

# Travel Resources

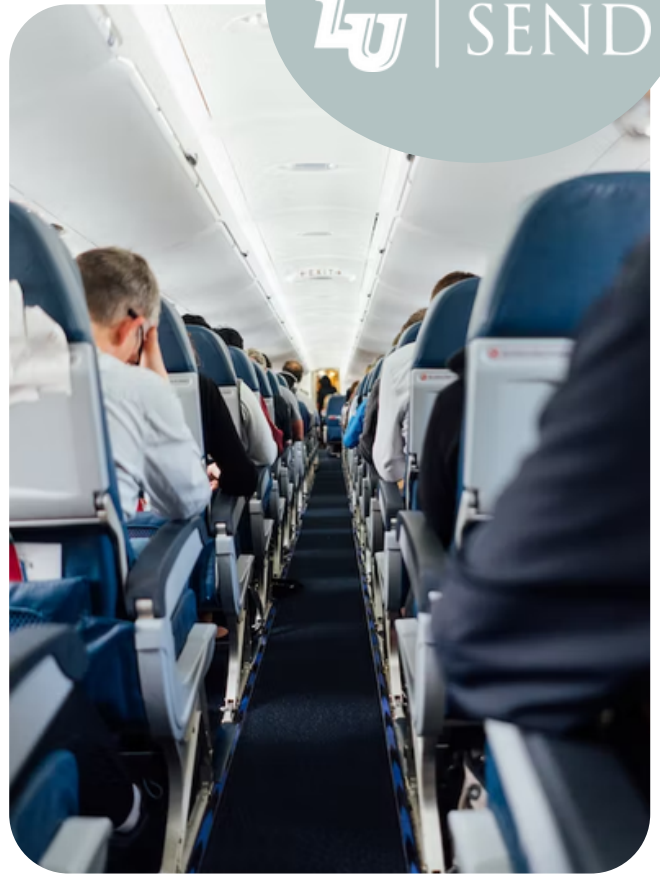
United Kindgom & Ireland  
COMS & PHIL



International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |  
Vaccinations Additional Resources | Fun Facts

## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 7, 2024 through March 17th, 2024. 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. For more information on your current coverage email [LUSend@liberty.edu](mailto:LUSend@liberty.edu)



**“WHEREVER YOU GO  
BECOMES A PART OF YOU  
SOMEHOW.”**

– Anita Desai

## CURRENCY & CREDIT CARDS

In the UK, the national currency is the Pound Sterling, and in Ireland, the Euro. Local currency can be withdrawn at an ATM with a debit card, but fees will apply. 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.





## VAT

"VAT" stands for value-added tax. The tax is included in the price of the item, so the price you see is the price you pay. In the UK, the value added tax is 20%, and in Ireland, it is 23%.

## INTERNET ACCESS

Your hotels and bus may have access to the internet, however, 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 Wi-fi availability.

## 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.

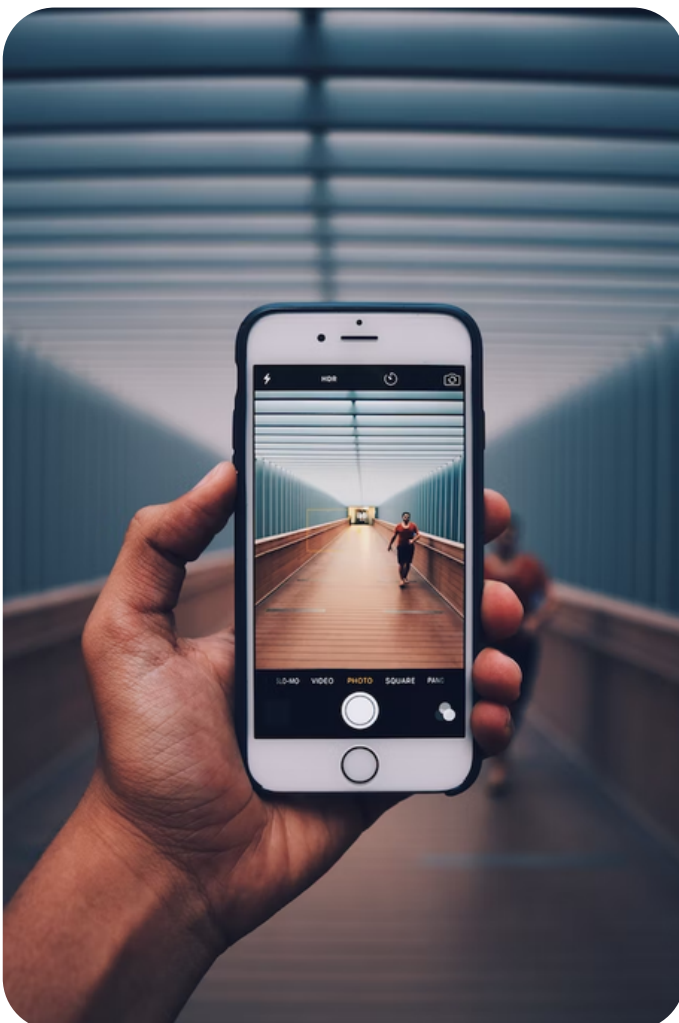
## VACCINATIONS

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 another country. Communicate when and where you will be traveling.

Lynchburg Health Department  
(434) 947-6785  
1900 Thomson Dr. Lynchburg,  
24501

Rustburg Family Pharmacy  
(434) 332-1730  
925 Village Hwy Suite B. Box 1005  
Rustburg, VA 24588

Liberty University Health Center  
(434) 338-7774  
Commons 3 1606 Regents Pkwy



## MEALS

Traditional Irish and English cuisines have been formed over the years from the influences of surrounding nations. In Ireland, meals are composed of the crops and animals that thrive in the temperate climate and seafood from the Atlantic, and the UK is similar, but both draw from a variety of other cultural backgrounds around the world.

### FOOD & DRINK SUGGESTIONS

- Seafood: fresh seafood is common to Ireland, and found in seafood chowders, and oysters, mussels, and salmon are all common.
- Irish Stew: hearty pieces of lamb cooked in gravy with a plethora of vegetables— potatoes, onion, potatoes, carrots, and parsley.
- Full English or Full Irish Breakfast: Very similar, but the Irish differs from an English Breakfast as it includes black and white pudding, along with the classics of bacon, eggs, sausages, mushroom, baked beans and fried tomato found in both.
- Shepherd's Pie: a layered, baked dish of meat, gravy, and some vegetables, covered in creamy potatoes.



\*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 overtime at lunch.



## FUN FACTS!

1. A Welsh town has the longest name in the world: "Llanfairpwllgwyngyllgog - erychwyndrobwlilllantysiliogogogoch," which means, "St Mary's Church in the hollow of the white hazel near the rapid whirlpool of Llandysilio of the red cave." Good luck— it's quite the mouthful!
2. St. Patrick, while usually attributed to Ireland, was not actually Irish.
3. More Irish people live outside of Ireland than in Ireland!
4. The symbol of Ireland is not the well known shamrock— four leaf clover— but rather a harp.
5. There are no snakes in Ireland.
6. Ireland's Wild Atlantic Way is the world's longest coastal driving route.
7. London's transportation system is one of the oldest and largest in the world, with 272 functioning stations and 40 that are no longer in use.
8. The Stonehenge is older than Egypt's Pyramids.

## ADDITIONAL RESOURCES

**Lonely Planet** – A helpful guide to understanding culture, travel tips, and additional insights.

**Currency Converter** – Plan how much money you need to bring in US Currency.

**Passport Application** – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport