

Travel Facts



US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise increased caution in Tajikistan due to terrorism, unexploded landmines, and occasional violence near the border with Kyrgyzstan. Some areas have increased risk. Reconsider travel to within five miles of Tajikistan's border with Afghanistan and Gorno-Badakhshon Autonomous Oblast. Consult the website for updates to travel advisories and statements on safety, security, local laws, and special circumstances in this country.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

US citizens should make sure their passport will not expire for at least 6 months after they enter the country even if they do not intend to stay that long. They should also make sure they have at least 2 blank pages in their passport for each entry stamp/visa that will be required. A visa is required for stays longer than 30 days.

US Embassy/Consulate

992-37-229-2000, 992-37-229-2300, (consular direct line); EMER: 992-98-580-1032; US Embassy Dushanbe, 109A, Ismoil Somoni Avenue, Dushanbe, Tajikistan 734019; DushanbeConsular@state.gov; <https://tj.usembassy.gov/>

LGBTQ+ Travelers

When venturing abroad, LGBTQIA+ travelers can face unique challenges since laws, attitudes, and legal protections vary from country to country. Consult the website via the link below to learn what precautions to take before and during your trip.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>

Telephone Code

992

Local Emergency Phone

3

Vaccinations

The CDC and WHO recommend the following vaccinations for Tajikistan: hepatitis A, hepatitis B, typhoid, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza.

<http://www.who.int/>

Climate

Mid-latitude continental, hot summers, mild winters; semiarid to polar in Pamir Mountains

Currency (Code)

Tajikistani somoni (TJS)

Electricity/Voltage/Plug Type(s)

220 V / 50 Hz / plug types(s): C, F



Type C



Type F

Major Languages

Tajik, Uzbek, Kyrgyz, Russian

Major Religions

Muslim

Time Difference

UTC+5 (10 hours ahead of Washington, DC, during Standard Time)

Potable Water

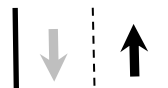
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Right



Tourist Destinations

Dushanbe; Pamir Highway; Jisev Valley Hiking; Iskanderkul Lake; Murghab; Bulunkul & Yashilkul Lakes Trekking

Major Sports

Baseball, soccer, basketball, golf, softball

Cultural Practices

Dress conservatively in rural areas out of respect for local customs.

Tipping Guidelines

It is standard to tip a bellhop \$1 (USD) per bag; although not expected, tipping the hotel cleaning staff is appropriate. Taxi drivers do not expect tips.

Souvenirs

Arabic words worked into jewelry, musical instruments, utensils, and small sculptures; carved furniture; hand-woven carpets; brocade fabric items; gold-embroidered rumol belts, toki kallapush scullcaps, and other items; dried apricots; Soviet-era memorabilia

Traditional Cuisine

Qurutob — dried balls of cheese are soaked in water and the resulting salty liquid is used as the base of the dish; strips of flatbread are placed on top and the mixture is usually topped with a variety of vegetables, meat, or garnished with chili peppers

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