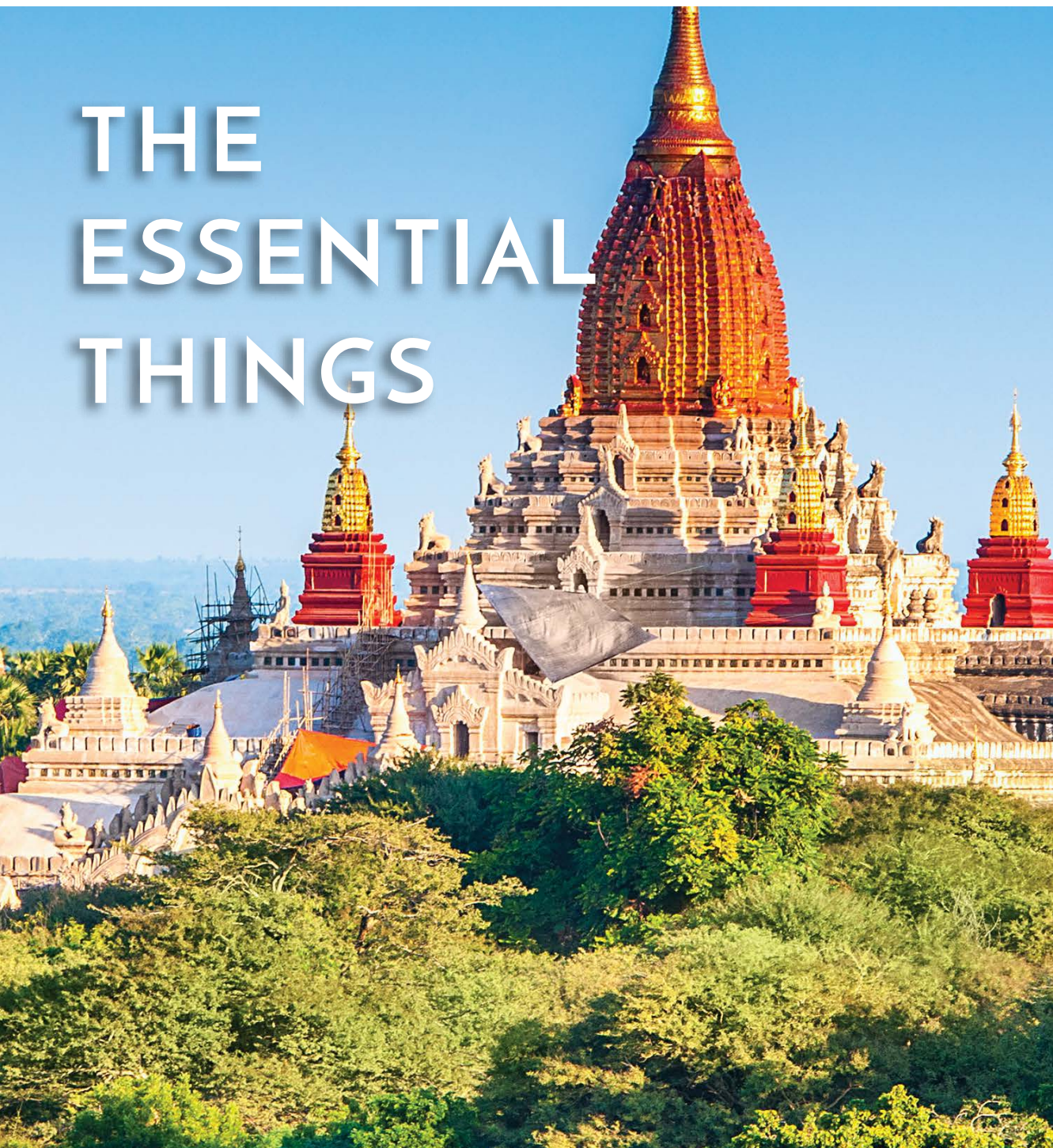




A Travel Guide to

MYANMAR

THE ESSENTIAL THINGS



PLACES CUISINES CULTURE HACKS and MORE!



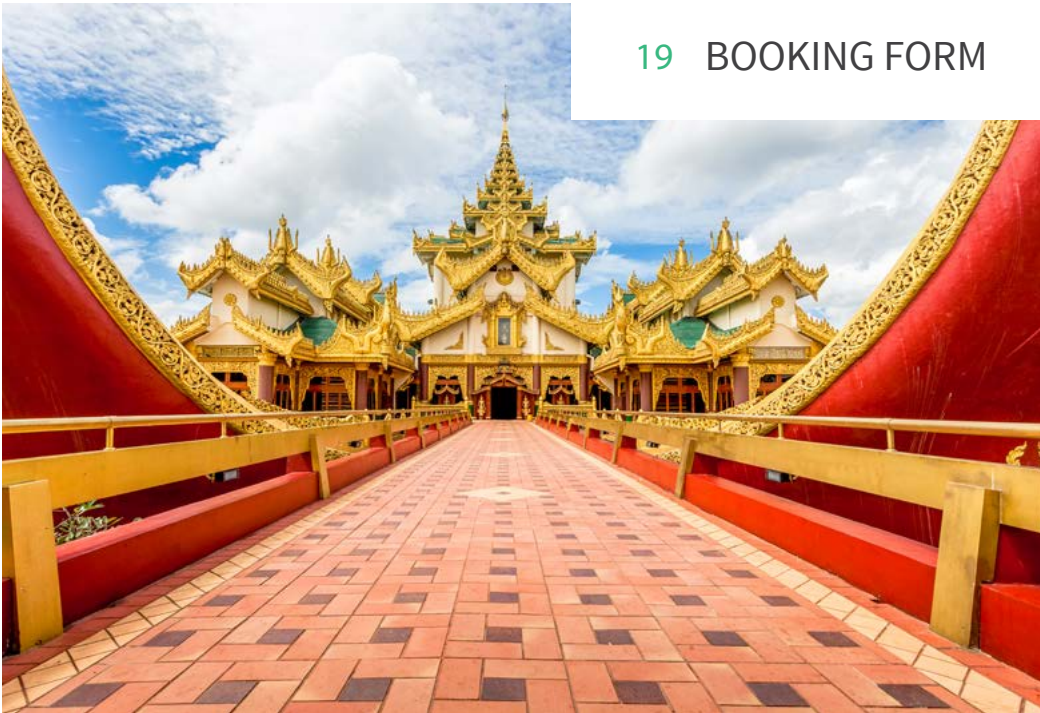
It's a blessing for us to take people to places and make them smile every day.

- CEO David Dao

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MYANMAR TRAVEL GUIDE

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EXPLORE ENJOY REPEAT



UNBEATABLE
PRICES



7-DAY
MONEY BACK



DEPARTURE
GUARANTEE

Greetings from

Asia Vacation Group

Inspired by the passion of travelling and exploring the extraordinary, Asia Vacation Group travel agency was born in 2015 with the vision of delivering the ultimate travel experience to group and individuals around the world.

Guests Lover

Our dedicated services are with you all the way. Just sit back and relax.

Local Leaders

With more than 60 itineraries to 7 countries in Asia, we will take you the most beautiful corners of the land.

Responsible Travel

We implement only good ethic practices to protect the environment and historical wonders for mankind.

