

# Travel Resources

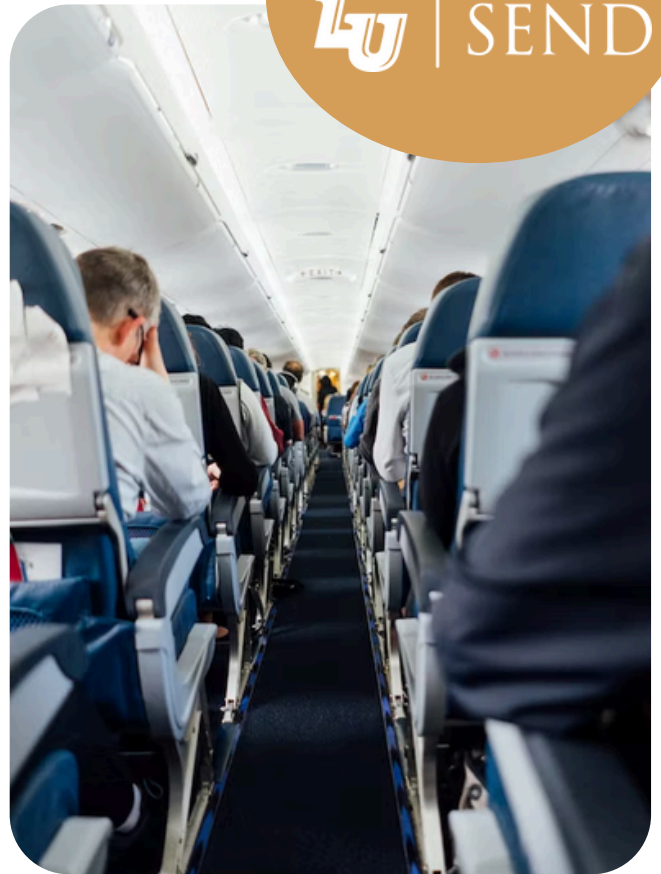
## Kenya



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 7th, 2025 through March 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](mailto:LUSend@liberty.edu)

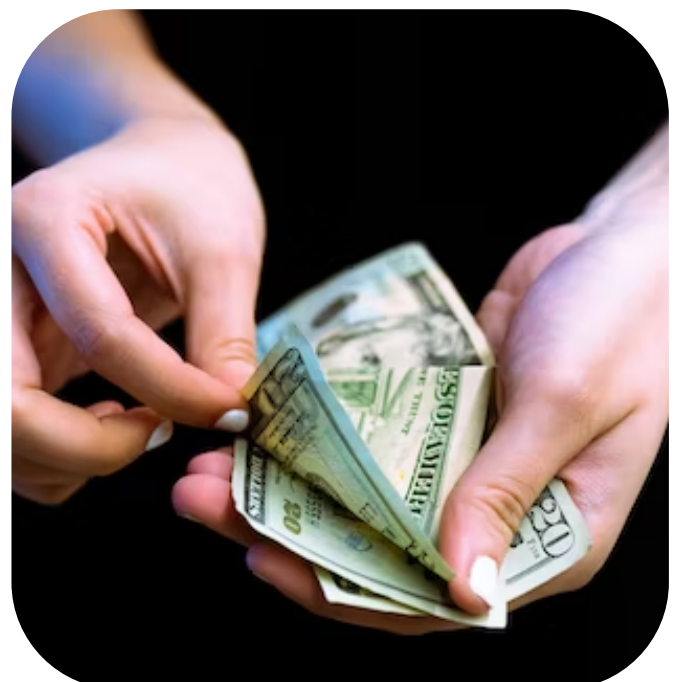


**“WHEREVER YOU GO  
BECOMES A PART OF YOU  
SOMEHOW.”**

- Anita Desai

## CURRENCY & CREDIT CARDS

In Kenya, the Shilling is the country's legal tender. Major international credit cards are accepted in large cities, but may not be accepted in rural areas. Shillings can be withdrawn at an ATM using a debit card, but fees will apply.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.

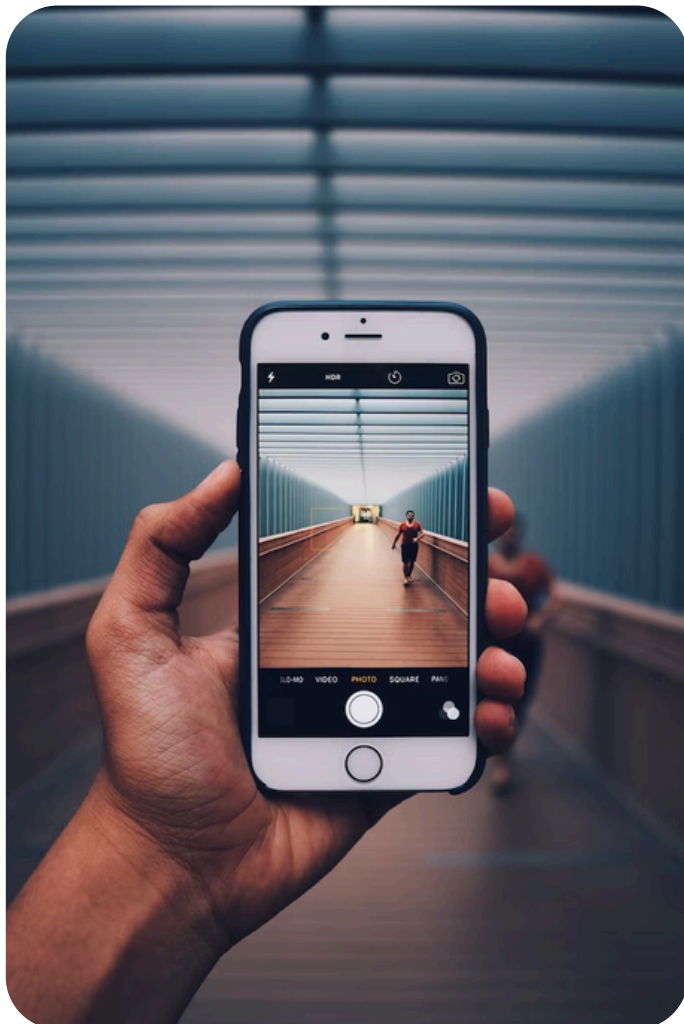


## VAT

VAT or value-added tax is a tax built into the price of an item. The price you see is the price you pay.

## 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.



## INTERNET ACCESS

Your lodging 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.

## 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

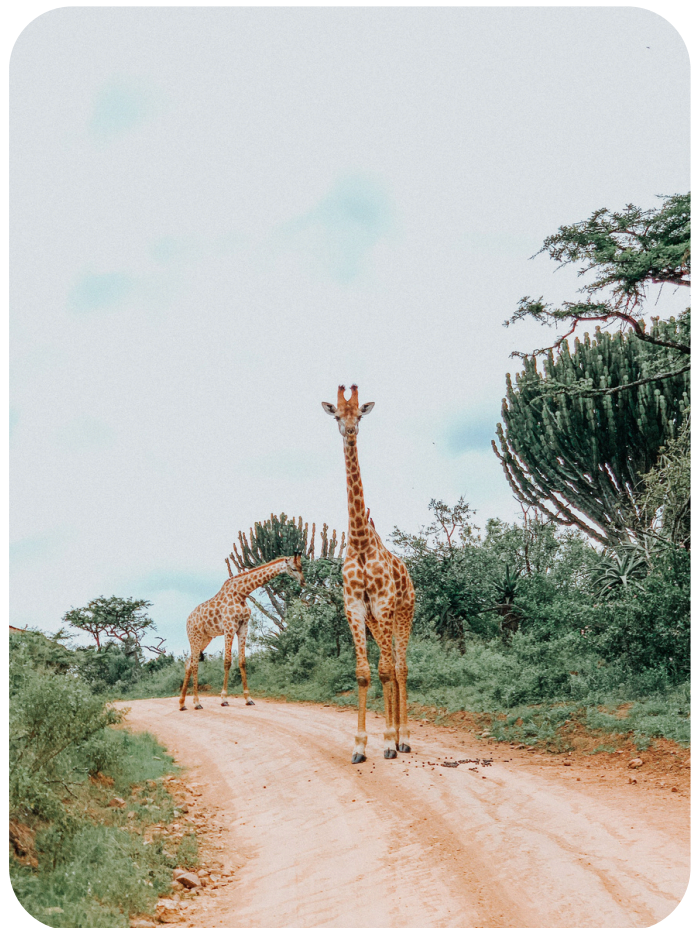
## MEALS

Kenyan cuisine is generally very simple. Most meals are served with rice, stewed vegetables, and a flat bread called Chapati. Tea and coffee are grown in country, so they are very common throughout Kenya. Most dishes include protein like chicken or seafood (for coastal cities).

As Kenya was once a British Colony, the tea culture is very similar. Once a day, usually around 11am, everyone in the city of Nairobi stops working for tea time.

## FOOD & DRINK SUGGESTIONS

- Chapati (Indian style flat bread)
- Ugali (Pounded maize)
- Collard Greens
- Kenyan Beef Stew
- Stewed Okra
- Mandazi (Fried dough and powdered sugar)



\*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. Kenya has 50 national parks and reserves
2. There are over 60 languages spoken in Kenya
3. The first woman to win a Nobel Peace Prize was from Kenya
5. Mount Kenya is the second highest mountain in Africa
6. Kenya's national animal is the East African Lion
7. Coffee is the country's most valuable export
8. Kenya is the world's leading safari destination
9. Kenya has 536 kilometers of coastline
10. "Jambo" is the most common greeting
11. There are two distinct seasons: rainy and dry
12. Education is free
13. There is freedom of religion

## 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