



UZBEKISTAN



TURKMENISTAN



TAJIKISTAN



KYRGYZSTAN

UZBEKISTAN



CAPITAL

The capital of Uzbekistan is Tashkent.

AREA

Area: 448,978 km².

GEOGRAPHICAL SITUATION

Uzbekistan is a doubly landlocked country in the heart of Central Asia. It is surrounded by five neighboring countries: to the north, it shares a border with Kazakhstan, to the east with Kyrgyzstan and Tajikistan, to the south with Afghanistan, and to the west with Turkmenistan. The country is mainly made up of vast plains and steppes, but there are also mountain ranges to the southeast, on the border with Tajikistan and Kyrgyzstan, where the Alai and Pamir mountains are located. Uzbekistan is crossed by two major rivers, the Amu Darya and the Syr Darya, which are vital for irrigation and agriculture in this semi-arid region.

POPULATION

Uzbekistan has a population of around 35 million. The country is one of the most densely populated in Central Asia, with steady population growth. The majority of the population is of Uzbek origin, and Islam, mainly Sunni Sufi, is the dominant religion. Tashkent, the capital, is the largest city in the country and in Central Asia, and is home to a significant proportion of the urban population. Uzbekistan is a young country, with a significant proportion of the population under 30.

LANGUAGE

The official language of Uzbekistan is Uzbek, a Turkic language written in the Latin alphabet since 1993. Russian is still widely used in administration, education and business, while Tajik is spoken by a significant minority, notably in Samarkand and Bukhara.

CURRENCY

The official currency of Uzbekistan is the **Uzbek som (UZS)**. It is the only legal currency used in the country for commercial transactions. At the time of writing (March 2025), the approximate exchange rates are:

- 1 US\$ = 12,952 UZS
- 1 Euro = 14,049 UZS

Currency exchange bureaus are available in major cities, including Tashkent airport.

Banks are also safe places to exchange money, although opening hours may be limited and exchange rates may not be as competitive as in a bureau de change.

It is possible to withdraw money from ATMs in major cities. However, international bank cards (such as Visa and MasterCard) may not be accepted everywhere, especially in rural areas.

CLIMATE

Uzbekistan, located in Central Asia, has a continental climate characterized by very hot summers and cold winters. This climate is typical of regions far from the oceans, resulting in a wide temperature range between seasons.

Tashkent	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Min °C	-3	-1	5	9	13	18	20	18	13	8	4	0
Max °C	6	9	16	22	28	34	36	35	30	22	15	9

LOCAL TIME

Uzbekistan is +5 hours from the Greenwich meridian.

ELECTRICITY

Electricity in Uzbekistan is **220V**, with type **C** and **F** sockets.



WATER

We strongly advise **against drinking tap water**.

TELECOMMUNICATIONS

Uzbekistan has a **modern mobile network, with good coverage of most urban areas as well as many rural regions**. SIM cards can be purchased at operator stores, airports and telecom kiosks in cities (you will need to provide proof of identity to purchase a SIM card).

Mobile Internet access is relatively good in urban areas, with 3G/4G available in many parts of the country. Major cities such as Tashkent, Samarkand and Bukhara have fast Internet connections.

HEALTH & MEDICAL EQUIPMENT

No vaccinations are compulsory, but some are recommended.

Medical care in large cities: Large cities have modern public and private hospitals. Private clinics can offer quality care with more modern equipment and doctors who often speak English.

TRANSPORT

The road network covers the country fairly extensively and links the main conurbations. However, poor road maintenance can make traffic difficult and dangerous, even in the cities. Drivers and pedestrians are advised to remain vigilant due to the sometimes unpredictable behavior of motorists.

High-speed trains run between Tashkent and Bukhara, and between Tashkent and Karchi, via Samarkand.

DRIVING

In Uzbekistan, you drive on **the right**.

Holders of an international driving license are allowed to drive.

CUISINE

Uzbek cuisine is rich in flavor, influenced by Persian, Turkish and Mongolian traditions. The signature dish is **plov**, rice cooked with meat, vegetables and spices. Other popular specialties include **shashliks** (meat skewers), **manti** (meat ravioli) and **lagman** (noodle soup). The cuisine favors fresh, local produce, and each dish reflects the warm hospitality of the Uzbek people.

CUSTOMS & HABITS

Certain social and religious rules of Uzbek society must be respected. It is advisable to wear long clothes (pants, long skirts...) and to keep your shoulders covered. It is also advisable to take note of the dress code before visiting certain places (mosques, madrasas...).

LGBTQIA+ RIGHTS SITUATION

Male homosexuality is prohibited and punishable by three years' imprisonment under Article 120 of the Penal Code. It is therefore advisable to exercise caution in your public behavior.

PURCHASES

Traditional markets, called bazaars, are a must for discovering Uzbek handicrafts, where you can find carpets, embroidery, silk clothing, colorful ceramics, handmade jewelry and wool products. Popular souvenirs also include local spices such as saffron and cumin, as well as dried fruits and nuts.

TIPS

Tipping in Uzbekistan is not compulsory, but it is appreciated and is a common way of showing appreciation for good service.

HOW TO GET THERE

Please find below a list of some airlines operating flights to Uzbekistan:

- ✓ Uzbekistan Airways
- ✓ Aeroflot
- ✓ Turkish Airlines
- ✓ Emirates
- ✓ Qatar Airways

VISA AND PASSPORT

Certain countries benefit from visa exemption for short stays (generally up to 30 days). These include Russia, Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, some EU countries, Japan, South Korea, Turkey...

Uzbekistan has introduced an electronic visa system for several countries. This allows nationals of certain countries to obtain a visa online for a 30-day stay. Applications must be made via the official Uzbek government website. For those not eligible for an e-visa or exemption, a conventional visa must be obtained prior to departure. Applications must be made to the Uzbek embassy or consulate in the country of residence.

BEFORE YOU LEAVE

Uzbekistan is generally **safe for tourists**. However, it is advisable to remain vigilant in crowded public places, such as markets and public transport.

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TURKMENISTAN***CAPITAL***

The capital of Turkmenistan is Ashgabat.

AREA

Area: 488,100 km².

GEOGRAPHICAL SITUATION

Turkmenistan is a country in Central Asia, situated between the Caspian Sea to the west and the Altai Mountains to the east. It is bordered by four countries: Kazakhstan to the north, Uzbekistan to the east and southeast, Afghanistan to the south and Iran to the west. The country is mainly made up of vast deserts, the most important of which is the Karakum Desert, which covers a large part of the territory.

POPULATION

The population of Turkmenistan is around 6 million. The majority of the population are Turkmen (around 85%), an ethnic group of Turkic origin, who speak Turkmen, the country's official language. Other ethnic groups include Russians, Uzbeks, Kazaks and Tajiks. The Turkmen population is largely Sunni Muslim, but there are also small Christian communities, mainly Russian. The capital Ashgabat is the most populous city, followed by other major towns such as Mary and Turkmenbashi. A large part of the population lives in rural areas, although urbanization has increased in recent decades, particularly around the major urban centers.

LANGUAGE

Turkmen is the official language of Turkmenistan and belongs to the Turkic language family. Since the 1990s, the Latin alphabet has replaced the Cyrillic for writing. Russian is still used in some areas, but its use declined after independence.

CURRENCY

Turkmenistan's official currency is the **Turkmen manat (TMT)**. At the time of writing (March 2025), the exchange rates are :

- **1 US\$ = 3.49 TMT**
- **1 Euro = 3.77 TMT**

Before entering Turkmenistan, it is advisable to bring cash in the form of dollars, giving preference to recent banknotes in good condition. It is possible to change money at official exchange points, hotels, banks and in some stores. However, it is very difficult to change euros.

