About This Guide

The Student Guide is designed to address some of the questions most frequently asked by international students about their arrival to Israel and getting settled on Technion campus.

The information includes pre-departure planning to help you prepare for your arrival at Technion, information about dorms and your new surroundings, campus resources, and student services provided through Technion International (TI).

Further information can be found on TI’s website, under Current Students.

Once here, you will be invited to an Orientation meeting that will include an info session and a campus tour, as well as a variety of social activities. You’ll meet TI’s staff and student guides who will be happy to answer any questions or concerns you may have.

We hope you find this guide helpful and look forward to welcoming you to Technion.

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students@int.technion.ac.il

Office Hours
Sunday through Wednesday
09:30-12:30

Location
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Welcome to Technion International!

Dear student,

I am delighted to welcome you to Technion International, the hub of the international programs of the Technion-Israel’s Institute of Technology. The Technion recently celebrated its 100th anniversary, is the premier technological university in Israel, and is recognized as one of the top technological universities in the world. Technion research and teaching covers all science and engineering faculties and also houses excellent programs in architecture, management and medicine. As such, Technion is home to outstanding disciplinary and interdisciplinary teaching and research, and I am certain that your time at Technion International will be enriching and fulfilling.

Technion International provides programs open to all international students. Our academic programs, accredited by Israel’s Council of Higher Education, include full undergraduate and graduate degrees and shorter programs – from several weeks to a full semester or an entire year – to fit the needs and expectations of visiting students and their home universities. Our programs maintain the highest academic standards, while also recognizing and attending to the needs and wellbeing of visiting students. Our mission is to make the time that members of the international community spend at Technion profitable, enjoyable, and memorable.

Technion was a key driving force in turning Israel into an independent and thriving state, with state-of-the-art infrastructure and an advanced high-tech industry; Israel has been a member of the OECD group of countries since 2010. Technion trained many of the engineers, scientists, and managers who inspired Israel's phenomenal development and continue to fuel Israel as a Start-Up Nation.

Technion has strong global presence and impact, with outstanding international research, and two international joint ventures: The Joan & Irwin Jacobs Technion-Cornell Institute and the Guangdong-Technion Israel Institute of Technology. Technion International maintains international programs on the Technion campus in Israel, in English and in Russian.

In an era where research and development, innovation and entrepreneurship, and environmental concerns drive forth global trends, we at Technion offer you a wide range of programs and opportunities in these areas of rapid change. We look forward to hosting you on our campus.

Professor Anat Rafaeli – Head, Technion International
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A. Pre-departure Planning

Before Arrival at Technion – video guide

1. Visas

   A. Visa Application

   Any visitor arriving in Israel for more than 90 days must obtain a visa before his/her arrival. All visa requests require at least four weeks to be approved by the Israeli Ministry of Foreign Affairs. Technion International's visas coordinator must be contacted in advance.

   A/2 Student Visa:
   The A/2 student visa is intended for visitors who have been accepted to an educational institution in Israel. A student must apply for an A/2 student visa at the Israeli embassy or consulate near him/her.

   To find the nearest Israeli embassy or consulate, please visit: http://mfa.gov.il/MFA/ConsularServices/Pages/default.aspx

   To find your country’s Foreign Mission in Israel, please visit: http://mfa.gov.il/MFA/ConsularServices/Pages/default.aspx (use the search table on the right)

   What will I need?
   The following items are required to obtain a visa:
   
   1. A copy of the official acceptance letter from Technion
   2. Completed visa application form
   3. Your passport
   4. Two passport-sized pictures
   5. Payment of fee (NIS 180 or the equivalent amount in your home country’s currency)

   Our visas coordinator may be contacted at visas@int.technion.ac.il

   B. Visa Extension

   You can renew or extend your visa at the Ministry of the Interior (Misrad Hapanim), located at 15 Pal-Yam Street, Kiryat Ha-Memshala, Haifa.

   In order to schedule an appointment to renew or extend your student visa at the Ministry of Interior, you will need to contact Technion International's visas coordinator at least one month before your visa expires.

   To obtain or renew a visa you will need the following items:

   • A letter from the Undergraduate Admissions Office stating that you are a Technion student
   • Visa extension forms (will be provided by TI’s visas coordinator)
   • Your passport and current A/2 student visa
   • 2 passport-sized pictures
   • NIS 175/350, depending on visa type (regular or multiple entrances)

** Please make sure not to miss your appointment, as they are quite difficult to reschedule. If you have any time or date limitations, make sure to notify TI’s visas coordinator before scheduling.**

Student Guide 2017
2. Insurance

A. Health Insurance

All Technion International students MUST have full Israeli health insurance coverage while in Israel. You must send your Health insurance policy prior to your arrival in Israel. We recommend Harel-Yedidim Medical Insurance.

If you are an Israeli citizen and you have state medical coverage, you are exempt from purchasing medical insurance upon providing proof of medical coverage.

If you choose to purchase the Yedidim Medical Insurance, we recommend that you come to Israel with a traveler’s insurance covering you for the first 2 days in the country, as the insurance is only valid 48 hours after landing in Israel. There are two insurance options, both offering yearly plans for 365 days, coverage within the borders of Israel, and, if needed, doctor visits at your dorm room 24 hours a day at no extra cost.

The differences between the two options are:

**Prestige Policy with Clalit Health Services** (RECOMMENDED!) Offers health services in Haifa and throughout the country through the Clalit Health Services. This policy covers visits to the family doctor at the clinic on campus, and an option to have routine medical checkups. This policy costs US$839.5 per year (US$2.35 a day) for policyholders under the age of 65.

**Prestige Policy with Harel Clinics** Offers Harel Health Services given by doctors contracted with Harel at clinics around Haifa and throughout the country. The insurance does not cover routine checkups. The insurance costs US$730 per year (US$2.0 per day) for policyholders under the age of 39.

**Neither policy covers pre-existing medical conditions. There is a coverage for worsening of pre-exiting condition up to US$1,000.**

Note: Payment may be done by credit card before arrival or in cash upon arrival (USD or NIS).

B. Property Insurance

We strongly recommend purchasing property insurance as well, to cover any loss or theft of valuables during your stay in Israel. The Harel-Yedidim representative can arrange this type of insurance as well. For further information write to y_health@yedidim.co.il.

C. Accident Insurance

Adequate accident insurance coverage is very important. It is your responsibility to make sure you are insured prior to your arrival at Technion. The Technion Student Association membership fee, which is included in the fees you pay, provides the basic policy known as the Compulsory Insurance* (Bituakh Khova) for the duration of the academic year only. If you intend to arrive to Technion prior to the start of the winter semester or remain beyond the end of the spring semester, you should consider arranging for accident coverage for the period during which you are not covered by the Student Association’s policy.

* The basic coverage provided by the Student Association policy is minimal and includes: NIS 80,000 for fatal accidents; up to NIS 130,000 for permanent total disability; and NIS 450 per week (up to one year) for temporary total disability. We urge you to buy a supplemental policy that will provide more adequate coverage. Harel-Yedidim offers accident insurance as well. For more information: y_health@yedidim.co.il

Student Guide 2017
3. Housing

Students receive on-campus accommodations based on the program they are in.

All undergraduate international students (four-year program) live in dorms located on the main Technion campus. Dormitory units consist of 6-person apartments with 3 bedrooms for 2 roommates each. Each apartment has a shared kitchen/living space and a bathroom. The kitchens are furnished with gas or electric stoves and a refrigerator, but no oven, toaster, or microwave. Rooms are only furnished with a bed, a closet, a desk, and a chair. Students must bring their own bedding and kitchenware, and plan to prepare their own food, as meals are not included.

The apartments have both central heating and air conditioning, and you can connect to the internet in each bedroom.

The campus also has Kosher/Shomer Shabbat dorm rooms, which are provided upon request.

Dorm rooms are of moderate size and so are storage spaces; Please be modest with what you bring with you.

Housing fees include monthly rent, electricity, and internet usage. For your information, the electricity fee has been based on the average consumption by Technion students. Please note that if a student consumes more than average, he/she will be requested to pay the difference.

