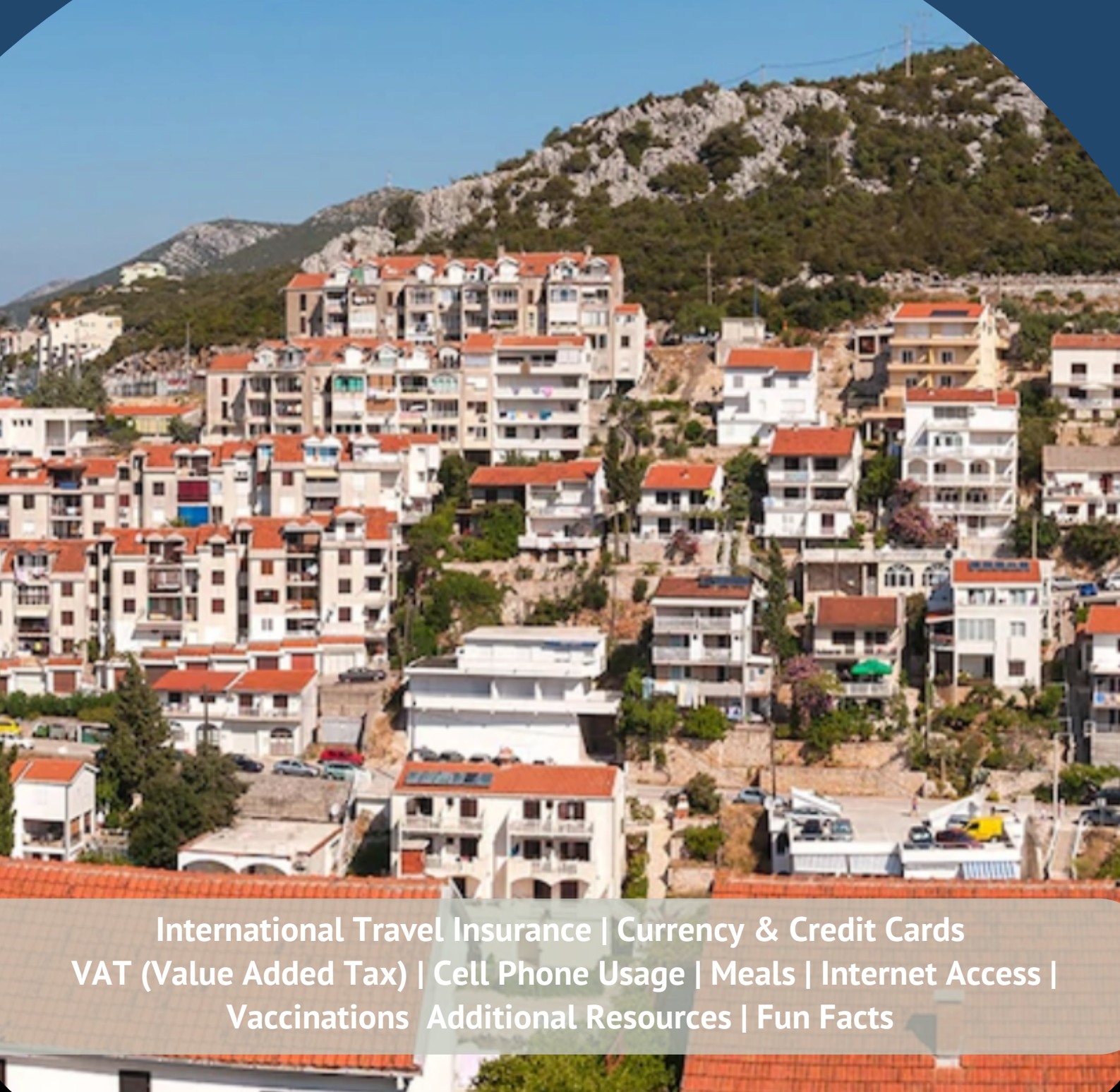


Travel Resources

Greece

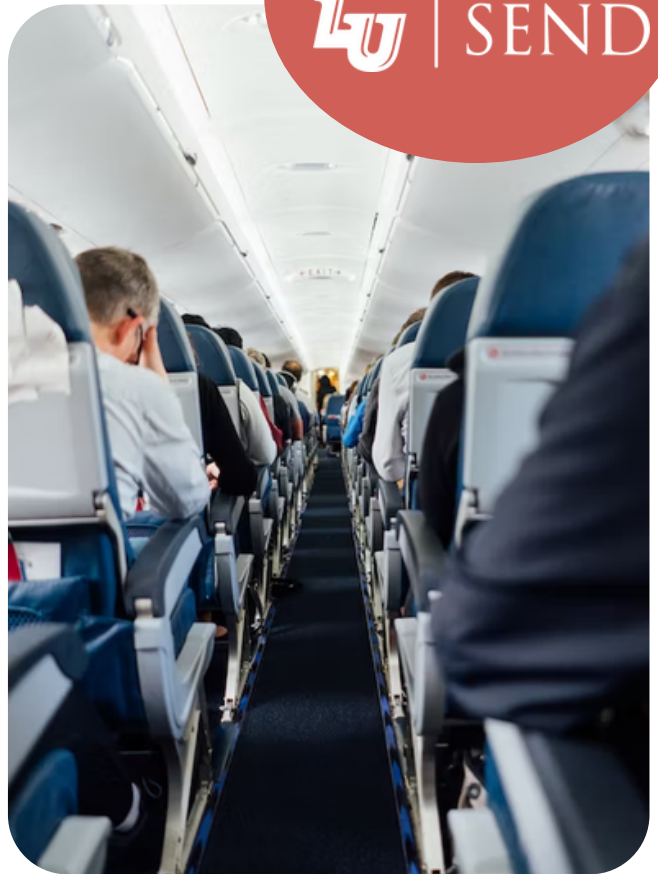
School of Behavioral Studies



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 June 19, 2024 through July 1, 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

