STUDENT ORIENTATION GUIDE
Dear Exchange Students,

On behalf of the administration, welcome to the Coller School of Management Exchange program!

This booklet is meant to relieve some of that initial stress and shell-shock of being in a new country with a new language and studying at a new school, and hopefully allow you to focus a little more on what you're doing here in Tel Aviv.

We couldn't of course include everything, but we believe that many of the really important questions you may have immediately will be found in this booklet. Please send us your questions, and if relevant to all, we will update this file so we can all benefit together!

Looking forward to meeting you soon and happy reading!
About Tel Aviv

Tel Aviv was founded during the Ottoman Empire in 1909. The name "Tel Aviv" is derived from the Hebrew word "Tel", an archaeological term for an area where you can see the strata of old cities built upon one another, and the word "Aviv" which means spring. The name is meant to represent “a rebirth.”

Just south of Tel Aviv is the city of Jaffa – a city whose history dates farther back than Jerusalem and which hosts the oldest operating port in the world. In 1909 a group of Jewish Jaffa residents chose to leave the city of Jaffa to establish a new residential neighborhood just outside the city’s border. This area turned out to be the first neighborhood of Tel Aviv.

With the influx of Jewish immigrants from Europe between the years 1924-1939, Tel Aviv became Israel’s major center of commerce, culture and arts. In 1950, Tel Aviv and Jaffa merged into one municipality – today known as Tel Aviv – Jaffa.

The Tel Aviv of today has maintained its distinction as the cultural and economic hub of the country. In addition, the city boasts a plethora of restaurants, beaches, museums, movie theaters, outdoor cafes, fruit juice stands, boutique shops, bars and clubs. This combination has attracted the nation’s youth and young professional crowd in droves. It has also earned the city the reputation of Israel’s non-stop city and one of the party highlights of the Mediterranean.

Approximately 2.5 million people live in the greater Tel Aviv area (known as Gush Dan), which is about one third of Israel’s population. While the actual population within the city’s limits is around 350,000, over one million people converge on Tel Aviv daily.

We hope you will like living in this exciting city for your semester of study and encourage you to get out of the classroom and campus as much as possible to discover and enjoy it (while keeping a focus on your studies of course!).

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Tel Aviv – “The White City” – A UNESCO World Heritage Site

Tel Aviv is home to over 5000 Bauhaus buildings – the largest concentration of any 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

Tel Aviv was also chosen by the Lonely Planet as one of the Ten Top Cities in the World: http://www.lonelyplanet.com/usa/new-york-city/travel-tips-and-
About Tel Aviv University

Tel Aviv University was founded in 1956 with the union of three small education units – The Tel Aviv School of Law and Economics, an Institute of Natural Sciences, and an Institute of Jewish Studies. Today, it is Israel’s largest academic institution, with faculty members who are nationally and internationally renowned scholars and scientists, many of them leaders in their fields. A major center of teaching and research, it comprises nine faculties, 106 departments, and 90 research institutes. There are currently around 29,000 students studying at the university in various degree programs.

Tel Aviv University 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 Business, on its 220-acre campus. Tel Aviv University is situated only a short distance from both the Mediterranean coast and bustling downtown Tel Aviv.

About Coller School of Management

The Coller School of Management is the top business school in Israel and the only Israeli academic institution to be awarded the international accreditation of the AACSB (the Association to Advance Collegiate Schools of Business).

Through its various programs of study, Coller School of Management prepares its students for leading positions in business and public institutions in various sectors of the Israeli and international economy:

- Sofaer iMBA - full-time program
- Flagship MBA program (MBA)
- Master in Health Administration (MHA)
- Master of Science in Management Sciences (M.Sc.)
- MBA Specializing in Financial Management (MBA, for CPAs only)
- Master of Science Specializing in Organizational Consulting (M.Sc.)
- MBA Specializing in Management of Technology, Entrepreneurship and Innovation
- Recanati Executive MBA (EMBA)
- Kellogg-Recanati International Executive MBA (EMBA, conducted in English)

Campus Map

Online Version: http://www2.tau.ac.il/map/unimaple1.asp
Part I: Before You Arrive

What to Pack?

For School

In general, Israel is a very casual place. Business attire is really just starting to become the norm for day-to-day time at the office and most Israelis still won't wear a tie to an important meeting (although this is also changing).

Combine this attitude with a very hot and humid summer climate and you get a relatively casual professional atmosphere.

At the same time, to quote the American Boy Scouts, "be prepared". During certain Professional Development Sessions, site visits, case competitions, conferences, and networking events, students will be asked to appear in formal business attire.

Some recommended items:
- Computer bag/backpack (we do not have lockers on campus)
- Professional bag for meetings or professional site visits (purse/briefcase)
- Business card holder
- Appropriate shoes (flip-flops are not business-casual or business attire!)

For Play

Overall you should pack lots of light clothing for the summer (including your bathing suit!). Winter in Tel Aviv (if it's a good winter) is rainy, so make sure to pack an umbrella, a waterproof jacket and shoes in addition to your warm clothes. Since most houses are not insulated in Israel, it should be noted that December through February can be quite chilly outside as well as in.

We also recommend you bring a few nice “dress up” items for cocktails, parties, clubs etc... (you are in Tel Aviv after all).

Some recommended items:
- Camera
- Sunglasses (a must!)
- Sandals (flip-flops allowed here!)
- Your favorite sunblock (it exists in Israel, but your favorite brand may not)

For the Outdoors

Israelis in general are a very outdoor oriented. Throughout Israel are thousands of trails to go hiking, hundreds of places to go camping, and many places to go swimming, horseback riding, ATVing, and (even) skiing! Although you can buy much of your outdoor equipment in Israel, it's recommended to bring your favorite equipment with you.

Some recommended items:
- Sleeping bag
- Hiking boots/shoes/sandals
- Hat
Electricity Outlets

Israel’s electrical current is 220v, 50 cycles. Students are advised to make sure they have the required adaptors and transformers for their laptops and other electrical appliances before their arrival.

Computer Requirement

All students in the program are required to have a laptop. Use of Excel is crucial in many classes. If you have an Apple computer, you will have to run Windows on it concurrently. The Excel version for Apple computers will not be sufficient.

Health Suggestions

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

The sun in Israel is extremely strong – much stronger than in many other countries. If you plan on being outside for even 20 minutes, you should wear some form of sun protection. If you plan on being at the beach all day, you will need to reapply regularly.

You should also consult with your family doctor regarding any additional medical recommendations, such as vaccinations or equivalents of prescription drugs. You may even want to consider bringing a year’s supply of medication. Please keep in mind that while many drugs can be over the counter in your home country, it will not necessarily be the case here.

Health Insurance

You have to get health insurance for your stay in Israel, either by an Israeli company or one of your homeland companies. You will receive by email an offer, made by CMC (Clal Medi Care), one of the insurance companies on campus. Please note that we don’t prefer this company over others, we just have their contact details and their offer is in English. Those of you, who are interested in it or have more questions, please contact the agency: +1-800-351835.

Visas For foreign Students

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 a year from your date of entry into the country. If you do not have a valid passport, apply for one immediately. If you hold an Israeli passport, you are required to present it upon arrival.
Student visas

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

A. All students should 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.

The following is a checklist for this procedure:

- Valid passport
- Passport-sized pictures
- Acceptance letter to the program
- Proof of sufficient funds (a bank statement is acceptable)
- Scholarship statements, if relevant.
- Fee of 350 NIS

B. A student visa does not allow you to work in Israel.
C. 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" for checklist).
D. Please note – 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 in Israel.

Ministry of Interior details: Go directly to Vicki Kababgiyan, who will deal with your student visa:
125 Begin Road, Tel Aviv
Office hours: Monday and Thursday, 08:00 AM - 12:00 noon

For issues regarding visas, please contact Avi Zarakhovsky 03-6409989 or aviz@tauex.tau.ac.il.
Part II: General Student Information

Academics

The difference between Coller School of Management Part-time MBA courses and Sofaer iMBA full-time MBA courses

Time of courses: the iMBA courses usually take place during the morning, whereas the part-time MBA courses usually take place during the afternoon and evening.

Participating students: the majority of the iMBA students are international students, and their average age is 27. The majority of the part-time MBA students are Israeli and their average age is 32. The part-time MBA students also usually combine work with their studies and have a considerable amount of work experience.

General Course Offering

- The Coller School of Management has two programs from which you can take your courses: the part-time MBA program and the full-time Sofaer iMBA program. The part-time MBA program, which is generally conducted in Hebrew, offers courses for exchange students in English and the full-time Sofaer iMBA program is conducted entirely in English.

- TAU International offers courses about Israeli culture, history, politics, economy, Zionism and more. Please note that the courses are at the undergraduate level and it's up to your home university to decide if to accredit them. Registration for OSP courses is held during orientation week.

- The Eitan Berglas School of Economics offers a mini-program of courses. Please bear in mind that you will need a sufficient knowledge of economics in order to participate in their courses. It's your responsibility to check the course requirements and to decide if you meet them.

- The Buchman Faculty of Law offers courses in the framework of their exchange program. The courses are at the graduate level.

Language Courses

The TAU International Program offers Hebrew language courses for Tel Aviv University students interested in learning the Hebrew language or improving their proficiency. For further information please contact the OSP office: osptau@post.tau.ac.il.

Academic Advising

Academic advising for the Exchange Students will be provided by Prof. Simon Benninga. Contact Information: Email: benninga@post.tau.ac.il, Tel: +972 3-6406317.

Transcripts

Once all of the grades have been submitted to the system, the exchange office orders the transcript. When the transcript arrives, a scanned version is sent to the student via email, and two hard copies are sent via regular mail to the student’s home university. The entire process can take up to one month.

For more information and inquiries, please contact the Exchange Program Coordinator: Danielle Shacham – shacham2@tauex.tau.ac.il.
Getting to the University

By Bus

The Dan bus company runs a number of buses to the university from Tel Aviv. Buses 7, 13, 24, 25, 126, and 289 are the most convenient bus lines for students coming from central Tel Aviv. During the first week of each semester, the Dan bus company maintains an on-campus stand, where you can purchase a special “Rav Kav” student card that will entitle you to unlimited bus rides during the entire semester. You can also purchase this card at the Central Bus Station and at the Arlozorov (Merkaz) railway station. The Rav Kav looks like this:

Once the official school year begins, you will have the chance to purchase a Dan bus card with a significant student discount. To purchase you must have your student card. Further details will be provided at the orientation.

By Train

The university train station (called Tel Aviv University) is located approximately 15 minutes by foot from the Coller School of Management. During the academic school year there is a shuttle (7, 289, 49 and 45) that runs between the station and the university. You can catch it just outside the main gates and just show your student card to the driver.

By Car

Parking can be difficult to find and/or costly during peak periods. Every year there is a lottery for parking passes on campus. You can sign up for the lottery at the Student Union tent during the first week of school. If you don’t win a permit, you can park in lots surrounding the campus (the closest is outside Gate 5 on George Weiss St.). There is also a 50% discount for students/residents of Tel Aviv in these lots.

For more information you can contact the Student Union service center (the Mitchell building): 03-6407662/9200.
**Night Buses – Weekends & Holidays**

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

**You can purchase an electronic smartcard to park in Smolarz. The card itself costs 7 NIS. The card can be filled to an unlimited amount. Parking is 2.50 NIS/hour or 10 NIS/day. Additionally, also for purchase are passes for blue white parking that are valid for use in Tel Aviv, Haifa, and Jerusalem. The charge is 4.70 NIS per card for non-Tel Aviv residents and 2.50 NIS for Tel Aviv residents. Parking at blue/white is free until 3 pm on the west side of Levanon St. Parking is difficult to find after 8 am.**

**Student Services**

**Student Services from the Student Union**

As a student in the Exchange Program, you can become a member of the Student Union. In turn, this automatically gives you a number of discounts and services as outlined in this section. Student Union service center (the Mitchell building): 03-6407662.

1. **Sales and discounts at the Student Union**
   - Parking passes to parking lots around campus and blue and white areas
   - Discounted vouchers and cards for campus cafeterias
   - "Rav Tav", "Tav Hazahav" and other discount coupons for purchases at various chain stores
   - Vouchers for vacation and spa centers
   - Discounted cards for photocopying machines
   - Receiving and sending faxes (also abroad)
   - Student discount on tickets to concerts, plays, white nights and other special events
   - Coupons for discounts at select cafes and restaurants

2. **Proofreading services**
   - The Division for Academic Issues offers proofreading services provided by second year and above students at the university.
   - Students who are interested in this service should apply to the Student Counter to fill out a request form. The coordination between the proofreader and student is provided by the division. This service is provided for a subsidized service fee by the Student Authority.

3. **Accessibility on campus for the physically disabled**
   Please report any difficulties in accessibility on campus to the Student Union. Students who are ready to help promote accessibility on campus are welcome to contact us.

4. **Financial consulting**
   For advice on financial, taxation, labor law and economic issues, please contact the Student Union.

5. **Legal consulting**
   General legal consulting is provided by Adv. Ran Shoval (+972-3-640-7654) on a variety of issues from workplace issues, work contracts, worker rights, compensation, personal status, and rental leases, including help in preparing law suits and personal guidance. Defense counsel in university disciplinary trials: advanced law students will provide help on a variety of issues concerning disciplinary procedures such as academic committees. The defense counsel also represents students facing a disciplinary trial within the university.
Other Important Information

Communication

Communication is key for your success in this program and later in your professional careers. We will be communicating with you through a number of different channels throughout the semester:

1. Tel Aviv University email address (will be given to you in the orientation week)
2. Facebook – Recommended for students to open a Facebook account
3. Telephone
4. Moodle (online course site)*

*Students have access to the Moodle online course management systems used at Tel Aviv University. Users can access course materials and activities, grades, and communicate with lecturers and other students in the program. Login information and a tutorial will be provided to students during the orientation week.

And in return, we also need you to be in communication with us. If you have a question, comment, or suggestion, please feel free to connect with us through one of the above mentioned channels.

Internet Access

All the computers used at Tel Aviv University are PC compatible. If you decide to bring your own laptop computer, please make sure that it is compatible to 220 volts. You can log on to the following WIFI networks while on campus:

- Free-TAU Password: free-tau
- Public-TAU Password: publictau

Important Websites

Exchange Program website: Throughout the semester you will be expected to use the Exchange Program website to stay up-to-date on classes, events, etc.: https://en-coller.tau.ac.il/studyabroad/overview

Psychological Services

Psychological services are available from the office of Dean of Students; in room 216 on the second floor of the Student Union center (the Mitchell building). Exchange students receive a special rate to use these services. All treatments are strictly confidential according to law. Office Hours: 9:30-15:00 from Sunday to Thursday. Students can make direct contact with the office by:

Phone: 03-640-8505. Email: psycho@post.tau.ac.il

Students should call during office hours to book an appointment and are advised to leave messages on the answering machine if the office is closed.

