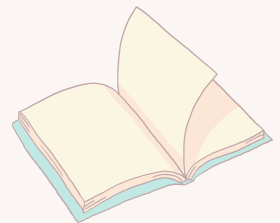




**RRIS PRESENTS**

**THE  
STUDENT'S TIP  
BOOK**



By your counselors



# Welcome



## Shalom, and welcome to Israel!

This booklet is intended to give you all the basic essentials for your first steps as a RRIS student in Israel.

In this booklet you can find some instructions for the first basic actions in Israel such as household bills, mobile phones and public transportation.

Also, you can find some extremely useful tips for each subject from our point of view. There are references for recommended businesses in each section and some useful ideas on how to save money because let's face it, Israel is really expensive.

We hope that you'll find this booklet useful and beneficial!

Yours truly,

The RRIS Counselors Team

hello

# Basic Information



- Weekends in Israel begin Friday afternoon and end Saturday night. This is also referred to as the 'Shabbat'. Most shops and businesses are open 6 days a week (Sunday through Thursday, and Friday until around 2:00 PM). Although you can find some smaller shops and restaurants, especially in Tel Aviv, that are open on Shabbat.
- Government Offices are open 5 days a week (Sunday through Thursday), often at limited hours. It is recommended to go as early as possible to avoid bureaucratic delays. In order to save a trip to a government office it is also recommended to google search the specific office you plan on going to see the hours that they are open.
- Safety and welfare of our students is our highest priority. The RUNI staff has many years of experience making sure that students live and study in safety and return home enriched by their time here. The RUNI campus employs security guards who check every individual coming into campus and patrol the campus grounds regularly. All aspects of our social program, including trips around Israel, are coordinated with security authorities, thus allowing students to see the country in the safest possible way. It is customary to open and check all bags and purses at the entrance to most public places, shopping malls, cinemas, etc. Please comply with security checks which are for the benefit of all of us. Do not leave your bag unattended at any time. Unattended bags are considered to be "suspicious objects" (chefetz chashud) and are dealt with by the police bomb squad. If you see an unattended bag, do not touch it. Call the police (telephone 100) Despite the security threat, tourists are usually pleasantly surprised to see that Israel is generally safe and relatively crime-free. This does not mean that crime does not occur at all, and students should still take care to avoid danger.
- Israel's climate ranges from temperate to tropical, with plenty of sunshine. Two distinct seasons predominate: a rainy winter period from November to April, and a dry summer season from May to October. Rainfall is relatively heavy in the north and center of the country, with much less rainfall in the northern Negev (southern area of Israel) and almost negligible amounts in the southern areas of the Negev.
- Electrical Appliances- The electric current in Israel is 220 volts AC, single phase, 50 cycles. If you bring any electrical appliances with you, be sure that they are set on the 220 volt setting or that they can be easily converted using a transformer.
- The dress code in Israel tends to be a bit informal. However, students should keep in mind that in religiously observant areas modest dress is required, and on special occasions nicer clothing is appropriate.

## FINANCE:

- Value Added Tax (VAT, in Hebrew - Ma'am)- A Value-added tax of 17% is charged on purchases and transactions, except for tourists' hotel bills and car rentals paid for in foreign currency.
- For the latest currency rates, please refer to <http://www.xe.com/ucc/>.
  - Licensed money changers and the post office usually give better rates than hotels or banks.
- Bank cards- An easy way to obtain cash while in Israel is to use your bank/ATM card from your bank in your home country. Be sure to check with your bank that foreign transactions are applicable.
- **Counselor Tip: Always ask for student discounts wherever go.**



hello

# Food



## Supermarkets:

### The Cheapest Store Chains:

- Rami Levy
- Yohanonf
- Yenot bitan



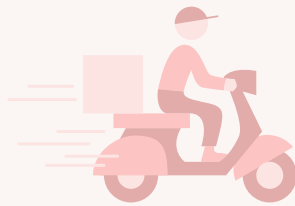
### Herzliya supermarkets:

- Victory - 8 Shivat Hakochavim Blvd. (inside the shopping mall)
- Rami Levy- 82 Sokolov Street
- Mega Ba'ir – 97 Sokolov Street
- Yenot Bitan - 2 Ben Gurion St. (Near Café Café in the passageway)
- Fresh Market - 71 Hanadiv St.
- Tip Tov Fresh-market- 31 Asher Barash



### Open 24/7 Supermarkets + Non Kosher (EXPENSIVE):

- AM/PM- Tel Aviv
- Red Market- 16 HaBrigada HaYehudit
- Tiv Taam- Depends on the branch
- Super Yuda-Tel Aviv



## Online Orders

### Food delivery:

- Wolt- for food & groceries (download the app).
- Yango Deli- For groceries & basic home products.
- Online order from most restaurants (up to 20 shekels delivery fee).



