

## MYANMAR

Known as the land of pagodas, Myanmar is a country unlike any other in South East Asia. With hundreds of ethnic groups and languages spoken, there is always something new to learn and discover. Touted by many as the next "up-and-coming" tourism destination, the country has a unique mix of cultures, boasts thousands of temples and pagodas and untouched landscapes.



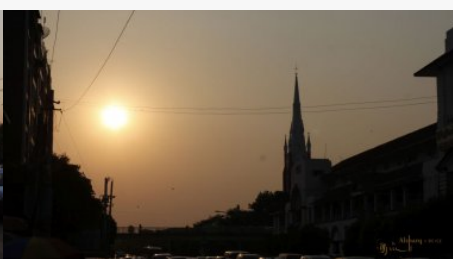
Myanmar has a long and turbulent history. The country achieved independence from British rule in 1948. Following years of political unrest, the military staged a coup d'état in 1962, and the country remained isolated under strict military rule for almost five decades. The first truly democratic elections in the country weren't held until 2015, where the National League for Democracy Party under the leadership of Aung San Suu Kyi won by a landslide.

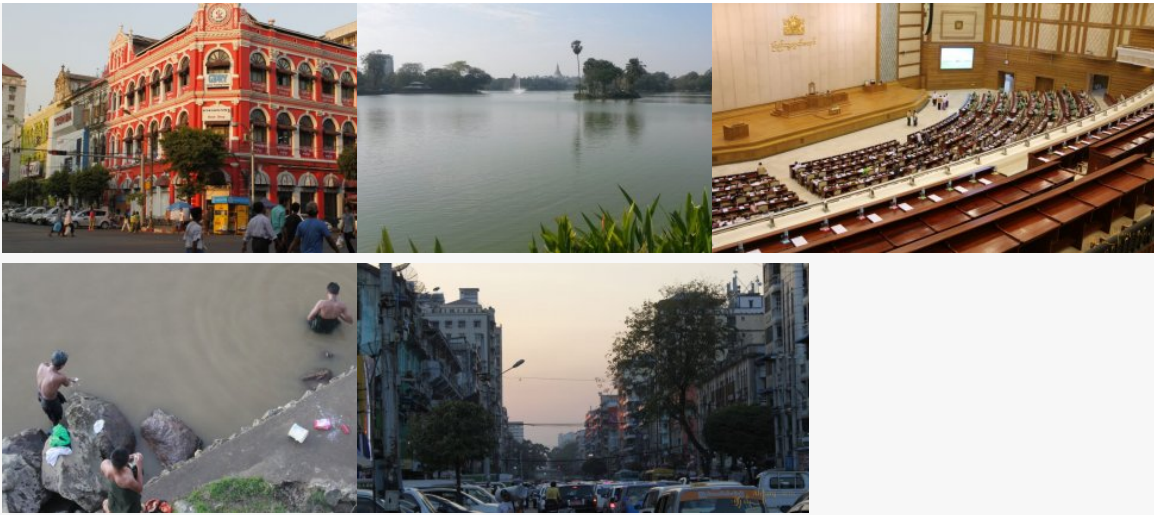
Parts of the so called 'frontier states' of Myanmar are still inaccessible to tourists to date due to ongoing conflict between the Tatmadaw (the national army of Myanmar) and various ethnic armed organisations.

Because of the country's relatively recent opening to the international community, the locals do not show the inherent skepticism or annoyance towards tourists as in more established tourism destinations, and friendly tourists are always greeted with a smile.

Even with the number of international tourists and foreign investors growing and modernising the economy, the locals continue to adhere to traditions. Men and women alike can be seen wearing longyis, and women can be seen wearing thanaka on their faces, long used as a beauty product as well as sun protection.







## Unsere Highlights

### Yangon

...formerly Rangun is Myanmar's largest city. With its colourful mixture of richly adorned Buddhist temples, British colonial architecture as well as modern buildings, Yangon offers a lot of interesting architecture that is closely interwoven with the history of the country. But this is not all the city has to offer. For example, a visit to the Bogyoke Aung San market as well as smaller street markets or a short break at Lake Kandawgyi can be highly stimulating and if you get thirsty or hungry in between, you can go ahead and immerse yourself completely in the Myanmar culture with a fresh glass of sugar cane juice or some street food.

### Nay Pyi Taw

Built by the military under strict secrecy for fear of coup attempts, Nay Pyi Taw (translating to "Seat of the Kings") has been the capital of Myanmar since 2005. With a population of only one million inhabiting a territory four times the size of London and its eight-lane streets it feels almost like a ghost town. Not only its function as the seat of the parliament and the national museum, but also this somewhat peculiar atmosphere certainly makes the capital worth a visit.

### Bagan

The historic royal city is undoubtedly one of the greatest highlights not only of Myanmar, but also Southeast Asia as a whole. At the UNESCO World Heritage Site, which is situated in a steppe landscape, you can marvel at no less than 10000 temples. A balloon ride at sunrise provides an indescribable panoramic view that you will probably never forget.

### Indawgyi See

Surrounded by forests and mountains, Lake Indawgyi is a true idyll. Away from the classic tourist destinations, the biosphere reserve invites you to boat tours or hikes along its shores.

### Golden Rock

Those who have taken on the not entirely easy journey on foot or by truck up to the mountain top of 1100m altitude will be rewarded not only with a wonderful view over the forest and mountain landscape, but also with the unique atmosphere of one of the most important pilgrimage sites in Myanmar.

## Useful country-specific information

### Health & Vaccination

No special vaccinations are needed for a stay in Myanmar. Medical facilities in Myanmar guarantee a basic level of medical care. In order to prevent cases of diarrhea, however, we recommend to avoid drinking tap water.

When it comes to the **Corona virus** (COVID-19), we follow the recommendations made by the [German Federal Foreign Office](#) as well as the local authorities and the German Embassy on site. In case of any change of the health situation, the tour might be subject to according changes we will inform you about as soon as possible.

### Language

The official language in Myanmar is Burmese. Additionally, there are several recognized regional languages, such as Shan in the Northeast of the country.

English is lingua franca and will serve you well while travelling.

### Local Currency

The official currency in Myanmar is the Burmese Kyat. It is very easy to exchange money (Euros or US Dollars) anywhere in the country or to withdraw cash with a debit or credit card, as the banks have numerous branches. We recommend to take a part of the money in cash, and take a debit or credit card with you as well. Withdrawal fees might vary according to the regulations of your home bank.

### Security

The issue of security plays a role in parts of Myanmar.

In planning out tours, we follow the recommendations and statements issued by the German Federal Foreign Office. Our route only leads us through areas deemed safe by the Office. While doing so, we keep close contact with the German Embassy and local authorities on the ground.

In case of any change of the security situation, the tour route might be subject to according changes.

#### Visa

A passport with a minimum six months validity at the time of travel and a visa are required for entry into Myanmar. The visa must be applied for in advance at the embassy of Myanmar. Currently, extended waiting periods up to several weeks might occur. Therefore, we recommend to apply for an e-Visa. Fees for this currently amount to 50 US dollars.

Visa regulations might change at any time. If so, we will inform you in time before the tour start.

For general information on our tours please click [here](#)

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