YOUR UCEAP NETWORK

EAP Online
Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

Program Advisors communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.

Operations Specialists coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.

Academic Specialists advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.

Student Finance Accountants assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information
Operations Specialist
Michelle Bobro
Phone: (805) 893-3246; E-mail: mbobro@eap.ucop.edu

Academic Specialist
Francesca Latham
Phone: (805) 893-2810; E-mail: flatham@eap.ucop.edu

Program Advisor
Kirstin Maryott
Phone: (805) 893-3246; E-mail: kmaryott@eap.ucop.edu

Student Finance Accountant
Rachel Wilson
Phone: (805) 893-5927; E-mail: studentfinance@eap.ucop.edu

UCEAP Systemwide Office
6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823
Phone: (805) 893-4762; Fax: (805) 893-2583
Liaison Office Abroad

The Liaison Officer is Jonathan Kaplan, the director of the Undergraduate Division at Rothberg International School. He will be your primary contact for emergency and disciplinary matters. Together with the Academic Head of the Division, Kaplan coordinates a team of six faculty and staff members who are responsible for all academic advising. The Undergraduate Division handles enrollment and registration and assists students in this process. In addition, the division retains the services of a clinical psychologist for purposes of evaluation and crisis intervention, and also consults with an expert on learning disabilities and refers students with relevant needs to both the Counseling Services and Learning Disability Center.

Jonathan Kaplan, Director
Division of Undergraduate Studies
Rothberg International School
The Hebrew University of Jerusalem

Office phone: (972) 2-588-2610/1615
Mobile phone: (972) 54-581-1145
Fax: (972) 2-588-2363
E-mail: yonatank@savion.huji.ac.il

Phone Number Codes

U.S. international code ............... 011
(dial this to call from the U.S.)

Israel country code ............... 972
Jerusalem city code ............... 2

Approximate Time Difference

Add 10 hours
A E A D I C M N O O N A TION

EAP in Israel provides you with access to a highly developed educational system and a window into the cultural, social, and scientific life of a country whose importance far transcends its size. Israel is a relatively stable Middle Eastern country where you can observe its religious, political, and economic evolution. You have the opportunity to form an understanding of the complex relations between Israelis and Palestinians, and between Israel and its neighboring Arab countries.

Ulpan (Intensive Hebrew Language Program)
You are required to attend the Ulpan prior to the beginning of the academic term or year. EAP considers the Ulpan—a hallmark of HU’s programs—a mandatory and essential component of the program, even for native speakers. All EAP students passing a pre-placement test at levels “Aleph” through “Vav” will find appropriate classes in the Ulpan. Students attend classes for five to six hours a day, generally Sunday through Thursday. Usually one day a week is devoted to excursions.

If you pass a pre-placement test at level “Ptor,” you may request an exemption from the Ulpan only for health or another serious reason. E-mail your request to yonatank@savion.huji.ac.il with a copy to ugrad@hebrewu.com and mbobro@eap.ucop.edu. The decision will be made at Hebrew University, not by UCEAP or by the New York HU office.

Fall and year students receive a maximum of 15 UC quarter units of credit for the summer Ulpan, and spring students receive a maximum of 7.5 UC quarter units for the winter Ulpan. You may take the Ulpan course either for a letter grade or P/NP.

Year program participants who want to participate in the winter Ulpan will be assessed an additional fee payable to Hebrew University.

Post-Ulpan Break
There is a break after the Ulpan and prior to the beginning of the term at Hebrew University. Most students use this time to get acquainted with Jerusalem, or to travel throughout Israel or abroad.

University Information
Officially founded in 1925, The Hebrew University of Jerusalem has had a tumultuous history, parallel to that of Israel. Since Jerusalem’s reunification in 1967, the university has expanded and today includes campuses at Mount Scopus (Rothberg International School, as well as law, social sciences, and humanities), Edmond Safra (Givat Ram: natural sciences, mathematics, and computer science), Ein Kerem (health sciences), and Rehovot (agriculture and veterinary medicine). The Hebrew University enrolls more than 24,000 students, including international students from over 40 countries.
**EAP STUDENTS SAY...**

Sit in on as many classes as possible at the beginning of each semester before choosing courses. Take advantage of the ‘shopping’ opportunity. You're the only one who knows what you like.

The caliber of the courses is high. My courses all had term papers (one course had two) as well as reading lists the length of my arm. In terms of workload, the courses are on a par with good UC classes.

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**Academic Program: Term or Year**

- You are required to take a full-time course of study while abroad and enroll in four courses, including one Hebrew language course.

You will enroll in the fall, spring, or year option at The Hebrew University’s Rothberg International School, which is responsible for organizing programs for international students. The EAP Liaison Officer and staff will help you to prepare your final study plans after arrival in Jerusalem. While it is important to plan your program before leaving UC, also be prepared to make adjustments once in Israel.

Each semester you will take at least four courses, including one course in Hebrew language. The balance of the academic program consists of Rothberg International School courses (most taught in English) or regular HU classes (taught in Hebrew) if your language skills permit. The minimum unit load is 18 UC quarter units per semester.

You may take advanced science and mathematics courses in Hebrew only through HU if you possess the appropriate language skills.

The curriculum of the Rothberg International School includes offerings with varying degrees of difficulty and a range of subject matter intended to appeal to a wide spectrum and level of students from many institutions. Most courses focus on some aspect of Israel, Jerusalem, or the Middle East. Of particular interest to UC students are courses in ancient history, anthropology, archaeology, Hebrew language/literature, history, Holocaust studies, international relations, legal studies, Medieval studies, Middle Eastern studies, philosophy, political science, and religious studies. The Rothberg International School offers a small number of courses in art history, music, education, economics, psychology, and communication.

If you possess advanced competency in modern Hebrew, you are encouraged to enroll in Hebrew University courses taught in Hebrew. (English literature, American Studies, and a small number of other courses are taught in English.) You may be allowed to take exams and write papers in English, but you must make such arrangements early in the term. Resolve conflicts with final exam scheduling prior to finalizing course registration.

**Honors Seminars:** Honors track seminars are open to outstanding students on a competitive basis during the fall and spring semesters. At the conclusion of the semester, students present their papers in an academic symposium. Students who complete their studies in the track with an average of 80 or above in either semester receive an Undergraduate Honors Certificate and special Honors citation on their transcript. The Rothberg International School offers seminars in a wide range of areas including Israel studies, Middle Eastern studies, business and economics, and Judaic studies. If you have the appropriate academic background, you may enroll once abroad. EAP strongly recommends you take the honors seminars.

If you are interested, you may elect to take dance and music courses through Hebrew University’s joint program with the Jerusalem Academy of Music and Dance. This unique program combines artistic training in dance skills and technique with academic exposure to Israel's challenging social, historical, and cultural environment. Note that an additional fee applies.
**EAP STUDENTS SAY...**

*Academically I found the year to be rewarding. Coming to Israel with a limited knowledge of the Middle East, I began absorbing new information by the hour.*

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**Programs in the Arts**

If you are interested, you may elect to take dance and music courses through Hebrew University’s joint programs with the Jerusalem Academy of Music and Dance. You can participate in one of three programs: Jerusalem Sounds, DanceJerusalem, or ArtJerusalem for an additional fee.

**Jerusalem Sounds**

Jerusalem Sounds includes a full music program consisting of individual instruction, performance in small and large ensembles, and classes in Jewish and Israeli music. A wide range of courses in various subjects are offered through the Rothberg International School.

Jerusalem Sounds (24 UC quarter units) includes the following components:

- Individual instruction
- Ensembles
- Klezmer Seminar and Workshop or The Hebrew Song: History, Poetry, and Music
- Two courses at the Rothberg International School

**DanceJerusalem**

DanceJerusalem offers artistic training in dance skills and technique and exposure to Israel’s social, historical, and cultural environment. Disciplines include classical ballet, contemporary dance, choreography, repertoire, and improvisation. This is a chance to create, rehearse, and perform works with outstanding Israeli composers and choreographers.

DanceJerusalem semester program (18 UC quarter units):

- Dance courses and two courses at the Rothberg International School

DanceJerusalem year program (42 UC quarter units):

- Fall: Dance courses and two courses at the Rothberg International School
- Intersession: Intensive repertoire rehearsals with Israeli choreographers
- Spring: Dance courses and two courses at the Rothberg International School

**ArtJerusalem**

You may also elect to participate in ArtJerusalem, a joint initiative of the Bezalel Academy of Arts and the Rothberg International School. The Bezalel Academy is Israel’s most renowned art and design institution. Studies include a wide variety of art courses in such areas as painting, sculpture, drawing, and screen printing. You may also choose from a broad selection of courses at the Rothberg International School.

Choose one of the following tracks:

**Art Specialization Track** (22.5 UC quarter units)

- 12 credits of Bezalel classes per semester
- 3 credits of Rothberg International School classes per semester

**Art Academic Track** (21-24 UC quarter units)

- 7–8 credits of Bezalel classes per semester
- 7–8 credits of Rothberg International School classes per semester

**Art Exposure Track** (22.5 UC quarter units)

- 3 credits of Bezalel classes per semester
- 12 credits of Rothberg International School classes per semester
Fees
DanceJerusalem, Jerusalem Sounds, and all ArtJerusalem options charge lab fees that you must pay directly. For DanceJerusalem and Jerusalem Sounds, the lab fee will be $500 per semester or $1,000 for a year. Pay directly to the Jerusalem Academy of Music and Dance (JAMD). The fee covers concert tickets and travel (DanceJerusalem) and individual instruction (Jerusalem Sounds). For the Art Specialization and Art Academic tracks of ArtJerusalem, the lab fee will be $500 per semester or $1,000 for a year. For the Art Exposure track of ArtJerusalem, the lab fee will be $200 per semester ($400 a year). Pay directly to the Bezalel Academy of Art and Design. The fee covers supplies and equipment rental.

Grades
For information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.

Independent Research Projects
Independent research projects for academic credit may be possible in this program. For information contact Yonatan Kaplan, the Director of Undergraduate Studies, upon arrival.

Withdrawal Before the Program Begins
Hebrew University policy concerning withdrawal from the program at any time between application and before it begins is detailed on their website, with the withdrawal fee increasing as the program start date nears. If you withdraw from the program before it begins (the Official EAP Start Date prior to the Ulpan), you will be charged approximately $155 by Hebrew University. This charge is in addition to any EAP withdrawal fee. Note that students who withdraw before the program begins will not be refunded their (term or year) housing deposit.
“EAP STUDENTS SAY...”

If you plan to study Arabic, take the Hans Wehr Arabic-English Dictionary.

One of the most important things to take is an open mind. Open yourself up to the people and different lifestyles. Give yourself the opportunity to form your own ideas and opinions. Try not to go with preconceived notions based only on what others say. Give yourself the chance to experience and find out.

CULTURAL AWARENESS

Educate Yourself

Become as acquainted as possible with Israel and the Middle East prior to departure. Keep up-to-date on current events by reading articles in newspapers, magazines, and journals such as the international edition of The Jerusalem Post, The Jerusalem Quarterly, and the Middle East Review of International Affairs.

Selected volumes from the Israel Pocket Library, composed of articles drawn from the Encyclopedia Judaica, are relatively inexpensive and available in large bookstores. The volumes on Religious Life and Communities in Israel, Zionism, History from 1880, Geography of Israel, Society in Israel, and Jerusalem are especially valuable.

The Lonely Planet website provides good information about travel, youth hostels, and other basic travel information.

The Hebrew University Rothberg International School website is a valuable resource. Make good use of its wealth of information in your predeparture preparation.

Recommended Reading

Jerusalem


“EAP STUDENTS SAY...

Be as open with the people as possible, and be willing to try new things.
Sharp speech is not considered rude. Everyone is open and loves to help out (even if you don’t need it).

General Studies of Israel


Travel Resources

Many good guides to Jerusalem and Israel are available in Jerusalem. Most are inexpensive and can be purchased after arrival.

If you join the Association of Americans and Canadians in Israel, you will have access to The AACI Expanded Jerusalem Consumer Guide, which is published by the association. The Rothberg International School website lists the addresses of numerous new and used bookstores, while the Ministry of Tourism offices distribute maps and other free materials.
EAP STUDENTS SAY...

I strongly suggest you learn a few bare minimum Hebrew grammatical rules, such as masculine and feminine endings (singular and plural), as well as numbers and the days of the week. These few little tips will make a tremendous difference during the first few days of the Ulpan.

Speak Hebrew even if someone answers in English. Get away from Americans as much as possible. Live in the present—in Israel!

Dress Codes

Be alert to the importance of dress codes that differ within sections of Jerusalem and other cities in Israel.

For example:
- Arms and legs must be covered with loose clothing in Muslim areas
- Entrance to the many religious sites is restricted to the modestly dressed; for women that means skirts that are knee-length or longer and shirts with high necklines and elbow-length sleeves; for men that means long pants
- At other sites, the immodestly dressed are allowed in but may be subject to nasty looks or even harassment
- In the ultra-Orthodox neighborhoods, large billboards on the main streets request that visitors dress modestly

Improve Your Language Skills

Before leaving for Israel, focus on learning as much Hebrew language as possible. Knowledge of Hebrew will make your time in Israel easier and more enriching. If you have already taken some Hebrew, spend time improving your written and spoken Hebrew.

The following are good methods to prepare linguistically:
- Read aloud (anything in Hebrew) for 20 minutes at a time. Strive for correct pronunciation; read progressively faster, maintaining correct pronunciation.
- Read Hebrew newspapers and magazines, using a dictionary as necessary.
- Practice Hebrew aloud, using phrases picked up from conversation and reading.
- Listen to audio language recordings whenever you can.
- Try to seek out people fluent in Hebrew.
- Keep a journal of Hebrew phrases, expressions, whole sentences, and structures that you would like to add to your vocabulary.
- Rent or borrow films in Hebrew and listen to them several times.

Additional Language Resources

UC language instructors can make valuable suggestions about materials for language needs. A dictionary and other study aids are essential. The following may prove useful:

Feingold, Ellen and Hanna Maschler
Everything You Want to Know about Hebrew Verbs and More, Jerusalem: Old City Press, 1985. (A collection of over 2,000 Hebrew verbs in modern usage with their English translations.)

Sivan, Reuven and Edward A. Levenston, eds.

Zilberman, Shimon
ARRIVAL & ORIENTATION

Travel Documents
If you were born in Israel, born to Israeli parents, were previously an Israeli citizen, or are a dual citizen, you must contact an Israeli consulate or embassy as soon as possible. A military release may be required before departure, or dual citizens may be required to enter Israel with their Israeli passport. It is your responsibility to identify any requirements that apply to you.

Hebrew University provides detailed information on the Hebrew University website about passports, visas, and other documents required for participation in the program.

Additional general information about required documents is provided in the UCEAP Guide to Study Abroad.

Packing Tips
Identify each item of your luggage on the inside and outside with your name, home address, and destination. When traveling always carry your passport, visa, ticket, prescription medications, and money. Carry small appliances, cameras, guitars, or other musical instruments with you. These items can be taken into Israel without duty (subject to restrictions); however, if you mail or ship these items, you may have to pay a duty. Never put valuables in your checked luggage. Leave extra credit cards at home and carry only what is necessary. Luggage restrictions (weight, size, number) vary from airline to airline.

Essential
- Layered clothing (T-shirt, shirt, fleece vest, button/pullover sweater)
- Jeans, shorts, swimsuit
- Lightweight jacket, heavy winter coat
- Warm socks
- Flip-flops, sturdy walking shoes, casual footwear
- One dressy outfit
- Umbrella

Optional
- Bathrobe and slippers
- Beach towel
- Seat pad (good for train and bus travel)
- Travel-sized sleeping bag
- Empty backpack (to bring home items purchased abroad)
- Travel alarm clock and flashlight
- Small gifts for new friends (with UC logo or California designs)

Do Not Bring
- Medications that are illegal in Israel
- Fragile items unless they are bubble-wrapped

“EAP STUDENTS SAY...
Bring lots of batteries. They’re expensive here.”
Insurance for Personal Possessions
The UCEAP Insurance Plan includes a personal property benefit. It is your responsibility to review these benefits and verify that the coverage is sufficient for the items you will be taking with you, especially if you are taking items of high value such as a computer or camera. In addition, your parents may have insurance coverage for personal possessions. Find out if your parents’ insurance will cover your items while in transit and while abroad.

Protecting your personal belongings is your responsibility.

Climate and Dress
The temperature in Jerusalem ranges from approximately 30°F to 50°F in the winter and 65°F to 87°F in the summer. Many public buildings are not heated, and heaters and hot water heaters occasionally break down. Pack warm clothing. With a few exceptions, clothing is expensive in Israel.

Everyday dress in Israel is similar to that in California. Casual wear for both men and women is appropriate. Take at least one nicer outfit for the theater and other formal occasions. You will need conservative dress (skirts covering the knee and long-sleeve blouses for women) for religious occasions and visits to religious sites. The EAP Student Budget does not include funds for the purchase of clothing.

Cosmetics and Medications
Cosmetics of all kinds are available in Israel. Prices may be higher, but the convenience of having them available in the stores outweighs the inconvenience of packing and transporting these items abroad. Take any particular brands of cosmetics or medications that you feel you must have and cannot obtain abroad, including contact lens solutions and disposable contact lenses. Past EAP students have noted that birth control (pills especially) is expensive and hard to obtain.

Electrical Current
The electrical current used in Israel is 50 cycles AC rather than the 60 cycles current used in the U.S. Voltage ranges from 220–240 rather than the standard U.S. 110 volts for small appliances and most electrical sockets have round holes. Most computer equipment is dual voltage; however, the sockets used in Israel are different than those in California and you will need adapters (easily available in Israel at any electronics store). You can purchase travel irons, curling irons, blow-dryers, and electric razors in the U.S. or abroad with built-in adapters for all currents.

Travel to Israel
You must arrive in Israel by the EAP Official Start Date. Hebrew University arranges its own group flights from New York and will send you information about the option. Usually, the option will offer an add-on flight to New York. You are strongly encouraged to take the appropriate group flight. It is accompanied by a Hebrew University staff member and is met at Ben-Gurion Airport, where you will be taken by bus to the orientation/Ulpan site.

If you choose to travel independently to Israel, you must make your own way from the airport into Jerusalem. Independent travelers usually take a shared taxi (sherut) from the airport, an option that past EAP students recommend.
To prevent theft, never leave your luggage unattended.

- You must reserve and purchase your own tickets (even on financial aid). You are strongly urged to purchase changeable tickets. Standby tickets are not appropriate.

- Flights are routinely changed or canceled. Confirm your flight schedule with your airline two weeks before departure.

- Taking excess baggage on a plane can be exorbitantly expensive—the charge is generally by the pound, and there is no guarantee that an airline will accept the extra baggage. See Communications Abroad for information on shipping.

The Official Start Date can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. EAP is not responsible for any non-recoverable transportation expenses you may incur for independent travel arrangements. In order to be kept informed of any program changes, maintain updated personal contact information in MyEAP.

**Financial Aid Students**

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare amount is based on the cost of a changeable student fare to Israel. If your independent travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselors. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

**Customs Inspection and Duties**

Upon arrival at Ben-Gurion Airport in Tel Aviv, you will go through a customs inspection. The rules for all travelers entering Israel are included in special customs guides available from the Israeli consulate or embassy.

Do not ask other students to carry items of any kind abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines will ask if you are carrying items for someone else, and if so, they may not allow you to take them. If you board the plane with the items, customs abroad may charge you a high duty upon arrival for those items. They will assume you plan to resell them, especially if you already have similar items of your own. This is particularly a concern with electronic goods.

**Orientations at Different Stages**

You are required to attend an orientation prior to departure. Your UC Campus EAP Office may or may not provide an orientation, but the New York office of The Hebrew University of Jerusalem (HU) will definitely provide a telephone orientation close to departure time. The New York HU office will e-mail you with a date, time of day, and call-in number. You are encouraged to participate and also to invite family to call into the orientation.

The program officially begins with a mandatory orientation at the beginning of Ulpan classes in Jerusalem. The Official Start Date is noted in the Israel program calendar on the EAP website. Failure to arrive by the Official Start Date and attend all orientation sessions is grounds for dismissal from the program. Details concerning arrival and orientation will be available in the Arrival/Orientation Information found in the online EAP Predeparture Checklist when the information is finalized.

Lastly, Rothberg International School (RIS) provides an extremely important and serious orientation at the beginning of the academic term. Attendance at all sessions of the RIS orientation is mandatory. Speakers, who may be law enforcement and military officials, will emphasize personal safety and campus security.
LOCAL TRANSPORTATION

Public Transport in Jerusalem

One of the most important topics discussed during on-site orientation will be personal safety while using local public transportation. You are expected to understand and follow whatever guidelines you receive.

According to Hebrew University, in recent years, Israel has increased its security on public buses. Bus drivers receive extra training, special security personnel are now stationed at bus stops along the side of the road and regularly board buses to ensure the safety of passengers. If you take a bus from the central bus station, you will go through airport-like security with bag screenings and metal detectors. If you are uncomfortable taking public buses, it is easy to catch a taxi to town from campus for about $9. The express buses that go directly from one central bus station to another are secure, but you can alternatively choose to take a sherut (10-seater communal taxi) to travel outside the city.

During the academic year a shuttle runs between the bus terminal beneath the Forum on the Mount Scopus campus and the dormitory complexes. You can alight and board at any of the stops. The shuttle leaves from the bus terminal every 15 minutes between 6 and 9 p.m. You must present a student card in order to board the shuttle. The shuttle schedule is not set by Rothberg International School, but extra daytime hours are added during arrival/registration weeks.

Travel around Israel

Apply the same principles of personal safety that you use while in Jerusalem. You are prohibited from visiting the West Bank or Gaza, whether or not the borders are open.

The EAP Student Budget does not include funds for recreational travel.

Return Transportation

If you do not make round-trip arrangements, book a return flight with plenty of lead time once abroad. Liaison Office staff can refer you to a local travel agency for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.

“EAP STUDENTS SAY...
Be sure to budget for travel that you’ll want to do between the end of the Ulpan and the beginning of the academic term.”
FINANCIAL INFORMATION

Understanding Your Finances
Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account
Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget
Carefully review your UCEAP Student Budget.
Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions
- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
The official currency unit in Israel is the Israeli New Shekel (abbreviated ILS).

Handling Money Abroad

Be sure to take enough money (about $2,000) in travelers checks for emergencies and initial expenses until you can make permanent banking arrangements. You can expect to need at least $400 a month for food, independent travel, and personal expenses, and $100 to $150 per semester for books and school supplies. Some students take all the money they will need in travelers checks and simply cash them as required.

You can also retain your personal checking account in the U.S. With an American Express card and a personal check from home, you can purchase $1,000 worth of travelers checks every 21 days.

American Express office in Jerusalem
19 Hillel Street
Phone: (2) 624-0830

You can use Western Union to have money sent from home to the Israeli Post Office in a matter of minutes. In most instances, Western Union will issue local currency at competitive foreign exchange rates. Additional information is available on the Western Union website.

Banking

After arrival in Israel, you can open a U.S. dollar account at an Israeli bank. You can deposit dollars, travelers checks, or personal checks from U.S. bank accounts into the dollar account and exchange them for shekels as needed. You need a passport with a validated visa stamp to conduct transactions. Israeli banks require two to four weeks to clear personal checks from the U.S. Additional information on banking will be provided at the Hebrew University orientations after arrival.

Credit Cards

Major credit cards such as American Express, Visa, and MasterCard are accepted in Israel. With a Bank Americard (Visa card), you can get a cash advance of up to $150 at the Bank Leumi. You can use bank cards that are part of the Cirrus or Plus network at the Bank Hapoalim ATM. Check with your U.S. bank prior to departure to see what services are offered and where.

Financial Aid Students

Financial aid students should budget carefully for the year abroad. Know when financial aid checks are due, how much will arrive, to whom the checks will be sent in the U.S., and how money will be transferred to you. Arrange either to have financial aid checks deposited directly into your own U.S. bank account, or sent to a person in the U.S. who has been assigned your power of attorney. This person can then deposit the money in your home bank account. The money can be wired to the corresponding bank account overseas or it can be accessed via ATM. Do not have checks mailed to you. They may not arrive safely, and if they do, banks will take 45 days to clear them before the money will be available to you. Hebrew University cannot help with temporary funding problems until financial aid arrives. Think ahead and plan accordingly.
Scholarships
Numerous scholarships are available from Hebrew University and other organizations. After acceptance, contact both Hebrew University as well as the following organizations:

- **International Hillel Foundation**: check with your UC campus Hillel group
- **Young Judaea**: (800) 725-0612
- **Hamagshimim, New York Office**: (212) 303-4581
- **Israel Aliyah Center, Los Angeles Office**: (866) 835-0430
- **Jewish Agency for Israel**: (011-972-2) 620-2450

**MASA Grant/Scholarship and Rothberg Fund/Scholarship**
These two awards are not money disbursed to students at any time. After arrival in Israel, you will be required to complete an application, and the award will be disbursed directly to Rothberg International School to decrease the cost of what you would otherwise be charged for the program. Completing the application is mandatory for all EAP students. (Your EAP fees are already reduced by the amount of the award.) Receiving one of these awards does not affect the availability of any other MASA need-based scholarships or funding from any other sources.
COMMUNICATIONS ABROAD

Mail
Use the Liaison Office in Jerusalem mailing address, as noted in Your UCEAP Network in this guide.

Shipping
If you are sending clothing through the mail (winter clothes that you won’t need for a while) be sure to mark the box “used clothing” to avoid trouble with customs.

Explore various options for sending personal goods abroad. Surface mail may be a good option, especially for winter blankets, clothing, and items you will not need for the first few months in Israel. Mail service is generally reliable and it is easy to pick up packages at the post office on campus. Encourage the sender to mark all boxes “Used” or “Used Personal Goods.”

Although the weight limit for a package to Israel is 33 pounds, it is better to send smaller, lighter packages—preferably under 10 pounds. Parcels sent by surface mail take 8 to 12 weeks to reach Israel from California.

Computer Access and Use
E-mail accounts are available at Hebrew University. They are free but there are long lines to use computers. In general, computer facilities are not on par with those at UC. If you have a laptop computer, take it abroad.
HOUSING & MEALS

Where Will I Live?

For security reasons, EAP requires you to live in the on-campus dorms. You must make your dormitory reservation and payment for term or year housing directly with the Rothberg International School (RIS). Request dormitory housing on the participation form sent by RIS after you are admitted. Return the form immediately to reserve a room. EAP fees will cover the Ulpan housing cost, but RIS will invoice you for your term or year housing and you must pay the housing bill in full before departure. Committing to an optional payment plan will be considered as payment in full.

Dormitory Options

During the Ulpan and the academic term or year at the Hebrew University, you will live in university accommodation on the Mount Scopus campus. For security reasons, you are required to live in the Student Village, Resnick dormitories, or Idelson apartment building.

The student housing complexes on Mount Scopus, overlooking the incredible panorama of Jerusalem, are walking distance from the university. They offer an independent setting appropriate for international students. Living in university housing is an important part of the overall experience of studying abroad. RIS students have the opportunity to meet new friends from different cultures and continents—North America, South America, Asia, Africa, and Europe—as well as a chance to share experiences with Israeli students. You will be allocated housing provided you make your reservation on time. Space may be limited in the spring semester.

See the program calendar on the UCEAP website. Some academic options have a longer calendar than other options. If your term is longer, you will pay more for your housing.

A staff of specially selected Israeli students (called madrichim) who reside in the dormitories assist you in your adjustment to campus life at the Hebrew University and help you obtain the full benefit of your stay in Israel.

The Student Village complex is comprised of apartment-style buildings with five-bedroom suites. Students here are usually housed in single bedrooms. The bedrooms contain a bed, desk, chair, and closet. Kitchen and bathroom facilities are shared with suitemates. The Resnick dormitories have 20 people to a floor, two people to a room, and a common kitchen, bathroom, and social area. The Idelson apartments have six-person suites consisting of three bedrooms, a kitchen, and a bathroom. All housing has central heating and is in other respects pleasantly arranged and comfortable.
You can have a phone installed in your room. It is best to reach students on either their landlines or their personal cell phones. However, messages can be left for students living in the dormitories:

- **Student Village**: (011 972 2) 581-5638
- **Resnick**: (011 972 2) 588-2674
- **Idelson**: (011 972 2) 581-8115

For security reasons, the caller must give your exact dormitory address. Messages may not reach you immediately; do not rely on this method regularly.

Internet access is available in dorms for a fee.

Bedding is not provided, so take linens, towels, and a few blankets or buy these items upon arrival during the shopping trips planned during orientation. Electric blankets are available for purchase at the student bookstore on campus. A lightweight, down sleeping bag (or the equivalent) is highly recommended for traveling and for use as a comforter. Self-service automatic washing machines and dryers are located in each dormitory complex.

There are ATMs in the Forum of the Mount Scopus campus, near the Bloomfield Library, and by the entrance to Bank Discount. These ATMs accept a wide variety of local and international cards. ATMs that give instructions in English to holders of cards issued abroad are found throughout the city.

The largest bookstore in town and a general store are located on campus. The general store carries mainly stationery and related articles, but it also has cosmetics at reduced prices and some clothing, CDs, etc.

**Security**

One of the Hebrew University’s highest priorities is the safety and well-being of its students. Like all public institutions in Israel, the Hebrew University employs a 24-hour security network, with guards located at all campus entrances and units patrolling the campus, dormitory complexes, and the vicinity of the university. There is an officer on duty at all times. Most security officials are officers in the Israeli Defense Forces Reserve.

Entrance to the campus is permitted only to Hebrew University students and staff. If you would like to have family members or other guests visit the campus, you must make arrangements in advance through your *madrichim* or the OSA office.

The university’s Security Department maintains close contact with government security agencies. Security measures and guidelines for international students are in accordance with U.S. Department of State recommendations. The Rothberg International School administration meets regularly to review existing security procedures. The overseas student population and the RIS offices abroad are regularly updated regarding security matters and they receive copies of all relevant official communications.
Meals

You are responsible for your own meals. While there is no meal plan, the kitchens are equipped with stove burners and refrigerators for preparing light meals and snacks. You can find moderately priced kosher cafeterias and snack bars in addition to small supermarkets in or near each student housing complex. Some students eat at least one meal per day in the university cafeterias although most cook for themselves. Kitchen utensils are not provided in the dormitories; however, you can purchase them in Israel. Since fish can be expensive, most Israelis eat a lot of meat and dairy products, fruit, and vegetables. A typical lunch usually costs $5-8 and includes chicken; rice or potatoes; a vegetable; dessert; and a drink.

There are two large shopping centers close to campus with supermarkets, laundries, clothing stores, pharmacies, etc. You can purchase fresh fruit and vegetables in Mahane Yehuda, the main open-air market (shuk). You can also find bargain prices on household articles and staples such as rice, flour, spices, and nuts. Good restaurants serving local dishes can be found at the Mahane Yehuda market and the nearby downtown area.
Extracurricular Activities

Get Involved

In order to integrate more fully into the Israeli community, you are encouraged to participate in cultural and other activities. The Office of Student Activities (OSA) at the Rothberg International School organizes various extracurricular events and excursions. Join clubs, sports teams, or music/theater/art groups; provide volunteer services to social organizations; participate in athletic events and religious activities; and attend lectures, discussions, and receptions in academic and community circles.

You will become a member of the Students’ Union, which sponsors a wide range of activities including a weekly movie, concert, and speakers’ series. There are sports facilities, clubs, and classes on the Edmond Safra campus (Givat Ram) and the Mount Scopus campus. See the Hebrew University website for detailed information on available facilities at the university and in the city. The Lerner Family Indoor Sports Complex on the Mount Scopus campus is the most advanced sports facility in Jerusalem.

Aerobics and dance are available in dormitories and at Beit Hillel. Beit Hillel, Beit Atid, and other organizations provide social, cultural, and religious activities including concerts, lectures, and discussions. Religious counselors are available to help Jewish and Christian students find appropriate places of worship and other religious facilities.

Many EAP students do volunteer work while in Israel. Some work at the Hadassah University Medical Center, while others tutor children or work with youth groups, hearing-impaired children, or the elderly.

“EAP Students Say..."

After the Ulpan, there’s a long vacation. You can do whatever you want. I went to Greece and Italy to meet my folks, and looking back it would have been better to use that time to see Israel, and travel out of the country later. Many people volunteered on a kibbutz. The vacation was a good time to do it, as they established contacts and were able to return to their kibbutz to visit during the school year.

I belonged to the hiking club, which took up most of my weekends. It was a great experience because I got to see practically the whole country.

