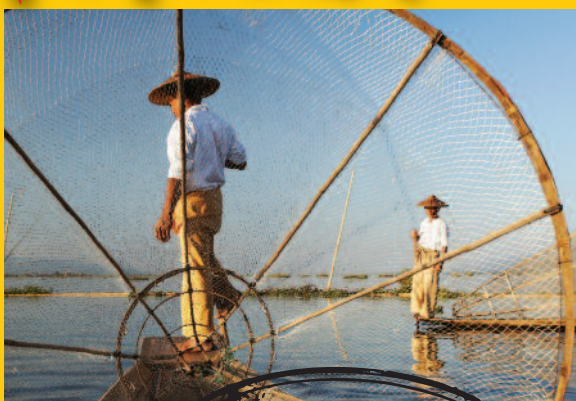
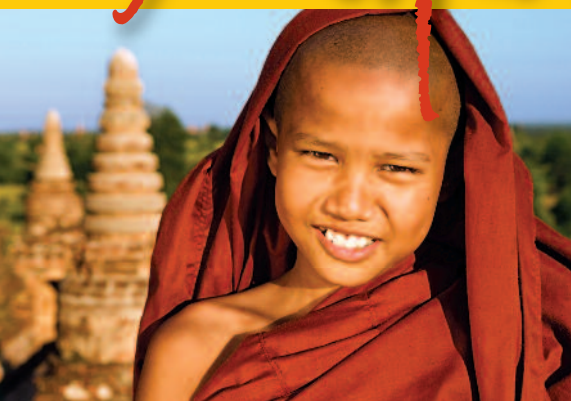


PASSAGE TO BURMA



Myanmar



FEATURING
INLE LAKE | MANDALAY |
AN IRRAWADDY CRUISE | BAGAN



JOHNS HOPKINS
UNIVERSITY

FEBRUARY 8-21, 2014

AHI: 800-323-7373

www.alumni.jhu.edu

The Golden Land

Though people have lived in the area known as Myanmar for more than 10,000 years, the nation traces its origins to the first century B.C., when the first kingdoms appeared. The name Myanmar dates from the 13th century. When the British ruled the country from the mid-1800s to 1948, they renamed the country Burma after its dominant ethnic group, the Burmans. In 1989, a military junta changed the name back to Myanmar. In 1990, voters overwhelmingly supported candidates from National League for Democracy (NLD) in the country's first multiparty ballot in three decades. However, the regime refused to let the NLD representatives take their seats in the assembly. In 1996, the NLD asked the world to support a travel boycott to Myanmar. In 2010, the NLD began encouraging tourism after the government introduced several reforms. The treasures of Myanmar are not just the impressive temples and unforgettable landscapes, but the people themselves. This expertly planned itinerary allows you to meet ordinary people, some of them in their own homes, and observe the simple traditions of daily life.

Program Highlights

- Take a day cruise on the Irrawaddy River, Myanmar's most important waterway.
- Gain insight into the religious heritage of this devoutly Buddhist country by observing daily life at monasteries and meeting a monk who will share his life experiences with you.
- Get a glimpse of life in a typical home during a specially arranged dinner with a family in Bagan.
- Learn the culinary secrets of Myanmar during a cooking demonstration.
- Explore Inle Lake by traditional long boat.
- Meet local schoolchildren during a visit to a monastery school.
- Visit workshops to see silk weavers, cigar makers, boat builders and lacquerware artisans make their traditional crafts.





Bagan

Dear Johns Hopkins Alumni and Friends,

We invite you to join us on our exploration of Myanmar. This will be a journey of true discovery as Myanmar joins the ranks of the other mainland Southeast Asian countries as a popular destination. This is a land largely untouched by cell phones, fast food and other influences of the West. An unwavering devotion to Buddhism guides the culture of Myanmar, also known as Burma. This expertly planned itinerary allows you to see the best of Myanmar and explore this special country's heritage through visits to important temples and experiences with everyday people who maintain a traditional lifestyle.