International ATMs are rare in Turkmenistan. It is only possible to withdraw money with an international card in the following places (with a commission):

- *Vnechecomombank (State Bank for Foreign Economic Affairs of Turkmenistan), 32 avenue Garashsyzlik, Ashgabat. (Visa card only)*
- *Senagat Bank (Industrial Bank), 42 Turkmenbachy Avenue, Ashgabat (Master Card only)*
- *Hotel Oguzkent: 231 Bitarap Turkmenistan, Ashgabat (Visa card only, ATM issuing manats)*

The use of credit cards as a means of payment is very limited (outside hotels). Payments are generally made in manats. Entrance fees to museums and historic sites are payable in dollars for non-residents.

CLIMATE

Turkmenistan's climate is continental, with very hot summers and cold winters, typical of desert and semi-desert regions.

Ashgabat	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Min °C	-1	1	5	12	17	22	24	22	17	10	5	1
Max °C	8	10	16	23	30	35	37	36	31	23	15	10

LOCAL TIME

Turkmenistan is +5 hours from the Greenwich meridian.

ELECTRICITY

Electricity in Turkmenistan is **220V**, with type **C** and **F** sockets.



WATER

We strongly advise **against drinking tap water**.

TELECOMMUNICATIONS

Coverage is generally good in major cities such as Ashgabat (the capital) and urban areas. However, in rural or mountainous areas, the network may be more limited.

Prepaid SIM cards can be purchased on arrival at the airport or in specialized stores. Local SIM cards are available at a reasonable price (a passport is required to register the card).

The Turkmen government imposes restrictions on Internet access. Certain websites and services such as social networks (Facebook, Twitter, YouTube) and messaging services may be blocked or restricted.

HEALTH & MEDICAL EQUIPMENT

No vaccinations are compulsory, but some are recommended.

The quality of care can vary considerably, with urban facilities generally offering better services than rural ones.

TRANSPORT

Road conditions in Turkmenistan vary considerably from region to region. Official cabs can be recognized by their yellow color. Trains are slow and usually run at night. They are not always very comfortable, but fares are low.

DRIVING

In Turkmenistan, you drive on **the right**.

Holders of an international driving license are allowed to drive.

CUISINE

Turkmenistan's cuisine is influenced by Turkish, Persian and Russian culinary traditions, with a strong emphasis on fresh produce such as vegetables, meats (especially lamb and beef) and grains. Main dishes include plov, fragrant rice with meat and vegetables, and shashlik, grilled meat skewers. Soups such as shorva (meat and vegetable soup) are also popular. Homemade breads and fresh dairy products are also an integral part of daily meals.

CUSTOMS & HABITS

Turkmenistan is a secular state where Sunni Islam, the Orthodox Church and the Catholic Church are legally registered. It is advisable to adopt a respectful attitude towards local customs, and to bear in mind that cultural differences may lead to misinterpretation of certain behaviors.

Offense to or defamation of the President of Turkmenistan, as well as disrespect for the nation's symbols (statues, portraits, public buildings, flags, coats of arms, national anthem, etc.) can be severely punished.

LGBTQIA+ RIGHTS SITUATION

Turkmenistan is a **very conservative** society when it comes to sexuality and gender. Homosexual relations are punishable by law.

PURCHASES

Shopping in Turkmenistan ranges from traditional handicrafts and unique souvenirs such as carpets, to modern items in shopping malls. Local markets are ideal places to discover fresh produce and Turkmen handicrafts.

TIPS

Tipping in Turkmenistan is not compulsory, but it is appreciated and is a common way of showing appreciation for good service.

HOW TO GET THERE

Please find below a list of some airlines operating flights to Turkmenistan:

- ✓ Turkmenistan Airlines
 - ✓ Aeroflot
 - ✓ Turkish Airlines
 - ✓ Flydubai
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VISA AND PASSPORT

To enter Turkmenistan, you need a passport valid for at least six months from the date of your planned return. Most foreign travellers require a visa to enter Turkmenistan. This visa is generally valid for 7 to 30 days.

