

Travel Resources

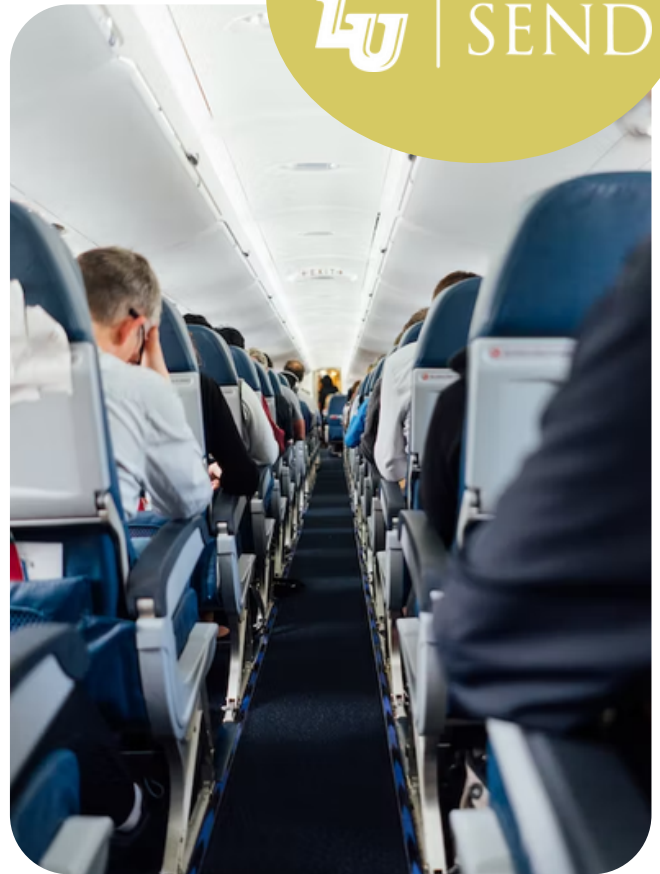
Dominican Republic Social Work



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 9, 2024 through March 16th, 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

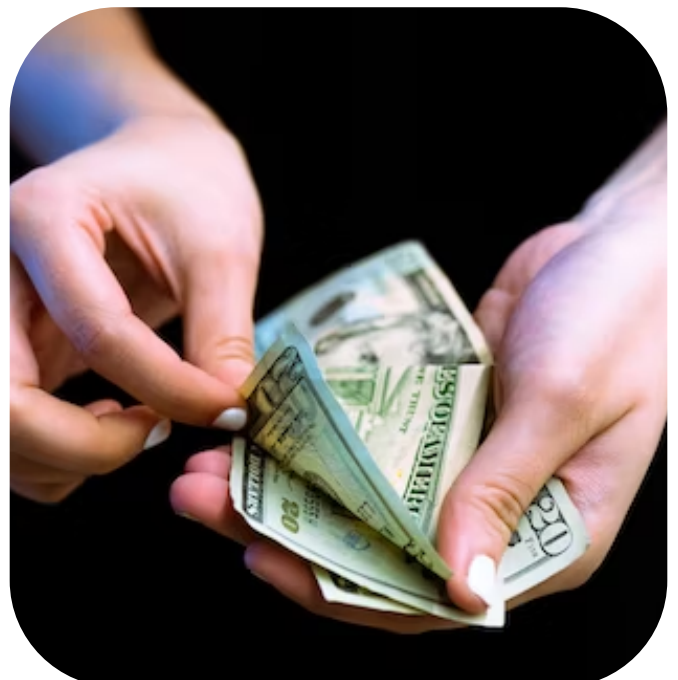


**“WHEREVER YOU GO
BECOMES A PART OF YOU
SOMEHOW.”**

– Anita Desai

CURRENCY & CREDIT CARDS

The currency of the Dominican Republic is the Dominican peso. US dollars and travellers’ cheques are easily exchanged. Only exchange money at banks or official exchange offices (casas de cambio). Take great care when withdrawing cash at an ATM and where possible withdraw money inside a bank branch, shopping centre or supermarket, rather than an ATM on the street.



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 Dominican Republic, 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.

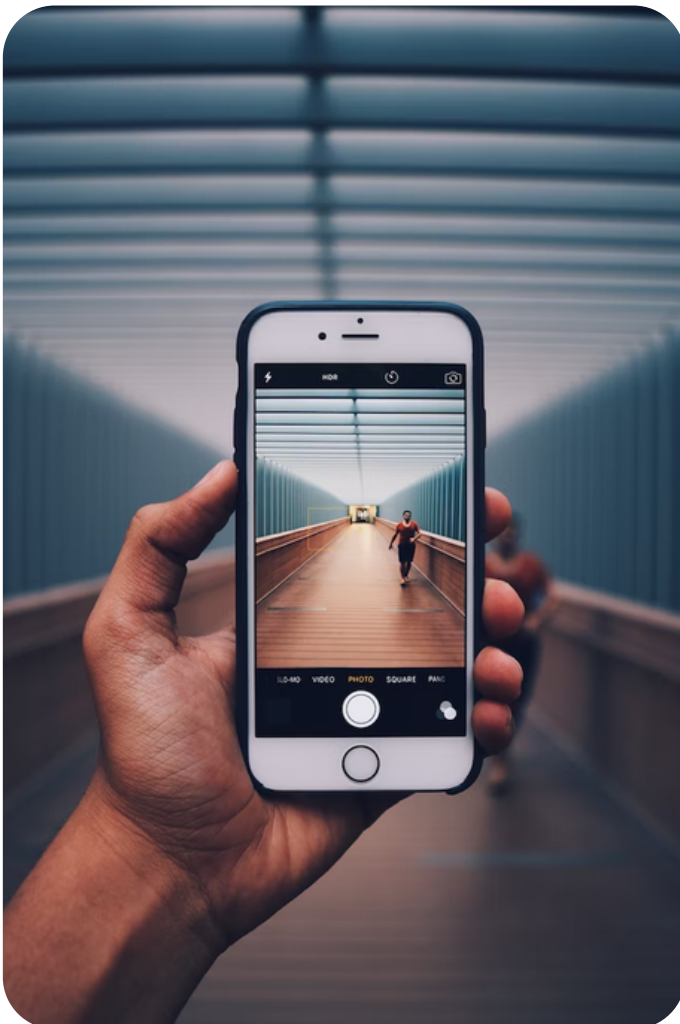
VACCINATIONS

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

The cuisine of the Dominican Republic is a fusion of various culinary traditions, including Spanish, African, Taino (the indigenous people of the Caribbean), and other influences. It is characterized by bold flavors, the use of tropical ingredients, and a mix of indigenous and international cooking techniques.

FOOD & DRINK SUGGESTIONS

- **Seafood:** Fresh fish, shrimp, crab, and other seafood are used in soups, stews, and grilled dishes.
- **Plantains (Plátanos):** Plantains are a versatile ingredient and can be fried, boiled, mashed, or used in various dishes.
- **Mofongo:** A dish made from mashed fried green plantains, often mixed with garlic, pork cracklings (chicharrón), and other ingredients. It's shaped into a mound and can be served with various toppings.



*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. **Pico Duarte:** The country boasts the highest peak in the Caribbean, Pico Duarte, which stands at 10,164 feet (3,098 meters) above sea level.
2. **Baseball Passion:** Baseball is the most popular sport in the Dominican Republic. Many MLB players come from the country, and it has a rich baseball history.
3. **Merengue and Bachata:** The Dominican Republic is famous for its lively music, particularly the dance styles of merengue and bachata. These genres have gained international recognition.
4. **Beautiful Beaches:** The country is renowned for its stunning beaches, including Punta Cana, which is a popular tourist destination.
5. **Dominican Cuisine:** The cuisine is a mix of Spanish, African, and indigenous influences. Dishes like "mangú" (mashed plantains), "sancocho" (meat and vegetable stew), and "empanadas" are delicious staples.
6. **Whale Watching:** The Bay of Samaná is a prime location for humpback whale watching. Every year, thousands of whales migrate to these waters for mating and birthing.

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