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WELCOME TO
TURKMENISTAN





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Introduction

Dear Travelers,

This Welcome Pack was developed to provide you with useful and practical information about Turkmenistan.

The Welcome Pack is structured in several main topics. It will help you to find proper accommodation and interesting places to visit in Ashgabat. It will also provide you with useful shopping and transportation information, as well as information on entertainment places and restaurants, banking and finance, health care facilities and other relevant information which might be useful for travelers.

We hope you will find this Welcome Pack useful and that it will make your stay in Turkmenistan enjoyable.

Wishing you pleasant stay in Ashgabat!

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The UN Office is located in 15 minutes walking distance from the Hotel NISSA, near the "Staraya Yarmarka" (Old Market) shopping area.



1. Settling In (Hotels)

Selection of a proper hotel to settle in Ashgabat will be an important factor in your experiences in the city. While some hotels are located in the city centre, others are few kilometers away from downtown Ashgabat. Following is the list of hotels which you may want to consider while staying in Ashgabat.

1.1. Hotels

President Hotel

The new part of Ashgabat shines with new marble buildings and President Hotel, which is just on the edge of the Kopet-Dag Mountains, is a part of this new area. It is one of the newly constructed hotels and is a place of regular conferences and meetings. Tourists can enjoy a cosy atmosphere with rich Turkmen, Italian and Turkish food.



Facilities: pubs, 2 pools (summer and winter), tennis courts, gym and restaurants.

Prices*

Single room - 170 manats (for locals) or \$180 (for foreigners);
Double room - 200 manats (for locals) or \$200 (for foreigners);
Luxury suite - 280 manats (for locals) or \$250 (for foreigners);

**Room-rate does not include breakfast, which is offered at the price of 24 manats (about \$9) per person; Tel.: (+993 12) 400000*

Nissa Hotel

The hotel is one of the most popular residential districts for travelers. It's a hub for public transport, convenient to reach the town center and the UN Office which is located in the same street. Just a few minutes separate you from the heart of the town and attractive sightseeing places.



Facilities: night club, pubs, pool, Turkish bath and Italian restaurant.

Prices*

Single room - 160 manats (for locals) or \$100 (for foreigners);
Double room - 190 manats (for locals) or \$120 (for foreigners);
Luxury suite - 200 manats (for locals) or \$180 (for foreigners);

**Room-rate does not include breakfast, which is offered at the prices of 24 manats (about \$8.45) per person; Tel: (+993 12) 221025*



Ak Altyn Hotel

Surrounded by parks and green areas, Ak Altyn Hotel is best for those who like silence and peaceful atmosphere.

Facilities: night club, pubs, karaoke bar, pool, Italian restaurant and sauna.

Prices*

Single room - 90 manats (for locals) or \$70 (for foreigners);
Double room - 133.6 manats (for locals) or \$81.5 (for foreigners);
Luxury suite - 270 manats (for locals) or \$140 (for foreigners);

**Breakfast is included; Tel: (+993 12) 363700*



Grand Hotel

This hotel is located in the downtown Ashgabat in one of the largest residential areas. In this area, there are several pubs, green parks, restaurants and shopping centres. Public transport is available because of cross-road location. This location is not as quiet as other parts of Ashgabat. It is recommended to live in this place if you want to have an easy access to the downtown. You can also find some souvenir and carpet shops nearby.

Facilities: night club, pubs, karaoke bar, pool, restaurant and casino.

Prices*

Single room - 120 manats (for locals) or \$85 (for foreigners);
Double room - 163.6 manats (for locals) or \$96.5 (for foreigners);
Luxury suite - 285 manats (for locals) or \$155 (for foreigners);

**Breakfast is included; Tel: (+993 12) 510555*



Turkmenistan Hotel

Located in the center of the town, it is just a few minutes walk from the Arch of Neutrality and Russian Bazaar, large shopping centre. This hotel is very popular among local citizens with much lower room-rate. There is an easy access to public transport and connection to the office is fairly good. It is recommended to live in this place if you want to stay just for a few days and save money.

Facilities: night club, restaurant.

Prices*

Single room - 40 manats (for locals) or \$40 (for foreigners);
Double room - 52 manats (for locals) or \$50 (for foreigners);
Luxury suite - 70 manats (for locals) or \$60 (for foreigners);

**Breakfast is not included; Tel: (+993 12) 350543*





Gara Altyn Hotel

Located in Hotel chains system on Archabil shayoli this hotel gives opportunity for those who like city suburb view. The area may not be as attractive, but it can still be a very convenient place to live with a nice selection of facilities.

Facilities: pull, sauna, restaurant.

Prices*

Single room - 86 manats (for locals) or \$60 (for foreigners);
Double room - 86 manats (for locals) or \$65 (for foreigners);
Luxury suite - 112 manats (for locals) or \$120 (for foreigners);

**Breakfast is included; Tel : (+993 12) 489322*



Nebitchi Hotel

Located in Hotel chains system on Archabil shayoli this hotel gives opportunity for those who like city suburb view. The area may not be as attractive, but it can still be a very convenient place to live with a nice selection of facilities.

Facilities: pull, sauna, restaurant.

Prices*

Single room - 132 manats (for locals) or \$75 (for foreigners);
Double room - 132 manats (for locals) or \$85 (for foreigners);
Luxury suite - 198 manats (for locals) or \$180 (for foreigners);

**Breakfast is included; Tel : (+993 12) 489362*



Independent Hotel

Located in Hotel chains system on Archabil shayoli this hotel gives opportunity for those who like city suburb view. Close to UN Regional center for Preventive Diplomacy.

Facilities: pull, restaurant.

Prices*

Single room - 120 manats (for locals) or \$100 (for foreigners);
Double room - 150 manat (for locals) or \$120 (for foreigners);
Luxury suite - N/A

**The room rate does not include breakfast, which is offered at the prices of 24 manats (\$8.45) per person; Tel: (+993 12) 488700*





Day and Weekend Tips

Arch of Independence



The Arch of Independence is one of the most popular places in Ashgabat. Inside the Arch, there is a national museum which visitors can access by paying a fee. The area surrounding the Arch is also quite green and beautiful, especially in the summer.

Location: Berzengi area

Arch of Neutrality

Located in the center of the city, Arch of Neutrality is an interesting place to visit. Tourists and visitors can take a cable up to the top of the Arch and view Ashgabat from there. It offers a wonderful view to all parts of Ashgabat.

Location: City centre, very close to the Presidential Palace



Turkmen Heritage Museum

Turkmen Heritage Museum is located in the new part of the city (Berzengi area) and offers a unique opportunity to get to know Turkmen history and culture.

Location: Archabil shayoly (avenue), Berzengi Area

Hippodrome

For those who like and want to see famous Turkmen Ahal-teke horses and racing, Hippodrome is the best place to visit. It is possible to rent a horse and ride there as well.

Location: Bedev districts





Ten Horses Memorial Park

A beautiful park with fountain of horse sculptures surrounded by greenery is a nice place to see. Visitors can have a chance to see national Turkmen wedding ceremonies in this park, which is traditionally visited by young couples to lay flowers.

Location: City centre, 10 minutes from Arch of Neutrality



Cable Way

The cable way is often visited by tourists and is normally crowded during the peak season (spring). Visitors can take the cable up to the mountains view Ashgabat its surroundings.

Directions: Kopetdag Mountain edge, Berzengi Area

Ice Ring

High temperatures and hot weather in summer will not cause any problems for those who like skiing and playing hockey. People can always come to the Ice Ring in any period of the year to enjoy skiing.

Location: Archabil shayoly (avenue), Berzengi Area



Children's Fairy Tales World

Children's Fairy Tales World is a perfect place for children and their parents for amusement and fun. Lots of attractions will meet you there in the atmosphere of Turkmen tales.

Location: Behind Altyn Asyr park;

Gokdere Gorge (Ushelye)

Gokdere Gorge is located about 20-30 minutes drive from Ashgabat and is a popular place among Ashgabat residents to go for picnic in spring and summer. Crystal spring water makes this place always attractive and green.

Location: Outside of Ashgabat, Kopet-dag Mountain edge





1.3. Restaurants

Ashgabat is famous for multi-cultural and its traditional Turkmen cousins

- ③ Paytagt Restaurant:
Andalyb str. (Mir str.), New Trade Center
"PAYTAGT", 12th Floor;
Tel.: (+993 12) 47 74 22;
Turkmen food and exclusive view to Ashgabat;
Open hours: 10:00 – 23:00;



- ③ Coffee House:
Turkmenbashy Avenue, 15;
Tel.: (+993 12) 39 60 06;
European cousin and different sorts of coffee and snacks;
Open hours: 09:00 – 23:00;



- ③ Nurana Restaurant;
Andalyb str. Mir 4 district
Turkish cousin;
Open hours: 10:00 – 22:00;

- ③ Zummeret Restaurant :
Magtymguly Avenue 140, (2nd Park);
Tel.: (+993 12) 36 42 30;
European and Japanese cousins;
Open hours: 12:00 – 23:00;

- ③ Shazada Cafe:
Magtymguly Avenue ("TURKMENISTAN" Super
Market building);
Tel.: (+993 12) 39 57 64;
Breakfast and lunch
Open hours: 08:00 – 23:

- ③ Minara Restaurant
Andalyb str. (Moskovskiy Prospect), 5 Legs
Building, 6th floor;
Tel.: (+993 12) 47 22 86;
Exclusive Turkmen traditional food;
Open hours: 10:00 – 23:00;





- ③ Uch Lezzet Restaurant:
Gorogly-Kalinina cross-section;
Tel.: (+993 12) 39 09 05;
Russian and Turkmen style café;
Open hours: 10:00 – 23:00;
- ③ Florida Restaurant:
Gorogly str. (across Grand Hotel, Russian Bazaar);
Tel.: (+993 12) 39 33 51;
European, Chinese and Indian cousins;
Open hours: 09:00 – 23:00;
- ③ Erzurum Kebab Restaurant:
Shevchenko str. (close to Mosque);
Tel.: (+993 12) 27 53 71;
Take out and traditional Turkish food;
Open hours: 08:00 – 23:00



- ③ Pizza house:
Magtymguly str. (across "TURKMENISTAN" Super Market);
Tel.: (+993 12) 39 56 00;
Different sorts of Pizza;
Open hours: 09:00 – 23:00



- ③ Asuda Nusay:
Novai and Gorogly streets cross-section;
Tel.: (+993 12) 35 00 88;
European and Turkmen cousin;
Open hours: 10:00 – 23:00;



1.4. Shopping

Shopping Centers

③ Ashgabat Shopping Center:

Location: Russian bazaar

Open hours: 09:00 – 22:00

Parking Space: Yes

Clothes, electronics, cafes, exchanges offices;

③ "Altyn Asyr" Textile Shopping Center:

Location: Russian bazaar (across Grand Hotel)

Open hours: 09:00 – 20:00

Parking Space: No

Cotton clothes, jeans, carpets, national clothes, silver and golden jewelers, Turkmen souvenirs.

③ "Yimpash" Shopping Center:

Location: Turkmenbashi Avenue;

Open hours: 09:00 – 23:00

Parking Space: Yes

Clothes, electronics, food, cafes, restaurants, exchanges office, cinema, souvenirs, grocery store



③ "Tolkuchka" (Jygyllyk) Open Bazaar:

Location: Outside of Ashgabat, in Choganly district

Working days; Thursday, Saturday and Sunday

Open hours: 09:00 – 14:00

Parking Space: Yes

Food, clothes, Turkmen carpets, souvenirs etc.

③ "Paytagt" Shopping Center:

Location: Andalyb Street, New Trade Complex "Paytagt"

Open hours: 09:00 – 22:00

Parking Space: Yes

Food, clothes, electronics, restaurants, souvenirs, Turkmen carpets, dairy products, etc.

③ Teke Bazaar (grocery market):

Location: City centre

Open hours: 09:00 – 20:00

Parking Space: Yes

Groceries, food, Turkmen bread, dairy products, etc.



1.5. Cinemas/Theatres

③ “Yimpash” DVD Cinema:

Location: Turkmenbashi Avenue, “Yimpash” Shopping Center
Open hours: 09:00 – 23:00
Parking Space: Yes
Movies start at: 13:00, 17:00, and 20:00 (only in Russian language);

③ “Altyn Ýyldyz” Cultural Center:

Location: Novai Str, close to Grand Hotel
Open hours: 09:00 – 20:00
Parking Space: Yes;
Movies start at: 13:00, 17:00, and 20:00 (only in Russian language);

③ “Paytagt” DVD Cinema:

Location: Andalyb Street, New Trade Complex “Paytagt”
Open hours: 09:00 – 22:00
Parking Space: Yes
Movies start at: 13:00, 17:00, and 20:00 (only in Russian language);



1.6. Transportation

③ Public Transport



Public transport in Ashgabat is mostly represented by buses, trolleybuses and taxis. There is no the underground (metro) line in Ashgabat. The buses and trolleybuses operate from 06:00 till 22:00. Taxis are available day and night.

General bus and trolleybus fee 20 tenge (0.20 manat). Passengers can also buy passes. Bus and trolleybus passes can be bought at the bus terminal (Teke Bazaar) and at several bus stops in the city centre. Passes can be used only in buses and trolleybuses.

