

MWNU.K.

ENGLAND, IRELAND & SCOTLAND



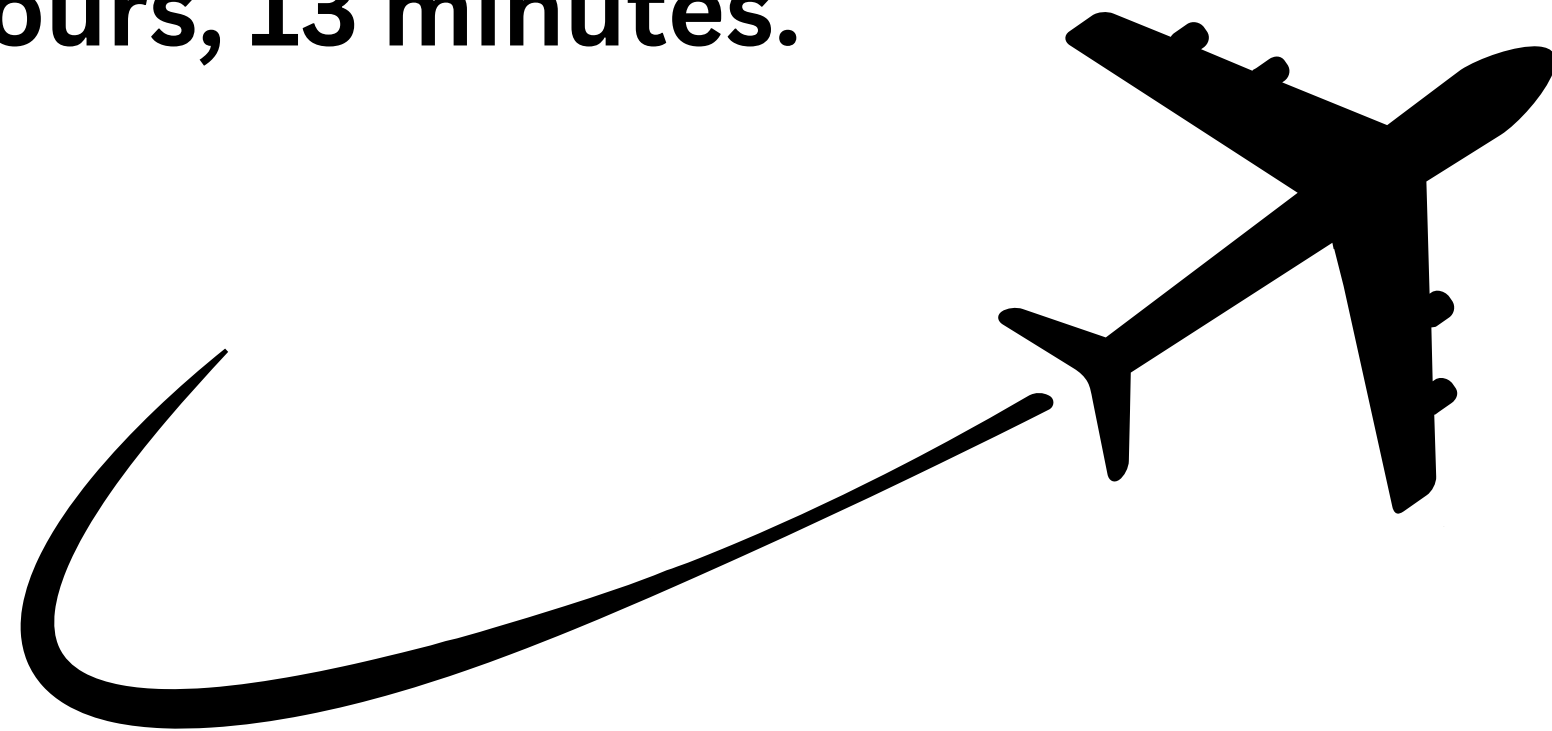
MAY 2026

SCAN ME



Where are we going?

The total average flight duration from CMH to London, **United Kingdom** is 8 hours, 13 minutes.



U.K.



