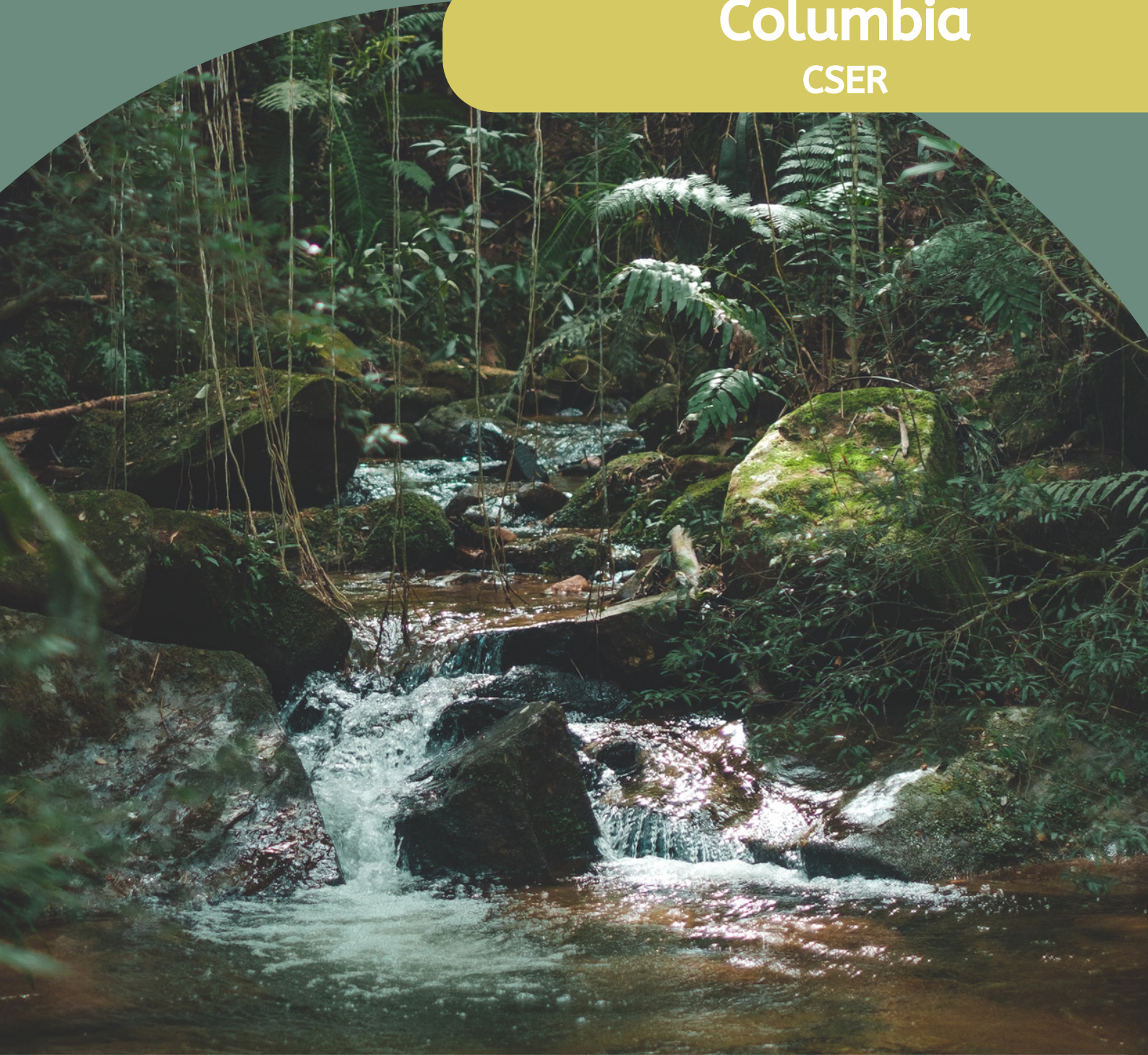


# Travel Resources

Columbia  
CSER

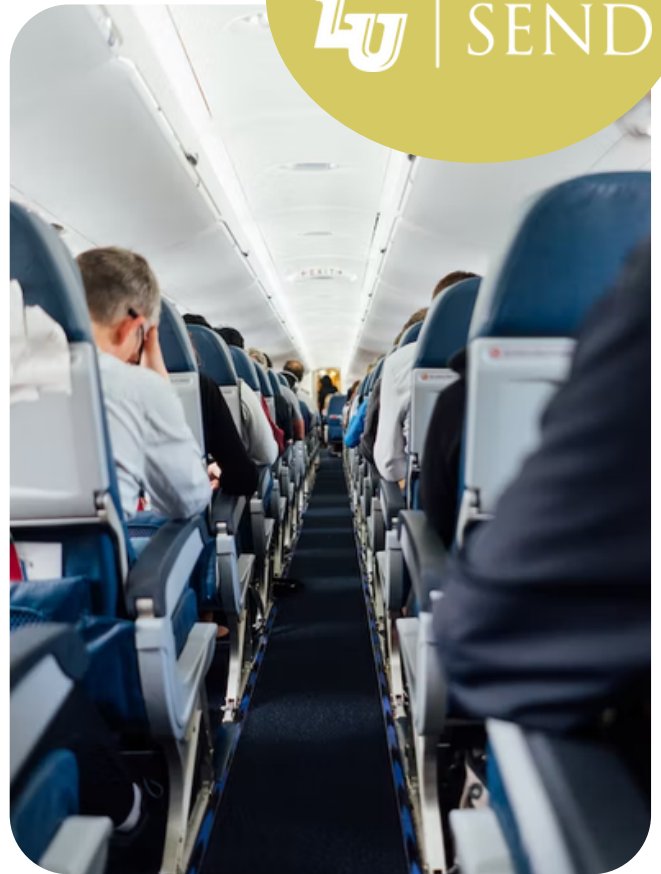


International Travel Insurance | Currency & Credit Cards  
VAT (Value Added Tax) | Cell Phone Usage | Meals | Internet Access |  
Vaccinations Additional Resources | Fun Facts



## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you from May 12th, 2024 through May 19th, 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).

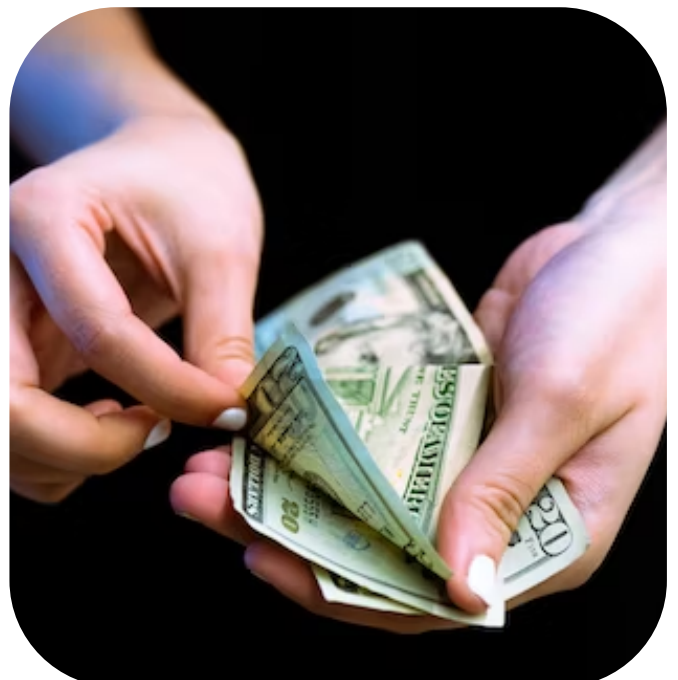


**“WHEREVER YOU GO  
BECOMES A PART OF YOU  
SOMEHOW.”**

– Anita Desai

## CURRENCY & CREDIT CARDS

In Columbia, the Colombian Peso 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 Columbia, the standard VAT rate is 19%.

## 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.

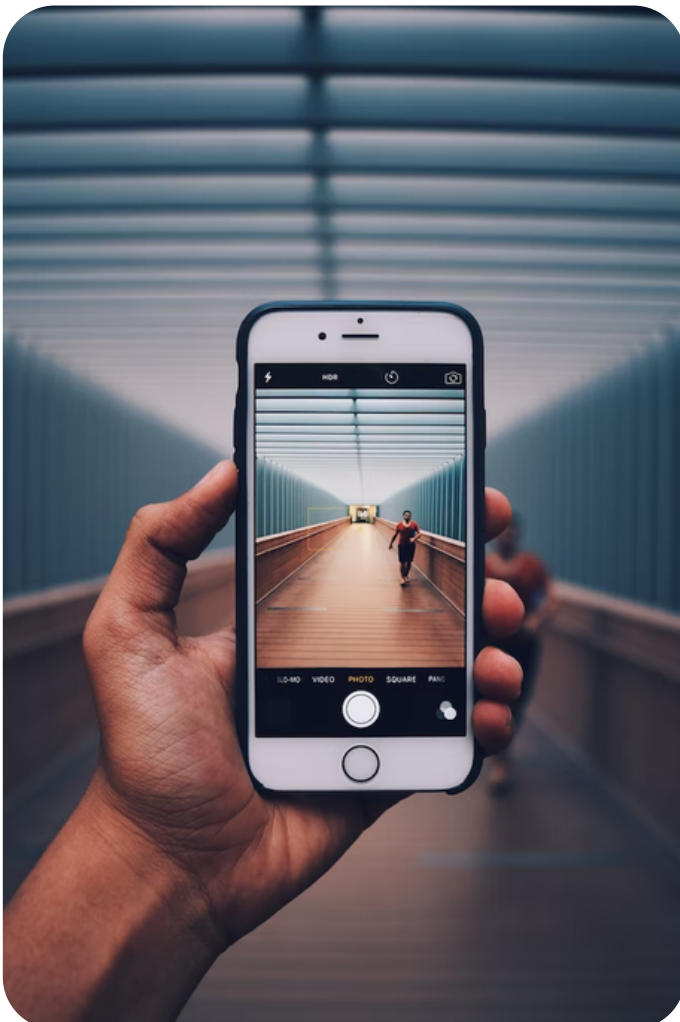
## VACCINATIONS

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

Colombian cuisine is a reflection of the country's diverse geography, indigenous heritage, and cultural influences from Spanish, African, and other immigrant populations. Here are some iconic Colombian dishes and foods you should definitely try during your culinary journey:

### FOOD & DRINK SUGGESTIONS

- **Arepas:** These versatile, thick corn cakes are a staple in Colombian cuisine. They can be served plain or stuffed with cheese, meat, eggs, or other fillings.
- **Empanadas:** These savory pastries are typically filled with seasoned meat, potatoes, and sometimes rice, then fried until golden and crispy.
- **Coffee:** Colombia is famous for its high-quality coffee beans. Enjoy a cup of freshly brewed Colombian coffee to experience its rich and smooth flavor.



\*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. **Coffee Capital:** Colombia is renowned for producing some of the world's finest coffee beans.
2. **365 Days of Carnival:** Barranquilla hosts one of the largest and liveliest carnivals in the world.
3. **Emerald Haven:** Colombia is a major global supplier of emeralds, and the city of Bogotá is often referred to as the "Emerald Capital of the World."
4. **Diverse Landscapes:** Colombia boasts diverse landscapes ranging from lush rainforests and snow-capped mountains to pristine beaches and arid deserts.
5. **Amazon Rainforest:** Colombia is home to a portion of the Amazon Rainforest.
6. **Highland Lakes:** Colombia's high-altitude lakes, like Lake Guatavita, have fascinating legends and are surrounded by picturesque landscapes.

## 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