Turkmenistan has introduced an online visa application system for certain nationalities. If online application is not available by nationality, it is possible to obtain a visa from the Turkmenistan embassy or consulate in the country. In certain situations, it is possible to obtain a visa on arrival for travelers arriving at Ashgabat international airport, although this option is generally limited and requires an official invitation or prior authorization.

BEFORE YOU LEAVE

Turkmenistan is considered relatively safe for travelers. However, as in any other country, it is important to remain vigilant, especially in rural areas.

The climate in Turkmenistan is mainly desert, with very hot summers. For this reason, light clothing and sun protection are essential. In winter, however, temperatures can be very cold.

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TAJIKISTAN

**CAPITAL**

Tajikistan's capital is Dushanbe.

AREA

Area: 143,100 km².

GEOGRAPHICAL SITUATION

Tajikistan is a landlocked country in Central Asia, situated between Afghanistan, China, Kyrgyzstan and Uzbekistan. Mostly mountainous, it is crossed by the Pamir mountain range, nicknamed “the roof of the world”. This rugged terrain makes Tajikistan difficult to access, but strategic as a historical link between Central Asia and China. The country is rich in rivers such as the Panj and Vakhsh, which are crucial for irrigation and water supply.

POPULATION

Tajikistan has a population of around 9.5 million. The majority of the population is made up of Tajiks, an ethnic group of Persian origin, representing around 80% of the population. The rest of the population includes Uzbeks, Russians and other ethnic minorities. The official language is Tajik, an Indo-European language closely related to Persian. Due to its mountainous terrain and the isolation of certain regions, the population is concentrated in the valleys and plains, especially around the capital, Dushanbe.

LANGUAGE

Tajik, a Persian language, is the official language of Tajikistan. Unlike the Persian spoken in Iran and Afghanistan, it is mainly written in the Cyrillic alphabet. Russian is widely used in business and administration, and some minorities also speak Uzbek.

CURRENCY

The official currency of Tajikistan is the **somoni (TJS)**. At the time of writing (March 2025), the approximate exchange rates are:

- **1 US\$ = 10.90 TJS**
- **1 Euro = 11.78 TJS**

The vast majority of payments are made in cash and national currency (somoni). The possibility of paying by credit card is limited to the major international hotels, and often remains uncertain.

Foreign currency (euros, dollars) can be exchanged at Dushanbe international airport, banks and exchange offices in Dushanbe. Exchange offices are rarer in other towns and regions of the country. It is advisable to use a Visa bank card rather than a Mastercard, which is less widespread.

CLIMATE

Tajikistan's climate is predominantly continental and mountainous, characterized by cold winters and hot summers. The country is dominated by the Pamir mountain range, which strongly influences climatic conditions.

Dushanbe	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Min °C	-1	1	5	10	14	19	20	19	14	9	4	1
Max °C	8	10	15	22	27	33	35	35	30	23	16	10

LOCAL TIME

Tajikistan is +5 hours from the Greenwich meridian.

ELECTRICITY

Electricity in Tajikistan is **220V**, with type **C** and **F** sockets.



WATER

We strongly advise **against drinking tap water**.

TELECOMMUNICATIONS

In Tajikistan, main telecommunications are provided by operators Tcell, MTS Tajikistan, and Beeline, offering decent mobile coverage in major cities such as Dushanbe, but the network can be limited in rural and mountainous areas. Mobile Internet access is available, although speed and stability vary by region. Travelers can purchase a local SIM card for cheaper rates. However, there are restrictions on access to certain websites and online applications, with occasional temporary blockages.

HEALTH & MEDICAL EQUIPMENT

No vaccinations are compulsory, but some are recommended.

The quality of healthcare in Tajikistan varies from region to region, with acceptable conditions in urban areas, but limited in rural areas.

TRANSPORT

Tajikistan's road network is generally of good quality, with the exception of the Upper Badakhshan region (GBAO). Before setting off in winter, it is imperative to ensure that vehicles have sufficient fuel, are equipped with chains, and contain all the equipment needed in extreme cold. As a general rule, it is advisable to avoid driving at night.

