

THE DINOVITZ
FOURTH EDITION

The Keep Your Community Safe Initiative Presents

STAY SAFE IN ISRAEL



FREE!

A STUDENT HANDBOOK
(GREAT FOR TOURISTS AND CAMPERS TOO!)
BY FRANK STORCH

ENDORSED BY



Updated with a Priority Checklist insert, Covid-19 Preparedness, and Crowd Safety Information.
This guide is also available for free download on Chesedfund.com.

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This edition of *Stay Safe in Israel* is dedicated in loving memory of HaRav Binyamin Moshe Dinovitz, ז"ל.

Welcome!

FRANK STORCH

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May 2021

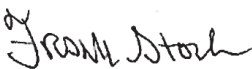
Welcome to the fourth edition of *Stay Safe in Israel*. Living, learning, and traveling in Israel will be new and exciting, and with G-d's help you will grow spiritually and intellectually. You will have increased independence and many adventures. Therefore, it is important for you to improve your safety and security preparedness. *Stay Safe in Israel* provides you with simple suggestions and important tips. Take your time reading through these pages. The handbook has many recommendations, and you may become overwhelmed by all of the details. Don't try to digest all of it in one sitting.

My goal is that reading *Stay Safe in Israel* will help you address risks before anything unfortunate occurs. Enjoy Israel, and have a safe year of growth and independence!

If you have an emergency while in Israel, on Shabbos or Yom Tov, and are unable to reach your parents, call your American local Hatzalah. They should be able to reach them for you instead.

Please share your feedback and your own original ideas and safety tips for this guide to improve future editions. I can be reached at info@chesedfund.com or 410-340-1000.

Sincerely,



Frank Storch

P.S. Encourage your family and friends to visit chesedfund.com to download their free copy.



The Keep Your Community Safe Initiative (KYCSI) began in 2013 with the publication of *Keep Your School Safe* in response to the Sandy Hook Elementary School shooting. Additional publications by KYCSI now include *Keep Your Camp Safe*, *A Guide to Guards*, *Stay Safe Abroad*, and *Personal Safety 101*. KYCSI has also provided free security assessments to American, Israeli, and British schools, yeshivas, seminaries,

and community organizations. *Stay Safe in Israel* is the first handbook written for post-high school students with a focus on safety in Israel. Eleven thousand copies of the handbook are being distributed internationally to Jewish high school students planning to learn in Israel during 2021–2022.

All KYCSI publications are available as free downloads at chesedfund.com.

Special Thanks

We are grateful to every contributor to *Stay Safe in Israel*. Your help and guidance made this handbook possible. Special thanks to Danielle Sarah Storch.

B.K. Blankchtein, President, Masada Tactical LLC

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ZAKA International and Home Front Command

DEDICATIONS

This edition is also dedicated in loving memory of Mrs. Elaine Mintzes, ע"ה.

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and the ten students killed in the 2018 flash flood at Nahal Tzaft.

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Before Your Trip

- ◆ Research and review all relevant Covid-19 travel requirements (e.g., departure airport guidelines, airline requirements, Israel Ministry of Health guidelines, school requirements, and Green Pass requirements).
- ◆ Pack all Covid-19 documentation in your carry-on luggage (e.g., PCR and antibody tests, proof of recovery, proof of vaccination, and any doctor letters). Make sure to take pictures and pack copies, as well. These documents will be invaluable throughout the year.
- ◆ Purchase and pack masks (3-ply disposables, washables, and N95's in the event you need to visit a hospital or doctor's office). Some airlines do not allow washable cloth masks so if you typically wear one, also take a 3-ply disposable or N95 mask to the airport.

Become familiar with the following Covid-19 related terminology:

- ◆ *bidud*: isolation/quarantine
- ◆ *bedikat corona*: corona test
- ◆ *bedikat nugdanim*: antibody test
- ◆ *chisun*: vaccine
- ◆ *Tav Yarak*: Green Pass
- ◆ Purchase and pack adequate hand sanitizer, alcohol wipes, and tissues, in an easily accessible location for access during the flight.
- ◆ Upon boarding, if available, request to be seated in a row by yourself to limit your exposure to other passengers.
- ◆ Follow all masking and social distancing protocols carefully.

In Israel

- ◆ To avoid exposure, it is preferable to avoid taking a *sherut* (shared shuttle) from the airport to your destination; if possible, take a taxi or a ride from a trusted individual. If not, keep the windows rolled down to limit exposure for you and the driver.
- ◆ Upon arrival at your destination, disinfect and clean your living area before unpacking.
- ◆ Discuss with your school what their Covid-19 guidelines are, and request a paper copy of the rules to hang in your room.
- ◆ Carry masks and hand sanitizer with you wherever you go.
- ◆ Check regularly with both your school and the Ministry of Health to stay aware of the latest restrictions and requirements for Covid-19. There are often heavy and inconvenient fines

for not adhering to Covid-19 regulations in Israel. **For the safety and health of yourself and others, do not take these laws lightly.**

- ◆ Carry all relevant Covid-19 documentation on your person, at all times.
- ◆ Your health and safety always come first; do not let peer pressure to attend packed lectures, events, or parties cause you to ignore Covid-19 safety guidelines.

Tav Yarak (The Green Pass)

Due to Israel's active response to the vaccine rollout, there is now a centralized government system to verify who is carrying Covid-19 antibodies and is therefore immune. Anyone who can prove that they have been vaccinated or have recovered, will be eligible for a Green Pass, including tourists and foreign students.

The green pass will become more and more relevant for many aspects of life in Israel, so it is crucial to receive the pass as soon as possible.

Although the laws in Israel are subject to change, your green pass status already affects your ability to do many things, including but not limited to these:

- Enter restaurants and cafes.
- Swim in public swim areas.
- Book a hotel room.
- Go with friends to a sporting event or concert.
- See a movie in theatres.
- For men, access the *mikvah*.

It is therefore strongly recommended to do as much research as possible regarding your eligibility for the pass before leaving America. Contact your school well in advance for guidance on how and where to apply for it, what documentation will be required, and whether the original documents are required. Make sure to pack all the required documents including copies.

Keep in mind that having a negative status on a rapid test does not necessarily grant green pass eligibility.

For detailed information on entry into Israel, visit amudim.org/entrance-to-israel-advisory or chaimvchessed.com.

For more information on general Covid-19 guidelines while in Israel, visit gov.il/en/departments/ministry_of_health/

For more information on the Green Pass visit corona.health.gov.il/en/directives/green-pass-info/

**All information verified as of 5/4/21 and is subject to change.*

Before Your Trip

- ◆ Your passport should have at least six months of validity when traveling internationally. If your passport will not be valid, make any necessary passport appointments as early as possible. If necessary use a service to expedite processing.
- ◆ Contact your school to find out what is required of you for entering and staying in Israel; this may include obtaining a visa. If you enter Israel as a tourist, you must update your status with the Israeli Ministry of Interior when you become a student.
- ◆ If you have dual citizenship, visit the Israeli Embassy several months before your departure to obtain a draft exemption or deferment. Schedule the appointment well in advance to allow for standard and Covid-19 related delays.
- ◆ If your driver's license is scheduled to expire while you are in Israel, renew it before you leave.
- ◆ Make several photocopies of your passport and keep one at home, along with your itinerary. Save a copy in a password-protected file and in your email. Once you arrive, store the photocopies in a safe place, separate from your passport.
- ◆ Photocopy both sides of your credit cards, ID, traveler's checks, and any other important items kept in your wallet or purse, in case the originals are lost or stolen. Pack photocopies separate from the originals.
- ◆ Many schools will have a safe in the office where you can store money, valuables, and important documentation like passports and vaccination cards. Alternatively, purchase a personal lockbox.
- ◆ If your passport is lost or stolen, immediately report it at travel.state.gov to protect yourself from identity theft.
- ◆ Register with the State Department's Smart Traveler Enrollment Program (STEP) for overseas travelers, which provides security updates and enables the US embassy or consulate to contact you in the event of an emergency (see page 29).
- ◆ Plan ahead for accessing money in Israel. Research banks and credit card companies that do not charge foreign transaction fees (e.g., Charles Schwab, Capital One).
- ◆ If you plan to use your US bank account or credit card in Israel, notify your bank or credit card company. Otherwise, when your account has unexpected activity overseas, it could be frozen without warning on the suspicion that it is being used fraudulently.
- ◆ Some credit card companies charge foreign exchange fees that may increase your purchases by an additional 7%. Check your card's policy, and get a new card if necessary. Otherwise, it is recommended to take out larger amounts of cash per withdrawal to minimize unnecessary transaction fees for many smaller withdrawals.
- ◆ Israeli credit card readers may require chip and pin technology. Take a credit card with updated technology.
- ◆ Traveler's checks are safer to carry than cash. They can be deposited into an Israeli bank account, exchanged at a money changer, or exchanged for cash at an Israeli post office. For the two latter options, a small commission fee may apply.
- ◆ Become familiar with Israeli currency. See our *Getting to Know Israeli Currency* (page 30). As of 5/4/2021, due to Israel's Covid-19 restrictions, changing currency to *shekalim* at Ben Gurion Airport is not



an option. Make sure to exchange a small amount of money at an American bank before leaving to Israel.

- ♦ Familiarize yourself with Israeli law and customs. Remember, you will be in a foreign country and subject to its laws. Keep this in mind for all travel outside the US.
- ♦ Many schools require students to purchase medical insurance from their preferred provider. If your school doesn't offer a plan, check whether your American medical insurance covers you in Israel. Alternatively, you can purchase a plan through AIM, Harel, or EMA Care. These are American companies that offer customer service and have English-speaking doctors.
- ♦ Verify what is and is not covered during your stay in Israel. Make sure the insurance you choose covers mental health and emergency transportation (e.g., in case you are injured far from a hospital). Cheaper Israeli insurance options are available, but they may be challenging to use if you are not a Hebrew speaker.
- ♦ Verify that your immunizations are up to date. For Covid-related information, see page 5.
- ♦ Medication names, dosages, availability, and directions may be different in Israel. Ask your doctor to provide you with all of the necessary information.
- ♦ Bring your medication in its original packaging with your name on it. Also bring copies of any prescriptions you may need refilled, including medications, glasses, and contact lenses. If you wear glasses or contacts take extra pairs.
- ♦ Ask your parents for a list of contact numbers for friends and family in Israel. Have them identify one individual who is the most reliable, in case you have an emergency and need immediate help.



- ♦ Take basic self-defense, CPR, and first aid courses.
- ♦ Pack a small first aid kit with band aids, pain relievers, and anti-nausea medicine.
- ♦ To avoid a fire hazard, purchase transformers and adapters that handle the appropriate voltage. A transformer/ converter converts Israeli current (220 volts) to American current (110 volts) so you can use certain US appliances in Israel. Adapters allow you to plug American appliances into Israeli sockets, assuming your appliances can handle dual voltage. For small, expensive devices such as a cell phone or laptop, it is generally smarter to buy charging cords in Israel. Transformers and adapters are also available at home goods stores in Israel.
- ♦ Label your belongings, especially valuables, with your name.
- ♦ Ideally, bring an unlocked cell phone and purchase an Israeli phone plan. Check if your school has a preferred or required provider. Some Israeli companies also offer plans with American phone numbers to avoid long distance charges. Your current US provider may have a plan you can use overseas. Otherwise, be sure to update them on your future travel plans to keep your current US number available to you upon your return.
- ♦ Before leaving for Israel, set up a free Google Voice number to avoid paying extra for an American phone number while abroad.
- ♦ With some Israeli cell phone providers, texting and data charges can be avoided by using WhatsApp.
- ♦ Download an English to Hebrew translation app. Also, adding a Hebrew keyboard to your phone can be helpful.
- ♦ International phone calls require dialing the country code before the local phone

Flying to and from Israel



1. Pack this handbook in your carry-on and review it on the plane.
2. Never leave your luggage unattended. Do not accept packages or luggage from any strangers, either before your trip or at the airport. If a stranger intimidates or threatens you to take a package, notify the police or airport security immediately.
3. If family members or friends ask you to take a package, let them know you will search it to ensure you are not transporting anything unlawful, including drugs or large amounts of money.
4. Check US and Israeli customs law for carrying large amounts of money in any form (e.g., cash, traveler's checks, bonds), valuables, gifts, and other items. Per US law, individuals and family groups must declare \$10,000 total or more of money in any form on a FinCEN 105 declaration sheet. There is no penalty for reporting \$10,000 or more, but if it is undeclared and discovered, the penalties may be severe. Also, remember to declare any packages you are transporting for family members or friends.
5. You may need to prove you owned certain valuables such as electronics, jewelry, and high-end watches before you left the US. Fill out a Certificate of Registration (CBP Form 4457), available online or at the airport, including a description of the valuable items and their serial numbers.
6. Remember, when purchasing merchandise at duty-free shops, you may need to declare the items on your customs forms in case taxes apply. Typically the receipt for these purchased items will indicate whether declaring these items at customs is required. To be certain, upon arrival at Ben Gurion Airport, skip the line and ask a customs agent directly.
7. Check Transportation Security Administration (TSA), Israeli Immigration and Customs, and your airline's requirements for customs, security, and weight regulations. Regulations may be different for transporting oversized sports equipment, musical instruments (stored in a hard-shell case for checked luggage only), and other items (e.g., alcohol and tobacco products).
8. Unlawful or undeclared items may be confiscated and/or destroyed at customs officials' discretion. Travelers found with such items may be penalized, blacklisted, and thoroughly searched every time they fly.
9. Standard items forbidden in carry-ons include sharp objects, pointed scissors with blades longer than 4", screwdrivers longer than 7", knives of any sort, including penknives or army knives, or anything else that can be used as a defensive weapon. If you purchase a bullet replica as a souvenir, do not bring it with you on the plane. Always check with your airline for up-to-date restrictions.
10. The TSA 3-1-1 rule for liquids in carry-ons is: gels, aerosols, liquids, creams, and pastes must be 3.4 ounces (100 ml) or less per container, and must be packed in 1 quart-sized, clear plastic ziplock bag, 1 bag per passenger.*
11. When leaving the US, you may pack food in your carry-on or checked baggage. However, foods that are liquids or gels must comply with the TSA's 3-1-1 rule for liquids. Make sure to verify foods brought into Israel are allowed. Certain types and amounts of foods may be subject to import laws and regulations.
12. Enroll in the TSA's Precheck, Clear, and/or Global Entry Programs to save time when leaving or entering the US. Membership fees may apply.
13. Pack all your prescription medications, pain relievers, anti-nausea medicines, etc., in your carry-on, in case your luggage is lost or you are delayed. Bring enough for several days, and also pack a change of clothes. Remember to pack any jewelry or valuables like *siddurim*, *tefillin*, and *tehillim* in your carry-on as well.
14. Since the TSA and airlines search luggage, do not pack valuables in your checked baggage.
15. If you are returning with *Arba Minim* (Four Species for *Sukkos*) purchased in Israel, US customs law requires a sticker from the Israeli Ministry of Agriculture certifying legal transport. This sticker can be obtained from most established *esrog* dealers. Check for press releases from Agudath Israel to ensure your *esrog* won't be subject to fines and/or confiscation.
16. Pack *shekalim* in your wallet or purse for pocket change to use immediately when you arrive in Israel. Although it's easy to exchange money at the airport, banks and professional money changers typically have better rates. See our Covid-19 updates on page 5 for more information.
17. Set up your cellphone service immediately after leaving the airport to ensure a smooth transition upon arrival.

Verified as of 5/4/2021
tsa.gov/travel/frequently-asked-questions/what-3-1-1-liquids-rule

number. Find out which country codes are applicable to you. For the US, dial 001 before the area code.

- ◆ Remember to back up any electronic devices you will be taking with you to local and cloud storage.
- ◆ Pack better-quality wired earbuds to use on the airplane in the event there are individual screens per seat; earbuds provided by airlines may be of poor quality.
- ◆ Remember to order a kosher meal to your standards when purchasing your ticket. Pack extra food in your carry-on, just in case, as well as chewing gum to assist with cabin pressure changes during takeoff and landing.
- ◆ Consider purchasing travel insurance. Check to see if your credit card company or your parents' homeowner's insurance offers free or discounted travel insurance.
- ◆ Size limits for suitcases, carry-ons, and personal items vary. Check your airline's website for requirements. To avoid overweight luggage fees, use a portable luggage scale to weigh your suitcase and carry-on. Also, measure your luggage, since dimensions listed by the manufacturer may not be accurate.
- ◆ To save luggage space and weight, buy toiletries in Israel. Sheets and blankets can be purchased in Israel or ordered through companies such as Blanket Express Plus.
- ◆ Take pictures of your suitcases and their contents in case they are lost or stolen. Also, bring a copy of your packing list in your carry-on.

- ◆ Use uniquely colored luggage, tags, or tape to recognize your luggage quickly. It is preferable not to put your home address on your luggage tags, but do include your name and phone number, written clearly and legibly. The phone number should be a parent's phone number since your number may change when arriving in Israel. Put another name tag inside your luggage in case the outer tags are lost or damaged.
- ◆ For easy access while flying, carry a small personal bag with you onto the plane. Use lightweight luggage with wheels.
- ◆ Pack an extra cell phone battery pack for use on flights and trips when there may not be access to an electrical outlet.
- ◆ Leave valuables at home. If you must take expensive items, pack them in your carry-on and keep it in sight at all times.
- ◆ *Zmanim* (prayer times) can be difficult to calculate while traveling. Visit Myzmanim.com for assistance in creating a custom davening chart for free. While in the continental US, you can also call 516-796-2646. In Israel, call 02-650-ZMAN. *Minyanim* (prayer groups) are often available at El Al or other Israeli flight terminals.
- ◆ Try to book direct flights to Israel; avoid stopovers in countries with increased terror risks.
- ◆ Confirm your flight number, flight time, seat, and kosher meal; go online to print your boarding pass 24 hours before the flight.
- ◆ Provide your family with Ben Gurion Airport and Arrival information, available at 03-972-3344, 03-975-5555, and 03-972-3331 or iaa.gov.il/en/airports/ben-gurion/flight-board/?flightType=arrivals.
- ◆ Check current weather in Israel and pack your carry-on accordingly. Wear comfortable clothes for the flight. Pack a sweater just in case.
- ◆ Have your school or destination address (including neighborhood) saved in your phone and written down, especially if you are traveling alone.





- ◆ Your school may arrange transportation from the airport. Otherwise, options include a *monit* (taxi), a *sherut* (shared shuttle), or a driver you pre-arranged for. If possible, make your plans before departure.

Departure

- ◆ Don't buy drinks before going through the security checkpoint, since you will have to dispose of them when going through the checkpoint.
- ◆ Keep passports and other valuable documents easily accessible and as close to your body as possible. Ideally, store your cash in a money pouch worn on your body and keep some money in your wallet or purse, not in your carry-on.
- ◆ Keep an eye on your luggage at all times, especially at the check-in counter. Never leave your luggage unattended.
- ◆ Before reaching the security checkpoint, place your money pouch and loose items (e.g., keys, change, phone) in your carry-on to avoid theft. It is helpful to use a ziplock bag. To make the security process more efficient, carry only essentials in your pockets. Once you have gone through the security checkpoint return the money pouch to your person.

On the Plane

- ◆ Pay attention to the flight attendants' instructions. Read the safety information before the flight takes off, and make sure you know where the nearest emergency exits are.

- ◆ Be wary of overly friendly people. Avoid giving out personal information during the flight. If you are uncomfortable with the person sitting next to you, politely ask the flight attendant to switch your seat, if possible.
- ◆ To increase circulation during the flight, perform seat exercises and walk through the aisles when the seat belt sign is off.
- ◆ Drink frequently to avoid dehydration, which can happen easily while flying.
- ◆ Before you leave the plane, check around and underneath your seat, as well as in the seat pocket in front of you, to make sure you have all your belongings (e.g., jacket, hat, purse, cell phone and charger).
- ◆ Remove your belongings from the overhead bin. Check that nothing has fallen out.
- ◆ Count your unchecked luggage to make sure you have all of your carry-ons.

Arrival

- ◆ As soon as you are near baggage claim, rent a luggage cart (Smart Carte) so you can avoid leaving your luggage unattended. Since luggage may fall off the conveyor belt, if you don't see yours, circle the area. It may have been placed off to the side or against a nearby wall.
- ◆ When you arrive at Customs, you must choose between the "red" and "green" lines. Red is for bringing in items that must be declared. Joining the green line means you have nothing to declare. Clothing and personal items do not need to be declared. It is better to declare all electronics rather than risk a fine. Make sure to choose the appropriate line to avoid problems. In general, it is much wiser and safer to inquire regarding the need for declaring items than risk appearing as if you are trying to bring something into the country illegally or to sell.
- ◆ Keep your boarding passes and tickets in case you need to file a claim for missing luggage, missed flights, or delays. Similarly, keep all purchase receipts from your flight.

- ◆ Let your family know you've landed safely. Maintain good communication with them throughout the year. If there is an increase in terror attacks, heaven forbid, check in with your family more often.
- ◆ For those that want a *minyan*, there is a *shul* (synagogue) located at Ben Gurion Airport. Ask the information desk for its location.
- ◆ **Download the free SOS My Mda app for use in Israel. When used, it sends out a distress call to the police, ambulance, and your emergency contacts and tracks your location. This app is not available on phones without internet.**
- ◆ Deposit your cash in a safe or bank. If you do set up an Israeli bank account, call the bank to inquire what ID is required to open an account ahead of time and be sure to specify whether you want a "dollar account" or "*shekel* account."
- ◆ Give yourself time to acclimate to the heat. Avoid extensive outdoor physical exercise for the first two weeks you are in Israel.
- ◆ Israeli culture may be very different from the culture you are used to. It is normal to be homesick while adjusting to being away from familiar people and things.
- ◆ Ask your rabbi or school how best to familiarize yourself with the standards of *kashrus* in Israel, including special laws of Israeli produce (such as *shemittah* and *maaser/trumah*, both of which apply during 2021–22).
- ◆ Save all important contact information in your phone (e.g., friends, dorm, school guard, taxi companies). Memorize these numbers as well, and carry a written list in case your phone is lost, out of power, stolen, or you do not use a smartphone.
- ◆ Give a copy of the list of important phone numbers to your family members back home and to those responsible for you in Israel.
- ◆ Request that your school host basic self-defense, CPR, and first aid courses.
- ◆ Learn where the safe rooms, *miklats* (bomb shelters), and fire extinguishers are. Know how to use a fire extinguisher. Keep an emergency flashlight handy to avoid using candles during a power outage.
- ◆ Always be aware of your surroundings and the people around you, even in safe areas like school. Remember: **"If You See Something, Say Something®."**

Personal Safety

- ◆ Create a list of adults you can trust and turn to with sensitive issues. Include at least one person in Israel who would be readily accessible in an emergency.
- ◆ Some schools designate a staff member, who may be a licensed social worker or psychologist, to deal with emotional or social issues that arise. Find out if there is someone who holds this position in your school and develop a relationship with him or her.
- ◆ Being far from home can inspire greater courage and self-reliance, but don't be overconfident. Avoid peer pressure and think before you act. Long-term goals may be ruined by one wrong decision.
- ◆ Trust your instincts. Listen to your gut feeling in uncomfortable situations.
- ◆ Rehearse possible scenarios in your mind or with a friend, and decide the best way to respond ahead of time.
- ◆ People who dress in religious garb may not necessarily act within religious boundaries. Pay attention to people's behavior

12 During Your Year At School

- ◆ Follow your school's safety rules! They were instituted to keep you as safe as possible. If a specific situation dictates otherwise, follow common sense instead.





and mannerisms. Be aware that in the past, terrorists have dressed up as Orthodox Jews.

- ♦ Limit conversations with strangers, and do not be overly friendly or share personal information.
- ♦ Do not leave your drink unattended at social events, to avoid making it accessible to someone who may want to hurt you.
- ♦ Beware of people who try to be your friend in order to take advantage of you. They may pressure you into actions you would not normally commit, by using gifts, guilt, blackmail, or other tactics. Politely and firmly establish boundaries.
- ♦ While you are far from home, you will develop closer relationships with extended family (if applicable) and, of course, friends. Be careful to maintain your boundaries, including *yichud* and *negiah* (men and women avoiding seclusion and touching).
- ♦ If you are in a relationship with a friend or mentor that feels unhealthy or inappropriate, seek guidance from appropriate school staff members or a trusted adult. Keep an eye out for friends as well.
- ♦ If you are in a bad predicament, even if you feel it is your fault, reach out to a trusted adult for help.
- ♦ Follow your school's guidelines on internet use. Social media has many pitfalls, and the internet is forever. Be careful how you portray yourself and what information you share about others.
- ♦ For a list of important phone numbers, see page 29.
- ♦ If you think there is nothing you can do in a situation, always remember you can *daven* (pray) or say *tehillim* (psalms).

Health

- ♦ Memorize the following numbers for emergencies and save them in your contacts:
 - Police, 100.
 - Magen David Adom (Ambulance), 101.
 - United Hatzalah, 1221.
 - Fire, 102.
 - Poison Control, (04) 777-1900.
- ♦ Inform appropriate staff and *dirah* (apartment) or dorm mates of any relevant medical conditions. Consider wearing a medical bracelet if appropriate.
- ♦ Keep inhalers, EpiPens, and other necessary medical devices on hand.
- ♦ For the first two weeks in Israel it is generally recommended to drink only bottled water, if possible.
- ♦ Make sure that you are eating responsibly. Unhealthy extremes can be signs of eating disorders, which can have serious, lifelong consequences. If you or your friends are in distress, seek help from a trusted advisor.
- ♦ If you have food allergies, alert your school (including kitchen staff), read labels carefully, and beware of cross-contamination. Be careful when eating out at restaurants or families on Shabbos.
- ♦ Drinking bottled or filtered water is best, especially if you have a sensitive stomach. Minerals in Israeli water can cause sickness if you're not accustomed to them. Consider investing in a SteriPEN or a water bottle with a built-in filter and replacement filters.
- ♦ If you have a physical disability or handicap, know that Israeli accommodations may differ from those required in the US (e.g., handicap-accessible bathrooms, elevator accessibility).
- ♦ When going to a hospital or clinic, bring your passport (or a copy), money, and insurance card. Don't forget to return them to a safe location when you return home.

In Your Dorm/Dirah

- ♦ Follow your school's dorm or *dirah* (apartment) safety and security procedures at all times.

