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International night: Studying at Faculty of Education MU through the eyes of students from Myanmar

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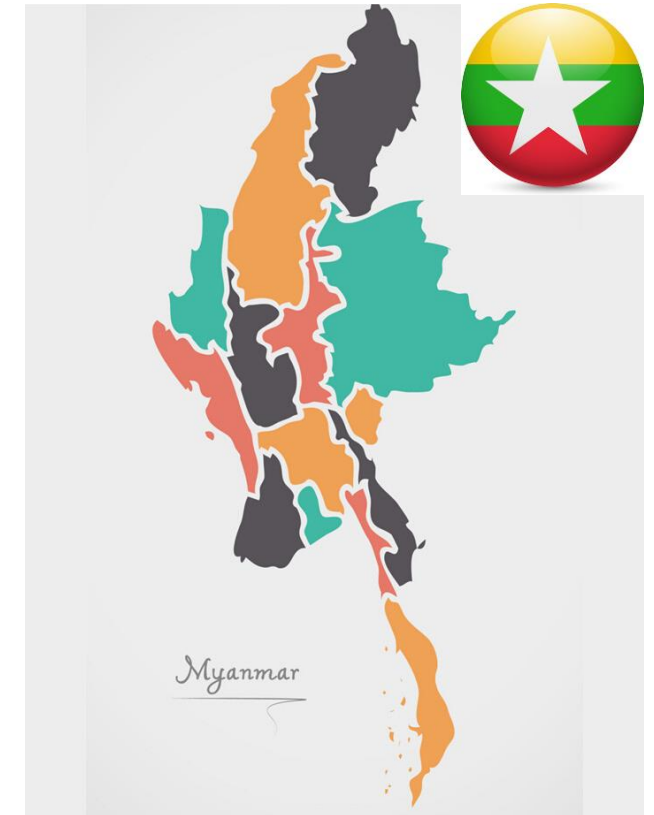
Education for Diversity and Inclusion

The Republic of the Union of Myanmar

Myanmar, also known as Burma, is a Southeast Asian nation with a rich cultural heritage and breathtaking landscapes.

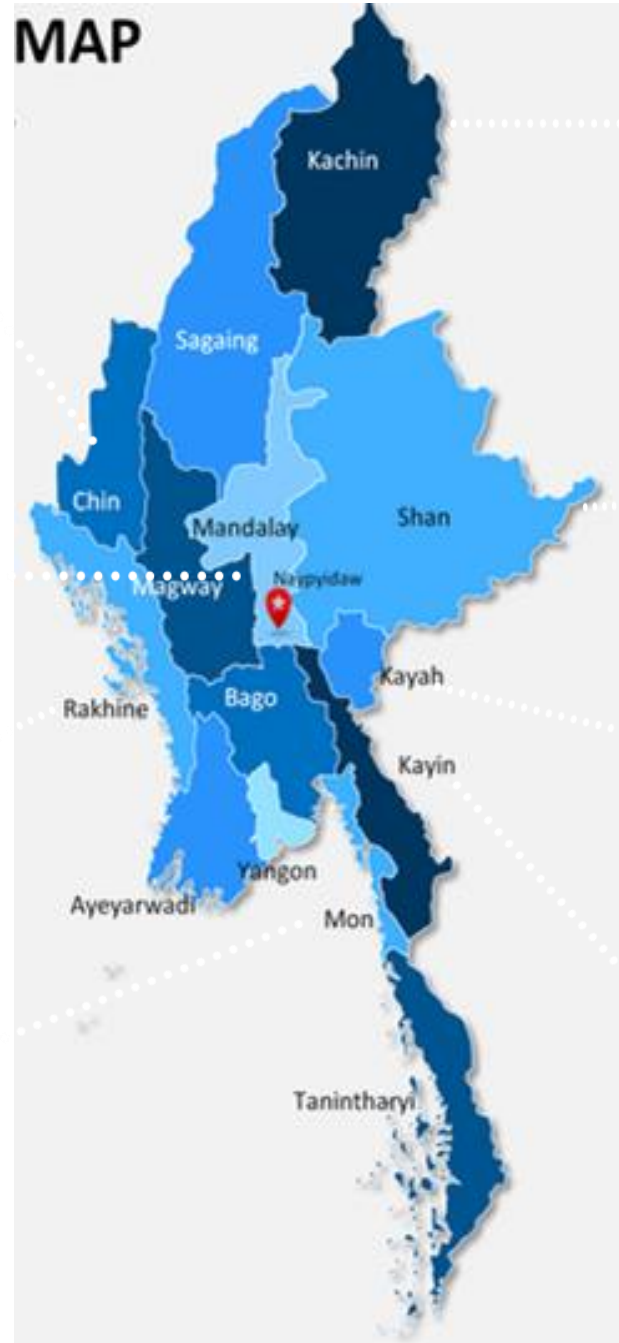
Myanmar shares its borders with China, Laos, Thailand, Bangladesh, and India.

With a population of approximately 55-60 million, it ranks as the world's 40th largest country and is the second-largest in Southeast Asia.



Ethnic Groups

- (8) Main Ethnic Groups
- More than (135) Ethnic Groups and Languages



Culture

Clothing

Traditional clothing in Myanmar includes the elegant longyi, a cylindrical piece of fabric worn around the waist.

Longyi



Thanaka

Thanaka has been used for over 2000 years by Burmese people to promote healthy skin. It is made from grinding the bark of the Thanaka tree.

Thanaka



Culture

Religion

Myanmar's religious practices include meditation, chanting, and offerings at temples and monasteries.

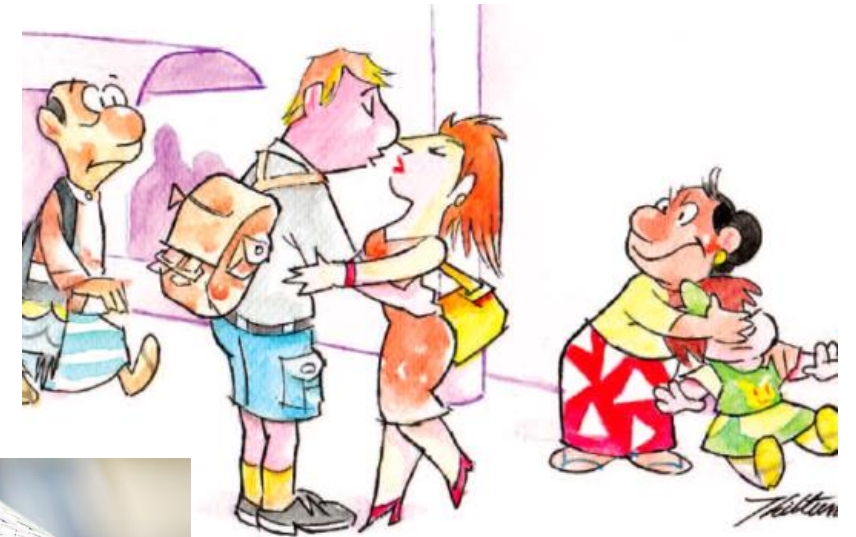
Behaviour

Burmese culture places a strong emphasis on politeness and respect. People are generally courteous in their interactions, using formal language and gestures to show respect, especially to elders.



Fun Facts about Burmese Culture

- No kissing in the public
- remove your shoes while entering the religious site and visiting homes
- don't touch head
- don't point with your feet
- Giving things with both hands
- Do smile



Food

Traditional Meal

A Burmese traditional meal are basically different kinds of curries and vegetables eating with rice together with soup.



Mont Hin Gar

A traditional breakfast soup made with rice noodles, fish broth, and aromatic herbs.



Tea Leaf Salad

A unique tea leaf salad mixed with peanuts, crispy beans, and garlic.



Food

Burmese Tea

Burmese milk tea is a tea beverage from Myanmar, traditionally made with strongly brewed black tea and milk. Burmese milk tea is commonly consumed at tea shops.



Mont Lone Yay Paw

Mont lone yay paw is typically prepared for festive occasions such as Myanmar New Year (known as Thingyan or Water Festival).

Shwe Yin Aye

Shwe yin aye is a traditional Burmese dessert commonly associated with the Thingyan season.



Fun Facts about Burmese Food

- We don't eat Dog.
- We eat with our hand.
- We have rice everyday. It is our main food.
- We eat fried cricket.



Popular Traditional Festivals

Thingyan Festival (Water Festival)

This is the Burmese New Year Festival that usually takes place in mid-April. People throw water on one another in the streets in a symbolic gesture of washing away the sins and bad luck of the previous year to welcome the new year with purity.



Thadingyut Festival (Lights Festival)

This festival usually marks the end of buddhist Lent. The country is adored with lights and candles to welcome Buddha's descent from heaven after preaching to his mother's spirit.



Main Economic

Agriculture

Burma's agricultural exports include rice, maize, beans, pulses, sesame, onion, tamarind, raw rubber, mangos, melons, onions, chilies, and others. Burma was once Asia's largest exporter of rice, and rice remains the country's most crucial agricultural commodity.

Resources

Myanmar is rich in Minerals, including metal ores, petroleum, and natural gas, and also has significant deposits of precious and semiprecious stones.



Top places to see in Myanmar



Tourist attractions in Myanmar

Bagan

Bagan is famous for its vast plain with more than 2000 temples, pagodas, and monasteries that were built between the 11th and 13th centuries. It is one of the world's greatest archaeological sites.



Inle Lake

Inle Lake known for its floating villages, gardens, and the unique technique of leg-rowing by the intha fishermen. The picturesque lake offers beautiful views and insight into the lives of the local communities.



Shwedagon Pagoda

Shwedagon Pagoda is located in Yangon, this 99-meter-tall golden stupa is the most sacred Buddhist pagoda in Myanmar, believed to contain relics of the four previous Buddhas. It's a prominent symbol of the country and a must-visit site.



Ngapali Beach

Ngapali Beach offers pristine white sands and clear blue waters is arguably Myanmar's most famous beach getaway, providing a relaxed and peaceful atmosphere.



Mandalay

As the last royal capital of the Burmese kingdom, Mandalay has a wealth of history and culture to explore, including the Royal Palace and nearby ancient city of Amarapura with its iconic U Bein Bridge, the longest teakwood bridge in the world.



Useful Burmese phrases

1. Hello
Par

Min-Ga-Lar-

က	ခ	ဂ	ဃ	င
ka/ga	kha/ga	ga/ka	ga	nga

2. Thank you

Kyay-Zu-Tin-Par-Tal

စ	ဆ	ဇ	ဈ	ည
sa/za	sha/za	za	za	gna

Kyay-Zu-Bal

ငူ	ဌ	ဍ	ဎ	က
ta/da	tha/da	da	da	na

1. Nice to meet you

Twe-Ya-Tar-Wan-Thar-Par-Tal

တ	ထ	ဒ	ဓ	န
ta/da	tha/da	da	da	na

2. Yes

Hoke-Tal

ပ	ဖ	ဗ	ဘ	မ
pa/ba	pha/ba	ba	ba/pha	ma

3. No

Ma-Hoke-Bu

ယ	ရ	လ	ဝ	သ
ya	ya	la	wa	tha/ða

4. Bye Bye

Ta-Tar

ဟ	ဠ	အ
ha	la	ʔa

5. I love You

Chit-Tal

What's happening in Myanmar

1 Feb 2021

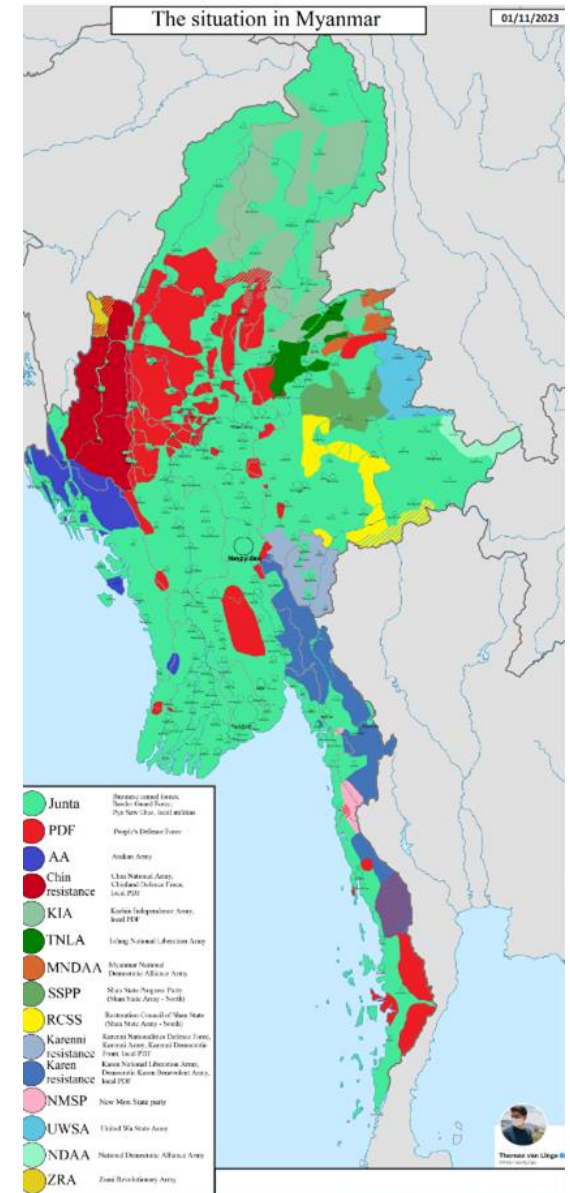
- Military Coup
- State Counsellor (Aung San Suu Kyi) and others civilian leaders have been detained by the military, allenging voter fraud in November 2020 general elections
- The military, led by General Min Aung Hlaing, declared a state of emergency and seized control of the government
- Following the coup, mass protests erupted across Myanmar, people from various sectors of society expressing their opposition to military rule.
- start doing Civil Disobedience Movement (CDM)
- The military responded with a crackdown on protesters, leading to widespread human rights abuses
- The military imposed martial law, internet blackouts and restricted media freedom



What's happening in Myanmar

2021 ~ 2024

- nearly 3,000 killed, nearly 17,000 detained, and more than 1.5 million displaced
- National Unity Government (NUG) had formed in 16 April 2021
- People's Defence Force (PDF) formed in 5 May 2021 with 26 PDF group and allies with 15 ethnicity armed force
- Health Care system and Education Failure
- Instability and conflict are still happening throughout the country
- Statement has been declared by the military that all men ages 18 to 35 and women ages 18 to 27 are required to serve for up to 2 years under military command



What's happening in Myanmar

[Myanmar Military Coup 2021](#)



Thank you so much!!!

Sources;

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