

Turkmenistan

Travel Facts



US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise increased caution in Turkmenistan due to the limited travel options into and out of the country on short notice. Consult its website via the link below 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

For the latest passport and visa requirements for this country, please consult the U.S. State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

+(993)(12)94 0045, Consular Information Line: +(993)(12)94 0049 (Monday and Friday, 11am – 1pm); EMER: Local calls: 940045; US Embassy Ashgabat, 9 1984 Street (formerly Pushkin Street), Ashgabat, Turkmenistan 744000; ConsularAshgab@state.gov;

<https://tm.usembassy.gov/>

Types of Travelers

Additional travel considerations can be found on the US Dept of State International Travel page.

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

Telephone Code

993

Local Emergency Phone

3

Vaccinations

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

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

Climate

Subtropical desert

Currency (Code)

Turkmenistani manat (TMM)

Electricity/Voltage/Plug Type(s)

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



Type C



Type F

Major Languages

Turkmen, Russian, Uzbek

Major Religions

Muslim, Christian

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

Ashgabat (includes National Museum, Carpet Museum); Turabeg Khanym Complex; Kow Ata Underground Lake; Yangykala Canyon; Mary Regional Museum; Ancient Merv & Mausoleum of Sultan Sanjar

Major Sports

Soccer

Cultural Practices

Turkmen people have a strong connection to their horses, and horsemanship is considered a symbol of prestige and bravery. This nomadic heritage is also reflected in traditional clothing, which often features long, flowing robes and hats, and in the use of portable tents for shelter.

Tipping Guidelines

Tip guides \$8-10 (USD) per person per day for a tour. Tour drivers may be tipped \$5 (USD).

Souvenirs

Carpets, scarves, silk, gold statues, Turkmen calendars, Turkmen sheepskin hats

Traditional Cuisine

Ishleki — a flatbread-type dough wrapped around a filling including minced lamb, onions, and spices and then fried

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