



myanmar
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GASTRONOMY TOURISM IN MYANMAR

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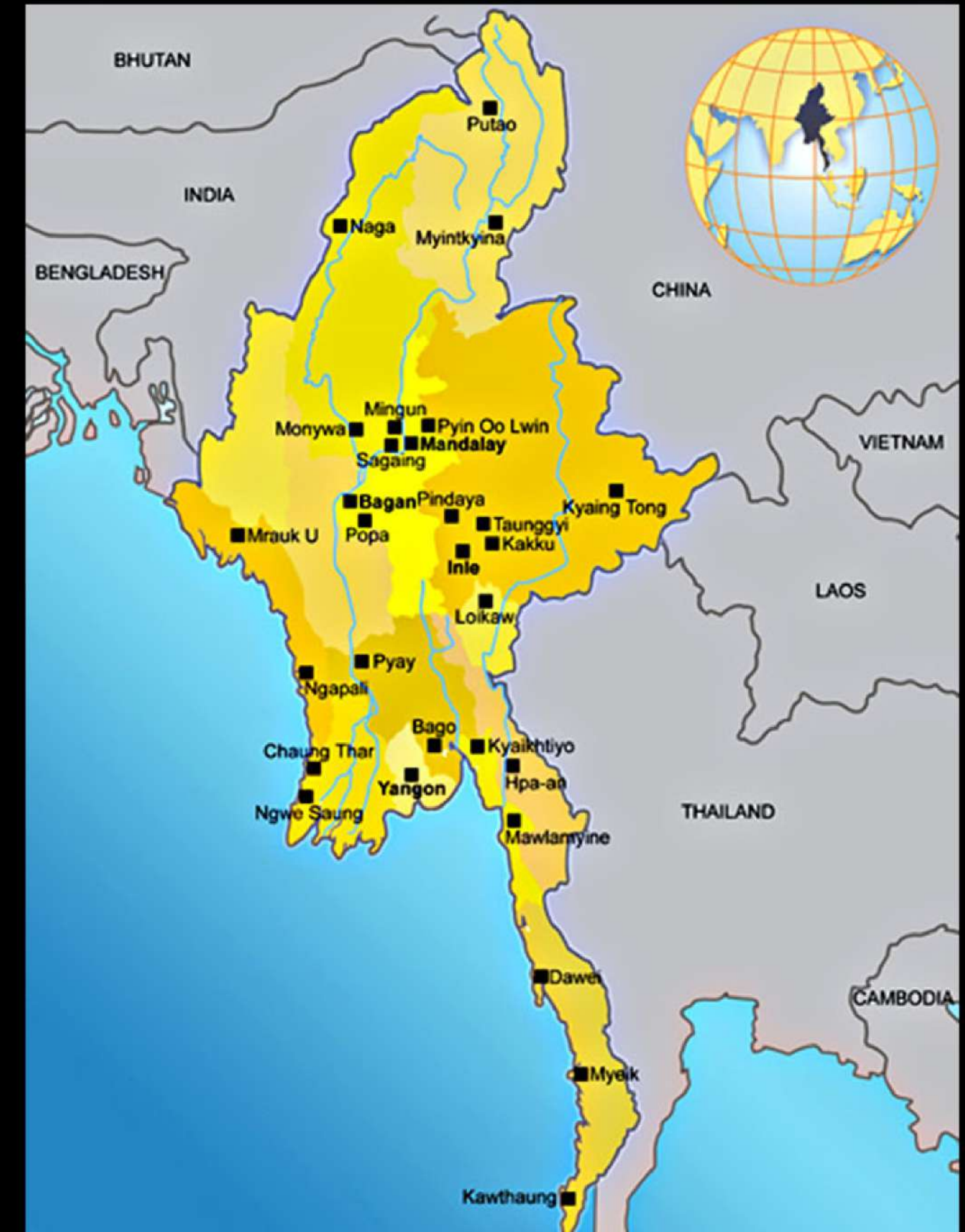




THE REPUBLIC OF THE UNION OF MYANMAR



- Largest country in the main land Southeast Asia Peninsula sharing borders with Bangladesh, China, India, Lao PDR and Thailand.
- Total land area: 6,77,000 sqkm (2,61,228 sq miles)
- A Union of over 100 nationalities with their own dialects and traditions. The major races are Kachin, Kayah, Kayin, Chin, Bamar, Mon, Rakhine and Shan.



The name Myanmar embraces all the nationalities. The population of Myanmar is about 55 million with the Bamar, the majority race, making up 68 percent.





Myanmar is easily accessible by air, land route and from the sea.

Myanmar has three international airports namely Yangon International airport, Mandalay International airport and Nay Pyi Taw International airport.



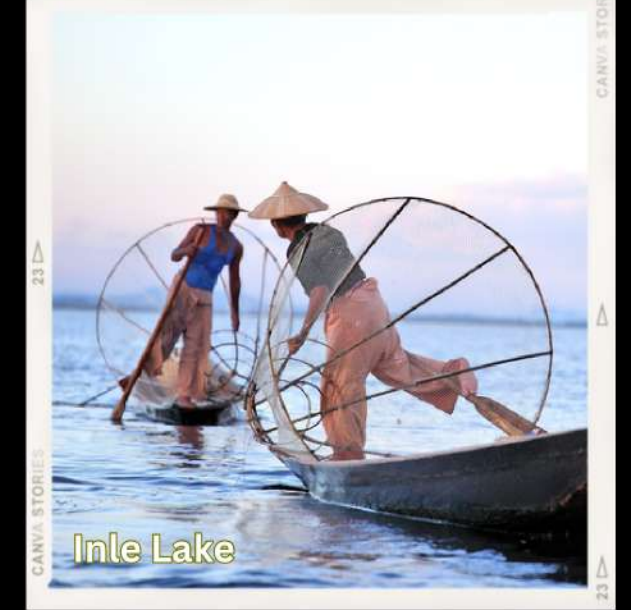
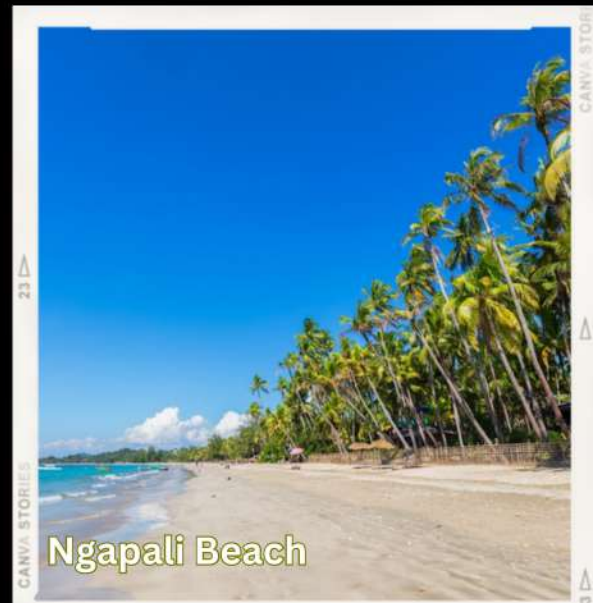
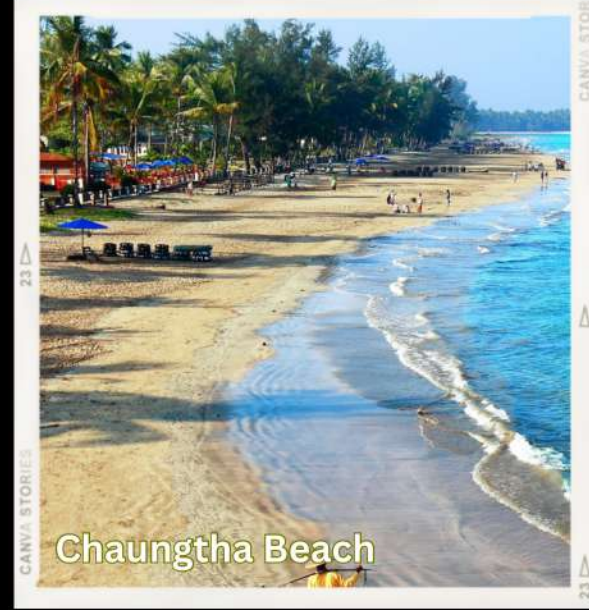
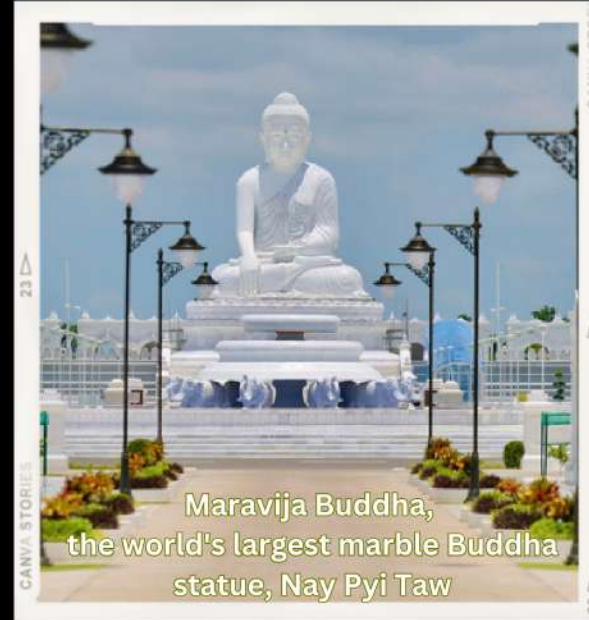
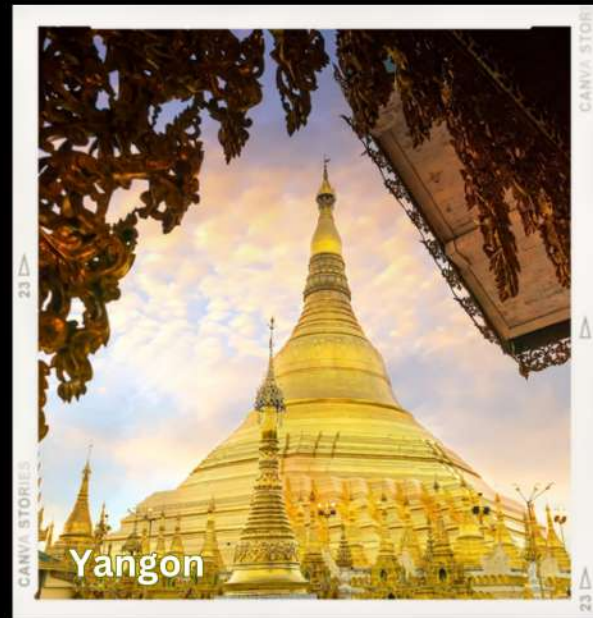


