

# Travel Resources

## The United Kingdom School of Government

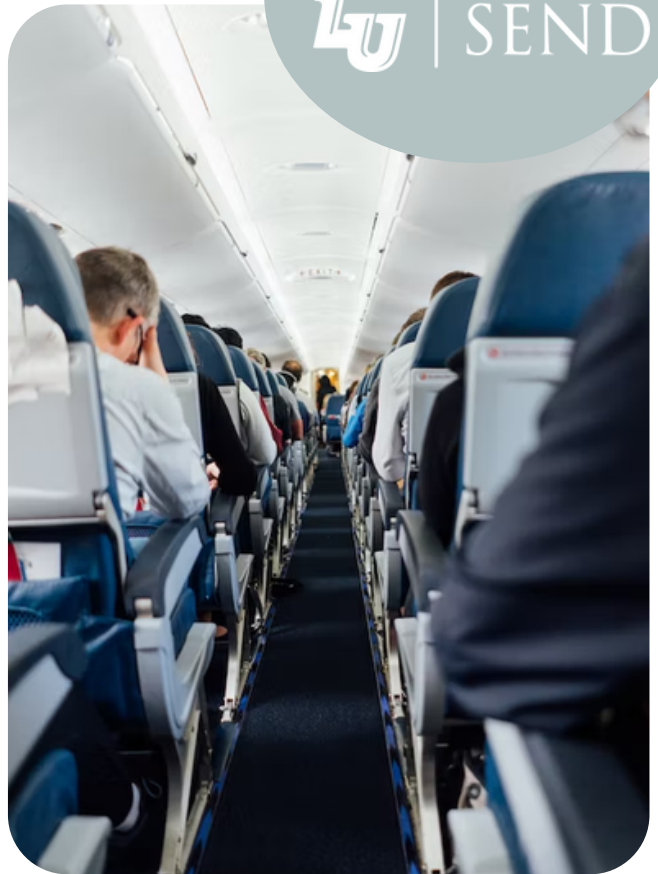


International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access  
Vaccinations | Additional Resources | Fun Facts



## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from May 14th, 2023 through May 25th, 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 the United Kingdom, the pound sterling is the country's legal tender. 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 the United Kingdom, the standard VAT rate is 20%.

## INTERNET ACCESS

Your housing will 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.

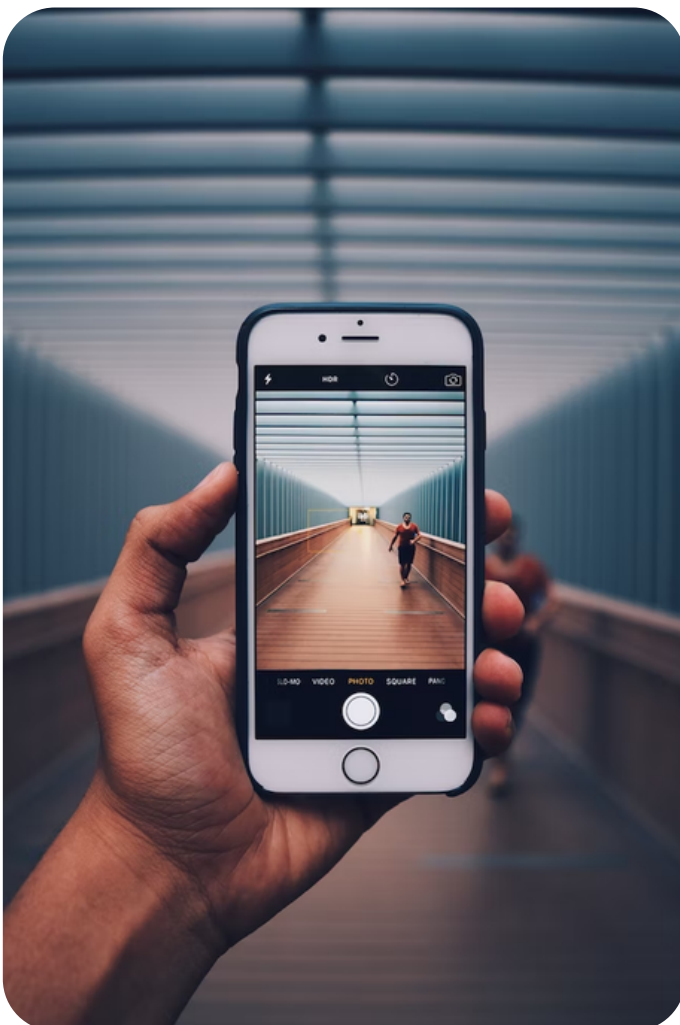
## VACCINATIONS

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 British cuisine has evolved over the years to include a wide variety of dishes from diverse cultures— adopting cuisines of Europe, India, and more. The modern era of British cuisine is influenced by Middle Eastern, Mediterranean, and Asian traditions, but still holds true to many British classics, as listed below.

### FOOD & DRINK SUGGESTIONS

- **Fish and Chips:** a battered and fried filet of fish served with chips (french fries)
- **Steak and Kidney Pie:** diced onions, steak, and kidney (from a lamb or pig) cooked in gravy and wrapped in pastry and baked.
- **Full English Breakfast:** a breakfast of eggs, sausage, black pudding, beans, and cooked tomatoes and mushrooms.
- **Bangers and Mash:** sausage and mashed potatoes served with gravy.
- **Shepherd's Pie:** meat and vegetables with a layer of potatoes on top, baked together: the ultimate comfort food!



\*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. London was the first city in the world to have an underground subway system.
2. The oldest home in the UK is about 6,000 years old, built and furnished in stone.
3. 165 million cups of tea per day are consumed in the United Kingdom.
4. Soccer, rugby, golf, boxing, and cricket were all invented in the United Kingdom.
5. Windsor Palace is the oldest and largest castle in the world that is occupied.
6. There are more chickens in England than people.
7. Chicken tikka masala is the top dish in the UK!
8. Cheese rolling is an actual sport in the UK.

## 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