



Canadian Bay Travel  
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MT ELIZA, VIC 3930

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## Burmese Country Guide (Myanmar)

### Page 1 of 5 Important Information Prior to Travelling to Burma Current Travel Advice from the Department of Foreign Affairs and Trade

This advice is current for Mon, 14th September 2015.

*We advise you to exercise a high degree of caution in Burma overall due to the uncertain security situation and possibility of further civil unrest. You should pay close attention to your personal security at all times. Burma's general election will be held on 8 November 2015. Protests and organised assemblies of people are permitted only with prior permission. Local authorities have only limited experience in dealing with legal protests and may not always respond predictably. You should avoid all demonstrations and street rallies as they may turn violent. You should avoid taking photographs of demonstrations, the military or police as this may not be tolerated by authorities.*

*We advise you to reconsider your need to travel to Rakhine State, including the capital Sittwe, Mrauk-U and areas near Ngapali Beach, given serious civil unrest and ongoing tensions. If travelling to Ngapali Beach you should exercise a high degree of caution. We advise you to reconsider your need to travel to northern Shan and Kachin States. Escalating tensions since February 2015 have led to intense fighting and the imposition of martial law in the Kokang area. We advise you to reconsider your need to travel to the areas bordering China, Laos, Thailand, Bangladesh and India, including the authorised land border crossings in these areas. Armed groups operate in these areas and there is an ongoing risk of ethnic conflict, banditry and unmarked landmines. Bomb attacks have taken place in major cities across Burma. In recent years, a number of improvised explosive devices (IEDs) have exploded or been identified in areas frequented by tourists and expatriates. Further attacks could occur.*

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 Burma, please visit [www.smartraveller.gov.au](http://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 travellers 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 Burma), 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 Burma. 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 Burma, particularly if dealing with animals. Cholera is reported in Burma 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 Burma, 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 Burma 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.

## Burmese Missions in Australia

Embassy of Myanmar, Canberra

22 Arkana Street  
YARRALUMLA ACT 2600

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

## Passport and Tourist Visa Conditions

Australian passport holders travelling as tourists require a visa to enter Burma. 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 Burmese Embassy for further information and to determine if their specific circumstances make them eligible to apply for an eVisa or a regular visa.



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## Burmese Country Guide

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### Time Differences between Burma and Australia

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

Burma, 12 noon, Winter (Dec) = Perth 1:30pm; Darwin 3pm; Brisbane 3:30pm; Adelaide 4pm; Hobart, Melbourne, Sydney 4:30pm.  
Burma, 12 noon, Summer (Jun) = Perth 1:30pm; Darwin, Adelaide 3pm; Brisbane, Hobart, Melbourne, Sydney 3:30pm.

### Important Contact Numbers

Country Code for Burma: +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 Burma. 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 Burma

Australian Embassy, Burma

88 Strand Road  
RANGOON (YANGON)

Tel: (+95 1) 251 810  
Fax: (+95 1) 246 159

Web: [www.burma.embassy.gov.au](http://www.burma.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 Burma are encouraged to register their presence with the Embassy in Rangoon or via the internet at [www.orao.dfat.gov.au](http://www.orao.dfat.gov.au).



## Burmese Country Guide

Page 3 of 5 General Destination Information for Burma

### Duty Free Allowances

Duty Free limits when entering Burma:

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.

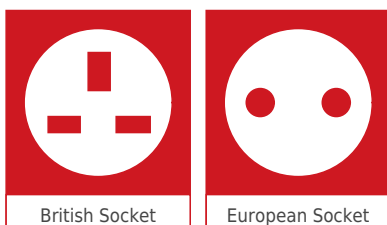
As customs procedures and requirements in Burma can be quite stringent, all travellers are strongly encouraged to visit the website of the Myanmar Customs Department for further details at [www.myanmarcustoms.gov.mm](http://www.myanmarcustoms.gov.mm).

### 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](http://www.korjo.com.au) for further information on this matter.



Duty Free limits when entering Australia:

Alcohol: 2.25 litres.  
Tobacco: 50 cigarettes or 50g of tobacco products.  
Other Tax Free Goods: Up to \$900 (\$450 for minors).

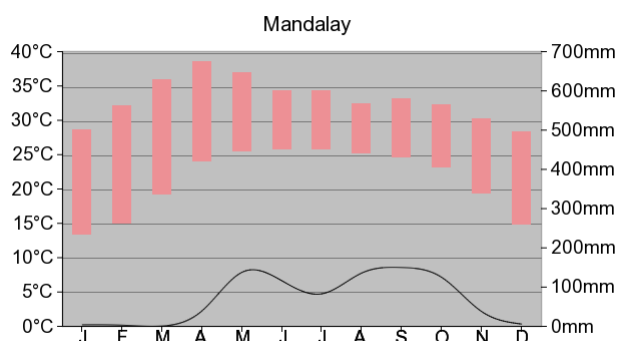
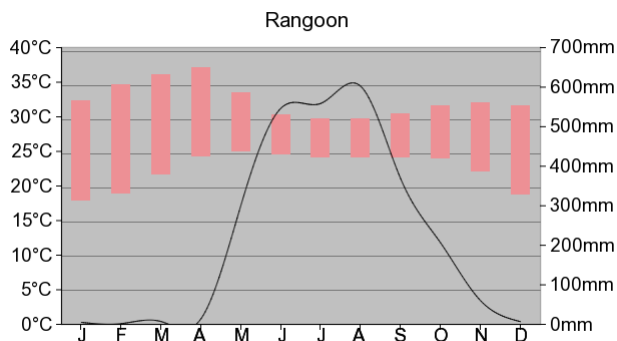
For further details on Australian duty free allowances and other customs restrictions please go to [www.customs.gov.au](http://www.customs.gov.au).

### Burmese Government Holidays 2015

04 Jan: Independence Day  
12 Feb: Union Day  
02 Mar: Peasants' Day  
04 Mar: Tabauing Full Moon  
27 Mar: Armed Forces Day  
12-21 Apr: Maha Thingyan (Water Festival) long holidays  
01 May: Workers' Day  
02 May: Kasone Full Moon  
19 Jul: Martyrs' Day  
31 Jul: Full Moon Day of Waso (beginning of Buddhist Lent)  
28 Oct: Full Moon Day of Thadingyut (end of Buddhist Lent)  
26 Nov: Full Moon Day of Tazaungmone (Festival of Lights)  
06 Dec: National Day  
25 Dec: Christmas Day

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

### Average Temperature (Bar) and Precipitation (Line) in Burma



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

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## Burmese Country Guide

Page 4 of 5 Burmese Currency Information and Cheat Sheet  
**Exchange Rate with Burma** **Money in Burma**

Interbank Rate  
 1 Australian Dollar (AUD) = 907 Burmese Kyat  
 1,000 Burmese Kyat (MMK) = 1.102 Australian Dollars

With 4% Margin  
 1 Australian Dollar (AUD) will buy 872 Burmese Kyat  
 1,000 Burmese Kyat (MMK) will cost 1.146 Australian Dollars

All rates were correct at a point in time on Monday, 14 Sep 2015. 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 currencies. These rates have been rounded and should not be used when calculating transactions of large value.

While the national currency of Burma is the Kyat, travellers will find that many transactions are made using US dollars. Travellers are advised to take new, clean and crisp US dollars in small denominations with them to Burma. These dollars can later be exchanged for kyats when needed.

There is also a third currency in Burma called Foreign Exchange Certificates (FEC's) which usually equal one US dollar. However FEC's are currently being phased out.

Travellers will find the use of credit cards and travellers cheques very limited in Burma. There are also practically no Automatic Teller Machines.

### Currency Cheat Sheet

K 500 = \$0.57 AUD		This cheat sheet uses the "With 4% Margin" rate of exchange listed above.		K 100,000 = \$114.62 AUD	
K 1,000	= \$1.15 AUD	K 10,000	= \$11.46 AUD	K 100,000	= \$114.62 AUD
K 2,000	= \$2.29 AUD	K 20,000	= \$22.92 AUD	K 200,000	= \$229.25 AUD
K 3,000	= \$3.44 AUD	K 30,000	= \$34.39 AUD	K 300,000	= \$343.87 AUD
K 4,000	= \$4.58 AUD	K 40,000	= \$45.85 AUD	K 400,000	= \$458.49 AUD
K 5,000	= \$5.73 AUD	K 50,000	= \$57.31 AUD	K 500,000	= \$573.12 AUD
K 6,000	= \$6.88 AUD	K 60,000	= \$68.77 AUD	K 600,000	= \$687.74 AUD
K 7,000	= \$8.02 AUD	K 70,000	= \$80.24 AUD	K 700,000	= \$802.37 AUD
K 8,000	= \$9.17 AUD	K 80,000	= \$91.70 AUD	K 800,000	= \$916.99 AUD
K 9,000	= \$10.32 AUD	K 90,000	= \$103.16 AUD	K 900,000	= \$1,031.61 AUD
				K 1 million	= \$1,146.24 AUD

### Notes and Coins

The legal currency of Burma 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.





## Burmese Country Guide

Page 5 of 5 About Burma and Burmese Travel Map

### About Burma

Full Name: Union of Burma.

In 1989 this was changed 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) 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%.

Demonym: Burmese (Myanmarese).

#### 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:

Rangoon	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.)