Passes cost:

- 1 month - 8 manats;
- 10 days - 3 manats;
- 1 month for students - 2 manats;
- 1 month for retired - 1 manat;

For veterans and disabled persons the transportation is free of charge.

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③ Getting to the airport by Public Transport

Getting to the airport is easy and accessible from various parts of the city. For those who would like to use the public transportation. Options would be to take the Bus #1 from Chehova street or Bus #18 from Andalyb Street. Taking taxi to the airport is more reliable and will cost approximately 6 manats during the day-time and about 12 manats during the night time.

③ Taxi



Taxi service is relatively not expensive. To hail a taxi, raise your hand and one of the cars will stop. There are two kinds of taxi services: government owned taxi service (yellow cabs with taxi signs) and private taxis (not all cars have taxi signs).

③ Air

Local flights are reasonable and have a good safety record on their frequently scheduled flights between Ashgabat and Turkmenistan's regional centers.

International carriers flying to Ashgabat, including Lufthansa and Turkish Airlines, usually arrive in Ashgabat late at night. Lufthansa stops over in Baku (Azerbaijan). Turkmenistan Airlines fly to Abu-Dhabi, Amritsar, Bangkok, Birmingham, Deli, London, Beijing, Istanbul and Frankfurt. Further, there are also flights to CIS countries, including Almaty, Kiev, Moscow and Minks.



③ Rail



There are daily departures to Turkmenabat, Mary and Turkmenbashy and Dashoguz.

There are no international trains between Turkmenistan and other countries.



1.7. Night Life

③ British Pub

Gorogly str. (across Grand Hotel, Russian Bazaar)

Tel: (+993 12) 35 32 14

Open hours: 19:00 – 04:00

③ Florida Club:

Gorogly str. (across Grand Hotel, Russian Bazaar)

Tel: (+993 12) 35 32 14

Open hours: 00:00 – 04:00

③ Ambassador Club:

Ak Altyn Hotel (across City Circus)

Tel: (+993 12) 36 37 01

Open hours: 19:00 – 05:00

③ Grand Hotel Club:

Gorogly str. (Grand Hotel)

Tel: (+993 12) 51 05 55

Open hours: 00:00 – 04:00



2. Money and Finance

The national currency is the Turkmen Manat. The following notes are in circulation: 50, 100, 500, 1000, 5000 and 10000. Currency regulations in Turkmenistan allow the tourists to bring unlimited amount of foreign currency, which has to be declared upon entry into Turkmenistan. Credit Cards are not normally accepted in shops and restaurants. However, some of the cards are accepted in the hotels (Visa Card, Master Card and Euro Card).

Exchange rate: US\$ 1.00 – 2.843 manats (DTM);
à 1.00 – 4.186 manats (DTM);

2.1. Opening a Bank Account

If you live or work in Ashgabat you can set up a bank account. Generally, to open an account you will need to bring your passport and a copy of your passport to the bank, fill in the required bank form and sign a contract. You will also need an initial deposit according to the rules of the bank which you have chosen.

The following banks offer reliable services for both locals and foreigners in Ashgabat:

Name	Details
<p>State Bank for Foreign Economic Affairs</p>	<p><u>Open Account:</u></p> <ul style="list-style-type: none"> ③ 20 manats fee for local citizens; ③ 7\$ fee for foreign citizens; ③ 0\$ minimum balance <p><u>Visa Electron account:</u></p> <ul style="list-style-type: none"> ③ 10\$ fee to open an account; ③ 2% deposit; ③ 10\$ minimum balance <p>Tel: (+993 12) 406040 http://www.tfep.gov.tm/</p>
<p>Turkmen Turkish Commercial Bank</p>	<p><u>Open account:</u></p> <ul style="list-style-type: none"> - 40 manats fee for local citizens; - 17\$ for foreigners; - 10\$ minimum balance <p>Tel: (+993 12) 510731,511407,Fax: 510492</p>



3. Turkmen Culture

"Water is the soul of Turkmen, horse is the wing of Turkmen, and carpet is the heart of Turkmen"

