



Dushanbe cost savings

How much does it cost to live in Dushanbe?

Summary of cost of living in Dushanbe, Tajikistan: The estimated monthly costs for a family of four are 1,813.0\$(17,599.0SM), excluding rent (using our estimator). The estimated monthly costs for a single person are 512.1\$(4,970.4SM), excluding rent. Dushanbe is 71.6% less expensive than New York (excluding rent, see our cost of living index).

Is Dushanbe cheaper than New York?

Dushanbe is 71.6% less expensive than New York (excluding rent, see our cost of living index). Rent in Dushanbe is, on average, 90.5% lower than in New York. Do you live in Dushanbe?

Is Dushanbe a good place to rent?

Rent in Dushanbe is, on average, 90.5% lower than in New York. Do you live in Dushanbe? Add data for Dushanbe!

What is the currency in Dushanbe?

The Tajik currency is called the Somoni (TJS). In the capital Dushanbe there are a few ATMs that you'll find in shopping malls, supermarkets, or on the main streets, but most of them accept only Visa cards. Outside of Dushanbe, we don't recommend relying on ATMs as there are only a few of them and they may run out of money.

The estimated monthly costs for a family of four are 1,781.6\$ (16,634.0SM), excluding rent (using our estimator). The estimated monthly costs for a single person are 490.1\$ (4,575.8SM), ...

The average cost of living in Dushanbe is \$712, which is in the top 24% of the least expensive cities in the world, ranked 7031st out of 9294 in our global list and 1st out of 10 in Tajikistan.

Discover the cheapest time to visit, affordable stays, free activities, and costs of essentials in Dushanbe. Plan your stay without breaking the bank!

This page contains up-to-date cost of living information for Dushanbe, Tajikistan in 2026. Compare prices for rent, food, groceries, utilities, transportation, healthcare, lifestyle expenses, and ...

Explore the cost of living in Dushanbe, including housing, dining, transportation, groceries, and essential expenses for 2025.

Calculate your travel budget for going to Dushanbe (Tajikistan) in 2026 with this free tool and discover the local cost of living with all prices.

Complete budget guides for Dushanbe covering backpacker, mid-range, and luxury travel with realistic daily costs.



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The capital of Tajikistan, Dushanbe, has been ranked among the cities with the lowest cost of living according to the international Cost of Living Index by City 2026, published by the ...

Dec 6, 2025 · The estimated monthly costs for a family of four are 1,781.6\$ (16,634.0SM), ...

The Cost of Living in Dushanbe is low. A single person costs: \$1,069 per month. A family costs: \$2,036 per month. A single traveler costs: \$2,149 per month. Monthly rent costs: \$449 per month. Coffee ...

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