World Heritage listing adds to Bagan’s Glory
Air Ballooning
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MAI COMPANY PROFILE

Vision
To be a reputable International Airline.

Mission Statement
We will strive to be excellent in every aspect of the aviation business, from traditional hospitality to modern technology.

About Us
Myanmar Airways International (MAI) was founded in 1993. However, the airline operations changed radically in 2010 when the KBZ Group became the significant shareholder of the airline with 80% share and this fueled MAI into an era of extensive growth, with expansion in routes and fleet. After a successful period, KBZ Group took full-control of the airline in 2014. And with 100% ownership, KBZ Group invested in the future of the airline by investing its resources on highly trained and competent cockpit crew, engineers and flight attendants, adhering to the Myanmar Civil Aviation Requirements & International Civil Aviation Organization (ICAO) operating standards.

MAI currently flies to between Yangon and Bangkok (BKK), Singapore (SIN), Guangzhou (CAN), Kolkata (CCU) and Seoul (ICN). Besides scheduled services, MAI also serves Gaya (GAY) on a seasonal basis to cater to the yearly pilgrimage movement. As part of its expansion plans, MAI start serving more destinations in China as charters: Hefei (HFE), Nanchang (KHN), Hangzhou (HGH), Yantai (YNT), Linyi (LYI), Jinjiang (JJN), Nanjing (NKG), Jinan (TNA), Qingdao (TAO), Shijiazhuang (SJW), Tianjin (TSN), Taiyuan (TYN) and Ningbo (NGB). Besides that, MAI also start serving domestic routes again by flying between Yangon (RGN) and Mandalay (MDL).

MAI is a member of the IATA Clearing House (ICH) and a partner of the IATA and MITA system. MAI is the only recipient in Myanmar of the IATA Operational Safety Audit Program (IOSA) Operator.

MAI has won numerous awards, including the 2014 ASEAN Business Award as the National Winner (Myanmar) for Most Admired ASEAN Enterprise, ASEAN Centricity by ASEAN Business Advisory Council (ASEAN-BAC) and more recently, was conferred the 7-Star Safety Rating from world’s only safety and product rating agency AirlineRatings.com.

Our Logo
Pyinsa Rupa, which comprises the Pali words pyinsa, meaning “five”, and rupa, meaning “physical beauty”, is a mythical animal that Myanmar artists and artisans have used over the centuries as a decorative motif in their works. Pyinsa Rupa combines the most striking features of five different animals – the trunk of the elephant, the head of the lion, the antlers and legs of the deer, the wings of the mythical hintha bird, and the body and tail of the ngagyin fish (gudgeon). Thus Pyinsa Rupa has the features of land creatures, a winged creature and a water creature.
AIR KBZ COMPANY PROFILE

Vision
To become the most renowned commercial airline and the largest domestic carrier in Myanmar.

Mission Statement
To cater to the demands of the industry by providing excellent customer service through safety, comfort, and hospitality.

About Us
Air Kanbawza Ltd. (“Air KBZ”) was established in June 2010 and the purpose of this establishment is to help the fellow existing airline cater the growing demands of air travel in Myanmar. The first commercial flight was operated on 2nd April 2011 and during the initial phase, its operations included Yangon, Nyaung U, Mandalay, Heho, Lashio, Loikaw, Tachileik, Myitkyina, Kalay, Sittwe, Thandwe, Nay Pyi Taw, Dawei, Myeik and Kawthaung. We aim to have more destinations in the near future with additional aircraft, covering the more hidden gems in Myanmar.

Service Philosophy of Air KBZ
Air KBZ intends to interact actively with its customers to create a superior value of service. Therefore, it focuses on both employees and customers by establishing a “Service-profit chain”.
- The initial step is to enhance Internal Service Quality
- It will lead to Satisfied and Productive Employees
- It will produce Greater Service Value
- It will in turn lead to Satisfied and Loyal Customers
- Finally, it will create Healthy Service Profits and Growth

As the largest ATR operator in Myanmar, Air KBZ currently flies to 15 destinations in Myanmar, namely, Yangon, Mandalay, Nyaung U, Heho, Lashio, Loikaw, Tachileik, Myitkyina, Kalay, Sittwe, Thandwe, Nay Pyi Taw, Dawei, Myeik and Kawthaung. We aim to have more destinations in the near future with additional aircraft, covering the more hidden gems in Myanmar.

Our Fleet
Our fleet is currently comprised of eight ATR 72-600s which are all new generation of ATRs. With our fleet, we aim to provide superior air transport services that will exceed customer expectations. To ensure safe and comfortable flights, Air KBZ fleet is maintained at our Maintenance Facility in Yangon and other EASA approved facilities with stringent maintenance procedures under the careful management and systematic supervision of our Engineering Department and Flight Operations Department.

Our Crew
Our crew are composed of highly trained and well-experienced Pilots (both Captains and First Officers) and is regarded as the best in Myanmar. The same standard also applies to our cabin crew, who are engrained in the highest level of customer service and hospitality. With this, we are able to ensure the comfort and safety of passengers onboard.
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(01) 937 6200
A visitor to Bagan should miss the chance to spend a few days at Bagan, a former capital that dates back to the 11th century and has now been recognised by UNESCO as a World Heritage Site.

With more than 2000 ancient temples, Bagan stands alongside Shwedagon Pagoda in Yangon as Myanmar’s most famous attraction and one that is rich in history and tradition but also a joy to visit for contemporary reasons.

The temples, which are in various states of repair, are living places of worship and representative of a time when Theravada Buddhism first flourished in Myanmar with the support of King Anawrahta, founder of the first Myanmar empire, who ruled from Bagan in the 11th century.

The area has also been famous for farming, courtesy of the sediment-thick waters of the Ayeyarwady River that flows past, as well as the craftspeople that feed the lacquerware industry nearby.

In fact, Bagan has a unique distinction of employing many women in the lacquerware industry, where craftspeople still produce wonderful goods using similar techniques and styles that have remained intact for hundreds of years.

After King Anawrahta died, the throne passed to his son, Saw Lu, but the young king was not a strong character or a wise ruler and the public were unhappy; leadership instead was passed to King Anawrahta’s most trusted general, Kyansittha.