③ Historical Heritage



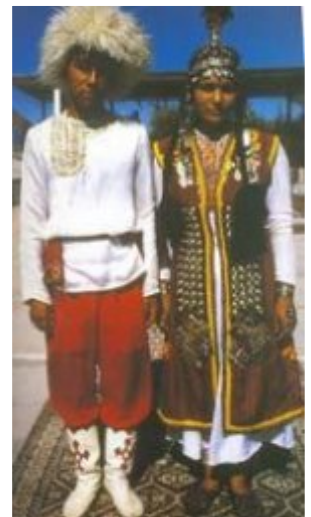
Turkmenistan has a rich history. One of the beautiful historical spots include ruins of the city Merv whose known history is over 2500 years, Kone-Urgench, Mausoleum of Sultan Tekesh and the ruins of the city Nusay (Nissa). "Gizbibi" in Marv, "Alanberdar" in Kerki, "Abu Fazl" in Serahs, "Abu Said" in Kaahka and the Kone-Urgench Minaret are the precious historical remains.

Tomb of Soltan Sanjar, who founded Seljuk Sultanate in the twelfth century, is located in Mary. The style of the dome set in two folds of sun-dried bricks was not known in Europe. Filippo Brunellesco used this style in the dome of Virgin Mary Church after 300 years the tomb of Sultan Sanjar was constructed. The city of Kone-Urgench was the biggest city in the eleventh century and Nissa was the capital of once powerful Parthian kingdom. The historical ruins in these cities and tombs of Muntasir in Astanababa, tomb of Abu Fazl in Serahs, tomb of Lokman Sheyh, tomb of Al-Gazali in Tus, tomb of Hoja Yusuf Hemedany Hazretleri in Merv and tomb of Al-Bureyda are good examples of architecture of that period.

③ Clothing

It is stated in many historical sources that Turkmen national clothes have characteristics that reflect the composition of many years. Archaeologists and historians find interactions between the recent Turkmen culture and civilizations that emerged thousands of years ago. As a result of researches, made on statues found in the city of Margiana, which was established in the fourth century BC on Turkmen lands, embroideries on these statues have similarities with designs of Turkmen national clothes. In addition, digs made in ancient and new cities of Nusay (Nissa), Old City of Kisman in Murgap valley prove the similarities with the national clothes.

National clothes of Turkmen brides and girls attract many people. "Cirpi", "Kurte", "Ginac", and "Keteni Koynek" (a kind of dress) worn by Turkmen brides are good examples of handicrafts with their ornaments.





③ Turkmen carpets

Carpet is the most significant symbol of Turkmen civilization. Turkmen carpets are mostly in red colours and made of silk. Like all Turkmen folk art, carpets and rugs have motifs peculiar to individual tribes, the chief ones being the Teke, Salor, Yomut, Chodor, Ersari, Saryk and Goklan.

The type of a Turkmen rug is determined by the tribal gul - the main ornamental design which is repeated in the field of the carpet. The carpet gul represented a symbol of the Turkmen tribe. The tribal gul pattern is carefully preserved and handed down from generation to generation.



③ Ahal-teke horses



Turkmen horses are unique with their well-known aesthetics, splendor, and resistance to hunger, thirst and bad conditions of desert in Turkmenistan. Horses have always been very important for Turkmen way of life and culture. Horse had an important role in discovering the great culture of Turkmen communities and was included into daily life by Turkmen. Turkmen people considered the horse as part of their live for centuries. Ahal-Teke horses are also known as "horses of heaven".

x Climate

Turkmenistan has a subtropical desert climate that is severely continental. Summers are long (from May through September), hot and dry, while winters generally are mild and dry, although occasionally cold and damp in the north. Most precipitation falls between January and May; precipitation is slight throughout the country, with annual averages ranging from 300 millimeters in the Kopet-dag to eighty millimeters in the northwest. Average annual temperatures range from highs of 16.8°C in Ashgabat to lows of -5.5°C in Dashoguz in the north-central Turkmenistan.





③ At home

Take your shoes off when entering a residence.

Hospitality is very important in Turkmenistan – you cannot reject the invitation to Turkmen family and you will be expected to eat everything on your plate – especially if it is cooked by the hosts in your honor.

Be careful when choosing the number of flowers to buy. When you are invited to celebration of an event, make sure you give odd number of flowers. Flowers in even number are for funerals.

③ Out and about

Do say hello (Salam) to people and expect to hear it from many others as well. You will also find everyone saying goodbye (Sag bolu) as they leave offices, local shops ...

Ashgabat is a clean city and normally municipality cleaning services work throughout the day to keep the city clean. Tourists and local residents are expected to support cleanness by using trash bins and packs.

On the whole, going out in Ashgabat is very safe and there are many parks, fountains, theatres and entertainment centers in the city.

Tipping is generally 5-8%, and is expected in restaurants, bars, tax, and for home deliveries.

4. Emergency Numbers

The following numbers may be useful while staying in Ashgabat:

③ 112 – General Emergency Number (only in cell phones)

This is the general emergency line throughout the European Union and Asia (similar to 911 in the U.S.) It should be used for large-scale emergencies, especially for those who do not speak Turkmen. The number can be dialed from any phone and the call is free. The call is also traced with Caller ID – even mobile phones can be located within a 200 meter radius. This number may be used for urgent help from Police, Fire, or Medical Emergency, though these numbers can also be dialed directly:

③ 01 – Fire

③ 02 – Police

③ 03 – Medical Emergency (Ambulance/First Aid)



5. Turkmen Language

If you plan to stay in Turkmenistan for any length of time, you may want to learn some basics of the Turkmen language, which are both easy and essential.

③ Pronunciation

One of the first things you will want to learn is pronunciation. It's relatively simple – letters generally sound the same. There are some exceptions, but you are unlikely to encounter too many oddities.

③ Turkmen Alphabet

Aa, Bb, Çç, Dd, Ee, Ää, Ff, Gg, Hh, Ii, Jj, Žž, Kk, Ll, Mm, Nn, , Oo, Öö, Pp, Rr, Ss, , Tt, Uu, Üü, Ww, Yy, Ýý, Zz

English pronunciations -Ýý(ye), Žž (je), Çç (ch), (sh), (ng)

③ Basic Vocabulary

English	Turkmen	Pronunciation
Yes	Howa	hova
No	Ýok	Yok
Good Morning	Ertiri iz haýyrly bolsun	Ertiriniz hayirly bolsun
Hello (informal)	Salam	Salam
Good evening	Ag amy yz haýyrly bolsun	Agshamynyz hayirly bolsun
Goodbye	Sag bol	Sag bol
Good Night	Gijä iz rahat bolsun	Gijaniz rahat bolsun
Nice to meet you	Tany anlygymyza at	Tanyshanlygymyza shat
How are you? (formal)	Ýagdaýlari yz nähili?	Yagdaylaryngyz naihili
I'm well	Gowy	Govy
What is your name?	Ady yz näme?	Adynyz naime
My name is...	Meni adym...	Menin adym...
Do you speak English?	Inglis dilini bilyärsi izmi?	Inglis dilini bilyarsinizmi?
I don't speak Turkmen	Türkmençe gürlämok	Turkmenche gurlemok
I don't understand	Dü ünemok	Dushunemok
Excuse me; forgive me	Bagy la	Bagyshlang
Thank you	Sag bol	Sag bol
How much is it?	Bahasy näçeden?	Bahasy nacheden
Bon appetite	I dä iz açyk bolsun	Ishdeniz achyk bolsun
Do you have...?	Sizde... barmy?	Sizde...barmy
Where is the...?	...Nirede?	...Nirede?
Restroom	Hajathana	Hadjat hana



Restaurant	Restoran	Restoran
Shop	Dükan	Dyukan
Street	Köçe	Koche
Police	Polisiýa	Polisiya
Hospital	Keselhana	Keselana
Train Station	Demir ýol menzili	Demir yol menzili
Airport	Aeroport	Aeroport
Help!	Kömek edi !	Komek edin

③ Turkmen Menu Decoder

One of the main things you will want to learn is the various names of meals. Here are some words and phrases that are likely to be found on a typical Turkmen menu:

Naharlar	Food
Palow	Staple food and consists of chunks of mutton, shredded yellow carrots and rice cooked in a large wok
Manty	Larger noodle dumplings filled with meat
Salatlar	Salads
a lyk	Skewered chunks of mutton grilled over charcoal which come with raw sliced onions (also can be made of beef, chicken, pork, fish)
Çorba	Soup
Dograma	Cropped bred with meat and onion
Dolma	Meat rolls in cabbage leaves
I lekli	Dough balls filled with meat and onion which are traditionally cooked in sand that has been heated by a fire
Et	Meat
Towuk	Chicken
Sydyr eti	Beef
Guzy eti	Lamb
Do uz eti	Pork
Balyk	Fish
Kömelek	Mushrooms
Sogan	Onion
Sarymsak	Garlic
Ýer tudy / Kartoshka	Potato
Ýer almasy / Pomidor	Tomato





6. Useful links

For more information go to:

- ③ www.turkmenistan.gov.tm
- ③ www.turkmenistan.ru
- ③ www.untuk.org
- ③ www.newscentralasia.net