



Myanmar

Golden pagodas, a plain of 2,000 temples, noodle soup for breakfast and a great river running through the middle, in the country once called Burma.

AT A GLANCE

Facts to know

CAPITAL

Naypyidaw

POPULATION

About 55 million (UN estimate)

OFFICIAL LANGUAGE

Burmese, called the Myanmar language in the constitution. More than a hundred languages are spoken in the country

CURRENCY

Burmese kyat (K)

AREA

About 676,600 km²

GOVERNMENT

Republic. The army took power in a coup in 2021. After elections run by the military government, a new parliament met in March 2026 and a nominally civilian government took office in April 2026, with the army still the dominant power (as of September 2026)

HIGHEST MOUNTAIN

Hkakabo Razi, about 5,881 m, in the far north (nearby Gamlang Razi, about 5,870 m, has been proposed as a rival)

LONGEST RIVER

The Irrawaddy (Ayeyarwady), about 2,170 km

NEIGHBOURS

Bangladesh, India, China, Laos and Thailand

DRIVES ON THE

Right, since 1970, although many cars still have the steering wheel on the right

CALLING CODE

+95

A 45-minute trip to Myanmar

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Myanmar together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: 200 BC: The first Pyu cities rise; 1962: The military seizes power; 2025: The Mandalay earthquake. |
| 15 to 25 min | At the table: talk about Mohinga and Tea leaf salad (lahpet thoke). Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Mingalaba" (Hello), "Nay kaung la?" (How are you?), "Nay kaung ba de" (I'm fine). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://preview.worldstroll.com/countries/myanmar/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Myanmar and its cities



- Naypyidaw (Naypyidaw Union Territory): The Uppatasanti Pagoda, Very wide, empty roads, Government buildings and the parliament
- Yangon (Yangon Region): The Shwedagon Pagoda, Colonial buildings, Tea shops and street food, The busy port
- Mandalay (Mandalay Region): Mandalay Palace and its moat, Mandalay Hill, The Kuthodaw Pagoda, Nan gyi thoke noodles
- Bagan (Mandalay Region): Thousands of ancient temples, Sunrise over the plain, Lacquerware
- Pyin Oo Lwin (Mandalay Region): The 'City of Flowers', Colonial houses, Botanical gardens
- Myitkyina (Kachin State): Near the Myitsone, where the Irrawaddy begins, Kachin culture, The end of the railway line

- Taunggyi (Shan State): Cool mountain air, Trade in the Shan hills, A hot-air balloon festival
- Nyaungshwe (Shan State): Boat trips on Inle Lake, Htamin jin
- Pyay (Bago Region): The ruins of Sri Ksetra, The Irrawaddy River, The first railway line
- Bago (Bago Region): The Shwemawdaw Pagoda, Large pagodas, Mon history
- Hpa-An (Kayin State): Limestone mountains and caves, Karen culture, The Thanlwin River
- Mawlamyine (Mon State): Mon food, Hilltop pagodas, Colonial churches

A short history of Myanmar

The Irrawaddy valley has been home to rice farmers for thousands of years. Pyu city-states came first, then the Bamar kingdom of Bagan, and later great empires ruled from Taungoo, Ava and Mandalay. Britain took the country in three wars in the 1800s. Since independence in 1948 Myanmar has lived through long periods of military rule, a short opening in the 2010s, and a new coup and civil war from 2021.

200 BC **The first Pyu cities rise**

Around the 2nd century BC the Pyu people, who spoke a Tibeto-Burman language, began building walled cities in the dry zone of central Myanmar. For about a thousand years cities such as Halin, Beikthano and Sri Ksetra traded with India and China and took up Buddhism.

1044 **Anawrahta becomes king of Pagan**

Anawrahta came to the throne of Pagan, today's Bagan, in 1044. He united the whole Irrawaddy valley for the first time and supported Theravada Buddhism. Historians count his reign as the start of verifiable Burmese history, and his successors covered the Bagan plain with thousands of temples.

