

# Tajikistan

## Travel Facts



### US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Tajikistan due to terrorism, unexploded landmines, occasional violence near the border with Kyrgyzstan, and limited ability to assist U.S.-Tajik dual nationals. Some areas have increased risk.

<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 US 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

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

### LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

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

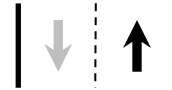
Opt for bottled water

### 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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