Security in Israel & Identification

Security is a part of everyday life in Israel and an ongoing concern. Although it has been relatively calm lately, precautionary measures are still maintained in some public areas including malls, bus stations, and the university. For example, Tel Aviv University security will ask you to open your bags every time you enter the campus. Please understand that this is an important precautionary measure.

You are advised to carry some form of photo identification on you at all times. You may also want to carry a photocopy of the first page of your passport.
Part III: Survival guide for Tel Aviv

Upon Your Arrival in Tel Aviv

Welcome to Israel! You have just landed at Ben Gurion International Airport in Israel. You might immediately notice the humidity, the noisy and busy airport, and the sound of people speaking a very foreign language! The national languages in Israel are Hebrew and Arabic, but don’t worry, there are people here from all over the world. More often than not people will speak English and will be happy to help you if you have any questions.

Getting to Tel Aviv from the Airport

Upon your arrival at Ben Gurion International Airport there are two different ways you can get to Tel Aviv:

1. **Train:** From the arrival hall follow the signs to the train station which is located in the airport on Level S of the Landside Building. Train tickets can be purchased through automated ticket dispensers and cost 15 NIS one-way.

   For information on schedules and fares call Israel Railways Information Service, 077-2324000 or *5770 from any phone. You can also look up schedules on the Israel Railways website: http://www.rail.co.il/EN/Pages/HomePage.aspx

2. **Taxi:** Just outside the arrivals hall is the taxi queue. There is a flat fare for Tel Aviv of approximately 150 NIS (this price will be higher on Friday night or Saturday).

Take into account that if you arrive on Shabbat (Sabbath, which is nationally observed) – after sundown on Friday or on Saturday before sunset – there is almost no public transportation. In general, trains run up to an hour before sundown on Friday, and begin again on Saturday night approximately an hour after sunset. If you plan on arriving during Shabbat, your only option is to take a taxi or have a friend/family member pick you up.
Housing in Tel Aviv

Unfortunately, the university does not currently offer dormitories for students in the Exchange program. Students attending the program will need to find an apartment in Tel Aviv, Ramat Aviv or commute.

Apartment hunting in Tel Aviv can be quite time consuming and the process can 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 (2-3 weeks is recommended).

Students may also want to consider finding a short-term rental for the first couple of weeks before finding an apartment. Hostels are another temporary option.

For more information about hostels, see [http://www.hostelsweb.com/cities/telaviv.html](http://www.hostelsweb.com/cities/telaviv.html) and the following list of short-term providers:

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<thead>
<tr>
<th>Name</th>
<th>Street</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Abraham Hostel Tel Aviv</td>
<td>21 Levontin</td>
<td><a href="mailto:infotlv@abrahamhostels.com">infotlv@abrahamhostels.com</a></td>
</tr>
<tr>
<td>Arbel-Hotel Apt</td>
<td>11 Hulda</td>
<td><a href="mailto:sales@arbelhotel.com">sales@arbelhotel.com</a></td>
</tr>
<tr>
<td>Bnei-Dan Hostel</td>
<td>36 Bnei Dan</td>
<td><a href="mailto:telaviv@iyha.org.il">telaviv@iyha.org.il</a></td>
</tr>
<tr>
<td>DizengoffSquare Apt</td>
<td>89 Dizengoff</td>
<td><a href="mailto:neeamam@netvision.net.il">neeamam@netvision.net.il</a></td>
</tr>
<tr>
<td>Dizengoff Suite Apt</td>
<td>39 Gordon</td>
<td><a href="mailto:info@dizengoffsuites.co.il">info@dizengoffsuites.co.il</a></td>
</tr>
<tr>
<td>Madness Apt</td>
<td>119-121 Ben-Yehuda</td>
<td><a href="mailto:officeteam@tel-aviv-rental.co.il">officeteam@tel-aviv-rental.co.il</a></td>
</tr>
<tr>
<td>Rothschild Residence</td>
<td>71 Rothschild</td>
<td><a href="mailto:contact@rothschild-residence.co.il">contact@rothschild-residence.co.il</a></td>
</tr>
<tr>
<td>Holiday Rentals</td>
<td>37 Reines</td>
<td><a href="mailto:Office@Holiday-Rentals.co.il">Office@Holiday-Rentals.co.il</a></td>
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Depending on a variety of factors, you should be prepared to pay anywhere from 2,500 NIS (living with roommates) to 3,600 NIS (living alone) per month for a partially furnished apartment. The following websites with help you in your search:

- [Yad2](http://www.yad2.com) (Hebrew)
- [Jaanglo](http://www.jaanglo.com) (English)
- [Flat Club](http://www.flatclub.co.il) (English)
- [Craigslist](http://www.craigslist.org) (English)

Facebook Groups: (English)

