)

Sunday, November 13
AMARAPURA / DISEMBARKATION / MANDALAY
Return to Mandalay and begin our more-in-depth exploration of this fascinating city. Located on the Irrawaddy River, Mandalay was founded by King Mindon in 1857, when he moved the capital and its population of 150,000 subjects here from Amarapura. Today Mandalay is Burma’s second-largest city and the gateway for burgeoning trade with China. The city is also an important religious center; one-quarter of the land area is given over to monasteries. Explore the Mahagandayon Monastery complex, home to 1,000 monks. This afternoon visit guild shops to watch artisans as they apply gold leaf and produce silk, then enjoy the sunset from the top of Mandalay Hill. SEDONA HOTEL (B,L,D)
Monday, November 14
MANDALAY / RANGOON
Transfer to the airport this morning for our flight to Rangoon. The balance of the day is at leisure allowing
time to shop and sightsee a bit on one’s own, or visit other points of interest. Gather this evening for a
farewell reception and dinner party. STRAND HOTEL (B,L,D)

Tuesday, November 15
RANGOON / U.S.
Transfer to the airport for outbound flights back to the U.S. (B)

INFORMATION

SIZE
Limited to 25 participants

COST*
$7,395 per person, double occupancy
$9,745 per person, single occupancy
* Association nonmembers add $200 per person

INCLUDED
• 9 nights of best-available hotel accommodations
• 4-night cruise aboard the RV Pandaw 1947
• 13 breakfasts, 12 lunches and 13 dinners
• Welcome and farewell receptions
• Soft drinks, local beer and wine at group meals
• Bottled water at group meals and on excursions
• Gratuities to porters, guides, drivers and riverboat crew for all group activities
• All tours and shore excursions as described in the itinerary
• Domestic economy-class air transportation within Burma
  (Rangoon/Heho/Bagan/Mandalay/Rangoon)
• Visa fees for travel to Burma
• Transfers on program arrival and departure days (November 2 and 15)
• 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 fees
• Immunization costs
• Meals and beverages other than those specified as included
• Trip-cancellation/interruption and baggage insurance
• Excess-baggage charges
• Personal items such as email, telephone and fax calls, laundry and gratuities for nongroup
  services
WHAT TO EXPECT
Travel in Burma can be demanding. This is a fast-paced, strenuous program in a country where the weather can be hot and dusty and where delays are not uncommon. Some sites include one to three miles of walking, often on stairs and uneven terrain. In some instances, such as ruins, stairs are unavailable or do not have handrails. Temples in Bagan and elsewhere must be entered barefoot.

Good health and stamina plus a sense of adventure and a flexible attitude about delays and inconveniences are essential. All stops on the river depend on the water conditions and the schedule will be adjusted accordingly. Hotel accommodations are basic; our riverboat is a restored antique vessel, with plenty of character and without pretensions. Participants must be physically fit and in active good health. We welcome travelers 15 years of age and older on this program.

ABOUT THE RV PANDAW 1947
Since colonial days all manner of craft have plied the Irrawaddy River. Called the “Road to Mandalay” by the British, the river is the primary transportation link for agriculture and other goods in the country. From the late 1800s to 1948, the Irrawaddy Flotilla Company operated some 600 vessels (all registered and built in Scotland) between Rangoon and Mandalay. The RV Pandaw 1947 is one of these colonial-era boats, lovingly restored with Burmese teak to recapture the best of its original design. The 16 cabins measure 168 square feet and are equipped with modern conveniences, such as individual bathrooms, air conditioning and ample storage space. Each is cozily decorated with teak furnishings, including a writing table. Rattan chairs and marble-top tables sit outside each cabin, and the open decks provide an extension of the cabin space. The RV Pandaw 1947’s nimble size makes the vessel ideal for accessing the Irrawaddy’s shallow waters and minute tributaries.

Length: 180 feet | Draft: 3 feet

TERMS AND CONDITIONS

DEPOSIT AND FINAL PAYMENT
A $1,000 per-person deposit is required to hold your space on Travel/Study programs. Complete and return the attached reservation form or sign up online at www.stanfordalumni.org/trip?burma011. Final payment is due 120 days prior to departure.

CANCELLATIONS AND REFUNDS
Deposits and any payments are fully 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. We strongly encourage that you subscribe to optional baggage and trip-cancellation insurance. A brochure offering such insurance will be mailed with your confirmation. The product offered in this brochure includes a special Waiver of Pre-Existing Conditions and coverage for Financial Insolvency and Terrorist Acts if you postmark your insurance payment within 15 days of the date listed on the confirmation letter.
ELIGIBILITY
We encourage membership in the Alumni Association; the program cost for nonmembers is $200 more than the members’ price. Stanford alumni may become Annual ($75) or Life ($495) Members. Stanford parents, faculty, staff, interns, residents and fellows may become Installment Members ($90 down, $115/year for four years) or Life Members ($495). Non-alumni may become Life Affiliates (one-time fee, $650). Parents and their children under 21 may travel on one membership. For more information or to purchase a membership, visit www.stanfordalumni.org/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 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. 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 passengers are not on board 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 non-refundable ticket connected with the tour. Program price is based on rates in effect in August 2010 and is subject to change without notice to reflect fluctuations in exchange rates, tariffs or fuel charges. As a condition of participation, all confirmed participants are required to sign a Release of Liability.

California Seller of Travel Program Registration #2048 523-50
# Stanford Travel/Study

## Reservation Form

**Burma Suitcase Seminar**  
**November 1 to 15, 2011**

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### EMAIL ADDRESS

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I/we have read the Terms and Conditions for the program and agree to them.

**SIGNATURE**

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

Here is my deposit of $_________ ($1,000 per person) for _____ place(s).

- [ ] Enclosed is my check (payable to “Stanford Alumni Association”).  
- [ ] Charge my deposit to my [ ] Visa [ ] MasterCard [ ] American Express  

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**AUTHORIZED CARDHOLDER SIGNATURE**  
**DATE**

Mail completed form to Stanford Travel/Study, 326 Galvez Street, Stanford, CA 94305-6105 or fax to (650) 725-8675 or place your deposit online at www.stanfordalumni.org/trip?burma2011. Please submit your payment only once to avoid multiple charges to your account.