Kyansittha did not King Anawrahta kingdom to the same extent as the former king but focused on great diplomacy, and during his reign peace was largely established in the realm. King Anawrahta had built a golden dome at Shwezigon Pagoda and Kyansittha covered it with an identical but only slightly larger dome, perhaps to cement a connection between himself and his beloved lord for all time.

The next ruler to take over the dynasty was Alaung Sithu, the grandson of Kyansittha. Alaung Sithu ordered the construction of the magnificent, white-washed Thabyinnyu Temple, while his son Narathu constructed the massive Dhammayangyi Temple, after murdering his father. People say that through this act of patricide the Dhammayangyi Temple retains an aura of gloom and darkness.

Successive kings and queens, as well as nobles, kept up the work of preserving the temples of their forefathers, building magnificent pagodas of their own, with craftsmen perfecting their architectural skills with each generation. The artwork both inside and out of the temples, the clever construction of arches and the thinly layered cement have held these huge temples secure even during earthquakes, a testament to the high level of skill of the workers.

The great men who constructed these monuments, both kings and commoners, are long gone but the temples they built remain just as important to the Buddhists of Myanmar and elsewhere as when they were first built. The people of Bagan live under the tranquil shadow of these temples, producing the best lacquer wares of the country.
Some of the most beautiful temples and pagodas are:

1. Kyauk Gu Umin Temple
   11th century, upper levels added in late 12th century.
   The relief carvings in stone at the bottom edge of the 12-foot-high entrance are intricate and ornate. Here, ogres wear loop earrings with elephants dangling in them, perhaps to symbolise their gigantic size.

2. Shwezigon Pagoda
   Late 11th - 12th century.
   This pagoda combined the merit of King Anawrahta (r. 1044-1077) with that of Kyansittha.
   The three terraces are lined with green-glaze clay plaques showing the Jataka scenes in relief. A bronze bell placed on the precincts have Kyansittha’s poetic vow to his countrymen to look after their welfare.

3. Wetkyi In Gubyaukgyi Temple
   Estimated early 13th century
   “Gubyauk” means a painted temple and this one has excellent paintings.

4. Htilominlo Temple
   Early 13th century
  Merit of King Nadaung Mya also known as Htilominlo (r. 1210-1235)
   The interior walls are covered with paintings.

5. Ananda Temple
   Completed 1090
   Merit of King Kyansittha (r. 1084-1112)
   The four standing images are each 32 feet high and set around the four faces of the central core. The corridors are lined with glazed-clay plaques of the Buddha’s biography.

6. Ananda Oke Kyaung Monastery
   Completed 1279
   Merit of Uvuma Baja, a Record Keeper
   The inner wall is entirely covered with wall paintings of palaces, ox carts, animals and people at play, embracing, making pots, or simply at leisure.

7. Shwegyi Temple
   Completed 1131
   Merit of King Alaung Sithu (r. 1112-1166)
   It is situated on the edge of the palace site and believed to have been the shrine room and library of the donor king. The stucco work is delicate and intricate and interior stairways lead to the upper terraces.

8. Thatbyinnyu Temple
   Mid 12th century
   Merit of King Alaung Sithu (r. 1112-1166)
   The temple consists of three storeys and at its highest point is 210 feet high. It is the most majestic of Bagan’s temples.

9. Shwe Sandaw Pagoda
   12th century
   Merit attributed to King Anawrahta (r. 1044-1077)
   This is the first spire to evolve from the earlier bulbous or cylindrical shapes into a tapering one that ends sharply, a design that continues to this day. There are five accessible square terraces and two octagonal terraces.

10. Shinbin Thalyaung Temple
    Estimated 12th century
    Although built next to the 11th-century Shwe Sandaw Pagoda, this 60-foot-long reclining image is believed to be a later structure. The pose of the body is in the dying or Parinibbana position. There are painted murals of trees and flowers behind the image.

11. Sulamuni Temple
    Completed 1283
    Merit of King Narapati Sithu (r. 1173-1210)
    The stucco work is in good condition and shows off the skill of the Bagans masons in the traditional motifs of celestials and mythical creatures. On the interior walls are beautiful paintings in the style of the 18th century.

12. Dhammayangyi Temple
    Estimated began in 1166, left incomplete
    Merit of King Narathu (r. 1166-1170)
    A stone inscription in Bamar dated 1166 is set into a pillar in the temple records the donations that a princess made on her mother’s behalf, who may have been half sister to Narathu. The donation lists slaves, gardens, water tanks, paddy fields and cattle.
13. Myinkaba Gubyaukgyi Temple
Completed 1112-13
Merit of Prince Baja Emnar, son of King Kyansittha (r. 1084-1112)
This temple has the best stucco work as well as some of the most beautiful paintings.
Within this beautiful temple is a four-sided stone pillar inscribed as a dedication in four languages: Pali, Pyu, Mon and Bamar. It was only through this inscription that scholars could decipher the Pyu language.

14. Manuha Temple
Estimated 12th century
Merit attributed to Manuha, dethroned king of Thaton
The Kalyani Inscription of the Mon king Dhammapati (r. 1470–1492) of Hanthawaddy, now present-day Bago, says that Anawrahta captured King Manohor in 1095. He was brought to Bagan in shackles of gold, and was treated with graciousness by Anawrahta.

15. Abeyadana Temple
Late 11th century
Merit of Abeyadana, chief queen of King Kyansittha (r. 1084-1112)
The elegant temple has magnificent wall paintings of Theravada Buddhist scenes incorporated with icons of the queen’s Mahayana faith.

16. Lawka Nanda Pagoda
Estimated 11th century
Merit of King Anawrahta (r. 1044-1077)
The 86-foot-high pagoda is on a rise just on the banks of the Ayeyarwady River.

17. Paya Thonzu Temple
Estimated mid- to late 13th century
The temple is a single-storey complex of three shrines connected with short corridors. The design is unique as are the beautiful wall paintings within. Some panels remain as sketches done in black ink, still waiting for the artist to fill in the colours.

