

QUICK TIPS



DIALLING IN-COUNTRY

Calling a landline number

- Dial city code + telephone number

Example: 01 381133

Calling a mobile number

- No city code is required
- Most mobile numbers start with a zero

Example: 090123456



MONEY

Official Currency

MMK (Burmese Kyat)

Denominations

10000, 5000, 1000, 500,
200, 100, 50

ATMs

ATMs are widely available in most cities and often located outside a bank. Fee and charges will be applied when you have non-Myanmar card.

Currency Exchange

No service charge for currency exchange.



TIPPING

While not expected, tips in main tourist areas in may be appreciated. However, in rural areas where tipping is not the norm, a generous tip could cause embarrassment to the recipient. Service charges may be included in some hotels and restaurants.



WI-FI

Free Wi-Fi is widely available in most hotels, restaurants, shops and cafes.



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Min-ga-lar-ba and welcome to the ancient land of Myanmar, seemingly a world away from the countries many call home. Temple-rich and steeped with a dynamic history, it is one of Southeast Asia's most intriguing destinations. We invite you to use our pocket guide as a resource for discovering the culture and heritage of this extraordinary country. Wander, explore, and connect with all Myanmar has to offer.

MYANMAR CUSTOMS & ETIQUETTE

Do's



Remove your shoes as well as any hat or head cover when entering homes or temples



Show respect to monks, novices and nuns



Give and receive with both hands

Don't's



Do not touch anyone's head



Do not sit with your back towards Buddha's image



Do not point your finger towards anyone's face



Do not handle Buddha images or sacred objects with disrespect

USEFUL BURMESE PHRASES

English	Burmese	Pronunciation
Greeting		
Hello	မင်္ဂလာပါ	Min-Ga-Lar-Ba
Goodbye	တုဘာ	Ta-Ta
How are you?	နေကောင်းလား	Nay-Kaung-La
I'm fine. Thanks	နေကောင်းပါတယ်	Nay-Kaung-Ba-Dae
See you again	နောက်မှတွေ့မယ်	Nount-Ma-Twe-Mal
General		
Yes	ဟုတ်တယ်	Hoat-Tal
No	မဟုတ်ဘူး	Ma-Hoat-Buu
Thank you	ကျေးဇူးတင်ပါတယ်	Kyae-Zuu-Tin-Ba-Dae
No problem / It's Ok	ရပါတယ်	Ya-Ba-Dae
Sorry / Excuse me	ဆောရီးနော်	Sorry-Naw
I don't understand	နားမလည်ဘူး	Nar-Ma-lal-Buu
I understand	နားလည်ပါတယ်	Nar-Lal-Ba-Dae
Where is the toilet?	အိမ်သာဘယ်မှာလဲ	Eain-Thar-Bal-Mar-Lal
How much is this?	ဘယ်လောက်လဲ	Bal-Laut-Lal
It's Exepensive	ဈေးကြီးတယ်	Zay-Kyi-Dae
Please discount	လျော့ပါဦး	Sho-Ba-Own
Do you speak English?	အင်္ဂလိပ်လိုပြောတတ်လား	English-Lo-Pyaw-Tat-La