



# TEL AVIV UNIVERSITY INTERNATIONAL

## 2023-2024 Handbook





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## Before You Start

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 or Full Degree Program, or you are here conducting your PhD or Postdoc Research, you will join other students and scholars 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 Lowy International School 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.

We are happy to introduce our **Online Handbook** – your immersive “A-Z” guide for all matters related to life at TAU, from arrival to departure.

In this Handbook, you can find some useful links to different pages on our website with the most updated information about various matters, as well as written **sections with information that currently cannot be found online**. An online version of these contents will be available soon.

Our dedicated staff members 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!

Looking forward to seeing you on our campus,

Ms. Maureen Meyer Adiri



Director of Tel Aviv University Lowy International School

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## General Background

In this section, you will find some general background information about TAU, TAU International, and the city of Tel-Aviv:

1. **Academic Calendar**
  - a. [Degree Programs](#)
2. [Virtual Campus Tour](#)
3. [About Tel-Aviv](#)
4. [About Tel Aviv University](#)
5. [About TAU Lowy International School](#)

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## Preparing for Discovery: Post-acceptance & Pre-arrival Info

Did you receive your acceptance letter from TAU? Congrats!

You can start going over the procedures needed. In this section, you are going to find information on all subjects related to your arrival to Israel and TAU.

Note that the majority of procedures mentioned below can only be initiated only after your official acceptance to TAU, including Visa and Insurance matters.

1. [Cost of Attendance](#)
2. [Visa Information](#)
3. [Insurance](#)
4. [TAU Dorms](#)
5. **Off Campus Housing** – see below
6. [Funding & Scholarships](#)
7. **Packing Essentials** – see below
8. **Arrival at Ben-Gurion Airport** – see below
9. **Arrival at TAU Campus** – see below
10. **End of the Year Ceremony** – see below

All the links above contains full information on their respective subjects, covering procedures, requirements, contact persons and more. The rest of the subjects appear below in the same order as listed.

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## Off-Campus Housing

Many international students choose to live in nearby off-campus apartments.

Sharing a standard apartment with one or two roommates may cost the same as the dorms.

The nearest neighborhood to campus is Ramat-Aviv, which is a walking distance from TAU, but far away from the main attractions located in the city center.

Living in the city center allows you to have access to the beach and the city action, where a bus ride to campus can take between 20 to 45 minutes.

The first question to ask yourself when looking for housing is whether you prefer to live in Ramat-Aviv near the university, or in central Tel Aviv.

Apartment hunting in Tel Aviv can be quite time consuming, and the process might be lengthy.

This can be partially explained by the extremely fast-moving market. Students are advised to set time aside specifically for apartment hunting prior to the start of the program.

**Two to six weeks are recommended for apartment searching.**

It is not common for landlords to agree to rent an apartment while you are still abroad. It is best to meet the landlord and see the apartment for yourself in person after you arrive.

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

There are plenty of real estate brokers, but expect to pay one month's rent as a finder's fee if you find an apartment through them, plus 17% VAT.

You may want to consider finding a **short-term rental for the first couple of weeks** while looking for a permanent apartment.

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

### Apartment Details

- Where is the apartment located?
- How big is the apartment in square meters?
  - On what floor is the apartment? If it is on the ground floor, are there security bars on the windows?

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- What appliances are included in the apartment? (Many apartments do not include major appliances such as an oven, stove, fridge, washing machine or dryer)
- What furniture is included?
- Is there air conditioning? Heating?
- What else is included in the apartment?
- Is there a roommate? What are your impressions of him/her?

### The Area

Visit the neighborhood during both the day and at night to get a feel for the area.

Is it loud at night? Does it feel safe after dark? Is it near a bus route to the university?

### Rent

- What does your rental payment include (water, gas, electricity, maintenance fees, cable Internet, phone, etc.)?
- How often is payment due and in what form: monthly payments or one lump in advance? Should you make the payment via bank transfer? Checks? Cash? **Never pay cash unless you get a receipt!**

### Bills

- How much is Arnona (municipality tax) and water every month?
- Is there an electric heater for water (*Dood Hashmal*) or is it solar powered (*Dood Shemesh*)?
- How much is electricity, on average, per month?
- How much are the maintenance fees (*Va'ad Bayit*) each month?