18. Thambula Temple
Completed 1255
Merit of Thanda La, queen of King Uzana (r. 1250-1254)
It is a beautiful structure, square in plan and set on a plinth. The stucco details are delicate and elegant. The interior walls are painted with wonderful murals.
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For a taste of history, don’t miss Gyeongbokgung Palace. Built in 1395 during the Joseon dynasty, Gyeongbokgung Palace is the largest of all five palaces, and one of the most beautiful. It is also referred to as the Northern Palace because of its location furthest to the north when compared to the neighbouring palaces of Changdeokgung (Eastern Palace) and Gyeonghuigung (Western Palace). But Gyeongbokgung Palace housed many government offices. The palace was destroyed by fire during the Imjin War (1592–1598) and abandoned until the 19th century, when it was restored during the reign of King Gojong.

However, much of the palace was again destroyed by Imperial Japan during the 20th century and is now in the process of being gradually preserved. It is the largest of all five palaces, and one of the most beautiful. But Gyeongbokgung Palace is also referred to as the Northern Palace because of its location furthest to the north when compared to the neighbouring palaces of Changdeokgung (Eastern Palace) and Gyeonghuigung (Western Palace).

For more information on the available activities at Bukchon Hanok Village, visit the Bukchon Cultural Center at 37, Gyedong-gil, Jongno-gu. The center offers offers diverse seminars, which focus on preserving hanok in Bukchon and promoting hanok culture to the public. There are also seminars and programs on traditional Korean crafts and music, embroidery, calligraphy and culture. You might also want to stop by at Baengnyeon Tojong Samgyetang, a traditional restaurant that specialises in samgyetang (ginseng chicken soup) located at the entrance of the village. This restaurant only serves naturally raised chickens and uses about 40 ingredients, all home made, in the samgyetang dish.

Bukchon Hanok Village is accessible by bus and subway. Go to a shoppers’ paradise. If you enjoy shopping and fashion, then Myeongdong is where you need to be. One of the most famous luxury districts in Seoul, Myeongdong was also the ninth most expensive shopping street in the world back in 2011-2013, on par with New York’s Fifth Avenue, Singapore’s Orchard Road and Ginza in Tokyo.

Experience Korean culture. If you’re keen to learn about traditional Korean culture, Bukchon Hanok Village is a good place to start. Surrounded by Gyeongbokgung Palace, Changdeokgung Palace and Jongmyo Shrine, the village is home to hundreds of traditional houses called hanoks that date back to the Joseon Dynasty. Today, many of these hanoks operate as cultural centers, guesthouses, restaurants and tea houses, providing visitors with an opportunity to experience, learn and immerse themselves in traditional Korean culture.

Do note that Bukchon Hanok Village is an actual neighbourhood with people’s homes, so while visitors are encouraged to engage and talk with the locals, you are also advised to be respectful at all times while looking around. You can also get help on organising a homestay at one of the hanoks at the Hanok Homestay Information Center by the Jongno-gu District Office.

Five must-do attractions in Seoul

For a taste of history, don’t miss Gyeongbokgung Palace. Built in 1395 during the Joseon dynasty, Gyeongbokgung Palace is the largest of all five palaces, and one of the most beautiful. Housing 7700 rooms in total, Gyeongbokgung Palace also served as the main residence of the kings of the Joseon dynasty and also housed many government offices. The palace was destroyed by fire during the Imjin War (1592–1598) and abandoned until the 19th century, when it was restored during the reign of King Gojong. However, much of the palace was again destroyed by Imperial Japan during the 20th century and is now in the process of being gradually restored once more. Today, Gyeongbokgung also houses the National Palace Museum of Korea at the south of Heungnyemun Gate and the National Folk Museum on the eastern side within Hyangwonjeong.

More recently, the Palais de Seoul, a contemporary arts and culture hub set up to promote the works of famed local artists, as well as those of new and younger talents, opened in Tongui-dong, inside Seochon and within Gyeongbokgung Palace. Accessible by subway and bus, Gyeongbokgung Palace is open daily except on Tuesdays. The site charges admission fees of 3000 won for adults and 1500 for children between the age of 7 and 18. Admission is free for preschoolers, seniors, people wearing the hanbok (traditional Korean dress) and on the last Wednesday of each month.

Go to a shoppers’ paradise. If you enjoy shopping and fashion, then Myeongdong is where you need to be. One of the most famous luxury districts in Seoul, Myeongdong was also the ninth most expensive shopping street in the world back in 2011-2013, on par with New York’s Fifth Avenue, Singapore’s Orchard Road and Ginza in Tokyo. Shoppers can browse through world-famous Korean cosmetics brands such as Innisfree, Too Cool for School, Nature Republic, Missha, The Face Shop and Skin Food. But don’t miss out on paying the major department stores a visit, including Lotte Department Store, Shinsegae Department Store, Myeongdong Migliore, Noon Square and M Plaza, where you’ll find loads of branded clothing, shoes and accessories, from H&M to Louis Vuitton.

There are also several restaurants in Myeongdong where you can rest your feet and take a break from a hard day’s shopping. Try Myeongdong Kyoja on 10-gil, the noodle shop near the Myeongdong Cathedral that is known for its mungal gumuk (noodle soup), Mandu (dumplings), bibim guksu (spicy noodles), and kongguksu (noodles in cold soybean soup). Another option is Nokzuh, a hole-in-the-wall specialty restaurant on 9-gil featuring galsi (marinated and grilled beef ribs).

Myeongdong is easily accessible via the subway.

Explore the local side of Seoul. For more local sights, sounds, street food and bargains, Namdaemun Market is your best bet. Opened in 1964, Namdaemun Market is the largest traditional street market in Korea, covering 60,000 square metres or 16 acres. There are well over 10,000 shops selling everything from clothes and fishing equipment to carpets and fine arts. Many stores in this area are also wholesale markets, so prices are affordable.

Notably, Namdaemun Market is well known for its large selection of used camera equipment. Many of these camera shops are clustered near Gate 1. You can also find a street devoted to kids’ clothing. Many shops in Namdaemun sell hanbok (traditional Korean dress) at prices cheaper than anywhere else in Seoul.

Foodies take note: Namdaemun Market is on the Seoul list of Asia’s 10 greatest street food cities for the hotteok, a must-try Korean pancake. Also, you’ll find a number of Korean street food stalls just outside exit 5 of Hoehyeon Station, peddling snacks such as dumplings, noodles and pan fried foods. Namdaemun Market actually opens overnight, from 11pm to 4am.
Seoul is a city where rich history melds with modern technical brilliance and contemporary culture, giving visitors of all kinds something special to experience.

