

Detailed itinerary for M2M's educational trip to SE Asia in Nov 2026

Day ONE (TUESDAY the 3rd of November) in BRISBANE

Fly Singapore Airlines to Yangon (RGN) from Brisbane (BNE) via Singapore (SIN)

~ First Flight ~

Flight number: SQ246

Date of departure from BNE: 3-Nov-2026

Time of departure from BNE: 11:25pm

Date of arrival in SIN: 4-Nov-2026

Time of arrival in SIN: 5:05am

Travel time: 7 hours and 40 minutes

Layover in SIN: 2 hours and 50 minutes

* Meals will be provided by the airline

* The first leg of this journey is an overnight flight to Singapore that will leave BNE after 11pm so, please try to get some rest on this flight

NB: If you've never been on an international flight before, the temperature inside the airplane will plummet. So please take a coat, wear long pants, and put on a thick pair of socks. Otherwise, you will have a very hard time getting to sleep.

* There will be a short stopover in Singapore's Changi Airport where you are encouraged to exchange your currency for neat US dollar bills during the stopover

* You will not leave Changi Airport during your transit. In other words, you will not enter Singapore.

* You will be able to use the airport's free Wi-Fi to communicate with your loved ones

* At the airport, we'll have something to eat, and we can explore the butterfly enclosure if time permits

~ Second flight ~

Flight number: SQ762

Date of departure from SIN: 4-Nov-2026

Time of departure from SIN: 7:55am

Travel time: 3 hours

Day TWO (WEDNESDAY the 4th) in YANGON

Arrive in Yangon International Airport (also known as Rangoon or RGN for short)

Date of arrival in RGN: 4-Nov-2026

Time of arrival in RGN: 9:25am

- * Collect your bag from the carousel
- * Fill in the immigration and custom declaration forms
- * Present your passport with your printed visa to the immigration officer
- * After everybody has cleared immigration & customs, you may use the toilets as long as two people can keep an eye on your luggage
- * Exchange your US dollar bills into Myanmar Kyats (MMK) at the airport
- * Your mobile phone service is not likely to work in Myanmar even if you've already paid for global roaming so, prepare to pay for a local SIM card. Allow the staff to change the SIM card and install the required software on to your phone. Put your imported SIM card in a safe place.

Take taxis to the hotel

- * We will try to take a maxi-taxi (people mover) if available
- * Check in with your reservation and passport
- * Your passport will be returned to you after the hotel staff have contacted the authorities with a photocopy of your passport. Do **not** leave the hotel until this formality is sorted and your passport has been returned to you.
- * Please consider having a shower and a short break in your room.

Take taxis to Muang's residence

- * Meet Muang, his family, and the kids in his care
- * Have lunch
- * Discuss and confirm the educational requirements

Go for a tour of Muang's neighbourhood

- * Muang will be your tour guide

Take the bus to Junction City/Bogyoke Markets

* You may do some shopping at Bogyoke if you need to buy a parasol or a souvenir

Shopping and Dinner at Junction City

* Let's have something to eat first

* Shop for snacks and toiletries at the supermarket on the top floor. You may purchase whole fruits, such as apples, from the supermarket if you like.

Go back to the hotel

* Prayer session without singing in one of the rooms

* Games and/or DVDs for entertainment

* Go to sleep

Day THREE (THURSDAY the 5th) in YANGON

Breakfast at the hotel

* Do NOT consume open cold beverages that contain ice cubes, especially iced water

Visit Mercy and her community

* Discuss and confirm the educational requirements

Tour of Mercy's neighbourhood

* Let Mercy and/or Don be your guides

Lunch at a Burmese restaurant

Commute to Sule Square to see:

* Government buildings

* Abandoned British colonial buildings

* The Catholic Church

Sightseeing: Trip to Dala by boat

- * See how people live south of the Yangon River
- * Buy bottled drinks for refreshments in Dala
- * Try to organise a tour by rental bikes??? Or employ local tuk-tuk drivers instead.
- * Watch the pink sunset go down over the Indian Ocean

