



## **Business Support Resources in Dushanbe**

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This report provides useful information on business support resources in Dushanbe.

## **Business in Dushanbe**

### ***Time Zone***

Time zone in Tajikistan is +5 hours from Greenwich Mean Time (GMT) or 10 hours ahead of Eastern Standard Time (US). When it is 8 am in the morning on the U.S. East Coast it is 6 pm in Dushanbe.

### ***Business Hours***

All businesses and Government offices are open Monday-Friday from 8 am to 5 pm. Some offices are open on Saturday until noon. Official end of week is Sunday.

### ***Official holidays:***

January 1	New Year Day
March 8	International Women's Day
March 21-22	Navrooz
May 1	International Day of Solidarity
May 9	Victory Day
June 27	Day of National Unity
September 9	Independence Day
November 6	Constitution Day
Eid Al Fitr	varies each year
Eid Al Qurban	varies each year

## **Local Currency**

The national currency of Tajikistan - Somoni was introduced on October 30, 2000. 1 somoni = 100 dirams. The new monetary unit is named in honour of Ismoil Somoni (849-907) - founder of the first centralized state of Tajiks – Samanids State.

Average exchange rate is 3.4 Somoni/1US\$ (August 2006). Denomination of bills is 1, 5, 10, 20, 50 and 100 Somoni, with English text on the back of the note. More information on local currency is available on the website of the National Bank of Tajikistan:

<http://www.nbt.tj>

Major foreign currencies can be easily exchanged at multiple locations throughout Dushanbe. Look for a white and green signs with “Exchange Office”. Please count your cash before you leave the exchange office. There are no limitations on hard currency transactions.

## **Communication**

GSM standard cellular communications is available throughout Tajikistan. There are four private operators with nationwide coverage. For pricing, coverage map and sales office locations please visit:

Indigo Tajikistan (U.S.-Tajik joint venture)

<http://www.indigo.tj>

MLT (Russian-Tajik joint venture)

<http://www.mlt.tj>

Babilon Mobile (Tajik company)

<http://www.babilon-m.tj>

Landline telephones in Dushanbe are seven digits: xxx-xx-xx.

County code: 992

Dushanbe city code: 37

Tips:

To originate calls from the US: 011-992-37-xxx-xx-xx

To originate calls within Tajikistan: 8

To originate calls outside of Tajikistan: 810

For more information on setting up an office in Dushanbe please see BISNIS report on How to Open an Office in Dushanbe, which is available on the web at:

<http://bisnis.doc.gov/bisnis/country/tajikistan.cfm>

## **ATM/Banks**

ATM machines are available in Dushanbe at several locations:

- Airport: departure hall

- TSUM on Rudaki Avenue (Central Department Store)
- Hotel Avesto on Rudaki Avenue
- Xeroxland store on Rudaki Avenue opposite of the Central Park
- Main Post Office on Rudaki Avenue

Major credit cards (Visa/MasterCard) are serviced by local commercial banks. Contact information for major commercial banks:

Agroinvestbank, JSC  
Mr. Niyozmurod Saidmurodov, Chairman of Executive Board  
21 Saadi Sherozi Street  
Dushanbe, Tajikistan 734018  
Tel: +992 (37) 233-2656/236-5065  
Fax: +992 (37) 236-5170/236-5166  
Email: [info@aib-tj.com](mailto:info@aib-tj.com)  
<http://www.agroinvestbank.tj>

Amonat Bank – State Savings Bank  
Mr. Mahmamin Mahmaminov, Chairman of Executive Board  
24 Lahuti Street  
Dushanbe, Tajikistan 734018  
Tel: +992 (37) 221-7081  
Fax: +992 (37) 223-1416  
Email: [info@amonatbank.tj](mailto:info@amonatbank.tj)  
<http://www.amonatbank.tj>

Eskhata Bank, JSC  
135 Gagarina Street  
Khujand, Tajikistan 735700  
Tel: +992 (3422) 43945/40235/40614  
Fax: +992 (3422) 67410  
Email: [eshat@sugdien.com](mailto:eshat@sugdien.com)  
<http://www.eskhata.tj>

Orien Bank, JSC  
Mr. Hasan Asadulloev, Chairman of Executive Board  
95/1 Rudaki Avenue  
Dushanbe, Tajikistan 734001  
Tel: +992 (37) 221-0920  
Fax: +992 (37) 223-5361  
Email: [chairman@orienbank.com](mailto:chairman@orienbank.com)  
<http://www.orienbank.com>

Tojiksodirotkon, JSC  
Mr. Izatullo Lalbekov, Chairman of Executive Board

47 Behzod Street (opposite of the Television Center)  
Dushanbe, Tajikistan 734013  
Tel: +992 (37) 600-4010/221-3219/221-6949/221-4738  
Fax: +992 (37) 221-4738  
Email: [info@sodirotbank.tj](mailto:info@sodirotbank.tj)  
<http://www.sodirotbank.tj>

Tajprombank – Industrial Bank for Reconstruction and Development, JSC  
Mr. Jamshed Ziyaev, Chairman  
22 Rudaki Avenue  
Dushanbe, Tajikistan 734025  
Tel: +992 (37) 221-5757/221-2763  
Fax: +992 (37) 221-2585/221-7238  
<http://www.tajprombank.com>

The First MicroFinance Bank  
105 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 229-9310/15  
Fax: +992 (37) 251-0227

### ***Internet Café***

There are many Internet cafés in Dushanbe, most conveniently located for business purposes is the Plazma Internet Café on Rudaki Avenue. For privacy purposes visitors may request a private booth inside the Café. Internet access is charged on hourly basis at approximately \$1/hour.

In addition to Internet services most Internet Cafes offer copying, long distance and international telephone services, prepaid cards for Internet, telephone, and cellular communication.

Some local hotels have a business lounge with Internet access: please check with reception for details.

### ***Translation and Interpretation***

There are a number of freelance translators and interpreters that can provide professional level services. Currently the rate is \$45-50 per day; more if simultaneous translation is required. Translation of documents varies between \$7 and \$10 depending on the content of document and deadline for translation.

To obtain a list of translators please contact BISNIS Representative in Dushanbe.

## **Time-Out**

### ***Selected café and restaurants in Dushanbe***

Below is the list of restaurants in alphabetical order located in center of the city.

Eurasia Restaurant  
81 Rudaki Avenue  
Dushanbe, Tajikistan  
Cuisine: European

Georgia Café  
29 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 2278102  
Cuisine: Georgian

Haftrang (Rainbow), Art Café  
2 Bohtar Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 221-2445/227-2978

Indian Restaurant  
Rudaki Avenue opposite of Hotel Avesto  
Dushanbe, Tajikistan  
Tel: +992 (372) n/a  
Cuisine: Indian

Le Club Café  
1 Bekhzod Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 223-3175  
Cuisine: European

Rohat Restaurant  
84 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 2217654/2246254  
Cuisine: Traditional Tajik food.

Salsa Restaurant  
1 Karamova Street

Dushanbe, Tajikistan  
Tel: +992 (37) 224-8857  
Email: Salsa\_Dushanbe@yahoo.com  
Cuisine: Ecuadorian/Mexican/Italian

Sarez Restaurant  
83/1 Tursun-zadeh Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 224-9221  
Cuisine: European

Sirius Restaurant  
2 Bokhtar Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 221-7900

Vastan Restaurant  
88 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 224-0936  
Cuisine: European  
Vastan offers quality European food and salads.

Voyage Restaurant  
2 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 223-4536  
Cuisine: European/Russian

La Grande Dame  
Corner of Buhoro & Shevchenko street  
Dushanbe, Tajikistan  
Mobile: (+992 93) 501 0089  
info@lagrandedamecafe.com  
<http://www.lagrandedamecafe.com>

Café Occidental  
20 Omar Hayyam Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 224-9353

## **Hotels**

Hotel Kayon

7 Bohtar Street

Dushanbe, Tajikistan

Tel: +992 (37) 221-6229/227-5602

Email: [kayon@tajnet.com](mailto:kayon@tajnet.com)

Cost: \$50 - single bed, \$70 – double bed, \$100-120 – luxury room

Hotel Kayon-II

1 Akademik Rajabovikh Street

Dushanbe, Tajikistan

Tel: +992 (37) 223-0761

Cost: \$80 – single bed

Mercury Hotel

9 Lev Tolstoy Street

Dushanbe, Tajikistan

Tel: +992 (37) 224-4491/224-4137

Tel: +992 918-888-889/918-822-222

Email: [info@hotel-mercury.tj](mailto:info@hotel-mercury.tj)

<http://www.hotel-mercury.tj>

Cost: \$60 and up – single bed, \$60 and up – double bed;

Atlas Bed & Breakfast

63 Mirzo Rizo Street

Dushanbe, Tajikistan

Tel: +992 (917) 746444

Tel: +992 (37) 221-1631

Cost: \$60 and up – single bed, \$60 and up – double bed;

Hotel Tajikistan

22 Shotemur Avenue

Dushanbe, Tajikistan

Tel: +992 (37) 221-6262

Fax: +992 (37) 221-5236/251-0136/221-8080

Email: [hotel@tojikiston.com](mailto:hotel@tojikiston.com)

<http://www.hotel.tojikiston.com>

\* Several five star hotels including a Hyatt are under construction in Dushanbe and are due in the second half of 2007.

## ***Entertainment/Culture in Dushanbe***

The Antique Museum  
Akademika Rajabovikh Street  
Dushanbe, Tajikistan

Kamol Behzod Museum  
31 Ayni Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 223-0872/223-0867/223-2272

Dushanbe Bowling Club  
Hotel Dushanbe  
7 Rudaki Avenue  
Dushanbe, Tajikistan

Vastan Disco Club  
88 Rudaki Avenue  
Dushanbe, Tajikistan  
Tel: +992 (37) 224-0936

Diyor Disco Club  
1 Ismoili Somoni Street  
Dushanbe, Tajikistan  
Tel: +992 (37) 221-4561