

**STUDENT
HANDBOOK-**
International
POST DOCS & PHD

TEL AVIV UNIVERSITY

TEL AVIV UNIVERSITY INTERNATIONAL STUDENT HANDBOOK

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TAU International Office

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WELCOME FROM TEL AVIV UNIVERSITY INTERNATIONAL

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

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

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

Our dedicated staff is here to accompany you and support 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 to create a life-long connection with you.

With Warmest Regards,

Professor Raanan Rein
VP Tel Aviv University

Ms. Maureen Meyer Adiri
Director of Tel Aviv University International



GENERAL BACKGROUND

ABOUT TAU INTERNATIONAL

Four decades ago Tel Aviv University first opened its gates to accomplished students who came from around the world to embark on a remarkable personal and academic journey. Today, Tel Aviv University International provides international students with the opportunity to do their full degree in English, as well as take part in short-term programs.

The Tel Aviv University International office is your address for any non-academic issues you might have during your stay in Israel. The main services we offer you, as international post-doctoral and PhD students, are as follows:

- Housing assistance and on-campus accommodation (depending on availability)
- Hebrew Ulpan
- Language courses
- Health Insurance
- Support with initial steps in Israel
- Extra-curricular activities in English
- Social activities & trips

You are strongly advised to visit our office on campus (in the Carter Building, Room 108, entrance floor) and meet our social counselors who are dedicated to work with International PHD and post docs. Tomer - head counselor- and Jenia are there for you to consult on anything you need regarding life on and off campus.

Contact them at intlgrad@mail.tau.ac.il, introduce yourself, add yourself to our [contacts list](#), and you will be informed about all of the social events dedicated to graduate and post graduate international students at TAU.

Also, please join our Facebook page - [International Postdocs & PhDs at Tel Aviv University](#). Here you can share, ask and be advised by other Post Docs and PhD members at TAU.

ABOUT TEL AVIV UNIVERSITY

Tel Aviv University (TAU) is Israel's largest academic institution. TAU was founded in 1956 when three smaller education units - the Tel Aviv School of Law and Economics, the Institute of Natural Sciences, and the Institute of Jewish Studies - joined together to form a comprehensive university.

Today, TAU offers an extensive range of degrees in the arts and sciences, within its Faculties of Engineering, Exact Sciences, Life Sciences, Medicine, Humanities, Law, Social Sciences, Arts, and Management. The original 170-acre campus has been expanded to include an additional 50-acre tract, now being developed. Its faculty includes nationally and internationally renowned scholars and scientists, many of whom are leaders in their fields.

RESEARCH CENTERS AND INSTITUTES

Tel Aviv University has over 2,200 faculty members, among them internationally renowned scientists who have made significant contributions to the advancement of knowledge in fields as diverse as particle physics, cell biology, biotechnology, genetics, fiber optics, the humanities, arts and social sciences. Israel's largest and most comprehensive university, TAU is comprised of nine faculties, 27 schools, 98 departments and some 130 research institutes and centers. Institutes and centers support research in a specific field. Often interdisciplinary in nature, they provide a formal framework for researchers, as well as their master's, doctoral and post-doctoral students, to collaborate and exchange ideas.

The University enjoys extensive research contacts with leading academic and scientific institutions abroad, including over 150 cooperation agreements with universities in North and South America, Europe and Asia.



AILAND
ALGAR8
ORONTO
AHMEDABAD
TEL AVIV
HYDERABAD-MUMBAI
SOFIA
MUENCHEN
KOELN HBF
CHENNAI
STOCKHOLM
LONDON-HEATHROW
MINSK
SEATTLE
BUENOS AIRES
FRICH

PREARRIVAL
AND ARRIVAL

PREARRIVAL
AND ARRIVAL

TRAVEL DOCUMENTS

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

- 1) 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. **International students in Ph.D. programs and Post Docs are able to work in the university as research assistants with the student visa.**
- 2) 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.
- 3) Please note: It is illegal to study in Israel on a tourist visa. The following is a list of papers required for this procedure:
 - a) <http://piba.gov.il/Subject/VisaAndPosition/Documents/MatanAshratKnisa.pdf>
 - b) Valid passport
 - c) Passport-sized pictures
 - d) Acceptance letter to the program
 - e) Proof of sufficient funds (a bank statement is acceptable)
 - f) Scholarship statements, if relevant.
 - g) Fee of ~360 NIS
- 4) Some students will not be able to enter Israel without receiving a student visa ahead of time because they are not automatically granted tourist visas upon arrival to Israel.
- 5) 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.
 - a) The following is a list of papers required for this procedure:
 - i) [Form 10X](http://piba.gov.il/Subject/VisaAndPosition/Documents/MatanAshratKnisa.pdf) <http://piba.gov.il/Subject/VisaAndPosition/Documents/MatanAshratKnisa.pdf>
 - ii) Valid passport
 - iii) Passport sized pictures
 - iv) A letter from Tel Aviv University International with the financial statement of your payments
 - v) Proof of sufficient funds (a bank statement is acceptable)
 - vi) Scholarship statements, if relevant.
 - vii) Fee of ~360 NIS

Ministry of Interior details

125 Begin Road, Tel Aviv
Office hours: Sunday and Thursday, 08:00 AM - 12:00 PM
Contact person: Vicki Kababgiyan
Go directly to Vicki, who will deal with your student visa.

Families of students do not receive a student and/or work visa. If a spouse of a student wishes to work during their stay in Israel, he/she must find an employer willing to sponsor a work visa.

For any questions regarding visas, please contact Avi Zarakhovsky: 03-6409989/5119 or aviz@tauex.tau.ac.il.

Israeli Born & Returning Israeli Citizens

If you are a returning Israeli citizen or child of a parent with Israeli citizenship, please contact the nearest Israeli Consulate to clarify your legal status in advance of entering the country. Israeli citizens or children of Israeli citizens should check their status regarding military service and might want to apply for an exemption through their nearest Israeli consulate before arrival in Israel.

List of Israeli Consulates Worldwide

<http://mfa.gov.il/MFA/ConsularServices/Pages/default.aspx>

PACKING ESSENTIALS

Clothing

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

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

For organized trips, as well as your own sightseeing, a pair of good walking shoes is a must.

Cosmetics and Toiletries

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

Medication

If you are taking a prescribed medication, you should bring a supply to last the duration of your time in Israel. It is also recommended that you bring a typewritten, generic prescription for your medication,

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

Please see the 'Health insurance' section for information regarding obtaining prescription medication in Israel.

Electrical Appliances

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

FLIGHT AND ARRIVAL

Baggage Information

Please contact your airline operator regarding baggage regulations.

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

Arrival

At Israel's Ben Gurion International Airport (known by its Hebrew acronym 'NaTBaG'), 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 relevant documentation from TAU to show the inspectors. Make sure that you have made arrangements for housing, to meet with friends or family, or to stay in a youth hostel when you arrive.

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

- **Train:** From the arrivals hall, follow the signs to the train station, which is located just outside the main doors of the airport terminal. Train tickets can be purchased from automated ticket machines. The train from inside the airport terminal has four stops in Tel Aviv. You may need to take a taxi or bus from the station to your final destination. The train also goes to Haifa, Jerusalem, and many other cities in Israel. Take into account that if you arrive on Saturday, there is very limited train service. In general, trains run up to an hour before sundown on Friday, and resume running on Saturday night approximately an hour after sunset. For information on schedules and fares, call Israel Railways Information Service at 03-6117000

or *5770 from any cellular phone in Israel. You can also look up schedules on the Israel Railways website: <http://www.rail.co.il/EN/Pages/HomePage.aspx>

- **Taxis:** Just outside the arrivals hall is the taxi queue. There is a flat fare for Tel Aviv of approximately 120-130 NIS (the price will be higher on Friday night or Saturday). If you ask a taxi driver to turn the meter on, s/he is required by law to do so; if s/he claims the meter is broken, get a new taxi. Only accept taxi service from those in the designated queue outside of the arrivals hall at the airport. Taxi drivers do not expect to be tipped. In addition, there are shared taxis, called a monit sheirut, which go to Haifa and Jerusalem. They usually cost around NIS 70.

For general information on transportation to and from Ben Gurion Airport go to: <http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion/InformationforTravelers/TransportationToandFromtheAirport/>

Please refrain from bringing your luggage into the University campus, as it will be subject to security inspection and there are no storage facilities on campus. Students staying in the dormitories must arrange entry by contacting Tomer Givol (+972-50-9962287), who will arrange the key for you at the dormitory entrance.

Safety and Security

The safety of our students is our highest priority. Like all public institutions in Israel, Tel Aviv University employs a network of security personnel covering all campus entrances and patrolling throughout the campus and dormitory complex 24 hours a day. Students should be prepared to show student cards or another picture ID and submit bags for search.

The University's Security Department maintains close contact with government security agencies. The international student population is regularly updated regarding security matters and receives copies of all relevant official communications. Specific security information will be given at the student orientation.

Additionally, foreign citizens are advised to register with their local embassy. This can be done either in person, or online, in many cases.

Finally, students are advised to carry some form of government-issued photo identification at all times. International students may want to also carry a photocopy of the first page of their passport.



HOUSING

HOUSING

General Information

The two relevant dormitory complexes are adjacent to campus. Please click here to see the location of the dormitories on the TAU map.

The official check-in day to the dormitories is on Tuesday, October 25th 2016 from 8am to 4pm (besides students who are already living in the dorms).

During orientation week, Tel Aviv University International will conduct an information session on housing, where the rules and regulations will be provided in detail.

Please note that the following items are not supplied by the University: blankets, pillows, towels, kitchen utensils, and household goods. Students may bring their own linens and electrical appliances or choose to buy from an Israeli company that provides these supplies, such as 4-Less or IsraDorm. Please visit their websites for details and prices. If you have questions they can be reached toll-free at (866) 404-5377. The following quantities of linens are usually sufficient: two blankets, two to four sheets, two pillowcases, one pillow, and four towels. Please note that beds in the dorms are slightly longer and narrower than American twin beds.

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

For inquiries please email: housing@tau.ac.il.



ON-CAMPUS HOUSING

Einstein Dormitories

The Einstein student dormitories are located across the street from the Tel Aviv University main entrance (to the west). Shared rooms are available there for our international graduate students and researchers. Each dormitory suite is divided into two bedrooms; two students sharing each bedroom. Each suite is fully furnished and includes a kitchen and bathroom, air conditioning, Wi-Fi, and cable TV. The dorms are inspected upon move-in and any damage done during students' stay will have to be covered by the students. A self-service laundry is located within the dormitory complex. Additional laundry and cleaning facilities are available in nearby shopping centers.

Prices are 600 USD per month for a shared room, utilities and municipal tax included. Students who are living in the dorms are expected to sign a contract and pay in advance.



Inside an Einstein dorm room



Student City - Broshim Dormitories

Construction is nearly finished on the Student City Complex, TAU's most ambitious building project to date. The Student City campus will enable the University to accommodate thousands more students over the years on Israel's greenest and most beautiful campus.

The complex comprises 35,000 square meters of built space at the south-west tip of the campus. Along with eight residential towers there are shops, cafes, gardens, promenades and recreational facilities such as a student club. Several kinds of units are offered: studios and shared apartments for undergraduates and family suites for married graduate students and young faculty members. All are designed to provide a warm and comfortable environment that will make the residents feel at home.

The complex creates a dynamic living and learning environment that is also integrated with the wider cultural offerings of TAU and Tel Aviv, including nearby museums and the Ramat Aviv Mall.

The dormitories are divided into suites with one bedroom; one student resides in each bedroom. Each suite is fully furnished and includes a new kitchen and bathroom, air conditioning, Wi-Fi, and cable TV. The dorms are inspected upon move-in and any damage done during students' stay will have to be covered by the students. A self-service laundry is located within the dormitory complex. Additional laundry and cleaning facilities are available in nearby shopping centers.

Fees: 800 USD per month for a studio apartment utilities and municipality tax included. Students who are living in the dorms are expected to sign a contract and pay in advance.



Inside the Broshim studio rooms



GUEST APARTMENTS

Guest apartments might be a suitable solution for limited time. The Einstein Complex guest apartments include 8 residential units and the Broshim Complex includes 46 additional units. The guest apartments are suitable for single, double and family occupancy. The apartments are furnished, LCD cable television, internet, air conditioning, complete shower and toilet, fully equipped kitchen, microwave oven, electric stove, electric kettle, coffee set, linen replacement and housekeeping of the apartment. In addition the guest may use other complex services: self-service laundry (fees apply) and computer room 24/7. For more information, you are welcome to visit the website: <http://www.meonot-shik.co.il/guest-apartments>

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.

Around orientation time, there will be sessions meant to guide you with off-campus housing in Tel Aviv. In the meantime, please find some guidelines hereunder.

If you live in Ramat Aviv, you can walk to TAU. Living in the city center allows you to have access to the beach and the city action. From the city center, the bus takes anywhere from 20 to 40 minutes to reach the university. The first question to ask yourself when looking for housing is: whether you prefer to live.

Near the university in Ramat Aviv or in central Tel Aviv. Please refer to the map of Tel Aviv at the beginning of this booklet.

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 three weeks are recommended for apartment searching.

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

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

Airbnb is very popular in Tel Aviv and you might find great solutions for short term housing: <https://www.airbnb.com/s/Tel-Aviv~Yafo--Israel>

Hostels could be a great option for short term solutions- Please find a list of providers hereunder:

Name	Street/ Tel Aviv	Tel	Email
Abraham Hostel	Levontin St 21	(972) 3-624-9200	infotiv@abrahamhostels.com
Arbel Hotel Apt	11 Hulda	(972) 3-5225450	sales@arbelhotel.com

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

Depending on a variety of factors, you should be prepared to pay anywhere from NIS2500 (living with 1/2 roommates) to NIS3600 (living alone) per month for a partially furnished apartment. The following websites will help you in your search:

- [Yad2](#): (Hebrew)
- [Jaanglo](#) (English)
- [Taanglo - Facebook](#)
- [Tanglo - Yahoo group](#)
- [WinWin](#): (Hebrew)
- [Homeless](#): (Hebrew)
- [Flat Club](#): (English)
- [Craigslist](#) (English)

Facebook groups:

We have created a FB group for students who are leaving to be able to pass on their apartments to incoming students. We hope to get more activity as we approach the beginning of the next academic year: [TAU International off campus housing](#)

Note: Some of the groups maybe closed groups, meaning you should ask to join and the administrator needs to approve the request.

- [Secret Tel Aviv Facebook Group](#)
- [Tel Aviv Apartments Buy Rent Sell Trade!!!!](#)
- [החדש העמוד אביב בתל לאזון מפה דירות](#)
- [Internationals in Tel Aviv](#)
- [Apartments for singles or couples in Tel Aviv](#)
- [Apartments in TLV Old North and Downtown](#)

- Apartments/roommates in Tel Aviv
- אביב בתל חברים בין והחלפה להשכרה דירות (Hebrew)
- בהומלס שמתפרסמות לפני, אביב בתל חברים בין ריקות דירות (Hebrew)
- Looking for an Apartment in Tel Aviv...
- Tel Aviv Apartments אביב תל דירות
- עד יחיד דירות 3000 אביב בתל ח"ש (Hebrew)
- אביב בתל לשכור / להשכיר דירה מחפשים (Hebrew)
- אביב בתל לאוזן מפה מכירה/להשכרה דירות (Hebrew)
 - • Batim LeOlim - Rentals in Tel Aviv [WinWin](#): (Hebrew)
 - [Homeless](#): (Hebrew)

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.

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, [press here](#).

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

Apartment Details

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

Rent

What does your rental payment include (va'ad bayit - building maintenance fees? All inclusive - water, gas, electricity, maintenance fees, cable Internet, phone, etc.?)?

How often is payment due and in what form (12 checks in advance? 6 checks in advance? 1 lump sum? Cash - never pay cash unless you receive a receipt)?

Bills

How much is arnona (municipality tax) and water every month?

Is there an electric heater for water (dood chashmal) or is it solar powered (dood shemesh)?

How much is electricity, on average, per month?

How much are the va'ad bayit maintenance fees each month?

Signing the Lease

It is strongly recommended to not transfer large sums of money to the owner / agency. If no other option exists, you must negotiate with them to minimize your risk.

Can the lease be written in English?

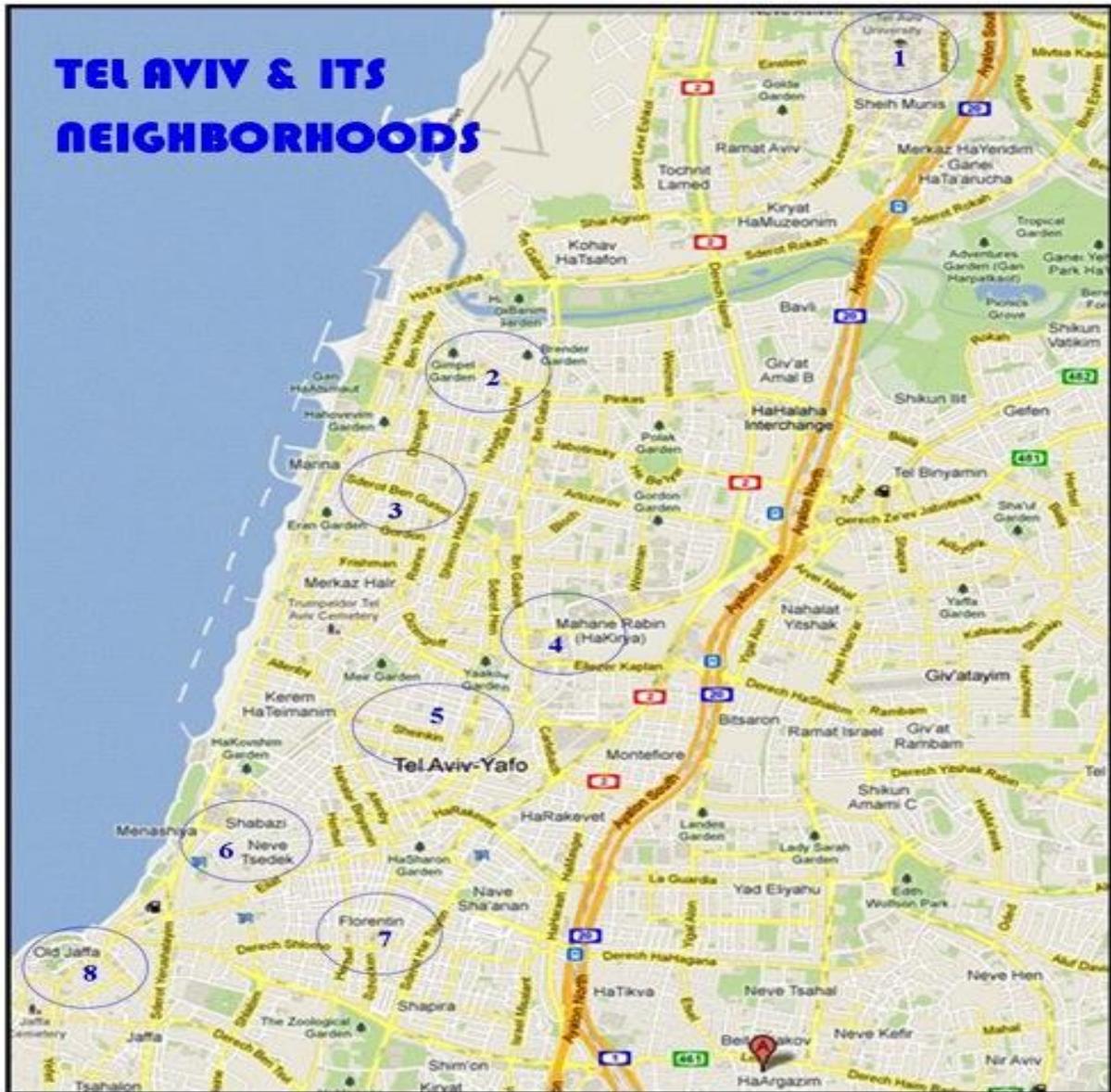
Is there a need for a guarantor?

Do they require a lawyer to review the lease? If so, who covers the cost?

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?

Please see the map hereunder to get a good picture of the options.



TEL AVIV & ITS NEIGHBORHOODS

- 1 Tel Aviv University, in Ramat Aviv
- 2 Basel - the North is close to the park, the port and TAU. Tons of restaurants (~10 min)
- 3 Ben Gurion, Gordon and Frishman - close to the beach and young (~20 min)
- 4 Rabin Square is very central. You'll find everything there 24/7. (~20 min)
- 5 The Heart of Tel Aviv - with Rothschild, Shenkin and more is fun and beautiful (~30 min)
- 6 Neve Tsedek - an old neighborhood full of charm close to the beach (~45 min)
- 7 Florentin- trendy, vibrant, cheaper but also slightly run-down; many students & artists (~50min)
- 8 Yafa - many bigger apartments available, great atmosphere, a bit far (~55 min)

*The time mentioned shows approximately how long it takes to TAU by bus. Biking could be quicker



HANDY
INFORMATION

HANDY INFORMATION

IMPORTANT TELEPHONE NUMBERS

External Telephone Numbers:

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

TAU Extensions:

- Tel Aviv University International Office 03-640-8118
- University Security
(for suspicious objects, fire on campus,
accidents, elevator issues, etc.) 03-640-5555
- First Aid Nurse 03-640-8666
- Campus Psychology Center 03-640-8505
- Avi Zarakhovsky – Student visa issues 03-640-9989
- Social Office in TAU International 03-640-8953

CAMPUS MAP



[High resolution map](#)

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

<http://www2.tau.ac.il/map/unimable1.asp>

TAU ACADEMIC CALENDAR

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

HEALTH INSURANCE

Your welfare while you are studying at Tel Aviv University is of paramount concern to us. Any TAU student is bound to be covered by health insurance during the entire period of enrollment. This is also a legal condition set by the Ministry of Interior to receive a Visa. As an international student at TAU not enrolled in an International program, it is **your sole responsibility** to be covered by a medical insurance valid for the entire duration of your TAU program. TAU International will be happy to provide you with the local medical insurance (described hereunder), if purchased. Please note that we can only provide coverage for TAU students and their immediate family (spouse and children only).

