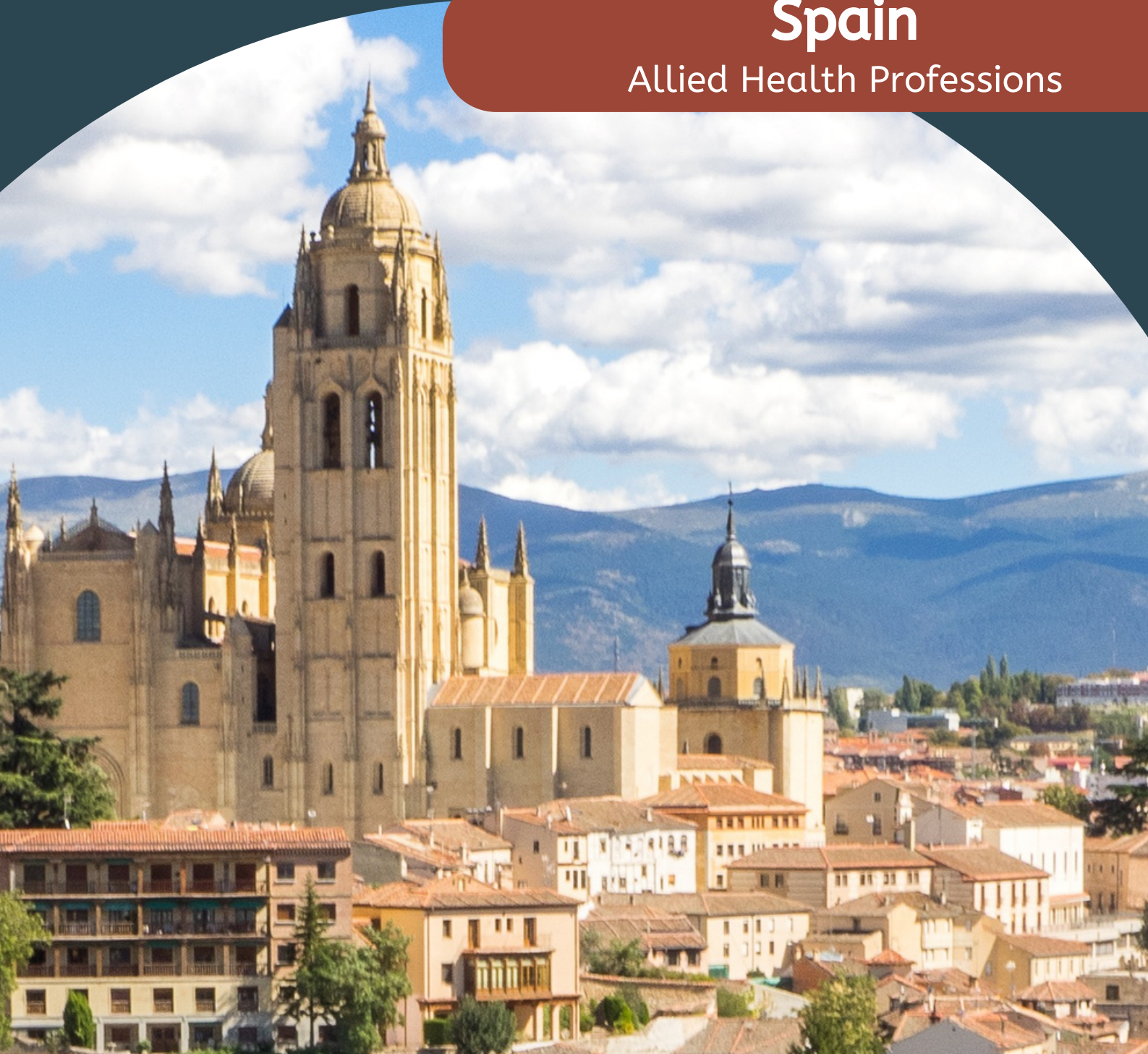


Travel Resources

Spain

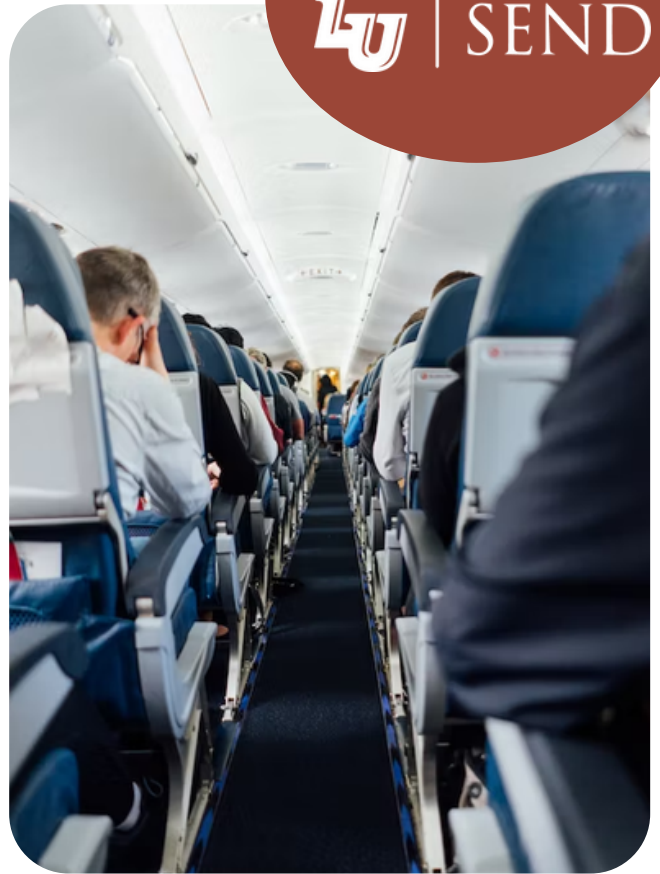
Allied Health Professions



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 6, 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



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

– Anita Desai

CURRENCY & CREDIT CARDS

The official currency of Spain is the Euro (€). 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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

"VAT" stands for value-added tax. The standard VAT rate in Spain is 21%. Spain also has some zero-rated goods, the sale of which must still be reported on your VAT return, even though no VAT is charged.

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.

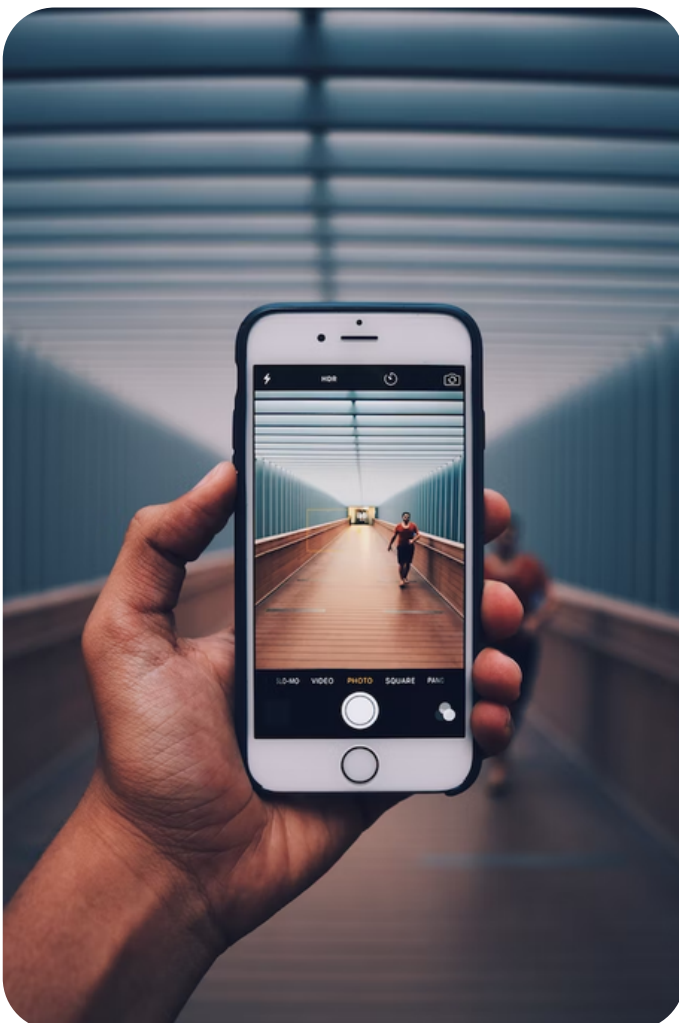
VACCINATIONS

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

Spanish cuisine is a flavorful mix of fresh ingredients, influenced by regional cultures. Spanish cuisine embodies simplicity, taste, and the joy of sharing good food with loved ones.

FOOD & DRINK SUGGESTIONS

- Paella - A traditional rice dish cooked with saffron and various ingredients like seafood, chicken, or rabbit, capturing the essence of Spanish cuisine.
- Churros with Chocolate - Fried dough pastry served with a rich and velvety chocolate dipping sauce, a beloved sweet treat in Spain.
- Tortilla Española - A hearty Spanish omelet made with eggs, potatoes, and onions, served in wedges as a tasty tapas dish.



*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. Spain is renowned for its traditional dance and music form called "Flamenco." Originating from the Andalusian region, Flamenco is characterized by passionate guitar playing, soulful singing, rhythmic handclaps, and intricate dance movements.
2. Bullfighting is an essential part of Spanish culture, especially in regions like Andalusia. These events, known as "corridos," involve skilled bullfighters engaging in a ritualized dance with bulls.
3. In the town of Buñol, near Valencia, an annual tomato-throwing festival called "La Tomatina" takes place. Thousands of participants gather to engage in a massive tomato fight, making it one of the world's messiest and most unique festivals.
4. The traditional Spanish siesta is a short nap taken after lunch, often lasting about 20-30 minutes. Though less common in urban areas today, it remains a cultural practice in some rural regions, especially during the hot summer months.
5. Football (soccer) is a massive part of Spanish culture. Spain boasts one of the most successful national teams globally and is home to two of the world's biggest football clubs: Real Madrid and FC Barcelona.

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