Return to Yangon downtown area by boat after sunset

Another opportunity for last minute shopping in Sule

- * Did you forget to buy something yesterday?
- * There is an underground supermarket frequently visited by tourists and ex-pats

Dinner at Junction City

Go back to the hotel

- * Prayer session without singing in one of the rooms
- * Games and/or DVDs for entertainment

Days FOUR (FRIDAY the 6th) and FIVE (SATURDAY the 7th) in YANGON

Breakfast at the hotel

- * Do NOT consume open cold beverages that contain ice cubes, especially iced water

Split - some will go to Mercy's house, and some will go to Muang's apartment for teaching purposes

- * Teach your specialist subject as scheduled; allow double time for translations because most of the kids do not speak English
- * Light lunch will be provided by your host

Sightseeing on Friday - Shwedagon Temple

- * We might start with the gardens first while we still have daylight
- * Tour Shwedagon Temple to acknowledge where all the country's precious resources have gone

Sightseeing on Saturday - That's up to Kennedy?!!?

Dinner at a restaurant of Kennedy's choice

Go back to the hotel

- * Prayer session without singing in one of the rooms
- * Go for a walk to work off the calories
- * Games and/or DVDs for entertainment

Day SIX (SUNDAY the 8th) in YANGON

Breakfast at the hotel

- * Do NOT consume open cold beverages that contain ice cubes, especially iced water

Fellowship day - prepare to split

- * Some will go to Muang's apartment by taxi
- * Some will go to Mercy's house by taxi
- * Some will attend another service with Kennedy

NB: Unlike fellowship services in Western countries that usually last for less than two hours on Sunday, you will soon find that fellowship services in Myanmar usually take up the whole day so, enjoy and rejoice!

Go back to the hotel for a nana-nap

* You'll definitely need one

Dinner at a restaurant of Kennedy's choice

Go back to the hotel

* Games and/or DVDs for entertainment

Day SEVEN (MONDAY the 9th) in YANGON

Breakfast at the hotel

* Do NOT consume open cold beverages that contain ice cubes, especially iced water

Live like a local

* Ride the Yangon Circular Train

Split - some will go to Mercy's house, and some will go to Muang's apartment for teaching purposes

* Teach your specialist subject as scheduled; allow double time for translations because most of the kids do not speak English

* Light lunch will be provided by your host

Dinner at a restaurant of Kennedy's choice

Go back to the hotel

- * Go for a walk with Kennedy
- * Games and/or DVDs for entertainment

Days EIGHT (TUESDAY the 10th) & NINE (WEDNESDAY the 11th) in YANGON

Free time or we can take the kids out on an excursion to the Happy World Amusement Centre!

For more information about Happy World, please go to

<https://www.facebook.com/profile.php?id=100064533408796&mibextid=wwXlfr>

Sport > go to the swimming pool or play badminton/soccer with the kids

Cultural experiences> Learn how to wear a longyi and/or learn how to make and apply thanaka

Wild animals > see the crocodiles

Shopping > Bogyoke markets or Junction City

Personalised tours with a bilingual guide from Mercy's family

NB: Be prepared to pay for your guide's meals and transportation in both directions. You must cover all of these costs entirely at your own expense.

Day TEN (THURSDAY the 12th of NOV) in YANGON & BANGKOK

Breakfast at the hotel

* Do NOT consume open cold beverages that contain ice cubes, especially iced water

Check out

Take taxis to the airport

* Change your remaining Kyats to Thai Bhat (THB) at the airport

NB: No country outside of Myanmar will let you exchange your Kyats. If you forget to change your remaining Kyats at Yangon airport, then you will keep them as souvenirs for a very long time.

Fly to Bangkok with AirAsia

Flight number: FD254

Date of Departure from RGN: 12-Nov-2026

Time of Departure from RGN: 5:40pm

Date of Arrival in Bangkok (DMK): 12-Nov-2026

Time of Arrival in DMK: 7:25pm

Travel time: 1 hour and 15 minutes

Check in to the hotel

Lunch in Bangkok

Sightseeing options

- Big reclining Buddhas
- Amazing temples
- Changing the guard at the royal palace
- Ride the reed boats along the river while sipping on tea

Dinner

Go back to the hotel or enjoy the nightlife

Day ELEVEN (FRIDAY the 13th) in Bangkok

Breakfast at the hotel

* Do NOT consume open cold beverages that contain ice cubes, especially iced water

Check out

Go to the Krung Thep Aphiwat Central Terminal railway station

Board Train #45, operated by Thai Railways, which goes to the Malay border (Padang Besar)

NB: You cannot book international trains without a passport!

~ The first train ~

Departure date in Bangkok: 13-Nov-2026

Departure time in Bangkok: 16:10

Arrival date in Padang Besar: 14-Nov-2026

Arrival time in Padang Besar: 08:05

Travel time: 15 hours and 55 minutes

* Change trains at the border

* Continue your journey on the second train to Kuala Lumpur (KL)

~ The second train ~

Train number: EG9449

Departure date in Padang Besar: 14-Nov-2026

Departure time in Padang Besar: 12:05

Arrival date in Kuala Lumpur: 14-Nov-2026

Arrival time in Kuala Lumpur: 17:44

Travel time: 5 hours and 39 minutes

NB: You cannot book international trains without a passport!

You will need to take two trains to get to KL. The first train is an overnight sleeper.

Day TWELVE (SATURDAY the 14th) in Kuala Lumpur

Take taxis or the subway (cheaper) to the Airbnb condo/apartment

Check in

Tour the Batu Caves, 13km North of the capital city, as recommended by Evan

If we have time, then we can:

- Go shopping
- Play golf
- Use the swimming pool atop the apartment building

Gather for dinner

Day THIRTEEN (Sunday the 15th) in Kuala Lumpur

Breakfast in the city

Attend a church mostly populated by Burmese refugees who live in KL

- * Meet Simon (Kennedy's brother)
- * Paul will be the guest speaker, Simon will translate his speech

Day FOURTEEN (Monday the 16th) in Kuala Lumpur

Breakfast in the apartment

Free time to explore the sights and sounds of KL

Day FIFTEEN (Tuesday the 17th) in Kuala Lumpur and Singapore Airport

Breakfast in the apartment

Check out

Proceed to Kuala Lumpur International Airport (KLIA)

Fly to Singapore: The **first** flight

Flight number: SQ121

Departure date in KUL: 17-Nov-2026

Departure time in KUL: 6:30pm

Arrival date in SIN: 17-Nov-2026

Arrival time in SIN: 7:50pm

Travel time: 1 hour and 20 minutes

~ There will be a 1 hour and 45 minute layover in Singapore's Changi Airport ~

Fly to Brisbane: The **second** flight

Flight number: SQ235

Departure date in SIN: 17-Nov-2026

Departure time in SIN: 9:35pm

Day SIXTEEN (Wednesday the 18th) in Brisbane

Land in Brisbane's International Airport

Arrival date in BNE: 18-Nov-2026

Arrival time in BNE: 7:15am

Travel time: 7 hours and 40 minutes

If you have any leftover notes from Singapore, Malaysia, or Thailand, you can exchange your foreign currency notes for Australian dollars at Brisbane Airport.

Go home and get back to work!

Guidelines to ensure a pleasant trip

Before you leave Australia...

- * Make sure that your passport has at least 6 months validity after the return date of travel
- * If you don't have a valid passport, have never had a passport before, or your passport is going to expire soon then you **must apply for a new passport** through Australia Post. Please allow up to 6 weeks for processing. Do NOT leave this matter until the last minute. Please submit your application for a new passport, and pay the fee, at your nearest Australia Post office **by the end of the first week of April at the latest**.
- * Pay for your Myanmar tourist visa, up to 3 months before the start date of travel and PRINT your e-Visa on an A4 piece of paper. Do not be in a hurry to apply for an e-Visa, you can **only apply within 3 months** of your travel dates.
- * Organise your Malaysia Digital Arrival Card, up to 3 months before the start date of travel. It's free!
- * Talk to your doctor about vaccinations at least 3 months before the start date of travel and ask your doctor to deliberately prescribe antibiotics (amoxycillin capsules) as a precaution just in case you get sick overseas.
- * If you are taking any medication, make sure that you have enough medication before you leave Australia, and ask your doctor to write you a letter. Even if you only take vitamin/mineral supplements, you still need to ask your doctor to write a letter for you.
- * See your dentist as per your regular cleaning schedule. Please do not delay/defer your appointment. Although dental treatment in Myanmar might be cheaper than what one would pay for the same treatment in Australia; most dentists in Myanmar rarely sterilise their equipment, and that can easily lead to the transmission of blood-borne infections.
- * See your pharmacist and ask for Gastro-Stop tablets, Visine Revive eye drops, Hydralyte effervescent tablets, antiseptic cream or oil, band-aids, and mosquito repellent.
- * Leave photocopies of your passport photo page, travel insurance docs, visas, and a copy of the final travel itinerary with your loved ones in Australia.
- * Let ALL your bank(s) know that you are going overseas and tell them that you will visit Myanmar, Thailand, Malaysia, and Singapore.
- * Purchase a comprehensive travel insurance policy and make sure that you are insured right up to the return date (last day of travel) in Brisbane.
- * Pay for all your flights, accommodation, and your international trains. **Your team leader will book these items for you** after you pay. Please be advised that flights will be booked in early March, followed by trains in May, and lastly accommodation in June.
- * If you live in Queensland and you do not live in Brisbane, please plan to get to Brisbane's International Airport and back. If you need to use a shuttle service, then you must book these arrangements in advance because seating on shuttles is limited and if you leave this matter until the last minute then there may be no seats left on the shuttle for you.

- * Purchase two travel adaptors from JB Hi-Fi. You will need the **Type C** plug with 2 round pins for Thailand and Myanmar; this plug is similar to the one used in the EU. However, in Malaysia and Singapore, you will need to use the **Type G** plug which is commonly used in the UK.
- * Pack badminton racquets and shuttlecocks into your luggage, this is a very popular sport in the suburbs of Yangon as you will soon discover.
- * Take your favourite card games and DVDs with you. Your team leader will take a Blu-Ray/DVD player.

Mandatory vaccinations for travel to third-world countries in SE Asia

- * Hepatitis A
- * Polio
- * Typhoid
- * Cholera

Recommended vaccinations for travel to countries in SE Asia

- * Rabies
- * Malaria
- * ADT (Angina, Diphtheria and Tetanus)
- * MMR (Measles, Mumps and Rubella)

A quick word about Malaria...

- * Malaria carrying mosquitoes only operate at night in areas under 1000 metres above sea level
- * Considering that we're not travelling during the wet season, and we're going to spend most of our time outdoors in urban areas, the likelihood of being bitten by a malaria-carrying mosquito is slim
- * There is no booster (injection) for malaria
- * If this disease is a concern for you, you can ask your doctor to prescribe prophylaxis (pills) against malaria
- * Your team leader recommends **Malarone** because it has worked in the past, however, these pills are a bit expensive because they're not on the PBS
- * Doxycycline is on the PBS, but it does not always work as planned

At the hotels in Yangon and Bangkok...

- * Do NOT brush your teeth with the tap water, use a bottle instead
- * Do NOT rinse the bristles of your toothbrush under the tap under any circumstance
- * Do NOT pour tap water into the kettle, use bottled water instead
- * Please do not sing in the shower because the tap water must not enter your mouth. You are warned that the tap water in Myanmar is very arsenic and may contain mercury too. Therefore, when you are in the shower, please make sure that your mouth is closed at all times.

When leaving the hotel...

- * Take your passport and your visa with you
- * Only carry enough cash for what you need
- * Lock valuables inside your luggage. Please don't leave them lying around on the coffee table in your room. Your team leader would like to recommend the *American Tourister*, which is a light bag on wheels that comes with a combination lock.
- * If you don't have a pocket wallet, consider using a travel wallet (like a bum-bag) around your waist
- * Avoid carrying a backpack, or a handbag, unless absolutely necessary because this is a popular target for pickpockets
- * Do not flash unnecessary jewellery and/or expensive watches because this is a target for thieves
- * Watch the flow of traffic (motor vehicles) carefully before crossing the road. In Myanmar, most vehicles have the steering wheel on the right, however, they also drive on the right.

When leaving the hotel in the morning...

- * Add a little sunblock to your nose, ears, and any other exposed skin
- * Carry a parasol, or wear a hat that casts a shadow all around your head and shoulders, to protect your skin from the sun's harmful rays

When leaving the hotel in the evening...

- * Step outside your hotel room and walk into the corridor and then spray your exposed skin, especially along your arms and feet, with mosquito repellent. Please don't do this procedure inside the hotel room because mosquito repellents are very smelly.

When you are outside the hotel...

- * Do NOT preach the gospel. We will not be handing out tracts in any languages, and we will not be handing out pocket-sized bibles either.
- * If someone has a prayer request, write down their first name and their request into your notebook and we can pray about it later in private at the hotel.
- * If someone claims that they would like to know more about Jesus, or the Christian faith in general, write down their first name and their phone number and then pass their contact details on to Pastor Muang.
- * Do NOT take photos of the military or the police
- * Avoid taking photos of other people's children unless you have their permission to do so
- * Remove your shoes before entering Buddhist places of worship
- * Do NOT play with dogs, cats, or monkeys. Even if these animals look cute and inquisitive, some of them are not domesticated pets and so, they might carry rabies. Therefore, if you see these furry creatures in the streets or in the parks, do not feed them, do not tease them, and don't do anything to attract their attention. Barnyard animals such as horses and cows are okay to pet because they don't have rabies.
- * If you have food that you would like to eat al fresco, eat it quickly in its entirety or throw it out into the nearest bin. If an animal shows interest in you because you're eating something that smells pleasant, either throw the food into the bin or leave it on the ground and walk away.
- * Do NOT make any comments about the government or the military on social media.

When ordering meals or beverages at a restaurant or diner...

- * Avoid all beverages that may contain ice cubes such as freshly squeezed juices, milkshakes, cocktails, smoothies, homemade sodas, and so on
- * Do NOT order vegetable salads
- * Do NOT consume any raw vegetables. Vegetables must be washed in purified water and processed (steamed/boiled) before you can eat them.
- * Cut your meat down the middle with a clean knife and check to make sure that it's been properly cooked before you start eating
- * If you want to drink water or a fizzy beverage, please drink directly from the can or bottle. Do NOT accept glasses with ice cubes.
- * Sterilise your hands with hand-sanitiser before you start eating. Even if you plan to eat your meal with utensils, such as forks and knives, you should still sterilise your hands.

When buying fruits from the markets...

- * Only purchase whole fruits that you can peel such as bananas and mandarins
- * Inspect smaller tropical fruits like lychees and rambutans for mould. If you see any mould, don't buy these fruits. Spend a little bit more money for tropical fruits that have no mould on them.
- * Avoid stone fruits such as apricots and peaches
- * As a rule of thumb, if the fruit has a skin that you can remove, then you can peel it and eat it. For example, you can buy apples and mangoes from the markets as long as you remember to remove the skin before you eat them.
- * If the fruit has a skin that's difficult to remove, such as grapes, then it is better if you don't eat it.
- * You may purchase melons and larger tropical fruits like jackfruits if you wish but you will need to slice them open with a Swiss-army knife, or you can ask the hotel kitchen staff to cut these fruits for you.

~ What if? ~

*** You have a cut...**

- > If the skin is dirty, clean out the wound with cotton wool dipped in eucalyptus/tea tree oil immediately
- > Apply antiseptic or a dressing to the clean wound
- > Bandage with a band-aid or similar

*** You are scratched or bitten by an animal...**

- > Alert the team leader immediately
- > Go to a local clinic or private hospital where you will receive a rabies booster. Even if you've been previously vaccinated for rabies, you still need to get another booster as quickly as possible.

