



WORLD HEALTH ORGANIZATION

GUIDELINES

FOR
WHO FELLOWS
&
STUDY TOUR PARTICIPANTS

VISITING

MYANMAR

(Revised November 2002)

Guidelines for WHO Fellows Visiting Myanmar

1. Geography

The Union of Myanmar lies between latitudes 9 and 28 N and longitudes 92 and 101 E in South East Asia. Its boundaries encompass an area roughly in the form of a diamond, measuring 500 miles across from East to West and 800 miles from North to South. The Tanintharyi coastal strip extends from the South-Eastern side of the diamond some 500 miles further South into the Malaysian Peninsula. It is bordered by the Bay of Bengal and the Andaman Sea in the South, Bangladesh and India in the West and China, Laos and Thailand in the East. It has an area of 261,228 square miles. Topographically it has hilly areas in the East and West, plain areas along the Ayeyarwaddy and the Chindwin basins, a dry zone in the middle, a delta area in the mouth of the Ayeyarwaddy and coastal areas along the South coast. Administratively, it is divided into (7) States and (7) Divisions.

2. Population

According to the census in 1983, the total population was 32 million. In 2001, the estimated total population was 51.14 million.

3. Climate

As most of Myanmar lies within the tropics, the climate of Myanmar has three seasons: the rainy season, the cold season and the hot season. The rainy season lasts from the middle of May to the middle of October. Annual rainfall in Yangon generally exceeds 100 inches. The dry zone area (such as Bagan and Mandalay) receives an average of 25-40 inches of rainfall whereas the coastal areas receive about 200 inches of rain annually.

The cold season is from November to early February when the temperature in Yangon may fall around 60 F and in other areas especially upper Myanmar and the hilly areas it is much colder. The hot summer season precedes the rains from mid February to late May. During this season the temperature in the dry zone may go up to 104 F or a few degrees higher. In Yangon, it is around 100 F.

4. Race and Religion

The major ethnic groups in Myanmar are: Myanmar, Shan, Rakkhine, Kachin, Chin, Karen, Mon and Kayah.

Buddhism is the predominant religion of the people of Myanmar and the other religions comprises of Christianity, Islam and Hinduism.

5. Occupation

It is mainly agriculture.

6. Language

Myanmar is the official language but many people in the major cities can speak English.

7. Customs and Culture

In Myanmar, the word "Mingalaba" is used to say "Hello". The people are hospitable and willing to help foreigners.

8. Currency

Foreigners have to declare their foreign currency holdings at the airport and the customs will issue a FE control slip, which will be updated whenever foreign currency is exchanged for Myanmar Kyats. Bank facility for exchanging foreign currencies for Myanmar Kyats is available at the airport and hotels. Excess of Myanmar currency can be converted into foreign currency (which has been changed) at the banks.

9. Local Time

Myanmar time is six and a half hours ahead of GMT.

10. Transport

Public and private buses and taxi services are available in Yangon and Mandalay cities. Air and train services are available from Yangon to Mandalay and other major cities in the country.

11. Shopping

Myanmar handicrafts, paintings and other local wares are easily available in the local markets of major cities.

12. Places to see

Interesting places to visit while in Yangon are the Shwe Dagon Pagoda, botanical and zoological gardens near Kandawgyi lake, Bogyoke market and the national Museum.

13. Visa

Official valid visas have to be obtained in advance from the respective Myanmar Embassies.

14. Airport Tax

US \$ 10.00 per passenger accepted only in foreign currency

15. Hotel Rates

Current Hotel rates (subject to change without notice) are as follows:

<p>Summit Park View Hotel 350 Ahlone Road, Dagon Township, Yangon Phone : 95-1-211888 Fax : 95-1-227966 Superior Single 35 US \$ Superior Double 35 US \$ Facilities-Breakfast</p>	<p>Sofitel Hotel 33, Ahlanpya Road, Dagon Township, Yangon Phone : 95-1-250388 Fax : 95-1-252478 Superior Room Single 40 US \$ Superior Room Double 40 US \$ Deluxe Single 60 US \$ Deluxe Double 70 US \$ Studio Suite Single 100 US \$ Studio Suite Double 110 US \$ Facilities-Breakfast</p>
<p>Sedona Hotel No. 1, Kaba Aye Pagoda Road, Yangon Phone : 95-1-666900 Fax : 95-1-666911 Superior Room Single 45 US \$ Superior Room Double 50 US \$ Deluxe Single 60 US \$ Deluxe Double 65 US \$ Facilities-Breakfast</p>	<p>Inya Lake Hotel No. 37, Kaba Aye Pagoda Road, Yangon Phone : 95-1-662857 Fax : 95-1-665964 Superior Room Single 45 US \$ Superior Room Double 50 US \$ Deluxe Single 55 US \$ Deluxe Double 60 US \$ Junior Suite Single 120 US \$ Junior Suite Double 60 US \$ Facilities-Breakfast</p>
<p>Traders Hotel Sule Pagoda Road, Yangon Phone : 95-1-242828 Fax : 95-1-242800 Superior Room Single 45 US \$ Superior Room Double 60 US \$ Deluxe Single 60 US \$ Deluxe Double 70 US \$ Traders Club Single 100 US \$ Traders Club Double 110 US \$ Executive Suite Single 158 US \$ Executive Suite Double 158 US \$ Facilities-Breakfast</p>	<p>Savoy Hotel No. 129, Dhammazeddi Road, Yangon Phone : 95-1-526289 Fax : 95-1-524891 Deluxe Single 65 US \$ Deluxe Double 80 US \$ Suite Single 95 US \$ Suite Double 110 US \$ Facilities-Breakfast</p>
<p>The Kandawgyi Palace Hotel Kanyeiktha Road, Yangon Phone : 95-1-249255 Fax : 95-1-280412 Superior Single 45 US \$ Superior Double 45 US \$ Superior Suite Single 120 US \$ Superior Suite Double 120 US \$ Governor Suite Single 150 US \$ Governor Suite Double 150 US \$ Facilities-Breakfast</p>	<p>Yagon International Hotel No. 330, Ahlone Road, Dagon Township, Yangon Phone : 95-1-229229 Fax : 95-1-289884 Deluxe Single 20 US \$ Deluxe Double 30 US \$ Suite Single 50 US \$ Suite Double 65 US \$ Facilities-Breakfast</p>

Ramada Hotel International Airport Estate, Mingaladone Township, Yangon Phone : 95-1-666699 Fax : 95-1-663575 Superior Single 40 US \$ Superior Double 45 US \$ Suite Single 50 US \$ Suite Double 60 US \$ Facilities-Breakfast	Hotel Nikko Royal Lake No. 40 Natmauk Road, Tamwe Township, Yangon Superior Single 50 US \$ Deluxe Single 55 US \$ Suite Single 65 US \$ Facilities-Breakfast
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