

# "Money Can't Buy Happiness – Is It Really True?"

Phone Myat Min – IGCSE Batch 7 (Media Club)

In a world where success is often measured by financial wealth, luxurious and lavish lifestyle, it is easy to assume that having more money means having more happiness in life. We have all heard of the expression, "Money Can't Buy Happiness." From the perspective of the people who are financially struggling, this would sound rather unreasonable to them. But, for the wealthy, this could bring them to the realization of something more important in life. So, in this article, we'll explore both sides of the argument and uncover whether money really has the power to make us truly happy—or if there's more to life than what money can buy.

First and foremost, there is no denying that money is one of the key factors that drives the vast majority of people to work their best to achieve their dreams of leading a comfortable and peaceful

life. Also, it helps pay for basic needs such as food, shelter, education and healthcare as well as everything we are desired to get. Having financial stability can bring relief and a sense of safety mitigating the risks of being burdened with debts. However, once those needs are met, additional money does not translate into higher level of satisfaction.

Although money can buy things that make life easier, it cannot buy things that often matter most in life: love, inner peace, purpose, and genuine connection. Many people with wealth still struggle with loneliness, anxiety, or depression. Happiness tends to come from experiences, relationships, and emotional well-being—areas where money has limited power. As people focus too much on making money to increase material possessions, they become less interested to spend time with their



love, friends and family. It can lead to stress, burnout and emptiness—especially when they realize that material things can't fill emotional gaps.

The best way to overcome this ambiguity is to consider the two options: (1) Stay on the treadmill and (2) Seek security not ecstasy. These days, we usually buy things like cosmetics, clothes that are often labelled as the finest and the best. This is what we call the satisfaction treadmill. We keep yearning for things that would just be thrown away after some time when it appears no longer interesting to us. And there seems to be no end to the escalation of our tastes over time.

The other alternative is to realize that you are delighted enough with what you already have. It ensures that you came to prioritize long term peace of mind over short term thrill. For instance, it would be even more fulfilling to use the earned money in a more charitable way like donating to an orphanage, for example. Or, saving it so that it could be used profitably somewhere else in the future.

At the end of the day, money is a tool—not a goal. It can help us live more comfortably, but it can't bring us the deep, lasting happiness we all long for. Real joy comes from within—from meaningful relationships, purpose, kindness, gratitude, and personal growth.





# Expedition to The Yangon Zoo

Group members, Hein Htet, Aung Khant, Ye Myint Taw, War So Myint Mol, Thet Htet Zaw

Since I was a kid, I like to observe animals on TV shows and magazines. I'm familiar with animals, but I haven't seen them in years.

Since COVID-19 began and swept away, my exposure to animals has been nonexistent and our homes became our worlds. The years that followed were filled with stillness, distance, and deep emotions.

On the first of July, I took a big step—I moved to GPIS to start my IGCSE O-Level course. It was my first time changing schools, and it felt both exciting and unfamiliar. Our school GPIS is located in the central area of Yangon, Sule, close to landmarks like Sule Pagoda. The transport around there makes it easy to reach, and there are many café

shops and convenience stores nearby. Our school's purpose is to offer diverse educational pathways and opportunities for all students.

One month after I enrolled, the school organized a trip to the zoo. The plan immediately drew my interest because I enjoy observing animals, so I was among the first to sign up.

## Location, Area, and History

Yangon Zoo is located near Kandawgyi Lake and covers about 70 acres of land, away from the main buildings of the city. It is also known as Victoria Memorial Park and Zoological Gardens, established in 1906 during British colonial times. Another zoo was later built in Nay Pyi Taw, the capital of Myanmar, which is larger and provides improved animal

facilities.

## Transportation and Road

For transportation, the school arranged a bus, and our student service staff came along to take care of the students. They also ensured we got home safely after the trip. We traveled along Sule Pagoda Road to Zoological Garden Road, passing through traffic to arrive quickly.

## Animal Habitats

At Yangon Zoo, visitors can observe a wide variety of species including reptiles, mammals, birds, and amphibians. Recently, the zoo welcomed a red panda, one of the highlights for many visitors. The animals are kept in enclosures designed to reflect their natural

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habitats as much as possible.

The tiger enclosure has open spaces with rocks and shaded areas, allowing them to rest comfortably. Reptiles such as snakes and turtles are kept in glass enclosures with heating systems to mimic warm environments. Birds like parrots and hornbills live in large aviaries with trees and branches for flying and perching.

Each animal habitat is labeled with information boards that explain the animal's scientific name, diet, origin, and unique behaviors. Although the zoo tries to replicate natural surroundings, some enclosures—especially for larger animals—still feel small. This raises important questions about balancing animal care with space limitations.

Overall, Yangon Zoo has made efforts to create cleaner and more suitable environments compared to the past. The visit was fun and educational, though I think some animals would benefit from more



room and activities to keep them engaged.

**Activities**

A visit to Yangon Zoo offers fun activities for families, friends, and animal lovers. It's home to elephants, tigers, bears, and native species like the star tortoise. Visitors can explore on foot or by renting bicycles to cover more ground. The zoo features animal feedings, elephant shows, and educational exhibits, while kids can enjoy the mini amusement park. Food stalls, restaurants, and picnic areas make it easy to relax and recharge. Whether biking past big cats or watching playful monkeys, the zoo provides a refreshing escape in the heart of Yangon.

**Activities with school,**

When we arrived at the Zoo with the school, we entered from Kandawgyi Lake's rear entrance. We first saw the group of monkeys. Heading uphill from there led to a sheltered rest spot, which is a great place to enjoy lunch. School provided Hainanese chicken rice for the students. To make the experience even more lively, school arranged some fun group games. One game involved forming teams

of ten, with each person placing a ball against the back of the person in front and walking forward without letting it drop. The team won if they successfully placed the ball into a basket at the end. Another game was a guessing challenge where a host gave a phrase to the team leader, who had to act it out silently for their teammates to guess. Once they figured it out, they ran to the host to submit their answer. The final game required each player to hold a spoon in their mouth with a ball balanced on it, passing it from person to person without letting it fall.

It was the expedition we never knew would make us feel the magic we didn't know existed. From the moment the rain contacted our bodies to the time we felt like we were in an amusement park, it was all surreal. People call it a zoo, but it was more than just animals seen on a shallow level. Who would've expected it to turn into a core memory for life that will live on our ceilings, not just in our heads? A memory that will linger around us for ages, the one that will live rent-free in our hearts forever.



## GPIS Opens a New Branch at Times City

Global Pathways International School (GPIS), a member of Strategy First Education Group, is delighted to share wonderful news with our community. This September, we will be opening our new branch at Times City in Kamaryut Township! Our Times City campus will offer a wide range of programmes designed to support the bright futures of our students, including the NCC Level 3 Diploma in Business, NCC Level 3 Diploma in Computing, IGCSE, Pre-IGCSE, Pre-GED, and GED courses. In addition to these exciting learning opportunities, the new branch will also provide consultation services for students who are interested in continuing their educational journey with Strategy First International College. We warmly invite our future students and alumni to visit us at Unit 202, Times City (in front of Jewelry Mall), Kamaryut Township. Come explore our programmes and discover the new opportunities awaiting you.



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