



United Nations



Framework Convention on
Climate Change

**Regional training workshop on National Adaptation Plans (NAPs)
for Asian countries**

Yangon, Myanmar

10–14 August 2015

INFORMATION FOR PARTICIPANTS

1. VENUE OF THE WORKSHOP

The workshop will be held from 10 to 14 August 2015 at the Inya Lake Hotel, Yangon, Myanmar. The hotel is located 15 minutes drive from the city centre, and 20 minutes (7.5 km) away from Yangon International Airport. Inya Lake Hotel is situated on the shores of Inya Lake. The colonial styled hotel, with its teakwood polished floors and Oriental feel, is nestled amidst 37 acres of tropical landscaped gardens. The hotel and the natural surroundings are a great place to relax and rest after a hectic day of sightseeing and shopping in Yangon.

The full contact details of Inya Lake Hotel are as follows:

Inya Lake Hotel

37 Kaba Aye Pagoda Road

Yangon, Myanmar

Tel: +951 966 28 66

Fax: +951 966 55 37

E-mail: reservation@inyalakehotel.com, inyalake@inyalakehotel.com

Website: <http://www.inyalakehotel.com>

2. NOTE FROM THE SECRETARIAT

Registration

Participants are requested to be at the venue on Monday 10 August 2015 at 8.30 a.m. (at the latest) for registration. The secretariat staff will be available at the venue starting on Sunday 9 August 2015, from 10.00 a.m.

Information for funded participants

Funded participants are kindly requested to bring their passports and boarding passes with them on the first day of the workshop in order to facilitate DSA payment. Travel for eligible funded participants to and from Yangon will be arranged at the lowest cost and most direct economy fare. The UNFCCC secretariat will not be responsible for costs associated with any changes that the funded participants may wish to make to their tickets, for example: upgrading, re-routing or stopovers.

Insurance

Participants are strongly advised to obtain international travel and medical insurance to cover the period of their departure for the workshop until the time of their return to their home country. The United Nations and the UNFCCC secretariat disclaim all responsibility for medical accident and travel insurance, for compensation, death or disability, loss or damage to personal property and for any other costs or losses that may be incurred during travel time or the period of participation at the workshop.

3. REQUIREMENTS FOR ENTRY INTO MYANMAR

Passport

Participants are required to hold an original, signed passport valid for six months beyond their stay in Myanmar, with at least one blank passport page available for a Myanmar visa stamp. Amendment pages in the back of the passport are not suitable for Myanmar visas.

Visa

All foreign nationals must obtain a visa to enter Myanmar. An Entry Visa is required to attend meetings, workshops and events; this type of visa costs 40 USD and is good for a duration of 28 days.

To apply for a visa, or if you have questions, please contact the Myanmar Ministry of Foreign Affairs or your nearest Myanmar embassy. For more information on visas, including application requirements and a list of embassies, please visit http://www.mofa.gov.mm/?page_id=418.

On-arrival visas

Provided that you have sent a valid passport to the secretariat, a letter for visa arrival will be finalized. For further information about on-arrival visas and for an application form, please visit <http://www.mip.gov.mm/portfolio/the-required-terms-and-conditions-for-visa-on-arrival/>. At the airport, you have to pay 40 USD visa cost (on arrival).

Customs regulations

There are restrictions on the importation of various items and products into Myanmar. There are also limits on personal items that can be brought into the country. All arriving passengers will have to fill out the Passenger's Declaration Form. For further customs information, including a list of prohibited items, please see <http://www.myanmarcustoms.gov.mm/passengerdeclaration.aspx>.

Please note that participants carrying more than 10,000 USD must declare their money with the relevant authorities at the port of entry.

4. TRANSPORTATION FROM THE AIRPORT TO THE HOTELS

Please note that participants will be picked up from the airport – please let the secretariat know of your arrival details by Monday 3 August 2015 by emailing your itinerary to NAPWorkshops@unfccc.int.

In case you prefer to arrange your own transportation, the use of an airport taxi is recommended. Taxis are plentiful and are all metered although some may agree to a fixed rate. It is quite common for a driver to offer passengers a comparable rate to the bus. Mini buses offer a frequent though not timetabled service.

5. ACCOMMODATION

Our host in Myanmar has provided a list of the following hotels. Participants are requested to make their bookings directly with the hotels.

i) Inya Lake Hotel

ROOM CATEGORY	Room rate
Superior room (Single/Double)	USD 135.00/USD 145.00
Deluxe room(Single/Double)	USD 155.00/USD 165.00

It is noticed that the Reservation Form (attached herewith) should be sent not later than 30 July 2015 for participants who may want to stay in the hotel.

ii) Hotel Yangon

Hotel Yangon is located in superbly 8th mile junction area, 3 minutes walk to Junction 8 Shopping Center and just 4.5 km away from Yangon International Airport, cross the road to Myaing Hay Wun Food Center. The hotel is on the way between Yangon International Airport and Inya Lake Hotel. Considering the traffic jam, it will take about 30 to 45 minutes on the way to go to Inya Lake Hotel by taxi.

91/93, Corner of Pyay Road and Kaba Aye Pagoda Road, 8th Mile Junction, Mayangone Township, Yangon, Myanmar

Tel: +95 1 667708, 667688

Fax: +95 1 667752

E-mail: hotelyangon@hotelyangon.com.mm

www.hotelyangonmyanmar.com

ROOM CATEGORY	ROOM RATE
Deluxe Room	USD 90.00
Executive Suite	USD 130.00
Executive Lounge Deluxe Room	USD 130.00
Executive Lounge Suite	USD 170.00

These government rates include buffet breakfast, complimentary use of gym facilities and wi-fi internet access.

iii) MiCasa Hotel Apartments

MiCasa is ideally situated in close proximity to the popular Inya Lake Hotel, 7 km away from Yangon International Airport, 15 minutes walks to Inya Lake Hotel.

17, Kaba Aye Pagoda Road, Yankin Township, Yangon, Myanmar.

Tel: +95 1 650933

Fax: +95 1 650960

Email: bc.micasa@mptmail.net.mm

<http://www.myanmar.micasahotel.com>

ROOM CATEGORY	Room rate
Deluxe (Sq-m 30), without kitchen (1 person)	USD 140.00
Deluxe (Sq-m 30), without kitchen (2 persons)	USD 150.00
One bedroom suite apartment (Sq-m 48), with kitchen (1 person)	USD 155.00
One bedroom suite apartment (Sq-m 48), with kitchen (2 persons)	USD 165.00

These group special room rate include a daily buffet breakfast, internet access in the room, drinking water and a grocery bag with tea/coffee facilities upon arrival

iv) Chatrium Hotel Royal Lake

The 5 –star city resort located on the historic Royal Lake (Kandawgyi Lake) in the heart of Yangon City. Offering “the remarkable Heritage” walking distance to Shwedagon Pagoda and Kantawgyi Lake. It is about 9 km away from Yangon International Airport.

ROOM CATEGORY	ROOM RATE
Deluxe (Single/Double)	USD 150.00
Club Deluxe (Single/Double)	USD 190.00
Corner Deluxe (Single/Double)	USD 248 .00
Club Studio Suite (Single/Double)	USD 300.00

It is noticed that the hotel will provide transportation from the hotel to the workshop venue, if more than FIVE NAPs participants stay at the hotel.

6. FURTHER INFORMATION

Health considerations

We recommend that you consult the appropriate health authorities in your country in connection with possible vaccinations and health precautions for Myanmar. However the following vaccines are recommended for most travellers to Myanmar:

Hepatitis A: It is recommended that travellers get this vaccine as hepatitis A can be contracted in Myanmar through contaminated food or water, regardless of where you eat or stay.

Typhoid: typhoid can be contracted through contaminated food or water in Myanmar. Therefore, this vaccine is recommended to most travellers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Please note that yellow fever vaccination is required for travellers older than one year of age arriving from a yellow-fever infected area in Africa or the Americas and for travellers who have been in transit more than 12 hours in an airport located in a country with a risk of yellow fever transmission.

Additionally, there is a low to moderate risk of contracting malaria in altitudes below 1,000 meters, especially in rural areas and coastal regions like Rakhaing. However, there is a negligible malaria risk in Yangon City. Remember that the best precaution is not to be bitten by mosquitoes. If traveling to area with a malaria risk, wear long trousers and long sleeved shirts in the early mornings and evenings and wear insect repellent.

Language

There are over 100 languages and dialects used in Myanmar, but Burmese is the official and most widely-spoken language. English is spoken by many people in cities and tourist areas and most hotels have some staff with proficient English-language skills.

Geography

Myanmar is located on the mainland of South-East Asia on the Indochinese peninsula and has a total land area of 657,741 square kilometers. India lies to the northwest and China to the northeast. Bangladesh, Laos and Thailand are also neighbours. The Bay of Bengal touches the southwest coast.



Climate

Most of Myanmar has a tropical monsoon climate with three seasons: cool (November to February), hot (March to May) and rainy (June to October). Month of August is Peak Monsoon period.

Participants are advised that the workshop will take place during the rainy season, and rainfall can be constant for long periods of time. You are therefore encouraged to prepare in advance by wearing appropriate footwear and clothing and bringing an umbrella.

