

TEL AVIV UNIVERSITY INTERNATIONAL

Study Abroad & Short Term Programs

Pre-Departure Handbook

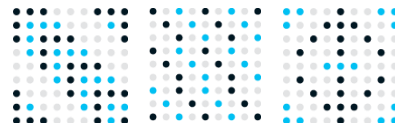
2021-2022

Tel Aviv University International

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www.international.tau.ac.il



WELCOME FROM THE DIRECTOR OF TAU INTERNATIONAL

We congratulate you on your admission to Tel Aviv University International. 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.

Whether you are coming for a Short Term Program, a Study Abroad Semester or Year, an Exchange Program, or you are here conducting Independent Research, you will join other students from all over the world to embark on a unique personal and academic journey. Your experience will surely prove both challenging and rewarding.

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,



Ms. 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*, your Student Life Team, 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 the year we 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 available on our on call number 24/7 for support or 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 Student Life, and to make your stay in Israel as enjoyable as possible. We hope you are excited to get started and that you will take advantage of everything in your academic as well as in our Student Life program.

We look forward to meeting you at the orientation and to spending a great time with you! Here's some ways we can get started knowing each other:

- Email: madrichimosp@mail.tau.ac.il
- Facebook: <https://www.facebook.com/madrichim.tau>

Shiri Mass,
Head of Students Life & The Madrichim (Student Life Team)

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 worldwide. 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 on the regulations issued by the Ministry of Health.
- There may be changes in transport arrangements and routes.

TAU does not guarantee assistance to students regarding entry into Israel. Please take that under consideration while planning your trip.

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](#).

Important TAU Contact Information

External Telephone Numbers in Tel Aviv

Information	144
Police	100
Ambulance (and First Responders)	101
Fire Department	102
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

if you are in Tel Aviv or outside Israel EXCEPT for the U.S. - TAU International 24/7 Emergency Contact Information

- 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
 *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.

University campus security: 03-6405555

- In Case of Emergency in Israel Outside Office Hours -**
 Please call the Student Life Team Member on call: 052-5346188

if you are in the U.S. - 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, TAU International New York
 Monday-Friday, 9am-5pm EST
 Tel: (212) 742-9030, (800) 665-9828
 After Hours Emergency Number: +1-973-919-5988*

Calendars

- The Study Abroad Semester Calendar [can be found here](#).
- The Calendar for Summer and Short Term Programs [can be found here](#) and the Summer Timetable (Course Times for Summer Programs) [can be found here](#).



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

Payment and Fees

Tuition fees includes administration fees, health insurance, access to university libraries (semester/year), and a number of cultural events and trips. Your TAU Student Portal online account profile serves as your bill and record of payment. Please note that all tuition fees are due in advance. Students may not enter the dormitories or begin classes until fees are paid in full or alternate arrangements with Tel Aviv University International are confirmed in writing.

All fees are payable via the payment methods listed below:

- A bank check or a personal check made out to 'Tel Aviv University'.
- A credit card: Visa, MasterCard, Discover Card and American Express are accepted through your online profile.
- A deferred payment plan: an easy plan of equal, interest-free payments can be designed for you. Please contact our office for specific information and to set up your plan. The cost of the payment plan is \$100. Not all programs are eligible for this.
 - For DPP with credit card (all countries) - joanep@telavivuniv.org
 - For DPP with checks (only from Israeli accounts)- via the Israeli office: intl@tauex.tau.ac.il
 - For DPP with checks (only from American accounts)- via the US office: joanep@telavivuniv.org
- Government-sponsored student aid/loans.
- External scholarships disbursed directly to TAU.

Conditional Fees

All Conditional Fees policies are [found here](#).

Refund Policy

Notifications of withdrawal must be made in writing. Refunds are determined by the date of our receipt of the notice. The official Refund Policy is on the TAU International Office web site [found here](#).

Late Payment

All Late Payment policies are [found here](#).

Program Dismissal

Tel Aviv University reserves the right to dismiss any student whose conduct or academic standing warrants such action. In the event that a student is asked to leave the program, no refund of any fees will be granted. Please refer to the Letter of Agreement which all students must sign and submit before beginning their program.

Withholding Diplomas & Transcripts

It is Tel Aviv University official policy to withhold diplomas and transcripts if all financial obligations have not been met. In the event that a diploma or transcript is withheld due to an unpaid bill, a student will be required to make payment in order to release any of the aforementioned documents.

