

Travel Resources

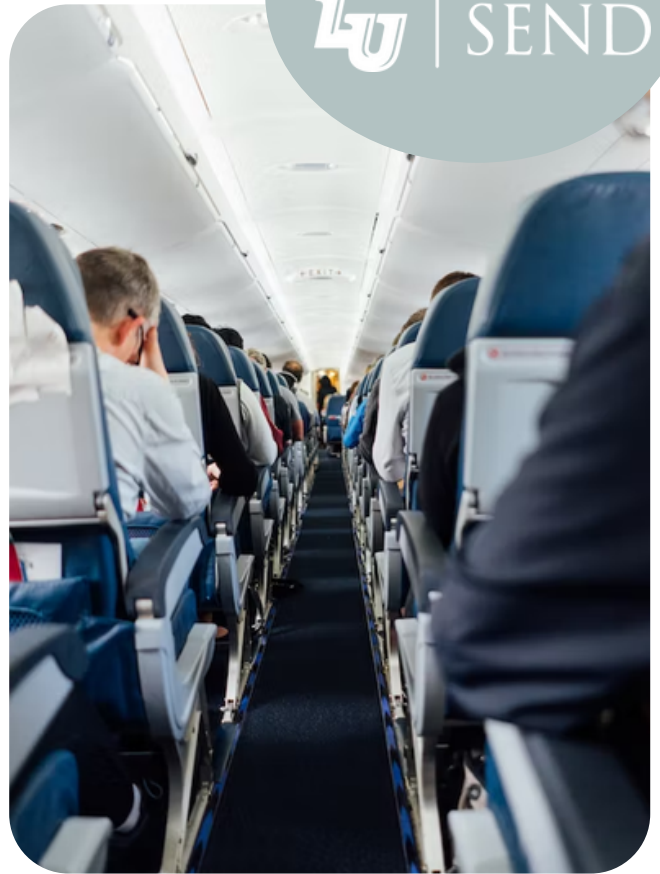
England & Scotland
College of Arts and Sciences



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 until March 16, 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 the UK, the national currency is the Pound Sterling. Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 Scotland, VAT can either be charged at 20 per cent (standard rate), 5 per cent (reduced rate) or zero per cent (zero rated). In England, the value added tax is 20%

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.

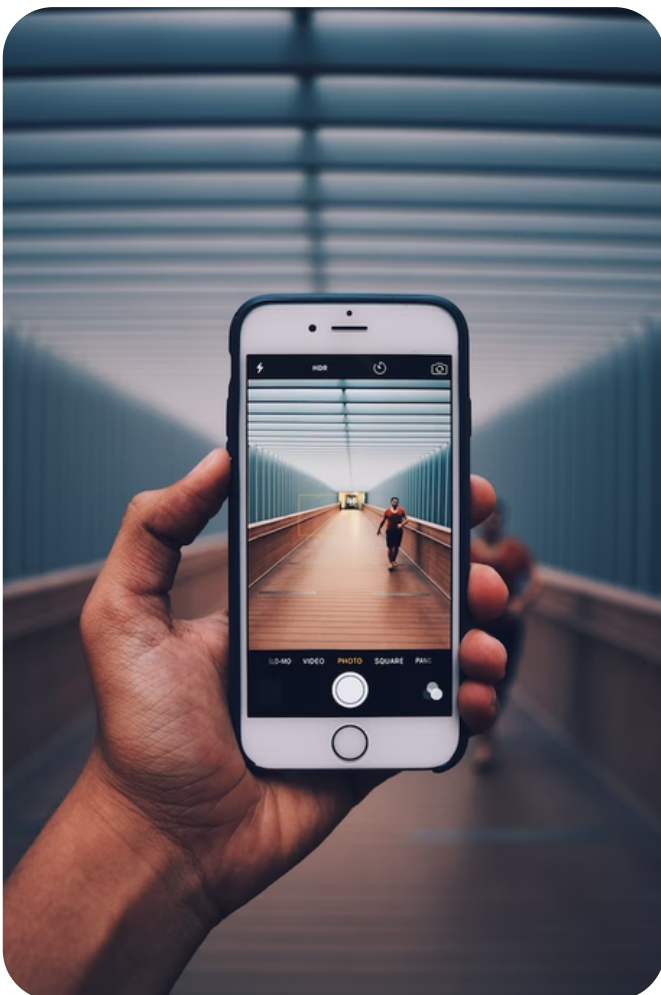
VACCINATIONS

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 Scottish cuisine encompasses a variety of cooking traditions and methods, but is very similar to that of British cuisine and wider European cuisine. Scottish dishes usually consist of ingredients such as vegetables, fruits, oats, fish, and other seafood, as well as dairy and game, and does not generally utilize spices from abroad.

FOOD & DRINK SUGGESTIONS

- Shepherd's Pie: a layered, baked dish of meat, gravy, and some vegetables, covered in creamy potatoes.
- Fish and Chips: hundreds of shacks, shops and vans across Scotland that offer up this traditional dish.
- Full Scottish Breakfast: fried eggs, toast, bacon, baked beans, hash browns, sausages, black pudding, tattie scones, mushrooms and fried tomatoes
- Black pudding: Black pudding is a traditional regional type of blood sausage



*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. Scotland is known especially for its natural and beautiful landscapes.
2. Scottish myths and legends are still alive and well in the culture today.
3. Edinburgh hosts the world's biggest arts festival.
4. The national animal of Scotland is a unicorn!
5. Golf was invented in Scotland.
6. Over 90% of Scottish residents live in less than 5% of the country's area— but the country was once more widely populated than it is in the present day.
7. Out of approximately 800 existing Scottish islands, only 118 of them are actually inhabited.
8. London's transportation system is one of the oldest and largest in the world, with 272 functioning stations and 40 that are no longer in use.
9. The Stonehenge is older than Egypt's Pyramids.

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