

Burma

Travel Facts



US State Dept Travel Advisor

The US Department of State currently recommends US citizens DO NOT TRAVEL to Burma due to civil unrest, armed conflict, and arbitrary enforcement of local laws. Reconsider travel to Burma due to limited and inadequate healthcare and emergency medical resources, and areas with land mines and unexploded ordnances. Exercise increased caution due to wrongful detentions.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the U.S. State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

[95] (1) 753-6509; US Embassy in Rangoon, 110 University Ave, Ka mayut Township, Rangoon, Burma;

<https://mm.usembassy.gov/>; ACSRangoon@state.gov

LGBTQIA+, Women, and Travelers with Special Needs

When venturing abroad, LGBTQ+ travelers can face unique challenges since laws, attitudes, and legal protections vary from country to country. Consult the website via the link below to learn what precautions to take before and during your trip.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

95

Local Emergency Phone

999

Vaccinations

The CDC and WHO recommend the following vaccinations for Myanmar: hepatitis A, hepatitis B, typhoid, yellow fever, Japanese encephalitis, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza. <http://www.who.int/>

Climate

Tropical monsoon; cloudy, rainy, hot, humid summers (southwest monsoon, June to September); less cloudy, scant rainfall, mild temperatures, lower humidity during winter (northeast monsoon, December to April)

Currency (Code)

Kyats (MMK)

Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): A, C, D, G, I



Type A



Type C



Type D



Type G



Type I

Major Languages

Burmese

Major Religions

Buddhist, Christian, Muslim, animist, Hindu

Time Difference

UTC+6.5 (11.5 hours ahead of Washington, DC, during Standard Time)

Potable Water

Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Right



Tourist Destinations

Shwedagon Pagoda in Yangon; Temples of Bagan; Inle Lake; Bogyoke Aung San Museum; Shwenandaw Monastery; Mandalay Royal Palace; Mandalay Hill; Pyu ancient cities (includes Halin, Beikthano, and Sri Ksetra)

Major Sports

Soccer, golf

Cultural Practices

It is impolite to sit on a chair with one's legs crossed, especially for women.

Tipping Guidelines

Tipping is not a common practice, but guides and drivers do expect to be tipped. Tipping guides \$2-5 (USD) per person per day is customary; drivers should receive \$1-2 (USD) per day.

Souvenirs

Bamboo and lacquer items, silk, loose gem stones, jewelry, jade items, especially Buddha figures; marionettes

Traditional Cuisine

Mohinga — a fish and rice noodle soup enriched with a variety of ingredients either added to the soup or used as a dressing or garnish