Note: All housing fees are to be paid directly from your Israeli bank account to the Technion Dorm Offices. The housing fees will be deducted from your account on the 10th of every month, unless the 10th of the month falls on a Saturday, in which case payment will be deducted on the 11th of that month. The monthly rent covers housing for that month. All extra fees (i.e., electricity and internet) will be charged the following month.

** Exchange and research students are not required to open an Israeli bank account. Housing fees must be paid upon arrival for the whole period of stay, in NIS.

Technion Residency – General

Technion management assumes that its students will strictly adhere to the instructions set forth in the Student Dormitory Guidelines to preserve the dormitories and contribute to a secure atmosphere and a feeling of home that will make their time spent at the Technion an enjoyable one.

At the Technion, dormitories and its facilities are permitted to collect full or partial reimbursement from a student or group of students for damage caused by them to the property of the Technion, without necessity of disciplinary proceedings. The guidelines do not derogate or dilute the responsibility or duty of any student according to any law in the State of Israel or according to the disciplinary guidelines of the students at the Technion, but are an extension to them.
4. What to Bring

Haifa boasts a Mediterranean climate, with typical winter temperatures ranging between 5°C (41°F) and 17°C (63°F), while summer temperatures range between 19°C (66°F) and 35°C (95°F) or higher. The rainy season is from mid-November to mid-March, with approximately ten rainy days per month during this season.

**Clothing (by season)**

Fall season (Sep-Nov) has plenty of nice days, and even some warm ones. **What to Wear:** Long sleeve shirts and a light jacket.

Winter season (Dec-Feb) is relatively mild and mostly rainy, with temperatures rarely falling below 0°C (32°F). Most indoor facilities (including dormitory rooms) are centrally heated. **What to Wear:** A fleece jacket or wool coat, a light scarf, a hat, and rain boots. Make sure to carry an umbrella.

Spring season (March-May) is comfortable, especially for hiking and travel. Temperature range from 15°C (59°F) to 25°C (77°F). **What to Wear:** Light clothing, including both long and short sleeve shirts, and a light jacket.

Summer season (Jun-Aug) in Israel is HOT (in terms of temperature and humidity), ranging from 25°C to 35°C (77°F-95°F) on the coast; in some southern regions temperatures can even reach 45°C (113°F). **What to Wear:** Shorts, T-shirts or tank tops, light dresses and sandals, and swimsuit to the beach/pool.

**Electronics**

You may bring electrical items and a laptop for your personal use. Keep in mind that the power supply in Israel is 220 volts, 50 Hz (as in Europe). A transformer will be necessary for North American appliances; and a plug-adapter will be necessary for foreign plugs to fit Israel’s 3-pin sockets.

**Computer**

There is no need for a specific type of computer to attend Technion. You do not need a supercomputer: the computers designed these days are strong enough to support the programs you will use throughout your studies. In addition, most Technion buildings have computer farms you can always use for your studies.

**Bedding**

Technion International offers a basic dorm welcome package, which includes a pillow, a blanket, a bed sheet, a bathing towel and a face towel. If you wish to purchase this package, priced at US$75 (subject to change), please contact students@int.technion.ac.il in advance.
5. Check List

1. **Prepare Payments** as detailed in the Requirements and Payments section.

2. **Payment Confirmation** – please make sure you’ve received confirmation of payment of the deposit.

3. **Visa** – send us a copy of your passport and (A/2) student visa.

4. **Health Insurance** – send us your Health Declaration form prior to your arrival in Israel.

5. **Cell Phone** – send us your Israeli phone number.

6. **Arrival** – Make sure to e-mail us your flight information before you leave your home country: arrival date, time, airline, and flight number.

7. Send us a **passport type photo** (head shot) in JPEG format for your student card.

8. Send **2 forms of identification** (e.g., passport and driver’s license) – *only full undergraduate program students!*

9. **Send your full name** the way it is written in Hebrew (if you know how).

10. Let us know if you require a **kosher dorm room**, or if you have any other housing requests or needs.

- **You may send all the above to our International Student Affairs Coordinator at:**
  
  students@int.technion.ac.il
B. Academic Information

1. Complete Technion academic regulations for undergraduate students are available on the Technion website:
   http://www.undergraduate.technion.ac.il/GeneralInfo/Regulations.html

2. Preparation Period (Mechina):

   Students in their first (freshman) year of the undergraduate degree must undergo a Preparation Period covering various topics in math, physics and Hebrew. In order to begin the actual degree studies, students must obtain a grade of 75 or higher. More information can be found on our website: http://int.technion.ac.il/preparation-period-course-listings-syllabus/

3. Student Certificates and Transcripts:

   Students who need an official certificate of status (a letter certifying that you are a student at Technion) or other official documents can get them at the Ullmann Building, 4th floor. Simply go to one of the two computers outside the Undergraduate Office and, using your student ID number and password, print the certificate you need.
   Once you have the printout, take it to the window to the left to be stamped. Without the stamp, the certificate is not official. Stamping of certificates is possible only during office hours, Sunday-Thursday between 11:00 and 13:00.

   For Mechina students: you may ask for certificates at the Mechina offices, or contact TI academic coordinator at: academic@int.technion.ac.il.

   Please note:
   Opening of the program is contingent upon the number of registered students.

   The program is subject to changes at the discretion of TI.
C. Payment Information

Paying Tuition, Dorm Rent and General Fees: For students attending the full undergraduate program (four-year program)

Open an Israeli Bank Account
All students coming to Technion are required to open an Israeli bank account. This enables the Technion’s student accounts department to charge tuition (undergraduate students), campus fees, dorm rent, electricity, water, and internet (based on consumption) directly from the account.

To open a bank account, you will need to send the following:
- A scanned copy of 2 forms of identification (e.g., passport and driver’s license)
- Your home address

If you or the person responsible for your payments already has an Israeli bank account, you will not need to open a new one.

It is your responsibility to make sure you have at least NIS 1,500 in your Israeli bank account at all times to avoid fines.

Student Tuition and campus fees payment

The tuition for Technion International full undergraduate programs will be collected by the Technion Student Accounts Department directly out of students’ Israeli bank account in NIS. The annual tuition is US$15,000; that does not include additional campus fees of US$271 (NIS 1,090).

Tuition is to be paid in four installments:

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuition</th>
<th>Campus Fees</th>
<th>Total Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 1</td>
<td>$3,250</td>
<td>$180 (for summer and winter semester)</td>
<td>$3,430</td>
</tr>
<tr>
<td>November 14</td>
<td>$3,750</td>
<td></td>
<td>$3,750</td>
</tr>
<tr>
<td>January 14</td>
<td>$3,750</td>
<td>$91 (for spring semester)</td>
<td>$3,841</td>
</tr>
<tr>
<td>April 14</td>
<td>$3,750</td>
<td></td>
<td>$3,750</td>
</tr>
</tbody>
</table>

* This amount does not include dorm rent and utilities (electricity, water and internet, based on consumption), which will be paid on a monthly basis.
* Additional charges may be incurred.

Two weeks prior to each payment date, students will receive an e-mail from Students Accounts Department containing the details of the required payment and the student's bank details. Every student must have the required amount in his or her bank account in NIS.
Students are welcome to contact Technion Students Accounts Department or the student affairs coordinator at Technion International with any question or problem that may arise.

All student must fill out the following forms:
1. Tuition and other fees declaration for Technion international students
2. Promissory note
3. Authorization to debit a bank account
4. Authorization contract for residence in the student dormitories

During the first week at Technion, all freshmen will open an Israeli bank account and will then sign all the forms mentioned above, as well as the promissory note, in front of Technion legal advisors. **The meeting will be coordinated by Technion International.**

All forms must be submitted together to the Technion Student Accounts Department.

**Students attending other programs will receive detailed information regarding payments.**
D. Arriving in Israel

**Arriving at Technion - video guide**

**Ben-Gurion Airport**

Israel’s international airport is located near the city of Lod, approximately 115 km (71 miles) south of Haifa, and offers reliable train and taxi transportation to major destinations in Israel.

If any piece of your luggage did not arrive, do not leave the airport until you have made sure that all missing bags have been reported to the appropriate authority. You’ll find the following link for Ben-Gurion Airport most useful: [http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion](http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion)

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**Technion Campus**

Technion City is located within the coastal city of Haifa, adjacent to the Nave Sha’anan residential neighborhood atop Mount Carmel. The city of Haifa is situated at the end of the Carmel mountain range, overlooking Haifa Bay. The city is divided into three distinct levels: The Lower City (encompassing the port and commercial center); Hadar, with its residential and commercial centers; and Har HaCarmel, which is mostly residential.
• Getting to Technion by Car
  • From Ben-Gurion Airport follow the signs to Route 1 (towards Tel Aviv) and then merge onto Ayalon Hwy/Route 20. After KKL interchange, stay on the second from right lane and take the exit toward Route 5. Keep left at the fork and merge onto Route 5. Take the right two lanes to exit Giliot Ma’arav Interchange toward Tel Aviv-Haifa coastal Highway 2 (Kvish HaKhof) and turn off at the first exit for Haifa (signposted Haifa South, MATAM, Tirat Carmel).
  • Bear right, and at the first traffic light, turn right.
  • Make a left turn at the next traffic light. You are now on Flieman Street. You will pass the Haifa Mall (Kanyon Haifa) and Castra Center on your right and the Congress Center on your left.
  • Go straight through two sets of traffic lights and drive up the Carmel Mountain for 3 km. Halfway up, the road is renamed Weinshal and renamed again Freud Street towards the top. Near the top of the hill, drive straight through another set of traffic lights.
  • At the top of the hill, Freud St. ends at a T-junction with traffic lights. At the junction, there are two lanes for turning left and one slip lane for turning right. As you approach these lights, stay in the center lane. At the lights, make a left turn and an immediate right turn at the next light onto Pica Road. Mercaz Horev Shopping Center will be on your immediate right.
  • Driving down Pica Road, you will drive through four sets of traffic lights. Stay on the right-hand lane as you approach the yellow Paz gas station, and exit right down the slip lane, which is signposted Nave Sha’ananim/Technion.
  • Continue straight on this road, which becomes Hankin Road, staying in the left lane, and drive through a short tunnel. (Please note: buses cannot use the tunnel, and should maintain the right lane).
  • After the underpass tunnel, move to the right-hand lane, and turn right onto Komoi Street, following the orange signpost to Technion, BEFORE the upcoming traffic lights.
  • Drive up Komoi St. for about 200 m and turn left through the traffic lights onto Malal St.
  • Continue straight to the Technion campus, entering through the main (west) Technion gate.

Through the Carmel Tunnels
  • Follow directions above to Haifa South exit.
  • Follow the signs to Nave Sha’ananim and Technion (Route 23).
  • You will approach a row of tollbooths, with signs above them directing you to either cash payment or membership lanes. Make sure you pay only for the road segment to Nave Sha'ananim and NOT for the full length of the tunnels. The cost should be approximate NIS 9 per segment for a private car (price is subject to change).
  • Take the first exit right to Nave Sha’ananim and head straight to the traffic light, where you turn left onto Simha Golan Road. Keep driving straight uphill and, pass one traffic light, and at the following traffic light turn right to Khanita St.
  • Keep driving straight to the next traffic light up hill and turn right again, to Pinsker St. (which becomes HaTzfira St.). Keep driving straight to the next main intersection (called Ziv Center) and keep stay the middle lane since at the next traffic light you will need to turn left.
  • Turn left at the traffic light onto Malal St. Drive 200 m to the main (west) Technion gate

Download a map that will show you the directions from Tel Aviv to Technion [here](#).
• Getting to the Technion by Public Transportation

Note: Public transportation in Israel does not run on Saturday (Shabbat) and during Jewish Holidays. Intercity public transportation stops before sunset on Fridays and holiday eves, and resumes after sunset on Saturdays and holidays. Taxis operate all week long. Within Haifa, public buses do not run on Friday evenings but do operate on Shabbat. Within the campus there are no buses on Shabbat and during Jewish holidays.

Train

To Haifa – A train service runs from Ben-Gurion Airport’s Terminal 3 through Tel-Aviv to Haifa. The fare is NIS 41.5. Trains run all day, Sunday through Thursday. On Fridays they run until early afternoon, and Saturdays only in the late evening. The most convenient station for Technion is "Hof HaCarmel", from where you can take bus no. 11, a taxi (see below), or a shuttle (No. 11). You can check the train schedule here.

Haifa – There are four railway stations in Haifa – Hof HaCarmel Central Bus Station near the beach, Bat Galim by the old bus station, Hashmona (Central) near downtown, and Hutson HaMifratz, near the northern Central bus station.

Israel Rail has an English website. See http://www.rail.co.il/EN/ for schedules and other information.

*Note: Trains do not run during the weekend (Friday sunset to Saturday sunset).

Taxi

To Haifa – There is a taxi stand outside the airport arrivals hall. The fare for a private taxi ride to the Technion is about NIS 500. Ask the driver to operate the meter, and ask him to take you to the main Technion gate.

In Haifa – You can call for a taxi to the Technion (a private taxi ride is sometimes referred to as “special”).

City taxi services include:

Naveh - Nave Sha’an, Tel: 04 822 2222
Horev – Horev Center, Tel: 04 888 8888

Carmel - Carmel Center, Tel: 04 838 2626, 04 838 2727

Note: In order to enter Technion campus by car, you must give your host (Technion International) as early as possible the vehicle’s license plate number, model, and color, as well as your estimated time of arrival, and ask them to notify security.
Shared Taxi (Sherut)

In Haifa, Sherut taxis (minivans for 10-12 passengers) run along major bus routes, and can be stopped along the way by waving to the driver (not necessarily at a bus stop). The Sherut (shared taxi) will have a sign on the windshield with the number of the bus route that it follows. These are slightly cheaper and faster than a regular bus and offer a good alternative to busses during the weekend. There is also a Sherut service which will bring you into the Technion.

*Note: It is not customary to tip taxi drivers in Israel.
Cell Phones

Technion is first and foremost committed to student safety and security; therefore, we require that all students have a cell phone with an Israeli phone number and can make outgoing calls while enrolled in our programs. Students can choose to either rent or buy a phone for the duration of their stay or borrow a phone from friends and family in Israel. Students are advised to have their cell phones charged, powered on, and with them at all times to enable Technion International staff to reach them by phone call or text message in the event of an emergency.

You can compare some companies’ offers here.

Cellcom: http://www.cellcom.co.il/
Partner: https://www.partner.co.il/
Pelephone: http://www.pelephone.co.il/
Rami Levy: https://mobile.rami-levy.co.il/
Golan: https://www.golantelecom.co.il/web/
Hot Mobile: https://www.hotmobile.co.il/HOTmobile_en/Pages/default.aspx

For calling into your home country, students recommend this offer:
https://www.golantelecom.co.il/web/international_calls_info.php#international_calls
• **Emergency Numbers**

**Security**

*Security & Safety* – Technion operates a 24-hour monitoring system that comprises a network of security guards stationed at the university entrances and security units patrolling the campus grounds. To date, Technion has never suffered a security breach.

- **24-Hour Emergency Hotline:** 04-829-2222
- **Main Gate:** 04-829-4242
- **Office:** 04-829-2494

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**First Aid**

The campus medical clinic has an on-call doctor. The clinic (run by Clalit Health Services) is situated in the Ullman Building.

For Medical Emergencies dial 101 (Magen David Adom, the Israeli Red Cross organization) from any phone.

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**Haifa Hospitals**

Haifa has three excellent hospitals and many medical clinics.

- **Rambam Health Care Campus**<br> 8 HaAliya HaShniya St. Tel. 04-777-2222
- **Carmel Health Care Center**<br> 7 Mikhal St. Tel. 04-825-0211
- **Bnai Zion Medical Center**<br> 47 Golomb St. Tel. 04-835-9359

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**Police**

Dial 100 from any phone anywhere in the country.

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**Fire Department**

Dial 102 from any phone anywhere in the country.

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**Directory Assistance (Bezeq)**

Dial 144.
6. Currency Exchange

Foreign currency can be exchanged immediately upon your arrival at Ben-Gurion International Airport.