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. Should a student depart early from a program (which is not permitted by TAU International) there may be repercussions for MASA awards in these cases as well. Students should check MASA terms and conditions for more information on this.

Visas and 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 in 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.

IMPORTANT INFORMATION FOR STUDENTS ARRIVING IN BEN GURION AIRPORT

you will be handed a small blue permit slip as shown below at the Israeli border control at Ben Gurion Airport. Please keep this and do not discard it at any time.



Student Visas

Students who do not hold an Israeli passport should consult with the Israeli Embassy in their home country regarding visa and entry regulations. For more visa information, please click [here](#).

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.

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: Telephone: 03-6408118; Email: intl@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.

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

Please refer to [Israel Ministry of Foreign Affairs](#) for more information.

Packing Essentials

Clothing

Campus dress is casual. Most students attend classes and campus events in jeans and T-shirts. You may want to bring modest attire (skirts or dresses, shirts, shorts, etc. that cover the shoulders and knees) for visits to religious sites in Israel. You should plan to bring some semi-formal attire for professional meetings and networking, special occasions and nights out but in general dress in Israel is fairly casual. As dry cleaning is relatively expensive in Israel, please bring clothes that can be easily cleaned. During the hot summer months, the traditional casual dress code becomes even more relaxed due to extreme heat and humidity - 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 a minimum. The electrical current in Israel is 220 volts, 50 cycles. You may be able to bring a transformer for certain basic appliances, such as a hair dryer, but these are also easily purchased in Israel. Some more basic appliances cannot be converted which is why it may be better to buy them in Israel. Most laptops do not need transformers, but require a small inexpensive adaptor. Check with your home electronics store or computer company (Apple, etc.) for advice.

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 very limited 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/carry them on the flight. It is not recommended to ship any luggage to Israel for the duration of your stay, as incoming goods may be taxed if they are shipped. 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. In general, shipping things to Israel in any method is strongly encouraged and not a great experience.

Arrival Information

Study Abroad students must thoroughly review our [TAU International Arrivals Site for Study Abroad Students](#) for the most updated and detailed information on housing check in, arrival day, orientation schedules, and more.

Flight and Arrival

You are responsible for making your own travel arrangements. There are group flights organized through our New York Office which depart from New York; seats on these are booked through our designated travel agent in New York and are first come, first serve. For more information on this, please contact our [New York Office](#).

Late Arrivals

All students who are unable to arrive on time must inform us ahead of time by completing a Late Arrival Form found on the [Arrivals Web Site](#). For students living in on-campus housing, if we are not informed ahead of time of a late arrival there is a good chance we will not be able to check you into the dorms when you arrive. In addition, there are limitations as to how late we can allow a student to arrive to a program. For these reasons, it's important to notify us – whether or not you are living in TAU housing – about a late arrival as soon as possible using the form. Please note that early check-ins are never permitted.

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.

Getting to/From TAU Housing

The [Arrivals Web Site](#) has comprehensive information on getting to/from TAU Housing from Ben Gurion airport.

Group Flights

If you are arriving on the designated TAU International group flight, TAU International representatives will meet your group at Baggage Claim and help you proceed to the designated TAU buses which will take you to your appropriate campus housing placement. The bus will not make any other stops other than TAU Housing. Students not on the designated group flight will not be able to join the TAU organized bus to the housing placements.

Housing

The two TAU dormitory complexes are adjacent to campus: Broshim and Einstein. Most of our study abroad and short-term students will live in **Broshim Dormitories**. Click [here](#) to see the location of the dormitories on the TAU map.

The Broshim Dormitories are conveniently located within a 10 minute walk from campus. In the new complex designed especially for international students, you can enjoy a single bedroom located either in a shared or studio apartment. All Broshim living spaces are furnished and contain a kitchenette, bathroom, wifi, A/C and heating, and cable TV. In addition, on Broshim premises, you have easy access to a self-service laundry facility, a student lounge, a full-size grocery store, a café, and more.

