

Travel Resources

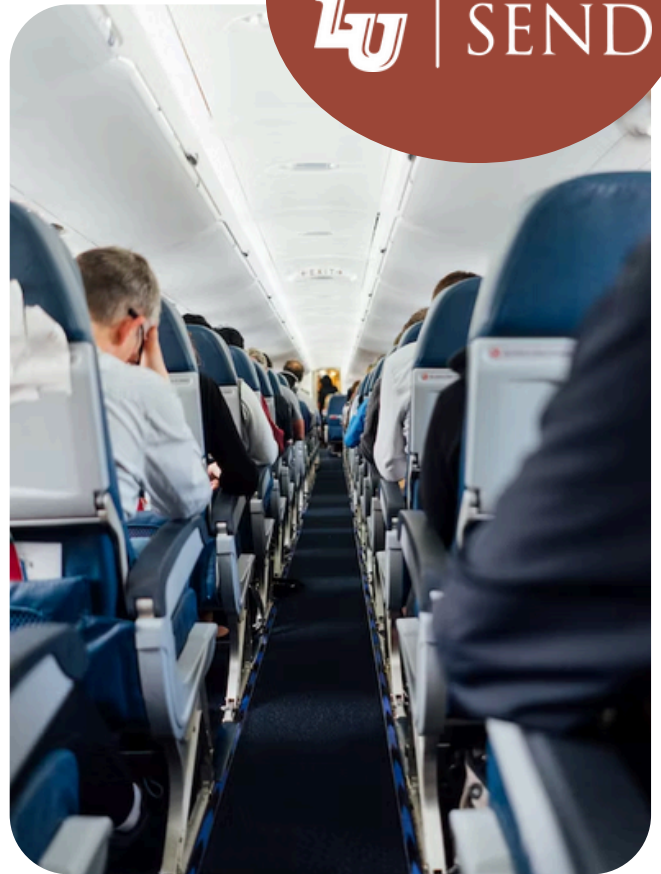
UK & France
Family & Consumer Sciences



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 October 5th 2024 through October 12th, 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

In France, the official currency 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 Local currency can be withdrawn at an ATM with a debit card, but fees will apply.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 France, the standard VAT is 20%.

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.

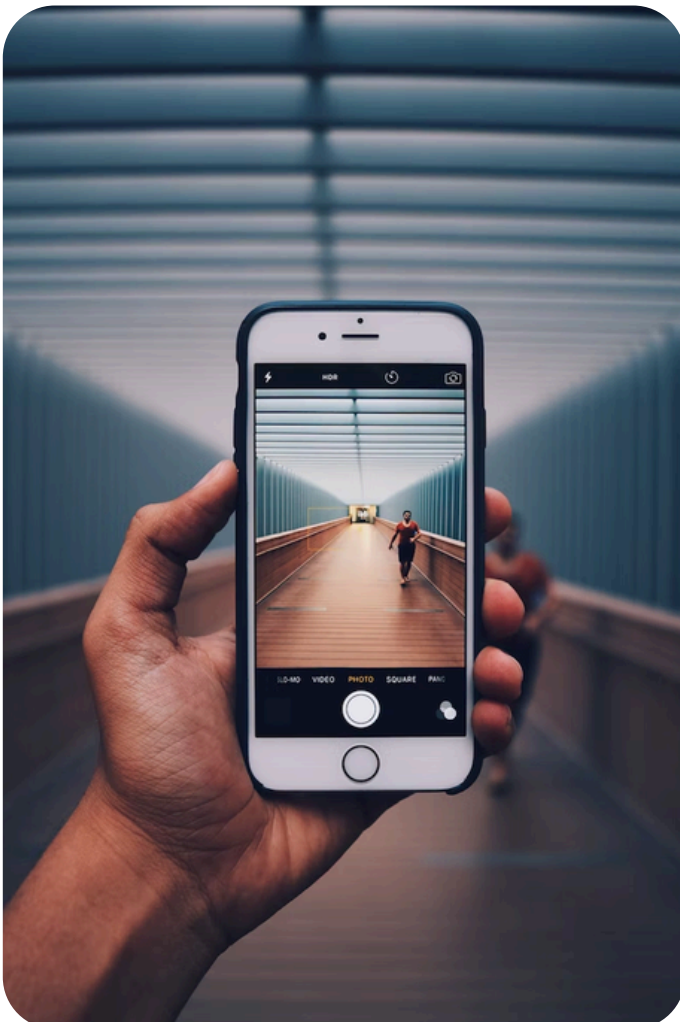
VACCINATIONS

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 French dishes are often characterized by rich flavors, meticulous preparation, and a focus on seasonal and regional produce

FOOD & DRINK SUGGESTIONS

1. Croissants: A quintessential French pastry, known for its flaky, buttery layers. Enjoy it for breakfast or as a snack.
2. Baguette: The iconic French bread, with a crispy crust and soft interior. It's a staple of French cuisine and perfect for making sandwiches or enjoying with cheese and wine.
3. Coq au Vin: A classic French dish featuring chicken braised with wine, mushrooms, onions, and bacon. It's hearty and full of rich flavors.
4. Crepes: Thin pancakes that can be filled with sweet fillings like Nutella, fruit, or jam for dessert, or savory fillings like cheese, ham, or eggs



*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!

France:

1. The Eiffel Tower, one of the most iconic landmarks in the world, was initially criticized by some of France's leading artists and intellectuals when it was built for the 1889 World's Fair.
2. France is the largest country in the European Union by land area, covering approximately 551,695 square kilometers
3. France is the most visited country in the world, with millions of tourists flocking to its cities, landmarks, and countryside each year to experience its rich culture, history, and cuisine.

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