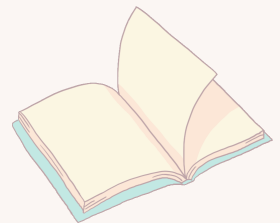




RRIS PRESENTS

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

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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 us all. 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.
- Sirens and Red Alerts: In recent years, Israel's security situation has been incredibly dynamic. If you should hear a siren, a missile attack is imminent. If the missile was launched from Iran or Yemen, you will usually get an advance warning through your phone roughly ten minutes before. Once the siren begins, In central Israel (including Herzliya and Tel Aviv), you have 90 seconds to find a shelter (mirhav mugan). When you're unsure of where the nearest shelter is, just follow the crowds! On campus, there are signs everywhere indicating the location of the nearest shelter. It is **highly recommended** to download the Home Front Command app (iPhone). (Android), to get the most up-to-date information for your area.
- Sirens are admittedly a stressful experience, but there's no need to panic! Israelis have become used to them, and many have created amusing rituals for passing the time in the shelter. Just take a deep breath and remember it's only for a few minutes.



Basic Information



- 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 outlets are "H" type, and will accept "C" type plugs (two round pins).
- Dress Code- 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 18% is charged on purchases and transactions, except for tourists' hotel bills and car rentals paid for in foreign currency. The VAT is already included in the price, no need to calculate it separately like in the USA.
- 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 you go.

hello





Supermarkets:

The Cheapest Store Chains:

1. **Rami Levy**
2. **Osher Ad**
3. **Yohannanof**
4. **Carrefour**



Herzliya supermarkets:

- **Victory** - 8 Shivat Hakoachavim Blvd. (inside the shopping mall)
- **Rami Levy** - 82 Sokolov Street
- **Mega Ba'ir** - 91 Sokolov Street
- **Fresh Market** - 71 Hanadiv St.
- **Tip Tov Fresh-market**- 31 Asher Barash
- **Carrefour**: 2 Ben Gurion Boulevard



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

- **AM/PM**- Sokolov and mainly 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).
- **10bis** - or 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 (7.9 NIS)
- Cream Cheese (12 NIS)
- Bread (7 NIS)
- Eggs (13 NIS)
- Salt (2 NIS)
- Yellow Cheese 28% "Emek" (46 NIS for 1 Kg)
- Butter (4 NIS per 100g)



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

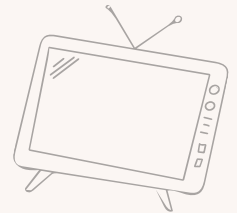
Israeli recommended and basic cables:

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

- Cellcom
- Partner
- Sting

Other recommended streaming services:

- Netflix
- Apple Tv
- Disney +



Property Tax (Arnona):

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

Olim Chadashim are eligible for a discount ([details](#)), and every municipality has their own benefits. Below, you can check if you're eligible for discounts in Tel Aviv and Herzliya (websites in Hebrew)

- [Tel Aviv](#)
- [Herzliya](#)

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 for branch map)/



Tip: If two months have passed and you haven't received any bills - call the utility companies to avoid surprises!

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 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 timetables 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.
- **Yango**- another 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.
- **Pango** - an app to handle payments for car parking in arranged paid parking in streets(marked by blue and white curbs) can also be used in most parking lots.



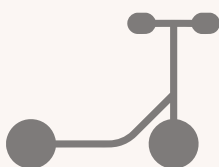
Scooters in Tel Aviv-

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 (by law).**

To rent a scooter use one of the apps below:

- Lime
- Bird
- Wind- Recommended for short rides
- Dott
- 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
- Bank Leumi - www.leumi.co.il
- Israel Discount Bank- www.discountbank.co.il
- Mercantile Discount bank- www.mercantile.co.il
- Bank Habenleumi- 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.



Check the Student Union's benefits for RRIS students!
Contact the Student Union at aguda.office@runi.ac.il.



אגודת הסטודנטים | אוניברסיטת רייכמן
Students Union | Reichman University

The RUNI Student Union facilitates opening a bank account easily for RRIS students and the process is very simple.

The Student Union, in collaboration with Discount Bank - one of Israel's top banks, offers exclusive benefits to international students.

To open your bank account and other benefits, simply complete this [form](#).

In this form you can choose additional benefits including mobile plans, gym memberships, and more.

WELCOME TO REICHMAN UNIVERSITY AND ISRAEL!

The Student Union is thrilled to support you throughout your academic journey.

In partnership with Discount Bank, one of Israel's leading banks, we're proud to offer exclusive benefits for international students.

You can also explore additional perks such as mobile plans, gym memberships, and more through the link below.

We're here to help with anything you need ❤️





Online money transfers :

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



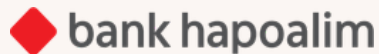
Bit- you only need your phone number and credit card info to pay through the app (most commonly used, but must have an Israeli bank account)



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



A quick and easy process.

All you have to do is check online and choose the best program for you:
(You can also visit stores in nearly any mall)

These are the major mobile network providers:

- Cellcom- www.cellcom.co.il
- Pelephone- 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 deals but you will be responsible for payments throughout the duration of the contract even if you leave Israel.