- Myanmar-China: 5 Border Checkpoints (Kampiketi, Lweje, Muse, Laukkaing, Chin Shwe Haw)
- Myanmar-Thailand: **4 International Border Checkpoints** (Tachileik, Myawaddy, Dawei (Htee Kee), Kawthaung)
- Myanmar-India: **2 Border International Checkpoints** (Tamu, Rikhawdar)
- Myanmar-Laos: 1 Border Checkpoint (Kyainglap)

Visitors with valid passport can enter and visit Myanmar with prior permission.



MAJOR TOURIST DESTINATIONS IN MYANMAR



Tourist Arrivals in 2023 (As of August)

4.36 Million

0.90 Million

0.13 Million

0.23 Million

0.75 Million

2019

2020

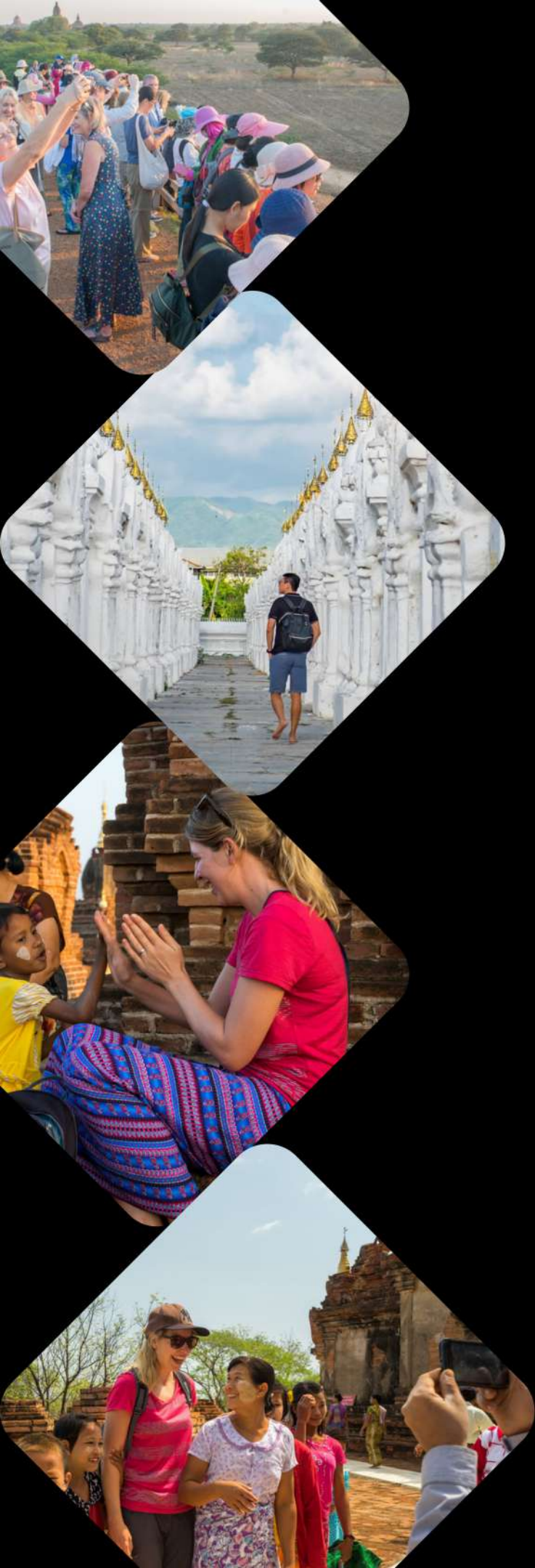
2021

2022

2023

(Jan-Aug)

