



DENTAL VOLUNTEERS FOR ISRAEL  
ארגון רופאי שיניים מתנדבים לישראל  
The Trudi Birger Dental Clinic



**Mr. Avraham Asheri,**  
Chairman

**Board Members:**

Mr. Doron Birger  
Mr. Oded Birger  
Mr. Gil Birger  
Prof. Ilana Brin  
Adv. Dr. Yehuda Cohen  
Dr. Moshe Kaplan  
Mr. Joseph Liberman  
Prof. Arie Shteyer  
Mr. Ran Tuttnauer  
Dr. Itzhak Weisz

**Dr. Roy Petel,**  
Director General

**Representatives:**

**Australia**

Dr. A. Deutsch  
Dr. A. Maserow

**Canada**

Dr. R. Nurgitz  
Dr. V. Bederman

**Denmark**

Dr. K. Rasmussen

**Finland**

Dr. E. Kuusisto

**France**

Dr. J. Ciépiélewski

**Germany**

Dr. A. Tarau

**Holland**

Dr. A. Bijloo  
Dr. J. Plugge

**Mexico**

Dr. L. Karakowsky

**New Zealand**

Dr. R. Ferguson

**Norway**

Dr. A. Woldhaug

**Spain**

Dr. J.Boj

**South America**

Dr. L. Levin

**Sweden**

Dr. L.Å. Hallin

**Switzerland**

Dr. S. Flisfisch

**United Kingdom**

Dr. R. Wolfson

**United States**

Dr. M. Goldberg

Dr. A. Helfer

Dr. D. Simkin

Dr. A. Wender

Dear Dentist,

The following pages include a wealth of useful information to help you plan your first volunteer experience at the DVI dental clinic and in Jerusalem. We hope this helps ensure that your stay is an enjoyable, memorable experience!

Please feel free to contact us at [international@dental-dvi.org.il](mailto:international@dental-dvi.org.il) if you have any questions. You can also contact your local representative. (for the complete list click [here](#))

If you feel that anything is missing, or if you find information you think would be useful to others, please share it with us.

We look forward to having you volunteer with us!

All the best,

The DVI Staff

# Frequently Asked Questions

## 1. What are the requirements to volunteer at the clinic?

DVI welcomes all currently licensed dentists with a minimum of two years experience who feel comfortable doing operative dentistry on children. You do not have to be a pediatric dentist. We have Pedodontists and Endodontists volunteering as well. Though we would like to accept all potential volunteers, we cannot accept dental assistants, dental students, and hygienists – as the Ministry of Health will not grant them temporary permits to practice in Israel.

## 2. How do I initiate the process of volunteering?

In order to volunteer please fill out our application form (available on our website). After completing the form you may fax them to our volunteer coordinator at +972-2-678-4737 or email them to [international@dental-dvi.org.il](mailto:international@dental-dvi.org.il).

## 3. How far in advance should I schedule?

In order to be sure you'll get the exact week(s) you want, please contact us at least a full year in advance. With less than a full year's notice, we can not guarantee that the week(s) you prefer will be available. However, there are occasionally last-minute cancellations, and if your preferred week is not available, we are happy to put you on a waiting list – you may get the week you want, but with perhaps only a few weeks advance notice. We'd love to have you, so...if you are flexible, and interested in a last-minute trip to Israel, please let us know – you may be able to save our children from having their appointments suddenly canceled!

## 4. Is there a local dentist I can speak to about the volunteer experience?

Yes, contact the Representative for your country – listed [here](#). They have volunteered many times and are very familiar with the experience.

## 5. I'm still waiting for my translated certificate from the officials in my country. Is my (your-country-here)-language license and diploma sufficient?

Israel's Ministry of Health will only begin to process our application for your temporary permit to practice dentistry in Israel once we send them your current valid dental license from your country, officially translated to English. We need this license at least three months in advance, or we cannot be certain you will be able to work in the clinic.

## 6. What are the hours of operation for the dental clinic?

Update: As of April 1st, 2014, the clinic is open for a four-day workweek: Sunday, Monday, Tuesday, and Thursday. The clinic hours are from 8 A.M. to 1:30 P.M. on Sunday through Tuesday and from 8 A.M. to 12:30 P.M. on Thursday. The clinic operates 50 weeks out of the year except for legal Israeli holidays.

## 7. What about insurance?

The clinic is insured for dental malpractice for all the volunteers that work here. Make sure to organize appropriate travel insurance for the whole period you are away from home.

## 8. Do I need to bring scrubs, loupes, equipment, etc?

DVI is fully – and well – equipped thanks to a few special donors, and will provide you with scrubs, hand pieces, and the equipment you'll need. If you use them, please bring your own loupes. We will also ask you to bring some dental supplies of which we are running short. As a gesture, our young patients appreciate little prizes that you

may want to bring for this purpose. Please do NOT bring any dental supplies without checking with us first – we wouldn't want you to bring things that we don't need/use.

## **9. Does the DVI clinic have a routine clinical staff?**

The DVI clinic Director, Dr. Roy Petel, is a pediatric dentist. He determines the course of treatment and supervises all the work produced. The clinic has five multi-lingual dental assistants. They are highly skilled, speak English and will help you to communicate with the patients and their parents. There is also a full-time hygienist and an Oral Health Education program which is conducted simultaneously with the clinic appointments.

## **10. How will I communicate with the children if I don't speak Hebrew?**

It is not necessary to speak Hebrew to volunteer at the clinic. Our dental assistants will be happy to translate for you, if necessary. Many of our older patients understand some English, which they learn in school. Also, in our volunteers' experience, the children get much more from your tone of voice and general attitude than the words you use – they know that you have come from overseas specially to treat them, and the caring way that you relate to them, whatever the words you use, makes all the difference.

## **11. Are there accommodations provided for volunteers?**

DVI provides all volunteers and their family with cost- free apartments located in Jerusalem. All apartments are available from Friday around 12 noon to the following Friday until 9 A.M. Linens and towels are provided in the apartment, and there are basic kitchen supplies in the functional kitchen. Not every apartment has wireless internet, but there is a grocery store of some kind close to each apartment.

## **12. Can we bring guests to stay in the apartment too?**

Definitely! Each of our apartments have room for a couple and at least one additional person. If you would like to bring more people, please let us know ASAP.

## **13. Is there anyone to pick us up from the airport?**

We are not able to provide airport pick up, but there are Neshet shared taxis (airport shuttle) – which operate 24 hours a day – and are located outside baggage claim near the taxis. Neshet will charge you approximately 60 NIS per person (there are Change & ATM machines in the airport but Neshet will take dollars) and will take you – and all of your luggage – directly to the apartment. We can arrange for them to pick you up at the apartment and take you to the airport for your return flight.

Please keep in mind that this is a shared taxi with up to 10 other people, so you may be in for a long ride. Also, make sure to confirm the price with the driver BEFORE boarding the van.

## **14. What costs might I anticipate?**

You will have to cover your air fare, food and entertainment while you are here. Your plane fare and other fees involved with your trip may be fully deductible under the IRS regulations as a business expense in the USA and some countries in Europe.

## **15. What can I expect to do when I'm not working?**

Israel is a very small country, so you can easily travel around to the wonderful historical and cultural sites. You can also just stay in Jerusalem where there are always fascinating tours, museums, concerts, shopping and sports events. We are happy to make suggestions based on your interests.

## **16. How we are going to get around in Jerusalem? Can we take public transportation from the apartment to work and back? How expensive is that?**

The “Egged” bus system in Jerusalem runs buses from 6 A.M. until midnight – there is more information in the “Volunteer Kit” we will send you via email. The price of bus fare is about 7 NIS one way.

The new light rail in Jerusalem also runs from 5:30 am until midnight, and costs the same as the bus.

### **17. What about Rental Cars – how expensive is that?**

You can rent a car and we’ll recommend the current cheapest company (By the way, rental cars are much cheaper to rent from Jerusalem than from the airport!) However, many dentists have received parking tickets from the Municipality, as legal parking in Jerusalem is difficult to understand. You may want to rent a car just for the weekends, for touring Israel. Rental car companies now offer English-language GPS systems to rent with the car.

One of our apartments has free parking, so if you know in advance that you will be renting a car, please let us know and we will do our best to place you in this apartment.

### **18. Is there a telecommunication company which will sell me a pre-paid SIM card for use for domestic calls in Israel?**

As long as your cell phone is unlocked, you can purchase a SIM card online. The two cheapest plans which we have found are through [www.israelsims.com](http://www.israelsims.com) and [www.cellularabroad.com/israelSIMcard.php](http://www.cellularabroad.com/israelSIMcard.php)

SIM cards can also be purchased in Israel in various stores, including in the airport and about a block away from the DVI clinic.

### **19. Is there anything I can do to help, in addition to my volunteering?**

Yes!! There are lots of ways you can help our clinic to thrive:

1. Recruit new dentists to volunteer – especially Pedodontists and Endodontists
2. Solicit your dental supplies sales rep to donate supplies to the clinic
3. Get your friends and family to sponsor your volunteering
4. Spread the word – tell our story
5. Come again next year!

# A Week in the Life of a Volunteer DVI Dentist

Mark Cohen lands in Israel on Friday morning, hires a taxi, or joins a Nesher shuttle to Jerusalem. He has a map, directions, and the key to his DVI apartment with him, which we sent him earlier. He arrives at the apartment at 12 pm on Friday. The apartment has just been cleaned, and there are linens and towels for his family and guests. The renovated kitchen is equipped with basic pots, pans, dishes and cutlery.

Mark and his family spend Shabbat walking around the historic old city of Jerusalem. On Sunday morning, a DVI staff member picks up Mark from his apartment and shows him the way to the clinic. Mark tours the clinic, meets the dental assistants, and receives an orientation from Dr. Petel, the dental director.

Then, the work begins. One child after another is seated by the dental assistant in the operatory to which Mark has been assigned. The assistant tells Mark the treatment planned for the day, and Mark commences to provide care. The dental assistant guides Mark in providing treatment according to the procedures and standards at DVI. If there is a difference of opinion as to procedural methods or materials, or a deviation from the treatment plan, the dental assistant seeks consultation with Dr. Petel or the other supervising pediatric dentist in the clinic. This assures a measure of continuity and consistency of care to the patients, even as they are being treated by a number of different dentists over the course of their DVI experience. Once Dr. Cohen understands the rationale and accepts the DVI protocol, the day becomes very enjoyable.

Dr. Cohen treats a wide range of patients, including a 7 year-old Ethiopian girl, an 18 year old native Israeli, a family of Arab children aged 6, 9, and 13, and two Ultra-Orthodox siblings aged 14 and 17. Dr. Cohen introduces himself to each child, asks them about their day, how old they are, and what they want to be when they grow up. Patients who are new to the clinic look at him in wonderment, never having been spoken to like this by an adult before.

Each day after work, Dr. Cohen and his family set up different activities with the help of the DVI staff – taking the Wailing Wall tunnel tour, dining at acclaimed restaurants, walking through the renowned Open Air Market (Shuk), visiting the Israel Museum, and more.

On Thursday, Mark's last day of volunteering, the clinic hosts a small party for him, to thank him for the huge difference he has made in his patients' lives this past week. He receives a "Press Kit" with a volunteering certificate, brochures for recruiting dentists, and more.

On Friday, Mark leaves the apartment at 9:30am for a weekend in Tel Aviv, before flying home on Sunday.

## General Information about Israel

Israel is a land and a people. The history of the Jewish people, and of its roots in the Land of Israel, spans some 35 centuries. In this land, its cultural, national and religious identity was formed; here, its physical presence has been maintained unbroken throughout the centuries, even after the majority was forced into exile. With the establishment of the State of Israel in 1948, Jewish independence, lost 2,000 years earlier, was renewed.

Jerusalem the golden is like no other city on earth. Sacred to the world's three major monotheistic religions, and was fought over for three millennium by a variety of peoples and nations. Jerusalem is the capital of Israel and some may say the center of the world.



**Geography** – Long and narrow in shape, the country is about 290 miles (470 km.) in length and 85 miles (135 km.) in width at its widest point. Although small in size, Israel encompasses the varied topographical features of an entire continent, ranging from forested highlands and fertile green valleys to mountainous deserts and from the coastal plain to the semitropical Jordan Valley and the Dead Sea, the lowest point on earth. Approximately half of the country's land area is semi-arid.

### Weather

**Spring & Summer (April- September):** Jerusalem is warm/hot and sunny. It usually doesn't rain during this time of the year anywhere in Israel. Evenings are normally warm but can get chilly at times.

**Fall & Winter (October- March):** Jerusalem gets much colder and rainy, but there are still many sunny days. There are a few very rare and special days a year when the city gets covered in a white and pure blanket of snow.

**Time** – Israel is two hours ahead of Greenwich Mean Time.

**Dress** – Dress in Israel is casual. Even Israeli prime ministers frequently wear short-sleeve shirts without ties.

### Money

There are ATM machines all over Israel, compatible with the Maestro, Cirrus, NYCE, Mastercard, VISA, American Express and other cards you use at home. You insert your card, enter your PIN and receive Shekels debited to your account, converted to dollars. You can also exchange money and travelers' checks at banks or authorized exchange points.

Due to the dynamic nature of the currency markets, we suggest that you check the current rates on the internet.

Israel assesses a Value Added Tax (VAT) of 16.5% on goods and services. Prices should include this tax. For purchases over \$50, you can request the store clerk to fill out a form so you can get a refund of the tax at the airport before you leave.

### Food and Drink



The water is safe to drink throughout Israel (though it may take you a day or two to get used to the different minerals in the water), and Israel's fresh fruits and vegetables are good. Bottled water is available everywhere too. Kosher food means no mixing of meat and milk products either in food preparation or in serving, and no pork or shellfish. These Jewish dietary rules are observed by most hotels and many restaurants throughout the country.

## **Electricity**

Israel's voltage is 220 volts, like Europe. Our electricity outlets usually conform to European adapters, but electrical stores can easily supply you with the right adapter if necessary.

## **Phones**

Telephone – Each DVI apartment has a land-line phone for local calls. Public telephones are operated by telecard, available at major hotels, post offices and many kiosks. It is also possible to purchase pay-as-you-go SIM cards to use in GSM compatible cellphones – available from post offices, authorized sellers including Superpharm and many kiosks.