Tip: eSIMs are a common and very convenient option available from most network providers.

**Reichman
University**



**019
Mobile**

Special Package: \$10/Month

- **Free** SIM card with 10 days of complimentary service
- **Special** monthly student package: Only \$10
- **Includes:** 50GB data and unlimited calls in Israel (Up to 5,000 monthly call minutes)
- **The** same package is also available as an eSIM for those who prefer.

Click here or collect your SIM card directly from the Student Union offices.



Cost of Living in Israel

Coffee:

Capuchino (Hafuch-in Hebrew):

14-18 NIS/ 4-6\$

Espresso: 9-15 NIS/ 3-5\$



Burger:

50-80 NIS

15-25\$



Beer:

30-40 NIS/Pint

7-12\$



Cocktail:

50-70 NIS

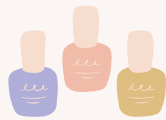
16-23\$



Gel nail polish:

150-250 NIS

40-85\$



Bus ride:

8 NIS

2.36\$



Pilates/Yoga lesson:

70-100 NIS

20-30\$



Private Tutor (depends on the teacher and course):

80-200 NIS

25-60\$



GAS:

8.5 NIS/L

2.8\$



Pizza:

50-100 NIS

18-30\$





GYM

Herzliya:

- Icon Herzliya (169 NIS) - Sokolov 6
- Lift Herzliya - Sokolov 81
- 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)- Karlisah 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:

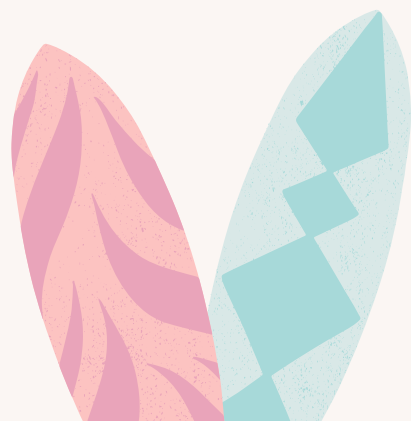
- Hayarkon Park

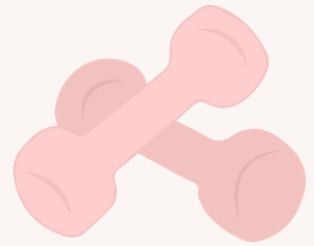
For Field Reservations : 03-699-0307

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" "Tel Baruch Beach"- 054-547-8321
- Hilton Bay - TLV Surf Academy- 03-920-2777





Official Gym LIFT Herzliya
Subsidized Memberships from ₪169

Limited Availability!
Waiting list is available:

₪169 gym

**₪269 gym +
Pilates**



Reichman students receive a 10% discount on all memberships

Trial visit – get a free entry card from the Student Union
(No-commitment)

To register, **[click here](#)** or visit the gym with your student ID (or
through the Student Union).



Sokolov 81, Herzliya



אגודת הסטודנטים | אוניברסיטת רייכמן
Students Union | Reichman University

Check out all the Student Union's benefits for RRIS students!

Contact the Student Union at aguda.office@runi.ac.il.

Follow the Student Union on Instagram [Here!](#)

See: [Project 360](#)



Project 360°
Services Guide for International Students
Comprehensive information about services and benefits available for international students at Reichman University

Welcome to the Reichman University
As part of our efforts to support your well-being, we are working to create unique collaborations that will provide you with everything you need ahead of the new academic year.
Together with leading partners, we provide services and benefits tailored specifically to your experience as international students.

Mobile Services
In partnership with 019 Mobile
Special Package: \$10/month

- Free SIM card with 10 days of complimentary service
- Special monthly student package: Only \$10
- Includes: 50GB data and unlimited calls in Israel (Up to 5,000 monthly call minutes)
- The same package is also available as an eSIM for those who prefer

Click here or collect your SIM card directly from the Student Union office.

Banking Services
In partnership with Discount Bank
Personal & Supportive Service

- We assist all students in opening a bank account upon their arrival in Israel.
- On-campus bank representatives are available to help you open an account and answer questions.
- Ongoing customer service for all your banking needs during your studies in Israel. You can be in touch by phone/WhatsApp at this number: +972 52-483-7091

To schedule a meeting click here or contact the Student Union

Fitness & Sports
Official Gym LIFT Herzliya
Subsidized Memberships from \$100

- Subsidized memberships (limited availability): ar169 gym, m269 gym + Pilates
- A waiting list is available
- Reichman students receive a 10% discount on all memberships
- Trail visit - get a free entry card from the Student Union (No-commitment)

To register, click here or visit the gym with your student ID (or through the Student Union)

Technology & Computers
In partnership with iDigital
Special Deal for Reichman Students

- 10% discount on a wide range of Mac models, suitable for every academic Program
- A free mouse
- iDigital Mac Pack
 - 30-day trial period
 - 24 interest-free installments
 - 3 years of full warranty on your Mac

