



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to
Southeast Asia & beyond*

MYANMAR

PRE-DEPARTURE INFORMATION



INTRODUCTION



Myanmar remains one of the most mysterious and undiscovered destinations in the world due to its long seclusion from the rest of the world. The country's people and culture are amongst the most charming and authentic in the region. As Myanmar forges into a new modern identity, its history and colonial past sit side by side with century-old temples and a population optimistically looking towards the future. From the ancient temples of Bagan and Mrauk U to the bustling of Mandalay, from the northern snow-capped mountains to the tranquillity of Inle Lake, Myanmar provokes the senses with a series of challenging contradictions.

QUICK FACTS



 Currency: Myanmar Kyat	 Population: 53 million
 Capital City: Naypyidaw	 Language: Burmese
 Time Zone: GMT +7	 Calling Code: +95
 Electricity: 230 Volts, 50Hz	 Religion: Theravada Buddhism
 International Airport: Yangon RGN Mandalay MDL	



The staples of Myanmar cuisine are rice, rice noodles, and curries. A clear soup called hingyo accompanies most meals and a fermented fish sauce or paste called ngapiye is usually served to add flavour.



Laphet

A popular finish to Burmese meals and possibly the most famous Burmese dish of all is laphet. The dish is a mix of fermented green tea leaves combined with sesame seeds, fried peas, dried shrimp, fried garlic, peanuts and other crunchy ingredients.



Shan-Style Rice Noodles with Curry

Similar to northern Thai cuisine, Shan-style rice noodles are found throughout Mandalay and Inle Lake. The dish is a combination of thin, flat rice noodle in a clear, peppery broth with marinated chicken or pork. It is served with a side of pickled vegetables.



Mohinga

A fish and noodle soup, mohinga is a staple in Burmese cuisine. A typical breakfast dish, the main ingredients include garlic, onions, lemongrass, banana tree stem, ginger, fish paste and catfish served with rice noodles. It is often offered with boiled egg and fried fish cake.



Rakhine Cuisine

Rakhine (Arakan) cuisine from the Mrauk U and Sittwe area resembles dishes found in Bangladesh and India's Bengal State. Rakhine cuisine is best known for its prominent use of bean and pulse dishes, as well as very spicy curries and flatbreads. The fiery cuisine features sour flavours with the use of coriander, lemongrass and chillies.



Currency in Myanmar

Myanmar's currency is the Myanmar Kyat (MMK). It is not possible to get Kyat outside of Myanmar, so you will have to exchange money upon arrival into the country.

Exchanging Money

Authorised exchange booths across the region are typically open between 9:00a.m.-4:00p.m. daily.

On weekends, authorised exchange booths may not be open outside of Yangon. In Yangon, we advise you to change money at exchange counter of official banks from Myanmar.

When changing notes, USD notes must be issued after 2007 and must be unmarked and not torn.

Old USD notes are not accepted.

Credit Cards

Credit cards are becoming more and more widely accepted in Myanmar. International hotels and more upscale restaurants may accept credit cards. For shopping at local markets, cash is advisable in small denominations.

ATMs

Whilst there is an increasing number of ATMs across the country, cash is the main form of payment in Myanmar. It is good to note that ATMs may be non-existent in remote areas. Please ensure you bring enough money for your stay when travelling to more remote regions. We advise a minimum of \$100 USD per day.

*Please ensure on departure you change all Myanmar Kyat back to US Dollars or your local currency as it is illegal to take Burmese currency out of Myanmar. You will be unable to exchange the currency outside of Myanmar



Gratuities

While not compulsory, tipping is greatly appreciated throughout Southeast Asia, especially in the service industry. If you are pleased with the services provided, please use the below guide for reference.

- Guides (>4 travellers): \$10 - \$15 per day per traveller
- Drivers (>4 travellers): \$5 - \$7 per day per traveller
- Guides (<5 travellers): \$5 - \$10 per day per traveller
- Drivers (<5 travellers): \$3 - \$5 per day per traveller
- Restaurants: 5-10% of the total bill
- Hotel Maid Service: \$2 - \$3 per day
- Porters: \$2 - \$3 at time of service
- Local Boat Transport: \$5 - \$10 per boat
- Overnight Cruise: \$20 - \$30 per person per night (to cover all crew)

Please note all prices are quoted in USD



Insurance

Travellers are highly recommended to purchase trip and travel insurance. This can cover anything from trip cancellation to accidents, emergencies, hospital fees, property loss and medical evacuation.



