

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 a destination. Communicate when and where you will be traveling.

Lynchburg Health Department: Phone: 434-947-6785 Address: 307 Alleghany Ave. Liberty University Health Center: Phone: 434-338-7774 Address: located in Green Hall. Rustburg Family Pharmacy: Phone: 434-332-1730 Address: 925 Village Hwy Suite B. Box 1005

Rustburg, VA 24588 Map: <http://goo.gl/maps/1BC1M>

INTERNATIONAL TRAVEL INSURANCE

International travel insurance is included within your trip costs, covering your dates of travel. 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.

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. During your trip to Ecuador, your leaders may request that you leave your cell phone behind when going out on daily visits, excursions, and projects.

MEALS

Most meals will be provided. It is highly encouraged to bring your own snacks if you believe you will get hungry during the day. Each day will have a tight schedule, and it's always a good idea to have a snacks available to tide you over for lunch.

INTERNET ACCESS

Your lodging will have WiFi access, along with possibly other restaurants and shops. Please 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 WiFi availability.

ADDITIONAL RESOURCES

- [Lonely Planet Ecuador](#) – A helpful guide to understanding culture, travel tips, and additional insights.
- You will not need to exchange money for this trip. Ecuador uses the United States Dollar.
- [Passport Application](#) – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport.