

# Travel Resources

## Kosovo

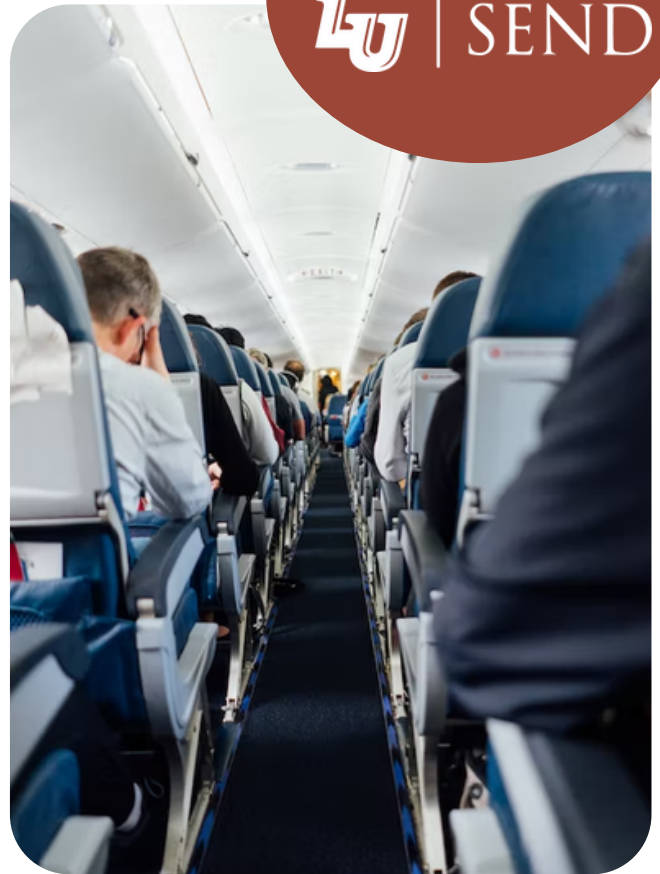
Counselor Education and Family Studies



International Travel Insurance | Currency & Credit Cards  
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## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from June 1 - June 14, 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](mailto:LUSend@liberty.edu)



**“WHEREVER YOU GO  
BECOMES A PART OF YOU  
SOMEHOW.”**

- Anita Desai

## CURRENCY & CREDIT CARDS

The Euro is the official currency in Kosovo. 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 Kosovo, the standard VAT rate is 18%.

## 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.

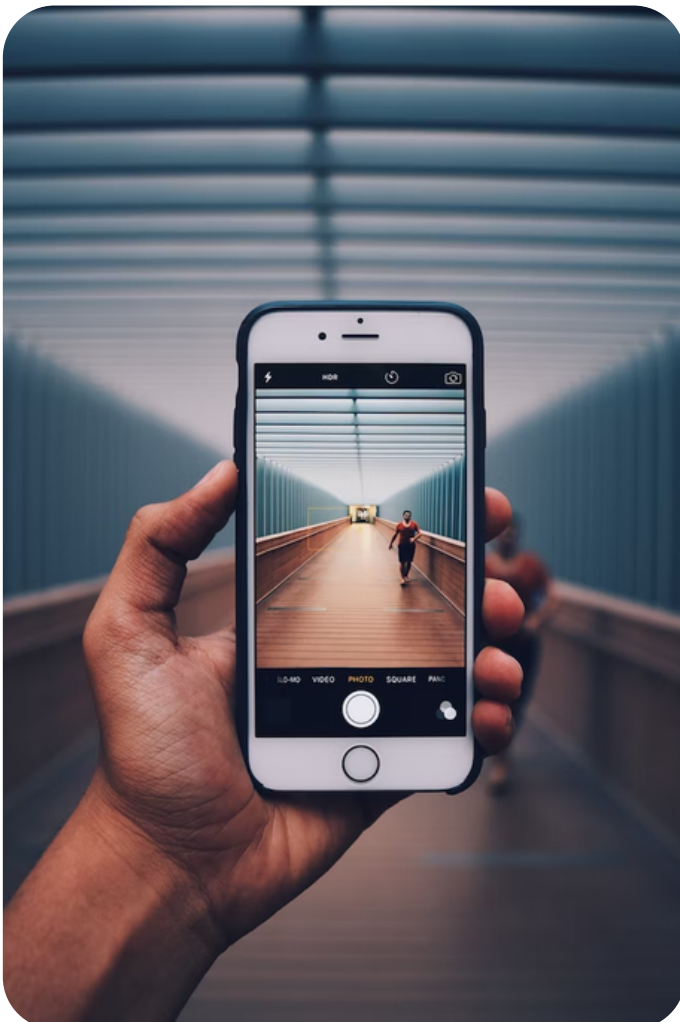
## VACCINATIONS

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 cuisine in Kosovo is a reflection of the country's history, culture, and geographic location in the Balkans. It features a mix of Balkan, Mediterranean, and Ottoman influences, resulting in a diverse and flavorful culinary tradition.

### FOOD & DRINK SUGGESTIONS

- **Pite:** A type of savory or sweet pastry made with thin layers of dough. Filled with various ingredients such as cheese, spinach, meat, or pumpkin.
- **Kebabs:** Grilled meat is a staple in Kosovo cuisine. You can find various types of kebabs, including lamb, chicken, and beef.
- **Tavë Kosi:** A famous Albanian dish made with baked lamb or beef and rice, covered in a thick, yogurt-based sauce.
- **Sarma:** Consists of cabbage leaves stuffed with minced meat and rice, cooked in a tomato-based sauce.
- **Kosovo Salad:** A simple salad made with tomatoes, cucumbers, onions, and peppers along with an olive oil and vinegar dressing



\*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. About 40% of the territory of Kosovo is covered with forest.
2. Kosovo has the youngest population in Europe. More than 70% of the country's population is under 35.
3. Kosovo translates as “field of the blackbirds” in Serbian.
4. There is a church in the Kosovo village of Letnica where Mother Teresa allegedly received a revelation from God and therefore dedicated herself to a life of service.
5. Kosovo is one of only two countries in the world to incorporate a national map into its flag.

## 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