**Counselor Tip: We recommend you go to the supermarket to buy groceries because delivery services tend to surge the prices of products.**



## Subsidized Products

In Israel, there are subsidized products such as:

- Milk (7 NIS)
- Cream Cheese (5.5 NIS)
- Bread (7.5 NIS)
- Eggs (12-14 NIS)
- Salt (2 NIS)
- Yellow Cheese 28% "Emek" (42 NIS for 1 Kg)



## Internet/ Data

Hot/Bezeq/Cellcom/Golan; costs approximately 100 shekels per month for the internet package (500 Mbps).



## TV and Cable

Premium Packages: (Expensive and unnecessary)

- Yes
- Hot

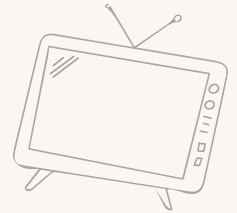
## Israeli recommended and basic cables:

(Approximately 170 NIS with internet and between 50-100 NIS with just the TV subscription).

- Cellcom
- Partner
- Sting

## Others:

- Netflix
- Hulu
- Apple TV
- Disney +



---

## Property Tax (Arnona):



In Israel the tax is based on the apartment size, area and the building type.

Here you can check out if you're entitled to get a discount:

- Tel Aviv- <https://www5.tel-aviv.gov.il/TivFormCollection/TivArnona/TivDiscountRequest/Default.aspx>
- Herzliya- <https://www.herzliya.muni.il/433/>

## Other bills :

- Electricity, gas, and water bills are based on your consumption
- House committee bills change between buildings and areas (between 50 to 300 NIS)



# Home - how to pay your bills

## Electricity Bill

Israel has one main electricity provider nationwide. If you **don't** live in RUNI dorms and are moving into a new apartment, it is advisable to transfer the bill to your name.

To transfer bill to your name:

1. Read the current measure on the apartment's electricity meter.
2. Call 103
3. Provide the following details: Contract number (available at the top left corner of the bill), your name, ID number, and the current measurement.

You can pay it through the following methods:

- Credit card transaction – Online on <https://www.iec.co.il/en/home> or by phone- dial 103 (24 hours service)
- Standing bank order – See bill or go online for details.
- Cash via post office – Visit your nearest branch (visit [www.israelpost.co.il](http://www.israelpost.co.il) for branch map)/



## Water Bill

In Israel, every municipality has its own way of administrating water consumption and billing for its water and sewage services.

Paying your water bill is rather easy.

You may select the payment method best for you from the following options:

- Credit card transaction – Details will be provided on bill.
- Standing bank order – Rather than paying the bill manually every time, you may request to have the sum deducted directly from your account. Check the bill for further instructions.
- Cash via post office – Go to the nearest post office branch (visit [www.israelpost.co.il](http://www.israelpost.co.il) for branch map) and simply pay the cash amount.



# Public Transportation



## Moovit

The best app for bus and train schedules and payment.

For a student discount, upload your student ID card, and get a 33% discount on every ride!



**Counselor Tip: We recommend to use moovit for all your travel needs (tracking and payments), it's super easy and quick.**



## Rav- Kav

A "Rav-Kav" is an electronic card which can be used on the bus/train (similar to a metro card).

Just visit one of the central bus stations in order to be issued one.

Also you can issue it online through Rav-Kav's website. <https://ravkavonline.co.il/en/>



## Train

Download the "Israeli railways" app for train timetable and updates.

## Public transportation on Shabbat

**Keep in mind there's no transportation on shabbat except the following lines:**

Special bus lines on shabbat between Tel Aviv, Jaffa, Herzliya, Givaatim, Ramat Hashron.

Friday: 17:00- 2:00

Saturday: 9:30- 18:00



# Private Transportation

- Gett- an app for taxis all around Israel.
- Bubble- Mini bus rides for your exact destination based on your demand (approx. 20 NIS). doesn't work on Saturdays and after 10 PM. download the bubble app from your App Store.
- Yango- an app for taxis all around Israel.



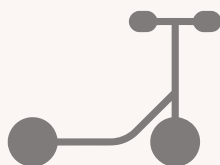
## Scooters in Tel Aviv-

Expensive but extremely fun and a convenient transportation method in Tel Aviv.

Be aware of the Traffic rules and **don't forget to wear a helmet.**

To rent a scooter use one of the apps below:

- Lime
- Bird
- Wind- Recommended for short rides
- Dott
- Tier



BIRD



TIER



## How to open a Bank account:

Banks in Israel require an Israeli ID in order to open a bank account.