1287 **Pagan falls after the Mongol invasions**

Repeated Mongol invasions in the late 1200s brought down the Pagan Kingdom in 1287. About 250 years of division followed, with Shan states, the kingdoms of Ava and Hanthawaddy, and Arakan on the western coast competing for power.

1550 **Bayinnaung becomes king**

Bayinnaung of the Taungoo dynasty became king in 1550. By his death in 1581 he had built the largest empire in the history of Southeast Asia, including the Shan states, Lan Na, Manipur and the Siamese kingdom of Ayutthaya. It fell apart soon after he died.

1752 **The Konbaung dynasty is founded**

Alaungpaya, the chief of a small village, founded the Konbaung dynasty in 1752 and reunited the country within a few years. He enlarged the town of Dagon and named it Yangon. The Konbaung kings were the last royal dynasty of Burma.

1857

Mandalay is founded

King Mindon founded Mandalay as his new royal capital in 1857, with a walled palace city surrounded by a moat at the foot of Mandalay Hill. Much of the old palace at Amarapura was taken apart and carried to the new site.

1885

The last king is deposed

After wars with Britain in 1824 to 1826 and in 1852, a third war in November 1885 ended with British troops entering Mandalay Palace. King Thibaw was sent into exile in India, and on 1 January 1886 all of Burma was annexed to British India. Rangoon, today's Yangon, became the capital.

1948

Burma becomes independent

On 4 January 1948 the country became independent as the Union of Burma. The independence leader Aung San, who had negotiated the Panglong Agreement with leaders of the ethnic minorities, had been assassinated less than six months earlier. Unlike most former British colonies, Burma did not join the Commonwealth.

1962

The military seizes power

On 2 March 1962 the army under General Ne Win overthrew the elected government. The country was run under the 'Burmese Way to Socialism', with most businesses nationalised, and became one of the poorest countries in the world.

1988

The 8888 Uprising

Nationwide protests for democracy peaked on 8 August 1988, the date that gave the uprising its name. Security forces killed thousands of demonstrators and a new military council took power. Aung San Suu Kyi, the daughter of Aung San, became the leader of the democracy movement.

1989

The English name becomes Myanmar

On 18 June 1989 the military government changed the official English name of the country from Burma to Myanmar, and renamed many places: Rangoon became Yangon and Pegu became Bago. Some governments and opposition groups kept using Burma because they did not accept the military government's authority.

2005

Naypyidaw becomes the capital

On 6 November 2005 government offices began moving from Yangon to a new city built near the town of Pyinmana, in the centre of the country. Its name, Naypyidaw, meaning 'royal capital', was announced on 27 March 2006.

2008

Cyclone Nargis strikes

On 2 May 2008 Cyclone Nargis drove a storm surge up to 40 km inland across the Irrawaddy delta. At least 138,000 people died, making it the worst natural disaster in the country's recorded history.

2017

The Rohingya flee to Bangladesh

From August 2017 military operations in northern Rakhine State drove more than 700,000 Rohingya, a mostly Muslim minority, across the border into Bangladesh, according to UN reports. In 2019 The Gambia brought a case against Myanmar at the International Court of Justice under the Genocide Convention. The court heard the case in January 2026 and, as of September 2026, has not yet given its judgment.

2021

The army takes power again

After a period of reforms, the National League for Democracy won elections in 2015 and 2020. On 1 February 2021, the day the new parliament was due to meet, the army detained Aung San Suu Kyi and other elected leaders and seized power. Mass protests followed, and armed resistance grew into a civil war that continues as of September 2026.

2025

The Mandalay earthquake

On 28 March 2025 an earthquake of magnitude 7.7 to 7.9 struck near Mandalay, the strongest in the country since 1912. It killed thousands of people, damaged Naypyidaw and Mandalay Palace, and destroyed more than 8,000 monasteries, nunneries and pagodas.

What people eat in Myanmar

A traditional Burmese meal is served all at once and shared: steamed rice in the middle, with one or two curries, a light soup, salads, fried vegetables and a plate of fresh and blanched vegetables with a dip of fermented fish. The Burmese sum up the flavours in three words, 'sour, salty and spicy'. The meal often ends with a piece of palm sugar or a little pickled tea. Noodles are eaten mostly for breakfast or as a snack, and the tea shop, with milk tea and flaky breads, is at the heart of daily life.

Mohinga

All over the country, above all as breakfast

The national dish: thin rice noodles in a fish broth thickened with toasted chickpea flour or rice, flavoured with lemongrass, ginger, garlic, onion and banana stem. It is topped with boiled egg, crisp fritters, coriander and a squeeze of lime.

Tea leaf salad (lahpet thoke)

Eaten everywhere; the tea is grown mainly in Shan State

Pickled tea leaves mixed by hand with crunchy fried beans and peas, peanuts, toasted sesame, fried garlic, dried shrimp, tomato and green chilli, and dressed with peanut oil, fish sauce and lime.

Shan noodles (Shan khauk swe)

Shan State, in the eastern hills

Flat or round rice noodles with chicken or minced pork cooked with tomato, garlic and onion, topped with crushed roasted peanuts and served with pickled mustard greens. It comes as a soup or as a dry noodle dish with a little broth on the side.

Coconut chicken noodles (ohn no khao swe)

Central Myanmar; it is thought to come from Shwedaung, near Pyay

Wheat noodles in a mild curried chicken broth made with coconut milk and thickened with chickpea flour. It is served with boiled egg, raw onion, crispy fried noodles, chilli, fish sauce and lime.

Mandalay noodle salad (nan gyi thoke)

Mandalay, where it began as street food

Thick, round rice noodles mixed with a chicken curry sauce and chilli oil, sprinkled with toasted chickpea flour and topped with onion, boiled egg, fish cake and crispy noodles. It is a favourite breakfast in Mandalay.

Sour rice balls (htamin jin)

The Intha people of Inle Lake, in Shan State

Rice kneaded with boiled fish from the lake, tomato and mashed potato, shaped into balls and topped with crispy garlic and garlic oil. It is served with roasted chilli flakes in oil.

Burmese tofu (to hpu)

Shan State and neighbouring Yunnan in China

A smooth yellow 'tofu' made not from soya but from chickpea flour or yellow split peas, cooked with water, turmeric and salt until thick and then left to set. It is eaten sliced in a salad or fried into crisp fritters.

Burmese curry (hsibyan)

The whole country, especially the central plains

The most common Burmese curry: chicken, pork, fish or prawns slowly cooked with onion, garlic, ginger, turmeric and paprika until the water has boiled away and the oil rises to the top. Burmese curries are usually milder than Thai ones and seldom use coconut milk. They are eaten with rice, a sour soup and many small side dishes.

Husband and wife snack (mont lin maya)

Street stalls across the country

Small, crisp, round savoury pancakes made from a batter of rice flour with quail egg, chickpeas and spring onion, fried in a special metal pan.

Palata

Indian tea shops, from the Indian paratha

A flaky, layered fried flatbread, eaten at tea shops with curry or bean dishes, or as a sweet with a sprinkle of sugar.

Floating rice balls (mont lone yay baw)

The whole country, above all at the April New Year festival

Small balls of glutinous rice dough filled with palm sugar, boiled until they float and served warm with grated coconut. They are soft and chewy, so eat them in small bites, and take care with young children and anyone who has trouble swallowing.

Htamane

The whole country, for the full moon of Tabodwe (about February)

Glutinous rice cooked in a giant wok with oil and then mixed with peanuts, toasted sesame, fried ginger and coconut. It is made once a year and shared with neighbours and friends.

Shwe yin aye

The whole country, a favourite of the hot season

A cold dessert of sweetened coconut milk with sticky rice, sago pearls, green pandan jelly noodles, cubes of jelly and a slice of white bread.