Israeli Shekels can be withdrawn from any Automated Teller Machine (ATM; Kaspomat in Hebrew) located outside most banks and elsewhere (note that those located in private businesses charge a higher surcharge for each withdrawal. Some ATMs also dispense US dollars. Major credit cards are accepted by most ATMs.
For exchange rates, see: http://www.oanda.com/currency/converter/

Banks
There is a branch of Bank Leumi on campus, situated next to the Student Union Building. Banking hours are:
Sun., Tue., Wed. 08:30-13:30
Mon., Thu 08:30-12:30; 15:00-17:00
Fri. 08:30-12:00

Below are the addresses of some main bank branches; the Nave Sha’anan branches are the closest to the Technion:

<table>
<thead>
<tr>
<th>Branch Name</th>
<th>Branch Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>HaPoalim Bank</td>
<td><a href="http://www.bankhapoalim.co.il">www.bankhapoalim.co.il</a></td>
</tr>
<tr>
<td>Haifa Main</td>
<td>18 HaNevi’im St.</td>
</tr>
<tr>
<td>Nave Sha’anan</td>
<td>47 Trumpeldor Boulevard</td>
</tr>
<tr>
<td>Ahuza</td>
<td>15 Horev St.</td>
</tr>
<tr>
<td>Har HaCarmel</td>
<td>HaNassi Blvd. 105</td>
</tr>
<tr>
<td>Discount Bank</td>
<td><a href="http://www.discount-bank.co.il">www.discount-bank.co.il</a></td>
</tr>
<tr>
<td>Haifa Main</td>
<td>47 Derech Ha’Atzmaut</td>
</tr>
<tr>
<td>Nave Sha’anan</td>
<td>53 Trumpeldor Boulevard St.</td>
</tr>
<tr>
<td>Moria</td>
<td>128 Moria Blvd.</td>
</tr>
</tbody>
</table>

Shabbat
Just as Sunday is the day of rest for Christians, Saturday (Shabbat) is the day of rest for Jews. Most shops and transportation services close down before sunset on Friday until after sunset on Saturday. The same applies for Jewish holidays. In Israel, Sunday is a normal work day, and public services and shops are open. Students study from Sunday to Thursday (sometimes Friday), and the weekend is from Friday to Saturday.
E. Technion Orientation Period for Undergraduate Students

Orientation period is very important and is mandatory for all international students.

Contrary to the rest of your time at Technion, this week is not about academics but about getting to know Technion, your peers, and Israel.

The orientation period will cover topics such as:
• Getting settled into the dorms
• Getting to know Technion
• Getting to know other students
• Acquiring Technion student status, including your student card, e-mail account, internet access code, bank account, etc.
• Getting an Israeli cell phone
• Acquiring health insurance
• Meeting the office staff

The orientation week also includes a welcome dinner, weekend activities, and a trip.

Please note that we will not travel on Shabbat, and all food provided for the group will be Kosher.

Updated information about the orientation period will be sent directly to you via e-mail.
F. Campus Life

Student-life - video guide

• Student Life


Weekly activities: Students are invited to participate in monthly activities throughout the school year. These include movie nights, special lectures, day trips, hikes, group dinners, etc.

Weekly E-mails: Technion International staff sends out weekly updates regarding academic information, weekly activities, trips, events in Haifa and around Israel, and more.

Sports Facilities
Extensive sports facilities are available on campus, including a gymnasium, a fitness center, an Olympic swimming pool, tennis and squash courts, and a basketball court. For information on registration to the sports center call +972 (0)4 829 2278.

• A Technion Student ID Card entitles the holder to free access to most of the sports facilities.
• Use of the tennis courts and fitness center requires a one-time nominal fee.
• Campus Facilities

Dining: Snack Bars, Cafeterias & Cafés
There is no shortage of places to eat on campus, and all but two have Kashrut certification. There are several cafeterias that serve hot meals, and many cafés serve salads, sandwiches, and coffee. The following is a list of locations for these facilities (Sunday through Thursday except at the swimming pool):

Senate Building            Faculty of Physics
Student Union Building     Civil Engineering
Aerospace Engineering      Ullmann Building
Mechanical Engineering     Amado Building
Chemical Engineering       Chemistry
Swimming Pool*             “Junta” Pub, in the Student Union Building*

* The Swimming Pool Restaurant and the Junta Pub are the only non-kosher restaurants on campus, as they are open on Shabbat.

Shopping & Entertainment – There are several shops, a pharmacy, and an office supplies store near and around the Student Center on campus. Small grocery stores are located near the dormitories. There is a large Supersol supermarket within walking distance (10-15 minutes) from the Technion campus.

Cinema – The Technion’s Student Association (ASAT) operates a movie theater located at the Student Center.

Synagogue – The campus synagogue holds regular daily services throughout the year. Information on prayer times and study groups can be obtained at Tel: 04-8292459. There are several synagogues off campus in Nave Sha’an nan within walking distance (15-20 minutes) of the dormitories.

A list of synagogues, churches, and mosques in Haifa can be found on page 33 (“Places of Worship”).
Office Supplies Store – Michlol
The campus store is located beneath the Churchill Auditorium. Its opening hours are:
Sunday-Thursday 08:00-19:00, Friday 08:00-14:00.

Laundry
Laundry rooms are available to students in all dorms and are open 24/7. Machines can be used
at a nominal fee of NIS 2 per wash and NIS 1 for 10 minutes of drying time.

Payment is made via the computerized laundry system. You can view the availability of
washing machines and dryers online by visiting the LaundroSmart website:
http://laundrosmart.cloudapp.net/Forms frmMain.aspx

Add money to your account in either of these two ways:
   1. Through the website, using a credit card.
   2. At the student union store (ground floor of the Student Union Building) with cash.

Your username and password for the laundry room computer are your student ID number, but
the password can be changed online at: https://app.laundro-smart.com/Forms frmMain.aspx

You can bring your own detergent, or the washing machine can add detergent automatically.

Laundry rooms:
New Eastern Village (Mizrach Hadash) dorms: laundry rooms are located in buildings 453 and
456.
Senate dorms: the laundry room is located in building 936.
Canada dorms: laundry rooms are located in buildings 153 and 159.

Post Office, Mail, and Packages
The Technion post office is situated below the Central Library, across from the Student Union
Building. Opening hours are: Sunday-Thursday 08:00-15:30.

Please instruct friends and family to address mail as follows:

[Your Name]
[Your Building number/apartment no.] (e.g.: 420/12)
[Name of dorms] (e.g.: Senate Dorms)
Technion - Israel Institute of Technology
Haifa 3200003
ISRAEL
For your convenience, during your first month in Israel you may receive mail addressed in care of Technion International, as follows:

[Your Name]  
c/o Technion International  
Mauerberger Building, 2nd floor  
Technion - Israel Institute of Technology  
Haifa 3200003  
ISRAEL

Please ask your family and friends to send packages only via regular postal service and not through courier services (FedEx, UPS, DHL, etc.). Courier packages may be delayed in the Israeli customs office, and you may be required to pay high customs duties to release your parcel.

Computer Facilities & Wireless Internet
There are numerous computer rooms located in different locations around the Technion, including the dorms and the Faculty of Civil and Environmental Engineering.

In addition, Technion has Wi-Fi internet coverage in vast areas on campus. During orientation week you will receive an access code to the Wi-Fi service.

Connecting to the Wi-Fi network in the dorms
In order to connect to the internet in your dorm room, follow these steps:
Search for wireless network connections (make sure your device’s Wi-Fi capabilities are enabled).

List of Codes:
- “de”: Mizrach dormitories
- “ca”: Canada dormitories
- “sen”: Senate dormitories

Your password is “000”, followed by your building number, followed by your apartment number.
For example, if you reside in Mizrach dormitories, your building number is 452 and your apartment number is 13, connect to the network named “de45213”, and the password should be “00045213”.

Technion E-mail
It is important that you open a Technion e-mail account for the duration of your studies at Technion. Important information, including official messages, will be sent to that account.
Go to https://techwww.technion.ac.il/cgi-bin/newuser/newuser.pl?Language=ENGLISH. To log in, enter your student ID number and your secret code, then click on "open new account." About 10 minutes after you’ve successfully chosen your username, you can check your Technion e-mail online at mail.campus.technion.ac.il.