### Signing the Lease

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

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### Legal consultant

You can get legal advice from the student union's lawyer before signing an apartment contract. There is a free legal consultancy service by the TAU Student Union. To schedule a meeting and find more information, you can go on the [Student Union Website](#).

Working days & hours: Sunday-Thursday, 9:00am-5:00pm.

Office is located in the Mitchell Building, room 112.

For more tips and recommendations on apartment hunting, you are welcome to contact the Student Life Team [madrichimosp@mail.tau.ac.il](mailto:madrichimosp@mail.tau.ac.il)

### Tel Aviv Map

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

### Long-term rentals:

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

- [Janglo](#): (English)
- [Craigslist](#) (English)
- [Homeless](#): (Hebrew)
- [Yad2](#): (Hebrew)

**Facebook groups** are also a very popular way of apartment hunting in Israel.

See below a few groups that may be helpful.

Please note: some of the groups may be private groups (meaning you should ask to join and the administrator needs to approve the request). Do not worry about some of the pages being in Hebrew; you can post in English.

- [Secret Tel Aviv](#)
- [Tel Aviv Apartments Buy Rent Sell Trade!!!!](#)
- [דירות מפה לאוזן בתל אביב](#)
- [Internationals in Tel Aviv](#)

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- [Apartments for singles or couples in Tel Aviv](#)
- [דירות בת"א בצפון הישן ובלב העיר - Apartments in TLV Old North and Downtown](#)
- [Looking for an Apartment in Tel Aviv...](#)
- [דירות תל אביב Tel Aviv Apartments](#)
- [Batim LeOlim - Rentals in Tel Aviv](#)

#### Short-term rentals:

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

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

Name	Street/ Tel Aviv	Tel	Email
<a href="#">Abraham Hostel</a>	21 Levontine St.	+972-3-624-9200	<a href="mailto:infotlv@abrahamhostels.com">infotlv@abrahamhostels.com</a>
<a href="#">Arbel Hotel Apt</a>	11 Hulda St.	+972-3-522-5450	<a href="mailto:sales@arbelhotel.com">sales@arbelhotel.com</a>
<a href="#">Bnei Dan Hostel</a>	36 Bnei Dan St.	+972-2-594-5655	<a href="mailto:telaviv@iyha.org.il">telaviv@iyha.org.il</a>
<a href="#">Dinami Apt</a>	7 Shaul Avigdor St.	+972-3-741-4795	<a href="mailto:dinami@internet-zahav.net">dinami@internet-zahav.net</a>
<a href="#">Dizengoff Square Apt</a>	89 Dizengoff St.	+972-3-524-1151	<a href="mailto:neeamam@netvision.net.il">neeamam@netvision.net.il</a>
<a href="#">Dizengoff Suite Apt</a>	39 Gordon St.	+972-3-523-4363	<a href="mailto:info@dizengoffsuites.co.il">info@dizengoffsuites.co.il</a>
<a href="#">Holiday 2002 Apt</a>	113 Dizengoff St.	+972-3-527-1438	<a href="mailto:dyszelg@netvision.net.il">dyszelg@netvision.net.il</a>
<a href="#">Holiday Rentals</a>	37 Reines St.	+972-3-951-3964	<a href="mailto:Office@Holiday-Rentals.co.il">Office@Holiday-Rentals.co.il</a>
<a href="#">Madness Apt</a>	119-121 Ben Yehuda St..	+972-3-522-9393	<a href="mailto:officeteam@tel-aviv-rental.co.il">officeteam@tel-aviv-rental.co.il</a>
<a href="#">Rothschild Residence</a>	71 Rothschild St.	+972-3-629-0555	<a href="mailto:contact@rothschild-residence.co.il">contact@rothschild-residence.co.il</a>

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Feel free to ask anybody and everybody. This is actually a very effective way of finding housing, jobs, and information. Personal connections go far in Israel, especially since apartments come and go very quickly in the city.

We are happy to help, even if it is just to brainstorm ideas about finding what is right for you.