Enjoy this once-in-a-lifetime experience that will be filled with exciting excursions, opportunities to meet local residents and get a peek into the real culture and lifestyle of Myanmar. This journey also includes a cruise of the famed Irrawaddy River, which will give you an unforgettable view of the temples near Bagan.

This exclusive Small Group travel program is an excellent opportunity to visit a country that is like no other. The itinerary, included excursions and extensive meal plan offer an unparalleled value. Space is limited to ensure your maximum comfort and enjoyment, so we encourage you to make your reservation today.

Sincerely,

Marguerite I. Jones

Marguerite I. Jones, A&S '74, Bus '88
Travel Program Director
Office of Alumni Relations
The Johns Hopkins University

"The learned are apt to be taciturn."

~ Myanmar proverb

"There is no friend like learning."

~ Myanmar proverb

"If you choose to do something, then you shouldn't say it's a sacrifice because nobody forced you to do it."

~ Aung San Suu Kyi

(b. 1945), Nobel Peace Prize recipient and Myanmar politician and activist

"This is Burma and it is unlike any land you know about."

~ Rudyard Kipling

(1865-1936), English writer
"Letters from the East," 1899



With a landscape peppered with ornately carved pagodas and stupas, Myanmar exudes an exotic mystique. Many of the stupas are gilded, making it easy to see why Myanmar is often called The Golden Land. Come discover a country with a rich heritage heavily influenced by Buddhism, a land where traditional ways of life have been preserved and a nation of gracious, welcoming people. Explore four of Myanmar's most beloved and popular destinations: Yangon (also known as Rangoon), Mandalay, Bagan and Inle Lake. Cruise the Irrawaddy River; for thousands of years it has been the region's most important trade, travel and communications route. Discover the treasures of a country being reintroduced to the world.

DAY ONE

Depart for Yangon, Myanmar.†

†Provided for Air Program participants.

DAY TWO

Cross the international date line.

DAY THREE

YANGON

Arrive in Yangon.
Transfer† to the Chatrium Hotel



Royal Lake Yangon.
Gather for a Welcome Reception.

DAY FOUR

YANGON

B I L I D

Excursion: *Shwedagon Pagoda and Monastery Visit.* Visit the gilded and bejeweled Shwedagon Pagoda. This is the most sacred Buddhist temple in the country. It is believed to have been built more than 2,500 years ago, stands more than 325 feet tall. Continue to Kalaywa Monastery. A group donation to the monks, who depend on alms for food, is included.

Local Flavor: Enjoy dinner at restaurant set in a restored British colonial building.

DAY FIVE

MANDALAY

B I L I D

Fly to Mandalay, and check in to the Mandalay Hill Resort Hotel.



Right: Known as the city of 4 million pagodas, Bagan is one of the richest archaeological sites in Asia.



Left: Shwedagon Pagoda, Yangon

Below left: Burmese woman with traditional tanaka powder on her face

Below: U Bein Bridge

Below right: Novice monk



Excursion: *The Heart of Myanmar.*

Mandalay, the country's second-largest city, has many impressive reminders of its legacy as the capital of the Third Myanmar Empire of the 18th and 19th centuries. See U Bein Bridge, the longest wooden bridge in the country. Visit talented artisans who make gold leaf and silk textiles.

Educational Focus: *The Life of a Monk.*

Nearly every boy in Myanmar lives in a monastery as a novice monk during part of his childhood, and many return later in life to become fully ordained. At Mahagandayone Monastery, learn more about monastic life from a monk who will share his perspective.

Local Flavor and Cultural Event:

Experience the music and dancing of Myanmar during a cultural show and dinner.

DAY SIX

MANDALAY

B I L I D

Excursion: *Buddhist in Mandalay.* Begin the day with a visit to Mahamuni Pagoda to see the city's holiest Buddhist temple. At Shwe Kyaung, admire the intricately carved woodwork. Kuthodaw Pagoda is the site of what often is called the world's largest

book: 729 stupas each holding a marble slab engraved with a Buddhist scripture. Continue to Sagaing Hill, where hundreds of temples adorn the hillside. Visit a nunnery to observe the devout lifestyle and a silversmith's workshop to learn about local silver crafts.