- ◆ Make sure your dorm or *dirah* is equipped with working door and window locks, alarms, and fire extinguishers. Keep exterior doors locked as well.
 - ◆ In the event of a threat from below, such as a fire or flood, retreat to the highest level of the stairwell. If the threat is from above, (e.g., rockets) retreat to the bottom of the stairwell or *miklat*.
 - ◆ Store valuables out of sight, even in your own room.
 - ◆ Allow visitors into the dorm or *dirah* only if the school allows and they can be vouched for. Do not assume that if they are religious, they are trustworthy.
 - ◆ Do not allow delivery men inside. Instruct them to leave deliveries at the door.
 - ◆ Have a "last person out" policy: the last person leaving makes sure all doors and windows are locked.
 - ◆ Never leave lit candles unattended. Unplug electrical appliances when not in use (e.g., irons).
 - ◆ Be cautious with hot plates and *blechs* (a metal sheet designed to cover the stove-top for *Shabbos*). Some can get dangerously hot.
 - ◆ If you are in a building or house when an earthquake begins, immediately leave the building and go outside to an open space. If you cannot leave the building easily, enter a secure place such as a stairwell or doorway. If you can't get to a secure space, take shelter under a heavy table or corner of the room.
 - ◆ If you hear an emergency siren, you must find shelter within a period of between 15 seconds and three minutes, depending on your location in Israel (see pages 26 and 27). Be sure to assess the people around you to determine what action needs to be taken.
- Wear sunscreen and a hat whenever you are outside. During the summer, even if it is cloudy out, it is easy to get sunburned. Reapply sunscreen every few hours.
- ◆ If you are planning strenuous outdoor activities, make sure you are fully acclimated to the heat. Drink often, even when you are not thirsty.
 - ◆ Keep water with you at all times, and drink throughout the day, even if you are not on a *tiyul* (trip). You may become dehydrated without being aware of it.
 - ◆ Keep tissues and hand sanitizer with you, in case public rest rooms are not adequately stocked.
 - ◆ Israel has a large feral cat population. Don't try to befriend or interact with them.
 - ◆ When crossing the street, look both ways, cross only at designated areas, follow street signals, and do not jaywalk. Look out for scooters, motorcycles, and bikes.
 - ◆ Car ramming attacks have occurred in Israel. Even construction vehicles have been used. Walk on the sidewalk, facing oncoming traffic, if possible. Be alert for vehicles driving erratically; not yielding to street signs, barriers, or crosswalks; swerving; or speeding.
 - ◆ Ask a reliable individual about the safety of your destination before traveling. Do your best to have clear and precise directions to your destination, and walk only in well-traveled, well-lit areas.
 - ◆ Create a buddy system with your friends. Always inform each other where you are going and when you expect to return. If plans change, it is crucial to keep your travel buddy updated.
 - ◆ Keep a well charged cell phone and a fully charged external battery pack on you at all times. If your school has a no-cell phone policy during the *zman* (semester), borrow or rent one during *Bein Hazmanim* (semester break) if the school allows for it.
 - ◆ Don't lend your phone or give your phone number to people you don't know. Your phone can be used for criminal activities and you may be implicated.

On the Street

- ◆ The Israeli sun is very strong! Israel is on the Mediterranean, close to the equator, and can get very hot. People from milder climates may get exhausted easily.
- ◆ Avoid being outside for too long between 10 a.m. and 2 p.m., especially during the summer.



- ♦ Limit using your phone and earbuds on the street as these distractions interfere with your ability to stay alert.
- ♦ Wearing earbuds, anything that displays your name, or ostentatious clothing can make you a target. If you are dressed up for an occasion, be extra vigilant.
- ♦ When you enter a shul, shopping mall, or other building, identify the exits in case of emergency.
- ♦ Discerning who can be trusted can be very challenging. There are a lot of missionaries in Israel, many of whom speak perfect Hebrew. Yad L'Achim, an anti-missionary organization, can be reached in Israel 24 hours a day at 1-800-620-640 for any concerns.
- ♦ Never leave bags or packages unattended. They may be mistaken for a *chafetz chashud* (abandoned or suspicious package or suitcase), which could cause a bomb scare and the bags or packages may be destroyed.
- ♦ Be alert to any *chafetz chashud*. If you see a *chafetz chashud*, notify the police immediately and do not touch it. Move a considerable distance from the object before calling the police, since some explosives can be triggered by a cell phone signal.
- ♦ Do not enter an area closed off by police. Leave the area immediately to stay safe.
- ♦ Avoid attending *hafganot* (demonstrations) that are not approved by your school. If you can't take another route to avoid a *hafganah*, don't take pictures or get involved. Innocent people have been arrested for being in the wrong place at the wrong time.
- ♦ Follow your school's travel guidelines. Be especially cautious during holidays, large festivals, and events.
- ♦ In times of heightened security, whenever possible, avoid travel, large crowds, and high-profile areas (Ben Yehuda, Geula, Machane Yehuda shuk). In general, since large crowds can be more dangerous, use extra caution when attending funerals or other large events.
- ♦ If you are on foot or in a taxi entering the Old City in Jerusalem, use the Sha'ar Yaffo (Jaffa Gate) entrance. Always go with a friend. Avoid the Arab shuk when walking to or from the Kotel.
- ♦ While it is best to stay in your dorm at night, if you do go out, go with a friend.
- ♦ Always make sure that you know where you are. If exploring any new or unfamiliar cities or neighborhoods, take a map with you and be cautious. If you get lost, look around for

Crowd Safety



Preparation and awareness can save your life!

Before You Go

- ♦ Get permission from your school.
- ♦ Be sure to tell school staff where you are going and when you plan to return, especially when going to a large event.
- ♦ Bring your ID and any urgent medical devices or medication.
- ♦ Check the weather and prepare as needed. If it is a hot day, bring water to stay hydrated.
- ♦ Bring a fully-charged cell phone, portable charger, and a small pocket flashlight.
- ♦ Always go with a friend. Two can spot danger or potential issues better than one.
- ♦ Choose a meeting point with your friend in case you get separated.
- ♦ Do not wear anything that can pull you down or get snagged.
- ♦ Wear comfortable shoes with securely-tied laces.

At An Event

- ♦ Be aware of your surroundings and know where the exits are.
- ♦ Plan an exit route for inside and outside of the venue in case of a catastrophe.
- ♦ If it feels too crowded or chaotic, go with your gut and leave before it may become dangerous.
- ♦ When entering a venue that is anticipating or has a very large crowd at the front, it is safer to avoid being part of the first group of people going inside.
- ♦ If the entrance to the venue is an open space, try to remain on the periphery or edge of the crowd instead of in the middle so that you can leave easily if necessary. If the entrance is an enclosed space or hallway try to remain in the middle of the crowd.
- ♦ At indoor venues, check that exit doors are not blocked. Make sure emergency exit doors can be pushed outwards, not pulled inwards.
- ♦ Keep an eye out for the location of medical and security stations.

How To Prevent A Crowd Crush

- ♦ Maintain adequate space between you and the people next to you.
- ♦ Be careful on wet, slippery terrain, especially when going down any stairs. Use handrails or banisters, if available.
- ♦ Do not sit or stand on stages or bleachers that feel unstable or if people are jumping or pushing on them.
- ♦ Do not stop to take pictures or video of an unruly or dangerous overpacked crowd. Focus on getting out safely.
- ♦ If you smell smoke or hear an alarm, leave promptly, and do not panic. Follow the directions of emergency services.
- ♦ Never adjust your shoes while in a crowd.

How to Survive A Crowd Crush

- ♦ If you find yourself in the middle of an overpacked crowd, keep your arms at chest level to maintain your personal space and keep your balance.
- ♦ Do not stand still and never go against the flow of the crowd. Keep moving calmly and quickly (if possible) in the direction of the flow without injuring others or causing panic. Take any opportunity to get to an open space or outside of the venue.
- ♦ Stay away from barricades, fences, or walls since they could potentially trap or crush you.
- ♦ If you are leaving a building, use the emergency exit doors instead of the main entrance.
- ♦ Try to stay on your feet as much as possible. If you fall, lay on your side in a fetal position and cover your head. Do not lay on your back or stomach since the goal is to protect your head, lungs, heart, and other vital organs.
- ♦ If you drop something you are carrying do not bend down to pick it up. It is not worth your life.
- ♦ Save your oxygen; do not scream.
- ♦ Try not to panic and remain calm so you can think clearly and make the right decisions.

This page is dedicated in loving memory of the 45 victims who tragically lost their lives in a crowd crush in Meron on Lag Ba'omer, 2021. It is also dedicated as a refuah sheleima to those injured.

any IDF police, Jewish individuals, or people speaking Hebrew or English.

- ♦ Avoid unfamiliar neighborhoods, alleyways, and unlit areas. Be mindful of your surroundings and walk purposefully.
- ♦ If you are going out at night, leave plenty of extra time to be back for curfew. The later the hour, the more dangerous it can be.
- ♦ Remain alert and be prepared to defend yourself in a hostile situation. Think strategically and use whatever is easily accessible to protect yourself (e.g., keys, pens, chairs).
- ♦ If you are ever concerned for your safety, call someone and stay on the phone until you feel secure.
- ♦ If you become lost, be wary of the person from whom you ask directions. Try to find a policeman or soldier to help you, or else call someone rather than attempting to get to your destination by yourself.
- ♦ Avoid hitchhiking. If you have no choice but to hitchhike, do not enter a car unless the driver can answer a *Torah*-related question to verify that he or she is Jewish (e.g., what *Parsha* it is). Of course, “stranger danger” still applies.
- ♦ If someone in a car asks you for directions or help, don’t get too close. Even if a driver pressures or threatens you, do not enter the car. Run away in the opposite direction of the car’s trajectory and get help.
- ♦ Avoid anyone who is acting suspiciously. Notify the police if you observe someone exhibiting several of the following behaviors and/or signs: darting eyes, excessive

sweating or other signs of nervousness, being overdressed, wearing bulky clothing, or carrying large packages.

- ♦ If you are attacked or grabbed, scream for help and run away, if possible. Activate your SOS My Mda app, alert the police immediately, and file a report. Obviously, notify your school and parents as well.
- ♦ If someone tries to attack you with a knife, run in the opposite direction, if possible. Try to create a barrier between you and the attacker. Use a backpack, table, chair, etc. If you have no choice but to fight the attacker, try to defend yourself and block the knife as much as possible with your forearms.

Money

- ♦ When exchanging money, know that money changers usually have better exchange rates than banks. Make sure the money changer you are using is reputable. Count your money before you leave.
- ♦ It is better to carry only small amounts of cash. Use a credit card or debit card for larger purchases.
- ♦ Be aware that not all Israeli ATMs accept American ATM cards. (Bank Hapoalim is one exception.)
- ♦ Avoid using ATMs at night. When using an ATM, make sure no one is standing too close or loitering nearby to obtain your personal information or steal your cash. When entering your PIN, cover the keypad with your hand. Check to make sure you are logged out before walking away.
- ♦ Find out if your school has a safe for students to store money or valuables. If not, store your valuables at a trusted friend’s house or rent a safe deposit box at a bank.



- ◆ If changing large amounts of money, immediately bring the cash back to your school's safe or your lockbox before continuing your errands. If you have no choice and must keep the cash with you, store it securely on your person.
- ◆ Keep your wallet or purse close to your body at all times. If you must place it in a backpack, don't put it in an outer pocket, where it can easily be pick-pocketed.
- ◆ Pay attention to your surroundings, especially when taking your wallet or purse out to make a purchase.
- ◆ If someone tries to rob you, if possible, toss your wallet or purse to the side and into the robber's line of sight. Notify the police and file a report.
- ◆ If you are approached by someone asking for money, whether for *tzedakah* or otherwise, don't feel obligated to donate if you are doubtful of his or her need or intention. Find out your school's *tzedakah* policy.
- ◆ Check your credit card and bank statements regularly for fraudulent charges or mistakes (e.g., due to the exchange rate).
- ◆ Credit card information and personal data can be stolen when making payments online. Use only secure websites and WiFi.

Transportation Safety

Taxi

- ◆ Use your school's list of reputable taxi companies and always try to order, rather than hail, a cab. Download the app Gett, which allows for seamless ordering and tracking of your ride, complete with fare and driver information. If you have no choice but to hail a cab, make sure the cab driver is Jewish. Beware of taxi companies whose names are confusingly similar to reputable Jewish companies. Never enter a taxi that has no ID.
- ◆ Buckle up. Always ask the taxi driver to use the *monah* (meter) and give you a receipt.



Do not allow him to haggle you into a "bargain rate" or convince you his meter is broken. Ask the driver to take only main roads, even if there are shortcuts that supposedly will that will save time and reduce your fare.

- ◆ Beware of taxi drivers who offer unreasonably cheap fares to distant places, such as Chevron (Hebron).
- ◆ Keep your cell phone and wallet or purse close to your body while in the taxi. Never leave them in the luggage you place in the trunk.
- ◆ Be mindful of your surroundings as you travel. If the route seems unsafe, try to ascertain your location by looking at street signs and asking the driver. Call someone who is familiar with the area to make sure your route is safe. Stay on the phone until you reach your destination.
- ◆ Try not to take taxis alone, especially if traveling to other cities. Avoid sitting in the front seat. Do not be overly friendly with the driver, give him personal information, or discuss personal information on the phone while in the car.
- ◆ If the driver wants to haggle pricing, or makes you feel uncomfortable or unsafe in any way, take down his license plate number, taxi company name, and any other pertinent information and report him to the police or his company.
- ◆ If the driver is driving dangerously, insist that he drive responsibly. If he persists, pay him, and then exit the cab as soon as it is safe to do so.

- ◆ Before exiting the taxi, count your change. Make sure you have all your belongings, especially if you placed items in the trunk.

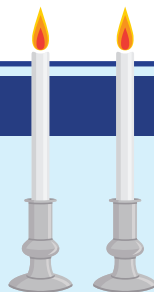
Bus, Train, and Light Rail

- ◆ Well-lit and well-populated buses, trains, and light rails are generally safer than taxis.
- ◆ To save money, purchase a *rav-kav* (transit pass) at the *Tachana Merkazit* (Central Bus Station). A *rav kav* offers bulk discounts on bus, train, and light rail fare. You will need to show ID and a passport. Since it

is not possible to reload your *rav-kav* on a bus, train, or light rail, you must do so at a kiosk or store prior to boarding. For those with smartphones, the *Rav-Kav Online* app allows for easy reloading wherever you are.

- ◆ Paying bus fare in cash is usually not a viable option, so keep your *rav-kav* with you at all times. Download the app Moovit, which allows for mobile bus fare payment and provides current bus routes, schedules, and wait times. Importantly, it can also be used to pay transit fares without a *rav-kav*.

Shabbos and Yom Tov Safety



1. Make sure your host's home is safe and appropriate for you to visit. Ask your school and/or friends who have stayed there before.

stop approximately 1 hour before candle lighting. Carry cash with you in case you miss the last bus before or after *Shabbos* and need to take a cab.

2. Let your host know if you have food allergies or sensitivities. Bring along basic snacks such as granola bars or crackers in case food being served is not to your liking

6. If you can't get to your destination before *Shabbos*, get to a safe place. Try to contact your hosts and inform them. If you can't reach anyone, call police (100) and let them know you are safe to avoid a search party and *chillul Shabbos* (desecration of *Shabbos*).

location and don't leave flames unsupervised. Be mindful of your hair, sleeves, and scarves. Have a fire extinguisher nearby.

3. Check that the area and route to your host's home is safe, especially when security is heightened.

7. On Erev Yomim Tovim, especially Erev Yom Kippur and Purim, getting a taxi is extremely difficult. When planning to travel using a taxi make sure to plan your departure well in advance.

9. Know your boundaries. Offer to help your hosts, but don't be afraid to politely say no if they ask you to do something you are not comfortable with.

4. Tell your dorm counselor, travel buddy, and family what your *Shabbos* plans are and keep them updated.

10. Find out your school's policy if you plan on staying overnight in an apartment unsupervised, even if you are with a group of friends.

5. **Be sure to leave plenty of extra time to get to your destination!** Keep in mind that on Fridays the train doesn't operate, and the buses

8. If you're lighting candles, tea lights are safer. Don't ever light candles in the guest room. Light in a safe

11. Inform appropriate staff members if anything inappropriate occurs.

- ◆ When you scan your *rav-kav*, you're eligible to transfer to the light rail or another bus (but not train) for the next 90 minutes. To avoid a fine, be sure to scan your *rav-kav* every time you enter a bus or light rail, even if you still have extra time remaining.
- ◆ Avoid bus, train, and light rail routes that travel through Arab neighborhoods. Sit in an aisle seat if the route you are traveling is subject to rock-throwing attacks.
- ◆ Avoid staying on a bus alone with the bus driver; get off the bus and wait for the next one.
- ◆ Check relevant schedules before departing to ensure that the bus, train, or light rail you need will be available (e.g., late at night, *Erev Shabbos*, *Erev Shabbos Chanukah*, and *Erev Shabbos* before *Lag Ba'omer*).
- ◆ At many stations, there is no barrier between the train tracks and pedestrians. Don't get too close to the tracks, and remember to look both ways before crossing.
- ◆ Avoid isolated bus, train, and light rail stations, and prolonged waits. If someone drops you off (e.g., from a *Shabbos* visit) and the station looks isolated, ask them to wait with you until the bus, train, or light rail arrives, especially at night. Don't travel in an empty bus, light rail, or train car.
- ◆ If you're at a station, be alert to any on-coming vehicles veering too close. Terrorists have targeted bus, train, and light rail stations with car ramming attacks.
- ◆ For safety reasons, avoid the New Central Bus Station in Tel Aviv (*Tachana Merkazit Hachadasha*), especially after dark. If you absolutely must travel from there, stay alert and aware of your surroundings.
- ◆ Don't board the bus, train, or light rail unless you know its route and your stop. When boarding, double-check with the driver that the bus, train, or light rail is going in the right direction. If you are already on board and are concerned that you are going in the wrong direction, ask the driver for assistance.
- ◆ When on intercity bus routes, place your luggage in the luggage compartments at the bottom of the bus. When getting off the bus, don't forget to remind the driver to open the storage compartment so you can retrieve your luggage.
- ◆ Buses, trains, and light rails can stop suddenly. Hold on tightly to avoid injury.
- ◆ Keep your backpack or luggage with you at all times. When you are seated, secure belongings between your feet. Items left beside you on a vacant seat can easily be forgotten or stolen.
- ◆ Do not discuss personal information with friends or fellow passengers, or on the phone.
- ◆ When traveling to an unfamiliar area, sit in the closest available seat to the driver. If you are unsure where to get off, ask him or her to alert you to your stop so you don't mistakenly exit in a dangerous area.
- ◆ If you notice something suspicious or feel threatened, alert the driver and exit as quickly as possible.
- ◆ Try to sit in an aisle seat so you can move easily. Don't be afraid of offending someone by getting up and switching seats quietly. Safety comes before courtesy.
- ◆ On long bus rides, the driver may sometimes stop to fill up on gas. Take advantage of this time to use the restroom or stretch your legs.





Individual Tiyul Safety

Planning

- ◆ Do not travel outside the country without approval from your school and parents
- ◆ Travel only with an organized group and a reputable tour company that uses armed security escorts and appropriate safety and security precautions. Make sure someone in the group speaks the language of your destination country.
- ◆ Avoid unnecessary risks (e.g., don't travel alone).
- ◆ When planning a *tiyul* with friends, check with appropriate staff to ensure

◆ Pack a first aid kit with

- ☐ Band aids
- ☐ Thermometer
- ☐ Ace bandage
- ☐ Antiseptic wipes
- ☐ Pain reliever
- ☐ Antihistamines/Benadryl
- ☐ Oral rehydration salts
- ☐ Flashlight
- ☐ Multi-tool

Dehydration symptoms include:

- ◆ profuse sweating
- ◆ dry mouth
- ◆ dark-colored or no urine
- ◆ tiredness
- ◆ dizziness
- ◆ headaches or light-headedness
- ◆ fever
- ◆ impaired judgment
- ◆ moving oddly and stumbling

Heat stroke symptoms include:

- ◆ temperature greater than 104°F (40°C) and dizziness
- ◆ headaches, confusion, or feeling "out of it"
- ◆ nausea/vomiting
- ◆ diarrhea
- ◆ loss of muscle function, balance, or staggering
- ◆ no sweating
- ◆ weakness
- ◆ dehydration
- ◆ rapid pulse and/or breathing

that your plans are safe (e.g., location, communication, supplies) and that the trip complies with school rules. Inform staff when you expect to return. If your plans change, keep staff updated.

- ◆ If your school allows, join reputable Facebook and WhatsApp groups for tiyulim tips and safety information.
- ◆ Get advice from people who have gone on that *tiyul* or similar type of *tiyul* before.
- ◆ At least one medically skilled person with first aid and CPR training, and survival training if possible, should accompany your group. It's preferable to have an armed security escort as well.
- ◆ Designate a group leader who is clear-headed and experienced. Follow his or her directions.
- ◆ If you are planning strenuous outdoor activities, make sure you are fully acclimated to the heat.

- ◆ Typically to rent a car in Israel, you must be 21 or older, have a valid license, and have or obtain appropriate insurance.
- ◆ Review main roads and paths of the *tiyul* area to avoid getting lost. Take a map with you and find out which areas are safe.
- ◆ If you use a GPS, Waze, or other driving app to navigate the trip, review driving directions with someone who knows the area well to avoid driving through dangerous neighborhoods.
- ◆ Carry a fully charged cell phone, and extra battery pack if you have one and a watch. Pack a charger, sunscreen, extra food, water (at least 2 liters extra), appropriate clothes, and emergency supplies. Don't count on being able to buy water, food, etc. at your destination. Pack your list of emergency phone numbers.
- ◆ Pack nutrient-rich, high calorie food. Healthy trail mix is an ideal for most people during a *tiyul*.
- ◆ If you have any health condition that requires daily or emergency medication or medical devices, bring them with you (e.g., antibiotics, asthma inhaler, EpiPen, insulin). Make sure all *tiyul* participants know how to administer the medication or use the device.
- ◆ Dress appropriately for the type of *tiyul* you have planned. When outdoors, always wear a hat with a brim, no matter "how it looks." In the desert, do not expose any skin to the sun.
- ◆ Wear sunscreen and reapply every few hours, especially when on the beach or a hike. Even when it is cloudy out, it is possible to get badly burned.
- ◆ Use a cotton or polyester scarf for shade in the sun and warmth at night. Bring reflective clothing or belt for night trips as well.
- ◆ For hikes, wear loose clothes with long sleeves and long pants/skirts for increased circulation and airflow. Flip up your shirt collar to cover your neck.
- ◆ Wear proper foot gear for climbing.
- ◆ Do not wear loose clothing on a bike trip.
- ◆ Everyone should wear a whistle for emergency purposes.
- ◆ If you are renting a hotel or motel room, or Airbnb, research it beforehand to make sure it is safe and bedbug-free. Confirm reservations before leaving for the trip.
- ◆ Check the weather forecast and temperature before you leave, and postpone the *tiyul* if it will be too hot or there will be severe rain or flooding. Check news website and apps such as i24 to stay updated on security and safety risks.
- ◆ Check before, during, and after a trip to ensure that you have all your belongings.

During Your Tiyul

- ◆ When arriving at the trip destination, share your itinerary with someone who will notice your absence if you do not return. Let them know expected travel times, routes, and contact information.
- ◆ Check news websites and apps again and regularly to stay informed about any new or changing security concerns.
- ◆ Be extra cautious when visiting popular or prominent locations such as museums, religious, or historical sites.
- ◆ Designate an assembly point for your group for emergencies (e.g., someone goes missing).
- ◆ Take a head count of your group often and remain aware of your surroundings at all times. Take a head count before leaving the *tiyul* area.
- ◆ Be prepared to end the *tiyul* early, if necessary, to ensure everyone's safety.
- ◆ If someone goes missing, alert the authorities immediately. Use your SOS My Mda app to get help.
- ◆ Listen and pay attention to your body. Keep in mind that the urge to drink is delayed. Drink water (not soft drinks!) often even if you are not thirsty. It is difficult to overhydrate and water in your body is better than water in your bottle.
- ◆ Be alert to anyone, including yourself, who may be exhibiting symptoms of dehydration or heat stroke (see page 20). Even mild dehydration can lead to heat



stroke, which can be fatal. If someone is not feeling well, notify the medically skilled person in your group immediately.

- ♦ If someone exhibits dehydration or heat stroke symptoms or is ill or injured, call for help and use the SOS My Mda app. If there is no cell phone coverage, have the medically skilled person stay behind with the sick or injured person while a team of two others seek help. Keep the sick or injured person hydrated and sheltered, and monitor his or her airway, breathing, and pulse. Control bleeding with direct pressure.
- ♦ If you go biking or hiking, check to see that the trail is well maintained, has appropriate signage, and is well lit. Always wear a helmet when biking, and make sure it fits correctly. Wearing a reflective vest or belt at night is critical.
- ♦ If you are traveling in a car, do not pick up hitchhikers. No matter what they look like, you do not know who they really are or what their true intentions are.
- ♦ If you're unsure what route to take, or think you may be lost, don't hesitate to pull over to a safe location, such as a well-lit gas station in a safe area.
- ♦ Stay alert for changing speed limits, which are measured in km/hour. Always lock the car doors and wear a seat belt. Insist your friends wear seat belts, too.
- ♦ When traveling in areas prone to flash floods, especially in southern Israel, check frequently for weather warnings to avoid

unnecessary risk to life. Severe weather changes can happen suddenly and rapidly. (Ten students were tragically killed during a flash flood in April 2018.) If you are caught in a flash flood, move to higher ground immediately.

- ♦ It is usually safer to be on foot rather than in a vehicle during a flash flood. Do not walk through moving water or touch electrical equipment.

Water Safety

- ♦ Check the weather. Do not go swimming in bad weather conditions such as lightning, thunderstorms, or heavy currents.
- ♦ Wear waterproof sunscreen.
- ♦ Swim only in designated, guarded swimming areas. Never swim alone; have a buddy system. Make sure everyone can swim.
- ♦ Open bodies of water may have undercurrents that can tire or drown even a strong swimmer. Get out of the water if you start to feel tired or cold, or experience muscle cramps.
- ♦ Never dive or jump into the water, since you can't know how deep the water is or where underwater rocks are. In addition, jumping into a cold body of water can cause shock or severe muscle cramps.
- ♦ Avoid swallowing water while swimming, and dry your ears out thoroughly afterward.
- ♦ If you receive a deep cut or puncture wound while in the water, immediately get out. Clean the affected area with bottled water, use antibiotic ointment, and bandage the wound. See a doctor upon your return.
- ♦ When boating or doing any water sports, wear a life jacket and water shoes with good traction.
- ♦ Unless you are a lifeguard, do not attempt to rescue someone who is drowning. Amateur rescue attempts can lead to additional deaths. Summon a lifeguard immediately, use your SOS My Mda app, and call for help.

Hiking

Additional precautions are necessary for overnight trips beyond those listed here.

- ◆ Never hike alone. Go as a group of at least 4 people and do not split up. An experienced hiker should lead the group in front, and a responsible person should follow in the back, to ensure no one is left behind.
- ◆ Ensure the hike's level of difficulty is appropriate for all participants. Don't overestimate your abilities.
- ◆ It is preferable that all group leaders be equipped with two-way radios. They should also have a satellite emergency notification device (SEND). Make sure at least two people in the group have the SOS My Mda app on their phones.
- ◆ Take headcounts often and remain aware of your surroundings at all times.
- ◆ Establish a buddy system. Check in regularly during your hike and before it finishes.
- ◆ Sleep at least 6-8 hours before the hike. Inadequate sleep for two or more nights in a row is dangerous, especially if the hike will take more than one day.
- ◆ Consider the season when you begin the hike; if you are hiking in the winter, start earlier to make sure you're done well before dark.
- ◆ Avoid mid-day hiking in summer or, at a minimum, greatly extend the length and frequency of rest periods during the hottest part of the day. Rest in the shade when possible.
- ◆ Do not begin a hike in the late afternoon. Sunset and nightfall occur very quickly in Israel and it's easy to get lost or injured. When planning for a hike, remember to consider this issue when arranging for the hike's end time.
- ◆ Pack a flashlight with extra batteries, a change of clothing, waterproof matches, a portable fire extinguisher, if possible, and a first aid kit (see page 20). Bring your cell phone, even if there is no signal. GPS has potential to be used to locate you if you become lost.
- ◆ Drink often; two to three cups of water every hour is recommended for a healthy person.
- ◆ Know how to use a map and compass and bring them along. National parks may have general maps, which show the local trails and list emergency numbers. Everyone should take a copy.
- ◆ If you are hiking outside a national park, it is very important to have a *mapat simun shvilim* (extremely detailed map of the region). This can be invaluable for general navigation, avoiding getting lost, and finding your way back if you lose your way.





- ♦ Stay on marked paths, which are designed for safety, and obey posted signs. Do not take shortcuts. Do not enter minefields (generally marked clearly), which can be found throughout Israel.
- ♦ When arriving at a fork in a path, one hiker should stay in place to tell the remaining hikers which direction to go.
- ♦ Even if all hikers are in good shape and no other risk factors are present, stop for 5–10 minutes for every 60 minutes hiked. Rest in the shade, eat, and drink.
- ♦ After 2–3 hours stop for at least 30 minutes. Rest in the shade, eat, drink, and stretch.
- ♦ When resting, sit on the ground rather than hot rocks, which can reach 150°F, and further dehydrate you.
- ♦ Never move rocks with your hands, as snakes or scorpions could be underneath. If someone is bitten, don't take chances — seek immediate medical attention.
- ♦ Unfortunately, many people have died or been seriously injured while taking selfies or posing for pictures near cliffs and other dangerous areas. Do not do this under any circumstances.
- ♦ Practice fire safety by making bonfires or campfires only in approved areas, and never close to plants or trees. Make sure to extinguish the campfire thoroughly.

- ♦ It is preferable to go camping with an armed and certified security escort.
- ♦ Camping tents should be set up only in a *chenyon layla* (night camping area). Sleep only in a tent – do not sleep outside unprotected.
- ♦ Most dangerous animals are active at night. If you leave your footwear outside the tent, check before putting them on to make sure no animals or bugs have crept in.
- ♦ If anyone is missing, even for a short time, contact the authorities immediately for instructions. Use the SOS My Mda app to get help.

If You Are Lost

- ♦ Do not panic; stay calm and try to think logically. Breathe through your nose slowly and calmly. Find shelter from the sun or cold.
- ♦ Use your whistle to attract attention. If you don't have a whistle, shout for help intermittently.
- ♦ Use your phone's SOS My Mda app, call Police (100), and/or call emergency contacts for help. Stay in one location so you can be found more easily.
- ♦ If you don't have a cell phone, or internet coverage is weak and phone calls are not going through, try to text someone. If you are able to spot trail markers (e.g., spray-painted trees, rocks, cement), follow them to safety.
- ♦ Look for a stream. In summer, streams dry up, so look for a very sandy path with indentations that run in a flowing motion. If you find even a small stream or path, follow it. Often they lead to larger streams or paths, which may be close to roads. Once you find a road, seek help.
- ♦ If it is getting dark and you are still lost, if practical climb a tree to be out of reach of wild animals. Don't try to seek help at night, given the many dangers.

During an Alert



Don't make assumptions, follow instructions! The Homefront Command's guidelines have been proven to save lives.

Instruction on what to do during an alert

During transit

Stop on the side of the road

Exit from the vehicles

Go inside the closest building

Lie down - If you can't - lie on the ground and protect your head with your hand



In a building

Go inside the Mamad/Mamak/Shelter

Close the windows

Lock the door



On public transport

on city bus

Exit and enter the closest building

On intercity buses and the train

Duck under the window line and protect your head with your hands



Outside

In a built - up area:

Enter the closest building

In an open area:

Lie on the ground and protect your head with your hands



Wait 10 minutes!

- ♦ If you cannot reach a building within the available time - exit your vehicle and distance yourself from it, sit on the ground, and protect your head with your hands.
- ♦ Only in cases when you are unable to exit your vehicle should you stop by the side of the road, duck under the window line, and wait 10 minutes.

Traveling in Public Transport

- ♦ **Intercity and school buses** - the driver must stop by the side of the road and open the doors. Riders must duck under the window line and protect their heads with their hands.
- ♦ **Municipal buses** - the driver must stop by the side of the road and open the doors so riders can enter the closest building.
- ♦ If you cannot reach a building within the available time, duck under the window line and protect your head with your hands.
- ♦ **Trains** - the driver must slow the train to 30 km/h for 10 minutes. Riders must duck under the window line.

Further Instructions

- ♦ Stay in the secure space for 10 minutes to protect yourself from rocket volleys and interception shrapnel.

Please note: there are no changes to guidelines for the public due to the IDF's defense systems, given that these systems do not provide a complete defense against fire, and citizens must make sure to remain in the secure space for 10 minutes.

- ♦ Stay away from unidentified objects.
- ♦ If you see a rocket or missile on the ground, keep curious people away from it and notify defense officials.
- ♦ Do not congregate in the area where a rocket landed or where there has been fire. Gatherings are dangerous due to the possibility of shrapnel and debris as a result of the interception system, as well as the concern of additional volleys.

Outside

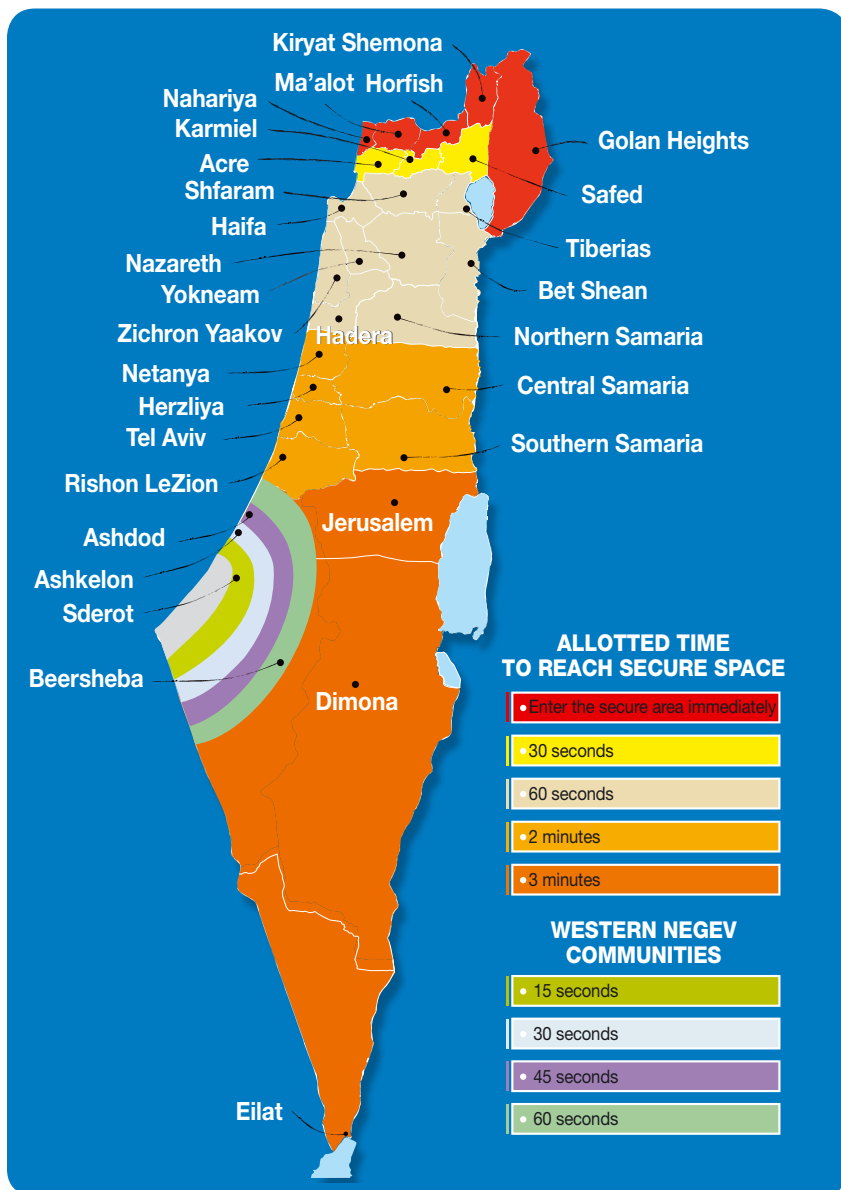
- ♦ In built-up areas - enter the closest building.
- ♦ In open areas - sit on the ground and protect your head with your hands.

Traveling in a Vehicle

- ♦ Stop by the side of the road, exit your vehicle, and enter the closest building.



MAP OF REGIONS BY WARNING TIME



Reprinted from the Home Front Command's Guide to Emergency Preparedness



HOW SHOULD YOU CHOOSE A SECURE SPACE?

Choose your secure space based on the amount of time you have to get there from the time the alarm is sounded, in the following order of priority (from most preferred to least preferred option):

- A reinforced secure room in a house/apartment (mamad) or reinforced secure room on the same floor in an apartment building (mamak) are the preferred options.
- Bomb shelter
 - **Bomb shelter in a multi-dwelling building** - A shelter inside a building that can be reached through an interior stairwell without concern for the warning time limit, since the surrounding stairwell walls provide protection.
 - **Public bomb shelter** - A shelter that can be reached within the warning time limit, according to the map of regions by warning time.

If you do not have a reinforced secure space in your home, on your floor, or quick access to a bomb shelter:

- If you are on the top floor of a building that does not have an internal bomb shelter, go down one flight of stairs and remain in the stairwell.
- If you are not on the top floor, select an internal secure space in which there are few external walls, windows, or openings/doorways.

Do not choose a kitchen, bathroom or shower because of the risk that porcelain, ceramic, mirrors, and glass will shatter as a result of shockwaves from the blast.



RESIDENTS OF THE SOUTH:

Residents of communities that directly border Gaza and have a 15 or 30 second warning time should choose a secure space in the part of the house that is furthest from the source of the attack (the Gaza Strip)

Before Returning to the US



1. Ensure your passport is current. If it is not, renew it at the American Embassy in Tel Aviv (03-519-7475 or 03-519-7575), which has very helpful staff, or at the American Embassy in Jerusalem (02-630-4000 or 02-622-7230).
2. Be especially careful if you will have stopovers in countries with unusual regulations. Some countries do not allow travelers to carry fruits, vegetables, or certain dairy products. Check local laws. US Customs is particularly strict regarding nuts and flower seeds from other countries.
3. Although most import taxes do not apply to items purchased in Israel, you must declare anything purchased or acquired outside the US upon your return.
4. Review "Flying to and from Israel" on page 8.
5. Recheck security, customs, weight, and size regulations with TSA and your airline. Visit tsa.gov/travel/security-screening/whatcanibring/all.
6. Under American customs law, all food items and anything else obtained or purchased during your trip must be declared upon arrival.
7. When you return, even if you are an American citizen, you and your belongings may be searched without a warrant or probable cause. The Fourth Amendment, prohibiting unreasonable searches and seizures, does not apply at international borders.
8. Review the Priority Checklist insert and page 8 of this guide.

 CUT OUT AND KEEP WITH YOU.

Emergency Contact Information

Fill out and keep in your wallet or purse.

Name _____

Address _____ Cell _____

Email _____

Parents' Names _____

Address _____ Cell _____

Email _____

School Name _____

Contact Name _____

Address _____ Cell _____

Email _____

Emergency Contact in Israel _____

Cell _____ Email _____

Important Phone Numbers

IN ISRAEL

Police.....	Emergency: 100.....	Non-Emergency: 110
Magen David Adom (ambulance).....		101
United Hatzalah		1221
Fire		102
Emergency services on mobile.....		112
ZAKA (rescue and recovery).....		1220
Home Front Command.....		1207
Health Ministry.		5400
Sexual Assault/Rape Hotline	Female: 1202 Male: 1203	
Amudim	Israel: 02-374-0175 US: 516-636-0175	
Organization providing comprehensive crisis assistance and travel information.		
For life-threatening emergencies		646-517-0222 ext 999
Terem Urgent Care Centers.....	1-599-520-520, www.terem.com	
Locations in Ashdod, Be'er Sheva, Beit Shemesh, Bnei Brak/Ramat Gan, Carmiel, Eilat, Jerusalem, Kiryat Gat, Maaleh Adumim, Modiin, Nahariya.		
Poison Control		04-777-1900
US Embassy – Tel Aviv	03-519-7475 or 03-519-7575	
US Embassy – Jerusalem	02-630-4000 or 02-622-7230	
Emotional Crisis Hotline.....		1201
Tahel Crisis Center for Religious Women & Children.....		02-673-0002
English-speaking		
Maier Solomon		054-583-4413
Medical referrals and emergency medical evacuation (24/7)		
Ezra L'Marpeh (Rabbi Firer).....		03-577-7000
Medical Referrals		
Tvunot Family Resource Center		072-273-9488
Available 24/7 for English speakers in Israel facing emotional and educational issues.		
Chaim V'Chessed	Israel: 072-243-7733 US: 718-407-2448	
Resource organization for students and foreigners to assist navigating Israel governmental, travel, and health services.		
Oleh Pay		02-374-1212
Easy and convenient way to send money to and from Israel without bank fees.		
Zmanim.....		02-650-ZMAN
Egged (bus service).....		2800

IN THE US

Poison Control.....	1-800-222-1222
Smart Traveler Enrollment Program (S.T.E.P.)	www.step.state.gov
A service of the US Department of State. Provides the latest security updates and enables the US embassy to contact you in case of emergency. Requires registration online.	

Dedicated in memory of R' Zalman Angster, OBM

Getting to Know Israeli Currency

Below is a guide to Israel's bills and coins, which are in New Israeli Shekel (NIS), with denominations in shekalim and agorot.

The exchange rate, which changes daily, will determine how many shekalim you will receive for every dollar you exchange.

The approximate values in US currency below will reflect this range.



₪ 200 Bill
(Value: \$57-62)

Largest bill in circulation.
Shown: old and new bills, both currently in circulation



₪ 100 Bill
(Value: \$28-31)



₪ 50 Bill
(Value: \$14-16)

Shown: old and new bills, both currently in circulation



₪ 20 Bill
(Value: \$6-7)



₪ 10 Coin
(Value \$2.85-3.15)



₪ 5 Coin
(Value \$1.40-1.60)



₪ 2 Coin
(Value 57¢-62¢)



₪ 1 Coin
(Value 30¢-32¢)



₪ Half Coin
(Equal to 50 Agorot : Value 16¢ -17¢)



10 Agorot Coin
(Value 2.9¢ -3.6¢)

Information verified as of 5/4/21 and is subject to change. 3.26 NIS=1.00.

Helpful Phone Apps

- ♦ **GETT** - Taxi hailing app for Israel.
- ♦ **GOOGLE TRANSLATE** - Language translation app (English to Hebrew, Hebrew to English, etc.)
- ♦ **HOME FRONT COMMAND** - Receive alerts for emergencies (e.g., rocket attack, earthquake).
- ♦ **I24** - News app in English.
- ♦ **MY MDA** - Magen David Adom's app in Hebrew which has a one-click option that connects to Israeli emergency services and sends them your location and medical information.
- ♦ **MOOVIT** - Public transit information app.
- ♦ **MYZMANIM** - for davening times throughout the world, and assistance in creating a custom davening chart for free.
- ♦ **RAV-KAV ONLINE** - Load transit and check balance.
- ♦ **RAMZOR** - *Tav Yarok* app that allows you to register for and display your green pass.

All apps are available for free download on the Google Play Store and Apple App Store.



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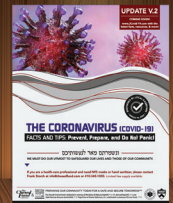
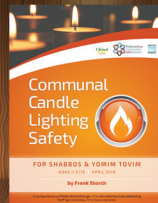
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