



Welcome to Tajikistan!

Welcome! We are happy to have you here as an American cultural ambassador to Tajikistan. Embassy Dushanbe is here to make your transition to life in Tajikistan as smooth as possible. There are a few things you should know before your arrival in country. Please read the information below carefully, and let us know if you have any questions. Good luck in your preparations, and we will see you in Dushanbe!

Visa and Registration

How do I apply for a visa?

All grantees must apply directly to the Tajik Embassy in Washington, D.C. The Embassy accepts visa applications by mail. Visas usually take a few weeks to be issued, so plan ahead. Further information is available on their Web site: www.tjus.org

What kind of visa should I apply for?

Tajikistan does not differentiate between tourist, business or research visas, so simply indicate that you'll be conducting research under a U.S. government grant. When applying for your visa, please request the visa duration to be for the entire length of your stay. If the Tajik Embassy refuses this request, let the Embassy know so that the Department of State can provide an official request to the Tajik Embassy to provide a visa for the full duration of your stay.

What should I write down for my address in Tajikistan?

Use the Embassy's address: 109A Ismoili Somoni Avenue, Dushanbe, Tajikistan, 734019. The inviting party is Sandra Jacobs, Cultural Affairs Officer.

How much will my visa cost?

While we can't guarantee the visa cost, the Tajik Embassy generally charges \$100 to issue a visa in the United States. However, if you need to extend your visa in Tajikistan (usually for stays of longer than 30 days). The cost of visa extension depends on the duration of it. For most common 10 month visa extension expect to pay about \$300.

How do I get a letter of invitation?

If the Embassy asks for a letter of invitation, simply write to Shafoat Kabilova (KobilovaS@state.gov) for Fulbright Students, Scholars, and ETAs, or Tahmina Niyazova (NiyazovaTN@state.gov) for ELF grantees,

with your name, expected date of arrival and departure in Tajikistan. They will prepare a letter on the Embassy letterhead send you a scanned version of it in a day or two. Just print it out and take it to the Tajik Embassy together with your application form available on www.tjus.org.

I am staying in Dushanbe for six months, but I can only get a three-month visa in the States. What do I do? Do I need to register my visa upon arrival?

You are required to register your visa within three business days upon arrival. As of today, the cost of registration is around \$40 for a six month visa or longer. The Public Affairs section of the U.S. Embassy Dushanbe will help you with visa registration and, if needed, visa extension on your behalf after your arrival. During your first days in Tajikistan, please arrange to meet with Shafoat and/or Tahmina, and bring your passport and three passport photos with you. You should plan on at least four weeks to process the visa extension, so please do not plan to travel outside of Dushanbe during that time. (Domestic flights within Tajikistan require a valid visa and a passport.) Keep in mind that the Tajik visa and visa registration take two pages of your passport.

I want to travel to neighboring countries from Tajikistan. Can I get a visa in Dushanbe?

All of Tajikistan's neighbors maintain Embassies in Dushanbe. However, we have generally found that obtaining visas for these countries is easier in the United States, particularly for Uzbekistan. If you are planning to live outside of Dushanbe, you will have to come to the capital to apply for your visa, which can be time-consuming. The Public Affairs Section of the U.S. Embassy Dushanbe is not responsible for visas to other countries.

How do I get to Tajikistan?

Good question! The only ticket that can easily be booked is the twice-weekly Turkish Airlines flight from Istanbul (depart Istanbul Sunday and Wednesday, depart Dushanbe Monday and Thursday). There are multiple daily flights from Moscow on Tajik Air and Domodedovo Airlines, and regular flights to Dubai, Sharjah, Almaty and Bishkek on various post-Soviet carriers.

What should I do when I arrive?

