

BURMA



Country Dialling Code (Tel/Fax): ++95

Capital: Rangoon **Time:** GMT + 6.5 (11.5 hours ahead of Washington, DC during Standard Time)

Background Britain conquered Burma over a period of 62 years (1824-1886) and incorporated it into its Indian Empire. Burma was administered as a province of India until 1937 when it became a separate, self-governing colony; independence from the Commonwealth was attained in 1948. Gen. NE WIN dominated the government from 1962 to 1988, first as military ruler, then as self-appointed president, and later as political kingpin. Despite multiparty legislative elections in 1990 that resulted in the main opposition party - the National League for Democracy (NLD) - winning a landslide victory, the ruling junta refused to hand over power. NLD leader and Nobel Peace Prize recipient AUNG SAN SUU KYI, who was under house arrest from 1989 to 1995 and 2000 to 2002, was imprisoned in May 2003 and subsequently transferred to house arrest, where she remains virtually incommunicado. In February 2006, the junta extended her detention for another year. Her supporters, as well as all those who promote democracy and improved human rights, are routinely harassed or jailed. **Location** Southeastern Asia, bordering the Andaman Sea and the Bay of Bengal, between Bangladesh and Thailand:

Map References: Southeast Asia

Area: total:678,500sq km land: 657,740sq km water: 20,760 sq km

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)

Terrain: central lowlands ringed by steep, rugged highlands

Natural Resources: petroleum, timber, tin, antimony, zinc, copper, tungsten, lead, coal, some marble, limestone, precious stones, natural gas, hydropower

Population: 47,373,958

Nationality: noun: Burmese (singular and plural) adjective: Burmese

Ethnic Groups: Burman 68%, Shan 9%, Karen 7%, Rakhine 4%, Chinese 3%, Indian 2%, Mon 2%, other 5%

Religions: Buddhist 89%, Christian 4% (Baptist 3%, Roman Catholic 1%), Muslim 4%, animist 1%, other 2%

Languages: Burmese, minority ethnic groups have their own languages

Economy: Burma, a resource-rich country, suffers from pervasive government controls, inefficient economic policies, and rural poverty. The junta took steps in the early 1990s to liberalize the economy after decades of failure under the "Burmese Way to Socialism," but those efforts stalled, and some of the liberalization measures were rescinded. Lacking monetary or fiscal stability, the economy suffers from serious macroeconomic imbalances - including rising inflation, fiscal deficits, multiple official exchange rates that overvalue the Burmese kyat, a distorted interest rate regime, unreliable statistics, and an inability to reconcile national accounts to determine a realistic GDP figure. Most overseas development assistance ceased after the junta began to suppress the democracy movement in 1988 and subsequently refused to honor the results of the 1990 legislative elections. In response to the government of Burma's attack in May 2003 on AUNG SAN SUU KYI and her convoy, the US imposed new economic sanctions in August 2003 against Burma - including a ban on imports of Burmese products and a ban on provision of financial services by US persons. Further, a poor investment climate hampers attracting outside investment slowing the inflow of foreign exchange. The most productive sectors will continue to be in extractive industries, especially oil and gas, mining, and timber with the latter especially causing environmental degradation. Other areas, such as manufacturing and services, are struggling with inadequate infrastructure, unpredictable import/export policies, deteriorating health and education systems, and endemic corruption. A major banking crisis in 2003 shuttered the country's

20 private banks and disrupted the economy. As of 2006, the largest private banks operate under tight restrictions limiting the private sector's access to formal credit.

Official statistics are inaccurate. Published statistics on foreign trade are greatly understated because of the size of the black market and unofficial border trade - often estimated to be as large as the official economy. Though the Burmese government has good economic relations with its neighbors, better investment and business climates and an improved political situation are needed to promote serious foreign investment, exports, and tourism

Industries: agricultural processing; wood and wood products; copper, tin, tungsten, iron; cement, construction materials; pharmaceuticals; fertilizer; natural gas; garments, jade and gems

Railways: total:3,955km narrow gauge: 3,955 km 1.000-m gauge (2005)

Currency: Kyat is the local currency pronounced as "Chat". Official rate of exchange is 1 USD equal to about 6 Kyats but the market rate is 1 USD equal to around 1000 Kyats.

Roadways: total: 27,000 km paved: 3,200 km unpaved: 23,800 km (2005)

Waterways: 12,800 km (2005)

Ports and Harbors: Moulmein, Rangoon, Sittwe

Airports: 85 (2006)

Heliports: 1 (2006)

Visa: Required by all except transit passengers continuing their journey by the same or first connecting aircraft, provided holding valid onward or return documentation and not leaving the airport.

Duty Free: Tobacco,400 cigarettes or 100 cigars or 250g of tobacco,Liquor,2 litres,Perfume,reasonable for personal use, Cameras,video or movie cameras for personal use only, Film,reasonable for personal use.

Health: Burma is today suffering a health crisis. All social services in Burma, including the country's health and educational systems, have deteriorated terribly under military rule since 1962. Basic infrastructure has crumbled as priorities are decided on military-ideological bases rather than genuine need. This section of the BurmaGuide.Net includes resource summaries on public health in Burma, including the HIV/AIDS epidemic and other issues, as well as information on public health practices and advocacy in other developing countries

HOTELS/MOTELS/INNS

BAGAN

AMAZING HOTELS & RESORTS, Yangon, Myanmar,Tel : 959 5016212, 73026700 ,Fax : 951 203566,onsales@amazing-hotel.com , <http://www.amazing-hotel.com>

BAGAN LODGE,Myat Lay Road, New Bagan, Nyaung Oo Township, Myanmar,Tel:95 0 616 5456,Fax:95 0 616 5457,info@bagan-lodge.com , <http://www.bagan-lodge.com>

BAGAN THANDE HOTEL, Old Bagan,Tel: 95-61-60025, 60031, 60964, Fax: 95-61-60050, frontoffice@baganthandehotelgroup.com , <http://www.baganthandehotel.net>

BAGAN THIRIPYITSAYA SANCTUARY RESORT ,Room No. 0505, Sakura Tower, Bogyoke Aung San Road, Yangon, Myanmar,Tel:95 1 255333, thiri@myanmar.com.mm ,<http://www.thiripyitsaya-resort.com>

BAGAN UMBRA HOTEL,Wet-Kyi-In, Bagan, Myanmar,Tel: 061 60 034, Fax: 061 60 379 ,baganumbra@gmail.com ,<http://baganumbrahotel.com>

HOTEL - BLUE BIRD BAGAN,Narathiekhka (10), Myatlay Street, Bagan Myo Thit, Nyaung Oo Township, Mandalay Division, Myanmar, Tel: 95 61 65 440, 65449,Fax: 95 61 65 0 51,hotelbluebirdbagan@gmail.com , <http://bluebirdhotelbagan.com>

THE HOTEL THARABAR GATE,Nyaung Oo Township, Mandalay Division, Myanmar,Tel : 95 61 60037/ 42 / 43, Fax : 95 61 60044, fom@tharabargate.com ,<http://www.tharabargate.com>

MANDALAY

HOTEL BY THE RED CANAL, MANDALAY ,Tel:95 2 68543 ,Fax: 1 866 3471109 ,GM@hotelredcanal.com , www.hotelredcanal.com www.mandalayviewinn.com

HOTEL YADANARBON ,Myanmar., 31st St, Mandalay, Myanmar Burma, Tel:95 2 71 999,hotelyadanarbon@gmail.com , <http://www.hotelyadanarbon.com>

SMART HOTEL MANDALAY,No. 167 28th Street, Between 76th&77th Street,Chan Aye Tharzan Township, Mandalay, Myanmar,Tel: 95 2 32682, Fax:95 2 32552,<http://smarthotelmandalay.com>

TRIUMPH HOTEL MANDALAY,Aung Myay Tharzan Township, Mandalay, Myanmar,Tel: 95 2 61145, 61146, Fax: 95 2 61148, reservation@triumph-hotels.com ,<http://triumph-hotels.com>

NGAPALI

AMATA RESORT AND SPA ,Tel: 95 1665 126, rsvn.mqr@amataresort.com ,<http://www.amataresort.com>

AMAZING NGAPALI RESORT,Zi Phyu Kone, Myanmar Burma, Tel:95 43 42 011,<http://amazingngapaliresort.net>

BAYVIEW THE BEACH RESORT,Ngapali Beach,Rakhine State, The Republic of the Union of Myanmar,Tel: 95 1 504 471,Fax: 95 1 539 348, reservation@bayview-myanmar.com , www.bayview-myanmar.com

HILTON NGAPALI RESORT & SPA,2 Airport St, Zee Phyu Gone Village,Thandwe,11221,Myanmar, TEL:95 43 42291,FAX:95 43 42290, ngapali.info@hilton.com ,<http://www3.hilton.com/en/hotels/myanmar/hilton-ngapali-resort-and-spa-SNWNBHI/index.html>

SULE SHANGRI-LA YANGON ,223 Sule Pagoda Road, G.P.O. Box 888, Myanmar, T: 95 1 242 828, F: 95 1 242 800, <http://www.shangri-la.com/yangon/suleshangri-la>

THANDE BEACH HOTEL NGAPALI, THANDWE,Tel:95 43 42178, Fax: 95 43 42278,frontoffice@thandebeachhotelmyanmar.com ,
<http://www.thandebeachhotelmyanmar.com>

YOMA CHERRY LODGE, Lintha, Ngapali Beach, Rakhine State, Myanmar, Tel:95 0 43 42339,<http://www.yomacherrylodge.com>

RANGOON (YANGON)

AMARA OCEAN RESORT ,No. 42. D1 . Aye Yeik Thar 2nd Street. Sein Lei Yeik Thar Housing. Bahan Township, Yangon, Myanmar, Tel:95 1 652 191, booking@amaragroup.net, www.amara-ocean.com

ASIA PLAZA HOTEL , No. 277, Bogyoke Aung San Road, Corner of 38th Street, Kyauktada Township, Yangon, Myanmar (Burma).

BAGAN THIRIPYITSA YA SANCTUARY RESORT, Room No. 0505, Sakura Tower, Bogyoke Aung San Road, Yangon, Myanmar, Tel:95 1 255333, thiri@myanmar.com.mm ,<http://www.thiripyitsaya-resort.com>

BELMOND GOVERNOR'S RESIDENCE,35 Taw Win Road, Dagon Township, Yangon, Myanmar, Tel: 95 1 229860, reservations.tqr@belmond.com ,
<http://www.belmond.com/governors-residence-yangon>

CHATRIUM HOTEL ROYAL LAKE YANGON,Tel: 95 1 544 500, info.chry@chatrium.com ,http://www.chatrium.com/chatrium_hotel_yangon

HOTEL 51,No. 154 / 156, 51 Street, Pazuntaung Township, Yangon, Myanmar, Tel:95 1 293022, 294460, Fax: 95 1 291297, info@hotel51myanmar.com ,
<http://www.hotel51myanmar.com>

HOTEL GRAND UNITED (21ST DOWNTOWN), No. 66-70, 21st Street, Latha Township, Yangon, Myanmar, Tel:95 1 378200, 378201, 378204, grandunited.21@gmail.com , <http://www.hotelgrandunited.com>

HOTEL GRAND UNITED AHLONE BRANCH ,Tel: 95 1 21806164, 0973048864, grandunited.ahlone@gmail.com , <http://www.hotelgrandunited.com>



INYA LAKE HOTEL, YANGON ,37 Kaba Aye Pagoda Road, Yangon, Myanmar, Tel:95 1 9662866, 9662857, Fax: 95 1 9665537, inyalake@inyalakehotel.com ,
<http://www.inyalakehotel.com>

SANDOWAY RESORT,No.201, Bo Myat Htun Road, Botahtaung Township, Yangon, Myanmar, Tel:951 298934, 398896, Fax :951 203497, reservation@sandowayresort.com , www.sandowayresort.com

SAVOY HOTEL , 129 Dhammazedi Road, Yangon, Myanmar, Tel: +95-1 526289 526298 526305, Fax:+95-1 524891 524 892, Email: res-savoy@myanmar.com.mm, gm-savoy@myanmar.com.mm, Website: www.savoy-myanmar.com

NIKKO ROYAL LAKE, 40, Natmauk Road, Tamwe Township, Yangon, Union of Myanmar Tel: (+95-1) 544500, Fax: (+95-1) 544400, E-mail: Website: <http://www.nikkoyangon.net>

THE STRAND YANGON ,92 Strand Road Yangon, Myanmar, T:95 1 243 377, Fax:95 1 243 393, info@hotelthestrang.com ,<http://www.hotelthestrang.com>

TRADERS HOTEL, 223 Sule Pagoda Road, G.P.O. Box 888, Yangon, Myanmar Tel : (95 1) 242828 Fax : (95 1) 242800 Email : thyn@shangri-la.com www.shangri-la.com

YUZANA HOTEL, No.130, Shwe Gon Dine Road, Bahan Township, Yangon, Myanmar, Tel: (951) 549600, (951) 543367 Fax: (951) 543835, (951) 544998 Email: YUZANAHOTEL@mpmail.net.mm

TAUNGGYI

INLE PRINCESS RESORT, Magyizin Village Inle Lake Myanmar, Tel / Fax: 95 81 209055, inleprincess@myanmar.com.mm , inleprincess@gmail.com, www.inleprincessresort.com

INLE RESORT ,Inlay Lake, Nyaung Shwe T/S, Southern Shan State, Republic of the Union of Myanmar, Tel: 95 9 5154444, Fax : 95 1 538168, <http://inleresort.com>

PARAMOUNT INLE RESORT, Tel : 959 49360855, amazingom.pir@amazing-hotel.com , www.amazing-hotel.com

AIRLINES/HELICOPTERS/AIRPORTS

MANDALAY INTERNATIONAL AIRPORT , Mandalay Airport, Myanmar, Tada-U, Mandalay, Tel: +95 2 87301, +95 2 87401, Fax: +95 2 87300, Email: maninter@mpmail.net.mm

