



The Pardes Orientation Booklet
תשפ"ג / 2022-2023

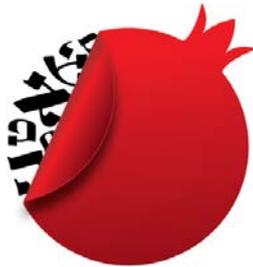


Pardes | פּרְדֵּס
Institute of Jewish Studies

The Pardes Orientation Booklet

תשפ"ג
2022-2023

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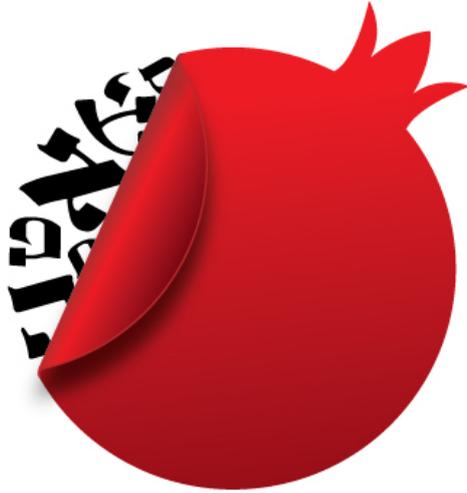
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Part I

WELCOME TO PARDES



Why the רימון *rimon* (pomegranate)?

The pomegranate, the symbol of the Pardes Institute, is one of the seven species which the Bible views as characteristic of the Land of Israel (Deuteronomy 8:8). To our Sages, the many-seeded pomegranate represented the fertile possibilities inherent not only in the land, but in the Jewish People and their Torah. In fact, the ideal pomegranate is said to have 613 seeds, one for each of the *mitzvot* (commandments) mentioned in the Bible. At Pardes, the varied facets of Torah, of Israel and of each student are explored and, like the many seeds of the pomegranate, are brought together in a harmonious whole.

The word *pardes* (פרדס) means orchard in Hebrew. The Hebrew letters פרדס refer to the 4 levels of understanding Jewish texts: *pshat*, *remez*, *drash*, and *sod*.

NEW CONCEPTS

Learning Jewish texts in a traditional way involves opening yourself up to a unique style of studying and learning. The goal of *limudei kodesh* (Jewish learning) is not to memorize a vast amount of knowledge. Rather, it is about joining a 3,000-year-old conversation. It is about personal growth and about adding your voice to the myriad of learners who preceded you. This is a challenging approach to learning for many people, especially those most comfortable with a traditional teacher-student relationship. Your year at Pardes is not about sitting and taking notes from your teacher (although you may do this as well)—it is about learning how to learn.

The *beit midrash* (main study hall) is where most of your learning takes place. This is not a classroom; it is a “house of study,” where the hum of debate and discussion is the perfect environment for the task at hand. Here you sit with your *havruta* (learning partner) and discover Jewish texts together. Questions are your main tool. You read texts and commentaries and then discuss their meanings. From the newest student to the most advanced, this is how Jewish learning is accomplished - through shared voices. You should never be afraid to bring up any question - with your havruta or in class. A wise person once said, “Judaism isn’t about having all the right answers. It’s about the right questions.” At Pardes, the right questions are any that bother you, any that you wish to address. Questions lead to a deeper understanding of the text. Questions are always welcome—in class and in the *beit midrash*.

Debate is also an essential tool of learning in Jewish tradition. *Makhloket* (disagreement/debate) is present throughout the texts you will study, and it will be a vital aspect of your classroom experience. It is okay to disagree—with your havruta and even with your teacher. The idea of *makhloket* is highly respected in Jewish thought. Do not be afraid of it, even if it is strange and new to you.

These new ideas and ways of learning may be intimidating at first, but remember that there are many people here to help you. Your teacher and other students (in particular returning students) are available to help, even in the *beit midrash*. By the end of the summer session or the year, the *beit midrash* will be a very comfortable place, and your own voice and own opinions will be more familiar to you.

PRAYER, DIVERSITY AND THE PARDES COMMUNITY

Pardes - a community that brings students and faculty together to encounter and master classic Jewish texts - has no institutional ties to any denominational or political movement. From its inception, Pardes has been committed to creating and nurturing a diverse and inclusive community, a community that embraces a remarkably wide range of Jewish affiliations and practices, within and beyond the constraints of denominationalism.

Consistent with its commitment to diversity and inclusiveness, Pardes admits any qualified applicant who is considered Jewish by any of the major denominations. Overall, we believe that the Pardes community encompasses the widest scope of students imaginable, students with diverse backgrounds and beliefs who learn, think, debate and live in great harmony. At Pardes, the freedom of individual conscience is as paramount as our desire to create an authentic and intensive Jewish learning community.

Our strong commitment to these principles has resulted in the open, diverse and inclusive community that is Pardes. Frequently, we try to build community within this diversity. To that end, Pardes becomes a kind of laboratory on how Jewish communities can simultaneously celebrate their diversity and come together to have communal shared experiences that transcend our differences. At other times, however, when people are strongly committed to diverse views that are mutually exclusive, the only way to support them is to create separate spaces for them. As such Pardes provides students with a range of prayer options including a traditional *minyan* (prayer service) with a *mehitza* (divider) separating genders, an egalitarian *minyan*, the option to create alternative *minyanim* and the option to not to pray at all. From year to year, the student body greatly influences what kinds of prayer options are offered. In the past, students have initiated all-women prayer services and alternative/Renewal-style prayer.

Although anyone considered Jewish by a major denomination can attend Pardes, in the context of prayer experiences, each of the minyanim may have their own *halakhic* guidelines with regard to Jewish identity and who may lead the prayer service.

How has all of this worked out? No solution or policy is perfect, but overall, we believe that it has been successful. Pardes intentionally attempts to move beyond divisions in almost all of its activities - study, celebration and touring. The different prayer services - which emerge from the denominational reality of the Jewish world - are both vital as well as vibrant, working in a mutually complementary manner.

However, even the most well-intentioned and well-balanced institutional policies can achieve only so much. In the final analysis, it is the honesty, goodwill and generosity-of-spirit of our diverse community that are the most decisive factors in overcoming ideological rifts and human frailties, and sustaining the unique community that is Pardes.

COMMUNITY COMMUNICATION

COVENANT 2022/5783

1. **Pardes Mission:** Pardes's mission is to share the beauty, value and relevance of Torah with Jews of all kinds. We believe that both Torah study and the Jewish world is enriched when learning takes place among diverse Jews with a range of beliefs, viewpoints and opinions.
2. **Becoming Part of the Solution:** Pardes decries the polarization, demonization, and dismissiveness that has become part of the social and political climate in recent years. We see ourselves as part of the solution to this dangerous societal trend.
3. **Our Values:** We consider the Jewish values of *ahavat Yisrael* (love for our fellow Jew), *kavod habriot* (mutual respect for all human beings), and *anava* (humility) as prerequisites to joining the Pardes community. These values necessitate that members communicate in constructive and compassionate ways.
4. **How We Engage in Constructive Conflict:** Part of our commitment to creating an open, diverse and inclusive community stems from a belief in *machloket leshem shamayim*, which, for our purposes, means "constructive conflict." Disagreements borne out of exposure to multiple perspectives can represent a positive opportunity to expand our understanding of an issue, and to deepen relationships. This is only possible when we train ourselves to listen to each other with curiosity and humility and when we learn to recognize that no one has access to absolute truth or to a complete range of facts and experiences. It also demands that we assume good intentions on the part of all community members.
5. **Behaviors We Avoid:** We intentionally refrain from disparaging, denouncing or disrespecting others or their beliefs whether they be students, Pardes professionals or visiting speakers. Similarly, we do not exclude others on the basis of their beliefs. We also refrain from imposing our personal beliefs on any other community member. By avoiding these behaviors we are respecting the boundaries of anyone who does not wish to engage in a particular conversation. To this end, we encourage everyone to communicate directly if a conversation crosses a boundary or becomes uncomfortable.
6. **Social Media:** While not technically binding beyond internal Pardes communications, we ask Pardes students, faculty and staff to also be mindful of these guidelines in their personal social media postings because of their potentially negative impact on the community. In addition, because strong opinions can ignite emotions even within these guidelines, we encourage ourselves to be mindful of who we follow and how we follow one another on social media, if at all.
7. **Hate Speech and Discrimination:** Bullying, hateful speech, actions, or discrimination on the basis of race, color, ethnicity, national origin, sex, gender, gender identity, sexual orientation, age, mental health, disability, or religion are unacceptable in our community.
8. **Participating Beyond Our Comfort Zone:** To support an open and diverse community, Pardes strives to offer programs that represent a wide range of ideologies and experiences. We as Pardes students commit to participating in programs with an open heart and a willingness to be reflective and to learn from viewpoints and experiences that are different from our own. Participation in programs that are challenging to our beliefs as individuals, be they religious, political or spiritual, is a core component of both personal growth and being in community. Similarly, Pardes tiyulim are important educational and community building programs in which Pardes invests significant resources. We commit to pushing ourselves to participate even beyond our comfort zone.
9. **Extenuating Circumstances:** Some programs or tiyulim may push some of us too far, physically, emotionally or ideologically. If we have concerns about particular programs being offered, we will raise them directly with the organizer in advance of the program. There may be extenuating reasons for opting out of individual Pardes programs. A student who feels the need to opt out must discuss with their Faculty Advisor (Mehanehet or Mehanekh). We will trust each other, remaining cognizant of the way both institutional and personal decisions impact others beyond ourselves. We will strive at all times to act as loving members of the Pardes community.
10. **Recognizing our Imperfection:** We as a community recognize that we are all human and that we will occasionally fall short of the commitments laid out above. First and foremost, we will try to assume good will on the part of all parties and try to avoid an "Us versus Them" attitude. As a general rule, conflicts should be resolved between the concerned parties, making reference to this covenant where relevant.
11. **Addressing Violations:** For exceptional circumstances, Pardes has established a committee of students and Pardes employees to serve as third party arbitrator/mediators/peacemakers. The purpose of the committee is not to police but to create a venue for constructive resolution. Community

members who feel there is a need can address any member of the committee. For any particular incident, if the committee deems their involvement appropriate, they will take responsibility for moderating. Committee members will recuse themselves when there may be a perception of non-neutrality. In general, the committee will aim to mediate between the conflicting parties, reminding them of guidelines for future communications. Where necessary, they may suggest other next steps as well.

12. **Institutional Responsibility:** The committee will serve as the primary address for complaints. However, the administration reserves the prerogative to intervene when deemed necessary.
13. **Membership is Consent:** Being part of the Pardes community entails an active commitment to the principles enumerated above. We collectively take responsibility for making our community a place of respectful, inclusive, authentic and open-hearted learning and communicating.

TEFILLAH AT PARDES

We believe that tefillah is a central part of the Jewish religious experience.

Toward that end, we would like to encourage – but not require – our students to experience tefillah as often as possible during their year of study here at Pardes. By participating in tefillah often, a student can gain fluency and comfort in the prayer service, as well as learn how to lead tefillah, and read from the Torah and Haftarah, empowering them to help play a leadership role in tefillah in the communities in which they will live.

One might argue that, ideally, we would want one shared common tefillah for all of Pardes. This could be seen as a unifying factor for our community. However, we recognize that part of welcoming and celebrating diversity in Jewish life is that we do not all pray in the same way. Hence, while we acknowledge the need for different modes of tefillah, we all need to work hard to ensure that tefillah becomes a paradigm of mutual respect and dialogue within the diversity of our community.

Tefillah at Pardes presents an especially difficult challenge. About 40 years ago, a traditionally halachic minyan, with a mechitza, was established in the Pardes Bet Midrash. More than 20 years ago, an egalitarian minyan was established at Pardes, and a room was furnished with an Aron Kodesh and Sefer Torah for this minyan. In recent years, the two minyanim have been alternating use of the bet midrash. Each year, Pardes students create other options. This year, we have been blessed by a Sunday Meditation/Prayer group. Recently, a non minyan has taken flight. In past year's there have been Creative tefillot, women's tefillot, Renewal minyanim, Reform minyanim and "crash davening courses". Pardes is always happy to provide a faculty advisor to any student minyan.

Each minyan has the right to define its criteria for counting towards the minyan. The egalitarian minyan counts anyone who is Jewish according to any major denomination, irrespective of gender identity. The mechitza minyan counts men including trans-men who have undergone genital surgery. Every individual is trusted to present themselves faithfully as counting with respect to gender and halachic status. People will refrain from asking particular members intrusive questions in order to determine halachic status.

This puts Pardes in an unusual, but not unique position among Jewish educational institutions: few, if any, have more than one denomination of tefillah under one roof. (Sometimes even institutions called "pluralistic" have only one kind of prayer.)

It is important that all tefillot at Pardes be organized so as to be conducive to kavannah (meaningfulness). This requires a reasonable pacing of the davening, shlichei tizbbur (prayer leaders) who conduct the service well, and maintaining the dialectical tension between solemnity and joy.

Pardes Shabbat tefillot include the prayer for the State of Israel and safety for IDF soldiers before mussaf. Hallel is recited publicly on Yom HaAtzmaut and Yom Yerushalayim.

Morning tefillah should conclude by 8:15am at the latest, so as to give students an opportunity to have a bite to eat before classes begin at 8:30am. (A light breakfast of cereal and milk is served to daveners each morning, and each group needs to have a "breakfast monitor" to take out and return the food to the kitchen. Each person should bring their own bowl, spoon, mug, etc.)

This requires punctuality both at the beginning and end of the davening. (On Rosh Chodesh, the beginning of classes may be delayed so as to facilitate the special tefillah and breakfast.)

GUIDELINES FOR THE EGALITARIAN MINYAN

In the year 5782, the Egalitarian Minyan at Pardes holds its services, without a mehitzta, in the Beit Midrash on Tuesday, Wednesday and Thursday mornings before classes begin and every afternoon before lunch. This minyan welcomes participation and inclusion of any and all individuals who are Jewish according to any major denomination, irrespective of gender identity. While striving for high standards is certainly a value in the Egal Minyan, it is also a laboratory for 'learning by doing', whether it be leading services (Shaharit and Minha), giving Divrei Torah, reading Torah or being

Gabai. Students who wish to take a participatory role by leading services are asked to review the tefillah with Howard (or another faculty member) prior to taking on the role of 'shaliah/shelichat tzibbur'. Fellow students who are experienced Torah readers can also go over 'k'riot' with novice 'ainers'.

Please be in touch with Rabbi Dr. Howard Markose, faculty advisor to the minyan, if you need any more information.

GUIDELINES FOR MEHITZA MINYAN

The mehitza minyan was established to provide students and faculty a traditional/orthodox prayer experience where students would have the opportunity to organize and assume leadership roles in an Orthodox service.

As indicated by its name, this is an Orthodox minyan, which means: 1) there is a mehitza separating the men's and women's section; 2) what defines the minyan is the presence of 10 men, who were either born to a Jewish mother or who themselves have undergone an Orthodox conversion, including trans-men who have undergone genital surgery; 3) men lead the various aspects of the tefilla, including being shlichei Zibbur, Torah reading, and aliyot; 4) the text of the tefilla is a traditional Orthodox version, as is to be found in the Koren or Art Scroll siddurim. The nusach is Ashkenaz and shacharit begins with pesukei d'zimra.

The minyan is open to and welcomes women, LGBT, and men who are not halakhically Jewish. Transgender people sit on the side of the mehitza which corresponds to their self-definition. Anyone who wishes to lead the tefilla or read Torah must first meet with the faculty advisor and be certified to do so. Students who have questions about their Halakhic status should consult with the faculty advisor.

PARDES'S APPROACH TO ISRAEL **EDUCATION**

Pardes's central mission is to open the doors of Torah learning to our students. At the same time, engagement with Israel is an important aspect of students' experience here in Jerusalem. To that end, we devote time, funds, and energy. Those educational programs include guest speakers, 'tiyulim' (hiking and site visits), and special programs at Pardes.

Pardes defines itself as a Zionist institution, meaning that we believe in the value of an independent Jewish state in the ancestral homeland of the Jews, the Land of Israel. In addition to the central place of the Land of Israel in Jewish tradition, the modern state is now home for approximately half of world Jewry. We also believe that Israel is (and should be) a cultural engine for the Jewish people worldwide.

Pardes places a value on providing a platform for many aspects of Israeli culture and Jewish life in the modern state as well as politics. We aspire to present the widest range of Zionist commitments and expressions, even when they are in opposition to one another. Pardes's Israel programming primarily engages with those diverse narratives from left to right which identify as Zionist and which see great import and opportunity in the notion of Israel as a Jewish and Democratic state.

Pardes's stance on Israel and Zionism does not preclude welcoming students of all perspectives, even when those perspectives depart from the broad boundaries of the institution.

A deep and mature relationship with Israel, as with any other country, is dependent upon engagement with both its shortcomings and achievements. Pardes recognizes that it is around Israel's shortcomings that some of the most difficult discussions can arise. These discussions may include, but are not restricted to, the challenges of living alongside the Palestinian people, issues of freedom and fulfillment of national and personal ideals, safety and security for all those living in this land, as well as dealing with voices that claim to act in the name of religion (including our own) that are at odds with our own understanding of religious identity. We look for voices that encourage reconciliation and understanding rather than delegitimization and exclusion on all sides.

We are committed to creating educational programs that reflect the guiding principles of knowledge, complexity and nuance. At a time when the conversation around Israel can be divisive for the Jewish people, and with an ear to the wisdom of our tradition, we remind all members of the community to be mindful of our Community Communication Covenant.

We encourage students to engage in Israel-related programs and experiences beyond those provided by us before, during and after their time at Pardes. We hope that students will discover the richness and complexity of Israel by living in Jerusalem, being involved in Israeli society, and by making personal connections with the people of this land, in all their diversity.

[We ask that, during the Pardes Year Program, students participate in only those activities (related to Israel education or otherwise) that do not conflict with the Pardes schedule or with Masa security guidelines.]

PREVENTION OF SEXUAL MISCONDUCT

Pardes has extensive guidelines regarding how to prevent sexual harassment within our community. We also offer resources and support should a student experience sexual misconduct at any point during their year, either within our community or outside of it. To read our full policy, go to our website: <https://www.pardes.org.il/about/pardes/> and scroll down to [Sexual Misconduct Prevention Policy and Ethical Code](#). All students should read these guidelines in their entirety, and are required to sign off on them during registration. Violations of the code can result in expulsion from the school and other sanctions.

TRIP ROOMING POLICY

1. Shabbatonim and tiyulim are times for community building. We ask students to consider opening up their regular social circles and use rooming as an opportunity to build new friendships or new connections with other community members.
2. Pardes also recognizes other needs—intimate relationships, privacy, and more. We want families and potential families to join tiyulim together and enrich the Pardes community.
3. Pardes welcomes long-term partners of current students to join tiyulim, at their own expense, space allowing. If sufficient rooms are available and couples living together choose to share a room, Pardes is happy to accommodate that. Pardes cannot subsidize those rooms. Partners may also choose to be placed in regular rooms with other students.
4. Pardes partially subsidizes the participation of hourly students and married spouses and family members of Pardes students on tiyulim. Similarly, Pardes partially subsidizes the cost of private rooms for married couples where such rooms are available. Marriages of all kinds and gender combinations are recognized.
5. The Poland trip, which is especially emotionally demanding and also involves 2 to a room (rather than 3 or more), is a special circumstance in which couples/mixed gender rooms of people who don't live together will also be accommodated.
6. To keep things simple where possible, we ask students to sleep in single gendered rooms. Students with special needs of any kind or non-binary students or others for whom single gender rooms creates special challenges will be accommodated on a case-by-case basis. This is in consonance with the sexual-harassment-prevention-and-response-ethical-code which states: "On Pardes overnight trips, students will be assigned to share rooms with members of their same gender. In cases where gender identity may cause discomfort for anyone, students may request roommates in a way that is comfortable for all in the room."

MEDICAL INSURANCE

Everyone attending Pardes must have valid medical insurance at all times.

Only students who submit proof of full hospitalization coverage may participate in extracurricular activities.

It is vital for your protection and required by Pardes that you have comprehensive medical coverage during your stay here. Pardes has a working relationship with an insurance company called Egert and Cohen (Ask for our representative, Tzippy: Tel: 02-623-2546 / 02-622-7999 or email tzippy@egertcohen.co.il) Their plan called Harel costs about 7 NIS per day (up to age 49) and includes testing, treatment and hospitalization for COVID, visits to doctors and specialists, coverage for medicines, x-rays, laboratory tests, hospitalizations and emergency dental treatment of up to \$200 per year. Pardes students are not *required* to buy insurance from this company, but it is strongly encouraged, particularly during the COVID pandemic. If you have a foreign health insurance, you will have to lay out large sums for appointments and wait for reimbursement. Too often students without local insurance avoid visits to the doctor when they need them.

<https://www.egertcohen.co.il/health/Pardes.asp>

Important: You can purchase an extra insurance package which covers worsening of pre-existing conditions and psychiatric hospitalization as an option. Ask Tzippy for information.

Filling prescriptions: To fill Harel prescriptions, go to the pharmacy on Lev Yaffe 9, Shai Agnon 20, or the Wolfson Pharmacy. You also may decide to pay out of pocket at Superfarm and submit the receipt to Egert and Cohen. Note that some prescriptions may NOT be covered by Egert and Cohen.

We suggest that you bring a supply of any particular medication (prescriptions or over-the-counter items) that you use, as you may not find exact equivalents in Israel. For information about getting U.S. prescriptions filled in Israel (at cost) contact joshua@israelpharm.com

An extra pair of glasses or contact lenses is also a good idea.

Personal Effects Insurance - Personal Effects Insurance covers all of your belongings during your stay in Israel. This is also available through Egert and Cohen.

IN & AROUND THE PARDES BUILDING

General

- **Attendance Policy** - A vital ingredient of the intensity and integrity of learning at Pardes is faithful, punctual attendance. When you miss class, the whole class suffers, especially your *havruta*. Any student anticipating an extended absence must inform the Director of the Year Program, Meesh, the Registrar, and his/her teachers at least two weeks in advance (including any trips outside the country).

If you are receiving financial aid, please be aware that in accordance with your agreement, extended time away from Pardes will result in a deduction from your financial aid package.

- **Office Facilities** - The office is open 8:30 a.m.- 4 p.m. The offices and their contents (phones, computers, printers, supplies) are not for general student use.
- **Printing & photocopying at Pardes** - If students need to have something printed or photocopied, Joanne the office manager can help you with this at **a cost of one shekel per page**. You can email the document to info@pardes.org.il. We have raised the price of printing at Pardes to reduce the disruptions caused to the office staff. Long documents can be printed next door at Speedio for only 30 *agurot* per page (minimum 20 pages) – Speedio is on the far side of the supermarket. Cross Poalei Tzedek St. and it is to the left of Bazaar Strauss clothes store. [Map here](#). Email print@speedio.co.il or bring your documents on a USB drive or use the computer on site.
- **Receiving packages.** Please do NOT have any packages sent to Pardes.
- **General Cleanliness** - "ונקיות מביאה לידי טהרה..." (משנה סוטה ט:טו) "...cleanliness fosters purity..." (Mishna Sota 9:15). Note that Pardes does not have a cleaning staff to pick up after students. You are responsible for putting away books, washing your own utensils, tidying your drink spills and maintaining a clean learning environment for others, etc.
- **Computer and Wifi** - There is a student computer in the hallway, and there is wi-fi in the building.
- **Activity Fees and Trips** - Trips, Shabbat and holiday programs, special lectures and other activities, unless otherwise noted, are highly subsidized for full and part-time Pardes students. There is usually a small registration fee. Hourly students may pay for these activities on an event-by-event basis when they sign up. (Full-time students cannot transfer their eligibility to participate in an activity to someone else, nor will any money be refunded for non-participation in activities.)

Well in advance of a hike or overnight *tiyul* (trip), we will post a notice indicating itinerary, what to bring, cost, etc. Everyone (including full and part time students) who wishes to attend must sign up and pay the registration fee so that we can order the right size bus, etc. A student who signs up and fails to attend may deprive another student of a place and/or may cost Pardes the substantial difference between a small or large bus.

- **Pardes Activities Schedule** – The Pardes [STUDENT ACTIVITIES SCHEDULE](#) can be embedded into your Google calendar.
- **Faculty Advisers (“Mechanchim”)** - Every member of the Pardes administration and faculty stands ready to serve as consultant, advisor or sounding-board at your initiative. In addition, each full-time student will have a faculty advisor who will be available for you specifically.
- **Your personal belongings** – Pardes is not responsible for your personal belongings left around the building: bikes, books, phones, etc. Please keep a watchful eye over your items. There have been thefts at Pardes. Lockers are available for a fee, through Joanne.

The Beit Midrash

- No cellphone use in the *beit midrash*, unless you are using the internet for Torah-related study. If you must be reachable for some reason, put your phone on silent mode and leave the *beit midrash* if it is essential to speak.
- The *beit midrash* (main study hall) is like a one-room schoolhouse. It is perfectly legitimate to ask more advanced students for help. Teachers, too, are in the *beit midrash* as resources for you. You are not disturbing them if you ask questions; they are there for that very purpose. If you have a question that cannot be answered on the spot, they will be happy to set aside time for a lengthier discussion.
- It is a good idea to arrange for a different *havruta* (learning partner) for each subject. We cannot stress enough the importance of having a suitable *havruta* to get the most out of your learning. If you have difficulty finding an appropriate *havruta*, speak to your teachers.
- Books in the *beit midrash* (which should not leave Pardes!) must be re-shelved after use. If you don't know where a particular book lives, ask! Don't leave books on tables.
- Drinks are permitted in the *beit midrash*, but mugs and cans should be removed, spills wiped up, etc. Food is not permitted out of respect for the room's sanctity. For the same reason, students should not walk around barefoot. (Yes, we know about Moses; if you see a burning bush not being consumed, you may remove your shoes.)

(Lack of) Dress Code

There is no dress code at Pardes, but you are encouraged to dress in a way which feels respectful to you and the space. As stated earlier, you must wear shoes in the *beit midrash*.

The Kitchen and Kashrut Policy

Note that guidelines surrounding eating in the building are subject to change, in accordance with regulations we may implement to prevent the spread of COVID.

The purpose of these guidelines is to provide a comfortable environment where everyone can dine together, respecting the needs of the other in terms of *kashrut* (Jewish dietary laws) and cleanliness. We expect the public space at Pardes to be kept both kosher and clean.

Students are invited to bring their own lunch and eat in the dining room, with the following provisions:

- 1) The sinks and microwave at Pardes are only for dairy and *pareve* (*pareve* means neither meat nor dairy) food.
 - 2) Under no circumstances should any student use Pardes cutlery or plates for their own food (these are usually locked away).
 - 3) For dairy or *pareve* food, students should bring their own utensils (plates, cutlery, coffee cups) from home, which they will keep in their personal lockers. It is also strongly recommended that you mark your utensils with your name! All utensils should be washed and put away immediately. There is no staff who does this.
 - 4) Meat-eaters: If you eat meat at Pardes, please use ONLY disposable cutlery and dishes or wash your dishes at home. The sinks at Pardes are for washing dairy/*pareve* items only.
 - 5) There is a student microwave for dairy or *pareve* food ONLY. **Do not heat up anything unless it is double-wrapped or in a sealed container which is kosher. Do not heat any meat in this microwave.**
 - 6) There are refrigerators available for storing lunches. Please do not leave anything over the weekend – all items will be cleared out every Thursday afternoon.
 - 7) Students should not enter the kitchen.
- Questions about the *kashrut* policy at Pardes or about keeping kosher in general should be directed to faculty member, Daniel Reifman.

- Adjacent to the kitchen is a hot/cold water machine, a microwave oven and two refrigerators (against the wall in the dining room) for student use. Students pay 1 NIS per cup of coffee/tea/hot chocolate.
- Students are responsible for keeping the eating area neat and clean: periodically emptying and cleaning the refrigerator, washing mugs, etc.

Recycling

Bottles

We do recycle at Pardes – but not everything, only bottles that were emptied at Pardes. So please follow the guidelines below. Collection bins are near the kitchen.

- Empty drink containers which have a “30 *agurot* deposit” (*pikadon*) sign should be collected in the collection bin dedicated for this purpose.
- Do not bring in any bottles from home just for the purpose of recycling.
- **Do not add any regular trash to the recycling bins!**

Paper

There is a bin at Pardes for recycling paper. It is located next to the photocopier in the office. The *halakhic* (Jewish law) ruling followed at Pardes is that photocopies of religious texts may be recycled. There is a *geniza* (receptacle for holy texts) nearby if you need one. Ask in the office for directions.

Compost

Pardes does not have a place to compost on site, but you can find compost in Lifshitz park, in the community garden.

Infant Etiquette

Pardes strives to create a warm welcoming atmosphere for new parents and their infants. We have created a number of guidelines to ensure that the new parents and other Pardes students can continue to learn in a serious, productive manner. By doing so, we hope to create a balance between supporting new parents who would like to continue learning while still being close to their infants, and trying to ensure that the babies are not too much of a distraction to other students and staff. Thank you for your understanding and cooperation.

Guidelines:

- Infants are permitted in the classroom if they are asleep or quiet. They are the parent’s responsibility and may not be held or passed around by students. The moment they begin to make noise they should be removed from the classroom. Please do not jiggle and soothe your child in the class. Please also keep in mind that a happy, cute, gurgling baby can also be a distraction. The exact age at which it will no longer be possible to have an infant in the classroom without certain distraction is left to the discretion of the parent in consultation with the teacher, the latter of whom is the ultimate arbiter of the classroom. Please check in with your instructor to ensure a pleasant learning experience for all.
- Infants are permitted in the *beit midrash* if they are not disruptive—if they are asleep or quiet. The moment they begin to make noise, they should be removed from the *beit midrash*. If possible, please try to sit to the side near a door so that you can easily exit and enter as your baby needs.
- Mothers may breastfeed in the Pardes *beit midrash*. If you need to pump, we will find a way to accommodate you. Speak to Meesh if you have any questions.

Part II

JEWISH LIFE IN JERUSALEM



SHABBAT

One of the most powerful aspects of living in Israel for a significant amount of time is fully experiencing the rhythm of the Jewish calendar. In Israel, Jewish holidays have a public nature which will impact your experience of them.

The Israeli week is centered around Shabbat. Sunday, instead of being part of a weekend, is the first day of the week, with businesses (with the exception of some banks) and schools open regular hours.

For most businesses and schools, Friday is a half day. In some places, including Jerusalem, stores usually close three hours prior to Shabbat. Plan your shopping accordingly. Supermarkets are much more crowded on Thursdays and Friday mornings. On Fridays, bakeries sell fresh *challot*, flower stands pop up on street corners, and the atmosphere around the town is a bit more rushed.

It can be frustrating not to have a “full weekend,” since if you observe Shabbat in the traditional sense you can feel that without a Sunday, you are missing a day to catch up on errands or to travel. But keep in mind that the yearly Jewish calendar, which includes a full week break for Sukkot and Hanukkah and over two weeks for Pesach, gives you back a lot of the time you feel you lack on a weekly basis.

Orienting yourself to the Jewish rhythm of life and seasons is part of the challenge and reward of being in Israel for an extended period of time.

Sounds of Shabbat

In Jerusalem, there is a siren that sounds at candle lighting time. Because of the city’s added holiness, Candle Lighting time in Jerusalem is generally 40 minutes before sunset. There is no reason to be alarmed the first time you hear it. The siren is a reminder that Shabbat is coming and there are only 18 minutes left to do final preparations and light candles (note that Jerusalem starts Shabbat earlier than the rest of the country).