Please contact Shafoat Kabilova and/or Tahmina Niyazova to schedule a time to come into the Embassy. Shafoat covers non-English language Fulbright programs and ETA, and can be reached at KobilovaS@state.gov or by phone 985807067. Tahmina covers all English language programs, including ELF and Fulbright English Language Scholars, and can be reached at TahminaTN@state.gov or by phone 985808069. At your orientation, you will meet the Cultural Affairs Officer to review Embassy policies, apply for your visa extension, receive a mandatory security briefing, and register with the consular section.

Housing

Can you provide any recommendations on where to find affordable short-term housing? Options may include individual apartments, apartments to share, dormitories, etc. Are there any particular publications (either Internet or hardcopy) that publish apartment listings?

Marian's Guesthouse, an expatriate-owned bed and breakfast in Dushanbe, publishes a free, weekly newsletter entitled "What's On in Dushanbe?" In addition to listing social and cultural events, the newsletter also has a short classified section listing items wanted to buy/sell, including apartment rentals. To subscribe, email Gulya at marians@tajnet.com.

Typically, apartments in the capital can be rented by the day, week, or month. Homestays can be arranged, but dormitories generally do not exist (or are not recommended).

Is housing readily available in the regions?

There is always housing available in the regions. Announcements for apartment can also be found in regional newspapers, which are published once a week.

Please list the names and contact information of any reliable landlords or realty agents who may be of help to international scholars.

There are two realtors that are commonly used by foreigners in Dushanbe:

* Firuza: (992) 918-61-6020

* Dilya and Saodat: (992) 372 261-4167, 261-4168, 221-0118, 221-3403, 261-4268, 227-1969

Dilya and Saodat were purportedly "the first" realtors to work with expatriates in Dushanbe, and they have a reputation for higher-end and more expensive apartments, although each of the two realtors has different listings.

A previous Fulbrighter recommended Somon as a reliable Khujand realtor to show you apartments all over the city:

- Somon: Call Boboev, 92-771-65-32

What is the approximate monthly rent for a one room/one bedroom apartment?

a) in the capital city?

Rent for a one room or one bedroom (two room) apartment for foreigners in the center of Dushanbe generally starts at \$400/month for an un-renovated "Soviet" model. Nicer apartments with modern renovations run \$600-1000/month and up.

Rents not in the center of Dushanbe are cheaper and could start from \$200, but one must also take into consideration that water quality and rolling power outages vary by season and by region of the city. Generally, the center of the city offers more conveniences and experiences minimal problems and utilities are more reliable.

b) in the regions?

Rent varies according to the region and location. In Khujand, one can find an renovated, modern apartment for \$250-\$400/month. One could find apartments in Khujand for a lower price, but generally, these are located outside the center of the city and are "Soviet" models (lacking renovation).

In Kulyab, Kurgan Tube, and Khorog, one can rent a good apartment in the center of the city for \$200/month. Again, the farther you go from the center of the city, the lower the price.

Embassy-specific Policies

Can I keep a blog? What about Facebook?

Grantees are working under the guises of the U.S. Embassy in Dushanbe, and should be aware that statements made in a public forum are often construed as representing the U.S. government. All blogs and other electronic statements should contain a disclaimer that the opinions included are not representative of the U.S. government or its policies. You are a cultural ambassador of the United States on an official U.S. government-funded exchange program.

What about travel?

Grantees fall under U.S. Embassy Dushanbe Chief of Mission travel policy. If the Regional Security Officer deems a place within Tajikistan as unsafe for official Americans, this restriction applies to grantees. Travel to Iran and Afghanistan are also both not allowed under any circumstances. All international travel requests must be sent to your IIE/Georgetown, depending on your program, as well as the Cultural Affairs Officer. The Cultural Affairs Officer must be notified in advance of any domestic travel, and will refer to the Regional Security Officer as needed. This is for security reasons, as well as to be able to locate you in case of a family emergency in the United States.

Communications

How available are public telephones where one can call internationally? Are calling cards sold locally and can they be used in-country?

Public telephones are available throughout the city. One can make international telephone calls in a variety of ways:

- at the Central Telephone Office in Dushanbe
- “calling centers” in cities and towns (переговорный пункт in Russian)
- from a private apartment (with the arrangement of the landlord to have long-distance calling capabilities)
- phone cards, which can be purchased at kiosks throughout the city
- through VoIP programs (such as Skype, Yahoo Messenger, etc.) at most internet cafes

How available are cell phones? Do they have reliable service? Do they function outside of the capital city? What is their general cost?

Cell phone availability, quality, and service has blossomed within the last few years in Dushanbe. Service is very reliable, cheap, and available in nearly all urban centers and towns in Tajikistan. Signals are limited, however, if one is traveling in a remote, mountainous area of the country. This is changing, however, and most towns and cities have coverage by at least one of the providers, although service is absent when traveling through mountain passes and rural areas.

If you are planning on working in remote areas, check with different providers to determine if their phones have coverage in the specified town or region.

Compare information and rates among the three largest providers:

Babilon Mobile: <http://www.babilon-m.com/eng/> (seems to be the cheapest and has worked well for me almost everywhere except Badakshon)

MLT: <http://www.mlt.tj/> (Has cheaper calls to the US than the other major carriers. 6 cents a minute.)

Indigo: <http://www.indigo.tj> (now called TCell. They have by far the widest coverage in the regions outside of Dushanbe)

T-Cell is cheapest and most recommended company in Sughd Oblast. Both phone SIM card and Internet modem SIM card should be purchased in Khujand, NOT in Dushanbe, because there are two different systems. Although T-Cell is recognized everywhere, the system in Khujand (the north) is different than in Dushanbe (the south).

How reliable is the local government's international mail service? Would scholars be better off to rely on international shippers, such as DHL and Federal Express? Which international shippers operate in your country?

Local mail is reliable, but slow. Packages shipped from the US typically take anywhere from two to five weeks to arrive. Very few expatriates report never having received packages or documents.

DHL and UPS all operate within Tajikistan, and DHL also maintains an office in Khujand. Although expensive, they are the preferred shippers for important or sensitive documents and materials. If possible, it is much cheaper to carry goods as excess baggage on a flight than through DHL or UPS.

Use of Embassy Pouch by Fulbright Scholars

a. Fulbright Scholars are authorized to make a one-time shipment of educational materials to the American embassy in the country of assignment. This shipment cannot exceed four copy-paper-size boxes, none of which may weigh more than 50 pounds. These materials cannot be sent back to the United States by pouch. Address these packages to:

**Cultural Affairs Officer
7090 Dushanbe place
Department of State
Washington, DC 20521-7090**

The *Fulbright* Scholar's name must appear in the return address.

b. Fulbright Scholars assigned to a country with a Category A, Category B, or Category C post may use the pouch for letter mail up to 2 pounds to and from the United States. Letters must be addressed as follows:

**Name of Grantee
7090 Dushanbe PI
Dulles, VA 20189**

Fulbright Scholars must also use this address as the return address on all mail from abroad.

- c. Do not include any mention of the U.S. embassy, the Department, Fulbright, or any other official title references in addresses using the 20189 ZIP code. The 20189 ZIP can only be used for letter mail up to the 2-pound limit and cannot be used for mailing of the one-time shipment of educational materials.

Where is the main post office located?

The Central Post Office is located at 36 Rudaki Avenue on Ismoili Somoni Square—the main square in Dushanbe.

How available are fax machines?

Fax machines are available everywhere, most commonly in a town’s post office, internet cafes, and telephone calling centers. Most places are capable of sending faxes internationally.

How available is the Internet and/or e-mail? Are there Internet cafes or public access sites in your city? What is generally the cost for using a computer at an Internet cafe? Is it possible to print at Internet cafés?

There are a number of internet cafes in Dushanbe, some open 24-hours. Rates and speed vary, but one may find a high-speed DSL connection at an internet café for approximately 5 TJ Somoni (approximately \$1) per hour. Internet cafes also have printing capabilities, which usually cost 50 diram per page (11 cents).

In Khujand, free public wireless connections include Visol restaurant, located by the museum, and the American Corner, located on the 4th floor of the library. In addition, there is a number of internet cafes located in the center and along Lenin St. In Khujand, 5diram per page printing and/or copies can be made in the store located in the Hotel Hesson, next to the library. Most other places charge 10diram per page.

If you want access to internet anytime from your laptop, it’s worth the investment to buy an internet dongle (\$60-80) and monthly plan from any of the cell phone providers. MLT offers an unlimited package of internet for \$30/month, however skype video and voice are not high in quality. T-Cell has better skype video capabilities, and offers different monthly rates. This also depends on if you are based in Khujand or in Dushanbe.

For personal internet, 3G modems which plug into your computer’s USB port are available from TCell, MLT and Babilon. It is fast and reliable enough to do video chat most of the time. You generally pay by megabyte of information. MLT has an unlimited plan, but usage evidence suggests they cut back your speed after a certain number of megabytes used.

TRANSPORTATION

What kinds of public transportation are available?

Public transportation consists of bus and streetcar lines along the main thoroughfares, with vans running secondary routes within the city and into the surrounding countryside, plus informal taxis. Most Dushanbe residents get around the city by various kinds of public transport – bus (cost 1 somoni 20 diram), trolley bus (cost 80 diram) and marshrutka (mini bus, cost 1 Somoni or 2 Somoni, depending on the distance).

The Marshrutka is a minibus (mini-vans) taxi which follows a set route (see the numbers on the front). They go just about everywhere within the city center and out to the suburbs. When you see the number you want, just hail it down like a taxi. To pay, hand your fare to the driver or to the person in front of you. When you want to get off, yell out loudly “ostanovites pojaluista” and the driver will come to a screeching halt.

Service is generally very reliable, although in peak times, public transportation tends to be **very** crowded—much more so than public transportation in the United States. Be aware that, although relatively safe, some marshrutkas run on propane gas, which is often stored in tanks under passenger seats. There have been incidents of marshrutka accidents in Dushanbe where the propane tanks have exploded, injuring passengers. Also, individuals should be aware of their personal belongings when traveling on busses and trolleybuses as both locals and foreigners have been victims of pick-pocketing.

Taxis are also available for the route # 3 and # 8 which charges only 3 Somoni per person and it is a shared taxi. You may also catch a taxi on the street. Typical in-city fares are 5 to 20 TJS, with a 15 or 20TJS fare charged to reach the Embassy from most housing areas. Always agree in the price before getting into the taxi. Taxis will stop to pick up multiple passengers unless arrangements are made otherwise in advance.

- **City Taxi can be reached at 223-5555 (8p.m. -7p.m.); 95-111-5511 or 91-844-5511 (after 7 p.m.; weekends and holidays)**
- **Taxi Service 233-3333 (Russian speaking only)**

How available is public transportation to the regions? Other major cities?

Public transport in the regions varies.

In Khujand:

- marshrutkas (small minivans which operate like busses)— 1 TJ Somoni (\$0.21)
- Taxi within city— 10 to 25 TJ Somoni (\$2.17 to \$5.43). Taxis in Khujand are generally cheaper than in other cities because most use propane instead of gasoline.

In Khorog:

- marshrutkas (small minivans which operate like busses)—2 TJ Somon (\$0.43)
- Taxi within city— 5 to 10 TJ Somoni (\$1.14-\$2.27)

In Kulyab and Kurgan Tube:

- marshrutkas (small minivans which operate like busses)—1 TJ Dirhams (\$.21)

Where are the major airports located? Are there separate airports for domestic and international travel?

There are operating airports in most urban centers in Tajikistan, although most international flights originate and terminate in Dushanbe. Tajik Air, the state-owned carrier, operates two to three flights to Moscow daily through Tajik Air and Domodedovskiy Airlines. Since February 2006, Turkish Air has begun operating twice-weekly flights from Istanbul, and nearly all foreigners travel in and out of Tajikistan through Istanbul now.

