



Myanmar Country Guide (Burma)

Page 1 of 5 Important Information Prior to Travelling to Myanmar

Current Travel Advice from the Department of Foreign Affairs and Trade

This advice is current for Mon, 5th November 2018.

Exercise a high degree of caution in Myanmar overall due to the uncertain security situation and possibility of further civil unrest. Pay close attention to your personal security at all times. Exercise normal safety precautions within the cities of Yangon, Mandalay, Bagan, Nay Pyi Taw and Inle Lake. Use common sense. Look out for suspicious behaviour, as you would in Australia. Reconsider your need to travel to Paletwa township in southern Chin State, due to active armed conflict. Fighting between ethnic armed groups and military forces escalated in mid-November 2017. See [Safety and security](#). Reconsider your need to travel to Kachin State and northern and central areas of Shan State. See [Safety and security](#). Reconsider your need to travel to the areas bordering China, Laos, Thailand, Bangladesh and India, including authorised land border crossings in these areas. Armed groups operate in these areas and there are risks from ethnic conflict, banditry and unmarked landmines. See [Safety and security](#).

Do not travel to Maungdaw, Buthidaung or Rathedaung townships in northern Rakhine State due to the risk of inter-communal violence and armed clashes between military forces and militants. A curfew is in place for Maungdaw township. See [Safety and security](#). Reconsider your need to travel to other parts of Rakhine State (except resort areas at Ngapali Beach) due to the risk of civil unrest. If you travel to the resort areas of Ngapali Beach, fly rather than travel by road. See [Safety and security](#). Avoid all political gatherings, protests, demonstrations and street rallies as they may turn violent. Local authorities may not always respond predictably. Do not take photographs of demonstrations, the military or police. See [Safety and security](#). Be alert to possible unrest and suspicious behaviour. There are occasional reports of improvised explosive devices (IEDs) throughout Myanmar. See [Safety and security](#).

The above information is an edited excerpt of the Travel Advice Summary from the Department of Foreign Affairs and Trade. For further details from DFAT, to subscribe to updates to this advice or to register your presence in Myanmar, please visit www.smartraveller.gov.au.

Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a traveller's individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations, including for Tetanus and Diphtheria (with a booster within the last 10 years), Whooping Cough, Polio (with a booster in adult life - there has been recent evidence of polio transmission in Myanmar), Measles, Mumps and Rubella (two combination vaccinations through life), Chicken Pox and a recent annual Influenza vaccination. Vaccination against Hepatitis A is recommended for travellers to Myanmar. Vaccination against Hepatitis B should be considered by frequent or long stay travellers. Vaccination against Typhoid should be considered particularly when travelling to areas with poor sanitation and hygiene. A Rabies vaccination should be considered by travellers spending extended periods of time in Myanmar, particularly if dealing with animals. Cholera is reported in Myanmar but vaccination is generally not recommended, care with food and beverage selection is far more important. As Malaria (medium risk) and Dengue Fever occurs in Myanmar, insect avoidance measures are recommended.

Please consult a medical practitioner or contact The Travel Doctor for your specific risk to these preventable diseases and the appropriate avoidance measures. Australians travelling to Myanmar should also ensure that they have adequate travel insurance to cover the length of their stay. For further information on insurance, please visit the Smartraveller website listed above.

Myanmar Missions in Australia Passport and Tourist Visa Conditions

Embassy of Myanmar, Canberra

22 Arkana Street
YARRALUMLA ACT 2600

Tel: (02) 6273 3811
Web: <http://mecanberra.com.au>

Australian passport holders travelling as tourists require a visa to enter Myanmar. This can be obtained online at <http://evisa.moip.gov.mm> (only available if entering and exiting through particular boarder crossings) or by applying to the Embassy. Applicants are recommended to have at least six months validity on their passport beyond their intended stay and apply for a visa well in advance of their departure date. Travellers are recommended to contact the Myanmar Embassy for further information and to determine if their specific circumstances make them eligible to apply for an eVisa or a regular visa.



Myanmar Country Guide

Page 2 of 5 Important Information while Travelling in Myanmar

Time Differences between Myanmar and Australia

Myanmar is Greenwich Mean Time +6.5 hours. Daylight saving time is not observed. The applicable time zone in Myanmar is called Myanmar Time (MMT).

Myanmar, 12 noon, December = Perth 1:30pm; Darwin 3pm; Brisbane 3:30pm; Adelaide 4pm; Hobart, Melbourne, Sydney 4:30pm.
Myanmar, 12 noon, June = Perth 1:30pm; Darwin, Adelaide 3pm; Brisbane, Hobart, Melbourne, Sydney 3:30pm.