To receive the benefit: Visit the iDigital branch with your Reichman student ID

The Student Union is Here for You
For any questions, issues, or guidance needs, the Student Union offices are open for you

Follow us on Instagram: [@runi_studentsunion](#) Online Meeting Scheduling
For further questions, please contact us via email: Sugogon-ide.com



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
- Big Fashion Glilot - Glilot Interchange, Ramat HaSharon

Tel Aviv:

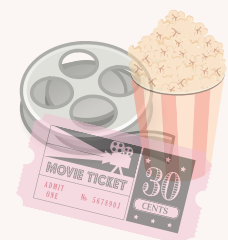
- Azrieli Mall- Derech Menachem Begin 132, Tel Aviv-Yafo
- Dizengoff Center- Dizengoff St 50, Tel Aviv-Yafo
- TLV Fashion Mall- Carlebach St 4, Tel Aviv-Yafo, 6713208
- Ramat Aviv Fashion Mall- Brodezky St 43 Tel Aviv-Yafo, 6912543



Movies & Theaters

Movie Theaters/Cinema Halls:

- MovieLand - Yunitsman St 21, Tel Aviv-Yafo
- Cinema City- Glilot junction (Between Tel Aviv and Herzliya)
- Cinematheque- Haarbua 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



Bars & Restaurants

Herzliya

Cocktail Bars:

- **Municipal** - Ben Gurion Blvd 22
 - Happy Hour: 18:00-20:00
- **Erev** - Ben Gurion Blvd 22
 - Happy Hour: 18:00-20:00
- **Parkers** - Jabotinski St 29
 - Happy Hour: 17:00-20:00

Restaraunts:

- **Pizza Pozza** - Ben Gurion Blvd 22
 - Mondays - 140 NIS unlimited pizza and wine/beer
- **M32** - Maskit St 32
- **Meatbar Burger** - Maskit St 35
- **Bangkok Kitchen** - Ben Gurion Blvd 33
- **MIMI & NONO** - Arik Einstein St 3



Cafes:

- **Nahalat Binyamin** - Bnei Binyamin St 10
- **Babka Bakery** - next to campus
- **Aliza Deli** - Natan Alterman St 42
- **Cafe Gan Sipur** - Ben Zion Michaeli St 20
- **Benedict** - HaEtzel 1

Restaurants (High-end / Feel like celebrating)

- **Sebastian** - Maskit St 33
 - Bistro type of food
- **Meat Bar** - Ha-Sadna'ot St 4
 - Steaks & meat
- **Moon** - Hahoshlim St 4
 - Sushi

Tel Aviv

Bars:

- **Ditza Bar** - Allenby St 93
- **Yaakov Benachala** - Nahalat Binyamin St 34
- **Concierge** - Dizengoff St 95
- **Château Shuál** - Malkhi Yisrael St 19,
- **Spicehause** - Ashtori HaFarhi St 18

Cafes:

- **CafeXoho** - Ben Yehuda St 73
- **Lorenz & Mintz** - Aharon Chelouche St 42
- **Under the Tree** - Ben Yehuda St 202
- **Cafelix** - Shlomo HaMelekh St 12



Activities and Fun



2Break - Rage Room

Great activity to let off some steam and have some laughs

**Yitzhak Sadeh St 32,
Tel Aviv**



Clayla

You have a chance to paint pottery of your choice, a great activity for groups

**Dizengoff 187, Shir St 6,
Tel Aviv**



Kelim Shonim

Great little spot in Herzliya to practice your ceramic skills

**Sokolov St 78,
Herzliya**



Axe & Co

Practice your aim and have some fun with axe throwing!

**Carlebach St 23,
Tel Aviv**



Shfayim WaterPark

Fun way to keep cool during the summer and have fun

Shfayim



Luna Park

The best theme park in Israel, a great way to spend time with friends

**Expo Tel Aviv (Ganei
HaTa'arucha), Israel Rokach
Boulevard**

Useful Apps



Cam Scanner-
scanning
documents



EZcheck Me-
enables easy
check-in for
some of the
courses



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



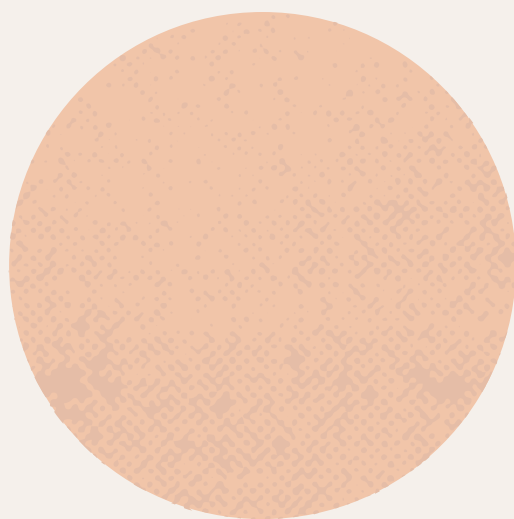
Notability-
note taking app
(recommended for
IPad)



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

Counselor Tip - many apps and services offer
special free/discounter education plans you
can qualify for when using your university
provided email address

YES



We wish you the best of luck!

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