Generally, most expatriates fly internally to travel to Khujand (round-trip \$180) and Khorog (round trip \$180), although there are flights to other cities and regions of the country. Tickets cannot be purchased more than 14 days prior to departure and tickets for Khorog are generally sold only on the day of departure. Flights to Khorog depend on weather condition, and depending on the season, there may not be flights for days/weeks at a time.

Tajik Air flights are notorious for arriving and departing late. It is not unusual for flights to be delayed one, two, or even three hours. Also, be aware that economy-class tickets on Tajik Air only allow 20kg of checked baggage, and each kilogram of overweight baggage costs 1% of the ticket price. This can add up for expensive, international flights.

Money

Is it easy to exchange money? Are dollars accepted anywhere?

There are many exchange points in Dushanbe, and their rates are more or less competitive and always posted. Dollars and Euro can be exchanged almost universally, but there are a few places where one can buy/sell regional currencies, Swiss Francs, or British Pounds.

As in most places, ATMs offer the best exchange rates.

Is it worthwhile for international visitors to bring credit cards? If yes, which credit cards are accepted?

Credit cards are not widely accepted in Tajikistan, and the country largely runs on a cash economy. It is possible, however, for individuals to take cash advances from credit cards at most banks.

Are ATM machines in use throughout the country?

ATMs are available in Dushanbe and in many regional city centers, although sometimes they are out of order due to power surges and fluctuations. The Hyatt Hotel and the Embassy have reliable ATM machines that dispense both somonis and dollars.

ATMs are also widespread in Khujand. Just ask around for the “bankomat.”

Can traveler’s checks be used?

Travelers checks are not accepted in Tajikistan.

Can US personal checks be cashed anywhere?

Tajikistani banks do not cash foreign checks, and checks drawn from an American bank account cannot be cashed at the American Embassy. Although you can cash your own personal checks with the embassy cashier.

Embassy Cashier, Vali Nabiev, is open for business M, T, Th and Fr from 9.00am–12pm and 2-4pm and 9.00am–12.00pm on Wednesdays. You are authorized only \$500 per week. Exceptions must be approved by the Management Officer.

Safety

Embassy hours of operation:

M-F, 8:00 am to 5:00; Switchboard is manned after working hours by the local guard force for emergency calls. If you have a problem and not sure to which section you should call, you can call one of the Embassy's operators at **229-20-00**, **229-24-09** or **229-24-06** and explain your problem and they will transfer your call to the correct person.

Do you have any safety advice for international visitors? Particularly women scholars or homosexuals? People of color?

Dushanbe, and Tajikistan in general, is a fairly quiet place. Tajiks pride themselves on their hospitality—especially to foreign guests—although one must keep in mind local cultural practices. Modesty and respect are key mantras for foreign visitors to consider when working and traveling in Tajikistan. In general, foreigners should use the same “street smarts” that they would in a large city in the United States.

Foreigners, and especially women, may find that they are stared at a great deal, and women may occasionally have to deal with ‘cat-calling’ from men. On rare occasions, some women have been groped by strangers, but there have been no reports in recent years of women being physically attacked. Women may face a lot of questions regarding their private life, such as why they are traveling without their husband and children, (or why they aren’t married with children).

To reduce uncomfortable staring and advances from local men, it is strongly advisable that women dress appropriately (nothing too tight and/or revealing in any particular place). It is also advisable that dresses, skirts, and pants fall below the knee. In the rural villages, women dress much more conservatively. Again, to reduce uncomfortable staring and advances from men, you may want bring and/or buy clothes to cover arms and legs. Keep in mind that making direct eye contact with a man on the street is an invitation for them to talk to you and/or make cat calls. For women, it is not advisable to walk alone after dark. Try to take care of business before the sun goes down. Ask someone to escort you home. For all male scholars, please be a gentleman; offer to walk a lady home after dark.