HEALTH TIPS

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

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

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

TAU suggests that students consider carrying **private comprehensive health insurance**. In the event that a medical need arises that is excluded by the policy - such as a pre-existing condition or prescriptions - your insurance may enable you to recover those costs. Please make sure that you have insurance coverage that is effective throughout Israel if you plan on being in the country before the program begins. If you travel abroad either during or after the program, please ensure that you have insurance coverage that is effective anywhere you intend to travel. If you do travel outside of Israel, make sure you come by the office to get a letter from Tel Aviv University International to show airport security upon returning to Israel.

TAU HEALTH INSURANCE

If you are interested, TAU offers health insurance that international students may purchase. Tel Aviv University has chosen the Harel Health Insurance Company, the leading health insurance company in Israel. The policy is a basic health insurance plan that covers treatment by a large selection of private English-speaking doctors. It also covers hospitalization in public hospitals. This insurance provides coverage for the student only within Israel. Health insurance costs ~1.5 USD a day and covers you while you are in Israel (on and off-campus). Optional health insurance coverage is offered by the insurance company for travel outside Israel for an additional fee. You may purchase the additional coverage directly from an insurance agent in Israel.

If you would like to be covered by the TAU Health Insurance Policy, we recommend that you arrange this in advance by creating a [profile online](#) and submitting your acceptance letter to [Ms Tamar Grushka](#) who will then inform you about the next steps. If you are already in Israel, please come by the Tel Aviv University International office on campus (Carter Building, Room 108). In any case, in order to purchase health insurance, you must provide a [Health Declaration Form](#).

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

Important information:

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

Policy of TAU Health insurance

1. The insurance company will provide students with professional and efficient health services which include:

- Comprehensive Medical Providers Network covering all of Israel. This includes physicians, practitioners and specialists, pharmacies, laboratories, and x-ray facilities.
- 24-hour assistance center for immediate treatment and referral.
- Services provided within close proximity to the university (Ramat Aviv and North Tel Aviv).
- House calls when the student is unable to visit a physician.
- Hospitalization in any hospital within the State of Israel.
- Refund for ambulance transportation in cases of emergency.

- Administration of injections, excluding daily injections (such as insulin). Medicine to be provided by the student.

2. Every student receives a personal medical service ID card and an index of participating network physicians and pharmacies. Upon presenting the card, the student is eligible to receive all services at no charge. Medicines, laboratory tests, or x-rays prescribed by the physician are provided or administered by Network providers at no charge.

3. Students may visit any participating general practitioner or specialist listed in the index without referral.

4. Coverage includes emergency dental treatment.

5. The 24-Hour Assistance Center can be contacted regarding any medical problem that arises outside of business hours, or that does not have a solution within the framework of the Network.

6. Referral for hospitalization may be made by any participating physician or the 24-Hour Assistance Center. In emergencies, the student may go to the nearest hospital without prior notice to the Insurance provider. The Insurance provider should be advised as soon as possible after admittance so that the case can be monitored by a senior insurance company medical.

7. Students may use the Network anywhere within the State of Israel. The 24-hour Assistance Center will provide referrals to the nearest physician.

8. Exclusions and limitations:

a) Pre-existing conditions to the commencement date of the insurance.

b) Any medicine or treatment not prescribed by The Insurance Company's physicians.

c) Psychiatric treatment.

d) Treatments related to HIV/AIDS.

e) Aesthetic treatments and/or surgeries.

f) Pregnancy and delivery – for students or their partners who needs this kind of insurance, can address

[David Shield agency](#).

Contact number: 1800-34-34-35 / 09-8920950. Opening hours: Sunday – Thursday 8 AM – 12 PM.

g) Work - related accidents.

h) Dental treatment which is not considered an emergency designed to relieve immediate pain.

i) Injuries incurred while intoxicated or under the influence of illegal substances.

j) Injuries incurred while participating in extreme sport activities (e.g. bungee jumping, mountain climbing, etc.).

k) Traffic accidents are not covered by medical insurance provider. In such cases, coverage is through the responsible party's insurance or through a government fund, Karnit -

<http://www.karnit.co.il/category/knoffice>

For additional information, please refer to the insurance policy document supplied by the program.

FUNDING

We know that funding matters and hope that some of the following grants and scholarships will be relevant to you. Regarding funding from TAU, we suggest that you consult with your host faculty member.

We will update our website regularly with current funding and scholarships information

- [Fulbright Programs](#)
- [Israel Ministry of Foreign Affairs](#)
- [The Azrieli Foundation](#)
- [The PBC Fellowship Program for Outstanding Post-Doctoral Researchers from China and India](#)
- [CHE/ PBC fellowship scheme for Post-Doctoral researchers From Taiwan](#)
- [French Embassy in Israel - Scholarship for a French PhD or Post-Doc student in Israel](#) (in French)
- Citizens of EU Member Countries are invited to check EURAXESS, a program by the European Commission intended to increase mobility within EU partner countries, which also encourages and funds academic visits to Israel. EURAXESS-Israel offers up-to-date information about funding resources, research opportunities and practical information for academic visitors of all ranks from all EU countries who are interested in pursuing research in Israel. To learn about opportunities through EURAXESS-Israel click [here](#).

COMMUNICATION

Post Office

There is a post office located across from the main gate of the University, on Levanon Street, across from the main entrance to the University. There are many services and products offered, including postage stamps, phone cards, fax services, money exchange (with better rates than at the bank), and money orders via Western Union. You can even get a credit card and pay most of your bills there.

For more information about Israel's Postal Services go to:

<http://www.israelpost.co.il/hpcontent.nsf/EntryHomePage?ReadForm&L=EN>

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

For students living in the dormitories, mail that is sent to the university is delivered to a central mailbox outside of the Tel Aviv University International Office. It is recommended to periodically check this box for your mail and messages.

Mail should be addressed to:

Your Name
c/o Tel Aviv University International
Tel Aviv University
Carter Building, Room 108
Ramat Aviv, Tel Aviv 6997801
ISRAEL

Time Zone

Israel's time zone is UTC + 2. Israel follows Daylight Saving Time, but has a slightly different changeover schedule than Europe and North America. For the exact time in Israel click

http://www.worldtimeserver.com/current_time_in%20%20%20IL.aspx.

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

Telephone Services

In Israel, there are several service providers for mobile phones, such as: Cellcom, Orange, Pelephone, Hot Mobile, Golan Telecom, etc . This is a very competitive market and it is recommended to check several companies for service plans. Also, ask your Israeli colleagues and friends for recommendations. Please note that Israeli law forbids signing long-term commitments with communication service providers.

Tel Aviv University has arranged for international students to receive a rent-free cell phone through IsraelPhones for short-term plans. We recommend that all students carry these phones for their

convenience and safety. To sign up for your phone or for a complete list of benefits, go to <http://www.israelphones.com/tau.htm>. If you choose this option, you will be charged a **fully refundable \$175 deposit** to ensure that your mobile phone is returned. For a complete list of benefits for both students and parents, please refer to the above webpage.