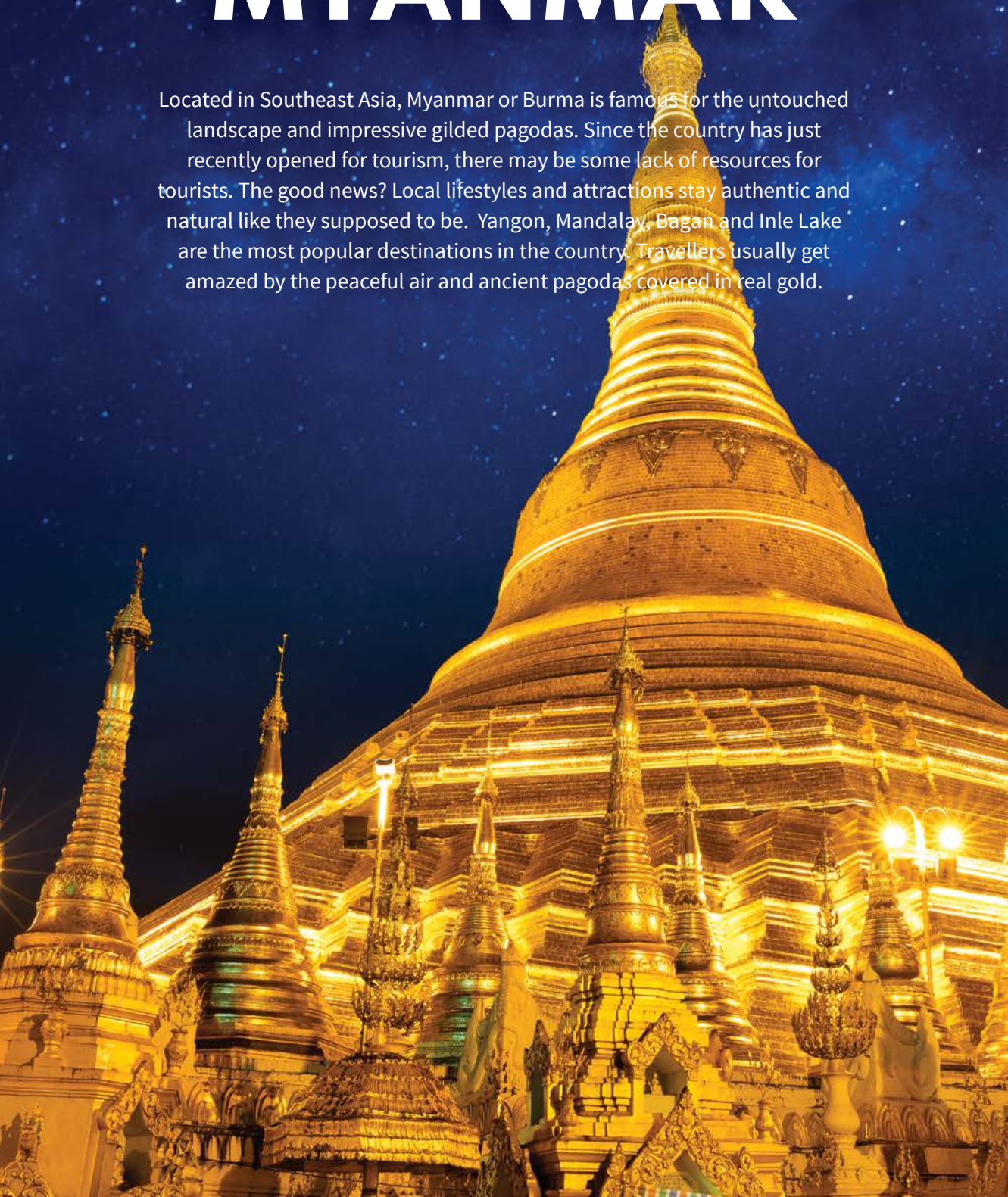
The accommodation was exemplary in the four hotels we stayed in and every tour was terrific with the highlight for me being the Saigon River dinner cruise. The food everywhere was fantastic. Thank you for arranging such a great holiday.

- Norm Avent
Asia Vacation Group Customer



MYANMAR

Located in Southeast Asia, Myanmar or Burma is famous for the untouched landscape and impressive gilded pagodas. Since the country has just recently opened for tourism, there may be some lack of resources for tourists. The good news? Local lifestyles and attractions stay authentic and natural like they supposed to be. Yangon, Mandalay, Bagan and Inle Lake are the most popular destinations in the country. Travellers usually get amazed by the peaceful air and ancient pagodas covered in real gold.





OVERVIEW

Quick Facts



POPULATION
53 mils (as of Dec, 2017)



LANGUAGE
Burmese



CURRENCY
MMK (Kyat)



TIME ZONE
UTC +6:30 hours



EXCHANGE RATE

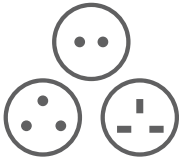
	1 USD	1 AUD	1 Euro
to MMK	1,521	1,060	1,713



ELECTRICITY
230V/50Hz.
Plug type C, D, F & G.

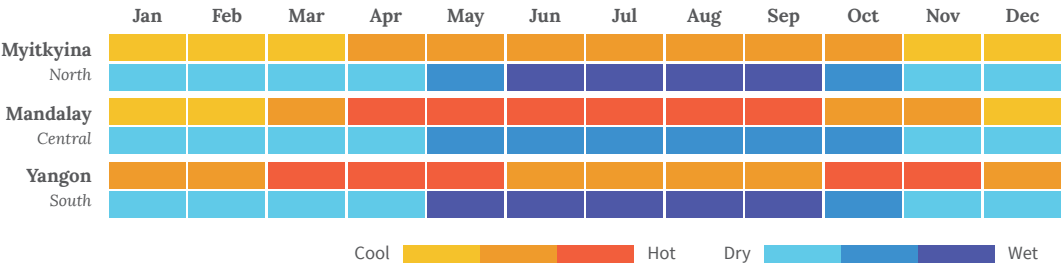


POPULAR INTERNATIONAL AIRPORTS
Yangon Airports (RGN), Yangon.
Mandalay Airport (MDL), Mandalay.
Nay Pyi Taw Airport (NYT), Lewe.