- [Secret Tel Aviv](https://www.facebook.com/groups/secrettelaviv/)
- [Tel Aviv Apartments Buy/Rent/Sell/Trade](https://www.facebook.com/groups/telavivapartments/)
- [Apartments/roommates in Tel Aviv](https://www.facebook.com/groups/telavivrooms/)
- [Tel Aviv Apartments](https://www.facebook.com/groups/telavivapartments/)
- [Batim Le’Olim - Rentals in Tel Aviv](https://www.facebook.com/groups/batimleolim/)

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.
When looking for an apartment, we highly recommend clarifying the following issues, and suggest reviewing the questions listed below:

1. **Apartment Details**
   a. Where is the apartment located?
   b. How big is the apartment in square meters?
   c. What floor is the apartment on? If on the ground floor, are there bars on the windows?
   d. What appliances are included in the apartment? (Many apartments do not include major appliances like an oven, or stove and sometimes a fridge.)
   e. What furniture is included in the apartment?
   f. Is there air conditioning (very important!)? Heating?
   g. What else is included in the apartment?
   h. Is there a roommate? What is he or she like?

2. **Rent**
   a. What is included in the rental payment?
      i. Just rent
      ii. Va’ad Bayit (building maintenance fees)
      iii. All inclusive (water, gas, electricity, maintenance fees, cable, internet, phone etc...)
   b. How often is payment due and in what form?
      i. 12 Cheques
      ii. 6 Cheques
      iii. 1 lump sum?
      iv. Cash? (Never pay cash unless you receive a receipt.)

3. **Bills**
   a. How much is *arnona* (municipality tax) and water every month? (water is included every other month on the *arnona* bill)
   b. Is there an electric heater for water ("dood chashmal") or is the heater solar powered ("dood shemesh")?
   c. How much is electricity on average every month?
      ** Things to consider: electricity spent on a heater, air conditioner, electric water heater ("dood chashmal")
   d. How much is the "Va’ad Bayit" (maintenance fees) every month?

4. **Signing the lease**
   a. Can the lease be written in English?
   b. Does there need to be a guarantor? (We can help you with this.)
   c. Is a security deposit required?
   d. Do they require a lawyer to review the lease? If so, who covers that cost?

5. **What is the area like?**
   a. Visit the neighborhood both at night and during the day to get a feel for the area. Is it loud at night?
   b. Is it near a bus route to the university?

For more information regarding the legal aspects of leases, the Student Union offers free legal consulting. To receive this service, please make an appointment to visit their office in the Mitchell Building, room 112. Additional information is available on their website, [click here](#).
Banks

To open a bank account in Israel, you will need the following:

1) Passport
2) Student Visa or Work Visa
3) Another ID
4) Residential lease
5) Letter of acceptance to program

** 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.

The most convenient banks in the Ramat Aviv area are:

- Bank Discount: Located in Entin Square (near the main entrance, Gate 7)
- Bank Hapoalim: 6 Barth St.
- Bank Leumi: Next to the Mega grocery store

Groceries

Just a five minute walk outside the university’s main entrance on Einstein St. (Gate 7, next to the dorms), is the Super Bonus grocery store that caters to students and has particularly good prices. It’s worth checking it out on the way to the bus stop.

The larger grocery chains in Israel are: Shufersal, Mega, and Tiv Ta’am. Shufersal and Mega are closed on Shabbat; everything in the store is Kosher. Tiv Ta’am on the other hand also sells non-kosher products and is open on Shabbat.

Also open on Shabbat are the AM:PM stores, which sell fresh produce and most staple groceries, though there is usually no meat or cheese counter. As the name suggests, AM:PMs are always open (only in Tel Aviv).

Health Food Stores: The two main health food stores are Teva Kastel (many locations throughout the city) and Eden Teva Market (one is located in Gan Ha’ir – Ibn Gvirol corner Hadassa and one at 10 Nissim Aloni Street). Also available at these stores are lots of more rare products from around the world. If you’re looking for marmite, sushi rice, curry, or root beer, this is your store!

Another great way to shop is by visiting the markets. The Carmel Market located at the intersection of King George, Allenby, and Sheinkin is a great place to get ANYTHING you might ever need. Beyond food, the market also has stores that sell flowers, hardware, clothes, etc.

Laundry

There are many laundromats throughout the city. Usually self-serve laundry should cost around 15 NIS per load. Dryers will cost less—around 10 NIS. Before you lug all your laundry, be sure to check out what coins the machines require. Many require three 5 shekel coins exactly. Dryers usually use 5 shekel and 1 shekel coins. The washing machines usually take around half an hour. The dryers will take less time than a standard North American dryer. Be careful to watch your laundry as it dries. Shrinking is not unusual.

A laundry service is available at many dry cleaners. Cost is determined based on kilograms of laundry. Some locations offer a pick-up and/or drop-off service.
Post office

There is a post office located just outside the university, on Lebanon St. across from Gate 8. There are many services and products that are offered such as: stamps, phone cards, fax services, money changing (better rates than at the bank). You can even buy a credit card and pay most of your bills!