Go to a park

Make sure you take some time out for a walk in Namsan Park, which is south of Myeongdong on Namsan Mountain. This is the largest park in Seoul, drawing more than 20,000 nature lovers a day to its green open spaces and hiking trails. A number of events take place at the park and one of the biggest is the annual cherry blossom festival in April. In fact, the Cherry Blossom Path in Namsan Park is the longest trail of cherry trees anywhere in Seoul.

At 262 metres (860 feet) high, the peak of Namsan is also the best place to savour some of the most spectacular views of downtown Seoul and the surrounding areas. You will have the option of visiting N Seoul Tower, which soars another 237 metres (777 feet) into the sky, also located at the peak of Namsan.

The other attractions in Namsan is Mongmyeoksan Beacon Hill Site, or Bongsudae, a set of beacons constructed to warn the city of incoming enemy invasions in the olden days, an octagonal pavilion known as Palgakjeong, and Locks of Love, a wall of locks signifying endless love for those who hang them.

At Namsan Park, you can also walk to Baekbeom Square Park, where you will find a statue of Kim Gu, the Korean politician symbolising the spirit of patriotism which led to the Korea’s independence.

Namsan Park is a short walk away from Myeongdong station, and the peak is also accessible via cable car, which operates between 10am and 11pm daily.
Information about Oriental Ballooning

Oriental Ballooning launched its commercial operations on 21st November 2013 in Mandalay, 01st January 2014 in Bagan & 15th November 2014 in Inle Lake & 10th December 2015 in Ngapali Beach. This is the sixth operating season for the Myanmar Ballooning Company Ltd and our 2018-19 operating season will start from 15th October 2018 (Bagan), 16th November 2018 (Mandalay), 1st November 2018 (Inle Lake) & 21st November 2018 (Ngapali Beach - Thandwe).

Our balloons are made in the UK by Cameron Balloons, the world’s largest and best known balloon manufacturer. All pilots and technicians are European nationals who hold UK professional licenses, issued by the Civil Aviation Authority. All ground crews are trained to international standards.

Private Charter and Premium service includes:

- Personal pick up and drop off, with small size on and off road vehicles.
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- Sparkling wine and fresh fruit reception after landing, with presentation of personal flight certificate.
- In-flight Photo Service.

Oriental Ballooning Office:
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Tel: (951) 665126, 657050, 657690
Fax: (951) 657689
Tachiliek
Tachiliek
In Mandalay an inquisitive tourist with tongue for detail can track down a rather special Myanmar dish, a variant of the national noodle and soup dish that hails from Khotaung village on the Ayeyarwaddy River, across from the city of Mandalay. Hawkers from this village cross the river and sell the noodles in the city. The dish consists of a rice noodle salad, usually served without meat. Traditionally, the main ingredient were cooking oil and pea flour, but these days the villagers mix in chicken or fish gravy to make it more tasty.

**Ingredients**

- Thin rice noodles 20 ticals (320 grams)
- Chicken or fish gravy 1 bowl
- Onions 2 pieces
- Pea flour A small amount
- Shrimp powder A small amount
- Cooking Oil 5 ticals (80 grams)
- Tamarind paste A small amount
- Dry chilli powder A small amount
- Fish sauce A small amount
- Lime 1 (quartered)

**Preparation:**

1. Slice the onions thinly and add the rice noodles
2. Add the chicken or fish gravy
3. Combine the pea flour, shrimp powder, tamarind paste, fish sauce and cooking oil
4. Mix well by hand. Taste and add chilli powder or squeezed lime as needed

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Khotaung Monti
(Khotaung Rice Noodles)
Thailand
breathtaking destinations

SURAT THANI
HUA HIN
KANCHANABURI
PATTAYA
Thailand is a must-visit place within Southeast Asia, and one of the most popular destinations for tourists in the region. And it’s easy to see why, Thailand has nearly everything any tourist could possibly want: beaches, mountain resorts, vibrant cities and delicious food.

Come with us as we explore some of Thailand’s most beautiful attractions:

**SURAT THANI**

Surat Thani is a typical Thai town; a busy transport hub that moves cargo and people around the world. But it also has some stunning beaches and parks to explore.

**Ang Thong National Marine Park**

Ang Thong means “golden bowl”, while Mu Koh literally translates as a group of islands. Mu Koh Ang Thong Marine Park is a group of 42 islands, many of which are limestone karsts that rise steeply from the sea in dramatic formations. The islands offer caves, hidden lagoons and white sand beaches that people can explore or snorkel around the shallow coral gardens.

**Cheow Lan Lake**

Cheow Lan Lake is a national park area that is inhabited by many animal species including tigers, tapirs, elephants and many kinds of monkeys but also thrilling birds such as hornbills, banded pittas and great argus. Visitors can arrange tours of the park and explore the dense rainforest.

**Night Market**

And while Surat Thani’s natural wonders are its chief draws, the town itself has plenty to offer, including a nighttime street market. There visitors can do some light shopping to pick up consumer goods but also stop along the way at the many restaurants for a bite – perhaps sampling some of the town’s delicious and healthy street food – and a drink or two.

**Sonchana farm and elephant sanctuary**

This farm and elephant sanctuary is a wonderful place to visit with family, and offers a great overall experience where one can ride an elephant and see people farming their crops.
HUA HIN
Often considered the home away from home for people living and working in Bangkok, Hua Hin positively bustles during weekends and holidays because it’s only a few hours drive from the capital. The best things to do in Hua Hin are tailor-made for family fun by the seaside. The area boasts countless hotels, lovely seaside houses, villas and a few attractive vintage summer palaces. But the area also has excellent shopping and leisure options guaranteed to keep everyone entertained.

Maruekhathaiyawan Palace
At Maruekhathaiyawan Palace, the summer palace, you can walk through history. The palace was designed by an Italian architect and features many verandas, latticeworks and covered boardwalks using golden teak to ensure the coolest temperature, even in the midst of summer. A visit to the palace lets visitors get a glimpse of royal living by the seaside.

Hua Hin Night Market
Here visitors can get a real grasp of local culture and the opportunity to practice their Thai language skills by haggling for goods. The night market is a cool retreat that offers lively shopping, as well as plenty of food and drink options. It is a particularly good location to buy souvenirs and traditional Thai handicrafts.

Plearn Wan Shopping Village
Plearn Wan is a themed shopping complex and feels more like a living museum where you can experience a slice of life in 1960s Hua Hin. The unique brown wooden building features many shops but is famous for its nang klang phaeng or open-air movies, live music and temple fair festival that runs every weekend.

Black Mountain Water Park
Black Mountain Water Park offers a fun-filled day for families and anyone needing a big splash. The park features nine different water slides, a wave pool, lazy river, beach pool, kids’ pool, and more, all set on a vast mountain-hugged landscape fronting a man-made lake just 10 kilometres to the north of Hua Hin.

Phraya Nakhon Cave
The magnificent Phraya Nakhon Cave is one of the most mystical and mysterious landmarks of Thailand but only a few travelers get a chance to take a picture of it. The reason is simple: this gold and green pavilion is hidden inside a hard-to-reach cave and only a handful of dedicated visitors make the effort to visit the site, which is 60km south of Hua Hin at Guiburi, in Prachaug Kirikhand.

Santorini Park
Santorini Park brings a slice of the picture-perfect Greek island to Cha-Am. It’s got all the details right, from classic whitewashed buildings, colorfully painted windows, down to stone-paved paths and domed towers. An impressive lineup of shops, restaurants and an amusement park promise good times for everyone.
KANCHANABURI
Kanchanaburi, in Thailand's west, is a great place for travelers of all kinds and offers something to nearly every taste. Those who pass by can watch the famous River Kwai drift past while they gain an understanding of the tragic history of Thailand during World War II, and there are plenty of other things to do besides this.

The Hellfire Pass Memorial Museum
Every museum documents a story and the Hellfire Pass Memorial details a particularly gruesome one. The museum is co-sponsored by the Royal Thai Armed Forces Development Command and the Australian government and records the history of the construction of the Thai-Burma Railway, and also commemorates the loss of those who died during that effort.

Erawan National Park
Seven-tiered, emerald green and magnificent waterfalls are not just the stuff of fairy tales, but can be found in the Erawan National Park, just a short jaunt from the town of Kanchanaburi. Deciduous forest covers 81 percent of the park, while the remainder is blanketed in evergreens, making the whole area a real haven for nature lovers. What’s more, visitors are invited to swim in several of the plunge pools in the area.

Tiger Cave Temple
Climbing up staircases under the sun can be exhausting but a visit to Wat Tham Sua is worth the effort. Translated as "Tiger’s Cave Temple", visitors can see statues of tigers everywhere here, along with an impressive and gigantic golden Buddha image right in the complex’s heart.

PATTAYA
Pattaya is now the second most popular center of tourism in Thailand after Bangkok. It’s a place of hedonism and languor, nightlife and sleepless parties, not to mention sun-splashed sands and tropical beauty.

Jomtien Beach
Tired of the crowds on Pattaya Beach? Then head a little further south to Jomtien Beach. These 6 kilometres of sand are a haven compared to Pattaya’s congested beaches, and offer serenity along with the additional space.

Sanctuary of Truth
The Sanctuary of Truth Museum is a must-visit destination. A gigantic sculpture made entirely from wood. The intricately carved temple is a study in Thai architectural styles. The area nearby is also a hotspot for Thai kickboxing, cultural shows, and elephant rides.

Four Regions Floating Market
This floating market is the only one of its kind in Pattaya. Traders, farmers, and fishermen in boats float along the water offering a variety of fresh produce, flowers and more. Take a tour on a boat through the market, or stop and bargain for something, whether it’s local spices, handicrafts or colorful veg and fruit, and discover the richness of the surrounding Thai architecture and riverside life.

Cartoon Network Amazon
Waterpark near Pattaya is larger and more spectacular than anything of its kind in Thailand, with 30 state-of-the-art water rides, slides and other attractions including Disneyworld-style mascots, entertainment shows and all-round aquatic fun for the whole family. There’s so much to see and do in Thailand, and the destinations we’ve listed above barely scratch the surface, so the next time you’re in the country please consider stepping beyond Bangkok.
Lacquerware
For centuries lacquerware utensils have been to the Myanmar people of all classes what porcelain is to China. This durable and versatile craft has graced the palaces of kings, been honoured as a decoration for religious shrines and served as a lightweight bucket for the village well.

The sap of the Melanhorrea usitata tree makes the best lacquer, in part because it is insect-proof but it also provides a sound base for embellishments ranging from gold leaf, slivers of mirrored glass and finely etched lines in different colours. But even as a plain colour-free of decoration, the high gloss of the deepest black gives pieces an elegant look, especially with an interior of brilliant vermilion.

The list of items that can be made through lacquerware is nearly endless: cups and saucers, trays, vases, bowls, jars for oil, rice bins, cosmetic boxes, betel boxes, furniture, musical instruments, costume jewellery, Buddha images, coconut-shell ladles, baskets, wall coverings and shrines. Not quite as varied are the foundation materials: bamboo, wood, paper, metal, cloth, horsehair, cane and more.

The centre of Myanmar’s lacquerware industry is Bagan, a haven of serenity with its myriad of ancient temples standing in the dusty warmth of central Myanmar for over a thousand years. The oldest piece of lacquerware yet discovered was found in a ruined pagoda, possibly a part of the temple’s enshrined treasures.

It is no wonder that the best, most intricate work comes from that region. The knowledge involved in crafting lacquerware goods has been handed down for generations, and while women of other towns excelled in weaving, the ladies of Bagan had the deft and skilled fingers that seem to fly over the surface of the work in progress.
With a few flicks of her wrist, scenes of Myanmar tales and legends unfold on a polished base: kingdoms and brave princes and beautiful princesses; noble ministers and kindly kings all come to life.

For flat pieces, wood is used, and for cylindrical shapes strips of bamboo or cane are woven or coiled into the required shapes. Metal is sometimes hammered into bowls, or wood may be turned as needed. The most flexible cups are made from fine bamboo strips woven with strands of horsehair. The finished article can be squeezed until the rims touch, and the hardened lacquer coating is so resilient that it does not crack.

To prime the surface of the base material it is coated first with lacquer mixed with powdered wood ash-clay and the rubbed smooth when dry, which also fills in any imperfections or cracks. It is allowed to dry out of sunlight, and normally kept in the large cellars so necessary to this craft. It dries slowly over 10 days or so. Then the surface is polished to be as smooth as possible. The whole process is repeated as many times as needed, with the finest powdered clay used in the later processes. The final polishings are made with leaves or charcoal until the surface is as smooth as silk, and gleaming like blown glass.

The range of sizes and shapes, even for bowls, is astounding: there are the 5-foot-diameter covered ka-lat, on three curving feet, to the tiniest 3-inch-high lidded woven bowls standing on five sturdy little legs. The most graceful must be the soon oke food bowls, with a tapered base that flares out and downwards in ridges, and a cover that rises to a point. For plain coloured pieces, there is black, glossy or matt according to age, and a deep scarlet that shows a dark black undercoating. There are also the hardy dark brown pieces.

Apart from Bagan the other place producing lacquerware is Kyauk Ka, a place in upper Myanmar near the town of Monywa. It specialises in plain work, mostly in brown or black. Some decorations are painted on with swift strokes in pastel colours. It is more of a folk art style than the more detailed work of Bagan.

The most common decorations are gold leaf applied on a plain black background, slivers of glass embedded in relief work made of strings of clay, or etched designs filled with different colours. For the first, a design is first drawn with a water-based organic yellow paint in places where the background is to be left ungilded. Then a thin veneer of varnish is applied all over, on which tissue-thin gold leaf is applied as needed. The gold leaf is made in Mandalay, with bits of pure gold being hammered for hours on end to flatten it into the most delicate squares of gold, thinner than tissue. After the gold had been allowed to set, in a day’s time, the surface is washed in clear water. Excess gold applied on the painted areas washes away, leaving elegant gold motifs on black, or sometimes, on crimson.

Thayo, the clay relief work, is made from bone or wood ash and an organic binding medium such as kneaded cooked rice. The plastiz mixture is rubbed over a plank of wood in which grooves of various sizes have been cut, to ensure clay strings of a uniform thickness in long strands. These are rapidly set into place on a damp lacquer background. Sometimes bits of glass mosaic or cut glass gems are imbedded; the whole piece is allowed to dry before being gilded.

The most beautiful are the etched designs, which are done freehand, with sharp pointed styluses that in the first stage will be used to incise designs for one colour. After the colouring is filled in, and allowed to dry over several days, additional designs will be etched in and filled with yet another colour. This goes on until the whole motif is completed. The bases are usually red or black, or brown, with pure primary colours of organic paints in the design.

The most prized and rare Buddha images are made from clay of dried flowers; special blossoms are picked on specific times, and dried in the shade so that they retain the fragrance. These are ground by hand into a fine powder, which is mixed with lacquer to form a clay that is used to fashion the image. Another lacquer image type is made on a mould, with fine linen cloth soaked with lacquer. This makes a finely detailed sculpture that can be gilded or embellished with jewels, a lightweight image whatever the size may be.

The villager would find lacquer a most useful medium: to coat his baskets and trays to make them waterproof, mothproof, and thus last for years even in the humid tropical heat.

These beautifully crafted and elegant wares had been in common use so widely and for so long that one wonders what the Myanmar would have done without it. The piece de resistance must surely be the daung-lan, a wide circular tray with legs or set on a pedestal, that is meant to function as a dinner table where the rice is piled separately for each member, without the trouble of using place settings; the curries are placed in the centre, and everyone eats from this huge plate cum table.

For the Myanmar it is called let-ye-t’pyin see or all hands equal: a symbol of warmth, of family, of goodwill, of love; and a continuity of traditions that have held the people together for so long.
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This small yet beautiful city-state has everything to make you the best version of yourself: a green and safe environment that is perfect for families, delicious food, world-class shopping malls and vibrant nightlife.

Around every corner, incredible experiences are being crafted, cooked, painted, designed, grown or built by locals who share a common trait: passion. If you happen to visit Singapore, you too will be empowered to do what you love in this city of limitless possibilities.

Ready to discover a whole other side of yourself and have your passions fulfilled like never before?

A city of splendid, varied food
One of the ways to explore any city is by sampling the local cuisine and in Singapore you should get yourself ready for a kaleidoscope of culinary traditions. Here, you can feast on centuries of food history, Chinese, Indian, and Malay influences come together to create everyday magic. The following is not an extensive list, but rather a starting point for your gastronomic adventure in Singapore.

Singapore: a city where passions are made possible
Liao Fan Hawker Chan
Dubbed “the cheapest Michelin meal in the world”, Hawker Chan’s soya sauce chicken rice is at the top of the bucket lists of almost all foodies who visit Singapore. The world famous food stall is located at Chinatown Complex Food Centre, and you will usually find a long line of people waiting to try this famous dish.

Old Amoy Chendol
This iconic food stall, also in Chinatown Complex Food Centre, offers only one item – its signature chendol, which gives delightful relief from the hot and humid climate of Singapore.

JB Ah Meng Restaurant
This is a humble, street-side Chinese Zi Char (mixed dishes cooked to order) coffee shop in the Geylang district is well-loved by many. The eatery was listed under the Singapore Michelin Bib Gourmand Guide 2016 and offers a variety of wok-fried dishes ranging from seafood to meat.

The Malayan Council
This restaurant has multiple locations around Singapore and is famous for local fusion dishes featuring high-end ingredients such as king prawns, scallops, soft shell crabs, and Angus rib-eye steaks, and modern recreations of classic local desserts.

Retail paradise; why shop when you can collect?
With shopping malls galore and more brand names than you can imagine, Singapore is one of the most vibrant shopping hubs in Asia. Popular local brands like Love, Bonito, Charles & Keith, Playdress and Her Velvet Vase ensure that you always look your best without breaking the bank. Here is a beginner’s guide to shopping in Singapore.

Design Orchard
Looking for something unique? Design Orchard is the place to be for premium Singapore brands. Here, you will find interesting souvenirs, accessories and maybe even that perfect outfit.

Fuman
Once a shopping mall focusing on electronics, Fuman is now a technologically-integrated lifestyle mall that offers one-of-a-kind experiences, from KopiTech, a self-service food court that accepts e-payment, to local brands like Carrie K, Another Sole, Courts, Green Collective SG, and Grafunkt.
VivoCity
One of the largest malls in Singapore, VivoCity features a plethora of shopping options that are suitable for the whole family.