## **Getting Around**

### **Bus and Light-Rail Services**

In Jerusalem, the bus company Egged runs on weekdays from before 06:00 a.m. till midnight, on Fridays till about two hours before sunset and on Saturdays from after nightfall. The fare structure is simple: You pay 6.60 shekels for a ride in town no matter how far you travel. All tickets are transfer tickets- you can use it to take another bus within 75 minutes of buying it.

There is a Bus to Ben Gurion Airport every 30 minutes. The Central Bus Station is located near the main entrance to the city on Jaffa Rd. Tel. 530 4883

The new Light Rail runs from Pisgat Ze'ev, past Ramat Eshkol and the old city, the central bus station and Kiryat Moshe to Mount Herzl and the Yad Vashem museum. Tickets are the same price as the bus, and transfer tickets are transferable between the bus and the light rail, and vice versa.

### **Taxis**

All taxi fares are governed by a meter, which operates according to Tariff I from 05:30 to 20:59 and Tariff II from 21:00 to 05:29. When starting a journey, the driver is obligated by law to activate the meter. At your request, the driver must give you an official receipt printed by his electronic meter. Intercity fares have fixed rates and can be quoted in advance. In the event that you wish to lodge a complaint regarding traveling by taxi, please contact the nearest Tourist Information Office (in Jerusalem: Jaffa Gate Tel. 628-0457 or 17 Jaffa Road Tel. 625-8844 or the Ministry of Transport, POB 867, Jerusalem 91008.

Sherut (shared) Taxi – These shuttle taxis usually carry 7-10 passengers and follow fixed inter-city routes and fares; they often run on Jewish holidays, such as Shabbat, when the buses don't run.

### **Airport Nesher Shuttle**

Nesher offers 24 hour shared taxi service to and from Ben Gurion Airport. If you wish to use Nesher from the airport to your apartment upon arrival, simply walk out to the taxi area, Nesher Super Shuttles are always waiting there to collect passengers. (60-65 NIS per passenger).

Also, they will pick you up from your apartment or hotel and take you to the airport. Pick-up must be booked 24 hours in advance. Call 02-625-7227 or walk in to the office at 21 King George Street.

Please keep in mind that this is a shared taxi with up to 10 other people, so you may be in for a long ride. Also, make sure to confirm the price with the driver BEFORE boarding the van.

## **Police**

Within the Jerusalem Police Force is a special unit, the Jerusalem Tourist Police, which deals exclusively with tourists and their problems. The unit's top priority is the welfare of tourists, especially those who lose their way, or have been pick pocketed or swindled or have lost their cars during their stay in the capital. Anyone in need of its service can dial 100 and receive immediate assistance.



## Touring Israel

We highly recommend taking a look at the digital version of Time Out Magazine to see what is going on in our area during your visit! See <http://www.timeout.com/> and click on Tel Aviv.

Also, The Jerusalem Municipality has begun its own Tourism Website: <http://tour.jerusalem.muni.il/eng/>

### Within Jerusalem

Jerusalem is a town full of interesting things to do and to see. Try the selected places we have listed below. For up-to-date information and current events we suggest you check <http://www.visit-jerusalem.com/>

#### The Knesset – The Israeli Parliament

The Knesset is Israel's parliament. It took its name from the Knesset Hagedolah, the representative Jewish body convened by Ezra and Nehemiah in the 5th century BCE. The building, completed in 1966, was designed by Yosef Klarvin and funded by Baron James de Rothschild. The Israeli parliament (Knesset) is open to public visits, tours and observation of Knesset sessions. The Knesset offers guided tours for the general public on Sundays and Thursdays between the hours of 8:30AM-2:30PM. Tel: 02-6753420 or [www.knesset.gov.il](http://www.knesset.gov.il)

#### The Chagall Windows (Hadassah Hospital)

World famous stained glass windows by Marc Chagall in the synagogue of the Hadassah University Hospital in Ein Kerem, depicting Jacobs's blessing of his sons, the Twelve Tribes of Israel. Sun-Thu 08:00-15:45, Fri 08:00-12:45. Buses 19, 27. Tel. 641 6333

#### Mahane Yehuda Market – *the "shuk"*

Jerusalem's historic vegetable/food market is a fascinating hive of activity. Between Jaffa Road and Agrippas Street, the market is an attraction in its own right even if you don't want to do any shopping. Thursday and Friday are the busiest days with thousands scrambling to buy the food needed for Shabbat. 'Mahane Jehuda' means **Camp of Judah**. Buses 14, 18.

#### Mea Shearim

This ultra-orthodox Jewish district, established in 1875, is the only remaining example of **shtetl** (ghetto), which existed before the Holocaust in Eastern European Jewish communities. Mea Shearim is Hebrew for **one hundred gates**. The residents mostly dress in 18th century East European styles. They are mainly devoted to religious study. When you visit Mea Shearim you should conform to the residents' standard in your dress and behavior. This means that women should not wear shorts or even long trousers, but a loose-fitting skirt and long sleeves. Men should wear long trousers. Do not walk arm in arm or even hand in hand with anyone. Most ultra-orthodox Jews dislike being photographed; in fact, their interpretation of Jewish Law forbids it. Best place for buying items of Judaica.

#### Community Dancing

Takes place at Liberty Bell Park on Saturday nights during summer months, at around 20:00. The children will love it.

#### Jerusalem Bird Observatory

Every week the Jerusalem Bird Observatory (JBO) offers an English bird watching tour. JBO staff leads visitors around the grounds, delving the area's history from the naturalist perspective, pointing out interesting migrating birds as well as telling tall tales of birds who dwell there year round. English-language tours are held on Tuesday afternoons, 4pm in the Winter and 5pm in the Summer. Call Alen Kacal at 052-3869488 for more information.

### **Biblical Zoo – The Tisch Family Zoological Gardens**

The zoo is imaginatively landscaped on 62 acres, built among mountains, and surrounded by stunning views. A central lake surrounds monkey islands. Visitors can view a wide range of animals in spacious enclosures without bars, including species mentioned in the Bible, rare or endangered species, small animals from deserts and rainforests, a huge aviary, the Bibleland Wildlife Preserve, and African and South American enclosures. New attractions include: beautiful penguin exhibit, computerized Visitors Center in "Noah's Ark," beautiful Lemur land and fascinating Birdwatchers' Route. For children: Zoo train (not on Saturdays and public holidays), children's zoo, ecological maze and large playground. Bus 26, 39 Tel: 02-6750111 [www.jerusalemzoo.org.il](http://www.jerusalemzoo.org.il)

### **The Old City of Jerusalem**

The old city is divided into five areas – the Armenian Quarter, the Christian Quarter, the Muslim Quarter, the Jewish Quarter and the Temple Mount. The current walls were built between 1537-1542.