International Calls

Since the international telecommunications market in Israel was opened to competition, rates on international calls dialed directly from Israel are often cheaper than from the opposite direction. To make an overseas call, dial one of the following 3-digit codes before your country code and area code: 012 (Smile), 013 (Netvision-Barak), or 014 (Bezeq International). If you are coming to Israel from the United States or Canada, you may want to purchase Vonage or MagicJack to make long-distance calls. In addition, using Skype from a computer is always an option.

Internet Access

Wireless internet is available in most places on campus, including cafeterias. In addition, all libraries have designated computer labs for students. The rooms in Einstein dorm are wired. 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.

The university's free wireless network is called "free-tau" and the password is "free-tau".

LANGUAGE STUDY OPTIONS

INTENSIVE HEBREW ULPAN

A number of Ulpan (intensive Hebrew program) options are offered to international students during the summer and the academic year. No Hebrew language background is required for Ulpan studies; upon registering for the class you will be given a placement test to determine your proficiency level, from beginner to advanced. At the end of the Ulpan, students are retested and given a final grade. A detailed description of each Ulpan level can be found online at:

http://international.tau.ac.il/language_programs_overview .

There are also several Ulpanim, such as Ulpan Gordon, that offer Hebrew classes in the morning. Ulpan Gordon is located at 7 Lasalle Street.

Phone: +972-3-522-3095 and at +972-3-522-3181

Email: hadas.goren@012.net.il

HEBREW AND ARABIC LANGUAGE CLASSES

Hebrew and Arabic classes are offered especially for international students and will be taught during the year for an additional fee of approximately 400-500 USD per semester. Registration for Hebrew and Arabic courses takes place at the Tel Aviv University International offices.

THE DIVISION OF FOREIGN LANGUAGES AT TEL AVIV UNIVERSITY

Foreign Language Courses: The Division of Foreign Languages offers courses in: Czech, Dutch (the H. Spijer-Kok program), French, German, Italian, Ladino, Polish, Russian, Spanish, and Yiddish. These two-semester courses are offered on two levels, beginners and advanced, both consisting of 4 class hours a week for the entire academic year. Students may be eligible for scholarships in foreign language programs; please approach the language course coordinators for information. The Division of Foreign Languages also offers intensive one-year courses in French, German, and Spanish for students studying toward a post-graduate degree. The courses are intended for students whose department or faculty requires a second foreign language for use as an academic/research tool. Students are advised to inquire which languages their individual department accepts as second foreign languages. These intensive courses meet for two 3-hour sessions per week.

WRITING CENTER

The Center for Language Excellence (CLE) provides one-on-one tutoring in English and other foreign languages.

In today's global world, the importance of foreign languages is at the forefront in higher education. Consistent with its emphasis on global research partnerships, and with its growing number of international degree programs taught entirely in English, Tel Aviv University offers students a writing/language center specializing in one-on-one tutoring in English as well as other foreign languages.

The Center for Language Excellence (CLE) at the Division of Foreign Languages, the first of its kind in Israeli higher education, caters to the language needs of both Israeli and TAU international students as well as faculty and staff. For a nominal fee, TAU community members can improve their English writing, reading, speaking and conversational skills, as well as obtain 1:1 guidance on academic papers, theses,

dissertations, oral presentations, professional CVs, post-doc applications, grant and fellowship applications, and more. The sessions are given by TAU faculty members and experienced language tutors. In addition to English, tutoring is available in other languages, including Arabic, French, Italian, Polish, Portuguese, Spanish, Russian, Turkish and more.

Commenting on the added value of CLE, TAU PhD history student Claudia Stern from Chile says, “I truly believe that CLE is one of the best tools TAU can offer young scholars in the making. I have been working with my tutor at CLE on abstracts, conference papers, articles, CV, and post-doctoral proposals and I have much gratitude for the experience which has definitely helped me enhance my professional profile”.

For more information, contact CLE at cle@post.tau.ac.il or visit the website at: <http://www6.tau.ac.il/foreign-languages/cle>.

BANKING

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

Opening an Israeli bank account

The main banks in Israel are Leumi, Hapoalim, and Discount (all have branches conveniently close to campus). Some international students choose to open an Israeli bank account. There is a student-friendly branch of the Israel Discount Bank on campus, which will allow you to open an account using a personal check, travelers' checks, and/or cash. Certain services, such as depositing checks, can only be done at the same branch at which you opened your account, but withdrawing money from an ATM can be done from any bank. American citizens must report their Israeli bank account in their annual income tax filing, regardless of its duration and total sum. As a post-doc or PhD student, you are entitled to open a student account which will save you a lot of fees.

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

ATM Cards

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

Credit Cards

The most popular credit card in Israel is Visa. MasterCard and American Express are also widely accepted. Most businesses accept these cards for goods and services, and banks offer cash advances. Transactions are then billed to an account back home.



CAMPUS LIFE

CAMPUS LIFE

TEL AVIV UNIVERSITY CAMPUS

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

TAU INTERNATIONAL SOCIAL OFFICE- ADDICTAU

To complement your academic experience, TAU International puts great emphasis on the social component of your TAU experience. This was the basis of the establishment of our graduate students' social office- ADDICTAU (Advanced Degrees International Community Tel Aviv University).

Our social counselors are here to help you with all the non-academic components of your life in Israel: consulting on day to day issues related to your adjustment to Israel, helping with housing, helping you work with the medical insurance (if needed), etc. They're available for you 24/7 for any type of emergency.

Our counselors also conduct a broad social program that includes trips all over Israel (North, South, Jerusalem), parties, cultural events, etc. They will do this while also providing you with the tools to help you to integrate independently into Tel Aviv's vibrant cultural scene.

In addition, our counselors will help you to open and run 2 student clubs: Running Club and Soccer Club that will enable you to network with other international students on campus, as well as with Israeli students and to be active in your favorite.

In addition, ADDICTAU established an international student senate with representatives of all the international graduate degree programs to help students raise important issues that help them in their non-academic experience on campus as well as give them the platform to initiate and contribute to the international student community.

Also, ADDICTAU is active in volunteering projects. You will get more information about volunteering opportunities during the orientation week.

Important for you to remember all the way: the counselors are here to help you!

Email us at: intlgrad@mail.tau.ac.il

GREEN CAMPUS AT TAU

In a milestone for environmentalism at TAU, the university was accredited in 2011 as a "green campus" by the Israeli government, in recognition of its efforts to create a more sustainable institution. The

37 accreditation is awarded to Israeli universities that implement programs in three key areas: academic degrees and courses in environmental studies (given by the Porter School of Environmental Studies), heightened resource efficiency through recycling and reduction of electricity and water use, and community-related projects that strengthen environmental awareness both on and off campus. Among the green innovations at TAU are more energy efficient lighting, the "Nature Campus" educational initiative, stands for the city of Tel Aviv's new bicycle rental system, and a comprehensive plan for campus bicycle paths.

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

LIBRARIES

As a Tel Aviv University student, you will have access to all of the University's general and professional libraries. A complete list of on-campus libraries is available at: <http://www.tau.ac.il/libraries-eng.html>.

The Brender-Moss social science library will be open 24 hrs. a day during the exam period.

