

Turkmenistan

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise normal precautions in Turkmenistan. <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

+ (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/>

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

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

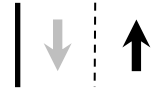
Opt for bottled water

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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