A city that is perfect for family time
A vacation gives the whole family an opportunity to spend quality time together, to bond and visit new places. For those who plan to take a well-deserved break from work and to travel with your loved ones, clean, green and modern Singapore should be your top choice for a family-friendly destination. It is easy to navigate and has all the amenities you may need with kids in tow.

ArtScience Museum at Marina Bay Sands
Check out its various exhibitions such as FutureWorld and Disney: Magic of Animation before ending the day on a high note with the magical light and water show.

Sentosa
A tourist-favourite where you can have fun in the sun with the whole family. Bring the little ones for a unique indoor theme park experience at KidZania or visit the Adventure Cove Waterpark for a splashing good time. Those looking for a more soothing family vacation can dip their toes in the sand and stroll along the serene beaches of Sentosa. Finally, give your loved ones a night to remember by taking them to the Wings of Time show for a multimedia spectacle with stunning lasers, pyrotechnics, giant water jets and majestic music.

The fun begins when the sun goes down
There’s never a dull moment in Singapore, even when the sun goes down. A city that never sleeps, the island is loaded with a myriad of things to see and do even past midnight. Check out these late-night delights, art, and music festivals you can do on your upcoming trip to Singapore.

Nightclubs
For those who love a good party, Singapore’s nightlife scene is ideal whether you want to indulge in one-of-a-kind cocktails, have sunset drinks with an unbeatable view or party it up in world-class happening and glamorous clubs. To get started, you can enjoy yourself in the electrifying ambience provided by popular locations like Zouk, Marquee, Bang Bang, Empire Sky Lounge, and Canvas. If you are unsure where to go, Clarke Quay has several party-spots for nocturnal animals. There are also live music bars like Timbre at the Substation, Crazy Elephant Bar and Wala Wala Café Bar.
Rich murals show a life forgotten at temples

The earliest paintings seen on a wall within Myanmar are the 12 paintings of the sun, fish and animals such as a cow, deer, bison, wild pigs, and elephant found at the Padalin cave complex in Shan State. Even though the paintings hark back so far in time the lines are sure and elegant.

However, many of Myanmar’s most famous murals can be found at Bagan. By the 11th century, the Kingdom of Bagan had begun to flourish on the plains on the eastern banks of the Ayeyarwady River, founded centuries before but brought to greatness by the 42nd king in the dynasty of 55 rulers, King Anawrahta who ruled from 1044 to 1077. During his reign of 33 years Theravada Buddhism was established and Anawrahta initiated the building of the thousands pagoda that stand to this day in the area.

Anawrahta’s son, Sae Lu, held the throne for only seven years but during that period managed to build the beautiful and elegant Palintha Myar Temple, the first to be decorated with wall paintings.

Most of the wall paintings in Bagan are of Buddhist themes, not only as appropriate decoration but to spread the knowledge of the life story of Buddha and the Jataka Tales of his previous lives, especially the last 10, known as the Ten Great Tales.

By the time Myanmar artists discovered the western style of art and chemical paints, it became an easier task to decorate pagodas by lining the top of walkways with framed canvases of painted Buddhist scenes.

In Bagan there are many temples with wall paintings, although a few were painted in the 18th century.

The best and most interesting samples of Bagan works can be seen at Wetkyi In Gubyaukgyi, Myinkaba Gu Byaukgyi, Abyadana and Thambula temples; the last two were built by the two queens of King Kyanzittha, also a great ruler who strengthened Anawrahta’s legacy. The Abyadana is especially interesting as the painting incorporated many tantric elements.

Other murals not to be missed are at the Puya Thonum temple, some not completed but left as sketched outlines done in swift and graceful strokes of charcoal, as if the artist was interrupted in his work.

The Nanda Manya Temple has beautiful murals that include a controversial painting of a line of women of all ages escorting a young girl who by her body language looks reluctant. Some scholars believe her to be a virgin bride being taken to be deflowered by animist priests, while others believe she is on her way to her wedding.

The Thadhamma Yanthi, which is temple number 585, lies not far from the Nanda Manya, also has nicely preserved murals.

Kondawgyi temple, Akalaw Pyi temple, Pe Natha Gu and Winihto Pagoda complex, Lawka Hteik Pan temple and the Lay Myet Hna Complex all have Bagan-era wall paintings. At the huge Ananda temple, a series of colourful if somewhat crudely executed paintings of praying monks and Buddha images were recently uncovered, having been hidden under a coat of white wash, they have all been restored.
The quality of the art might have been the reason they were covered up but they are still important remnants of the past.

Some rare paintings can be seen at the Kyanzittha Umin Monastery, not far from Shwezigon Pagoda. The monastery was built in the early 12th century but the paintings date from the 13th century. They show Mongolian soldiers, who had invaded Bagan in 1287, and also a line of dancers and musicians with old style costumes. However, the faces were painted in a very unusual manner, looking almost like modern art.

The beautiful murals at the U Pali Tsein Ordination Hall, Ananda Oke Kyaung monastery and Sulamuni temple are from the Inwa era, a post-Bagan period. The style is very different, where the subjects clearly have arched eyebrows, oval faces, curly lips and delicate, long fingers.

Sale is a town about 34 miles south of Bagan, and famous for an ancient teak monastery covered with carvings. However, a little-known temple exists not far from this famous Yoke Sin Kyaung monastery, called the Shin Pin Sackyo pagoda, which is believed to have been built by King Nara Patita, who reigned from 1173 to 1210. The upper parts of the walls in this temple have high-relief stone figures painted in natural colours while just under them are narrow panels of paintings.

These Shin Pin Sackyo wall paintings are unique in that some are in the 11th to 13th century Bagan style, which has some Indian influences in the early art work, as well as some works that are from the Inwa style (14th to 17th century) and finally some paintings from the 18th to 19th century Konbaung style, characterised by fluid, graceful lines and themes that incorporated secular scenes.

There are many pagodas and temples with wall paintings scattered all over the country but here we can see these three periods in one place.
Art of the later Konbaung period can be seen at the Shweguni Pagoda in Kyaukse Township, known for its simple and tough lacquerware household utensils. Shweguni is a small but well-known pagoda, enshrined with the famous image kept under lock and key. The walls of the shrine pavilion are covered on the upper parts with detailed and beautiful paintings of court life and jungles.

