

Travel Details & Resources

VACCINATIONS

There are no required vaccinations for Northern Ireland. 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 you from November 17th – 24th, 2018. 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.

CURRENCY & CREDIT CARDS

Pound sterling is the country's legal tender. Some vendors may be willing to accept US dollars, but you will likely receive a poor exchange rate in that process. All major international credit cards are accepted in large cities, but American Express is not accepted in small towns. Euros can be withdrawn in cash using an ATM card, but fees will apply. Cash can also be exchanged in country, and it is advised to bring larger bills, as they tend to get a better exchange rate. (Northern Ireland is not a part of the UK, so don't think pounds £ or GBP).

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.

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VAT

Value Added-Tax in Northern Ireland is currently 13.5% at the low rate. This is reduced to 9% for certain goods and services. **23%** is currently the standard rate. This rate applies to goods and services that are not exempt, or specifically liable at 0%, 4.8%, or 13.5%.

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.

MEALS

Irish food is known for the quality and freshness of its ingredients. Most cooking is done without herbs or spices, except for salt and pepper. Foods are usually served without sauce or gravy.

The staples of the Irish diet have traditionally been potatoes, grains (especially oats), and dairy products. Potatoes still appear at most Irish meals, with potato scones, similar to biscuits or muffins, a specialty in the north. The Irish have also been accomplished cheesemakers for centuries. Northern Ireland makes about fifty types of homemade "farmhouse" cheeses, which are considered delicacies.

Soups of all types, seafood, and meats also play important roles in the Irish diet. Irish soups are thick, hearty, and filling, with potatoes, seafood, and various meats being common ingredients. Since their country is surrounded by water, the Irish enjoy many types of seafood, including salmon, scallops, lobster, mussels, and oysters. However, meat is eaten more frequently at Irish meals. The most common meats are beef, lamb, and pork. A typical Irish dinner consists of potatoes (cooked whole), [cabbage](#), and meat.

Bread is an important part of Irish culture. Fresh soda bread, a crusty brown bread made from whole-wheat flour and buttermilk, is a national dish of Northern Ireland. Irish bakers don't stop with soda bread, however. They bake a wide variety of other hearty breads and cakes.

The most common everyday beverage in Northern Ireland is tea.

Breakfast (included) – Breakfasts will be provided through Christian Heritage Tours.

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Lunch and Dinner (Some dinners will be provided) - Please budget \$8-\$18 for additional lunches and dinners that are not included, as the price will vary by what and how much you eat. You may want to factor in a tip as well.

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 over time at lunch.

Read more: [Click Here](#)

INTERNET ACCESS

Your hotels and bus 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 Northern Ireland](#) – A helpful guide to understanding culture, travel tips, and additional insights.
- [Currency Converter](#) – Plan how much money you need to bring in Euro Currency.
- [Passport Application](#) – Don't have a passport yet? Follow the U.S. Department of State's instructions for applying for a passport.