



Exceptional Educational Journeys



Uzbekistan

destination FACTSHEET



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ACIS TRIP SERVICES

Rooming

This trip is based on double occupancy

Meals

Breakfast and Dinner will be included unless otherwise stated on your itinerary. Lunch may be included on some days; check your itinerary for further details. Always consume bottled/filtered water.

Tour Manager

An ACIS Tour Manager, local guide and bus driver will accompany the group throughout the trip. The ACIS Tour Manager will be available to the group during the entire trip and will also make themselves available to the group in the evenings and during free time.



GENERAL INFORMATION/TIPS



FLIGHTS

Flights typically arrive late at night. However, dependent upon your home city flight times can vary from overnight flights to early morning departures. **For internal flights we will need your passport information 90 days prior to departure.** Please enter it into your MyAccount as soon as you have it.



PASSPORT REQUIREMENTS

Passports are required for all passengers traveling to Uzbekistan. **You must have 3 months' validity beyond your allowed period of stay and have at least one blank page.** Tourist visas are not required for US citizens traveling to Uzbekistan for up to 30 days. Non-US citizens should check with the Embassy of Uzbekistan for any specific Visa requirements. In such cases, the passengers will be responsible for obtaining their own Visa. Please make two colored copies of your passport. One for the group leader and one to keep in a location separate from your passport.






PARENTAL CONSENT

Parental consent letters are required for passengers Under 18. Review requirements here: <https://travel.state.gov/en/international-travel/travel-advisories/uzbekistan.html>.



TIME DIFFERENCE

Uzbekistan Standard Time is **UTC+ 5:00**. No daylight saving time.

 <p>LUGGAGE RESTRICTIONS</p>	<p>Uzbekistan Airlines – Hand luggage: up to 8 kg; Checked baggage: 1 piece up to 23 kg</p> <p>Silk Avia – Hand luggage 5kg; 1 baggage piece 20kg</p>
 <p>TIPPING</p>	<p>Pre-paid tips will be listed on your account to cover tour manager, local bus and guide.</p> <p>All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.</p>
 <p>OUTLETS</p>	<p>Operates on a 220V supply voltage and 50Hz, utilizing Type C and Type F power sockets (similar to 2-pin European standards). Visitors from 110-120V countries (like the US) require a voltage converter and plug adapter.</p>

WHAT TO PACK

What to Wear

Recommended clothing to wear, what is the temperature? Is there a difference in climate during each month

- ✓ **Basic Medical Supplies** such as anti-diarrhea medicine, pain relievers, Band-Aids.
- ✓ **Games.** It's a good idea to have games like chess, checkers, backgammon or playing cards for those relaxing evenings.
- ✓ **Hat/Sunglasses** to block the sun during long days of walking.
- ✓ **Jacket/Lightweight Pullover.** Especially in the mountain regions with cooler temperatures.
- ✓ **Long Pants.** At night attire.
- ✓ **Modest Attire:** for visiting religious sites (scarfs for shoulder covering, long sleeve, long dresses/skirts, pants)
- ✓ **Light clothing/layers** For during the day tours.
- ✓ **Dinner Attire.** While there is no need to dress formally for any meals it is suggested to avoid wearing shorts and t-shirts for dinners.
- ✓ **Hand sanitizer.**
- ✓ **Small Suitcase or Carry-On.** You are required to manage your luggage by putting it on and off the buses as well as always having it with you during your internal flights.



- ✓ **Backpack/Day Pack.** This bag will stay with you for the entire day. Bring any necessary items you will need for the day, especially a bottle of water.
- ✓ **Sunscreen.** The sun is very strong, and protection should be worn every day. Minimum SPF 30 is recommended.
- ✓ **Walking Shoes/Sneakers/sandals** (easy on and off for mosque) for walking/ sightseeing
- ✓ **Raingear.** Light rain jacket during the wetter months (January – May)
- ✓ **Reusable water container.** Water is provided on the bus to fill your reusable water container. Plastic nor paper cups are not provided. You will need to bring a reusable water container.



HEALTHCARE

You can check with the Department of Health and Human Services for specific health concerns when traveling: <http://www.cdc.gov/travel/>

Tap water is generally not safe to drink but bottled water is widely available, and ice from reputable establishments is usually safe. You do need to stay hydrated in the dry summer months.

Visit a local **travel doctor** or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program.



SAFETY AND SECURITY

Please follow the instructions of your local Tour Manager in regard to safety, they know the area and local culture.

Should you have any issues at all during your trip that your tour manager cannot resolve please call ACIS so we can intervene. It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

Uzbekistan is a safe country, and travelers should exercise normal precautions when in crowded areas to avoid pickpockets and petty theft.

ACIS Emergency number 617-450-5678.



OTHER IMPORTANT INFORMATION

Currency

Uzbek Som (UZS)

1 USD ≈ ~12,000-13,000 UZS (subject to change)

ATMs are available in cities. Credit cards are accepted at major hotels and restaurants. **It is recommended to carry cash.**

www.acis.com

Other Transportation

Trip includes internal flights.