

THINGS TO KNOW BEFORE YOU GO

MYANMAR

(Updated August 2017)

PREPARING FOR YOUR TRIP

As you prepare to embark on your upcoming Affordable World journey, please log on to your My Affordable account and click on your trip confirmation ID to review the most up to date trip details including hotel information, flight schedules, and ticket number(s). Please make sure you have all travel documents, passports, and necessary visas ready before you depart for your trip.

CHECKING IN AT THE AIRPORT

Be sure to bring your **passport and visa** as you will need to present it when checking in at the airport. Please be advised that not all airlines assign seats in advance. Some airlines assign seats at the airport during check-in. We recommend all travellers arrive at the airport at least 3 hours prior to the flight departure time. You will receive boarding passes at the airline counter when you check in for your flight.

UPON ARRIVAL IN MYANMAR

Please go through Customs and Immigrations on your own. After you pick up your luggage, exit the baggage claim area and look for the Affordable World representative holding an Affordable World flag or sign. **Please wear your Affordable World badge for easy identification.**

*Affordable World tour guides/airport assistants will wait for arriving tour members outside the airport baggage claim area for up to **90 minutes** after the landing time of the tour member's flight before departing from the airport with transportation to the hotel. If for any reason a tour member does not meet the Affordable World representative within 90 minutes after the landing time of the tour member's flight, the tour member will be responsible for his or her own transportation from the airport to the hotel, along with all associated expenses.

TRAVEL DOCUMENTS

- **Visa Required – An entry Visa is required to go to Myanmar**
- **All travellers must obtain a Myanmar tourist visa in advance prior to their trip departure date**
- Passports must be valid for 6 months from the return date of your trip
- It is the responsibility of the traveller to obtain a visa in a timely manner

BAGGAGE

Baggage allowance for international flights may vary by airline and is subject to change at any time. Please refer to the below information for each airline's baggage policy as of July 2017. For up to date baggage allowance information, please check directly with the airlines.

Baggage Allowance:

- **Air China International Flights** ->The standard free check in baggage allowance on international flights from the U.S to Thailand is two pieces per person, up to 50 lbs each. Carry-on baggage is limited to one piece per person up to 5 kg.
- **Cathay Pacific International Flights** ->The standard free baggage allowance on international flights is 2 pieces per person, up to 50 lbs each. Carry-on baggage is limited to one piece per person, up to 15 lbs

- **Please keep in mind within Asia, the baggage limitation on all flights is restricted to one piece of check-in luggage, up to 44 lbs and one carry-on bag of 11 lbs with a combined total dimension not exceeding 42 inches (19 × 14 × 9). *carry on dimensions and restrictions subject to change**

Important Luggage Info & Tips

- Checked luggage must have a lock (we recommend using a TSA approved luggage lock) and a luggage tag showing the name and contact information of the owner (**please use the Affordable World luggage tags provided in this package**). Baggage without a lock may be refused for transport
- DO NOT pack medicine, valuables, and other personal necessities in checked luggage. Keep these items in your carry-on bag
- Consider packing a change of clothing, a set of undergarments and toiletry in your carry-on bag to avoid inconvenience caused by delays or lost luggage.
- Power bank chargers over 20,000 mAh are restricted from carry on and check in luggage
- Power bank mAh capacity must be clearly labelled by manufacturer on the charger
- Please visit www.tsa.gov for USA carry on restrictions
- **Important note: Affordable World Tours' representatives cannot enter the luggage claim area. After you collect your luggage please exit the baggage claim area. Our local Affordable World representative will be waiting for you outside with an Affordable World flag or sign.**

CURRENCY

Myanmar uses the Burmese Kyat (MMK) as its national currency. As of July 2017, the exchange rate is \$1 U.S dollar to 1,368 Burmese Kyat. We suggest you bring a combination of cash and credit cards for your trip. Most department stores, hotels and restaurants will accept major credit cards such as American Express, Visa, and MasterCard. However, it is more convenient to use cash especially if you are planning to shop and eat in smaller shops. Please always keep your currency exchange receipts as you may need to present these when changing MMK back to your own currency at the end of your trip. All travelers entering or leaving the Myanmar with a sum equal to or exceeding 10,000 USD have to declare the amount in writing to Customs without being individually requested to do so.

TIPPING

An important note on tipping - please note gratuities are not included in your tour cost. They are customary and their purpose is to encourage and reward quality service. Our guides greatly appreciate any tips you would like to give them. Our recommended tip amount for your Myanmar guide and driver are listed below in USD.

Local Myanmar Guide → \$6 per person per day (given at the end of your trip)

Local Myanmar Driver → \$4 per person per day (given at the end of your trip)

HEALTH & MEDICAL MATTERS

Medical and vaccination requirements vary between countries and it is important you check with your family doctor or a qualified medical professional for the most up to date travel health information for the region you are visiting.

Due to the length of the trip, it is advised you consult your doctor for existing medical/dental conditions before departure

It is advised to pack any prescription medicine in your carry-on hand luggage. Please make sure prescription medicine is fully labelled. It may also be useful to bring aspirin, over-the-counter medicine for the flu, indigestion, motion sickness, etc. In case of illness during the trip, please immediately notify your tour guide for assistance.

ELECTRICAL REQUIREMENT

Myanmar's electrical system operates at 220 to 240 volts. You will need a voltage converter and plug adapter in order to use U.S appliances. It is recommended travellers bring their own voltage converter and adapter.

TIME DIFFERENCE

The time difference between major cities in North America and Myanmar are as below:

- Los Angeles & San Francisco + 13 hours 30 minutes
- New York + 10 hours 30 minutes hours

MEALS

Certain meals are included in Myanmar as per the itinerary. We regret to inform you that Affordable World is unable to confirm any special meal request as it is based on the availability of the providing restaurants, hotels, and airlines. Please contact the airlines directly to place special meal requests for your flights.

SHOPPING

Although Affordable World Tours' national guides will be happy to assist you with any shopping requirements, Affordable World Tours does not assume responsibility for any items purchased at shops while on tour. You are never required to purchase any items while on tour and thus must be responsible for your own purchases. Any after sales correspondence must be between the passenger and the shop in question.

CLIMATE & CLOTHING:

Most of Myanmar has a **tropical monsoon climate** with three seasons:

Cool – November to February is warm to hot during the day and the air is relatively dry. Average monthly temperatures range from 68 to 75 Fahrenheit.

Hot – March to April is intensely hot in most of the country. Average monthly temperatures range from 86 to 95 Fahrenheit.

In the **cool** and **hot** seasons, you are unlikely to experience any rain.

Rainy – May to October is the monsoon season, with high rainfall. From June to August, rainfall can be constant for long periods of time. In September and October, the rain is less intense and you will experience more sunshine.

- It is suggested to bring comfortable, casual clothing, a comfortable pair of walking shoes and sunglasses are essential, light hats advisable
- Sleeveless tops, shorts, skirts, and tight clothing are not allowed and shoulders and ankles must be covered while visiting religious sites, temples and mosques. This applies to both men and women. Shoes and socks should be removed before entering any shrine, pagoda or monastery
- Lightweight cottons and linens are recommended throughout most of the year. A light raincoat or umbrella is needed during the rainy season. Warmer clothes are advised for cooler season and some evenings, particularly in hilly areas and on ferries.
- Check www.weather.com for more detailed weather conditions closer to your departure date.
- It is not necessary to bring formal clothing however modest attire is always welcome

Temperature in Myanmar

Major Cities		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Yangon	High	91	95	97	99	93	88	86	86	88	91	93	90
	Low	63	66	72	75	75	73	73	73	73	75	72	64

Do's

- Do show respect for images of Buddha
- Do greet people by pressing your palms together and bowing slightly
- Do take off your shoes before entering a temple or home
- Do dress modestly, covering knees and shoulders
- Do use your right hand when shaking hands or passing something

Don'ts

- Don't touch monks robe
- Don't use your feet to touch, move, indicate or point at anything
- Don't touch anyone on the head as the head is considered sacred
- Don't take pictures of meditating monks
- Don't show intimacy in public

MYANMAR EMERGENCY PHONE NUMBERS

English

(local) 09 514 4739

(From outside Myanmar) (+95) 9 514 4739

Our experienced staff of Myanmar specialists take pride in providing you with the very best in service and planning. Thank you for choosing Affordable World as your partner in travel. We are confident your trip will be happy and rewarding!

Bon Voyage!