A better idea, however, is to add your Technion e-mail to your current e-mail account, such as Gmail, Hotmail, or Yahoo (among others). Search for settings called "POP" or "Other Mail."

Every Technion student is required to check their Technion e-mail at least once a day. This means that if professors, student guides, and Technion International staff send important information more than 24 hours in advance, it is assumed that you have received the information. This is very important! (You might want to go back and read the paragraph that starts with “A better idea” again. It really is a good idea 😊).

You can for the most part ignore e-mails that are entirely in Hebrew.

Faxes and Messages
Incoming telephone calls and faxes can be received at TI offices (during office hours) at Tel: +972-4-829-3531, Fax: +972-4-829-3773. Making outgoing phone calls or sending faxes from the office will only be allowed in case of emergency. Faxes can be sent from Michlol (the office supplies store), the Student Union store, or the Post Office.

Printing
Printers and photocopiers are found in every Technion library, most faculty computer labs (e.g., Borowitz building, 4th floor), and the Ullmann building.

To print, send your work to the printer. Most computers in the Technion have a number written on them; make a note of it. There’s a computer next to each printer. Find your print job on the list on the computer screen (it should have your computer’s number next to it). Put your student ID card or credit card in the card reader next to the printer, and press Print (“דפוס” in Hebrew).

Photocopying
Photocopying is a bit simpler: insert your student card or credit card into the card reader and start copying.

In order to add money to your student card, you need to go to one of the charging points located at the following places:

1. Ullmann Building: 3rd floor, by the photocopiers
2. Central Library: next to the printing room
3. Faculty of Chemistry: next to the library (this is the closest location to the Mechina)
4. Faculty of Architecture/Math: Amado Building, 1st floor
5. Faculty of Electrical Engineering: in the hallway between the Meyer and Fishbach buildings.
6. Mechanical Engineering Library

To charge your student card, insert it into the charging machine, insert coins (no bills), and then press the little button to remove the card. The current card balance will be shown on-screen.
The card readers on the photocopying machines have a number pad on them; you’ll never need to use it. To remove your card, press the green button on the bottom of the card reader. If your student ID card runs out of money, it will be ejected automatically. You can also use a credit card to operate the machine.

Prices are as follows:

<table>
<thead>
<tr>
<th></th>
<th>Print</th>
<th>Photocopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student ID Card</td>
<td>0.10 Shekels</td>
<td>0.14 Shekels</td>
</tr>
<tr>
<td>Credit Card</td>
<td>0.16 Shekels</td>
<td>0.16 Shekels</td>
</tr>
</tbody>
</table>

In the Mechina building, there are photocopiers downstairs.
The nearest printer to the Mechina is at the Faculty of Chemistry.

*Green tip: Most printers and copiers have the option of two-sided printing. Save the trees!
• **Counselling Services**

Technion International offers students professional individual counselling for issues ranging from academic problems to personal matters. Group sessions are also offered for help with time management and learning strategies.

Counselling services are offered to undergraduate students from day one at Technion, including the preparation period through their entire academic stay at Technion. Our services include:

- Assisting students to adapt to life in Israel and integrating into life at the Technion
- On-going counselling and emotional support
- Referrals/facilitating access to campus resources (tutoring)
- Guiding students with time management skills, organizational tips, and learning strategies
- Initial crisis intervention and aid with acute difficulties
- Facilitating the process of acquiring accommodations needed for students with learning disabilities

To make an appointment or for more information please contact the guidance counselor at: guidance@int.technion.ac.il

We are committed to providing discrete and confidential counselling services to all students, regardless of gender, ethnicity etc.
• Campus Transportation

Shuttle Service (On Campus)

Internal Technion Shuttle
Technion International operates a free internal shuttle for students. It operates from Sunday to Thursday, only when classes are in session. The shuttle is a white minivan with a windshield sign that says "הסעה פנימית"

Circular shuttle:

Nave Sha’anani Route (every 15 minutes)
Technion Main Gate ➔
Dorm offices ➔
Faculty of Aerospace Engineering ➔
Faculty of Industrial Engineering and Management ➔
East ("Mizrach") Dorms ➔
Mechina (Pre-Academic) Unit ➔
East (Nesher) Gate

Shuttle Schedule:
7:40, 7:55, 8:10, 8:25, 8:40, 8:55, 9:10, 9:25, 9:40, 9:55, 10:10, 10:25, 10:40, 10:55, 11:10, 11:25, 11:40, 12:00-13:00 no shuttles, 13:00, 13:15, 13:30, 13:45, 14:00, 14:15, 14:30, 14:45.

Nesher Route (every 15 minutes)
East (Nesher) Gate ➔
“Handesa’im” School (Practical Engineering) ➔
Chemical Engineering Faculty ➔
Agricultural Engineering Faculty ➔
Canada Dorms ➔
Sports Center ➔
Technion Main (West) Gate

Shuttle Schedule:
7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15, 10:30, 10:45, 11:00, 11:15, 11:30, 11:45, 12:00-13:00 no shuttles, 13:05, 13:20, 13:35, 13:50, 14:05, 14:20, 14:35, 14:50.

Kfar HaMishtalmim shuttle:
Morning route (every 15 minutes):

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Kfar HaMishtalmim ➔
Technion Main (West) Gate ➔
Day care (until 9:00) ➔
Dorm offices ➔
Faculty of Aerospace Engineering ➔
Faculty of Industrial Engineering and Management ➔
East (“Mizrach”) Dorms ➔
Mechina (Pre-Academic) Unit ➔
Chemical Engineering Faculty ➔
Agricultural Engineering Faculty ➔
Canada Dorms ➔
Sports Center ➔
Technion Main (West) Gate ➔
Kfar HaMishtalmim

Shuttle Schedule:
7:00, 7:15, 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15, 9:30, 9:45

Afternoon route (every 15 minutes):
Kfar HaMishtalmim ➔
Technion Main (West) Gate ➔
Dorm offices ➔
Faculty of Aerospace Engineering ➔
Faculty of Industrial Engineering and Management ➔
East (“Mizrach”) Dorms ➔
Mechina (Pre-Academic) Unit ➔
Chemical Engineering Faculty ➔
Agricultural Engineering Faculty ➔
Canada Dorms ➔
Day care (until 17:00) ➔
Sports Center ➔
Technion Main (West) Gate ➔
Kfar HaMishtalmim

Shuttle Schedule:
15:00, 15:15, 15:30, 15:45, 16:00, 16:15, 16:30, 16:45, 17:00, 17:15, 17:30, 17:45, 18:00
• **Safety & Security**

Technion is committed to ensuring the security and safety of its students, staff, and visitors. The university operates a 24-hour monitoring system that includes a network of security guards stationed at the university entrances and security units patrolling the campus grounds. To date, the Technion has never suffered a security breach.

**Emergency Numbers**

24 Hour Emergency Hotline: 04-829-2222 or internal extensions 2494 or 4242 from any campus phone
Technion 24 Hour Main Gate: 04-829-2740 or 04-829-3839
On-duty 24 Hour Technion Security Officer: 052-896-7455
Chief Technion Security Officer, Mr. Yoav Geva: 054-220-9975

Home Front Command service in English (24 hours) dial 1207

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**Being Prepared for Emergencies**

We ask that you familiarize yourself with some basic guidelines so you are prepared in case of emergency. Israel’s Home Front Command, in cooperation with emergency and rescue organizations, government offices, local authorities, and hundreds of volunteer organizations are ready to help you in times of emergency. Visit the Home Front Command website: [www.oref.org.il](http://www.oref.org.il) (Select “English” under the globe icon)

**Security Shelters in Israel**

All public buildings in Israel have two types of public shelters

1. *Miklat* – מקלט (a shelter)
2. *Merchav Mugan* – מרחב מגן (a protected space)

Please note the following:

- All Technion buildings have such shelters
- Public signs designate the safe areas
- It is legitimate to use the shelter of a building in which you happen to be, even if it is not your home or workplace
- Familiarize yourself with the shelter location closest to where you work and live
- If you hear an alarm or a siren, proceed immediately to the nearest shelter
- When in doubt, ask people around you where the closest shelter is located
- If there is no obvious shelter, a room with a small number of outside walls and windows, or a corridor are safe alternatives
Sirens in Israel
- National memorial days in Israel are observed with either a one- (“Yom Hazikaron LaSho’a ve-LaGevura”, Holocaust and Heroism Remembrance Day) or two-minute siren (“Yom Hazikaron”, remembrance day to the fallen soldiers and victims of terrorism)
- Sirens used to designate emergencies (air raid sirens) consist of an ascending and descending tone
- When in doubt, ask people around you if the siren indicates an emergency or not

If You Hear an Emergency Siren
- Recognize the alarm and do not panic.
- Look for a nearby shelter and go there. If you are inside a building, descend to the bomb-shelter only if you can reach it within 90 seconds from the moment the siren is heard (or 60 seconds from the street).
- If there is no shelter nearby, find a room with a small number of outside walls and windows, or a staircase, or a corridor. Get as far away as possible from windows and doors.
- If outside: enter the nearest stairwell or take cover behind the nearest wall/shelter, lie facing the ground, and cover your head and neck with your hands.
- If in a vehicle: stop on the side of the road, exit the vehicle, and enter the nearest stairwell, building, or shelter.
- If there are no buildings close by, exit the vehicle, lie facing the ground, and cover your head and neck with your hands. If you cannot leave the vehicle, stop on the side of the road and wait for 10 minutes.
- In all cases, stay inside the secure area for at least 10 minutes or until you receive instructions from an authorized security person.
- Stay tuned to the media for further instructions.

After the siren has ended
- Sirens are heard only for a few seconds, but you must remain in a safe environment for 10 minutes.
- There may or may not be explicit instructions indicating the end of an emergency.
- After 10 minutes, unless otherwise instructed, you may leave and continue with your day.
- Stay clear of unidentified objects and do not touch them.
- Inform the security forces of any suspicious objects.

Unconventional Missiles
- Use of biological or chemical warfare is EXTREMELY unlikely.
- In the event of such use, explicit directions will be given through the media and over the internet.

Student Guide 2017
• If you have gas masks, DO NOT use or open them without explicit instructions.

• Instructions for opening and using kits can be found at: www.oref.org.il (Select “English” under the globe icon)
G. Haifa

1. Public Transportation in Haifa

Bus routes to/from the Technion:

11 Horev, Haifa Mall, HaCarmel Beach, Central Bus Station & Train: usually at 25 minutes past the hour.
19 Ziv Center, Halissa, Hadar Market: every 10-15 min.
17 Ziv Center, Bat Galim (near Rambam Health Care Campus): every 20 min.
142 Lev Hamifratz Mall (Cinema), CBS & Train (to the north).
784 A special bus line for Technion students only, operating during the semester on Thursday afternoons from the Technion directly to Tel-Aviv, and on Saturday nights and Sunday mornings from Tel-Aviv to the Technion.

* All of these bus lines stop at all Technion City bus stops, both during pick-up from the Technion and during drop-off when returning.

76/77 Grand Canyon, approximately once an hour.
   From the Technion – stops only in the northern stations,
   To the Technion – stops only in the southern stations.

200 Night bus through the pub area to/from universities.
   Runs from 11:00 pm until 4:00 am, and only has one stop – at the Sports Center.

From Ziv (switching buses is usually required, ask for the right direction)
123 Horev, Haifa Mall, HaCarmel Beach, Central Bus Station & Train: Every 15 min.
   Opposite direction – to Lev Hamifratz Mall (Cinema), Central Bus Station & Train (to the northbound).
   Make sure you’re in the right direction!
28 Merkaz HaCarmel (museums, pubs, night life), near the Baha’i gardens.

We recommend that you buy a “Rav Kav Card”. The anonymous card can be purchased from the driver for a NIS 5, and then recharged with a regular multiple ticket or single fare tickets. If you use the bus frequently (more than twice a day), we recommend purchasing a monthly pass (Hebrew: Hofshi Hodshi).

Remember: there is no public transportation (buses and trains) on weekends (Friday afternoon until Saturday evening) and Jewish (religious) holidays.
Exceptions: Bus 200 and some service taxis do operate during the weekends, for instance service taxi number 19 and service taxis to/from Hadar (Haifa) from/to Tel-Aviv.

2. **Map of Night Bus Lines**

![Night Bus Lines Map](image-url)
3. **Haifa Attractions**

Haifa is Israel’s third largest city in Israel and home to the country’s largest port, with much to offer any visitor. Its white sandy beaches, breathtaking mountainous scenery, clean streets, lush quiet neighborhoods, and bountiful religious and historical sites make it a true gem.

Haifa is a multicultural community of six faiths living side by side: Jews, Christians, Muslims, Ahmedi (an Indian sect of Islam), Druze, and Baha’i. Haifa serves as the world center of the Baha’i faith, famous for its magnificent gardens. It is also home to several ancient churches dating back hundreds of years, along with several mosques, including the large Masjid al-Istiqlal in the Lower City, the mosque of the Ahmadiyya community on mount Carmel, and other holy sites. The city’s well-maintained beaches serve many of Israel’s top sailing enthusiasts and host sailing competitions and other sporting events.

Several types of museums are located in Haifa, and the city hosts a wide array of festivals and cultural activities throughout the year. The annual Haifa Film Festival features high quality local and international films, drawing thousands of visitors, among them directors, screenwriters, actors, and other industry professionals. Haifa is also home to two leading universities, the Technion and Haifa University, both attended by students from Israel and overseas. Haifa University is situated near the Carmel Nature Reserve, which offers beautiful hiking trails, and automobile and biking paths, and is fondly nicknamed “Little Switzerland.”

*For Haifa attractions, entertainment, and holy sites please visit [http://www.visit-haifa.org//eng/](http://www.visit-haifa.org//eng/), where you’ll find detailed listings of the city’s events, museums, recreational activities, and more.

**Haifa Urban Trail – a must-do!** The Haifa Trail is a circular 70-kilometer urban trek that zigzags along the city’s streets, alleys, forests, and shores initiated and developed by Technion architecture graduate Mr. Guy Shachar. The trail is one of the most diverse urban treks, with plenty landscapes and attractions for walkers and runners, including museums, cultural and religious sights, and unique urban wildlife.

Visit: [www.haifatrail.com/haifa-trail-main-eng.htm](http://www.haifatrail.com/haifa-trail-main-eng.htm) for more in-depth information; a detailed English map is supplied free of charge at the Haifa Tourism Board and at Haifa hotels.
4. Places of Worship

Synagogues

*Ohel Aharon Synagogue* – Technion’s on-campus Ohel Aharon synagogue complex is considered one of the most striking synagogues in the world with its modern, simplistic and yet unique design. The complex houses a synagogue, theological library, and study hall, designed by Technion architect Aharon Kashtan and completed in 1969. The synagogue holds regular daily services throughout the year. Information on prayer times and study groups can be obtained at: [http://www.technion.ac.il/synagogue](http://www.technion.ac.il/synagogue) or by calling: **04-829-2459**

*Or Hadash – Reform Synagogue*
55 Hantke Tel: 04-834-3905

*Moria – Conservative Synagogue*
7 Horev St., Tel: 04-825-1495

Churches

*Stella Maris Church and Monastery*
Stella Maris Way, Tel: 04-833-7758

*Russian Church*
Hatishby 55

*Latin Orthodox Church*
Hameginim 80, Tel: 04-852-4346

*The House of Grace (Beit Ha’Chesed) Catholic Church*
10 Pal Yam, Tel: 04-866-6235

*St. John’s & St. Luke’s Episcopal Church*
4 St. Luke, Tel: 04-852-3370

*The Maronite Church*
5 Simtat Rubin, Tel: 04-864-3427

*Carmelite Monastery, Stella Maris*
Stella Maris Road, Tel: 04-833-7758

*Beit Eliyahu (Lutheran Evangelical) Messianic Congregation,*
43 Meir St., Tel: 04-852-3581