Emergency care & important numbers

- Police: 100
- Ambulance (Magen David Adom): 101
- Fire Department: 102
- Electric Company: 103
- Information: 144
- Municipality Information (to pay water and municipality tax): 106
- Health Insurance Helpline: 1-800-260-660
- Ichilov Hospital/Sourasky Medical Center (Weitzman between Arlozorov and David Ha’Melech): 03-697-4444

In any case of sexual harassment or sexual assault, you can contact the Association of Rape Crisis Centers:

- Hotline for women – 1202
- Hotline for men - 1203

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 st. near Frishman St. Students may also want to consider signing up for a car sharing service like "Car to Go": www.cartogo.co.il

Staying Active

Tel Aviv has its own version of Central Park— Park Hayarkon. It is Tel Aviv’s largest public park and is within walking distance of the university. Features include extensive picnicicking areas, gardens, a man-made lake, a bicycle path along the Yarkon River, boats for rental, a small children’s zoo, and more.

To reach the park, walk towards the University Railway Station on the campus’s southeastern side. Cross Rokach Boulevard, then turn left, and enter the grounds beyond the parking lot.

In the park or nearby you will also find the following:

- Sportek – the Park Hayarkon sports center, tel: 03-642-2828, 03-6990307.
- Meimadion – the Water Park in Park Hayarkon (summer only), tel. 03-6422777.
- Tsapari Park in Park Hayarkon – houses several species of exotic birds in a beautiful tropical garden setting, tel. 03-6422888.
- Minigolf – 56 Rokach Boulevard at the corner of Haifa Road, Ramat Aviv, tel. 03-6990229.
**Other Local Attractions**

- Bowling Tel Aviv, 124 Ibn Gvirol St., Floor 3, Tel Aviv, tel. 03-5231222, 5237004/5.
- The Safari Park – spacious safari park with zoo and petting corner, Ramat-Gan, tel. 03-6312181.
- Israel Tennis Center, Ramat Hasharon, tel. 03-6456666.

**Beaches**

Tel Aviv has great public beaches with changing rooms, restrooms and cafes right on the sand. Beach chairs and parasols are available for a small fee. For more information, including directions, please visit the following link: [https://tel-aviv.gov.il/en/Visit/beaches/Pages/default.aspx](https://tel-aviv.gov.il/en/Visit/beaches/Pages/default.aspx)

**Nightlife**

Tel Aviv is a non-stop city. You will find your favorite pub/cafe/bar/club/restaurant/beach in no time. However, to get started, here are a few helpful websites:

- Tel-Aviv-Jaffa Tourism Site: [http://www.visit-tlv.com](http://www.visit-tlv.com)
- Tel-AvivGuide: [http://www.telavivguide.net/Tel_Aviv_Nightlife/](http://www.telavivguide.net/Tel_Aviv_Nightlife/)
- Tel-AvivCity: [http://www.telavivcity.com](http://www.telavivcity.com)
- Achbar Ha’ir: [www.mouse.co.il](http://www.mouse.co.il)

**Shopping**

There is definitely no shortage of shopping in Tel Aviv. In the downtown area the major shopping streets include Sheinkin, King George St, Bograshov, and Dizengoff. Shopping on these streets can range from very affordable to very expensive!

There are a number of malls in Tel Aviv: Dizengoff Center (Dizengoff and King George), Azrieli (Kaplan and Begin St.), Ramat Aviv Mall (Einstein and Brodetsky), and if you’re willing to go a little further, Ayalon Mall is generally very affordable with lots of good stores.

There are also outdoor markets such as Nachalat Binyamin – an artist’s market open on Tuesdays and Fridays. On the weekend there are also markets open in the Tel Aviv Port and Jaffa Port.
Shabbat (Sabbath) in Israel

Besides the holidays which are outlined below, there's a Jewish holiday every week – Shabbat. Shabbat begins at sundown on Friday and ends on Saturday at sunset. All government offices and related businesses are closed. Approximately an hour before sundown on Friday almost all businesses, retail stores, and restaurants also close. In Tel Aviv, however, there are a growing number of restaurants and cafes that are open on Shabbat. Also open on Shabbat in Tel Aviv are AM:PMs (like 7/11) and Tiv Ta'ams (grocery store).

Religious Life in Tel Aviv

Tel Aviv University is host to a diversity of students from various ethnic and religious backgrounds. It is the university policy the 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. Please consult your program’s coordinator regarding any questions or issues you might have.

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: the Foundation for Jewish Life on Campus, 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.

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. The New Kehila, Ramat Aviv,
- Orthodox - http://www.rabanut.co.il/show_item.asp?levelId=60315 (Hebrew only)
- Progressive/Reform - Beit Daniel, Tel Aviv.

Christianity:
- Lutheran - Immanuel Church, Jaffa (English services)
- Roman Catholic - St. Peter Church, Jaffa (English, Italian, Spanish, Polish, and German services). St. Anthony of Padua Church, Jaffa (English and Arabic services) 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.
Part IV: Tourist Attractions

Sites in Tel Aviv

Tel Aviv is one of the most vibrant cities in the world. Titled the Mediterranean Capital of Cool by the New York Times, this is a 24-hour city with a unique pulse, combining sandy Mediterranean beaches with world-class nightlife, a buzzing cultural scene, incredible food, UNESCO recognized architecture, and an international ambience.