Semolina cake (sanwin makin)

The whole country

A dense, golden baked cake of semolina, coconut milk, butter and sugar, often with raisins and topped with poppy seeds. It is cut into squares or diamonds and served at donation feasts and sold as a street snack.

Burmese milk tea (lahpet yay cho)

Tea shops all over the country

Strong black tea sweetened with condensed milk and evaporated milk. Customers often say exactly how sweet and how strong they want it. Plain green tea, on the other hand, is usually free on every table.

GOOD MANNERS

At the table

- The eldest people at the table are served first. At home the first scoop of rice from the pot is often set aside as a sign of respect for one's parents.
- Traditionally the Burmese eat rice with the fingertips of the right hand, but a spoon and fork are common today. Chopsticks and Chinese-style spoons are used for noodles.
- All the dishes arrive at the same time and are shared. Take a little of each with your rice rather than filling your plate with one dish.
- Plain green tea is usually served free in restaurants and tea shops, and a light soup is often drunk during the meal instead of other drinks.
- Many Buddhists do not eat beef and Muslims do not eat pork. During Buddhist Lent, roughly from July to October, some people eat only vegetarian food on certain days.

Mohinga

The national dish: thin rice noodles in a fish broth thickened with toasted chickpea flour or rice, flavoured with lemongrass, ginger, garlic, onion and banana stem. It is topped with boiled egg, crisp fritters, coriander and a squeeze of lime.

Ingredients

- 500 g white fish fillets, such as catfish, cod or haddock
- 2 stalks lemongrass, bruised
- 1.5 litres water
- 1 teaspoon ground turmeric
- 3 tablespoons chickpea flour (gram flour)
- 2 tablespoons rice flour
- 3 tablespoons vegetable oil
- 2 onions, finely chopped
- 4 cloves garlic, crushed
- 4 cm fresh ginger, grated
- 1 teaspoon paprika or mild chilli powder
- 3 tablespoons fish sauce
- 400 g thin rice noodles (rice vermicelli)
- To serve: 4 hard-boiled eggs, lime wedges, fresh coriander, crisp fried onions and chilli flakes

Method

1. Put the fish, lemongrass and half the turmeric in a large pan with the water. Bring to the boil and simmer gently for 10 minutes. Lift out the fish, flake it with a fork and keep the broth.
2. Toast the chickpea flour and rice flour in a dry frying pan over low heat for 3 to 4 minutes, stirring, until they smell nutty and turn light brown. Whisk them into 250 ml of cold water to make a smooth paste.
3. Heat the oil in a frying pan and fry the onions, garlic and ginger over medium heat for about 8 minutes, until soft and golden. Stir in the rest of

the turmeric, the paprika and the flaked fish and fry for 2 more minutes.

4. Tip the fish mixture into the broth with the fish sauce. Whisk in the flour paste and simmer for about 20 minutes, stirring often, until the soup thickens a little. Remove the lemongrass and taste for salt.
5. Cook the noodles as the packet says, drain them and divide them between four bowls.
6. Ladle the hot soup over the noodles and top with halved eggs, coriander and fried onions. Serve with lime wedges and chilli flakes on the side.

Coconut chicken noodles (ohn no khao swe)

Wheat noodles in a mild curried chicken broth made with coconut milk and thickened with chickpea flour. It is served with boiled egg, raw onion, crispy fried noodles, chilli, fish sauce and lime.

Ingredients

- 500 g boneless chicken thighs, cut into bite-size pieces
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 3 tablespoons vegetable oil
- 2 onions, finely chopped
- 4 cloves garlic, crushed
- 3 cm fresh ginger, grated
- 400 ml coconut milk
- 750 ml chicken stock
- 3 tablespoons chickpea flour (gram flour), mixed with 150 ml cold water
- 2 tablespoons fish sauce
- 400 g egg noodles or wheat noodles
- To serve: 4 hard-boiled eggs, 1 small raw onion thinly sliced, lime wedges, chilli flakes and fresh coriander

Method

1. Mix the chicken with the turmeric, paprika and a pinch of salt.
2. Heat the oil in a large pan and fry the onions, garlic and ginger over medium heat for about 8 minutes, until soft and golden.
3. Add the chicken and fry for 5 minutes, stirring, until it is sealed on all sides.
4. Pour in the coconut milk and stock and bring to a gentle simmer. Stir the chickpea flour mixture again, pour it in while stirring, and simmer for 20 minutes, until the chicken is cooked through and the broth is creamy.