*St. Elias Greek Orthodox Church*
23 Ein Dor St., Tel: 04-852-3012

*St. Anne’s Daughters Convent*
11 Meir, Tel: 04-853-3028

Mosques

*Ahmadiyya Mosque*
Kababir Village

*Al Istiqal Mosque*
11 Kibbutz Galuyot Street

*University of Haifa Mosque*
Haifa University Campus

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5. **Useful Haifa Resources**

- **Government Ministries & Offices in Haifa**: The offices are located at 8 Pal-Yam St. Opening hours are Sunday-Thursday mornings. We recommend calling ahead: Tel. 04-8633666

- **Haifa Tourism Office**: The office is located at 48 Ben Gurion Ave. Opening hours are Sunday-Thursday 9:00-17:00, Friday 9:00-13:00, Saturday 10:00-15:00; info@tour-haifa.co.il; Tel. 04-853-5606; [http://www.visit-haifa.org//eng/](http://www.visit-haifa.org//eng/)
  For a virtual tour of Haifa visit [www.youtube.com/embed/SW0nnaoTHo8](http://www.youtube.com/embed/SW0nnaoTHo8)

- **ILH – Israel Hostels**: A network of over 30 quality-assured independent hostels offering budget accommodation throughout Israel: [www.hostels-israel.com](http://www.hostels-israel.com)

- **Egged Israel Transport Cooperative Society Ltd.** Bus routes, tours, and fare information: [http://www.egged.co.il/HomePage.aspx](http://www.egged.co.il/HomePage.aspx)
  For student discount fares (up to 30% on monthly passes) contact Technion’s Student Association (ASAT) directly at: 04-832-8787

- **Information on surfing in Haifa can be found at**: [http://www.surf-forecast.com/](http://www.surf-forecast.com/)
• Israeli Food

In Israel you will find a tremendous variety of cuisines to please every palate, from meat lovers to vegetarians, vegans, and those who keep kosher. Generally speaking, keeping kosher means not mixing dairy and meat products, not eating certain kinds of meat (such as pork), and eating only fish which have both fins and scales; seafood, for example, is not kosher.

Israeli food is a rich blend of Jewish and Arab cuisine, mainly influenced by Jewish immigration from Mediterranean, European, and North African countries.

The influences on Jewish food can be broadly categorized into two different cuisines: Ashkenazic and Sephardic. Ashkenazic refers to Jewish immigrants from eastern and western Europe. Sephardic refers to the Jewish people originating from Middle Eastern or Mediterranean countries. Sephardic food tends to be spicier and is characterized by aromatic herbs and spices.

Falafel, hummus, pita, tabouleh, and shakshuka are just a few examples of staples in the Israeli diet.
7. Going Out (in Haifa)

The following is a list compiled by our student community of pubs, restaurants, and bars worth visiting:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Opening Hours</th>
<th>Cuisine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Libira Brewpub</td>
<td><a href="http://www.libira.co.il/">www.libira.co.il/</a></td>
<td>04-3740251</td>
<td>Sun-Sat 12:00 pm till last customer</td>
<td>International, European</td>
</tr>
<tr>
<td>Iza Bar</td>
<td><a href="http://www.facebook.com/izabaraifa/">www.facebook.com/izabaraifa/</a></td>
<td>054-5904470</td>
<td>Sun-Sat 6:00 pm-3:00 am</td>
<td></td>
</tr>
<tr>
<td>Dovrin 7</td>
<td>Dovrin 7 - Facebook</td>
<td>050-6560160</td>
<td>Mon-Sat 12:00 pm-3:00 am, Sunday 12:00 pm-12:00 am</td>
<td></td>
</tr>
<tr>
<td>Vesper Cocktail Bar</td>
<td><a href="http://www.vesper.co.il/en/">www.vesper.co.il/en/</a></td>
<td>052-5277275</td>
<td>Sun-Sat 8:00 pm till last customer</td>
<td></td>
</tr>
<tr>
<td>Nola Socks – Bar &amp; Restaurant</td>
<td><a href="http://www.nolasocks.co.il/en/">www.nolasocks.co.il/en/</a></td>
<td>077-7929159</td>
<td>Sun-Fri 12:00, Sat 18:00 till last customer</td>
<td>Bistro, Pub Fare, Meat, Take Away</td>
</tr>
<tr>
<td>Duke Pub – Irish Bar &amp; Kitchen</td>
<td><a href="http://www.rol.co.il/sites/duke">www.rol.co.il/sites/duke</a></td>
<td>04-8347282</td>
<td>Sun-Sat 12:00 pm-3:00 am</td>
<td>Irish, Pub Fare, Meat, Seafood</td>
</tr>
<tr>
<td>Zafririm – Bar &amp; Restaurant</td>
<td><a href="http://www.zafririm1.co.il/pages/">www.zafririm1.co.il/pages/</a></td>
<td>04-8112235</td>
<td>Sun-Sat 12:00 till last customer</td>
<td></td>
</tr>
<tr>
<td>Sasson Bar/Restaurant</td>
<td><a href="http://www.sasson-bar.co.il">www.sasson-bar.co.il</a></td>
<td>04-6306234</td>
<td>Sun-Thu 17:00, Fri-Sat 12:00 till last customer</td>
<td>Upscale Bar, Mediterranean Cuisine</td>
</tr>
<tr>
<td>Brown Bar &amp; Restaurant</td>
<td><a href="http://www.brown-bar.com">www.brown-bar.com</a></td>
<td>04-8112391</td>
<td>Sun-Sat 19:00 till last customer</td>
<td>International, Meat, Seafood</td>
</tr>
<tr>
<td>Frangelico Bar &amp; Restaurant</td>
<td><a href="http://www.frangelicobar.com">www.frangelicobar.com</a></td>
<td>04-8248839</td>
<td>Sun-Sat 12:00 pm till last customer</td>
<td>Japanese, Sushi, Seafood</td>
</tr>
<tr>
<td>Alterman (Chef Restaurant)</td>
<td><a href="http://www.2eat.co.il/alterman">www.2eat.co.il/alterman</a></td>
<td>054-8124809</td>
<td>Sun-Sat 5:00 pm till last customer</td>
<td>Italian, American, Spanish, Meat</td>
</tr>
<tr>
<td>Sleek Bar &amp; Restaurant</td>
<td><a href="http://sleek.co.il/">http://sleek.co.il/</a></td>
<td>052-5608884</td>
<td>Sun-Sat 7pm till last customer</td>
<td>American, Modern European</td>
</tr>
<tr>
<td>The Bear Inn – Bar &amp; Restaurant</td>
<td><a href="http://www.pundakhadov.rest-e.co.il/">www.pundakhadov.rest-e.co.il/</a></td>
<td>04-8381703</td>
<td>Sun-Wed 5:00 pm, Thu-Sat 12:00 pm till last customer</td>
<td>Club parties and social events; Loft Thursdays</td>
</tr>
<tr>
<td>The Basement (Martef) Pub</td>
<td></td>
<td>04-8532367</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loft 124 – Lounge bar</td>
<td><a href="http://www.facebook.com/LoftThursday/">www.facebook.com/LoftThursday/</a></td>
<td>052-4285746</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
8. Public Holidays in Israel

Israelis celebrate quite a few holidays, though not all of them are official public holidays. Jewish holidays are celebrated according to the lunisolar Hebrew calendar, which means their dates are likely to shift on the Gregorian solar calendar, which is the most widely used calendar worldwide, including in Israel. Below is a list of the major Jewish holidays as well as official public holidays in Israel.

**Sabbath:** Saturday, Shabbat in Hebrew, is the day of rest for Jews. Shabbat starts (or “enters”) on Friday just before sundown (which means that most shops and transportation services close down on Friday afternoon) and ends (“exits”) after sunset on Saturday. The same applies for observed Jewish holidays. Sunday is a normal working day in Israel. Regular classes run from Sunday to Thursday.

