

Travel Resources

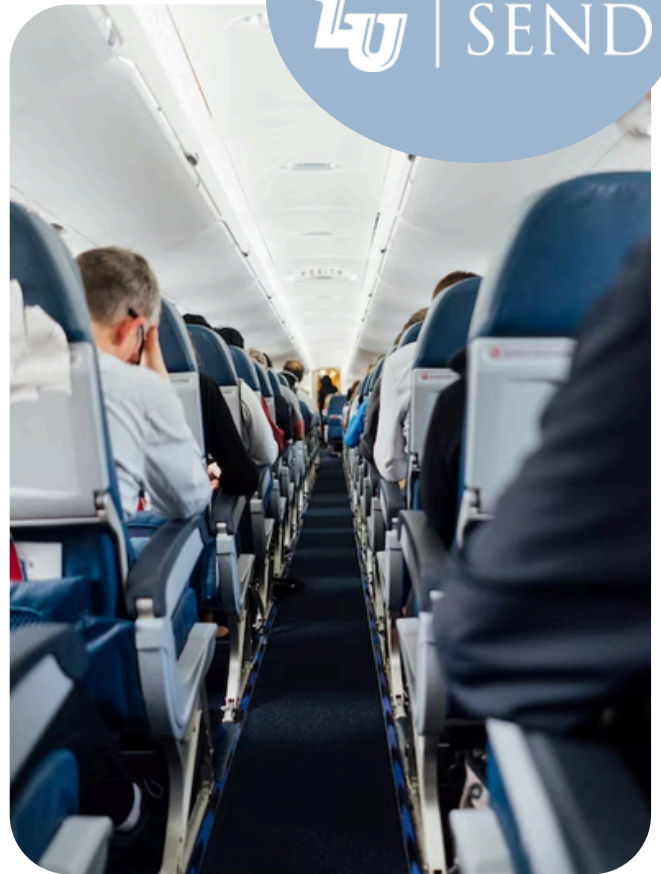
Togo, West Africa
CSER



**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 Dec 28, 2024 through Jan 15th, 2025. 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

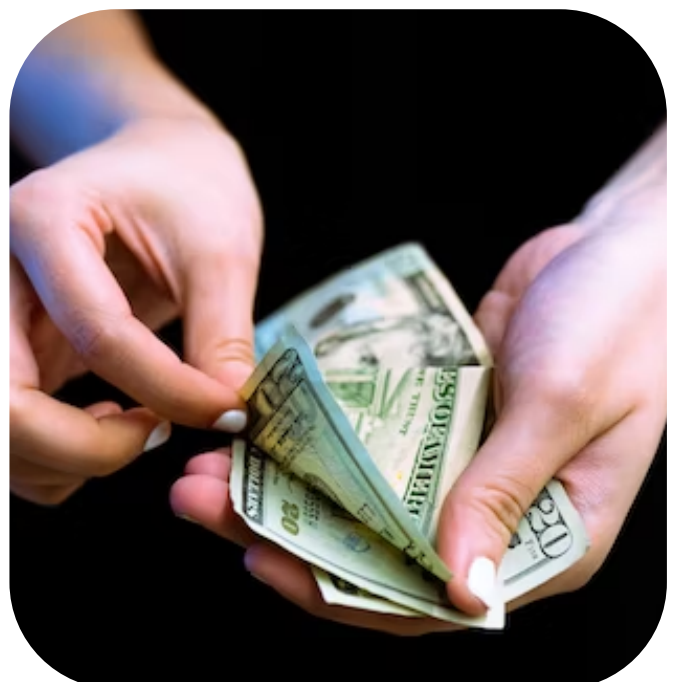


**“WHEREVER YOU GO
BECOMES A PART OF YOU
SOMEHOW.”**

– Anita Desai

CURRENCY & CREDIT CARDS

In West Africa, Togo, the West African CFA franc is the accepted currency. Most places do not accept credit cards, and using credit cards or ATMs in Togo is not always secure. Therefore, it is recommended that you bring cash for any souvenirs you wish to purchase. You can exchange USD for CFA in the airport upon arrival in Togo. Crisp \$100 bills receive the best exchange rate.



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 Togo, the standard VAT rate is 18%.

INTERNET ACCESS

In order for us to be fully engaged in service while we are in Togo, we will not be using the internet in Togo other than for official purposes such as accessing visas or covid tests.

CELL PHONE USAGE

In order for us to be fully engaged in service while we are in Togo, we will not be using phones other than for optional weekly calls home. Your leaders will have cell phones with service in Togo that will allow them to communicate with the workers in Togo and with LU Send as needed.

VACCINATIONS

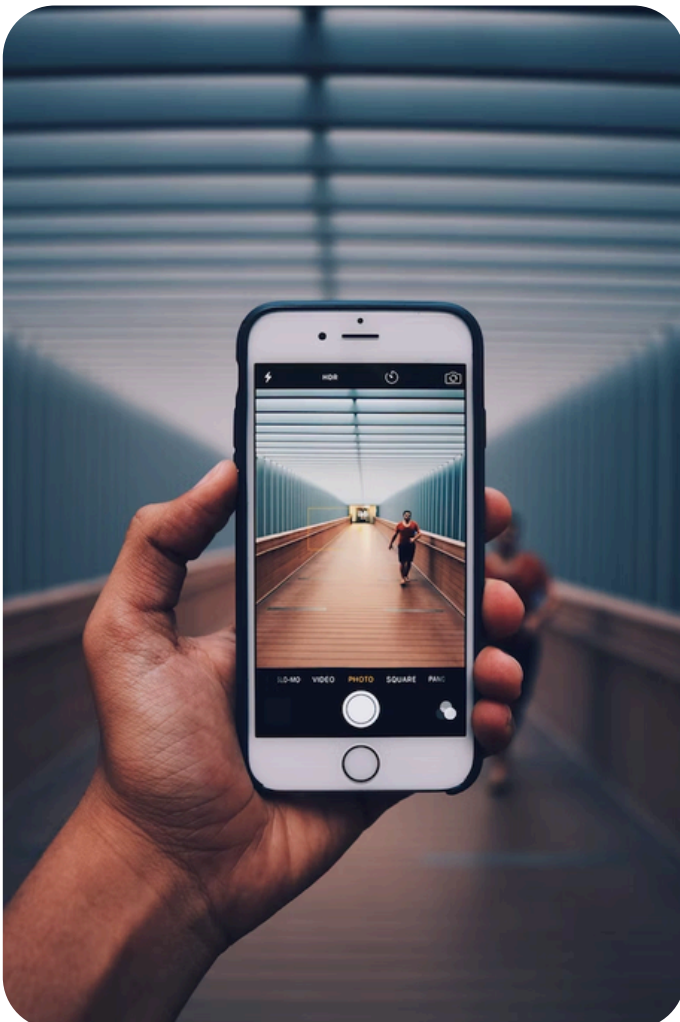
We recommend using resources such as the Center for Disease Control as you consult with your home doctor or other trusted medical sources, in order to make the best possible decision regarding your health. If you reside in the Central Virginia Region, below are local medical offices that you may consider consulting. Communicate when and where you will be traveling.

A yellow fever vaccination is required to enter the country. In addition, the hospital requires a meningococcal meningitis (Menactra) vaccine within the last 3 years and recommends Hepatitis A, Hepatitis B, and up-to-date Typhoid, Polio, and Tetanus/Diphtheria vaccines.

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

Togolese dishes often combine a variety of vegetables such as spinach and okra, which are grown in the country's fertile farmland. A staple of Togo's cuisine and culture is fufu. Fufu is a traditional dish made from boiled yams, which are mashed into a dough and served with a variety of sauces and side dishes.

FOOD & DRINK SUGGESTIONS

- Akume: Savoury porridge made from maize flour and Togo's staple foodstuff, served with various sauces.
- Fufu: mashed yam eaten with sauces made from peanut, goat or palm nut.
- Riz sauce d'arachide: rice with peanut sauce.
- Yassa: chicken in a spicy and tangy sauce.
- Gbomo dessi: spicy beef and spinach stew.
- Koklo meme: grilled chicken in chilli sauce.
- Grilled prawns: from the fisherman to your plate.
- Brochettes: skewers of meat with a chilli marinade.



The hospital guesthouse provides us with 3 meals a day. It is highly encouraged to bring your own snacks if you believe you will want food outside the mealtimes, or want “comfort foods”, as most American foods are not available in Mango.

FUN FACTS!

1. Togo is in West Africa, bordering Ghana, Benin, and Burkina Faso.
2. 60% of the population is under the age of 25.
3. Togo is home to Fazao-Malfakassa National Park. It has an array of landscapes, such as forests, savannahs, rocky cliffs, and waterfalls. It is home to 203 species of mammals such as birds, monkeys, antelopes, and elephants.
4. Togo means 'house of sea' in the Ewe language.
5. Cocoa, coffee, and cotton generate 20% of Togo's exports.
6. Togolese health care system is poor due to the lack of resources to put up modern health facilities and high population growth rate.
7. Togo has 3 national parks, 10 faunal reserves, and 84 forest reserves.
8. The capital is Lome.
9. There are over 39 languages spoken in Togo. The sole official language spoken is French, which is common throughout the West African region.
10. Known as a 'tropical paradise'.

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