Typical temperature for August range between 24°C and 29°C.

Time zone:

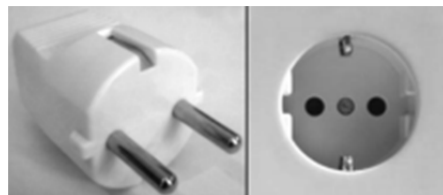
Myanmar is +06:30 hours ahead of GMT.

Electricity voltage

The voltage in Myanmar is 220–240 Volts (the United States and Canada are 110–120 Volts). Primary socket types in Myanmar are one of the two European standard electrical socket types: The "Type C" Europlug and the "Type E" and Type F" Schuko (see pictures below).



Europlug socket



Schuko socket

Currency and banking

The official currency in Myanmar is the Kyat (pronounced “chat”) and is abbreviated as MMK. However, the United States dollar is widely used as an alternative currency, particularly for larger

purchases. Foreigners are sometimes expected to pay in dollars for hotels, flights and access to historical sites. Please note that when paying in dollars, change will often be given in Kyat.

There are relatively few international banks in Myanmar. In Yangon, most banks are open from Monday through Friday, and opening hours are typically between 9.00 a.m. and 4.00 p.m. In Yangon, there are many ATMs where cash can be withdrawn. However, currently only Visa, MasterCard (Maestro/Cirrus), China's Union Pay and Japan's JCB can be used to withdraw money. The biggest providers of compatible ATMs are CB (Co-operative) Bank and KBZ (Kanbawza) Bank. Others include AGD Bank, AYA Bank and United Amara Bank.

Money can be changed at banks in the downtown area of Yangon and at the airport. Participants are encouraged not to change their money on the streets, but should instead use banks. The current exchange rate for USD to MMK is USD1.00 = MMK1,128.

Please note that Travellers' cheques are generally not accepted in Myanmar.

Credit Cards

Myanmar's economy is primarily cash based and the use of credit cards to pay for goods and services is currently limited. However, in Yangon and some of the more popular spots around the country, cards can be used at point of sale, although a transaction charge may be incurred.

Shopping and business hours

Business hours can vary, but in general the following apply:

- Shops: Monday to Saturday 9.00 a.m. to 6.00 p.m. or later (some shops are open on Sundays);
- Restaurants: all week 8.00 a.m. to 9.00 p.m.;
- Internet cafes: all week 9.00 a.m. to 10.00 p.m.;
- Post offices (and other government offices): Monday to Friday 9.30 a.m. to 4.30 p.m.;
- Business offices: Monday to Friday 9.00 a.m. to 5.30 p.m.

Telephone services

The international dialing code of Myanmar is +95.

Western SIM cards do not generally work in Myanmar, but cards from some other Asian nations do. SIM cards are sold by the Telenor, Ooredoo and MPT (Myanmar Post & Telecommunications). SIM cards and top-ups can be purchased at numerous street-side retailers in downtown Yangon and at Yangon International Airport.

Dress code

Participants may dress casually during the workshop.

Tipping

Tipping is not customary in Myanmar, but a small contribution may be expected for hotel staff and guides. However, Myanmar has a custom of "tea money", which is given for volunteered services, such as a local showing you around a market.

Drinking water

Tap water is not safe to drink, and participants are therefore encouraged to only drink bottled water, which is available at their hotels.

7. MEETING CONTACTS IN MYANMAR

While in Yangon, you may call the following person in case you need assistance:

i) Ms. Khin Cho Cho Shein

Director, Yangon Office
Department of Meteorology and Hydrology
Phone (Office) : +95 1660526
Mobile : +95 9250 954637
Email: khinchochoshein@gmail.com

ii) Ms. Tin Yi

Director, Nay Pyi Taw Office
Department of Meteorology and Hydrology
Phone (Office) : +95 67 411446
Mobile : +95 9250 954639
Email: tinyisw@gmail.com

For further questions regarding the meeting, please contact the following persons from the UNFCCC secretariat:

i) Mr. Motsomi Maletjane

Programme Officer
National Adaptation Plans & Policy
Adaptation Programme
UNFCCC Secretariat
Platz der Vereinten Nationen 1
53113 Bonn, Germany
Tel.: +49 228 815 1324
E-mail: mmaletjane@unfccc.int

ii) Ms. Seraphine Muragijemariya

Team Assistant
National Adaptation Plans & Policy
Adaptation Programme
UNFCCC Secretariat
Platz der Vereinten Nationen 1
53113 Bonn, Germany
Tel.: +49 228 815 1387
E-mail: smuragijemariya@unfccc.int

We wish you a successful workshop/meeting and a pleasant stay in Yangon.