<table>
<thead>
<tr>
<th>English Name &amp; Hebrew Date</th>
<th>Hebrew Name</th>
<th>Possible Dates in Gregorian Calendar</th>
<th>Official Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>New Year</strong> *1-2 Tishrei</td>
<td>Rosh Hashanah</td>
<td>Between Sept 5 &amp; Oct 5</td>
<td>Official holiday (2 days)</td>
</tr>
<tr>
<td><strong>Day of Atonement</strong> (holiest day of the year) *10 Tishrei</td>
<td>Yom Kippur</td>
<td>Between Sept 14 &amp; Oct 14</td>
<td>Official holiday, absolutely all businesses nationwide are closed from around noon on the holiday's eve.</td>
</tr>
<tr>
<td><strong>Feast of Tabernacles (Booths)</strong> *15-21 Tishrei</td>
<td>Sukkot &amp; Chol HaMoed Sukkot</td>
<td>Between Sept 19 &amp; Oct 19</td>
<td>Official holiday (first day), school holiday and collective paid leave in many workplaces and government offices</td>
</tr>
<tr>
<td><strong>Assembly of the Eighth Day</strong> *22 Tishrei</td>
<td>Simchat Torah/Shemini Atzeret</td>
<td>Between Sept 26 &amp; Oct 26</td>
<td>Official holiday</td>
</tr>
<tr>
<td><strong>Feast of Rededication/Festival of Lights</strong> *25 Kislev-2/3 Tevet</td>
<td>Hanukkah</td>
<td>Between Nov 27 &amp; Dec 27</td>
<td>School holiday for the duration of the 8 day festival, business as usual</td>
</tr>
<tr>
<td><strong>Fifteenth of Shvat</strong> (New Year of the Trees) *15 Shvat</td>
<td>Tu Bishvat</td>
<td>Jan/Feb</td>
<td>Business as usual</td>
</tr>
<tr>
<td><strong>Celebration of Jewish deliverance in Ancient Persia</strong> *14 Adar</td>
<td>Purim</td>
<td>Between Feb 24 &amp; Mar 26</td>
<td>School holiday, optional paid leave</td>
</tr>
<tr>
<td><strong>Passover</strong> *15-22 Nisan</td>
<td>Pesach &amp; Chol HaMoed Pesach</td>
<td>Between Mar 26 &amp; Apr 25</td>
<td>Official holiday (first day), school holiday and collective paid leave in many workplaces and government offices</td>
</tr>
<tr>
<td><strong>Holocaust Remembrance Day</strong> *27 Nisan</td>
<td>Yom Ha-Zikaron LaShoah VeLaGevurah</td>
<td>Between Apr 7 &amp; May 7</td>
<td>National remembrance day, business as usual except places of public entertainment</td>
</tr>
</tbody>
</table>

**Rosh HaShanah** (New Year)
The Jewish New Year is celebrated on the first and second days of Tishrei, the first month in the Hebrew calendar, ten days before Yom Kippur. Rosh HaShanah and Yom Kippur are known as the “Yamim Nora’im” or Days of Awe in Hebrew. In English they are often referred to as the High Holy Days.

**Food customs:** Apples dipped in honey, honey cake and round challah bread with raisins, pomegranate seeds.

*Tip:* To wish a friend a Happy New Year say "Shana Tovah," which literally means "(have) A Good Year."

**Yom Kippur** (Day of Atonement)
The tenth day of the month of Tishrei, known as the Day of Atonement, is considered the holiest day of the year. Many Jews who do not observe any other Jewish custom will fast, refrain from work, and attend synagogue services on this day. Fasting begins before sunset the day before Yom Kippur and ends at sundown on Yom Kippur (25 hours). On this day there is virtually no traffic on the streets, with the exception of emergency vehicles. Airports, border crossings, broadcasting stations, etc. suspend their work for about 28-30 hours.

*Tip:* Between Rosh Hashanah and Yom Kippur Jews will wish each other “Chatimah Tova,” Literally: A good signing, meaning “May you get a good signature (in the Book of Life).”

**Sukkot** (Feast of Tabernacles)
Sukkot falls on the fifteenth day of Tishrei in the Hebrew calendar and lasts seven days. Historically, Sukkot commemorates the forty-year period during which the children of Israel wandered in the desert, living in temporary shelters called “Sukkot” (plural of sukkah) or “booths.” Sukkot is also a harvest festival and is sometimes referred to as the “Festival of Ingathering.”

**Special traditions:** The building of a sukkah and spending time inside it. Most people eat their meals in a sukkah, others may also choose to sleep in it, weather permitting.
**Hanukkah** (Feast of Rededication/Festival of Lights)
The 25th day of the month of Kislev marks the beginning of Hanukkah, observed for eight nights and days. The holiday commemorates the rededication of the Holy (Second) Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire (Syrian-Greeks) in the 2nd century BCE. The Miracle of Hanukkah (literally, inauguration) is about how the one-day supply of oil found at the Temple miraculously lasted for lighting the Temple menorah (candelabrum) eight days.

**Special traditions:** Lighting of candles on a special candelabrum called a ‘menorah’ or ‘chanukiah’ in Hebrew that holds nine candles, one for each night, plus a shammus (servant) set at a different height. Each night blessings are recited when lighting the candles.

**Food customs:** Making and eating fried foods because of the significance of oil to the holiday, particularly ‘latkas,’ Yiddish for "potato pancakes" and ‘sufganiot’ (donuts).

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**Tu BiShvat** (Fifteenth of Shvat/New Year of the Trees)
Tu BiShevat falls on the 15th of Shevat on the Jewish calendar. This day marks the beginning of a “new year” for trees, a season in which the earliest-blooming trees in the land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

**Special traditions:** Planting trees in Israel.

**Food customs:** Eating dried fruits and nuts.

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**Purim** (“Lots”/Celebration of Jewish deliverance in Ancient Persia)
On the 14th day of Adar, Jews around the world commemorate an episode in history when the Jewish people living in Persia were saved from extermination, as recounted in the biblical Book of Esther.

**Special traditions:** Listening to the reading of the Book (or the Scroll) of Esther, being joyous, dressing up in costumes, and making noise. Jews deliver baskets filled with sweets to one another known as “Mishloach Manot”, literally "sending of portions."

**Food customs:** Making a triangular shaped cookie with a variety of tasty fillings known as “Oznei Haman” in Hebrew and “Homentaschen” in Yiddish, eating candy and chocolates, and drinking wine Ad de lo yada – “until one does not know” (the difference between “blessed be Mordechai” and “cursed be Haman”).

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**Pesach** (Passover)
Passover commences on the 15th of the Hebrew month of Nisan and lasts seven days in Israel (eight abroad). It commemorates the story of the exodus of the Israelites from Egypt, as described in the Book of Exodus, leaving a life of slavery behind them.

**Special traditions:** On Passover “Seder” (literally, “order”, a Passover traditional meal) we read the Haggadah (“telling”), which guides participants through the Seder while recounting
the story of the Exodus and eating symbolic foods to commemorate the harshness of slavery mixed with the sweetness of freedom and drinking wine.

**Food customs:** On Passover we eat “Matzo” which is unleavened bread, symbolizing the haste in which the Israelites left Egypt, giving them no time to allow their bread to rise. Matzo is eaten for seven days. At Israeli supermarkets and bakeries, you will not find any product made of ‘Chametz’ or "leaven" – that is any food that’s made of grain and water that have been allowed to ferment and "rise" such as bread, cereal, cake, cookies, pizza, pasta, beer, etc. – during the seven day holiday.

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**Shavuot** (Feast of Weeks)

Shavuot is celebrated on the 6th day of Sivan in the Hebrew calendar and is a celebration of the giving and receiving of the Ten Commandments and the Torah (the First Testament). In biblical times it marked the beginning of the new agricultural season known as “Harvest Day” (in Hebrew “Hag HaKatzir”) and “The Holiday of First Fruits” (in Hebrew “Hag HaBikurim”) after the practice of bringing first fruits to the ancient Jewish Temples in Jerusalem on Shavuot.

**Special traditions:** Many religious Jews commemorate the holiday by spending the entire night studying Torah at their synagogue or at home.

**Food customs:** According to tradition only dairy foods and fruits are eaten on Shavuot. Some popular dishes are cheesecake, cheese blintzes (a kind of crêpe), “pashtida” (a kind of quiche), etc.

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– Happy Holidays! –