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Business and Lifestyle information in Myanmar

MYANMAR *plus* J A P O N

10
2014 OCT

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Top Interview

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Special Interview with
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Yangon

Narita

Winter 2014/2015 timetable, Effective from October 26th

Winter schedule (26th October 2014-21st March 2015)

Departure	Flight No.	Arrival	Departure	Flight No.	Arrival
Yangon 22:10	NH914	6:45+1 Tokyo (Narita)	11:45	NH913	17:15 Yangon

*Schedule and aircraft may be changed without notice.

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10:00am-8:00pm

Sunday Oct.19
10:00am-4:00pm

Zojoji, main temple of Jodo-shu (Buddhism's Pure Land sect)
4-7-35 Shibakoen, Minato-ku, Tokyo 105-0011
Free; festival goes on rain or shine

○Myanmar Symposium | ○Photo Exhibit on Japan-Myanmar Exchange | ○Myanmar Market and Alley

Hosts: Myanmar Festival Executive Committee/Embassy of the Republic of the Union of Myanmar/
Jodo-Shu Tomoiki Foundation/NPO Greater Mekong Initiative Support: Minato Ward <http://myanmarfestival.org/>

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MYANMAR plus

JAPON

ISSUE 2 October 2014

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Business News Digest



Trade fair season has arrived Japanese companies targeting new markets

Trade fair season has arrived and activity is picking up. From September 4-6, the "MYANAUTO 2014" trade fair for auto parts was held at the Tatmadaw Hall located north of central downtown.

The event was sponsored by Malaysia's AMB Events Sdn Bhd and featured over 100 companies from Malaysia, China, Taiwan, Singapore, Thailand, and India. Amongst Japanese companies, HOKUTOSOGYO (HQ: Gifu), a wire harness component manufacturer expanding overseas, exhibited for the first time. The company has set up related companies and factories in China (Hong Kong, Shanghai) and Thailand to service the needs of its Japanese customers expanding overseas, but is now taking its first step into Myanmar. CEO Mr. [NAME] commented, "In our business, we are followers of overseas expansion, so first we will research the market needs."



Venue landscape of MYANMAR 2014 *
* MYANAUTO 2014 *(above) and "PROPACK"

Also, the "PROPACK MYANMAR 2014" trade fair for the packaging and plastics industry was held at the Myanmar Convention Center in Yangon. Bangkok Exhibition Services Ltd was the sponsor and while the exhibition is held every year in Bangkok, it was the first time to be held in Myanmar.

Over 150 companies from Thailand, Singapore, China and Taiwan set up booths. One of the exhibitors was ISHIDA (THAILAND) CO. LTD, the Thailand branch of ISHIDA CO. (HQ: Tokyo), which was exhibiting for the second time in Myanmar after its participation in last year's "Japan Festival", and was displaying its proprietary computer controlled weighing devices and product inspection equipment. Company Director Mr. [NAME] commented "Myanmar demand will steadily increase". Ishida Co. was established in 1893 and expanded to Thailand in 2001. It started with snack packaging and moved into processed meat and seafood packaging. Today, it claims to have 70% market share [of what??].



An affiliate of SUMITOMO GROUP in Indonesia also exhibited. Plastic extruder specialist maker SUMITOMO MODERN CO. (HQ: Kanagawa) was a first time exhibitor in Myanmar and was studying the market needs. Manager Mr. [NAME] analyzed the situation as "Infrastructure issues will remain, but in 2016 when AEON Mall is expected to open, and when major foreign-invested shopping centers involving Carrefour and Lotte enter the market, then the packaging business will really take off."

Most of Yangon's trade fairs are held at the Tatmadaw Hall or MCC. During November 20-23 this year, we are looking forward to the "Japan Products Expo".

Panasonic announces new products Emphasis on safety and quality

On August 23 at Yangon's Sedona Hotel, the Myanmar branch office of PANASONIC ASIA PACIFIC PTE LTD announced its new safe and high quality electrical components and held a Product PR event with its local representative YANDAYAR TRADING Co., Ltd. There were approximately 180 people related to the construction industry in attendance.

In Myanmar, many people use products without knowing their functionality or if the products are malfunctioning or broken. With many fires and electrocutions caused by electrical components, Panasonic pays close attention to its products. Mr. [NAME] stated "I want people to know that there are safe long-lasting products for lighting and for stable color fluorescent lighting."

Through its Myanmar sales office, Panasonic is currently selling household electrical components, light bulbs and switches, circuit breakers, ventilators, and wires. It currently has 4% of the Myanmar electrical components market. Its local sales office began importing and selling Panasonic-made electrical components 18 years ago.



Mr. Selichi Katsumata and the product presentation

Yangon's first genuine iPhone products shop

The first shop handling genuine Apple-made iPhone products opened on August 30 near Yuzana Plaza in Bahan. The shop has the latest iPads, iPhones, and related accessories and also provides user support. Shop Manager Mr. [xxxx] stated "As it is a global brand, there are many loyal users in Yangon, but there also many who don't know all the useful functions. The new products are authentic, so the price is a bit high, but we will compete by providing correct product knowledge and service."



MAXOMI Holdings Ltd, which is supporting the business, held an Opening Party at Yangon's Sedona Hotel on August 9 prior to the store opening. Around 200 guests from the Japanese and Myanmar business world gathered to hear an introduction of the shop and learn how to distinguish genuine products. Also, the shop opening was celebrated with a performance of traditional Japanese musical instruments by [NAME] who was invited from Japan. The CEO Mr. [NAME] said "We've put our roots down in Myanmar, and look forward to providing great service"

Mitsui OSK Lines provides free transport of medical equipment Supporting health promotion activities in Myanmar

Maritime Executive magazine reported that MITSUI OSK LINES (MOL) covered the expense of shipping 2,000 thermometers and blood pressure measuring devices used in hospitals to Myanmar on behalf of Japanese Non Profit Organization "People's Hope Japan" (PHJ).

MOL's Myanmar branch representative Joe Kam commented, "We are pleased to support PHJ's health programs. We will continue to cooperate with their health promotion activities in Myanmar." This is the first year that MOL has handled transport of relief and medical goods.

Since March 2012, MOL has operated a transport service between Singapore and Yangon, and set up an office in Myanmar last February. PHJ is an international NGO focused on supporting "Health and Medical Education" for people in developing Asian countries.



Thilawa Special Economic Zone 14 companies approved for investment Mainly Japanese companies, primarily manufacturing

In August, 14 companies were approved for investments in a 400 hectare area of the Thilawa Special Economic Zone (SEZ). The companies were from Japan, Hong Kong, Thailand, Singapore, China, and Myanmar with the most coming from Japan.



They were mainly manufacturing companies. Thilawa SEZ is a 2,400 hectare area in Thanylin being jointly

developed by Myanmar and Japan. Currently, the first stage of 400 hectares is under development. Companies which rent land on Myanmar's SEZs can rent for 50 years under the SEZ Law, and can extend for a maximum 10 years.

Coal-fired power project proposed in Mon State due to difficulties securing land in Thilawa

Toyo-Thai Corporation proposed a coal-fired power project in Mon State to the President's Office after it had difficulty securing land for a planned 1,000 MW coal-fired power plant near Thilawa Special Economic Zone in Yangon Region.

This power plant is to be constructed by the Japanese-Thai joint venture and the government has already signed an agreement. The Ministry of Electric Power representative said, "The state government will issue a permit, and once the land is secured, construction will start. We haven't decided on where to build it yet."

Office rental company SMBC teams up with meeting room rental provider TKP

On August 15, Myanmar Investment Partners (MIP), the managers of Sakura Myanmar Business Center (SMBC) in central Yangon's prime office building Sakura Tower, announced an alliance with TKP, the manager of hotel rental banquet halls and meeting rooms, to sell SMBC's meeting rooms and individual rooms under the TKP brand in Japan.



SMBC has an established reputation for providing international level bilingual serviced offices in Myanmar, and also offers value-add services such as domestic business trip booking, catering and parties, and serviced apartments through partner companies. The partnership with TKP will further enhance its offerings. SMBC hopes to attract more corporate users by providing convenience for Japanese on business trips or short-term stays.

本音を
聞かせて!

Special 1

Strategies for an ideal workplace

For companies with overseas expansion experience, and for companies where Myanmar is their first overseas expansion, the initial obstacle in Myanmar is the differing customs and national character in the workplace.

An open discussion with
Myanmar employees

What they really think!

Many Japanese companies have been in Myanmar for only around 2 years. Due to this, it seems they are still puzzled by many things. Also, very few Myanmar workers have experience working with Japanese.

What do Myanmar people who are working with Japanese really feel about Japanese? We learned their true feelings – the ones which are difficult to express face-to-face.



— First, please tell us about the differences between working for a local company and a Japanese company.

A For Japanese companies, the amount of greetings is a lot. I must greet everybody one by one, not only when I arrive at work and leave work, but also when I go out to visit customers. It takes about 5 minutes just for greetings.

C Haha, that's a bit much. I really like all the greetings in Japanese companies. It helps you separate your tasks and focus your mind.

— Please share with us all your complaints – let it all out...

D Well, even though I was hired for my specialized skills, I get asked to do cleaning and give tea to customers... I don't really like this.

B I understand that feeling. But at my company even my 50 year old Japanese supervisor does his own cleaning, so I guess it can't be helped.

A Something that troubles me is scolding employees for mistakes in front of everybody, especially when my Japanese supervisor is being scolded by his supervisor. Since I understand Japanese, I feel quite awkward. I don't know how to interact with that person afterwards.

D Being asked to translate for non-Japanese speaking Myanmar employees who are being scolded, while I guess it can't be helped, it's something you don't see much in Myanmar companies, and I really find it difficult.

— What would you ask from your company?

B I wish they would understand better the conditions in Myanmar. When I'm asked to find out when some sent documents will be returned, if the receptionist handling the documents doesn't even know, then how can I find out?

D Yes, that happens in my company a lot. In Japan, every workplace is very strict on time and it's natural to have a clear schedule. But I wish they could understand that here, that is not the case. If you push too hard, it often has the reverse effect and things don't go well.

A But I think we can learn a lot from Japanese on this point. I came to understand how useful it is to do everything precisely with an attention to detail. I'm sure this is one of the reasons why Japan is so developed.

C True, Japanese are certainly detail-oriented, and by working closely together with Japanese, I also came to make an effort on these points.

A Yes, Japanese train each of their employees professionally, so there are many things I can learn. I like this.

B I have one more comment. I wish they could be more understanding of traffic jams. I like the Japanese tradition

of punctuality, but when I'm sent on an errand and get stuck in traffic and come back late, even though I didn't skip work, I feel like they are doubting me.

— At what kind of workplace would you work for a long time?

D At an environment where I can grow. I changed my last job because they only gave me simple tasks. My current company pays for my work-related qualifications training school which I do after work, and if I pass the qualifications, then they promised to raise my salary. So I am working hard.

C I also go to a training school after work, but I'm paying for it myself. I don't mind paying, but there are many overtime days when I can't go to class. I'd be happy if my company could be more considerate about this.

— Thanks for the interesting discussion.

A We all don't have money, so we didn't want to pass up the chance... haha.

Summary

During our discussion, the word "study" came up many times. It seems everybody is focused on enhancing their skills. In Myanmar, most women continue to work after marriage so this drives their careers.

In Southeast Asia, local workers often complain about Japanese strictness on time and rules, but surprisingly in Myanmar these points are praised.

Telling
even the boss...

What employees really think!

At Japanese companies in Myanmar, there are many Japanese who have lived abroad and set up companies in other countries, but even they are puzzled by Myanmar's customs and national character. We researched the true nature of Myanmar thinking in the workplace.

Survey finding

Myanmar people don't tell you what they really think. Our staff was always smiling and seemed happy, but then one day suddenly quit. Another staff told me that this staff wasn't happy with work -- it was the first I'd heard of it. And it would have been easy to fix the problem... (30 years, male, restaurant)

Editor: Be careful! Myanmar people have difficulty expressing their opinion to those above them.

Survey finding

Myanmar people can learn Japanese much faster than other Asian countries (40 years, male, service industry)

Editor: Japanese and Japanese have very similar grammars

Survey finding

Myanmar people are polite and kind, but this gives them a weak competitive spirit. Putting them on teams to compete is not as effective as other countries (30 years, male, manufacturing)

Editor: In Myanmar, there is an emphasis on the spirit of "harmony and respect"

Survey finding

Overall, Myanmar people are pro-Japanese. They respect Japanese technology, and you can feel their desire to learn. (20 years, female, service industry)

Editor: There is a shared sense of Buddhism

Survey finding

Myanmar tends to overestimate qualifications. When somebody's ability doesn't match their qualifications, it is difficult to get them to face reality (30 years, male, manufacturing)

Editor: There good and bad sides to focusing on qualifications.

Survey finding

Compared to other Asian people, many Myanmar people are thoughtful and sensitive. But they can be overly kind, and sometimes I wish they would leave the office a bit more. (40 years, female, service industry)

Editor: Based on Buddhist teachings, there is a strong desire to be kind to others.

How are people solving
these problems?

Real success stories

Companies with both long and short histories of expansion into Myanmar are using creative methods to build an ideal work place. Let's look at some concrete examples of success.

Legend: ① years in Myanmar ② # of Japanese ③ # of Myanmar

Fuji Xerox



Team unity makes it easy to talk

① 1.5 years ② 4 ③ 11
(including 1 Thai)

The old phrase "communication through drinking" still applies in Myanmar. The act of eating, drinking and attending events together creates unity and builds an atmosphere where complaints and aspirations can be easily shared. Also, when entering new markets, there are no veterans. Everybody should be viewed as a rookie, and checks and guidance for all activities should not be neglected. ([NAME], GM)

Japan outsourcing service



Fun while filing

① 1 year ② 1 ③ 3

As a tax accounting office, there is a lot of work organizing documents. Initially, we couldn't achieve the Japanese standards of organization. But since introducing "[TEPURA??]", we've been able to have fun filing, and our staff now enjoys organizing.



([NAME], Manager)

Nara Apex Travel & Tours



Experiencing products is key to understanding them

① 19 years ② 3 ③ 17

In Myanmar, many travel company staff have never experienced the restaurants where foreigners go or travelled to different regions. We do our best to take our staff to the restaurants used by our tours or if possible stay in hotels, so they can experience the products we are selling. ([Mr. Nakamura GM])

Ryuta Izakaya



Key person is important

① 1 years ② 1 ③ 7

Currently at our restaurant, the local staff leaders who guide the Myanmar staff are the ones with a lot of Japanese restaurant experience and who are proficient in Japanese. These leaders understand the Japanese restaurant way of doing things, and are helpful because they can counsel dissatisfied local staff. Even though their salary is a bit high, it is a good investment to secure a local staff leader like this. ([K Restaurant Manager])

VAC Yangon Accountants



Motivating with overseas business trips

① 3 years ② 2 ③ 5

Because we provide specialized services to Japanese companies, if our staff only know Myanmar it is a problem, so we send them on overseas business trips to our offices in Ho Chi Minh and Tokyo. For example, Ho Chi Minh is about 10 years ahead of Myanmar. By seeing this and talking with the Vietnamese staff, our staff understand their own stage of development, so they can set goals and get motivated.

Myanmar Japan provides a advice

Key points for an ideal work place

ここまで日本人、ミャンマー人の本音や改善の実践例をみてきた。アンケートでは、上記以外にも様々なご意見やアドバイスをいただいた。下記にポイントを整理。よりよい職場作りにも少しでも役立てれば幸いです。

FIRST

Create an atmosphere where people can say what they feel

By nature, Myanmar people do not say things against their superiors. To tackle this, apart from creating a supportive atmosphere for critical feedback, we also know of companies using tricks such as asking questions over and over again, and then judging by the color and look in the eye. The important point is you should not think that just because your workers are not saying anything that they are happy. Many people will hold their frustrations inside, and then just quit.

SECOND

Create a workplace where staff can learn

Most Myanmar people who aspire to work for Japanese companies already have good academic backgrounds and a strong desire to learn. If you build on that desire and create a place where training and study is encouraged, then staff will stick with you a long time. But don't forget that as your workers enhance their skills, they will also want salary increases. If you don't treat them accordingly, you will lose those improved skills as they move to other companies.

THIRD

Create "wet" human relations

Unlike the "dry" human relations of the Japanese workplace, Myanmar people value human connections. If you ask about your staff's families or how their studies are progressing, they will feel "the company cares about me" and their work motivation will increase. Sharing souvenir gifts and snacks from business trips and dining out together are also effective methods. But be careful with male-female interactions because Myanmar society is very traditional.

Top
Interview

Ask a Myanmar Expert!

In this section, MYANMAR JAPON's Mr. Nagasugi interviews Myanmar's leading personalities to uncover the realities of "Today's Myanmar".

Japan Myanmar
Association
WATANABE HIDEO
Chairman

This month's theme:

Japan and Myanmar's history and background... Both countries look to the future



Japan Myanmar Association Chairman. Born 1934 in Tochio City (now Nagaoka City), Niigata. Graduated Takushoku University in Politics and Economics department, worked as Former Prime Minister Nakasone's Secretary, then was elected to House of Representatives. Served 6 terms in the House of Representatives and 2 terms in the House of Councilors. During this time, served as Deputy Chief Cabinet Secretary and Minister of Post and Telecommunications. In 2008, represented the Japan Renaissance Party. In April 2010, party name changed to New Renaissance Party and acted as top adviser. In 2010, retired from politics and was awarded Grand Cordon of the House of the Rising Sun with Honors.

During the war, Japan received kindness from Myanmar. As Japanese, what can we do for Myanmar?

WATANABE: Thank you for sharing your valuable time with us during your busy schedule. I am working as Vice Chairman with the Japan Myanmar Friendship Association which was founded by the late Mr. Koichi Tsukamoto of Wacoal Corporation in 1970 as the Japan Burma Culture Association and then changed its name. Your Japan Myanmar Association and our Japan Myanmar Friendship Association are the only two groups with over 40 years of history building goodwill between Japan and Myanmar. Tell us about your activities in Myanmar...

WATANABE: We started aid work for Myanmar at an early stage. For people like Mr. Tsukamoto, Mr. Takahara (from Itochu) and Mr. Yamamoto (from Fujitsu)

who had been on the frontline in Burma during WWII, they had a sense of mission that they had to do something, both as Japanese and on behalf of Japan.

War doesn't just affect soldiers, it causes great suffering and sacrifice for common citizens. At the end of the war, when Japan was heavy with defeat, the Burmese repatriated the Japanese soldiers without hurting them and without forcing a war trial on them. This kindness was out of recognition for Japan's support of Burma's independence from Britain, and there is no other example of such kindness in other countries.

Japanese were moved by the suffering of Burma under the British Colonial control. After the war, during the independence movement, Japan cooperated with the Burma military providing aid and exchanges reflecting the ties and sense of camaraderie between the two countries. I felt this as an elementary school student at the time. During my students days I met people connected with Burma, and my exchanges deepened even more after becoming a politician, so I strongly feel connected to Burma by fate.