Important Contact Numbers

Country Code for Myanmar: +95

To Dial Australia Call:
00 61 <City> <Number>

Travelex Card Services:
Call the US on 00 1 954 838 8294

Visa Global Assistance:
Call the US on 00 1 303 967 1090

MasterCard:
Call the US on 00 1 636 722 7111

American Express Lost or Stolen Cards:
Call Australia on 00 61 2 9271 8664

Emergency Services:
Ambulance: 192
Police: 199
Fire: 191

There is no blanket emergency services number equivalent to "000" in Myanmar. The above numbers will only work in some areas. These services may not always have English speaking staff. In this case, you should have a local call on your behalf or contact the Australian Embassy.

Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

Passports

Name: _____ Passport #: _ _ _ _ _

Name: _____ Passport #: _ _ _ _ _

Credit Cards

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Travel Insurance

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Australian Representatives in Myanmar

Australian Embassy, Myanmar

Vantage Tower, 623 Pyay Road
YANGON (RANGOON)

Tel: (+95 1) 230 7410
Fax: (+95 1) 230 7425

Web: www.myanmar.embassy.gov.au

Alternatively, Australians may obtain assistance by contacting the 24 hour Consular Emergency Centre in Australia on (+61 2) 6261 3305.

Australians in Myanmar are encouraged to register their presence with the Embassy in Rangoon or via the internet at www.orao.dfat.gov.au.



Myanmar Country Guide

Page 3 of 5 General Destination Information for Myanmar

Duty Free Allowances

Duty Free limits when entering Myanmar:

Alcohol: Up to 2 litres.
 Tobacco: 400 cigarettes, 50 cigars and 250g of tobacco
 Perfume: Up to 150ml.
 Other Goods: Up to US\$500.

Further restrictions apply to these and other goods, including the prohibition of items such as playing cards and restriction on importing telecommunications equipment.

As customs procedures and requirements in Myanmar can be quite stringent, all travellers are strongly encouraged to visit the website of the Myanmar Customs Department for further details at www.myanmarcustoms.gov.mm.

Electrical Sockets and Voltage

Electrical Plug: British and European
 Voltage: 220-240v (same as Australia)

Source: Korjo Travel Products.

Please view the Korjo adapter guide at www.korjo.com.au for further information on this matter.



Duty Free limits when entering Australia:

Alcohol: 2.25 litres.
 Tobacco: 25 cigarettes plus one open packet of cigarettes.
 Other Tax Free Goods: Up to \$900 (\$450 for minors).

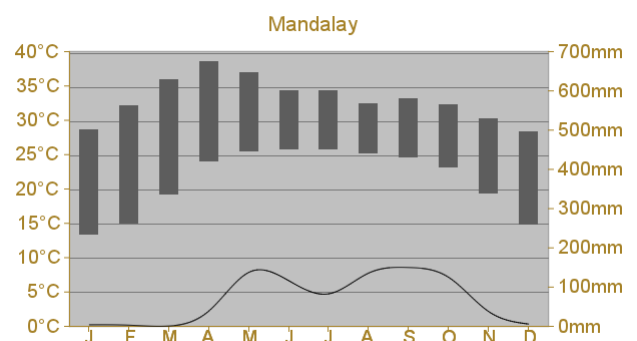
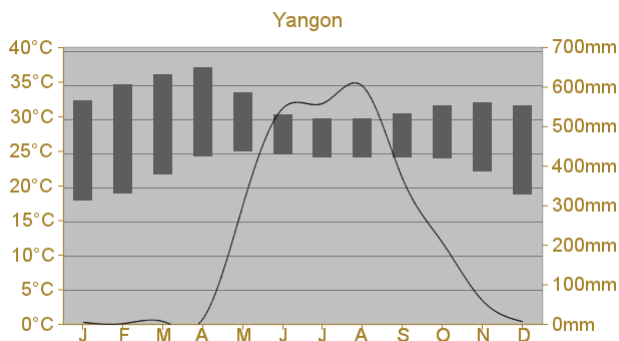
For further details on Australian duty free allowances and other customs restrictions please go to www.border.gov.au.

Myanmar Government Holidays 2018

01 Jan:	New Year's Day	01 May:	Workers' Day
04 Jan:	Independence Day	19 Jul:	Martyrs' Day
12 Feb:	Union Day	27 Jul:	Buddhist Lent begins
01 Mar:	Tabaung Full Moon	23-25 Oct:	Buddhist Lent ends
02 Mar:	Peasants' Day	21-22 Nov:	Festival of Lights
27 Mar:	Armed Forces Day	02 Dec:	National Day
13-17 Apr:	Water Festival	25 Dec:	Christmas Day
29 Apr:	Kasong Full Moon	31 Dec:	New Year's Eve

Numerous other regional holidays and festivals are celebrated by different groups throughout the year in Myanmar.

