

PRACTICAL INFORMATION



Climate:

Sharply continental climate with dry summers and low rainfall (~240mm/year). Over 250 days of sunshine a year earns Turkmenistan its nickname: the country of eternal sunshine.

Electricity:

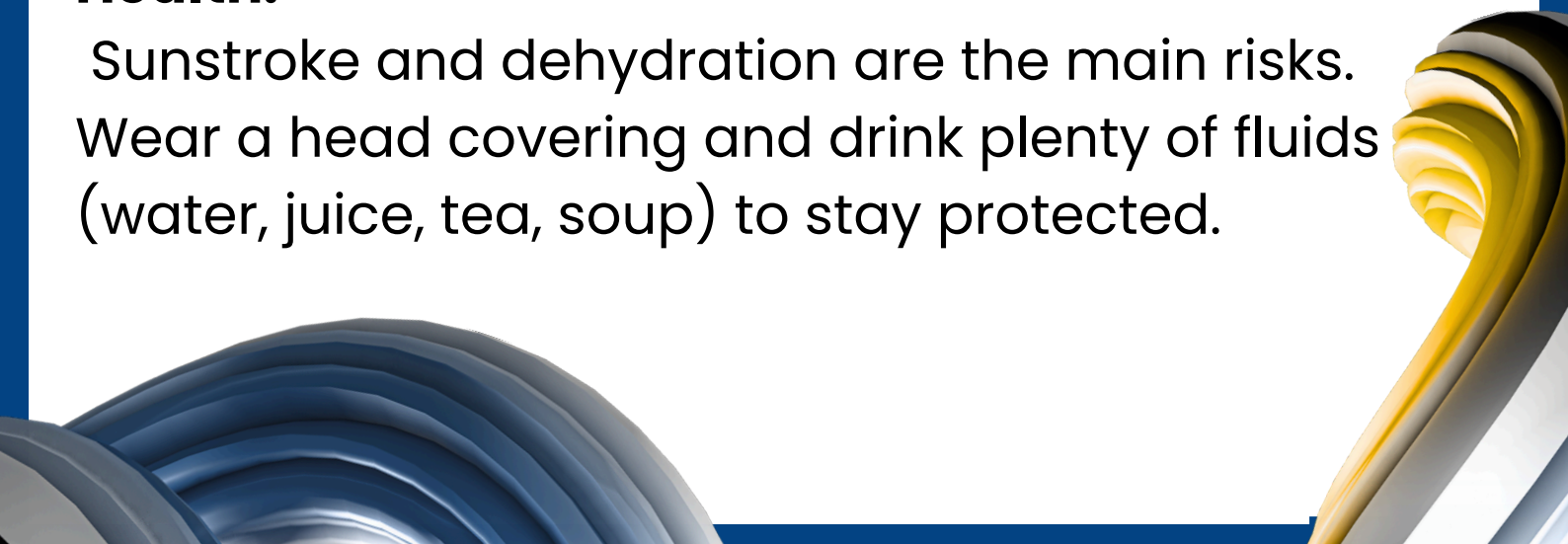
Standard voltage is 220V, 50Hz. Plug types C/F. Travelers from countries with different standards will need an adapter.

Communication:

International calls are possible from most hotels but at a premium; public call centers are cheaper. Internet access is available at most 3-4 star hotels in Ashgabat.

Health:

Sunstroke and dehydration are the main risks. Wear a head covering and drink plenty of fluids (water, juice, tea, soup) to stay protected.





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Currency:

The national currency is the Turkmen manat (1 manat = 100 tenge). Banknotes: 1, 5, 10, 20, 50, 100, 500. Coins: 1, 2, 5, 10, 20, 50.

Safety:

Turkmenistan is a safe destination. The population practices a moderate form of Islam and is respectful toward other faiths, with local traditions and customs still holding strong cultural importance.

Holidays:

Turkmenistan is known for its rich calendar of festivals and holidays, offering visitors a vivid look into local traditions and a steady stream of cultural events.

Language:

Turkmen, a Turkic language, is the official language. Russian is widely spoken as a second language.