



Orientation Tips for INSS interns

Accommodations:

- The principal options are the university dorms or a rented apartment, preferably in Tel Aviv.
- The dorms will have to be booked at least two months in advance. Living at the dorms costs \$570 a month for a single room or \$285 for a double room, including utilities (electricity, gas, etc.). Contact Yair for information for the dorms at +9 72-54-2104111.
- Finding an apartment in Tel Aviv is no easy task; we recommend that you start looking for one a couple of months in advance. Websites for finding apartments in Tel Aviv include:
 - www.craigslist.org
 - Yahoo groups: Tel Aviv flats: <http://groups.yahoo.com>
 - You can also contact students from TAU at www.facebook.com to ask if they know of any available apartments or if they sublet theirs for the summer.
 - The best sites are in Hebrew; perhaps you can find someone who knows the language and can help: www.homeless.co.il and www.madas.co.il.

Regarding the Institute:

- Address: 40 Haim Levanon St., Ramat Aviv, Tel Aviv. The institute is **outside** Tel Aviv University
- Before arriving here for the first time, please call the interns coordinator, Dr. Roni Bart, at: 054-495-5345, or his research assistant, Limor, at: 054-473-3953, to let us know you are coming.
- Dress code: casual

- Work days: Sunday to Thursday, INSS is open 24 hrs. Interns are expected to work at least half time, i.e., 20 hours/week, between 9 am and 5 pm.
- Transportation: Dan Company buses numbers 24, 25, and 13 from Tel Aviv stop in front of the Institute. A bus ride from Tel Aviv is about 5.3 shekels. There is a possibility to buy a monthly pass or one for ten rides for 40.8 shekels. You can tell the bus driver that you need to get off one stop south of the university (for Buses 24 and 13 it is one stop before the university and for Bus 25 it is one stop after).
- There is free internet access at INSS. You will also receive your own email address.

Arrival: Getting to Tel Aviv from Ben Gurion Airport

- Taxi, which takes about 30 minutes and costs 100-120 shekels.
- Train: there is a station at the airport and several in Tel Aviv. Israel railways site: <http://www.israrail.org.il/english/index.html>

General information:

- Work days in Israel are Sunday to Thursday. On Fridays everything closes at 2-3 p.m. and on Saturdays most places are closed. There is also no public transportation from Friday afternoon until Saturday evening, but there are taxis and service taxis (small buses that only drive on highways).
- Website for international currency conversion: xe.com (or simply divide cost in shekels by 4 to get value in \$ US)
- It is recommended that you call the Israeli embassy in your country and be updated about the latest requirements when traveling to Israel (visa, etc.)
- Cell phones: there are three companies in Israel; most have special plans for students or people coming for a limited time:
 - 1) Orange: phone number: *111. There are options for students or "big talk" – a card with no time limit or a monthly pay (website is only in Hebrew and Russian)
 - 2) Cellcom – Costumer service: *123 or 052-9990123
<http://investors.ircellcom.co.il/>
 - 3) Pelephone: costumer service: *166 or 050-7077766

http://www.pelephone.co.il/about_eng.asp?pgId=1246&pgIdLive=1328

A second possibility is to bring your own phone and buy an Israeli sim card (available in the USA, possibly at other places as well, see: <http://www.cellularabroad.com/israelppsc.php>)

- Make sure your credit cards work here. The most common ones are Visa and MasterCard. Not all places take American Express. For ATM cards – make sure your pin number is 4 digits, otherwise it will not work in Israel. Maestro system also works here. You should also notify your bank before leaving; otherwise it may freeze your account as a fraud defense.
- **For US citizens:** The State Department issues special passports for people traveling to Israel. You should obtain one if you are planning to visit other Middle Eastern countries (they might have a problem with an Israeli stamp in your passport). Also it is recommended to register at your embassy when you arrive in Israel. This can usually be done online on the embassy website.
- People working at the borders and customs checkpoints do not always know what an internship is. If you tell them instead that you are here to work they will ask for a work visa. Similarly, if you say that you are here to study they will ask for a student visa. Therefore it is best to say that you are here as a tourist and looking into the option of academic work.
- Electric outlets in Israel are the same as in Europe (220V) so for those who are not European it is recommended to bring an adaptor for equipment that has converters (e.g., computer power cords) or converters for those that do not (e.g., hairdryers).
- Transportation: there are two main bus companies in Israel: Dan, operating in Tel Aviv and the area (website is in Hebrew), and Egged, which runs throughout the country, including in certain parts in Tel Aviv: www.egged.co.il.
- There are several big banks in Israel:
 - Hapoalim <http://www.bankhapoalim.com>
 - Leumi <http://english.leumi.co.il/Home/0,2777,1415,00.html>
 - Discount http://www.discountbank.co.il/cgi-bin/inetcgi/discount/front/eng_homepage.jsp?src=19322
- For travel information on Israel see for example:

- Lonely Planet: <http://www.lonelyplanet.com> (probably the most comprehensive and helpful guide to Tel Aviv)
- The virtual tourist: <http://www.virtualtourist.com>
- When going into public places, such as malls, universities, museums, etc., the security guards will ask to check your bags for security reasons.

Living in Tel Aviv:

- A map of Tel Aviv: <http://www.inisrael.com/maps/maptlv.pdf>
- Websites for places to go and things to do in Tel Aviv:
 - Official Tel Aviv Site: <http://www.tel-aviv.gov.il/English/home.asp>
 - <http://www.telavivcity.com/eng/main.asp>
 - Time Out Tel Aviv: <http://www.digital.timeout.co.il/english/>
 - Tel Aviv Travel Guide: http://www.fodors.com/miniguides/mgresults.cfm?destination=tel_aviv@155
- Living costs in Tel Aviv for a month: rent should be about \$500-650; buses will cost about 200 shekels or 160 (about \$50 or \$40, respectively) if you buy a pass for 10 rides.
- For those who wish to study Hebrew, there is a list of ulpanim (Hebrew language programs) in Tel Aviv and other places: http://www.nbn.org.il/learn_hebrew/ulpan_experiences.htm
- There are both kosher and not-kosher restaurants in Tel Aviv. You can usually find a sign outside the restaurant or ask one of the workers.
- There are a few places that offer wireless internet, such as Café Café and the Coffee Bean (both can be found in many locations in Tel Aviv). For those who do not travel with a computer, there are plenty of internet cafés in Tel Aviv. The cost is about 13€ per hour, or less if you buy a package of several hours. They also have skype.
- Dizengoff Center on Dizengoff and King George and the Azrieli Shopping Center at the Hashalom intersection are good places to find almost anything you need, including: clothing, food, pharmacy supplies, magazines from all over the world, linens, and other house utilities (at Golf and Co. for example), etc.

- The Carmel Market in Tel Aviv is a great place to find fruits and vegetables, usually at cheaper prices than at the supermarkets.
- Tel Aviv is a fairly safe city, but make sure you do not carry your passport, only a copy of it. And in general pay attention to your belongings in crowded places.