Lessons from my older brother inspired me into politics. My links with Myanmar were built up since my student days

NAGASUGI: Thanks, I now understand the background. Now please tell us how you became a politician. And please share with us the starting point for your practical work in Myanmar.

WATANABE: My beliefs were shaped by the last words of my older brother, who died as soldier in Okinawa when Japan was on the verge of defeat. My older brother taught me "Sacrifice for your country", "Get along with your brothers and sisters", "Always tell the truth", "For the sake of the world and people, work hard on the small things", and "Don't seek fame and profit". I think my brother's advice was one reason I became a politician.

Regarding my activities in Myanmar, before the war my uncle Mr. Yuji Satsuma (Former House of Representatives Member) went many times to Burma as a reporter for the national newspaper and he wrote books such as "Burma Koboshi" so from a young age I had familiarity with

Portrait of ex-Prime Minister Ba Maw



In August 1943, Dr. Ba Maw was Prime Minister of Burma when it declared independence from Britain. During the War, he was a comrade of General Aung San fighting for independence. In March 2011, the inauguration of Thein Sein gave Myanmar a fresh start. This was highly praised because it was not started by civil war or revolution, but by the military taking the lead to transition towards civilian rule.

Acknowledging that it took the contributions of many people to reach where we are today, and to commemorate the 60 years of diplomatic relations between Japan and Myanmar, Japan's National Modern Art Museum decided to donate a replica of its Dr. Ba Maw portrait to his relatives. The ceramic plate replica was done with the cooperation of the Otsuka Museum of Art (Naruto, Tokushima). This year on June 29, ex-Chief Cabinet Secretary Mr. Yoshito Sengoku from Japan Myanmar Association held a presentation ceremony in Yangon for the relatives.





At Yangon's Park Royal Hotel

Myanmar. But my first real interactions with the country were in 1986 when Prime Minister Nakasone invited Prime Minister MaungMaungKha to Japan, and as Deputy Chief Cabinet Secretary, I was involved in the development of an aid strategy.

**“As a Japanese politician instrumental in postwar Burma (Myanmar)..
...and backer of numerous projects, what are your thoughts today ..”**

In 1988, large-scale demonstrations sparked civil unrest leading the military to take over for the sake of national security and stability. The following year, I went with ex-Chief Cabinet Secretary Mr. MasaharuGotoda and his wife to Yunnan, China which borders Myanmar. There I met some newlyweds from the Bai ethnic minority, and I became interested in Myanmar again so I started fact-finding work.

**Supporting Myanmar
Conveying the history of both
countries**

NAGASUGI: During the military dictatorship, you worked tirelessly on aid projects such as the refurbishment of Yangon airport, the repair of power transmission lines from Baluchaung Hydropower plant, the repair of JICA Hospital (Yangon National Hospital) medical equipment, and the provision of blood donation vehicles as part of the Hepatitis B strategy. I highly respect that you have been using your 20 years of relations with President Thein Sein to play a supportive role in the development of Thilawa Special Economic Zone

(SEZ), and acting as a bridge between Japan and Myanmar. Please share your thoughts on Myanmar's ongoing transformation, and your plans going forward.

WATANABE: The most important thing for future development is human resource development. As part of this year's "60th Anniversary of the Establishment of Diplomatic Relations between Myanmar and Japan", it would be good to review the post-War history of both countries. We should convey to the next generation the modern and diplomatic history of Japan, and the history of both countries. I am working to gain the understanding of Myanmar government authorities so that we can promote the building of historical records.

**Gratitude for the history of
mutual support
Building positive feelings
towards Japan for the next
generation**

NAGASUGI: We hope you will continue to share with us the deep and long history of both countries and the lessons learned. Lastly, what is your message to those people who are currently involved in Japan and Myanmar.

WATANABE: We should not just look at the facts of war during Japanese modern

history, but we should also remember the spiritual bonds cultivated between both countries. An example of this occurred just after the end of the War. Post-War, many people repatriated to Japan from all over Asia, but Japan was suffering a food shortage because its fields had been ruined. At that time, large quantities of rice were provided by Burma for free, and Japan was saved from starvation.

What makes Myanmar wonderful is that its affinity for Japan is not just from a small group of leaders, but is felt by the whole country. In the past and now, as you would understand from seeing the movie "The Burmese Harp", Japanese who visit Myanmar feel in their bones a natural, unforced familiarity between the two peoples. Myanmar is indispensable to Japan and going forward, I hope we can continue to have a close relationship built on trust.

NAGASUGI: Once anybody steps foot in Myanmar, they really like it, myself included. Thank you very much for sharing your time and valuable insights with us. Please continue your good work promoting various public and private sector economic exchanges between Japan and Myanmar. I wish you great success.

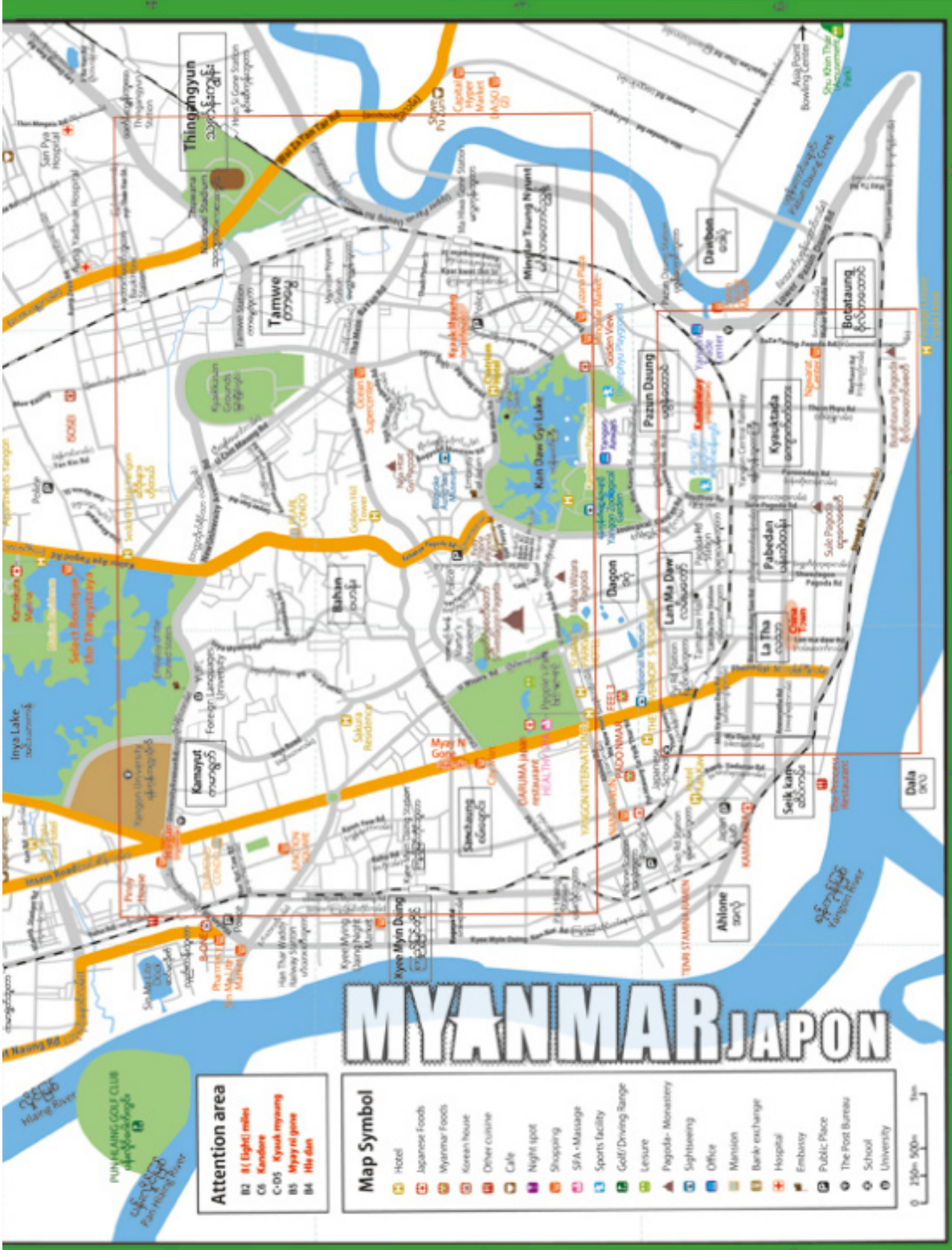


NAGASUGI YUTAKA

MYANMAR JAPON CO., LTD.

The CEO of Japanese language MYANMAR JAPON and English language MYANMAR JAPON +PLUS. He was an entrepreneur during his student days, and since receiving his US permanent residency, has lived in the US and China setting up various local companies and branch offices. Currently he lives in Yangon working as a Myanmar Business Advisor providing a wide range of support services to Japanese businesses expanding to Myanmar including company formation, local partner introductions, and sales channel development.

He is President of Yangon Wakyo Kai, Vice President of the Japan Myanmar Friendship Association, and Special Committee Member of the Japan New Business Council Association.



MYANMAR JAPON

Attention area

- B2 81 (Eight) miles
- C6 Kareidare
- C-05 Kyauks myaymying
- B5 Myayni gone
- B4 He dan

Map Symbol

- Hotel
- Japanese Foods
- Myanmar Foods
- Korean house
- Other cuisine
- Cafe
- Night spot
- Shopping
- SFA - Massage
- Sports facility
- Golf/Driving Range
- Lensure
- Pagoda - Monastery
- Sightseeing
- Office
- Mansion
- Bank exchange
- Hospital
- Embassy
- Public Place
- The Post Bureau
- School
- University



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MYANMAR JAPON

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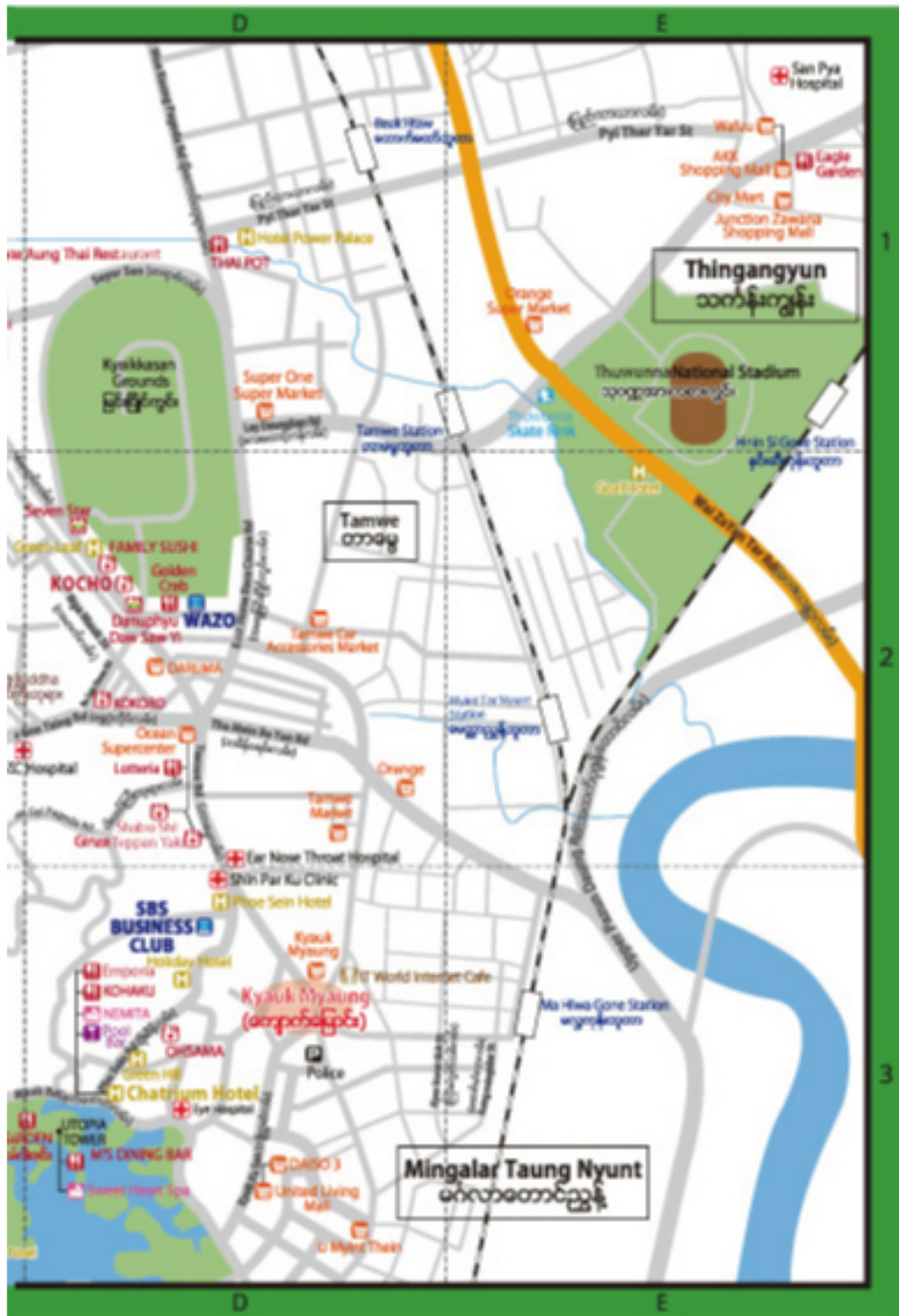
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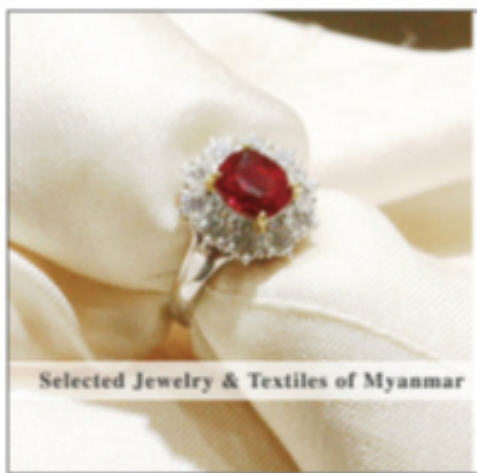
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Veteran instructor teaches common sense and manners for new employees

From exchanging name cards and answering phone calls to 5W2H (who, what, when, where, why, how, how much) and 3C (customer, competitor, company), MIBC (Myanmar Japan Business Consulting) conducted a seminar on August 29 to teach Myanmar people on the essentials of business knowledge and manners. Twenty young employees from MIBC member companies participated. It was a mixture of lecture and interactive discussion and was lively from beginning to end. MIBC's Director, Ms Miki Hattori, who has a strong background in business training, gave the lecture.



Engineering used in industry JICA aids development of human resources

On August 4, JICA signed an aid grant with the Myanmar government of up to Yen 2.6 billion to support expansion of Technological Universities. The grant will be used for education material and research equipment for six engineering fields including civil and mechanical at the Yangon Technological University and the Mandalay Technological University. The grant will improve both universities' educational environment by enhancing research capabilities and enabling practical education.

Japan International Cooperation Agency (JICA) Myanmar office ☎ 01-255473-6



Medical Massage national seminar for the visually impaired

On August 13-14, Yangon's National Kyimyindine School for the Blind held a "Medical Massage National Seminar for the Visually Impaired". It was part of the non-profit Japan Heart's activities promoting self sufficiency for the visually impaired. The goal of the seminar is to improve skills and facilitate exchange. It is held 1-2 times per year. There were over 60 visually impaired participants from Schools for the Blind and Massage shops from across Myanmar. Two teachers from the Tsukuba University of Technology and the Ibaraki Prefectural School for the Blind, along with a Japanese acupuncturist from Yangon's "Wanagomi", gave lectures and demonstrations.



Japan-Myanmar economic aid agencies ESD21 and SEDA sign an MOU

On August 27 at Royal Rose Restaurant in Bahan, Yangon, the ESD21 based in Nagoya and the non-profit Myanmar Japan Socio Economic Development Association, run by Myanmar business people connected with Japan, signed an MOU to enhance employment and education of Myanmar youth by strengthening economic cooperation. The Chairman of ESD21, Mr. Satoshi Kuroiwa gave a Key Note address on Toyota's principles of "kaizen" (continuous improvement) which was attended by 100 people.



Okinawa university students on study tour meet with YUFL

On August 20, Okinawa Meio University conducted its "International Student Group Study Tour" Myanmar Course with 10 Meio students and faculty visiting Yangon University of Foreign Languages (YUFL) to interact with over 100 Japanese language students. The Japanese introduced their hometowns and sang Okinawa songs, while the YUFL students performed Myanmar dance, enabling each side to experience the others culture. The Japanese had 4 days in Yangon to visit temples and other sites. It was part of the "60 Years of Japan-Myanmar Diplomatic Relations Commemoration".



Career Days at Yangon Japan School ANA presents aviation jobs

To share the joy of flying as a career, on August 21, Yangon Japan School hosted an aviation class by ANA as part of its career education program. The teachers were 11 ANA staff including pilots, cabin attendants, aviation mechanics, and ground staff. They explained their work to 50 students from Elementary 5th year to Middle School 3rd year. The class was hands-on and the students were excited to see the pilot's bag, try on the cabin attendant scarf, and wear the uniforms. This was the first such class for Yangon.

ANA Office(yangon) ☎ 01-255412 ~3



Japanese Anime "Cosplay" Project A big hit with Myanmar youth

"The 3rd Annual Myanmar Cosplay and Geek Festival" was held on August 3 at Sayasan Plaza in Bahan, Yangon. The main organizer was mmotaku and co-organizers were M.P.S. and Groovez Asia. The main sponsor was Sharp, and co-sponsors included T-Joy (overseas distributor of Toei films) and Musashino Eiga Films. The event was packed with young Myanmar Anime and Cosplay fans who enjoyed taking pictures of the fashion show and the personalized Anime dress-ups, looking at the exhibits, and buying related goods.



JICA and two Japanese companies support Blood Donor Registration

On August 29, the National Blood Center, which is one of the agencies funded by JICA's Myanmar Infectious Disease Project, hosted a "Launching Ceremony for the Blood Safety System in 34 Hospitals in Myanmar". The Myanmar Health Ministry presented a letter of appreciation to the JICA Myanmar Office, Panasonic, and Myanmar DCR who donated to the system. For 10 years, the project has supported the development of a safe blood transfusion system, and this time introduced a blood donor registration system in 34 hospitals. There was also an award ceremony and facility tour.



Myanmar-Japan Volleyball Exchange Starting with grassroots level

On August 30, the Yangon Japan Association's Volleyball Club held their first joint practice with the Myanmar team "Yangondain" from Hlaing Township. The Club practices once per week at the Yangon Japanese School and at the end of every August plays in a tournament at the American Club with Western and Myanmar teams. This is the first time to have an exchange with a Myanmar team outside of playing matches. After the practice, they used the gym to have Teppanyaki and get to know each other. In the future, there are plans to have an exchange with the Myanmar national team.

