

## DOS AND DON'TS IN MYANMAR

- Many locals are too kind to mention to a traveller when they are being insensitive. So let it be your role to (politely) tell fellow travelers when they are acting inappropriately.
- When visiting a Buddhist site, don't wear shoes, shorts, skirts or have exposed shoulders
- Don't pose with or sit on Buddha images.
- Take your shoes off (not necessarily socks) when entering private homes.
- Don't touch somebody on the head(including patting a child's head)
- Don't point your feet at anybody or anything-apologize if you accidentally brush someone with your foot
- When shaking hands or handing over something, do so with your right hand, while touching your right elbow with your left hand.
- Don't step over somebody who is sitting or lying on the floor (such as on a boat deck).
- Do not change money at the airport. You get better rates from your hotel or in town. Have enough US dollars in cash for your full trip.
- Do pack a sweater or fleece jacket for chilly overnight bus rides or the mountains.
- Do bring flip-flops or sandals and bug spray.
- Do go with bottled water.
- Don't raise political questions and issues in inappropriate situations so as not to compromise the locals in the eyes of the junta. Let a local lead and direct the conversation.

### BASIC MYANMAR PHRASES

Hello	min-gala-ba
Excuse me	tas-eiq-lauq
Please	ce-zu-pyu-bi
Thank you	ce-zu tin-ba-deh
Please help	ce-zu pyu-bi
	ku-nyi-ba
Yes	houq-keh
No	ma-houq pa-bu
How much	beh-lauq-leh
It is very expensive	ze-theiq ci-deh
I'm sick	ne-makaun-bu
Goodbye	kaun-ba-bi