Try to break out from the overseas student herd. If some Israeli asks you to spend the weekend at their home, go for it! Seek out authenticity—the unusual experiences are the ones that you will remember most.

Get to know Israeli life, not American life in Israel.

Take a résumé; it might be helpful in applying for internship, work, or even volunteer options.

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In addition to the following sections, read the Health and Safety chapters of the UCEAP Guide to Study Abroad.

Health
Access the U.S. Centers for Disease Control and Prevention (CDC) website for travel health information to any destination.

Maintain good health and fitness while abroad. Past students have noted that they needed increased stamina to adjust to the climate. Participating in university sports or utilizing the on-campus gym and fitness facilities will require a copy of your Hebrew University Report of Medical Examination.

Apart from colds and flu, the most common ailments that Americans suffer while visiting other nearby countries outside Israel are food- and water-borne diseases caused by bacteria, viruses, and parasites. Pack an ample supply of antidiarrhea medication while traveling. Another health problem while traveling is respiratory infection aggravated by air pollution.

If you feel sick or have a medical emergency, seek medical attention and contact the Liaison Office staff immediately. They can recommend a clinic to visit and they may be able to assist if you need to make arrangements with your professors for an extended absence from class.

The on-site staff psychologist can refer you to other specialists if necessary.

Prescription Medication
If you take any medication on a regular basis, bring a supply of your prescriptions—including inhalers or allergy medication—that will be sufficient for the entire time you are studying in Israel.

If you are traveling with prescribed medication, the UCEAP travel assistance provider, Europ Assistance, can provide information about whether a specific prescription medication is legal and available in Israel. Call them in advance of your trip with the name of the medication (from the United States call 866-451-7606).

Students with Disabilities
If you have any type of disability requiring special services or accommodation, you need to submit a letter from your UC campus Disabled Students’ Office explaining the nature of the disability and the accommodation required. Hebrew University will ask for further background information during the placement process; therefore, if you have a disability, UCEAP strongly encourages you to obtain detailed background information as early in the process as possible and submit it to HU.

Student Insurance
You are covered on EAP by the UCEAP Insurance Plan. The UCEAP Insurance Plan allows you to go to any health provider or hospital, pay up front, then submit a claim to the UCEAP insurance provider for reimbursement. Review the details of the UCEAP health insurance coverage before departure. You can access and print an insurance card and the necessary UCEAP health insurance claim forms from your Participants program page on the UCEAP website.

Because you are already covered by the UCEAP policy, you are not required to purchase the Harel insurance offered to all Hebrew University students.
You are required to register online through the U.S. embassy.

SAFETY

To participate in the Israel program, you must possess maturity and seriousness of academic purpose. You must be willing to live in on-campus dormitories and avoid travel to specified areas inside and outside Jerusalem. Follow all safety and security regulations and guidelines, which can be subject to rapid change depending on the specific tensions or issues, established by UCEAP, Hebrew University, and the U.S. Department of State.

Minimizing Risks

Many students and their families have concerns about safety and security abroad. Study abroad, like most other things in life, does involve risk. The best way that you can prepare for a healthy and safe study abroad experience is to inform yourself about basic health and safety issues before leaving the U.S. Once abroad, make informed, responsible, and reasonable decisions concerning health and safety.

UCEAP cannot:

• Guarantee the safety of participants or ensure that risk will not at times be significantly greater than in the U.S.
• Monitor the daily personal decisions, choices, and activities of individual participants any more than is the case on the UC campus.

UCEAP makes reasonable efforts to establish and ensure a safe environment abroad and to counsel students on potential risks and necessary precautions. You and your family also play a role in minimizing potential dangers, and UCEAP expects you to participate actively in minimizing your risks while abroad.

UCEAP is in continual contact with local staff abroad and monitors safety issues on an ongoing basis. Student safety and welfare is a key concern for these local resources, and safety issues are a key component of on-site orientation.

Read all available materials and talk to UCEAP staff about questions and concerns. You are responsible for gathering information about possible risks. You are expected to actively participate in the required predeparture orientation. Once abroad you must pay attention to on-site orientation safety presentations, ask questions, keep abreast of local developments, and behave responsibly.

For local news about Israel, reference the following Israeli newspapers in English: The Jerusalem Post, YNet, and Haaretz.

Note to You and Your Family from RIS

Security is the most important issue in Israel and it encompasses all aspects of living in Israel. Hebrew University spends a large part of its resources just to make sure that the campus is secure and that students and faculty are able to do their work in peace. At the Rothberg International School (RIS), while we follow the security instructions, we also have our own set of additional regulations, which we convey to you through orientations, SMS text messages, publications, and the website. The RIS, home to students from over 50 countries, assumes a special task in providing physical and emotional support for its student population, due to its unique nature. Since students are usually short-term visitors in the country, whose families live abroad and hence are less able to communicate directly, the RIS takes special notice of their needs. At times of heightened tension, HU security, faculty, and staff take special steps to ease the pressure and ensure the students’ safety and well-being.
You can travel freely in West Jerusalem. As always, avoid confrontation, look out for suspicious objects, and do not travel alone. During times of heightened tensions, you are requested to contact your parents and family and let them know that you are safe.

**Terrorism**

The overall terrorism threat in Israel remains high. Jerusalem has long been a major destination for attacks and remains the most likely location for future attacks, as it is at the center of political tensions and religious symbolism. In addition, Jewish extremists have attempted several attacks against Arab Israelis in Haifa and Jerusalem in the past few years. These groups are most active in Jerusalem, where there is both a large population of Jewish extremists and Arab Israelis. This underscores the need for precautions while in Jerusalem.

Terrorist attacks can occur anywhere in the world. Even though Israeli intelligence gathering, deterrence capabilities, experience in counterterrorism, and daily security activities have been successful in preventing many terrorist attacks, due to the unpredictable nature of such attacks, the University of California strongly advises you to take logical precautions to minimize your risks while abroad.

The University of California and Hebrew University are committed to doing everything possible to keep you informed of potential dangers. You will be required to attend predeparture sessions in California. After arrival in Israel, you will attend Hebrew University orientation sessions where safety issues will be addressed seriously and comprehensively. Some speakers may represent the host university’s own security department, while others may be members of the Israeli military. You must heed all precautions and warnings. Bear in mind that there is always risk involved when visiting crowded, popular areas.

Most U.S. embassies abroad post information about local safety and health issues for U.S. citizens on their websites; you can access the websites for all U.S. embassies abroad on the [U.S. Department of State](https://www.state.gov) website.

From time to time, the U.S. embassy or consulate general will temporarily suspend public services as necessary to review its security posture. In those instances, U.S. citizens who require emergency services may call the U.S. Consulate General in Jerusalem at (972) (2) 622-7230 or the Embassy in Tel Aviv at (972) (3) 519-7355.

**Crime**

Violent crimes such as armed robbery, assault, sexual assault, and murder are uncommon in Israel. Most of these kinds of crimes involve individuals who are familiar with each other, so students arriving for short stays are unlikely to be targeted. Petty crime rates are moderate in urban areas such as Tel Aviv, Haifa, Jerusalem, and Beer-Sheva.

**Drugs**

The UC Education Abroad Program, the Hebrew University, and the U.S. embassy will not be able to help you if you are arrested on drug-related charges.
“EAP STUDENTS SAY...

Men here can be fairly aggressive and obnoxious. Don’t be nice about it. Say no strongly and rudely. This is what Israeli women do and it works.

Be aware that this is a religious country and people in some places dress more modestly. If you show a lot of skin you may get harassed.

Understand the different components of Israeli society: religion, military tensions, political conflicts. These issues really affect Israelis’ behavior and relations with other people.

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Harassment

If you feel harassed, seek counsel from the Office of Student Affairs at Rothberg International School. Harassment issues may be difficult to identify abroad, where cultural norms are different than in the U.S. A fair rule of thumb is to assume that sexual harassment consists of any unwanted sexual advances and behavior of a verbal, visual, written, or physical nature in living arrangements or in an educational or work environment.

UCEAP Travel Restriction While in Israel

West Bank and Gaza

You are prohibited from visiting the West Bank and the Gaza Strip, whether or not Israel has closed the border to one or both areas. If you travel to these areas you may be dismissed from the program.

Updated information about security conditions is available from the U.S. Department of State and the consulate general. There is a U.S. Department of State Travel Warning in effect for Israel. You are responsible for reviewing the Travel Warning carefully, including advice with respect to entry/exit requirements, dual nationality, and safety/security sections. Avoid large crowds, public gatherings, public buses and trains and their terminals, and the Old City of Jerusalem after dark and between 11 a.m. and 2 p.m. on Fridays. Read the U.S. Department of State’s latest Country Specific Information sheet for “Israel, the West Bank and Gaza.”

Arrivals, Departures, and Stateside Travel

The security department in the Ben Gurion Airport secures the airport and makes sure that all departing and arriving passengers are safe. There are certain steps you can take in order to facilitate this process.

Be sure to have all Hebrew University acceptance documentation easily accessible, as Israeli Border Control officials may ask for it. When you arrive at Ben Gurion Airport, refer to the relevant border inspection counter according to the passport you are holding. There are separate border inspection counters depending on whether you are holding an Israeli passport or a foreign (non-Israeli) passport. In the Border Control Hall there are manned control counters and biometric control (unmanned) counters. Israeli passport holders may approach the manned counters or make use of the biometric system. The controller’s stamp, or the voucher from the biometric system, constitutes the exit authorization from the Border Control Hall to the Arrivals Hall.

The biometric system is deployed at Ben Gurion Airport in Tel Aviv, and processes tens of thousands passengers each month through immigration with hand-reader kiosks. During arrival or departure, travelers use a credit card for initial identification, and the system verifies their identity with the “HandReader.” The system then prints a receipt to allow travelers to proceed. Ben Gurion’s biometric identification system has reduced—and, in some cases, eliminated—travelers’ waiting times. Israeli citizens and frequent international travelers at Ben Gurion now choose to go through the airport’s automatic inspection kiosks. Foreign passport holders, who have not registered with the biometric system, must approach the manned counters only. Some students may face additional interrogation upon entry or departure. Border control will stamp your passport.
All travelers leaving Israel go through a security check, followed by the airline check-in. All travelers will face preliminary and sometimes secondary security questioning stateside.

**UC Travelers Registration**

You should register online before departure to receive important travel information to any destination.

Refer to the UC Travelers Instructions for registration information.

**Emergency Contacts**

**What Constitutes an Emergency?**

Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

**In an Emergency**

Contact local emergency services first and then contact the following:

**If you are in the U.S.**

- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

**If you are abroad**

Carry the local emergency contact information at all times. For immediate emergency assistance:

- Police ..................... 100
- Ambulance ............... 101
- Fire Department .......... 102

Emergency phone number of a madrich (counselor) on call 24 hours a day: 054-882-0830

If necessary, call the emergency number of the U.S. Embassy in Tel Aviv: (972) (3) 519-7575, for after-hours emergencies: (972) (3) 519-7551

U.S. Embassy in Tel Aviv
71 Hayarkon Street
Tel Aviv, Israel

If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number.