People of color may face increased staring, but they do not face any additional security risks. The same “street smarts” apply.

Although Tajik men sometimes hold hands or kiss each other on the cheek in public, this is an aspect of Persian culture and not reflective of their attitude towards homosexuality. Homosexuality has been decriminalized in Tajikistan, but it is socially unacceptable. However, it typically isn't something that crosses Tajik radar screens. Nonetheless, homosexual scholars should plan to remain cautious and closeted during their time in country.

Have there been any crimes against Westerners in the country that scholars should be aware of?

There have been no explicit attacks against foreigners, although as everywhere, scholars should be aware of petty crimes such as pick-pocketing and use the same "street smarts" as they would in any other large city.

Are there numbers one could call in case of an emergency? (fire, police, ambulance, etc.)

- 01—Fire
- 02—Police
- 03—Ambulance
- 04—Gas Leak
- 229-2950—US Embassy Post One/Marines (ask to speak to the Duty Officer)

Health

Are there any American or Western doctors working in your home country at this time? If yes, please provide their names and contact information. If not, do you know of any particular doctor or health care organization frequently visited by foreigners?

Prospekt Medical Clinic (<http://www.prospektclinic.org/>) recently opened as the first "international medical clinic" in Tajikistan. They have a 24-hour on-call physician who can be reached at 992 (93) 500-0447. The US Embassy in Dushanbe provides a list of doctors who have indicated that they are willing to treat foreigners. This information can be found at the following site:

http://dushanbe.usembassy.gov/uploads/3z/82/3z82aiYKSYWqvwWTi4dY1Q/Doctors_List.pdf

Where are the local pharmacies? How available are most prescription drugs?

Pharmacies are available throughout the city, although the quality and availability of medicines vary. Most expatriates bring all necessary prescription medication with them.

Are there any particular drugs or medications that are not available in your country that scholars should know to bring from home?

Generic forms of most over the counter medications are available, although scholars should only buy medicines from reputable pharmacies since as much as a quarter of all pharmaceuticals in Tajikistan are thought to be counterfeit. Generally, expatriates prefer to bring with them any medicines that they typically use, as these are known and predictable entities.

Are there any particular toiletries that are not available in your country (eg. contact lens solution)?

Western-quality contact lenses or contact solution cannot be found in Dushanbe. Scholars may also want to bring with themselves a supply of anti-diarrheal medication or other medicines for gastrointestinal illnesses. Women's supplies are widely available, although if you have a preference for a particular brand, it is advisable to bring these with you.

Are there currently any health crises that foreign travelers should be aware of?

There are no major health crises that foreigners should be aware of, although scholars should use good judgment when traveling. Drinking water should be boiled or filtered (if coming directly from the faucet). Scholars should also be very cautious about street food or other establishments with questionable health standards. The aforementioned "What's On in Dushanbe?" provides a list of reputable cafes and restaurants frequented and recommended by expatriates.

It seems that giardia and amoebic dysentery are very common because of the water. There have been at least four recent cases of this in the last couple of months. It might be good for people to consult their doctor in the U.S. about these issues before coming here, and bringing any recommended medication with them.

Customs and Culture

Are there any particular customs that foreigners should be aware of when arriving in your country?

What is the custom on gift giving?

Tajikistan has an old tradition of giving and receiving gifts. Sometimes the process of giving and receiving gifts may be misinterpreted as a bribe. However, customarily, gifts are gifts, and bribes are money.

Additionally, what is the culture around networking? Can scholars simply contact other scholars, or do they need to send out letters of invitation announcing their desire to meet other scholars?

The most practical way of meeting another scholar is by writing a letter or calling on the phone, as it will give the other individual time to prepare. If scholars know one other or they have heard about each other, they can meet without any notification.

Scholars may want to talk to the embassy staff about potential contacts. Alumni of US government-sponsored educational programs can be found in high levels of government, businesses, the non-profit sector, and academia, and frequently prove to be a valuable resource for additional contacts.

Shopping

Embassy Community Liaison Office (CLO) Services:

The CLO core office hours are Monday through Friday 8am-5pm. The CLO community area is always open and available. Come to the CLO office for advice on where to go shopping, list of restaurants, list of places to visit, recreational, and sport opportunities as well as just getting a good book or video. The office has an Internet.

How available are PC or Macintosh computer supplies?

PC computer supplies including Macintosh are widely available, although much more expensive than in the US or Europe. Most laptop adapters are made to handle from 120-250V, and since electricity in Tajikistan is 220V, there are generally no problems. One needs only to purchase an adapter, widely available for a few dollars. A surge protector—also widely available—is recommended as power surges are common.

LASTLY, do you have any other advice for first-time visitors to your country?

One of the largest frustrations for foreigners living and working in Dushanbe is the city water. Some parts of Dushanbe receive their water from wells, while other parts receive water directly from the river. This water is, for the most part, unfiltered and carries with it everything that one might find in the river, from plant matter to pebbles to sand. Depending on the time of year and the amount of rainfall, water from the tap may be crystal clear or the color of coffee.

Keep this in mind when searching for an apartment or planning general household chores (dishes, laundry, etc.). Apartments on the “Presidential line,” (the water pipe connected to the presidential palace, is considered one of the best water lines in Dushanbe. Landlords will make it a point of mentioning if their apartment is located on the “Presidential line.” Some apartments in the city are on a water line connected to an artesian well, and that water is usually reliable and clear.

One may encounter many problems with water in the regions. Water in Khujand tends to be slightly salty and odorous. In flatland cities like Kulyab and Kurgan Tube, water supplies are limited in summer, and some regions of the city lack running water. Water is generally not a problem in Khorog, which generally has clean, fresh water year-round.

In late autumn, winter, and spring, electricity and heating are problematic everywhere in the country. There are no operating centralized heating systems, (unlike during the Soviet Union), anywhere in the country. Many of the regions experience rolling power outages. For example, Khorog might operate on a three-hour on, three-hour off rolling power outage system in winter. Kurgan Tube may have electricity for two hours in the morning and two hours in the evening. Khujand may have electricity from 6:00-9:00AM and again from 7:00-10:00PM. Kulyab has rolling power outages through the various regions of the city all day long. Electricity is almost always constant in the center of Dushanbe, but regions of the city do experience frequent power outages at times of peak demand. Overall, the severity of the power outages and the strictness of the rolling power outage system depends on the demand (usually directly correlated with the temperature or amount of snow) and the level of water in the Nurek dam, the city’s main hydroelectric power station. The winter of 2006-07 was a particularly cold one, and the low temperatures, combined with low water levels in the reservoir, made conditions such that the majority of Dushanbe had frequent power outages. It is recommended to consider bringing a sleeping bag.

You may also consult the US Embassy in Tajikistan’s “Information for Travelers”: http://dushanbe.usembassy.gov/information_for_travelers_to_tajikistan.html.

Education

It is exceptionally difficult to pursue higher education in Tajikistan. Corruption in educational institutions is an acceptable practice. Degrees are routinely awarded based on ability to pay and not on intellectual achievement or academic merit. Grantees working in schools or universities should be aware that infrastructure will not meet western standards. Heat is often a problem in the winter in schools, and there is a dearth of textbooks and other resources in local schools.

Fulbright scholars and other grantees with university affiliations require special permission from the Ministry of Education. Usually, this process takes about two to four months.

Language Courses

Language courses are available for some grantees. Please inquire with Shafoat and/or Tahmina about availability of funds, as each program has their own language policy that is set in Washington DC.

Embassy Speaker Program

Every year Embassy speaker program is renewed and supported by the Ministry of Education. The program gives opportunity for the college and university students to participate at the presentations and enhance their knowledge on American culture and values. The presentations are done in Tajik universities, American Corners and Access English Microscholarship Programs. The program is a great way to meet new people in the community and interact with a wide range of Tajik audiences. All grantees working directly under the guise of the U.S. Embassy in Dushanbe are encouraged to actively participate in the Embassy Speaker Program, both in Dushanbe and as you travel around the country. Please contact CAO Sandra Jacobs or Tahmina Niyazova for additional information.

List of topics for the Speaker Program at educational institutions of Tajikistan:

1. U.S. Higher Education
2. Elementary and Secondary Education in the United States.
3. The American Political System
4. The Law and the Judiciary in U.S.
5. Religion in America
6. The Public Welfare System in America
7. Labor in America
8. American Agriculture
9. Medicine and Health Care in America
10. The Native American
11. Black America
12. Ethnic Groups and Minorities in America

13. Art and Music in the United States
14. The American Family
15. American Youth
16. American Holidays
17. Immigration to America
18. American Regionalism
19. Geography and Environment in America
20. Business and Industry in the United States
21. U.S. Literature
22. U.S. History
23. U.S. Agriculture
24. U.S. Congress
25. International Students and Visa process
26. U.S. interests in Afghanistan
27. U.S. Aid to Tajikistan
28. Crime and Punishment in America
29. Illegal Drugs in America.
30. American libraries
31. American Corners in Tajikistan
32. English Grammar

American Corners in Tajikistan

Dushanbe American Corner
Central Scientific Library
Academy of Sciences of Tajikistan
33 Rudaki Avenue
Tel: (992) (37) 2-27-55-26
E-mail: acdushanbe@mail.ru
Coordinator: Bakhtiyor Nazirbaev-917-21-32-77

Khujand American Corner
Asiri Public Library
1 Lenin Street
Tel: (992) (342) 26-03-13
E-mail: ackhujand@rambler.ru
Coordinator: Madina Pulatova-919122970

Kulob American Corner
Kulob Branch of Technological University
Borbad Street, 9 microrayon

Tel: (992) (332) 2-13-64
E-mail: ackulob@yahoo.com
Coordinator: Abdulhamid Sharipov-918579225

Khorog American Corner
Youth Center
53 Lenin Street
Tel: (992) (3522) 2-91-67
E-mail: ackhorog@yahoo.com
Coordinator: Favziya Shonazmieva-935583210

Qurghon-Teppa American Corner
11"A" Jaloliddini Rumi Street
Tel: (992) (3222) 2-95-28
E-mail: acqurghon_teppa@yahoo.com
Coordinator: Farida Ashurova – 919612096

Gharm American Corner
At the Tojiktelecom building (third floor)
Saimuddin Burhon Street
Gharm 735450 Tajikistan
Tel: 8 3131 2-1674
Email: acgharm@gmail.com
Coordinator: Ravshan Sirojov - 918749081

English Access Microscholarship Programs in Tajikistan

(see attached flyer for information on Access)



Dushanbe

1. Educational Center Multikid (4 groups)
2. Bactria (2 groups)
3. Operation Mercy (suburbs of Dushanbe, 4 groups)

Sughd Region

4. Istarafshan – NGO Sadoqat (2 groups)

5. Shahristan – NGO Sadoqat (2 groups)
6. Ghonchi – NGO Tahmina (2 groups)
7. Kanibadam – NGO Paivandi Sharvandi (2 groups)
8. Khujand – NGO Driver (2 groups)

Rasht

8. Gharm – NGO Marifatnoki (4 groups)
9. Navdi village – Learning Center Hamadony Muzafar (4 groups)

Khatlon

10. Qurghonteppa - Millennium Development Partners Organization (2 groups)
11. Qumsangir – NGO Oriyono (2 groups)

GBAO

12. Khorugh – NGO Logos (2 groups)
13. Roshtqala – NGO Logos (2 groups)