Sarona
Sarona is a newly renovated, beautifully landscaped complex at the heart of Tel Aviv’s new central business district. Surrounded by offices and apartments, the 33 buildings of the original German Templar Colony, dating back up to more than 140 years, have been painstakingly restored and today house boutique stores, artists’ galleries, quaint cafes, and some of the city’s most popular restaurants and bars. Opened in early 2014, Sarona has quickly gained a reputation as one of Tel Aviv’s hottest spots, and will continue to expand in the coming years.
https://www.touristisrael.com/sarona-tel-aviv/13761/

Carmel Market
The biggest marketplace in the city, Carmel Market is renowned for its food stalls featuring local specialties – from falafel, to artisan breads, olives and exotic spices.

Nachalat Binyamin Market
In the heart of Tel Aviv, the Nachalat Binyamin Market is one of the best places in the city to find original, handmade items. Located in one of the oldest neighborhoods in Tel Aviv, it offers a massive range of different arts and crafts presented by over 200 artists who set up every Tuesday and Friday to offer their creations to the public.
https://www.touristisrael.com/nachalat-binyamin-market/7423/

Neve Tzedek
Neve Tzedek may well be one of Tel Aviv’s oldest districts, but it’s still young at heart! It is another part of Tel Aviv which has become increasingly fashionable in recent years, as restoration works are restoring it to its former glory. Built in 1887, it was the first Jewish neighborhood established as a northern suburb of the old port city of Jaffa. Its Oriental architectural style, combined with its quaint, narrow streets lined with renovated pasted houses, boutiques and cafes, make Neve Tzedek, which means Oasis of Justice, quite literally an oasis in the modern city.

HaTachana
Hatachana, the Hebrew name for the old Jaffa railway station, has recently been transformed into one of Tel Aviv’s smartest public spaces. Starting at the end of Neve Tzedek’s Shabazi St. in the south, its brilliant selection of cafes, restaurants, and boutiques ranging from fashion, of course, to wooden games, all in an enviably realistic historic setting, continue to Tel Aviv’s beach area.
Tel Aviv Museum of Art
Located on Shaul Hamelech Boulevard, the Tel Aviv Museum of Art is one of Israel's leading artistic and cultural institutions. It comprises the Department of Israeli Art, which holds a comprehensive collection of local art from the beginning of the 20th century to the present; the Department of Modern and Contemporary Art, which encompasses international works from the mid-19th century to the present; the Department of Prints and Drawings; the Department of Photography; the Department of Architecture and Design; and the Old Masters Department, with art from the 16th to the 19th century. In addition to its extensive program of permanent and changing exhibitions, the museum offers a vibrant selection of programs and activities for adults, youth and children: concerts, classes, lectures, guided tours, workshops, and more.
www.tamuseum.org.il

The Helena Rubinstein Pavilion for Contemporary Art
The Helena Rubinstein Pavilion for Contemporary Art showcases changing exhibitions, reflecting diverse fields and practices in contemporary Israeli and International art. The upper level is dedicated to two permanent exhibits of decorative art from the Danek and Jadzia Gertner Collection: Meissen porcelain and glassware by Émile Gallé. The pavilion is part of Tel Aviv's Culture Square, which also includes the Habimah Theater and the Bronfman Auditorium. Built in 1959 with funds donated by the Helena Rubinstein Foundation, it housed the Tel Aviv Museum until it relocated to its Main Building on Shaul Hamelech Boulevard in 1971.
For more information about what to do in Tel Aviv visit the following website:
http://www.visit-tel-aviv.com/

Sites in Israel

A tiny country on the Eastern shores of the Mediterranean with a stunningly diverse landscape, vibrant modern cities, and loads of cool stuff to do. Here are some of our travel suggestions.

Caesarea
Originally an ancient Herodian port city, Caesarea is a magnificent national park where ancient harbor ruins, beautiful beaches, and impressive modern residences sit side by side. The port area is one of Israel’s most attractive and fascinating archaeological sites. The restored Caesarea amphitheater hosts modern-day concerts during the summer months, whilst the Old City has a range of boutiques and restaurants. The ever-expanding new neighborhoods of Caesarea are clusters of luxurious villas, and the Caesarea Aqueduct Beach is one of the best beaches in Israel. Caesarea can be difficult to visit without a car, and many visitors choose to join a tour as a convenient and good value option.
https://www.touristisrael.com/caesarea-guide/429/

The Sea of Galilee (the Kinneret)
A magnificent geographical marvel, famous because of its prominence in New Testament writings, as a place where Jesus lived, the Sea of Galilee is one of the earliest settled areas in the Land of Israel. It boasts archaeological ruins sitting alongside some of the first pioneering settlements in Israel, as well as religious sites, modern cities, and endless outdoor pursuits.

Golan Heights
Rising up north east of the Sea of Galilee, the Golan Heights are home to some of Israel’s most spectacular landscapes and fun adventures, far removed from the cities of the center of the country. Eagles nest at Gamla and deer roam at Odem. The natural hot springs at Hamat Gader have been used by man for thousands of years, whilst more recently Mount Hermon has served as Israel’s only ski resort. Explore by driving off-road in an ATV, with a guide in a jeep, by foot on the hiking trails, biking along the tracks, or in a more extreme way, canyoning or rafting. The Golan Heights are truly remarkable!
https://www.touristisrael.com/golan-heights/447/
Jerusalem
Jerusalem is totally unique – there is no other place like it. A city of tradition, religion, and history, but also, increasingly, of modern culture and heritage, it is a place with so much to offer that you could spend years there and still not see everything.
https://www.touristisrael.com/jerusalem/

Jaffa (also known as Yafo)
The ancient port city out of which Tel Aviv grew, Jaffa has, in recent years, like much of south Tel Aviv, been regenerated, and with its old narrow streets, courtyards and buildings it has become another highly desirable part of Tel Aviv’s urban tapestry. The Flea Market is a well-known attraction of the area, with vendors selling a diverse range of interesting and unique products.
https://www.touristisrael.com/jaffa-yafo-tel-aviv/360/

The Dead Sea
The lowest place on earth, the Dead Sea is a place of beauty, and a place you should really visit during your time in Israel. Below you will find articles related to the Dead Sea. However, you might also be interested in some of the other offerings in the region. Explore the selection of tours to the Dead Sea which depart daily from across Israel and provide an ultimate way to experience the unique magical work of nature that is the Dead Sea. Aside from this, you might enjoy experiencing a selection of things to do in the Negev Desert or just browsing through the selection of hotels at the Dead Sea.
https://www.touristisrael.com/dead-sea-masada/

The Negev Desert
Covering over half of the total land area of Israel, the beautiful landscape of the Negev desert is full historic and archaeological sites such as Masada, cities, such as Beer Sheva, and wonders of nature such as the Ramon Crater and the Dead Sea, the lowest place on earth.
https://www.touristisrael.com/negev-2/

Zichron Yaakov
Located upon Mount Carmel, with magnificent views across the Coastal Plain to the Mediterranean, Zichron Yaakov was founded in 1882 by 100 Jewish pioneers, returning to their Biblical homeland from Romania. Today, the town is a big tourist center – its quaint main shopping street is lined with cafes which sit alongside historic buildings, and it is also famous for the Carmel Winery, one of Israel’s top vineyards.
https://www.touristisrael.com/zichron-yaakov/431/

Nazareth
Described by some as the forgotten son of Israeli tourism, Nazareth, located in Israel’s Galilee region has over a dozen important Christian sites, and as Israel’s largest Arab city, some fascinating cultural sites and experiences to savor. When the Pope came to Israel in early 2009, Nazareth was one of the areas given big government grants to improve its tourism infrastructure for the event. As a result, Nazareth has been given a push back onto Israel’s tourism map – and with its importance as the childhood home of Jesus, as the largest Arab city in Israel, and its stunning location right in the middle of the Lower Galilee (about 15 miles west of the Sea of Galilee), it’s a fascinating place.
https://www.touristisrael.com/nazareth/664/
Part V: Useful Tools

Recommended Apps

**Moovit** is a public transit app and mapping service which features trip planning, live arrival and departure times, up-to-date line schedules, local station maps, service alerts, and advisories that may be relevant to one's current trip. It currently supports mobile Android, Windows devices, and has a web version, Moovit on Web. [http://moovitapp.com/moovit5/](http://moovitapp.com/moovit5/)

**Gett** - previously known as GetTaxi, is an Israeli-based startup that connects customers with taxi drivers. Customers can order a cab either through the company's website, or by using the company's GPS-based smartphone app. The app is compatible with iPhone and Android platforms.

Online Resources / Newspapers

- Map of Tel Aviv: [http://www.tel-aviv.gov.il/eng/Pages/mapsnew.aspx](http://www.tel-aviv.gov.il/eng/Pages/mapsnew.aspx)
- Interactive map of Israel: [http://www.eyeonisrael.com](http://www.eyeonisrael.com)

Introduction to Hebrew

Want to speak with the Israelis? Here are some basic words to help you start:

More words can be found here: [http://www.teachmehebrew.com/100-basic-hebrew-phrases.html](http://www.teachmehebrew.com/100-basic-hebrew-phrases.html)

Hello – Shalom
What’s up? Ma nish-ma?
What’s going on? Ma ko-re?
Everything is great – Sababa / Achla (Arabic)
Come on, let’s go – Yalla! (Arabic)
Goodbye/ see you – lehitraot
How are you? Ma shlom-kha (for a man), Ma shlo-mekh? (for a woman)
Good morning – Bo-ker tov
Good night – Lai-la tov
Thank you – Toda
Yes – Ken
No – Lo