Average Temperature (Bar) and Precipitation (Line) in Myanmar



Source: Department of Meteorology and Hydrology of Myanmar. For 5 day local forecasts please go to www.bbc.co.uk/weather.

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Myanmar Country Guide

Page 4 of 5 Myanmar Currency Information and Cheat Sheet Exchange Rate with Myanmar

Interbank Rate
 1 Australian Dollar (AUD) = 1,151 Myanmar Kyat
 1,000 Myanmar Kyat (MMK) = 0.869 Australian Dollars

With 4% Margin
 1 Australian Dollar (AUD) will buy 1,107 Myanmar Kyat
 1,000 Myanmar Kyat (MMK) will cost 0.903 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "With 4% Margin" adds 4% to the exchange rate to simulate a typical margin that would be paid when exchanging these currencies. These currency rates have been rounded and should not be used when calculating transactions of large value.

Currency Cheat Sheet

K 500 = \$0.45 AUD		This cheat sheet uses the "With 4% Margin" rate of exchange listed above.		K 100,000 = \$90.33 AUD	
K 1,000	= \$0.90 AUD	K 10,000	= \$9.03 AUD	K 200,000	= \$180.67 AUD
K 2,000	= \$1.81 AUD	K 20,000	= \$18.07 AUD	K 300,000	= \$271.00 AUD
K 3,000	= \$2.71 AUD	K 30,000	= \$27.10 AUD	K 400,000	= \$361.33 AUD
K 4,000	= \$3.61 AUD	K 40,000	= \$36.13 AUD	K 500,000	= \$451.66 AUD
K 5,000	= \$4.52 AUD	K 50,000	= \$45.17 AUD	K 600,000	= \$542.00 AUD
K 6,000	= \$5.42 AUD	K 60,000	= \$54.20 AUD	K 700,000	= \$632.33 AUD
K 7,000	= \$6.32 AUD	K 70,000	= \$63.23 AUD	K 800,000	= \$722.66 AUD
K 8,000	= \$7.23 AUD	K 80,000	= \$72.27 AUD	K 900,000	= \$812.99 AUD
K 9,000	= \$8.13 AUD	K 90,000	= \$81.30 AUD	K 1 million	= \$903.33 AUD

Notes and Coins

The legal currency of Myanmar is the Kyat (pronounced "chat"), which is abbreviated using the symbol "K" or "Ks". A kyat is divided into 100 pyas, however a pya is of such small value that it is practically obsolete. The following units of currency are the most common however other units are also in circulation. As it is illegal in many countries to print copies of bank notes, travellers are advised not to take the below images with them when travelling.





Myanmar Country Guide

About Myanmar

Name: Republic of the Union of Myanmar.
In 1989 this was changed to from Burma to Myanmar by the military government, but the legitimacy and authority of the government to make this change is not recognised by many nations (incl. Australia until 2016) and opposition groups.

Independence: 4 January 1948.

Size: 676 000 sq km (80% the size of NSW).

Population: 54 million (2.5 times larger than Australia).

Ethnicity: Burman 68%, Shan 9%, Karen 7%, Rakhine 4%, Chinese 3%, Indian 2%, Mon 2%, other 5%.

Language: Burmese officially, many minorities have their own language.

Religion: Buddhist 89%, Christian 4%, Muslim 4%, animist 1%.

Significant Dates:

- 849-1298 - Pagan Dynasty.
- 1510-1752 - Toungoo Dynasty.
- 1752-1885 - Konbaung Dynasty.
- 1824-1886 - Three Anglo-Burmese Wars.
- 1824-1942 - British rule as part of India.
- 1942-1945 - Japanese occupation.
- 19 Jul 1947 - Aung San assassinated.
- 04 Jan 1948 - Independence from Britain.
- 02 Mar 1962 - Military coup leads to a one party socialist state.
- 1988 - 8888 uprising and repression.
- 08 Aug 1988 - Second military coup.
- Sep 2007 - Saffron Revolution repressed.
- 03 May 2008 - Cyclone Nargis kills 130,000.
- 13 Nov 2010 - Aung San Suu Kyi released.
- 2011 - present - Ongoing democratic reform.

Largest Cities:

Yangon	4.5 million (Yangon R.)
Mandalay	1.2 million (Mandalay R.)
Nay Pyi Taw	1 million (Naypyidaw T.)
Mawlamyaing	450,000 (Mon S.)
Bago	250,000 (Bago R.)
Patheingyi	240,000 (Ayeyarwady R.)
Monywa	190,000 (Sagaing R.)
Meiktila	180,000 (Mandalay R.)

