

## Travel Details & Resources

### VACCINATIONS

There are no required vaccinations for Ireland. We recommend using resources such as the [Center for Disease Control](#) as you consult with your home doctor or other trusted medical sources, in order to make the best possible decision regarding your health.

If you reside in the Central Virginia Region, below are local medical offices that you may consider consulting. Keep in mind some vaccinations require a minimum amount of time to take effect before entering a destination. Communicate when and where you will be traveling.

Lynchburg Health Department: Phone: 434-947-6785 Address: 307 Alleghany Ave.

Liberty University Health Center: Phone: 434-338-7774 Address: located in Green Hall.

Rustburg Family Pharmacy: Phone: 434-332-1730 Address: 925 Village Hwy Suite B. Box 1005

Rustburg, VA 24588 Map: <http://goo.gl/maps/1BC1M>

### INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from January 3<sup>rd</sup> – 13<sup>th</sup>, 2019. The policy is comprehensive in nature and is used throughout the university for all international travel. If you would like coverage for additional aspects of travel beyond what is highlighted in the policy, please feel free to purchase separate third party insurance as a supplement to what is already provided.

### CURRENCY & CREDIT CARDS

Ecuador's official currency is the US dollar. Aside from euros, Peruvian soles and Colombian nuevos soles, it's very difficult to change foreign currencies in Ecuador.

<https://www.lonelyplanet.com/ecuador/money-costs>

<https://www.tripadvisor.com/Travel-g294307-s601/Ecuador:Banks.And.Money.html>

Make sure to contact your bank a few weeks before departure to alert them to your international travel dates and locations. This will keep your cards active while abroad. Keep in mind that fees will be charged for international purchases. Contact your bank for these fees.



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### VAT

Sales tax. Most of **Ecuador's** tax revenue is generated by the IVA, which translates in English as **value added tax (VAT)**. The rate for this tax is currently 12%, and it is added to most purchases.

### CELL PHONE USAGE

Most cell phone carriers have additional international packages that you can add on at a monthly or daily rate. Depending on the carrier, this can cost anywhere from \$10-\$40 and will provide limited text messages, data usage, and calling minutes.

### MEALS

**Ecuadorian cuisine** is diverse, varying with altitude, and associated agricultural conditions. [Beef](#), [chicken](#), and [seafood](#) are popular in the coastal regions and are typically served with carbohydrate-rich foods, such as [rice](#) accompanied with [lentils](#), [pasta](#), or [plantain](#). Whereas in the mountainous regions [pork](#), [chicken](#), [beef](#) and *cuy* ([guinea pig](#)) are popular and are often served with [rice](#), [corn](#), or [potatoes](#). A popular [street food](#) in mountainous regions is [hornado](#), consisting of potatoes served with roasted pig. Some examples of Ecuadorian cuisine in general include *patacones* (unripe [plantains](#) fried in [oil](#), mashed up, and then refried), *llapingachos* (a pan-seared potato ball), and [seco de chivo](#) (a type of stew made from [goat](#)). A wide variety of fresh fruit is available, particularly at lower altitudes, including [granadilla](#), [passionfruit](#), [naranjilla](#), several types of [banana](#), [uvilla](#), [taxo](#), and [tree tomato](#).

The food is somewhat different in the southern mountainous areas, featuring typical [Loja](#) food such as *repe*, a soup prepared with green bananas; *cecina*, roasted [pork](#); and *miel con quesillo*, or "*cuajada*", as dessert. In the [rainforest](#), a dietary staple is the *yuca*, elsewhere called [cassava](#). The starchy root is peeled and boiled, fried, or used in a variety of other dishes. Across the nation it's also used as a bread, *pan de yuca* which is analogous to the Brazilian [pão de queijo](#) and its often consumed alongside different types of drinkable [yogurt](#). Many fruits are available in this region, including [bananas](#), [tree-grapes](#), and [peach-palms](#).

[https://en.wikipedia.org/wiki/Ecuadorian\\_cuisine](https://en.wikipedia.org/wiki/Ecuadorian_cuisine)

#### **Breakfast, Lunch and Dinner is provided -**

We will try our best to provide a variety of food options for meals but cannot accommodate every dietary preference. For daily touring, it is highly encouraged to bring your own snacks if you believe you will get hungry during the day. Touring will be on a tight schedule, and it's always a good idea to have a snack if we find ourselves running over time at lunch.

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### INTERNET ACCESS

Your hotels and bus will have WiFi access, along with possibly other restaurants and shops. Please keep in mind that unless you have purchased an international data plan for your phone, access to email, texting, and other Internet-based applications will be subject to WiFi availability.

<https://www.life-in-ecuador.com/internet-in-ecuador.html>

### ADDITIONAL RESOURCES

- [Lonely Planet Ecuador](#) – A helpful guide to understanding culture, travel tips, and additional insights.
- [Fun Video](#) – My Trip to Ecuador- Quito Old Town, the Equator and the Simple Life in a Small Village
- [Passport Application](#) – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport.