

Travel Details & Resources

VACCINATIONS

There are no required vaccinations for Greece. 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 June 7 – 17, 2018. 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

Euro banknote and euro coins are the country's legal tender. Some vendors may be willing to accept US dollars, but you will likely receive a poor exchange rate in that process. All major international credit cards are accepted in large cities, but American Express is not accepted in small towns. Euros can be withdrawn in cash using an ATM card, but fees will apply. Cash can also be exchanged in country, and it is advised to bring larger bills, as they tend to get a better exchange rate.

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

Value Added Tax is currently 24% and is included in the quoted price for articles purchased. Tourists are exempt from VAT when paying in foreign currency for most tourist services and for certain items purchased at approved stores. VAT is refundable at the airport upon departure from Greece for purchases made at approved stores.

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

Greek food is a delicious Mediterranean blend of Eastern and Western cultures. Food selection is primarily composed of fresh vegetables and seafood. Meat is not as central in meals as it is in America, with the exception of fish and lamb. Meals are extremely filling in Greece, so you shouldn't need to worry about ever being hungry.

Breakfast (included) - Breakfasts will be a buffet at the hotel, and will provide you with generous offerings.

Lunch and Dinner (3 dinners and 2 lunches will be provided) - Typically, we will all stop as a group at the same restaurant for lunch and dinner. Please budget \$8-\$18 for additional lunches and dinners that are not included, as the price will vary by what and how much you eat. You should also plan to include a 10-15% tip in this amount.

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.

ADDITIONAL RESOURCES

- [Lonely Planet Greece](#) – A helpful guide to understanding culture, travel tips, and additional insights.
- [Rick Steves Greece](#) – Another great guide to Greece and travel in general, providing many Dos and Don'ts for Greece, general packing guidelines, and other helpful tidbits.
- [Currency Converter](#) – Plan how much money you need to bring in Euro Currency.
- [Passport Application](#) – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport.