



TEL AVIV UNIVERSITY INTERNATIONAL

Ph.D. & PostDoc

Pre-Departure Handbook

2020-2021

Tel Aviv University International

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WELCOME LETTERS

Welcome from the Director of TAU International

We congratulate you - PhDs and Post-Doctoral Fellows - on your admission to Tel Aviv University. Soon, you will become a part of the Tel Aviv University family, which boasts a highly acclaimed faculty, a top-tier student body, and international prestige.

As a leading University, TAU attaches much value to its international PhD and Post-Doc fellows. We know that you will play a significant role in your field of research.

Tel Aviv University International is here to help you get acclimated to your new environment and complement your academic experience with an array of services and activities. We invite you to take full advantage of the unique opportunity to live in Tel Aviv, the epicenter of Israeli culture. Being a part of the largest university in Israel allows you to enjoy the many state-of-the-art facilities and a variety of social and athletic clubs on campus.

Our dedicated staff in the USA, Canada, and on campus (us included), are here to accompany and support you on your journey. We want to make sure that you have a rewarding and enjoyable experience during your stay with us at Tel Aviv University and hope to create a life-long connection with you!

With warmest regards,



Mrs. Maureen Meyer Adiri

Director of Tel Aviv University International

Welcome from Your Student Life Team

Dear Students,

Welcome to Israel, Tel Aviv and Tel Aviv University!

We (your *Madrichim*) will be your Student Life Team at TAU. We are lucky to be the ones in charge of all the extracurricular aspects of your TAU experience. As you are joining our community of international students, you will benefit from a broad range of activities and support.

During your time at TAU, you will have a variety of activities such as excursions and trips, events, cultural and social activities, and much more. Our goal is to expose you to the wide and diverse culture Israel has to offer, as well as to create a fun social experience!

Our role is also to be available for you at all times. We are available in the TAU International Office (Carter Building 108) Sunday to Thursday from 9am-3pm and are also available by phone and WhatsApp 24/7 in case of emergency. You will receive our number in your Welcome Kit which is provided to you upon arrival on campus.

In short, we are here to help you navigate your Student Life at Tel Aviv University, and help you make your stay in Israel as enjoyable and relaxed as possible. We hope you are excited to get started and that you will take advantage of everything your academic and Student Life programs have to offer.

The past year has also brought with it new challenges, along with the Covid-19 crisis. These are challenging and confusing times and it is important for us to say that we are here for you for any question or concern that arises.

We look forward to meeting you at the orientation and to spending a great time with you at Tel Aviv University!

Here are some ways in which we can keep in touch:

- Email: IntlGrad@mail.tau.ac.il
- Facebook: [IntlGrad TAU](#)

Danielle Cumpton & David Malka,
Students Life Counselors

GENERAL TAU BACKGROUND

About Tel Aviv University

Tel Aviv University (TAU) is Israel's largest academic institution. Its faculty includes nationally and internationally renowned scholars and scientists, many of whom are leaders in their fields. TAU is a major center of teaching and research and is composed of nine faculties, 125 schools and departments, and 90 research institutes. There are currently approximately 30,000 students studying at the University in various degree programs.

TAU was founded in 1956 when three smaller education units - the Tel Aviv School of Law and Economics, the Institute of Natural Sciences, and the Institute of Jewish Studies - joined together to form a comprehensive university.

Today, TAU offers an extensive range of degrees in the arts and sciences, within its Faculties of Engineering, Exact Sciences, Life Sciences, Medicine, Humanities, Law, Social Sciences, Arts, and Management. The original 170-acre campus has been expanded to include an additional 50-acre tract, now being developed.

About Tel Aviv University International

Five decades ago Tel Aviv University first opened its gates to accomplished students who came from around the world to embark on a remarkable personal and academic journey. Tel Aviv University has since consistently ranked as one of the top institutions of higher learning world-wide. As a world-class academic institution, many members of its distinguished faculty have won international recognition and are considered leaders in their fields of research. Today, Tel Aviv University International provides international students with the opportunity to study in Tel Aviv in English for three years, one-year, a semester or a summer.

Tel Aviv University through its International School, has enriched the lives of its international students, allowing them to reach new pinnacles of scholarly and personal success. Students who complete one of the programs not only receive a superior education but also gain newfound insight into globalization and learn to live as citizens of the world.

IMPORTANT INFORMATION DURING COVID-19

Due to different challenges and restrictions during COVID-19, please take under consideration the following prior to your arrival:

- Restrictions and regulations might be in place upon entering Israel.
- Events, activities and other social aspects within the university are subject to change, depending with the regulations issued by the Ministry of Health.
- There may be changes in transport arrangements and routes.

It is recommended to check the updates regarding COVID-19 regulations in Israel. All the updated Israeli Ministry of Health guidelines can be found [here](#).

Tel Aviv University Campus

Situated in the heart of Israel's coastal region, Tel Aviv University resides on a spacious 220-acre campus. Located in suburban Ramat Aviv, just north of the city, the University is about 30 minutes away from downtown Tel Aviv. Tel Aviv University's proximity to the cultural and commercial capital of Israel allows students to absorb the best of Israeli society. Please find a map in the section on Handy Information.

Campus Maps

[High resolution map](#)

Google Maps also has a good records of the campus building system – we recommend using Google Maps if you are on campus searching for a building.

Campus Wi-fi

1. Network: Public-TAU, Password: publictau
2. Network: Free-TAU, Password: free-tau

Green Campus at TAU

In a milestone for environmentalism at TAU, the university was accredited in 2011 as a “green campus” by the Israeli government, in recognition of its efforts to create a more sustainable institution. The accreditation is awarded to Israeli universities that implement programs in three key areas: academic degrees and courses in environmental studies (given by the Porter School of Environmental Studies), heightened resource efficiency through recycling and reduction of electricity and water use, and community-related projects that strengthen environmental awareness both on and off campus. Among the green innovations at TAU are more energy efficient lighting, the “Nature Campus” educational initiative, stands for the city of Tel Aviv’s new bicycle rental system, and a comprehensive plan for campus bicycle paths.

TAU’s support for sustainable projects on campus is further underscored by the Porter School of Environmental Studies’ new Eco Building. The Eco Building is designed to meet the highest standards of green building- platinum LEED- and will demonstrate innovative environmental technologies.

Libraries

As a Tel Aviv University student, you will have access to all the university’s general and professional libraries. A tour of the libraries will be organized for you during the orientation week. A complete list of on-campus libraries is available [here](#).

Students enjoy high quality library services across campus. In addition, the Bender-Moss Social Science Library will be open 24 hours a day during exam periods.

Please note that it is your responsibility to return library books on time and that you will not be entitled to receive your diploma or transcripts until all books are returned.

TAU Academic Calendar (2020-2021)

In the Israeli higher education system, students are expected to complete papers and assignments during the semester breaks. Therefore, please do not make extensive travel plans until you have a firm grip on how much studying (including group work) you will need to do between semesters.

The schedule may vary according to each program. Please consult your respective program director for specific details regarding your program's schedule.

Calendars

- The Academic Calendar [can be found here](#)
- The Calendar of IntlGrad Student Life Activities [can be found here](#).

Religious Accommodations

It is Tel Aviv University policy to respect all religious beliefs. No student will be penalized for absence due to religious observance, and alternative arrangements will be sought to meet the academic requirements. Please consult TAU International regarding any questions or issues you might have. For national and religious observance holidays, please refer to our [academic calendar](#). Please see section on Life in Tel Aviv for explanations about the major holidays celebrated in Israel.

INTENSIVE LANGUAGE PROGRAMS

Kick start your Academic year with an Intensive Language Program

Prior to the start of the academic year, our students can choose to study intensive language courses to enhance their academic experience. Tel Aviv University International offers intensive language classes in Hebrew, Yiddish, Arabic (beginners and intermediary), and English (for high intermediate to advanced level).

Hebrew Ulpan is offered twice each year, in the summer and winter prior to the beginning of each semester. The Intensive Arabic and Yiddish programs are offered over the summer. During the academic year visitors can apply for Hebrew or Arabic studies; limited spaces are available for visitors.

This summer, an intensive English course will be offered for students from non-English speaking countries who are interested in improving their reading and writing or listening and speaking skills in preparation for their upcoming academic year.

For more information on all of these options, please contact intl@tauex.tau.ac.il

FUNDING & EXTERNAL SCHOLARSHIPS

EURAXESS

Citizens of EU Member Countries are invited to check EURAXESS, a program by the European Commission intended to increase mobility within EU partner countries, which also encourages and funds academic visits to Israel. EURAXESS-Israel offers up-to-date information about funding resources, research opportunities and practical information for academic visitors of all ranks from all EU countries who are interested in pursuing research in Israel. To learn about opportunities through EURAXESS-Israel click [here](#).

Federal Loans for American Citizens

If you are interested in obtaining loans for your tuition, please contact call (212) 742-9030, extension 115, or email at PDunn@telavivuniv.org.

If you have already contacted this office regarding loans, then follow the details of the loan application process that appear below:

You can find more information [here](#).

MASA

[MASA](#) (which means 'Journey' in Hebrew) is a partner of Tel Aviv University's international programs. Masa is an initiative of the government of Israel and the Jewish Agency for Israel to promote participation in long-term programs in Israel, including semester and/or year study abroad and also academic degree programs. For more information on Masa in general, please visit their web site. For information on applying to the Masa scholarship, please visit the [Masa link to apply](#).

Masa Requirements at TAU

The following are the current MASA requirements for students who receive a MASA grant or scholarship:

1. **Hebrew:** Participating in the intensive TAU Hebrew Ulpan at the beginning of the fall or spring semester study abroad program is a requirement to receive the Masa scholarship.
2. **Volunteer work:** Students must perform 3 hours of volunteer work a week (12 hours per month). Please note: Volunteering in political organizations, parties or movements as well as commercial organizations will not be considered volunteer work.
3. **Extra-curricular activities:** TAU International organizes several trips throughout the academic year (to the North, the South, and to Jerusalem). MASA recipients must participate in all.
4. Minimum program length to receive a scholarship is 5 months (including Ulpan).
5. Please note that TAU International MUST collect e-tickets and entry permits for all students as a requirement by Masa. No awards will be added to student's accounts unless we have documents on file.

Note that should a student withdraw from a TAU International Program; TAU must inform MASA which may then revoke the award granted.

Other Scholarships

Please review our [website](#) for other scholarship opportunities.

You may also try these option:

- [Fulbright Programs](#)
- [Israel Ministry of Foreign Affairs](#)
- [The Azrieli Foundation](#)
- [The PBC Fellowship](#) Program for Outstanding Post-Doctoral Researchers from China and India
- [CHE/ PBC fellowship](#) scheme for Post-Doctoral researchers From Taiwan
- [French Embassy in Israel](#) - Scholarship for a French PhD or Post-Doc student in Israel (in French)

Regarding funding from TAU, we suggest that you consult with your host faculty member.

VISAS & TRAVEL DOCUMENTS

Letter of Acceptance

Be sure to print out a copy of your acceptance letter from TAU International and carry it with you in your carry-on luggage while you are on route to Israel. You might be asked for this at the Ben Gurion Airport upon arrival.

Passports

All visitors to Israel must hold a passport that is valid for at least six months from the date they enter the country. In order to enter Israel as a student, you must have a passport that is valid for at least one year from your date of entry into the country. If you do not have a valid passport, apply for one immediately. If you hold an Israeli passport, you are required to present it upon arrival.

Student Visas

Students who do not hold an Israeli passport may want to consult with the Israeli Embassy in their home country regarding visa and entry regulations.

- A. All students must apply for a student visa (A-2) prior to their departure. The A-2 Student Visa is a multiple-entry visa valid for one year, meaning that you may enter Israel an unlimited number of times for a period of one year without securing a new visa. Student visas are renewable after one year both in Israel and abroad. You must apply for an A-2 visa in person at your nearest Israeli consulate. Please note: It is illegal to study in Israel on a tourist visa. You may refer to Israel Ministry of Foreign Affairs [website](#) for more information.
The following is a checklist for this procedure:

1. [Form](#)
2. Valid passport
3. Passport-sized pictures
4. Acceptance letter to the program
5. Proof of sufficient funds (a bank statement is acceptable)
6. Scholarship statements, if relevant (this assists section 5)
7. Fee of 350 NIS

- B. A student visa does not allow you to work in Israel.
C. Some students will not be able to enter Israel without receiving a student visa ahead of time because they are not automatically granted tourist visas upon arrival to Israel.
D. If for some reason you could not apply for your student visa before leaving your home country, you must take care of it immediately upon arrival in Israel at the Ministry of Interior (See "A" above for the checklist). Please contact TAU International. Email: hannad@tauex.tau.ac.il

*****Make sure to visit TAU International before going to the Ministry of Interior*****

Ministry of Interior details:

- Address is Salame 53, Tel Aviv
- Office hours: Sunday, Monday, Tuesdays and Thursdays, 08:00am – 09:00am. It is recommended to arrive as early as possible once they open to take a number.

For further question regarding visas, please contact aviz@tauex.tau.ac.il

Israeli Born & Returning Israeli Citizens

If you are a returning Israeli citizen or are the child of a parent who holds Israeli citizenship, please contact the nearest Israeli Consulate to clarify your legal status in advance of entering the country. Israeli citizens or children of Israeli citizens should apply for an exemption from military service through their nearest Israeli Consulate before arrival in Israel. It is also recommended to contact [Nefesh B'Nefesh](#) who are a great resource on topics relevant for olim (new immigrants), returning citizens, and children of Israeli born parents.

List of Israeli Consulates Worldwide

You can find a list of Israeli Consulates and Embassies worldwide [here](#).

PACKING ESSENTIALS

Clothing

Campus dress is casual. Most students attend classes and campus events in jeans and T-shirts. Women may want to bring modest attire (skirts or dresses that cover the shoulders and knees) for visits to religious sites in Israel. Both women and men should plan to bring semi-formal attire for professional meetings and networking, special occasions and nights out. As dry cleaning is relatively expensive in Israel, please bring clothes that can be easily cleaned.

Most of the year is warm or even hot. During the hot summer months, the traditional casual dress code becomes even more relaxed - if you are sensitive to air conditioning, make sure to pack a few sweaters or a shawl. In the winter, warm clothing is necessary, as many buildings are neither centrally heated nor well insulated. From December until March, the weather can be rainy, damp, and cold. For program excursions as well as your own sightseeing, a pair of good walking shoes is a must.

Cosmetics and Toiletries

Cosmetics, toiletries, and other personal supplies are readily found in Israel, although they might be more expensive than in your hometown, and specific brands are not always available.

Medication

If you are taking a prescribed medication, you should bring a supply to last the duration of your time in Israel. It is also recommended that you bring a typewritten, generic prescription for your medication should you need to have it refilled. Since some medication might not be available in the same brand names in Israel, it is essential that a generic name be provided for reference by a local doctor or pharmacist. Also, in the event that you are sent an additional supply of medication by mail, you will be required to present a prescription to the Israeli Customs Office before the medication is released.

Electrical Appliances

Electrical appliances should be kept to an absolute minimum. Because of Israeli customs restrictions, a limit on electrical appliances is advisable. The electrical current in Israel is 220 volts, 50 cycles. You may be able to bring a transformer for certain appliances, such as a hair dryer. Some appliances cannot be converted. Be sure to check with an authorized electronics dealer for detailed information. Most laptops do not need transformers, but require a small inexpensive adaptor.

Baggage Information

Please contact your airline operator regarding baggage regulations and costs for checked bags so that you don't have surprises upon check in. Keep in mind while packing that elevators are not as common in Israel and you may find yourself having to take stairs during travel. **In particular, the Einstein dormitories do not have an elevator and you may have to carry your luggage up several flights of stairs.** For these reasons and for reasons of storage space, we recommend that you bring with you no more than two reasonable sized suitcases + one carry on.

Experience has shown that it is best to take your belongings with you and to check them on the flight. It is not recommended to ship luggage to Israel for the duration of your stay, as incoming goods may be taxed. This is the case even if they are your own personal items and even if they are used. Further problems may arise, as there is no way to know exactly how long your shipment will take to arrive. In addition, packages shipped by sea will arrive at the Port of Haifa, which is more than an hour away from Tel Aviv. You will have to get to Haifa, take the shipment through customs, declare all items, and then transport your luggage from Haifa to your apartment. Former participants have said that if you have an extra piece of luggage, you are bringing too much. However, if you must, it is worthwhile to avoid shipping and pay the extra charge for each additional piece of luggage taken on your flight.

ARRIVAL

You are responsible for making your own travel arrangements.

Landing at Ben Gurion Airport

At Israel's Ben Gurion International Airport your first step is passport control. Please note that passport control might take some time depending on how busy the airport is and how many questions the officers have for you. Come prepared with your acceptance letter to show the inspectors. If not staying in TAU Housing upon arrival, make sure that you have made previous arrangements for housing, to meet with friends or family, or to stay in a youth hostel when you arrive. Keep the details (address, etc.) of your accommodation with you to give to passport control as needed.

Arriving at TAU on campus housing (Broshim/Einstein)

We HIGHLY recommend downloading and using the [Moovit app](#) as it will give you real time instructions on how to reach your destination.

Upon your arrival at Ben Gurion Airport, there are two main ways to get to Tel Aviv:

A. [Arriving by Train:](#)

You can plan your train trip through the Israel Railways company website [here](#).

For Einstein and Broshim Dorms, the nearest train station is the 'Tel Aviv University Station'. The train ride is approximately 30-40 minutes from the airport.

Einstein – Address is Chaim Levanon St 63. When you get off at the university train station you can either take a short cab ride to the Einstein Dorms (about 30 ILS) – we recommend downloading [Gett Taxi](#) - or you can take the bus from the train station to the Einstein Dorms (bus number 7 or bus number 45; ask for help at the station for more details).

Broshim – Address is George Wise St. 20. Broshim Dormitories are a short walk from the train station although be mindful that some of this walk is uphill and on stairs. We recommend consulting [Google Maps](#) for more information.

B. [Arriving by Taxi:](#)

The cost is about 150 ILS from the airport to the Einstein or the Broshim Dorms. You should only get a taxi at the airport from the official Ben Gurion Airport Taxi Stand which is outside the doors of the airport (there will be signs pointing you to the stand when you walk through the airport). We strongly recommend that you do not accept a taxi ride from anyone offering inside the airport. These are not regulated taxis and the fare could be much higher. It is recommended that you have cash (ATM's are inside the airport) for the taxi, although some will take credit cards (always let the driver know before you get in the taxi that you want to pay with a credit card in case that is a problem). The address to tell the taxi for Einstein is Chaim Levanon Street 63 and for Broshim it is George Wise Street 20.

SAFETY & SECURITY

Like all public institutions in Israel, Tel Aviv University employs a sophisticated network of security personnel covering all campus entrances and patrolling throughout the campus and dormitory complexes 24 hours a day. All students, faculty, staff and campus visitors are required to show student ID cards or another picture ID and submit bags for search upon entering campus. The University's Security Department maintains very frequent contact with government security agencies. The TAU International student population is updated as needed (by phone and/or email) regarding security matters and receives copies of all relevant official campus safety and security communications.

TAU International requires all students to carry a working mobile telephone with an Israeli number. This allows our staff to contact all program participants at any time via WhatsApp, SMS text messages, or other forms of group messaging. TAU International also encourages students to join the [IntlGrad TAU Facebook group](#) so that this can also be used as an additional method of communication.

Additionally, US citizens are advised to register for the U.S. Embassy's STEP program. This can be done either in person, or online [here](#).

Tel Aviv University has well-marked signage in Hebrew and English directing people on campus and in the dormitories to the closest shelters ("miklat or mamad") should there be a need to take shelter. All shelter locations for campus and the dormitories are posted on the TAU web site; please click [here](#) to read more information about how to react in case of a siren. Additionally, Tel Aviv University has outstanding evacuation arrangements with other institutions throughout Israel. Specific information on such arrangements can be obtained from the TAU International Office.

Suspicious Objects and/or People

The majority of Israelis are very used to having a heightened sense of awareness regarding their surroundings. It stems more from common sense as opposed to paranoia – it's just a good idea in general to know what's happening around you, wherever you may be in the world. Students are encouraged to keep an eye on their surroundings at all times and be aware of people, objects, etc. in their vicinity. Report any suspicious or abandoned objects or suspicious people immediately to the nearest security personnel.

Fire Safety

All TAU facilities, including dormitories, are regularly inspected for Fire Safety and Compliance in accordance with Israeli law. Students should make note of the location of the fire extinguishers in the dormitories or in the place of residence (for those living off-campus) and make note of how to use them in case of fire emergency. Students are also encouraged to make note of all sprinklers and fire evacuation routes. In case of fire, elevators should never be used. Students should not take any personal belongings with them if evacuation is necessary; students should evacuate the building calmly and once outside proceed to a safe area while taking care not to cross any streets without thoroughly checking to be sure it is safe to cross.

Electrical Safety in the Dormitories

Should students notice wires are exposed, outlets or switches are broken or damaged, appliances are broken etc. they need to notify the dorms maintenance immediately upon the discovery of a safety hazard. It is stated emphatically that the resident may not make any changes and/or additions to the electrical systems, on his own or through a licensed technician.

Danger of Falling

It is absolutely forbidden to go on the rooftops of any of the buildings including the dormitories for any reason, to climb or sit on the window sills or in high places that do not have railings. Windows, screens or any part of them may not be dismantled. Planters, flower pots or any other item may not be placed on the outside sills of the windows or on the outer building walls.

Drugs and Alcohol

The legal drinking age in Israel is 18. Should students choose to drink alcohol, they are advised to drink in moderation. Like all big cities, nightlife in Tel Aviv is not without its risks. While nightlife in Tel Aviv is lively and fun, it is essential that students maintain awareness of surroundings and it is advised that students stick together and watch out for one another. In addition, students are advised to watch their drinks at all times. Never accept a drink from a stranger or drink from something that has been left unattended. It should be noted that the majority of Israelis do not drink heavily. Thus, from a cultural standpoint, heavy drinking and public drunkenness will stand out in Israel and therefore is not advised.

Drugs – including marijuana – are illegal in Israel, period. Drug use can result in arrest, fines, deportation, and more. TAU (and your home country Embassy) is unable to intervene on your behalf in any matter of the law including suspected drug use.

Should students need assistance in managing drug and alcohol use, there are resources available. Please read further TAU's information on drug and alcohol use [here](#).

Additional Information

If students, parents or home institutions would like additional information regarding any matters of safety, security, health and wellness at TAU International, please do not hesitate to contact the TAU International Office at any time.

Important Contact Information

External Telephone Numbers in Tel Aviv

Phone Information Center	144
Police	100
Ambulance (and First Responders)	101
Fire Department	102
Electric Company	103
City Municipality (Tel Aviv)	106
Health Insurance Helpline	*2000
Leumit Helpline (clinics for medical services)	*507
House Call (to order a doctor to your home/dorm)	*9101
Ichilov Hospital/Sourasky Medical Center (Weizman St. between Arlozorov and David Hamelech)	03-697-4444
Association of Rape Crisis Center	Women: 1202 Men: 1203

Tel Aviv University Contacts

TAU International Office	03-640-8118
University Security (for suspicious objects, fire on campus, accidents, elevator issues, etc.)	03-640-5555 03-640-8484 03-640-9595
TAU Psychological Service	03-6408505

TAU International 24/7 Emergency Contact Information

In case of emergency you can contact a TAU International staff member in Tel Aviv, you can call us on the following emergency phone numbers. Please use office phone numbers during work hours.

- In Case of Emergency in Israel during Office Hours -

TAU International Office, Carter Building 108

Open each day Sunday through Thursday, 9:00am-3:00pm

Office Number: +972-(0)3-640-8118 (Ask for the Student Life Counselor on duty)

*Students will be notified of office closure for holidays in advance. In case of office closure, students should use the 24/7 Student Life contact information below in case of emergency.

- In Case of Emergency in Israel outside Office Hours -

Contact the TAU International Student Life Team - 24/7 Mobile:

Danielle: 058-4800989, David: 052-3983716

TAU International New York Office Emergency Contact Information -

Students, Partners and Parents of U.S. University Students can use this information as needed. Please be aware that due to educational privacy laws, if you are calling on behalf of a student currently enrolled with TAU International we are restricted in what information can be shared regarding our students' individual circumstances when it comes to health and safety.

- Director of Admissions, TAU International New York
- Monday-Friday, 9am-5pm EST
- Tel: (212) 742-9030, (800) 665-9828
- After Hours Emergency Number: +1-973-919-5988

Environmental Safety Concerns

From the standpoint of natural hazards, there are a few in which we are most mindful in Israel: Earthquakes, Swimming/Water Safety, and Heat.

Earthquakes

To best prepare for the event of an earthquake, please consult an important resource which is the Israeli Home Front Command website. This is a national web site that monitors public safety in Israel and it contains the safety guidelines to follow in case of an earthquake event. As earthquakes can come without prior warning, a high level of awareness and familiarity with these guidelines can save lives. Following is the link to the Home Front Command's instructions on the subject, with details of the earthquake safety procedures.

Swimming/Water Safety

One of the greatest things about Tel Aviv are the incredible city beaches and the beautiful Mediterranean Sea spanning the entire coastline of Israel. While enjoying this natural wonder, it's important to review the Tel Aviv Municipality guidelines for beach safety:

- Swimming at the Tel Aviv beaches is prohibited when there is no lifeguard on duty. Outside of Tel Aviv, we strongly recommend that you never enter the water if not in an area where there is a designated lifeguard on duty.
- Bathers must comply with the lifeguard and rescue guards at all times.
- Swimming/entering the sea is prohibited when the black flag(s) is raised. Even if the sea looks calm, a black flag indicates dangerous currents. Do not enter the sea in this case.
- Building a fire is always prohibited on beaches.
- Rescue services at the Tel Aviv beaches are available during set hours during the summer season which are typically 07:15am- 16:45pm (consult web site to verify). Do not swim outside of these hours.
- Never, ever swim while intoxicated.

Heat/Dehydration

Israel's strong, Mediterranean sun, coupled with hot, dry weather in many parts of the country, for the majority of the year, pose health risks that include dehydration and heat stroke, as well as long-term damage and risk of skin cancer from exposure to the sun. Other consequences of sun damage can include severe burns. Some tips to stay cool and safe from the heat:

- Avoid prolonged exposure to the sun between the hours of 10:00 a.m. and 4:00 p.m.
- Use a sunscreen of at least 15 SPF applied 1/2 hour before going outside. Reapply sunscreen every few hours, or after exercising, swimming, or playing.
- Avoid clothing that exposes sensitive skin to the sun. Wear light, loose garments with sleeves, in natural fabrics such as cotton. White and other light colors deflect the sun, while dark colors absorb heat.
- Wear a hat with a brim to keep the sun off your face. Covering of the head helps to prevent heat stroke as well.
- Wear sunglasses which protect from harmful ultra-violet rays.
- Don't forget to drink plenty of water frequently. During the summer months, you can dehydrate even before you feel thirsty. Remember that alcohol and caffeinated drinks can dehydrate you further.
- Remember that risks are present even in cooler winter weather. Take precautions such as the above year-round.

Sexual Assault or Harassment

While Tel Aviv has a vibrant and exciting scene that is for the most part very safe, students are encouraged to adhere to the "buddy system" while out in Tel Aviv, remaining with at least one friend at all times. We encourage students to not engage in any displays of public intoxication, as unfortunately this is often the state in which unwanted advances may be made.

Student should ALWAYS keep a close eye on their drinks, never leaving a drink unattended and making sure to watch carefully how a drink is made. If you have any reason to suspect your drink has been compromised, do not test it out – just get a new one. Do not accept any gum or candy from strangers.

Students are encouraged to use [Gett taxi app](#) or an authorized taxi service; do not get in an unmarked or unrecognizable taxi at any time.

Again, Tel Aviv is quite safe as far as large cities go. That said, we don't recommend students walk alone late at night especially in remote areas, areas that are not well-lit, or in areas which students aren't familiar with.

Should a student experience sexual assault or harassment, there are several resources available:

- Contact the Student Life Team 24/7; the team can help walk you through the resources available to you and discuss various steps you can take depending on your circumstances and wishes
- You can contact Police – call 100
- For any sexual harassment or assault, you can contact the Association of Rape Crisis Centers (English speaking) – Women call 1202; Men call 1203
- Should you need medical assistance as a result of harassment or assault, please contact the Student Life Team for assistance making an appointment. If you don't feel comfortable doing that, please consult the information in your Welcome Kit on making a doctor's appointment or seeking urgent healthcare in Israel

Anti-Discrimination Policy

TAU International strives to create a safe, equal and fair environment for all students and does not discriminate on the basis of race, ethnicity, nationality, citizenship, religion, disability, veteran status, marital status, sex, sexual orientation, or gender identity. If students wish to report any perceived cases of discrimination which occur within or outside of the university, they should contact the Head of the TAU International Student Life Team at 052-525-5137.

TAU International Excursions and Activities

In the planning and execution of all excursions and activities, TAU international strictly obeys the security policies established by Israel's Ministry of Education, the Israeli National Security Center (Moked Teva,) and TAU'S Security Department. Transportation to all programmed activities, such as seminars, excursions, visits and conferences, is handled by University chartered buses and only TAU International authorized passengers are permitted.

All TAU International excursions are cleared far in advance by the Israeli National Security Center ("Moked Teva") and the Ministry of Education. This clearance is coordinated with all appropriate authorities (including Israeli police and army). The Moked Teva is then updated with the groups' whereabouts and plans daily leading up to and during the excursions; should an adjustment to the itinerary need to be made at the last minute for security reasons, the TAU International Student Life Team is prepared with a back-up activity or visit. In rare cases, an excursion or activity will be canceled. In accordance to the recommendation of the Moked Teva, armed guards and trained first-aid personnel carrying first aid kits escort the students throughout each excursion.

TAU International does not travel into the West Bank over the green line, except in very specific areas determined safe by Israel's security services (for example, parts of the Old City of Jerusalem).

Independent Student Travel

TAU International students often enjoy traveling throughout Israel during their time at TAU, and in addition many take advantage of the close proximity to Europe and other nearby destinations such as Cyprus. Students are not excused from class for purposes of traveling, but each semester there are designated holiday breaks in which students can travel independently as well as, of course, weekends.

Students traveling independently should ensure that proper health insurance coverage is secured prior to travel, if traveling outside Israel.

Feel free to check with the Student Life Team regarding travel plans. The Student Life Team is happy to give advice and share insight into what past students have enjoyed, recommended, etc. In addition, the Student Life Team can discuss known safety or security concerns regarding a potential destination.

Due to safety concerns, TAU International strictly prohibits travel to the Sinai Peninsula, Gaza, Lebanon and Syria during a student's program at TAU. TAU International strongly discourages travel in the West Bank with the exception of parts of Jerusalem. Students are encouraged to check with the Student Life Team to understand the most up-to-date current safety and security updates for parts of Jerusalem if this is part of their travel plan.

While abroad, students are encouraged to keep a low profile regarding both their U.S. identification (for students from or studying in the U.S.) and also all students are encouraged to keep a low profile regarding their current study in Israel.

HEALTH & WELLNESS

On Campus Psychological Services

Psychological counseling in English is provided through TAU Psychological Services. Students who wish to use these services are requested to download and complete [this form](#) prior to their appointment and email it to clinic@tauex.tau.ac.il prior to the initial intake (students may also physically bring in the form; whatever is preferred). To make an appointment, students can either ask a member of our Student Life Team for help directly contact the University's Psychological Services by phone: 03-6408505, or email: clinic@post.tau.ac.il.

Any questions regarding this form or the services of the University Psychological Services should be directed to the University Psychological Services at 03-6408505 or clinic@tauex.tau.ac.il.

The offices are located in the Mitchell Building, Room 216. The sessions take place either at Mitchell Student Center or at Carter Building.

Office hours are Sundays-Thursdays from 8:30 a.m. to 2:30 p.m. After hours, a student services hotline has been established to handle psychological counseling and crises. This hotline runs from 6:00 p.m. until 10:00 p.m. nightly and the number is 03-640-5352.

Initial intake cost is ILS 400, and it includes two intake sessions. This cost is not covered by the mandatory TAU insurance (but if a student has another form of insurance in addition to TAU's mandatory insurance, they are encouraged to check with the insurance provider regarding coverage). Students should be aware that it is not possible to see a psychiatrist without first doing the intake process and beginning therapy services.

The fees for psychological consultation and counseling are estimated as follows:

- Initial two consultation sessions 400 NIS
- Second and further therapy sessions 180-200 NIS
- First psychiatric consultation 250-275 NIS
- Further psychiatric consultations 180-200 NIS

Confidentiality and privacy

The content of psychological and psychiatric appointments is absolutely confidential. No information whatsoever regarding students is divulged to any University officials, nor to any other institution. Only if the student signs a waiver authorizing release of information can any information be divulged.

When **cancelling an appointment**, students must call or e-mail their psychologist directly 24 hours in advance. Otherwise, they will be charged.

Please note: if you have insurance through your home university, there is a possibility that you can be reimbursed by that insurance for these fees. Check with your home university study abroad office advisor if this applies to you.

Health Insurance & Services

Your welfare while you are studying at Tel Aviv University is of paramount concern to us. Any TAU student is bound to be covered by health insurance during the entire period of enrollment. This is also a legal condition set by the Ministry of Interior to receive a Visa. As an international student at TAU not enrolled in an International program, it is your sole responsibility to be covered by a medical insurance valid for the entire duration of your TAU program.

OFFERED HEALTH INSURANCE

As a student who is not enrolled to TAU International programs you must **independently** purchase health insurance.

We can suggest 2 companies who we know to have service in English:

1. **"Harel Yedidim" Insurance Agency:**

This agency works directly with Harel Insurance Company and the healthcare provider is Kupat Holim Clalit. This agency offers a diverse range of plans that you can choose from, you are welcome to find more information on their site: <http://www.yedidim-health.co.il>. Their "Prestige Plan" allows for continual coverage for the duration of your time in Israel and it is recommended if you will be staying longer than one year. Below is the Yedidim information.

For your information, there is a Clalit clinic right on campus (near the Sourasky Library).

For more details, please contact the Harel-Yedidim office:

- Sunday-Thursday: 08.00-15.30
- Telephone: 03-6386216 (from abroad: +972-3-6386216)
- Fax: 03-6874534
- E-mail: y_health@yedidim.co.il
- Website: www.yedidim-health.co.il

Important information:

- Please make sure always to carry your health card with you.
- Call *2700 for the Clalit Call-Center -Available 24/7
- For a doctor's home visit, call 1-800-262-660 and a doctor will arrive to your apartment within 3 hours
- For the full list of "Clalit" clinics, please go to: www.clalit-global.co.il/en
- TAU's "Clalit" Clinic (by the central library) open Sun-Thurs 8:00am-4:00pm.
- Phone number: 03-6415818
- Also close to TAU: Brodetsky Clinic. 19 Brodetsky St. Phone number: 03-7456500
- For general information about the Health Insurance: 1-800-414-422

2. “Menorah Mivtachim” Insurance company:

Their contact person is Sagit: sagit@offek.org. For more details, please make direct contact with the company. Please note that this company works with Kupat Holim Leumit, not Clalit. The nearest Leumit clinic is in Shuster center (it's also near the university, but by foot it's about 25 min walk). You can Google for more clinic locations.

Important information:

- Please make sure always to carry your health card with you.
- The nearest 'Leumit' Clinic is located on Aba Akhime'ir St 26, Tel Aviv-Yafo. Bus lines from TAU: 126, 171 to “Schuster Centre”. Phone: 03-7450400.
- Opening hours:
 - Sun, Tue: 7:30am-7pm
 - Mon, Thu: 7:30am-1pm
 - Wed: 7:30am-1pm, 4pm-7pm
 - Fri: 7:30am-12pm
 - Saturday: Closed
- For Specialist doctors and medical consult: Call *507 (for English press 4) – Available 24/7.
- In case you can't go to the clinic for a medical reason: Home Visit Service – *9101 and a doctor will arrive to your apartment (or to the dorms) within 3 hours.
- For the full list of “Leumit” clinics, please go to: www.leumit.co.il
- For general info about the Insurance: *2000

In order to get prescription medication and/or subscribe to a gym, please bring the Medical Form, signed by a physician.

Policy outline of these Health Insurances

1. The insurance company will provide you with professional and efficient health services which includes:
 - Comprehensive Medical Providers Network covering all of Israel. This includes physicians, practitioners and specialists, pharmacies, laboratories, and x-ray facilities.
 - 24-hour assistance center for immediate treatment and referral.
 - Services provided within close proximity to the university (Ramat Aviv and North Tel Aviv).
 - House calls when the student is unable to visit a physician.
 - Hospitalization in any public hospital within the State of Israel.
 - Refund for ambulance transportation in cases of emergency.
 - Administration of injections, excluding daily injections (such as insulin). Medicine to be provided by the student.

2. Every student receives a personal medical service ID card and an index of participating network physicians and pharmacies. Upon presenting the card, the student is eligible to receive all services at no charge. Medicines, laboratory tests, or x-rays prescribed by the physician are provided or administered by Network providers at no charge.
3. Students may visit any participating general practitioner or specialist listed in the index without referral.
4. Coverage includes only emergency dental treatment.
5. The 24-Hour Assistance Center can be contacted regarding any medical problem that arises outside of business hours, or that does not have a solution within the framework of the Network.
6. Referral for hospitalization may be made by any participating physician or the 24-Hour Assistance Center. In life threatening emergencies, the student may go to the nearest hospital without prior notice to the Insurance provider. The Insurance provider should be advised as soon as possible after admittance.
7. Students may use the Network anywhere within the State of Israel. The 24-hour Assistance Center will provide referrals to the nearest physician.
8. Exclusions and limitations:
 - a. Pre-existing conditions to the commencement date of the insurance will not be covered.
 - b. Any medicine or treatment not prescribed by the Insurance Company's physicians will not be covered.
 - c. Psychiatric treatment will not be covered.
 - d. Treatments related to HIV/AIDS will not be covered.
 - e. Aesthetic treatments and/or surgeries will not be covered.
 - f. Pregnancy and delivery will not be covered – for students or their partners who need this kind of insurance; here is another insurance company that may assist you: David Shield agency. Contact number: 1800-34-34-35 / 09-8920950. Opening hours: Sunday-Thursday 8AM-12PM.
 - g. Work-related accidents will not be covered.
 - h. Dental treatment, which is not considered an emergency designed to relieve immediate pain, will not be covered.
 - i. Injuries incurred while intoxicated or under the influence of illegal substances, will not be covered.
 - j. Injuries incurred while participating in extreme sport activities (e.g. bungee jumping, mountain climbing, etc.) will not be covered.
 - k. Traffic accidents are not covered by medical insurance provider. In such cases, coverage is through the responsible party's insurance or through a government fund, Karnit. Website: <https://www.karnit.co.il/contactus/>. Telephone: 03-7111666. Email: HayaL@karnit.co.il

Health Tips

As when visiting any foreign country, there are often some adjustments your body will need to make to the new environment. Newcomers to Israel may suffer from an initial sensitivity to tap water, and at the same time should also be acutely aware of the high risk of dehydration, especially during the summer months. Bottled water is recommended for those with sensitive stomachs, especially at the beginning of their stay in Israel.

The sun in Israel is extremely strong, much stronger than in many temperate-climate countries. If you plan on being outside for even 20 minutes, you should wear some form of sun protection. If you will be at the beach all day, you will need to reapply sunscreen regularly. You may want to bring a sufficient supply of your favorite sunscreen, as it may not be available in Israel or may be significantly more expensive. Wearing a hat when out in the sun is highly recommended.

If you are taking **prescription medication**, you should bring a supply to last the entire time you are in Israel. It is also recommended that you bring a typewritten, generic prescription for your medication, if you need to have it refilled. Since not all medicines in Israel are available under the same brand names as in your country, it is essential that a generic name be provided for reference by a local doctor or pharmacist. In the event that you are sent an additional supply of medication by mail, you may be required to present a prescription to the Israel Customs Office before the medication will be released. Finally, please keep in mind that while many drugs may be purchased over the counter in your home country, they may not be available as such in Israel.

HOUSING

On-Campus Housing

The two TAU dormitory complexes are adjacent to campus: Broshim and Einstein. Please click [here](#) to see the location of the dormitories on the TAU map. During your orientation week, Tel Aviv University International will conduct an information session on on-campus housing (Broshim & Einstein), where the rules and regulations will be provided in detail.

Please note that the following items are not supplied by the dorms or the university: blankets, pillows, towels, kitchen utensils, and household goods. Students may bring their own linens and electrical appliances or choose to buy from an Israeli company that provides these supplies, such as [1.simhub](#). Please visit their websites for details and prices. If you have questions, please use “contact us” on their website. The beds in Broshim have 2 different sizes. Since we can't alert in advance of the exact size of the bed, we recommend buying linings after checking in.

Management of the dormitories is handled by a third-party company (*Shikun U-Binu'i*), which should be contacted directly regarding any maintenance-related issues. Contact information will be provided upon entrance to the dorms.

- For more comprehensive information on housing, please [click here](#).
- For any inquiries regarding housing please email housing@tauex.tau.ac.il.

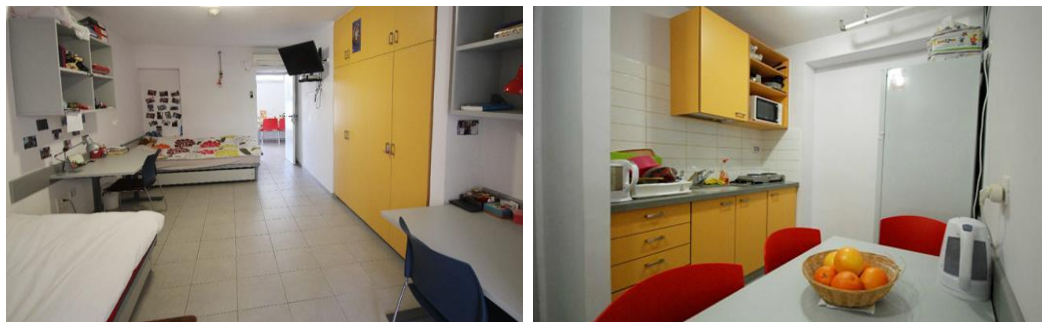
Einstein Dormitories

The Einstein student dormitories are located across the street from the Tel Aviv University main entrance (to the west). [Virtual tour of Einstein dorm complex](#) (outer area). The Einstein dorms shared-room apartments are designated for our international undergraduate students.

Shared rooms are sometimes available there for our international graduate students and researchers, however please note that the Einstein solution is only **temporary** and subject to availability.

Each dormitory suite is divided into two bedrooms, with two students sharing each bedroom. Each suite is furnished and includes a kitchen and bathroom, air conditioning, Wi-Fi, and cable TV. The dorms are inspected upon move-in and any damage done during student's stay will have to be covered by the student. A self-service laundry and a small gym is located within the dormitory complex. Additional laundry and cleaning facilities are available in nearby shopping centers or try *Kvisi* (Laundry pick-up and delivery app) - <https://www.getkvisi.com/>

Students who are living in the dorms are expected to sign a contract and pay in advance.



Broshim Dormitories

The dorm complex, at the south-west tip of the campus, comprises eight residential towers (two more in construction as of summer 2019). Around it, there are shops, cafes and recreational facilities such as a student club. [Virtual tour of Broshim dorm complex](#) (outer area).

Several kinds of units are offered to graduate research students: **single studios** (for one person), **couple studios** (for couples), and **family suites** (for families with up to 1 child). All are designed to provide a safe, warm and comfortable environment that will make the residents feel at home.

Each suite is fully furnished, has a private kitchen and bathroom, and includes air conditioning, Wi-Fi, and cable TV. The dorms are inspected upon move-in and any damage done during student's stay will have to be covered by the student. A self-service laundry is located within the dormitory complex. Additional laundry and cleaning facilities are available in nearby shopping centers or try *Kvisi* (Laundry pick-up and delivery app) - <https://www.getkvisi.com/>

Price: the rent ranges between ILS 2,268 - ILS 4,142 per month, depending on type of apartment. The price includes Wi-Fi and Cable TV, but does NOT include the following: Municipality Tax (contingent the size of the apartment and its surrounding, approximately ILS 70-202), electricity charge and water (subject to apartment usage). All fees will be updated on a monthly basis in accordance with the Israeli Price Index.

Students who are living in the dorms are expected to sign a contract and pay in advance.

[Virtual tour inside a Single studio apartment](#) (approximately 18 square meters)

[Virtual tour inside a Couple studio apartment](#) (approximately 25 square meters)

[Virtual tour inside a Three-room family apartment](#) (approximately 52 square meters m)



Please note:

- TAU International has a very limited variety and amount of apartments. We do not take requests for specific apartments (i.e. specific view, with/without balcony etc.). Available apartments are allocated **only** by the type of apartment (i.e. apartment for single, for couple, or for family) and according to the [waiting list](#).
- A couple cannot live in a single studio. If you have a partner who will live with you from the start or join you later during the contract period – you need to apply for a "**Couple/Family room**" from the start.
- A family with child cannot live in a couple studio. If you have a child, or you are expecting a child, you should choose "**Couple/Family + child**" from the start.
- The contract period is yearly – starting in October and ending at the end of September of the following year, in accordance with the academic year.
- Once you sign a contract for an apartment, it will NOT be possible to change the apartment until the end of the contract period (i.e. there is no possibility to sign a contract for single studio and later switch to a couple/ family room).

Guest Apartments

Guest apartments might be a suitable solution **for limited time**. The Einstein Complex guest apartments include 8 residential units and the Broshim Complex includes 46 additional units. The guest apartments are suitable for single, couples and family occupancy.

The guest apartments are operated directly by the dorm management. In order to book a guest apartment, find out pricing and/ or availability, and for any further inquiries – you should contact their office directly via [their website](#). TAU International housing department cannot assist in booking these apartments.

The apartments are furnished with LCD cable television, Wi Fi, air conditioning, complete shower and toilet, fully equipped kitchen, microwave oven, electric stove, electric kettle, coffee set, linen replacement and housekeeping of the apartment. In addition, the guest may use other complex services: self-service laundry (fees apply) and computer room 24/7.

Please note, the **pricing** is per night, like a hotel, and availability is not guaranteed. Prices range between ILS 185-340 per night, depending on apartment type and amount of nights.

For more information, you are welcome to [visit their website](#) and contact them directly with inquiries.

Off-Campus Housing

Many international students choose to live in nearby off-campus apartments. Sharing a standard apartment with one or two roommates may cost the same as the dorms. Please find some guidelines below.

If you live in Ramat Aviv, you can walk to TAU. Living in the city center allows you to have access to the beach and the city action. From the city center, the bus can take between 20 to 45 minutes to reach the university. The first question to ask yourself when looking for housing is whether you prefer to live near the university in Ramat Aviv or in central Tel Aviv.

Apartment hunting in Tel Aviv can be quite time consuming, and the process might be lengthy. This can be partially explained by the extremely fast-moving market. Students are advised to set time aside specifically for apartment hunting prior to the start of the program. **Two to six weeks are recommended for apartment searching.**

Prices: Depending on a variety of factors, you should be prepared to pay anywhere from NIS 2,500 (living with 2 roommates) to NIS 4,000 (living alone) per month for a partially furnished apartment.

There are plenty of real estate brokers, but expect to pay one month's rent as a finder's fee if you find an apartment through them, plus 17% VAT. Students may want to consider finding a short-term rental for the first couple of weeks while looking for a permanent apartment.

Short term rentals:

[Airbnb](#) is very popular in Tel Aviv and you might find great solutions for short-term housing.

In addition, Hostels could be a great option for short term solutions. Below is a list of a few optional **hostels in Tel Aviv:**

Name	Street/ Tel Aviv	Tel	Email
Abraham Hostel	21 Levontine street	(972) 3-6249200	infotlv@abrahamhostels.com
Arbel Hotel Apt	11 Hulda	(972) 3-5225450	sales@arbelhotel.com
Bnei Dan Hostel	36 Bnei Dan	(972) 2-5945655	telaviv@iyha.org.il
Dinami Apt	7 Shaul Avigdor	(972) 3-7414795	dinami@internet-zahav.net
Dizengoff Square Apt	89 Dizengoff	(972) 3-5241151	neeamam@netvision.net.il
Dizengoff Suite Apt	39 Gordon	(972) 3-5234363	info@dizengoffsuites.co.il
Holiday 2002 Apt	113 Dizengoff	(972) 3-5271438	dyszalg@netvision.net.il
Holiday Rentals	37 Reines Street	(972) 3 951 3964	Office@Holiday-Rentals.co.il
Madness Apt	119-121 Ben Yehuda st.	(972) 3-5229393	officeteam@tel-aviv-rental.co.il
Rothschild Residence	71 Rothschild	(972) 3-6290555	contact@rothschild-residence.co.il
Sea Hotel Tel Aviv	76 Herbert Samuel St.	(972) 3-7952465	sea@sea-hotel.co.il
Sea Land Apt	84 Bnei Dan	(972) 3-5225450	info@sea-land.co.il

Long-term rentals:

The following **websites** may help you in your search:

- [Yad2](#): (Hebrew)
- [Jaanglo](#): (English)
- [Tanglo –Yahoo group](#)
- [WinWin](#): (Hebrew)
- [Homeless](#): (Hebrew)
- [Craigslist](#) (English)

Facebook groups are also a very popular way of apartment hunting in Israel. See below a few groups that may be helpful. Please note: some of the groups maybe closed groups (meaning you should ask to join and the administrator needs to approve the request).

Don't worry about some of the pages being in Hebrew; you can post a message in English.

- [Secret Tel Aviv](#)
- [Tel Aviv Apartments Buy Rent Sell Trade!!!!](#)
- [דירות מפה לאוזן בתל אביב](#)
- [Internationals in Tel Aviv](#)
- [Apartments for singles or couples in Tel Aviv](#)
- [דירות בת"א בצפון הישן ובלב העיר - Apartments in TLV Old North and Downtown](#)
- [Apartments/roommates in Tel Aviv](#)
- [Looking for an Apartment in Tel Aviv...](#)
- [תל אביב דירות Tel Aviv Apartments](#)
- [דירות יחיד עד 3000 ש"ח בתל אביב](#) (Hebrew) (Single apartments up to ILS 3,000 in Tel Aviv)

- [דירות להשכרה בתל אביב](#)
- [Batim LeOlim - Rentals in Tel Aviv](#)

You may also wish to contact one of the following companies, which offer **personalized apartment searching services** in English (for a fee):

- **Trusted House** – contact person: Hillel Davis, phone: +972-58-6459231, email: hillel@trustedhouse.com, their website: <https://www.trustedhouse.com/>
- **Diagonal** – contact person: Ben Engelsman, phone: +972-52-5789302, email: diagonal.stay@gmail.com, their Facebook group: <https://www.facebook.com/groups/Diagonal4TAUinternationals/>

Feel free to ask anybody and everybody. This is actually a very effective way of finding housing, jobs, and information. Personal connections go far in Israel, especially since apartments come and go very quickly in the city. We are happy to help, even if it is just to brainstorm ideas about finding what is right for you.