Tower Bridge



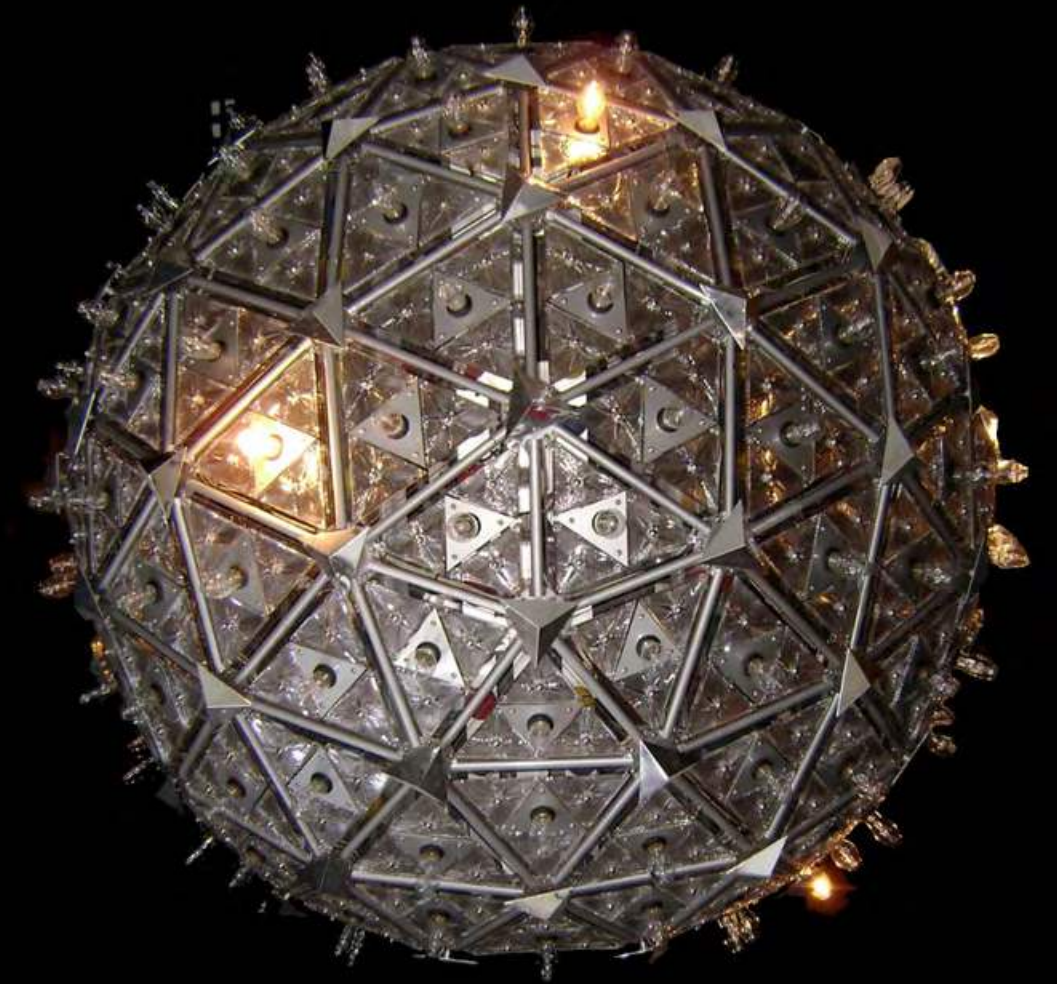
Buckingham Palace



Windsor Castle



Bath, England



Waterford Crystal



Blarney Castle



SHOES
BORN IN DUBLIN
SHOES

FINAL
REDUCTIONS

TRYST

Smiles
Dental

GOURMET BURGER KITCHEN

GOURMET BURGER KITCHEN

BARBER

DINER

GOTHAM

ALTERATION
CENTRE

Timberland

CHIFFON

TAILORING
ALTERATIONS
CENTRE
LADIES & GENTS

e cig co

TM Jewin

Dublin

Aus. **S**alvum me fac.



salvum me fac deus: qui
intrauerit equis usque ad
aiam meam. **I**n firmis sibi
in limbo profundi: et non est
substantia **D**eum in al

teridum mans: et curritas demerit
me. **T**erram clamans rause facte

in faucibus mee: defecit oculi mei
in deum in deum meum **M**ultiplicati

in auxilios spiritus mei: qui

Faint handwritten text in a cursive script, possibly a marginal note or signature.



Edinburgh Castle



CULINARY!

Great food is everywhere in the U.K.!

The UK and Ireland are known for hearty, comforting dishes.

UK:

- Fish and Chips: Battered and fried fish served with crispy fries, often with mushy peas.
- Full English Breakfast: A filling breakfast with eggs, bacon, sausages, baked beans, tomatoes, toast, and sometimes black pudding.
- Shepherd's Pie: Minced lamb or beef with vegetables, topped with mashed potatoes and baked.
- Roast Dinner: Roasted meat with potatoes, vegetables, Yorkshire pudding, and gravy, typically served on Sundays.