5. Season with the fish sauce. Meanwhile cook the noodles as the packet says and drain them.
6. Divide the noodles between bowls, ladle over the chicken broth and top with halved eggs, sliced onion and coriander. Serve with lime and chilli flakes.

Burmese tofu (to hpu)

A smooth yellow 'tofu' made not from soya but from chickpea flour or yellow split peas, cooked with water, turmeric and salt until thick and then left to set. It is eaten sliced in a salad or fried into crisp fritters.

Ingredients

- 150 g chickpea flour (gram flour)
- 750 ml water
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- A little vegetable oil for the dish
- To serve as a salad: chilli oil, light soy sauce, lime juice, sliced spring onion and fresh coriander

Method

1. Lightly oil a dish about 20 cm square.
2. In a bowl, whisk the chickpea flour, turmeric and salt with 250 ml of the water until there are no lumps.
3. Bring the remaining 500 ml of water to the boil in a heavy saucepan, then turn the heat down to medium.
4. Pour in the chickpea mixture while whisking. Keep stirring for 8 to 10 minutes, until it is very thick and glossy and comes away from the sides of the pan.
5. Pour it into the oiled dish, smooth the top and leave it to cool for about 1 hour, until firm.
6. Cut into slices and dress with chilli oil, soy sauce, lime juice, spring onion and coriander, or fry the slices in hot oil until golden and crisp.

Semolina cake (sanwin makin)

A dense, golden baked cake of semolina, coconut milk, butter and sugar, often with raisins and topped with poppy seeds. It is cut into squares or diamonds and served at donation feasts and sold as a street snack.

Ingredients

- 200 g fine semolina
- 400 ml coconut milk
- 250 ml milk
- 150 g sugar
- 1/2 teaspoon salt
- 100 g butter, plus a little for the tin
- 3 eggs, beaten
- 2 tablespoons raisins
- 1 tablespoon poppy seeds or white sesame seeds

Method

1. Heat the oven to 180°C and butter a baking tin about 20 cm square.
2. Put the semolina, coconut milk, milk, sugar and salt in a heavy saucepan and stir well.
3. Cook over medium heat for about 10 minutes, stirring all the time, until the mixture is very thick and comes away from the sides of the pan.
4. Take the pan off the heat and stir in the butter until it melts. Leave to cool for 5 minutes, then beat in the eggs and raisins.
5. Spread the mixture in the tin, smooth the top and sprinkle with the poppy seeds.
6. Bake for 40 to 45 minutes, until the top is deep golden and the cake is set. Let it cool completely before cutting into diamonds or squares.

Burmese milk tea (lahpet yay cho)

Strong black tea sweetened with condensed milk and evaporated milk. Customers often say exactly how sweet and how strong they want it. Plain green tea, on the other hand, is usually free on every table.

Ingredients

- 500 ml water
- 3 tablespoons strong loose black tea, or 4 tea bags
- 4 tablespoons sweetened condensed milk
- 4 tablespoons evaporated milk

Method

1. Bring the water to the boil in a small pan and add the tea.
2. Turn the heat down and simmer for about 5 minutes, until the tea is very dark and strong.
3. Put 2 tablespoons of condensed milk and 2 tablespoons of evaporated milk in each cup.
4. Strain the hot tea into the cups, stir well and taste. Add more condensed milk for a sweeter cup or more evaporated milk for a creamier one.

Useful phrases

Mingalaba

min-gah-lah-BAH · Hello

Nay kaung la?

nay-kowng-LAH · How are you?

Nay kaung ba de

nay-kowng-bah-DEH · I'm fine

Kyay zu tin ba de

chay-zoo tin-bah-DEH · Thank you

Ya ba de

yah-bah-DEH · You're welcome / It's OK

Hoke kae / Ma hoke bu

HOKE-keh / mah-HOKE-boo · Yes / No

Taung ban ba de

towng-bahn-bah-DEH · I'm sorry

Ba lauk le?

beh-lowk-LEH · How much is it?

Ma sat ba ne

mah-SAHT bah-NEH · Not spicy, please

Sa lo kaung de

sah-loh-kowng-DEH · It's delicious

Lahpet yay ta khwet pay ba

lah-pet-YAY tuh-KWET pay-BAH · One cup of tea, please

Ein tha be hma le?

AYN-thah beh-mah-LEH · Where is the toilet?

Na ma le bu

nah-mah-LEH-boo · I don't understand

Inglei lo pyaw tat la?

in-GLAY-loh pyaw-taht-LAH · Do you speak English?

Ku nyi ba!

koo-nyee-BAH · Help, please!

Thwa dau me

thwah-daw-MEH · I'm going now (goodbye)

Things you might not know

- 1.** Burmese people have no family names. A person has one personal name, often of two to four syllables, and a title such as U (for an older man) or Daw (for an older woman) shows respect. Aung San Suu Kyi's name, for example, combines her father's name, her grandmother's name and her mother's.
- 2.** Many women and children, and some men, paint their faces with thanaka, a pale yellow paste made by grinding the bark of a tree on a stone slab with a little water. It cools the skin and protects it from the sun, and a Bagan-era wall painting already shows it.
- 3.** Myanmar is one of the very few countries where tea is eaten as well as drunk, as pickled tea leaves called lahpet. Burmese is also one of the few languages whose word for tea does not come from Chinese.
- 4.** Myanmar switched to driving on the right in 1970, but for decades most cars were second-hand imports from Japan with the steering wheel on the right, and many are still on the road.
- 5.** U Thant from Burma was Secretary-General of the United Nations from 1961 to 1971, the first Asian to hold the post. He helped to calm the Cuban Missile Crisis in 1962.
- 6.** At the Kuthodaw Pagoda in Mandalay, 729 marble slabs, each carved on both sides, hold the whole of the Buddhist scriptures. They are often called the world's largest book.
- 7.** The national sport, chinlone, has no opposing team. Around six players stand in a circle and keep a woven rattan ball in the air without using their hands, as gracefully as they can.
- 8.** Most of the world's gem-quality jadeite jade, prized above all in China, comes from the mines of northern Myanmar.
- 9.** The writer George Orwell served in Burma as a colonial police officer in the 1920s. His first novel, *Burmese Days* (1934), is set in a town based on Katha on the Irrawaddy.
- 10.** The round letters of the Burmese alphabet are thought to come from writing on palm leaves: straight lines scratched with a stylus could tear the leaf.

11. The Irrawaddy dolphin, a small, round-headed dolphin named after the river, is known for working with fishermen who throw cast nets.
12. The government officially recognises 135 ethnic groups, and more than a hundred languages are spoken in the country.
13. The Burmese New Year, Thingyan, falls in mid-April, the hottest time of the year. For several days people throw water at each other in the streets to wash away the bad luck of the old year.

TALK ABOUT IT

Questions for the group

- Have you ever been to Myanmar, or has someone in your family? What do you remember?
- Have you ever tasted Mohinga or Tea leaf salad (lahpet thoke)? What is a dish you remember from a trip?
- The 8888 Uprising (1988). Do you remember hearing about it? Where were you then?
- The English name becomes Myanmar (1989). Do you remember hearing about it? Where were you then?
- Have you seen Shwedagon Pagoda, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Myanmar, which would it be and why?