Health

Please consult your doctor to discuss your particular health or immunisation requirements. If you would like to have a source of further information, please refer to the Centre for Disease Control (CDC) website at www.cdc.gov



Medical

When travelling in Myanmar, it is advisable to avoid public hospitals as they may be unsanitary. If a problem arises where you are in need of medical attention, the best option is to visit an international clinic. Please contact your hotel or guide for information on clinic services and to find one that is appropriate for Western visitors. Additionally, when travelling to Myanmar, it is important to remember to bring enough of your regular medication for the duration of your stay



YELLOW FEVER CERTIFICATE



A Yellow Fever Vaccination certificate is only required for travellers coming from – or in transit through an airport of – a country with risk of yellow fever transmission. The vaccination requirement is imposed by this country for protection against yellow fever since the principal mosquito vector *Aedes aegypti* is present in its territory.

If you are visiting Myanmar and you live in or have travelled through a yellow fever zone, then you need to have a yellow fever certificate to show that you have been vaccinated against the illness.

When you arrive in Myanmar, you will be asked for your yellow fever certificate. You need to show this at the medical counter before queuing for immigration.

Check to see if you have been in any of these places during the last six months. Please consult your doctor to discuss your particular health or immunisation requirements.

If you would like to have a source of further information, please refer to the Centre for Disease Control (CDC) website at www.cdc.gov

AFRICA

Risk of yellow fever transmission exists in these countries:

Angola, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Republic of the Congo, Côte d'Ivoire, Democratic Republic of the Congo, Equatorial Guinea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mauritania, Niger, Mali, Nigeria, Senegal, Sierra Leone, South Sudan, Sudan, Togo, Uganda.

AMERICAS

Risk of yellow fever transmission exists in these countries:

Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Panama, Paraguay, Peru, Suriname, Trinidad and Tobago, Venezuela.

Validity of Certificate

A yellow fever certificate is valid for ten years after vaccination.

Children

A vaccination certificate is required for children over one year of age.

Common Procedure:

1. Complete yellow fever form
2. Wait in queue for an assigned health counter
3. Submit required documents to immigration officer and proceed to arrival immigration counter



The following should act as a useful checklist of essential items worth taking

- Passport - ensure your passport is valid for at least 60 days after your date of return
- Passport Photos: These may be invariably needed
- Emergency contact numbers: Trails of Indochina, insurance company, friends and family
- Debit/credit card cancellation numbers in case of loss
- Money Belt: Ensure that it is discrete and comfortable to wear
- First Aid kit - Basic travel kit to cover basic mishaps which may occur along the way
- Personal medication with international doctors' note to ensure easy passage of medication across international borders
- Sun block – High UVA protection ideally
- Sunglasses & hat
- Comfortable walking shoes and sandals or flip flops for visiting temples or pagodas
- Mosquito spray & insect repellent
- Long sleeved tops and trousers to protect against mosquitoes at dawn and dusk and the sun through the day
- Electronics, chargers and adapters
- Sufficient amount of currency in USD small and large notes to last the duration of your stay. Please note bills marked prior to 2007 will not be accepted, nor will worn or torn bills.

Clothing

Myanmar is a conservative Buddhist country and improper dress can be offensive and inappropriate. Shorts, short skirts or revealing clothing are not appropriate especially when visiting temples or any religious site. Lightweight, easy to care cotton clothing are ideal all year round. A winter sweater or jacket and socks may be needed in the cool season when visiting up country, especially around Inle Lake and Kalaw when the weather can dip to near freezing during the night. Wear sensible comfortable walking shoes which can be easily removed when required. Sandals, thongs or flip-flops (available locally) are very convenient footwear, especially for visiting temples where shoes must be removed prior to entering.

Plugs & Converters

In Myanmar, the electricity runs at 230 Volts, 50Hz. There may be different sockets used depending on which region you are in. Here are examples of the types of outlets found in Myanmar.



CONTACT US



If you have any questions or encounter any issues, please contact us at our Myanmar office so we can provide an immediate solution.

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