Local Flavor: Enjoy lunch in Mandalay.

DAY SEVEN

IRRAWADDY CRUISE I

BAGAN

B I L I D

Excursion: *Irrawaddy River Cruise.* The best way to travel between Mandalay and Bagan is by boat so you can see the stupas and pagodas adorning the plains along the Irrawaddy River. Visit Yandabo, a village famous for its terra-cotta pottery. It also was the site of the signing of the 1826 peace treaty ending the first Anglo-Burmese War. Check in to the Aureum Palace Hotel & Resort Bagan.

Aung San Suu Kyi

Since 1988, Aung San Suu Kyi has been a symbol of freedom for millions in Myanmar and around the world. She was born in Yangon in 1945. Her father, an independence hero, was assassinated in 1947, and her mother became ambassador to India in 1960. Suu Kyi attended Oxford University, where she met her future husband, British scholar Michael Aris. In 1988 she left her husband and two sons in England and returned to Burma to care for her dying mother. During her visit, she was overwhelmed by the mass slaughter of protesters rallying against the violent rule of dictator U Ne Win. Calling for democracy and human rights, Suu Kyi spoke out against the military junta, thereby igniting a nonviolent movement. That same year she co-founded the National League for Democracy and was placed under house arrest and spent 15 of the next 21 years in custody. The military offered to free her if she would leave Myanmar, but she refused to depart until civilian government was restored. In 1991, Suu Kyi's legendary determination and sacrifice won her the Nobel Peace Prize. She was released from house arrest in 2010. In 2012 this international icon began her transformation from legend to stateswoman when she became a member of Myanmar's parliament.

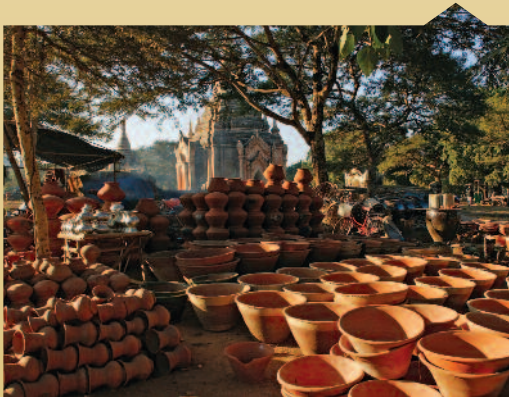
DAY EIGHT

BAGAN

B I L I D

Excursion: *The Best of Bagan.* This ancient royal capital is one of the world's richest archaeological sites. More than 2,000 pagodas dot the landscape. Visit the most important temples. Meet schoolchildren at a school run by a monastery. Take a seat on a pony cart to see more of Bagan.

Terra-cotta pottery



Educational Focus: *Buddhism in Myanmar.* Buddhism, introduced to Myanmar in the 11th century, and it has influenced nearly every part of life ever since.

Independent Exploration: Enjoy the afternoon at leisure.

DAY NINE

BAGAN

B I L I D

Excursion: *Village Life and a Traditional Craft.* Visit a local market and the village of Phwar Saw, where the traditional way of life has been preserved. Continue to the 12th-century Shwezigon Pagoda, an opulently gilded temple. Visit a lacquerware workshop to see artisans making this centuries-old traditional craft.

Local Flavor: Lunch is served at a restaurant in Bagan.

Local Flavor: Enjoy dinner in the home of a local family.

DAY TEN

INLE LAKE

B I L I D

Fly to Heho. Take a scenic drive to Inle Lake, which sits nearly 2,900 feet above sea level in the Myanmar highlands. See several villages built on stilts and stupas numbering in the hundreds in the area around the lake.

Excursion: *A Rustic Monastery.* En route to the lake, visit a 19th-century monastery known for its unusual windows.

Local Flavor: Enjoy lunch at a restaurant in Nyaung Shwe.