- Bank Hapoalim - [www.bankhapoalim.co.il](http://www.bankhapoalim.co.il)
- Bank Leumi - [www.leumi.co.il](http://www.leumi.co.il)
- Israel Discount Bank- [www.discountbank.co.il](http://www.discountbank.co.il)
- Mercantile Discount bank- [www.mercantile.co.il](http://www.mercantile.co.il)
- Bank Habenleumi- [www.fibi.co.il](http://www.fibi.co.il)



**Tip:** If you have **Oleh Chadash** rights and are eligible for **Sal Klita**, make sure to open a bank account as soon as possible in order to receive those financial benefits.



**The RUNI Student Union has an arrangement with Discount Bank (Herzeliya branch) - RRIS students can open a bank account easily and the process is very simple. For more information, please contact the Student Union at [aguda.office@runi.ac.il](mailto:aguda.office@runi.ac.il).**



## Online money transfers :

The easiest way to transfer money from one another is with the following apps:



**Bit-** you only need your phone number and credit card info to pay through the app (most commonly used, but must have an Israeli bank account)



**Paybox-** for transfers and also for collecting money through a link (no need for an Israeli bank account)



**Splitwise-** an app for money balancing between groups, commonly used by roommates for tracking paying bills and rent.



# Mobile Phones



An easy and quick process.

All you have to do is check online and choose the best program for you:  
(You can also visit the branch on almost every mall)

## These are the major mobile network providers:

- Cellcom- [www.cellcom.co.il](http://www.cellcom.co.il)
- Pelephone- [www.pelephone.co.il](http://www.pelephone.co.il)
- 012mobile - <http://www.012mobile.co.il/>
- HOT Mobile <https://www.hotmobile.co.il/pages/default.aspx>
- Golan- <https://www.golantelecom.co.il/web/>



**Tip:** Some contracts may last for a specific time period. Longer contracts may offer better plans but you will be responsible for payments throughout the duration of the contract even if you leave Israel.

The RU Student Union has a convenient arrangement for phone plans and students can sign up on campus and receive their SIM with local number. For more details: contact: [cellidc@ogen-idc.com](mailto:cellidc@ogen-idc.com)



# Cost of Living in Israel

## Coffee:

Capuchino (Hafuch-in Hebrew):

12-16 NIS/ 3-5\$

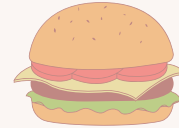
Espresso: 7-15 NIS/ 2-4\$



## Burger:

50-80 NIS

15-25\$



## Beer:

25-40 NIS/Pint

7-12\$



## Cocktail:

35-60 NIS

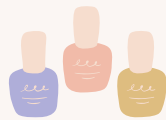
10-18\$



## Gel nail polish:

100-150 NIS

25-40\$



## Bus ride:

5.50 NIS

1.7\$



## Pilates/Yoga lesson:

70-100 NIS

20-30\$



## Private Tutor (depends on the teacher and course):

80-200 NIS

25-60\$



## GAS:

6.8 NIS/L

2.07\$



## Pizza:

50-100 NIS

18-30\$



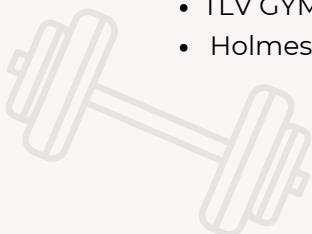
## GYM

### Herzliya:

- Space Herzliya (99 NIS)- \*8979, Sokolov 58
- Holmes Place Herzliya (99 NIS):
  - Seven Stars Mall- 09-768-8855
  - Sapir 1- 09-951-7330

### Tel Aviv:

- Space Tel Aviv (99 NIS)
  - Hayarkon 75- More info on space website
  - Yigal Alon 76- 03-308-3217
  - Iben Gvirol 62- 077-903-3258
  - Shenkin 47- 03-525-2000
  - Abarbanel 72- 073-328-6003
- TLV GYM Club (99NIS)- Karlibah 18- 03-575-7870
- Holmes Place Azrieli Mall (Expensive)- 03-609-4262



## Sports Fields and Open Training Areas

### Herzliya:

- Sportek Herzliya - Zabutinsky street
- For Field Reservations : 09-956-5374

1. Basketball courts
  2. Football fields
  3. Running lanes
  4. Bodyweight sport center
- Dan Acadia beach- volleyball nets

#### Recommended Surfing Clubs:

- Reef- Dan Acadia beach- 09-957-4461
- Surf Academy- Hazedef 3 Arena mall- 058-500-0434