A lesser-known temple with paintings from the same period but different in character is the Po Kala Gu temple, just behind the more famous pilgrimage site of the Shweswar Yan Pagoda some miles north of Mandalay, on the road to Pyin Oo Lwin. The scenes were painted with predominantly red and green colours; the lines are simple, fluid and very beautiful.

Neater to Mandalay on the far side of the wooden U Bein Bridge across Taung Thaman lake is the Kyauk Taw Gyi pagoda, a smaller copy of the Ananda temple in Bagan. It is known as the Taung Thaman Kyauk Tawgyi to differentiate it from the one of the same name in Mandalay. Kyauk Tawgyi simply means the Great Royal Stone, as each pagoda is enshrined with a huge image carved out of a single block of marble. The wall paintings here are of famous pagodas all over the country with some secular scenes of people's lives under and around the pagodas, while in the sky celestials and winged angels fly among puffy clouds.

The world-renowned Maha Muni pagoda in Mandalay with its famous gold-covered image is an important pilgrimage site for Buddhists and a place to see for tourists. On one of the less busy walkways the upper parts of walls and the ceiling with steep slanted sides are covered with colourful murals, probably painted during the late 19th to the early 20th century. The workmanship in these particular wall paintings has freshness and vibrancy to make up for the lack of perfect execution as seen in those done by artists of centuries past.

The sites mentioned above are only the better-known temples with murals; there are many more places all over the country with wall paintings perhaps fewer in number but of no less beauty or importance in the heritage of Myanmar’s traditional arts.
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# Useful Phrases

## Greetings and Farewell

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<th>Myanmar</th>
<th>Rakhine</th>
<th>Pwo Karen (West)</th>
<th>Shan</th>
</tr>
</thead>
<tbody>
<tr>
<td>How are you?</td>
<td>nei laun yep la</td>
<td>Nane Kaug Bar Lar</td>
<td>Aou Hlaung Lah Hlak</td>
<td>Mai Soang Hka</td>
</tr>
<tr>
<td>Good morning</td>
<td>mongla rau n ar r nh</td>
<td>Monglor Maa Hla</td>
<td>Aou Hlaung Aou Khae Gnar</td>
<td>You Li Hga</td>
</tr>
<tr>
<td>Good afternoon</td>
<td>laun wone ni henn b</td>
<td>Monglor No Kaun Bar</td>
<td>Mt Htgy Maa Moe Moe</td>
<td>Mai Soang San Nong Zawar</td>
</tr>
<tr>
<td>Good evening</td>
<td>laun tho ni yaa, nei henn b</td>
<td>Monglor Nya Zor Bar</td>
<td>Gnar Moe Moe</td>
<td>Hta Phu Mna Tli</td>
</tr>
<tr>
<td>Good night</td>
<td>hta lal</td>
<td>Bar Pa Bye</td>
<td>Mt Nok Moe Moe</td>
<td>Hta Phu Nk Ynli</td>
</tr>
<tr>
<td>Please to meet you</td>
<td>twi, yaa, da waam; thaa da de</td>
<td>Thar Smao Wa; Thar Bar Ro</td>
<td>Thar Gwee Doh Bir Hm</td>
<td>Kuat Zm Yna</td>
</tr>
<tr>
<td>See you again</td>
<td>noun yaa, thaa da paam</td>
<td>Naak Twee, Bar Ma</td>
<td>Hnae Doh Tha Datt</td>
<td>Ymmi Tlieko Ju Zer</td>
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## Yes / No Words

<table>
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<tr>
<th>English</th>
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<th>Rakhine</th>
<th>Pwo Karen (West)</th>
<th>Shan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (Male)</td>
<td>hou la hla na bya</td>
<td>Htke Pa Ynt</td>
<td>Mewt</td>
<td>Awekk Hka</td>
</tr>
<tr>
<td>Yes (Female)</td>
<td>hou ke shn</td>
<td>Htke Pa Ynt</td>
<td>Mewt</td>
<td>Awekk Hka</td>
</tr>
<tr>
<td>No</td>
<td>hou la hla na shn</td>
<td>Htke Pa Ynt</td>
<td>Meet</td>
<td>Awekk Hka</td>
</tr>
<tr>
<td>No (it isn’t)</td>
<td>hou la hla na shn</td>
<td>Htke Pa Ynt</td>
<td>Meet Ace</td>
<td>Awekk Hka (PL Not Meet Ace)</td>
</tr>
<tr>
<td>Okay / Alright / Agreed</td>
<td>la yi la</td>
<td>Htke Pa Ynt</td>
<td>Meet yek</td>
<td>Awekk Hka (PL Say Yes)</td>
</tr>
<tr>
<td>It’s all right</td>
<td>li la</td>
<td>Htke Pa Ynt</td>
<td>Yaa</td>
<td>Awekk Hka (PL Not Say)</td>
</tr>
</tbody>
</table>

## Polite Phrases

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<th>Rakhine</th>
<th>Pwo Karen (West)</th>
<th>Shan</th>
</tr>
</thead>
</table>
| Thank you | kyi ze; fin bar da | Kyae: Zu; Ton Bar Ro | Maw Ht Ra | Awekk Hka (PL)
| You are welcome | kyel bu armar gif; fin bar da | Kyae: Zu; Ton Bar Ro | Maw Ht Ra | Awekk Hka (PL)
| You are kind | te te la | Kyae: Zu; Ken Maa | Maw Ht Ra | Awekk Hka (PL)
| Good luck | lai lai lai | Kyae: Zu; Ton Bar Ro | Maw Ht Ra | Awekk Hka (PL)

## Questions and Requests

<table>
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<th>Myanmar</th>
<th>Rakhine</th>
<th>Pwo Karen (West)</th>
<th>Shan</th>
</tr>
</thead>
</table>
| How much? | za lau lai | Zor Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| What time is it? | zor lai lai | Zor Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| Do you understand? | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| May I take a photograph? | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| May I use the telephone? | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| Where is ...? | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| How much do I love you? | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| I want to go ... | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
| I want ... | shin %ye | Aaz Kya Zor Lar | Kya Hla Bari Tla | Awekk Hka (PL)
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