



**TEL AVIV UNIVERSITY**  
INTERNATIONAL

# Welcome Kit

**Important Information about Tel-Aviv,  
the University, and Student Life**



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## Greetings from the Student Life Team (Madrichim)

### Dear Students,

We, the Madrichim (Student Life Team) would like to welcome you to Israel, to Tel-Aviv and to Tel-Aviv University! We the Madrichim are in charge of all social activities such as field trips, activities, cultural events and much more! Our goal is to expose you to the diverse experiences Israel has to offer, and to create a meaningful social community! We live in the Einstein dorms with you, so we are always available if you have any questions, problems, or if you just want to chat. In addition, you will always find one of us at the TAU International Office between 9 AM to 3 PM, Sunday-Thursday. In short, we are here to help you find your way around, and to make your stay in Israel as enjoyable as possible.

### How can you contact us?

E-mail address: [madrichimosp@mail.tau.ac.il](mailto:madrichimosp@mail.tau.ac.il)

Facebook account: [Madrichim TAU](#) (send us a friend request ☺)

Phone or WhatsApp:	<b>Head Counselor</b>	<b>052-5255137</b>
	<b>Guy</b>	<b>052-8023794</b>
	<b>Sahar</b>	<b>054-6988245</b>
	<b>Tomer</b>	<b>050-4566669</b>
	<b>Michal</b>	<b>054-5880038</b>

### Let's sync our timetables!

The best way to stay updated about our shifts and activities is to add our calendars to your Google Calendars. With our Activities schedule (<https://tinyurl.com/y5docvyj>) you won't miss a single trip, and with our Shifts schedule (<https://tinyurl.com/y5docvyj>) you will know who is "on duty" every day.

## Important Telephone Numbers and Information

### External Telephone Numbers

- Police 100
- Ambulance (Magen David Adom) 101
- Fire and Rescue 102
- Electric Company 103
- Tel-Aviv Municipality 106
- Information 144
- House Call (Doctor) \*6101
- Health Insurance Helpline 1800-260-660
- Ichilov Hospital/Sourasky 03-6974444
- The Association of Rape Crisis Centers:
  - Hotline for women 1202
  - Hotline for men 1203

### Helpful TAU Extensions

- TAU International Office 03-6408118
- University Campus Security 03-6405555
- TAU Psychological services 03-6408505

### Wi-fi on campus

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

## Mobile Phones

**We require all of our students to carry mobile phones with Israeli phone numbers** for the duration of the program. This is the primary way we communicate with you in case of emergency or urgent situation.

Prior to arriving, you can pre-arrange a SIM card and mail it to our office (address at Post section)

Alternatively, you can purchase a mobile phone or SIM card once you arrive. You can [get in touch](#) with our Student Life Team if need assistance.

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

### Providers for Local Customers

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

#### [Golan Telecom](#)

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

#### [HOT Mobile](#)

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

### Providers for International Customers

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

#### [019 Mobile](#)

- Biweekly plans are US\$ 18; monthly plans are US\$ 28.
- Order SIM cards [online](#).
- Sim cards are delivered to Ben Gurion airport for free.

#### [TalknSave](#)

- Short-term (one-week to three-month) plans range from US\$ 39.97 to US\$ 157.50. Details are available [online](#).
- Long-term (monthly) plans range from US\$ 19.97 to US\$ 59.97. Details are available [online](#).

- SIM card delivery to the United States is free for students.
- SIM cards can also be delivered to the TAU International Office.

### Israel Phones

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

### Tips

- Usually 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. Note: you must unlock the phone prior to coming; you cannot do it here.
- If you need to purchase a phone, most companies offer an inexpensive, basic model for about NIS 400.
- 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.

## Information for Dormitory Residents

We welcome you to the Einstein and Broshim Dormitories. Note that all rules and regulations are found on the [Student Dormitory Regulations page](#). The following information is a brief summary. Please read this document in order to help you understand the norms and behavior expected of you in the living quarters.

Every apartment has a kitchen equipped with: a refrigerator, electric stove, microwave, dining table and chairs. **Please take good care of these appliances and keep them clean**, especially the refrigerator (defrost it if necessary).

Fire Alarm System: Smoke detectors are located in all apartments and public areas. It is strictly forbidden to alter or disable them in any way. In every room in Einstein dorms there are two beds, two desks, two bookcases, closets, an air conditioner, TV and remotes.

In Broshim dorms you'll find a single bed, a desk, a table, a bookcase, closet, AC, TV and remotes. Residents are responsible for keeping all the appliances and furniture clean, intact and in good working order.

### Rules and regulations for dorms residents

You are forbidden to make change the apartment locks, or any other structural changes to the apartments. Do not paint, drill or use nails and thumbtacks to hang items on the

walls. Residents who disregard these instructions will be charged for the cost of repairing any damage to the rooms once they check out.

### [Room Assignments](#)

Rooms will be assigned by the International office staff and dorms management. Room assignments may be changed if necessary at the dorms management or TAU International's staff discretion. Any such order to vacate a room or of relocation will be delivered at least 48 hours in advance and must be complied with.

### [Maintenance](#)

For any maintenance issues please visit the following [link](#). Or visit the dormitory management office, located on the ground floor of building E (in Einstein dorms) and in building B (in Broshim dorms), Open Sunday- Thursday 8am- 4pm.

### [Inspection and Renovations](#)

Employees of the dorms operating staff and/or their associates may enter any room/apartment after giving prior notice to its residents in order to execute maintenance works, repairs and renovations as necessary. In the event of an emergency the aforementioned persons may enter a room/apartment without giving prior notice to prevent harm to peoples or property.

### [Security](#)

Security guards man the main entrance to the dorms 24 hours a day 7 days a week. Each evening a reinforced security patrol is active from 7pm until the next morning. All public areas are equipped with security cameras. The entrance to the dorms is facilitated exclusively by a personal FOB.

In order to be issued a chip (FOB), come to the OSP international office to be photographed and fill out a request form.

The residents are responsible for their personal property and valuables. Residents are to lock the doors to the apartment and room when vacant. Neither the dorms nor the University will be held responsible for lost or stolen property.

### [Visitors and Guests Policies](#)

- Guests are not allowed to remain in the dorms after 11pm.
- Hosting guests overnight or after 11pm is not allowed without a formal approval from the dorm management. Additionally, a resident will be held personally responsible for the actions of his guests in the dormitory.
- A resident can host overnight up to twice a week, and a formal request has to be approved by the management office.
- Please go to the dorms management office to fill out a request during their working hours, and provide all information needed about your guest. The guest will have to

present a formal identification card that includes full name, ID number and picture at the entrance to the dorms.

- No parties are allowed. Please keep it quiet for people to sleep and study, especially between 2pm-4pm (resting hours) and after 11pm.

### Garbage

All Garbage must be disposed of in designated dumpsters and recycling bins outside the living quarters. Any garbage that is left in public areas such as the stairwells or hallways will lead to fines and repeat offenders may be expelled from the dorms.

**Breaking the rules leads to penalties and might lead to your expulsion from the dorms.** We ask you to ensure a pleasant environment for living and studying.

### **Services in the Dorms**

#### Dorms office

Dorms Office Management is at the first floor of building E (in Einstein dorms) and in building B (in Broshim dorms). They're available for maintenance problems, lost keys, hosting guests, etc. Open Sunday-Thursday, 8am-4pm.

#### Recycling

In the Einstein dorms you may find recycling garbage cans in the following spots:

- On the left side of building E
- Between buildings F and D
- Between Buildings A and C in the dorms

In Broshim dorms there's a recycle center in every garbage room.

#### Laundry

- Self-service in Einstein dorms, building E, ground floor. 10NIS for wash (30min) and 10Nis for 40 min of drying. Opens 24/7.

Same in Broshim.

- Dr. Clean laundry, Tagore St. 38, Tel: 03-6427098. Sun-Thurs, 8:00am-6:30pm, Fri: 8:00am-1:00pm
- Mahbesat HaMelachim, Brodetsky 15, 1700-700-372. Sun- Thurs: 8am-22:30pm, Fri: 8am- 3pm
- **Kvisi:** Laundry pick-up and delivery service app <https://www.getkvisi.com/>



### Hot Water Boiler

In order to have hot water in your shower, you need to turn on your hot water boiler (even in the summer). It is located on one of the walls in the public area of the apartment. It works on timer – you turn it clockwise, according to how long you want the water to heat (you should turn it for at least 30 minutes before you want the water to be hot, and maximum time the timer works is about 3 hours – which is usually a lot more than you'd need).



### Internet

There is a different Wi-Fi network (no password needed) for every entrance & floor. The network name is combined from the Building, entrance number and floor number. For example: Dorms\_BuildB\_E1-F1, Dorms\_BuildB\_E1-F3, etc.

#### **In case of internet problems, please follow this procedure:**

- Call Bezeq Beinleumi Customer Service at 1-700-555-222. You'll be asked to provide a customer number. The dorms' number is 101245310.
- If the problem is not resolved, please send an email to [iski@014.net.il](mailto:iski@014.net.il), providing the following details: full name, phone number, building, apartment number, and a description of your problem.

Please write the hours that you'll be available on the phone and present in your dorm room, and the representative of the internet company will call you back.

## Safety, Health and Security Services

Please read carefully the TAU Safety and Security Guidelines prior to coming to TAU:

[https://international.tau.ac.il/safety\\_and\\_wellbeing](https://international.tau.ac.il/safety_and_wellbeing)

### Health Insurance and Services:

Medical services are provided at "**Clalit**" 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 "**Clalit**" card (this card is personal and non-transferrable), which will allow you to receive medical service at Clalit clinics.



### Clalit 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. For a list of **Clalit** clinics, please go to: [www.clalit-global.co.il/en/](http://www.clalit-global.co.il/en/)

**Specialty Physicians** – to make an appointment with a specialty physician, please call the Clalit Call Center at \*2700, Sun-Thu between 8:00 AM and 8:00 PM. Please note: some specialty physicians require a referral ("Hafnaya") from your family physician. Please make sure to consult with your family 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** – please call the **Clalit Smile** Call Center at \*2700. Kindly note that dental care is not covered by the policy. Emergency treatment / first aid only will be provided in Clalit Smile clinics.

**Medications** – medications included in the "Health Service Package" and prescribed by a physician may be received **only** at Clalit clinic pharmacies.

**Home Visit** – you may request that a physician come to your home, with no deductible, from 8:00 pm through 7:00 am the next morning, or when the clinic is otherwise closed (Shabbat, holidays, etc.). Home Visit Call Center: **1-800-260-660**

You can also call the Call Center at **\*2700** to consult with the on-duty nurse.

**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 **\*2700** Call Center.

**The Harel Call Center is at your disposal 24/7 at: 1-800-414-422 or 03-754-7020.**

Please note you will need your student number as identification when calling the Harel Call Center.

You may read the full insurance policy [here](#).

### Clalit clinics in the University area

Clinic address	Tel	Hours
Primary clinic for TAU students: Campus clinic (near the Central Library)	03-6415818 03-6415780	Sun 08:00-16:00, Mon 08:00-16:00, Tue 08:00-16:00, Wen 08:00-16:00, Thu 08:00-16:00
Brodetsky St. 19, Ramat Aviv	03-7456500	Sun 07:30-13:00, 15:30-19:00 Mon 07:30-15:00 Tue 07:30-13:00, 15:30-19:00 Wen 07:30-14:30 Thu 07:30-13:00, 14:00-15:00 Fri 08:00-12:00
Gaiger St. 7 Ramat Aviv	03-6401800	Sun 07:30-13:00, Mon 07:30-15:00 Tue 07:30-13:00, 15:30-19:00 Wen 07:30-13:30, Thu 07:30-16:00 Fri 08:00-13:00

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

## Psychological Support for TAUi 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](mailto:clinic@tauex.tau.ac.il) prior to the initial intake (students may also physically bring in the form; whatever is preferred).

**Initial intake** cost is ILS 400, and it includes two intake sessions. This cost is not covered by the mandatory TAU insurance (but if a student has another form of insurance in addition to TAU's mandatory insurance, they are encouraged to check with 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](mailto: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.

### Contact Information and Fees

- Ms. Lena Arbiv, secretary of the University's Psychological Services  
03-6408505, [clinic@post.tau.ac.il](mailto:clinic@post.tau.ac.il)

Eric Mitchell Building, Room 216

Open 8:30 am – 2:30 pm, Sunday - Thursday

- |                                      |         |
|--------------------------------------|---------|
| • Initial two consultation sessions  | ILS 400 |
| • Each further psychotherapy session | ILS 200 |
| • First psychiatric consultation     | ILS 275 |
| • Further psychiatric consultations* | ILS 200 |

**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.**

## Transportation Information

Please note that most public transport in Israel doesn't run on Shabbat (Friday evening Until Saturday night, specific times change along the year). Intercity [Sherut taxis](#) (yellow minibuses) continue to operate at reasonable fares.

The way to use public transportation is by first obtaining a 'Rav-Kav'. It's a "smart card" which may be loaded with travel fare contract via an app ([Hop on](#) or [Rav-Kav](#)) or [charging stations around town](#). The smart chip in the card will adjust the fare to your personal data and will provide with the discount you are entitled to as TAU student. The Rav-Kav is usable in both buses and trains but not with Sherut. There are few 'Rav-Kav' contracts for students (one semester or one year).

**Note: You cannot pay with cash on the buses!**

### How to get a Rav Kav card?

In order to issue a student's Rav kav, you'll need to bring with you:

- TAU student card
- An approval form that you are a student (you will get it in the orientation day, or you can come to the International office)
- Passport

Please note that student Rav-Kav is given only to long term students (minimum one semester).



### Rav Kav issuing spots:

- **University train station**  
Opening hours: Sunday-Thursday 7 AM - 2 PM, Friday and Saturday- Closed.  
Bus Lines to the train station from the University: 13, 289, 7, 49, 45  
After you enter the station you need to go down the escalator and then take a right and you will see the Rav Kav station. The Rav-Kav workers will take your picture and issue your card.
- **Arlozorov station**  
Opening hours: Sunday-Thursday 7 AM - 7 PM, Friday 7 AM – 12 PM  
You can get to Arlozorov Train station by either train from University train station or by buses 171 (dir. Holon), 274 (dir .Rehovot), 45 (dir. Ramat Gan). When you get off the bus, you need to cross the street and enter to the train station. Inside the train station look for the Dan Rav Kav counter.

### Useful apps for public transportation:

- **[Rav Kav App](#)**: **charge** your Rav-Kav with money (It uses NFC). This app currently works with Android phones only.
- **[Moovit](#)**: free, local public transit planner, featuring live arrival & departure times, updated line schedules, local station maps, service alerts and advisories that affect

current trip. Moovit offers real-time public transit information and GPS navigation across transit modes, including buses and trains.

- [Israel Railways app](#) allows you to plan your ride with trains.

### **Popular routes to the city center from the university:**

- Dan Bus 25 – [route](#)
- Dan Bus 24 - [route](#)
- Dan bus 13 – [Route](#)
- Sherut taxi 4 א - [route map in hebrew](#)

### **Taxis**

- [Gett](#) App - Allows you 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.
- [Uber](#) – Uber services are available in Tel-Aviv and in other parts of Israel but they are not as commonly used as Gett.
- Your driver has to put on the meter. We call it “MONEH”.
- A taxi from the university to the city center should cost NIS 50-70, 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 some taxi operators in Tel-Aviv should your Gett app fail you, the closest one is a cab station in front of the Ramat Aviv mall:  
Kastel taxi's: 03-6993322/ \*3242  
Palatin taxi's: 03-6214621, 03-5171444

### **Car rental**

Full day rentals services: [Hertz, Eldan, Avis](#)

Rent by the hour: [Car 2 go](#)

### **Bicycle and scooter Rental**

**Tel-O-Fun:** Tel-Aviv municipality's bicycle rent by the hour service is easy and inexpensive. Please find more information here: <https://www.tel-o-fun.co.il/en/>

**Mobike:** another bicycle rent by the hour. Website: <https://www.mobike-israel.co.il/en/>

**Bird:** Electric scooters for rent. <https://www.bird.co/>

## Food and Shopping

On campus, each building has its own cafeteria. Go and explore your culinary choices! Here are some recommended options:

- Aroma: Coffee shop in the Beit Hatfutsot/Jewish Diaspora museum (it's near the TAU International office).
- Main cafeteria area: in the Law building (McDonalds, Salad bar, Italian food, etc.)
- Coffee Star: Coffee shop, Hummus, sandwiches, salads, etc. across the road from the main cafeteria.
- Cafeneto: coffee, salad bar, sandwiches, lunch and more at Gilman building.
- Japanika: Sushi, Noodles and other Asian food, Right outside TAU main gate.

### Supermarkets and grocery stores near the university

- "Mahsanei Lahav" Store: Einstein St. Open Sun-Thurs: 7:00am-11:00pm and Fri: 7:00am-3pm
- "Shufersal": On Brodetsky St, near Ramat Aviv mall and on 1st floor of the mall. Sun-Thurs: 7:00am-11:00pm, Fri: 8:00am-2:00pm. Brodetsky is also open after Shabbat ends (Saturday evening).
- "Victory": Broshim dorms shopping center. Open Sun-Tue: 7:30am-9:00pm, Wed-Thu: 7:30am-10:00pm, Fri: 7:00 am - two hours before Shabbat enters.

**For medicine, toiletries, and more**, go to SuperPharm Pharmacy, Ramat Aviv Shopping mall, Tel: 0778880080, Sun-Thurs: 8:00am-Midnight, Fri: 8:00am-4:30pm, Sat: 8:00pm- 12:30am. Please note that it's a chain, and you can find SuperPharm all around the city.

### Markets/Shuks

For additional information about markets (addresses, hours of activity, etc.), [click here](#). Tel Aviv recommended markets include: Carmel Market (Shuk HaCarmal), Shuk HaNamal ("Farmers Market" at the Tel-Aviv Port on Fridays), Flea Market in Jaffa, Levinsky Market and there a lot more!

### Recommended Restaurants in Tel-Aviv

There are so many restaurants in Tel-Aviv, and they are constantly changing and coming up with new ones. So, for the most up-to-date, consult the [Secret Tel-Aviv list of best restaurants](#) which is updated frequently.

- [Miznon](#) – Everything in a pita!
- [Port Said](#) – As Tel-Aviv as you can get
- [HaKosem](#) – Amazing falafel and shwarma
- [Vitrina](#) – Amazing burgers

- [Teder](#) – Pizza, beer garden
- [Taqueria](#) – best Mexican in Tel-Aviv
- [America Burger](#) – Great burgers and American fare
- [Bicicletta](#) – Tel-Aviv cuisine, outdoor garden
- [Hummus Ashkara](#) – Hummus etc.
- [Japanika](#) – sushi, close to campus
- [Beer Bazaar](#) – Israel's most famous brews and snacks, several locations
- [Café Yom Tov](#) – in the Kerem by the Shuk, great spot!
- [Nelsson 33](#) – bar/cafe
- [Coffee Bar](#) – bistro
- [Dr. Shakshuka](#) – shakshuka
- [Abu Hassan's](#) – famous Hummus
- [Bait Tailandi](#) – Thai Food
- [Max Brenner](#) – Chocolate restaurant, multiple locations
- [Mexicana](#) – Mexican food
- [Bucke Vegan](#) – not far from campus on Maccabbi st. you'll find a lot of great spots to eat and drink!

## Banks and Currency changing service

It is recommended to go to the bank rather than call. There's an ATM outside every bank. These are the banks that are closest to the dorms and offer to open bank accounts to foreign citizens:

- Discount bank branch on Yehuda Ha-Nasi st. 34
- Leumi bank branch on Brodetski st. 43
- Leumi bank branch on Aba Akhime'ir st. 15
- Leumi bank branch on Rav Ashi st. 18

### Mandatory to have while going to open a bank account

- TAU Student ID
- A study approval (a formal form that states your studying in the university this year, the same one used for the Rav Kav)
- Passport
- ID from your home country which has a photo in it.

## Post Office

Post Office: 67 Chaim Levanon St. It is recommended for phone cards, and money changing service. Mailing address: Any packages you wish to receive should be sent to the TAU International Office at the address below:

Your name  
 Tel-Aviv University International  
 Carter Building, Room 108  
 6997801 Ramat Aviv, Israel



## Culture in Tel-Aviv

Useful websites in English:

[Secret Tel-Aviv](#) – the best resource for international visitors to Tel-Aviv!

<http://www.go-telaviv.com/>, <http://www.visit-tel-aviv.com/>

### Art Museums

- [Tel-Aviv Museum](#)
- [Eretz Israel Museum](#)
- Gordon Street - a variety of art galleries along the street.
- [Nachum Gutman Art Museum](#), Neve Tzedek
- Rokach House: Shimon Rokach 36, Neve Tzedek, 5168042 – 03

### Music

- [The Israeli Philharmonic](#), 25% discount for students.
- [Barbie](#)- bar, rock concerts: 52 Kibbutz Galuyot st., 03-5188123,
- Café Bialik: Coffee shop, restaurant, music bar, 2 Bialik St. 03-6200832.
- [Ozen Bar](#): in “The Third Ear” music and film shop n Bar, live concerts. 48 King George St. (across the street from Dizengoff Center) 03-6215210, available 10am-6pm

### Theatre & Dance

- [Cameri Theatre](#)
- [Habima](#) the National Theater (Hebrew website)
- [Gesher Theatre](#)
- [Suzanne Dallal Dance Centre](#) – Look for Bat Sheva Performances!

### Cinema/Movie Theatres

- [Tel Aviv Cinematheque](#): rich program, including fresh releases, cult classics, fiction films, documentaries, avant-premières, film festivals, and more!
- Cinema City: The biggest Cinema venue in the area - includes 26 cinema halls, shops and restaurants.
  - Ramat Hasharon Cinema City: Glilot Junction, Herzelia.
  - Rishon Letzion Cinema City: Yaldei Teheran 3, Rishon Letzion.
- Yes Planet: Aba Hillel Silver 301, Kenyon Ayalon (Ayalon Mall), Ramat Gan.
- [Lev Cinema](#):
  - Lev Mandarin - 7 minutes drive from the dorms, at “Chof HaTzuk” (the cliff beach).
  - Lev Tel-Aviv: Dizengoff Center, Dizengoff 50.
- Rav Chen Dizengoff: Dizengoff Square, Ben Ami 16

## Sports and Fitness

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

### **Einstein Dormitory Free 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**

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

### **Beach/Tayelet**

There is a bike and running/walking path along the entire beachfront of Tel-Aviv! There are also several free outdoor fitness stations along the way that you can stop at to work out. We encourage you to take advantage of this free and beautiful path along the Med!

## TAUi on Social Media

Whether on campus, in the classroom, traveling Israel, or simply walking the streets of Tel Aviv, we want to see and hear what inspires and delights you during your study abroad experience. Additionally, we suggest that you follow us on social media to stay up to date on key events, relevant content and what your friends are up to.

**To get started**, make sure to Follow & Like us on all of our social channels listed below:

	<b>Facebook</b>	<b>Instagram</b>	<b>Twitter</b>
<b>TAU International</b>	@TAU.International	@tauinternational	@tauintl
<b>TAU Global</b>	@tau2go	@telavivuni	@telavivuni

We encourage you to post your everyday experiences on these channels (create a story, tag your friends, upload photos & videos). When posting please use the following hashtags so that we can spread the word more effectively.

### **MUST**

#TAUi  
#studyabroad

### **MUST per Program**

Summer Study = #TAUiSummer  
BA/BSc/MA/MSc/MFA/MBA = #TAUiDegree  
PhD/Science/Medical = #TAUiResearch  
Student Life & TAU Experiences = #TAUlife

### **Additional suggested hashtags**

#telavivuniversity	#travel	#entrepreneurship
#telaviv	#studentlife	#medstudents
#studyinisrael	#undergraduateprogram	#medstudentlife
#studyabroadisrael	#graduateprogram	#diplomacy
#Israel	#MFA	#science
#summerstudy	#MBA	#cyber
#studygram	#businessschool	

We look forward to seeing you online so **get online, start your adventure and have fun!**

**Remember – we are here for you!**

**For support, help, 24/7 emergency assistance – whatever you need!**

**We encourage you to contact us with any question  
and wish you an amazing semester!**

**The Madrichim (Student Life Team)**

