



GENERAL INFORMATION



- Official language – **Tajik**; most of the country's population can speak Russian.
- Time Zone: UTC/GMT+5 hours.
- Electric power: 220 V AC, 50 A; CEE 7 standards 2-pin plugs and sockets.
- Tajikistan is a mountainous country. The weather differs significantly depending on the altitude. On average, the climate in the Pamirs is high-altitude, sharply continental, in some places – polar. In the highlands, it can snow even in summer, and peaks above 5000 are always covered with snow.
- In the valleys, the air temperature in winter does not fall below -5 degrees, and in summer it does not exceed +38°C. Spring and autumn are warm and sunny.
- **Best time to visit** the country: between June and September. The best time for climbing and trekking is summer.
- Tips are welcomed in Tajikistan and in most cases are 5–10%.
- For **photo and video** shooting on the territory of museums and historical monuments, an additional fee may be charged.



ABOUT US

CENTRAL ASIA TRAVEL

Tour Operator in Central Asia

Central Asia Travel Company is specializing in all possible tours in Uzbekistan and all over Central Asia:

- *Sightseeing and heritage tours:* guided tour packages along Great Silk Road cities in Uzbekistan, Kyrgyzstan, Tajikistan, Kazakhstan and Turkmenistan.
- *Adventure tours:* expeditions, trekking and hiking tours in Pamir and Tian Shan Mountains, 4WD jeep tours in desert and mountains, ski&heliski, biking, horse&camel riding.
- *M.I.C.E. services:* arrangement of business and corporate trips, team building activities and events.
- *Thematic tours:* gastronomic tours, Christmas tours, tours arranged to coincide with local cultural celebrations and festivals etc.
- Booking of hotels, air and railway tickets; transportation services.

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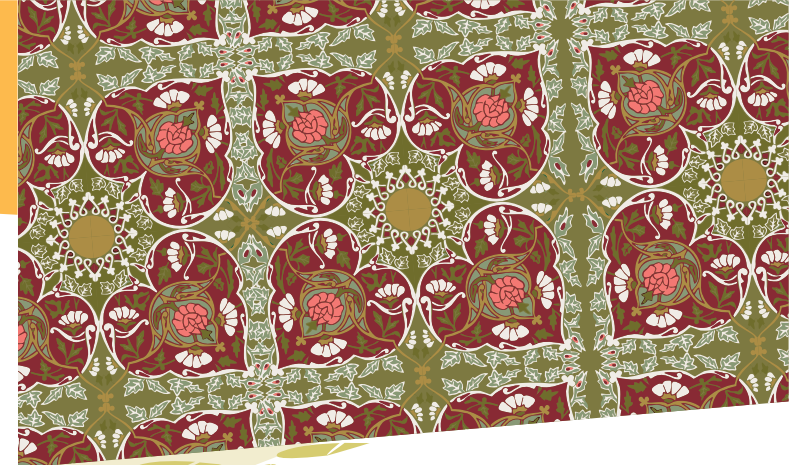
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Travel Advice



TAJIKISTAN

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PERSONAL SAFETY

- You should carry with you your passport (or a copy of passport) and visa (if required).
- The people are tolerant of and friendly and hospitable to foreigners and representatives of different religions.
- There are no strict prohibitions as to alcohol use. Taking alcohol in streets and public places is not acceptable.
- Do not exchange currency with unauthorised persons in the streets or at markets.
- Do not take photographs and videos at airport and military facilities.
- Do not carry large sums of money with you and do not wear bright jewelry.
- Tajikistan uses the right-hand traffic. Be careful on the roads – there are many reckless drivers throughout the country.



CLOTHES AND SOME LOCAL SPECIFICITIES

- **There are no special restrictions and prescriptions.** Women are not recommended to wear short shorts/skirts, mini dresses and overly open blouses. In general, modest and practical clothing is encouraged.
- Visiting **religious and cultic places** women must have a shawl or neckerchief to cover their head and shoulders. In Tajikistan people take off their footwear before entering a mosque.
- In **mountains** temperature fluctuations may be very significant during the day. The air in the mountains is usually much cooler than in the cities. You should bring windproof and waterproof clothing and shoes, as well as a hat and sunglasses.
- If you are planning to go for a **trekking/expedition** to the highlands of the Pamirs, please prepare the necessary equipment, appropriate clothing and footwear in advance.
- **Hospitality** is the inherent quality of the Tajik people. If you are offered a bowl of tea or some bread, it would be impolite to reject them. In cities people generally follow a secular lifestyle, while rural population adheres more to Islamic traditions.
- Bargaining is customary in bazaars, while prices in shops are fixed.



DOCUMENTS AND MONEY

For citizens of 52 countries, a **visa-free regime** has been established for up to 30 days. Entry to Tajikistan with an international passport.



- If a **visa is required**, tourists can apply for a Tajikistan e-Visa on the state portal www.evisa.tj. The e-Visa is an alternative to visas issued at Tajikistan missions and at the ports of entry; it must be used for short-stay visits only (max 60 days).
- If you need to enter to the **GBAO** (Gorno-Badakhshan Autonomous region), you must have a special permission in addition to the Tajikistan E-Visa. The permit to GBAO costs 20\$ US dollars.
- If the amount of imported foreign currency **does not exceed 3000 USD** or the equivalent in another currency, and there are no specially declared goods, then you **do not need** to fill out a **customs declaration**. Import and export of the national currency is prohibited. It is also prohibited to export food products, minerals and rocks without the permission of the authorities, precious stones and metals without a certificate of their purchase in the shops of Tajikistan.
- Foreign citizens who enjoy a visa-free entry must register temporarily (*registration for foreigners*) within 10 workdays from the date of entry to Tajikistan. When staying at the hotel, registration is carried out by the hotel staff. Registration for those foreign citizens who entered the country on the basis of a visa is not required.
- Health insurance must be issued in advance, before entering the country. The medical insurance policy must cover cost of COVID-19 treatment as well.
- The national currency of Tajikistan is the Tajik *somoni* (**TJS**).
- **Currency exchange** offices accept **US dollars**, Euros and other foreign currencies; we recommend that you bring with you only new banknotes, without creases or folds, having on them no written notes or any other marks. Currency can be exchanged at exchange offices located in banks in Dushanbe and Khujand, airports, railway stations (open from 09:00 to 17:00 on weekdays), large hotels.
- **Visa** and **Mastercard** are only acceptable in Dushanbe. ATMs are few and only available in Dushanbe and Khujand. You had better have enough cash with you.



TELEPHONE AND INTERNET

- **Tajikistan country code is +992.**
- A foreigner can use the services of Tajik mobile operators for the duration of his visa or period of permitted stay; there are 2G, 3G, and 4G/LTE networks.
- Connection failures may occur in mountains.
- The larger is the city the better is the quality of Internet it offers. Some remote villages may fail to offer any Internet services at all. Many hotels provide free Wi-Fi into their premises.



NUTRITION AND HEALTH



- Negative PCR test or COVID-19 vaccination certificate are not required to enter Tajikistan. **No special vaccination** is required to visit Tajikistan as well.
- You should drink only bottled water and hot tea after meals. In bars and restaurants, you should ask for drinks **without ice**.
- If you have gastrointestinal problems you should be careful about local food. It is very tasty but contains much fat.
- Meat dishes are very popular in Tajikistan: lamb and goat, less often beef and chicken, fish (mostly fried). Most dishes in **Tajik cuisine** are richly seasoned with onions, spices, herbs, sour milk (*katyk*). Fruits and vegetables are plentiful.
- As a rule, there are no problems as to purchasing medicine in Tajikistan, because pharmacies are provided with all necessary medication. If you need specific medications, please bring them with you along with a prescription from your doctor.
- **An individual first aid kit** is a must for those who plan to travel in the mountains.