We cover Myanmar events and seminars. If you have any corporate and social events which you would like covered, or any Japan-related news then please send us the information. edit@myanmarjapon.com



Japanese train carriage in Yangon Maiden voyage ceremony

On August 24 at Yangon Central Railway Station, a ceremony was held to mark the first voyage of two refrigeration train "Kiha 40" carriages and three "Kiha 48" carriages donated by JR Hokkaido. The ribbon cutting ceremony was attended by the Myanmar Railway Minister, government officials, and JICA experts. During the ceremony, railway lovers were pleased to see the "Kiha 38" carriage, which had been donated last week by JR East Japan Kururi Line, pull up to the platform. Japan has donated 20 train carriages to Myanmar. The term "Kiha" refers to the train type, and Kiha 40 models symbolize the last of the nationwide non-electrified trains from the late 1970s.



State-run TV starts broadcasting Japanese home shopping program

On August 25, BOOM (Blue Ocean Operating Management), in partnership with the State-run TV station Myawaddy, started broadcasting its home shopping show "Japan Select Shopping TV" on the Myawaddy channel to promote Japanese products. It is an example of the "60 Years of Japan-Myanmar Diplomatic Relations Commemoration" activities. The first broadcast was in the nighttime slot. Viewers who wish to buy items can contact the BOOM contact center and easily purchase the Japanese products with one phone call. It is a first-time experiment for Japanese companies. It is currently on 2 months trial, so the broadcast schedule changes will be advised by the station.
<http://www.myawaddy.com.mm/live>



Fourth Annual Japanese Speech Contest in Yangon

On August 10, Kake Educational Institution from Okayama held its "Fourth Annual Japanese Speech Contest" selection stage for Myanmar at Yangon's MICT Park. This contest is held in various countries including Myanmar. It was part of this year's "60 Years of Japan-Myanmar Diplomatic Relations Commemoration". Speeches were made by 19 Japanese language students, mainly from the Yangon University of Foreign Languages and the winner will be sent to the finals in Japan in the fall. From December this year, Kake's affiliated schools Okayama University of Science, Kurashiki University of Arts and Science, and Chiba Institute of Science will start recruiting students from Myanmar.
Educational foundation Kake school
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MAP P14-B2

☎ No 99, Shwe Taung Tan Street, Lanmadaw Township, Yangon

☎ 09-450040795 / 09-5135282 ☎ 10:00-22:00 (Daily)

AIJISHIN MAP P16-C1

☎ 18(B), Thukhawadi Lane, Suniran Park, Yankin Township, Yangon

☎ 01-562701 ☎ 11:30-23:00 (Open Daily)

ANAIMO MAP P14-C2

☎ 300, Mahabandula Park Street, Kyauktada Township, Yangon

☎ 01-378022 ☎ 11:30-14:00 / 17:30-22:30

(Saturday only evening and Sunday off)

B-JAPAN MAP P15-E2

☎ Bidg 115, Anawyahta Road, Corner of Anawyahta Road & 50th Street, 1 Quarter

-Pazundoung Township, Yangon

☎ 01-398629

☎ 18:00-23:00 (LO 22:00)

※ closed on Mondays

DARUMA JAPANESE RESTAURANT

MAP P13-B5

☎ (Yangon International Hotel), 330, Ahlone Road, Yangon

☎ 09-49270271 / 09-31263016 ☎ 11:00-23:00 (Daily)

DINING FUKUROU MAP P16-C1

☎ No.81(C), New University Avenue Road, Bahan Township, Yangon

☎ 01-542871 / 09-420231330

☎ 11:00-15:00 / 17:00-22:00 (Open Daily)

EDOZUSHI MAP P16-B2

☎ No.290-B, U Wisarya Road, 10 Ward Kamaryut Township, Yangon

☎ 09-259040853

☎ 11:00-23:00 (Sunday 17:00-21:00)

FAMILY SUSHI MAP P17-D2

☎ Room 104, Building 27, U Chit Maung Housing, U Chit Maung Street, Tamwe Township, Yangon

☎ 09-73119456 / 09-5077223

☎ 10:00-23:00 (Open Daily)

FU-RIN MAP P14-A2

☎ No.210, Anawrahta Road, Lanmadaw Township, Yangon

☎ 01-211702

☎ 11:30-14:00 / 17:00-23:00 (No fixed holiday)

FUJINOBO MAP P16-C2

☎ (Cherry Hills Hotel) No 520/4 A, Kabar Aye Pagoda Road, Shwegon Daing, Bahan Township, Yangon

☎ 09-450067052

☎ 6:00-10:00 (LO 9:30) / 11:30-15:00 (LO 14:00) / 17:00-23:00 (LO 22:00) (Open Daily)

FUJI JAPANESE RESTAURANT

(1) MAP P16-A2

☎ 37, Harthawaddy Road, Kamaryut Township, Yangon

☎ 09-73022338-9 / 01-514776 ☎ 11:00-21:30 (Daily)

(2) MAP P16-B2

☎ Market Place, Bahan Township, Yangon

☎ 09-73022339 ☎ 9:00-21:00 (Open Daily)

FURUSATO MAP P16-B3

☎ No.137, West Shwe Gon Daing, Bahan Township, Yangon

☎ 01-556265 / 09-73081914

☎ 11:00-14:00 / 17:00-22:00 (Open Daily)

GEKKO

MAP P15-D3

☎ 535, Merchant Street, Kyauktada Township, 4th Quarter, Yangon

☎ 01-386986 ☎ 9:00-28:00 (Open Daily)

GOLDEN VIEW

MAP P13-C5

☎ No.23, Golden View Tower(A)G3, U Aung Myat Street, Mingalar Taungnyunt, Yangon

☎ 01-8619194 / 09-5080466 ☎ 10:00-22:30 (Daily)

HANA

MAP P14-B2

☎ No.81(A), Latha Street, Latha Township, Yangon

☎ 01-371508 / 09-5109435 / 09-31293852

☎ 10:00-22:00 (Open Daily)

HARU

MAP P16-C2

☎ 81, Kabar Aye Pagoda Road, Bahan Township, Yangon

☎ 09-421149721

☎ 11:00-14:00 / 18:00-22:00 (Open Daily)

HELLO

(1) MAP P16-A1

☎ No.2, Room-3, Namattaw Road, Kamaryut Township, Yangon

☎ 01-514010 ☎ 10:00-22:00 (Open Daily)

(2) MAP P16-A2

☎ 2nd Floor, Junction Square, Yangon

☎ 9:00-21:00 (Open Daily)

HEIWA na JAPANESE RESTAURANT

MAP P14-C2

☎ No.207, 32 Street, Upper Block, Pabedan Township, Yangon

☎ 01-375931 / 09-73191927

☎ 11:00-14:00 / 17:00-22:30 (LO 22:00) (Daily)

HORN

MAP P16-B2

☎ No.36(A), Golden Valley Street, Quarter(2), Bahan Township, Yangon

☎ 01-513404 / 09-420003996

☎ 11:00-14:00 / 17:00-22:00 (Open Daily)

HOTARU

MAP P14-A2

☎ Building(5), Top Floor, Junction Square, Kamaryut Township, Yangon

☎ 09-73193966 ☎ 11:00-22:00 (Open Daily)

IZUMI

MAP P16-A1

☎ 8G Diamond Condominium, Pyay Road, Kamaryut Township, Yangon

☎ 01-1221262 / 09-421144386

☎ 11:30-14:00 / 17:30-22:00 (No fixed holiday)

ISOSEI

MAP P13-C4

☎ 47/B, Moe Kaung Road, Kyauk Kone, Yankin Township, Yangon

☎ 09-250059308

☎ 11:00-14:00 / 17:00-22:00 (Monday off)

ICHIBAN KAN

MAP P14-C1

☎ G17/18, Aung San Stadium (North Wing), Gyophya Street, Mingalar Taungnyunt Township, Yangon

☎ 01-394824 / 01-393051 / 09-420077600

☎ 11:30-14:00 / 17:30-22:00 (Open Daily)

JAPAN JAPANESE RESTAURANT

MAP P15-D2

☎ No.253, Pansodan Upper Block, Kyauktada Township, Yangon

☎ 09-5130016 / 09-49577448 ☎ 11:00-22:30 (Daily)

KATANA

MAP P16-C1

☎ 138 C, New University Avenue Road, Bahan Township, Yangon

☎ 01-400842 ☎ 11:00-14:30 / 17:30-23:00

(LO 22:00) (Open Daily)

KATSU

MAP P15-D1

☎ No.8-2, Aung San Stadium (North Side), Yangon

☎ 01-381233 / 09-250402200

☎ 11:30-14:00 / 17:30-22:00 (2nd & 4th Sunday off)

KAMAKURA

MAP P13-B6

☎ 1 Floor, HOTEL KAN KAW, No.93(A), Hnin Si Kone Street, Ahlone Township, Yangon

☎ 01-228566 (Ext.122)

☎ 7:00-9:30 / 11:00-14:30 / 17:00-23:00 (Open Daily)

KAMAKURA Marina

MAP P13-C4

☎ (Inside of Marina Residence) 8 Kaba Aye Pagoda Road, Ward No.10 Mayangone Township, Yangon

☎ 01-650651 (Ext.8100) / 09-420048231

☎ 11:00-14:00 / 17:00-22:00 (Open Daily)

KANPAI

MAP 15-D3

☎ No.207, Bo Aung Kyaw Street, Kyauktada Township, Yangon

☎ 09-254269727 ☎ 10:00-22:00 (Open Daily)

KIREI

MAP P15-E2

☎ No.48, Yaekyaw Road, Pazuntaung Township, Yangon

☎ 09-254162292 / 09-254162272

☎ 12:00-15:00 / 17:00-22:00 (Monday off)

KIN SAKURA SUSHI

MAP P15-D2

☎ BAK, Olympic Tower, First Floor, Bo Aung Kyaw Street, Kyauktada Township, Yangon

☎ 01-256720 (Ext.204) / 09-5147840 / 09-250150816

☎ 11:00-21:00 (Open Daily)

Ko San 19th Street

MAP P14-B2

☎ 108, 19th Street, Latha Township, Yangon

☎ 09-420061869 / 09-428038032 ☎ 12:00-24:00

Ko San Cafe

MAP P16-A1

☎ 18, U Tun Lin Chan Street, Hledan, Yangon

☎ 01-706437 ☎ 8:00-23:00 (Open Daily)

KOBEYA

MAP P16-A1

☎ 615(B), Marlar Street, Pyay Road, Kamaryut Township, Yangon

☎ 01-535072 / 09-420015401

☎ 11:00-14:00 / 17:00-23:00 (Open Daily)

KOKORO

MAP P17-D2

☎ 55, Bo Sein Mhan Street, Bahan Township, Yangon

☎ 01-549544 / 01-4985376 ☎ 11:00-22:00 (Daily)

KOCHO

MAP P17-D2

☎ 5-4, U Chit Maung Housing, Tamwe Township, Yangon

☎ 09-254191597

☎ 11:30-14:00 / 17:30-22:00 (Open Daily)

KOHAKU

MAP P17-D3

☎ (Chatrium Hotel) No.40, Natmauk Road, Tamwe Township, Yangon

☎ 01-544500 (Ext.6231)

☎ 11:30-14:00 / 18:00-22:30 (Open Daily)

LITTLE TOKYO

(1) MAP P12-A3

☎ 10(D), Khaboung Road, Hlaing Township, Yangon

☎ 09-73185168 / 09-73178946 ☎ 10:30-22:00 (Daily)

(2) LITTLE TOKYO RAMEN HOUSE MAP P16-A2

☎ 2nd Floor, Junction Square, Yangon

☎ 09-73200185 ☎ 9:30-21:00 (Open Daily)

M'S DINING BAR

MAP P17-D3

☎ Utopia Tower, Bogoyoke Park, Kandawgyi National Park, Forest Zone, Bahan Township, Yangon

☎ 09-73195028 / 09-5169939

☎ 11:00-14:00 / 16:00-22:00 (Open Daily)

MATSU SUSHI

MAP P14-B2

☎ No.125, 19th Street, Latha Township, Yangon

☎ 01-250714 / 09-32210099

☎ 11:00-14:00 / 17:00-23:00 (Daily)

MARU GRILL RESTAURANT

MAP P14-B2

☎ No.134 Ground Floor, Shwe Taung Tan Road, 7 Quarter, Lanmadaw Township, Yangon

☎ 01-1221568 / 09-420308350

☎ 11:30-14:00 / 17:30-22:00 (Open Daily)

MANPUKU

MAP P14-A1

☎ 30, Sagawar Street, Dagon Township, Yangon

☎ 01-214284 / 09-8300426 / 09-5046736

☎ 15:00-23:00 (LO 22:00) (Open Daily)

MINA-O

MAP P14-C1

☎ No.284/286, Yaw Min Gyi Street, Dagon Township, Yangon

☎ 09-31109915 / 09-250007972

☎ 10:00-22:00 (Open Daily)

MIYOSHI RAMEN

MAP P14-C1

☎ 42/E, Bo Yar Nyunt Street, Dagon Township, Yangon

☎ 09-420098866

☎ 11:00-15:00 / 17:00-22:30 (Sunday off)

MONDO

MAP P14-C1

☎ 26(B), Yaw Min Gyi Street, Dagon Township, Yangon

☎ 01-252261 ☎ 11:30-13:30 / 17:30-22:30 (Daily)

NAGASAKI TEI

MAP P12-B3

☎ No.56(B), Thiri Marlar Street, 7.5mile, Pyay Road, Mayangone Township, Yangon

☎ 01-661350 / 09-5133506

- ☎ 01-555539 / 09-31382082 / 09-30224438
 ☎ 16:00-23:00 (Open Daily)
- RYUTA** ☆
 ☎ No.249-B, Ground Floor, Corner of 40th Street & Bogyoke Aungmye Road, Kyauktada Township, Yangon
- ☎ 09-250191419 ☎ 11:30-14:00 / 17:00-22:00(Daily)
- REN**
 ☎ 53, Sayarsan Street, Bahan Township, Yangon
 ☎ 01-1222488 ☎ 11:00-24:00 (Open Daily)
- SAKURA**
 ☎ 150, 40th Street (Lower Block), Kyauktada Township, Yangon
 ☎ 01-245160 / 09-254144359
 ☎ 12:00-15:00 / 17:00-21:30 (Closed on Mondays)
- SAMURAI SUSHI**
 ☎ 4EF, Ground Floor, Winkabar Street, Bahan Township, Yangon
 ☎ 09-73081871 / 09-5123240
 ☎ 11:00-22:00 (Open Daily)
- SAMURAI STYLE**
 ☎ (Inside Onocoro) Near Yankin Market & Sayar San Road, Yankin Township, Yangon. ☎ 09-254265526
 ☎ 11:00-22:00 (Open Daily)
- SHAWASE SUSHI**
 ☎ No.38-40/1(A), Boyarymyunt Street, Dagon Township, Yangon
 ☎ 09-49259184 / 09-450046434
 ☎ 9:30-21:30 (Open Daily)
- SHIKU-TEI**
 ☎ (Park Royal Yangon), No.33, Alan Pya Phaya Road, Dagon Township, Yangon
 ☎ 01-250388 (Ext.8119)
 ☎ 11:30-14:30 / 18:00-23:00 (Open Daily)
- SHABU-SHI**
 ☎ (Ocean Super Center) Corner of Shwe Gone Daing Road and Ba Nyar Dala Road, Bahan Township, Yangon
 ☎ 10:00-22:00 (Open Daily)
- SHABU TEI** ☆
 ☎ No.20, University Avenue, Bahan Township, Yangon
 ☎ 01-526655 ☎ 10:00-22:00 (Monday off)
- SHOSUKE**
 ☎ No. (D08, A), Parami Road, 4-Ward, South Okkalapa Township, Yangon
 ☎ 09-254137655 ☎ 11:00-24:00 (Open Daily)
- SUSHI ICHI**
 ☎ No.105, Phone Gyi Road (Middle Block), Lanmadaw Township, Yangon.
 ☎ 01-218282-4 ☎ 10:00-22:00 (Open Daily)
- SUSHI UNAGI TEI**
 ☎ 94-A, Lanthit Road, Lanmadaw Township, Yangon
 ☎ 01-228649 / 092-50143462 / 094-22461827
 ☎ 11:00-14:00 / 17:00-22:00 (Open Daily)
- SUSHI HOUSE** ☆
 (1)
 ☎ No.247/269 B, Room 001, Build C, Delta Plaza, Middle Shwe Gon Daing Street, Bahan Township, Yangon
 ☎ 01-552772 ☎ 11:00-22:00 (Open Daily)
- (2)
 ☎ No.45, Room B023, Basement(B1), Tawwin Center, Pyay Road, Dagon Township, Yangon
 ☎ 01-8600111 (Ext.1123) ☎ 9:00-21:00 (Open Daily)
- (3)
 ☎ No.86/B, Shin Saw Pu Street, Sanchaung Township, Yangon
 ☎ 01-511203 ☎ 11:00-22:00 (Open Daily)
- SUSHI YANGON**
 ☎ Myanmar Culture Valley, People's park & People's Square, U Wisara Road, Dagon Township, Yangon
 ☎ 09-5030471 / 09-5005613
 ☎ 9:00-22:00 (Open Daily)
- SEI** ☆
 ☎ (Aye Chan Thar Hotel) No.292/16 Aye Chan Thar Yar Road, Middle Shwe Gone Daing, (9)Block, Bahan Township, Yangon
 ☎ 01-542222 ☎ 17:00-23:00 (LO 22:00) (Monday off)
- TAKARA SUSHI**
 ☎ No.79/81 Corner of 40th Street & Anawrahta Road, Kyauktada Township, Yangon
 ☎ 01-381987 (Ext.1002) ☎ 9:00-21:00 (Open Daily)
- TSUKUJI SYUN** ☆
 ☎ Bo Myat Tun Condo, Building(A), Ground Floor, Room(G-03), Botahtaung Township, Yangon
 ☎ 09-31053910 / 09-420308588
 ☎ 11:30-14:00 / 17:30-23:00 (Sunday off)

- TEKETEKE**
 ☎ No.12, Bo Gyoke Museum Street, Bahan Township, Yangon
 ☎ 01-8604434 ☎ 11:00-23:00 (Open Daily)
- TENRI STAMINA RAMEN**
 ☎ 24, Baho Street, Ahlone Township, Yangon
 ☎ 09-73088884 ☎ 10:00-22:00 (Open Daily)
- TOMO**
 ☎ No.702, Mahabandoola Street, Latha Township, Yangon
 ☎ 01-251302 ☎ 10:00-22:00 (Open Daily)
- TORI**
 ☎ 135, Irya Road, Bahan Township, Yangon
 ☎ 09-250268732 ☎ 18:00-24:00 (Open Daily)
- URESHII KITCHEN**
 (1)
 ☎ No.111, Shwe Taung Tan Street, Lanmadaw Township, Yangon
 ☎ 01-224810 ☎ 9:00-22:00 (Open Daily)
- (2)
 ☎ Corner of Kyun Taw Road & Nar Nat Taw Street, Kamaryut Township, Yangon
 ☎ 01-536496
 ☎ 10:00-22:00 (Open Daily)
- WASABI**
 ☎ No.38/40, Boyarymyunt Street, Dagon Township, Yangon
-
- ☎ 09-5039139 / 09-425020667
 ☎ 11:30-15:00(LO 14:30) / 17:30-22:30(LO 21:30) (Monday off)
- YAMAGOYA RAMEN**
 ☎ No.5201, Uyin street, Sayasan Quarter, Bahan Township, Yangon
 ☎ 01-556774
 ☎ 11:00-15:00 / 18:00-22:00 (Sat,Sunday 11:00-22:00)
- YHET'S SUSHI&SOBA**
 ☎ No.57,Ground Floor, 37th Street(Lower Block), Kyauktada Township, Yangon
 ☎ 01-377212
 ☎ 11:00-22:00 (Open Daily)
- YAKINIKU FUKU-CHAN** ☆
 ☎ No.28(A), Kokong Swimming Pool Lane, Sayar San Main Road, Bahan Township, Yangon
 ☎ 01-555421 / 01-544156 / 09-5177176
 ☎ 11:00-14:00 / 18:00-22:00 (Open Daily)

Myanmar cuisine

- AUNG THU KA**
 ☎ 17(A), 1st Street, West Shwe Gone Daing Road, Bahan Township, Yangon
 ☎ 01-525194 / 09-5005296 / 09-5100683
 ☎ 9:00-21:00 (Open Daily)
- FEEL 3**
 ☎ No.124, Pyihtaungzu Yeiktha Street, Dagon Township, Yangon
 ☎ 09-73208132 / 09-73048783 ☎ 6:00-20:30 (Daily)
- HAPPY CAFE & NOODLES**
 ☎ 104B Inya Road, Kamaryut Township, Yangon
 ☎ 01-536685 ☎ 7:00-23:00 (Open Daily)
- PADONMAR RESTAURANT**
 ☎ No.105/107, Kha-Yae-Bin Road, Dagon Township, Yangon
 ☎ 01-538895 / 01-1220616 / 09-73029973
 ☎ 11:00-23:00 (Open Daily)
- SHAN YOE YAR RESAURANT**
 ☎ No.169,War Tan Street, Lanmadaw Township, Yangon
 ☎ 01-221524 / 09-250-566-695
 ☎ 06:00-22:00 (Last Order 21:30)(Open Daily)

Other cuisine

- ADAMAS**
 ☎ 14, Kanbawza Street,Golden Valley Bahan Township, Yangon
 ☎ 01-541064 / 01-526490 ☎ 11:00-22:30 (Daily)
- Asagiri Bar & Restaurant**
 ☎ Corner of Kyun Taw Road and Nar Nat Taw Road Kamaryut Township, Yangon
- ☎ 01-539598 ☎ 09:00-23:00 (Daily)
- CAFE DIBAR**
 ☎ No.104,University Avenue Road, Kamaryut, Yangon.
 ☎ 09-5006143 / 09-5114932 ☎ 10:00-22:00 (Daily)
- CAFE NAPOLI**
 ☎ No.287, East Shwe Gon Dine Road, Bahan Township, Yangon.
 ☎ 01-554957 / 09-420207233 / 09-250108513
 ☎ 10:00-21:30 (Daily)
- DELI CAFE' & CAKES BAKERY CAFE'**
 ☎ No.1 Kaba Aye Pagoda Road Yankin Township Yangon.
 ☎ 01-666 900. ☎ 7:00-21:00 (Open Daily)
- FRIENDSHIP RESTAURANT**
 ☎ No.102, Nawaday Theatre, Corner of Kaba Aye Pagoda Road & Oak Pone Seik Road, Mayaungone Township, Yangon
 ☎ 09-4932498 / 01-664741 (Ext.106)
 ☎ 9:00-14:00 / 16:00-22:30 (Open Daily)
- GOLDEN CRAB**
 ☎ No.28, Ground Floor(Right Side), South Horse Race Course Street, Tamwe Township, Yangon
 ☎ 01-541331 / 09-73139172 ☎ 11:00-22:00(Daily)
- GOLDEN DUCK Restaurant**
 ☎ Sayarsan Branch
 ☎ 09-73163366 / 09-73163377 ☎ 11:00-21:45(Daily)
- ☎ Junction 8 Branch
 ☎ 09-8617477 / 09-73355733 ☎ 11:00-21:45(Daily)
- ☎ Kan Taw Min Branch
 ☎ 09-73229233 / 01-240216 ☎ 10:30-22:00(Daily)
- ☎ Strand Road Branch
 ☎ 01-241234 / 01-372603 ☎ 10:00-21:00(Daily)
- HOUSE OF MEMORIES**
 ☎ 290, U Wisara Road, Kamaryut Township, Yangon
 ☎ 01-534242 / 01-525195 ☎ 11:00-23:00 (Daily)
- L'OPERA**
 ☎ No.62/D, U Tun Nyein Street, Mayaungone Township, Yangon(Near Inya Lake Hotel)
 ☎ 01-665516 / 01-660976 / 09-73080755
 ☎ 11:00-14:00 / 18:00-22:30 (Open Daily)
- MOONSOON RESTAURANT & BAR**
 ☎ No.85-87, Thein Phyu Road, Botahtaung Township, Yangon
 ☎ 01-295224 / 01-378421 / 09-5015653
 ☎ 10:00-23:00 (Open Daily)
- ORZO ITALIAN RESTAURANT**
 ☎ No.1 Kaba Aye Pagoda Road Yankin Township Yangon
 ☎ 01-666 900 ☎ 18:30-22:00 (Open Daily)
- PINNY HOUSE RESTAURANT**
 ☎ No.59, Baho Street, Hledan Township, Yangon
 ☎ 09-31915110 ☎ 11:00-14:00 / 17:00-23:00 (Daily)
- POOL BAR**
 ☎ Ground Level, in pool garden CHATRIUM No.40, Natmauk Road, Tamwe Township, Yangon.
 ☎ 01-544500 (Ext.6277) ☎ 10:00-18:00 (Daily)
- POTATO BREAK FAST FOOD RESTAURANT**
 ☎ Myanmar Culture Valley, U Wisara road, People's Park, Yangon.
 ☎ 09-5002588 / 09-254320342 ☎ 9:00-22:00 (Daily)
- ROYAL GARDEN RESTAURANT**
 ☎ Nat Mouk Road, Central Forest Zone, Kandawgyi Nature Park, Bahan Township, Yangon
 ☎ 01-546923 / 01-546202
 ☎ 6:15-14:15 / 18:00-22:30 (Open Daily)
- SHWE KAUNG HOT POT(T)** ☆
 ☎ No.18 Ko Min Ko Chin Road, Shwe Gon Daing, Bahan Township, Yangon
 ☎ 01-559339 ☎ 10:30-22:30(Open Daily)
- SI CHUAN DOU HUA**
 ☎ Inside Parkroyal, Alan Pya Phaya Road, Dagon Township, Yangon
 ☎ 01-250388 (Ext.8118) ☎ 11:00-14:30(Dim Sum)
 ☎ 16:00-21:30 (Buffet)
- SIGNATURE RESTAURANT/GARDEN**
 ☎ Corner of Bahan Street & Kan Yeh Thar Street, Bahan Township, Yangon
 ☎ 01-546487-8 / 01-543387
- SKY BISTRO**
 ☎ 20th Floor, Sakura Tower, Bogyoke Aung San Road, Kyauktada Township, Yangon
 ☎ 01-255277 ☎ 9:00-22:00 (Open Daily)
- THAI POT**
 ☎ No.250, East Myin Pyine Kwin Road, Tamwe Township, Yangon
 ☎ 09-8610393 / 09-5007997 ☎ 17:30-23:00(Open Daily)

- XI YANG YANG** **MAP P16-A3**
 No.4, Nyauung Tong Road, Sanchaung Township, Yangon
 ☎ 01-502582 ☎ 7:00-21:00 (Open Daily)
- THE EMPORIA RESTAURANT** **MAP P17-D3**
 Ground Level, CHATRIUM HOTEL
 No.40, Natmauk Road, Tamwe Township, Yangon.
 ☎ 01-544500 (Ext:6253) ☎ 06:00-10:30 /
 ☎ 11:30-14:30/18:00-22:30 (Daily)
- THE HOUSE** **MAP P16-B2**
 No.6, Kanbawza Street, Bahan Township, Yangon
 ☎ 01-8634400, 01-554212 ☎ 11:00-24:00 (Daily)

HOTEL

- BELMOND GOVERNOR'S RESIDENCE** **MAP P13-B6**
 No.35, Taw Win Road, Dagon Township, Yangon
 ☎ 01-229860 / 01-229861
- STRAND YANGON** **MAP P15-D3** 
 No.92, Strand Road, Yangon
 ☎ 01-243377
- SULE SHANGRI-LA**
 Renamed: Old TREDERS (Traders) **MAP P14-C2**
 No.223, Sule Pagoda Road, Kyauktada Township,
 Yangon
 ☎ 01-242828
- CHATRIUM** **MAP P17-D3** 
 No.40, Natmauk Road, Tamwe Township,
 Yangon
 ☎ 01-544500 / 01-544244
- SAVOY HOTEL** **MAP P16-B3**
 129, Corner Of Dhammazedi Road & Inya Road,
 Yangon
 ☎ 01-526289 / 01-526298 / 01-526805
- HOTEL ESTA** **MAP P14-A2**
 No.19/20 Bogyoke Aung San Road,
 Bahosi Compound, Lanmadaw Township, Yangon
 ☎ 01-223701 / 01-223702 / 01-223703
- KANDAWGYI PALACE** **MAP P16-C3** 
 Kan Yeik Tha Road, Mingalar Taung Nyunt
 Township, Yangon
 ☎ 01-249255
- HOTEL GRAND UNITED (AHLONE BRANCH)**
MAP P13-B6
 No. 35, (Corner of Hnin Si Gone Road, Front of Central
 Women Hospital), Min Ye Kyaw Zwa Rd, Yangon
 ☎ 01-391070
- CHERRY HILLS HOTEL** **MAP P16-C2**
 No.520/4 A, Kabar Aye Pagoda Road, Shwegon
 Daing, Bahan Township, Yangon
 ☎ 01-559722
- PARK ROYAL** **MAP P14-C1** 
 33, Alan Pya Phaya Road, Dagon Township, Yangon
 ☎ 01-250388
- HOTEL GRAND UNITED (Chinatown)**
MAP P14-B2
 No. 621, Maharbandoola Road (Corner of
 Bo Ywe Street), Latha Township, Yangon
 ☎ 01-372256 / 01-372257 / 01-372258
- HOTEL 51** **MAP P15-E2**
 No.154/156, 51st Street (Upper Block),
 Pazundaung Township, Downtown Yangon, Yangon
 ☎ 01-293022, 01-294460
- HOTEL KAN KAW** **MAP P13-B6** 
 No.93(A), Hnin Si Gone Road, Ahlone
 Township, Yangon
 ☎ 01-228566 / 01-2301700 / 01-1221731 / 01-1221898
- MICASA HOTEL** **MAP P12-C3** 
 No.17, Kabe Aye Pagoda Road, Yankin
 Township, Inya Lake, Yangon
 ☎ 01-650933
- BEST WESTERN GREEN HILL HOTEL**
MAP P17-D3 
 12, Pho Sein Road, Tamwe Township, Yangon
 ☎ 01-209299 / 01-209300, 209343, 209345
- INYA LAKE HOTEL**
MAP P12-C3
 No.37, Kaba Aye Pagoda Road, Yangon
 ☎ 01-9662866 / 01-9662857-9
- SUMMIT PARKVIEW HOTEL**
MAP P13-B5 
 350, Ahlone Road, Dagon Township, Yangon
 ☎ 01-211888 / 01-211966
- EAST HOTEL** **MAP P14-C2**
 234-240, (1) Quarter, Sule Pagoda Road, Kyauktada
 Township, Yangon
 ☎ 01-371358 / 09-73135311

- SEDONA HOTEL** **MAP P16-C1**
 No.1, Kaba Aye Pagoda Road, Yankin Township,
 Yangon
 ☎ 01-666900 / 01-666953
- EASTERN HOTEL** **MAP P15-E2**
 No.194/196, Bo Myat Hsun Street, Pazundaung
 Township, Yangon
 ☎ 01-293815 / 01-293168-9
- CLOVER CITY CENTER HOTEL**
MAP P14-C2
 217, 32nd Street (Upper Block), Pabedan Township,
 Yangon
 ☎ 01-377720-1 / 01-378276 / 01-378274
- HOTEL GRAND UNITED (21ST DOWNTOWN)**
MAP P14-C2
 No. 66-70, 21st Street, Latha Township,
 Yangon.
 ☎ 01-378200
- PANDA HOTEL** **MAP P14-A1**
 205, Corner Of Wadan Street & Min Ye Kyaw
 Swar Road, Lanmadaw Township, Yangon
 ☎ 01-212850-2 / 01-229358 / 01-229360-1
- CLOVER CITY CENTER PLUS HOTEL** **MAP P14-C2**
 No. 299, 32nd Street (Upper Block),
 Pabedan Township, Yangon
 ☎ 01-377975, 01-377976, 01-378685
- HIGH FIVE HOTEL** **MAP P12-C1**
 No. 35, Thiri Kan Thar St, North Okkalapa Township,
 Yangon, Myanmar
 ☎ 01-691900, 01-691885, 01-691698
- GRAND LAUREL HOTEL** **MAP P15-E2**
 No.153/159, Bogyoke Aung San Road, Botahtaung
 Township, Yangon
 ☎ 01-398771 / 01-298986 / 01-296209
- CLOVER HOTEL** **MAP P16-C3**
 7/A, Wingabar Road, Bahan Township, Yangon
 ☎ 09-73177781-4
- VINTAGE LUXURY YATCH HOTEL** **MAP P13-C6**
 No.6, Botahtaung Jetty, Botahtaung Township
 Yangon.
 ☎ 01-9010533 / 01-9010599
- MYANMAR LIFE HOTEL** **MAP P12-B1**
 No.41, Radio Station Road, Mingalardon, Yangon
 (Near Yangon International Airport)
 ☎ 01-664135, 664939, 661820, 664483
- CENTRAL HOTEL** **MAP P14-C2**
 335-337, Bogyoke Aung San Road, Pabedan
 Township, Yangon
 ☎ 01-241001-20

SPORT

GOLF

- CITY GOLF CLUB**
MAP P12-A1
 Thirringalar Street, 10Miles, Insein Township,
 Yangon
 ☎ 01-640086 / 01-641343 / 09-421119932
 ☎ 5:30-18:00 (Open Daily)
- PUN HLAING GOLF CLUB**
MAP P13-A4
 Pun Hlaing Golf Estate Avenue, Hlaing Tharyar,
 Hlaing Township, Yangon
 ☎ 01-684020-4 ☎ 6:00-15:00 (Closed on Mondays)
- YANGON GOLF CLUB**
MAP P12-A1
 Da Nyin Gone Golf Course, Insein Township, Yangon
 ☎ 01-635617 / 01-635563
 ☎ 6:00-18:00 (Reservations required Monday holiday /
 Saturdays, Sundays and holidays only play)

COFFEE / FAST FOOD

- ACACIA TEA SALON** **MAP P16-C1** 
 No.52 Saya San Road, Bahan Township, Yangon
 ☎ 01-554739 ☎ 10:00-22:00 (Open Daily)
- FRESHNESS BURGER** **MAP P16-B3**
 (At Myanmar Culture Valley / People's Park & People's
 Square, U Wisara Road, Dagon
 Township, Yangon
 ☎ 09-32316061 / 09-254408637
 ☎ 10:00-20:00 (Open Daily)

- LA VIE EN ROSE**
MAP P16-A3
 No.136, Bargayar Road, Sa Ya Tun Street Corner,
 Sanchaung Township, Yangon
 ☎ 01-503373 ☎ 10:00-20:00 (Open Daily)
- (2) MAP P16-B1**
 No.78-D1, Inya Road, Kamaryut Township, Yangon
 ☎ 09-31262648 ☎ 10:00-20:00 (Open Daily)
- (3) MAP P16-B1**
 (Cafe ON THE WAY) No.121-E, Than Lwin Road,
 Kamaryut Township, Yangon
 ☎ 09-250988271 ☎ 9:00-21:00 (Open Daily)
- LOTTERIA**
 (1) Junction Square Branch **MAP P16-A2**
 ☎ 8:30-22:00 (Open Daily)
 (2) Pearl Condo Branch **MAP P16-C2**
 ☎ 8:00-22:30 (Open Daily)
 (3) China Town Branch **MAP P14-A2**
 ☎ 8:00-22:30 (Open Daily)
 (4) Junction 8 Branch **MAP P12-B2**
 ☎ 9:00-22:30 (Open Daily)

BAR NIGHTSPOT

- 50th Street Café Restaurant & Bar** **MAP P15-E3**
 No.520, (A 3/4), Kabaraye Pagoda Road,
 Shwe Gon Daing, bahan Township, Yangon
 ☎ 01-8603045 ☎ 24 Hours (Daily)
- Gallery Bar & Restaurant** **MAP P14-C2**
 No.223, Sule Pagoda Road, Kyauktada Township,
 Yangon
 ☎ 01-242828
- WINE BAR MARU** **MAP P14-B2** 
 No.130 Ground Floor, Shwe Taung Tan
 Road, 7 Quarter, Lanmadaw Township, Yangon
 ☎ 01-1221568 / 09-420308350 ☎ 18:00-24:00 (Daily)
- VISTA BAR** **MAP P16-C3**
 No.168, Corner of Shwegondine Road and
 Yaedershay Road, Bahan Township, Yangon
 ☎ 09-51559481 ☎ 17:00-25:00 (Open Daily)
- PWINT THIT SANN** **MAP P16-C3**
 No.520, (A 3/4), Kabaraye Pagoda Road,
 Shwe Gon Daing, bahan Township, Yangon
 ☎ 01-8603045 ☎ 24 Hours (Daily)
- Union Bar & Grill** **MAP P15-D3**
 No.42 Strand Road, Yangon
 ☎ 09-31018272 ☎ 10:00-1:00 (Daily)

SOUVENIR

- BUIN** **MAP P16-A3**
 77, Min Street, Sanchaung Township, Yangon
 ☎ 01-519001 / 09-5027390 ☎ 11:00-21:00 (Sunday off)
- K&K** **MAP P15-E2**
 No.99 GF, 49th Street, Pazundaung
 Township, Yangon
 ☎ 09-3221481 / 09-254070580
 ☎ 9:00-17:00 (Open Daily)
- 
Select Boutique the Thiripitsaya -jewels & textiles
MAP P16-B2 
 Sakura Residence, No.9 Inya Road, Kamaryut
 Township, Yangon, Myanmar
 ☎ 01-525001
 ☎ 10:00-18:00 (Tuesday off)
- SUN MOVIE JAPANESE DVD** **MAP P14-C2**
 No.156/158, 34 Street, Upper, Anawrahtar Road,
 Kyauktada Township, Yangon
 ☎ 09-256218704 ☎ 11:00-21:00 (Open Daily)

Beauty, health

Spa sauna

- GOLDEN PARK** **MAP P12-D2 (Outside Right)**
 National Sports Complex, Pin Lon Road, North Dagon
 Township, Yangon
 ☎ 09-254263991 ☎ 8:00-26:00 (Open Daily)



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