

Yadanarpon

Mann Yadanarpon Airlines Inflight Magazine

Issue 2, July 2014





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About Us

Mann Yadanarpon Airlines (MYP) was incorporated as a private limited liability company on July 23, 2013, and granted a permit by the Myanmar Investment Commission under the Myanmar Citizens Investment Law to operate air transportation services on both domestic and international routes.

Mann Yadanarpon Airlines is the first airline in Myanmar to base its operations at Mandalay International Airport. Mandalay is the second largest city and the cultural centre of Myanmar in close proximity to the main tourist destinations of Bagan and Inle Lake (Heho).

Whereas only one international airline was operating to Mandalay International Airport up to a year ago, five international airlines are now operating to the airport. Therefore, by basing its operations at Mandalay International Airport, MYP aims to provide convenient international flight connections to international travellers arriving at and departing from Mandalay.

MYP plans to expand its operations to regional destinations after successfully operating domestic services for two years.

Our Network

MYP's current network with our first aircraft includes Yangon, Mandalay, Nyaung-U, Heho, Tachileik and Kengtung. **After our second aircraft arrives in March 2014, our network will be expanded to include Myitkyina, Bhamo, Putao, Monwya, Homa-lin, Loikaw and Kalembo.** All of MYP's destinations are of tourism and/or commercial significance.

When MYP commences regional operations, it plans to operate initially to destinations in Thailand and Singapore.

Our Fleet

MYP's initial fleet will be two new ATR 72-600 aircraft with the second aircraft having arrived in early 2014. After two years of operation, MYP will acquire an Airbus A-320 aircraft on an operational lease basis for its planned regional operations as well as additional ATR aircraft.

Our Flight Crew

MYP's pilots are all qualified on ATR 72-212 and ATR 72-500 aircraft types. MYP's current flight crew consists of two ATR 72-600-qualified rating instructors hired from ATR undertaking line training for MYP's pilots until they are qualified for aircraft type rating on the ATR 72-600 before flying scheduled passenger flights.

Our Strategy

MYF will strive to offer higher safety standards, better customer service and more efficiency which exceeds the expectations of our passengers.

Our Vision

To be the airline of choice for customers by maintaining the highest levels of safety, service and efficiency

Our Mission

We are dedicated to providing quality service that exceeds expectations. We respect our employees' aspirations while demanding the highest standards of performance. We share our achievements with the community.

Our Cabin Crew

Our cabin crew supervisors have been trained at ATR in France and hold instructor certificates for ATR 72-600-type aircraft. All of our cabin crew have attended the Airline Cabin Crew Training Course conducted by the Myanmar Aviation Training and Services (MATS) at the Department of Civil Aviation Training Institute in Yangon. MATS is a DCA Myanmar-approved training organisation with instructors certified by ATR and trained in the UK.

Our Aircraft Maintenance Crew

MYF's licensed aircraft maintenance engineers have type ratings on ATR 72-212 and ATR 72-500 and are attending ATR training courses as required to obtain certification approval on ATR 72-600 aircraft. In the interim, maintenance of MYF's aircraft will be contracted to Myanma Airways, a government-owned airline, which has an Approved Maintenance Organization Certificate issued by the Department of Civil Aviation, Myanmar. Thereafter, MYP will carry out airline fleet maintenance with its own approved maintenance and repair organisation.



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March 2014





An ode to exotic mandalay

Jeremy Mullins

Mandalay is one of those place names that evokes a feeling of the exotic, even if many people are not sure exactly why.

Some may know it from the work of famous writers, like George Orwell, who visited while living in nearby Katha, or Rudyard Kipling, who never visited but managed to write perhaps his most famous poem about it anyway.

Others may be familiar with Mandalay today as Myanmar's second-largest city, an important – and growing – trade centre connecting Myanmar and China, with consumer goods flowing in and natural resources flowing out. A few may even remember the name from other cultural icons, such as the 43-storey Mandalay Bay hotel on Las Vegas' strip, or a string of World War II-themed Hollywood movies set in the vicinity of the city.

But these perspectives fail to do the city justice, and a closer look – indeed, a visit – is essential to understand the importance of Mandalay and the history behind the name.

The last two Myanmar kings made the city their home, granting audiences to European officials and Chinese merchants and subject chieftains from the Shan highlands to the east. The British, too, maintained a near 60-year presence in the city, cementing its place as the population and trade centre of upper Myanmar.

Part of the lure of Mandalay is its location, sitting far up river from the coast. While Yangon, the largest city in Myanmar today, is easily reached by ships plying the Andaman sea, Mandalay is situated some 440 miles (708 kilometres) from the ocean. Still, the city maintains a strong nautical tradition because it straddles the Ayeyarwady River, which has supplied the Myanmar people with water for their crops and a highway for transport for thousands of years.

While the area around Mandalay has been a population centre for at least 1000 years, the city itself does not date back nearly so far. Initially the most important urban settlement in the area was Inwa, which, founded in 1364, sits at the confluence of the Ayeyarwady and Myitnge rivers. It remained the capital for much of the next 500 years, until it was moved to nearby Amarapura in 1841.

Yet Amarapura would not remain the capital for long. With much of southern Myanmar – including Yangon – controlled by the British fol-

lowing two earlier wars, the newly crowned King Mindon looked to start again. The site he chose was only 21 kilometres to the north, and a few kilometres further inland from the Ayeyarwaddy River, under the shadow of a prominent hill: Mandalay.

While the ruins of Inwa and Amarapura are a pleasant day trip from Mandalay, it is the leftovers from King Mindon's capital that do the most to inspire today's visitor to the area. Prominent in the city are the massive red-brown walls guarding the palace that are about two miles long on each side and surrounded by a wide moat. The palace itself was destroyed during fighting between the British and Japanese in World War II, and the desultory rebuilding efforts do not do full justice to the monarchs who lived there, and referred to it as "The Centre of the Universe". While much of the palace compound is today used by the military and as a result off limits to visitors, the rest is worth visiting to get a glimpse of the lost Burmese kings lounging on the Lion Throne.

Following the royal court in its short trip north to newly founded Mandalay in 1858 were the merchants, religious leaders and laypeople keen to be at the centre of the kingdom. Mandalay itself quickly flourished. King Mindon was of a religious bent; in 1871 he invited thousands of monks to the city to discuss religious affairs at the Fifth Great Buddhist Synod.

But he was also reform-minded and under no illusions about the threats the outside world posed to the Myanmar kingdom. He had inherited a country that was once the conqueror of eastern India, the scourge and eventual destroyer of the Thai capital of Ayuttaya in 1757. But a new power – Britain – was not only knocking at the door but had cemented its hold on the southern lands and cities of Myanmar.

In an effort to forestall calamity, King Mindon sent a prominent adviser, the Kinwun Mingyi, to call on several European nations, many of whom eyed with envy its rich resources, arable land and



geographical location – the latter a potential backdoor connection to southern China.

For all his efforts at maintaining Burmese independence, though, King Mindon was to be undone by his relatives. He failed to name a successor as he grew older, and a variety of courtiers and relatives plotted and schemed until the pliant Thibaw was named king when

Mindon was near death in 1878. Thibaw had attended a modern, European-style school as a child. He was said to wield an effective cricket bat and be thoughtful and intelligent. Nevertheless, he quickly fell under the sway of his queen, Supayalat. In a move that shocked European nations and galvanised international public opinion against him, 31 of King Mindon's 48 sons and nine of his 62





Lion statues at the base of Mandalay Hill;
At the top of Mandalay Hill;
Kuthodaw Pagoda;
Maha Myat Muni Buddha Image;
Shwe Kyaung.
(Clockwise from top left)



daughters – all potential rivals to Thibaw – were killed and buried in scarlet-coloured sacks outside the palace grounds. Accounts differ as to whether these brothers and sisters of King Thibaw were strangled, beaten or trampled to death by the royal elephants, but the result was beyond doubt.

While Britain's public in particular reacted strongly against the killings, its leadership was equally concerned about French designs on the region. Already ensconced in nearby Laos, Cambodia and Vietnam, local French representatives were thought to be working hard to sway Thibaw into their camp – a situation seen as intolerable by their British rivals. However, in the same year as Thibaw's culling of his relatives, Britain was fighting

the Zulu war in South Africa and facing disaster with its Afghanistan campaigns, forcing immediate action to wait until there were fewer distractions.

British designs on King Thibaw's kingdom waited until 1885. Under the pretext of a dispute over the payment of fees by British-owned teak company Bombay Burmah Trading Company, Lord Randolph Churchill's government demanded Thibaw effectively surrender his suzerainty or accept war.

Unwilling to yield and confident in his army's ability, King Thibaw chose war. Yet his confidence was misplaced. Although reports of numerous victories filtered to Thibaw as he sat in his palace in Mandalay, these reports – full of the bravery

of his generals and soldiers – were completely divorced from reality.

In actual fact, British Major General Harry Prendergast was sailing up the Ayeyarwady river with a flotilla, barely slowed by the opposition even at the most defensible points in the river. Within the month, King Thibaw could hear the cannon fire approaching as Prendergast's flotilla sailed past the ancient capitals of Inwa and Amarapura, belying the triumphant reports of his generals and making clear his defeat.

On May 28, 1885, King Thibaw surrendered Mandalay to the British. Thibaw, the last of the Myanmar kings, was deposed, and he sailed into exile in India, where he would spend the remainder of his days. Looters quickly ransacked the pal-

ace, and Mandalay's relatively brief tenure as the capital of Myanmar was over.

Without the royal court, Mandalay would soon fade in importance, particularly relative to the more accessible Yangon. It remained an important administrative centre, however, and still counts itself as Myanmar's second largest city.

Although the city has changed drastically since the days of King Thibaw, with many of its historic buildings falling victim to development, disasters and war, it is still possible to wander its streets, hear the din of the markets, see the displays of traditional goods, and understand why the name Mandalay calls to mind an exotic, ancient place.



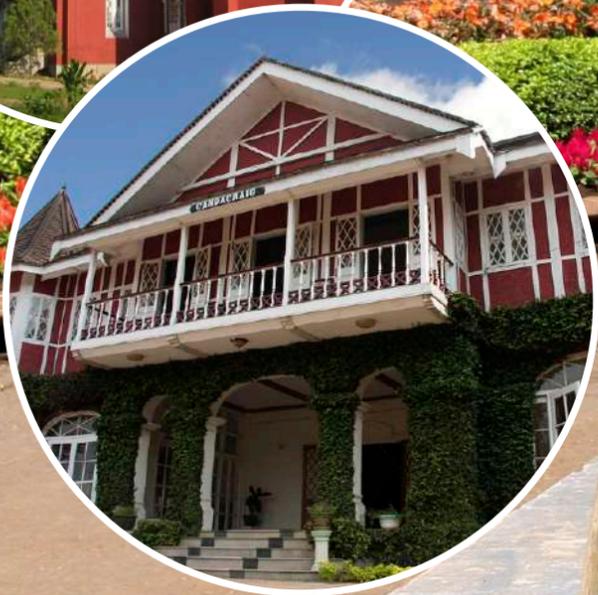
The last two Myanmar kings made Mandalay their home, granting audiences to European officials and Chinese merchants and subject chieftains from the Shan highlands to the east. The British, too, maintained a near 60-year presence in the city, cementing its place as the population and trade centre of upper Myanmar.



Into the Shan hills, away from the bustle

Jeremy Mullins

Travellers have been leaving behind the bustle of lowland Myanmar and journeying up the scenic mountain road to calm Pyin Oo Lwin, a former colonial-era hill station, for more than 100 years. Its moderate temperatures first drew British colonial officials in the 1890s, and the city's refreshing feel, appealing architecture and natural beauty continue to attract foreign and local visitors alike.





*Purcell Clock Tower; Pony cart;
Pwe Kauk waterfall;
Maha Ant Htoo Kan Thar Pagoda;
Kandawgyi National Gardens*

Pyin Oo Lwin is located more than 1000 metres above sea level in the Shan mountains, and many travellers first arrive from Mandalay, which is situated in the lowlands nearby. While the two cities are only 67 kilometers distant, they feel a world apart. While Mandalay marches on to being a modern developed city, Pyin Oo Lwin has done well to nurture and build on its past.

The central intersection in town is marked by the Purcell Clock Tower, built in 1936. Many Myanmar visitors, however, breeze right past it to make sure their first stop is the gold-coloured Maha Ant Htoo Kan Thar pagoda to the northeast. With proper respects paid, visitors branch out to take in the other sights.

There are several days' worth of places to see in and around the

town. When I visited, however, our party had limited time. A lengthy afternoon picnic at Pyin Oo Lwin's famously scenic Kandawgyi National Gardens had also been scheduled, for which the requisite Myanmar wines had already been enthusiastically purchased.

We still managed to make it some sights around town. The Peik Chin Myaung cave further to the east are comprised of surprisingly long tunnels stuffed full of Buddhist imagery. While most of the statues inside are modern creations, it is a popular site with locals and the caves themselves are quite accessible. I lingered casually at the entranceway in an attempt to build up the necessary courage to proceed and was promptly put to shame by two knee-high boys, who flitted in unworried past me. The tunnels proved to be pleasant going, being well lit and not too

narrow. I caught up to the boys around the third bend, and had the last laugh when the sudden appearance of two glaring dragon statues caused them both to beat a hasty retreat.

Tired of attempting to match the courage level of the two six-year-olds, my party and I decided on a light mid-morning meal at an outdoor restaurant called December Garden. The areas around Pyin Oo Lwin are well known for their strawberry farms, and the fresh shakes were indeed the highlight. Suitably refreshed, we headed into town for a stroll.

Pyin Oo Lwin was founded in 1896 as a British military post. Originally named Maymyo after Colonel May, a British colonial officer and veteran of the Indian mutiny, the city often served as a summer capital during the colonial period. Although Pyin

Oo Lwin has changed significantly since then, there are numerous reminders of this heritage sprinkled throughout. A number of beautiful colonial buildings can be found to the south of town, while pony cart taxis still ply their trade for locals and visitors alike.

The residents of Pyin Oo Lwin are often descendents of colonial-era soldiers and officials from India, but also include a mix of Burmese, Chinese and Shan people, along with many other groups. This makes for a delightful range of downtown restaurants and shops, with more upmarket eateries located to the south.

The last stop of the day was the well-known Kandawgyi National Gardens. Founded in 1915, it has been continuously improved, with notable rose and orchid gardens, an aviary and a picnic area centred on a

Pyin Oo Lwin was founded in 1896 as a British military post. Originally named Maymyo after Colonel May, a British colonial officer and veteran of the Indian mutiny, the city often served as a summer capital during the colonial period.

serene lake. During a pleasant rest in the shade, I couldn't help but notice the garden's horizon was punctuated by a strange inverse cone rising above the trees. Although my companions had visited the gardens dozens of times, they were equally flummoxed by the shape. A quick map consultation claimed it was a 10-storey sightseeing tower, and I struck out for it before I could fall asleep in the shade.

The suitably bizarre-looking tower is free for foreigners but not locals, but one companion claimed to be my tour guide and so was admitted free of charge. From the top of the tower, the Shan mountains seem to stretch on forever to the east, but the slowly setting sun to the west reminded us it was time to leave Pyin Oo Lwin and return to Mandalay.



Hot November night:
PYIN OO LWIN'S
balloon festival takes off

Lann Say Thaw

Pyin Oo Lwin is well known as a scenic hill station, a cool mountain oasis with a colourful past just a short drive from Mandalay. During the summer, from February through May, Mandalay residents make the 67-kilometre journey up to this town on the edge of the Shan hills in droves to beat the heat of the river plains.





The belief behind the festival is that releasing the balloons amounts to an offering to heaven in Buddhist cosmology.



In recent years, however, Pyin Oo Lwin has also gained renown for its annual fire balloon festival, which will be held for the 10th time later this year.

The festival, which is held in the five days leading up to the full moon of Tazaungdaing – normally October or November – draws thousands to the town at the end of the rainy season, when the chill of winter is beginning to descend.

While the crowds are not as large as those at the Taunggyi balloon festival, held in the Shan State capital each year during Tazaungdaing, they continue to grow each year.

The festival is held on a field on the edge of town near Maha Ant Htoo Kan Thar Pagoda. As a result of the swelling number of spectators, authorities have expanded the field in recent years to cover 40 acres. Hotels are invariably booked out well in advance, so visitors should be organised and make a reservation before arriving.

The most crowded day is inevitably the opening, which features grandiose fireworks displays and traditional performances, of which the Shan dancing is a highlight.

The belief behind the festival is that releasing the balloons amounts to an offering to heaven in Buddhist cosmology. The festival is also a competition, however, and for participants taking part means much more than making an offering; the festival is also an opportunity to show their unity and strength.

Organisers have created two categories, one each during the day and night. Balloons during the day are created in the shape of dolls, usually animals with either two or four legs. The night competition relies more on fireworks and creative designs made through the use of lanterns on the fire balloons.

In 2013, around 100 fire balloons competed and competitors didn't hesitate to invest millions of kyat into their designs – far in excess



Pyin Oo Lwin has always lured travellers and nearby residents – the annual balloon festival just provides another reason to venture into the Shan hills.

of what even the winners receive. The victor last year received 3.5 million kyat (about US\$3600), while a range of smaller prizes was also handed out.

While it may seem like a good idea to get as close as possible to the balloons, be aware that takeoff does not always go as planned. A failed launch can send a flaming balloon into the crowd, or cause fireworks to shoot out in all directions. At the least, be sure to pay attention to the balloons.

The festival also attracts hordes of professional and amateur photographers, who also compete to take the best photos during the event. Again, there are two categories, with one each for day and night

photography. The winning photos are displayed at Maha Ant Htoo Kan Thar Pagoda as testimony to the beauty of this incredible festival.

While there's plenty to enjoy about the festival, it's also an opportunity to explore the rest of Pyin Oo Lwin. Once the balloons are packed away for another year, you can check out the National Kandawgyi Gardens, visit the various waterfalls in the area and sample the local produce – everything from coffee to fruit wine to yoghurt.

Pyin Oo Lwin has always lured travellers and nearby residents – the annual balloon festival just provides another reason to venture into the Shan hills.



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Yadanarpon Dockyard: 150 years, still going strong

ဆူးငှက်

မြန်မာ့ကုန်းဘောင်မင်းဆက်၏ နောက်ဆုံးမင်းနေပြည်တော်ဖြစ်သော မန္တလေးရတနာပုံနေပြည်တော်ကို ကောဇာသက္ကရာဇ် ၁၂၂၁ ခုနှစ် ကဆုန်လပြည့်ကျော် ၆ ရက်နေ့မှာ စတင်တည်ထောင်ပါတယ်။

သမိုင်းမှာ သာသနာဒါယကာရယ်လို့ အမည်ကျော်တဲ့ မင်းတုန်းမင်းကြီး တည်ထောင်တယ်ဆိုပြီး တကယ်တမ်း ညီတော်ကောင်မင်းသားရဲ့ အကြံအစည်နှင့်လုံ့လတွေက အများကြီး ပါဝင်ခဲ့တယ်ဆိုတာ မငြင်းသာပါဘူး။ ရတနာပုံနေပြည်တော် မတည်ထောင်မီ နောင်တော် ပုဂံမင်းရဲ့ ညံ့ဖျင်းတဲ့ အုပ်ချုပ်မှုအောက်က ရုန်းထွက်ပုန်ကန်ခဲ့မှုမှာလည်း ကနောင်မင်းသားရဲ့လက်ရုံး ရည်၊ နှလုံးရည် ပါဝင်ခဲ့တယ်ဆိုတာကလည်း အသေအချာပါ။ မင်းတုန်းမင်းနဲ့ ကနောင်မင်းသားတို့ ထီးနန်းရယူခဲ့ကြတာကတော့ အမရပူရ မြို့တော်ဟောင်းမှာပါ။

ရတနာပုံနေပြည်တော် တည်ထောင်ပြီးတဲ့နောက် “သီရိပဝရ မဟာသုဓမ္မရာဇာဘွဲ့ခံ” ရတနာပူရ အိမ်ရှေ့စံ ကနောင်မင်းသားကြီးအနေနှင့် တိုးတက်ခေတ်မီတဲ့ နိုင်ငံတော် တည်ဆောက်ရေး အပိုင်းကို အထူးအလေးပေးဆောင်ရွက်လာတယ်။ ဒီလို အမြော်အမြင်ရှိစေတာကလည်း မြန်မာပြည်အောက်ပိုင်းမှာ အင်္ဂလိပ် အစိုးရက လက်နက်အားကိုးနှင့်သိမ်းပိုက်ထားတာ သရက်၊ မြေထဲ

Yadanarpon Mandalay was the last capital of Myanmar's Konbaung dynasty, and was founded six days after the full moon of Kasone in the Myanmar year 1221, or 1859 in the Western calendar.

While the historical records say the city was established through the largesse of King Mindon, nobody can deny that the effort and ideas of his younger brother, Prince Kanaung, were also important. Not least because King Mindon removed his older brother King Bagan from the throne with Prince Kanaung's martial prowess and mental faculty, enabling him to shift the capital from Amarapura to Mandalay.

After helping build up the new capital, the prince was honoured with the title Thiripawaya Maharhthudhamayzar, and he focused on transitioning Myanmar into a

modern nation. There was good reason to launch this reform effort: With their superior technology, the British had easily captured lower Myanmar during the Second Anglo-Burmese War of 1852. The future of the kingdom was under threat, and Prince Kanaung expected battleships to come up the Ayeyarwady River at any moment.

ဒါကြောင့် နောင်တော် မင်းတုန်းမင်းကြီးက တိုင်းရေးပြည်ရေး၊ သံရေး တမန်ရေးအပြင် ဘာသာ သာသနာ ထွန်းလင်းတောက်ပရေးအတွက်ထိ ဆောင်ရွက်နေသလို ကနောင်မင်းသား ကလည်း ခေတ်မီတပ်မတော်တည်ဆောက်ရေးနဲ့ စက်မှုနိုင်ငံထူထောင်ရေးကို အားစိုက်နေပါတယ်။ ဒါကြောင့်လည်း နိုင်ငံခြား တိုင်းကြီး ပြည်ကြီးများမှာ ထွန်းကားနေပြီဖြစ်တဲ့ စက်မှုလက်မှု သိပ္ပံပညာရပ်တွေကို လေ့လာသင်ကြားနိုင်ဖို့ လက်ရွေးစင် ပညာတော်သင်အယောက် ၉၀ ကျော်ကို အိမ်ရှေ့စံကနောင်မင်းသားကြီး ကိုယ်တော်တိုင် ရွေးချယ်ပြီး နိုင်ငံအသီးသီးကို စေလွှတ်ခဲ့တယ်။ ဒီပဲယင်းဝန်ထောက် ဦးမြင့် ညို-ဦးခဲ၊ ဖန်ချက်ဝန် ဦးဖန်၊ ကျောက်မြောင်း အတွင်းဝန် ဦးရွှေအိုး၊ မြင်းဝန် ဦးအောင်သူတို့ဟာ ထင်ရှားတဲ့ ပညာတော်သင်တွေပါ။ ဒီနောက်လည်း ပညာတော်သင်တွေ ဆက်လက် စေလွှတ်ပါသေးတယ်။ ဒီနောက် ၅ နှစ်စီမံကိန်းရေးဆွဲပြီး ရတနာပုံနေပြည်တော်တစ်ဝန်းမှာ စက်ရုံတော် ၅၀ ကျော် တည်ဆောက်နိုင်ခဲ့ပါတယ်။ ဒဂါးစက်ရုံတော်၊ ရက်ကန်းစက်ရုံတော်၊ ဆန်စက်ကြိတ်စက်ရုံတော်၊ လက်နက်စက်ရုံတော်၊ လွှစက်ရုံတော်၊ သကြားချက်စက်ရုံတော်၊ မဲနယ်စက်ရုံတော်၊ သံဖိုစက်ရုံတော်၊ ဝှမ်းကြိတ်စက်ရုံတော်၊ စာပုံနှိပ်စက်ရုံတော် စသည်ဖြင့် ပါဝင်တယ်။ ဒီစက်ရုံတော်တွေထဲမှာ အင်္ဂလိပ်ရေတပ် နှင့် ယှဉ်နိုင်ဖို့ ရည်ရွယ်ချက်နဲ့ သင်္ဘောစက်ရုံတော်လည်း တည်ဆောက်ခဲ့တယ်။



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While King Mindon focused on politics, diplomacy and religion, Prince Kanaung worked hard to transform the kingdom's armed forces and industry. He chose 90 of the best scholars to travel abroad to learn the latest industrial sciences. More scholars were sent later and a five-year project was drawn up, under which more than 50 factories were established around Mandalay. Mills for rice, sugar, cotton and timber, an ironworks, and factories for weapons, weaving, indigo, cotton spinning and printing were set up. On the banks of the river, a naval yard was built to turn the Myanmar navy into a modern force that could challenge the British if necessary.



ခေတ်မီမြန်မာ့ရေတပ်မတော်ကြီး တည်ထောင်ဖို့အတွက် ကနောင်မင်းသားကြီးက ရွှေမြို့တော်ရဲ့အနောက်ဘက်၊ ရောဝတီမြစ်ကမ်းနဖူး၊ ပန်းဆက်တံခါးအထွက်မှာ “ရတနာပုံသင်္ဘောကျင်း (ခေါ်) ရတနာပုံစက်ရုံတော်”ကို သက္ကရာဇ် ၁၂၂၆ ခုနှစ် (ခရစ်နှစ် ၁၈၆၄) ခုနှစ်မှာ တည်ထောင်ခဲ့တာပါ။ ရတနာပုံသင်္ဘောကျင်းအပါအဝင် စက်ရုံတော်ပေါင်း ၅၀ ကျော်ကို စက်ရုံဌာနအဖြစ် ဖွဲ့စည်းပြီး သားတော် သီရိမဟာသုဓမ္မရာဇာ မက္ခရာမင်းသား ကို အုပ်ချုပ်စေခဲ့တယ်။

မြန်မာ့သမိုင်းမှာ နယ်ချဲ့လက်အောက်ကျရောက်ခဲ့ရတာနဲ့ပတ်သက်ပြီး ဝေဖန်သုံးသပ်မှုရှုထောင့်အမျိုးမျိုးတွေ ရှိကြပေမဲ့ ကနောင်မင်းသားကြီးရဲ့ ဉာဏ်အမြော်အမြင်နဲ့ စက်မှုအတတ်ပညာ ဖွံ့ဖြိုးတိုးတက်စေအောင် အားထုတ်စီမံခဲ့မှုဟာ အခုထက်ပိုပြီး ပေါ်လွင်စေသင့်တယ်လို့လည်း ပြောရမှာ ဖြစ်ပါတယ်။

ရတနာပုံ စက်ရုံတော်မှာ တပ်ဆင်ထားတဲ့စက်ပစ္စည်းတွေဟာ စကော့တလန်ပြည် ဒန်ဒင်(စ်)နှင့် စမစ် ကုမ္ပဏီထွက် ပစ္စည်းတွေက အများစုဖြစ်ခဲ့တယ်။ စက်ရုံမှာ အမှုထမ်းပေါင်း ၁၂၇ ဦး ရှိပြီး လစာအနေနှင့် စပါး ၂၈၅၅ တင်း ရရှိပါသတဲ့။ ရတနာပုံစက်ရုံတော်က ခရစ် ၁၈၇၀ မတိုင်မီမှာပဲ မြစ်တွင်းသွားမီးသင်္ဘောတွေကို စတင် တည်ဆောက်နိုင်ခဲ့ပြီး ၁၈၇၀ ခုနှစ် စက်တင်ဘာလ (၇) ရက်နေ့မှာပဲ ကျွန်းသားကိုယ် ထည်နဲ့ ရေခွေးငွေ့အင်ဂျင် တပ်ဆင်ထားတဲ့ ပထမဆုံး သင်္ဘောကို ရေချနိုင်ခဲ့ပါတယ်။ သင်္ဘောတော်ရဲ့ အရွယ်အစားက အလျား ၁၈၀ ပေ၊ အနံ ၂၄ ပေ နဲ့ ဇောက် ၆ ပေရှိသတဲ့။ သင်္ဘောမှာ တပ်ဆင်ထားတဲ့ စက်ပစ္စည်းတွေက ဆပ်ပလင်၊ မက္ကင်ဇီ၊ ဒေါ်ဆင်၊ ဆင်ပဆင်နှင့် အက်ဒပန်ဂျိုး ကုမ္ပဏီတွေက ဝယ်ယူခဲ့တာပါတဲ့။ ၁၈၇၁ ခုနှစ် ဇွန်လ ၁၀ ရက်နေ့မှာတော့ အလားတူ ရေယာဉ်နှစ်စီးကို “မင်းခမ်းမင်းနား” နှင့် ရေချနိုင်ခဲ့ပါတယ်။

တစ်ခါ ၁၈၇၂ ခုနှစ် ဇူလိုင်လ ၂ ရက်နေ့ ရောက်တော့ မြန်မာလက်သမားဆရာ “ဆရာရှမ်း” တည်ဆောက်တဲ့ အမြောက် ၁၄ လက် တပ်ဆင်တဲ့ တိုက်သင်္ဘောတစ်စီး ရေချနိုင်ခဲ့ပြန်ပါတယ်။ ရေခွေးငွေ့ အင်ဂျင်သုံး တိုက်သင်္ဘောတော်ကို ရေချရာမှာ အမြောက် ၁၄ လက်စလုံးကို ပစ်ဖောက်ပြိုနိုင်ခဲ့သတဲ့။ ၁၈၇၂ ခုနှစ် ဖေဖော်ဝါရီ ၁၂ ရက်နေ့မှာ နောက်ထပ် သင်္ဘောတစ်စီး ရေချခဲ့ပြီး နောက်မကြာမီရက်တွေအတွင်းမှာလည်း နောက်ထပ် စစ်သင်္ဘော ၃ စီး ထပ်မံ ရေချခဲ့ပြန်ပါတယ်။

ရတနာပုံစက်ရုံတော်က ကျွန်းသားကိုယ်ထည် သင်္ဘောတော်များကို ဆက်တိုက် တည်ဆောက်ပြီးတဲ့နောက် ပထမဆုံး သံကိုယ်ထည် သင်္ဘောကို ၁၈၇၃ ခုနှစ် စက်တင်ဘာ ၉ ရက်မှာ ရေချနိုင်ခဲ့ပြန်ပါတယ်။ ဒီ သင်္ဘောက မြစ်တွင်းသွား စက်ရဟတ်တပ် မီးသင်္ဘော ဖြစ်ပြီး သင်္ဘောရေချပုံကို မက္ခရာမင်းသား၊ ရွှေကူမင်းသားတို့ ကိုယ်တိုင် တက်ရောက်ကာ မင်းခမ်းမင်းနားနဲ့ ကြီးကြီးကျယ်ကျယ် ကျင်းပခဲ့ပါတယ်။ ၁၈၇၅ ခုနှစ် အတွင်းမှာပဲ ရတနာပုံ စက်ရုံတော်က တည်ဆောက်ခဲ့တဲ့ မြစ်တွင်းသွားသင်္ဘောတစ်စင်းကို အမြောက် ၁၂ လက်တပ်ဆင်ကာ စစ်ရေလှေကျင့်ခဲ့ပြီး နောက်ထပ်သင်္ဘော တစ်စင်းကို အမြောက် ၁၄ လက်တပ်ဆင်ခဲ့တယ်။ ဧပြီလအတွင်းရောက်တော့ အမြောက် ၁၄ လက် စစ်သင်္ဘောက ဗန်းမော်ထိ ဆန်တက် ခုတ်မောင်းခဲ့သတဲ့။



While King Mindon focused on politics, diplomacy and religion, Prince Kanaung worked hard to transform the kingdom's armed forces and industry.

To establish the modern Myanmar navy, Prince Kanaung built the Yadanarpon Dockyard – then known as the Yadanarpon Factory – in 1864 on the Ayeyarwady River near the Pan Satt gate on the western side of the capital. As a sign of its importance, the prince assigned his own son, Prince Thirimahar Thudamayazar Makhayar, to manage it.

While historical accounts tend to criticise the monarchy for allowing the country to fall into the hands of the British, the farsighted efforts of Prince Kanaung to avoid this fate by raising the kingdom's industrial capacity should not be forgotten.

The machines used in the Yadanarpon Dockyard were mostly bought from the Dandafs and Smith companies of Scotland. Altogether 127 staff were appointed to the factory and paid with a salary of 2855 tins of paddy. The dockyard was able to start producing ships by 1870 and launched the first steam-engine vessel with a teak hull on September 7, 1870. The ship was 180 feet long, 24 feet wide and 6 feet in depth. The engines for ships were bought from the Mackenzie and Dawson companies among others, and two similar ships were launched at a ceremony on June 10, 1871, with royal patronage.

Another battleship, this one armed with 14 cannons and built by carpenter Sayar Shan, was launched on July 2, 1872. The cannons were all fired during the ceremony. Four more ships had been launched around February of that year.

These had all been made from teak, and the first iron-bodied ship was inaugurated on September 9, 1873. It used a rotor-fired engine and the Makhayar and Shwe Ku princes attended the grand launch ceremony. In 1875, a military parade was held to celebrate the launch of a river cruiser with 12 cannons, while shortly afterward another ship with 14 cannons was launched, journeying up to Bhamo in Kachin State that April.



လက်ထက်တော်ကြီး၊ လက်ထက်တော်လေး ကာလအတွင်း ကနောင်မင်းသားကြီး ထူထောင်ခဲ့တဲ့ ရတနာပုံ သင်္ဘောစက်ရုံတော်က လူစီး၊ စစ်သုံး သင်္ဘောပေါင်း (၁၈) စင်း တည်ဆောက်နိုင်ခဲ့ပါတယ်။ ဒါကြောင့် ကနောင်မင်းသားကြီးရဲ့ ရတနာပုံသင်္ဘောကျင်းဟာ သမိုင်းထဲက အထင်ကရ အမှတ်အသားရယ်လို့လည်း ဆိုနိုင်ပါတယ်။

ဒီလိုနဲ့ ၁၈၈၆ ခုနှစ်၊ အင်္ဂလိပ် ကိုလိုနီလက်အောက်ကျရောက်တော့ အဲဒီသင်္ဘော (၁၈)စင်းနှင့်အတူ သံတိုက်မယ်န အားလုံးကို အင်္ဂလိပ်ပိုင် ရောက်တီ ဖလတ်တီးလား ကုမ္ပဏီက တန်ဖိုးငွေ (၄၅၀၀၀) ကျပ်နဲ့ ဝယ်ယူလိုက်သတဲ့။ တွင်ခဲ့တွေ၊ ဖောက်ခဲ့တွေ၊ ဖြတ်ခဲ့တွေ၊ ရွှေဘော်ခဲ့တွေ၊ မြောင်းထိုးခဲ့၊ အရစ်ဖော်ခဲ့၊ သံရည်ကျိုစက်၊ ပန်းပဲစက်၊ သံမိုက်စက်တွေအပြင် သံချိန်းကြိုး၊ သံပြားအသစ်များ၊ သံမိုက်များ၊ ဘိုလ်လာကျများ၊ ဟင်ဂလန်(Angle Line)သံထည်များ၊ ကြေးနီကြေးဝါပိုက်များ၊ သံစိမ်းသံကြွပ်များလည်း ပါသတဲ့။

လွတ်လပ်ရေးရပြီး ၁၉၄၈ ခုနှစ်မှာတော့ နိုင်ငံပိုင်အဖြစ် အစိုးရက သိမ်းယူကာ “ရတနာပုံ သင်္ဘောကျင်း” အမည်နှင့် ပြည်တွင်းသွားရေယာဉ်တွေကို ပြုပြင် ဆောင်ရွက်နေတာ ဒီကနေ့အထိပါ။

၁၉၉၀ ခုနှစ်ကျော်ကာလများအတွင်း မန္တလေးက ကျူးကျော်ရပ်ကွက်တွေ ဖယ်ရှား၊ လမ်းတွေချဲ့၊ လမ်းတွေဖောက်တော့ ကမ်းနားတစ်လျှောက် ကျူးကျော် ရပ်ကွက်များ ရှင်းလင်းခြင်းနှင့်အတူ မြို့ပတ် ၈ လမ်းသွားစီမံကိန်းကြီး လုပ်ခဲ့ရာမှာလည်း

Under the stewardship of Latt Htat Taw Gyi and Latt Htat Taw Lay, the ship factory established by Prince Kanaung prince produced 18 battleships and passenger vessels. It should be considered an important landmark in our history.

When the capital was captured by the British, a British company bought the 18 ships and all iron stock for 45,000 kyats.

After independence in 1948, the Myanmar government nationalised the dockyard and renamed it again the Yadanarpon Dockyard. Since then it has been responsible for repairing local vessels.

Ironically, given its association with war and the tumultuous history of upper Myanmar since its creation, the closest the dockyard came to destruction was in the 1990s, when the government planned a new circle road that ran through the yard. The road was part of a large urban renewal project launched in Mandalay by the military regime, which proposed to move the dockyard to another site. It was eventually saved from this fate because of the efforts of some dockyard officials and local historians, who raised awareness about its historical significance.



the Yadanarpon Dockyard remains at its original site, 150 years after it was founded. Despite changing hands several times, it retains pride of place at the centre of Myanmar’s shipbuilding industry.

“ရတနာပုံသင်္ဘောကျင်း” ဟာ မလွတ်မကင်းဖြစ်ခဲ့ရပြန်ပါတယ်။ အမိန့်အာဏာနှင့် ဆောင်ရွက်လုပ်ကိုင်တာမို့ ပြောင်းရွှေ့ဖယ်ရှားရမယ့် အဆောက်အဦထဲမှာ “မန္တလေး သင်္ဘောကျင်း” လည်း ပါနေတာပေါ့။ ဒီတင် သင်္ဘောကျင်း တာဝန်ရှိသူအချို့နှင့် မြို့ခံသမိုင်းပညာရှင်များက ကနောင်မင်းသားကြီး တည်ဆောက်တော်မူခဲ့သော ရတနာပုံသင်္ဘောစက်ရုံတော် ဆိုတာကို လူသိရှင်ကြား ပြန်လည်ဖော်ထုတ်ခဲ့ကြတာကြောင့် ပြောင်းရွှေ့ရခြင်း ဘေးဆိုးကနေ ကင်းလွတ်စေခဲ့ပါတယ်။

သမိုင်းအထောက်အထားများအရ ရတနာပုံခေတ်ဦးက စက်ရုံတော်ပေါင်း ၅၀ ကျော်ရှိတယ်ဆိုရာမှာ အခုထိ အချို့စက်ရုံများကို မဖော်ထုတ်နိုင်သေးပါဘူး။ နန်းမြို့တွင်းရှိ မင်းတုန်းမင်းကြီး ဂူမိမာန်နဲ့ မလှမ်းမကမ်းမှာ ဒဂုံစက်ရုံတော် ရှိတယ်။ မြောက်ပြင်မှာ ရှိတဲ့ အခု ဘီယာနဲ့ အရက်ချက်စက်ရုံကြီးဟာ ရတနာပုံခေတ်တုန်းကတော့ လက်နက်စက်ရုံတော်ကြီး ဖြစ်ခဲ့တာပါ။

နောက်ထပ် လက်နက်စက်ရုံတော်က အနောက်ပြင် နဘဲကြား အရပ်မှာလည်း ရှိသလို နန်းတော် အရှေ့ဘက်မှာလည်း တစ်ရုံရှိတယ်။ စစ်ကိုင်း ရွှေတောင်ဦးမော်အရပ်မှာ သံဖိုစက်ရုံ ရှိတယ်။ မန္တလေးအနောက်ပြင် မီးခြစ်စက်ရုံကလည်း ရတနာပုံခေတ်က သံစက်ရုံတည်ရာဖြစ်တယ်။ အမရပူရမှာက မဲနယ်စက်ရုံ၊ မဲနယ်ကန်တွေ ရှိတယ်။ နန်းတွင်း မြောက်ဥယျာဉ်တော်မှာ စာပုံနှိပ်စက်ရုံတော် ရှိတယ်။ အနောက်ပြင် ပြည်ကြီး ကျက်သရေရပ်၊ ရွှေကျီးမြင့်ဘုရား တောင်ဘက်မုခ် အနီးမှာ ရတနာပုံနေပြည်တော် သတင်းစာတိုက်နဲ့ ပုံနှိပ်စက်ရုံတယ်။ အနောက်ပြင် ဂေါ်ပိန်တံခါးလမ်းမှာ ဝှမ်းကြိတ်စက်ရုံ ရှိတယ်။ ပိုက်ကျိုးမှာ သကြားစက်ရုံတော် ရှိတယ်။ လွှစက်ရုံတော်ရှိတယ်။ ပန်းဆက်တံခါးအထွက်မှာ သင်္ဘောစက်ရုံတော် ရှိတယ်။

ဒီစက်ရုံတော်များအနက် အများစုက ပျောက်ကွယ်သွားပြီး အချို့က မူလနေရာမှာ အခြားစက်ရုံများအဖြစ် အသွင်ပြောင်းနေပါပြီ။ ဒီအထဲမှာမှ ရတနာပုံသင်္ဘောစက်ရုံတော်ကဖြင့် မူလနေရာမှာပဲ မူလအတိုင်းခေတ်နှင့်အညီ ပြောင်းလဲကာ “ရတနာပုံသင်္ဘောကျင်း” အဖြစ် နှစ်ပေါင်း ၁၅၀ တိုင် တည်ရှိနေခြင်းဟာ ဂုဏ်ယူဖွယ်ရာ ဖြစ်ပါကြောင်း။ ။

ဆူးငှက်



While historical records say 50 industries were set up during the reign of King Mindon, few are well known today except to historians. Visitors to the Mandalay Palace can see the remains of the mint near the tomb of King Mindon. What is today a beer factory on the northern side of the palace was formerly a munitions factory. More factories were in Na Be Kyu quarter, on the western side of the capital, while others were to the east of the palace. Others were further afield; the ironworks, which has been replaced by a lighter factory, was at Shwe Taung Oo Maw quarter in Sagaing on the other bank of the river.

Unsurprisingly given its large weaving industry, the indigo factory was based at Amarapura. The Yadanarpon newspaper office and printing press was on the southern side of Shwe Kyee Myint pagoda, in Anaukpyin Pyay-gyi Kyat Thayay quarter. The cotton factory was near Gaw Won gate on the western side of palace, while the sugar and sawmills were at Pipe Kyune.

Most of the factories have disappeared, however, while others have changed to produce new items. In contrast, the Yadanarpon Dockyard remains at its original site, 150 years after it was founded. Despite changing hands several times, it retains pride of place at the centre of Myanmar’s shipbuilding industry.



Embroidery:

Myanmar's golden flower

Lann Say Thaw

The concept of the 10 traditional art forms – known as pan seh myo, or the 10 flowers, and ranging from painting to stone carving – emerged during the Bagan era. While these art forms were once used to decorate pagodas and produce items for the royal family, in modern times they also been deployed to provide souvenirs for visitors to Myanmar.

One of these art forms, gold embroidery, was traditionally used to adorn the clothing of the royal family and others of a wealthy disposition. Today, however, gold embroidered items – particularly tapestries, known in Myanmar as *shwe chi hto* – are made to adorn homes in Myanmar and abroad.

These tapestries are made by placing soft cotton into parts of the base to create a raised appearance and define the shapes, after which parts of the surface are painted and others are decorated with sequins and other objects. For the most part they are not gold, although the string used includes gold threads – the name instead refers more to their colourful appearance. As well as tapestries, the embroidery techniques are used to decorate items

such as purses and crowns used in novitiation ceremonies.

“At first the world did not know much about Myanmar’s gold embroidered items,” said Daw Khin Mar Ye, who has been in the industry for 40 years. She runs the Thu Zar Hlaing Myo gold embroidery work shop on Mandalay’s 84th street, between 41st street and 42nd streets, which employs about seven workers.

“Even though some foreigners managed to buy our items, most of the time they thought they were



Tapestries normally come in two styles: traditional and modern. The former show scenes from the Jataka (stories of the previous lives of the Buddha), Ramayana, cosmology and Myanmar history. These traditional designs are particularly popular with foreign buyers.



made in Thailand. It was only after the Visit Myanmar Year in 1996 that many people realised they were from Myanmar," she said.

Mandalay has three large producers, and quite a number of small workshops set up in houses. They sell mostly to souvenir shop owners in sites such as Mingun, Inle Lake and Bagan, where they are popular with visitors from Germany, France and Thailand. Sometimes Thai customers place custom orders by providing the workshop with the image that they want its craftsmen to recreate. Each tapestry takes around a week on average, although larger or more intricate pieces can be much more time consuming.

Prices vary significantly depending on the design, size and quality of the tapestry, but a good quality piece can be bought for around 100,000 kyats. Some customers request that workshops use metallic string instead of cotton, which adds to the price but improves the quality.

Tapestries normally come in two styles: traditional and modern. The former show scenes from the Jataka (stories of the previous lives of the Buddha), Ramayana, cosmology and Myanmar history. These traditional designs are particularly popular with foreign buyers.



Myanmar buyers tend to use the embroideries in a similar way to paintings, placing them on the wall in their living rooms. A big market is tourism businesses, particularly hotels and restaurants.

But times are tough in the industry. The number of large workshops and wholesalers has declined significantly in recent years, Daw Khin Mar Ye said. Local buyers in particular are eschewing traditional art forms for more modern objects.

"There are fewer orders now and the big workshops of the past are hard to find. We used to have many orders from businesses in major tourism sites and border towns but now they have declined," she said. As a result, quality craftsmen are hard to find.

"We're doing okay because we have built a reputation for quality over the years and have some loyal customers," she said. "But it's hard to make much of a profit on each item you sell."



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တမုတ်ရှင်ပင်ရွှေဂူကြီး Rediscovering history at Tamote Shinpin Shwe Gugyi

Design Myo Swe Than

တမုတ်ရှင်ပင် ရွှေဂူကြီး ဧတီတော် ဆိုတာ မန္တလေးတိုင်း၊ ကျောက်ဆည်မြို့၏ အနောက်ဘက် ၆ မိုင်အကွာ တံတားဦးသို့ အသွားကားလမ်းဘေးရှိ ညောင်ပင်ဇောင်း၊ ကြောင်ပန်းကုန်း၊ ငယ်တိုးကျေးရွာတို့ရှိ အလယ်ဗဟို တမုတ်မြို့ဟောင်းကုန်းရှိ အတွင်းဘက် အရှေ့တောင်ထောင့်မှာ ကပ်လျက် တည်ရှိနေတဲ့ ဧတီကြီးပါ။

တမုတ်ရှင်ပင် ရွှေဂူကြီး ဧတီတော်ကြီးကို ပုဂံခေတ်က အနော်ရထာမင်းက တည်ထား ကိုးကွယ်ခဲ့တာဖြစ်ပြီး ပင်းယခေတ်မှာ မင်းကြီး ဥစ္စနာက မူလဧတီတော်ကြီးကို ငုံ့ပြီး နောက်ထပ် ဧတီတစ်ဆူ ပြုလုပ်ပြီး တည်ထားကိုးကွယ်ခဲ့ခြင်း ဖြစ်ပါတယ်။ ကာလကြာမြင့်တဲ့အခါ ပြိုကျပျက်စီးပြီး ကြီးမားတဲ့ အုတ်ပုံကြီးအဖြစ် တည်ရှိနေတာကို တမုတ်ရွှေဂူကြီးမှာ လာရောက်ကျောင်းထိုင်တဲ့ ဆရာတော်အရှင် စန္ဒောဘာသ က အုတ်ကျိုးအုတ်ပွဲများကို ရှင်း လင်းရာမှ ပင်းယခေတ်က ငုံ့ပြီးထားခဲ့တဲ့ ပုဂံခေတ်လက်ရာနဲ့ ဧတီကြီး တစ်ခုကို အင်တမ်းလက်ရာများအပြည့်နဲ့ ရင်သပ်ရှုမောဖွယ်ရာ အဖြစ် ပြန်လည် ဖူးမြော်ကြရခြင်းပဲ ဖြစ်ပါတယ်။

Just six miles (10 kilometres) from Kyaukse, a medium-sized town south of Mandalay, is a remarkable pagoda that, if not for a prominent sayadaw and the work of a team of archaeologists, we may never have known existed. Tamote Shinpin Shwe Gugyi sits at the centre of three villages – Nyaung Pin Zauk, Kyaung Pan Kone and Nge Toe – in the southeast corner of the ancient city of Tamote. It is beside the road from Kyaukse to Tada Oo, where Mandalay's international airport is located.

Built by King Anawrahta (1044-1078), who is often credited as the founder of the Bagan empire, it was covered by a large stupa by King Uzana (1325-1340) during the Pinya period. By the time Sayadaw U Sandawbartha arrived at Tamote Shinpin Shwe Gugyi in the 1990s, King Uzana's pagoda was little more than a pile of bricks. When the sayadaw began to clean up the bricks, he found a Bagan-era pagoda inside. Amazingly, it was full of decorations made from concrete. Tamote Shinpin Shwe Gugyi is built



လွယ်လွယ်မြင်သာအောင် ပြောရရင် ပုဂံက သဗ္ဗညုဓေတီတော် လို နှစ်ထပ်ဂူအမျိုးအစား အလတ်စား ဓေတီတစ်ဆူ ဖြစ်ပြီး ခေတ် အဆက်ဆက်က ဓေတီများနဲ့မတူ၊ ဓေတီတော်တစ်ဆူလုံးကို နေရာ အကြားအလပ်မရှိ အင်တေပန်းများနဲ့ ဆင်ယင်ထားခဲ့ခြင်းပဲ ဖြစ် ပါတယ်။ ပုဂံခေတ်က ဓေတီတွေမှာ အာရုံပုံ လိုက်အပြင်ဘက်မှာ တစ်ခန်းချင်းစီအတွက် တန်ဆာဆင်ပုံက တိုင်ပိုးပန်း၊ အောက်ခြေမှာ စိန်တောင်ပန်းများနဲ့ အပေါ်မှာ ဘီလူးပန်းဆွဲများနဲ့ ဖြစ်ပြီး အခန်း အလယ်မှာ ကျောက်ဇာဖြူတင်း ထည့်သွင်းထားပြီး တချို့လည်း ကျောက်ဇာဖြူတင်း မပါဝင်ပါဘူး။ အခု တမုတ်ရှင်ပင်ရွှေဂူကြီး ဓေတီတော်ကတော့ ပုဂံခေတ် က ကျောက်ဇာဖြူတင်း ထည့်သွင်း တန်ဆာဆင်တဲ့ အပြင် အခန်းနံရံမျက်နှာပြည့် အင်တေနှင့် ပန် တီးထားတဲ့ ကနုတ်နဲ့ အရုပ်ကို အချိုးညီထည့်သွင်း ထားတဲ့ ပန်းတမော့လက်ရာများကို နေရာလပ်မရှိအောင် ထည့်သွင်းထားပြီး အနှစ်လက်ရာ အပြည့်နဲ့ တန်ဆာဆင်ထားခြင်းပဲ ဖြစ်ပါတယ်။ ဒါကြောင့် ဒီ တမုတ်ရှင်ပင် ရွှေဂူကြီးဓေတီဟာ တစ်နိုင်လုံးမှာ ရှိသမျှ ဓေတီတွေထဲက အင်တေပန်း လက်ရာအပြည့်နဲ့ တစ်ဆူတည်းသော ဓေတီတော် ကြီးပဲဖြစ်ပြီး မြန်မာတို့ရဲ့ ပန်းတမော့ ပြတိုက်ကြီး လို့ ဆိုရတော့မှာပါ။

ခရစ်နှစ် ၁၁၄၀ မှာ ဧရာဝတီမြစ်ကမ်းပါးပေါ် မှာ နန်းစိုက် လိုက်ခြင်းနဲ့အတူ လက်နက်နိုင်ငံတော် အင်ပါယာအဆင့်ကို တက် လှမ်းခဲ့တဲ့ အနိရုဒ္ဓဒေဝ လို့ခေါ်တဲ့ အနော်ရထာမင်းက ပထမ မြန် မာ နိုင်ငံတော်ကို ထူထောင်ရင်းနဲ့အတူ မုဒ္ဒဘာသာ အယူဝါဒ ကိုပါ နိုင်ငံနယ်နိမိတ်အတွင်း ပျံ့နှံ့စေခဲ့ပါတယ်။ အဲဒီ နိုင်ငံရေး၊ စီးပွားရေး၊ ဘာသာရေး ဖြစ်စဉ်ထဲမှာ ကျောက်ဆည်လွင်ပြင်ဒေသကို မြေဩဇာ ကောင်းမွန်တဲ့အတွက် နိုင်ငံရဲ့ စားရေးရိက္ခာအတွက် အားထား မြင်းနဲ့အတူ အဲဒီ လွင်ပြင်ဒေသကို လယ်တွင်း (၁၁) ခရိုင်လို့ သတ် မှတ်ပြီး ခံမြို့အဖြစ် တည်ဆောက်ခဲ့ပါတယ်။

- အဲဒီ မြို့တွေက -
- ၁။ ပင်လယ် (မြို့တွင်းရွာ၊ မြစ်သားမြို့နယ်)
- ၂။ ပြည်မနား (ကူမဲအနီး၊ မြစ်သားမြို့နယ်)
- ၃။ မြစ်သာ (မြစ်သားမြို့)
- ၄။ ရမုန်း (စပါးတောရွာ အနီး၊ မြစ်သားမြို့နယ်)
- ၅။ မြင်းခုံတိုင် (မြင်းချည်တိုင်၊ ကျောက်ဆည်မြို့နယ်)
- ၆။ ပန်န (ပန်းရွာရွာ အနီး၊ ကျောက်ဆည်မြို့နယ်)
- ၇။ တမုတ် (ညောင်ပင်ဇောက်ရွာ အနီး၊ ကျောက်ဆည်မြို့နယ်)

in a similar style to Thatbyinnyu Pagoda in Bagan. Of a medium size, it is a double cave pagoda. Unlike virtually any other ancient stupa found in Myanmar, every single interior space is decorated with images made from concrete. Like most other Bagan-era pagodas, it has a prayer cave, a window in the middle room, and sein taung and balu pan swe flower motifs used as decoration. Tamote Shwe Gugyi not only has these features but also concrete decorations built in the kanote style – which depicts convoluted lotus stems, buds and blossoms – and many other sculptures.

After King Anawrahta became king, he built his palace on the bank of the Ayeyarwady River at Bagan and founded an empire that would last several centuries. As the Kyaukse plain was a fertile area and provided much of the empire's food, it was divided into 11 administrative districts, with fortresses built in each to maintain Bagan's grip on the region. Tamote – one of the 11 districts – is near Kyaung Pan Kone village, on the eastern side of Panglong River, and covers about 25 acres.]

- The 11 districts are:
1. Pinleh (Myo Twin village, Myittha township)
 2. Pyinmana (near Kumae, Myittha township)
 3. Myitthar (Myittha township)
 4. Yamone (near Sapar Taw village, Myittha township)
 5. Myin Khone Taine (Myin Chae Taing, Kyaukse town-ship)
 6. Pa Nan (near Pan Kwar village, Kyaukse township)
 7. Tamote (near Nyaung Pin Zauk village, Kyaukse township)
 8. Thin Taung (Thin Taung Gyi village, Kyaukse town-ship)
 9. Makayar (near Aet Pya village, Sintgaing township)



- ၈။ သင်တောင်း (သင်တောင်းကြီးရွာ၊ ကျောက်ဆည်မြို့နယ်)
- ၉။ မကွရာ (ညောင်ပြရွာအနီး၊ ဇော်ဂျီမြစ်ငယ်ဆုံရာ၊ စဉ့်ကိုင်မြို့နယ်)
- ၁၀။ တပြက်သာ (ရွာဟောင်းကုန်းအနီး၊ စဉ့်ကိုင်မြို့နယ်)
- ၁၁။ ခံလူး (လက်ပန်ချိုင့်ကျေးရွာ အနီး၊ စဉ့်ကိုင်မြို့နယ်)

- 10. Ta Pyat Thar (near Ywar Haung Kone village, Sintgaing township)
- 11. Kan Lu (near Latt Pan Chaint village, Sintgaing township)

တို့ဖြစ်ကြပါတယ်။ ထိုလယ်တွင်း (၁၁)ခရိုင်ထဲက တမုတ်မြို့ဟောင်းက ပန်းလောင် မြစ် အရှေ့ဘက် ကြောင်ပန်း ကုန်းရွာအနီးမှာဖြစ်ပြီး ၂၅ ဧက ခန့် ကျယ်ဝန်းတဲ့ အုတ်မြို့ရိုးဟောင်းကို တွေ့ရမှာဖြစ်ပါတယ်။ အခု တမုတ် ရှင်ပင်ရွှေဂူကြီးဓေတီဟာ အဲဒီမြို့ရိုးဟောင်းရဲ့အတွင်းမှာ တည်ရှိနေပြီး ကျောက်ဆည်မြို့က ၆ မိုင်အကွာ တံတားဦးသွား ကားလမ်းမ ဘေး မှာ တည်ရှိနေတာ ဖြစ်ပါတယ်။

အနော်ရထာမင်းက ထိုခံမြို့တွေထဲက မြစ်ရိုးတစ်လျှောက်မှာ တည်ရှိတဲ့မြို့ ၉ မြို့အနီးမှာ ဂူဘုရား ၉ ဆူ တည်ဆောက်ခဲ့တယ် လို့ ရှေးသူဟောင်းတွေ အမှတ်ထားကြတဲ့ထဲက တစ်ဆူဖြစ်တဲ့ တမုတ် ရွှေဂူ ကြီးကို ၁၂ ရာစု နောင်ပိုင်းမှာ နန်းတက်ခဲ့တဲ့ နရပတိစည် သူမင်းက မူလတစ်ထပ်ဂူဓေတီကို ကွမ်းတောင်ပေါက်ပြီး ၂ ထပ် ဂူဘုရားအဖြစ် ထပ်မံတိုးမြှင့် တည်ဆောက်ပြန်ပါတယ်။

အဲဒီ ၁၂ ရာစု တည်ဆောက်မှုမီးမံမှုရဲ့ လက်ရာများလို့ ယူဆရတဲ့ ပုဂံခေတ်ရဲ့ မြန်မာ အနုပညာလက်ရာ အတောက်ပဆုံး အချိန်က ဖန်တီးခဲ့တဲ့ အနုလက်ရာများ ဖြစ်တဲ့ အင်တေပန်းတမော့ လက်ရာများကို ပေါ်တော်မူလာတဲ့ တမုတ်ရှင်ပင်ရွှေဂူကြီးမှာ ယနေ့ ရင်သပ် ရှုမော့စွာ မြင်တွေ့ကြရပါလိမ့်မယ်။

အဲဒီလက်ရာတွေက ဓေတီတော်ရဲ့ အပြင်နံရံ တွေမှာ အံ့မခန်း ဖန်တီးခဲ့ကြတာ ဖြစ်ပါတယ်။ အဲဒီလို လက်ရာတွေနဲ့ ဓေတီကြီးကို ပင်းယခေတ်ရောက်တဲ့အခါ ဥဒ္ဓနာမင်းကြီးက မူလဓေတီ၊ သိမ်နဲ့

King Anawrahta devoted much of his efforts as king to propagating Buddhism throughout areas under his control. In the Kyaukse area, he built nine cave pagodas alongside its many rivers. Tamote Shinpin Shwe Gugyi pagoda is one of these and was rebuilt as a two-storey cave pagoda during the reign of King Narapatisithu (1174-1211) in the late 12th century.

The art and decorations found at the pagoda date to the 12th century, when Myanmar handicrafts were in their heyday.

Nobody can say exactly why King Uzana built the 91-foot long stupa in the style of Bagan's Shwezigone Pagoda over the original pagoda during the Pinya period. What is known is that after more than six centuries the pagoda had become a big pile of bricks.

When Sayadaw U Sandawbartha, who was born in nearby Nge Toe village, moved to the area in 1993, he





ဆင်းတုတော်တွေကိုပါ ထပ်မံ လွှမ်းမိုးပြီးတော့ ဖိနပ်တော် အလှား (၉၁) ပေရှိတဲ့ ပုဂံ ရွှေစည်းခုံပုံ စေတီတော်ကြီးကို တည်ဆောက် ခဲ့တာကိုတော့ မည်သည့်အကြောင်းအရာဖြစ်တယ်လို့ သေချာစွာ မစောကြောနိုင်ကြသေးပါဘူး။ အဲဒီလို ၁၄ ရာစု ပင်းယခေတ်က ၁၁ ရာစု ပုဂံခေတ် ၂ ထပ် စေတီကြီးကို လွှမ်းမိုးပြီး တည်ထားခဲ့ ရာက ကာလကြာမြင့်တဲ့အခါ မျက်မှောက်ခေတ်မှာ ကြီးမားတဲ့ အုတ် ပုံကြီးအဖြစ်သာ မြင်တွေ့ခဲ့ကြရပါတယ်။

၁၉၉၃ခုနှစ်မှာတော့ စေတီကြီးအနီးက ငယ်တိုးရွာ ဇာတိဆရာ တော် အရှင်စန္ဒောဘာသ က ရွှေဂူကြီးဘုရားသို့ ကြွရောက်လာပြီး သီတင်းသုံး ကျောင်းထိုင်ရာမှ ထိုအုတ်ပုံကြီးကို ရှင်းလင်းရာမှာ မြောက်ဘက် ဝင်ပေါက်ကို တွေ့ရှိခဲ့ပါတယ်။ ၁၉၉၄ ခုနှစ် မှာတော့ တိုက်မကြီးရဲ့အတွင်းက ရုပ်ပွားတော်ကြီးရဲ့ မျက်နှာတော်ကို မြင် တွေ့ခဲ့ရပါတယ်။

၂၀၀၈ခုနှစ်မှာ ယဉ်ကျေးမှုဝန်ကြီးဌာနမှ တမုတ်ရွှေဂူကြီးဘုရား ကို ပြုပြင်ခွင့်အမိန့် ရခဲ့ပါတယ်။ အဲဒီကစလို့ လုပ်အားဒါန အလှူရှင် များစွာက လုပ်အား အလှူဒါနများနဲ့ အုတ်ကျိုးအုတ်ပွဲများစွာကို ဖယ် ထုတ်ခဲ့ကြပါတယ်။

၂၀၀၉ ခုနှစ် ကျွန်တော်ရောက်တော့ ဩဂုတ်လ ၁၉ ရက် ပါ။ မန်ကျည်းပင်ကိုင်းကြားကနေ အင်္ဂတေ ပန်းအနုစိတ်လက်ရာများနဲ့ အတွင်းက နှစ်ထပ် စေတီတော်ကြီးကို ရင်သပ်ရှုမော မြင်တွေ့လိုက်ရ တော့တာပါပဲ။

cleaned up the site and found the northern entrance to Tamote Shinpin Shwe Gugyi. One year later, in 1994, he found the face of a Buddha image in the main building.

In 2008, the Ministry of Culture granted permission to renovate the pagoda. Since then, many people have donated their time to help clean up the broken bricks and reveal more of the original structure.

I visited the site on August 19, 2009, and was astonished to see the detailed concrete artwork being revealed through the branches of a tamarind tree.

The renovation has been led by Myanmar sculptor and archaeologist Tampawaddy U Win Maung. As important pieces of art were found, sculptors used clay molds to immediately make plaster copies, while artists made sketches for concrete art works. Meanwhile, hundreds of people carried bricks from the site by hand.

The pagoda faces the north and includes a stone inscription made in the Myanmar year 718 – 1356 in the Gregorian, or Western, calendar – commemorating King Sinpyushin Kyawswar's visit to pagoda during Pinya era and his donation to the site.

Some of the art is unique and cannot be seen at other pagodas. As well as kanote, visitors will also find images

The art and decorations found at the Tamote Shinpin Shwe Gugyi pagoda date to the 12th century, when Myanmar handicrafts were in their heyday.

မြန်မာရိုးရာ ဒီဇိုင်းပညာရှင် ဆရာ ဦးအေးမြင့် က တမုတ် စေတီတော်ကြီးကို လေ့လာလိုတယ်ဆိုရင် ၁၉ ရက်နေ့မှာ စေတီ တော်ကြီးကို ဦးဆောင်ပြီး ထိန်းသိမ်း မွမ်းမံမှုတွေလုပ်နေတဲ့ မြန် မာပညာရှင် ပန်းပုဆရာ တမုတ် ဦးဝင်းမောင် က မန္တလေးယဉ် ကျေးမှု တက္ကသိုလ်နဲ့ မန္တလေး ပန်းချီပန်းပုကျောင်းက ပန်းချီ ပန်းပုဆရာများကို ရှင်းလင်းပြောပြမှာဖြစ်လို့ မိအောင်လာပါ ဆိုလို့ ၁၉ ရက်နေ့အထိ ရောက်အောင် သွားခဲ့ပါတယ်။

ဆရာတမုတ် ဦးဝင်းမောင် က စေတီတော်ကြီးရဲ့ တူးဖော် မှု တွေကို တစ်စိတ်တစ်ပိုင်းချင်း စနစ်တကျ တူးဖော်မှုတွေကို ကြီးကြပ်ပြီး အင်္ဂတေပန်းစလေး ပဲ့ကျနေရင် ဘယ်အစိတ်အပိုင်း ကလည်း တိုက်ဆိုင်ပြီး သိရှိမှ ဆက်လက် တူးဖော်ပါတယ်။ ပြီးတော့ စေတီတော်ကြီး အကြောင်းကို မှတ်တမ်းရှာဖွေရသမျှ ရှင်းလင်းပြော ပြပါတယ်။ လိုက်ပါလာကြတဲ့ ပန်းပုဆရာများကလည်း အရေးကြီးတဲ့ အနုလက်ရာ အစိတ်အပိုင်းတွေကို ရှိရှိကပ်ပြီး ရယူကာ ချက်ချင်းပဲ ပလာစတာလောင်းပြီး ပုံစံရယူနေကြသလို၊ ပန်းချီ ဆရာများကလည်း အင်္ဂတေပန်းများကို ပုံကြမ်း စကက်ချ်များ ဆွဲယူသူ၊ အောက်ဒိုး ရေဆေးပန်းချီ ရေးဆွဲသူနဲ့ အလုပ်တွေ ရှုတ်နေချိန်မှာပဲ ရာနဲ့ချီတဲ့ လုပ်အားအလှူရှင်များက အုတ်ကျိုးအုတ်ပွဲများကို လက်ဆင့်ကမ်း သယ်ယူနေကြရင်းနဲ့ ပုဂံခေတ်လက်ရာ စေတီတော်ကြီးကို ထင် လင်းစွာ ကြည့်ညိုဖို့ ကြိုးစားနေကြတာကို မြင်တွေ့ခဲ့ရပါတယ်။

စေတီတော်ကြီးဟာ မြောက်ဘက်အရပ်ကို လှည့်တဲ့ တွေ့ရခဲ့တဲ့ ဂူဘုရားတစ်ဆူဖြစ်ပါတယ်။ တွေ့ရှိရတဲ့ကျောက်စာကတော့ သက္ကရာဇ် ၇၁၈ ခုနှစ်ထိုး ကျောက်စာဖြစ်ပြီး ပင်းယခေတ်က ဆင်ဖြူရှင် ကျော် စွာ မင်းက တမုတ်ရှင်ပင်ရွှေဂူကြီးစေတီကို ဘုရားဖူး ကြွရောက် လာကြောင်းနဲ့ ဘုရားဝတ္ထက မြေများ၊ အမှုလုပ်ကျွန်များ လှူဒါန်းခဲ့ ကြောင်းပဲ ဖြစ်ပါတယ်။ စေတီတော်ကြီးကို လွှမ်းမင့် တည်ခဲ့တဲ့ ပင်းယ ဥစ္စနာမင်းက အပြင်စေတီတော်မတည်ခင် အတွင်းက မူလ စေတီ တော်ကြီးကို မြေသားထု လေးလက်မခန့် ဦးတိုက်ပြီး ဖို့ထားတာလည်း တွေ့ကြရပါတယ်။ ဒါကြောင့်လည်း အတွင်း စေတီတော်ကြီးရဲ့ အပြင် နံရံပေါ်က အင်္ဂတေ အနုလက်ရာတွေကို အကောင်းအတိုင်း မြင် တွေ့ကြရတယ်လို့ ဆိုချင်ပါတယ်။

စေတီတော်ကြီးရဲ့ အရေးပါတဲ့ တွေ့ရှိမှုတွေက နံရံအပြည့် အင်္ဂတေပန်းလက်ရာများကို အကြားအလပ်မရှိ ကနုတ်နဲ့အရုပ်ကို အချိုးညီညီသုံးစွဲပြီး အနုလက်ရာများ ဖန်ဆင်းပုံဖော်ထားတဲ့ တစ်ဆူ တည်းသော အပြောက်အမွှမ်းအပြည့်နဲ့ ဂူပြောက်လို့ခေါ်တဲ့ စေတီတစ် ဆူ ဖြစ်တယ်။ ကွမ်းတောင်ပေါက်စေတီတော်တွေမှာ ၅၅၀ ဇာတ် ကွက်ပါရှိတာ ပုဂံ အာနန္ဒာတစ်ဆူ သာ တွေ့ရှိရမှ ယခုစေတီတော် ကြီးမှာ ၅၅၀ ဇာတ် နိပါတ်များ ပါရှိခြင်းဖြစ်ပါတယ်။

အင်္ဂတေမှာ စာရေးထိုးထားလို့ တွေ့ရှိရသမျှ အင်္ဂတေတ ပါတဲ့ တစ်ဆူတည်းသောစေတီဖြစ်တယ်။ တွေ့ရှိရသမျှ အစိတ်အပိုင်းတွေမှာ ဆင့်ကာဆင့်ကာ ၃ ကြိမ် လွှမ်းမင့်တည်ထားတာ တွေ့ရပါတယ်။

နံရံမှာ တစ်ပေပတ်လည် လေးထောင့်ကွက်များကို ဆင်၊ မြင်း၊ ဟင်္သာ၊ ဥဒေါင်း၊ လွန်ကြင်၊ ဗျိုင်း၊ ဇီးကွက်၊ ငှက်ဆင်၊ ကျေး၊ ကြက်ဖ၊ မျောက်၊ လူမျိုးစုံ၊ နတ်မျိုးစုံ အရုပ်များကို ကနုတ်နဲ့ ရောလို့ လက်ရာမြောက်စွာ ဖန်းတီးခဲ့ကြတာကို အကောင်းပကတိနိးပါး ကျန် ရှိနေတာကို မြင်ရပါလိမ့်မယ်။

သမိုင်းအထောက်အထားများ ဆက်လက်ရှာဖွေ ကြရဦးမှာ ဖြစ် ပေမဲ့ လက်ရှိ မျက်မြင်မှာတော့ ကျောက်ဆည်ဒေသမှာရှိတဲ့ ပုဂံခေတ် လက်ရာ စေတီတော်ကြီးဟာ မြန်မာတို့ရဲ့ အနုပညာလမ်းကြောင်းနဲ့ ကိုးကွယ်ယုံကြည်မှုဆိုင်ရာ သမိုင်းစာမျက်နှာတွေကို တမုတ်ရှင်ပင် ရွှေဂူကြီးက ဖြည့်တင်းပေးခဲ့တာတော့ အမှန်ပဲ ဖြစ်ပါတယ်။

ဒီဇိုင်း မျိုးဆွဲသန်း

of elephants, horses, owls, monkeys, birds, roosters, people and animist nat spirits.

The pagoda also has a complete set of the Jataka, the 550 birth stories of the Buddha. In Bagan, these can only be seen at Ananda Pagoda.

Strangely, we have King Uzana to thank for preserv- ing this rich monument to Myanmar's ancient artistic prowess. Before building his stupa on the site, King Uzana covered the original pagoda with 4 inches (10 centimetres) of soil. This ensured that the rich concrete decorations, particularly on the exterior of the pagoda, remain in good condition today.



GREAT SOUTHERN LAND

Thomas Kean

Myanmar's southern Tanintharyi Region conjures images of wild mountain passes, picture-perfect beaches, isolated settlements and untouched islands. For the most part this is accurate – it is indeed a region of stunning natural beauty – but decades of restrictions on travel mean few foreigners have had the chance to see its charms with their own eyes. While the major towns were connected to Yangon by domestic airlines, there were not many opportunities to explore beyond the city limits, limiting the attraction and viability of the region as a tourism destination.

That is beginning to change, thanks to a January 2013 order from the Ministry of Home Affairs that removed travel restrictions on large swathes of the country. It's now possible to reach the main population centres – Dawei, Myeik and Kawthoung – by train or car as well as airplane. The overland travelling times are still formidable because of the lack of quality infrastructure, and flights remain the best option for getting around, but this change has given travellers greater flexibility and more reason to spend time in Tanintharyi Region.

So, what is there to see? Dawei is the regional capital and best known of the three towns, thanks largely to a proposed multi-billion-dollar special economic zone nearby. While the project is largely yet to get off the ground – and may never take off unless its backers can do a better job of attracting



investors – it has at least helped to put the town on the map. Because of the anticipated inflow of business travellers, a number of new hotels have opened and in terms of accommodation Dawei offers better value and more variation than either Myeik or Kawthoung. The town itself is neat and attractive, with a large number of British-built and indigenous buildings from the colonial period. The intricate two-storey wooden houses that predominate are often painted in gay

colours, adding to the town's attractiveness. Thanks to remittances from migrant workers in Thailand, it also has an air of prosperity that you do not find in much of Myanmar. The food is superb – you can find pretty much everything except Western food – and of course the seafood is a major attraction.

This is best savoured at nearby Maungmakan beach, which is a picturesque 30-minute drive from Dawei over a low hill range.



The beach is relatively secluded and still gets few visitors, with just one licensed hotel having so far opened its doors. However, expect this to change in the coming years, as a number of new resorts are being developed and the winding road from Dawei is being upgraded significantly. Aside from sipping beer and eating fresh seafood at

beachfront shacks or paddling in the warm water, visitors can hire motorbikes to explore the coastline, including local villages, pagodas and hot springs.

Surrounding Dawei there are a number of other natural and cultural sites worthy of a visit, including the ruins of the ancient city of

Thagara, old wooden monasteries, pagoda-topped hills that serve as good sunset-viewing spots, and caves and hot springs. There is little in the way of tourist information for now, so if you're not content to hire a motorbike and just ride around, head to a local travel agent such as Dawei Beauty to hire a guide for a day or enquire at your hotel for the contact details of local freelance tour guides.

While Dawei may be on the path to international prominence as a commercial centre, Myeik is a formerly important settlement that today has more of a backwater feel. Formerly known as Mergui, it has at times been controlled by Thailand, or Siam, offering the kingdom direct access to the Indian Ocean (for a fascinating account of the period, get your hands on a copy of Maurice Collis's *Siamese White*, about British freebooter Samuel White, who was appointed governor of



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influence on the town is palpable. Hundreds of foreign day-trippers – Thai and otherwise – cross the border each day, the Thai language can be heard on almost every street corner and many businesses accept baht as well as US dollars and Myanmar kyat. It was not until 1765 that the area today known as Kawthoung – and called Victoria Point by the British – really came under the control of Myanmar’s kings, when Hsinbyushin wrested it, along with Myeik and Dawei, back from the Thais. At this point, Kawthoung was little more than a village.

In the 1860s, Malay, Thai and Burmese traders established a settlement about 40 kilometres (24 miles) north. The village was shifted to the current site of Kawthoung in 1891 because it had a better harbour. This harbour remains a busy place, as the town is home to one of Myanmar’s largest fishing fleets.

Myeik by the Siamese in the late 17th century). It remained important during the colonial period, when Collis was posted there, but has largely lost its status as the regional centre to Dawei. Nevertheless, it remains an important centre for the fisheries and pearl industries and the large buildings, both new and old, stand as testament to a lingering wealth. As well as important

buildings, the British also bequeathed the town a multicultural population, as evinced by the large number of mosques and churches. Further to the south, Kawthoung is the archetypal frontier town, established in the late 19th century to mark the border with Thailand. Perched on a cape opposite the Pagyan River from Ranong, the Thai

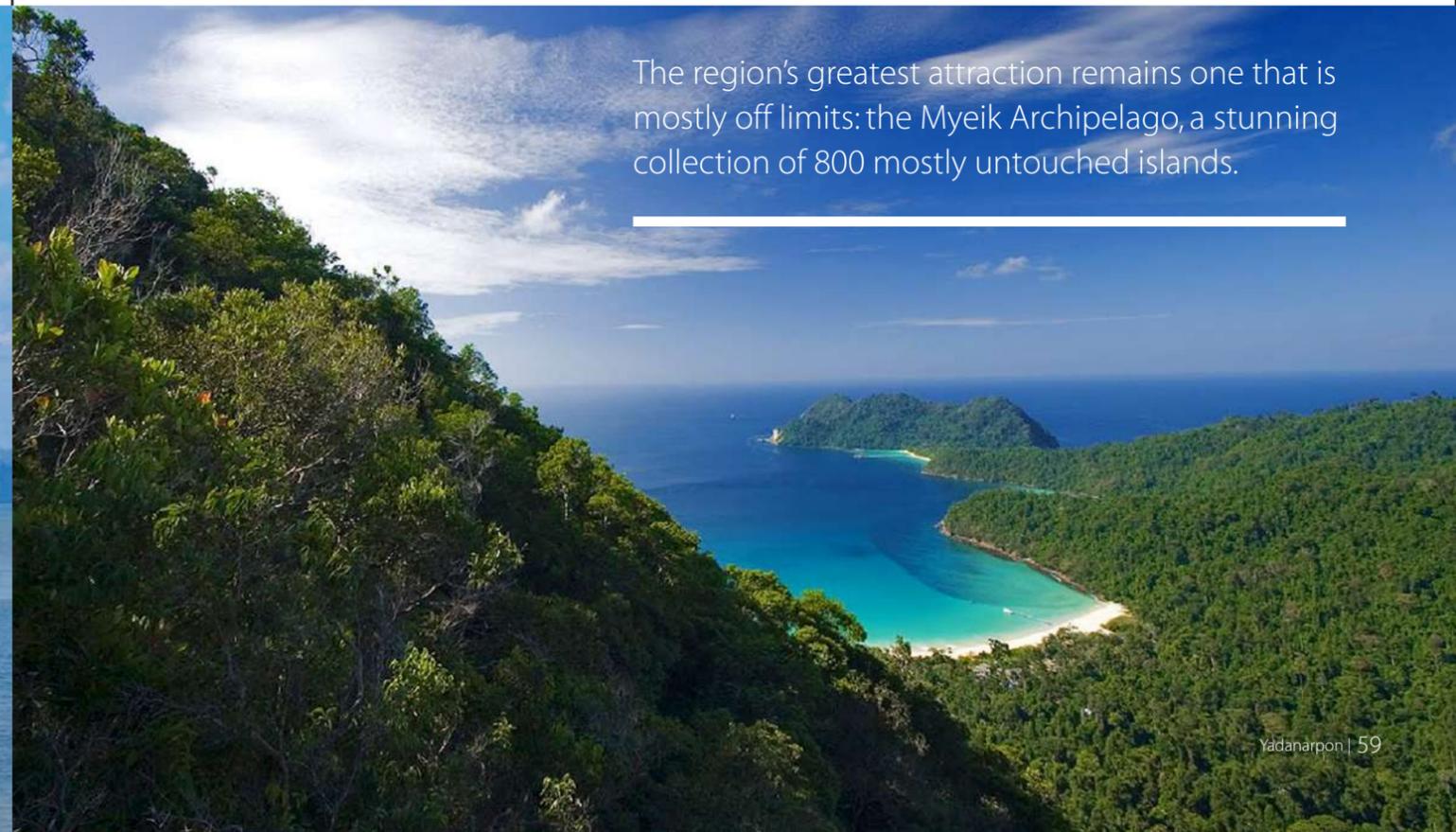
The town has large Muslim quarters, established by Malays and Indians who migrated to Myanmar during the colonial era, that offer a fascinating picture of Kawthoung’s ethnic and religious diversity.

Perhaps the region’s greatest attraction remains one that is mostly off limits: the Myeik Archipelago, a stunning collection of 800 mostly untouched islands. For now, virtually the only way to reach the islands is by buying a package from one of a handful of travel companies that operates live-aboard boats in the area. Another, although no less expensive, option is Myanmar Andaman Resort on Macleod Island, about 40 nautical miles west of Kawthoung. More an eco-lodge than a resort, it is the only building on the island and features just 22 charming rooms not far from the shoreline.



While Tanintharyi Region is slowly becoming a viable tourism destination, most of its attractions are yet to be widely promoted or even explored. Coupled with the recent relaxation on travel restrictions, this

sense of the unknown only makes Dawei, Myeik and Kawthoung more attractive options for your next Myanmar holiday.



The region’s greatest attraction remains one that is mostly off limits: the Myeik Archipelago, a stunning collection of 800 mostly untouched islands.



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A sanctuary at **BAGAN**



Nestled on the bank of the majestic Ayeyarwady River, Bagan Thiripyitsaya Sanctuary Resort offers peace and tranquillity in the heart of ancient Bagan. With 76 rooms spread across acres of gardens, you'll never feel like you're hemmed in by other guests.

The resort's rooms draw heavily on the native teak that has made Myanmar famous and come in five types, ranging from river view suites to

superior rooms. All feature modern amenities, including televisions and hot water, and are ideal for resting after a long day exploring the temples. The river view suites and deluxe river view rooms all offer delightful views of the Ayeyarwady.

Another place to revitalise is by the swimming pool, which is one of the largest in the Bagan area. The wide deck around the pool ensures



there is ample room for all guests to enjoy a refreshing swim. Another alternative is the Thiripyitsaya Spa, which offers a range of massages, body treatments, facials, and wraps and scrubs, all overseen by well-trained staff. Finally, to achieve true inner peace, the resort offers one- and two-hour Vipassana meditation sessions led by English-speaking instructors. The sessions are suitable for beginners and provide an insight into the fundamentals of this practice.

For breakfast, lunch and dinner, Bagan Thiripyitsaya Sanctuary Resort has you covered. Its restaurant uses only the freshest ingredients, some of which are grown in its gardens, and all are prepared in accordance with strict hygiene standards. It offers a wide range of Asian and Western dishes, along with an extensive wine list. The setting can't be beaten: Breakfast is served on the terrace beside the swimming pool, overlooking the river, while at night the terrace is transformed into a romantic candlelit venue. After dinner, unwind for a drink at the Pavilion Lounge.



Bagan Thiripyitsaya Sanctuary Resort is one of just a handful of hotels located in Old Bagan, in the heart of the ancient capital that today is one of the archaeological wonders of Asia.

Bagan Thiripyitsaya Sanctuary Resort is one of just a handful of hotels located in Old Bagan, in the heart of the ancient capital that today is one of the archaeological wonders of Asia. Bagan was the first great Myanmar empire, and rose to prominence from the 11th to 13th centuries. It was here that Theravada Buddhism first flourished in Myanmar, and successive kings built majestic monuments to their religion. Many of these still stand today, with thousands of temples dotting the Bagan plain.

Of course, most of us can't spend all our time exploring the pagodas of ancient Bagan. Whether you're a foreign visitor or resident of Myanmar, at some point you'll find yourself in Yangon and looking for a comfortable setting for a special night out, or a relaxing place to drink a coffee and eat a snack. With dining hours beginning at 9am and ending at 10:30pm, Sky Lounge is also a breakfast and after-dinner option.

The Thiripyitsaya Sky Lounge is the perfect locale. Perched atop Sakura Tower, it's the highest restaurant in the city and offers unparalleled views of the downtown area, Yangon River and inner suburbs. This wonderful backdrop pairs delightfully with the extensive menu, which offers a wide variety of delectable Asian, Western and fusion dishes.

For everything from wedding celebrations to intimate dinners, corporate lunches to birthday parties, Sky Lounge is the ideal setting for your next special event.



PADONMAR

Yangon's culinary jewel



Padonmar strikes that balance with aplomb. Its extensive menu has enough to keep everyone happy, from those who eschew red meat to patrons that might find fish paste and dried prawns a little too much to handle. The highlights are long and varied. The deliciously soft and sweet pork with mango pickle is a perennial favourite, while the smoky grilled aubergine, or eggplant, salad is a must-try. The hilsa surprise is – well, you'll have to try it – while the beef curry with spring potatoes melts in your mouth. The giant river prawns have to be seen to be believed. For appetisers, try the *nga tha-lè htoe kyaw*, or deep-fried small fish served with lime sauce. Chicken with gourd, green tomato salad, boiled egg curry – the list of Myanmar favourites goes on. There's even an extensive Thai menu for those who may have already savoured enough local cuisine on their travels. Take your curries with a choice of plain, coconut, lentil or potato rice.



Offering high-quality Myanmar cuisine so it appeals to all guests, both local and foreign, is fraught with danger. Change it too much and it becomes inauthentic; stick too close to the traditional and you run the risk of making it inaccessible to travellers who want to sample traditional food. It is a challenge that many have taken up and failed.

Padonmar strikes that balance with aplomb. Its extensive menu has enough to keep everyone happy, from those who eschew red meat to patrons that might find fish paste and dried prawns a little too much to handle.





The drinks menu is similarly extensive and, along with beer, soft drinks, fresh juices, coffee and tea, includes high-quality locally produced wine.

The restaurant uses only the freshest ingredients and eschews the large amounts of monosodium glutamate and cooking oil that can be found in a lot of traditional food.

For those who want to get a peek at how the magic happens, the chefs run cooking demonstrations and classes on request. The restaurant also offers delivery service and catering for outside functions.

The food is undoubtedly a highlight, but the ambience and setting is equally attractive. Established in 2003, Padonmar moved to a two-storey colonial-era home in the diplomatic quarter in 2010, not far from Shwedagon Pagoda, People's Park and the National Museum. Its current premises has several large private rooms, decorated in the traditional style, that can cater to groups ranging from nine to 35 guests.

For a touch of informal dining, sit downstairs in the Mandalay bar, savouring a trademark Padonmar rum sour before your meal. Even larger groups and functions can be catered for in the Padonmar Hall, which has up to 120 seats. The wonderful garden is also perfect for everything from romantic dinners to large groups, depending on the time of year – the long rainy season from June through October makes al fresco eating somewhat difficult.

With the long opening hours – from 11am to 11pm, you can take your time, enjoy the meal and soak up the atmosphere.



The **BEST** Restaurant in Yangon to have the authentic and healthy Myanmar Cuisine your visit to Myanmar is incomplete if you not have lunch or dinner at Padonmar Restaurant before you leave Myanmar



Open Daily
06:00a.m. ~ 11:00p.m.

No. 105/107, Kha-Yae-Bin Road, Dagon T/S, between Pyi Daung Su Yeik Tha (Halpin) and Manawhari Road/Ahlong Road, Yangon, Myanmar.

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Website: www.myanmar-restaurantpadonmar.com



Breakfast from May 1, 2014 from 6a.m. to 10a.m.



MANDALAY'S

F D



Kyi Lin Aye

Dining at the crossroads of upper Myanmar

It was once said that you went to Mandalay for sagar – good conversation – and to Mawlyamyine for asar – good food. Today though, if you tell somebody you are going to Mandalay, you'll invariably hear in response: "Mandalay! The food is very good there. You'll eat delicious food wherever you go."

Honestly, it is hard to argue with this statement. You can find so many different types of food in Mandalay, and there are a large number of very fine restaurants and street food stalls.

Mandalay is situated on a flat plain next to the Ayeyarwady River and has been a busy and flourishing city for more than 150 years. From Mandalay, you can easily get to Yangon, Pyay or Taunggyi in a single day – and even to Yunnan Province, across the border in China. It's only a little more than a half-day trip to Mogoke – better known as the land of rubies – while an overnight trip will take you right to the India border.

As a commercial and cultural centre for upper Myanmar, Mandalay receives many visitors, and this ensures there is high demand for food from restaurants. They also bring their own food styles but what Mandalay has done remarkably is keep its traditions while also adopting other tasty foods. Below are a few local dishes that you should make sure to check out during your visit.

MANDALAY MEE SHAY

The many traders who visited Mandalay during its heyday, as the capital of the Konbaung-era kings Mindon and Thibaw, often brought their own traditional foods to the city. One of these was *mee shay*, which has been modified slightly to make Mandalay *mee shay*. This dish is made by taking a small amount of rice noodles and boiling for a while to soften them, and then mixing in a bowl with vegetable pickles, fried flour balls, boiled pork, chilli paste and bean sprouts.



NAN GYI THOKE

Nan gyi thoke is also known as Mandalay *mote ti*.

This dish features white-coloured noodles made from rice mixed with meat curry, onion oil, fried fish cakes and a few other ingredients. However, the most important ingredient is roasted bean powder. Why is *nan gyi thoke* so good? As the city at the heart of upper Myanmar, where beans are a common cash crop, Mandalay has access to great bean powder. Naturally, the best bean powder means the best *nan gyi thoke*. For this reason it has been a popular breakfast dish for many years.



KHO TAUNG MOTE TI

On the opposite bank of the Ayeyarwady River, near Mingun – famous for the Mingun bell and pagoda, which today is a pile of crumbling ruins – there is a village called Kho Taung. Residents from this village cross the river each day to come to Mandalay and sell what is known as Kho Taung *mote ti*. This is a type of rice noodle salad that manages to keep its flavour despite not containing any meat. The thin noodles are mixed with onion oil and bean powder. Once upon a time you could only buy it from vendors who carried the tray of ingredients around on their head as they walked through the city. However, today you can try it at some of the city's more famous teashops, like Min Thiha and Shwe Pyay Moe.



DAW SHI HTAMANAE

The *htamanae* festival held in the Myanmar month of Tabodwe is a popular annual celebration during which people make *htamanae*, a snack made from glutinous rice. Mandalay resident Daw Shi's *htamanae* is popular and people are happy to eat it all year round. Her *htamanae* is well-known for generous amount of sesame seeds and for being mixed with black glutinous rice. It is packed in a small box and easy to buy, and its popularity is such that you can see branches throughout the city.

These are just a few of the foods that you can expect to try in Mandalay. Truly, there is much to savour – and bring home as gifts for others. While the city is only 150 years old, it has managed to develop its own distinctive range of local flavours.



MANDALAY HTOE MOTE, LA MOTE

Nearly everybody who visits Mandalay buys some *htoe mote* and *la mote* – sweet cakes made from rice – to take home. Neither is originally from Mandalay – *htoe mote* came from Thailand, while *la mote* came from China – but have been in the city since the era of the Myanmar kings. Today there are many different types of *htoe mote*, including varieties with coconut cream, strawberry and other fruits, thanks to the efforts of the city's *htoe mote* makers. U Kaukya and U Gyi were formerly famous brands of *htoe mote* and *la mote*, while today Myint Myint Khin and Tin Tin Aye are popular. *La mote* comes from the Chinese mooncake but has developed its own taste and style over the past 100 years.



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Parkway Cancer Centre

Parkway Cancer Centre is the cancer centre situated in Gleneagles Hospital, Mount Elizabeth Hospital and Mount Elizabeth Novena Hospital.

Patients are cared for by a multidisciplinary team of medical specialists, nurses, counsellors and other para-medical professionals who work hand-in-hand to determine the optimal sequence and choice of treatments best suited for each patient.

To us, achieving the best clinical outcomes with varied treatment options and proven innovative therapies is just as important as providing a safe, comfortable and supportive environment for our patients.

Our Doctors



DR ANG PENG TIARN
MEDICAL DIRECTOR
AND SENIOR CONSULTANT
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(Internal Medicine), MRCP
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The Greatest advancement in the fight against cancer is the fast – expanding range, and increasing effectiveness of medicines.

Chemotherapy

- ◆ Upfront or Induction Chemotherapy- shrinks the tumour size before definitive local treatment with surgery or radiotherapy.
- ◆ Concurrent Chemo-radiation - Drugs are used as radio-sensitizers to improve the effectiveness of radiotherapy.
- ◆ Adjuvant chemotherapy – drugs are given after surgery or radiotherapy to treat invisible micro metastases and improve chances of cure.
- ◆ Curative chemotherapy – for very chemo-sensitive cancers like lymphoma , germ cell tumours and leukaemia.
- ◆ High dose Chemotherapy and Stem Cell Rescue
- ◆ Palliative Chemotherapy (for advanced cancers) – kills cancer cells, controls disease, preserves quality of life and prolongs survival.

Surgery

Our team of specialist surgeons has extensive experience with advanced surgical methods including radical surgery for advanced cancers, conservative surgery, minimal access surgery and reconstructive surgery.

Radiation Therapy

- ◆ Intensity – Modulated Radiation Therapy (IMRT)
- ◆ Image – Guided Radiation Therapy (IGRT)
- ◆ 3 D conformal Radiation Therapy
- ◆ Conventional Radiation Therapy
- ◆ Stereotactic Radiation Therapy



Radiosurgery

Brachytherapy and Implants

Parkway Cancer Centre is the first in Southeast Asia to provide Tomotherapy (an image guided radiation therapy) using the Tomotherapy HI-ART System. With this system, our patients are treated with painless and precise doses to the tumour , minimizing radiation deposited on healthy issue.

Padiatric Oncology

At PCC, we deliver hope to our child patients through proven treatment , methods by an experienced team of specialists in a supportive environment that lets our children feel safe and cared for. We choose the treatment options with the highest therapeutic efficacy and the least discomfort and side effects, and select medication carefully to lower the chances of allergies.

Palliative Therapy

Enhancing the quality of life of patients with advanced cancer is an important part of our holistic cancer programme, and is our motivation for providing palliative care services .

To meet the physical and emotional needs of our patients and their families, our palliative care professionals work in close consultation with the medical team to relive from pain and side effects of treatments, helping them live actively for as long as possible.



Services from Parkway Cancer Centre Myanmar Office

- ◆ Providing the wise advises from the specialist doctors from Singapore for the cancer patients
- ◆ For the cancer patients who want to take treatment at Parkway Cancer Centre in Singapore , making appointments with respective specialists and estimating the cost of investigations and treatments .
- ◆ Moreover, arranging the translator and accommodation during treatment in Singapore.
- ◆ Patient taking chemotherapy can be continued further chemotherapy doses in Parkway Cancer Centre Yangon clinic ,satellite clinic of PCC Singapore.
- ◆ Continuous reporting to Specialist doctors about old patients 'condition and complaints
- ◆ Arranging the services that patients who are not affordable to go to Singapore , can consult with our oncologists during their visit to Myanmar
- ◆ Providing the health talk and activities related with nutrition and psychological support for the cancer patients
- ◆ Providing services for passport application and renewal
- ◆ Providing services for visa application
- ◆ Providing services for air ticketing



Special Services

- ◆ Sending the biopsy (tissue) for histopathology at Parkway Laboratory
- ◆ Can screen the cancer in PCC Yangon clinic
- ◆ Can screen HPV virus which can cause cervical cancer



Parkway Cancer Centre Myanmar Offices

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တစ်ဂဏန်းသမားများ

မည်သည့်လတွင် မဆို (၁၊ ၁၀၊ ၁၉၊ ၂၈) ရက် နေ့ မွေးသူများကို “၁” ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ယခု ကာလအတွင်း ကံဇာတာအရှိန် အဝါမြင့်မည်။ မိတ်ကောင်းဆွေကောင်း အထောက်အကူ ရမည်။ စုပေါင်းလုပ်ငန်းအကျိုးပေးမည်။ ရည်မှန်းချက်များ အကောင်အထည်ဖော်နိုင်မည်။ မိသားစု စီးပွားကောင်း မည်။ ငွေဝင်ကောင်းလင့်ကစား ငွေကုန်များမည်။ စိတ်ကူး သစ်တို့ကို ဖွံ့ဖြိုးတိုးတက်အောင် ဆောင်ရွက်နိုင်မည်။ ပျို ရွယ်သူများ စန်းပွင့်မည်။ အိမ်ထောင်သည် အမျိုးသားများ လွန်စွာ စန်းပွင့်၍ ဇနီးသည်၏ သဝန်ကြောင်မှုကို ထိပ်တိုက် ရင်ဆိုင်ရမည် ဖြစ်ပေရာ မိမိကိုယ်ကို ထိန်းသိမ်းရပေမည်။ စုတ်ဝင်က လာဘ်ပိတ်မည်။ မလိုအပ်သော အကုန်အကျ များမည်။ အိမ်ရှေ့ရေမြောင်းအတွင်း ပိတ်ဆို့နေသော အမှိုက် များ ဖယ်ရှားပါ။

ယတြာ။ ။ အိမ်ခန်းအတွင်းကြည့်မှန်ကို ဖယ်ရှားပါ။ အညံ့ အဆိုးကင်းသွားမည်။

Those born on 1st, 10th, 19th and 28th of any month

This will be a lucky time for you and you can expect to get by with a little help from your friends. Working cooperatively will bring benefits and your aims can be realised. Good fortune will come to your family but despite better income, expenditure will still be high. This is a period of expansion at work and new ideas can be developed. Young people will be attracted to the opposite sex. Married males will feel a sharp stab of jealousy. Self-control is absolutely indispensable. Expect some financial bad fortune, unnecessary expenditure and labour in vain. Ensure good drainage at the front of your house.

For a remedy, move any mirrors in the inner rooms of your house.

နှစ်ဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၂၊ ၁၁၊ ၂၀၊ ၂၉) ရက်နေ့ မွေးသူများကို (၂)ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ယခုကာလအတွင်း အပြောင်းအလဲနှင့် တိုးတက်မည်။ ပိုင်ဆိုင်မှုပစ္စည်းများ ပျောက်ရှုတ်တတ်သည်။ ကံကောင်းခြင်းအား လူမျိုးကွဲမှ ဆောင်ယူ လာလိမ့်မည်။ လူယုံထား၍ မရ။ ကိုယ်ပိုင်အစွမ်းအစနှင့် ကိုယ်တိုင်ဆောင်ရွက်ပါ။ မိသားစုဝင် အသက်အရွယ်ကြီးရင့်သူတို့ ကျန်းမာရေး အညံ့ကြုံမည်။ အသစ် စတင်ခြင်း၊ အပြောင်းအလဲဆောင်ရွက်ခြင်းအတွက် အခါကောင်းကျရောက်သည်။ စေတနာအပေါ် အထင်လွှဲခံ ရမည်။ မလိုအပ်ဘဲ စေတနာထားခြင်း မပြုရ။ အခက်အခဲ များ ဖြေရှင်းနိုင်မည်။ ခရီးကိစ္စအကြံအစည်များ အောင်မြင် မည်။ ကိုယ်ရေးကိုယ်တာကိစ္စအား တစ်ပါးသူဝင်ရောက် နှောင့်ယှက်၍ စိတ်အနှောင့်အယှက်များ ဖြစ်ရမည်။

ယတြာ။ ။ ဧည့်ခန်းအတွင်း ပရိဘောဂတို့ကို နေရာရွှေ့ ထားပါ။

Those born on 2nd, 11th, 20th and 29th of any month

This will be a period of good change and progress. Personal belongings may be lost but foreigners will bring good-fortune to you. Be wary of right-hand men – they are not reliable and should not be kept. Expect an elderly member of the family to experience ill health. This is a period of good opportunities for change and progress but your goodwill will be misunderstood, so unnecessary goodwill should be avoided. Difficulties can be resolved and travel can be undertaken with success. However, expect occasional emotional distress because of the interference of others in your personal affairs.

For a remedy, rearrange the furniture in your living room.

2

4

သုံးဂဏန်းသမားများ

မည်သည့်လတွင် မဆို (၃၊ ၁၂၊ ၂၁၊ ၃၀) ရက် မွေးသူများကို (၃)ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ဤကာလအတွင်း ဦးတည်လိုက်တိုင်း နေရာတိုင်း၌ အောင်မြင်တိုးတက်မည်။ လိုအပ်ဆန္ဒပြည့်ဝမည်။ ငွေကြေး စီးပွား ဖြစ်ထွန်းမည်။ ရည်မှန်းချက်နှင့် ဆန္ဒတို့ကို စိတ်ကူး အကောင်အထည်ဖော်ရန် ကာလဖြစ်သည်။ ရန်အတိုက် အခံတို့ကို တိုက်ခိုက်ချေမှုန်းနိုင်မည်။ ထင်ရှား ပြတ်သား စွာ ကိုယ်ပိုင်အစွမ်းအစတို့ကို ပြသနိုင်မည်။ ကြိုးစား ဆောင်ရွက်ထားသည်များမှ အကျိုးဆက်ကောင်းရရှိမည်။ ကံကောင်းခြင်းနှင့် အခွင့်အလမ်းပေါ်ထွန်းမည်။ မျှော်လင့် ထားသည်ထက် မမျှော်လင့်သော အကျိုးဖြစ်ထွန်းမှုများက ဘဝကိုပြောင်းလဲတိုးတက်စေသည်။ ငွေကြေးဥစ္စာ ရလိုမှု အတွက် ဆောင်ရွက်ရန်မသင့်။ စေတနာ၏ အကျိုး တုံ့ပြန် မှုကိုရရှိမည်။ ကာလအတန်ကြာမြုပ်နေသော ငွေများ ပြန် ပေါ်မည်။ လက်လွန်ထားသော ငွေပြန်ရမည်။ ပျိုရွယ်သူများ စန်းပွင့်မည်။

ယတြာ။ ။ အိပ်ရာရတင်အောက်မှ အမှိုက်သရိုက် များ ဖယ်ရှားလိုက်ပါ။

Those born on 3rd, 12th, 21st and 30th of any month

This will be a period of progress in every field. Your desires will be fulfilled and you will see improvements in financial and business affairs. This is the period to realise your aims and desires. Your rivals will be defeated and through efficiency you will see the fruitful results of your labours. Opportunities will arise because of good fortune. Improvements in life will come from unexpected actions. Avoid working avariciously. Money will be returned from a long-standing and stagnant investment. Overdue loans will be returned. Young people will be attracted to the opposite sex.

For a remedy, clean under your bed.

လေးဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၄၊ ၁၃၊ ၂၂၊ ၃၁) ရက် နေ့တွင် မွေးသူများကို (၄) ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ဤကာလတွင် ကောင်းခြင်း၊ ဆိုးခြင်းတို့ အစွန်းရောက်အောင်မြင်မည်။ စိတ်ပင်ပန်းမှုနှင့် ပတ်သက် သော ပြဿနာများ ဖြစ်လွယ်သည်။ ဆောင်ရွက်သမျှ အထူးသတိရှိပါ။ အမှားပြုခွင့်မရှိ။ စီးပွား ငွေကြေးလက် ပြောင်းလက်လွှဲ ကိစ္စမှန်သမျှ အလောတကြီးမပြုရ။ အခြေ အနေ အချိန်ကာလကို သုံးသပ်၍ အလုပ်ကိစ္စများ ဆောင်ရွက်ပါ။ ယနေ့ပြီးနိုင်သော ကိစ္စများ နောက်တစ်နေ့ အချိန် ဆွဲခြင်း မပြုရ။ အတွေးခေါင်၍ အခွင့်အရေးများ ဆုံးရှုံးမည်။ စနစ်တကျ သွက်လက်လျင်မြန်စွာ ဆုံးဖြတ်၍ လက်တွေ့ အကောင် အထည်ဖော်ပါ။ ပြဿနာဖြေရှင်းမှုမှန်သမျှ ချက်ချင်း အဖြေရှာ ဖြေရှင်းပါ။ အချိန်မဆွဲရ။

ယတြာ။ ။ ထမင်းစား စားပွဲပေါ်တွင် ကြော့ပန်းအိုးဖြူပေါ်၌ နှင်းဆီနီတင်ပါ။

Those born on 4th, 13th, 22nd and 31st of any month

Both good and bad can happen to extreme degrees in this period. There will be stress-related problems. You will have to give each situation your undivided attention. No false move is allowed. Business transactions and money matters should not be done in haste. Work that should be done today must not be delayed until tomorrow. Opportunities will be lost due to thinking too much. Rapidly thinking through a decision and reaching an objective conclusion will be important. Immediate decision must be made to resolve every problem encountered.

For a remedy, place a white ceramic vase with a red flower on the dining table.

5

ငါးဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၅၊ ၁၄၊ ၂၃) ရက်နေ့ မွေးသူများကို (၅) ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ဤကာလအတွင်း ကြီးမားသော အပြောင်းအလဲနှင့် အခြေအနေတိုးတက်မှုများရှိမည်။ အတွေ့အကြုံသစ် ရရှိမည်။ အိုးအိမ်ခြံမြေကိစ္စများအတွက် စကား ပြောဆိုအောင်မြင်မည်။ အိမ်ပြင်၊ အိမ်ဆောက်၊ အိမ်ရောင်း၊ အိမ်ပြောင်းကိစ္စများ မိသားစုတွင် ကြုံမည်။ ပြည်ပနှင့် ဆက်သွယ်ရန် အခါကောင်းကြုံမည်။ တစ်ကြိမ်တစ်ခါမှ လုပ်ကိုင်ဖူးခြင်းမရှိသော အလုပ်များ လုပ်ကိုင်ရမည်။ ထူးခြားသော အကျိုးဖြစ်ထွန်းမည့် ကာလဖြစ်သည်။ မျှော်လင့်ခြင်းထားသည် ဖြစ်စေ၊ မထားသည် ဖြစ်စေ လုပ်ငန်း ဘဝအပြောင်းအလဲ ရှိမည်။ မိသားစုအတွင်း လုပ်ငန်း မရှိသူ အလုပ်ရ၍ အလုပ်ရှိသူ တိုးတက်မည်။
ယတြာ။ ။ ဖိနပ်ဟောင်းများ စွန့်ပစ်ပါ။

Those born on 5th, 14th and 23rd of any month

Expect improvements in all fields and great changes. New experiences will be encountered. Negotiations concerning accommodation will have to be made. You or one of your relatives will have to move home, or renovate or expand a house. This is a good period for making contact with foreign countries. You will have to handle matters with which you have no previous experience but this will lead to improvements. Expected or unexpected good changes will occur in work and in life. An unemployed family member will gain employment, while one already in work will be promoted.

For a remedy, dispose of old shoes.

6

ခြောက်ဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၆၊ ၁၅၊ ၂၄) ရက်နေ့ မွေးသူများကို (၆) ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ယခုကာလအတွင်း ရပ်တန့်ထားသော လုပ်ငန်းများ စတင်နိုင်မည်။ သူတစ်ပါးနှင့်မတူသော အတွေးအကြံများ ပေါ်ထွက်နေသည်။ ဆန့်ကျင်ဘက် လက်မခံသောသူများနှင့် ကြုံမည်။ ယခင် မိမိအကြံဉာဏ်နှင့် ဆောင်ရွက်သော သူများပင် ဆန့်ကျင်ခြင်း ပြုလိမ့်မည်။ ရှေးရိုးဆန်သောသူနှင့် သစ်လွင်သော အမြင်ရှိသူတို့အကြား ပဋိပက္ခများ ကြုံမည်။ ထိုအမြင် မတူသူတို့ အကြားစိမ့်ကွပ်ကဲရင်း စိတ်ပင်ပန်းမှု ကြုံမည်။ လိုက်လျောညီထွေစွာ ဆောင်ရွက်ခြင်းမပြုဟု အများတကာမှ သတ်မှတ်ထားသည့်ကြားမှ ကြီးမားသော အောင်မြင်မှု ရရှိမည်။ ဆောင်ရွက်သမျှ စိတ်ရှည်သည်းခံခြင်းဖြင့် စိတ်အနှောင့်အယှက် ကင်းဝေးမည်။ ခရီးကိစ္စနှင့် အပြောင်းအလဲများ ဆောင်ရွက် အဆင်ပြေမည်။ ကိုယ်တိုင်တွင်လည်းကောင်း၊ မိသားစုတွင် လည်းကောင်း ကာလရှည်ကြာ ဆုံးရှုံးနေသော ငွေကြေးပစ္စည်းများ လက်ဝယ်ပြန်လည် ရရှိမည်။
ယတြာ။ ။ အိမ်တွင် အသုံးပြုသော သောက်ရေခွက်များ အဟောင်းပယ်၍ အသစ်သုံးစွဲပါ။

Those born on 6th, 15th and 24th of any month

This is the right time to restart anything that has stagnated. Your opinions and ideas will be entirely different from those of other people and as a result occasional disagreements will occur. These disagreements may even be with people who you previously agreed with in the past. As you'll be stuck between people with conservative ideas and those with novel opinions, you'll encounter difficulties when you try to manage the two. You will have a great achievement in an area that others considered infeasible. Despite being emotionally disturbed, try to hold your patience. You will need to travel and change will occur. An overdue loan to you or a family member will be returned.

For a remedy, drinking glasses and water cups in your home must be replaced with new ones.

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ခုနစ်ဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၇၊ ၁၆၊ ၂၅)ရက်နေ့ မွေးသူများကို (၇) ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ဤကာလအတွင်း ယုံစားရန် ခက်ခဲလောက်အောင် ကိုယ်ပိုင် အစွမ်းအစများ အထွတ်အထိပ်သို့ ရောက်နေ သည်။ ကာလအတန်ကြာ ပိတ်ဆို့နေသော စွမ်းအား များကို ပြန်လည် ဆောင်ရွက်နိုင်မည်။ ဆောင်ရွက်သမျှ ကိစ္စအဝဝတွင် ထွန်းတောက်မည်။ မိမိအပေါ် တစ်ချိန်က နှိပ်ချခဲ့ သူများအပေါ် ပြန်လည် တုံ့ပြန်သော အပေါ်စီးအနေအထားကို ရမည်။ ကလဲ့စား မချေသင့်။ စိတ်ကူးဉာဏ်နှင့် စွမ်းအားကို အသုံးပြု၍ ရဲဝံ့စွာ ရှေ့တိုးဆောင်ရွက်ပါ။ ဦးဆောင်ရသော အနေအထား ရရှိမည်။ ငွေကြေးကံကောင်းသောကာလ ဖြစ်သည်။ အရေးပါသော အပြောင်းအလဲနှင့် တိုးတက်မှုများ ဖြစ်ပေါ်မည်။ ပျိုရွယ်သူများ မေတ္တာရေးစန်းပွင့်မည်။ မိသားစုတွင် အလုပ်မရှိသူ အလုပ်ရ၍ အလုပ်ရှိသူ တိုးတက်မည်။ စုပေါင်းစပ်တူ လုပ်ငန်းလုပ်ရန် အခွင့်အလမ်းပေါ်မည်။
ယကြာ။ ။ အရွက်စိမ်းသော သစ်ပင်အား ပန်းပင် စိုက်သော မြေအိုးတွင် စိုက်ပျိုး၍ထားရှိပါ။

Those born on 7th, 16th and 25th of any month

Efficiency will reach an incredible peak. A formerly stagnant power within you will pick up steam. Any decision you have to make will bring brilliant success. Your rivals who looked down on you will have to repent. Relying on intelligence and ideas, you can proceed with courage on all issues. Your leadership will grow. This period will bring luck in money matters and there will be important changes in your life. Young people will be attracted to the opposite sex. An unemployed family member will gain employment, while one already in work will receive a promotion. The time is right to venture into a cooperative project.

For a remedy, plant a plant with green leaves in an earthen pot at your home.

8

ရှစ်ဂဏန်းသမားများ

မည်သည့်လတွင် မဆို (၈၊ ၁၇၊ ၂၆) ရက်နေ့ မွေးသူများကို (၈) ဂဏန်းသမားများဟု သတ်မှတ်သည်။ နာမည် အောင်မြင်မှုကို ရရှိမည်။ အများတကာ၏ လေးစားအသိအမှတ်ပြုမှုကို ခံယူရမည်။ ငွေအကုန်အကျများမည်။ အလုပ်အကိုင် အစွမ်းအစ ထူးခြားစွာတိုးတက်မည်။ လုပ်ငန်းဝန်းကျင်အတွင်း အောင်မြင်မှုများရမည်။ ကိုယ်တိုင် အတွက်သော်လည်းကောင်း၊ တစ်ပါးသူအတွက်သော်လည်းကောင်း အချိန်ကုန် လူပန်းစိတ်ပန်း ဖြစ်မည်။ မိဘဆွေမျိုးအကြီးအကဲကျန်းမာရေးအညံ့ရှိသည်။ ပြင်ပလောက တွင် အဆင်ပြေသလောက် အိမ်တွင် ပဋိပက္ခများ ဖြစ်မည်။ ရောက်ရှိနေသော နေရာတွင် မညီမျှ အဆင်ပြေလင့်ကစား ဘဝသစ်ရည်မှန်းချက် သစ်များသို့ အကောင်အထည် ဖော်ရန် စိတ်အားထက်သန်နေသည်။ အလုပ်ကံကောင်းမည်။ အလုပ်တိုးချဲ့ရန် အခါကောင်းကျရောက်သည်။ အမည်အတွင်း(အ၊ ဥ၊ ရ၊ ဝ၊ လ)ပါသောသူများ မိမိအား အနှောင့်အယှက်ပေးတတ်သည်။ ပစ္စည်းအပျောက်အရှ များမည်။
ယကြာ။ ။ အနက်ရောင်ဝတ်ခြင်းရှောင်ပါ။ အညံ့အဆိုးကင်းမည်။

Those born on 8th, 17th and 26th of any month

You will make a name for yourself, and others will recognise you as a person of renown. Your expenses will be great but your work efficiency will be excellent. There will be success in every field. You will expend both time and emotion for yourself and others. While life with the outside world will run smoothly due to your efficiency, there will be mishaps at home. Expect the ill health of a parent or elderly family member. In spite of your current successes, you will feel eager to make changes. You will have luck in business matters and this is a good period to expand your work. People whose name begins with the letters a, e, i, o, u, r, l and sh will cause trouble. Expect the occasional loss of personal belongings.

For a remedy, avoid black at all costs.

9

ကိုးဂဏန်းသမားများ

မည်သည့်လတွင်မဆို (၉၊ ၁၈၊ ၂၇) ရက်နေ့မွေးသူများကို (၉)ဂဏန်းသမားများဟု သတ်မှတ်သည်။ ဦးတည်လိုက်တိုင်း နေရာတိုင်း၌ စိတ်အနှောင့်အယှက်များ ရှိမည်။ မိသားစုအတွင်း ယာယီ အညံ့အဆိုးများ ရှိနေသည်။ လုပ်ငန်းအကြံအစည် ရည်ရွယ်ချက်များအား အနှောင့်အယှက် ပြုသူများ၊ အတိုက်အခံပြုသူများ ကြုံမည်။ ရောင်းမှားဝယ်မှား ဖြစ်တတ်သည်။ ယာဉ်ကားမောင်းနှင်မှုတွင် အထူးဂရုစိုက်ပါ။ လမ်းစည်းကမ်း၊ ယာဉ်စည်းကမ်း ဥပဒေနှင့်ပတ်သက်သော ပြဿနာများ ဖြစ်တတ်သည်။ တစ်ပါးသူ ကတိစကားအပေါ် အခြေခံ၍ ဆောင်ရွက်သော ကိစ္စများတွင် စိတ်အနှောင့်အယှက်များ ဖြစ်မည်။ အရေးကြီးသော စာရွက်စာတမ်းကိစ္စ၊ ငွေကြေးကိစ္စများကို သတိနှင့် ကိုင်တွယ်ဆောင်ရွက်ပါ။ လူမျိုးကွဲ၊ လူမျိုးခြားများ နှင့် ပတ်သက်၍ စိတ်အနှောင့်အယှက်များ ဖြစ်တတ်သည်။ ပြဿနာဟောင်းများ အသစ်တစ်ဖန် ပြန်လည်ဖြေရှင်းရမည်။ ယကြာ။ ။ အိမ်ရှိ လိုက်ကာ၊ ခန်းဆီးတို့အား ဖွပ်လျှော်သန့်ရှင်းရေးပြုပါ။

Those born on 9th, 18th and 27th of any month

Emotional disturbances will haunt you from every direction. There will be temporary misfortune in the family. You will be befriended by undesirable people and because of others your plans and actions will go astray. You will make mistakes in both buying and selling and be sure to take care while driving a vehicle. There could be a problem if you neglect road-safety rules. Something done relying on another's promises and advice will not be beneficial. Important matters, particularly related to money, should be handled with care. Races other than your own and foreigners will cause trouble. Old problems will reemerge.

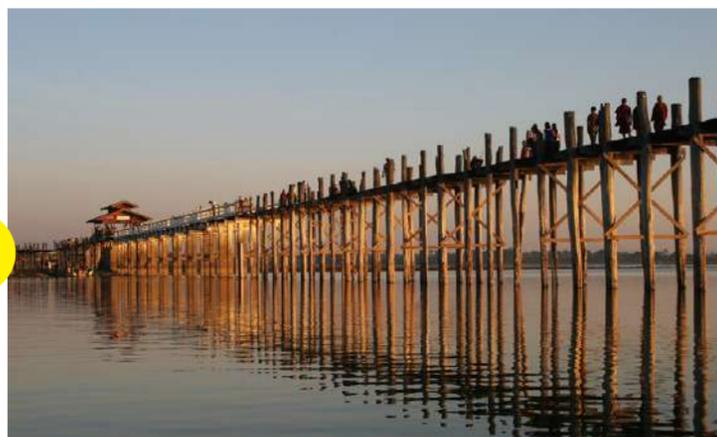
For a remedy, wash and clean the curtains in your home.

โรงพยาบาล ปิยะเวท PIYAVATE HOSPITAL BANGKOK, THAILAND
ပီရောဝေဆေးရုံကြီး (ထိုင်းနိုင်ငံ၊ ဘန်ကောက်မြို့)
“ထိုင်းနိုင်ငံ၊ ဘန်ကောက်မြို့ရှိ ပီရောဝေဆေးရုံကြီး၏ အထူးကုဌာနကြီးများ”
ပြည်စုံသော နှလုံးရောဂါကုသမှု ဗဟိုဆေးသိပ္ပံ
အမျိုးသမီးကျန်းမာရေးစောင့်ရှောက်မှု ဗဟိုဌာန
အရိုးအဆစ်ရောဂါကုသမှု ဗဟိုဆေးသိပ္ပံ
ကင်ဆာရောဂါနှင့်မျိုးရိုးဗီဇပြုပြင်ကုသမှု ဗဟိုဌာန
ဦးနှောက်နှင့်အာရုံကြောရောဂါရှာဖွေကုသမှု ဗဟိုဌာန
မျက်စိရောဂါကုသမှု ဗဟိုဌာန
အစာအိမ်၊ အူလမ်းကြောင်းနှင့် အသည်း အထူးကုဌာန
ဆီးကြိုတ်ကင်ဆာရောဂါကုသမှု ဌာန
နား၊ နှာခေါင်း၊ လည်ချောင်းရောဂါ အထူးကုဌာန
ဝန်ပြန်သန့်သား ဝန်ဆောင်မှုဌာန
E-mail : www.piyavate.cnt@gmail.com
မြန်မာပြည်ကိုယ်စားလှယ်ရုံး
ရန်ကုန် - အမှတ် (၈၁၀)၊ စိမ်းဝေဟာ (၁)၊ ဝိဇ္ဇာလမ်းအောင်ဆန်းလမ်း၊ လမ်းမတော်မြို့နယ်။ ဖုန်း - (၀၁) ၂၂၃ ၅၄၂
မန္တလေး - အမှတ် (၁၁၀)၊ ၇၂ လမ်း၊ ၃၂ လမ်းနှင့် ၃၃ လမ်းကြား၊ ချမ်းအေးသာစံမြို့နယ်။ ဖုန်း - (၀၉) ၉၁၀၀ ၅၇၁၆၊ (၀၂) ၇၄ ၂၀၇
Help Line : 09 73 7777 99



← YANGON

Once a multicultural, cosmopolitan city under British, Yangon slowly decayed during Myanmar's self-imposed long absence from the international sphere. The city's downtown area contains wondrous reminders of the colonial era but is modernising fast. New bars, restaurants and fascinating galleries are thriving in the post-censorship era. What slight charm Yangon has lost in the country's recent and sharp progress is more than made up for in the explosion of places to eat and drink.



MANDALAY →

Often and fairly described as the cultural capital of Myanmar, Mandalay is a vastly different city to either bustling Yangon or the national capital – Nay Pyi Taw. For many tourists Mandalay is the stepping off point for a tour of the country's peak tourist attractions – the stupa-dotted plains of Bagan and the idyllic Inle Lake. But the city offers so many of its own attractions that it's easy enough to spend a couple of days there, although it's best to plan ahead and do sightseeing outside of the hottest hours in the afternoon because the heat can be intense. Mandalay has many fascinating religious sites such as the

Mahamuni Pagoda and Mandalay Hill, but there is also the Royal Palace and cultural attractions such as handweaving of silk and cotton, stone carving, goldworking shops and bronze casting. Further afield are the ancient capitals of Amarapura, Sagaing, Ava, Mingun. Of these Mingun should be viewed as unmissable, with its incredible brick pagoda and giant bronze bell sure to catch the eye of anybody visiting the zone.

NAY PYI TAW

Myanmar's latest capital and sharing similarities with other capitals around the world, such as Canberra in Australia, in that it takes some generations to develop the culture and charm that make big cities fun. Any visitor returning from a first visit to Nay Pyi Taw is sure to remark on the incredible multi-lane roads that connect the ministries, as well as the rarity of cars driving them.



↑ BAGAN (Nyaung U)

Bagan is arguably the country's peak tourist destination, and for good reason – it's one of the richest archeological sites in the region and contains more than 2000 pagodas, temples and religious sites. The zone also has some of the best hotels in Myanmar, while one company offers balloon flights that provide stunning bird's eye views of the plain. Other attractions include a golf course and horse riding tours. One of the best aspects of Bagan is the ease of getting there: visitors can fly into the Nyaung U airport, catch a bus from Mandalay or Yangon, hire a car to drive or hop on one of a number of boats and cruise there from Mandalay.



← INLE LAKE (Heho)

While almost as popular with visitors as Bagan, Inle Lake is a very different kind of attraction – one where tourists are obliged to kick up their heels, relax and enjoy the scenery. The lake, which is nestled into the Shan plateau, is the second largest natural in Myanmar and more than 1300 metres above sea level. Best known for its floating gardens and iconic ethnic Intha boatmen, Inle Lake offers visitors boating tours of the villages out on the water, as well as the silver and goldsmiths, and weavers who live and work there. Visitors can choose to stay in hotels on the water, in the township of Nyaung Shwe or around the edges of the lake.



LASHIO



Another attraction within Shan State, Lashio is the largest town in northern Shan State and a key town on the road that links Myanmar with China. For visitors the town offers motorcycle treks and hiking tours into the nearby mountains.



KYAING TONG (Kengtung)

Kengtung is the heart of the Golden Triangle – a hilly region where Laos, Thailand and Myanmar meet – and previously famous for its production of illegal drugs. Today, the town is a trekking oasis for travellers, both from Myanmar and abroad.

The hard-to-reach hills are home to an extremely diverse mix of ethnic groups including the Akha, Lahu, Eng and Shan. Similarly diverse are the religions practiced by the different groups – it's easy to see small villages of one ethnic group in close proximity but separated by religion, be it Buddhism, Christianity or Animism.

And within the town are the usual religious sites – Buddha images in different positions, churches and pagodas – that you can find in nearly every town in Myanmar. Further afield is the former casino town of Mong-La, which is notable today for its museum dedicated to the government's efforts to halt opium production.



TACHILEIK

A famous border town between Myanmar and Thailand, Tachileik is popular with tourists in Thailand who need to visit another country to get their visas renewed. The town also houses several gambling venues and a small replica of Yangon's Shwedagon Pagoda sits on a small hill overlooking the town. The town's market is a thriving centre where tourists can buy all manner of cheap clothing, fashion accessories, electronics and DVDs.



DAWEI

A formerly sleepy town in southern Tanintharyi Region, Dawei has lately become famous as the hub of a massive special economic zone and deepsea port proposed by Thailand. As well as its delicious fruits – pineapples, mangoes, mangosteens and durian – Dawei is also a major hub for other agricultural produce such as rubber, palm oil and cashew. Iconic Maungmakan Beach, where fishermen fish only metres offshore is also close to the town, while the untouched wonder of the Myeik Archipelago is only a boatride away.



MYEIK

The Tanintharyi Region town of Myeik was a busy seaport during the colonial era and remains an important commerce town today. As well as hosting a large fishing fleet that trawls the Myeik Archipelago, Myeik is famous for the bird's nests harvested from shore-front buildings and the caves on its islands, as well as the pearling industry. However, there is plenty more to like about Myeik, including its incredible collection of colonial-era houses and buildings, many of which remain family homes or businesses today.

KAWTHAUNG



Kawthaung is Myanmar's southernmost main town and sits at the mouth of Kyan River on the Malay Peninsula with the Thai border town of Ranong to its near east. Like Tachileik, Kawthaung is popular with foreigners living in Thailand who need to exit the country to renew their visa. But Kawthaung is so much more than that – it's the most common destination to embark on one of the liveaboard boats that explore the wonders of the Myeik Archipelago, including its nearly untapped diving spots and deserted islands.





THANDWE (Ngapali Beach) →

Ngapali beach, in Rakhine State's Thandwe township, offers white sand beaches, delicious seafood and perfect relaxation. While other beach getaways such as Ngwe Saung are catching up, Ngapali has an ace up its sleeve – it's less than 45 minutes by plane from Yangon, compared with five hours by car to Ngwe Saung. Most of Ngapali's hotels are located inside a wide and protected cove, making for smooth, calm and safe swimming. On the downside, once you're in Ngapali it is difficult to get around. However, small beachfront or roadside restaurants serving the area's fresh seafood and cheap cocktails have sprung up around all of the hotels, so travelling far won't be on the minds of too many visitors.



← SITTWE (Mrauk U)

Sittwe is the capital of Rakhine State, and called Akyab during the British occupation. The town is at the extremely wide mouth of the Kaladan River. As a tourist attraction in its own right, Sittwe does not offer too much for tourists to do. Most tourists do their level best to get off the plane and into a boat for the next destination – the former seat of the Arakan kingdom, Mrauk U. In Sittwe's favour are View Point – a lookout at the far edge of the town that is beautiful at sunset – and its fresh seafood, particularly squid and prawn.



MYITKYINA →

Myitkyina is the capital of northernmost Kachin State, nearly 1500 kilometres from Yangon and even 785 to the north of Mandalay. The city is located in a flat valley that is scorching hot during the summer months and sees intense rains during the monsoon. The city sits at the western bank of the mighty Ayeyarwady River, about 40 kilometres downstream from where the river effectively begins. Myitkyina is the terminus of the railway line and a crucial trading and administrative town within Kachin State. The city is also an important location for other touristic ventures in Kachin State. It can be reached by rail, boat or air but while the railway might sound a romantic idea be warned that a one-way trip from Mandalay is supposed to take at least 24 hours.



Royal Green River Luxury River Cruiser



Contact Information

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Future Regional Destination CHIANG MAI

Chiang Mai is the land of beauty, warm hospitality and good manners; the land of fascinating, mist-shrouded mountains and fertile valleys; the land of religion with over 1,100 Buddhist temples; and the land of Thai arts and handicrafts. More than 700 years old, Chiang Mai has rooted its culture so deeply that it has its own dialect, its own architecture, its own costume, its own dances and its own cuisine. Though modernization has crept into this faraway region for decades, Chiang Mai still retains its natural charm and old culture. If you have a chance to visit this tourist paradise, you will understand why people call it "The Rose of the North".



