



Tajikistan

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For further information on voluntary return and reintegration, please visit the information portal www.ReturningfromGermany.de, or contact your local return and reintegration office.

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1 Health Care

General information on health care

Healthcare in Tajikistan is provided by public and private healthcare institutions and regulated through the Ministry of Health and Social Protection of the Population of the Republic of Tajikistan. The structure of Tajikistan's healthcare system is multifaceted, consisting of various types of providers practicing in different systems of medicine and facilities within different ownership structures. A special feature of public health services is that there are mass healthcare programmes, most of them of preventive and promotive nature, like selected disease control programmes (TB, diabetes, HIV/AIDS, cancer, REHABILITATION OF THE DISABLED etc.), family planning and maternal and child health programs (contraception, immunization, food security, etc.). According to Order No. 600 of the Government of the Republic of Tajikistan dated December 2, 2008, medical services are paid except:

- for consultations and dispensary care for chronic patients
- for persons with disabilities, including children with disabilities, are entitled to free medical services
- for vaccinations for children according to the vaccination calendar

The Tajik Republic has no health insurance. As a result, all citizens are required to pay not only for the drugs recommended by a doctor but also for the tests and additional investigatory techniques.

Availability of medical facilities and doctors

Public health facilities in Tajikistan are state-run and include polyclinics, which offer outpatient services, hospitals,

dispensaries, and specialized clinics, which offer outpatient and inpatient services for providing medical care for Tajikistan residents and guests. There are outpatient clinics in each city and in rural areas, where inhabitants are registered. Medical staff are familiar with all registered populations in their territory and know their medical conditions. Also, there is the private healthcare sector, which has undergone expansion in recent years and offers high standards of care, modern equipment, and well-qualified staff. The number of healthcare institutions and facilities in the country has almost doubled and reached 5116 and their healthcare providers reached 79 000 compared to 1991.

Admission to medical facilities

Presenting an identity card at the front desk of the state healthcare facility is required to receive medical services. There is an institution for family doctors, which was organized in the middle of the 1990s. A family doctor is a specialist for diagnosis, prevention, and treatment of adult and pediatric patients. Family physicians provide treatment, send the patient for instrumental or laboratory testing, and if necessary, refer him to specialists for medical examination, screening, and treatment. To access medical care, a patient can firstly go to the hospital where she or he is registered and seek assistance for him/herself as an outpatient. Another way is to contact a private clinic. If the patient's circumstances are severe, the doctor should recommend hospitalization. Hospitalization can be carried out in state specialty hospitals or general hospitals, as well as private clinics. The patients might choose the appropriate

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hospital/clinic for themselves. The presentation of the corresponding ID card is necessary for registration.

Availability and costs of medication

The state guarantees the provision of the population with medicinal and medical products approved by the Ministry of Health for use in medical practice. Categories of persons subject to preferential provision of medicinal products funds, as well as the conditions and procedures for their provision, are established by the Government of the Republic of Tajikistan. Most necessary medicines exist in the pharmacies of Tajikistan, but some expensive ones need to be

previously ordered in a drug store via prepayment. The costs of state-registered services were predefined by the Ministry of Health and Social Protection of the Population of the Republic of Tajikistan. The very vulnerable population can receive medical services free of charge only in public hospitals and clinics operated by healthcare institutions. List of medicines provided based on free services noted in Order No. 600 of the Ministry of Health of the Republic of Tajikistan. Unfortunately, Tajikistan doesn't have any system of health insurance for the population.



Photo: Unsplash 2021/ National Cancer Institute

Access for returnees

Eligibility and requirements: No system of health insurance for migrants is available. Access to the health care system for migrants is the same as for other people in Tajikistan.

Registration procedure: No system of health insurance is available.

Required documents: No system of health insurance is available.

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General information on labour market

Tajikistan is the smallest country in Central Asia, with a total land area of 144,510 square kilometers, according to the World Factbook of the Central Intelligence Agency (CIA). According to the Statistics Agency of the President of the Republic of Tajikistan, the total population of the country is 10288.3 million people in 2024. Tajikistan borders the Kyrgyz Republic to the north, the People's Republic of China to the east, Afghanistan to the south, and Uzbekistan to the west and northwest. Only about 6% of the land is available for agricultural production.

Tajikistan remains the poorest economy in Central Asia and among the 15 former Soviet republics, with a narrow export base, structural bottlenecks for job creation, and a high dependence on external financial aid. Tajikistan is the only country in the post-Soviet space that, under the new World Bank country classifications by income level, is ranked among low-income countries.

The status of economic transformation values is determined to be very limited. The economic growth of Tajikistan in 2024 increased by approximately 8.4%. Inflation was remained at 3.6%, which is 0.2 percentage points lower compared to 2023.

In 2024, the labor and employment authorities provided jobs to 140,773 citizens of Tajikistan. To help people find jobs, 911 job fairs and vacant job positions were organized, resulting in attracting 22,500 unemployed individuals to various types of employment. In total, 12,500 people found a job, while 8,000 completed training courses and 1,982

participated in community service. Additionally, nearly 18,400 individuals received unemployment benefits. In 2024, 280,000 adults completed vocational training courses, with over 86,000 were engaged in retraining and advanced training programs.

The total revenue of the State Budget of the Republic of Tajikistan for 2024 amounted to 22.7 billion somoni, reflecting a 9.6% increase compared to the planned figures. Additionally, Tajikistan's gross domestic product (GDP) for 2024 reached 154.3 billion somoni. Tajikistan's economic growth reached an impressive 8.2% in 2024.

The remittances of workers and the increase in the wages of the population also increased the economic activity of the country, strengthened domestic demand, and contributed to the reduction of poverty. The strict monetary and credit policy along with the decrease in the inflation rate along with the decrease in food and fuel prices in the world contributed to the further strengthening of the economic picture of the country. The fiscal position of Tajikistan was strengthened due to increasing foreign grants, which led to a decrease in the level of public debt.

The predominant types of economic and livelihood activities across Tajikistan have been identified. This has identified 13 broad geographic definitions based on five broad categories, as shown in:

- Agro-industrial (Central and Eastern Tajikistan, Central Khatlon and North Sughd);
- Irrigated agriculture (Western Pamir, Rasht Valley, Southern Khatlon,

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- Penjakent);
- Rainfed agriculture (Southern Khatlon, Gonchi and Istaravshan);
- Livestock-based (Eastern Pamir, Eastern and Central Zeravshan, Khatlon Mountains);
- Remittances based (Western Pamir)

The majority of workers remain in agriculture, and domestic job creation was mainly in the agriculture and services sectors with low productivity. Informal sector employment is a crucial source of jobs for the working-age population that does not have a desirable formal sector job. Because of the lower barriers to entry in the informal sector, there are usually more startups among informal firms, and these informal firms usually provide jobs to young, inexperienced, and unskilled workers.

- Informal (including unpaid) workers tend to be younger men with less educational attainment, and from rural areas, the GBAO, and Khatlon region. They tend to work in construction, trade, and agriculture.
- Informal (including unpaid) workers have lower educational attainment and are less skilled than formal workers
- Informal workers tend to be a little younger than formal sector workers
- Informal workers tend to be poorer than formal sector workers
- Informal workers are more likely to work in construction and agriculture

In Tajikistan, too many jobs are in the informal sector; available only during certain times of the year; receive payment only occasionally; and are temporary. The most desirable jobs are in Dushanbe. Workers in Dushanbe are more likely to

be public sector workers and to be paid in regular installments. These workers have more desirable jobs than in any other region of Tajikistan and almost 59 percent of employees are paid in regular installments, while fewer than 40 percent of employees in each of the other regions of Tajikistan are paid in unregular installments.

According to the Tajik State Statistics Committee, the average monthly wage in December 2024 was 2,959.91 somoni, which is approximately 260 US dollars. In 2025, the minimum monthly wage in Tajikistan is set to be 800.00 somoni (about \$73).

Tajikistan is the largest remittance-dependent country in the world. Workers' remittances make up a third of the annual GDP. In addition, the limited export base makes the country's economy vulnerable to external developments, including developments in the Russian Federation. Despite significant progress, Tajikistan remains vulnerable to external shocks due to its high dependence on remittances, a non-diversified economy and export base, as well as a high risk of a credit crisis.

In 2024, remittances to Tajikistan amounted to \$5.8 billion, representing a 27% increase compared to 2023. As of 2024, their share in Tajikistan's GDP reached 45%—the highest in the world in relative terms.

According to the World Bank, Tajik immigrants, mainly work in Russia, where their salaries are significantly higher than in their own country. Every year, about half a million citizens of Tajikistan leave the country for work, and most of them are men. In 2024, more than 80% of

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labor migrants from Tajikistan headed to Russia. Long-standing relations since the Soviet era, shared languages, immigrant networks, significant wage differentials, as well as visa-free and visa-on-arrival options, make the Russian Federation a popular choice.

Migrants to Tajikistan are mainly young people (85% aged 15 to 44) and rural residents (85%) (Asian Development Bank, 2020). The main reasons for going abroad are to find work (92%), family reasons (4%) and education (2%) (International Organization for Migration, 2023). Most of the migrant men work mainly as unskilled laborers in the construction sector. International migration is a type of livelihood opportunity and is the main factor of this economic development. Emigration relieves the pressure of unemployment and contributes to foreign exchange reserves. Most migrant workers (85.5%) do not undergo any skills training before their departure. Some of the problems faced by Tajik immigrants in the Russian Federation are unemployment for a month or more, difficulty in obtaining work permits and work patents from various government agencies of the Russian Federation, and a lack of representatives of the Ministry of Labor, Migration, and Employment of the Republic of Tajikistan to help. Migrants have limited access to legal remedies in the Russian Federation. Most low-skilled and economically desperate migrants are willing to accept any working conditions. Most of them also lack legal literacy. The number of Tajik immigrants in the Russian Federation, who are in an irregular and unofficial situation, remains uncertain. These conditions can lead to labor exploitation by employers, abuse of

power, police brutality, and extortion by criminal gangs. In addition, xenophobic and nationalistic tendencies in the Russian Federation, which are presented in the interviews of returnees, are a major problem of working in this country. To save money, most of the migrants work in very poor and difficult conditions and live in overcrowded housing, as a result of which sanitary standards are violated and their health deteriorates. The action plan of the National Strategy on the regulation of the migration process until 2040 for the years 2023-2025 was adopted by the decision of the Government of the Republic of Tajikistan dated June 30, 2023, No. 309.

Challenges for returning migrants include difficulties in economic, social, and psychological reintegration. Migrant families use an overwhelming portion of remittances (94%) for private consumption. However, remittances are rarely used for investments or to save for future contingencies, leaving migrants continually dependent on overseas employment for their livelihood. Migrant families left behind are affected as well. Since a majority of the migrants are male, it adds further stress on women, adding economic activities to their traditional roles.

As a group, the migrants on the reentry ban list of the Russian Federation need support in removing their names from the list, assistance in finding alternative employment in the country or a different destination, and psychosocial counselling after their return.

The labour market of Tajikistan has the youngest population in Central Asia. Youth between 14 and 30 years of age account for 33.2% of the population.

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Each year, an estimated 130,000 young people enter the labour market, but many face limited economic opportunities. According to the JICA Household Report (2019), 55% of migrants did not work until they left for migration, and 10% left after graduating from school. 54.7% of unemployed people didn't have a job before migration.

Adults with a postsecondary education earn 57% more than otherwise identical adults with only a primary school education. The potential workforce is growing, but too many working-age adults are not in the labor force; as a result, Tajikistan's most valuable resource—its human capital—is underutilized. Tajikistan has a working-age population, defined as 15–64-year-olds, of about 4 million people. Less than half (43 percent) of them is in the labor force. Many working-age youth and adults, especially women, are neither employed nor looking for work, and therefore, are not contributing to economic growth.

The number of officially registered unemployed at the end of December 2023 amounted to 48.3 thousand people, which decreased by 9.7 percent compared to the same period of 2022. The unemployment rate in February 2024 reached 47,700 (6.90%).

According to the latest World Bank report published in 2024, Tajikistan's economy has shown significant growth in recent years, expanding by 8.3% in 2023 and 8.2% in early 2024. According to the report, the increase was due to increased revenues from gold exports and significant government infrastructure spending. Reliable remittances to workers and increased public wages also boosted domestic demand and contributed to

overall poverty reduction in the country. Women in Tajikistan have fewer opportunities than men to develop skills and abilities to manage a business, not to mention any other support; this is reflected in the low and declining share of firms with a female top. Women are also underrepresented when it comes to holding financial accounts in banks, using financial institutions for savings, and borrowing money to start, operate, or expand a farm or business.

In Tajikistan, approximately 23% of households are headed by women. Female-headed households are smaller than those headed by men and slightly more common among non-poor households than among poor households. They are also more common in urban areas compared with rural areas (pointing to the assumption of higher social pressure in rural areas, preventing women from residing there as household heads).

An alarming gender gap of almost 42 percentage points has emerged between the rates of young men and women (7.2 versus 49.3 percent, respectively) not in education, employment, or training (NEET), overall, one-third of the youth in Tajikistan aged 15–24. Women are disproportionately represented in sectors such as healthcare (58.7%) and education (53.7%), in which average wages are lower than in other professions. They are also concentrated in agriculture and low-skilled occupations.

Women in Tajikistan have very little decision-making power in their domestic lives. They face fewer legal constraints today than they did in 2010. In Tajikistan, the estimated female earned income is

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4.5 times lower than the estimated male earned income due to gender inequality. According to the Committee for Work with Women and Family, in 2024, about 150,000 women emigrated, which is 14% less than in the same period last year.

