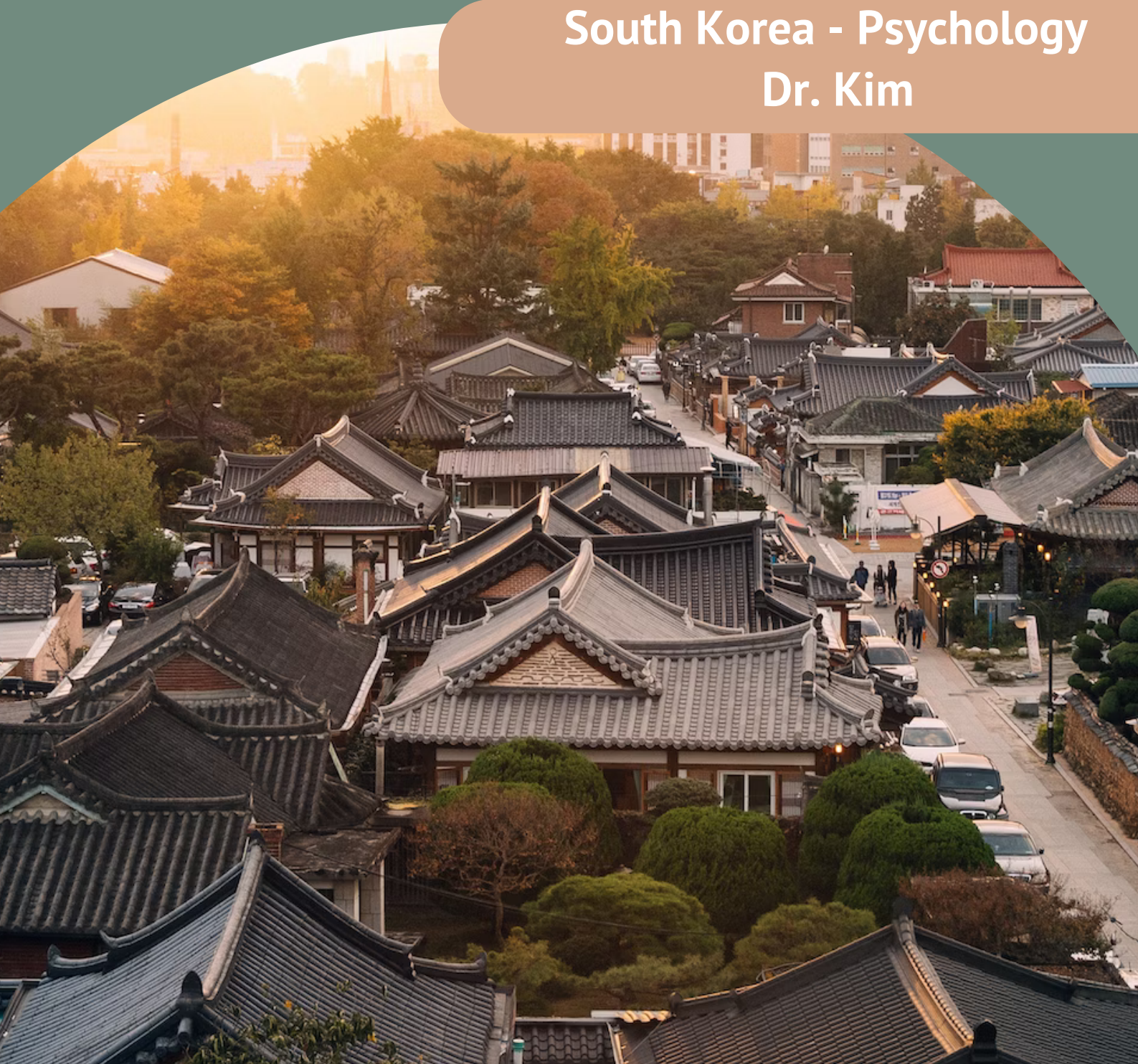


# Travel Resources

South Korea - Psychology  
Dr. Kim

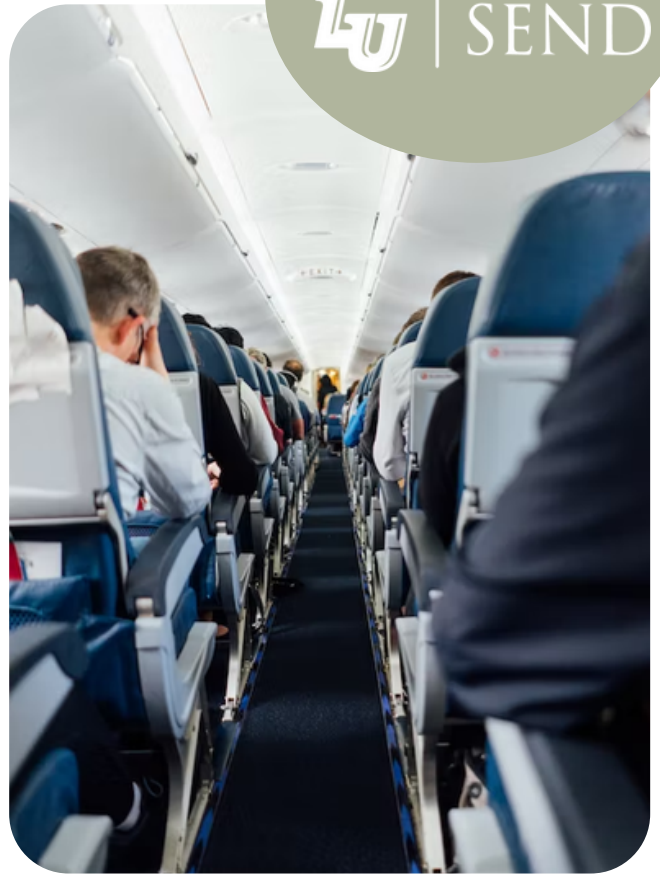


International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |  
Vaccinations Additional Resources | Fun Facts



## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from March 9, 2023 through March 19th, 2023. 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 South Korea, the official currency is the South Korean won (KRW). The Korean won is the legal tender widely used across the country. Major international credit cards are generally accepted in large cities and popular tourist areas. Travelers can withdraw the local currency from ATMs using a debit card; however, fees may apply. It's advisable to inform your bank about your travel plans in advance to ensure uninterrupted card usage. Additionally, be aware that fees may be charged for international transactions, so it's essential to contact your bank for specific information regarding these charges.



## VAT

The standard VAT rate in South Korea is 10%. However, there are some exemptions and reduced rates for certain goods and services

## 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.

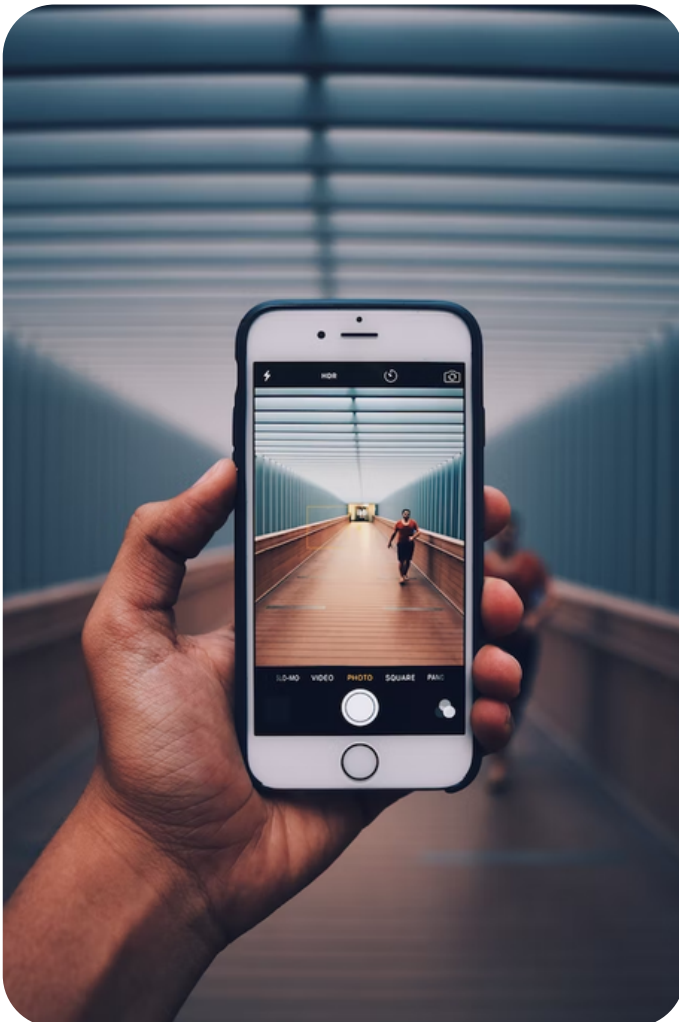
## VACCINATIONS

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

South Korean meals like bibimbap, bulgogi, and kimchi reflect a balance of flavors: spicy, savory, and fermented. Dining is a communal experience, emphasizing respect and communal sharing. Traditional customs, like using chopsticks and communal table settings, are significant, fostering a sense of togetherness and cultural pride.

### FOOD & DRINK SUGGESTIONS

- **Kimchi:** Fermented vegetables, typically cabbage or radishes, with a spicy and tangy flavor
- **Bibimbap:** A mixed rice dish with vegetables, meat (often beef), egg, and spicy gochujang sauce.
- **Bulgogi:** Marinated and grilled beef, usually served with rice and vegetables.
- **Kimbab:** Rice and various ingredients, such as vegetables, meat, and pickled radish, rolled in seaweed.
- **Jjajangmyeon:** Chinese-style noodles topped with a thick black bean sauce and usually accompanied by vegetables and sometimes meat.
- **Sikhye:** A sweet rice beverage made from malted rice. It's often served as a dessert or refreshment.



\*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!

- **Culinary Delights:** South Korea is a foodie's paradise, renowned for its diverse and delicious cuisine, from sizzling BBQ to flavorful street food
- **Scenic Beauty:** The country boasts stunning landscapes, including majestic mountains, serene beaches, lush forests, and picturesque countryside, making it a haven for outdoor enthusiasts and nature lovers.
- **K-Pop:** South Korea is the epicenter of K-pop, offering a chance to experience the vibrant music scene
- **Innovative Technology:** South Korea is a tech-savvy nation known for its advanced technology, including 5G networks, futuristic architecture, and innovative urban planning.
- **Warm Hospitality:** Korean people are known for their warm hospitality and friendly nature, ensuring visitors feel welcome and at home during their stay.
- **Unique Shopping Experience:** South Korea offers a diverse shopping experience, from high-end fashion in Seoul's trendy districts to eclectic street markets selling quirky and fashionable items.
- **Safe and Clean Environment:** South Korea is recognized for its safety, cleanliness, and well-maintained public spaces, contributing to a comfortable and pleasant travel experience.

## 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