

Tajikistan

Travel Facts



US State Dept Travel Advisory

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

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/>

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

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

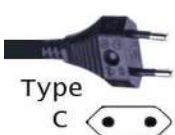
Mid-latitude continental, hot summers, mild winters; semiarid to polar in Pamir Mountains

Currency (Code)

Tajikistani somoni (TJS)

Electricity/Voltage/Plug Type(s)

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



Major Languages

Tajik, Uzbek, Kyrgyz, Russian

Major Religions

Muslim

Time Difference

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

Potable Water

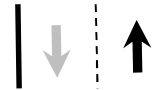
Opt for bottled water

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

April 2024

