



Our Lady of Lourdes Hospitality North American Volunteers

## Travel Tips

Lourdes Travel Preparation,  
What you should know!

### \$ Dollars and Euros €

- Call your bank to inform them that you are traveling internationally to France.
- A debit card for cash withdrawals and a credit card for purchases assures the most favorable exchange rate.
- Euro CASH is required for café or gift shop purchases of less than 20€ which is the standard credit card minimum.
- NO Travelers checks!

### Currency Exchange

- At home, euros can be ordered for a service fee at banks or some AAA offices before departure.
- ATM withdrawals are the easiest way to access Euros in France at the best available exchange rate. ATM machines are available in Lourdes and in the Paris and Pau airports.
- Each bank (the French bank and your bank at home) will charge a transaction fee for every withdrawal.

### Electrical Adapters & Transformers

- The European electrical system operates on 220 current with a greater voltage fluctuation than US 110.
- American appliances need an adapter and a transformer.
- Dual Voltage appliances, adapters and transformers can be purchased at many stores online.



### Must Read Travel Information - We RECOMMEND the following:

**TRAVEL IN A GROUP!** St. Bernadette never went to the Grotto alone.

- For those flying, fly into Tarbes-Lourdes LDE Airport for easy pick up and less costly taxi ride or
- flying into Biarritz BIQ Airport, Toulouse TLS Airport and transfer to train.
- Be aware of schedule changes when taking a train in Paris.

#### Plan your travel to Lourdes

Your travel reservations to and from Lourdes should be finalized. Please be sure to work with your Student Leader to submit the details of your travel itineraries so our leadership can assist and plan for your arrival and departure.

#### Lourdes Arrival Instructions

We will send an email next week with more information including the address of your accommodations and emergency contact information.

#### Changes

If your health information changes at any time before departure, please notify us so we can make any necessary arrangements for you during the pilgrimage.