

# TRAVEL RESOURCES

# United Kingdom

INTERNATIONAL TRAVEL INSURANCE | CURRENCY & CREDIT CARDS  
VACCINATIONS | DATA & INTERNET ACCESS | MEALS  
ADDITIONAL RESOURCES & FUN FACTS



## INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering you for the duration of your trip. 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)



## CURRENCY & CREDIT CARDS

### NATIONAL CURRENCY:

Major international credit cards are likely accepted in large cities. Local currency can be withdrawn at an ATM with a debit card (ATM fees will apply). Contact your bank a few weeks before departure to alert them to your international travel dates/locations to keep your cards active while abroad. Fees may be charged for international purchases. Contact your bank for these fees.

The value-added tax (VAT) is included in the listed price of the item. In the United Kingdom, the standard VAT rate is 20%.



## DATA & INTERNET ACCESS

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.

Your hotels and bus may have access to the internet. Unless you have purchased an international data plan, your phone, access to email, texting, and other Internet-based applications will be subject to Wi-fi availability.



## LOCAL TRAVEL HEALTH CLINICS

**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



## 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.





## MEALS

Traditional British cuisine has been characterised as coarse, hearty dishes relying on high quality seasonal local ingredients, paired with simple sauces to accentuate their flavour. Modern British cuisine has tended towards a stronger focus on fast food, processed foods, takeaways, and fried food. However, in the larger cities with multicultural populations, a vibrant culinary scene exists influenced by global cuisine.

\*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.

## FOOD & DRINK

- **Full Breakfast:** Full Breakfast includes bacon, sausages, eggs, black pudding, tomatoes, mushrooms, and fried bread or toast and the meal is often served with tea. Baked beans, hash browns, and coffee
- **Shepherd's Pie:** A savoury dish of cooked minced meat topped with mashed potato
- **Fish and chips:** Fish and chips is a hot dish consisting of battered and fried fish, served with chips.
- **Toad in the hole:** Toad in the hole is a traditional British dish consisting of sausages in Yorkshire pudding batter, usually served with onion gravy and vegetables.





## FUN FACTS

1. Stonehenge is older than the Egyptian pyramids, built around 3100 BC.
2. Underground rail: London was the first city in the world to have an underground subway system.
3. Tea: The United Kingdom consumes more tea than any other country, with people drinking around 165 million cups every day.
4. Cheese rolling: Cheese rolling is a sport in the United Kingdom.
5. Language: French was the official language of the king and his court from the Norman Conquest in 1066 until the end of the 14th century.
6. Welsh town: A Welsh town has the longest name in Europe.
7. Stamps: The United Kingdom is the only country that doesn't require its name on its postage stamps.
8. Queen Elizabeth II: Queen Elizabeth II didn't have a passport, even though she traveled to over 100 countries for official business.

