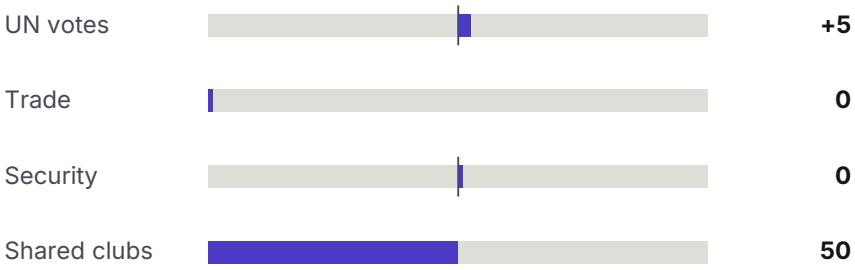
Laos & Myanmar

+9

Neutral

Relationship index, −100 to +100. Votes and security run from −100 to +100; trade and shared clubs from 0 to 100.

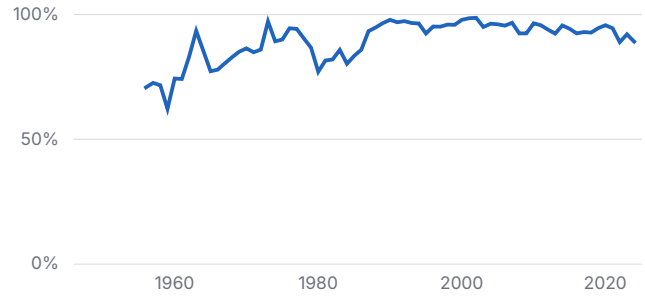


IN SHORT

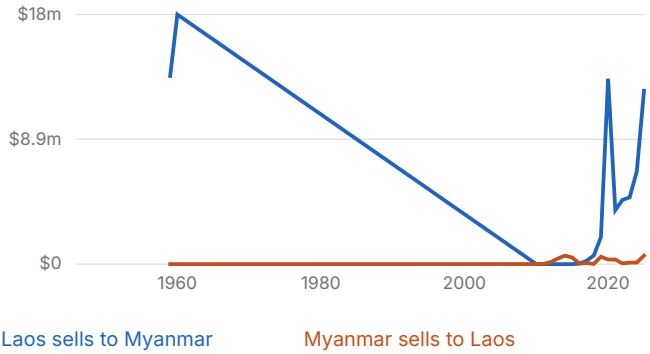
- At the UN their vote agreement is 90% (2022–2024), about average for both of them.
- Trade in goods ($8.2 million a year) is a very small part of either country's trade, under 0.5%.
- In its UN General Debate speeches, Myanmar names Laos more often than the reverse (24 sentences against 9).
- 3,200 people born in Myanmar live in Laos (UN DESA counts place of birth, however long ago they moved).

OVER TIME

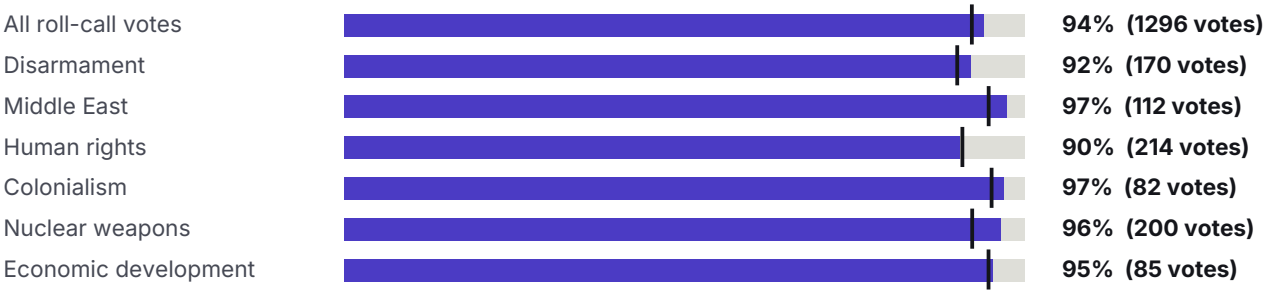
Share of recorded UN votes cast the same way



Goods exports each way (US dollars)



VOTES TOPIC BY TOPIC (SINCE 2010)



Bar: since 2010. Mark: all years. Share of roll-call votes on whole texts cast the same way, counted vote by vote; an abstention against a yes counts as a difference. Disarmament, colonialism and economic development count votes up to 2018.

THE FACTS

UN votes At the UN, the vote agreement of Laos and Myanmar was 90% in 2022–2024. For Laos, Myanmar is the 88th closest voting partner out of 191; for Myanmar, Laos is the 95th closest partner.

Trade Trade in goods between them averaged $8.2 million a year in 2023–2025: less than 0.1% of all

	Laos' trade and less than 0.1% of Myanmar's.
Words	Since 1946, Laos has named Myanmar in 9 sentences of its General Debate speeches; Myanmar has named Laos in 24.
Security	No armed conflict between the two governments is recorded since 1946 (UCDP, data to 2025).
People	3,200 born in Myanmar live in Laos (2024, UN DESA).
People	Their national football teams have met 21 times.

HOW SURE WE ARE

UN votes	**High**	260 shared votes on whole texts in 2022–2024, the years the headline share covers. With that many, a share is good to about ±6 points.
Trade	**High**	Goods trade is reported in 3 of the 3 years 2023–2025. Goods only, from customs data (IMF); services and energy pipelines are not in it.
Security	**High**	The Uppsala Conflict Data Program covers every state up to 2025. It counts only conflicts with at least 25 battle deaths a year.
Shared clubs	**High**	The list of tracked groups is fixed; membership is checked by hand.
Index	**High**	As sure as the weaker of its two required parts, votes and trade. Security and shared clubs add to it but never make it surer.

SOURCES AND HOW TO CITE

UN votes, speeches, mentions and trade: Nations on Record (UN General Assembly voting data, UN General Debate Corpus, IMF International Trade in Goods). Armed conflict: Uppsala Conflict Data Program, version 26.1. Migration: UN DESA International Migrant Stock 2024. Refugees: UNHCR. Football: international results archive (CC0). Every score follows fixed rules written out on /method; AI never sets a score. Independent and non-commercial; not affiliated with the United Nations.

Cite as

NationsRelations. (2026). Laos & Myanmar [scoring rules 0.4 (14 Nov 2026), scores built 2026-11-14]. https://nationsrelations.org/p/lao-mmr

Scan to open the live page