Take a boat ride to your hotel, the Myanmar Treasure Resort, Inle.

Independent Exploration: The rest of the day is at leisure.

DAY ELEVEN

INLE LAKE

B I L I D

Excursion: *Life in the Highlands.* Delve into the culture of the Intha people, the predominant group living in this region. See people in traditional dress going about their daily lives at a market. Visit the ancient temple ruins at Inn Dein.

Local Flavor: Lunch is served restaurant in Nyaung Shwe.





Upper: Pony carts touring Bagan | Lower: Phaung Daw U

Buddhism in Myanmar

More than 300 million people around the world practice Buddhism. The religion and its philosophy stretch some 2,500 years back to northeastern India, when Siddhartha Gautama, known as the Buddha, "awakened" at the age of 35. In Buddhism, the goal is nirvana, an escape from suffering and the cycle of rebirth. It is a tolerant religion that turns to wisdom and mediation for spiritual enlightenment. Myanmar was one of the first areas in Southeast Asia to receive Buddhism. By the 11th century it had become a center for Theravada Buddhism, the more traditional of the religion's two major branches. There is no official religion in Myanmar, but nearly 90% of the population is Buddhist. Most monks live in monastic communities. They must refrain from harming living beings, cannot partake in wrongful speech and must take only what is freely given. An openhearted exchange occurs among monks and the community. Lay people offer food and clothing. In turn, monks offer teachings and blessings.

Independent Exploration: The afternoon is at leisure.

DAY TWELVE

INLE LAKE B I L D

Excursion: *Life Along the Lake.* Meet artisans celebrated for their expertise in the local crafts of cigar making, canoe building and silk weaving. Visit a floating farm and a fishing village. See the unique way the Intha paddle their boats by standing and using a leg to hold a paddle.

Local Flavor: Cruise across the lake to an Intha home for a cooking demonstration and lunch served in the traditional way at a low table with cushions on the floor.

Lecture: *The Shan People.* Discover the rich culture of one of the ethnic groups living in this region.

Independent Exploration: The afternoon is at leisure.

DAY THIRTEEN

INLE LAKE | YANGON B I D

Fly to Yangon.

Excursion: *Scott Market.* Explore this lively market and maybe even find some mementos of your journey.

Check in to the Chatrium Royal Lake Hotel Yangon.

Independent Exploration: The afternoon is at leisure.

Gather with your fellow travelers for a Farewell Dinner.

DAY FOURTEEN

IN TRANSIT B

Transfer to the airport for the return flight to your gateway city.↑

Note: *Itinerary sequence and/or scheduled events may change. Many excursions in this program involve an element of walking.*

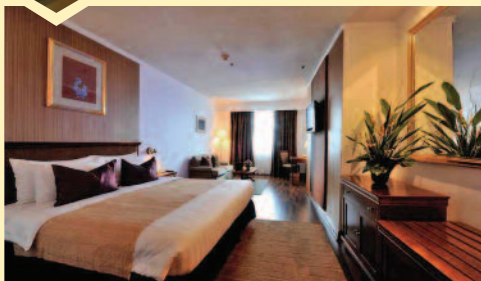
Included meals indicated each day as B | L | D = Breakfast | Lunch | Dinner.

| ACCOMMODATIONS |



CHATRIUM ROYAL LAKE HOTEL YANGON

Located in the heart of Yangon, the Chatrium overlooks Shwedagon Pagoda. Enjoy exceptional service and a wide range of amenities, including a fitness center, swimming pool and spa. There also are three restaurants, several shops and an art gallery.



MANDALAY HILL RESORT HOTEL

Take in a view of Mandalay Palace from this unique hotel located at the foot of Mandalay Hill. Set on 12 acres, Mandalay Hill Resort Hotel has beautiful grounds and gardens to explore. The hotel has a spa, fitness center, swimming pool, tennis courts and several dining options.



AUREUM PALACE HOTEL & RESORT BAGAN

A collection of villas, this unique hotel sits on 27 acres within the Bagan Archaeological Preservation Zone. Each villa is comfortably appointed. The hotel has an art gallery, spa, outdoor pool, restaurant and bar.



MYANMAR TREASURE RESORT, INLE

Enjoy serene views and many amenities at this lakeside resort, which features a floating spa and an organic garden. Elegantly appointed guest rooms are built in the style of the local traditional architecture.

Reserve your trip to Myanmar today!

For Office Use Only: B #: _____ Date: _____
Trip #:6-21310W PSR: _____

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 c/o AHI Travel
 8550 W. Bryn Mawr Ave.
 Suite 600
 Chicago, IL 60631
 AHI Phone: 800-323-7373 and Fax: 847-318-5000

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 For questions regarding Johns Hopkins, please call **800-JHU-JHU1(548-5481)** or
 Email: **travel@jhu.edu**.

Full Legal Name (exactly as it appears on passport)

(1) _____
 Title First Middle Last Date of Birth

(2) _____
 Title First Middle Last Date of Birth

Street Address _____

City _____

State _____ ZIP _____

Home: (_____) _____ Office: (_____) _____

Email: _____

Sharing with _____ (Form sent separately.)

I/we authorize you to make my/our reservations as follows:

Land and Air Program

I/we reserve the Land Program and request the Air Program to and from
 Yangon, Myanmar, to depart from:

Departure City _____

Please send me information on upgrading my flights.

*Please note: Air prices will be sent to you with your Reservation Confirmation
 and air schedule sent at 90 days before departure. International flight arrange-
 ments can be canceled with no obligation up to 75 days before departure.*

Land Program

I/we will make my/our own air arrangements and transfers.

Please contact me/us regarding air options.

I prefer single accommodations at an additional \$1,795 (limited availability).

I request assistance in securing a roommate but will accept a single, if one is
 available at this time, and pay the single supplement. Should a roommate be
 found, I understand the supplement will no longer apply.

Reservations are subject to availability and processed on a first come, first served
 basis. Reservations to be paid in full by November 25, 2013 (75 days prior to
 departure). Reservations received after this date must be accompanied by pay-
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 Make checks payable to AHI International.

Note: A small portion of the cost of your trip supports the Johns Hopkins Alumni
 Travel Program.

Eligibility: At least one member of the traveling party is required to make a sus-
 taining financial contribution of \$50 or more to the Johns Hopkins Alumni
 Association within the fiscal year. Please visit alumni.jhu.edu/support.

I understand the conditions stated in this brochure and submit my reservation
 as indicated.

Signature _____ Date _____

Enclosed is a deposit of _____ (\$600 per person required)
 to reserve _____ place(s).

Accept my check made payable to **AHI International**.

Charge my deposit to: MasterCard Visa

Card # _____

Expires _____ / _____

(Signature as it appears on credit card)

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NEW ULTIMATE FLEXIBILITY-The AHI Travel Passenger Protection Plan now offers a low-
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 meals not mentioned in this brochure under included fea-
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**VARIATIONS TO THE GROUP ITINERARY MUST BE
 REQUESTED NO LATER THAN 60 DAYS PRIOR TO DEPART-
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 ule(s).

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 days, 50% of the trip cost per person; cancellation from 29
 days up to the time of departure will result in 100% forfeit-
 ure of the entire cost of the trip. **TRIP CANCELLATION
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 AFTER YOU RESERVE.** All cancellations must be submitted
 in writing to AHI International Corporation.

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February 10-21, 2014

Full Price

\$5,245

Special Savings

\$250

Special Price*

\$4,995*

*Special Price valid if booked by the date found on the address panel.
VAT is an additional \$395 per person.

All prices quoted are per person, based on double occupancy and do not include air program costs (unless otherwise stated). Single accommodations are an additional \$1,795 (limited availability).

AIR PROGRAM

February 8-21, 2014

AHI Travel's exclusive Air Program provides special advantages for travelers who are flying on our designated group flights. Reserve your air with us to enjoy a number of important services to help ensure a smooth and relaxing journey. We have negotiated special fares and benefits with our airline partners.

AHI AIR BENEFITS

- **Arrival and Departure Transfers** including baggage handling.
- **Price Guarantee** — protect yourself from fare and fuel surcharge increases.
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- A dedicated **Passenger Service Representative** — a single point of contact to assist you.
- **Knowledgeable Air Agents** will track your flights and assist with any lost baggage, flight delays or cancellations.



ITINERARY

Day 1	Depart Gateway City [†]
Day 2	Cross the international date line
Day 3	Yangon
Day 4	Yangon
Day 5	Mandalay
Day 6	Mandalay
Day 7	Bagan
Day 8	Bagan
Day 9	Bagan
Day 10	Inle Lake
Day 11	Inle Lake
Day 12	Inle Lake
Day 13	Yangon
Day 14	Return to Gateway City [†]

NOTE: This itinerary schedule may change due to local conditions.

[†]Provided for Air Program participants only

| INCLUDED FEATURES |

ACCOMMODATIONS

- **Three nights** in **Yangon, Myanmar**, at the first-class **Chatrium Royal Lake Hotel Yangon**.
- **Two nights** in **Mandalay** at the first-class **Mandalay Hill Resort Hotel**.
- **Three nights** in **Bagan** at the first-class **Aureum Palace Hotel & Resort Bagan**.
- **Three nights** at **Inle Lake** at the first-class **Myanmar Treasure Resort, Inle**.

MEALS

- Enjoy an **extensive meal program**, including 11 breakfasts, nine lunches and 10 dinners. Tea or coffee is included with all meals, plus wine with dinner. Take advantage of leisure time to try local cuisine independently.
- Sample authentic regional specialties at local restaurants.
- Attend a festive Welcome Reception and Dinner and a special Farewell Dinner.

TRANSPORTATION

- All flights, deluxe motor coach transfers and the cruise in the Land Program itinerary and baggage handling on these transfers are included.

YOUR EXCITING TRAVEL PROGRAM

(For full details, please refer to the day-by-day itinerary.)

- **Informative educational programs** presented by local experts to enhance your insight into the region.
- **All excursions:**
 - Visit Shwedagon Pagoda, the most sacred Buddhist temple in Myanmar, and participate in a traditional giving of alms to the monks.
 - See the highlights of Mandalay.

- Watch a traditional musical and dance performance.
- Stroll through Yandabo, a typical village along the Irrawaddy River.
- Marvel at the wondrous sight of thousands of pagodas in and around Bagan.
- Take a pony cart ride through Bagan.
- Discover the traditional crafts of Myanmar during visits with local artisans.
- Meet and visit with a family in their home in Bagan, and enjoy a traditional dinner.
- Visit a unique 19th-century monastery.
- Explore the culture of the Intha, who live in the highlands of Myanmar.
- Visit Phaung Daw U, the most important temple in the Inle Lake region.
- Cruise across Inle Lake to visit an Intha family and have lunch in their home.
- Shop for mementos of your journey in Scott Market.

MANY INCLUDED EXTRAS

- Consultation services of a dedicated **Passenger Service Representative** prior to departure.
- Services of an experienced **Travel Director** throughout your stay.
- **Tipping** of all guides and drivers.
- Detailed travel and destination information to assist in your planning.
- Complimentary travel wallet.

OPTIONAL BALLOON RIDE IN BAGAN

Available at an additional cost

Witness the sunrise and breathtaking views of Bagan, where thousands of stupa decorate the plains. There is no better way to understand how expansive this wonderful sight than with a bird's-eye view. At the conclusion of your 45-minute aerial tour, you will receive a CD with an in-flight photo of your balloon ride.



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Top to bottom:
Schwegadon Pagoda, Yangon
Harp player
U Bein Bridge

Monastery wood carving

Cover photos (clockwise):

Ancient pagodas, Bagan

Inle Lake

Novice monk



A word about your Tour Operator

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MYANMAR/102

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