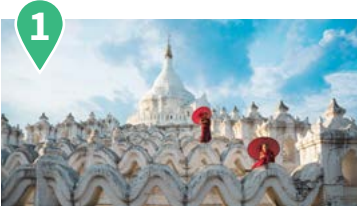
Weather

Myanmar is considered to have 3 seasons, the cool season (Nov-Feb), the hot season (Mar-May), and the rainy season (June-Oct). The ideal time to visit this country is between Nov-Feb.



WHERE

TO GO



1

Mandalay

This last royal capital of Myanmar is located on the east of the Irrawaddy River, well-known as a religious centre for Buddhism as well as renowned for Mandalay Hill, where Burma's largest Buddhist bible is kept.



2

Inle Lake

Belong to the NyaungShwe Township, Inle Lake is a freshwater lake inhabited by hundreds of stilt villages. Here you can discover the innovative rowing technique using one leg to control the paddle (oar) by the locals.



3

Bagan

Situated on the banks of the great Irrawaddy River, Bagan was once the glorious capital of this former kingdom. It is home to over 2,200 Buddhist temples and ranked as one of the most incredible archaeological sites in Asia.



4

Mrauk U

Located in Rakhine State, Mrauk U is an important archaeological town, featuring as the fortress to protect the sacred temples built by the powerful Mrauk U Kingdom from the fierce winds.



5

Ngapali

A premier beach destination is said to be named after a homesick Italian, offering a stretch of astonishing white sand beach along with a string of luxury resorts. It is a great spot to relax and chill out during the holiday.



6

Yangon

Myanmar's former capital is the largest city in the country, possessing an array of gilded religious shrines and the timeless colonial architectures. This antique city thrives by night with vibrant streets filled with stalls selling everything.

MYANMAR

VIETNAM

LAOS



MRAUK U

BAGAN

MANDALAY

INLE LAKE

NGAPALI

YANGON

CAMBODIA

WANT MORE?

There are much more beautiful destinations not being mentioned here. Visit our website to explore the bigger Myanmar.



WHAT

TO DO

01

Take a historical walking tour of Yangon

Yangon offers a large number of monumental historical buildings and captivating shrines such as Shwedagon Pagoda (one of the most gilded Buddhist site in Southeast Asia), Maha Bandula Park, Sule Pagoda, and more. Visitors may pour water on little Buddha statues for lucks and prosperity at some pagodas.



02

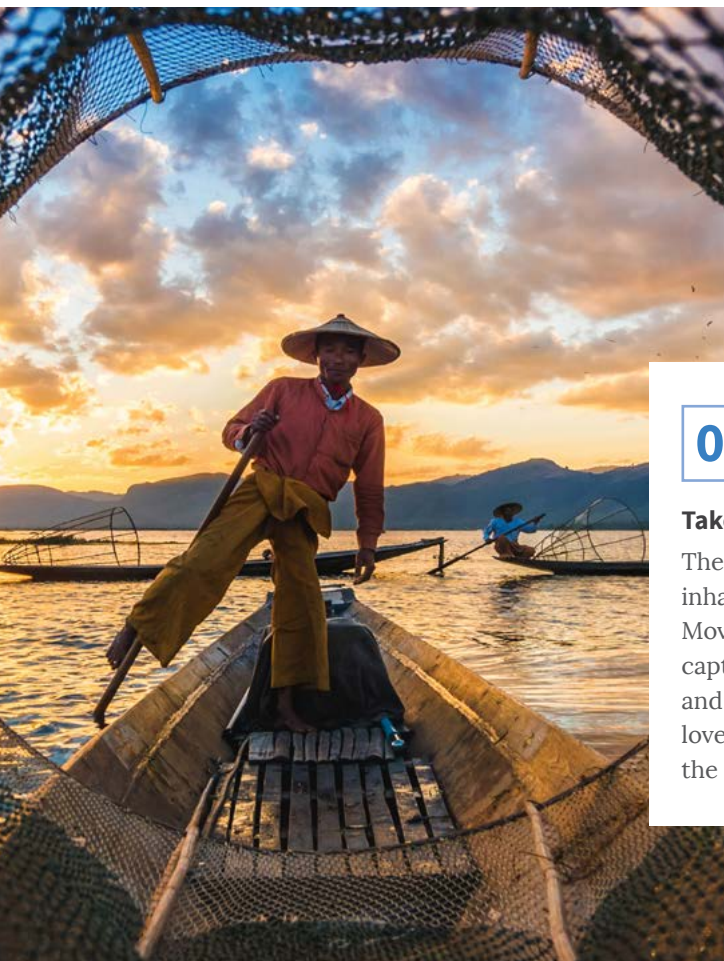
Eat gold leaf rice

Unique Myanmar is a restaurant in Mandalay that is famous for its gold leaf rice. Since it is not overpriced, anyone can have a taste of this interesting and fancy dish. This goes great with pork curry.

