



## GENERAL INFORMATION

- **Official language** – Uzbek; most of the country's population can speak Russian, while many of those employed in the services sector speak good English.



- Time Zone: UTC/GMT+5 hours.
- Electric power: 220 V AC, 50 A; CEE 7 standards 2-pin plugs and sockets.

- **Best time to visit** the country: between March and June and between September and November.

- Average winter temperature: between +10°C and -3°C. In spring the weather is warm and sunny. In summer daytime temperatures range between +35°C and +45°C. Autumn is mild and warm.

- Tips are welcomed in Uzbekistan. It is quite acceptable if you thank service staff in this way.



- For photo and video shooting on the territory of museums and historical monuments, an additional fee may be charged.



## IF I HAVE A CHILD WITH ME

- To bring your child to Uzbekistan you must provide her/him with an international passport or enter information about your child (if he/she is under 14 years old) into your international passport.

- **Children under 16** do not need to fill in a customs declaration upon arrival or obtain a temporary registration to stay in the territory of Uzbekistan.



## ABOUT US

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

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- Booking of hotels, air and railway tickets; transportation services.

### Central Asia Travel

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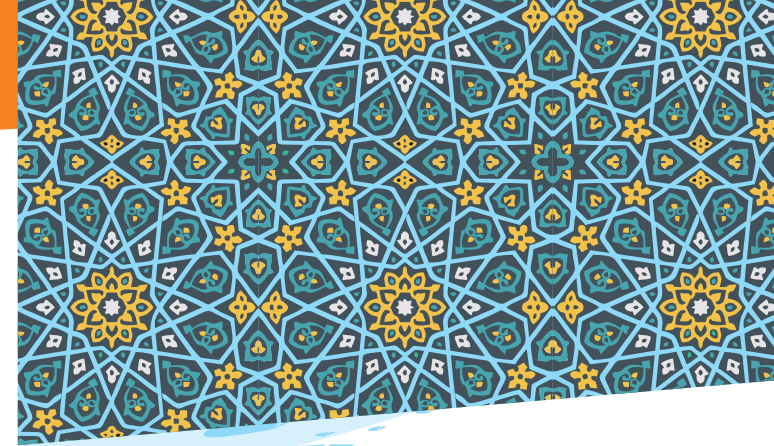
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# Travel Advice



# UZBEKISTAN

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## PERSONAL SAFETY

- With actually very few street crimes committed in the country, Uzbekistan is absolutely safe for travelling.
  - 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. Alcoholic drinks can be bought in special shops and ordered at cafes and restaurants. 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 in the Tashkent underground, at airports, railway stations and religious places.
- Uzbekistan 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 either men or women – wear any comfortable and familiar clothes, including shorts, T-shirts, etc. In hot weather, it is better to give preference to breathable clothing made from natural fabrics and wear a hat.
- Visiting **religious and cultic places** women must have a shawl or neckerchief to cover their head and shoulders. In Uzbekistan people take off their footwear before entering a mosque.
- In **mountains and deserts** temperature fluctuations may be very significant during the day. The air in the mountains is usually much cooler than in the cities. In Samarkand it is often quite windy.
- **Hospitality** is the inherent quality of the Uzbek 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.



## DOCUMENTS AND MONEY

- For citizens of more than 60 countries, a **visa-free regime** has been established for up to 30 days. Entry to Uzbekistan with an **international passport**.



- The import of foreign currency is not limited. If the amount of imported cash **does not exceed 6000 USD** or the equivalent in another currency, and there are no specially declared goods, then you can use the **"Green Channel"**; in this case, you do not need to fill out a customs declaration. If the imported amount is more than 6000 USD, then you must fill out a customs declaration and save it until the end of the trip. The export of foreign currency is allowed within the amount imported into Uzbekistan.

- Within **3 workdays** from the date of entry to Uzbekistan, you must register temporarily (at one of the hotels registering their clients automatically or at your friend's home, in which case you will have to go through a certain procedure). When staying at the hotel, registration is carried out by the hotel staff. When checking out from the hotel, do not forget to check whether you have been issued a **registration form for foreigners** with the hotel's stamp. You must save the registration until the end of the trip and present it to passport control officials when exiting the country.

- All payments in the country must be made in the national currency – **sum (UZS)**.

- **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, airports, railway stations (open from 09:00 to 22:00 on weekdays and from 09:00 to 16:00 on weekends), large hotels (around the clock). In Tashkent, Samarkand and other major cities, there are round-the-clock ATMs where you can exchange cash (US dollars and Euros) or withdraw cash from the card with the exchange rate of the bank. ATM gives out money in local currency.



**Visa and Mastercard** are only acceptable in Tashkent; you had better have enough cash with you.



## TELEPHONE AND INTERNET

- **Uzbekistan country code is +998.**
- **Tourist sim card** of Uzbek mobile operators can be purchased at the International Airports of the country. To do this, you must contact the staff of the tourist information desk, present your passport with a stamp of arrival in Uzbekistan, choose a tariff plan and pay for it. Tourist sim cards points of sale are also available at Central Railway station of Tashkent, in offices of mobile operators, in "International Hotel Tashkent" and "Sayohat" hotels. Foreign citizens can purchase other (non-tourist) SIM cards at the central offices of mobile operators only.
- Local mobile telephony is quite cheap.
- Connection failures may occur in mountains and deserts.
- 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 Uzbekistan. No special vaccination is required to visit Uzbekistan as well.
- **Health insurance** must be issued in advance, before entering the country. The medical insurance policy must cover cost of COVID-19 treatment as well.
- As a rule, there are no problems as to purchasing medicine in Uzbekistan, because pharmacies are provided with all necessary medication.
- Each person is allowed to bring to/take out of the country not more than 10 types of medicine, with not more than 5 packs of each type.
- **Uzbek cuisine** is very delicious and varied; meat dishes (lamb, beef), chicken and fish are most common.
- If you have gastrointestinal problems you should be careful about local food. It is very tasty but contains much fat.
- Drink only bottled water and hot tea after meals.