QUIZ

How well do you know Myanmar?

Circle the right answer. The answers are on the last page.

1. When Burma became independent in 1948, it joined the Commonwealth.

- A) True
- B) False

2. As of September 2026, what should you do first when thinking about a trip to Myanmar?

- A) Buy a local motorbike
- B) Book a tour to the border areas
- C) Plan to travel by road at night
- D) Read your government's latest travel advice

3. Which writer served as a police officer in Burma in the 1920s and wrote the novel *Burmese Days*?

- A) Ernest Hemingway
- B) Charles Dickens
- C) George Orwell
- D) Jane Austen

4. What is kept at the Kuthodaw Pagoda in Mandalay, often called the world's largest book?

- A) A reclining Buddha 60 m long
- B) 729 marble slabs carved with the Buddhist scriptures
- C) The throne of the last king
- D) A floating village

5. Mawlamyine, formerly Moulmein, was the first capital of British Burma.

- A) True
- B) False

6. What does the Burmese word 'htamin' mean?

- A) Tea
- B) Market
- C) Cooked rice
- D) River

7. In Myanmar, traffic drives on the right.

- A) True
- B) False

8. Which city was the capital until the government moved to Naypyidaw in 2005?

- A) Bago
- B) Yangon
- C) Pyay
- D) Mandalay

9. Which phrase would you use to order a cup of tea?

- A) Lahpet yay ta khwet pay ba
- B) Ku nyi ba
- C) Ein tha be hma le
- D) Taung ban ba de

10. Which king founded Mandalay as his royal capital in 1857?

- A) Mindon
- B) Alaungpaya
- C) Bayinnaung
- D) Anawrahta

11. What is thanaka, seen on the faces of many people in Myanmar?

- A) A painted mask for dancers
- B) A type of sunglasses
- C) A paste made from ground tree bark
- D) A tattoo

12. Which gilded pagoda in Yangon is the most sacred Buddhist site in Myanmar?

- A) Uppatasanti Pagoda
- B) Kuthodaw Pagoda
- C) Shwemawdaw Pagoda
- D) Shwedagon Pagoda

Quiz answers

1. False

False. Unlike most former British colonies, Burma did not join the Commonwealth when it became independent on 4 January 1948.

2. D) Read your government's latest travel advice

Read your government's latest travel advice. A civil war continues in many parts of the country, and some governments advise against all travel to large areas.

3. C) George Orwell

George Orwell served in the Indian Imperial Police in Burma from 1922 to 1927. *Burmese Days*, his first novel, came out in 1934.

4. B) 729 marble slabs carved with the Buddhist scriptures

The pagoda keeps 729 marble slabs carved with the Buddhist scriptures, each in its own small shrine. King Mindon had them made, and they were opened to the public in 1868.

5. True

True. The British made Moulmein their capital from 1826 to 1852, before Rangoon took over.

6. C) Cooked rice

Htamin means cooked rice, and also a meal. Tea is lahpet yay, a market is zay and a river is myit.

7. True

True. Myanmar switched to the right in 1970, although many cars are older imports from Japan with the steering wheel on the right.

8. B) Yangon

Yangon, formerly Rangoon, was the capital until 2005. It is still the largest city, with over five million people.

9. A) Lahpet yay ta khwet pay ba

'Lahpet yay ta khwet pay ba' means 'One cup of tea, please'. The others ask for the toilet, call for help and say sorry.

10. A) Mindon

King Mindon founded Mandalay in 1857 and built a walled palace city with a moat at the foot of Mandalay Hill.

11. C) A paste made from ground tree bark

Thanaka is a paste made from ground tree bark and a little water. It cools the skin and protects it from the sun.

12. D) Shwedagon Pagoda

The Shwedagon Pagoda on Singuttara Hill in Yangon is believed to hold relics of four Buddhas. The Uppatasanti Pagoda in Naypyidaw is a copy of it.

Myanmar visa page

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Country: _____	Country: _____	Country: _____

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