You may want to consider widening your search to the nearby cities **Ramat Gan** and **Givatayim**, or other towns a little further from campus (25-45 minutes by bus or by train), such as Herzliya, Ra'anana, Kfar-Saba, Holon and Rehovot.

You can try these Facebook pages:

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

### Com-Unity

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

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

The prices include:

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

This might be a very good option for international students who would like to integrate into a young and local community. For more info, please check out the project's [website](#).

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## 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 quite 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 excursions as well as your own sightseeing, a pair of good walking shoes is necessary.

### Organic and Natural Products (Cosmetics, Toiletries, Cleaning Supplies)

There are several chain stores, as well as independently owned shops, in Israel selling natural and/or organic products. These products are generally quite expensive but can be found nevertheless. In case of allergies requiring you to use these sorts of products, we recommend bringing an initial supply from home if possible to give yourself some time to find an equivalent here in Israel.

### 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 local doctor or pharmacist provide a generic name for reference.

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In addition, if you send 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**

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.

For residents of the dorms, it is recommended to keep minimal electrical appliances.

### **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 many buildings in Tel-Aviv, including the **Einstein dormitories**, don't have an elevator, and you may find yourself having 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.

Another issue is that it is not always possible to know how long the shipment might take.

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 go 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 not a great experience, and we recommend avoiding it when possible.

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## Arrival at Ben-Gurion Airport

### When you Land

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 you are not staying in TAU Housing upon arrival, make sure that you have made previous arrangements for housing (hotel, short term rental, a friend, etc.). Keep the details (address, etc.) of your accommodation with you to give to passport control as needed.

After inspection, you will receive a blue note with your passport's details.



This note is very important, as it is your Entry Visa in Israel, and it holds higher authority in case of contradiction with the visa printed in your passport.

It is of utmost importance that **you keep a copy of this note** as long as you are in Israel – once you get it, please upload it to your Student Portal profile as soon as possible.

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## Arrival to TAU Campus

### Arriving by Train

Arrival to campus by train from Ben-Gurion Airport is very simple, there is a frequent line headed from the airport to all of Tel-Aviv train stations.

Your destination is 'Tel-Aviv University Station'; you can find updated schedules at all times on the railway company's [website](#).

The train ride is approximately 30-40 minutes from the airport.

Tel-Aviv University Station has two exits, remember to **take the exit on the left**, leading to a set of escalators through a long tunnel.

**Broshim** - Broshim Dormitories are a short walk from University Train Station, although be mindful that some of this walk is uphill and on stairs.

We recommend consulting Google Maps or the campus map ([click here](#)) for more information.

**Einstein** – From University Station you can either take a short cab ride to the Einstein Dorms (about 25-30 ILS), or you can take the bus from the train station to the Einstein Dorms (bus number 7 or bus number 45; ask for help at the station if needed).

**Note there are no trains or buses on the Sabbath (Friday afternoon until Saturday evening) and most Jewish holidays.**

### Arriving by Taxi

The cost is about 150 ILS from the airport to the Einstein or the Broshim Dorms. More expensive on Sabbath and holidays.

You should only get a taxi at the airport from the official Ben Gurion Airport Taxi Stand that is outside the doors of the airport (there will be signs pointing you to the stand when you walk through the airport). We strongly recommend that you do not accept a taxi ride from anyone offering inside the airport – these are not regulated taxis and the fare could be much higher.

It is recommended that you have cash (ATM's are inside the airport) for the taxi, although some will take credit cards (always let the driver know before you get in the taxi that you want to pay with a credit card in case that is a problem).

Einstein dorms address: *Chaim Levanon Street 63.*

Broshim dorms address: *George Wise Street 20.*

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## Day One: Your To Do List

### Bank Account (Relevant for research programs only)

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 any Israeli bank branches overseas, since their information does not transfer to their local equivalents in Israel.