Depending on enrollment, there may be cases where Study Abroad students are housed in off-campus TAU Apartments (pending home university approval). The TAU Apartments are located in the exciting Tel Aviv city center within a 30-minute commute of campus and a transportation stipend is provided to students placed here. The furnished apartments are shared living spaces consisting of 2-3 bedrooms (with 2 students per bedroom), 2-3 bathrooms, a kitchen, and sitting area. All apartments also have wifi, A/C and heating.

In all TAU Housing options, you are expected to provide your own bedding supplies and linens (pillow, sheets, towels, comforter), kitchen utensils, and cleaning supplies.

While you cannot make specific requests for housing placement locations (for example, request to be placed in a TAU Apartment versus in Broshim), during the application confirmation process you will have an opportunity to request specific roommates or suitemates. We do our best to accommodate such requests, but it is never guaranteed and you should not assume otherwise. Students may also indicate during the confirmation process if there are special circumstances to take into consideration for housing purposes. We cannot guarantee special accommodation requests can be met, but we do what we can to accommodate needs when possible. You will receive your housing location (address) in the weeks leading up to arrival. However, your specific roommate assignments will not be released prior to arrival. You will find out your exact apartment or dormitory number, and your roommate information, when you check in on arrival day. There are no exceptions to this.

All students living in TAU Housing are required to attend a mandatory session during orientation day which provides in-depth information on Housing Rules & Regulations. You are required to sign a Housing Contract upon arrival as well.

For more comprehensive information on housing, please [click here](#).

For any inquiries regarding housing please email housing@tauex.tau.ac.il.

Off Campus Living (Non-TAU Housing)

Some international students choose to live in off-campus apartments. Students wishing to do so should keep in mind that 1) they must obtain permission from their home school before choosing this option and submit this permission to TAU International; and 2) housing in Tel Aviv can be very expensive and time-consuming to find.

If you live in Ramat Aviv (the neighborhood where TAU is located) you can walk to TAU. However, living in the city center of Tel Aviv allows you to have access to the beach and the city action. From the city center, the bus takes anywhere from 40 to 60 minutes to reach the university and traffic can be an issue. Due to the difficulty of finding an apartment in Tel Aviv, students are advised to set time aside specifically for apartment hunting prior to the start of the program.

We have a resource guide which gives some advice to students in the process of securing your own off-campus housing. Please note the TAU does not – and cannot – assist beyond supplying this information for you. To receive the Off-Campus Housing Tips document, please contact housing@tauex.tau.ac.il.

Academics

Accreditation

For information on Accreditation and academic oversight, please see our [Academic Policies](#) web page.

Orientation Days: Welcome Orientation & Academic Orientation

Following Arrival Day, a mandatory Welcome Orientation takes place for all students. Its purpose is to familiarize new students with their programs, Tel Aviv University, Tel Aviv, and Israel.

Welcome Orientation will include:

- Information and instructions regarding Safety, Health, Security and Well-Being
- Introduction of the Student Life Team (Madrachim)
- Information session for TAU housing
- Getting familiar with campus organizations and services

Study Abroad students who study with us for a Fall or Spring semester or a Full Year also receive a separate, comprehensive, and mandatory on-site **Academic Orientation** (and detailed [Academic Handbook](#)). Course registration happens prior to a student's arrival and details can be found in the Academic Handbook. Academic Orientation will include:

- Academic policies and procedures at TAU International
- Moodle, TAU Student Account Access & TAU App Overview
- Other important academic information

Academic Handbook

All study abroad courses, syllabi and the Academic Handbook can be [found here](#) for Fall, Spring and Full Year Study Abroad (click on the tabs to alternate between semesters/years). For summer, syllabi can be found on the Curriculum tab of the program web sites.

Learning Accommodations

In accordance to University guidelines, TAU International may be able to accommodate students with learning disabilities or accommodation requests if these requests are also honored at the student's home university or home school. To be considered, students must submit official documentation from their home school or university (if not in English, translated into English by notary) to TAU International in advance of arrival describing in detail any specific needs they have and how these are accommodated at the home school or university. Students must also bring a copy of this documentation with them on-site and give it to their faculty on the first day of class while introducing themselves so that the faculty know who they are and what sorts of needs or accommodations they may have.

Without official documentation from the home school submitted on or before the first day of courses, TAU will not be able to honor accommodation support.

With supporting documentation and by following the correct procedure as outlined above, TAU International and its faculty will do the best it can to make any suitable accommodations possible. However, we cannot guarantee that all accommodations received at the home school can be similarly met at TAU. For example, TAU is usually not able to

offer note-taking services in English, private testing rooms, or advance viewing of classroom presentations, exams, or assignments.

It may be an option to provide a student with additional tutoring or support outside the classroom as needed. Students should be aware that this additional support cannot be guaranteed and is based on teacher availability in the subject as well as the specific student level. If available, the cost of additional tutoring or support will be the sole responsibility of the student.

For more information on accessibility at Tel Aviv University International, please click [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 Israel for explanations about the major holidays celebrated in Israel.

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](#) - Click [here](#) to find the building you are looking for.

Google Maps also has a goody 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

TAU International Student and Campus Life



To complement your academic experience, TAU International puts great emphasis on the cultural and social component of your TAU experience.

Our Student Life Team (Madrichim) are here to help you with all the non-academic components of your 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:

madrichimosp@mail.tau.ac.il. Note that we are restricted from speaking with your parents due to privacy laws; it is best if you (the students) contact us always directly unless you are unable to.

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. They will do this while also providing you with the tools to help you to integrate independently into Tel Aviv's vibrant cultural scene.

Safety and Security

The safety of our TAU International students is our highest priority. Information regarding safety and security is given to all international students at a mandatory student orientation session upon arrival to campus and can also be [found here](#). In addition, this information is shared with student's pre-arrival as a section of our Pre-Departure Handbook in order to prepare students for life in Israel and Tel Aviv. Students are encouraged to read this information very carefully and have it accessible during their stay in Tel Aviv. In addition, every student is provided with a Welcome Kit upon arrival listing the telephone numbers of all relevant personnel and campus offices (such as the TAU International Office staff), TAU Security Department contacts, instructions on medical care and emergencies, and the mobile numbers of the TAU International Student Life Team who can be contacted in case of emergency 24 hours a day, 7 days a week including holidays.

Campus and Dormitory 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.

In dormitory complexes, no one is admitted without a dormitory clearance chip (FOB); dormitory areas are exclusively for residents. Temporary guest passes can be obtained but guests must be identified by a dorm resident and follow guest procedures with the main security desk in order to be granted entry permission.

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 (see details under "Telephone Services"). 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 private Facebook page of our Student Life Team so that this can also be used as an additional method of updating and reaching students.

Additionally, US citizens are advised to register for the U.S. Embassy's STEP program. This can be done either in person, or online at: <https://travelregistration.state.gov>. A member of the U.S. Embassy's American Citizens Services unit based in Tel Aviv also comes to campus each semester to speak to students regarding STEP and other Embassy safety and security resources available to students.

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 see these and 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.

Information Specific to Israel Regarding Safety and Security

Please click [here](#) to read more information about how to react in case of a siren and to review the current list of protected spaces (shelters or “Miklat” in Hebrew) on campus, including in the dormitories.

Health Insurance and Services

TAUI’s insurance is provided by “Menora” Insurance Company. The policy covers medical services by healthcare provider “Kupat Holim **Leumit**”, at Leumit clinics throughout Israel.

For your convenience, we have assembled a list of guidelines for receiving medical services:

- **Membership Card** – upon joining the insurance, you will receive a magnetic "**Leumit**" card (this card is personal and non-transferrable), which will allow you to receive medical service at Leumit clinics.
- **Leumit Clinics and Family Physicians** – we recommend that you locate a clinic close to your home and join their patient list. When you first visit the clinic, please go to the office and register with a family physician.
- **General and specialty Physicians** – to make an appointment with a general or a specialty physician, please call the Leumit Call Center at ***507 (for English press 4)**. Please note: some specialty physicians require a referral (“Hafnaya”) from your general physician. Please make sure to consult with your general physician prior to setting an appointment. Some of the examinations/ services outside your “base/home” clinic also require a monetary commitment form (called “Tofes 17”), please make sure to inquire with the secretary at your home clinic prior to making the appointment, so you can come prepared.
- **Emergency Dental Care** – kindly note that dental care is not covered by the policy. Emergency treatment / first aid **only** will be provided in Leumit clinics – please call the **Leumit** Call Center at ***507**.
- **Medications** – medications included in the "Health Service Package" and prescribed by a physician may be received **only** at Leumit clinic pharmacies or at “Super-Pharm” chain – please note that the “Super-Pharm” chain doesn’t accept digital prescriptions, only printed on paper and signed by a physician.
- **Home Visit** – you may request that a physician come to your home, with no deductible, from 7:00 pm through 7:00 am the next morning, or when the clinic is otherwise closed (Shabbat, holidays, etc.). Home Visit Call Center: **1700-505066 or *9101, press 2**.
- You can also call the Call Center at ***507** to consult with the on-duty nurse.
- **Tel Aviv Emergency Center** – in emergency cases, you may visit the Emergency Center at Yigal Alon st. 90.
- **Emergency Room Visit** – emergency room visits will only be covered in full if referred by a physician, thus it is recommended to go to the emergency room after obtaining a referral from a physician or from an on-duty nurse at the ***507** Call Center.

Please make sure to inform a TAU International Student Life member if you have a medical emergency requiring an ER visit or hospitalization. They are able to accompany you or assist by phone if needed.

- **The “Menora” Insurance Call Center is at your disposal 24/7 at: *2000**. Please note you will need your Leumit number as identification when calling the “Menora” Call Center.

Important: if you feel sick in the morning, do not wait until the afternoon. Afterhours medical services are significantly reduced. **Remember:** the best time to schedule a doctor’s appointment is when the clinic opens.

Psychological Support for TAU Students

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).

Initial intake costs vary and are 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 their other 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.

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 sessions take place either at Mitchell Student Center or at Carter Building.
- When cancelling an appointment, students must call or e-mail their psychologist directly 24 hours in advance. Otherwise, they will be charged.
- Confidentiality and privacy: The content of psychological and psychiatric appointments is 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. If a case is determined to be a clinical emergency, confidentiality can be broken, but only to ensure the safety of the student.

University Psychological Services Contact Information and Fees

Ms. Lena Arbiv, secretary of the University's Psychological Services
03-6408505, clinic@post.tau.ac.il
Eric Mitchell Building, Room 216
Open 8:30 am – 2:30 pm, Sunday - Thursday

Please note: if you have an 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.

For more comprehensive information on health insurance and coverage information, please [click here](#), and for inquiries regarding health insurance, please contact our Housing & Health Insurance Coordinator at housing@tauex.tau.ac.il.

Personal Health Insurance – for Travel Abroad (Outside Israel), etc.

TAU suggests that students consider carrying private comprehensive health insurance. In the event that a medical need arises that is excluded by the policy - such as a pre-existing condition or prescriptions – your insurance may enable you to recover those costs.

Please make sure that you have insurance coverage that is effective throughout Israel if you plan on being in the country before the program begins. If you plan on traveling abroad either during or after the program, please ensure that you have insurance coverage that is effective anywhere you intend to travel.

For an additional fee, students may be able to extend their insurance coverage outside of their program dates if they plan to remain in Israel for a short time after the program ends or before it begins. Students can discuss this option with the TAU International [Housing and Health Insurance Coordinator](#) and will be given instructions for how to enroll in this option if suitable.

Health and Safety Tips

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 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

Discrimination

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.

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.

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.

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.

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 are asked to do three things:

- 1) Check with the Student Life Team regarding travel plans while students are in the planning phases. 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.
- 2) Complete an [Independent Student Travel Form](#). This form allows the Student Life Team to know student whereabouts and how to contact the student in Israel or abroad in case their usual mobile number will not be available.

This Google form is shared with students at the beginning of each semester and students should complete it each time they travel outside the program, even for day trips.

3) Ensure that proper health insurance coverage is secured prior to travel, if traveling outside Israel.

Because of 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.

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 at: <http://www.tau.ac.il/libraries-eng.html>

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. Student studying abroad in the summer term only on a short term program are not allowed to check out books although they are allowed library access and can browse books within the libraries.

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 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, click [here](#) or email tlvmun.secgen@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. This club is open only during Spring Semesters. Please contact Tel Aviv University International for more information.
- **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](#).

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 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. In addition, biking and scooting around Tel Aviv is very popular. Regarding the city's bike rental program. For scooting, please download the [BIRD](#) app. 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.

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

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 talk with the Madrichim in the TAU International Office when they get to 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 Group

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 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 always call or look for us on Facebook! If you need help with the Hebrew, please ask one of the Student Life Team 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 \$1,300 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

In each building there is a nice Cafeteria - go and explore your culinary choices! Here are some options:

- Aroma- Coffee shop in the Diaspora museum (it's near the OSP office).
- Main Cafeteria - In Sharet building (McDonalds, Salad bar, Italian food, etc.)
- CafeNeto- coffee shop at the Gilman building.
- Japanika: Sushi, Noodles and other Asian cuisines. Right outside the main gate of TAU.

Post Office

There is a post office located just outside the main gate of the University on Chaim 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 go to: <http://www.israelpost.co.il/>

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 central mailbox outside the Tel Aviv University International Office. You must check this box daily for your mail and messages. 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 require all of our students to carry mobile phones with Israeli phone numbers for the duration of the program.

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](#)

[TalknSave](#)

[Israel Phones](#)

[1simhub](#)

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.
- Most everyone in Israel uses What'sApp – 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 [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 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 in your [Welcome Kit](#).

School and Office Supplies

For Office supplies, books, Stationery items, etc., go to "[Bug](#)", at Ramat Aviv Mall. Phone: *6974, Sun-Thurs: 10:00am-9:00pm, Fri: 9:00am-3:00pm.

An office supplies store 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. 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.

There is also a print shop called [Copy Center](#). Phone: 03-744-7924, email: ta@ccta.co.il open Sundays through Thursdays from 08:30-18:00. It is located at Beit Hatfutsot (ANU) building, opposite Carter Building.

About Tel Aviv-Yafo

Greater Tel Aviv-Yafo is a world-class academic hub and a popular destination for international students. Four universities and a dozen colleges 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.

- City of Tel Aviv: <http://www.tel-aviv.gov.il/english/>
- Tel Aviv Entertainment Guide: <http://telavivcity.com/eng/>
- Ministry of Tourism: http://www.tourism.gov.il/Tourism_Eng

- Secret Tel Aviv: <https://www.secrettelaviv.com/>



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.

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: <http://www.bauhaus-center.com/>

Transportation

Useful Apps to download before arriving:

- [Moovit](#)
- [Gett Taxi](#)
- [Waze](#)
- [Bus Nearby](#)
- BIRD, Lime, Wind – all are electric scooter rentals – you MUST wear a helmet; it's the law! And be extremely careful on these!!!!!!

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

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 and an approval letter from TAU (available from the TAU International office), to the Arlozorov Bus Station or the Central Bus Station (7th floor), Sundays through Thursdays from 8am to 6pm, Fridays 8am to 1pm.

Your Rav Kav card can also be used on trains and on Sherut taxis, excluding on Shabbat.

Buses

- Dan Buses: Tel: 03-6394444 www.dan.co.il/english/ -
Sun-Thurs: 5:30am-midnight, Fri: 6:00am-3:00pm
Sat: End of Shabbat-midnight.
- Egged Buses: 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)

Shabbat buses

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

Trains

Israel Trains: 08-6831222 or *5770, www.rail.co.il/en
Sun-Thurs: 6:00am-00:00pm, Fri: 6:00am-3:00pm
Sat: End of Shabbat –11pm
The train station is about 25 min walk from the dorms.

Sherut Service

Between a taxi and a small bus, costs are the same as a bus (6-10 NIS per ride).

Gett/Taxis

MAKE SURE YOU KNOW:

- "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 50-60, 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 (the night rate is more expensive 9pm-5:30am & all of Saturday).
- There are many taxi operators in Tel Aviv, the closest one is a cab station in front of the Ramat Aviv mall.

Bicycling

Bicycling is a very popular mode of transportation among local residents, with designated bike lanes along major roads. The Tel Aviv-Yafo Municipality has begun a new project called Tel-O-Fun, which includes a number of bike rental stations located throughout the city, similar to programs in major cities in North America and in Europe. For more information, visit <https://www.tel-o-fun.co.il/en/>.

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](#). Tell them you're a student at TAU - they may give you a discount.

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 the **"Hapoalim"** Bank branch near campus:

a. 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–1:30pm
Thursday	8:30am–1:30pm 4pm–6:30am
Friday	Closed
Saturday	Closed

Phone: 03-653-2407

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

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
- Israel post office, Chaim Levanon st 67
- "Leumi" bank branch on Aba Akhime'ir st. 21

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.

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 (according to your area):

[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.

We hope you responsibly enjoy the beach - we are here for you should you want recommendations for beaches or any other activities in Tel Aviv!

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 two large supermarkets and two levels of shops, restaurants, cafes.

Other options in Tel Aviv are:

- TLV Fashion Mall

- Sarona Shopping Complex
- Dizengoff Center, 50 Dizengoff Street, tel. 03-6212416.
- Azrieli Center, off the Ayalon Freeway, tel. 03-6081400.
- Sarona Market
- Gan Ha'ir, designer boutiques, 71 Ibn Gvirol Street, tel. 03-5279111.
- 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.
- 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 - 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 Street - 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.

Other Local Attractions

- The Safari Park – Spacious safari park with zoo and petting corner, Ramat Gan, Tel. 03-6312181.
- Israel Tennis Center, Ramat HaSharon, Tel. 03-6456666.
- For a map of Israel, including sites and attractions, you can visit the website <http://www.eyeonisrael.com>.
- A good resource for travelers is <http://www.tripadvisor.com/AllReviews-g293977-Israel.html>

Religious Life in Tel Aviv

- TAU is host to a diversity of students from various ethnic and religious backgrounds. It is the 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 satisfy the academic requirements involved.
- For the dates of national and Jewish religious holidays, please refer to our academic calendar. On the section on Life in Israel you can find explanations about the major holidays celebrated in Israel.
- Hillel is a student-run organization that provides a variety of programming on college campuses around the world. Throughout the school year, TAU Hillel offers events in English and Hebrew that are open to all regardless of religion or nationality. For more information regarding Hillel, go to [their website](#).

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, Tel Aviv, <http://taliaharris.wix.com/sinai>. The New Kehila, Ramat Aviv, <https://www.facebook.com/HaKehila>
- Orthodox- http://www.rabanut.co.il/show_item.asp?levelId=60315 (Hebrew only)
- Progressive/Reform- Beit Daniel, Tel Aviv, <http://www.beit-daniel.org.il/>

Christianity:

The Fellowship of Christian Students in Israel (FCSI) 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. We also can help connecting students with local churches and congregations. Please contact Kevin and Lavinia Nalty (050-301-4332 kevin@fcsi.ws; 058-683-8653 lavinia@fcsi.ws)

Other options for services:

- Lutheran- Immanuel Church, Jaffa (English services) <http://www.immanuelchurch-jaffa.com/>
- Roman Catholic- St. Peter Church, Jaffa (English, Italian, Spanish, Polish, and German services). St. Anthony of Padua Church, Jaffa (English and Arabic services) <http://www.jaffatsparish.com/services.htm>
- 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 holidays in Israel begin at sundown on the previous day and 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*).

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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: <http://www.jewishvirtuallibrary.org/jsource/Judaism/holidays.html>

Additional Holidays

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

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.

Travel and Activities

We encourage travel extensively throughout Israel. For University-sponsored trips, students need a backpack large enough to carry two changes of clothes, sturdy walking shoes, a hat and a sleeping bag (most youth hostels provide sleeping bags but some do not). 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. There may be some additional tours or activities that will be added during the year and may cost an additional fee. In such instances, participation is optional and the additional fee will be charged in Israel.

We 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.

In terms of independent student travel, all students must complete the TAU International Independent Travel Form before going away for a day trip or weekend outside of Tel Aviv. This form will be shared with students upon arrival. This is so we know where you are and can reach you in case of emergency at all times. Because of safety concerns TAU International strictly prohibits travel to the Sinai Peninsula, Gaza, Lebanon and Syria during a student's program at TAU. TAU International discourages travel in the West Bank. 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

Maps:

- Map of Tel Aviv: <http://www.tel-aviv.gov.il/eng/Pages/mapsnew.aspx>
- Interactive map of Israel: <http://www.eyeonisrael.com>

Resources for Travelers:

- Let's Go Guide: <http://www.letsgo.com/middle-east/israel>
- TimeOut Tel Aviv: http://digital.timeout.co.il/activemagazine/welcome/TO_globalcity2.asp

Media Sites:

- Haaretz: <http://www.haaretz.com/>
- Jerusalem Post: <http://www.jpost.com/>
- Ynet (affiliated with Yediot Acharonot): <http://ynetnews.com>
- Times of Israel: <http://www.timesofisrael.com/>

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