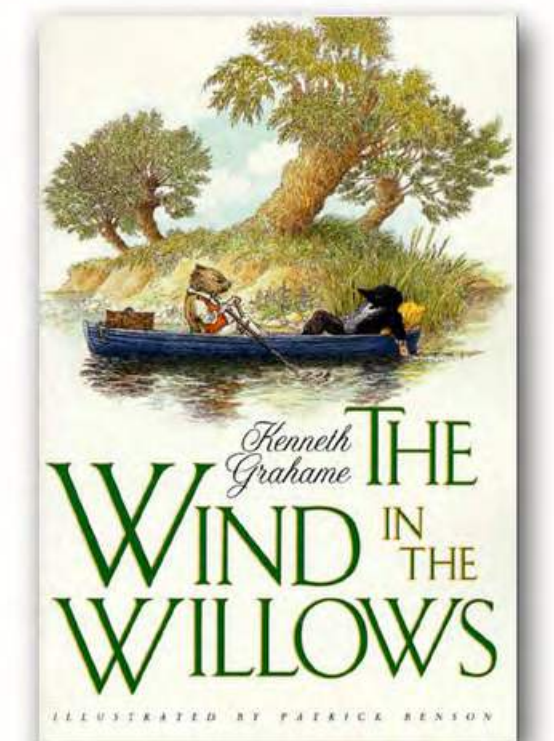
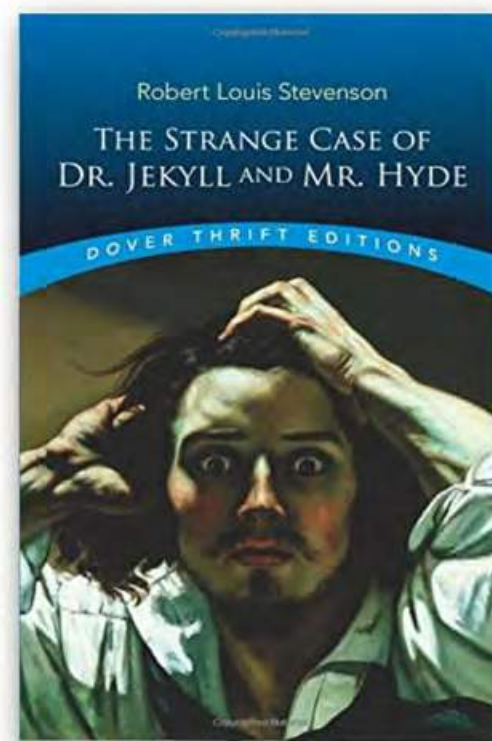
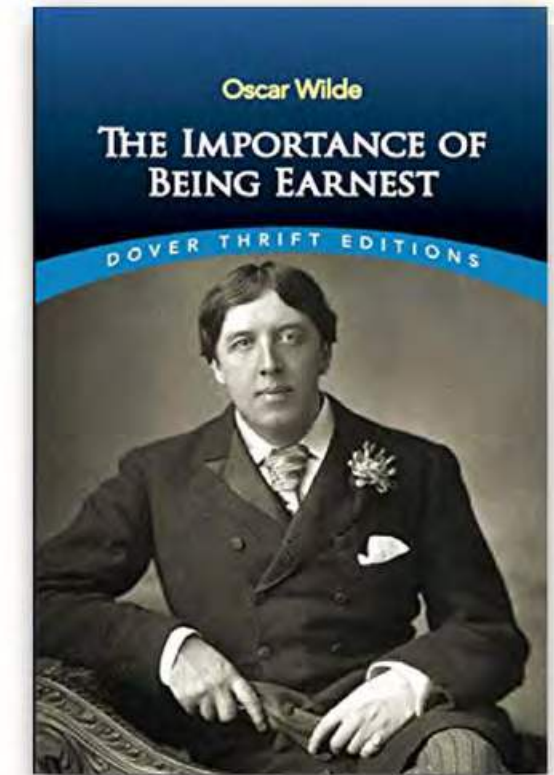
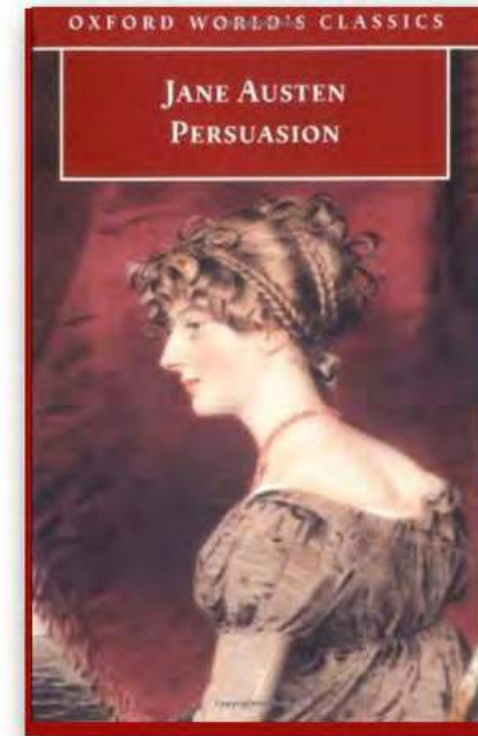
Ireland:

- Irish Stew: A hearty stew made with lamb, potatoes, carrots, and onions.
- Boxty: Traditional Irish potato pancakes, often served with butter or in savory dishes.
- Soda Bread: A simple, slightly sweet bread made with baking soda instead of yeast, often served with butter.
- Seafood Chowder: A creamy soup made with fresh seafood, potatoes, and vegetables.

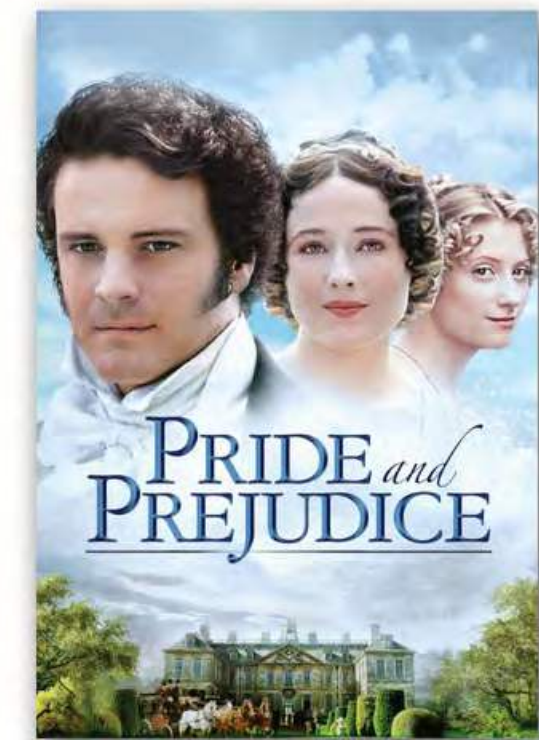
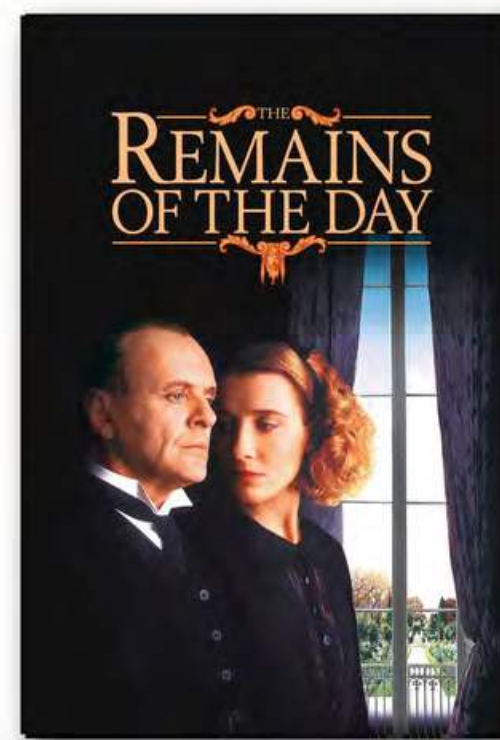
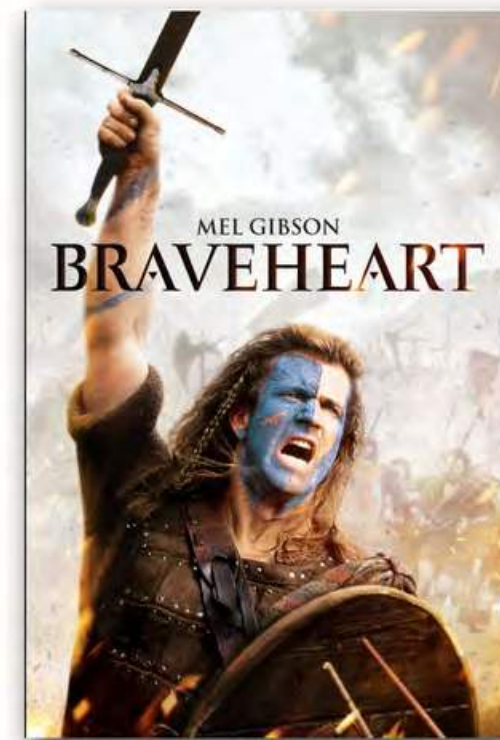
Both regions offer rich, comforting meals with a focus on fresh, local ingredients.



RECOMMENDED READING

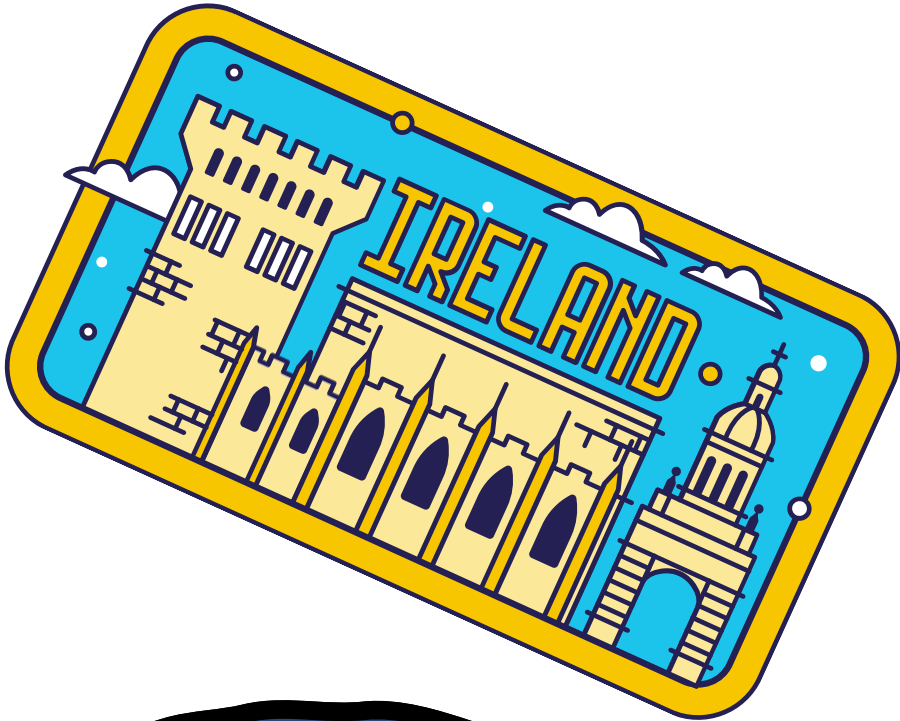


MOVIES SET IN/ABOUT THE U.K.



TRAVEL TIPS

KNOW BEFORE YOU GO!



LUGGAGE

- One large suitcase (26" or 28" tall)
- Cannot weigh more than 50 lbs. Excess weight will incur overcharge.
- Size cannot exceed 62" (length + width + height).
- Place a luggage tag on the handle of your bags.
- Place a name tag inside your large bag (in case the outside tag is lost in transfer) that includes your name, address, telephone number, and email address.
- We recommend luggage tracking tags for iOS or Android devices.
- You're also allowed to take along one carry-on bag and a personal item (e.g., small purse).

- Carry-on must be small enough to either fit under your seat or in the overhead compartment.
- Carry-on toiletries **MUST** be 3oz or smaller and fit in quart size, clear Ziploc bag.
- Visit <http://www.tsa.gov/travel/travel-tips> for more info.
- Take a photo of your suitcase with luggage tag visible in case we need to file a claim.



CLOTHING

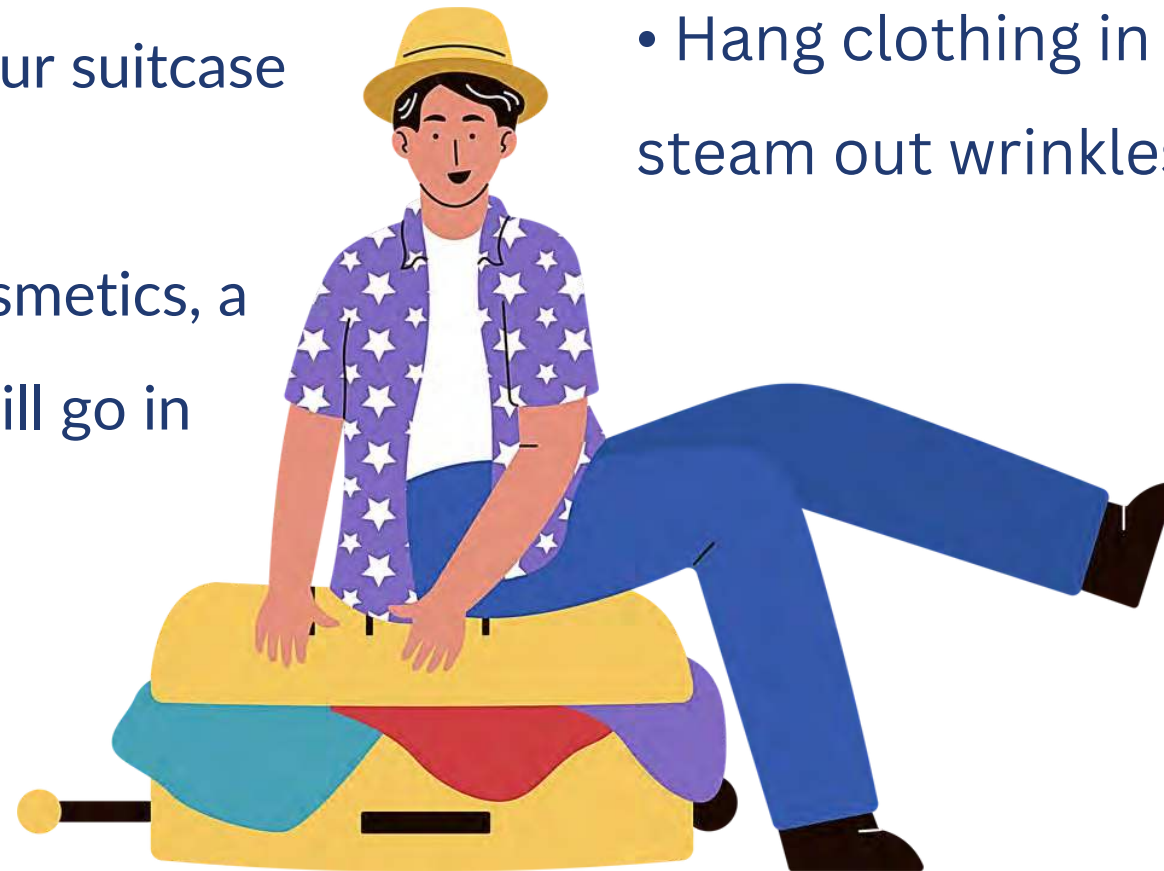


Temperature range: 46–61°F

- Layers are the best option.
- Jacket/hoodie, ball cap, hat, scarf, gloves should be enough; bring a small portable umbrella.
- Dress is generally casual and comfortable.
- Pack light by choosing comfortable, interchangeable, and color coordinated clothing. *Follow the 3-time rule.*
- Bring a swimsuit for the hotel pools.
- **Give special attention to your SHOES.** Broken-in walking shoes with low or flat heels and rubber soles will ensure your comfort. We will be walking on uneven pavement at times. No flip flops, no high heels while touring. Students, dress as if you were at MVNU.
 - Don't wear U.S. flag colors, political statements, or flags on your clothing or backpacks.

PACKING TIPS

- Pack heavy items before the more delicate ones.
- Roll t-shirts and polos rather than fold them.
- Stuff socks and rolled-up belts into shoes and boots to save space.
- Take plastic bags for dirty laundry and wet swimsuits.
- Ziplocs are great for snacks.
- Fold an empty soft bag on the bottom of your suitcase for souvenirs.
- Take an ample supply of toiletry articles, cosmetics, a washcloth and other personal items. These will go in your checked-in luggage.



- A small bottle of Febreze can freshen up your clothes and works well as a bathroom deodorizer.
- Liquids tend to expand at higher altitudes, don't overfill.
- Place all your liquid/cream containers into plastic bags.
- Hang clothing in the bathroom while showering to steam out wrinkles.

PACKING TIPS

Be sure to bring your camera, phone, chargers, flash drives, memory cards, laptop/tablet, cables (whatever you use to take and save photos).

Other useful items:

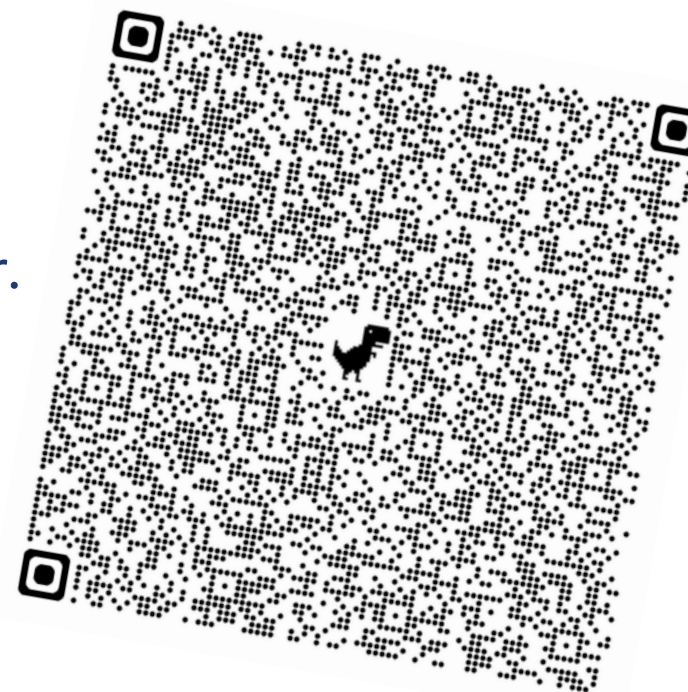
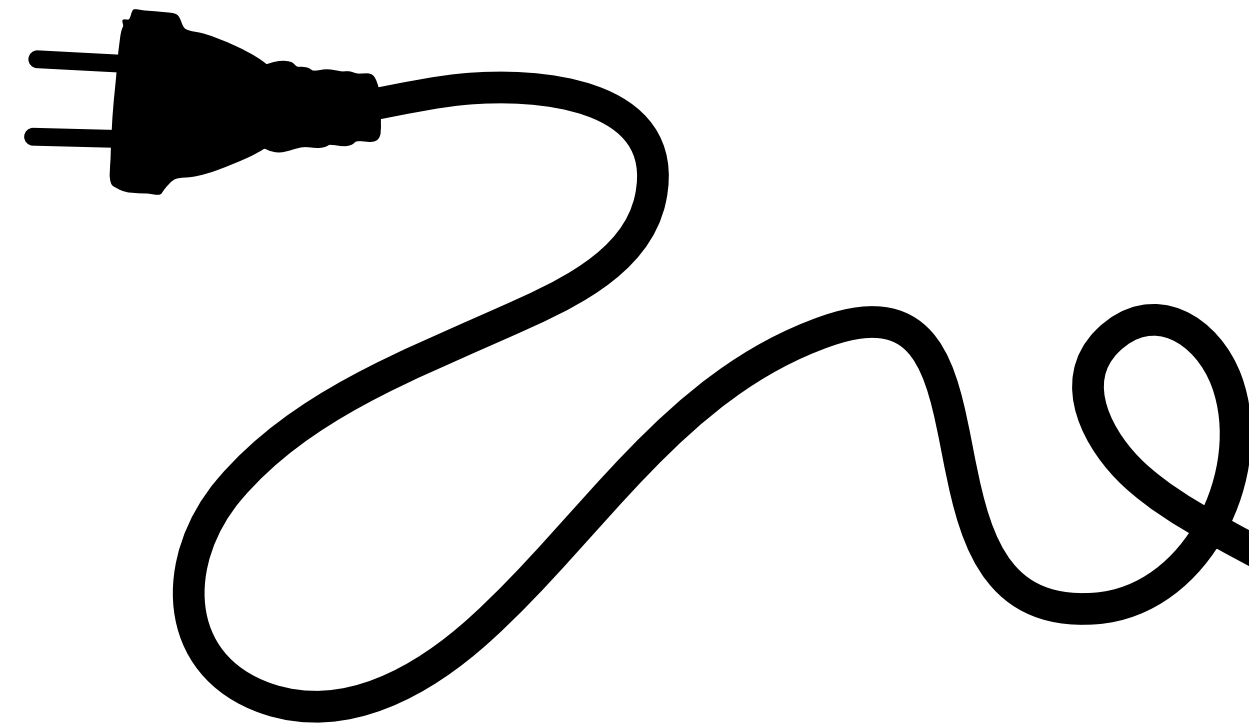
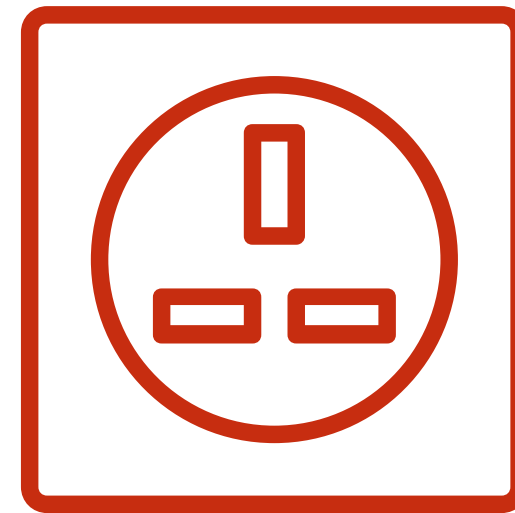
- Small flashlight / Small sewing kit
- Spare pair of glasses and/or extra contact lenses
- Refillable water bottle you can carry with you while touring.
- Students bring your ID card. Sometimes you can get discounts.
- Travel pillow
- Money belt or neck pouch



ELECTRICAL CURRENT & WI-FI

The current in Europe is 220 volts, 50 Hz. Check to see if your appliance is dual-voltage (110v-220v). Appliances that are only 110v will burn out if used without a transformer.

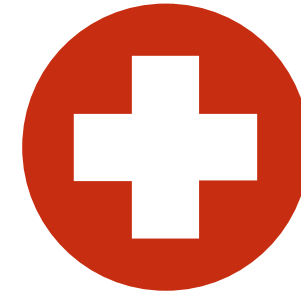
- Carry a small electrical converter/adaptor (Amazon).
- Most hotels have free Wi-Fi, but it may be restricted to a specific area, although that's changed over the last few years.
- **PHONES.** Some U.S. phone service providers offer a special international package. Check with your provider.



UK/Ireland travel plugs with USB ports are available at Amazon.



HEALTH



The busy touring schedule, dietary changes, jet lag, and fatigue place demands on your body. Keep the following suggestions in mind to stay in tip-top shape during your adventure.

Stay Hydrated

- Why it's important: Traveling can sometimes lead to dehydration, especially if you're walking a lot, flying, or visiting new climates. Drinking plenty of water will keep your energy up and help prevent fatigue, headaches, or other discomforts.
- Tip: Carry a reusable water bottle and refill it throughout the day.

Get Enough Sleep

- Why it's important: Long travel days, jet lag, and new surroundings can disrupt your sleep schedule, making you more prone to getting sick.
- Tip: Prioritize rest by keeping a relaxing bedtime routine.

Pack a Health Kit

- Why it's important: Having essential items like medications, hand sanitizer, band-aids, and your personal health supplies can prevent minor issues from becoming bigger problems.
- Tip: Pack a first-aid kit with travel-friendly essentials like pain relievers, motion sickness tablets, travel-sized hand sanitizers, disinfectant wipes, and any prescriptions you need.

Practice Good Hygiene

- Why it's important: Exposure to different environments increases the risk of illness. Regular handwashing is one of the most effective ways to prevent getting sick.
- Tip: Carry hand sanitizer with you, wash your hands frequently, and wipe down surfaces on public transport or in hotels.

TRAVEL INSURANCE

Students, faculty, staff, and non-MVNU international trip participants are covered under MVNU's Class 2 - International travel insurance. To find the full document, click the image to the right.



Any additional travel insurance that's not part of your current personal insurance coverage needs to be purchased by the individual.



PASSPORT/CUSTOMS

- **Your passport must always be with you. Never in your luggage, never in your backpack!** That is your most important document. A money belt/neck pouch can be worn under your shirt for cash/passport.
- After landing back in the US port of entry, you may have to scan your passport and answer a few questions at an airport kiosk.
- Every time we go through customs in the US or abroad, always answer the questions you're asked. No need for explanations. We are tourists and guests of the nations we're visiting.



PASSPORTS



apply for/renew
a passport



MONEY

The official currency used in the UK is the British Pound Sterling (GBP), commonly referred to as the pound. It is symbolized by £.

- Coins: The UK uses several denominations of coins: 1p (penny), 2p, 5p, 10p, 20p, 50p, £1, £2
- Banknotes: The main banknotes are: £5, £10, £20, £50

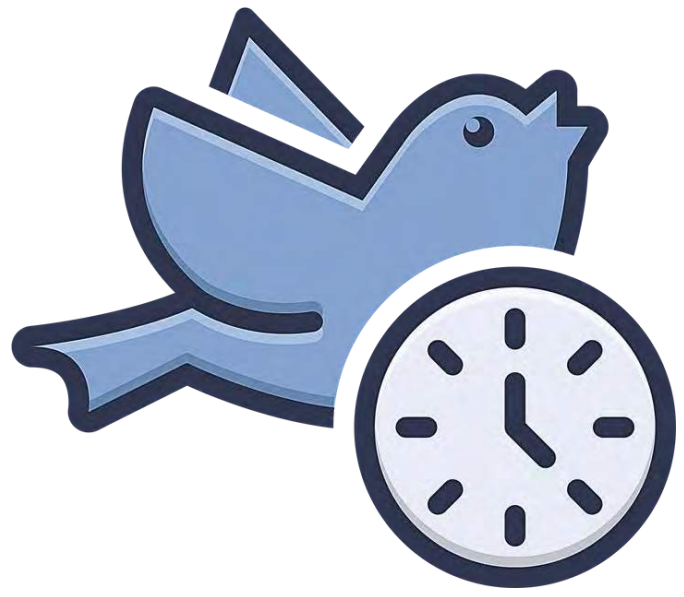
Ireland uses the Euro

- Banknotes come in denominations of 5, 10, 20, 50, 100, 200 and 500 Euros.
- Coins come in denominations of 1, 2, 5, 10, 20, & 50 cents, and 1 and 2 Euros.
- We don't recommend that you carry US bills larger than \$20. Most places won't be able to make change.
- We recommend you call your local bank to purchase pounds and euros in advance. This will save us time when we land in England.



Credit/Debit cards:

- ATMs are available to obtain local currency. Larger shops will accept your personal checks and/or major credit cards such as Visa, American Express or MasterCard (but usually not Discover)
- Major purchases should be made with credit cards to get the best rates. Local currency may be needed for lunches, gratuities and small items such as snacks and drinks.
- Due to the new “chip & PIN” technology some places may not accept cards with only a magnetic strip.



EARLY BIRD TOUR DISCOUNTS



\$300

Enroll by April 30, 2025 and get \$300 off the cost of your tour.

\$200

Enroll by June 30, 2025 and get \$200 off the cost of your tour.

\$100

Enroll by October 31, 2025 and get \$100 off the cost of your tour.



QUESTIONS?

Please reach out with questions to Dr. David Wilkes at dwilkes@mvnu.edu.

Forms, tonight's PowerPoint, and Travel Tips will be emailed to you.

You can also find them on the MVNU website [here](#).



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