In Tajikistan, the discrepancy between the level of qualifications of personnel and the requirement of the modern market is a widespread problem. Despite the fact that there are hundreds of secondary specialized educational institutions in the country, as well as the vocational education system of the Ministry of Labor, Migration and Employment of the Population, which has 5 centers, 41 branches and 29 representative offices, including the Adult Education Center with 34 branches. and 24 representative offices in Dushanbe, State Institution “Educational Center of Khujand”, where 103 professions are taught, most of the graduates do not have sufficient qualifications even in basic working specialties, including high-tech professions. The Government of the Republic of Tajikistan adopted the National Development Strategy (NDS) 2016–2030. The NDS provides for reducing the poverty rate in the country twice by 2030 and expanding the middle class. In addition, a Human Rights Commissioner (ombudsman) was appointed to help prevent all forms of discrimination and ensure equality.

Finding Employment

The Tajik economy is not creating enough jobs for its rapidly growing labor force. But over the last decade, Tajikistan has experienced strong economic performance, with a growth rate averaging above 7 percent.

Other areas of concern noted are the need for job creation after return as well as recognition of skills acquired in the destination country. To provide migrant services, the Ministry of Labor, Migration and Employment of the Population of the Republic of Tajikistan (MOLME) established four pre-departure centers under Migration Services on June 4, 2014. Now the number of these centres has increased to nine. However, the staff is inadequately equipped with any structured training or materials on all issues pertaining to migration, including how to train and interact with migrants.

Tajikistan has great potential for development, with its young and growing populations, water and hydropower potential, agriculture and food processing, minerals, and tourism. The lack of good jobs in Tajikistan has led to increased labor migration, and remittances have become an important source of income and growth in the last decade. A large share of the workforce - adults over 17—has been forced to leave the country for better pay.

However, the economic situation in Russia against the backdrop of the war in Ukraine and severe Western sanctions has forced many Tajik migrant workers to look for work not in this country but in other countries. Tajiks now go to work in Kazakhstan, and, according to them, they are paid less than in Russia, but they feel safe. Some challenges faced by Tajik migrants in the Russian Federation include unemployment for a month or more; difficulty in obtaining a work permit and work patent from various government agencies in the Russian Federation; shortage of Ministry of Labor,

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Migration and Employment (MOLME) representatives to aid migrants; and limited access to legal remedies in the Russian Federation. Most migrants are low-skilled and economically desperate and are willing to accept any working conditions. Many of them also have nearly zero legal literacy. The number of Tajik migrants in the Russian Federation with irregular status remains unclear. These conditions can lead to labor exploitation by employers and police abuse and extortion by criminal gangs. In addition, xenophobic attitudes in the Russian Federation, cited in interviews of returned migrants, are a major difficulty in working there. A majority of the migrants live and work in very poor and harsh conditions and reside in overcrowded apartments primarily to save money, resulting in poor hygiene and health.

The Agency of Labor and Employment of the Ministry of Labor, Migration and Employment of the Republic of Tajikistan conducts activities related to the organization of measures to provide employment to the population and the provision of unemployment assistance for people looking for jobs and the unemployed (through employment centers), control over the implementation of the Law of the Republic of Tajikistan “On promoting the employment of the population”, as well as analyzing the labor market, and is a state legal institution that conducts its activities in the field of organizing educational, informational, and promotional activities related to this area.

The Labor and Employment Agency

implements a number of labor market programs, the Youth Labor Exchange under the Youth and Sports Committee provides assistance to job seekers. Vacant positions are posted in several places:

- <http://www.mrc-tajikistan.org>
- <https://kasb.tj/>
- <https://somon.tj/vakansii/>
- <https://hotjob.tj/>
- <https://arzon.tj/category/vakansii>

Every year, Tajikistan creates 100,000 jobs with a focus on providing vocational training to the unemployed, particularly women and young people.

Meanwhile, most Tajik labor migrants leave their homeland not because of a lack of jobs, but because of low wages

Unemployed citizens duly registered with state employment agencies have the right to:

- vocational training courses, retraining, and educational scholarships
- to receive consulting services and financial assistance in establishing self-employment and small businesses
- the ability to participate in public works projects
- for social support in the sphere of work, for receiving unemployment benefits.

Formally employed workers receive a relatively good level of social protection. Informally employed persons, workers involved in atypical forms of employment, vulnerable categories of workers in rural and urban areas, domestic workers, migrants, unskilled workers, and even the officially registered unemployed are not covered by comprehensive measures of social protection. These categories

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of the population are vulnerable and therefore more exposed to social risks than others.

Government statistics do not provide accurate data on the level of employment in the informal economy in Tajikistan, so it is very difficult to assess the extent to which women and men participate in the informal economy.

Nevertheless, according to experts, informal employment plays a significant role in the lives of Tajik workers, which leads to their lack of labor and social protection and their involvement in informal, low-skilled work.

Based on the mutual agreement, 7764 citizens of the Republic of Tajikistan were employed in Great Britain in 2024.

In 2023, the Ministry continued its efforts to enter the Employment Permit System (EPS) of the Republic of Korea. Thus, on December 29, 2023, at the meeting of the Foreign Policy Committee on Labor of the Republic of Korea, the Republic of Tajikistan was selected for the work permit system (EPS) in Korea as the 17th country, which is an achievement in the direction of diversification of labor migration. The transfer of the labor force from the Republic of Tajikistan to the Republic of Korea will begin in 2025 after the signing of the Memorandum of Understanding. Opportunities for Tajik Migrants Seeking Employment in Korea: One of the main conditions for working in Korea is proficiency in the Korean language and relevant professional skills. To facilitate this, special courses have been organized. Thus, Tajiks who want to go to this country to earn money can apply to the "Adult Education Center of Tajikistan", "Consultation and

Pre-Departure Preparation Centers for Labor Migrants", departments of the Migration Service, as well as to migrant service centers in the cities of Bokhtar, Khujand, Vose district, or to professional development centers located in the city of Roghun and Dangara district.

In February 2024, Tajikistan reported a registered unemployment figure of 47,700 individuals.

Unemployed citizens who wish to engage in individual work can get a preferential interest-free loan in three areas of activity: 1) entrepreneurship; 2) services to the population; and 3) small production. Depending on the type of activity, the amount of loan provided also differs. This is approximately 7.04 thousand TJS (about 600 dollars) to 12.2 thousand TJS (about 930 dollars).

According to official government data from the Agency on Statistics under the President of Tajikistan, the unemployment rate in 2024 was reported at 3.7%. A large proportion of women are not participating in the labor force, with only 31.8% of females in the labor force in 2024.

Most citizens do not apply to state employment agencies but search for jobs on their own. The Employment Agency explains this by pointing out that the average salary in jobs for the unemployed is much lower than people want.

The Agency for Labour and Employment of the Population implements several active labour market programmes that target, among other categories, young people (e.g., vocational training and retraining, public works, entrepreneurship promotion) and organises job fairs.