ဖယားထိုင်း အင်တာနေရှင်နယ်ဆေးရုံကြီး(၁)
ထိုင်းနိုင်ငံ၊ ဘန်ကောက်မြို့



ဖယားထိုင်း အင်တာနေရှင်နယ်ဆေးရုံကြီး(၂)
ထိုင်းနိုင်ငံ၊ ဘန်ကောက်မြို့

5 တိတ်တဆိတ်ဝင်လာသော
အနီးကပ်ရန်သူ ကင်ဆာ(၅)မျိုး

ကင်ဆာရောဂါကို ပယ်ဖျက်ကြပါစို့။



ကင်ဆာရောဂါကို အဘက်ဘက်မှ ပြည့်စုံစွာစုစည်းကုသပေးခြင်း

- ကင်ဆာရောဂါနှင့်သက်ဆိုင်သော ဌာနပေါင်းစုံမှ အထူးကုဆရာဝန်များတိုင်ပင်ကုသပေးခြင်း
ဆေးကုဌာနပေါင်းစုံ စုပေါင်းကုသမှုပေးသောအဖွဲ့အစည်း
- ကင်ဆာဖြစ်နေသောအင်္ဂါအစိတ်အပိုင်းအား အထိရောက်ဆုံးသော ဆေးဝါးဖြင့်ကုသပေးခြင်း
 - အရည်အသွေးကောင်းသော ကုသမှုများအတွက် လူနာများဆုံးဖြတ်နိုင်ရန် အသေးစိတ်ဆွေးနွေးမှုပေးခြင်း
 - ကုသမှုခံယူနေသည့် ကာလတစ်လျှောက်တွင် အနီးကပ်နှင့် အဆက်မပြတ် လူနာရိုအခြေအနေ အမှန်များကို မေးမြန်းနိုင်ခြင်း

- ရင်သားအထူးကုဌာန
- မျက်စိ၊ နား၊ နှာခေါင်း၊ လည်ချောင်း အထူးကုဌာန
- အဆွေထွေ ဆေးကုဌာန
- ကင်ဆာ အထူးကုဌာန
- သားပွားနှင့် ဖိယပ်အထူးကု အမျိုးသမီးစင်တာ

- ကျန်းမာရေးဆေးစစ်ဌာန
- အစာအိမ် အလယ်ကြောင့်နှင့် အသည်းအထူးကုဌာန
- အသေးစားကြောရိုး နှစ်ကြောအထူးကုဌာန
- ကြွက်သားနှင့် အရိုးအဆစ်အမြစ် အထူးကုဌာန
- ဦးနှောက်နှင့် အာရုံကြောအထူးကုဌာန

- သွားနှင့် ခံတွင်းအထူးကုဌာန
- အလှအပစင်တာ
- နှလုံးအထူးကုဌာန
- ကလေးဆီနှင့် ကျောက်ကပ်အထူးကုဌာန



ပိုးဂျာသီအထူးအစီအစဉ်

အတွင်းလူနာအဖြစ် တက်ရောက်ကုသမည့်လူနာအတွက်
VIC 3 Hotel တွင် (၂) ယောက်ခန်း တစ်ခန်း၊ (၃) ညစာ အခမဲ့ပေးမည်ဖြစ်ပြီး၊
Premium/ Executive check up package (သို့) Platinum check up package
စစ်သူများအတွက် (၂) ယောက်ခန်း တစ်ခန်း၊ (၁) ညစာ အခမဲ့ပေးမည်ဖြစ်ပါသည်။
ဤအစီအစဉ်များအားလုံးသည် ၂၀၁၄ ဇွန်လ ၁ ရက်နေ့မှ ၂၀၁၄ ဝက်တင်ဘာလ ၃၀ ရက်နေ့အထိသာ ဖြစ်ပါသည်။



ဖယားထိုင်းဆေးရုံကြီးများ၏ မြန်မာနိုင်ငံဆိုင်ရာတစ်ဦးတည်းကိုယ်စားလှယ်

OFFICE IN YANGON
လိပ်စာ - အမှတ်(၄၅)၊ ဝထထောင်၊ လမ်းထစ်လမ်း၊ လမ်းခေတ်မြို့နယ်၊ ရန်ကင်းမြို့။
Email- sm.phyathai1@gmail.com, sm.phyathai2@gmail.com,
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Fax: (951) 227225

With Buddhist, Hindu, Muslim and Christian communities and dozens of different ethnicities, Myanmar offers travellers a rich tapestry of peoples and cultures to explore. It's possible to plan a one-day itinerary that exposes you to food and traditions with origins in China and India and Rakhine and Shan states. While many local practices feature in other societies elsewhere in South and Southeast Asia, however, there are numerous ways in which daily life here is unique and a few business practices that may surprise even the well-travelled visitor. You'll be in good shape if you plan ahead and respect and embrace Myanmar ways. Here are a few things you should keep in mind:

Always carry cash.

A combination of crisp, new American bills in addition to a good supply of Myanmar notes is a necessity. Shopkeepers will sometimes demand payment in American bills but refuse to accept ones that are dog-eared or torn. The same goes for money changers. If you're travelling outside the major centres, there may be limited or no access to ATM machines.

Try the local transport options.

In Yangon, riding in a trishaw, also known as a side car, might rightly be perceived as a dangerous proposition. But in smaller centres they're often an effective and fun mode of transport. They're also much more comfortable than they first appear. You can also try pony carts in places like Bagan and Pyin Oo Lwin, and boat rides at Inle Lake. In Yangon, consider riding the circle train. A complete three-hour loop for a foreigner costs about US\$1 and gives you a slow, scenic view of various townships.

It's okay to bargain, but don't be a cheapskate.

In informal transactions, such as at a wet market or negotiating a taxi fare, it's acceptable to bargain for a lower price. The best strategy is to be friendly and consider whether the price you expect will cause your driver or shopkeeper to lose money. Keep in mind that guidebooks go out of date quickly, so a price listed in a guide from just two years ago may not represent today's fair prices.

Buses are a great way to travel, but go prepared.

While there are an increasing number of short-haul budget flights available inside Myanmar, some places are still most easily and comfortably accessible by buses. For a few extra dollars, a VIP bus will be equipped with airconditioning and extra-wide seating. The food available on board and at rest stops, however, leaves something to be desired. If you want to avoid oily or overpriced fare, stock up before you go on bottled water and snacks.

Take a taxi.

Standard practice in places like Yangon is to negotiate the fare in advance, since cars are not equipped with meters. If you don't know what the fare to your destination should be, inquire beforehand with a local or staff at your hotel. Short trips may be as little as K1500, while K4000 should cover a significant distance, depending on traffic and time of day. Expect to pay more after 10pm, but it's reasonable to bargain if you suspect the first-named price is too much.

Forage for your breakfast.

Many hotels will provide a complimentary breakfast, which typically consists of small squares of sweetened bread served with margarine, a fried egg and packets of 3-in-1 coffee mix. It might be convenient, but you're missing out. At street stalls, you can find local breakfast specialties such as mohinga, a fish and noodle curry, and an array of fresh fruits and juices. Tea shops, offer strong cups of milky laphet yey (literally, tea water) and various pastries such as samoosas or Chinese steamed pork buns, depending on the ethnicity of the owners.

Be in control of your sugar and monosodium glutamate (MSG) intake.

First-time visitors to Myanmar are sometimes shocked by the amount of sugar that locals consume in the form of beverages like tea with condensed milk and fruit juice. Expect that your fresh banana or watermelon smoothie will have a heaping tablespoon of sweetener in it, unless you request otherwise. The way to ask for less sugar is *tha jar shob htet par*. Similarly, some restaurants add MSG to their food. The way to ask for no MSG is *ar cho mhote rna htet ne*.

Book hotels and guest houses in advance.

This is especially wise if you're travelling in peak season. The number of expected tourists to Myanmar has gone up tremendously in the past couple of years, to 3 million in 2014. Although investors are pouring money into the tourism industry, for the moment the supply of hotel rooms is modest. You might consider booking through a travel agent, of which there are many in Yangon and Mandalay. If you try calling a business on your own, it's likely. A travel agent can help you save time and stress.

Pack a few basic essentials everywhere:

Sunscreen, insect repellent, ear plugs and a headlamp or flashlight. As in other parts of Asia, you can find sunscreen and insect spray in local shops and supermarkets but not many of the brands you would find in Western countries. Bring your own if you want quality assurance. Earplugs are a necessity if you plan to be travelling by bus - most play hours of pop music videos or soap operas, sometimes until wee hours of the morning. A headlamp will save you trouble on days of unexpected power outages, on treks and, in small towns, the hours just before and after dark when electricity may not be available.

Off the beaten path really is remote.

Be aware that some towns and villages may not have any services geared toward tourists, except for a couple small snack shops. If you're going into areas less accustomed to tourists, plan ahead and be prepared to rough it. Hsipaw, Namshan and Pura, for example, are great places to go trekking. But if you're looking for hot showers and a choice of dinner plans, these places may not be for you.

Plan for the season.

For most activities, the best time to visit Myanmar is the cool season between November and February. But if you're visiting during the rainy season, June to September, try Upper Myanmar - the plains region of Bagan and Mandalay - which stays relatively dry. If you are visiting in the cool season, also be aware that Bagan and northern regions like Shan State will be chilly enough that you'll want to pack pants, layers and a heavy jacket.

How you dress is how you will be judged.

Dress across Myanmar tends to the conservative side. You won't see local ladies wearing sleeveless tops, even at the beach, and only in big cities will some girls sport mini skirts or leggings. Expect some extra attention, or reluctant service in small shops, if you do. When visiting a temple or monastery, opt for pants or the traditional longyi, covered shoulders and no cleavage. Otherwise you may be denied entry or, if you're lucky, loaned a longyi in colours and patterns not of your choosing.

A kissing sound will get a waiter's attention.

It might seem like a rude thing to do, but whether you're at a tea shop or a beer station, you'll hear locals pucker their lips and make a sound like a cat-call to order a beverage or get the bill. It's perfectly acceptable and much more effective than waving your arms.

Mann Yadanarpon Airlines Flight Schedule



From 1st October 2014 to 30th April 2015

From Yangon

Flight No.	Dep	Arr	Days	Remark
To Nyaung-U (NYU)				
7Y-111	0550	0710	Daily	
7Y-133	0600	0720	Daily	
7Y-241	0830	0950	Mon,Tue,Wed,Fri,Sat,Sun	
7Y-135	0830	0950	Thu	

To Mandalay (MDL)

7Y-111	0550	0755	Daily	Via NYU
7Y-133	0600	0805	Daily	Via NYU
7Y-815	1045	1240	Mon,Wed,Fri	Via HEH
7Y-813	1245	1440	Tue,Sat	Via HEH
7Y-813	1030	1155	Thu	
7Y-701	1330	1525	Mon,Wed,Fri,Sun	Via HEH
7Y-777	1330	1610	Tue	Via LIW,HEH
7Y-711	1305	1500	Thu	Via HEH
7Y-777	1330	1525	Sat	Via HEH
7Y-807	1030	1315	Sun	Via LSH

To Heho (HEH)

7Y-111	0550	0840	Daily	Via NYU,MDL
7Y-133	0600	0850	Daily	Via NYU,MDL
7Y-815	1045	1155	Mon,Wed,Fri	
7Y-241	0830	1045	Mon,Tue,Wed,Fri,Sat,Sun	Via NYU
7Y-701	1330	1440	Mon,Wed,Fri,Sun	
7Y-813	1245	1355	Tue,Sat	
7Y-777	1330	1525	Tue	Via LIW
7Y-135	0830	1045	Thu	Via NYU
7Y-711	1305	1415	Thu	
7Y-777	1330	1440	Sat	

To Dawei (TVY)

7Y-511	1115	1225	Tue	
7Y-511	1045	1155	Thu,Sat,Sun	

To Myeik (MGZ)

7Y-511	1115	1325	Tue	Via TVY
7Y-511	1045	1255	Thu,Sat,Sun	Via TVY

To Kawthaung (KAW)

7Y-511	1115	1430	Tue	Via TVY,MGZ
7Y-511	1045	1400	Thu,Sat,Sun	Via TVY,MGZ

To Tachileik (THL)

7Y-815	1045	1405	Mon,Wed,Fri	Via HEH,MDL
7Y-813	1245	1605	Tue,Sat	Via HEH,MDL
7Y-707	1415	1715	Wed	Via LSH
7Y-813	1030	1610	Thu	Via MDL,MYT
7Y-807	1030	1440	Sun	Via LSH,MDL

To Kyaing Tong (KET)

7Y-815	1045	1445	Mon,Wed,Fri	Via HEH,MDL,THL
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To Myitkyina (MYT)

7Y-701	1330	1650	Mon,Wed,Fri,Sun	Via HEH,MDL
7Y-813	1030	1320	Thu	Via MDL

To Thandwe (SNW)

7Y-411	1030	1120	Mon,Tue,Fri,Sat	
7Y-241	0830	1200	Mon,Tue,Wed,Fri,Sat,Sun	Via NYU,HEH
7Y-445	1030	1120	Wed	

To Sittway (AKY)

7Y-405	1245	1405	Mon,Fri	
7Y-445	1030	1220	Wed	Via SNW

To Chiang Mai (CNX)

7Y-305	1600	1750	Mon,Fri	
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To Loikaw (LIW)

7Y-777	1330	1440	Tue	
7Y-135	0830	1130	Thu	Via NYU,HEH

To Lashio (LSH)

7Y-707	1415	1600	Wed	
7Y-807	1030	1230	Sun	

To Kalay (KMW)

7Y-777	1330	1715	Tue	Via LIW,HEH,MDL
7Y-807	1330	1630	Sat	Via HEH,MDL

To Homalin (HOX)

7Y-711	1305	1655	Thu	Via HEH,MDL,NYW
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To Monywa (NYW)

7Y-711	1305	1545	Thu	Via HEH,MDL
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From Mandalay (MDL)

Flight No.	Dep	Arr	Days	Remark
To Nyaung-U (NYU)				
7Y-205	0600	0630	Daily	
7Y-816	1655	1725	Mon,Wed,Fri	
7Y-814	1745	1815	Tue,Sat	
7Y-814	1750	1820	Thu	
7Y-808	1655	1725	Sun	

To Heho (HEH)

7Y-112	0810	0840	Daily	
7Y-134	0820	0850	Daily	
7Y-815	1255	1555	Mon,Wed,Fri	Via THL,KET
7Y-807	1330	1555	Sun	Via THL

To Yangon (RGN)

7Y-112	0810	1005	Daily	Via HEH
7Y-134	0820	1015	Mon,Wed,Thu,Fri,Sat,Sun	Via HEH
7Y-816	1655	1900	Mon,Wed,Fri	Via NYU
7Y-205	0600	0805	Daily	Via NYU
7Y-814	1745	1950	Tue,Sat	Via NYU
7Y-814	1750	1955	Thu	Via NYU
7Y-808	1655	1900	Sun	Via NYU
7Y-134	0820	1050	Tue	Via HEH,LIW

To Tachileik (THL)

7Y-815	1255	1405	Mon,Wed,Fri	
7Y-813	1455	1605	Tue,Sat	
7Y-813	1500	1610	Thu	
7Y-807	1330	1440	Sun	

To Kyaing Tong (KET)

7Y-815	1255	1445	Mon,Wed,Fri	Via THL
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To Myitkyina (MYT)

7Y-702	1540	1650	Mon,Wed,Fri,Sun	
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To Loikaw (LIW)

7Y-134	0820	0935	Tue	Via HEH
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To Monywa (NYW)

7Y-712	1515	1545	Thu	
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To Homalin (HOX)

7Y-712	1515	1655	Thu	Via NYW
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To Kalay (KMW)

7Y-778	1625	1715	Tue	
7Y-778	1540	1630	Sat	

From Monywa (NYW)

Flight No.	Dep	Arr	Days	Remark
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To Homalin (HOX)

7Y-712	1600	1655	Thu	
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To Mandalay (MDL)

7Y-712	1600	1820	Thu	Via HOX
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From Homalin (HOX)

Flight No.	Dep	Arr	Days	Remark
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To Mandalay (MDL)

7Y-712	1710	1820	Thu	
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From Lashio (LSH)

Flight No.	Dep	Arr	Days	Remark
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To Tachileik (THL)

7Y-807	1230	1440	Sun	Via MDL
7Y-707	1615	1715	Wed	

To Yangon (RGN)

7Y-707	1615	1905	Wed	Via THL
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To Mandalay (MDL)

7Y-807	1230	1315	Sun	
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To Heho (HEH)

7Y-807	1230	1555	Sun	Via MDL,THL
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From Thandwe (SNW)

Flight No.	Dep	Arr	Days	Remark
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To Yangon (RGN)

7Y-412	1135	1225	Mon,Tue,Fri,Sat	
7Y-242	1215	1305	Mon,Tue,Wed,Fri,Sat,Sun	

To Sittwe (AKY)

7Y-445	1135	1220	Wed	
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From Sittwe (AKY)

Flight No.	Dep	Arr	Days	Remark
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To Yangon (RGN)

7Y-406	1420	1540	Mon,Fri	
7Y-446	1235	1355	Wed	

From Chiang Mai (CNX)

Flight No.	Dep	Arr	Days	Remark
To Yangon (RGN)				
7Y-306	1845	1935	Mon,Fri	

From Myitkyina (MYT)

Flight No.	Dep	Arr	Days	Remark
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To Mandalay (MDL)

7Y-702	1705	1815	Mon,Wed,Fri,Sun	
7Y-813	1335	1445	Thu	

To Tachileik (THL)

7Y-813	1335	1610	Thu	
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From Kalay (KMW)

Flight No.	Dep	Arr	Days	Remark
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To Mandalay (MDL)

7Y-778	1730	1820	Tue	
7Y-778	1645	1735	Sat	

From Kyaing Tong (KET)

Flight No.	Dep	Arr	Days	Remark
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To Heho (HEH)

7Y-816	1500	1555	Mon,Wed,Fri	
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To Mandalay (MDL)

7Y-816	1500	1640	Mon,Wed,Fri	Via HEH
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To Yangon (RGN)

7Y-816	1500	1900	Mon,Wed,Fri	Via HEH,MDL,NYU
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From Loikaw (LIW)

Flight No.	Dep	Arr	Days	Remark
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To Heho (HEH)

7Y-777	1455	1525	Tue	
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To Mandalay (MDL)

7Y-777	1455	1610	Tue	Via HEH
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To Yangon (RGN)

7Y-134	0950	1050	Tue	
7Y-136	1145	1245	Thu	

From Heho (HEH)

Flight No.	Dep	Arr	Days	Remark
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To Yangon (RGN)

7Y-112	0855	1005	Daily	
7Y-134	0905	1015	Mon,Wed,Thu,Fri,Sat,Sun	
7Y-134	0905	1050	Tue	Via LIW
7Y-816	1610</			

Mann Yadanarpon Airlines Flight Schedule

From 1st October 2014 to 30th April 2015



From Heho (HEH)

Flight No.	Dep	Arr	Days	Remark
To Mandalay (MDL)				
7Y-815	1210	1240	Mon,Wed,Fri	
7Y-816	1610	1640	Mon,Wed,Fri	
7Y-777	1540	1610	Tue	
7Y-701	1455	1525	Mon,Wed,Fri,Sun	
7Y-711	1430	1500	Thu	
7Y-777	1455	1525	Sat	

To Tachileik (THL)

7Y-815	1210	1405	Mon,Wed,Fri	Via MDL
7Y-813	1410	1605	Tue,Sat	Via MDL

To Nyaung-U (NYU)

7Y-816	1610	1725	Mon,Wed,Fri	Via MDL
7Y-808	1610	1725	Sun	Via MDL

To Thandwe (SNW)

7Y-242	1100	1200	Mon,Tue,Wed,Fri,Sat,Sun	
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To Loikaw (LIW)

7Y-136	1100	1130	Thu	
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To Monywa (NYW)

7Y-711	1430	1545	Thu	Via MDL
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From Tachileik (THL)

Flight No.	Dep	Arr	Days	Remark
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To Kyaing Tong (KET)

7Y-816	1420	1455	Mon,Wed,Fri	
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To Heho (HEH)

7Y-816	1420	1555	Mon,Wed,Fri	Via KET
7Y-808	1455	1555	Sun	

To Mandalay (MDL)

7Y-816	1420	1640	Mon,Wed,Fri	Via KET,HEH
7Y-814	1620	1730	Tue,Sat	
7Y-814	1625	1735	Thu	
7Y-808	1455	1640	Sun	Via HEH

To Nyaung-U (NYU)

7Y-816	1420	1725	Mon,Wed,Fri	Via KET,HEH,MDL
7Y-814	1620	1815	Tue,Sat	Via MDL
7Y-814	1625	1820	Thu	Via MDL
7Y-808	1455	1725	Sun	Via HEH,MDL

To Yangon (RGN)

7Y-816	1420	1900	Mon,Wed,Fri	Via KET,HEH,MDL,NYU
7Y-814	1620	1950	Tue,Sat	Via MDL,NYU
7Y-814	1625	1955	Thu	Via MDL,NYU
7Y-708	1730	1905	Wed	
7Y-808	1455	1900	Sun	Via HEH,MDL,NYU

From Nyaung-U (NYU)

Flight No.	Dep	Arr	Days	Remark
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To Mandalay (MDL)

7Y-111	0725	0755	Daily	
7Y-133	0735	0805	Daily	

To Heho (HEH)

7Y-111	0725	0840	Daily	Via MDL
7Y-133	0735	0850	Daily	Via MDL
7Y-241	1005	1045	Mon,Tue,Wed,Fri,Sat,Sun	
7Y-135	1005	1045	Thu	

To Yangon (RGN)

7Y-111	0725	1005	Daily	Via MDL,HEH
7Y-133	0735	1015	Mon,Wed,Thu,Fri,Sat,Sun	Via MDL,HEH
7Y-816	1740	1900	Mon,Wed,Fri	
7Y-206	0645	0805	Daily	
7Y-241	1005	1305	Mon,Tue,Wed,Fri,Sat,Sun	Via HEH,SNW
7Y-814	1830	1950	Tue,Sat	
7Y-133	0735	1050	Tue	Via MDL,HEH,LIW
7Y-814	1835	1955	Thu	
7Y-135	1005	1245	Thu	Via HEH,LIW
7Y-808	1740	1900	Sun	

To Thandwe (SNW)

7Y-241	1005	1200	Mon,Tue,Wed,Fri,Sat,Sun	Via HEH
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To Loikaw (LIW)

7Y-133	0735	0935	Tue	Via MDL,HEH
7Y-135	1005	1130	Thu	Via HEH

From Dawei (TVY)

Flight No.	Dep	Arr	Days	Remark
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To Myeik (MGZ)

7Y-511	1240	1325	Tue	
7Y-511	1210	1255	Thu,Sat,Sun	

To Kawthaung (KAW)

7Y-511	1240	1430	Tue	Via MGZ
7Y-511	1210	1400	Thu,Sat,Sun	Via MGZ

To Yangon (RGN)

7Y-512	1650	1800	Tue	
7Y-512	1620	1730	Thu,Sat,Sun	

From Myeik (MGZ)

Flight No.	Dep	Arr	Days	Remark
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To Dawei (TVY)

7Y-512	1550	1635	Tue	
7Y-512	1520	1605	Thu,Sat,Sun	

To Kawthaung (KAW)

7Y-511	1340	1430	Tue	
7Y-511	1310	1400	Thu,Sat,Sun	

To Yangon (RGN)

7Y-512	1550	1800	Tue	Via TVY
7Y-512	1520	1730	Thu,Sat,Sun	Via TVY

From Kawthaung (KAW)

Flight No.	Dep	Arr	Days	Remark
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To Dawei (TVY)

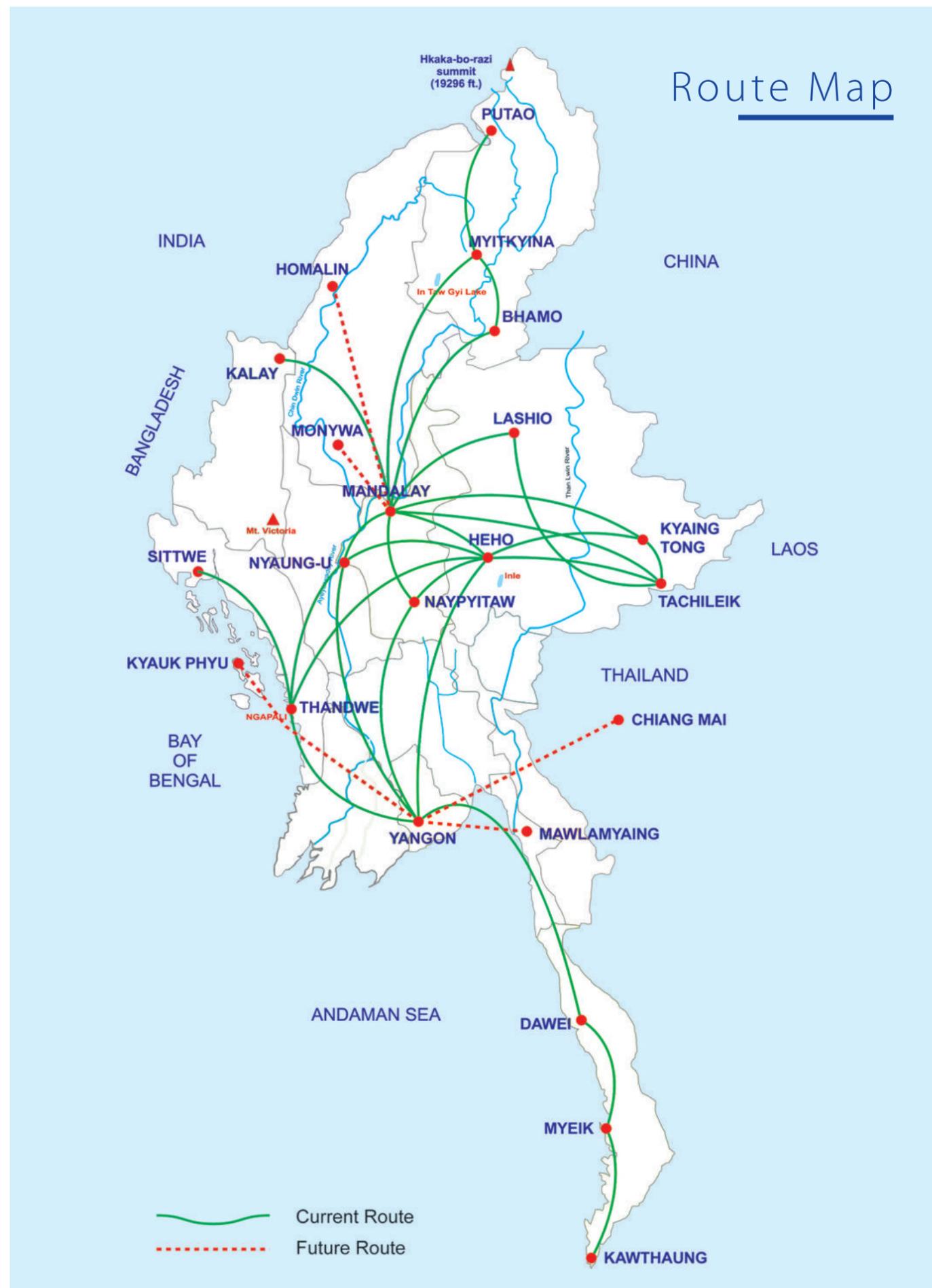
7Y-512	1445	1635	Tue	Via MGZ
7Y-512	1415	1605	Thu,Sat,Sun	Via MGZ

To Myeik (MGZ)

7Y-512	1445	1535	Tue	
7Y-512	1415	1505	Thu,Sat,Sun	

To Yangon (RGN)

7Y-512	1445	1800	Tue	Via MGZ,TVY
7Y-512	1415	1730	Thu,Sat,Sun	Via MGZ,TVY



Mann Yadanarpon Airlines Passenger Sales Agents



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Fax : 01-200086 Ext:2012
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Authentic Myanmar

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Fax : 01-203573
R-3A, Yegyaw Road, Pazundaung Township,
11171- Yangon

Auto Net

Tel : 01-245396
No.295(A), 1st Floor, 40th Street
Between Anawrahtar & Bogyoke Aung San
Road, Kyauktada Township, Yangon

Columbus

Tel : 01-378535, 378549
Fax : 01-378576
No. 586, Strand Road, Corner of 7th Street,
Lanmadaw Township, Yangon

Diethelm

Tel : 01-203751~ 01-8610456
No.412, Merchant Street, (Corner of 45th
Street), Botahtaung Township, Yangon

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Tel : 01-295923, 01-296058
No. (140), 46th St (Ground Floor)
Botahtaung Township, Yangon

EPG

Tel : 01-378714~19
No.5, Nawaday Street, #601
Grand Nawaday Condominium
Dagon Township, Yangon

Exotissimo

Tel : 01-8604933~40, 8603271, 558215
Fax : 01-8604932
No. 147, Shwegondaing Street, West Shwe-
gondaing Ward, Bahan Township, Yangon

Exotic Myanmar

Tel : 01-386539, 392886, 381945
#225, Room No.1502, 15th Floor
Olympic Tower, Bo AungKyaw Street, Kyauk-
tada Township, Yangon

Easia

Tel : 01-8619261
No.16, 5th Floor, U Aung Myat Street
ThaPyay Gone Quarter, MingalarTaung
Nyunt Township, Yangon

Elegant Lotus

Tel : 09-5134910, 09-421013025
Fax : 01-2305503
No.14 A/14, Ma Gyigy Street
Sanchaung Township, Yangon

Fly Mya Tech

Tel : 01-530977
Building-E, Room-3, First Floor
Shwe Yin Mar Street, Shwe Padauk Housing,
Kamayut Township, Yangon

Fly To World

Tel : 09-448019830, 09-33389877,
09-33389733
29nd (2ndFloor), 3A MaPo Street
Myaynigone, Sanchaung T/S, Yangon

Fully Light

Tel : 01-503815, 01-516932, 01-516964,
01-516985
B 801, Dagon Centet(1), Bargaya Road
Myaynigone, Sanchaung Township
Yangon

Grand Lotus

Tel : 01-507006, 01-2305003~6
No.87, Level 6, U Kun Zaw Yeik Mon
U Kun Zaw Avenue, Hlaing Township
Yangon

Gold Yadanar Hotel

Tel : 02-71048, 02-71204, 02-61742
Fax : 02-61742
No.111, 34th Street, Between 77th and
78th Street, Chan Aye Tharsan Township
Mandalay

GTS

Tel : 01-243123, 01-392537, 706363
#206, 207 2F, Olympic Tower, Corner of
Mahabandola Rd., & Bo AungKyaw St.,
Kyauktada Tsp., Yangon

Golden Bell Family

Tel : 09-421135455
Fax : 01-202293
No. 136/138, Anawrahta Road
Between 48th Street & Bo MyatTun Road,
Botahtaung Township, Yangon

Golden Clover

Tel : 01-8603244~45
Fax : 01-552654
No.48, Room (E-3), 2nd Floor, Gyar Taw Ya
Oat Road, Shwe Nanthar Quarter
Bahan Township, Yangon

Green & Green

Tel : 02-66856, 02-66498
No. 456, 81st Street, Between 32nd and
33rd Street, Chan Aye TharZan Township,
Mandalay

Great Thitagu

Tel : 01656929
No. D1021, Taw Win Thiri Condo
9 Miles, Mayangone Township, Yangon

Ha Ha T&T

Room.604, Bayinnaung Tower No.2, Bayin-
naung Street, Kamaryout Township, Yangon

Happy Holidays

No.251, Ground Floor, 37th Street, Kyauk-
tada Township, Yangon

Interconnection

Tel : 01-371691, 371692, 376109
No.24-26, 37th st, Ground Floor
Kyauktada Township, Yangon

Kant Kaw Nadi

Tel : 01-221650
Fax : 01-221650
No. 51/A, Ground Floor, Kaing Dan Street,
Lanmataw Township, Quarter (2), Yangon

Myanmar Toe Nayar

Tel : 01-663915, 01-6656692,
09-49036302, 010-4985222
Building 4, Room 10, Pyay Road
8th Mile, Mayangon Township, Yangon

Mother Ayeyawaddy

Tel : 09-4927432
No. 927/A, Innwa (7) Street, 6-Ward
South Okkalapa Township, Yangon

May Flower

Tel : 01-377495~99, 09-73087999,
0973097888
Fax : 01-250117
No.240, Upper PansodanRoad
Kyauktada Township, Yangon

Mya Mandalay

Tel : 01-523575, 518290
No.10, Ground Floor, Corner of
Chanthar Street & Shwe La Win Street
Sanchaung Township, Yangon

Myanmar H Travel

Tel : 01-296602
No. 56, Ground Floor, 44th Street
Botahtaung Township, Yangon

Multi Colour

Tel : 01-211519, 225370
Fax : 01-221519
No. 528, 3rd Floor, Lower Kyeemyintdaing
Road, Kyeemyintdaing Township, Yangon

Mergui Sakura

Tel : 059-22444, 22219, 09-5122897, 09-
8740963
No. 9, Kanphyar Road, Kanphyar
Quarter, Myeik, Tanintharyi Region

MTS

Tel : 01-552762, 552642, 09-73216010
Fax : 01-552642
No.190(D), Ground Floor, 50th Street
Pazundaung Township, Yangon

Mya Thitagu

Tel : 02-30878, 02-67088
Fax : 02-67332
No. 298, 81 Street, Between 24 & 25 Street,
AungMyayThar San Township Mandalay

New Seven Star

Tel : 01-246059, 01-246057, 01-706623,
01-380688
No. 269, 82 Street, 27x28 Street
Mandalay

Nice Fare

Tel : 01-255699, 255897, 255898
Fax : 01-393048
No.5, Aung San Stadium, Joephyu Road
MingalarTaungNyunt Township, Yangon

Nature Link

Tel : 01-243130~35, 01-374277
Fax : 01-3-376977
Olympic Hotel- Ground Floor
National Swimming Pool compound
U Wizara Road, Dagon Township, Yangon

Oway Company Limited

Tel : 01-2304201~2
Fax : 01-505977
Building 6, 2nd Floor, Junction Square Com-
pound, Pyay Road, Kamayut, Yangon

Odyssey

Tel : 01-373199, 246334, 246339, 240545,
09-73187799, 73197799
No.221/223, Ground Floor, Bo Aung Kyaw
Rd, Kyauktada Township, Yangon

Pictureque Myanmar

Tel : 01-397230, 610247, 3001231
No.7, WutKyaung Street
Pazundaung Township, Yangon

Sun Far

Tel : 01-243993, 01-380888
Fax : 01-246318, 01-254599
No. 25, 27, 19, 31, Ground Floor, 38th Street,
Kyauktada Township, Yangon

Shan Pyi Thar

Tel : 01-385125, 255851, 255852, 255891
No.278/300, 6-B, Zezawar Condo
Mahabandoola Garden Road, Kyauktada
Township, Yangon

Shan Yoma

Tel : 01-295510, 299389, 204152, 9010378, 90
10379, 9010380~2
No.124/126, 50th Street, Pazundaung Town-
ship, Yangon

Star Zone

Tel : 01-2301511, 2301522, 226073
Fax : 01-226703
No.39/A, Ground Floor, 2nd Street
Lanmadaw Township, Yangon

Sai Travel Service

Tel : 01-255400
Fax : 01-255675
No.339, Room No.1007, 10th Floor
Sakura Tower, BogyokeAung San Road
Kyauktada Township, Yangon

Silver Phoneix

Tel : 01-535906, 01-292873
No.(C-008), Nanattaw Street, Hnin Si Lane,
Kamayut Township, (Yuzana Highway
Complex), Yangon

Swan Saung Yee

Tel : 01-562917
Fax : 01-562640
Building(D/B), Rom(002), Thitsar Residence,
South Okkalapa Township Yangon

Star Of Bagan

Tel : 01-2305531
No.15-b, 5th Floor, Mar Lar Street
Near the HledanSein Gay Har Shopping
Mall, Kamaryut Township, Yangon

Sliver Sky

Tel : 074-29289
No.358, Yan Gyi Aung Ward, Myitkyina

Seven Diamond

Tel : 01-392974~75, 09-73048890, 09-
73048891
No.99, 99 Condo, Corner of U Wizaya Road
& Damazedi Road
Kamayut Township, Yangon

Trade Win

Tel : 01-572375, 01-564882, 01-564992
Fax : 01-561440
No7, Laydaungkan Road
Thingungyun Township, Yangon

Thint Made Swe

Tel : 09-5240751, 09-5241871
No.42, Nga Pyaw Taw Street
Sanchaung Township, Yangon

Teak

Tel : 01-2304713~14, 01-523384
No.77 E, Shinsawpu Road, Sanchaung
Township, Yangon

Than Than

Tel : 01-255034, 01-255035, 01-704190, 09-
4412810, 09-4412811
Fax : 01-255035
No.339, Unit 1407, 14th Floor
Sakura Tower, BogyokeAung San Road
Kyauktada Township, Yangon

Trade Wind

Tel : 01-572375, 01-564882, 01-564992
Building-E, Room-3, First Floor, Shwe Yin Mar
Street, Shwe Padauk Housing, Kamaryut
Township, Yangon

Twilight

Tel : 02-34665, 02-73965, 02-22169
No. (A.3-G), 77th Street
Bet 31st& 32nd Streets, Mandalay

Unique Asia

Tel : 01-398400, 01-398433, 01-398455,
398477, 01-398499
No.152, Sule Pagoda Rd.
Kyauktada Tsp., Yangon

UKT Ticketing

Mingalar Ward, PyiHtaung Su Main Road,
Aung Pan

Unileisure

Tel : 01-561892~9 Ext: 212
(S-4), Waizayanda Road, Shwelngyin Hous-
ing, ThingangyunTsp, Yangon

Uniteam

Tel : 01-534728, 574471,
Fax : 01-539348
No.85, Pan Hlaing Street, Sanchaung Town-
ship, Yangon

WW Net

Tel : 02-60239 Ext: 8031
77 Mobile & IT Mall, 77 Street, between 27 &
28 Street, Mandalay

Win

Tel : 081-209920
Room No1, Yoneygi Road, Kanthar Qtr,
Nyaung Shwe (Inle Lake)

Win Star

Tel : 01-242226, 01-376748, 09-43157142
Fax : 01-242226
No.51, Ground Floor, 38th Street, Lower
Block, Kyauktada Township, Yangon

Winner Hotel

Pyi Taung Su Road, Kalaw, Southern Shan
State

White Falcon

Tel : 01-382256, 387482, 09-73131845
Fax : 01-387482
No.197 (A-1), 33rd Street, Kyauktada Town-
ship, Yangon

Yang Sister

Tel : 09-425327767~8, 01-215906
Fax : 01-215906
No.31, Ground Floor, Lower Block
13th Street, Lanmadaw Tsp., Yangon

Zone Express

Tel : 02-74651~2
No.1, 68th Street, Between 26th& 27th
Street, Chan Aye Tharzan Township, Man-
dalay

OBJECTS MUST NOT BE CARRIED IN AS CHECKED OR CABIN BAGGAGE

လေယာဉ်ပြိုင် သယ်ယူပို့ဆောင်ခွင့်မရှိသော ပစ္စည်းများ

<p>Corrosives တိုက်ခတ်ယှဉ်ပျက်စီးစေသော အရာ</p>	<p>Explosives ပေါက်ကွဲစေတတ်သော လက်နက်၊ မိနစ်၊ စီးပွားကုန်ပစ္စည်းများ</p>	<p>Compress gases ဖိအားဖြင့် ပြည့်ထားသော ဓာတ်ပွင့်များ</p>	<p>NO Dangerous Goods on aircraft</p>
<p>Flammable liquids ဖိလောင်လွယ်သော အရည်များ</p>	<p>Flammable solids ဖိလောင်လွယ်သော အစိုင်အခဲများ</p>	<p>Radioactive materials ရေဒီယို ဓာတ်ဖြူ ကုန်ပစ္စည်းများ</p>	
<p>Toxic substances အဆိပ်ပါသော ကုန်ပစ္စည်းများ</p>	<p>Infectious substances ကူးစက်ရောဂါ ဖြန့်ချိမှုများပါသော ကုန်ပစ္စည်းများ</p>	<p>Magnetised materials သံလိုက်ဓာတ်ပါသော ကုန်ပစ္စည်းများ</p>	

Miscellaneous including asbestos, dry ice, engines
လေယာဉ်နှင့် မီးသည့်တိုက်အား အာရုံစိုက်စေနိုင်သော အခြား ပစ္စည်းများ

- ❶ လေယာဉ်ကိုယ်ထည်အား ထိခိုက်ပျက်စီးစေနိုင်သော သံ သတ္တုပစ္စည်းများ
- ❷ ဆားငံရည်များပါဝင်သော ပစ္စည်းများ နှင့်
- ❸ အနံ့အသက်ဆိုးသော ပစ္စည်းများအား သယ်ယူပို့ဆောင်ခွင့်မပြုပါ။

Sedona Hotel Ad

YOUR ATTENTION

သတိပြုရန်

မိမိနှင့်အတူ လက်ဆွဲယူဆောင်ခွင့်မရှိသော ပစ္စည်းများ

PLEASE DO NOT PUT THIS ITEMS IN YOUR CABBIN BAGGAGE.





Yangon Office

No. (3), Thalarwaddy St., 7th mile, Mayangone Tsp., Yangon
 T: (+95-9) 250343869, 254260073, 254260074, (+95-1) 656969 F: (+95-1) 656998,
 email : info@airmyp.com



Mandalay Office

No. (9), 78th St., Between 33rd & 34th St, Chan Aye Thar Ian Tsp., Mandalay
 T: (+95-9) 250343862, 250343863, 250343863, (+95-2) 67035-38 F: (+95-2) 67035-38
 email: info@airmyp.com



Domestic Branches

Kalay

No. (8/ 23), Thazin Quarter,
 Bogyoke Street, Kalay
 T: (+95-73)22176

Nyaung-U

No. (4), Tite Koug Quarter, Nyaung-U
 T: (+95-6 1) 61063
 T: (+95-9) 250343861

Taunggyi

No. (118), Thirim ingalar Housing,
 Room No. 114, Bogyoke Aung San St,
 Myo Ma Quarter, Taung Gyi.
 T: (+95-81) 212271 1
 T: (+95-81)2123511
 T: (+95-9) 428321793

Heho

No. (176), Nan Koug Kwet Thit
 Quarter, Pyi Htaung Su Main St., Heho.
 T: (+95-81) 63095 (Office)
 T: (+95-81) 63350 (Airport)
 T: (+95-9) 250343860

Dawei

No. (298), Padauk Shwe Wah St.,
 layit Quarter, Dawei
 T: (+95-59) 23948

Thandwe

Ngapali Junction, Mintae St.,
 Thandwe.
 T: (+95-9) 49267222
 T: (+95-9) 254260071

Myitkyina

No. B(9), Myothit/ Aya Quarter,
 Construction Building, Myitkyina.
 T: (+95-74) 22298

Tachileik

No. 1 / 155 (I M), Sansai (B)
 Quarter, Bogyoke Aung San St,
 Aung Chan Thar Building, Tachileik.
 T: (+95-9) 250343870

No. (18), Depar Kyaw lay Building,
 Wan Kaung Quarter, Awinepat St.,
 Tachileik.

No. (18/ 1), Depar Kyaw lay Building,
 Wan Kaung Quarter, Awinepat St.,
 Tachileik.

Kyaing Tong

No. (33), Taryaw Quarter, IwaemwaySt.,
 Ward (3), Kyaing Tong .
 T: (+95-84) 24045
 T: (+95-9)41007 131
 T: (+95-9) 254200071

Prohibition on use of portable electronic devices in aircraft

Almost all portable electronic devices used by aircraft crew and passengers have not been designed to the stringent standards normally applied to aircraft equipment.

By using portable electronic devices in aircraft both in flight and on the ground, the radio signals transmitted from these devices can interfere with the navigational and communication equipment that may jeopardize aircraft safety.

Therefore being Myanmar as the member of ICAO contracting states, Department of Civil Aviation has decided to follow the international convention and prohibit the use of portable electronic devices in public transport aircraft during the entire flight.

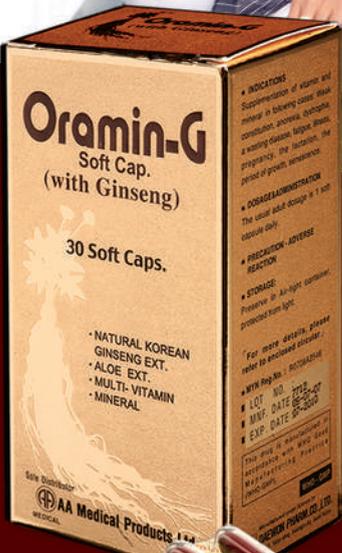
Portable electronic devices include, but only not limited to the following equipment.

1. Mobile telephone
2. Cellular telephone
3. Portable video equipment
4. Laptop or portable PC without printer
5. Electronic games, electronic calculators and electronic shavers
6. Cassette/CD/DVD/minidisk players (used electronic headphones only), MP3 players (used electronic headphones only).



သဘာဝရဲ့ အရသာစစ်စစ်...





Oramin-G

ခန္ဓာသန်စွမ်းစိတ်ရွှင်လန်းစို့
 'အော်ဂျမင်-ဂျီ' ကို
 သောက်ကြပါစို့...

အော်ဂျမင်-ဂျီ

အဆင့်မြင့်ဂျင်ဆင်းအားစေး



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