Source: Ministry of Hotels and Tourism, Myanmar

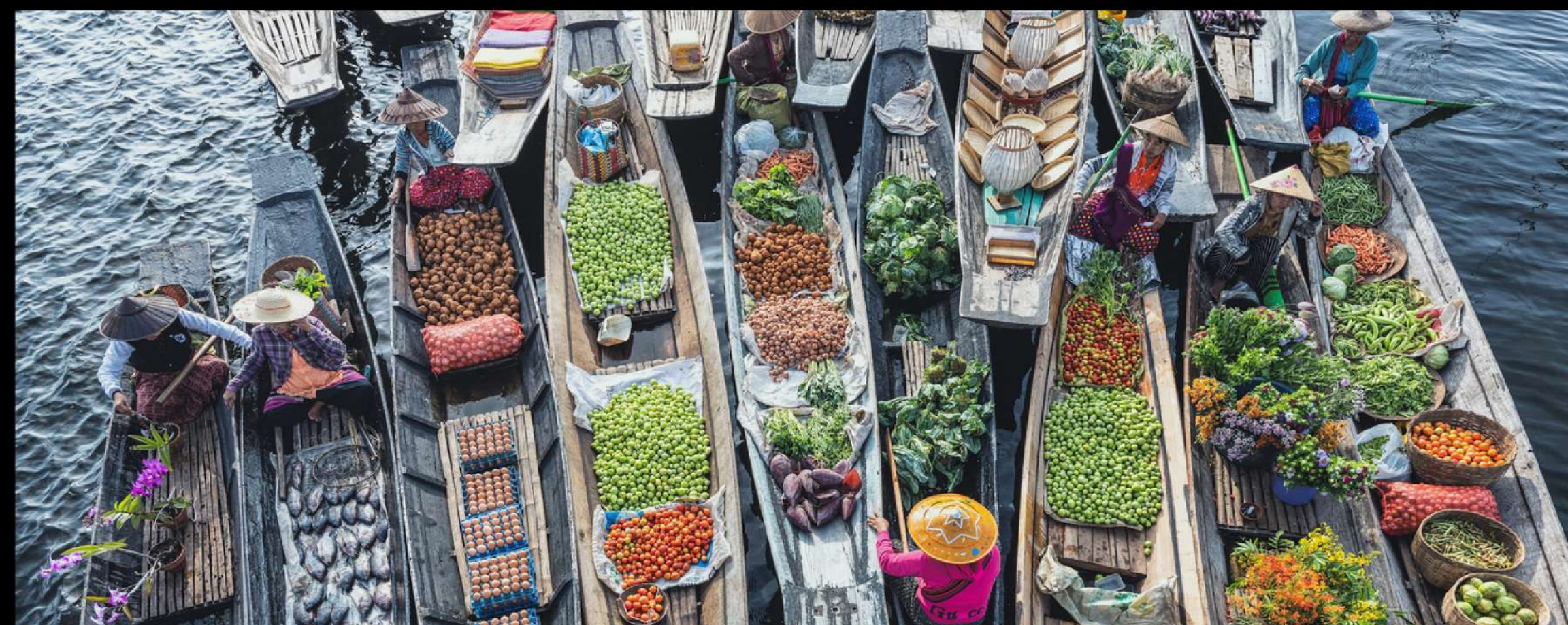




MYANMAR RESTAURANT ASSOCIATION

- **MRA is one of the 11 Associations under Myanmar Tourism Federation (MTF) affiliated with under Ministry of Hotels and Tourism.**
- **Formed by 24 Restaurateurs on May 11, 2011 in Yangon and now have 480 members countrywide.**
- **The objective is to promote the regional food and cuisine of the different races of the country to the local and city customers as well as to the expatriates, international visitors and foreign tourists.**

- Myanmar offers a delightful way to explore the country's culture, history, and diverse culinary traditions.
- It provides an opportunity to engage with locals, sample delicious dishes, and gain a deeper appreciation for Myanmar's rich gastronomic heritage.





Rice is a staple food in Myanmar and is typically served with most meals. The most common variety is white rice and glutinous rice.



Myanmar's cuisine reflects diverse ethnic groups and regions, with a wide range of flavors, including rice, noodles, seafood, vegetables, and various spices.



THE DELICIOUS AND UNIQUE FOOD FROM MYANMAR

Tea-leaf Salad (Laphet Thoke)

Laphet thoke is typically served as a side dish or appetizer in Myanmar cuisine. It's commonly enjoyed as a snack or with other dishes such as mohinga (fish noodle soup) or curries. The combination of flavors and textures in this salad makes it a unique and delicious culinary experience.



THE DELICIOUS AND UNIQUE FOOD FROM MYANMAR

Mohinga

Mohinga is served hot and can be found at street stalls, teahouses, and restaurants throughout Myanmar. It is not only a beloved dish but also holds cultural significance in Myanmar. It's often served at traditional ceremonies, festivals, and gatherings.



THE DELICIOUS AND UNIQUE FOOD FROM MYANMAR

Nangyi Thoke

Naggy Thoke is a popular salad dish that combines rice noodles with various ingredients to create a flavorful meal. It is often enjoyed as a light meal or snack and is commonly found at tea shops and local restaurants throughout Myanmar.



THE DELICIOUS AND UNIQUE FOOD FROM MYANMAR

Shan Noodles (Shan Kaukswe)

Shan noodles are commonly served as a street food dish or in local teahouses and restaurants throughout Myanmar. It's a versatile dish enjoyed for breakfast, lunch, or dinner. Shan noodles are known for their simplicity yet rich and satisfying flavor.



FOOD FESTIVALS IN MYANMAR



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STREET FOODS IN MYANMAR





THANK YOU

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