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Services to young people are also available through the structure of the Committee on Youth Affairs and Sports under the Government of the Republic of Tajikistan, which comprises the Youth Labour Exchange, Club for Young Entrepreneurs, and Youth Information Centre (which provides information services and training courses for youth). Youth Labour Exchange under the Committee on Youth Affairs and Sports under the Government of the Republic of Tajikistan actively works with young people by combining in its structure a cultural center for youth, a hotline for young people, short-term training courses on different professions (as well as language courses), and a department for job placement in foreign countries.

Skills recognition and certification are conducted for people (including migrants) without formal education and qualification documents but with certain skills, they have obtained. (Decent Work Country Programme of the Republic of Tajikistan 2020-2024). In 2016 the Government adopted the National Development Strategy (NDS) 2016-2030, aimed both at increasing the quantity of newly created jobs and improving their quality, by improving labour productivity and expanding access to social protection. The NDS provides for reducing the poverty rate in the country twice by 2030 and expanding the middle class.



Photo: IOM Tajikistan

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Further education and training

Social support for labor migrants who have returned to their homeland is carried out within the framework of the State Program for the Promotion of Employment of the Population, which provides for the relevant section "Social support for labor migrants who have returned to their homeland." By order of the Minister, the Program and Action Plan of the Ministry of Labour, Migration, and Employment on social services, including employment and vocational training of citizens returning from labor migration, were approved. Also, organize job fairs through the Labor and Employment Agency. There are 62 professional lyceums under the auspices of the Ministry of Labour, Migration and Employment of the Population (MLMEP). The lycées provide 1- and 2-year diploma courses designed to prepare students for further education in higher vocational schools, and for those who do not have such an opportunity, to prepare them for decent work. Vocational lyceums provide training in 14 specialties. In addition to the regular diploma courses, almost entirely funded by the state, most lyceums offer short-term courses for a fee. Short-term courses primarily appeal to people such as returning migrant workers who require a certificate confirming their practical skills, such as a tractor or truck driver. Tuition is nominal, so lyceums are attractive to many low-income families. The MoLME operates 35 Adult Education Centers offering short-term basic skills training and advanced training courses lasting up to 6 months. Citizens are trained in 110 professions. The main target groups are returning migrants, vulnerable youth,

especially women, and, to a lesser extent, adults with limited literacy skills. Adult Learning Centers serve as a center for the recognition of prior learning, that is, they accredit the undocumented skills of returning migrants. The majority of Adult Learning Centers trainees are identified and funded through a voucher system by the Employment Agency as part of the MoLME activities, however, a significant number of trainees pay their own tuition. Adult Education Centers are primarily designed to provide low-income social groups with basic vocational skills, enabling them to improve their economic conditions.

Access for returnees

Eligibility and requirements: If unemployed citizens are adults and can provide all the documents for unemployment benefits, their cases will be considered based on the rules and provided documents. The decision on the appointment of unemployment benefits is made by the state employment authorities no later than eleven days from the moment the citizen is recognized as unemployed. If, during this period, the employment agency fails to provide a suitable job, then he will be officially recognized as unemployed. Unemployment benefits are assigned in the first month at a rate of 50%, 40% in the second month, and 30% in the third month, based on the average wage at the last place of employment (adjusted for coefficients) calculated over the previous six months but less than the established minimum wage.

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If unemployed citizens have disabled dependents under the age of 15, by decision of the local majlises of people's deputies, additional payments in the amount of 10 percent for each dependent may be established for unemployment benefits from the local budget.

The following people are not allowed to be registered as unemployed:

- Individuals under the age of 15
- Full-time students in higher and secondary education; secondary special education schools
- Individuals who have received an old-age pension or old-age allowance in accordance with the Republic of Tajikistan's "On Labor Pensions" laws

The following people will be stopped from getting benefits as unemployed:

- having an income in the amount of at least 12 minimum wages per year from the rental of property, land, vehicles, and real estate
- those who refused within 10 days from the date of their registration with the employment authorities from two options for a suitable job
- those who did not appear in the state employment agencies within 10 days of their registration date without a valid reason in order to find a suitable job

- those who submitted documents containing deliberately false information about the absence of work, earnings, or profitable employment, as well as other false data to recognize them as unemployed.

Registration procedure: First of all, it needs to register with the local employment authorities as unemployed. For employment, getting unemployment benefits, and advanced trainings, people need to contact the office and departments of the Agency of Labor and Employment of the Ministry of Labor, Migration, and Employment of Population. In the city of Dushanbe: The Office of the Agency of Labor and Employment of the Ministry of Labor, Migration and Employment of the Republic of Tajikistan, address: Dushanbe, 5/12 Alisher Navoi Street. Phones: (+992 37) 235-15-25, (+992 37) 236-50-12. Continuing education courses in the city of Dushanbe: state institution "Adult Education Center of Tajikistan". Address: 5/1 A. Navoi Street. Phones: +992 935-24-88-55, +992 900-00-32-22, (+992 37) 235-18-70. When an unemployed person registers, it is necessary to come to receive benefits at the set time and not violate the registration rules.

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Required documents: Unemployed citizens can provide all the documents for unemployment benefits: a certificate of employment (work experience must be at least 18 months for the last 3 years before applying for benefits), a passport, a certificate of residence, and a certificate of doctor, and then the structure of the Ministry of Labor, Migration, and Employment will pay unemployment benefits.

Some people can start their own business. The necessary steps for state registration as an individual entrepreneur are:

- An individual applies only to the registration authority - the relevant district (city) Sector of state registration.
- Complete and sign the application for state registration of a person as an individual entrepreneur.

Together with the application, submit the following documents to the registering authority:

- 1) a copy of the passport;
- 2) two photos 4x6 cm;
- 3) receipt of payment of state duty (upon receipt of the Certificate);
- 4) a receipt for advance payment of the value of the Patent (for persons wishing to obtain a Patent). The rent and the operating/ancillary costs for a shop of at least 15 m² in Dushanbe are 100–150 USD per month (depending on the structure or building, location, etc.). For working as a cab driver for some taxi companies, the person needs to have or buy a white-colored car that was produced no earlier than 2016. And such cars are more expensive than older ones. The person must have had a driver's licence for at least 3 years. It is necessary to pay about 5000–7000 TJS

for the services of a taxi company when hiring. If the person can be hired by the taxi company, he must register his driver's license. Registration is carried out in the state registration sector at the tax authority of the district or city at the place of business.

So, an individual must fill out and sign an application for state registration. An application form can be obtained from the state registration sector.

The registration authority must receive the following documents in addition to the application:

- a copy of the identity document (passport)
- two photos 4x6 cm
- a receipt for advance payment of the cost of the patent (taxation of individual entrepreneurs under the patent is carried out on the basis of an advance payment for the next month).

The patent's cost is about 50–100 USD, depending on the type of patent.

The person needs the following documents to apply:

- certificate on the health condition 1-2 USD
- certificate of non-conviction 2 USD
- fluorography 4 - 5 USD
- certificate of domicile 1 USD
- photos 1 USD
- completion of the questionnaire
- completion of the job application
- copy of the passport
- copy of the driver license

The initial cost of business equipment for a used car appropriate for taxi companies is about 13 000 – 15 000 TJS (1300–1500 USD)

There are microfinance institutions where returnees and/or other people can get loans to start their own businesses.