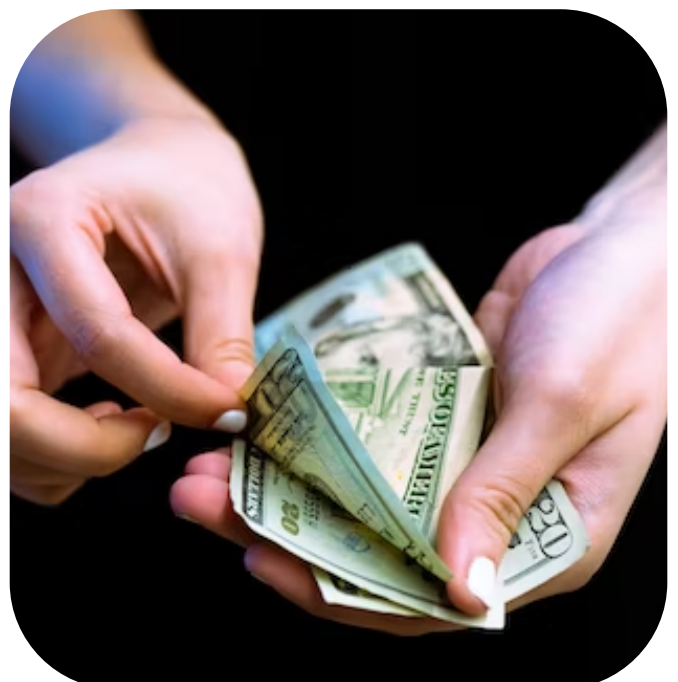


**“WHEREVER YOU GO
BECOMES A PART OF YOU
SOMEHOW.”**

– Anita Desai

CURRENCY & CREDIT CARDS

The official currency of Greece is the Euro (€), represented by the symbol "€". 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 Greece, the standard VAT rate is 24%.

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.

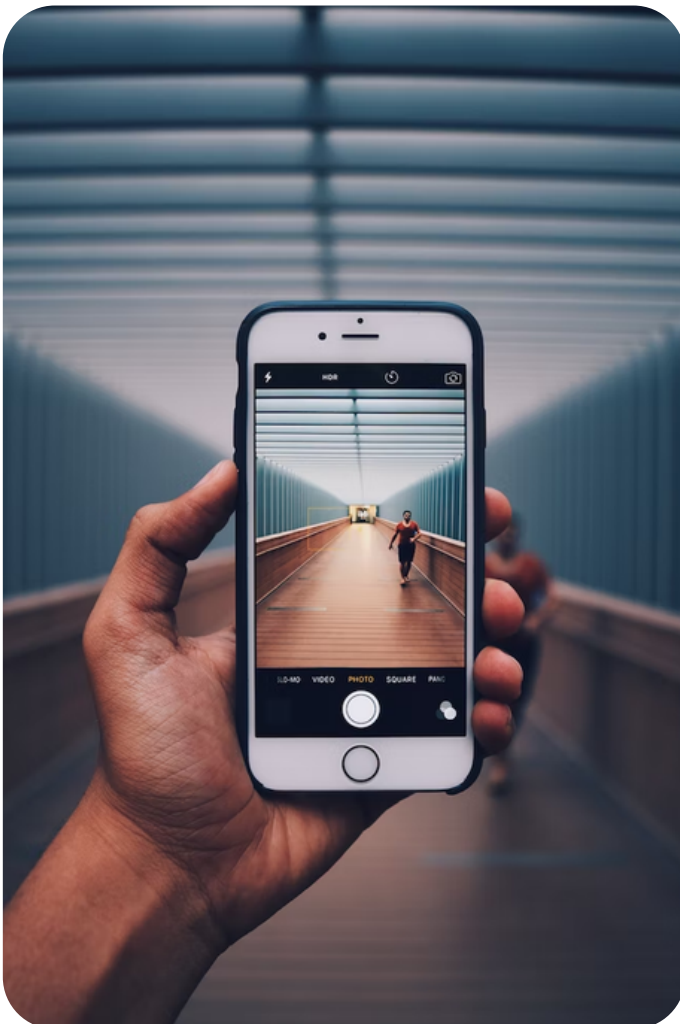
VACCINATIONS

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

The overall Greek cuisine is a celebration of flavors, simple yet rich, and reflects the country's diverse culinary traditions. Greece offers a wide variety of regional dishes, and their cuisines are known for their use of fresh ingredients and bold flavors.

FOOD & DRINK SUGGESTIONS

- **Moussaka:** A popular dish made with layers of eggplant, minced meat (often lamb), tomatoes, and topped with a creamy béchamel sauce.
- **Souvlaki:** Grilled skewers of meat, usually pork or chicken, served with pita bread, vegetables, and tzatziki sauce.
- **Greek Salad (Horiatiki):** A simple yet flavorful salad made with tomatoes, cucumbers, onions, olives, and feta cheese, drizzled with olive oil.
- **Spanakopita:** A savory pastry filled with spinach, feta cheese, onions, and herbs, layered between thin filo dough.
- **Dolmades:** Grape leaves stuffed with a mixture of rice, pine nuts, and herbs.



*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. **Olympic Games:** The ancient Olympics, first held in Olympia, Greece, over 2,700 years ago, inspired the modern Olympic Games.
2. **Mediterranean Paradise:** Greece boasts approximately 6,000 islands and islets, making it a paradise for island-hopping travelers.
3. **Olive Oil:** Greece is one of the world's largest producers of olive oil, and olive trees have grown in the region for thousands of years.
4. **Blue and White Architecture:** The iconic blue and white buildings found on the Greek islands are more than just aesthetics; they were traditionally painted to reflect the colors of the Greek flag and represent the sea and sky.

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