### **Sandeman's Old City Free Tours**

Highly recommended by our volunteers – (meet at Jaffa Gate) Sun-Thurs 11am; 2:30 pm

### **The Walls of the Old City – Ramparts Walk**

400 years ago the Ottoman sultan Suleiman the Magnificent completed building the walls surrounding the Old City. From top of the walls, the Old City and the holy sites, as well as the new part of town can be seen. Looking out from the walls the landscapes of Jerusalem – Mount of Olives and Mount Scopus, Valley of Hinnom, Kings Valley, the first neighborhoods that were built outside the walls, the City of David, churches, mosques and large parts of the New City are all seen. The path of the tour goes through most of the wall, and is divided into two parts, the first: from Jaffa Gate through Damascus Gate ending at Lions Gate, the second: from Jaffa Gate through the Tower of David ending in Dung Gate. Entrance to the Ramparts Walk is possible from Jaffa Gate, Damascus Gate and from the Moat Fort. Sunday to Thursday and Saturdays 09:00 – 16:00, Fridays 09:00 – 14:00. Tel: 02-6227750

### **The Tower of David**

Set in the magnificently restored ancient Citadel, first constructed 2,000 years ago by Herod the Great, the Tower of David Museum traces Jerusalem's long and eventful history through state-of-the-art displays and exhibits, utilizing the most advanced technologies. Canaanites and Hebrews, Greeks and Romans, Crusaders, Muslims, Turks, British, and Israelis are richly presented and seek harmony within the age-old walls. The panoramic route along the Citadel towers with its breathtaking views of the city and the lush archaeological gardens, all add to an experience you will cherish. Sunday – Thursday 10:00 – 16:00 Friday closed Saturday 10:00-14:00 Buses 20, 38. Tel. 02-6265333 <http://www.towerofdavid.org.il/eng/>

The Tower of David has a wonderful Sound and Light Show called the "Night Spectacular" [http://www.towerofdavid.org.il/English/Night\\_Spectacular](http://www.towerofdavid.org.il/English/Night_Spectacular) – if you mention that you are a DVI dentist you will get a discount!

### **The Western Wall**

In Hebrew **Kotel**, is often referred to as the Wailing Wall because the Jews have traditionally come here to mourn the Temple's destruction. It is part of the retaining wall built by Herod the Great in 20 BC to support

the Temple's esplanade. The Wall can be reached on foot from Dung Gate, the Jewish Quarter, or via the Arab markets. On Monday and Thursday mornings bar mitzvahs are held and are usually fascinating to watch. The Wall is divided into two areas, the northern section for men, the small southern section for women.

### **Western Wall Tunnels**

A tour of the Western Wall Tunnels is a fascinating, unforgettable journey through time. The archeology of the site brings to life everything from Jerusalem's glory during the time of Herod to the Jewish people's longing for Jerusalem throughout the generations. Tours of the tunnels are taken only with guides and must be scheduled in advance. Tours are available for individuals and groups in Hebrew and English. Each tour lasts about an hour and a quarter. The tour is suitable for the general public, for groups of up to 30 participants. Tickets must be purchased in advance, for details call 02-6271333 or <http://english.thekotel.org/>

### **Church of the Holy Sepulchre**

In the very heart of the Old City is the shrine most sacred to Christianity – the magnificent church that marks the site of the crucifixion, burial and resurrection of Jesus. Situated on the hill known as Golgotha (Calvaria in Latin, whence Calvary), the present church is essentially a Crusader structure. The five last stations of the Via Dolorosa are situated inside the church.

### **Via Dolorosa**

Starting from the tower of Antonia near St. Stephen's Gate and divided into 14 stations, marking episodes on Jesus' route to Calvary. Nine stations lead to the Church of the Holy Sepulchre, inside which are the last five. On the way is the Ecce Homo Arch built by Hadrian and associated with this route (John 19:5). You may join the Franciscan Fathers' procession every Friday at 15:00 starting from the Tower of Antonia

### **Al Aqsa Mosque**

The earliest dated mosque in Israel and one of the most important to Islam. The many changes the building went through during the centuries are seen through its non-uniform style. Islamic tradition tells that the mosque was built as a wooden building in 638 by Halif Omar. The silver dome is from the 11th century and its ornaments are from the 14th century.

### **Dome of the Rock**

One of the holiest places to Islam (third one after Mecca and Medina) and one of the more impressive examples of ancient Islamic architecture and art is the Dome of the Rock, built in 691. The dome, covered these days with gilded aluminum plates, was originally covered with real gold. The center of the construct holds the "Drinking Rock", where Jewish tradition tells that Abraham bound his son Isaac and where the Temple's inner sanctum lay. By Islamic tradition, this is where Muhammad went up to the heavens and met the seven important people- among which were Adam, Moses, Aaron the priest and Jesus- and determined the five daily Muslim prayers. In a silver case on the premises there lies hair from the beard of the prophet Muhammad.

### **Old City Markets**

The two most direct access-points to the market are **Jaffa Gate** and **Damascus Gate**.

### **Mount of Olives**

The view from the Mount of Olives is wondrous: the densely packed walled city of Jerusalem embraced by the Hinnom and Kidron valleys, the Golden Gate to Mount Moriah, the Temple Mount, Mount Zion, City of David and more, bring alive both prophecy and Psalms. It is from the Mount of Olives, with its view not only toward the Holy City and its green surroundings, but toward the wilderness, that one understands how

Jerusalem got one of its earliest names, Zion, which comes from a word meaning desert. On the eastern slope of the Mount of Olives is Bethany, where a beautiful church marks the home of Lazarus, Mary and Martha and where visitors can descend and emerge dramatically from the traditional tomb of Lazarus, whom Jesus raised from the dead.

Throughout the ages the last wish of many Jews was to be buried on this site. Tradition has it that the Messiah will bring about the resurrection of the dead from this spot.

### **Garden of Gethsemane**

Visitors to of the Garden of Gethsemane are amazed when they learn that the gnarled olive trees they see could have been young saplings when Jesus came here with the disciples on that fateful night after the Last Supper. Today the ancient trees rise from manicured flower beds; in Jesus' time this would have been an olive grove where an olive-oil press – gethsemane in Greek – was located.

The impressive Church of All Nations, built in the 1920s over earlier churches, relates the events of this place in brilliantly detailed floor-to ceiling mosaics: Jesus praying alone; Judas' betrayal of Jesus; the cutting off of the ear of the High Priest's servant.

### **EGGED'S CIRCLE LINE BUS NO. 99**

Take a panoramic tour of Jerusalem's main attractions, while riding in a double decker bus. During the tour, it is possible to get off and on the bus, without limitation, at any of the 28 stops. The tour lasts for 2 hours. Explanations are given in 8 languages through individual earphones. The Circle Line departure point is from the central bus station or at the Jaffa Gate. Phone: \*2800 or <http://www.city-tour.co.il>

### **City of David Tours**

Pass through the underground tunnels through which the city was conquered and residents fled. Go down to the hidden spring where kings were coronated. Walk in illuminated darkness through the water of Hezekiah's Tunnel, where water has flowed since the time of the prophets. Join the mysterious, magical journey between ancient shafts, walls and fortresses at the City of David, the place where Jerusalem was born.

City of David Segway Tour [click here](#)

### **Museums**

For CNN's list of top 10 Israeli museums [click here](#)

#### **The Israel Museum & Shrine of the Book** (check with Aliza – she may have some free passes)

The Israel Museum is acknowledged to have the finest and most extensive collection of Judaica in the world. It is also home to the Dead Sea Scrolls – the rarest of all biblical manuscripts known to man. The museum has a very special section for children. A recent addition is the Model of Ancient Jerusalem, a miniature construction of the city from the Second Temple period.

Sun, Mon, Wed, Thu 10:00-17:00, Tue 16:00-22:00, Fri 10:00-14:00, Sat 10:00-16:00. Buses 9, 17, 24. Tel. 670 8811 or [www.imj.org.il](http://www.imj.org.il)

#### **Yad Vashem Holocaust Museum** (free)

Yad Vashem has been entrusted with documenting the history of the Jewish people during the Holocaust period, preserving the memory and story of each of the six million victims, and imparting the legacy of the Holocaust for generations to come through its archives, library, school, museums and recognition of the Righteous Among the Nations. Sun-Wed 09:00-17:00, Thurs 09:00-20:00, Fri 09:00-14:00. Free guided tours. Buses 13, 17, 18, 20, Tel. 644-3400 [www.yadvashem.org](http://www.yadvashem.org)

**The Bible Lands Museum** <http://www.blmj.org/en/index.php>

**Herzl Museum** (need reservations in advance) <http://www.herzl.org/English/>

## Swimming Pools

King David Hotel (check with Aliza – she may have some free passes)

The Inbal Hotel (check with Aliza – she may have some free passes)

YMCA

The Jerusalem Pool on Emek Refaim

## Music Events

### Mormon University Concerts

The concerts are free, and the setting extraordinary -looking out at the Old City of Jerusalem. And what a choice of music! The center is located on Mount Scopus. The programs vary. Sunday evenings are devoted to the classics, and include performers from the Israel Philharmonic Orchestra and the Jerusalem Symphony Orchestra. Folk music and jazz are offered on Thursday nights. If you're interested, ask Aliza for a free ticket!

The Jerusalem Theater

The Yellow Submarine

### Tour Guides

Natan Shapira – [shatour@netvision.net.il](mailto:shatour@netvision.net.il); 0505383020

Gary Heller (US, from Da Bronx) 0505803158

Helen Cohn-(UK) 0543081150

Janet Moshe- (US, North Carolina) 0546334525

Eva Yaron (Swedish, Norwegian, English) 0522280555

Claudine Rudel (French): [rudelk@netvision.net.il](mailto:rudelk@netvision.net.il) 026782369

Max Blackstone (Italian, English); [maxgo1@yahoo.com](mailto:maxgo1@yahoo.com) 0544708290; [israelyoudidntknow.com](http://israelyoudidntknow.com)

Shraga Solomon (US, Chicago) 0527703422

## Outside Jerusalem

Egged Tours offers organized day tours all over the country – Dead Sea area including Ein Gedi and Masada, the North of the Country including Sea of Galilee, Caesarea, Haifa, Akko and more. Give them a call at 1-700-70-75-77 or check their website <http://www.eggedtours.com>

The Dead Sea is a popular tourist site that you can visit without a group tour. Egged buses go several times a day from Sunday – Thursday, but we recommend that you take your first weekend in Israel to visit it, either by driving down in a rental car, or by reserving an Egged Tour in advance for Friday or Saturday.

Other great tourist spots include:

Ein Gedi

Mineral Beach

Masada

Mini Israel

Hans Sternbach winery – Emek HaEla (German owners)

Beit Guvrin caves

Better Place Visitor Center Tel Aviv (Electric Cars)

Pi Gllot compound Ramat Hasharon Tel Aviv, Israel

Phone: 073-7777222

Bauhaus Tour, Tel Aviv –The Bauhaus Center specializes in tours of Tel Aviv's "White City" Bauhaus Architecture. The tours are given by licensed guides and experts who will lead you to explore the city's most worthy gems. For English speakers, there is a tour every Friday at 10:00 am.

99 Dizengoff st., Tel Aviv, 64396

Phone: (+972) 3: 522: 02: 49

E-mail: [info@bauhaus-center.com](mailto:info@bauhaus-center.com)



# Shabbat – the Jewish Sabbath

## The Jewish Sabbath

Shabbat (Sabbath) begins on Friday at sun down, and ends the following night. For more information about the Jewish day of rest:

[Wikipedia](#)

[Aish.com](#)

Most banks, businesses and public institutions are closed for Shabbat. In major cities, many restaurants, movie theaters, nightclubs and shopping malls remain open. Please note that in Jerusalem, certain neighborhoods have restaurants and movie theaters open but shops are closed, except for eastern Jerusalem.

Shabbat (Sabbath) and all Jewish holidays begin at sun down, and end the following night when it gets dark. Banks, businesses and public institutions are closed at these times. In major cities, many restaurants, movie theaters, nightclubs and shopping malls remain open. Please note that in Jerusalem, certain neighborhoods have restaurants and movie theaters open but shops are closed, except for eastern Jerusalem. On the holiday of Yom Kippur in the fall, taxi service is available – all other public transportation is not. The eve of Yom Kippur is traffic-free in most areas of the country, leaving the roads open for kids on bicycles and skates and pedestrians.

Hospitality: [Kehillat Yedidya](#) and [Shira Hadasha](#) Synagogues offer hospitality to visitors for Sabbath Meals.

### Restaurants in Jerusalem Open on Saturdays

1 . Colony – lunch or dinner

7 Days a week, 12:00 midnight until last customer

Beit Lechem Rd. 7, Baka Phone: 02-672-9955

Getting to Colony can be a bit tricky – to reach the club from Beit Lechem St., walk down the small path next to the meeting of the old railroad tracks, 50 meters away from the Paz gas station.

2 . Café Smadar – Lev Smadar – more for breakfast/brunch/lunch

Lloyd George St. 4, German Colony Phone: 02-566-0954

3. Focaccia Bar

Rabbi Akiva 4, Phone: 0579443123

Note: On the High Holidays (Jewish New Year, Yom Kippur Fast, etc.) these restaurants will be closed, but several are open on the edge of East Jerusalem, across from the Damascus Gate to the Old City.

On the holiday of Yom Kippur in the fall, taxi service is available – all other public transportation is not. The eve of Yom Kippur is traffic-free in most areas of the country, leaving the roads open for kids on bicycles and skates and pedestrians.

### Supermarkets in Jerusalem Open on Saturday

1 . Supermarket Esrim V'Arba (24), 19 Shamai St.

2. Super 24, 41 Hebron Rd.

### **Tourist Attractions in Jerusalem Open on Saturday**

[The Israel Museum](#)

[The Tower of David Museum](#) - Ask for the DVI combination ticket discount!

[The Biblical Zoo](#)

Jerusalem Walking Tours: [Art and Hummus Tour](#), [Shivtei Yisrael St. Tour](#), [Ethiopia St. Tour](#), and [more!](#)

Some dentists take advantage of the day of rest to tour Israel – [Egged Tours](#) offers day tours from Jerusalem across the country.

## Common Hebrew Phrases | Dental Volunteers for Israel

Common Phrases	
ENGLISH	HEBREW
Do you speak English?	Ata medaber Anglit?
How to get to...?	Ech Magi'im le...?
What is your name?	Ech korim lecha?
Picture	T muna
Nice to meet you	Nayim Mayod
What time is it?	Ma hash'a'a?
How much does this cost?	Kama ze oleh?
The bill, please.	Cheshbon, bevakasha
All right/ o.k.	Beseder
Please	Bevakasha
Thank you	Todah
Excuse me	Sleecha
Good Evening	Erev tov
Good morning	Boker tov
Hello/Goodbye	Shalom
Bon appetite	Bete'avon
Hebrew	Ivrit
Post Office	Do'ar
What is this?	Ma zeh?
When?	Matai?
Where?	Eyfo?
Why?	Lama?
Yes	Ken
No	Lo
I do not understand	Ani lo Mevin
To where?	L'ahn?
Water	Mayim

Great (slang)	Achla/ Sababa
Taxi	Monit
Shopping Center	Canyon
Restrooms	Sherutim
Car	Oto
Bus	Otobous
Money	Kesef
ATM	Kaspomat
Do you have?	Yesh lecha?
Hotel	Malon
<b>I love Israel</b>	<b>Ani Ohev et Yisrael</b>

## Professional Terms

ENGLISH	PRONUNCIATION	HEBREW
Dentist	Rofe'e Shinayim	רופא שיניים
Nurse	Achot	אחות
Where does it hurt?	Eiffo ko'ev lecha	איפה כואב לך?
Pain	Ke'ev	כאב
Very bad pain	Ke'ev chazak me'od	כאב חזק מאד
Do you have a temperature?	Yesh lecha chom?	יש לך חום?
Sensitivity	Regishut	רגישות
Which side?	Be'eize tzad?	באיזה צד?
Grind from side to side	Teshafshef mitzad letzad	תשפשף מצד לצד
Lower jaw	Lematah	למטה
Upper jaw	Lemalah	למעלה
Right side	Tzad yemin	צד ימין
Left side	Tzad smoll	צד שמאל
Hard/Strong	Chazak	חזק
Lightly	Chalash	חלש
Swelling	Nefichut	נפיחות
Abscess	Petza Muglaty	פצע מוגלתי
Pus	Mugla	מוגלה
Blood	Dum	דם
Crown	Keter	כתר
Braces/Bridge	Gesher	גשר
Temporary filling	Stima zmanit	סתימה זמנית
Filling	Stima	סתימה
Root Canal	Tipool shoresh	טיפול שורש
Extraction	Akira	עקירה
Injection	Zrika	זריקה

Anesthetic	Hardamah	הרדמה
Localized anesthetic	Hardamah mekomit	הרדמה מקומית
Drill	Makdecha	מקדחה
Incisor	Shen chotechet	שן חותכת
Canine	Niv	ניב
Pre molar / molar	Shen tochenet	שן טוחנת
Nerve	Etzev	עצב
Jaw	Leset	לסת
Gum	Chanichayim	חניכיים
Tongue	Lashon	לשון
Lips	Sfatayim	שפתיים
Bleeding	Shetef dam	שטף דם
Pills/Medication	Kadurim	כדורים
Rinse	Lishtof	לשטוף
Chew	Lil-os	ללעוס
Bite	Linshoch	לנשוך
Sit down	Lashevet	לשבת
Close gently	Lisgor be-adinut	לסגור בעדינות
Open your mouth	Liftoach et ha-peh	לפתוח את הפה
Close your mouth	Lisgor et ha-peh	לסגור את הפה
Good Boy	Yeled Tov	ילד טוב
Good Girl	Yalda Tova	ילדה טובה
Well Done	Kol HaKavod	כל הכבוד



# The Melting Pot

What's happening in Israel



Talking heads  
Photo by Anatoli Michaelo

## #Pop Culture Israel

by Brian Schaefer

**1 R.I.P.** On September 18, Israel bid farewell to one of its cultural icons, Haim Hefer, who died at the age of 86, was a prolific songwriter who penned the Israeli songbook that defined a new nation and gave voice to Israel's emerging identity. "Over the course of a career that lasted more than six decades, he wrote for everyone who was anyone," wrote Asher Schechter in Haaretz. "It is hard to even imagine a universe without Hefer. If he hadn't lived, we'd have almost nothing of Israeli culture...as we know it today."

**2 Sports** Here in Israel, baseball never really caught on. The country actually has only one playable baseball field. But that's not stopping Israel from being one of 12 new teams competing in the 2013 World Baseball Classic, an effort of the Major League Baseball organization to grow internationally. Only three players on the Israeli team are Israeli-born and raised, reports YNet. The 25 others are Jewish Americans playing in the minor leagues. "As long as they are eligible for Israeli citizenship, they are allowed to play for Israel."

**3 Film** "Fill the Void," a film about love and obligation in the ultra-Orthodox world, by director Rama Burshtein, recently swept the Ophir Awards (Israel's version of the Oscars), winning Best Picture as well as Best Director, Screenplay, and Actress – securing it as Israel's submission for this year's Academy Award for Best Foreign Language film.

## Local language

Use this guide to Hebrew slang often and wisely...and you may just get fed/laid/safely home, etc etc.

Whether you want to impress the gorgeous Israeli girl at the bar or show your annoying cab driver that you understand more than he thinks, use these key words not otherwise taught in Hebrew school. (But take note, most of these words have dual and even quadruple meanings depending on how they are expressed and in which context they are given.) Your next lesson? Lose the accent and add some aggressive hand gestures.

**Al HaPanim (al-ha-panim)**  
Literally: 'on the face' – means, awful.

**Achia (ach-la)** Great!  
**Achi (a-chi)** Dude, bro  
**Basa (ba-sa)** Bummer, lame  
**Barur (ba-rur)** Of course  
**Capara (ca-pa-ra)** someone you would do anything for, babe, friend

**Chaval al Hazman (chaval-al-ha-zman)** Literally: a waste of time. Figuratively: amazing. (Just for confusion, this phrase may also in fact be used literally).

**Chatich (cha-tich)** A total hottie (male)

**Gever (ge-ver)** Man  
**Gadol (ga-dol)** Huge, awesome

**Sababa (sa-ba-ba)** Chill, cool  
**Ars (ars)** In Arabic, a pimp.

In Hebrew, it's a hoodlum of the Middle Eastern variety. Think of the guy you saw barbecuing meat in the park with heavy gold chains, an ounce of gel in his hair and Middle Eastern music blaring from his car radio.

**Frecha (fre-cha)** The female version of the 'Ars'. The Israeli cousin of the American 'skank,' aka Jersey Shore cast members.

**Kusit (ku-sit)** A hot piece (female). This is a surprisingly acceptable variation on the slang term for a woman's unspeakable.

**Balagan (ba-la-gan)**  
A mess. This can describe your finances, hotel room, your relationship with your girlfriend or Israel's politics.

bles, which we won't speak about here...

**Mastool (mas-tool)** Stoned, drunk or just generally dazed and confused.

**Sof Haderech (sof-ha-derech)** Literally: end of the road. Means, absolutely fantastic!  
**Walla (walla)** Really? Seriously?

**Combina (kom-bina)**

More than a good deal. Using all of your connections, creativity and chutzpa to make something happen.

**Ein Matzav (ein-ma-zav)**

It's not gonna happen, no way

**Yalla (yalla)** Let's go!

**Magniv (mag-niv)** Cool

**Tachles (tach-les)** Word

**Zorem (zo-rem)** It's flowing,

cool

**Neshama (ne-shama)** soul, beloved one

**Lapanim (la-panim)** literally:

to the face, something good

**Satlan (sat-lan)** A stoner,

hippie

**Tarimi (ta-ri-mi)** (gay slang)

literally: lift it up, to show off.