THE STUDENT UNION

The Student Union is one of the most active bodies on campus, and offers all its services in both Hebrew and English. Services to students include, but are not limited to, private tutoring, legal support, and extracurricular activities.

The Student Union is located in the Mitchell Building. Please read the section on the Buddy System for more information about the Student Union's programs.

ENGLISH-SPEAKING STUDENT CLUBS

There are some TAU Clubs run in English: Model UN is an academic simulation of the United Nations that aims to educate participants about current events, selected topics in international relations, diplomacy, and the United Nations agenda. The participants role-play diplomats representing a country or NGO in a simulated committee session of the United Nations, such as the Security Council, or the General Assembly. Participants research a country, take on roles as diplomats, investigate international issues, debate, deliberate, consult, and then develop solutions to world problems. For more information and registration, please contact: taumunclub@gmail.com.

The Ambassadors' Club is a project of Tel Aviv University International and **Stand With Us**, aiming at establishing a leadership and advocacy program that allows outstanding international and Israeli students from TAU to be trained by experts in an interactive fashion. Through **eight** sessions, including a field trip, the program provides the students with necessary tools in different disciplines concerning public advocacy and diplomacy. Throughout the semester, the club uses a two-level approach: on the one hand, offering information regarding the issues, and on the other, developing the skills necessary to best utilize this knowledge. Please contact Tel Aviv University International for more information.

ELITE SPORTS CENTER

The Elite Sports Center (<http://www.sports-center.co.il/>) serves as the venue for all regular University physical education courses, as well as competitive intercollegiate and Israeli league activities in a variety of sports. Facilities include an Olympic-size swimming pool, lighted tennis courts, a basketball court, a track, and a soccer stadium. The Goldreich Multipurpose Sports building houses fitness and weight rooms, squash courts, and a gymnastics hall. You may purchase a sports pass entitling you to the use of all sports facilities and activities during your stay in Tel Aviv. Separate passes must be purchased for the use of tennis and squash courts.

For membership, please fill out the medical [form](#).

VOLUNTEER AND INTERNSHIP OPPORTUNITIES

Tel Aviv University believes in encouraging its students to be involved, caring, active citizens who are committed to affecting social change and constantly improving Israeli society.

Students interested in volunteer and internship opportunities should meet with the program coordinator and/or the internship coordinator in the TAU International office in Israel. Internships are not available for credit and are unpaid unless special arrangements have been made.

Some fields of volunteering opportunities are:

- Children and education
- Refugees
- Women
- Nature and animals

BUDDY SYSTEM

The Buddy System is a project created in collaboration with the Tel Aviv University Student Union especially for international students. It is a group for students, run by students. The Buddy System's goal is to create a united and multicultural campus at Tel Aviv University.

The program offers all international students the opportunity to enhance their connection to the city, country, and community by connecting them with Israeli students at events held throughout the academic year.

The Buddy System provides the opportunity to meet and build real friendships with Israeli students. The experience is enhanced by Buddy System activities such as trips, lectures, volunteering, parties, and more.

The project is led by four student volunteers and a team of passionate students who want to meet you and make your TAU experience unforgettable.

For more information and photos from previous events, see the Facebook page, TAU Buddy System, at: <https://www.facebook.com/TAUBuddySystem> or email them at: people@taubuddysystem.com

Additional information will be provided during orientation week.

TAU LGBTQ GROUP

TAU LGBTQ group is happy to welcome you to campus!

Our group is a Loving home to all gay, lesbian, bi, trans, queers and confused friends.

We meet every other week for different activities that concern our life on campus and in Israel, followed by our local bar for some drinks and hanging out.

Most of the weekly meetings are in Hebrew, with all other activities conducted in English and Hebrew.

You can sign up for our mailing list (<http://goo.gl/Jaf2r>) to stay up to date, and you can always call or look for us on Facebook!

See you next year!

Erez - 054-6738707 Matan - 0526919955

HILLEL

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. For more information regarding Hillel, go to <http://en.hillelisrael.org/TAU/home>

RELIGIOUS HOLIDAYS

It is the policy of the University 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 national and religious observance holidays, please refer to our academic calendar.

In the section on [Jewish and national holidays](#), you can find explanations about the major holidays celebrated in Israel.

The Cymbalista Synagogue and Jewish Heritage Center

The Cymbalista Jewish Heritage Center's purpose is to contribute to the understanding and meeting of minds and hearts among the different sectors of the Jewish people: between the religious and the secular, and between the different streams of Judaism - Orthodox, Conservative and Reform. The Center was initiated by Norbert and Paulette Cymbalista of Geneva, members of the Tel Aviv University Board of Governors. They dedicated it as a Jewish Heritage Center which aims to attain more openness and understanding. This project was adopted by the University Administration and the Senate. For more information about the synagogue, please visit the website: <http://en-heritage.tau.ac.il/home>.

CRISIS SERVICES

In the event that discrimination, harassment, or other conflicts arise, please contact the head counselor – Tomer 050-9962287, his office located in the Carter Building on campus. In addition, a student services hotline has been established to handle psychological counseling and crises. This hotline runs from 6:00 p.m. until 10:00 p.m. nightly.
Phone: 03-640-5352

Psychological services in English are available for international students. To make an appointment, please contact Ms. Lena Arbiv, secretary of the University's psychological services, 03-6408505 or clinic@post.tau.ac.il. Their offices are located in the Mitchell Building, Room 216. Psychological services are strictly confidential by law. Office hours are Sundays-Thursdays from 8:30 a.m. to 2:30 p.m.

The fees for psychological consultation and counseling are as follows:

- Initial consultation session 200 shekels
- Second and further psychotherapy sessions 200 shekels
- First psychiatric consultation 275 shekels
- Further psychiatric consultations * 200 shekels

*Students can receive continued psychiatric consultation, but only concurrently with psychotherapy.

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

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

FOOD AND LIVING EXPENSES

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

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

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

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

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

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

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

On Campus Food

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

- Aroma- Coffee shop in the Diaspora museum. (near Tel Aviv University International offices)
- Food court- In Sharet building (McDonalds, Salads, Pizza, etc)
- KaKao- Coffee shop, Hummus and snacks. In law faculty, across from the Sharet building.
- Webb Building- Meat dishes, sandwiches, salads, snacks, etc

School and Office Supplies

An office supply store is conveniently located at the main entrance of Tel Aviv University and sells most of the necessary supplies you will need for your academic studies. You will find everything from pens and notebooks to printers and USB memory sticks/flash drives. Students with a photo student ID receive a discount. In addition there is a store located in the Ramat Aviv mall as well as all over Tel Aviv.

GREEN CAMPUS AT TAU

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

TAU’s support for sustainable projects on campus is further underscored by the Porter School of Environmental Studies’ new Capsule Building. The Capsule Building has received LEED Platinum Certification – the highest accreditation of the LEED certification system, developed by the US Green Building Council.



PORTER SCHOOL OF ENVIRONMENTAL STUDIES' NEW CAPSULE BUILDING



LIFE IN TEL AVIV

LIFE IN TEL AVIV

ABOUT TEL AVIV

Tel Aviv celebrated its centennial in 2009, having been founded during the Ottoman Empire's reign in 1909. The first modern Hebrew-speaking city, the name Tel Aviv is derived from the Hebrew word *Tel*, an archaeological term for an area where the strata of old cities are laid atop of one another, and the word *Aviv*, which means spring. The name is meant to represent rebirth.

