

Travel Resources

Italy

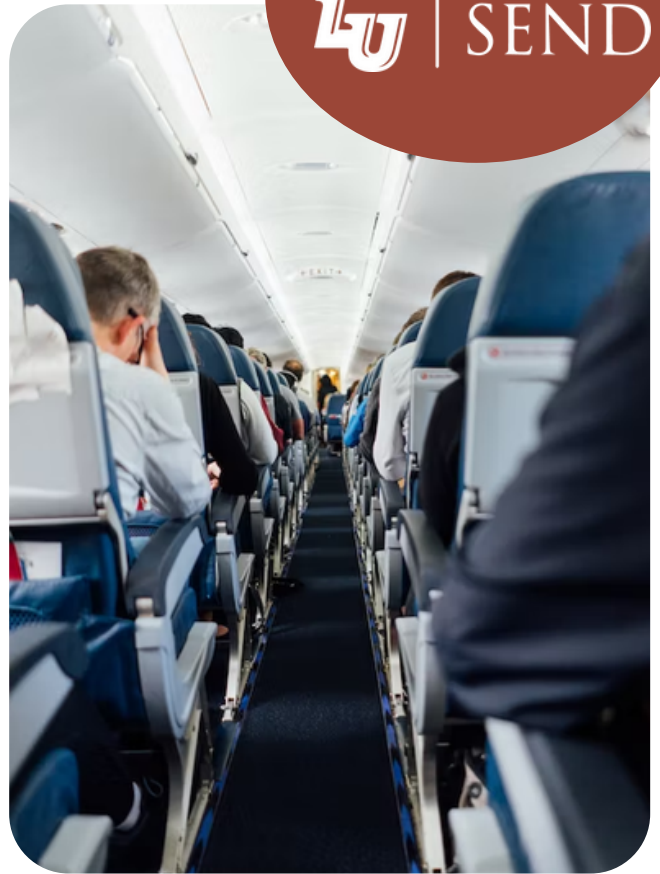
School of Divinity



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 7th, 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

In Italy, the Euro is the country's legal tender. Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 Italy, the standard VAT rate is 22%.

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.

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.

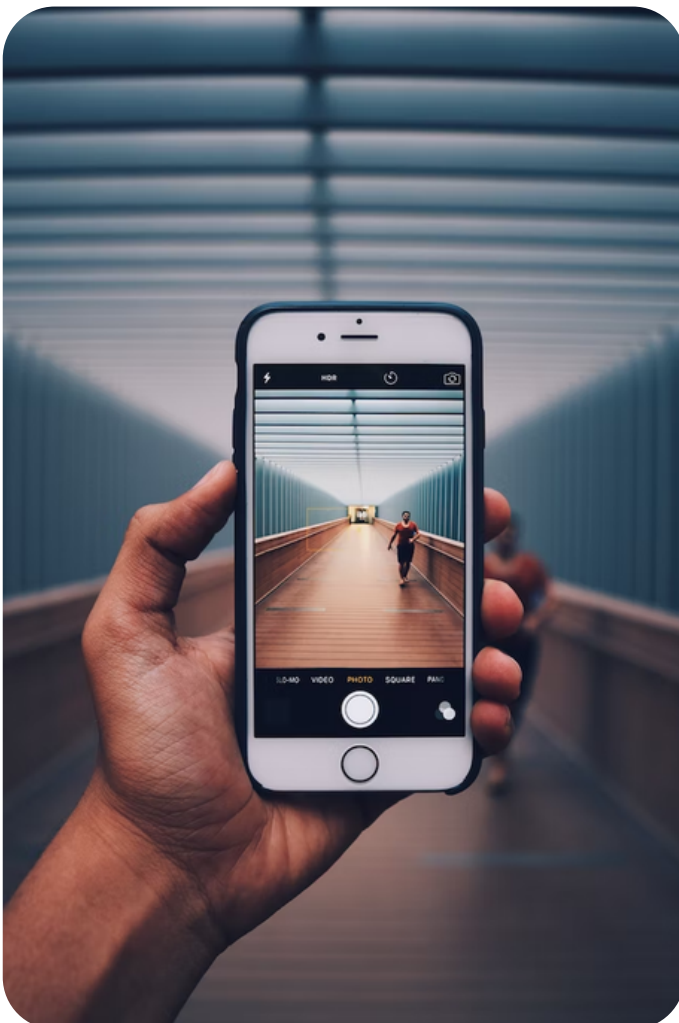
VACCINATIONS

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

Italian cuisine is beloved for its rich flavors, diverse pasta dishes, iconic pizzas, and use of fresh ingredients like olive oil and herbs. Regional specialties and indulgent desserts add to its culinary allure, making it a favorite worldwide. From the rolling hills of Tuscany to the bustling markets of Sicily, Italian cuisine is as diverse as its landscapes, reflecting the country's rich regional traditions and culinary heritage.

FOOD & DRINK SUGGESTIONS

- Caprese Salad: A simple and refreshing salad made with fresh tomatoes, mozzarella, basil leaves, and a drizzle of balsamic glaze.
- Spaghetti Carbonara: A mouthwatering pasta dish made with eggs, Pecorino Romano cheese, pancetta or guanciale, and black pepper.
- Cannoli: Crispy pastry tubes filled with sweet ricotta cheese and often garnished with chocolate chips or candied fruit.



*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. Italy's distinctive shape resembles a boot kicking a soccer ball (the island of Sicily). It's one of the reasons why Italy is often referred to as "The Boot."
2. The iconic Leaning Tower of Pisa is not the only leaning tower in Italy. The city of Bologna also has two leaning towers, Asinelli and Garisenda, which lean at an even steeper angle.
3. The Oldest University: The University of Bologna, founded in 1088, is the oldest university in continuous operation in the world. It's an important center for education and research.
4. UNESCO World Heritage Sites: Italy boasts the highest number of UNESCO World Heritage Sites, with 58 cultural and natural sites, including the historic centers of Rome, Florence, and Venice.
5. The Vatican City: It is the smallest independent state in the world, both in area and population. The Vatican City serves as the spiritual and administrative center of the Roman Catholic Church.
6. The Roman Empire: Ancient Rome was one of the most powerful civilizations in history. The Roman Empire spanned three continents: Europe, Africa, and Asia, and its influence shaped the modern world.
7. The Renaissance: Italy was the birthplace of the Renaissance, a period of great cultural and artistic achievements. Renaissance artists like Leonardo da Vinci, Michelangelo, and Raphael left an enduring impact on the world.

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