

Introduction to Yangon and Myanmar

Geography

It helps to visualize Yangon as three sections: the northern part, centered around Inya Lake and the school; the centre, around Kandawgyi Lake and Shwedagon Pagoda; and the downtown area, with Sule Pagoda as its hub. Yangon is not a huge city (5 million population), and to get from Diamond to downtown by taxi usually takes about 20 minutes and shouldn't cost around 3,000 kyats and from Pearl it is 10 minutes and about 2,000 kyats. Traffic has increased in the last few months due to huge numbers of new cars on the roads and construction projects so, at busy times, those rides can be considerably longer.

A good Yangon map is essential. Get a free one at any travel agency. Acquaint yourself with the city's main arteries: Kabar Aye Pagoda Road (from Pearl downtown); Pyay Road (from Diamond downtown); Inya Road, Parami Road, Dhammazedì Road, U Wisara Road, Shwedagon Pagoda Road, Sule Pagoda Road, Strand Road, Bogyoke Aung San Road, Pansodan Street, Mahabandoola Road, Anawratha Road and a few others, and you'll soon be comfortable finding your way around town. There is no need to be afraid while out exploring at any time – Yangon is probably the safest major city in SE Asia.

Transportation

The school will arrange your transport to and from school.

Good bicycles are expensive; most foreign faculty get their bikes from Bike World, between Pyay Road and Insein Road, (not far from the school.) Bikes here will set you back in the region of \$400 - \$1000, but they'll pay for themselves in the long run with the taxi fare you'll save. Besides, you should be able to resell the bike when you leave.

Though they're overpriced and their workmanship may be slightly careless and shoddy, there are several viable alternatives to Bike World. There is a second hand bicycle market near the airport.

The number 43 bus runs downtown on Kabar Aye past Pearl to Sule Pagoda frequently – it is 200 kyats, including a free push up the steps from the conductor and friendly passengers who are very happy to have foreigners ride with them.

Or you can use taxis. In general, taxi drivers are honest and helpful, so taxis are a good way to get around. Besides, it's exciting to watch the road pass under your feet and to wonder when next the door will swing open when you round a corner. Some of this fun has been lost with the profusion of new taxis in recent months! *Make sure you agree on a price BEFORE you get in.*

Restaurants

Once your stomach has adjusted to the local food, it is fine to experiment with street food but ask us for "safer" suggestions to begin with. Local meals can be anywhere from 1,000 – 5,000 kyats. Restaurants for expats and tourists are more expensive.

Sabai Sabai is probably the best Thai restaurant. Ask for the special menu and try the Sai Grok E-Saan or Sai Oua Moo – Thai sausage with garlic, ginger and chili. There's a great little Thai

restaurant around the corner from Yankin Centre. Try the catfish salad here. Pleasant sidewalk atmosphere.

Legacy just off Dhammazedi Road (close to Coffee Circles), Thai Kitchen (next to American Vision downtown) and Mai Thai in Kabar Aye Pagoda Road are other Thai options.

Monsoon (Thein Byu Road, downtown) is highly regarded and has a good selection of Cambodian, Laotian and Vietnamese dishes. Good attention to detail in the decor, and a pleasant ambience. (Also shopping upstairs at Pomelo – a great program that trains street people to do woodwork, needlework and crafts – wonderful selection of items.)

The Golden Crow (on Anawratha Road, close to 38th St. junction) is a favorite, because through its big windows you can watch Yangon street life goes by. They serve Chinese and Thai food. There are some scenic night markets in the vicinity.

Htoo (under the Pansodan Street bridge, next to Panorama Hotel) is another place that serves decent food and cheap, cold beer.

Lotaya is a great Shan noodle restaurant at the back of Bogyoke market, near the footbridge over the railroad.

Minn Lane, a wonderful Rakhine seafood restaurant on Parami Road, just west of Pyay Road. Busy, delicious and fun.

Aung Thu Ka, on Parami, just east of Pyay, has authentic dishes from all over the country, more upscale than “local” but very reasonable prices nonetheless.

Eucalypt, next to Asia Light at Pearl, has good local food and reasonable prices.

Golden Duck, near Pearl, is great for large groups, excellent Chinese food. Several other locations around town (at 8 Mile, near Happy World) with different names.

Signature is probably the best restaurant in the Kandawgyi Lake area. Enjoy cool lake breezes on the terrace, a great ambience and excellent western and Asian food.