Just south of Tel Aviv is the city of Jaffa - a city whose foundations date farther back than those of Jerusalem, and hosts the oldest operating port in the world. In the early 1900s, a group of Jewish residents chose to leave the city of Jaffa in order to establish a new neighborhood just outside the city's borders. This area became the first neighborhood of Tel Aviv.

With the influx of Jewish immigrants from Europe in 1924-1939, Tel Aviv became Israel's major center of commerce, culture, and arts. In 1950, Tel Aviv and Jaffa merged to form one municipality, known today as Tel Aviv-Yafo.

The Tel Aviv of today has maintained its distinction as the cultural and economic hub of the country. The city boasts a plethora of restaurants, beaches, museums, movie theaters, outdoor cafés, markets, boutique shops, bars, and clubs. This combination has attracted the nation's youth and young professional crowd in droves, thus earning the reputation as Israel's city that never sleeps and a major tourist destination along the Mediterranean coast.

Tel Aviv and the surrounding areas (known as *Gush Dan*) comprise approximately 2.5 million citizens, which is about one third of Israel's population. While the actual population within the city's limits is around 400,000, over one million people commute to Tel Aviv each day.

We hope you enjoy living in this exciting city during your year of study and encourage you to get out of the classroom and campus as much as possible to discover and enjoy your new home. Below are a number of websites about life in Tel Aviv:

- City of Tel Aviv: <http://www.tel-aviv.gov.il/english/>
- Tel Aviv's Tourism site: <http://www.visit-tel-aviv.com/>
- Time Out Tel Aviv: <http://timeout.co.il/en>
- Tel Aviv Entertainment Guide: <http://www.telavivcity.com/eng/>
- Ministry of Tourism: http://www.tourism.gov.il/Tourism_Eng

SUSTAINABILITY IN TEL AVIV

From local organic community gardens to large organizations fighting for national laws on environmental issues, Tel Aviv is the heart and mind of environmental initiatives and houses the offices of most of Israel's numerous environmental NGOs (non-governmental organizations). Together with the increasingly influential work of these NGOs, a new generation of environmentally conscious Israelis is growing and developing.

Students who are interested in sustainability projects in Tel Aviv-Yafo can click [here](#).

DID YOU KNOW?

TEL AVIV, "THE WHITE CITY", IS A UNESCO WORLD HERITAGE SITE.

Tel Aviv is home to over 5,000 Bauhaus buildings - the largest concentration per city in the world. In recent years, the city has been undergoing a massive reconstruction and preservation effort, which has earned it the status of a world heritage site by UNESCO. Take a tour of the buildings at the Bauhaus Center: <http://www.bauhaus-center.com/>



TRANSPORTATION

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

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

Please note that most public transport in Israel does not run on Shabbat; intercity sherut taxis continue to operate.

'Rav-Kav' is a rechargeable electronic bus and train card that you can load with bus and train passes at reduced students prices. Please check which 'Rav-Kav' student profile suits you best. 'Studan' is a semester/year program that can be worthwhile if you use it daily. You can also get a regular Rav Kav with 30% student discount.

To issue the card, please bring your student card and an approval from TAU (get it in our office), to the Arlozorov Bus Station or the Central Bus Station (7th floor), Sun-Thu 8am-6pm, Fri 8am-1pm. During the first week of the semester, you can get it at the Student Union tent on TAU Campus.

Buses

- [Dan Buses](#): Tel: 03-6394444 , Sun-Thurs: 5:30am-midnight, Fri: 6:00am-3:00pm
Sat: End of Shabbat-midnight.
- [Egged Buses](#): 03-6948888 (Dial 3) www.egged.co.il/eng
Sun: 6:30am-11:00pm, Mon-Thurs: 7:00am-11:00pm
Fri: 8:00am-3:00pm, Sat: End of Shabbat-midnight
- Night buses (Kavei Layla) are available on Thurs and Sat night. For more information please dial "Call Kav" hotline at *8787, [Website in Hebrew](#).

Bus line	Destination	Company
24,25	The city, the market, Allenby st. Rothschild st. Dizengoff center	Dan
171	Azrieli center, Central bus station	Egged
7	TAU train station, Arlozorov Train/Bus station	Dan
274	Azrieli center	Egged
289	Ibn Gvirol, Rabin Square	Dan
90	Herzliya: Arena Mall/Marina, Herzliya Pituah (with restaurants, bars and clubs).	Metropolin e
480	Jerusalem Central Bus station. From Arlozorov bus station (near Savidor center train station).	Egged
45	Tel Aviv: Arlozorov bus terminal, Savidor center train station, Ramat Gan	Dan

Trains

[Israel Trains](#): 03-5774000 or *5770

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

Sat: End of Shabbat –11pm

The train station is about 20 min walk from the dorms.

Monit Sherut

In size, somewhat between a taxi and a small bus, costs like a bus (6-10 NIS per ride). Goes to Tel Aviv and to the beach:

Sherut number: 4'x (which means- Four Aleph)

TAXIS, MAKE SURE YOU KNOW:

If you ask, your driver has to turn on the meter (Moneh)

To Tel Aviv center should cost NIS 40-60 & not more!

Tel: Palatin Taxi: 03-6214621

Bicycle

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

Driving in Israel

Students holding a valid foreign driver's license should be able to rent and drive cars in Israel. Many rental companies are located on Hayarkon Street, near Frishman Street.

Students may also consider signing up for a car sharing service such as Car to Go: www.cartogo.co.il. Tell them you're a student at TAU - they may give you a discount.

Local Taxi Service

It is recommended to always ask the driver to turn on the meter, as opposed to a fixed rate. Tipping is not customary.

Palatin Taxi : 03-6214621

Castel Taxi: 03-6994242

SPORTS AND RECREATION

Elite Sports Center

Please see [campus life](#).

Public Sports Facilities

Park HaYarkon, Tel Aviv's largest public park, is within walking distance of the University. Features include extensive picnicking areas, gardens, a man-made lake, a bicycle path along the Yarkon River, boats for hire, a small children's zoo, and more.

In order 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 you will find the Sportek.

- Sportek, the Park HaYarkon sports center, tel. 03-6422828, 03-6990307.

OTHER LOCAL ATTRACTIONS

- The Safari Park – Spacious safari park with zoo and petting corner, Ramat Gan, tel. 6312181.
- Israel Tennis Center, Ramat Hasharon, tel. 03-6456666.
- For a map of Israel, including sites and attractions, you can visit the website; <http://www.eyeonisrael.com>.
- A good resource for travelers is <http://www.tripadvisor.com/AllReviews-q293977-Israel.html>

FREE WALKING TOURS IN TEL AVIV

You don't have to spend a fortune to see Tel Aviv, luckily there are number of free guided walking tours which can give you good inside information about things you might miss if just wandering the streets by yourself. The tours cover the white city, old Jaffa (based on tips), Tel Aviv by night and Tel Aviv University. There is no need to book in advance. Also, each Wednesday in Old Jaffa (2 Marzuk and Azar St. - east of the old Jaffa clock tower) there will be live music and dancing. The events are free of charge and no need to book in advance.

BEACHES



Tel Aviv has excellent 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: <http://www.tel-aviv-insider.com/beaches-north.php>.

SHOPPING CENTERS

The closest shopping center to the campus is the Ramat Aviv Mall, which is a five-minute walk from the University's main gate, at 40 Einstein Street, tel. 03-6426612. The mall has two large supermarkets and two levels of shops, restaurants, cafes, and cinemas.