MYANMAR AIRWAYS INTERNATIONAL CO. LTD. , # 08-02 Sakura Tower 339 Bagyoke Aung San Road, Yangon, Myanmar, Phone number: (95 1) 255 260 Fax: number: (95 1) 255 305, Email: management@maiair.com

BUS & RAILWAY STATIONS

BURMA BUS - INFORMATION ON MYANMAR BUS SERVICES, <http://burmabus.com>

JJ EXPRESS ,No.391, Waizayantar Road, Thinangyun Township, Yangon Myanmar, Tel:95 9 420077655, Fax: 95 9 420077655, ticket@green-myanmar.com <http://myanmarbusticket.com>

LUMBINI EXPRESS CO.,LTD. <https://www.facebook.com/LumbiniExpressCoLtd>

MANDALAR MIN EXPRESS BUS ,Ph: 01 704759, 067 26020,064 24468, <http://www.mandalarminn.com.mm>

MYANMAR RAILWAYS MR. <http://www.myanmarailways1877.com/eng> ,
<http://www.yangonow.com/jpn/transportation/train/fare.html>

SHWE MANDALAR EXPRESS, Mandalay, Myanmar Burma, 32nd St, 81/82, Tel:95 2 73211, <https://www.facebook.com/pages/Shwe-Mandalay-Scania-Express/462499643849404?rf=682065118536879>

CAR HIRE/TAXIS/SERVICES

YANGON

HEIN CAR RENTAL,No.12, 2ft(R), 133rd St, Ma U Gone Quarter, Tamwe Tsp, Yangon, Tel:95 1 293 159, chitchithway@heincarrental.com,
<http://www.heincarrental.com>

JOURNEYS ADVENTURE TRAVEL , No.53, Nagayone Pagoda Road, (Off Pyay Road), 8 1/2 miles, Mayangone, Yangon, 11061, Myanmar Burma, Tel: 95-1 664275, Fax:95-1 664451, sales@journeysadventuretravel.com ,
www.journeysmyanmar.com

MYANMAR VISA RENTAL & LIMOUSINE SERVICE, Tel: 204020, 381200 Fax:381200, visa@mail4u.com.mm, <https://www.myanmarvisa.com/carrentals-and-limousines.htm>

PYAY KYAW CAR RENTAL,No-36(5A), Ma Po Street, Myae Ni Gone, San Chaung Township, Yangon, Myanmar, Tel: 95 9 73234526, transport@pyaykyawcarrental.com , <http://www.pyaykyawcarrental.com>

SKYRIDE TRAVEL & TOURS ,141 A, Baho Road (Khine Shwe War St) Hledan, Kamayut Township, Yangon, Myanmar, Tel:95 9 512 1804 , skyridetramyanmar@gmail.com , <http://www.skyridetravelmyanmar.com>

FERRIES

INLAND WATER TRANSPORT , Myanmar, Fattan Quarter Under Road Near new Market, Mawlamyine, Mon, Myanmar, Tel:95 5727060, <http://www.iwt.gov.mm/en>

MALIKHA RIVER CRUISE ,Tel:95 1252 150 ,251 935, info@peacehousetravel.com http://www.myanmarrivercruises.com/malikha_river_cruise.php

CRUISE & SHIPPING LINES

AMAWATERWAYS, MS AMAPURA, FREE PHONE: 0808 223 5009, Trade: 0800 954 0063, sales@amawaterways.co.uk ,
<http://www.amawaterways.co.uk/ships/amapura>

FRED. OLSEN CRUISE LINES, White House Road, Tel: 44 0 1473 746167, 0845 421 3672, Ipswich, Suffolk, IP1 5LL, internet@fredolsen.co.uk ,
<http://www.fredolsencruises.com/places-we-visit/country/myanmar-cruises>

HOLLAND AMERICA LINE (HAL), HAL VOLENDAM, Holland America Line Guest Relations, 300 Elliott Avenue West, Seattle, WA 98119, Fax: 206 905 8962, guestrelations@hollandamerica.com ,
<http://www.hollandamerica.com/cruise-vacation-onboard/Volendam>

PRINCESS CRUISES, Richmond House, Terminus Terrace, Southampton, SO143PN, <http://www.princess.com/excursion/exlistfordestination.do?portid=VI&exType=S&t=C>

REGENT SEVEN SEAS CRUISES, SEVEN SEAS VOYAGER, Tel:44 2380682 140, http://www.rssc.co.uk/ships/seven_seas_voyager

SEABOURN, SEABOURN SOJOURN, 300 Elliott Avenue West, Seattle, WA 98119 USA, Tel:0843 373 2000 , <http://www.seabourn.com/luxury-cruise-vacation-onboard/Spirit>