*** You accidentally rinsed your toothbrush under a tap...**

- > Throw it into the garbage bin immediately
- > Get a new toothbrush

*** You are thirsty...**

- > Bottled water is widely available in urban areas
- > Go to the nearest convenience store or supermarket and buy a litre of purified water

- > Break the plastic seal and drink a little water. Then after that, break two Hydralyte tablets in half and drop them into the water.
- > If the water has been coloured with Hydralyte, please drink all the liquid within one day.
- > Please avoid any refrigerated beverages that contain dairy products, such as iced coffees and milkshakes, because the fridges in Myanmar usually operate at 15 degrees Celsius. The reason for this high temperature setting is because the shop owners are always looking for ways to save money on electricity.
- > Consider purchasing a chilled green coconut from the street vendors in Thailand and Malaysia; the water inside these coconuts is delicious and it's sterile too

*** I need to withdraw some money in Yangon...**

- > Go to the nearest KBZ bank ATM and withdraw 100,000 or 200,000 Kyats from your bank account using your Visa debit card
- > You will need to accept the bank fees which will automatically be withdrawn from your account
- > You are also likely to incur some foreign exchange fees from your bank every time you withdraw money from an ATM that does not dispense Australian dollars

*** Someone you know in Australia asks you to carry money (a gift) overseas to pass on to their friends in Yangon...**

- > Say NO!
- > Do not even agree to withdraw cash from an ATM in Yangon
- > Before you leave Australia, plan to transfer these monetary gifts to the overseas recipient(s) via Western Union. If you don't know how, please ask the team leader. This should be done well in advance. Please do not leave it until the last day.

*** I want to make practical (tangible) gifts to the kids/adults at Muang or Mercy's residence...**

- > You can purchase some picture books featuring Australiana with minimal words
- > You can buy some colouring-in books with coloured pencils, crayons and texters
- > Maths times tables posters are great for educational purposes
- > You could purchase some carrot peelers - just make sure that you leave these inside your checked-in luggage!
- > Colanders are very useful for cooking, but they are a bit bulky

NB: Please do not make any personal gifts to kids as this will lead to bullying and victimisation.

Getting by politely

~ Communication in Myanmar ~

Mingalabar = Hello

Nay kaun lar = How are you?

Kaun mare = I am well, thank you.

Jezuba = Thanks (casual speech).

Jezutanmare [pronounced je-zu-ten-ba-de] = Thank you very much (formal speech).

Jonno nami ga _____ bar = My name is _____ (for men)

Jenma nami ga _____ bar = My name is _____ (for women)

Tweyarawamthabare = I'm pleased to meet you

Myanmar-lo kaun kaun mapyothabu = I really don't speak Burmese very well

Thwalaibaome = Goodbye

~ Communication in Thailand ~

Sawadee = Hello

Khapoonka = Thank you

~ Communication in Malaysia ~

Selamat Datang = Welcome

Watch out for some sharp cultural corners

~ When in Malaysia ~

Malaysia is still a majority Islamic country. You can always shake hands with Malay men but please do not shake hands with Malay women. If someone sees you shaking hands with a Malay woman, in public, it means that you are making a commitment to marry her.

~ When in Thailand ~

Drink spiking is common at bars and clubs so, don't go out at night by yourself. Take a travel companion with you and keep your eyes on the bar tender while he or she pours/mixes your selected beverages.

Thai massages must be avoided at all times. Most of those venues do not offer professional services and most of the people who provide these services in Thailand have AIDS/HIV.

Anything else?

~ Notes about Accommodation ~

8 nights in Yangon

1 night in Bangkok

3 nights in Kuala Lumpur

NB: If you are travelling alone, M2M staff will pair you up with another traveller. In other words, all rooms are ***twin share***.

M2M will endeavour to book comfortable 3-star hotels/motels in Yangon and Bangkok. Furthermore, M2M will endeavour to book a condominium (or holiday apartment) in Kuala Lumpur.

Please note that you will spend about one whole day on the international trains from Bangkok to Kuala Lumpur.

~ What's included in the price? ~

- All the flights
- All the hotels
- International trains
- Most of your meals
- Local transport

~ What's not included in the price? ~

- Donations (optional)
- Vaccinations
- Travel insurance policies
- Visas
- Passports fees (only applicable to those who don't have a valid passport)
- Shopping (optional)
- Excursions/Day trips with bilingual guides in Bangkok and Kuala Lumpur (optional)