**Sachi (sa-chi)** preppie

**Ganoov (ga-noov)** crazy,

flipped out

**Tambol (tam-bal)** dumb,

acting funny

\*(ch denotes the guttural Hebrew letter chet)

**OVERHEARD** "It's not a question of celebration or criticism – it's a window into this world," Ultra-Orthodox director Rama Burshtein



# What to Expect When You're in Israel

For first-time visitors, and maybe even those who have been to Israel before (but are still dumbfounded), this sliver of land and its people undoubtedly leave a lasting impression. Some things are a bit backwards, others majorly progressive, and some just downright inexplicable unless you experience them first hand. *Time Out's* writers did you a favor and gathered their finest local anecdotes, wisdom and tips for making your Israeli experience as authentic as possible



## ISRAELI HOSPITALITY

When invited to Shabbat dinner or the like, almost nothing is expected of guests, especially if you're a tourist. If you offer to help make the coffee or clean up afterwards, you will be instantly waved away. Also, there's a strong focus on family life. The country is small enough that family members are never too far away. Regular family gatherings for weekend Shabbat dinners or lunches are common across the board. Since everything is so inherently familial in Israel, it doesn't take much to instantly feel at home here, even with people you just met on the beach.



## IT'S A SMALL ISRAEL

Yes, Israel is a sliver of a country, but for the 7.8 million people who call it home, it feels even teensier. Most daily outings consist of running into three or more familiar faces, and Israelis have a tendency of finding other Israelis in some of the most remote places in the world.

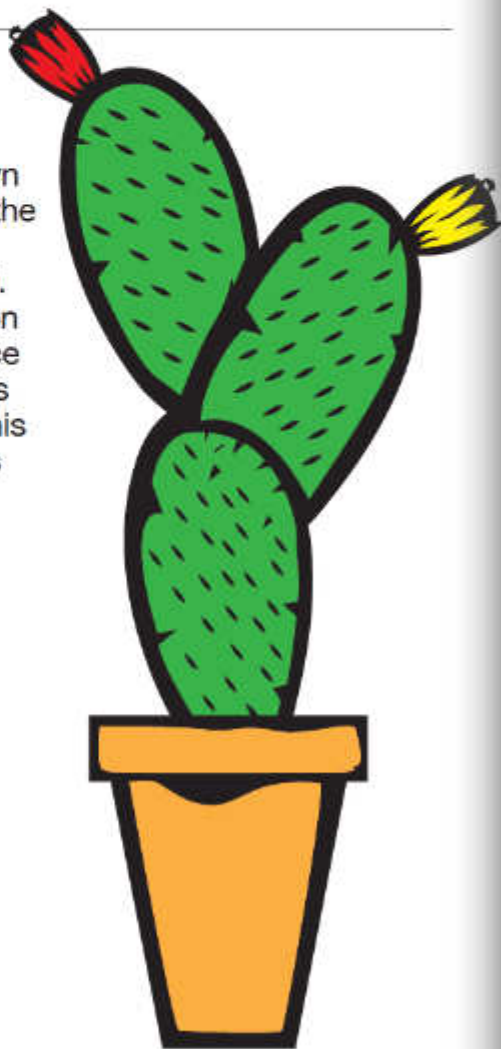
## PRICKLY PEAR

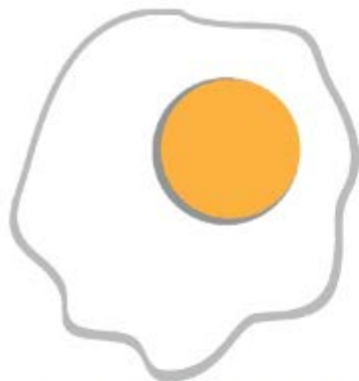
Israelis born in the country are affectionately known as *tzabras*, after the prickly *sabras* fruit that grows on cacti. The fruit is thorny on the outside but once opened, its inside is sweet and tasty. This known analogy has stuck for good reason.



## FLAMING LIPS

Locals are all about talking. Whether it's the produce available in the *shuk*, the deal you got on your couch or how much your rent costs, there is no boundary uncrossed by the sheer nature of being Israeli. What could be considered invasive is the norm here, so speak up. Everyone is doing it.





### BREAKFAST FOR DINNER

The Israeli breakfast is one of the ultimate staples in Israel, and so adored that it's ordered at all times of day in any café worth its salt. Go for an authentic Tunisian dish known as shakshuka (spicy tomato sauce and peppers topped with eggs). Add a chopped Israeli salad, and you've got yourself a no-hassle, very Israeli meal. Go egg for dinner at Benedict (171 Ben Yehuda St, Tel Aviv) or Dr. Shakshuka (3 Beit Eshel St, Jaffa).

### HONK HONK

In Israel, drivers are generally aggressive, so don't take offense. Israelis are famous for expressing their disapproval and on the road they freely show their dissatisfaction at the choices made by fellow motorists through the use of their horn. Here, a honk is essentially the highway's finger-wag. That old lady driving too slowly? Pass her and blare your horn as you speed by. Guy forgot to signal? Honk, loud and proud.



### EAT JACHNUN ON SATURDAYS

You've likely heard of cholent, that overnight-simmering bean and meat stew eaten on Shabbat, but how about jachnun? This traditional Yemenite Jewish food is a buttery dough rolled up and slowly baked overnight, then served with hardboiled eggs, grated tomato and a spicy Yemenite sauce called schug. Gobble some yourself at Jachnun Bar (28 Hillel St, Jerusalem) or Jachnun Shel Ima (47 Allenby St, Tel Aviv).



### HUMMUS WARS

Discourses on hummus can be as heated as those on the policies of Bibi Netanyahu. From the desired softness of the whole chickpea, to the creaminess to the amount of tahini added, everyone has an opinion on who does it best. For a taste of the frontrunners: Abu Hassan (1 Ha'Dolphin St, Jaffa), Pinati (13 King George St, Jerusalem) and HaHalil (6 Kehilat Detroit St, Ramle).



### LINE UP? BAH!

Israelis are not very good at queuing. As in – they simply don't. Even when there is a 'take a number' machine at every local post office. Even when there are thoughtfully displayed boundary lines in front of every bank teller. People cut in line as a rule (assuming there is a line and not just a mob of people) and "I got here first" gets you nothing except perhaps an argument (see the aforementioned 'disagreements').



### 'LAST CALL' DOESN'T EXIST

Bars in Israel don't stop til you do. Tel Aviv's nightlife is off the hook, from cozy bars to brazen nightclubs. The Minzar (60 Allenby St) is always open, as is Brasserie (70 Ibn Gevirol St). On weekends, head to the Block Club (35 Salame St) for underground sounds 'til sunrise.



### 300 DAYS OF SUMMER

For all its conflicts, nothing comes close to the peace one can find while walking Israel's coastline, revelling in its 300 annual days of sunshine. With nearly 200 km of beaches sprawling from north to south, Israel's 8.5 million annual beach-goers are a testament to just how essential the Mediterranean is to Israelis. After all, at the time of establishing a Jewish State, Theodore Herzl was in talks with Great Britain in settling for land in Uganda as a temporary refuge! So drink in the sunshine and enjoy the coast like a local – ice coffee in one hand and a matkot paddle in the other.





## DATING

Contrary to other places in the world, Israelis fly by the seat of their pants. That is, don't be surprised if you get a call to meet up in an hour for drinks. The collective spontaneity that reigns in Israel is both exciting and inexplicable. Just go with it. And expect to pay Dutch.

