

Travel Resources

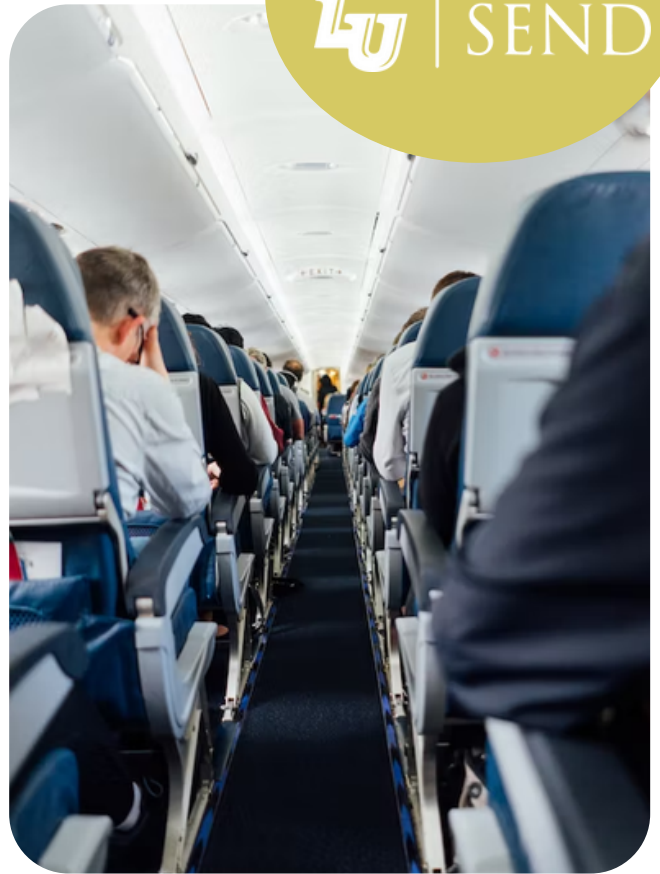
ECUADOR
Psychology



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 17, 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

Ecuador's official currency is the U.S. dollar, so that makes it easy for American travelers. There are no currency restrictions for entry too exit from Ecuador. However, Ecuador's banking systems and commercial sites do not accept \$100 bills, so it's recommended to bring smaller bills. 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.



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 Ecuador, the VAT is 12%.

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.

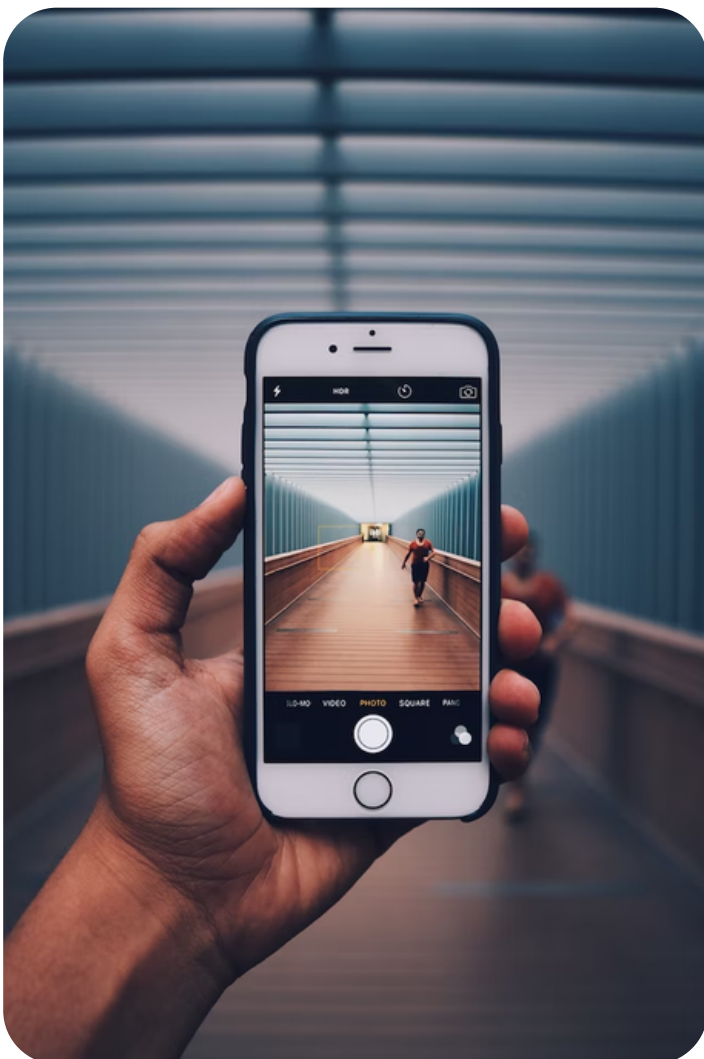
VACCINATIONS

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

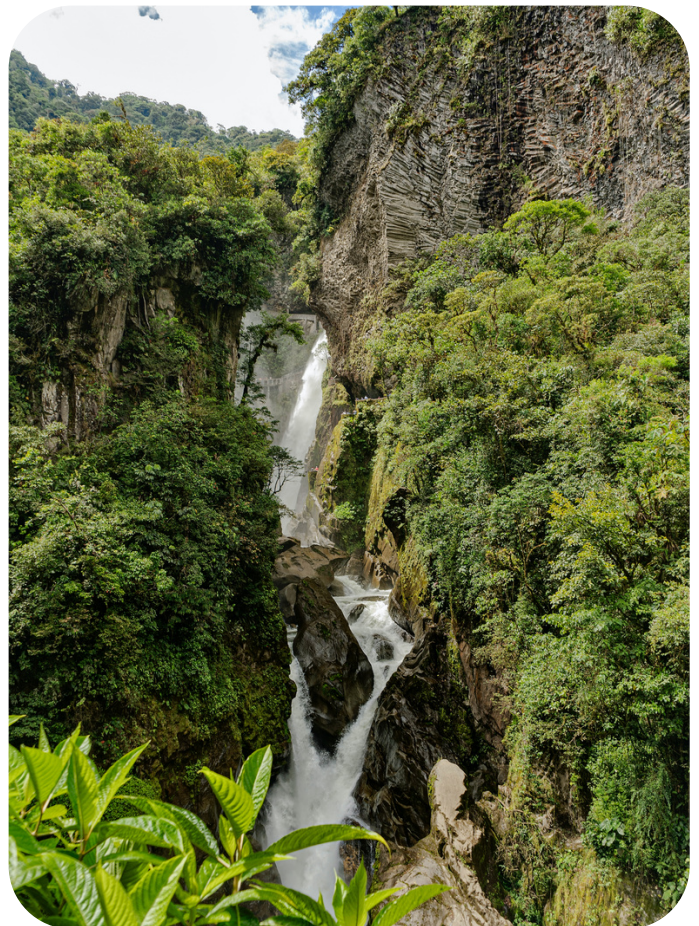


MEALS

Ecuadorian cuisine is a diverse and flavorful fusion of coastal, Andean, and Amazonian influences. Staples like corn, potatoes, and rice are used in various dishes, while the coastal regions offer delicious seafood, and the Andes provide hearty mountain fare. Popular dishes include ceviche, llapingachos, and seco de pollo. Guinea pig (cuy) is considered a delicacy, and aji sauce adds a spicy kick to many dishes. Street food is abundant, and desserts often feature tropical fruits and dairy products. Ecuadorian cuisine is a reflection of the country's rich cultural and ecological diversity, making it a unique culinary experience.

FOOD & DRINK SUGGESTIONS

- Empanadas: Corn pasties stuffed with meat, cheese or vegetables.
- Llapingachos: Cheesy potato cakes.
- Ceviche: Raw seafood 'cooked' in lime and chilli.
- Cuy: Roast guinea pig.



*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. Ecuador's official language is Spanish, but Quichua, the lingua franca of the Inca Empire, is spoken by many of the indigenous people. Nine additional indigenous languages are also spoken in Ecuador.
2. Ecuador's name comes from the Spanish word for the equator.
3. Quito Is The Second-Highest Capital City In The World
4. Mount Chimborazo Is The Tallest Mountain In Ecuador with a summit of 20,560 feet above sea level.
5. Ecuador is in fact the world's largest exporter of bananas. There are around 300 types of bananas in Ecuador.
6. Guinea pigs are considered a local delicacy in many cities of the Ecuadorian highlands and you might find them be roasted over a spit and served to the masses!
7. From 1822 to 1830, Ecuador was part of the nation of Gran Colombia which included Colombia and Venezuela
8. 97 % of the Galapagos Islands are made up of a national park.

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