#### Opening an Israeli bank account

As far as we know, the bank most experienced in working with international students is "*HaPoalim*", which has two branches close to campus:

##### Avivim Branch

Address: Brodetski Street no. 43

##### Ramat Aviv Gimel Branch

Address: Aba Akhime'ir Street no. 33

#### Instructions:

- [Schedule an appointment](#)
- When you schedule an appointment, you need to input an Israeli phone number and get a confirmation code.
- The number is insignificant to the account and only used for the scheduling. Please ask your lab mate or a friend to use their Israeli Phone number if you do not have one.
- 

#### Required details and documents 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  
(any formal letter which states that you are a student at TAU during this academic year)

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#### Other banks around campus:

Israel post office – [Chaim Levanon st 67](#)

"Discount" branch – [Yehuda Ha-Nasi st. 34](#) \*Does not provide credit cards to foreigners not from the OECD. (As of 2023)

"Leumi" branch – [Brodetski st. 43](#)

"Leumi" branch – [Aba Akhime'ir st. 15](#)

"Leumi" branch – [Rav Ashi st. 18](#)

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

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

#### Updating your account details on the TAU systems

Students and researchers must update their bank account details on the system in order to be able to pay tuition and/or receive scholarships and monthly salaries.

For students **up to PhD level**, please login to the [Personal Info](#) system. On the menu panel on the left, choose the second item on the second section – **Updating Bank Info**.

If you are a **postdoc or visiting researcher**, you will receive specific instructions from your department after your arrival to Israel.

If you wish to pay tuition via bank transfer or DPP, please follow the instructions presented [here](#).

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## Student ID

All students and researchers at TAU have an identification card and a personal ID number.

The ID number is required to login to all of TAU systems and to activate your TAU email account.

ID numbers for internationals are generated automatically by the TAU administration systems. You will receive your ID number shortly before your program or upon your arrival (depending on program).

Student cards are issued automatically to all students in TAU International degree programs, **up to the Master's level.**

**PhD students** must fill an [online form](#) after arrival, and the card will be prepared within 3-4 weeks. You can only order a card after you receive your ID number for the TAU help desk.

**Postdoctoral fellows** can order an ID card at [MyTAU](#):

1. Click on עדכון פרטים אישיים (For English, hover with your mouse over the Hebrew text).
2. In the screen that opens; to change the language to English, click on "Change Language" (top left corner of the screen).
3. Now your personal details will appear on the screen. To order your postdoc card click Order Post-doc Card>>
4. The Research Students Office – Ms. Raya Lipcer: [rayalipc@tauex.tau.ac.il](mailto:rayalipc@tauex.tau.ac.il) will update you once the card is ready.

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## SIM Cards & Cell Phones

We recommend always carrying a cell phone with an Israeli phone number.

Our office can offer you upon arrival a FREE SIM CARD charged for 10 days, with options for discounted profiles starting the 11<sup>th</sup> day.

You can come to our office (Carter Building, room 108) and collect it as soon as you enter campus, no need to schedule in advance (office hours are 09:00-15:00).

**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 any other company you find suitable.*

### Providers for International Customers

These companies may be slightly more expensive, but they cater specifically to short- and long-term international visitors. Some of them do not have local offices, but they do provide service in English.

1. [o19 Mobile](#)
2. [TalknSave](#)
3. [Israel Phones](#)
4. [1SIMHub](#)

### 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.

#### [Golan Telecom](#)

- Order SIM cards [online](#) or [at a store](#).
- Cards will be delivered by the Israel Postal Company within a few days.

#### [HOT Mobile](#)

- Order SIM cards [online](#) or [at a store](#).
- Cards will be delivered by courier within three business days.

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### Extra Tips

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

## Rav-Kav Card (Public Transportation Card)

Buses in Tel Aviv do not accept cash.

### Payment Methods:

1. **Rav-Kav card:** a rechargeable electronic card.
2. **Phone Apps:** [Moovit](#)/ [Rav-Pass Hop On](#)

### Rav-Kav Card Info

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 public transport daily.

In order to issue the card and charge it for the first time, you must visit a Rav-Kav office; later you will be able to recharge it with your phone using the [Rav-Kav app](#) (NFC supporting devices only).

### Rav-Kav Offices

There are two Rav-Kav offices approximately 15-20 minutes away from campus.

The first is at [Savidor Center](#) train station, and the other is at [35 Ibn Gabirol st.](#)

Opening hours are 07:00 to 19:00 (Closed on Shabbat and holidays).

### Documents required for student discount

1. Passport
2. TAU Student ID Card
3. Certification of Studies: **Students up to PhD level** can issue certifications on the [Personal Info](#) system. **Postdocs and visitors** can obtain it by contacting the Research Students’ Office – Ms. Raya Lipcer: [rayalipc@tauex.tau.ac.il](mailto:rayalipc@tauex.tau.ac.il)

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## TAU Systems

You will most certainly meet several systems over your time at TAU, whether you are a student or an employee. The systems are all connected to your TAU email address that will be automatically given to you upon arrival. The following credentials will allow you to log in to all the systems:

1. TAU Username – your username is identical to your email address, without the “@” suffix.  
For example: for the address [someone@tauex.tau.ac.il](mailto:someone@tauex.tau.ac.il), the username is “someone”.
2. TAU ID Number – your personal student/employee ID, see details here.
3. Password – be sure to choose a strong password, with at least one uppercase letter or number.

### Activating TAU Email

In order to set up the account, press [here](#) and enter your details.

Please note that your initial password consists of the last four digits of your student ID, as it appears on your student card. You must change your password upon your first-time logging into your TAU email.

### [MyTAU](#)

This system connects all other TAU systems and online services, including library search engines, personal academic and administrative information, access to MS Office applications and more.

The main page is in Hebrew, but you can see an English translation of each link by hovering over it with your computer’s mouse.

### [Student Personal Info System](#)

In this system, you can view all your personal academic information, including classes schedule, exams timetable, courses grades and more.

You can also order various certifications and transcripts using this system.

### [Moodle](#)

All your courses will appear on this system, where you can find all the reading materials, assignments and messages uploaded by your professors.

For TAU researchers and employees, the system will show various tutorials, assigned annually by your department.

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## Our Campus – Your Playground: Student Life and Campus Utilities

The links in this section will take you to different pages on our website, with everything you need to know about TAU campus, from social life to safety and security.

1. [The Student Life Team – \*Madrichim\*](#)
2. [TAU Merchandise](#)
3. [Student Union & Communities at TAU](#)
4. [TAU Libraries](#)
5. [Cultural Diversity on campus](#)
6. [Safety, Health & Wellness](#)
7. [Campus Accessibility](#)
8. [Hebrew Language Studies](#)
9. [Campus Map](#)

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## The Tel-Aviv Life: Useful Services and Things to Explore

This section offers information regarding your everyday life in Tel-Aviv and in Israel in general. You are always welcome to contact the [Student Life Team](#) if you have any questions.

### Useful Apps

Here you can find recommendations for phone apps that will most definitely serve you over your time in Israel. These applications can come useful in many aspects of your life as a “Tel-Avivian”.



#### [WhatsApp](#)

The most widely used Instant Messaging application in Israel. The vast majority of people in Israel use it to send and receive messages and many businesses offer online service with it.



#### [Rav-Kav](#)

This app allows you to charge your Rav-Kav card, purchase bus and train tickets, and more. You can read more about it [here](#).



#### [Moovit](#)

One of the most trustworthy navigation apps for public transportation in Israel. It presents updated information about all bus lines, trains and other means of public transport in all regions of the country, including fares, timetables, and recommended routes.



#### [Wolt](#)

The quickest and most varied delivery service for food and groceries, in and out of Tel-Aviv. The Wolt delivery service is used by most restaurants and supermarkets in Tel-Aviv, and takes varied delivery fees according to the distance – 12-18 NIS.

The app works in all other cities in Israel, with their local food places.



#### [Kvisi](#)

Laundry cleaning delivery, handling all types of fabric with multiple options and methods.

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## Food & Supermarkets

There are many different supermarket chains in the Tel-Aviv area, most of them charge similar prices for various products, and they are spread across the city.

Note that most supermarkets in Israel are closed during Shabbat (Friday afternoon – Saturday evening), except for specific, slightly more expensive chains:



[Super Yuda](#) (24/7)



[AM:PM](#) (24/7)



[Tiv Ta'am](#)

If you have any kind dietary preferences, it is good to be familiar with the logos below.

You can find them on top of all suitable products in all supermarkets and stores.



= Vegan food and products.



= Gluten free products.



= Products with high levels of (left to right): Sugar, Sodium and Saturated fat.



= Healthy products, according to the recommendations of the Israeli Ministry of Health.

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## Public Transportation

### Buses

Busses in Tel-Aviv can take you just about anywhere in Israel, with lines moving each day from the early morning hours until late at night. The best way to keep track on all the busses and their routes, and to figure which ones will serve you best while moving around the city, is with the mobile app [Moovit](#).

Note that most public transport in Israel **doesn't run on Shabbat** (Friday afternoon to Saturday evening). However, Tel-Aviv municipality operates local shuttles with stations around central parts of the city (including TAU Campus, near the main gate), which you can ride free all day long. Information about these shuttles can also be found on Moovit.

For intercity travel during Shabbat, there are service taxis (big yellow minibuses) operated by private companies. You cannot use Rav-Kav on these taxis, they work with cash only.

### Train

The Israeli railway reaches almost every big city, with four different stations in Tel-Aviv alone. Full information about fares, timetables, etc... can be found on the [Railway website](#).

### Bikes & Scooters

Scooters and bikes are the most popular means of transportation among Tel-Avivians. You can find them scattered all around the city and activate them with their corresponding app. The most common ones are [Bird](#), [Lime](#), and [Wind](#).

**IMPORTANT** – it is mandatory to **ride with a helmet at all times**.

Anyone riding without a helmet is not only endangering their own personal safety, but might also be fined by the local authorities for **at least** 250 NIS.

In areas with roads designated for bicycles and scooters, it is also strictly illegal to ride on the sidewalk.

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## Postal Services

There is a post office located just across the street outside the main gate of the University, on Haim Levanon Street. For more information about Israel's Postal Services visit their [website](#).

Most overseas deliveries takes about 10-14 work days to arrive abroad from Tel-Aviv. For reduced delivery time, you can use Express Mail with an additional charge.

Packages sent by mail may be subject to tax charges.

We strongly recommend that you use our office address for all your incoming mail and packages, whether you live in the city or in the dorms. Once we receive your mail, we will contact you by email and let you know that it has arrived. You are welcome to pick up your mail at your own leisure during our office hours: Sunday to Thursday, 09:00 to 15:00.

Our full address:

*C/o Tel Aviv University International*

*Tel Aviv University*

*Carter Building, Room 108*

*Ramat Aviv, Tel Aviv 69978 ISRAEL*

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## Shopping Centers & Open Markets

Near the main gate of TAU campus – Einstein gate, there is a students' bar, few restaurants, and a store for school and office supplies at relatively cheap prices.

On Einstein Street, you can find a small supermarket and a convenience store across the street.

Five-minute walk from the main gate, at Einstein St. 40, you can find the [Ramat Aviv Mall](#).

The mall has a large supermarket, pharmacy, and two levels of various shops and restaurants.

Other two nearby small centers, about 10-15 minutes' walk from campus, are the [Brodetzky Center](#) and [Shuster Center](#).

Other recommended shopping centers and malls in Tel Aviv:

- [Tel-Aviv Port](#)      - [Dizengoff Center](#)
- [Azrieli Center](#)      - [Gan Ha'ir](#)
- [Sarona Market](#)      - [TLV Fashion Mall](#)

Tel Aviv has several open-air markets (*Shuk* – שוק), which are open Sunday through Friday, from early in the morning. Here are some notable and highly recommended markets:

- [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 Street.
- [Nahalat Binyamin Market](#) – An arts and crafts market held every Tuesday and Friday with live music and entertainment. On the Nahalat Binyamin pedestrian-only street, right off Allenby Street and parallel to Shuk HaCarmel.
- [Levinsky Market](#) – A wonderful street market for spices, nuts, dried fruit, etc.
- [Jaffa Flea Market](#) (*Shuk HaPishpeshim*) – Second-hand clothes, furniture, and general household items. In Jaffa.

Other suggestions for local attractions can be found on these webpages:

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

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## Get Set for Non-stop Discovery at TAU!



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