03

Take a long-tail boat tour around Inle Lake

The lake is the 2nd largest lake in Myanmar and inhabited by stilt houses and floating gardens. Moving around on long-tail boat will let you capture the most gorgeous pictures of nature and human beings. Plus, the trip is ideal for bird lovers since over 500 species of birds are living in the area.





04

Cross the magnificent U Bein Bridge

U Bein Bridge stretches 1.2 kilometres over Taungthaman Lake, once considered as the longest bridge made out of teak wood. The wood is claimed to be built from the discarded palace of Amarapura so it may get rickety while walking on it. Best time for a photo is probably after sunrise and before sunset.



05

Take a hot air balloon ride

Hot-air balloons flying over Bagan is one of the iconic images of Myanmar. Get ready to enjoy the ancient beauty of Bagan with thousand-year-old pagodas, temples and the mighty Ayeyarwaddy River from the air. The ballooning season is usually short, typically running from mid-October to mid-March.

06

Buy some gems

No kidding. Bogyoke Aung San Market in Yangon is a huge centre for trading gems, jades and jewellery. Beside gilded pagodas, Myanmar is also famous for the mining of gems. In fact, the gems in Myanmar possess high quality yet very affordable price. A bracelet of tiger eyes can be as low as \$5.

07

Explore Mrauk U on a horse carriage

This is a very ancient town with temples that take the shapes of forts and bunkers and the landscape that resembles the countryside with great exposure to nature. Riding a horse carriage will get you to go back a few hundreds of years in time.



INSIGHTS

Getting a Visa

Tourist visa is typically valid for 14-28 days. If you are travelling already, the visa can be obtained at Myanmar Embassy in Bangkok.

Type	Visa On Arrival	Visa Before Arrival	E-visa
What	Apply at the airport.	Apply at Burmese embassy at your home countries.	Apply online.
Pros		Save time at the airport.	100% online application.
Cons	Only residents from specific countries are eligible. Refer to www.mip.gov.mm/on-arrival-visa	Must apply in person.	<ul style="list-style-type: none"> • Enter Myanmar via air only. • Visa fee is non-refundable • Only residents from specific countries are eligible. Refer to evisa.moip.gov.mm

Local Money

Local currency can be exchanged at the banks or authorized agencies.

Popular banks are Kanbawza Bank Limited, Ayeyarwady Bank, and Myanma Economic Bank.

**Do not make any transaction at unauthorized shops. There's a fine and the difference is not worth it.*



1 kyat



5 kyat



10 kyat



20 kyat



50 kyat



100 kyat



200 kyat



1,000 kyat



5,000 kyat



10,000 kyat

MOVING AROUND

AIRLINES

Major airlines in Myanmar include Myanmar Airways, Air Bagan, Air KBZ, and Air Mandalay. The destinations are limited to Yangon, Heho, Mandalay and Bagan. Most airlines have not offered online booking yet, so booking shall be made through a travel agent, hotel or at the airport. Prices are quite high.



TAXI

Taxi is the most common transportation for travellers in Myanmar. The drivers are usually willing to go long routes (inter-city) as well. It typically costs USD1-2 for a short ride. You should always confirm the cost before getting in a car.



TRAIN

Myanmar railways are less comfortable than others in Southeast Asia. Tickets range from USD10-15 for long distance journeys and can be purchased at the station.

Classes on a train are divided into ordinary class (simple wooden seats), upper class (comfortable, large seats), standard sleeper (including four-berth and two-berth compartments) and special sleeper (a separate compartment with four berths, a toilet and entrance door).



BUS

Bus is the most popular transportation in Myanmar. Different bus options include local bus, the 32-seat minibus and luxurious bus. For long-range bus, the vehicles are usually equipped with great accommodation such as reclining seats, blankets, water, snacks and friendly service. The average cost for a 12-hour trip is USD20.



TUK-TUK

Similar to the tuk-tuk in Thailand, this type of vehicles can carry multiple passengers. The price is quite cheap. It costs USD0.5-1 for a short ride on average. However, not all regions have this kind of transportation.



PICKUP TRUCKS

This is also another economical solution for travellers. Passengers sit on the back of the trucks. It costs about USD0.5 for an in-town trip and a few US dollars for an inter-towns trip. Prices are usually non-negotiable.



HUNGRY?

01 Shan-style Noodles

Best place to get: Inle Lake, Pindaya, and Taunggyi

A delicacy includes rice noodles, thick chunk of marinated chicken or pork, pickled veggies and broth.



02 Tea Leaf Salad

Best place to get: Anywhere

A Myanmar speciality made by mixing shredded cabbage, nuts and peas, sliced tomatoes, chilli and bitter leaves.



03 Burmese Curry

Best place to get: Bagan

A special curry contains pork, fish, shrimp, beef or mutton, served with rice, a dish of fried vegetables and a bowl of soup.



04 Shan-style Rice

Best place to get: Yangon

A favourite dish of the Shan (one of the country's Buddhist ethnic groups) combines sticky rice cooked with turmeric and topped with fried freshwater fish and garlic oil.

05 Myanmar Tea

Best place to get: Anywhere

While milk tea is very popular among teenagers worldwide, Myanmar milk tea is still unique with a rich flavour of tea and mellow sweetness of condensed milk.



STAY HEALTHY

Myanmar's health system lacks the availability of modern medical equipment. Therefore, Myanmar's citizens and foreigners tend to fly out to neighbour countries such as Thailand, Malaysia, India and Singapore for treatments. Major specialist hospitals are available in big cities such as Yangon and Mandalay. In an emergency, you must quickly get transferred to the nearest medical centres for treatment. We highly recommend that all travellers should purchase travel insurance for peace of mind.



EMERGENCY DIAL

199
POLICE

191
FIRE

192
MEDIC



STAY CONNECTED

For data only, a 4G sim card starts from USD3 for 2GB of data, valid to use in 30 days (Ooredoo).

For voice/data, it may cost USD10 for 50 minutes calling and 5GB of data (Telenor).

Popular Network Providers are MPT, Ooredoo, and Telenor.

STAY SAFE

Myanmar is considered to be a safe place for tourists. Scams and pickpockets rarely happen to visitors. Touts are probably the only things bothering travellers. Just do not buy valuable stuff on streets or simply listen to what the touts have to say.

Beware of snakes and bugs as Myanmar has a high incidence of deaths by snakebite. Mosquitoes may be your issues if you are not used to it.



CULTURE

FESTIVAL

› Thingyan Water Festival

Mid April - Nationwide

This is the most expected national festival is expected for the year. Held for 3 days in mid-April, “Thingyan” means the changing, as an annual purification ritual to wash away the past sins. Captive birds and fishes are freed for the hope of good deeds and mercy. Grab a bucket, water gun or garden hose to splash water on people around you and enjoy the relief from the day’s heat.

› Thadingyut Festival of Lights

October - Nationwide

This festival is typically held for 3 days in October to welcome Buddha returning to mortal land from heaven. During these days, there are many light shows and music shows on the streets to be enjoyed. Also, the famous temples in each area will be illuminated by thousands of sparkling lights and candles, creating a truly awe-inspiring sight. Buddhists usually visit pagodas to pay respects to the monks and offer food.



› Kachin Manaw Festival

January - Kachin

The Manaw ceremony celebrates battle victories, the tribes’ reunion, and the tradition. Manaw poles are established for people to dance around. The food includes buffalo meat, pork or wild boar, beef, chicken, rice and rice wine. It usually takes months to prepare and everyone is invited.



ETIQUETTES



Stay local. Stay right

#1

Greet men with a handshake and women with a smile.

#2

Do not touch people's heads as it is the "highest" point of the body.

#3

Use conservative body languages. Do not use the chin or feet to point.

#4

Remove your shoes when entering homes and ritual places such as temples, pagodas and shrines.

#5

Always respect the elders. For example, during a meal, wait for the elder to eat first before starting.

#6

Haggling is fine for taxis and street vendors, but not for shops.

#7

Sitting on the floor for socialization is common.

#8

Burmese loves sharing food. It is recommended to offer food to others if possible.

#9

Avoid overly displays of affection such as kissing in public. It is simply not encouraged in society.

#10

Tipping is not a must.



TRAVEL AGENCY

Employed by Asia travel experts, Asia Vacation Group understands deeply WHERE to go, WHAT to do, and HOW to take your holiday to the fullest



Best Prices



7-day Money Back



100% Departure Guarantee

Our tours typically include



Flights



Accommodation



Selective Meals



Transportation



Sightseeing



Tour Guides

**Prices are on per person twin share basis and subject to change without notice.*



10 Day Myanmar Highlights Tour

Tour Code AMMH1-10

Yangon, Mandalay, Bagan, and Inle Lake.



Best of Myanmar

Tour Code MM11

Yangon, Mandalay, Bagan, and Inle Lak



25 Day Grand Southeast Asia

Tour Code ASEA2-25

Hanoi, Halong Bay, Hoi An, Saigon, Mandalay, Bagan, Yangon, Luang Prabang, Siem Reap, and Phnom Penh.

TRAVEL HACKS

the CHECKLIST for PACKING

You don't need to pack your whole apartment into your luggage...

Documents

- Passport with at least 6 months expiry date.
- Visa documents.
 - E-tickets or printed ticket.
 - Hotel list.
 - Tour itinerary.

Clothes

- Tshirts, shorts.
- Swimsuit.
- Jackets.
- Hat or cap.

Electronics

- Chargers.
- Electrical adapter and converter.
- Camera kit, including batteries and memory cards.
- Phone, earphones.

Medicines

- Cold/Flu, Diarrhea, Pain Relief,
- Allergy.
- Prescription drug with label and doses description.
- Sunscreen and insect spray.



Money

- Foreign currency in cash.
- Credit card (Mastercard or Visa are more widely accepted).

Packing Gears

- 1 check-in luggage (up to 20/30kg).
- 1 carry-on luggage (up to 7kg).
- 1 small travel bag/backpack.

Shoes

- Comfortable walking shoes.
- Sandals.

Accessories

- Sunglasses.
- Umbrella.
- Hat or cap.

Toiletries

- Toothbrush and toothpaste.
- Soap/shower gel.
- Feminine product.
- Hand sanitizer or wet wipe.

TRAVEL HACKS

ON THE GO

SURVIVAL TIPS



SOUVENIRS

For those who do not want to get home empty handed.

- Sand painting (Bagan).
- Longyi or sarong (Anywhere).
- Pathein Umbrella (Inle Lake)
- Gems, jades and gold leaves (Yangon).
- Agricultural products (Anywhere)

TALK LOCAL

Some common Burmese phrases that may come in handy.

English	Burmese
Hello	Min-ga-la-ba
Thank you	Ce-zu tin ba deh
Sorry	Wun neh ba deh
Yes	Ho de
No	Ma ho bu



BARGAIN

Prices are generally fair in Myanmar. You should only haggle when calling a taxi or so.

Rule#1: Study the prices with different vendors.

Rule#2: Do not use this move if the price is too low already.

Rule#3: Start bidding at 50% of the offer received and work your way up.

Rule#4: If 50% works, walk away immediately. It can be much lower.

Rule#5: Just walk away...



BOOKING FORM

Please fill in the form below and kindly send them to our office. Our address is on the last page of this guide.

SECTION 1: TRIP DETAILS

1. Which tour do you want to book?

.....

2. Preferred room type

Twin Double Triple

3. Where will you depart from?

Sydney Melbourne Brisbane
 Adelaide Canberra Perth
 Auckland Other (Please specify below)

.....

4. Would you like to purchase travel insurance

Yes No

5. Preferred Flight Class

Economy Premium Economy
 Business First Class

6. When do you want to travel

..... (dd/mm/yyyy)

7. Number of passengers

.....

8. Add-on Tours (Please name all of them)

.....

.....

.....

9. Special Request (transport, accommodation, etc)

.....

.....

.....

* Final price will vary based on your selections. But don't worry, you are still having the best rates possible

SECTION 2: LEAD PASSENGER

10. First Name

11. Middle Name

12. Last Name

13. Street Address 1

14. City

15. State

16. Postal Code

17. Street Address 2

18. Country

19. Nationality

20. Email Address

21. Phone Number

SECTION 3: OTHER INFORMATION

22. Would you like to hear about our latest offers and promotions? Yes No

Terms & Agreement (Please read carefully)

If submitted by one party only, I confirm that I am authorized to sign on behalf of all passengers listed on this booking form. All parties have read, understood and agree to abide by the terms, booking conditions and responsibilities.

Your signature

Today's Date:...../...../.....



BOOKING CONDITIONS

Reservation & Deposit

Tour prices are subject to availability of tour, airlines, special economy class fare and specific airfare class availability. All services are subject to availability.

Typically, a deposit (from \$199 per passenger) is required within three (3) days of receiving confirmation that the company is holding space for you. Actual amount of deposit may vary depending on tours.

Note that Private Tours and Tailor-Made Tours require a 30% deposit. Passenger names must be provided exactly as per passport, including middle names, at the time of deposit/booking. Any spelling corrections made after a deposit is paid must be sent in writing and will incur additional fees, including any ticket reissue fees. Asia Vacation Group reserves the right to correct any errors in rates quoted or calculated, or any commissions made at any time during your booking. Any verbal quote given is an indication only of the final price and is subject to confirmation in writing.

Amenments & Extra Fees

The following fees will apply:

- Amendments to confirmed and deposited itineraries outside of 30 days prior to departure where the value of the booking is decreased: \$50 per change for admin fee.
- Transferring between tours (within 75 days): See "Cancellation by Customer" for applicable fees and details.
- Reissue of airline tickets: From \$100 per person.
- Once a booking is confirmed, name transfers may incur additional charges.

Cancellation by Customers

All cancellations must be made in writing to Asia Vacation Group and will be subject to the following cancellation charges from the date the written cancellation is received:

- If airline and rail tickets are issued, up to 100% of the airfare and rail fare surcharged.
- If your booking is made with the Budget airlines, up to 100% of package tour.
- If customer wants to change the travel dates and visa issued,

up to 100% of visa fee.

- More than 75 days prior to departure: loss of deposit plus any administration fees
- Between 74 and 59 days prior to departure: 25% of total cost
- Between 58 and 46 days prior to departure: 50% of total cost
- 45 days or less prior to departure: 100% of total cost
- Any "No Show": 100% of total cost

In the event of a cancellation any refunds will be less administration fees and any applicable amendment fees. Asia Vacation Group will endeavour to recover as much as possible from suppliers to pass on to the customer. Regrettably cancellation charges and fees cannot be waived. There can be no exceptions. No refund will be made for any unused portions of the holiday after the departure date. Please note that employees of any overseas company or staff of Asia Vacation Group outside Australia are not authorised to give any guarantees or agreements to customers in respect of refunds or any other matters.

Cancellation by the Company

Asia Vacation Group reserves the right to cancel or vary a tour prior to departure due to insufficient numbers. In such an event, alternative guaranteed travel dates will be offered. Should these options not be acceptable Asia Vacation Group will refund the full price paid, less visa cost. If a tour is cancelled or varied prior to departure due to unforeseeable circumstances such as, but not restricted to, severe weather conditions or force majeure, Asia Vacation Group will refund all monies prior to departure less visa cost, fuel surcharge and any other cancellation fees levied by airlines and other third parties. Unforeseeable circumstances such as force majeure, adverse weather, flight rescheduling, hotel overbooking and faults with transportation or road conditions may also have an effect on the tour itinerary after the commencement date. Any decision made in respect of tour services by independent operators to re-route or amend the itinerary due to any of the above or similar circumstances

is at the discretion of the tour service provider and Asia Vacation Group will not be liable for any claim whatsoever arising from such events.

Responsibilities

Asia Vacation Group acts as a coordinator for all persons taking these tours in the making of all arrangements for transportation, sightseeing and hotel accommodation. The Company does not own, manage, control or operate any transportation vehicle, any hotel or restaurant or any other supplier of services. All receipts and tickets are issued subject to the terms and conditions specified by the supplier and all services are subject to the laws of the country where the services are provided. The Company acts only as an agent for the owners, contractors and suppliers of transportation and/or other related travel services provided and assumes no responsibility for the loss, theft or damage to baggage or property or for any injury, illness or death or for any damages or claims whatsoever caused arising directly or indirectly from accidents, loss, theft or damage to person or property, delays, transport failure, strikes, wars and uprisings or acts of God etc. over which the Company has no control. We strongly urge all customers to undertake a high level of personal responsibility in order to ensure that possessions, equipment and personal documents are closely monitored and protected at all times.

Privacy

We are collecting your personal information so that we can process your booking. We will also keep you up to date with other Asia Vacation Group's offers and product information that may be of interest to you if you have consented to this. You can opt out of receiving information at any time if you choose to do so. Any personal information you provide will be managed in accordance with Asia Vacation Group's privacy policy.



We are living in a connected world.



AUSTRALIA HEADQUARTERS

ABN 74 608 656 800

Suite 902, 11 Queens Road, Melbourne VIC 3004

Toll free: 1800 22 93 39

Outside Australia: +61 3 9988 3029

support@asiavacationgroup.com.au

www.asiavacationgroup.com.au

NEW ZEALAND OFFICE

NZBN 9429046951151


Level 1, 2 Heather Street, Parnell, Auckland 1502

Hotline: 0800 49 1987

Outside New Zealand: +64 212 49 1987

sales@asiavacationgroup.co.nz

www.asiavacationgroup.co.nz

A group of people are seen from behind, sitting on oxen-drawn carts. The scene is set at sunset, with a warm, golden glow. In the background, a pagoda is visible against the sky. The text "You NEVER have to travel ALONE" is overlaid on the left side of the image.

You
NEVER
have to travel
ALONE