The Tajik railway network links Dushanbe and Khujand with Uzbekistan. There is only one domestic rail link, between Dushanbe and the town of Kulyob.

DRIVING

In Tajikistan, you drive on **the right**.

Holders of an international driving license are allowed to drive.

CUISINE

Tajikistan's cuisine is influenced by the culinary traditions of Central Asia, with rich flavors and hearty dishes. Main dishes are often meat-based (mainly mutton and beef), accompanied by rice, notably in the famous plov, a rice pilaf dish prepared with meat, vegetables and spices. Soups such as shorba, a meat-based soup, are also popular. Bread is a staple, with traditional types such as non, a flat bread baked in an earthen oven. Fresh fruit such as apples, grapes and melons are common, especially in the summer months. In terms of beverages, green tea is widely consumed and is an integral part of the host culture.

CUSTOMS & HABITS

The Republic of Tajikistan is a secular state. The vast majority of the population is Muslim.

It is advisable to adopt an attitude that respects local customs, and to bear in mind that cultural differences may lead to misinterpretation of certain behaviors. Women should be treated with the respect due to them, and in all circumstances they should dress decently.

Nudity is forbidden. We advise against wearing shorts, and even more against going bare-chested. Legs and shoulders must be covered in places of worship.

PURCHASES

Shopping in Tajikistan is a great opportunity to discover the local culture through traditional markets and to bring back typical souvenirs such as carpets, copper objects and handicrafts. It's advisable to pay in cash, and to be prepared to negotiate for good prices.

TIPS

Tipping in Tajikistan is not compulsory, but it is appreciated and is a common way of showing appreciation for good service.

HOW TO GET THERE

Please find below the airlines which fly to Tajikistan:

- ✓ Tajik Air
 - ✓ Somon Air
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VISA AND PASSPORT

Certain nationalities can benefit from visa exemption for short stays (generally up to 30 days).

Non-exempt visitors wishing to visit Tajikistan for a tourist stay must obtain a tourist visa. The visa application can be made either online (e-Visa), or at the Tajik Embassy in the country of origin or residence.

BEFORE YOU LEAVE

Tajikistan is generally a safe country for travelers, but some regions, such as Gorno-Badakhshan province, can be sensitive due to specific geopolitical conditions.

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KYRGYZSTAN



CAPITAL

The capital of Kyrgyzstan is Bishkek.

AREA

Area: 198,500 km².

GEOGRAPHICAL SITUATION

Kyrgyzstan is a country in Central Asia, situated between Kazakhstan to the north, Uzbekistan to the west, Tajikistan to the south and China to the east. It is mainly mountainous, with the Tien Shan mountain range crossing the country, offering spectacular scenery. The capital, Bishkek, lies in the north of the country, close to the border with Kazakhstan. Kyrgyzstan is also known for its lakes, notably Lake Issyk-Kul, one of the world's largest salt lakes, and its alpine regions, which occupy a large part of its territory.

POPULATION

The population of Kyrgyzstan is around 6.5 million. The country is characterized by great ethnic diversity, although the majority of the population is Kyrgyz (around 70%). Other notable ethnic groups include Uzbeks, Russians, Tajiks, as well as Kazakh and Ukrainian minorities. The official language is Kyrgyz. Russian is widely spoken, especially in urban areas. The population is unevenly distributed, with a higher concentration in urban areas such as Bishkek, the capital, and Osh.

LANGUAGE

Kyrgyz is the official language of Kyrgyzstan and belongs to the Turkic languages. It is mainly written in the Cyrillic alphabet. Russian has official language status alongside Kyrgyz, and is still dominant in the major cities and administrative offices.

CURRENCY

The official currency of Kyrgyzstan is the som (KGS). At the time of writing (March 2025), the exchange rates are:

- 1 US\$ = 87.65 KGS
- 1 Euro = 94.71 KGS

Foreign currency (euros, dollars) can be exchanged at Manas international airport (Bishkek) or at banks and numerous exchange offices in Bishkek. Exchange offices are rarer in other cities and regions of the country. While ATMs are widespread in Bishkek, they are rarer in the country's other cities and regions.

CLIMATE

Kyrgyzstan's climate is predominantly continental, with wide variations in temperature between summer and winter. Due to its mountainous topography, the country's climate varies from region to region.

Bishkek	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Min °C	-8	-6	0	7	12	16	18	16	11	5	-1	-6
Max °C	1	3	11	19	24	29	31	30	25	17	10	3

LOCAL TIME

Kyrgyzstan is +6 hours from the Greenwich meridian.

ELECTRICITY

Electricity in Kyrgyzstan is **220V**, with type **C** and **F** sockets.



WATER

We strongly advise **against drinking tap water**.

TELECOMMUNICATIONS

The Internet is fairly well developed in urban areas, such as Bishkek (the capital) and Osh, where access is generally fast and reliable. Broadband connections are available in hotels, cafés and shopping centers, but quality can vary in rural areas. SIM cards can be easily purchased locally, and prepaid plans are available for travelers. SIM cards are available from cell phone stores and kiosks, often with ID.

HEALTH & MEDICAL EQUIPMENT

No vaccinations are compulsory, but some are recommended.

The quality of healthcare in Kyrgyzstan varies considerably from region to region.

TRANSPORT

For long journeys, it may be useful to bring jerry cans, as gas stations are sometimes far apart. There is only one railroad line from Bishkek to either Kazakhstan or Balyktchi, on the shores of Lake Issyk-Kul.

DRIVING

In Tajikistan, you drive on **the right**.

Holders of an international driving license are allowed to drive.

CUISINE

Kyrgyzstan's cuisine is strongly influenced by the region's nomadic traditions and cultures, with a predominance of meats, dairy products and cereals. The national dish is beshbarmak, a mixture of boiled meat (often lamb or beef) served on flat pasta, accompanied by broth. Plov, a dish based on rice, meat, carrots and spices, is also very popular.

Manti (ravioli stuffed with meat) and samsas (small pastries filled with meat or vegetables) are common snacks. Meals are often accompanied by tea, a popular beverage in Kyrgyzstan, served at any time of day.

CUSTOMS & HABITS

Kyrgyzstan is a secular state. Islam is in the majority among the population, and religious practice is considered moderate. Although there are no specific dress regulations, it is advisable to dress appropriately and to cover legs and shoulders, especially in the south of the country. In general, it is advisable to respect local customs, and to bear in mind that cultural differences may lead to misinterpretation of certain behaviors.

PURCHASES

A wide variety of handicrafts such as carpets, traditional hats (kalpak), leather goods and embroidery can be found in the markets/bazaars. Local food products such as dried fruit, honey and homemade cheeses are also popular. Price negotiation is common, especially in the bazaars.

TIPS

Tipping in Kyrgyzstan is not compulsory, but it is appreciated and is a common way of showing appreciation for good service.

HOW TO GET THERE

Please find below some airlines that fly to Kyrgyzstan:

- ✓ Air Kyrgyzstan
 - ✓ Somon Air
 - ✓ Turkish Airlines
 - ✓ Aeroflot
 - ✓ Qatar Airways
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VISA AND PASSPORT

Certain nationalities can benefit from visa exemption for short stays (generally up to 30 days).

Non-exempt visitors wishing to visit Kyrgyzstan for a tourist stay must obtain a tourist visa. Visa applications can be made either online (e-Visa), on arrival (at certain airports such as Bishkek) or at the Kyrgyz Embassy in the country of origin or residence.

BEFORE YOU LEAVE

Kyrgyzstan is relatively safe for travelers, but as with any destination, it's important to remain vigilant, especially in tourist areas. Border areas with certain neighboring countries should be avoided due to potential security risks.

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