Ashoka, an Indian restaurant, on the northern side of the lake, is very pricey and more upmarket than the other Indian restaurants. There are also some excellent lakeside local eateries in the park on the eastern side of the lake. Pay a small entrance fee, stroll around and take your pick - there are dozens.

New Delhi and Golden City Chetty on Anawratha near Shwe Bon Tha Street, are excellent and very reasonable Indian restaurants – 1000 to 2000 kyats for continually replenished curries. The latter has other locations around town.

Friendship (corner of Inya Road and Dhammazedi Road, opposite Savoy Hotel), is worth a visit. Try the spicy roasted garlic prawns here, or the mutton khabat.

Onyx, hidden away on Dhammazedi is an interesting space with lovely owners and has very reasonable Myanmar and western dishes. Good steaks.

Yunan near Inya lake Hotel is probably the best of the Chinese BBQ places, but there are many others. Don't order off the menu. Rather take a basket and fill it with goodies of your choice, then hand it over to be barbecued. Good cheap draught beer available. The BBQ places normally only open around 4 p.m.

The open air food street (19th Street, in Chinatown), is worth a visit for good, fresh Chinese street food. Chinese New Year in particular is a good time to hang out here, as 19th Street is at its most atmospheric then.

For Italian food, try **L'Opera** near Inya Lake Hotel (fancy, excellent service), Di Bar near the American Embassy on University Avenue (great salads, good pasta, decent pizza), Pa Pa Pizza in Pearl or the restaurant in the Sedona Hotel.

There's a Japanese restaurant (**Japan Japan**) in Pansodan Street, and various Korean places.

The rooftop **Sakura Tower and Junior Duck restaurants** both have spectacular views, although the food is nothing special. From Sakura Tower (across the street from Traders Hotel) you have a panoramic view over the city from the 20th floor (good for sunset drinks, food so/so), while Junior Duck, at the Pansodan Street jetty, fronts the Yangon River. You might as well try the duck while you're here.

Zawgyi House, next to Grand Mee Ya Hta is popular with tourists, but its food is bland and overpriced. It's good for a burger though. There is a pleasant garden area at the back open in dry season.

Sharkey's is a western restaurant and gourmet shop owned and operated by a local business man who grew up traveling the world. Very good bread in the shop and homemade hummus. The menu offers a variety of western dishes from steaks to smoked salmon. Stop by for some of the best (but very expensive) ice cream in Yangon.

Acacia Tea Salon, on Sayar San behind Pearl, has a very good bakery and lovely, themed tea rooms – good internet also.

Masters Cup Coffee, near Diamond has good coffee and internet.

Yangon Bakehouse, in Pearl, trains local people to bake and cook – good coffee, baked goods, sandwiches and salads. Some say they have the best sandwiches in town.

Sai's Tacos is the only Mexican restaurant around. It's a small restaurant in Golden Valley.

Some delicacies seen on menus around Yangon:

Pig colon salad	Goat testis	Fried crap
Fried crab thumbs	Fighting balls	Goat brain biryani
Toasted chicken	Crispy duck	Fried fish covered with not oil

Grilled chicken wind
Fried duck feet

Hot & sour pig gut
Chicken shark's fin

Deep fried sand loach

Irritatingly, some of the better restaurants put a 10% “government tax” as well as a 10% service charge on your bill, thus adding 20% to the total. There's not much you can do about this, except to avoid these places. The waiters may not receive the tips.

Tipping is not customary in local restaurants and staff will often return a tip to you but will be grateful when you insist. Expat restaurants will accept dollars or kyats. Tip in kyats, though, as it is more useful to staff.

Cafes

Several branches of Café Aroma around town have good coffee.

Black Canyon Coffee, near the Summit Parkview.

Fuji, near the American Embassy.

Coffee Circles, on Dhammazedì Road.

Acacia Tea Salon, on Sayar San near Pearl – expensive but beautiful space.

Yangon Bakehouse in Pearl Condo.

Masters Cup Coffee near Diamond.

J. Donuts is all over town and has a poor copy of Dunkin Donuts coffee and very sweet, sickly donuts.

Watering holes & nightclubs

365 next to the Thamada Hotel has a western feel and is a nice relaxed place to go for a quiet drink. The food is overpriced and mostly bland, but now and then you'll come across Yangon's fashionable set here.

TG Bar (2nd floor, Grand Mee Ya Hta) is another restaurant/bar with a calm, civilized atmosphere.

Cafe Jasper (Shwegondine Road not far from Savoy Hotel) has a serene ambience and decent food. It's worth a visit, though a little tricky to find.

Coffee Circles on Dhammazedì Road is pleasant enough.

Traders Hotel screens live sports events. Very good wifi connection if you have an expensive drink in the delightful lobby or the bar. Very friendly staff.

50th Street Bar & Grill is a favorite hangout for teachers and other expats. There's a pool table and they serve decent pizzas. They have specials on different evenings, e.g. Australian steak and red wine at affordable prices on certain evenings, pizza specials on others. They also screen live sports events. Wednesday night is \$6 pizza and \$1.50 beer.

There's an “Irish Pub”, Paddy O'Malleys, in the Sedona Hotel. Happy hour 8-9 p.m., live Filipino band every evening except Sundays. Get there before 9 p.m. to avoid paying the \$5 cover charge.

Other popular nightclubs include the Park Royal Hotel basement club, V6 on the southern side of Inya lake, and DJ's on the Inya Lake Hotel grounds (but beers are exorbitantly priced at DJ's, and you'll bump into some of your high school students here, guaranteed). Other sleazy but fun places include Emperor Club (downtown), and Pioneer and Club YGN at the Summit Parkview Hotel. Cafe Liberal near Yunan stays open till dawn and is a good place to go when all the other places close.

On the first Friday of every month, there's an open party at the British Club. Entrance is free, but bring along a photo ID of some sort. (A library card will do). The club is in a downtown side street, next to the Yuzana Garden Hotel. These parties are a good opportunity to meet other foreigners in town.

All over Myanmar, you will see that people love to sit on small plastic stools at tea stands. Once you find accommodation, there will surely be a local tea stand near your apartment where you can go to enjoy tea and a small snack, while practicing Burmese and English with your new neighbors.

Shopping

Shopping Malls - Junction Centre on Anawratha Road the new Junction Square on Pyay Road, Blazon on U Wisara Road or the Dagon Centre around the corner from Blazon and Taw Win downtown, near Bahosi.

For souvenirs and gifts (including affordable art), stroll around Bogyoke market downtown. Note that the market is closed on Mondays and on gazetted holidays and closes at 5:00 always. There are also many great art galleries in the city. Ask Gail (HS Art) about these.

Groceries

There are many supermarkets around town. The Citymart branches are probably the most popular. The upscale Citymart -Market Place is on Dhammazedì. It has wide spaces, many western brands and is the only place in Yangon you will find fresh deli sandwich meat.

Asia Light, in Pearl, has all the basics and has added more Western choices as more foreigners have moved into Pearl. Sein Gay Har, near Diamond, and Hledan Market (both dry and wet markets) are convenient to Diamond. Ocean, one downtown and one near the airport is a good place to buy appliances and household necessities. For bread, olives, cheese, yogurt and Mediterranean food, try Sharkeys. You can also find decent bread at the Traders Hotel bakery, in the hotel lobby, but it's more expensive and less tasty than Sharkeys'. Acacia has good bread and sells some varieties in Market Place near the eggs. Supermarket bread is close to inedible in Yangon. For fresh milk and yogurt, Walcom (near the American Club) takes orders and has your items ready in a day or two. Also sold in many supermarkets.

Note that most big hotels have a bakery shop, a convenience store and a money changer

Book shops

Generally best to wait till you get to Bangkok to stock up, books here can be pricey (although, due to a lack of copyright law, copies are very cheap). Monument Books has a large selection. Myanmar Book Center has a reasonable selection as well as a beautiful gift shop, Mandawan, next door. Popular Books is located at Marketplace and the Yankin Centre Citymarts; they have a small selection of books as well as stationary supplies.

Inwa Books near the Pansodan bridge has a selection of books on Myanmar but also is a good source for periodicals – Time, Newsweek, The Economist, National Geographic – you can arrange to have them delivered to your residence.

Incidentally, there are quite a few contemporary travel books about Myanmar, such as *The Trouser People* (Andrew Marshall), *Finding George Orwell in Burma* (Emma Larkin) and *Land of a Thousand Eyes* (Peter Olszewski). However, some of the older (translated) books by Burmese authors give a better sense of what life is or was like for ordinary Burmese people. Try *The Caged Ones* by Ludu U Hla, *On the Road to Mandalay* by Mya Than Tint or a more recent one, *The Native Tourist: In Search of Turtle Eggs* by Ma Thanegi (of which there is a copy in the HS library). Ma Ma Lay's great 1950s novel, *Not out of Hate*, has cultural conflict between Westernized and traditional Burmese as its central theme. Bagan Books on 37th Street will be able to make photocopies of these and other rare books for you for around 4000-7000 kyats (they have the originals). You will also find these and other similar books at the British Council library - look for them in the glass cabinets in the reference section. It is worth getting membership at this library to browse their holdings.

Newspapers

The Myanmar Times is an excellent weekly with local and international coverage. You can arrange for home delivery. It will go daily sometime soon.

New Light of Myanmar is published by the government and, although slightly improved recently, tends to have random news stories pulled from the internet or obscure mid-Western town newspapers!

There are a host of local newspapers that were permitted to go daily in the spring and many locals read them.

Stationery shops

There are some that can be found downtown, on or near 30th Street. Have your laminating done at the cubicle next to Do Co Mo, corner of Sule Pagoda and Anawratha Road (\$1 for a poster-size lamination).

Phyo Phone Cho, on Kabar Aye near Pearl is a large stationery shop.

Tailors

There are several decent ones on 31st Street, just across from Grand Mee Ya Hta, and also at Bogyoke market (upper storey). Some recommend U Khin Mg Hla of MF-Meyan Tailors on 31st St. He speaks English well and does an excellent job. Lady Poo, despite the name, is an amazing tailor. She can create anything from a picture or copy any piece of clothing. Her number is 730-229-63. Give her a call and she'll come to your apartment. She will also do all the fabric shopping for you.

Dry Cleaners

These are hard to find, but there's a good one at the Citymart branch on Pyay Road and one at Marketplace. In the downtown region, you could also try Metro Drycleaners (corner of Latha and Anawratha Road).

Libraries

The school has corporate membership at the British Council Library (tel. 254658 ext. 3316, Strand

Road, next to the British embassy). Just take your passport along and say you're from MISY. They're also open on Sunday mornings. Just be sure to return your books on time, otherwise they freeze the school's account. (Private membership costs 25,000 kyats)

The Baldwin Library at the American Centre (14 Tawwin St., Dagon Township, tel. 223106, 223140) is also worth joining. Their hours are less convenient, but service is friendly and efficient. Take your passport, one passport photo and 5000 kyats to join up. They close at noon on Thursdays.

Both libraries have a small but decent selection of books. There's also a United Nations library, on Pyay Road

Money Exchange

It's a good idea to request enough kyats on payday to see you through the month. Changing money, however, is much easier and more consistent than it used to be – banks change money and there are official money changers all over town. In the southeast corner of Bogyoke, our favorite money changer in a wood carving shop uses the posted rate now.

Don't change money with people who pester you on the street or in Bogyoke.

As of November 2017, the rate was 1.356 Kyat to 1 USD.

Nannies, Cooks, and Household Help

Many expats employ a nanny, cook, or household helper part or full time. Ask around as most recruitment happens through recommendation and word of mouth. Salaries may range from \$140 to \$250 per month.

Massage

Seri 1 and Seri 2, close to one another on Dhammazed Rd, are old favorites. Great ambience, and inexpensive at 5000 kyats for a body or foot massage. They also do manicures and pedicures. Every eighth massage is free – ask for a road the one closest to Kabar Aye Pagoda Rd is the best. Another great place is Health & Reflexology, downtown in the Central Hotel, on the 6th floor (also 5000 kyats). QI at Inya Lake Hotel is excellent for a foot massage (\$9). Genky Japanese Physiotherapy Clinic (Blind Massage) on the 5th floor of Sakura Tower is also highly recommended, especially if you require treatment for sports injuries. (Tel. 8615036, 7000 kyats per hour).

Other teachers have recommended Jako and Eros behind Pearl Condominium (Kabar Aye Pagoda Road), or Executive Body Treatment (a bit more expensive, but they offer extras) at Grand Mee Ya Hta. Central Hotel offers a great chair massage for 5000 kyats.

Travel agents & Airline offices

Columbus (No. 253, Bo Aung Kyaw Street, Middle Block, Kyauktada Township) and **Mon Moe Ticket Centre** (Central Hotel) are well-established agencies.

Gulliver is very responsive and helpful and will deliver tickets to school.

Sunfar has several locations and handles domestic and international.

Lonely Planet is very useful but some things (especially prices) are out of date. You can do quite a

bit without agents now – more online bookings are possible and many teachers have traveled quite extensively.

If you plan to travel in the October or December/January breaks, you are advised to make bookings immediately. We experienced disappointments last year. Bookings online can be paid by credit cards but bookings through travel agents have to be paid in US \$ cash. The classic tourist destinations are Bagan, Mandalay, Kalaw, Inle Lake, Pyin Oo Lwin, Kyaiktyo (Golden Rock), Ngapali beach, Ngwe Saung beach but we can also recommend places off the tourist trail.

Air Asia has an office in the Park Royal Hotel, the Yangon Air main office is located in the MMB Tower (Upper Pansodan St., near Kandawgyi Lake) and Mandalay Air has an office on Dhammazedì Road next to Seri. Many international airlines, including Myanmar Airways International, have offices in Sakura Tower.

Train and Bus travel

The station downtown is not far from Traders Hotel – across the bridge and on the right. Mandalay (16 hours) and Mawlamyine (7 hours, morning departure) are popular destinations. You can buy tickets at the station, one to two days before departure, but be aware that the ticket booth closes around 3 pm.

For \$1, you can travel the circle line all around the city – it takes almost 3 hours but is highly recommended as you see so much of life on and off the train.

Bus tickets can also be purchased across from the station and at agents.

Most long distance trains and buses are overnight and don't always run on schedule. Trains are very old and very slow and not airconditioned, buses are usually airconditioned, quite comfortable except for the loud music or local soap operas.

Sport

If you need to buy sports equipment, try Winners (Mahabandoola Garden Road near the T-junction with Bogyoke Aung San Road). As far as we know, there are only two squash courts in town (at Grand Mee Ya Hta and at the Australian Club), but there are several golf courses - speak to Tom or Jennifer in ES). There is a popular tennis league at Inya Lake Hotel – speak to Tom.

DVD & cameras

Memory on 47th Street probably has the widest selection of DVDs in town. What they don't have in stock, they may be able to get for you. The whole enterprise is clearly illegal but, when in Myanmar, expect to pay no more than 1000-2000 kyats per DVD. DVDs bought on the street can be perfect or can be a film of the film – take your chances! Relatively trustworthy salesman on the corner across from Super One which is across the street from Bogyoke market. Bangkok street DVDs are slightly more reliable.

For camera equipment, try Technoland, Pacific Digital or any of the other camera shops on Anawratha Road Myanmar A-hla, between 39th & 40th Street, also has a good selection of products. Sometimes you can get good deals on second hand lenses at these places. In general, prices are on par with those in Bangkok.

There's a Canon workshop next to the football stadium (across the road from Thamada Hotel), and a Nikon shop in Botataung Township, a few blocks east of Monsoon, where you can have your camera cleaned and serviced for about \$10. Strangely, the Nikon shop does not sell cameras or lenses. They seem to just exhibit stuff.

Medical

Dr. Soe Lwin at Asia Pacific (Kabar Aye Pagoda Road opposite Pearl Condominium, tel. 548022) is experienced and speaks excellent English. His consultation fee is \$20. To have a blood test done At Asia Pacific is quick and easy and costs \$9. SOS clinic at Inya Lake Hotel is used by many expats but they are more expensive - you could easily end up paying \$100 for a checkup and a packet of aspirin. Dr. May May Win, in the Pun Hlaing clinic in the FMI centre (near Bogyoke) is 4000 kyats for a consultation and is very sweet with strong English.

There are several decent dentists in town. Dr. Kyaw Tint at Micasa (close to Inya Lake Hotel, tel. 650933) is Japanese trained and seems very competent, while others have spoken highly of the dentists at Grand Mee Ya Hta and Sakura Tower. Dr. Aye Aye on Shwegondine Road is also recommended. Asia Pacific also has a great dentist.

It's likely that you'll suffer from heat rash (prickly heat) at some point during your stay here. Just ask for Caldryl at any pharmacy. It only costs a few cents and it will solve the problem in no time at all. Odomos is the best mosquito repellent – 450 kyat a tube, pleasant smell and highly effective. Available at most pharmacies.

The most trusted pharmacy around is Golden Bell, down the street from the Excel Treasure Hotel and several other locations. They have just about anything that you need, if you can buy it in Myanmar, they will have it. Market Place pharmacy also very good.

Sights around the city

There are many pagodas in Yangon, but nothing rivals Shwedagon. There's a \$5 entrance fee for foreigners, but if you intend to become a regular visitor, it's possible to get a kind of "season ticket". You will need to show your passport and visa and possibly some other documentation when you apply for this permit. Try the four entrances to Shwedagon on different occasions, as each one has a unique feel to it.

Sule Pagoda in the city centre is much revered by the locals. Apparently it has been a place of worship for more than 2000 years. **Chaukhtatgyi Pagoda** is relatively close to Inya Lake Hotel and worth a visit. Stroll around in the area behind the huge reclining Buddha to see the monks' living quarters. They seem to be generally welcoming. Across the street, there is a huge sitting Buddha with beautiful carved wood screens behind him.

The National Museum, on Pyay, is very interesting although large and overwhelming and exhibits are poorly labelled and only some areas have aircon. **The Drugs Elimination Museum**, on Hanthawaddy, near the roundabout south of Diamond is worth a visit. **The Gems Museum**, on Kabar Aye, north of Parami has one floor of an interesting exhibit and several floors of jade and jems shops – government registered so they have fair prices.

Markets

Bogyoke Market is the main one for souvenirs, fabric, antiques, artwork, etc. Busloads of tourists now. A stroll through the 41st Street market will make you wonder what really went into that curry you had for lunch, while hundreds of candles lend a nice ethereal glow to all those chicken carcasses at the Anawratha Road night market. Explore a bit and you will soon discover many more. If you're lucky, you might come across the snake oil salesman with his python and even bigger cobra somewhere downtown. During Chinese New Year you can see the Dragon Dancers in Chinatown (roughly the downtown area east of 20th Street). There's a lot to see and you'll soon discover your own favorite streets.

The stretch of sidewalk on Anawratha Road roughly between Latha Road and 24th St. is a handyman's paradise. Any tool you can think of, new and used, can be found here. The quaint little Chinese temple right at the centre is worth a visit when you're in the area.

Cinema

The Nay Pyi Taw cinema opposite Traders on Sule Pagoda Road screens popular English language movies, mostly of the Jackie Chan variety. You can catch a Burmese movie at the Thamada cinema, just for the cultural experience (no English subtitles, unfortunately).

There's an annual European Film Festival, usually held in September or October. Free tickets can be obtained from any of the major embassies, or at the door just prior to the screening.

Barbers

Trendz in the Yankin Centre is a decent place for a gents' haircut. Ask for Yan Nai to cut your hair. (2500 kyats). La Coiffer, near Pearl in Golden Valley is recommended

\$10-15 will get you a good haircut cut at Style Beauty Spa (2nd floor, Grand Mee Ya Hta). Ask for Mr. Su. He's the more expensive of the two barbers currently working there, but he's worth it. The toe-curling head massage alone is well worth the price.

Churches

Many churches have services in English. Some that we know:

New Life International Fellowship – 10:00am, meets in a building very close to Feel Myanmar Restaurant, travelling south on Pyay Road, turn left at the Indonesian Embassy on Pyidaungusu Yeiktha Street, past Feel and almost to the end of the street.

Methodist English Church – 9:30 am, on Ah Lan Paya Pagoda Road, travelling south on the right soon after the right angle bend and two blocks before Park Royal Hotel.

St Mary's Cathedral (Catholic) on Bogyoke Aung San Road and Bo Aung Kyaw Street – service times unknown.

Judson Memorial Baptist on grounds of University of Yangon – occasional English services

Monastic Retreats

As a primarily Buddhist nation, there are many opportunities to meditate and to take courses on

Buddhist teachings.

Mosques

There are a number of Muslim community centres and mosques in Yangon. Those in Tamwe Township may be in closest proximity with most teachers' housing.

Connection with other expats

Join Yangon Expat Connection (YEC) – it's a google group which is useful for information about events that appeal to expats – it has recently become a little crowded with opinions about expat life but can be informative. Go to www.google.com, look for groups, look for Yangon Expat Connection.