## GOIN' STEADY

The Talk? It doesn't happen here. There is a sort of 'unspoken understanding' that if you've made it to a 3rd date, you're an item. Which is good (as long as everyone is on the same page) and bad (if you aren't). So here is fair warning. If you aren't in it to win it, let him or her know after the second date. Don't string the poor sucker along.



## NESTING

Moving in Israel is expensive. So it regularly happens that couples join housing forces and start nesting sooner than later, whether it's a good idea or not. Did we mention this place is expensive? 'Nuff said.

## MEN, WHAT YOU NEED TO KNOW:

On the surface, women here are strong with seemingly endless confidence. But they are also fragile and live for attention. Dole out a compliment, buy her a drink and let her talk a bit. But don't be too easy to please from the start. This type of chick will eat you alive. In Tel Aviv, in particular, even the air is sexy and if it's true that body language accounts for 90% of the messages we put out into the world, then Israeli chicks are all about hooking up. But there is one very big exception: she has to be interested first. So if she's playing a staring game while suggestively dancing to the latest Eyal Golan hit, then she wants you to make the first move.



## WOMEN, WHAT YOU NEED TO KNOW:

Don't be surprised if Israeli men come off a tad too strong. Like the Italian Guido, the Israeli male set on the prowl has no problem undressing you with their eyes, and telling you exactly what they think. This is a double-edged sword, ladies. They are straightforward, but they need to be put in their place. Israeli guys love confidence. After all, Israel is a place full of strong opinions and personalities – and we all are attracted to what we know. So don't be shy to speak your mind. These guys have an army instinct imbedded in their DNA. For independent women, this can come off as chauvinistic. There is no ill will on his part. He was born to protect you, so let him.

## WEDDINGS

If you haven't yet been to an Israeli wedding, try to get yourself invited to one. It isn't a difficult task considering most couples invite nearly everyone they know, and barely ask for strict RSVPs. The numbers usually hover around 300 guests, but can top 800, and the abundance of drink, food, and pure, unbridled joy is simply not to be missed.



## JEANS TO A WEDDING? ANYTHING GOES

The rumors are true – it is not uncommon for folks, men especially, to don a "nice" pair of denim to a wedding. But what's with the profusion of mini-dresses, mini-skirts, and five inch heels found at Israeli weddings – often on the bride herself? This is impressively accomplished via convertible dresses: long and modest during the ceremony, the new Missus need only undertake a bit of unsnapping and BAM, her bridal gown becomes a bridal mini-dress and she's ready for serious dancing.



**Wedding gifts = Cash money** Forget all about high-end espresso machines. Here, the way of the land is cash money. Forgot a card? No worries, envelopes are provided. Just slip those shekels inside and you're good to go.



## COMMUNICATION

Israelis are on their phones anywhere, anytime. At a meeting or lunch, an Israeli may take calls, but don't take it as rudeness or arrogance. It's just how things are.

### FRANKLY, DARLING

Need an honest opinion while trying on a dress at Castro? Want to know if that tzimmer (Israeli bed & breakfast) is worth the money? Not sure if he/she is just not that into you? Ask a local. Israelis will tell you exactly what they think. But beware you may just get more than you bargained for.



### WORD OF MOUTH

Israel is a small country and word of mouth goes far around here. In this sense, many become addicted to recommendations from their "trusted sources" and, simply put, banish the thought of walking into an unknown or unvouched-for restaurant. Many will even take this a step farther and insist on only ordering dishes others have given their seal of approval to. Don't be shocked if you recommend a place to someone and they demand to know exactly what you ate, or if they call you up a few nights later from the restaurant, requesting you remind them of what "was good" so they can order it, too. Some of our recommendations? Topolino (62 Agripas St, Jerusalem) for authentic Italian, MachneYuda (10 Bet Yaakov St, Jerusalem, reservations required) for high-end "shuk" food, and Shila (182 Ben Yehuda St, Tel Aviv) for tapas.



### TOUCHY FEELY

Israelis are an extremely warm breed. Handshakes feel foreign here. Big bear hugs, huge kisses on the cheeks, strong eye contact and an overall sense of affection, on the other hand, can be regularly seen on the streets when running into friends, when meeting for coffee dates, etc. This is a very touchy-feely society. Even male friends offer up full body hugs and call each other 'motek' (honey in Hebrew). This camaraderie is prevalent across the board and is one of the Israeli people's most distinctive and lovable traits.



### DISAGREEMENTS

Arguing is a national pastime and is not considered to be confrontational; just a form of healthy debate. Ever hear the saying, "If you have three Jews in a room, you have four opinions"? Well, now you'll get to experience it first hand.

## PARENTING

How different is it being a parent in Tel Aviv than in, say, Toronto? One finds out early. Within a couple of days of signing the Ketubah, you'll hear the musical refrain 'Nu, t'ase yeled kvar!' (i.e., So when are you having a kid?). Everyone asks. And if you think that procreating gets you off the hook, think again. 'Nu, t'ase od yeled!' (i.e., Your child needs a sibling. Get on that stat!)



### CHILD REARING 101

Talking about community: You know that old saying, "It takes a village to raise a child"? Well, Israel is that village. And sometimes, it seems that every one of its 8 million inhabitants has an opinion. The baby is overdressed, underdressed, can't breathe in the baby sling...don't be surprised if you overhear a mother being told, "that's not the way you breastfeed...look, let me show you."





## **Suggested Packing List – DVI**

Each apartment is equipped with bed linens, towels, dishes, cutlery, pots and pans. We also provide coffee, tea, sugar, milk & a cake/cookies. In addition, previous dentists have donated hair dryers in each apartment. (If relevant, check to make sure the hair dryer is set to 220 volt BEFORE turning it on).

### **You may want to bring:**

Toiletries – soap, shampoo, toothpaste, etc.

#### Clothes

- We provide scrub shirts, but some dentists prefer to bring their own scrubs.
- Whatever the weather, the temperature in Jerusalem gets cooler in the evenings, so we recommend bringing layers.
- Comfortable shoes.
- A hat to protect you from the sun.
- A bathing suit, if you are interested in visiting the beach or water hikes.
- From approximately October through March, it can get cold and occasionally rainy (December and January get particularly cold, and occasionally snowy) so make sure to bring a warm jacket/coat.

Money – cash in a major currency (i.e. \$US or Euros), traveler's checks, and/or an international credit card.

Medications – some dentists prefer to travel with some medications (allergy medication, upset stomach medication, antibiotics, etc.) just in case. If you come to Israel without, and end up needing something, not to worry – we can recommend a good doctor and there are plenty of pharmacies in Jerusalem.

Alarm Clock – anything to help you get over the jetlag and out to the clinic in the morning...

Please keep in mind that practically anything you may forget at home is available for purchase here, but shops close early on Fridays and remain closed through Saturday evening.







DENTAL VOLUNTEERS FOR ISRAEL  
ארגון רופאי שיניים מתנדבים לישראל  
The Trudi Birger Dental Clinic



Dear Dr.

**Mr. Avraham Asheri,**  
Chairman

**Board Members:**

Mr. Doron Birger  
Mr. Oded Birger  
Mr. Gil Birger  
Prof. Ilana Brin  
Adv. Dr. