

Tajikistan

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Tajikistan due to terrorism.

<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

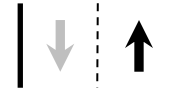
Opt for bottled water

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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