

Myanmar

Climate:

The best season for visiting Myanmar is November to February, when it rains least and isn't too hot. The daily temperature range is greater than in nearly all other parts of Southeast Asia. Mandalay, in the centre of the dry zone, has some of the greatest daily temperature ranges, which average about 22° F (12° C) annually. The average daily temperature at Mandalay is 82° F (28° C), compared to 81° F (27° C) at Yangôn (Rangoon) near the coast, 79° F (26° C) at Sittwe (Akyab) in Arakan (Rakhine) state, and 71° F (22° C) at Lashio on the Shan Plateau.

Currency: The local currency is the Kyat (pronounced Chat). **Myanmar is essentially a cash society with no ATMs.** Travelers' checks are not normally accepted and are difficult to change. Credit cards are only accepted at larger hotels in Rangoon and Mandalay. Keep in mind that acceptance of MasterCard in Myanmar has been inconsistent and recently announced not accepted at all. Please do not take a chance and bring either AMEX or VISA, although travelers should not rely on credit cards to fund a visit to Myanmar. Note that any unused Kyats cannot be converted to foreign currency upon departure. Go to finance.yahoo.com/currency?u for current exchange rates.

Immunizations: Although no vaccinations are required for travel in SE Asia, we recommend you consult your physician about tetanus, polio, typhoid, gamma globulin, Hepatitis A & B and malaria. For current information, check directly with the Center for Disease Control and Prevention (CDC), a traveler's clinic or other medical authority. Visit <http://www.cdc.gov/Travel/destinationList.aspx#P>

Tipping Guideline: Drivers - \$5-\$8 pp per day
Mainland guides - \$10-\$20 pp per day
For trekking trips: Cooks - \$4pp per day
Porters and other trekking staff - \$3pp per porter per day

Budget: You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200 - \$300pp above and beyond tips for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!

-OVER-



Dialing Code: 95

Time Zone: GMT/UTC + 6.5

Electricity: 230V, 50Hz

Weight Restrictions: Be mindful that the international weight restrictions are 20 kilos (44 lbs). Most likely your international flight will not check weight; however internal flights typically allow two bags and one carry-on, with the 20 kilo weight restriction for the two bags.

Visas: It is not possible to get a visa upon arrival in Myanmar. For travel to Myanmar you will need a visa (obtained in advance of your arrival) and a valid passport. The Tourist Visa is valid for 28 days within three months from date of issue and is a single entry visa only. To obtain your visa for entry, please visit <http://www.zvs.com/home.aspx?Login=72314> and click on the Myanmar visa packet. Follow the instructions when applying for your visa. Be sure to use the Myths and Mountains account number - 72314 - to receive a discount. **Note:** Many countries require that your passport be valid 6 months after travel. **Be sure to check your expiration date and renew your passport** if it expires within 6 months of travel!

Additional Country Information: More country specific information can be found on our website. Go to the Travel Center page (<http://www.mythsandmountains.com/2000/travel/center.cfm>) and then scroll down to the bottom of the page. There you will find links to various websites from the CIA Factbook to travel films.

"A mind that is stretched by a new
experience can never go back to its
old dimensions."

-Oliver Wendell Holmes

BIBLIOGRAPHY



See the Longitude Books website: <http://www.longitudebooks.com/> for more book ideas.

Guides

Greenwood, N. (1993). *Guide to Burma*. Edison, NJ: Hunter Publishing.
Klein, W. (1989). *Burma- Insight Guides*. Hong Kong: Apa Publications.
Reid, R & Grosberg, M. (2005). *Myanmar (Burma)*. Lonely Planet Guide.

Literature

Gosh, A. (2001). *The Glass Palace*. London.
Kyi, Aung San Suu. (1995). *Freedom from Fear*. New York: Penguin Books.
Peek, I. (2003). *One Fourteenth of an Elephant*. Australia.
Thanegi, M. (2004). *The Native Tourist: A Holiday Pilgrimage In Myanmar*. Chiang Mai: Silkworm.
Yoe, S. (1963). *The Burman - His Life and Notions*. New York: Norton & Company, Inc.

Proverbs

Thamein, H. (2000). *Myanmar Proverbs in Myanmar and English*. Yangon.
Thein, M.M. (1984). *Burmese Proverbs - Explained in Verse*. Singapore: Fu Loong Lithographer Ptd Ltd.

History and Economics

Carey, P. (1997). *From Burma to Myanmar : military rule and the struggle for democracy* . London: Research Institute.
Min, H. (2000). *Political situation of Myanmar and its role in the region*. Yangon.
Steinberg, S. (2002) *Burma - The State of Myanmar*. Washington DC: Georgetown University Press.

Art & Textiles

Falconer, J. (1998). *Myanmar Style : art, architecture and design of Burma*. Hong Kong: Charles E Tuttle.
Fraser, D. (2005). *Mantles of Merit: Chin Textiles from Myanmar, India and Bangladesh*. Thailand: River Books.

Cuisine

Chan, S. (2003). *Flavors of Burma: Cuisine and Culture from the Land of Golden Pagodas*. New York: Hippocrene Books.