### Tel Aviv:

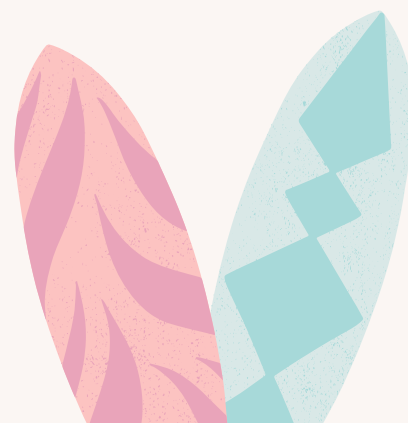
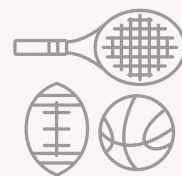
- Hayarkon Park

For Field reservations : 03-699-0307

1. Basketball courts
  2. Football fields
  3. Running lanes
  4. Bodyweight sport center
  5. Sailing- 03-642-0541
  6. Iclimb- 050-213-7099
- Tayelet Tel Aviv- Running lanes near the beach and volleyball nets
  - Charles Clore park- Body weight sport center and skateboard area

#### Recommended Surfing Clubs:

- "Galim" Gordon beach- 03-517-5557
- Aqua Stamina" "Western Beach"- 054-547-8321
- Hilton Bay - TLV Surf Academy- 03-920-2777



# Shopping



## Online

### Terminal X

Israeli website for delivery of all kinds of clothing, home products, beauty and lifestyle. The delivery is up to 48 hours all around Israel.

### ASOS

An international website for delivery of all kinds of clothing, home products, beauty and lifestyle. The delivery can take up to a month.

### Shein

An international website for delivery of cheap clothing, home products, accessories and almost anything you can think of. The delivery can take up to a month.

**Tip: The Israel post can be very slow, and packages don't always arrive to their destinations. We recommend choosing a different kind of delivery method.**

## Malls

### Herzliya:

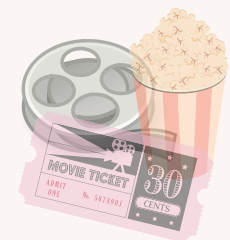
- Seven Stars Mall- Shiv'at Hakohavim Blvd 8

### Tel Aviv:

- Azrieli Mall- Derech Menachem Begin 132, Tel Aviv-Yafo
- Dizengoff Center- Dizengoff St 50, Tel Aviv-Yafo
- TLV Fashion Mall- Carlebach St 4, Tel Aviv-Yafo, 6713208
- Ramat Aviv Fashion Mall- Brodezkky St 43 Tel Aviv-Yafo, 6912543



# Movies & Theaters



### Movie Theaters/Cinema Halls:

- Cinema City- Gllot junction (Between Tel Aviv and Herzliya)
- Cinematheque- Haarbaa street 4, Tel Aviv
- Yes Planet Cinema- Ayalon Mall, Abba Hillel Silver Rd 301, Tel Aviv

### Theaters:

- Habima Theatre- Tarsat Ave 2, Tel Aviv- 03-629-5555
- The Cameri Theatre- Sderot Sha'ul HaMelech 19, Tel Aviv- 03-606-0900
- Beit Lesson Theatre- Dizengoff St 101, Tel Aviv- 03-725-5333



# Useful Apps



Cam Scanner-  
scanning  
documents



EZcheck Me-  
enables easy  
check-in for  
classes



RUNI app for all  
the important  
information!



Google Keep- for all  
your assignments  
and tasks



Google Calendar-  
for organizing  
your schedule



Spendee-  
Track your income  
and expenses

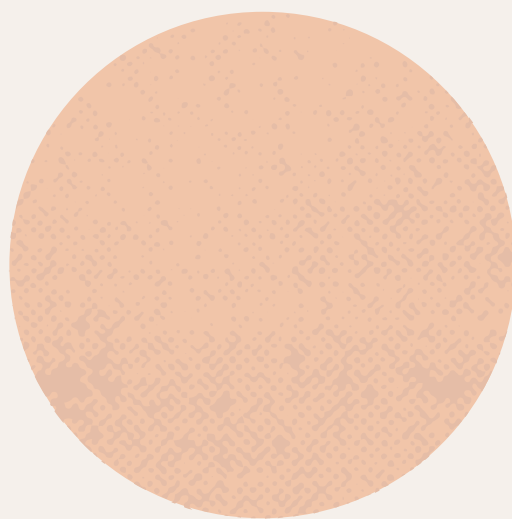


Notability-  
note taking app  
(recommended for  
IPad)



**MICROSOFT Apps** - RUNI provides students  
with a free Microsoft subscription for their  
duration of their degree.

YES



*We wish you the best of luck!*

*Don't forget,  
we are always here for you!*

