

# Travel Resources

Kenya  
School of Nursing

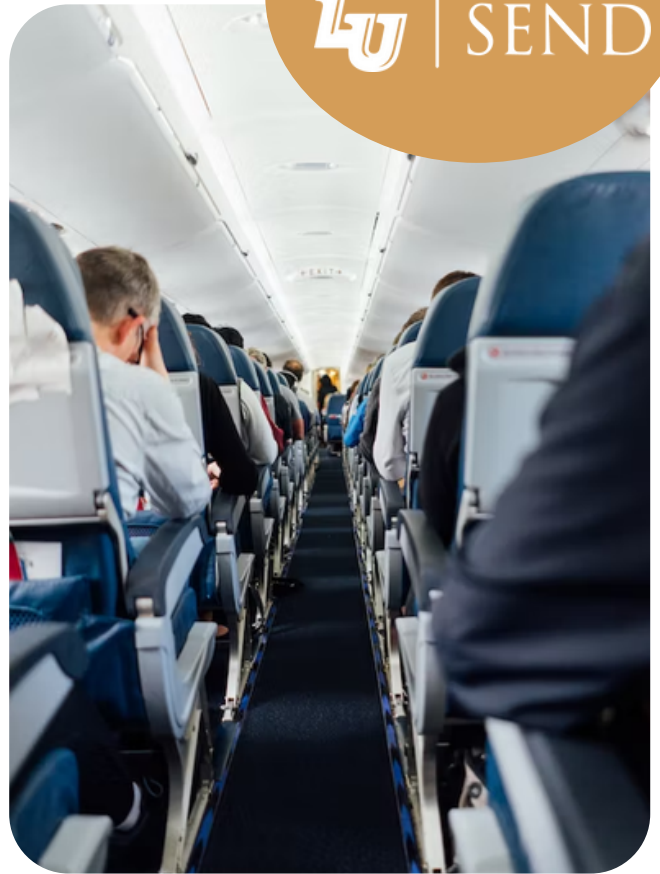


International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |  
Vaccinations Additional Resources | Fun Facts



## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 7, 2024 through March 18th, 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 Kenya, the Kenyan Shilling is the country's legal tender. Major international credit cards are likely accepted in large cities. Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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

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"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 Kenya, the VAT is 16%

## 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.

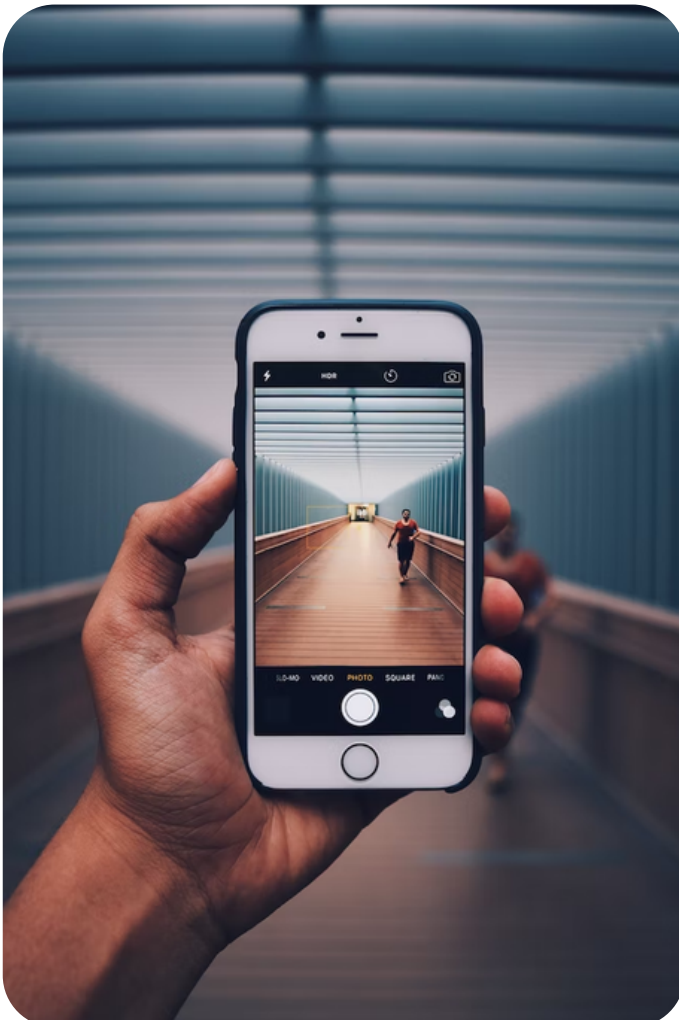
## VACCINATIONS

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 Kenyan cuisine features a variety of simple, yet classic flavor profiles which when combined, produce hearty and satisfying meals. One highly recognizable characteristic of Kenyan food is their use of grains as food staple, while other communities may use fish and other seafood in addition to grains as their staple.

## FOOD & DRINK SUGGESTIONS

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- Ugali (Made from white or yellow cornmeal, salt and hot water, this starchy, spongy side dish is served with almost every meal)
- Nyama Choma (Typically goat meat with rice, chapati and kachumbari)
- Irio (mashed potatoes, corn, peas and greens, typically served with stews or barbecued meat and fish)
- Matoke (stew made from green bananas, tomatoes, onion, garlic, and spices)
- Tea



\*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. 68 languages are spoken across Kenya
2. Kenya has 536 kilometers of coastline on the Indian Ocean
3. Mount Kenya is the second tallest mountain in Africa
4. Kenya is known for its vast wildlife preserves
5. Kenya's national animal is the East African Lion
6. Kenyans are very communal and share everything they have
7. The first woman to win a Nobel Peace Prize was from Kenya
8. Coffee is the country's most valuable export
9. Kenya has many different climates across the country

## 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