3 Housing

General information on housing

Two types of residence are predominant in Tajikistan: private houses and multi-family residential. Additional kinds of housing include dormitories. Prices for housing situated in central locations and within walking distance of popular places are higher than others. There are more expensive apartments in the well-designed new buildings with improved planning. The buying procedure is not difficult. A person should contact the specialized government agencies that are engaged in providing assistance in the purchase and sale of apartments.

Average apartment prices (rent):

1- bedroom in the city centre of Dushanbe is 400- 550 €/ outside of centre city Dushanbe is 100- 150 €

2-bedrooms in the city centre of Dushanbe is 500- 950 €/ outside of centre of Dushanbe is 100- 250 €

3 - bedrooms in the city centre of Dushanbe is 500- 950 €/ outside of centre of Dushanbe is 200- 550 €

4 - bedrooms in the city centre of Dushanbe is 500- 2500 €/ outside of centre of Dushanbe is 200- 1500 €

There are several private companies that provide services for finding accommodations, and service fees vary. Besides, there are several property search websites available in Tajik and Russian:

- <https://somon.tj/>
- <https://dushanbe.rg.tj/>
- <https://baraholka.tj/>

Apartment prices (per m²) for buying:

- city centre of Dushanbe is 1000- 1400 €
- outside of centre of Dushanbe is 600-800 €

The price of communal services is as follows: Water for houses without a water



Photo: Unsplash 2019/ Michael Gadeck

3 Housing

meter is 8.41–10.61 TJS/m³ per month, and for houses with a water meter it is 2.34 TJS/m³ per month. The removal of household waste from garbage sites is planned to take 2.10–3.0 TJS/ inhabitant per month. The price of heating is 1.18 TJS/m² per month. Electricity: for the population is 26.51 dirams/1 kW/h. Household services: the total area of the apartment/house is 0.14 TJS/m² per month.

Finding accommodation

There are several private companies that provide services in finding accommodation, and service fees vary.

The renting process is easy: some landlords are based on oral agreements; others sign notarial agreements. For more information, the person can see the websites:

- <https://dushanbe.rg.tj/>
- <https://somon.tj/>
- <http://www.asia-realty.ru>
- <http://agentstva.tj/?page=3>

Social grants for housing

Tajikistan does not provide social grants or subsidies for housing. People can buy houses by saving money or taking out a mortgage. To receive a mortgage loan from a bank, an identity document and a document certifying the source of the client's income must be submitted.

The loan amount ranges from \$1,000 to \$150,000 USD, with an annual interest rate of 14% and a loan term of 3-120 months. As collateral, real estate is used. Personal funds must be accessible in an amount equivalent to at least 30% of the real estate purchase price.

The loan amount in TJS is 40,000-250,000, with an annual interest rate of 30%. The loan term might run up to 60 months. At least 30% of the purchase price must be paid upfront. As collateral, real estate is used.

Access for returnees

Eligibility and requirements: There are temporary housing facilities, such as shelters for victims of trafficking and for people who are victims of domestic violence (mostly women), but not for returned migrants, if they aren't the victims of trafficking.

- Shelter under the patronage of the Ministry of Health and Social Protection of the Republic of Tajikistan for the victims of trafficking
- Shelter of the NGO "Korvoni Umed" for the victims of domestic violence (for women and their children), Khayom str., Dushanbe city, phone number: +992 90 017 0102
- Shelter of the NGO «Gulruksor» for the victims of domestic violence (for women and their kids), 111 Nabiev str., Khujand city, phone number: +992 927804074, +992 987504074 8342260510, info@gulruksor.tj
- Shelter of the NGO «Ghamkhori» for the victims of domestic violence (for women and their children, 137 Vahdat str., Bokhtar city, phone number: +992 927804074, +992 987504074, 8342260510, w.c.ghamkhori@mail.ru

3 Housing

- Shelter of the NGO «Gulruksor» for the victims of domestic violence (for women and their children), 111 Nabiev str., Khujand city, phone number: +992 927804074, +992 987504074 8342260510 info@gulruksor.tj

Registration procedure: Tajikistan does not provide social grants/subsidies for housing. People can buy houses by saving money or taking out a mortgage.

Required documents: Tajikistan does not provide social grants/subsidies for housing. People can buy houses by saving money or taking out a mortgage.



Photo: Unsplash 2022/ Rybakov

4 Social Welfare

Social welfare system

The social protection system in Tajikistan combines compulsory state social insurance for different categories of employed people who receive income from labour and other formalized labour activities, with targeted social assistance for the poor and social services for citizens in difficult life situations. The system consists of:

- social insurance schemes that protect workers in cases of pregnancy and childbirth, illness, disability and old age, and loss of a breadwinner
- state pensions for military personnel
- social assistance for the poor and vulnerable and those not eligible for social insurance
- social services
- medical services.

Social allowances are defined and paid in the form of monthly or one-time payments in order to provide social assistance to certain categories of people. Available allowances:

- Pregnancy and birth allowance
- One-time allowance for the birth of a child
- Allowance for low-income families
- Age allowance
- Disability allowance
- Social benefits to children under the age of 18 with disabilities
- Allowance for the loss of a family head (breadwinner)
- Monthly allowance for children affected by HIV, who are under the age of 18
- Allowance for guardians of children who have lost their parents or lost their parental care

- One-time treatment allowance for victims of a radiation accident
- One-time funeral allowance
- One-time payment for people who have been released from prison and require social adaptation
- Lifelong allowance for civil servants.

According to the law and several existing decisions, only women who officially work and pay social taxes are eligible to receive maternity benefits. Then they can receive 55 TJS every month until the child reaches 1.5 years old.

The one-time allowance in connection with the birth of a child is assigned in the following amounts:

- at the birth of the first child, in the sum of three indicators for calculations
- at the birth of a second child, in the sum of two indicators for calculations
- at the birth of a third or more child—in the amount of one indicator for calculations.

The allowance is paid at the place of work (study) of one of the parents, and if the parents do not work and do not study, by the departments of social protection of the population at the place of residence.

A one-time allowance at the birth of a child is assigned and paid from the date of birth of the child if the application was followed no later than 6 months from the date of the child's birth. The assumption of the system is a combination of contributory and non-contributory schemes, which should enable the gradual establishment and extension of minimum levels of social protection, taking into account the financial capabilities of the state. Only part of the population of Tajikistan has basic income security

4 Social Welfare

guarantees and access to basic medical care, with a plan to extend it to other categories of the population as financial and human resources increase. The amount of social assistance may be limited, but it provides some level of protection. In Tajikistan, the role of labour inspection is widely promoted in addressing occupational safety and health issues. Tajikistan has ratified the Occupational Safety and Health Convention, 1981 (No. 155), and Labour Inspection Convention, 1947 (No. 81). (Decent Work Country Programme

Access for returnees

Eligibility and requirements: There is The Law of the Republic of Tajikistan on Targeted Social Assistance on providing dedicated social support to low-income citizens (families), and according to it, financial assistance and support are provided to poor citizens (families). Financial assistance and support are provided pursuant to the criterion of need - when the index of the level of well-being of a citizen (family) is below the established minimum.

Required documents: To receive assistance, the needy must submit an application to the local mahalla committee, jamoat or housing department with the following documents:

- application for the appointment of targeted social assistance
- certificate of income and property of family members
- certificate of the applicant's family composition
- copies of passports of adult family members, a birth certificate of a child, and a document confirming disability (if there are disabled people in the family)

of the Republic of Tajikistan 2020-2024).

Pension system

In accordance with the Law «On Insurance and State Pensions,» the following types of insurance pensions are assigned and paid:

- old-age insurance pensions
- disability insurance pensions
- insurance pensions in case of the loss of a breadwinner.

In Tajikistan, women can retire at the age of 58, and men at the age of 63, providing:

- fulfillment of obligations to pay insurance premiums for the entire insurance period by insurers (employers) or directly by the insured persons themselves
- the presence of a paid insurance period of at least 300 months for men and 240 months for women.

A social old-age pension is a payment from the state to support older people. It is paid to those who have not gained pension experience or pension coefficients to enter the insurance pension. Currently, Tajik pensioners receive an average monthly pension of about 319 TJS (nearly \$25) and the minimum pension in Tajikistan is 156 TJS (about \$12).

Access for returnees

Eligibility and requirements: Many of our labor migrants, most often the so-called seasonal migrants, work in Russia without being registered with an employer and, accordingly, in old age, due to the lack of the necessary length of service or employment history, they can only hope for a social pension.

4 Social Welfare

Registration procedure: The registration process is carried out by the Agency for Social Insurance and Pensions of the Ministry of Labor.

Required documents: The following documents are required for the appointment of an old-age insurance pension:

- Statement
- passport
- employment history
- individual taxpayer number
- diploma
- certificate from the place of residence
- photo

Vulnerable groups

Vulnerable groups (e.g. disabled people and people, living below the poverty line, people living with HIV (PLWHIV), lonely old people, elderly persons) are entitled, based on their type of vulnerability, to various benefits under government schemes. Local executive bodies of state power, and self-government bodies of settlements and villages, in accordance with the procedure established by the legislation of the Republic of Tajikistan and within their powers, take measures to provide targeted social assistance. All people who are in vulnerable groups have the same opportunity to access public services, e.g., health insurance, pensions, etc., without any barriers.

Financial assistance to poor citizens (families), depending on their needs, is provided in the form of fuel, food, medicines, clothing, footwear, sanitary and hygiene products, other essentials purchased by an authorized state body, full or

partial payment for housing and communal services, and other types of services. Indicators were taken into account when determining the levels of well-being of poor citizens (families):

- the family composition, the social status and level of education of the family's head, the number of disabled people, minors, and other disabled family members
- cash or commodity income of low-income citizens (families)
- the property of low-income citizens (families)
- condition of housing
- homestead and other land plots at the disposal of the family
- the number and type of livestock owned by low-income citizens (families)
- other indicators are required in accordance with the procedure established by the authorized state body to determine the level of well-being of low-income citizens (families).

Indicators that determine the level of well-being of poor citizens (families) may vary depending on the geographical, economic, and social characteristics of the regions of the republic.

Targeted social assistance (TSA) is a monthly subsidy that is provided by the state to low-income families. Social assistance is funded by the state budget. TSA is provided starting when the application is received. Low-income families, whose average monthly income is below the basic poverty threshold for each family member for reasons beyond their control, are eligible for the TSA. Under the self-employment program, low-income families are granted in-kind assistance from public

4 Social Welfare

funds in the form of goods, materials, and other property to set up or develop their households.

The recipients of free social services are:

- people with disabilities, disabled children, and their families
- elderly people who have partially or completely lost the ability to self-serve and are living alone, including married couples living alone
- minors who are in a socially dangerous environment and minors left without parental care
- people who have lost their breadwinner and do not have sources of income
- persons without a fixed place of residence
- persons who are victims of labor or sexual exploitation
- single underage mothers with babies and single underage pregnant women
- single-parent families with minor children
- refugees and internal migrants, as well as victims of human trafficking and families of labor migrants who have left their families or are not helping them
- women and children affected by any form of violence
- victims of man-made disasters (including the Chernobyl nuclear power plant), emergencies and military operations
- participants of the Great Patriotic War and their equivalents; spouses, deceased veterans, veterans of the Great Patriotic War
- persons in a difficult life situation who need temporary shelter

- persons in need of urgent social services.

Access for returnees

Eligibility and requirements: All people who are in vulnerable groups have the same opportunity to access public services, e.g., health insurance, pensions, etc., without any barriers. Vulnerable groups are entitled, based on their type of vulnerability, to various benefits under government schemes.

Registration procedure:

Applying for targeted social assistance
1. An application for targeted social assistance is submitted by a citizen or on behalf of his family, guardianship and guardianship authorities, or other legal representatives of a citizen in writing to the departments and sectors of social protection of the population of local executive bodies of state power for the provision of targeted social assistance at the place of residence.

2. The form of the application and other documents required to receive targeted social assistance are established by the authorized state body.

Targeted social assistance is provided in the following forms:

- cash benefit
- material assistance

3. Cash allowance is assigned in the general amount, taking into account members of low-income families who are entitled to receive cash benefits, in the manner established by the authorized state body.

4. In the case of cohabitation of several families with separate family incomes, the cash allowance is assigned separately to each family.

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5. Financial assistance to poor citizens (families), depending on their needs, is provided in the form of fuel, food, medicines, clothing, footwear, sanitary and hygiene products, other essentials purchased by the authorized state body, full or partial payment for housing and utilities and other types of services.

6. Local executive bodies of state power, self-government bodies of settlements and villages, individuals and legal entities may provide material assistance to poor citizens (families).

Required documents: An adult and able-bodied representative of the family can apply for TSA. The following documents must be obtained for this purpose:

- Certificate regarding family composition from administrative and territorial representations of the head of the district (city) executive power
- Application for the appointment of social assistance
- Certificate of income and family property
- Copies of civil passports of family members, birth certificates of children, as well as a document confirming disability (if one or more family members are disabled).



Photo: Unsplash 2021/ Joel Hear

5 Education

General information on education

Levels of education

- Early Childhood Care and Education: Kindergarten/Nursery
- General education: general education schools, gymnasiums, and lyceums
- Additional education
- Special education clubs, gyms, schools,
- Orphanages
- Vocational education and special schools
- Vocational schools, lyceums, centres, and colleges
- Universities, academies, and institutes
- Postgraduate education
- Complete secondary education in Tajikistan includes the following levels:
 - primary school (grades 1-4), the first cycle of basic education
 - secondary education—the second cycle of basic secondary education lasting 5 years
 - the stage of complete secondary education, which opens access to higher education, is carried out for 2 years in general secondary schools (10-11 years of study).

Students' education in grades 10 and 11 (general secondary education) is compulsory. In case of termination of education, students should continue their studies in colleges and technical schools. New amendments to the law were adopted by the parliament members on February 20, 2024.

More than 84% of Tajik children aged 3 to 6 do not receive basic pre-primary education, particularly in rural and remote areas, due to insufficient distribu-

tion of public resources, demographic dynamics with rapid population growth, reliance on external funding, and a lack of economic opportunity for parents. The quality of nutrition in preschool institutions is inadequate due to a lack of funds. There is all-day care for kindergarten children, not for elementary school children.

According to the information of the Ministry of Education and Science of Tajikistan, the number of public education institutions was 3991 in the academic year 2023-2024. In the academic year 2024-2025, general education schools of Tajikistan will be covered 2,278,648 students.

The UN World Food Program has been implementing a program in the country since 2013, which is funded by the Russian Federation. The students in elementary schools are provided with hot meals. The WFP School Feeding Program covers students in grades 1-4 in rural schools in the Republic of Tajikistan. Currently, more than 460,000 schoolchildren from about 2,000 rural schools are participating in it. In the event that a school participates in the Program, all of its elementary students receive free meals automatically. It does not need to submit additional documents.

In Tajikistan, free school meal programs encourage parents to send their children to school regularly as well.

Primary vocational-professional education is carried out in order to train the professional labour force in various vocations and popular professions based

5 Education

on general secondary education, in compliance with the labour market demands.

Secondary vocational-professional education is mainly implemented at colleges. The period of full-time secondary special education programs is 3-4 years for those admitted from the general secondary education base, and 2-3 years for those admitted from the full secondary education base. Citizens of the Republic of Tajikistan have the right to receive paid and free education in state secondary special education institutions.

Higher education

The training of specialists and scientific-pedagogic staff is carried out at three levels at the higher educational institutions of the Republic of Tajikistan:

- Baccalaureate
- Master's degree
- Post-graduate education

Cost, loans, and stipends

General education is free of charge. According to the results of the admission examination from the State Examination Center of the Republic of Tajikistan, top students receive free education in state-owned higher education institutions depending on the number of seats available. Education loans are provided by many banks functioning in the country. Stipends are available to all university and college students who have made academic achievements and had positive educational outcomes. The stipends are also provided for masters and Ph.D. students. There is a presidential stipend, and students with outstan-

ding academic achievement can get it. There is a presidential stipend and students with outstanding academic achievement can get it, as can students at secondary schools.

Approval and verification of foreign diplomas

According to the Agreement between Tajikistan and the CIS and EurAsEC countries, the procedure for the nostrification of diplomas is carried out in a simplified mode. It takes place with the aim of having the diploma obtained abroad recognized in our republic so that its owner can work quietly in any state organization. If at least 70% of the program matches, then the diploma is recognized as valid and entitles a person to employment. The nostrification process takes place in the Department for Nostrification of Documents on Education of the Ministry of Education of the Republic of Tajikistan. This procedure is paid for and costs around 150

Access for returnees

Eligibility and requirements: There are two types of education: free of charge and chargeable. Stipends are available to all university and college students, who have made academic achievements and had positive educational outcomes, whether they were returnees or not.

Registration procedure: At the National Testing Center under the President of the Republic of Tajikistan, from March 1, the registration of applicants for participation in the centralized entrance examinations (CEE)

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to educational institutions of secondary and higher professional education in the country starts. From February 1, schools, colleges, and lyceums began to familiarize graduates with the rules for passing the UEE. Before testing, it is necessary to pay in banks the cost of services provided by the Center: 240 TJS (nearly 24 USD) - for persons with general secondary, primary, and secondary vocational education, and 180 TJS (nearly 15 USD) - for persons with general basic education (9 grades).

Required documents: For admission to the university, one should submit the following documents:

- original diploma or certificate of secondary education completion
- medical certificate form
- certificate on HIV/AIDS status
- photo for documents 3x4 - 6 pieces
- application for admission
- a copy of the employment record book (for those with work experience)
- a copy of a military ID or registration certificate (for those with military experience)
- other documents confirming the applicant's right to the benefits established by the current legislation.



Photo: Unsplash 2020 Charl Folscher

6 children

General situation of children and infants

In Tajikistan, the rights of the child are protected at the level of the Constitution of the Republic of Tajikistan, which has the highest legal force and whose norms have a direct effect. There is the Law of the Republic of Tajikistan on the Protection of the Rights of the Child, where the rights and freedom of the child are prescribed; the Law of the Republic of Tajikistan on the Responsibilities of Parents for Education and the Education of Children; and the Laws of the Republic of Tajikistan «On Education» and «On the Prevention of Violence in the Family». Tajikistan ratified the Convention on the Rights of the Child in 1993. Our state and government recognize and guarantee all of the rights enshrined in the Convention to all children on their territory. In Tajikistan, there are a number of policies, strategies, and programs related to the components of Early Childhood Development that are sector-based and fragmented.

These problems make it difficult to predict the investment and costs associated with early childhood development. UNICEF and partners in Tajikistan have developed the 1000 Golden Days National Strategy to promote early childhood development.

Tajikistan has the youngest and fastest growing population in the Europe and Central Asia region, with 30% of its population under the age of 15. The social background of parents influences children's access to highly qualified health care and education, but PHC and public schools are always accessible. According to the World Bank's Human Capital Index (HCI), a child born in Tajikistan today will be 50% less produc-

tive when they grow up than they could be if they had access to high-quality health care and 14 years of full formal education. Tajikistan's HCI of 0.50 is well below the regional average, indicating that much more can be done to help children reach their full potential. Child development beyond the «survival» limit is another challenge, as the downward trend in child mortality in Tajikistan does not mean that all surviving children can achieve their full potential. More than 84 percent of Tajik children aged 3-6 do not attend basic preschool. Scores are particularly low on more formal or academic aspects of development, such as the skills needed to learn to read and count, which is likely due to low rates of preschool attendance

The infant mortality rate (within 1 year of life) in 2020 amounted to 13.4 deaths per 1,000 population, and among children under 5 years old, this figure was 16.5 per 1,000. Vaccination coverage is high in Tajikistan. In Tajikistan, almost all young children (97 percent of children aged 12-23 months and 96 percent of children aged 24-35 months) have a vaccination card.

(Non-) governmental actors dealing with children's well-being and rights

There is the Commission on the Rights of the Child under the Government of the Republic of Tajikistan, the Commissioner for Children's Rights in the Republic of Tajikistan, the Department for the Protection of the Rights of the Child under the Executive Office of the President of the Republic of Tajikistan, the Department for the Protection of the Rights of the Child under the Ministry of Education and Science of the Republic of

6 children

Tajikistan and dozens of other subsections designed to protect children. The main task of the Commission is to assist in ensuring the implementation of the legislation of the Republic of Tajikistan and the international legal obligations of the Republic of Tajikistan in the field of protection of the rights of the child.

Access for returnees

Eligibility and requirements: It should be provided with a certificate from the maternity hospital, an application to the registry office, and copies of the parents' passports for receiving the certificate at birth. An application to the registry office must be made no later than 3 months from the date of birth. Children under 16 years of age are issued foreign passports for the appropriate period, depending on their age at the time of obtaining a passport. There is no restriction on the vaccination of children in Tajikistan.

Registration procedure: No steps need to be considered upon return. If parents want to send their child to kindergarten or school, then all procedures are the same as for the rest of the population.

Required documents: On a general basis, the same documents apply to the rest of the population.



Photo: IOM 2018/ Elyor Nematov

7 Contacts

IOM Dushanbe
UN Agency for Migration
 734013, 22A, Second Drive
 Azizbekov Street, Dushanbe,
 +992 (48) 701 02 02; +992 (48)
 701 03 03; (+48) 701 85 85;
 dushanbeinfo@iom.int; www.
 iom.int

**Ministry of health and social
 protection of the population
 of the Republic of Tajikistan**
 69, Shevchenko Street,
 Dushanbe,
 +992 (37) 600-60-02
 http://moh.tj

**Red Crescent Society of
 Tajikistan**
 120, Umar Khayyam 120, Street,
 Dushanbe,
 +992 (37) 2 24 03 74
 redcrescent.tj

**Ministry of Economic
 Development and Trade
 of the Republic of Tajikistan,**
 37, Bokhtar Street, Dushanbe,
 +992 (37) 2 21 4623

**Organization for Security and
 Co-operation in Europe,**
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 Dushanbe
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 POiD@osce.org

Medical Center «Istiqlol»,
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 http://mti.tj/

**National Medical Center
 «SHIFOBASH»**
 59, I. Somoni Street, Dushanbe,
 +992 (37) 2 36 1510, +992 (37)
 2 36 5851

**Ministry of Labour, Migration
 and Employment
 of the Republic of Tajikistan**
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 235-03-84, 236-22-15,
 info@mehnat.tj

**Migration Service of The
 Ministry of Labor, Migration
 And Employment of The
 Republic of Tajikistan**
 121, Aini Street, Dushanbe,
 (+992 37) 225-07-19, (+992 37)
 225-05-91
 info@migration.tj

**Ministry of Internal Affairs of
 the Republic of Tajikistan**
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 227-98-98; 02;
 1919
 info@vkd.tj; somona@vkd.tj

**Ministry of Foreign Affairs of
 the Republic of Tajikistan**
 33, Sheroz Street, Dushanbe
 (+992 37) 2210551, (+992 37)
 2211808
 info@mfa.tj

**Commissioner on Human
 Rights**
 In The Republic of Tajikistan,
 10 Bokhtar Street, Dushanbe
 (+992 37) 2217989, (+992 37)
 2217969
 info@ombudsman.tj

**Committee for work with youth
 and sports,
 Government of the Republic of
 Tajikistan, 6 Sportivnaya Street,**
 734002, Dushanbe,
 (+992 37) 2351023; (+992 37)
 2367815
<https://javononvavarzish.tj>

**Committee of Emergency
 Situations**
 26, Lahuti Street, Dushanbe,
 (+992 37) 223-13-11 (+992 37)
 221-91-19,
 our email: info@khf.tj

**Ombudsman for human rights
 in the Republic of Tajikistan,**
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 2217969
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7 Contacts

**State Institution «Institute of
 Medical and Social
 Expertise and Rehabilitation
 of the Disabled»,**
 Khuvaydullov str., Dushanbe,
 (+992 37) 250-16-17

**Dushanbe Municipal
 Emergency Clinic Hospital,**
 post 734024, 46 Ayni str.,
 +992372 21 3331
[http://vdushanbe.ru/catalog/
 health/hospitals](http://vdushanbe.ru/catalog/health/hospitals)

**National diagnostic, treat-
 ment, and educational center,**
 48, Dehoti str., Dushanbe,
 +992 44 600 5155, +992 372
 21 0503

**Embassy of Tajikistan in
 Germany**
 43, Perleberger Street, 10559
 Berlin Germany, +49 30 347
 93 00
 info@botschaft-tadschikistan.
 de, www.botschaft-tadschikis-
 tan.de

**Committee for work with women
 and family under
 the Government of the Republic
 of Tajikistan**
 Akademikho Rajabovho street
 (+992 34) 22 3 1706

**State unit enterprise
 «Registration of real estate»,**
 65 Karaboev Avenue, Dushanbe,
 +992 372 34 55 23,
 info@registr-ni.tj



Photo: Unsplash 2022/ Rybakov

8 At a glance

Measures to be undertaken before return

- **Travel Document:** Make sure your TD is valid; if not, contact the nearest Tajik Embassy for advice. Request documents from the German authorities that might be needed later. Bring diplomas, certificates, and other relevant official documents obtained from schools in Germany. Obtain an apostille (legalization) from the Embassy of the Republic of Tajikistan for the birth certificate(s) of newborn children.
- **Family and Friends:** Make sure to inform your family and/or friends in Tajikistan about your return, as they will be your most important guide in the current situation. If not possible, seek advice from the IOM.
- **Legal:** If you fear any legal issues upon returning to Tajikistan, please inform the respective counseling person prior to your return.
- **Transfer:** receive information concerning the arrival at the airport and the onward journey. The journey from the city center to the airport by public transport takes approximately 15–25 minutes. The journey from the city center to the airport by car takes approximately 10–15 minutes. To use taxi services, simply dial one of the short numbers: 0009, 8000, 7000, or 9090. These services operate 24/7 and accept orders by phone at any time of day or night

Measures to be undertaken immediately upon arrival

- **Passport:** If you travel with a reentry certificate and your national ID or passport has expired, you need to start the procedure of receiving a new passport according to the place of your registration. Otherwise, there is no mandatory registration upon arrival.
- **Reintegration:** If you are eligible of any sort of reintegration assistance, you should contact IOM Dushanbe the soonest after your arrival. You will be given an appointment and you will receive detailed counseling.
- **Schools:** Enroll your children in schools as soon as possible (if applicable) or other educational institutions. Bring documents certifying education in Germany both for you and your children.
- **Health:** Obtain medical reports or medical prescriptions (if any) from physicians, translated into English/Russian if possible. Take vaccinations certificate/s from clinics/hospitals that will be necessary when returning to the country of origin for the (re-)registration in public hospitals, especially for children.
- **Housing:** find temporary accommodation (if any).

9 Virtual Counselling

Migrant assistance in Tajikistan

The Virtual Counselling project is implemented by the International Organization for Migration (IOM) in Germany. Migrants living in Germany who are considering a return are offered return and reintegration counselling by IOM staff in Tajikistan. Local IOM staff can be contacted in Tajik and English through online messengers.

This service aims to empower migrants to return in dignity by informing them about various return and reintegration options and assistance programmes.



Contact Surayo or Bahrom at IOM Tajikistan

WhatsApp: +992 90 505 76 00, +992 90 505 9700
(Mo-Fri 8:30-17:00 CET)