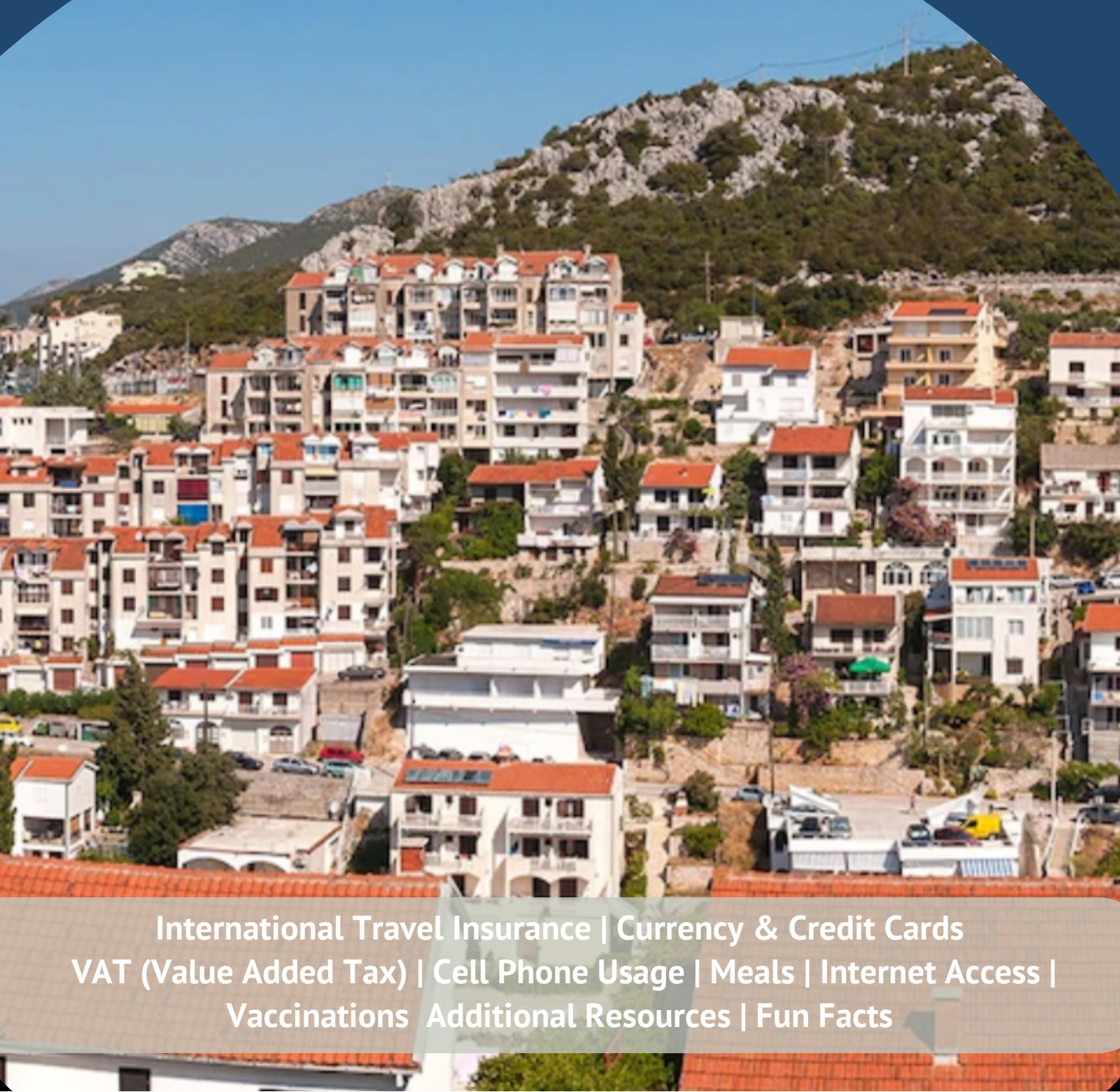


# Travel Resources

## Bosnia

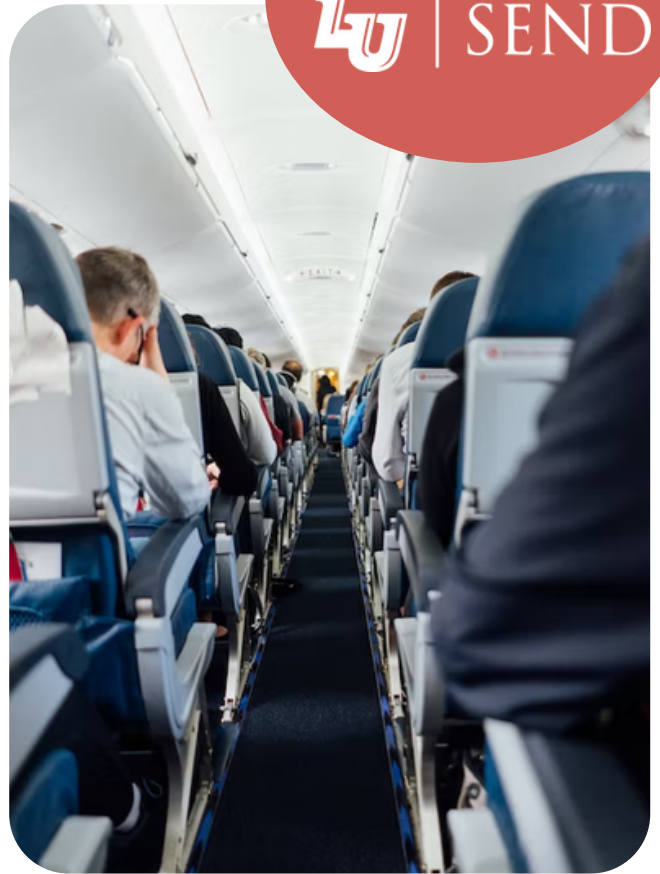
Global Studies



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 16th, 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

Bosnia-Herzegovina Convertible Mark (BAM) is the currency in Bosnia. 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 tax is included in the price of the item, so the price you see is the price you pay. In Bosnia, the standard VAT rate is 17%.

## 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.

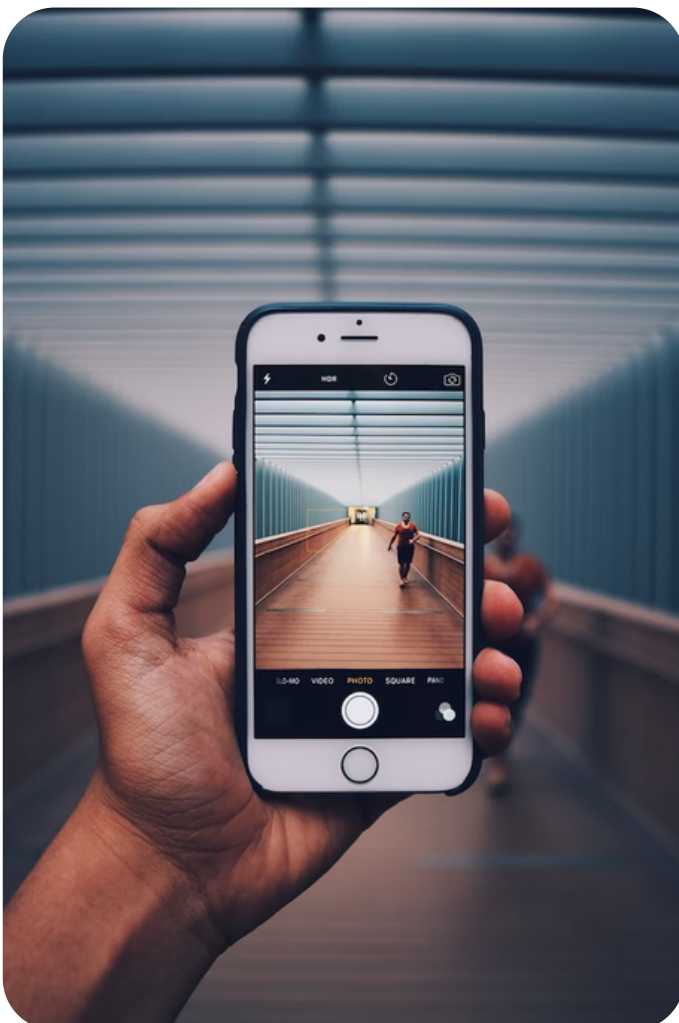
## VACCINATIONS

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 Bosnian food shares many similarities with its Balkan neighbors. It's described as a balance between western and eastern influences and is closely related to Turkish and Mediterranean cuisines. Bosnian cuisine makes use of many spices in moderate quantities. Dishes are often boiled and flavored with sauces made from the natural juices of vegetables.

### FOOD & DRINK SUGGESTIONS

- Bosanski Lonac- known as "Bosnian pot." A vegetable stew.
- Buranija- Bosnian stew with green beans as the main ingredient.
- Ćuveč- Bosnian vegetable stew similar to ratatouille.
- Prebranac- a type of casserole made with white beans and caramelized onions.
- Lepinja va Cevapi- a type of flatbread.
- Proha- a cornbread.
- Dolma- stuffed vegetables seasoned with filling of rice and meat.
- Sarma- ground meat and rice stuffed in vegetables
- Klepe- meat-filled dumplings.
- Suho Meso- smoked beef or pork.
- Pljeskavica- grilled meat dish.
- Krofne- type of donut.



\*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. Approximately 3/4 of Bosnia is mountainous.
2. "Bosnia" stems from the Bosna River, one of the major rivers of Bosnia and Herzegovina that flows through the central areas of the country.
3. Bosnia has the world's second-smallest coastline.
4. The capital of Bosnia and Herzegovina is Sarajevo.
5. Islam is the major religion practiced.
6. WWI started in Sarajevo.
7. Bosnia nad Herzegovina national anthem, does not have any lyrics.
8. People in Bosnia drive on the right.
9. Football is the most popular sport in Bosnia and Herzegovina.
10. Known as the "heart-shaped land" due to the shape of it's borders.

## 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