You may want to consider widening your search to nearby cities such as **Ramat Gan** and **Givatayim**. You can try these Facebook pages:

- [דירות להשכרה רמת גן/גבעתיים](#) (Hebrew: apartments for rent Ramat Gan/ Givatayim)
- [Secret Ramat Gan](#)
- [Secret Givatayim](#)

Don't worry about the pages being in Hebrew; you can post a message in English.

Com-Unity

Com-Unity is a new housing concept in Tel Aviv that combines living in a fully furnished and designed private apartment with membership in a local and creative community.

The project consists of various apartments of different sizes and prices. 5% off for TAU students!

The prices include:

- Private fully furnished apartment
- One a week cleaning service
- Free entry to the common areas (gym, open living area, yoga room, garden, rooftop, workspace and more)
- Utility bills

This might be a very good option for international students who would like to integrate into a young and local community.

For more info please check out the project's [website](#)

When looking for an apartment, we highly recommend clarifying the following details:

Apartment Details

- Where is the apartment located?
- How big is the apartment in square meters?
- On what floor is the apartment? If it is on the ground floor, are there security bars on the windows?
- What appliances are included in the apartment (many apartments do not include major appliances such as an oven, stove, or fridge)?
- What furniture is included?
- Is there air conditioning? Heating?
- What else is included in the apartment?
- Is there a roommate? What are your impressions of him/her?

The Area

- Visit the neighborhood during both the day and at night to get a feel for the area. Is it loud at night? Does it feel safe after dark? Is it near a bus route to the university?

Rent

- What does your rental payment include (*va'ad bayit* - building maintenance fees? all inclusive – water, gas, electricity, maintenance fees, cable Internet, phone, etc.)?
- How often is payment due and in what form (12 checks in advance? 6 checks in advance? 1 lump sum? Cash? (Never pay cash unless you receive a receipt!))

Bills

- How much is *Arnona* (municipality tax) and water every month?
- Is there an electric heater for water (*dood chashmal*) or is it solar powered (*dood shemesh*)?
- How much is electricity, on average, per month?
- How much are the *va'ad bayit* (maintenance fees) each month?

Signing the Lease

- Can the lease be written in English?
- Is there a need for a guarantor?
- Do they require a lawyer to review the lease? If so, who covers the cost?

Legal consultant

We recommend getting legal advice from the student union's lawyer before signing an apartment contract.

- There is a **free legal consultant service by the TAU Student Union**. To schedule a meeting with Adv. Ran Shoval in the student union call: 03-6407654. Their working days & hours: Sunday-Thursday, 9:00am-5:00pm. Office is located in the Mitchell Building, room 112.
- **Tel Aviv-Yafo Municipality's Center for Young Adults** – MAZEH 9 – Also provides legal consulting for apartment rental (<https://mazeh9.org.il/renting-in-tel-aviv/> – website is in Hebrew but you might want to Google Translate it).

For more tips and recommendations on apartment hunting, you are welcome to contact the IntlGrad student life team Intlgrad@mail.tau.ac.il.

Tel Aviv Map

Click [here](#) to find Tel Aviv City Map by Tel Aviv Municipality.

Extra tips for off-campus housing search:

The information below is a summary of past alumni recommendations for finding off-campus housing. Special thanks to alum Robert Fuller for helping to compile this. Again, the following are recommendations from former students and should not be read or understood as legal advice. For legal advice, Tel Aviv University offers legal services through the Student Union.

About this Handout: Finding a suitable place to live in TLV is an issue that often weighs on the minds of new students in Israel. Locating an apartment, signing leases and dealing with problems as a tenant can often be a distraction for students, while they cope with their studies. However, with careful preparation and foresight, along with the resources provided at the university, finding a comfortable place to live can be a relatively straightforward procedure. While not every aspect of your apartment and tenancy will be perfect, this information, comprised of the opinions of former students, hopes to make the process easier.

Resources: On average, students often find it takes roughly two to four weeks to find an apartment in the Tel Aviv area. Many have often found valuable resources online that are useful in locating places. Facebook groups have proven useful. Other websites students have had success with are yad2g.co.il and zvez.co.il. Additionally, you can post requests yourself on these Facebook groups indicating that you are looking for an apartment or room rental. Additionally, offline resources, such as friends who are looking for roommates or agents that have been recommended by people you trust may also be beneficial, although agents will charge a fee. When searching for apartments or analyzing contracts, the student union lawyer may be helpful, particularly if the contract is in Hebrew. Additionally, a trustworthy Hebrew-speaking friend or an Israeli roommate can also be useful in dealing with these language barrier issues.

Before you find a Place: Hostels often used by students in the few weeks before they arrive in the country. Former students have suggested that befriending the people who work at the hostel may prove beneficial when finding a room opening in an apartment. Additionally, Airbnb is a commonly utilized resource that many students have used for short-term rentals. Vacation rentals, short-term sublets or friendly contacts in Israel are also an option for housing while looking for more suitable long-term dwellings.

When You Find a Place/Signing Leases: As stated before, it usually takes roughly two to four weeks between beginning your apartment search and signing a lease committing to an apartment or room rental. Students have often found that they will have to visit many apartments before finding one that suits them. Oftentimes, there is a degree of pressure to sign quickly because of the demand for new apartments. However, one should make sure they understand the terms of the contract before they commit to a lease and utilize the resources listed above if necessary. When examining the lease, ensure that you understand all the fees and what you will pay for and what the landlord will cover. These include the water bills, electricity bills, the internet bills and the municipal tax (known as an Arnona). You may be expected to cover some or all of these bills depending on the landlord.

One should also ensure that they understand the possible financial penalties that the landlord may have entered into the lease. These may include fees for damages, late rent payments, leaving the lease early or the cost of any repairs, as well as to repaint the walls after you leave. If renting a furnished room, also ensure in the lease that the contents of the room listed in the contract are accurate so that landlord does not claim that items are missing when you leave. Before signing a lease, determine what the landlord's responsibility is when it comes to repairs in the apartment for issues such as plumbing and electricity. As stated earlier, language barriers may be an issue when signing a lease, so utilize the resources listed above, such as Israeli friends or the student lawyer who will do consultations free of charge.

Security Deposit: Many places require a security deposit, which may be the equivalent of one to three months' rent. One should understand the terms of the security deposit before signing the lease, including the extent of the landlord's access to the deposit. Ensure that no damages occur before you leave the apartment and check thoroughly before you

depart so you can recover the whole of the security deposit. If you feel that the damages existed before or were not your responsibility under the terms of the lease, you are within your right to dispute said charges through a discussion with your landlord. Often, a tenant will be expected to produce their rent cheques and a guarantor in advance and this may require that one has access to a chequing account in Israel. This is by no means the rule, however, and many landlords will accept month to month payments, often by bank transfer. Additionally, one can find an apartment where the lease is under one of the roommates' names and then pay the rent and bills to said roommate, thereby avoiding these responsibilities altogether.

Landlord: Before signing any lease, a potential tenant should meet with their landlord to determine the landlord's character. If he or she seems impatient, racially or religiously intolerant or unnecessarily aggressive, it would probably be advisable to pursue another place, regardless of the benefits of the apartment. Additionally, even kind landlords may have other distractions that will prevent them from dealing with problems that may arise. A common issue is landlords who are out of the country and thereby inaccessible when problems in the apartment occur. If possible, it may be best to avoid renting from landlords who are abroad for extensive periods of time. When problems arise in the apartment, some students have found that getting repairs done may require a degree of tenacity. If your lease indicates that it is your landlord's responsibility to cover these repairs, it is often advisable to keep calling them if they seem like they are dithering on maintenance issues. This is often not because the landlords are mean-spirited, but because the apartment rental is a side-business and they are distracted by other career responsibilities. Hence why repeated calls may be necessary.

Bills: One should also note that bills may not be received every month at a specific time, particularly if the landlord controls the dispersion. Some students have found that every two months may be the norm and you may or may not be given access to the bills directly. Oftentimes, you can request that you pay the bills yourself and have them placed under your name, but this may require the use of a translator to understand the charges.

When Leaving the Apartment: It is advisable to start inquiring about the return of your security deposit well in advance of leaving, maybe even one month or so, in case the landlord is slow to respond or out of the country. If you require to leave the apartment early and break your lease, you can often discuss this with your landlord and work out an arrangement. Usually this entails finding a replacement to take over your apartment or room for at least the duration of your lease. There will also usually be some financial penalty for breaking the lease, which may vary depending on the contract you have signed. Again, check your contract and ask your landlord questions before you sign. Additionally, it is recommended that you have a lawyer examine your contract in advance to ensure that you have the ability to break the lease if necessary.

In Summary: Hopefully, this guide will prove useful in your apartment search. The resources and advice in this handout is a compilation of information from former students based upon information that they wish they had had before moving to Israel. It is important to use your best judgement when looking for an apartment, along with trusted resources that can provide you with assistance and legal expertise. Finding an apartment that you are comfortable living in can have an impact on your time here in Israel, so strong preparation is essential. For opinions on housing issues, feel free to speak to the counselors at the International Grad Office.

Here you can find short description of the different neighborhoods in Tel Aviv:

Ramat Aviv – Ramat Aviv is a largely residential suburb of Tel Aviv, and where the University is located. Ramat Aviv mall is an upscale shopping center that offers a variety different store. Yarkon Park is also close by.

Average Bus Time to University: 5-15 mins

Hatsafon Hayashon (The Old North) – Ha'tsafon Ha'yashan, or The Old North, is quiet neighborhood in Tel Aviv that largely caters to young families. The shopping, bars and dining are generally more upscale, and the neighborhood is not usually considered a nightlife destination. The prices to rent a room in this neighborhood are fairly high.

Average Bus Time to University: 25-30 minutes

Lev Ha'lr - Lev Ha'lr is a large neighborhood with a variety of differing characteristics located centrally within the city. It contains a large number of bars, cafés and shops, particularly along Rothschild and Sheinkin streets.

Average Bus Time to University: 25-30 minutes

Merkaz Ha'lr – Merkaz Ha'lr is the central area of Tel Aviv and encompasses a wide variety of smaller neighborhoods. It includes an expanse of Tel Aviv's beaches, as well as Dizengoff Centre, Tel Aviv's most centrally located shopping mall. It also includes many restaurants, bars and boutique stores.

Average Bus Time to University (From Dizengoff Square): 25-30 minutes

Montefiore – Montefiore is a neighborhood with a variety of contrasting dwellings, from high-rise apartments to older buildings. It is a relatively quiet neighborhood, but is next to the Sarona Market. It is also in close proximity to the Azrieli Center, a large shopping mall with a large variety of stores.

Average Bus Time to University: 25-40 minutes

Neve Tzedek – Neve Tzedek is a historic neighborhood known for its antique architecture and leafy cobblestone streets and is the first neighborhood of modern Tel Aviv, outside of the ancient city of Jaffa. It is characterized by trendy boutiques, galleries, cafés and restaurants. It should be noted that although highly fashionable, the neighborhood is known to be quite expensive and public transit access is often lacking. Average Bus Time to University: 35-55 minutes

Kerem HaTeimanim – Kerem Ha'Teimanim, or the Yemenite Vineyard, is known for having a village like atmosphere with narrow alleyways and historic row buildings. Kerem HaTeimanim is famous for Shuk HaCarmel, which can offer a variety of deals on everything from food, clothing, household products and souvenirs. It is also known for its cuisine and quaint restaurants. Away from the shuk, the neighborhood is quiet, although Allenby Street is not far, offering restaurants, bars, cafés and 24 hour stores. However, the neighborhood can be somewhat expensive.

Average Bus Time to University: 30-35 minutes

Florentin – Florentin is characterized by its live music venues, bars and nightlife. While the buildings may appear rather neglected, this gentrified, yet affordable neighborhood is considered rather fashionable because of its bar culture and designer boutiques. Levinski Market is also located near Florentin, providing a variety of culinary options.

Average Bus Time to University: 35-50 Minutes

Jaffa – Jaffa is known for its ancient, biblical character and Old Jaffa, one of the oldest ports in the world, is famous for its archeological significance. Characterized by its art galleries, museums, flea markets, designer boutiques and proximity to the beach, Jaffa has a great deal of amenities for those looking to rent. However, it should be noted that

Jaffa is far from the city center and northern areas of Tel Aviv, as well as the university. It should also be noted that the southern area of Jaffa tends to be more conservative with less nightlife.

Average Bus Time to University: 45-60 minutes

Shapira – Shapira is a neighborhood that can offer cheap prices for room rentals, but the neighborhood is largely characterized by social problems, such as drug use and theft. It is, however, slowly gentrifying because of the cheap prices. It also offers proximity to the central bus station.

Average Bus Time to University: 40-50 minutes

Givatayim (outside Tel Aviv) – Givatayim is a city of contrasts, alternating between modern skyscrapers and more traditional apartments like one would find in central Tel Aviv. Givatayim may be attractive to those seeking to rent because of its relatively affordable prices and proximity to the city. One note is that suburbs of Tel Aviv may have a lesser concentration of English speakers than the city center.

Average Bus Time to University: 35-50 mins

Ramat Gan (outside Tel Aviv) – Ramat Gan is a suburb of Tel Aviv and also the center of Israel's diamond exchange and much of Israel's high tech industry. Ramat Gan is characterized by modern corporate skyscrapers in its central area, but also has a large region with a diverse range of housing options. Due to being outside Tel Aviv city proper, Ramat Gan offers attractive rents and is fairly accessible by public transit.

Average Bus Time to University: 25-45 minutes.

Banking

We advise our students to avoid traveling to Israel with large sums of money, but you may want to have a small amount of cash for your first days. Do not open a bank account in a U.S. branch of an Israeli bank since Israeli branches do not have information about accounts opened abroad.

Opening an Israeli bank account

From the information we were able to gather, we recommend these two “**Hapoalim**” Bank branches which are near campus:

1. Ramat Aviv Gimel branch

Address: Aba Akhime'ir Street No. 33.

Opening hours:

Sunday	8:30am–1:30pm
Monday	8:30am–1pm, 4pm–6:30am
Tuesday	8:30am–1:30pm
Wednesday	8:30am–1pm, 4pm–6:30am
Thursday	8:30am–1:30pm
Friday	Closed
Saturday	Closed

Phone: 03-653-2407

When you go to this bank branch, ask to speak to Galina Dubrinski.

2. Avivim Branch

Address: Brodetski Street No. 43.

Opening hours:

Sunday	8:30am–1:30pm
Monday	8:30am–1pm, 4pm–6:30am
Tuesday	8:30am–1:30pm
Wednesday	8:30am–1pm, 4pm–6:30am
Thursday	8:30am–1:30pm
Friday	Closed
Saturday	Closed

Mandatory to have while going to open a bank account:

- Passport
- TIN number/social security number/ID card from home country
- Additional ID (could be the ID/driver's license from your home country)
- Blue ticket which you have received at the airport while entering Israel or an additional ID/driver's license from your home country
- TAU Student ID or a study approval letter from the university (a formal letter which states that you are a student at TAU during this academic year. Public Transportation letter – "Rav Kav" form - can also be used)

Other bank branches around campus you could try include:

- "Discount" bank branch on Yehuda Ha-Nasi st. 34
- "Leumi" bank branch on Brodetski st. 43
- Israel post office, Chaim Levanon st 67
- "Leumi" bank branch on Aba Akhime'ir st. 15
- "Leumi" bank branch on Rav Ashi st. 18

The process of opening a bank account can take around 30-50 minutes.

If you do not have Israeli ID, the bank clerk, when opening an account, will randomly assign you a fictional ID number. Please make sure you write down this number. You will need it for future services provided by the bank.

ATM cards

The easiest way to have immediate access to your money from your account in the United States is with an ATM card. We strongly suggest that you arrange for an ATM card from your local bank along with a 4-digit pin number (personal identification number), and that you make sure it can be used in Israel. Please be aware that you will not be able to use a debit card that does not have a credit card logo. Therefore, you should make sure that your bank card is both a debit card and a credit card even if you will not use it as such. We do not advise relying exclusively on ATMs as your only source of cash, due to potentially high transaction fees per each withdrawal.

Credit cards

The most popular credit card in Israel is Visa. MasterCard and American Express are also widely accepted.

TAU CAMPUS AND STUDENT LIFE

To complement your academic experience, the TAU IntlGrad student life team puts great emphasis on the cultural and social component of your TAU experience.

Our IntlGrad Student Life Team are here to help you with all the non-academic components of life in Israel: consulting on day to day issues related to your adjustment to Israel, helping with housing, helping you work with the medical insurance (if needed), etc. They're available for you 24/7 for any type of emergency. All of the team's phone numbers can be found at the front of this handbook in the Important Numbers section; The Student Life mobile phone can be contacted on What'sApp, SMS or by phone call. Email us as needed at: Intlgrad@mail.tau.ac.il.

Our Student Life counselors also conduct a broad social and cultural program that includes excursions all over Israel (North, South, Jerusalem), parties, cultural events, etc, every 2 weeks during the semester.

The Student Union

The Student Union is one of the most active bodies on campus, and offers all its services in both Hebrew and English. Services to students include, but are not limited to, private tutoring, legal support, and extracurricular activities. The Student Union is located in the Mitchell Building. For more information, please visit the [Student Union website](#) or the [Student union section](#) of the TAU International website.

English-Speaking Student Clubs

- **Model UN** is an academic simulation of the United Nations that aims to educate participants about current events, selected topics in international relations, diplomacy, and the United Nations agenda. The participants role-play diplomats representing a country or NGO in a simulated committee session of the United Nations, such as the Security Council, or the General Assembly. Participants research a country, take on roles as diplomats, investigate international issues, debate, deliberate, consult, and then develop solutions to world problems. For more information and registration, please contact: taumunclub@gmail.com.
- **The Ambassadors' Club** is a project of Tel Aviv University International and **Stand With Us**, aiming at establishing a leadership and advocacy program that allows outstanding international and Israeli students from TAU to be trained by experts in an interactive fashion. Through seven sessions, including a field trip, the program provides the students with necessary tools in different disciplines concerning public advocacy and diplomacy. Throughout the semester, the club uses a two-level approach: on the one hand, offering information regarding the issues, and on the other, developing the skills necessary to best utilize this knowledge. Please contact Tel Aviv University International for more information.
- **TAU Tazuz Tribes - TAZUZ Program** are happy to share with you all the Tribes, active now in the university. Do you want to meet students from other programs while having fun? Do you want to awaken those passions and pursue them as group goals? Please follow this [link](#).
- **TAU Drama Club:** A place where students can connect and have fun with people from other programs. If you want to learn and practice dramatic techniques such as improvisation, performances, script writing and more, this is the place for you! Drama club will also focus on improving public speaking skills, as well as helping to increase confidence! Whether you have previous drama experience or none at all, everyone is welcome. The Leeson are held in English, and are open to both Israeli and international students. Come join us by signing up through the [link](#)!
- **The Youth Innovation Forum (YIF)** is a new student-led initiative that launched in October 2019, founded by students from the Liberal Arts Program. It looks to establish an English-speaking society on campus that hosts discussions on wide-ranging topics, with the goal of promoting and supporting our members' academic

research as well as fostering a community-feeling among the programs, faculties, and cultures of Tel-Aviv University. In the weekly meetings, you can expect showcases, interesting speakers, promotion of our members' projects, and organized creative activities in a semi-formal environment. YIF welcomes you to come and learn, network, and enjoy your time with us. If you want to join the YIF family, submit the attached form [HERE](#). We are looking forward to seeing you in our weekly gatherings. Spread the word!

Buddy System

The Buddy System is a project created in collaboration with the Tel Aviv University Student Union especially for international students. It is a group for students, run by students. The Buddy System's goal is to create a united and multicultural campus at Tel Aviv University. The program offers all international students the opportunity to enhance their connection to the city, country, and community by connecting them with Israeli students at events held throughout the academic year. The project is led by four student volunteers and a team of passionate students who want to meet you and make your TAU experience unforgettable. For more information and photos from previous events, see the Facebook page, [TAU Buddy System](#), or email them at: people@taubuddysystem.com

Sports and Fitness

TAU International students have several options for sports and recreation during their time in Tel Aviv:

- **Einstein Dormitory Workout Room**

In the Einstein Dormitory Complex, there is a free workout room available only to students living in the Einstein or Broshim Dormitories. This room has several treadmills, cardio equipment, weight equipment, etc. The Einstein Workout Room is open limited hours as follows:

Saturday-Thursday: 5:00pm-9:00pm

Friday: 9:00am-1:00pm

- **TAU Elite Sports Center**

A much larger and more comprehensive option is for students to join the TAU [Elite Sports Center](#) on campus. Students must sign up for membership directly with the Elite Sports Center; the cost per month is approximately \$65. In addition to providing workout facilities, many classes, and the university's physical education courses, the TAU Elite Sports Center is a key venue for competitive intercollegiate and Israeli league activities in a variety of sports. The sports center is equipped with an Olympic-size swimming pool, floodlit tennis courts, a basketball court, a running track, yoga and pilates classes, and a soccer stadium. The Goldreich Multipurpose Sports Building houses fitness and weight rooms, squash courts, and a gymnastics hall. Membership entitles students access to all of the before mentioned perks. Please note that students may have to provide additional medical clearance forms for use of the gym facilities.

External Sports & Fitness Options

In addition to beautiful weather and numerous pedestrian paths which allows for biking, running and walking outdoors year-round (free!), Tel Aviv and Ramat Aviv have a number of options for fitness classes, yoga, pilates, Crossfit, gyms, sports complexes, pools, etc. You can find a list of suggested options from the Secret Tel Aviv (expat) community [here](#). There are also many yoga and Pilates classes taught in English in the city. If you don't see the option listed on the web site of a studio, call and ask as it might be possible but just not listed as an option. Compared to the U.S. and other countries, the cost of joining a private gym or taking exercise classes (such as yoga) can be slightly more expensive than one might find at home. For students looking to play tennis, there is an [Israel Tennis Center](#) location in Ramat Hasharon (15-20 minutes from TAU) which may be of interest.

Volunteer and Internship Opportunities

Tel Aviv University believes in encouraging its students to be involved, caring, active citizens who are committed to effecting social change and constantly improving Israeli society. Students interested in volunteer and internship opportunities should contact TAU International office once they arrive at Israel. In addition, occasionally Service Learning courses are offered for credit within the study abroad course offerings – be sure to keep an eye out for those on our courses pages! Some fields of volunteering opportunities are:

- Education
- Refugees
- Women's Rights
- Environment

TAU LGBTQ Community

TAU LGBTQ group is happy to welcome you to campus! Our group is a Loving home to all gay, lesbian, bi, trans, queers and confused friends. We meet every other week for different activities that concern our life on campus and in Israel, followed by a meet up at our local bar for some drinks and hanging out. Most of the weekly meetings are in Hebrew, with all other activities conducted in English and Hebrew. You can [sign up for our mailing list here](#) (Hebrew) in order to stay up to date, and you can find us on [Facebook](#). If you need help with the Hebrew, please ask one of the Student Life Team members for assistance and they will be happy to help.

Food and Living Expenses

Tel Aviv is a relatively expensive city, but it is also possible to economize. Plan to spend up to \$1,200 USD per month for food, independent travel, and incidental expenses. Allow about twice as much for the first month to cover initial purchases. Of course, the amount spent varies per person.

There is no inclusive meal plan at Tel Aviv University. There are several supermarkets nearby, as well as shops that sell prepared foods. University subsidized cafeterias on campus serve excellent kosher meals at very reasonable prices. There are plenty of restaurants and cafés in close proximity to the campus.

Some of the larger grocery store chains in Israel are Supersol (also known as Shufersal), Mega, and Tiv Ta'am. Supersol and Mega are closed on the Sabbath (Saturdays), and everything in the stores is kosher. Tiv Ta'am, on the other hand, sells non-kosher products and is open on Saturdays.

Also open on Saturdays is AM:PM, which is a grocery chain that sells fresh produce and most staple groceries. As the name suggests, AM:PM is also open all night long.

The two main health food chains are Teva Kastel (many locations throughout the city) and Eden (in Gan Ha'ir shopping center - Ibn Gvirol Street at the corner of Hadassah Street). Many international products are also available at these stores. If you are looking for marmite, sushi rice, curry, or root beer, this store is for you!

Another great way to shop is by visiting the outdoor markets. Carmel Market, located at the intersection of King George, Allenby, and Sheinkin Streets, is a great place to get anything you might ever need. Beyond food, the market also has shops that sell flowers, hardware, clothes, and many other items.

There are many free cultural events and the beach is free, but concerts, designer shops, and eating out can add up. The costs of living will therefore very much depend on you. We suggest that you consider adopting the eating habits of Israelis - fruit and vegetables are relatively inexpensive and readily available. Chicken is the most popular meat, as beef is costly and features less prominently in the Israeli diet.

On Campus Food

Almost every building on campus has a cafeteria - go out and explore your culinary choices! Here are some options:

- Aroma- Coffee shop in the Diaspora museum (it's near the OSP office).
- Main Food court - In Sharet building (McDonalds, Salad bar, Italian food, etc.)
- Coffee Star- Coffee shop, Hummus, sushi and snacks. In front of the food court, across the Sharet building.
- CafeNeto- coffee shop, sandwiches, salads, hot lunch and more at the Gilman building.
- Japanika: Sushi, Noodles and other Asian cuisines. Right outside the main gate of TAU.

All campus cafeterias should have vegan friendly options.

Post Office

There is a post office located just outside the main gate of the University on Levanon Street, across from the main entrance to the University. There are many services and products offered, including postage stamps, phone cards, fax services, money exchange (with better rates than at the bank), and money orders via Western Union. You can even buy a credit card and pay most of your bills there. For more information about Israel's Postal Services visit their [website](#).

You should allow at least ten days for a letter mailed from Tel Aviv via standard airmail to be delivered in New York. Mind this gap in time when you send a letter home and vice versa. For reduced delivery time, mail may be sent by Special Delivery Airmail from the United States or by Express Mail from Israel at an additional charge. Packages may be sent by air or surface mail, the latter taking up to several months for delivery. Packages sent by mail may be subject to duty charges.

For students living in the dormitories, mail that is sent to the university is delivered to a mailbox at the Tel Aviv University International Office. You must check this box daily for your mail and messages. All TAU international students are welcome to direct their mail to the international office if they prefer to do so.

Mail should be addressed to:

Your Name
c/o Tel Aviv University International
Tel Aviv University
Carter Building, Room 108
Ramat Aviv, Tel Aviv 69978 ISRAEL

Israel is seven hours ahead of Eastern Standard Time (for example, when it is 4:00 a.m. in New York, it is 11:00 a.m. in Tel Aviv). Keep in mind that Israel follows a slightly different changeover schedule for daylight savings time.

Mobile Phones

We recommend carrying a mobile phone with Israeli phone numbers at all times.

If you choose to pre-arrange a SIM card and mail it to our office, the address is:
TAU International, Tel Aviv University, Carter Building Room 108, 6997801 Ramat Aviv Israel

Alternatively, you can purchase a mobile phone or SIM card once you arrive on-site. Our Student Life Team can help guide you in the process if needed once you arrive. There is free Wi-Fi on campus and in TAU Housing that you can connect to in order to make What'sApp calls and messages while you await an Israeli SIM card or phone.

Disclaimer: *We do not officially partner with any companies and have no financial agreements with them. This list is provided as a service to students; you are free to choose from the many companies that exist in Israel.*

Providers for Local Customers

These companies usually have lower prices, and physical locations for you to pick up SIM cards. They might not have English-speaking customer service or experience working with visitors to Israel.

[Golan Telecom](#)

- Monthly plans range from NIS 24 – 99.
- Order SIM cards [online](#) or [at a store](#).
- Cards will be delivered by the Israel Postal Company within a few days.

[HOT Mobile](#)

- Monthly plans range from NIS 35–45.
- Order SIM cards [online](#) or [at a store](#).
- Cards will be delivered by courier within three business days.

Providers for International Customers

These companies may be slightly more expensive, but they cater specifically to short- and long-term international visitors. They usually don't have local offices, but they do have English-speaking customer support.

[019 Mobile](#)

- Biweekly plans are US\$ 18; monthly plans are US\$ 28.

- Order SIM cards [online](#).
- Sim cards are delivered to Ben Gurion airport for free.

[TalknSave](#)

- Short-term (one-week to three-month) plans range from US\$ 39.97 to US\$ 157.50. Details are available [online](#).
- Long-term (monthly) plans range from US\$ 19.97 to US\$ 59.97. Details are available [online](#).
- SIM card delivery to the United States is free for students.
- SIM cards can also be delivered to the TAU International Office.

[Israel Phones](#)

- Short-term (one- to six-month) plans range from US\$ 32-79. Details are available [online](#).
- Long-term (monthly) plans are NIS 99. Details are available [online](#).
- SIM cards are delivered to Ben Gurion Airport for free, or to an address in the US for \$15.
- SIM cards can also be delivered to the TAU International Office.

[1simhub](#)

- Short-term (one-week to three-month) plans range from US\$ 33 to US\$ 45. Details are available online.
- Long-term (monthly) plans range from US\$ 25 to US\$ 45. Details are available online.
- SIM cards can also be delivered to the TAU International Office.

Tips

- Incoming calls are free of charge; you pay only for outgoing calls.
- If you bring an unlocked smartphone, you can purchase a SIM card for it.
- If you need to purchase a phone, most companies offer an inexpensive, basic model for about 400 NIS.
- Most everyone in Israel uses [WhatsApp](#) – be sure to download it as you will find it to be an easy way to communicate here and abroad.

Upon arrival, students are sent a Google form on which they are required to give their Israeli mobile phone number to the TAU International Student Life Team so that they will be included in the program's emergency contact services. In this form, students are also asked to provide updated Emergency Contact Information in case of emergency. Should any contact information change during the course of the program, it is the student's responsibility to inform TAU International Student Life Team of this.

Internet Access

You can log on to the following WIFI networks while on the TAU campus:

Free-TAU Password: free-tau (if this doesn't work try freetau)
Public-TAU Password: publictau
Dorms: You will find this information at your arrival.

School and Office Supplies

For Office supplies, books, Stationery items, etc., you can go to "**Bug**", On the corner of Chaim Lebanon and Einstein St., near TAU main gate and behind Hahug Hatzfoni bar. 037292345, Sun-Thurs: 8:30am-8:00pm, Fri: 8:30am-2:00pm. This is an office supplies store which is conveniently located at the main entrance of Tel Aviv University and sells most of the necessary supplies you will need for your academic studies. There you will find everything from pens and notebooks, to printers and USB memory sticks/flash drives. Students with a photo student ID receive a discount.

In addition, there is also a store located in the Ramat Aviv Mall as well as stores all over Tel Aviv.

LIFE IN TEL AVIV

Greater Tel Aviv-Yafo is a world-class academic hub and a popular destination for international students. Four universities and a dozen colleges throughout Israel offer a wide range of programs - from short semesters to full degrees, all taught in English. Together with top academic programs, Tel-Aviv-Yafo offers young people a dynamic student life. Lonely Planet ranked Tel-Aviv-Yafo as number 3 in the hottest destinations for 2011, thanks to its bustling nightlife, lively art scene, and 14-kilometer beach. One out of three residents in the city is between the ages of 18 and 35, making it a perfect location to study!

Tel Aviv was established in 1909, by a group of Jewish families from Jaffa, a port city which has been inhabited for over seven thousand years. Tel Aviv originally began where Jaffa ended, however in 1950 the two cities were united into a single municipal entity. Tel Aviv-Jaffa is now Israel's cultural as well as financial center, a mix of antiquity and innovation, and the center of Israel's high-tech industry and youth culture.

Tel Aviv is the center of Israeli industry and commerce. Israel's only stock exchange as well as nearly 40% of the country's finance and banking industry is located in Tel Aviv.

High-tech is Israel's number one industry and has been the engine of Israel's rapid economic development over the last decades, even in the face of a global economic crisis. Israel has the largest number of startup firms per capita of any country and the second largest concentration of high-tech companies (after Silicon Valley). As a city that encourages innovation and creativity, Tel Aviv is the heart Israel's high-tech and information-based industries, home to most of the country's startup companies.

Lonely Planet magazine has ranked Tel Aviv third on its list of Top Ten Cities to Visit, calling it "a truly diverse 21st-century Mediterranean hub" and "by far the most international city in Israel." In 2012 MasterCard reported Tel Aviv was the fifth most visited destination in all of Africa and the Middle East. Thanks to its 14-kilometer-long beach strip, in 2010 National Geographic magazine included Tel Aviv on its list of "World's 10 Best Beach Cities," along with Barcelona and Rio de Janeiro.

Unique in its status as a major center of industry as well as a hub of youth culture, Tel Aviv is located on the Mediterranean coast and enjoys, on average, 318 sunny days a year. The city's public beaches are meticulously

maintained and are open to visitors year-round, encouraging everything from laid back sunbathing on the sand to sporting activities such as wind surfing – a sport in which Israel won its first Olympic gold medal in 2004.

Tel Aviv has the largest concentration of nightclubs and restaurants in Israel, despite being the country's second most populous city. Nightlife thrives in Tel Aviv due to the city's high percentage of residents between the ages of 18 and 34. Some are students at Tel Aviv University, some are young entrepreneurs, many are artists come to experience Israel's most vibrant city.

Find more information and recommendations here:

- [City of Tel Aviv](#)
- [Tel Aviv Entertainment Guide](#)
- [Ministry of Tourism](#)
- [Secret Tel Aviv](#)
- [Tourist Israel](#)

Did you know?

Tel Aviv, "The White City", is a UNESCO World Heritage Site. Tel Aviv is home to over 5,000 Bauhaus buildings - the largest concentration per city in the world. In recent years, the city has been undergoing a massive reconstruction and preservation effort, which has earned it the status of a world heritage site by UNESCO. Take a tour of the buildings at the [Bauhaus Center webpage](#).

Sustainability in Tel Aviv

From local organic community gardens to large organizations fighting for national laws on environmental issues, Tel Aviv is the heart and mind of environmental initiatives in Israel and houses the offices of most of Israel's numerous environmental NGOs (non-governmental organizations). Together with the increasingly influential work of these NGOs, a new generation of environmentally conscious Israelis is growing and developing. Check out more information at [Smart City – Environment & Energy](#).

Vegan Friendly

Tel Aviv is recognized by many as the vegan capital of the world. Look for the '[Vegan Friendly](#)' sticker on food and toiletries products, and on the front of shops and restaurants.

Beaches

Tel Aviv has excellent public beaches with changing rooms, restrooms, and cafes right on the sand. Beach chairs and umbrellas are available for a small fee. For more information, including directions, please visit the following links:

[North beaches](#)
[South beaches](#)

We're sure you will enjoy the beaches – it's a highlight of the city for sure! That said, we want to remind you of the very important Tel Aviv Municipality [guidelines](#) for beach safety:

- Swimming at the Tel Aviv beaches is prohibited when there is no lifeguard on duty.

- Outside of Tel Aviv, we strongly recommend that you never enter the water if not in an area where there is a designated lifeguard on duty.
- Bathers must comply with the lifeguard and rescue guards at all times.
- Swimming/entering the sea is prohibited when the black flag(s) is raised. Even if the sea looks calm, a black flag indicates dangerous currents. Do not enter the sea in this case.
- Building a fire is prohibited on beaches.
- Rescue services at the Tel Aviv beaches are available during the following hours: July 1- October 8: 07:15am- 16:45pm – do not swim outside of these hours.
- Never swim while intoxicated.

Shopping Centers

The closest shopping center to the campus is the [Ramat Aviv Mall](#), which is a five-minute walk from the University's main gate, at 40 Einstein Street. The mall has a large supermarket and two levels of shops, restaurants, cafes.

Other Shopping centers in Tel Aviv are:

- [TLV Fashion Mall](#)
- [Sarona Shopping Complex](#)
- [Dizengoff Center](#)
- [Azrieli Center](#)
- [Sarona Market](#)
- [Gan Ha'ir](#)

Tel Aviv has a number of open-air markets, which are open from early morning to early evening, Sundays through Fridays. The word in Hebrew for market is 'Shuk'.

Open-air markets in Tel Aviv:

- [Shuk Hacarmel](#) - The largest and best market for fresh fruit and vegetables, cheese, meat, Asian and other specialty foods, cleaning supplies, inexpensive clothes, and every other consumer item under the sun. Begins at the corner of Allenby and King George Streets.
- [Nahalat Binyamin Market](#) - An arts and crafts market held every Tuesday and Friday with live music and entertainment. On the Nahalat Binyamin pedestrian-only street, right off Allenby Street and parallel to Shuk Hacarmel.
- [Levinsky Market](#) - A wonderful street market for spices, nuts, dried fruit, etc.
- [Jaffa Flea Market](#) (Shuk Hapishpeshim) - Second-hand clothes, furniture, and general household items. In Jaffa.
- [Givon Square Market](#) – Second hand and antique market open every Tuesday and Friday.

Other Local Attractions can be found on these webpages:

- [Eye on Israel](#)
- [Tourist Israel](#)
- [Get Your Guide](#)
- [Tel Aviv Global City Guide](#)

Transportation

Bikes & Scooters

Biking and scooting around Tel Aviv are very popular forms of transportation.

For scooter rentals, we can recommend downloading these apps:

- [BIRD](#)
- [Lime](#)
- [Wind](#)
- [Leo](#)

These all offer scooter rentals which are scattered around the city.

For bike rentals you can try there apps:

- [Tel-O-Fun](#); a municipality-run bike rental system
- [Mobike](#).

It is important to remember that riding bikes and scooters in Israel is allowed on bike lanes only, or - in case there is no bike lane – on the road, not on sidewalks. Wearing a helmet is also mandatory while riding a bike or scooter.

Be aware that the TAU International insurance plan does not cover injuries relating to extreme sports.

Public Transportation

Useful Apps to download before arriving:

- [Moovit](#)
- [Gett Taxi](#)
- [Waze](#)

It is very easy to travel within Tel Aviv by bus, foot, or bicycle, depending on the distance. For example, the ride from the city center to the university is 30 minutes by bus, even though the distance is just a few kilometers. If you live in Ramat Aviv, you can walk to the university. If you live in the city center, it is possible to walk to the beach and ride a bike to almost anywhere in the city. Buying and maintaining a car is very costly, and parking is a very time consuming and expensive endeavor. If you plan to go out at night, your best bet is to take a taxi.

General information on buses: www.bus.co.il/en, Tel. 1-900-72-1111

Please note that most public transport in Israel stops on Shabbat; though intercity sherut taxis do continue to operate.

Buses in Tel Aviv no longer accept cash on board. All riders must have a [Rav Kav](#), which is a rechargeable electronic bus and train card. There are several types of Rav Kav: Anonymous, Non-Anonymous, and a Student Card called the "StuDan" which is offered at reduced student prices for semester/year programs only, that can be worthwhile if you use it daily. You can also get a regular Rav Kav (anonymous or not) and charge it at stations as needed.

To receive the Rav Kav card, please bring your student ID, passport and an approval letter from TAU (available from the TAU International office), to any train Station or the Central Bus Station (7th floor), Sundays through Thursdays from 8am to 6pm, Fridays 8am to 1pm.

Buses

Israel has several bus companies. The main 3 are:

- Dan
Tel: 03-6394444 www.dan.co.il/english/ -
Sun-Thurs: 5:30am-midnight, Fri: 6:00am-3:00pm
Sat: End of Shabbat-midnight.
- Egged
Tel: 03-6948888 (Dial 3) www.egged.co.il/eng
Sun: 6:30am-11:00pm, Mon-Thurs: 7:00am-11:00pm
Fri: 8:00am-3:00pm, Sat: End of Shabbat-midnight

Night buses (Kavei Layla) are available on Thurs and Sat night. For more information please dial "Call Kav" hotline at *8787.<http://www.kav-layla.co.il/> (Hebrew)

Bus Line	Destination	Company
24 & 25	The City Center, Shuk HaCarmel (the main market), Allenby, Rothschild, Dizengoff Center	Dan
171	Azrieli Center, Central Bus Station	Egged
7	TAU Train Station, Arlozorov Train/Bus station	Dan
274	Azrieli Center	Egged
289	Ibn Gvirol, Rabin Square	Dan
90	Herzliya: Arena Mall/Marina, Herzliya Pituah (with restaurants, bars and clubs).	Metropoline
480	Jerusalem Central Bus Station. From Arlozorov Bus Station (near Savidor Mercaz Train Station).	Egged

Shabbat buses

Recently Tel Aviv has started operating a Saturday (Shabbat) bus system service. Find more info [here](#).

Trains

[Israel Railways](#)

Tel: 03-5774000 or *5770, www.rail.co.il/en

Sun-Thurs: 6:00am-11:00pm, Fri: 6:00am-3:00pm

Sat: End of Shabbat –11pm

The [University train station](#) is about 20 min walk from the dorms.

Click [here](#) to plan your train trip.

Sherut Service

These min-bus taxis run on designated routes the same as busses do. Some will accept the Rav Kav as a form of payment though some will accept only cash.

Taxi

- “Gett” App – Allows to both order a taxi easily by pressing a button, and to pay with your credit card by inserting its details and information. Possibly the best way to order taxis in Israel. Can also be used in English.
- Your driver has to put on the meter. We call it “MONEH”.
- A taxi for the university to the city center should cost NIS 40-60, not more!
- A ride out of the city (between cities) has a fixed price. Ask the driver to show you the printed price list.
- There is a day rate and a night rate and a rate for Saturday
- There are many taxi operators in Tel Aviv, the closest to university is a cab station in front of the Ramat Aviv mall.

Driving in Israel

Students holding a valid foreign driver's license should be able to rent and drive cars in Israel. Many rental companies are located on HaYarkon Street, near Frishman Street. Students may also consider signing up for a car sharing service such as Car to Go or [AutoTel](#). Tell them you're a student at TAU - they may give you a discount.

Religious Life in Tel Aviv

Below is a list of places of worship in Tel Aviv-Yafo, please contact them directly for times of worship.

Judaism

- [Conservative/Masorti- Kehilat Sinai](#)
- [The New Kehila](#), Ramat Aviv
- [Chabad](#)
- [Progressive/Reform- Beit Daniel](#)

Christianity

The Fellowship of Christian Students in Israel (FCSI)

This is a sister organization of InterVarsity USA and IFES Europe, and seeks to equip Christian students on campus with bible studies, prayer meetings, pastoral care, trainings and conferences. International Christian students can often feel as a minority group here, so it is important for us that their mental, spiritual and emotional well-being is taken care of. This organization can also help by connecting students with local churches and congregations. For more information, please contact Kevin (050-301-4332 kevin@fcsi.ws) and Lavinia Nalty (058-683-8653 lavinia@fcsi.ws)

Other options for services:

- [Lutheran- Immanuel Church](#), Jaffa (English services)
- [Roman Catholic- St. Peter Church](#), Jaffa (English, Italian, Spanish, Polish, and German services).
- [St. Anthony of Padua Church, Jaffa](#) (English and Arabic services)
- [Greek Orthodox- St. Michael Church, Jaffa](#) (Greek services), Phone: 03-6823451

Islam (Sunni)

- Al-Ajami Mosque, Jaffa
- Mahmoudiya Mosque (Great Mosque), Jaffa
- Al Bahr Mosque, Jaffa
- Hassan Bek Mosque, Tel Aviv

Jewish and National Holidays

All Jewish Holidays (and Shabbat) begin and end at sunset. That means that the holiday begins at the sunset of the holiday eve, and ends at the sunset of the holiday day (24 hours in total). Their precise dates on the Gregorian calendar change from year to year. The High Holidays (Rosh Hashanah and Yom Kippur) will take place in mid to late September. Sukkot follows in the beginning of October. Other main Jewish holidays include Hanukkah, Purim, Passover, and Shavuot. There are also a number of national civil holidays celebrated in Israel including Holocaust Memorial Day, Memorial Day for Fallen Soldiers and Victims of Terror, and Independence Day. More details about these special days are provided below. Both Hillel and the Buddy System provide holiday-related programming throughout the academic year, and international students will be notified of all.

Rosh Hashanah - The holiday represents the beginning of the Jewish year and civil calendar; its name in Hebrew means "The Head (beginning) of the Year." The holiday is a time when people look back at the occurrences of the past

year and think about how they plan to make changes in the upcoming year. Families gather to share a large festive holiday meal.

Yom Kippur - The most solemn day of the Jewish calendar, Yom Kippur occurs 10 days after Rosh Hashanah. This "Day of Atonement" is a fast day, and is usually observed by attending synagogue to repent and ask forgiveness. It is said that on Rosh Hashanah, God writes the judgment of every person in the "Book of Life" and on Yom Kippur, the book is signed and sealed. Thus, the ten days between the two holidays is a time to ask forgiveness from others. Please note that most of the country literally closes down during Yom Kippur, including transportation.

Sukkot - Translated as "The Feast of the Booths" and also called the "Feast of the Tabernacles", Sukkot is both a religious and agricultural holiday. The holiday commemorates the forty years that the people of Israel wandered the desert after the exodus from Egypt. The holiday is also a celebration of the harvest season in the region. During the holiday, families erect booths (*sukkot*) outside their homes, in which they sit to eat their meals and even sleep at night. In order for a booth to be 'kosher', its occupants must be able to see stars through the roof of the structure.

Hanukkah - Known as "The Festival of Lights," Hanukkah tells the story of assimilation, suppression, and the fight to maintain the Jewish faith in the face of secularizing Hellenism. During the holiday Jewish people light an eight-pronged candelabrum to symbolize the eight days that the oil burned in the Temple after it was reclaimed from the Hellenists. The connection with oil extends also to the food that is customary to eat during the holiday - jelly-filled donuts and *latkes* (potato pancakes).

Tu B'Shvat - The "New Year for the Trees" is celebrated by planting trees in Israel and eating different kinds of fruit and nuts. The holiday is another agricultural holiday that has its roots in the "Mishnah" (rabbinical commentary on Jewish law).

Purim - Purim commemorates the time in which Jewish people living in Persia were saved from extermination at the hands of Haman, the king's advisor. On this holiday, the Scroll of Esther is read twice, small gift packages of goodies are sent to friends, money is given to charity, and people dress up in costume and celebrate.

Passover - Commemorating the exodus from Egypt, this holiday is observed in a number of ways. During the first night, the story of the flight from Egypt is recited around the dinner table. Throughout the weeklong holiday, there is a very rigid dietary requirement of not eating bread or any other leavened food. In fact, Israeli law prohibits the sale of these items during Passover, so you may choose to stock up in advance.

Holocaust Memorial Day - Starting at sundown, TV broadcasts and radio programs are dedicated to the subject of the *Shoah* (Holocaust). A two-minute air siren goes off at 10:00 the following morning. During the siren people drop whatever they are doing in order to stand in silence and contemplation. Memorial ceremonies are held at the University and main city squares (Rabin Square in Tel Aviv).

Memorial Day for Fallen Soldiers and Victims of Terrorism - One week after Holocaust Memorial Day, Israel commemorates its soldiers who have fallen in battle as well as the victims of terrorism. A siren is sounded at 8:00 pm and again at 11:00 am the following morning. It is customary to stop and stand in silence during the sirens. Local radio and television channels will also broadcast programs commemorating the fallen, as well as events leading to the creation of Israel and its subsequent wars. Ceremonies are held both on campus and at Rabin Square. Immediately at the conclusion of Memorial Day (*Yom Hazikaron*), Israel's Independence Day begins.

Israel Independence Day - At the precise moment that Memorial Day ends, Independence Day (*Yom Haatzmaut*) begins - drawing an inseparable link between fallen soldiers and victims of terrorism and the country's independence. The mood instantly changes as people celebrate Israel's independence. Ceremonies are held at night in Rabin Square,

and the next day many people celebrate by getting together with friends and family for a barbeque (*mangal* or *al ha'esh*).

Shavuot - This holiday is otherwise known as *Chag Matan Torah*, the holiday to commemorate when the Jewish people received the *Torah* (first five books of the Bible) at Mount Sinai. Shavuot comes 49 days after Passover, and illustrates that while the children of Israel were physically released from bondage on Passover, they were redeemed from idolatry and immorality by receiving the *Torah* on Shavuot. On this holiday, it is customary to eat dairy products, particularly cheesecake, and study *Torah* through the night.

Tisha B'Av - Occurring on the 9th day of the Hebrew month of *Av*, this is a day of fasting and mourning in commemoration of tragedies that have befallen the Jewish people. According to tradition, both the First and Second Temples in Jerusalem were destroyed on this date.

If you would like to find out more about the Jewish holidays, a great resource is the [Jewish Virtual Library](#).

For the full calendar of Jewish holidays and Observances visit [this website](#).

Additional Holidays

For a list of Muslim, Christian, Druze, Bahai, and other holidays which may be observed in Israel please visit [this webpage](#).

Working Weeks and Hours in Israel

The Israeli work week is from Sunday through Thursday, with a few offices also open on Friday mornings. The weekend for most office workers is Friday and Saturday. At Tel Aviv University, courses are held and administrative offices are open from Sunday through Thursday, although some academic activities do occur on Friday mornings. Stores in Israel are generally open from Sunday through Friday afternoon. Some malls and stores also open for Saturday evening shopping.

Usual working hours in Israel are from 8 or 9 AM to 4 or 5 PM.

Saturday (Shabbat)

Saturday is the rest day, on which shops and public offices are normally closed. Some shops and restaurants in Tel Aviv are open on Saturday. Public transportation does not run on Saturday in Israel, however Tel Aviv has a special bus service that runs on Saturday. For more information on public transportation see the section on public transportation above.

Travel and Activities

TAU IntlGrad sponsored social activities and trips

We encourage travel extensively throughout Israel. For University-sponsored trips, students should bring a backpack large enough to carry one change of clothes, sturdy walking shoes, a hat and a sleeping bag (or sheets and blanket). Your sleeping bag can also double as an extra blanket in your dorm room during the winter months. If you are an avid hiker, you may want to bring a larger backpack, sleeping bag, hiking boots, a flashlight, and a mess kit.

All trips organized by the IntlGrad student life team are partially subsidized. In fee will be payable through your TAU student portal account once you register for the trips. All trips and social events will be advertised in the IntlGrad Newsletter and on the [TAU Intlgrad Facebook](#) page at least 2 weeks ahead of time,

Independent student travel

The IntlGrad student life team will be more than happy to assist you with suggested trips and places to visit. We will also be regularly updating you on the exciting events happening in and around the Tel Aviv area such as festivals, film events, conferences, and exhibitions.

Dues to safety concerns TAU International recommends not to travel to the West Bank, the Sinai Peninsula, Gaza, Lebanon and Syria during a student's program at TAU. Students are encouraged to check with the Student Life Team to understand the most up-to-date safety and security updates and can also consult the U.S. State Department web site (or your home embassy web site) and Israeli Home Front Command for more information.

Useful Online Resources

- [Eye on Israel](#)
- [Tourist Israel](#)
- [Get Your Guide](#)
- [Tel Aviv Global City Guide](#)

Media Sites

- [Haaretz](#)
- [Jerusalem Post](#)
- [Ynet](#) (affiliated with Yedioth Acharonot)
- [Times of Israel](#)

We will see you soon in the beautiful city of Tel Aviv!!!