Shabbat Hospitality and Customs

Shared Shabbat meals are an excellent way to get to know fellow students and your teachers. Joanne Barth in the office can sometimes help coordinate meals with faculty members and Pardes board members, particularly during holiday times.

It is generally acceptable to ask someone what they are doing for Shabbat and ask if you can join. It is acceptable to politely ask your host if you can bring a friend. And it’s a good idea to tell your host about dietary restrictions and preferences. It’s also okay to say no to meal invitations and stay home and rest on Shabbat.

Being a guest and having guests is an integral part of Shabbat. When you are a guest, it is customary to bring a small contribution to the meal – for example, a dessert or a bottle of wine. A host may ask you to bring something specific. Only bring flowers if you arrive on Friday afternoon before Shabbat, since a religious Jew cannot place flowers in water on Shabbat itself.

SYNAGOGUE GUIDE

This list is by no means exhaustive! There are many more synagogues around - almost one per block. If you enjoy a shul not on this list, be sure to let us know!

But first...a vocabulary guide

Mehitza	partition, divider (between genders)
Siddur	prayer book
Mahzor	high holiday prayer book
to daven	to pray
Tefilla	Prayer
minyan (minyanim - plural)	prayer group
Shul	Synagogue
drash (drashot - plural)	explanation, interpretation, also used to mean sermon
dvar torah	word of torah, sermon
Humash	Torah (in book form)
Carlebach-style	lots of singing

Note: Most Friday night services do not start at the same time every Friday night since Shabbat starts at a different time each week. Additionally, many shuls have a fixed summer time on Friday nights that is before nightfall. It's a good idea to check on times prior to Shabbat, with each shul! Also note that on high holidays you should bring your own machzor (holiday prayer book). Pardes hosts regular book sales where you can purchase a machzor.

Egalitarian

- **Sod Siach (Traditional Egalitarian – essentially an Orthodox egalitarian minyan)**
This Israeli minyan meets every Saturday morning at 9 am and hosts a one-monthly Friday night community dinner and davening. Ask to get on their mailing list: sodsiach@gmail.com
www.facebook.com/SodSiach
- **Tzion (Egalitarian with a Reconstructionist feel; This community adopts liturgy from 2000 years ago from the Land of Israel)**
An Israeli, egalitarian, musical minyan. Shabbat davening is weekly on Friday evenings and monthly on Shabbat mornings at 9:30 a.m. For location and more information, email alaulavie@gmail.com
www.facebook.com/pages/ציון-קהילה-ארצישראלית/156858487819125
- **Hadar Minyan**
Meets for Kabbalat Shabbat in people's apartments in the Rechavia area. [Here](#) is the link to their Facebook group. Young Israeli and North American crowd.
- **Shabbat Baboker**
This minyan meets at Beit Prat on 10 Ibn Gvirol. Facebook group is [here](#) A young crowd, everything conducted in Hebrew. Men and women read Torah. Traditional Egalitarian.

Reform

- **Kol Haneshama**
www.en.kolhaneshama.org.il
Kol HaNeshama is affiliated with the Reform Movement in Israel, sharing the values of pluralism, equality, Zionism, social justice, peace, and volunteerism.
Kol HaNeshama is a caring and supportive community where people pray, study and engage in Jewish education, celebrate life-cycle events and implement social action activities. Services begin at 9:15 a.m. on Shabbat morning and at 6:00 p.m. on Friday night. It is located on Rehov Asher 1, in Baka (very close to Pardes).

Hebrew Union College

This is a very friendly and welcoming Reform service. Services begin at 9:30 a.m. Shabbat morning. It is located on Rehov King David #13, next door to the King David Hotel.

Reconstructionist

- **Mevakshei Derech**

<http://www.mevakshei.org/>

This synagogue has a Reconstructionist philosophy, although no English is used. There is a mix of Israelis and English speakers, and it has a friendly reputation. Services begin Shabbat morning at 9:00 a.m. It is located on Rehov Shai Agnon 22, in the San Simon neighborhood.

Conservative

- **Maayanot**

www.maayanot.info

Kehillat Maayanot is an egalitarian, observant *kehilla* (community) affiliated with the Masorti Movement. There are approximately 80 families made up of Ashkenazim and Sephardim; singles, families, and seniors; native Israelis and *olim* (immigrants) from North and South America, France, England, Germany and Hungary. They meet at 9 a.m. on Shabbat mornings. It is located in the Arnona HaTzeira community center, 11 Israel Edad St. Check the website for updates or email office@maayanot.info

- **Moreshet Yisrael**

<http://www.moreshetysrael.com/>

As close to an American Conservative service that can be found in Jerusalem, conducted using some English. Services begin at 8:30 a.m. on Shabbat morning. It is located on the corner of Rehov Agron and Keren HaYesod, next door to the Center for Conservative Judaism.

- **Moreshet Avraham**

<https://www.facebook.com/moreshetavraham/>

<http://www.masorti.org.il/kma>

This Conservative synagogue is in a beautiful building with a friendly congregation; many young people come with kids. They read the entire Torah reading on Shabbat morning. Services begin at 8:30 a.m. on Shabbat mornings. It is located on Rehov Adam 22 in East Talpiot.

Orthodox

- **Shir Hadash**

www.shirhadashjerusalem.com

Located at Yakov Rubin Street #1 (next to Graetz Street, #19)

This is a Modern Orthodox shul (mehitza down the middle) with a rabbi. It is mostly attended by English-speakers. The minyan begins at 8:45 a.m. on Shabbat morning and 20 minutes after candle lighting on Friday night. All announcements and drashot are in English.

- **Yakar**

www.yakar.org

This is an Orthodox shul with a rabbi. There is a lot of singing. There are two minyanim on Friday night - the downstairs minyan is longer. On Shabbat morning there is a kiddush before the Torah service, with English and Hebrew learning sessions. It is attended by mostly English-speakers. Services start 15 minutes after candle lighting and begin at 8:30 a.m. on Shabbat morning. It is located on the corner of Rehov Kovshei Katamon and Rechov Lamed Hey in Katamon.

- **Great Synagogue**

www.jerusalemgreatsynagogue.com/EN

A popular tourist spot because it is so large and beautiful and sometimes attended by political figures. It is an Orthodox shul with separate seating (women in a very high balcony). Sometimes it features a choir. Services begin at 9:00 a.m. Shabbat morning. It is located on King George Street.

- **Yemin Moshe**
www.facebook.com/Beit-Yisrael-Yemin-Moshe
This is an Orthodox synagogue with both Israelis and English-speakers. Great kiddush! Services begin at 8:30 a.m. on Shabbat morning. It is located on Pele Yoetz Street, at the bottom of Yemin Moshe; a beautiful location with a view of the Old City walls.
- **Italian Synagogue**
This is an Orthodox Italian Sephardic shul and is in a beautiful building. Women sit in the balcony. It is located on Rehov Hillel.
- **Shtibalakh**
<https://www.facebook.com/ShtiblachKatamon/>
This is an Orthodox house of prayer and study – much more than a synagogue. There is daily davening, with constant minyanim any time of day. It is located on Rehov Hakhish. (Note: there is both a men's and women's mikvah here.)
- **Nitzanim**
<http://www.knizanim.co.il/>
A quick, local davening option on Rechov Asher 3. Shabbat services at 8:30 a.m. and 9:15 am
- **Ramban**
<http://ramban.org.il/english>
A quick davening. Rechov Amatzia 4, close to Emek Refaim. Shabbat services at 8:30 a.m. No singing on Friday night.
- **“The Late Minyan”**
www.lateminyan.com
This is an Orthodox minyan, attended mostly by English-speakers. Services begin at 9:45 a.m. in the summer and 9:30 a.m. in the winter. Get there early or you won't get a seat! It is located on 4 Rehov Hashayarot, between Rehov Halamed Heh and HaPalmach.
- **Kol Rina**
<http://kolrinashul.org/>
The Nahla'ot Community Shul – Orthodox, Carlebach-style davening. There is a lot of singing and dancing. It is located in the *miklat* (bomb shelter) on Rehov Beersheva.
- **Yedidya**
<http://www.yedidya.org.il/>
This is a progressive Orthodox shul without a rabbi. There is a mehitzta down the middle and women often give a dvar Torah, open and close the ark and carry the Torah through the women's section. A lot of English speakers attend, though the dvar Torah is given in Hebrew. Services begin at 8:30 a.m. on Shabbat morning, and five minutes after candle lighting on Friday night. On Shabbat afternoons, between mincha and maariv, there is an English shiur (class) and snacks. It is located on Rehov Lifshitz in Baka, two minutes from Pardes.
- **Mizmor LeDavid**
www.mizmorledavid.org (Note that this shul may be under construction in the coming year and have an alternate temporary location.)
Mizmor LeDavid is located at the corners of Efrata, Giladi and Nahum Shadmi in Old Talpiot in the Payis building Shevet Lahavot. The congregation davens nusah Sfard in Hasidic and Carlebach style and has a commitment to learning, warm welcome and spirited participation. There are a lot of young people here, and the Friday night services are very lively. The dvar Torah is given in Hebrew.

Partnership Minyans

- **Shira Hadasha** (Also identifies as Orthodox)
www.shirahadasha.org.il
Shira Hadasha is a community committed to halakha, tefillah and feminism. There is inclusion of both men and women in leadership and ritual participation within the framework of halakhah. Women lead Kabbalat Shabbat, Pesukei de-Zimra, remove and return the Sefer Torah to the Ark and participate in Torah reading. There is a mehitzta down the middle, and lots of singing. Friday night services begin twenty minutes after candle-lighting time during the winter months and at 6:45 p.m. during Daylight Savings Time. Shabbat morning services begin at 8:30 a.m. It is located in the ICCC building at 12 Emek Refaim (near Cremieux Street).
- **Hakhel**
<http://www.hakhel-shivyoni.org.il/english.html>
Hakhel, also called Minyan Shivyoni Baka, strives for equal participation of both women and men in religious life within the boundaries of Halakha. Services are held in the gym of the *matnas* (community center) at 3 Zebulun St. (off Yehuda – there is a sign for the community center). The minyan has a very Israeli feel. Kabbalat Shabbat starts 30 minutes after candle lighting and morning services start at 9 a.m. Contact: minyanshiv@gmail.com

Renewal

- **Nava Tehila**
www.navatehila.org
Nava Tehila - "beautiful praise" - is a prayer and study community in Jerusalem, under the guidance of Rabbi Ruth Gan Kagan (who has served as a Pardes faculty member). They welcome people of diverse backgrounds who wish to experience various expressions of spiritual life with a Jewish flavor. Nava Tehila meets monthly for Kabbalat Shabbat. See their website for more details.

Sephardi Congregations

- **Degel Yehudah**
<http://degelyehuda2014.wixsite.com/degelyehuda2014/form>
Probably the most "Pardes Appropriate/Friendly" Sephardi minyan is Degel Yehuda. They are an egalitarian Sephardi minyan that uses a lot of Moroccan tunes. They do not have a synagogue of their own and so every Friday night they meet in someone's home for Erev Shabbat service. Many of the community members speak English and will engage with you if you speak English to them. Most of their information such as times and events are sent out via Facebook groups and e-mail groups. To sign up for information, use the link above.
- **Torah V'Chesed**
The closest Sephardi Synagogue to Pardes is Torah v'Chesed. They are a Tunisian synagogue and Beit Midrash which means their two operating languages are French and Hebrew. During the week they have Shacharit at 8 am. They are at the corner of Rivka and Yad Harutzim: Yad Harutzim St. 2, Jerusalem.
- **Qol Shaddai**
A friendly Moroccan synagogue can be found in Baka. The Rabbi there (named Rabbi Kadosh) is very nice and does his best to speak English with guests from Pardes. But in general, Hebrew and French are their operating Languages. Their address is Shimshon 10. Shabbat morning services are at 7:45 am and in general they do not have kiddush after services.

Part III

TIPS FOR LIVING IN JERUSALEM



GENERAL SAFETY

EMERGENCY PHONE NUMBERS

100 - Police
101 - Ambulance
102 - Fire
1202 – Rape Crisis Center

IN CASE OF EARTHQUAKE:

Safest places to be (in order!)

1. Get outside, away from buildings – BEST option
2. Stairwell
3. Doorway or under a table (least good option)

IN CASE OF FIRE – Call 102

FIRE EXTINGUISHERS – There are FOUR at Pardes: in the kitchen, near the student computer in the hallway, in the *beit midrash*, and inside the entrance door to the downstairs classrooms.

HOSES – There is one next to the student computer, one outside the *beit midrash* and one downstairs in the hallway.

Alternate exits: door in dining room, roof (can proceed to far side of building)

Do not use the elevator in case of fire.

IF YOU SEE SOMEONE COLLAPSE/FAINT – Call 101

Call 101 (ambulance)

Check if breathing – if breathing, do nothing (wait for ambulance)

If not breathing – get defibrillator and follow automated instructions. The defibrillator is kept next to the student computer on the wall. You must break the glass to get it.

SIREN (Possible missile attack)

<http://www.oref.org.il/International/315-en/PAKAR.aspx>

How to behave during an event?

If you are indoors:

Enter the *MAMAD* (reinforced safe room) or *MIKLAT* (bomb shelter) immediately. In the absence of a *MAMAD* or *MIKLAT*:

1. Enter the room with the smallest possible number of outside walls, windows and openings;
2. Close the door and the windows;
3. Sit on the floor (below the windowsill level) and lean against an interior wall. Do not sit in front of windows;
4. Upper story residents in a building with no *MAMAD*, are required to exit to the staircase and descend one floor down. A protected room can be a staircase or a corridor.

If you are outdoors:

1. In a built-up area – enter the nearest building and act according to the instructions for persons taking shelter indoors;
2. In an exposed area – lie on the ground face-down and cover your head with your hands.

If you are traveling:

Stop by the side of the road, leave the vehicle and enter the nearest structure or cover. If you are unable to reach a structure or shelter within the given period of time, lie on the ground face-down and cover your head with your hands. If neither of the above instructions can be complied with, pull over and remain inside the vehicle for the next 10 minutes.

Following the event:

After 10 minutes, you may leave the protected area, unless otherwise instructed. Stay clear of unidentified objects. Should you see a rocket lying on the ground, prevent gathering of bystanders and inform the security forces.

Taxis: When you hail a taxi, use the Gett Taxi app or, at the very least, note the cab company's sign right away (in the front windshield). You should only enter a cab that is associated with a company. *MASA students:* You are permitted to ride only in cabs associated with Israeli companies (yellow license plates) and not cabs in the Palestinian Authority (green or white license plates). (See transportation page for more on taxis.)

Road Safety: There are a disproportionately high number of traffic accidents in Israel, including pedestrian and bicyclist deaths. Take special, special caution when driving in Israel, riding a bike or crossing the street. Do not jaywalk. Never cross against the light – often there will be turning cars you don't see. Cars don't always stop or slow down at pedestrian crosswalks. Be especially careful when crossing the bus lanes on Derech Hevron. **Be careful when exiting Pardes!** The area right outside of Pardes's front door is a driveway, not a sidewalk. Cars and trucks drive in this area, often very quickly. Exit with caution.

Crime: Crime *does* exist in Israel. Though the rate of violent crime in Jerusalem is relatively low, theft is common. Do not leave your valuables, including your cell phone, laptop and book bag out in public even for a second. It is important to keep your apartment door locked at all times, even when you are there. It has happened that belongings were quietly stolen out of an apartment when the student was home! Tip: *make copies of important documents.*

Do not give out the Pardes door code to anyone who is not a student at Pardes. If you are expecting a visitor, have the person either buzz or call you to open the door. **Never let people in the building if you don't recognize them.** If you feel uncomfortable about opening the door, press the door bell and the reception will decide whether or not to allow entry.

Hitchhiking: Although many Israelis hitchhike, this is not recommended. It is not worth the risk. MASA students are prohibited by MASA guidelines from hitchhiking.

Dehydration: Dehydration is very common among tourists and visiting students in Israel. You should drink enough throughout the day to never feel thirsty. Sunscreen, a water bottle and a hat are always good ideas.

Hiking: Be careful to check weather reports before you hike – especially during or near the rainy season (approximately November-May). Roads and trails can be washed out by floods very quickly. Stick only to marked trails. Always take a map. Also, it's a good idea to check with the SPNI (the Society for the Protection of Nature in Israel – *Haganat HaTeva*) to determine whether there are security alerts for the area in which you plan to hike: www.natureisrael.org Some great resources about hikes and day trips in English include: <https://hikingintheholylan.com/>

SECURITY

Pardes students are required to obey Israeli law. Pardes will make a best effort to inform you of any special security information.

At the time of the writing of this guide, it is illegal for Israeli citizens to travel to areas under Palestinian Authority political and security control, commonly referred to as Areas A and B, as well as the Gaza Strip. Although these travel restrictions do not apply to students who are not Israeli citizens, please note that these areas are beyond the jurisdiction of the Government of Israel. Additionally, health insurance purchased in Israel does not cover you when you are in PA territory (though tourists can purchase, upon request, special insurance for these areas). Should you enter these areas with another program, it is your responsibility to make sure you have proper insurance.

Students should also be forewarned of possible violence perpetrated by Jewish extremists, particularly in the West Bank. These extremists have in the past attacked Jewish students (including Pardes students) and other volunteers who are helping Palestinians with olive harvests and other activities. These activities may take place in Area C (areas in the West Bank under Israeli control), and be in an area thought of as “safe.” Nevertheless, you need to be cautious and consider physical risks.

Before traveling, it is a good idea to check your country’s travel warnings and restrictions. For US citizens in Israel, local warnings are posted [here](#).

MASA: Students who receive MASA funding are forbidden by MASA from entering Areas A & B in the West Bank either as individuals or with an organized group, as per your contact with MASA. Violating this agreement may jeopardize your funding (which may impact your tuition balance due to Pardes). Additionally, MASA students are permitted to ride only in cabs associated with Israeli companies (yellow license plates) and not cabs in the Palestinian Authority (green or white license plates).

Should you have any questions as to the status of a particular place you would like to visit, feel free to consult with your teachers or the Pardes administration.

US students can seek the travel advice of the US Bureau of Consular Affairs. US students also have the option of registering their stay abroad with the Smart Traveler Enrollment Program (STEP) at <http://step.state.gov/step/>. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate.

At the beginning of the year, each student will receive an emergency contact list which assigns groups of students to a faculty member. In case of a terrorist attack (*pigua* in Hebrew) or similar emergency in Jerusalem, every student must call his or her assigned faculty member immediately to let the faculty member know they are okay. Pardes also has a SMS system in place, by which you are alerted that there has been an attack.

As part of ensuring everyone’s safety, most public buildings have metal detectors and security at the entrances. Unzip your bag and put it down on the table in front of the security personnel for them to briefly check, walk through the metal detector, and then take your bag. If someone asks you “*Yesh neshkek?*” they are asking if you have a gun.

In addition, do not leave bags or any items lying around in public spaces. They immediately become “suspicious”, and the authorities will be called.

MEDICAL INFORMATION

For a Doctor's Appointment

Sababa Land app can show you which doctors accept Harel insurance!

Wolfson Medical Center is a large facility with many different types of doctors and specialists. It is located in Rechavia on Rechov Diskin: 02-561-0297. Many of the doctors at Wolfson speak English, and they accept the Egert & Cohen insurance plan, "Harel."

Dr. Harrow and Dr. Mahnaim have an office located on Yad Harutzim in the mall. Both doctors speak English and take Harel insurance. Phone: 02-672-5696.

If you do not have student insurance while in Israel:

Without the "Harel" student insurance, you will have to pay full price at the doctor's office and then submit a claim to your insurance company for reimbursement. There is a doctor (who works at the emergency clinic called Terem) and he has on occasion given checkups to Pardes students (without Harel insurance) for a discount. His name is Dr. Brendan Stewart. You can text him at 054-548-9970 and explain that you wish to see him privately. You will pay at the time of the visit.

Note that it is far preferable to have the student "Harel" insurance which will allow you to see a wide range of doctors without paying!

Urgent Care/Emergencies

- Call 101 for an ambulance
- Terem Emergency Clinic is at the corner of Rehov Beitar and Yanovski, about a 10 minute walk from Pardes (Turn off Derech Hevron on Rechov Yanovski, next to the large Hollandia furniture showroom). The phone number is 02-673-8550.
Hours: 8:30 a.m. – midnight every day.
- There is a 24-hour Terem Clinic on Rechov Sarei Yisrael 15. The phone number is 02-652-1748.
- YAD SARAH (near Shaarei Tzedek Hospital) FUNCTIONS AS A TEREM FROM 7 PM -11 PM Sunday-Thursday and they accept Harel Insurance.

SOME HELPFUL TIPS IN CASE OF EMERGENCY:

CHECK THE TEREM WEBSITE – IT WILL HELP YOU TO LOCATE CLOSEST CLINIC AND SAYS HOW LONG ONE HAS TO WAIT: <https://www.terem.com/Clinics.aspx?lang=2>

(TEREM TAKES HAREL INSURANCE)

STUDENTS MUST BRING PASSPORT NUMBER AND HAREL POLICY # (OR WHATEVER INSURANCE THEY HAVE OTHER THAN HAREL, BUT HAREL IS THE ONE THAT IS COVERED FOR SURE)

Information regarding the Covid-19 virus:

1. The Harel policy covers you for treatment and hospitalization due to Covid -19
2. The policy does not cover quarantine expenses.

Since information about Corona testing and quarantine is always changing, we will not elaborate here. Information will be sent to students over the student whatsapp group, email list, and in-person as needed.

Special medical issues

For students on the Egert and Cohen plan: any medical problem over and above the regular doctor visit should be referred to Leon 02-623-2546 (ext.115)

Leon deals with the setting up of specialist appointments, blood tests, etc. He also responds to mail promptly info@egertcohen.co.il

What to Expect at the Doctor

Students often express surprise after their first doctor's appointment in Israel. Appointments are generally very short and sometimes even scheduled as close together as every five minutes. Come ready with your questions and advocate for yourself. The quality of doctors in Israel is generally very good; do not let the nature of the appointment discourage you.

Dentist

Dr. Ari Greenspan is a US-trained dentist and a long-time friend of Pardes. He offers a 5% discount for Pardes students. His office is located on Derech Hevron Street, not far from Pardes. 02-679-8040, ari@greenspandental.com

Dr. Stephen Kurer is a Pardes alumnus. His clinic is called KKJ and is on Keren Hayesod. 02-625-0870

Eye doctors, glasses

Dr. Avi Auerbach takes the Harel insurance plan: 02-563-8728

You can make an appointment to see an eye doctor privately at the Gdud HaIvri clinic. You can usually get an appointment privately quite quickly but the cost is 500 NIS in cash.

Glasses:

- Optica Menny - 32 Emek Refaim, 02-563-2135
- "Optician" on the corner of Emek Refaim and Rachel Imenu with a branch also on HaPalmach
- Optica Halperin on Emek Refaim or on HaTenufa St. in Talpiot

Anonymous HIV/AIDS Testing in Jerusalem

The Open Clinic is located within the Jerusalem Open House for Pride and Tolerance (www.joh.org.il) at 2 HaSoreg St., 1st floor (at the intersection of Jaffa St. and Shlomzion HaMalcha St. in the city center). Phone: 02-6250502. You are asked to donate 50 NIS to cover the cost of your test so that the clinic can provide free HIV/AIDS tests to those in need.

Filling prescriptions: To fill Harel prescriptions, go to the pharmacy on Lev Yaffe 9, Shai Agnon 20, or the Wolfson Pharmacy. You also may decide to pay out of pocket at Superfarm and submit the receipt to Egert and Cohen. Note that not all prescriptions will be covered by Egert and Cohen insurance. We suggest that you bring a supply of any particular medication (prescriptions or over-the-counter items) that you use, as you may not find exact equivalents in Israel. To get U.S. prescriptions filled in Israel you need to get a replacement prescription from an Israeli doctor.

MENTAL HEALTH

A more comprehensive mental health guide can be found [here](#).

Therapists

If you feel you need professional help, turn to your faculty adviser (a faculty member assigned to check in with you regularly if you are a full-time student). This person is a resource of support for you and can refer you to a professional (at your own expense).

- Caryn Green - carynjillgreen@gmail.com
- Cindy Nathanson (Jamie Salter's wife, Pardes alumna): cin135@gmail.com / 052-739-1351
- Lynne Weinstein (Pardes alumna and board member; office in Baka):
lynneweinsteinst@hotmail.com
- Avraham Weitz (Pardes alumnus): avrahamweitz18@gmail.com / 052-633-6833
- Judy Markose, MSW, EdD: Career, Relationship and Life Coach. jomarkose@gmail.com/ 050 582-7986
- Becky Haendel (Pardes alumna): becky.haendel@gmail.com / 054-425-4462
- Chaya Sara Brand: chayasara4u@gmail.com
- Micki Lavin-Pell, MS, MA, Individual and Couple Therapist and Relationship Coach, and Trauma Therapist using EMDR and Somatic Experience Therapy (see ad at back of book)
mlavinpell@gmail.com
- Manya Ronay (Pardes alumna)– specializes in nutrition coaching but also can address physical, mental, emotional and spiritual health. manya.ronay@gmail.com www.meetmanya.com <https://gethelpisrael.com/therapist/manya/>
- "Rich Kirschen Psychotherapy" - for individuals, couples and families at an office in South Jerusalem. 054 818-3833 / richkirschenpsychotherapy@gmail.com / <https://richkirschenpsychotherapy.com/>

Another resource to find a therapist in Israel who is right for you: www.gethelpisrael.com

Nancy Lewitt can help you navigate their website directory: office@gethelpisrael.com

A resource for women - The Counseling Center for Women: <http://ccw.org.il/en/>

The Israel Help & Resource Line - provides mental health assistance and resources to English speakers throughout Israel. The number is: 03-720-8763. Leave a message with your name, number, and the best time to reach you and one of our licensed volunteer counselors will get back to you within 24 hours Sunday-Thursday. You can also text us at: 03-720-8763 or email us at: israelhelpline@gmail.com and we'll get back to you within the same timeframe. The Israel Help Line is a service of Yad L'Shuv, a registered non-profit.

Refilling an existing prescription for psychiatric medication:

You can renew an existing prescription through the Egert & Cohen medical director, Dr. Fruchter. You would need to present a copy of your last prescription and a report from your home physician. The cost of Dr. Fruchter writing you the prescription is 125 NIS.

You would also need to pay for the medication.

To check regarding availability and cost of the medication, please contact jeff@israelpharm.com

At Egert & Cohen, speak to Leon: 02-623-2546 (ext.115) or info@egertcohen.co.il

(Leon will forward your documents to Dr. Fruchter.)

[Emergency psychiatric treatment IS covered by Egert & Cohen Harel student insurance.](#)

Recommended private (English-speaking) psychiatrists:

Dr. Zev Alexander 058-4215777

Dr. Hillel Davis 052-3846793

THE ISRAEL CHEAT SHEET

A quick look at several cultural differences/life essentials

- When ordering an iced coffee in Israel, make sure to order a “kafe kar”/קפה קר, which literally translated means “cold coffee.” Even though that sounds like you are only going to get a coffee that is cold - so maybe not as iced as you want it to be - that’s what you need to say! “Kafe kar” *is* an iced coffee - i.e., espresso over lots of ice and milk. If you order an “ice kafe” (אייס קפה) you will get a very sweet frozen coffee slushie, sort of like a frappuccino. Which is good too! Just not an iced coffee. (Obviously, coffee is #1 on our list!)
- When you get to a pharmacy, make sure to take a number right away so they don’t skip over you in line!
- If someone is standing right next to you in line, don’t worry. It’s normal. Too close for comfort isn’t much of a thing in Israeli lines. Feel free to move further away- but don’t let them take your spot!
- Your Rav Kav, the bright green card that is used for transportation, can be refilled on your phone using the Rav Kav app! It’s new, and means you don’t have to go to the bottom floor of the mall!
- When crossing the street, look both ways twice even if there is a crossing sign.
- In Israel, the floor you enter on is called the “ground floor”/קומת קרקע, while the first floor is one flight up.
- There are often multiple buildings with the same # address in Israel. So how can you distinguish between the buildings? Well, each building in the apartment complex (or row of buildings) is typically given a different letter to represent a different entrance (כניסה). For example, 26א or 26ב, etc. If someone tells you where they live, don’t be shy in asking them if there is a specific כניסה (*kenisa*) attached to their address.
- What does it mean if someone says they live at 61/5 King David Street? The number to the left of the slash represents the building. The number to the right of the slash represents the apartment #. So, back to our example, building 61 and apartment 5 on King David St.
- Israeli apartment buildings typically do not have lights in the hallways. So how can you go up the steps without tripping? Each floor usually has a light switch on the wall. Click that switch when you enter the building and the hallway lights will go on. If the lights go out while you’re still finding your apt, check that hallway to see if there’s another light switch.
- Temperature is measured in Celsius. So, “24 degrees” is actually 75 degrees; “29 degrees” is actually about 85 degrees, and 35 degrees is actually 95. And that is hot. But thankfully, not so humid in Jerusalem! (And if you have an oven while in Israel and are tempted to bake, 350 is called 180 in Celsius. OR sometimes there is just a 1-10 dial. The middle is 350.)
- When getting off a bus don’t be terribly surprised if the driver closes the door before you have a chance to get off. Shouting “N’hag (driver!!)!!!” very loudly usually does the trick. And don’t worry - that’s not considered rude.
- Tomato sauce, tomato paste, whole tomatoes, diced tomatoes, and all other tomato products sold in a can look the same in Israel. How can you tell the difference? We actually don’t yet know. It’s a surprise every time! (*Ketchup looks like ketchup. And sometimes it’s even made by Heinz.)
- Israeli pickles sold in cans come in 2 types: pickles in brine (מלוח) or pickles in vinegar (חומץ). They do not taste the same. Nor do they taste like what pickles normally taste like. But they are good.
- When you check out a supermarket, the cashier will often point to a weird variety of items next to them (e.g, wine, toothpaste, cookies). The cashier will tell you that these items are on sale and ask if you’d like to purchase any of them. If you say no, they will ask you again. Stay strong - no need to purchase 3 tubes of toothpaste (even if they are 3 for the price of 1!) if you don’t want any.
- It is not customary to tip cab drivers in Israel.
- Speaking of cabs - Uber hasn’t gotten to Jerusalem yet. The taxi app in Jerusalem is called “Gett.” It’s super reliable. Search for it on Google Play Store or App Store.
- Despite popular belief among some, you absolutely do not have to haggle over the price of a cab ride! Just say “moneh bevakashah” (מונה בבקשה), which means “Please put on the meter.” The driver isn’t allowed to argue with you over that. If they start arguing, they are breaking the law. You can ask to get out.

- A tip of anywhere between 10-20% at restaurants is considered acceptable.
- In case you rent a car:
 - Cars in Israel typically require you to input a numerical code on a keypad located near the steering wheel in order to turn on the ignition. Rental companies often write that code on the keychain they give you. Make sure you know the code before you leave the car rental agency.
 - Parking spots that have blue and white painted on the curb means that it is metered parking. Even if you do not see blue and white on the curb, it is worth checking whether there is a sign that says parking payment is required. There is a great app called Pango, which you can use to pay for parking. Red and white paint on the curb means that parking is prohibited there.
 - Israel is full of traffic circles. Look LEFT before entering into the traffic circle. A car that is already in the traffic circle has the right of way.
 - The traffic lights turn yellow here to indicate that the light is about to turn red AND to indicate that the light is about to turn green. Impatient drivers will honk you when the light turns yellow, because they know it will turn green 1 second later
- If your kettle looks like it is covered in white powder inside, it is caulk. You need to buy lemon salt from the supermarket (in the spice section - it's cheap) and shake it all over the kettle, then add some water and boil it. Discard the water.

CONSULATES/EMBASSIES

If your consulate or embassy is not listed below, please see Karen and it will be included in the next printing.

- US Embassy**: Close by in East Talpiot - 14 David Flusser St. 02-630-4000
- Canadian Embassy in Tel Aviv: 03-636-3300
- British Consulate General in Jerusalem: 02-541-4100
- British Embassy, Tel Aviv: 03-725-1222
- German Embassy, Tel Aviv: 03-693-1313
- Ukrainian Embassy, Tel Aviv: 03-604-0242
- Embassy of the Czech Republic, Tel Aviv: 03-691-8282
- Embassy of Argentina, Herzilya Pituach: 09-970-2743
- Australian Embassy, Tel Aviv: 03-695-0451
- Polish Embassy, Tel Aviv: 03-725-3111
- French Embassy, Tel Aviv: 03-520-8500
- Italian Consulate, Jerusalem: 02-561-8966
- Italian Embassy, Tel Aviv: 03-510-4004
- Russian Embassy, Tel Aviv: 03-522-6733/6/7

****NOTE: The American Embassy requires appointments!** You can't just show up. You must schedule an appointment in advance by clicking on this [link](#).

For further information: <https://jru.usconsulate.gov/u-s-citizen-services/> or call 02-630-4000

Emergency Number at the U.S. Embassy in Jerusalem

For emergencies outside of normal business hours **ONLY** (outside of Monday-Friday, 8:00 a.m. to 4:30 p.m. and holidays) you can contact **02-622-7250**. This emergency number **cannot** assist with questions regarding regular passport renewals, consular reports of birth, or other routine consular matters.

ULPAN

(Hebrew Language Study)

It can be hard to fit Hebrew instruction into your day once Pardes classes have started, but there are some options for afternoon and evening Hebrew instruction.* (Summer ulpanim are listed on the Pardes website.)

- **The Milah Institute**
4 Mevo HaMatmid, Jerusalem
Contact: Tel: 02-623-3164 / Fax: 02-624-9834
milah@milah.org / www.milah.org
- **Hebrew Union College Ulpan**
13 King David Street
Contact: 02-620-3333 / hebrewulpan@yahoo.com
- **Ulpan-Or**
(Private, much more expensive than regular ulpan)
3 Yad Harutzim (Papagaio building)
Contact: office@ulpanor.com / www.ulpanor.com
- **Ulpan LaInyan**
The ulpan is located down the street from Pardes in the same building at the Shilav baby store – on the far side of the Hadar Mall.
Contact: Ami at 073-796-2228 / contact@ulpan.com
www.ulpan.com

Other resources

Pardes students over the years have taken advantage of the following resources to improve their Hebrew before arriving at Pardes or during their time at Pardes.*

- www.eteacherhebrew.com
- <http://www.rosettastone.com/learn-hebrew>
- www.hebrewpodcasts.com
- <http://www.pimsleur.com>
- <https://www.duolingo.com/>

**Pardes does not endorse any particular program*

APARTMENTS

Pardes offers apartment-hunting advice and a list of resources. We can also provide a list of vacation apartments, suitable for visiting family and friends. See <http://www.pardes.org.il/housing-help> for more information.

Our housing help document can be found [here](#).

Arnona Discount

Some students are successful at obtaining a needs-based discount on *arnona*, the taxes you pay to the Israeli government for renting or owning an apartment. The percentage discount for students varies from year to year, and is based on many conditions. Every fall, there is an informational meeting at Pardes, during which staff members detail the process necessary to (try to) obtain a discount.

It is important to note that you will need to bring proof of your income from October, November, and December of 2021. A W2 form is acceptable.

Apartment Contracts:

If you are unsure that your apartment contract is fair, there are a couple English-speaking lawyers who can help (they can only help BEFORE you sign the lease!). Pardes does not endorse any particular lawyer, but makes this info. available to you for your convenience.

- Nachum Lamm will look over contracts for students for between 50-100 NIS, depending on how complicated it is. 054-208-3913 / nelamm18@yahoo.com / Rechov Aza 7 in Rechavia. He can also give official stamps for an arnona discount or other needs.
- Ariel Novick, is available to read over your apartment contract for a fee. To schedule an appointment, call 052-353-0042 or email: ariel.novick@israellawteam.com Student price is \$299 (not including 17% tax) for a standard-length contract. Location: In the AACI building next to Pardes.
- Recommended by students in 2022: <https://www.checkmycontract.org/> A great resource for contracts and legal help. (A contract of 1-4 pages is 300 NIS)

PERSONAL FINANCES

Please note that despite the effort here to estimate expenses in both dollars and shekels, the exchange rate fluctuates.

Tuition at Pardes covers classes as well as extracurricular activities such as Shabbat programs, tours and special seminars. It does not cover minor registration fees for special activities, housing, medical insurance, books, Hebrew ulpan fees or other living expenses such as food and utilities. If you live with roommates in a **furnished** apartment, you can expect to pay \$700-\$900 per month, per person, or 2200 NIS - 2900 NIS, not including utilities (and again, with roommates). A one-bedroom will cost more, about 3200-4500 NIS. Living expenses vary depending on students' lifestyles. Read more about budgeting for your time at Pardes on our website:

<https://www.pardes.org.il/students/student-life/>

Red drop-down bar at the bottom 'sample budget'

Paying your bills

Water, electricity, gas and telephone bills usually come every two months. You can pay them at any post office by cash or Israeli check, or online or by phone with a credit card. You are also able to pay bills at the bank, directly from your account for a fee.

If you have gas tanks (which is the case in most of the older apartments), when your tanks are empty you must re-order directly from the company serving your apartment. Find out from your landlord which gas company supplies the apartment (either Paz Gas, Supergas, or Amisragas) and what the account number is. Be warned: you usually don't know your tank is empty until you turn on the stove and nothing happens. If you start with two full tanks, you should replace each one as it empties to prevent unpleasant surprises.

BANKING

Students who receive financial aid or a stipend from Pardes must open an Israeli bank account.

In August 2021, students reported ease with opening a bank account at Bank HaPoalim. You make an appointment here: <https://public.bankhapoalim.co.il/ng-portals/ma/he/create-meeting> You bring with you: passport and your social security number (no proof of the number is necessary) and an additional form of ID (a driver's license works). Students also reported success with Bank Leumi by calling *5522 – see testimony below.

Additionally, Pardes has made updated arrangements with its bank, [Bank Mercantile \(Jaffa St 64, Jerusalem\)](#), to assist students who would like to open accounts there, even if you are here for just one semester.

In order to open an account at Bank Mercantile, the student must provide:

1. Passport + visa
2. An additional form of ID, for example a driver's license or birth certificate (original)
3. Social security card (number is not enough – bring the actual card with you)
4. Letter from Pardes, certifying that you are a student (email Joanne at info@pardes.org.il)

Send a copy of everything to TamarS@mdb.co.il

Tamar will then be in touch to make an appointment. Bring the original documents with you to the appointment.

Other bank options:

- **Discount Bank**
Clal Center, Jaffa Rd. 97 or on Keren Hayesod 5. Contact Nadav – +972 76 8052951
[Learn more.](#)
- **Bank Leumi** –
Main Branch: 22 King George St.
Local branches:
103 Derech Hevron - in the Beit HaNetziv building near the corner of Ein Gedi Street;
20 Shai Agnon St.- most convenient for those living in Katamonim, and students did have recent past success in opening a bank account there
- **Bank HaPoalim** –
Main Branch: 16 King George St.
Local branch: 101 Derech Hevron, corner Yanofsky St , next to the big “Hollandia” building
- **First International Bank of Israel**
Main Branch: 10 Hillel St.
Local branch: 10 Derech Hevron, corner of Rivka St.

Students say to steer clear of the Bank of Jerusalem on Keren HaYesod – low fees but terrible service.

Student testimony – opening an account at Leumi:

*I wanted to let people know that I succeeded at getting a bank account with Leumi. I called their number (just dial *5522), pressed for English, and after an automated system in English, I was on hold but got through to someone who spoke to me in Hebrew. I asked if she spoke English, she said just a little, but between the Hebrew I had and the English she had, I told her I needed to open a student account for a year, and was able to schedule an appointment. She said I needed to bring a student ID card, but I emailed Joanne to write me a letter and that worked when I got to my appointment. Also bring your passport and some other type of ID (I used my driver's license). They'll send you a text to your Israeli number and you'll need to show that text to get in the building, and then have the person at the door give you a ticket to open a new bank account. The whole appointment took a little over an hour.*

To open an account, you might need the following:

- Passport (and your student visa)
- An additional ID from your Country of Origin (driver's license, birth certificate, etc.)
- Letter of enrollment from Pardes (ask Joanne or the Registrar)
- Social Security Number or taxpaying information from home (TIN \ SSN)

Bank hours can be very erratic and vary from bank to bank and branch to branch; make sure you check the hours. Another note about banks--you are usually charged by transaction, so don't be surprised if you can't keep exact track of your balance. Banks charge you for everything, withdrawing their fees directly from your account. With a student account, many of these fees are avoided. Beware that if you transfer money from your bank account abroad to your Israeli bank account, both banks will charge a fee – your Israeli bank will, in fact, charge two fees: one for the transfer and one to change the foreign currency into Israeli shekels. Alternatively, use an online service like Transferwise <https://wise.com>, that promises low fees. Finally, note that if you want an ATM card that also functions as a debit card be sure to specify this. If not, they may just give you an ATM card.

Changing Money

The closest place to change money is across the street at the Hadar Mall. There are 2 more money changing establishments in the Emek Refaim area. There is also a change place in the "Achim Yisrael" Mall on Yad Harutzim St. about a 5-minute walk from Pardes. Post offices change money and don't charge commission.

ATMs

The closest one is across the street from Pardes, outside of the Hadar Mall.

Student tips for before arrival:

- A Schwab Brokerage account with checking allows you an ATM card with no ATM fees, no transaction fees and no exchange rate fees. You have to open this account in the U.S.
- If you or someone in your family was in the US Army, you may qualify for USAA banking and may get an ATM card with no fees. See www.usaa.com for more information.
- With a Capital One credit card (and some others) there are no fees for foreign transactions (but good to ask what exchange rate the company uses!).

Closing your Israeli bank account

Note that closing an Israeli account can be a bit of a hassle. It's best to close the account several days before you fly and not leave it until the last minute. You will need to make an appointment at the bank and bring your passport and debit/credit card that the bank issued to you (along with checks, if relevant).

FOOD SHOPPING

The Shuk (Mahane Yehuda)

Shopping in the *shuk* (open-air market) in downtown Jerusalem is quite a cultural experience. Fruits and vegetables are the freshest and cheapest there. The shuk also features a range of fresh breads, pastries, meats, and housewares. Food is sold by the weight and bargaining is no longer commonplace. Walk around and compare prices. The Iraqi section tends to be cheaper. You can try to make friends with the vendors by frequenting the same stands; it makes going to the shuk an exciting and fun cultural exchange.

The shuk is generally open from 8 a.m. to 7 p.m. and later on Thursdays. It takes on a whole new persona at night. Bars and restaurants open, and the shuk is a popular place on Thursday nights in particular. Fridays are very busy, so go early. Note that it closes one hour before Shabbat.

If you keep kosher, be aware that even fruit and vegetables grown in Israel need a kosher certificate (*teudat kashrut*) which certifies that a certain percentage of the produce has been tithed. In a *shmitta* year – which includes the beginning of this academic - the kosher certificate will also indicate the category of produce (heter mechira, kedushat shvi'it). Scroll down to read more about living in Israel at the tail end of a *shmitta* year.

Food Delivery Apps

TenBis – you can use Apple Pay instead of an Israeli ID

Wolt – does not require an Israeli ID

Supermarkets

Almost every supermarket delivers groceries for an extra charge--ask for “*mishloach*” (delivery). Also know that grocery store carts require a 5 NIS coin (which you get back upon returning the cart). An American quarter works as well. At some supermarkets, you can only take a cart using an Israeli ID. It is normal to bag your own groceries. Most supermarkets have a membership card that will give you discounts. You may need to present your passport to get the card. **Bring your own reusable bags when you shop.**

Many supermarkets offer online shopping and delivery (for a fee) and this is a very convenient way to shop. The only issue is the need for an Israeli ID number to use the service. Students report having success using 9 zeros or using the number 100000009. You can also ask to “borrow” the Israeli ID number of a current student who has one.

- **Osher Ad**
A large supermarket on the bottom floor of the Hadar mall, across the street from Pardes. They carry some Costco products and are known to be cheap. This supermarket has the most American feel in the area. No delivery.
- **Shufersal Deal**
On Pierre Koenig street, right next to Pardes.
(Also online order option – in Hebrew)
- **Victory** – online shopping (change language to English at the top)
<https://www.victoryonline.co.il/>
(accepts zeros to the Israeli ID number)
- **Mr. Zol**
HaPalmach Street
- **Co-op Shop**
42 HaPalmach Street - on the pricier side, nice cheese counter.

- **Super HaMoshava**
The supermarket on Emek Refaim might be convenient, but it is usually more expensive than other supermarkets (especially the produce). If you are looking for specific American products, they are often here.
- **Rami Levi**
Located in the Kanyon HaAchim Mall (corner of Yad Harutzim and HaTnufa). Reputation for cheap prices. (Also online order option – in Hebrew)
- **Super Deal**
At the Corner of Rivka St. and Derech Beit Lechem. A bit pricey (although cheaper than Super Moshava) but convenient, and lots of familiar products and great service. [Online ordering here](#). English option available.

- **Yochananof**
Rechov HaUman 10. Rumor has it that their prices beat out all the competitors in the area. They also offer a take-out section of ready-made foods, all cooked on premises.
- **Zmora Organi**
This is a great health food store (with organic produce) on Yad Haruzim, a five-minute walk from Pardes. There is a small café in the store where many students go for take-out bowls, salads and sandwiches at lunch. There is another branch on Asa St. (small street off of Emek Refaim, near the Ramban shul). This store often has better prices than the Anise chain.
- **Anise** – Health food store. On Derech Bet Lechem #66, across from Esther HaMalka St. On the ground floor of an apartment complex, and on Emek Refaim.
- **Teva Castel** – Health food store located at First Station (at the far end of Emek Refaim). This is a large store with good prices.
- **24 Hour Stores** – Derech Hevron (near Ein Gedi St.)

SHMITTA GUIDE

The word, “shmitta” means to loosen or release. During a shmitta year, which occurs every seven years, the Torah calls upon Jews to loosen our ownership of whatever land we own (land being the major source of wealth in pre-modern times) and to our money. Shmitta of the land only applies in Israel. Shmitta as related to money is applicable everywhere. The shmitta year started at Rosh HaShana 2021/5782 and ends at Rosh HaShana 2022/5783. **Practical ramifications of these injunctions are discussed below, and many of them have implications also during the year that follows the shmitta year.**

Sources

The LORD spoke to Moses on Mount Sinai: Speak to the Israelite People and say to them: When you enter the land that I assign to you, the land shall observe a sabbath of the LORD. Six years you may sow your field, and six years you may prune your vineyard and gather in the yield. But in the seventh year the land shall have a sabbath of complete rest, a sabbath of the LORD: you shall not sow your field or prune your vineyard. You shall not reap the aftergrowth of your harvest or gather the grapes of your untrimmed vines; it shall be a year of complete rest for the land. But you may eat whatever the land during its sabbath will produce – you, your male and female slaves, the hired and bound laborers who live with you, and your cattle and the beasts in your land may eat all its yield. (Leviticus 25:1-7, JPS translation)

Every seventh year you shall practice remission of debts. This shall be the nature of the remission: every creditor shall remit the due that he claims from his fellow; he shall not dun his fellow or kinsman, for the remission proclaimed is of the LORD. You may dun the foreigner; but you must remit whatever is due you from your kinsmen... Beware lest you harbor the base thought, “The seventh year, the year of remission, is approaching,” so that you are mean to your needy kinsman and give him nothing. (Deuteronomy 15:1-3, 9, JPS translation)

The Big Picture

Living in Israel during a *shmitta* year offers a powerful opportunity to better understand what it means to live as an individual Jew in the context of the Jewish nation. One aspect of rebuilding a nation in its land is the process of reconnecting links between the individual and the whole. *Shmitta* connects individuals to each other and to the land through the medium of the Torah.

The negotiation between the particular and the whole can be complicated and challenging. The detailed laws of *shmitta* and the various ways to observe them today can be daunting to even the very learned Jew. But by keeping the bigger picture in mind, the *halachot* (Jewish laws) regarding how to dispose of the peel of an orange during this period can be the gateway to better understanding Jewish values.

One important Jewish value is sensitivity to our world. Whereas the average consumer is only aware of what goes into his or her mouth, Jews are called upon to develop a sensitivity to the entire system that brings food to our stores.

Additionally, by letting the land lie fallow every seventh year, we remind ourselves that we are not the ultimate owners of our property, rather only custodians. Just as we rest on Shabbat and devote ourselves more to family, prayer, and study than we do during the week, the *shmitta* year was traditionally an opportunity to “rest” and engage in Torah study. And just as keeping Shabbat every week can seem extremely difficult and cumbersome until one understands its value and the practical how-to, keeping *shmitta* can also appear burdensome! Learning is the best remedy.

The ultimate Jewish value is *tikkun olam* - repairing the whole world. Though many *shmitta* laws are applicable *only* in Israel and *only* between Jews, and in practicing *shmitta* one considers the value of *Jewish* agricultural endeavors, keep in mind that the greater purpose of *shmitta* is to set up a just and moral society that will impact the whole world. Jewish tradition posits that the most effective way to change the world is to start with ourselves, as individuals and as a nation.

The issue of *shmitta* is not just a technical one. The most important question is how to use this year to improve ourselves by increasing our sensitivity to the world – to ourselves, each other and the land.

Shmitta of the Land (Shmittat Karka)

Note: ONLY applicable in Israel

Note: Laws of shmitta (for the Land) are “derabbanan” (of Rabbinic injunction, not directly from the Torah) until a majority of Jews live in Israel – a reality that is predicted to occur in about 20 years. Shmitta laws are only relevant in parts of Biblical Israel (Second Temple Period), not necessarily land included in the political borders of Israel today.

A. ISSUES INVOLVED

Several *shmitta* laws are relevant only to farmers and garden owners. These laws relate to the type of work one can and cannot do on the land. In general, one is permitted to maintain one’s farm or garden, but not to improve it. Here, we will only address issues related to the consumer. If you have a garden or potted plant, you should speak to a Faculty member.

The first issue a consumer needs to know is **does the produce he or she buys have a certain sanctity associated with the shmitta year, known as “kedushat shvi’it.”** Several laws apply:

- The produce cannot be actively thrown away or destroyed. This includes leftovers and, in many cases, also the seeds and peels of a fruit. These parts must be allowed to rot before it is permissible to dispose of them. *Note that there is compost in Lifshitz park in the community garden for those of you who are worried about properly disposing kedushat shvi’it produce or who simply want to compost.*
- Produce with “kedushat shvi’it” is strictly for eating (not commercial purposes)
- This produce cannot be taken out of Israel or given to non-Jews to eat
- (“*Biur*”) Your ability to eat produce with “kedushat shvi’it” is connected with its very real availability to animals and people in the fields. Once you pass the time of year when a certain type of produce is no longer found in the fields, you must immediately remove this type of produce from your possession. For most produce, this time comes actually in the year following the *shmitta* year. It is particularly relevant for wine and grape juice.

B. PRACTICALLY SPEAKING

There are a few methods that people use to deal with the produce of Israel during a *shmitta* year. To determine what type of produce is being sold, ask to see the “teudah” (certificate) in the store or at the produce stand. In Israel, issues of kashrut are just as much about fruits and vegetables as they are about other products!

1. Eat limited types of produce

Produce that is hydroponically grown, imported, or grown on land included in the boundaries of political Israel but not Biblical Israel is excluded from the laws of *shmitta*. Buying produce in this category is difficult to do during the course of an entire year.

2. “Heter Mechira”

The *heter mechira* method functions in the same way as the sale of *hametz* on Pesach. Through the medium of the Rabbinat of Israel, Jewish farmers formally sell their land to non-Jews for a period of one-two years. During this period, the Jewish farmer continues to work the land with certain limitations. This produce does NOT have *kedushat shvi’it*.

The *heter mechira* was utilized by Rav Kook and other leading rabbis more than a century ago when the *mitzvah* of *shmitta* came into conflict with the *mitzvah* of settling the land. This system was used to protect both values.

Although this method is endorsed by the Rabbinat of Israel, significant opposition to this practice exists since, unlike the sale of *hametz* which is simple, there are many complications in selling the land of Israel to non-Jews.

Most fruits and vegetables sold in stores are grown under this method.

3. “Otzar Beit Din”

During a *shmitta* year, the Beit Din collects *hefker* fruit from Jewish fields on behalf of the public, hiring the farmer to do the actual collecting. The *Beit Din* then distributes the produce, collecting payment to cover its costs. It looks a lot like selling, but you are really only paying for the labor rather than the fruit.

Unlike “*heter mechira*,” which is a relatively new innovation, “*Otzar Beit Din*” has its basis in the time of the *Mishna*, when contrary to Biblical Law, farmers were not breaking down their fences and opening their gates to the public during *shmitta* years. To ensure that people could access the produce of a *shmitta* year, the *Beit Din* created this system.

The produce under “*Otzar Beit Din*” HAS *kedushat shvi'it*.

This option is limited in the market since under this system Jewish farmers do not plant new seeds – they only harvest on behalf of the community.

4. “Gidul Nochr” (Produce of non-Jews)

Both Israeli Arabs and Palestinians are major agricultural producers. According to all opinions – including those who believe it is forbidden to sell land in Israel to non-Jews – it is not forbidden for non-Jews to grow or plant. There is a debate as to whether produce grown in Israel but by non-Jews has *kedushat shvi'it*.

Since there are no restrictions on Arabs planting all year round, this type of produce is readily available on the market. However, many people feel this method is problematic as it hurts Jewish agricultural endeavors and makes Jews dependent on non-Jews – a result that some believe is less than desirable when trying to build a Jewish nation.

5. A combined approach – “Heter Mechira” and “Otzar Beit Din”

“*Otzar Haaretz*” is an organization formed to support Jewish farmers who strive to keep both the spirit and letter of *shmitta* laws. “*Otzar Haaretz*” links the consumer to a network of stores connected to farmers’ collectives (similar to community supported agriculture) that supply fruits and vegetables grown under the methods of *Otzar Beit Din* and *heter mechira*. To learn more about this option, visit their website [here](#).

Shmitta of Money (Shmittat Kesafim)

Note: Applicable in & outside of Israel

Just as *shmitta* of the Land is a “release” of the Land, so too *shmitta* of money is a release of debts. During a *shmitta* year, Jews are required to erase all outstanding debts. Many understand the original intention of this *mitzvah* was to protect society from enormous income gaps. Unlike the agricultural laws which took effect at the beginning of the year, the release of debts occurs at its end.

Practically Speaking

There are two options available to fulfill this law:

1. **Erase all debts (between Jews)**

One option is to forgive any debt owed to you. This can be very difficult, as our entire financial system is based on credit. Although a Jew is only required to forgive debts owed from another Jew, you cannot assume that your banker or investment company is not owned by a Jew. You can see how this can be very complicated!

2. **“Prozbol”**

During the Second Temple Period, Hillel the Elder saw that Jews were refraining from lending at times close to the *shmitta* year – something strictly forbidden by Torah Law because it hurts the poor more than anyone else. To address this problem, he created the “*Prozbol*.” This system acts like “*Otzar Beit Din*” in that Jews sign over all their debts to the *Beit Din* and the *Beit Din* in turn empowers you to collect any debts owed to you on their behalf. This method is universally accepted by rabbis.

Conclusion

After reading the above details, it is important to take a step back and again revisit “The Big Picture,” above. Regardless of how you personally decide to observe the intricacies of *shmitta* laws, try to keep the spirit of the laws in mind!

Suggested further reading:

<https://hazon.org/resource/shabbat-haaretz/>

www.toraland.org.il

RESTAURANTS

Kashrut

Not all restaurants in Jerusalem (or Israel) are kosher. Kashrut certificates should be prominently displayed in kosher restaurants. Note that a 15% tip is customary and not included in the bill and if you want to put this on your credit card you need to ask the wait staff *in advance* of paying the bill. Note not all restaurants will accept a tip this way so best to bring some cash for this purpose.

Extra cost

Note that a small security fee is usually automatically added to the bill at any restaurant with a guard.

Closest to Pardes

During your lunch break, you don't have much time! Luckily, there are plenty of quality eateries within a five-minute walk. There's also a supermarket next door.

- **Falafel Chen** – Right across the street from Pardes, on the corner.
- **Falafel Dal Caloriot** – On Pierre Koenig, across from Hadar Mall.
- **Shawarma Talpiot** – On Pierre Koenig, on the far side of the Hadar Mall.
- **Hadar Mall** – Gingi boasts some of the best *shipudim* (meat skewers) in town! For vegetarian fare, Waffle Bar (2nd floor), Aroma, Café Ne'eman, Greg (2nd floor), and Roladin offer salads and sandwiches. Chooka, BurgerRanch, Zucca and others are available in the mall's food court.

Located at the front of the mall on the ground floor, the Hadar Market includes such favorite restaurants as Burgers Bar, Fish and Chips, Matilda Ice Cream, Tiras Market, Hasalatia, and more.

- **Borekas Ima** – A one-minute walk up Rivka St. with coffee, borekas cakes, cookies, sandwiches, breads, and quiches.
- **English Cake** – A one-minute walk up Rivka St. with a full selection of baked goods, coffee and sandwiches.
- **Mousseline** gourmet ice cream – in the alley BEHIND Borekas Ima.

Also in the Area

- **Emek Refaim**—Emek Refaim Street is a trendy place to be. It's a short walk from Baka, Katamon and Talpiot. You'll find fun shops, boutiques, and you'll eat well. Most, but not all, of the restaurants on "Emek" are kosher.
- **The Coffee Mill**
If you are looking for American-style brewed coffee, the only place in the area is The Coffee Mill, located next to Bank Discount on the end of Emek Refaim farthest from Pardes.
- **Derech Beit Lechem**
This street is also full of restaurants, coffee shops, and boutiques. Some student favorites are Kalo and The Grand Café.
- **Mamilla Mall**
This outdoor shopping plaza is next to Jaffa Gate and the Mamilla hotel. There are many restaurants and most are wheelchair accessible.

- **The “First Station”**

Kosher and non-kosher restaurant options. Several of the non-kosher restaurants are open on Shabbat. Student faves at First Station are Station 9 (for Asian fusion/ramen) and Café Landwer. This is also a public entertainment area, with many free evening events. Worth following them on facebook to keep up-to-date.

For more suggestions of where to eat in Jerusalem, check out www.eluna.com for listings of kosher restaurants in Jerusalem and coupons for 10% off meals.

SERVICES AROUND TOWN

(Pardes takes no responsibility for the price or quality of any product or service listed here. All the information has been checked but may change at any time.)

Note: 17% tax (also known as “VAT,” or value added tax) is included in the prices of most items. Tourists (who are in the country less than three months) are entitled to receive this tax back at the airport on large purchases at certain stores, but you must request a special receipt for this purpose at the time of purchase (you cannot get tax back on items left in the country).

Pharmacy

The closest drug store/pharmacy is SuperPharm, located across the street in the Hadar Mall. Besides medications, you can buy everything—shampoo, soap, make-up, perfume, toilet paper, batteries, etc. Tel. 077-888-0950, Fax 077-888-0951

Note that certain pharmacies around town are for specific Israeli health insurance providers.

Dry Cleaners/Laundry

- At the intersection of Rachel Imenu and Emek Refaim
- On Derech Hevron and Yehuda Street – next to “Little House in Baka”
- On floor “-1” of the Hadar Mall across from Pardes
- “Machveset Shammai,” at Ben Zakkai 7
- Eyal dry cleaners at the traffic circle where Rachel Imenu, Hizkiyahu Hamelech, Elaazar HaModai, and Kovshei Katamon streets intersect
- On HaPalmach Street next to the bakery
- “Superclean” coin laundry + dry cleaner – located on HaPalmach Street near the intersecting street “HaGdud HaIvri.” English-speaking owners.

Stationery and Office Supplies, “Dollar Store”

“Hanan” is across the street in the Hadar Mall. Here you can send faxes and make copies. “Speedio” is also close by, on Poalei Tzedek Street, in the same building as AACI (ground floor). You can print color copies there. “Max Stock” (right next to Pardes) has a lot of cheap office supplies and much more. It’s the equivalent of a dollar store.

LGBTQ+ Resources

The Jerusalem Open House offers a comprehensive English-language guide to the city’s LGBTQ resources. Go to their website and click on “download the guide” on the upper right:

<https://www.joh.org.il/welcome> (2018-20 student, Branden Johnson, wrote the guide!)

A LGBTQ guide to online safety:

<https://www.vpnmentor.com/blog/lgbtq-guide-online-safety/> The Jerusalem Open House also has a clinic which does HIV and STI testing.

Waxing/Manicure/Pedicure

- Aviva does waxing, makeup, manicure, pedicures and reiki: avivabelfer@gmail.com 052-471-5225 (8:30 a.m.-7:00 p.m.)
- Eden Spa and Salon – behind Aroma on Emek Refaim: 02-566-7950
<https://www.facebook.com/pages/Eden-Spa-and-Salon-German-Colony/481888795155541>

Wireless Access

All of Pardes has wireless access, so if you have a computer (there is also one desktop computer available for student use), you can use the internet here.

All of downtown Jerusalem, Hadar Mall and much of Emek Refaim has wifi.

Internet

When researching your options, be sure to check on the disconnection policy (in case there is a contract).

There are two parts to internet service, and you will, therefore, have two charges:

1. The infrastructure provider. This may already be arranged in your apartment – check with your landlord. The only two possible providers are Bezeq or HOT.
2. The ISP provider could be a range of companies: Bezeq Int., Netvision, 012 Smile and many more.

Recommended by a student in 2020: “TCS” because they are fast and offer customer service in English. They can set up internet before you arrive and offer you a cellular plan as well:
YitzhakP@tcsisrael.com or info@go-tcs.com Website: <https://tcsisrael.com/>

Computer & Smartphone Help and/or Training

Pardes alumnus Craig Preston, a seasoned computer consultant, is available to set up your computer and smart-phone with a local internet provider, install internet phones and PC software, get your printer working, for computer & smart-phone maintenance and one-on-one computer training: 052-348-6117 / 02-672-0078, craig@preston-consulting.com.

Hardware, Electronics and Housewares

- All electrical appliances used in Israel require 220V (same as Europe). If you don't have the correct adapters for your appliances/computer you can buy transformers at ElectroSlil. It is on Pierre Koenig on the block after Shufersal Deal supermarket, next to the mattress store. ElectroSlil is a large hardware store with reasonable prices. The downstairs has tools and hardware, while the upstairs has housewares.
- BUG at the Hadar mall – back left corner of entrance floor
- Home Center, at -2 of the Hadar Mall. Extensive selection.

The News

- The two major English language papers are The International Herald Tribune with the English edition of the Israeli Ha'aretz paper inside and The Jerusalem Post. The Friday paper in Israel is like the Sunday paper in the United States - much bigger with extra sections and city calendars.
- You can easily access up-to-date news online:
 - www.timesofisrael.com
 - www.haaretzdaily.com
 - www.jpost.com
 - www.ynetnews.com
- You can even subscribe to a daily online news broadcast (for free) at www.jerusalemonline.com.
- An easy Hebrew newspaper is available at: <http://www.jpost.com/Ivrit/Home.aspx>
- Of course, there are Hebrew papers as well and you may want to challenge yourself by reading them. Yisrael HaYom is a free daily paper. Look for the distributors standing on street corners and in front of the Hadar Mall. They are dressed in red.
- A great news source you should know about (not related to any of the above): www.happynews.com. Positive news from around the world.

Post Office

www.postil.com

There are three post office branches close to Pardes. Always check hours of operation (which vary from branch to branch).

- Emek Refaim and Masaryk
- 59 Derech Beit Lechem, corner of Ben Yefuneh Street (near Yehuda)
- In the Achim Yisrael Mall on the corner of Yad Harutzim and HaTnufa

When receiving a package slip, the stamp on the slip will direct you to the post office where your package is being held. Remember to bring ID with you. Please note that if you ship new items from abroad (apparent from the packaging) your package will be subject to a customs charge if over \$75 in value.

Zip code: To determine your zip code, go to: www.israelpost.co.il/zipcode.nsf/demozip?openform

Where are the mailboxes? For outgoing mail, you can leave letters at the front office at Pardes or deposit into the red mail box which is outside the Hadar Mall (left-hand entrance).

Mikvah (small pool for ritual purposes)

There is a cost for dipping your body in the mikvah but dishes are free.

Dishes:

In Katamon, there is a dishes mikvah behind the Shtiblach shul.

In Baka: Corner of Rechov Shimon and Yissachar, attached to a Moroccan shul.

<http://mikvah.org/Directory/index.asp> is a global mikvah directory.

Women's mikvah:

On the top of Gidon, towards Derech Beit Lechem (this is a “no frills” mikvah but it was recently renovated). It's past the basketball court, across the street from two new municipal kindergartens. *There is also one in Katamon, in the "Shtiblach" building on HaHish Street (entrance on the side of the building) but this mikvah is currently under renovation and not open.*

Recommended: There is a new mikvah (next to a new shul) in the Arnona HaTzeira neighborhood, next to the tayelet (just a few minutes past Terem). There is also a newly renovated mikvah on Ha'ari St. in Rechavia (corner of Ha'ari and Azza).

For the women who live near the city center, all recommend the Rand mikveh, 8 Hanetziv Street, 02-625-5560. The mikvah is newly renovated and modern. It is off Betzalel Street, across from the Gerard Behar Community Center. A cab can turn into Hanetziv St., and the mikvah is located on the right behind a barrier, just where the road begins to veer to the left.

Men's mikvah:

In Arnona, a men's mikvah is available at 15 Yitzhak Ben Dor. It opens 30 minutes before shki'a. A mikvah for dishes is also there. Call 02-625-5404 for more information.

The Shtiblach shul on HaHish Street in Katamon.

Bookstores (Sifrei Kodesh – religious books)

- JBC/Michael Rose: 050-459-8212 Delivery to Pardes. See ad in the back.
- Havruta Bookstore, Rechov HaLamed Heh in Katamon, not far from Pardes
- Or HaTzafon* – Rechov Mea Shearim, big selection, good prices. Go down Rechov Strauss to the main intersection of Mea Shearim. Make a right and keep walking straight until you see it.
- Merkaz HaSefer* – Off Rechov Strauss opposite Angel's Bakery
- Pomeranz – Rechov Be'eri 5 (off of King George, across from Hillel St.)
- Koren Publishers – ordering is currently only online. Use “Pardes10” as the code to get a 10% discount.

**As some of these bookstores are in religious areas, modest dress is advised.*

Bookstores (regular books)

- Tzomet Sfarim in the Hadar Mall, across from Pardes. Mostly Hebrew books with an English section.
- Ayal's bookstore – Wide selection of used books. Whatsapp Ayal a title and he'll find it! 052-432-2995

- Steimatsky – Israel’s main chain bookstore. There is a branch on Emek Refaim. Also located at 7 Ben Yehuda, 39 Yaffo, and 9 King George and the Mamilla outdoor mall. A mix of Hebrew and English titles.
- The Hebrew University Bookstore at Givat Ram, “Akademon.”
- Sefer V’Sefel – 2 Yavets St. (Off of 49 Yaffo, upstairs) A nice store for used books, many English titles. Tel. 02-624-8237 (Also owned by Michael Rose, of JBC.) See ad in the back.
- Yalkut – On King George, above Honigman/Castro. For buying and selling used books.
- Havruta bookstore on HaLamed Hey Street
- Book Gallery on Shatz St. off of King George. Used books, comfy chairs, classical music.
- Mofet – A used-books store by the shuk
- Order books from www.betterworldbooks.com Free international shipping! Libraries donate and sell their books here, new and used.

Religious Articles and Gifts (kipot, tallitot, challah covers etc.)

- The Emanuel Factory – tell them you are from Pardes to get a nice discount! Hand-made Judaica at discount prices. Located very close to Pardes at 6 Yad Harutzim St. It’s tricky to find – ask in the office for directions. Sunday-Thursday 8 am – 4:30 pm. 02-671-9471.
- At the Hadar mall, a stand called, “V’Zot HaBrakha.” Reasonable prices.
- Yermiyahu on 2 Yannai St. Good prices.
- Yad LaKashish – High quality and religious articles and general gifts hand crafted by Jerusalem’s elderly poor. You’ll be surprised by the professional nature of everything there. Located behind Safra square downtown, 14 Shivtei Israel St. www.lifeline.org.il.

Household Repairs

Before hiring the following repair services, speak to your landlord. Many landlords have deals with local people whom they regularly employ. Additionally, you need to be clear about who is responsible for payment.

- “Dr. Fix It,” Benyamin Katzen, 054-645-7994 (American)
- General household repairs: Yona Salomon, tel. 052-286-5646, Alan Morris, tel. 050- 535-3373, Shlomo (Hebrew speaker), tel. 052-260-0700
- Trisim, Aluminum Windows, Doors & Screens, Yaakov Kotler, 02-538-9048
- Electrical: Shlomo (Hebrew speaker), 052-260-0700
- Plumbing: Itsik – Hebrew speaker but English is okay, 050-529-8171
- English speakers: Dovid Lasky, 054-546-1442, Chaim Baldesare, 052-267-9361, Aryeh Blumberg, 052-323-8984
- Painting: Zvi Weiner, 02-656-3918

Movers

- Jurgen - 054-920-7859 - speaks English, moves used appliances. Discounts for students. https://www.facebook.com/Tilmovil/?hc_location=ufi
- Brother’s movers – speaks English - (Jake): 054-216-0087

Gyms

- Studio Mati – Across the street from Pardes in the Hadar Mall. www.studiomati.co.il
- Jerusalem Fitness Center – offers one-on-one personal training. Call Michael at 054-625-0269 www.jerusalemfitnesscenter.com
- YMCA: "Great Shapes." A gym (with pool) with the option of separate classes for men and women. King David Street. www.greatshape.co.il

Movie Theaters (Many American movies will be in English with Hebrew subtitles)

- CinemaCity: 10 Yitzhak, <http://www.cinema-city.co.il/>
- Smadar: Lloyd George 4, 02-561-8168
- Jerusalem Theatre: 20 Marcus St., 02-561-1101
- YES Planet, at 4 Naomi St. off of Derech Hevron: <http://www.yesplanet.co.il/>
- Cinematheque: Derech Hevron 11, 02-565-4333 *This theatre shows very artsy, sometimes obscure films. You can purchase a student membership for the year which allows you unlimited access to almost all movies showing there.*

Lice Removal - Lice Busters-Jerusalem: Contact devorah.ashkenazi@yahoo.com

RECYCLING

Regrettably, Israel is not a startup nation when it comes to the environment. Many students and locals alike find this very frustrating. At the time of writing, the management of waste in Jerusalem is undergoing big changes.

Presently, plastic bottles can only be recycled at specific supermarkets. The closest to Pardes is Shufersal/Supersol. There is a bottle *hok hapikadon* (deposit law). Most small bottles (glass, plastic, cans) can be returned to the supermarket for a 30 *agurot* return per bottle. Just check that the bottles are marked *pikadon*.

For paper recycling, look for big circular trash can-like structures on the sidewalk - with a thin opening through which to deposit your papers.

Purple receptacles are for glass.

There is a recycling bin for electrical goods and for used clothing/materials in the parking lot of the Natural History Museum on Shmuel Molliver St.

There is a compost pile at the community garden in Lifshitz park, a two-minute walk from Pardes.

For a listing of environmental activities and information, see the green map of Jerusalem: <http://www.greenmap.org.il/?lang=en>

TRANSPORTATION

With thanks to transportation guru, Trudy Greener

To ride the bus or train, you need to pay either with a Rav Kav card (info. below) OR via an app on your phone. Download the Moovit app and there is a place where you can set up the pay on the phone option.

A fairly new service from the Egged bus company is called “Tik Tack” – for the cost of 10-15 NIS (approximately) you can order a van (shared by others) to take you to your destination (payment is by credit card on the app). More expensive than a bus but cheaper than a cab. It is shared ride similar to what is known as Via in New York. You put in your destination - it works bus stop to bus stop. You download the Egged app on Google Play or Apple Play and from there chose “tick tack” (as of now, this is only in Hebrew):

אגד: תיקתק, אוטובוס תחבורה

Students advise – be sure to schedule plenty of time if using this service.

Full information about the Rav Kav system

<https://www.touristisrael.com/rav-kav-using-the-bus-in-israel/25702/>

<http://www.trans-reform.org.il/Charge.aspx> - complete info about the Rav Kav bus card

<https://www.cfir.co.il/en/charter/>

www.jet.gov.il

www.egged.co.il

www.bus.co.il

www.rail.co.il

Good Transportation Apps

- Moovit
- Waze
- Google Maps

The RAV KAV (BUS/RAIL CARD)

Public transportation – buses, the light rail and the national railroad system – is based on a personalized RAV KAV card, that can be obtained by presenting any pictured identification (for non-Israelis, this means a passport) and filling out a short form. It does not cost anything, can be "loaded" (explanation below), and is good for transfers between city buses and the light rail for an hour and a half (in any direction).

An anonymous Rav Kav card can also be purchased at various purchasing stations (without presenting a picture ID) and loaded. However, an anonymous card, if lost, is not replaceable. A personalized card with your photo *is* replaceable – you will get back any money you previously put on the card when you get a new card (as long as someone else didn't use your lost card in the meantime).

Where to obtain the personalized RAV KAV:

Across the street at the Hadar mall – take the escalator one floor down. Hours are S-Th, 9 a.m. to 9 p.m. and Fridays 9 a.m. to 2 p.m.

The concessionaire for the light rail, Cfir, has a Service Center at Cinema City Jerusalem, 10 Yitzhak Rabin Blvd., Jerusalem, on the commercial floor (bus line 15 from Pardes), and on the 17th floor of the Clal Building, 97 Yaffo St. (a short walk from the intersection of Yaffo and King George, bus line 34 from Pardes). You can get more information about Cfir at: <https://www.cfir.co.il/en/charter/>

Loading the RAV KAV:

There are two types of plans you can load on to the RAV KAV [there are more plans, but these are most relevant for Pardes students]:

1. Hofshi Hodshi (free monthly) which gives you unlimited rides in Jerusalem for the entire month. This is beneficial if you will be using public transportation within Jerusalem on a daily or almost daily basis.
2. Erech Tzavor (added value): You load a certain amount of money onto a Rav Kav – not a number of rides. The minimum amount you can load onto a Rav Kav is 30 NIS. You receive a discount based on the amount you load. For example, loading 30 NIS will give you 37.50 in

rides, while loading 50 NIS will give you 62.50 NIS in rides. **This is also used for travel outside Jerusalem, including the national train system.**
YOU CAN LOAD BOTH PLANS SIMULTANEOUSLY ONTO THE SAME RAV KAV.

Note that you cannot pay for a ticket once you get on the bus or the light rail. You have to have your Rav Kav card ready (you can purchase a single-ride ticket for the light rail only [not the bus] at one of the many ticket machines at each light rail stop, but that ticket is only good for a single ride – it does not include a transfer). Single tickets on the light rail must be validated at the machines on the train by inserting them into the slot on top, arrow pointing down. If you've done it correctly, the ticket will come back out stamped, so you (and inspectors) will know when your 90 minutes are up. Make sure you hold on to your ticket for ticket inspectors! Single ride tickets are only good on the day they are purchased.

There are several places throughout the city where Rav Kavs can be loaded. Super Pharm, Good Pharm, and other convenience stores and kiosks can all load Rav Kavs, as well as Tzomet Sfarim (Book store). To add credit in the English menu choose the option to "load stored value". You can also load the Rav Kav on your phone (works both with iphones and androids) with the Rav Kav online app. When loading your card, you can either add a certain amount of money or load a monthly pass. Rav Kav cards cannot be loaded on the bus or inside the light rail. Outside all the light rail stations and many bus stations there are installations where you can load the Rav Kav. Light rail stations take cash or credit card; machines near the bus stations take credit cards.

Monthly Pass (Hofshi Hodshi) - You can load the card for an entire month, starting on any date. This allows you unlimited rides within Jerusalem on the bus or on the light rail. At the moment this costs NIS 208.50, which isn't worth it if you don't use the bus very often. *Note: The student discount does not apply to Pardes students.*

Transfers

Transfers are only possible with a RAV KAV card and include both bus and light rail rides. You can use each "ride" for up to 90 minutes from the first time you get on the bus or light rail - i.e., if you get on the next bus or light rail 89 1/2 minutes after you got on the first ride, you're OK, even if the ride takes longer than that. You can take as many rides as you want within the 90 minutes on the same "ride" - even do a quick errand and get back on the same bus in the opposite direction.

If you loaded the Rav Kav for Jerusalem hodshi hofshi, it cannot be used in other cities automatically. The card can be loaded to hold ride options for other cities, up to 8 different programs.

To Pardes by bus

Eged is the main bus company in Jerusalem and most buses operate from 5:30 a.m. to about midnight, depending on the line. They do not run on Shabbat or holidays and stop about an hour before Shabbat starts. Phone: *2800, <http://www.egged.co.il/Eng/>. Use the website's "Plan a Trip" function which is also available on the mobile version since the bus lines sometimes change. The Superbus is another company that has begun operating in Jerusalem recently, with another company set to join during the coming year.

The 10, 15, 34, 34A and 49 (all Egged) come directly to Pierre Koenig Street, the 10 and the 15 from Ben Zakkai and the 34, 34A and 49 from Emek Refaim..

Coming from downtown, get off at the first stop after the bus turns onto Pierre Koenig St., one stop *after* the "Delek Oranim" gas station which is at the intersection of Emek Refaim, Ben Zakkai, Elazar Hamoda'i and Pierre Koenig (get used to the same street changing names along the way!) and continue walking in the same direction on Pierre Koenig that the bus was travelling until the traffic light. Diagonally across the street is No. 29. We are in the same building as the camping goods store called Ricochet with the bright green sign.

You could also continue to the next bus stop at Kanyon Hadar (Hadar Mall), and walk back to the intersection with Rivka and cross the street.

The 77 and 77A buses (Superbus) travel along Emek Refaim from town, and along Ben Zakkai from Katamon. From town, get off at the last stop on Emek Refaim before the street changes its name to Ben Zakkai (ask the bus driver; it is the last stop before Pierre Koenig). Walk to Pierre Koenig and turn left (if you turn right, the street will be called Elazar HaModa'i). From Katamon, get off at the last stop

on Ben Zakkai. Walk to Pierre Koenig and turn right. Walk two blocks to the traffic light at the corner of Ben Dov and Pierre Koenig (across the street Ben Dov becomes Rivka). We are on the corner of Rivka and Pierre Koenig in the same building as the camping goods store called Ricochet with the bright green sign.

The 30, 71, 72 (Egged), 74, and 75 (Superbus) lines come from the center of town. They are fast and travel along Derech Hevron. From the 70s buses, get off at the Rivka stop, also called Tzomet HaBankim (the Banks Junction). Turn right and walk down the hill on Rivka, past Derech Beit Lechem (intersection with the traffic light) and past Yad Harutzim St. Pierre Koenig is at the bottom of the hill. The 30 bus continues and has a stop at the Hadar Mall on Pierre Koenig St. We are on the corner of Rivka and Pierre Koenig in the same building as the camping goods store called Ricochet with the bright green sign.

Late night buses, on Thursday and Saturday nights only, are the 102, 103, 106, 107, 108 which run 12:30 a.m.-3:00 a.m., every half hour, and run back and forth between Emek Refaim or Derech Hevron and the center of town.

Superbus has taken over the operation of several Egged lines (including the 77 and 77A which get to Pardes, and the 38 line from King George to the Old City). The method of payment for these lines are the same, via a Rav Kav. Currently, the main change which might be relevant to Pardes students is a new No. 2 line that will run from Mamilla/Tzahal Square (Karta parking lot) to the Kotel and back. A second stage, including 22 new lines and night lines, will be enacted in October.

This is a pretty good link to all the bus lines presently operating in Jerusalem: [List of bus routes in Jerusalem - Wikipedia](#)

Light Rail

Unfortunately, the light rail does not run to Pardes or surrounding neighborhoods. The only line of the light rail operating at the moment starts at Mt. Herzl and winds its way through the Central Bus Station, through the shuk, through downtown on Jaffa Road, skirts the Old City Walls and out to Pisgat Ze'ev in the north of the city. The transfer point for Pardes is at the "Yafo Merkaz" station at the corner of Yafo and King George, where you can transfer to the 34 and 34A bus lines to Pierre Koenig, or the 70s buses to Derech Hevron.

NOTE: You can pay for a single paper ticket for one-time use on the light rail only (NOT the bus), purchased at the light rail stations. This may be good for short-term visitors; it costs NIS 6.00, and is only good on the same day it is purchased.

Taxis/Sherut

Book a taxi online with www.gettaxi.co.il – or for more convenience, download the app. This is also a safe way to travel by taxi since there is a record of who was your driver, time of journey and cab details.

All taxis have a meter ("*moneh*" in Hebrew), and it is the law that the driver **must** in fact put it on when traveling within the city (always check!). Receipts are available upon request. Tips are not customary. Rates are higher from 9:00 p.m.- 6:00 a.m. and during Shabbat (not all companies work on Shabbat).

Extra charges: if you order the taxi by phone, if there are more than two people taking the cab, and if you have suitcases.

If you flag down a cab on the street, make sure it has a sign in the front windshield indicating an official taxi company. Always ask the cab driver for a receipt in case you forget something in the cab or want to report a complaint.

In general, you are advised to sit in the back seat of the cab.

Tipping cab drivers is not customary.

A few local cab companies:

Smadar (Emek Refaim) 02-566-4444, 02-563-5111

Rechavia Taxi 02-625-4444/5/6

Hatayelet 02-672-2222

Malha 02-679-4111

Note that there are set rates for travel between cities - you do not have to negotiate one. Though the bus is usually the cheapest option and Egged goes almost everywhere, you can take a taxi between cities. See <http://www.taxi99.co.il/> (In Hebrew).

A *sherut* is a shared taxi-van. Sheruts are available between major cities and to and from the airport. There are usually sherut stands right near the main bus station in every city. In Jerusalem there is also a sherut stand for travel to Tel Aviv (and a few other major cities) on HaRav Kook Street across from Kikar Zion; sheruts to Beit Shemesh are next to the Central Bus Station. The driver will wait for the van to fill up, so allow extra time if you plan to travel this way. *Sheruts* travel on Shabbat.

Inter-City Train

The train from Malha station, near the Mall (18 bus to the station), is a meandering, beautiful but long ride to Beit Shemesh, where you then can switch to Tel Aviv via Ramle. <https://www.rail.co.il/en>

The train from Yitzchak Navon station (across from the Jerusalem Central Bus Station) is a fast and comfortable way to get to the airport, to Tel Aviv and then onto other points in the country. The train runs from 6 am until late, every half an hour. Cost of a single ticket (double-check as the prices may have changed) to the airport is NIS 16.50; to Tel Aviv is NIS 21.50. However, there is also a cheaper day fare, so if you are going to the airport to meet someone, or going into Tel Aviv for the day, the total fare is NIS 32. Everything is charged to the Rav Kav; for the day fare you must arrange it at the station. There are always ushers available to help you. They can also check whether you have enough for your round trip on your Rav Kav. Leave enough time to descend into the bowels of the Station to the tracks! The train has restricted hours on Friday and Saturday night. The train does not run on Shabbat. <https://www.rail.co.il/en>

Airport Transportation (Note: The airport is often referred to as “NATBAG”)

· **Sherut:** A sherut is a shuttle van service, and best known is the Neshet Service. It costs 70 NIS per person. Have exact change. The driver will come pick you up (or drop you off) at your home. Tell the sherut when you want to arrive at the airport and they will tell you when they will pick you up – they pick up many people and know, according to your address, if you’ll be the first or last or somewhere in between! Neshet 02-625-7227, 02-623-1231, 1-599-500-205. Call the night before you want to get picked up. Neshet does run on Shabbat. Hope that you are last to be picked up and be ready for a long ride, as they have to pick up 10 people.

From the airport to your apartment in Jerusalem, walk out of the airport, turn right, and look for drivers holding signs with the names of cities. They will help you get on the right sherut. Again, you will wait until they fill the sherut with 9 others going to Jerusalem; hope you will be let off among the first!

· **Private cabs to the airport:** Private cabs to the airport are available and cost approximately 280 NIS.

For taxis to the airport, staff members recommend:

Haim 050-5485757

Rommema cabs: 02-538-5555 (cheaper rates to airport)

· **Discount cabs to airport:** Discount cabs are available for approximately 200 NIS from Jerusalem. See <http://www.taxi99.co.il/>. Not available on shabbat.

· **By train:** a very comfortable journey that will take you to and from the central bus station in Jerusalem. Note - entrance to the Yitzchak Navon train station with lots of luggage could be challenging, ask to be directed to the elevators to go down to the tracks. But it is far cheaper than a cab.

Airport VIP service

Need extra help at the airport? You can order VIP service in either direction. An agent will meet you and escort you through the airport, skipping lines. The price is around \$239 for up to 6 people coming off the same flight.

Book directly with Laufer www.laufer.group or <https://tamarimconcierge.com/>

OR

through David at IsraelMaven:

M [+972.54.631.4735](tel:+972546314735)

E david@israelmaven.com

W www.IsraelMaven.com

(IsraelMaven can also help with hotel bookings and more.)

Renting a Car:

o www.rentalcars.com

ShlomoSixt: <https://en.shlomo.co.il/>

o Avis www.avis.co.il

o Budget www.budget.co.il

o Hertz www.hertz.co.il

o Eldan www.eldan.co.il

o Cal Auto www.calauto.co.il

*Note: You must be at least 24 years old to rent a car. Rental companies do not insure for travel in areas under Palestinian Authority control. Check with them about your destination. Driving on Road 6 will incur an extra fee as it is a toll road. You can pre-pay the toll by phone, but **remember to remove the rental car** from your account afterwards.*

TELEPHONE INFORMATION

Cell phones

Israel uses a GSM (SIM card) system. While European cell phone companies are also GSM, many U.S. companies are not. If you have a smartphone that uses a SIM card, you should be able to purchase a local SIM card. **You might need to “unlock” your cell phone before coming to Israel in order to put in a new SIM.** If not, you will need to rent a phone in Israel. SIM cards can be purchased from any of the 8-10 cell phone companies in Israel. If you need to rent a phone, then you will need to use the services of one of the companies that work with tourists/students. The cellular phone market in Israel is dynamic and competitive, with many options and companies for you to choose from.

Two good options for students are:

TalknSave has reached out to Pardes with various phone plan options for 2022-23. Click [here](#).

Students can choose their desired plan and then select Pardes from the list of affiliated schools.

OR

“019”: https://www.charges.co.il/groups/pardes_long

List of companies that work with tourists: Global Cellular-IsraeliPhones, TalknSave, 019

Israel Cell Phone companies: Golan, Partner, Rami Levy, HOT Mobile, Cellcom, 012 Mobile, YouPhone, Pelephone. (not all cell phone operators allow for short-term and some do not take foreign credit cards).

Hadar Mall kiosks no longer offer many phone plans, but they do offer prepaid SIM plans through 019Mobile that can be renewed monthly online. However, you may find better options on the 019 website.

Landlines:

In Israel, the area code is two numbers preceding the phone number. The Jerusalem region area code is “02.” When calling from a landline phone within the Jerusalem area, you do not need to dial 02. From cell phones, the regional area code always must be dialed, even if you are in Jerusalem and calling a Jerusalem number.

Important Phone Numbers

Pardes Phone	02 673 5210
Pardes Fax	02 673 5160
Police	100
Ambulance	101
Fire	102
Electric Company	103
Information	144
Phone Company (Bezeq)	199
City problems/issues to report	106
Telephone Repair (Bezeq)	166
National Poison Control	04 854 1900
Rape Crisis Center	1202
*42	Automatically calls the last person who called you

USEFUL WEBSITES AND APPS

Recommended Facebook Groups

- [Pardes Year Program 2022-2023](#)
- [Secret Jerusalem](#)
- [Tripping in Israel](#)
- [Love Love Israel Tried and Tested](#)

Whatsapp groups 2022-23

[This group](#) is for students to interact (optional)

[This group](#) is for Pardes to convey announcements (no responses). All students should please join this group (the group will be active only AFTER the first few days of school)

Israel Radio Stations

- <http://www.radiox.co.il/>

Learning Hebrew

- Milon Morfix - Online Hebrew English Dictionary
<http://milon.morfix.co.il/>
- The “Passing Phrase” archive - explains Hebrew idioms with literal and figurative translations: <http://www.learnhebrew.org.il/archive.htm>
- Wikipedia article on Hebrew grammar. The part on verbs is especially good.
http://en.wikipedia.org/wiki/Hebrew_grammar

Learning Torah

- The Complete JPS Tanach in Hebrew and English
<http://www.mechon-mamre.org/>
- A Complete online siddur with vowels
<http://www.onlinesiddur.com/>
- Jastrow’s Dictionary of Targumim, Talmud, and Midrashic Literature
<http://www.tyndalearchive.com/TABS/Jastrow/>
- www.come-and-hear.com
- www.sefaria.org
- www.chabad.org
- www.emishnah.com

Prayer / Song

- Individuals can access many daily and special prayers/songs that one encounters in the Pardes community at virtualcantor.com
- Piyutim archives: www.piyut.org.il
- www.zemirotdatabase.org
- <https://www.hadar.org/torah-collection/liturguy>

Travel

- www.ayala.co.il
Travel agency – see ad in the back
- www.jerusalem3.com
(Free audio tours you can download.)
- Go Visit Israel
Online guide to traveling in Israel.
<http://www.govisitrael.com/>
- Map sites galore
<http://manneli.com/Map/indexMap.htm>
- www.jeffseidel.com is a great resource for touring Jerusalem and the rest of the country. Find hotels, retreat centers, tour guides, and more
- For updated travel warnings visit:

- http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html
- www.weekend.co.il
- www.israelpoint.com
- www.holidayinisrael.com
- www.airbnb.com
- www.youth-hostels.org.il
- www.pinkpangea.com/2015/05/11-best-apps-to-download-before-your-trip-to-israel

Social Networks and Events

- www.joh.org.il (Serving the LGBTQ Jerusalem community)
- www.janglo.net
- [First station facebook page](#)

Nearby theater/music venue:

- <http://www.yellowsubmarine.org.il>
- First Station <https://www.firststation.co.il/en/>
- Hansen House (cultural centre, gallery, cafe) <https://hansen.co.il/en/>

General information on things to do around town and special events:

- www.jerusalem.muni.il (website for the Jerusalem Municipality, which you can view in English)
- www.facebook.com/groups/JerusalemEvents - for local shul events
- www.gojerusalem.com
- www.funinjerusalem.com
- www.jerusalemblueprint.com
- <http://anglodeals.co.il/> (daily deals)
- www.touristisrael.com
- www.aaci.org.il
- www.israelk.org
- Highly Recommended: <https://hikingintheholylan.com/>

Useful Apps

- Rav Kav online – allows you to refill your Rav Kav and buy bus tickets
- Moovit (Hebrew) – busses, light rail, public transportation, bus stops
- Waze – Interactive map/social network app
- GoogleMaps – Interactive maps
- GettTaxi – GPS locates you and sends a taxi in about 3 minutes
- Shabbat Alert – Shabbat alarm that turns itself off
- Viber – Free calls over wifi
- Whatsapp – Free messaging with photos and video
- Hulyo (הוליו) – Great last minute plane tickets, mostly to Europe
- Morfix – Eng/Hebrew dictionary
- Google Translate
- Tefillon (siddur)
- Pockettorah (chanting)
- Sababa Land app (will tell you which doctors work with Egert & Cohen's Harel insurance)

MEASUREMENT CONVERSIONS

In the Kitchen:

Oven Temperatures

Fahrenheit	Celsius (Centigrade)
250° F	120° C
300° F	150° C
350° F	175° C
375° F	190° C
400° F	205° C
450° F	230° C

Dry Ingredients: 1 Ounce ≈ 28.3 Grams, 1 cup = 1.25 grams = 4.5 oz

Butter and Margarine: 1 Cup ≈ 225 Grams

Weight: 1 kilogram = 2.207 pounds

Food is sold by the kilo (fruits, vegetables) or by 100's of grams (cheese, olives)

Great Website for most of your cooking conversion needs:

<http://allrecipes.com/advice/ref/conv/conversions.asp>

Voltage: 220 Volts AC

Frequency: 50 Hertz

Be extra careful with electricity in Israel. It is much more powerful and dangerous than in the US.

1 inch = 2.54 centimeters

1 foot = .3 meters

1 mile = 1.61 kilometer

1 pound = 450 grams

Celsius(Centigrade)	Fahrenheit
0.00	32.00
5.00	41.00
10.00	50.00
15.00	59.00
20.00	68.00
25.00	77.00
30.00	86.00
35.00	95.00
40.00	104.00
45.00	113.00
50.00	122.00

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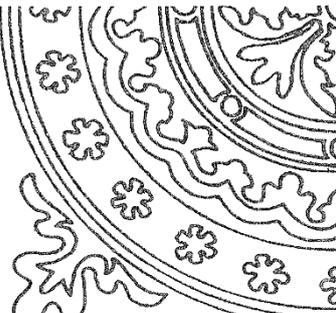
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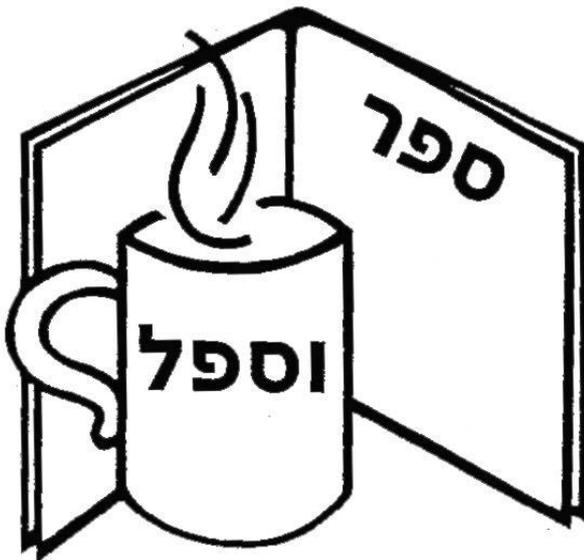
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