Other options in Tel Aviv are:

- Dizengoff Center, 50 Dizengoff Street, tel. 03-6212416.
- Azrieli Center, off the Ayalon Freeway, tel. 03-6081400.
- Opera Tower, right on the sea at 1 Allenby Street., tel. 03-5107496.
- Gan Ha'ir, designer boutiques, 71 Ibn Gvirol Street, tel. 03-5279111.

Tel Aviv has a number of colorful and lively bazaars, or open-air markets, which are open from early morning to early evening, Sundays through Fridays. While it is less customary to bargain on food prices, it is acceptable to try for a discount on clothes and housewares. The word in Hebrew for bazaar, or open-air market, is *shuk*.

- Shuk HaCarmel - The largest and best market for fresh fruit and vegetables, cheese, meat, Asian and other specialty foods, cleaning supplies, inexpensive clothes, and every other consumer item under the sun. Begins at the corner of Allenby and King George Streets.
- Nahalat Binyamin - An arts and crafts market held every Tuesday and Friday with live music and entertainment. On the Nahalat Binyamin pedestrian-only street, right off Allenby Street and parallel to Shuk Hacarmel.
- Shuk Bezalel - Discount clothes. Off King George St., very close to the corner of Allenby Street.
- Levinsky Street - A wonderful street market for spices, nuts, dried fruit, etc.
- Flea Market (*Shuk Hapishp'shim*) - Second-hand clothes, furniture, and general household items. In Jaffa.

NIGHT LIFE IN TEL AVIV

Tel Aviv offers a wide array of bars, clubs, and restaurants that frequently open and close. The main concentrations are: Neve Tzedek (cafes & restaurants), Namal (clubs, bars, & restaurants), Florentin (bars & cafes), and downtown- including the following main streets: Rothschild, Ben Yehuda, Dizengoff, Allenby, HaYarkon, etc. (bars, cafes, & restaurants).

RELIGIOUS LIFE IN TEL AVIV

Tel Aviv University is host to a diverse body of students from various ethnic and religious backgrounds. It is the university policy to respect all religious beliefs – no student will be penalized for absence due to religious observance, and alternative arrangements will be sought to satisfy the academic requirements involved. 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 of [Jewish and national holidays](#), 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. For more information regarding Hillel, go to <http://www.hilleltau.org.il/>.

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

Judaism:

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

Christianity:

- Lutheran- Immanuel Church, Jaffa (English services)
<http://www.immanuelchurch-jaffa.com/>
- Roman Catholic- St. Peter Church, Jaffa (English, Italian, Spanish, Polish, and German services).
St. Anthony of Padua Church, Jaffa (English and Arabic services)
<http://www.jaffatsparish.com/services.htm>
- Greek Orthodox- St. Michael Church, Jaffa (Greek services), Phone: 03-6823451

Islam (Sunni):

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



LIFE IN ISRAEL



LIFE IN ISRAEL

JEWISH AND NATIONAL HOLIDAYS

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

Rosh HaShanah - The holiday represents the beginning of the Jewish year and civil calendar; its name in Hebrew means “The Head (beginning) of the Year.” The holiday is a time when people look back at the occurrences of the past year and think about how they plan to make changes in the upcoming year. Families gather to share a large festive holiday meal.

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

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

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

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

Purim - Purim or “Lots” commemorates the time in which Jewish people living in Persia were saved

from extermination at the hands of Haman, the king's advisor. On this holiday, the Scroll of Esther is read twice, small gift packages of goodies are sent to friends, and people dress up in costume and celebrate.

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

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

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

Israel Independence Day - At the precise moment that Memorial Day ends, Independence Day (*Yom Ha-Atzma'ut*) begins - drawing an inseparable link between fallen soldiers and victims of terrorism and the country's independence. The mood instantly changes as people celebrate Israel's independence. Ceremonies are held at night in Rabin Square, and the next day many people celebrate by getting together with friends and family for a barbeque (*mangal* or *al ha'esh* in Hebrew).

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

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

If you would like to find out more about the Jewish holidays, a great resource is the Jewish Virtual Library: <http://www.jewishvirtuallibrary.org/jsource/Judaism/holidays.html>

WORKING HOURS IN ISRAEL

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

TOURING AND ACTIVITIES

It is recommended you travel throughout Israel to maximize your experience. For university-organized trips, students need a backpack large enough to carry two changes of clothes, sturdy walking shoes, and a sleeping bag (most youth hostels provide sleeping bags but some do not). Your sleeping bag can also double as an extra blanket in your dorm room during the winter months. If you are an avid hiker, you may want to bring a larger backpack, sleeping bag, hiking boots, a flashlight, and a mess kit.

During your stay in Israel, there will be many opportunities for personal travel. You may wish to visit sites in Israel that are not included in the university organized tours or return to those that particularly interest you.

While there are no travel restrictions imposed on you by the university, we strongly urge you to seriously consider the potential dangers inherent in visiting countries with which Israel does not have diplomatic relations. Entry to and exit from these countries is not always easy, and TAU is not responsible for you should you decide to undertake such a trip. Additionally, TAU is not liable for any independent travel undertaken in the West Bank and the Gaza Strip.

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

USEFUL ONLINE RESOURCES

Maps

- Simplified city layout:
http://www.telavivguide.net/Tel_Aviv_Overview/Tel_Aviv_Map/Tel_Aviv_Map_20061002359/
- Interactive map of Israel: <http://www.eyeonisrael.com>

Resources for Travelers

- Tel Aviv Global City Guide: http://issuu.com/gagnshalom/docs/tlv_globalcity
- Time Out Tel Aviv: <http://timeout.co.il/en>

Media Sites

- Haaretz: <http://www.haaretz.com/>
- Jerusalem Post: <http://www.jpost.com/>

- Ynet (affiliated with Yediot Acharonot): <http://www.ynetnews.com>
- The Times of Israel: <http://www.timesofisrael.com/>

A LITTLE BIT OF HEBREW (קצת עברית)

*Credit for Tel Aviv Global & Tourism and to Time Out Academic

Hello / Peace	Shalom
Good morning	Boker Tov
Good Day	Yom Tov
Good Night	Layla Tov
Sorry / Excuse me	Slicha
Thanks	Toda
Please / you're welcome	Bevakasha
Bus	Otoboos
University	Ooniversita
Book	Sefer
Class room	Kita
Class	Shi'oor
Teacher	Moreh (male) Morah (female)
Counselor	Madrich (male) Madricha (female) Madrichim (plural)
Exam / test	Bchina / Mivchan
How much it costs?	Kama ze oleh?
Cool / OK	Sababa
What is your name?	Eich Kor'im Lecha? (Male) Eich Kor'im Lach? (Female)
Nice to meet you	Na'im me'od
My name is Moses	Kor'im li Moshe
How are you?	Ma Shlomcha? (Male) Ma Shlomech? (Female)
Food	Ochel
Enjoy your meal	Bete'avon
Let's go / hurry up!	Yalla
Lol (texting)	hahahahaha that's funny!
Cool \ Nice	Magniv
Great!	Achla
Dude / Bro	Achi
Bummer / Lame	Basa
Of Course	Barur

Huge / Awesome
Really? / Seriously?

Gadol
Walla

Word

Tachles

Good luck and looking forward to meeting you in Israel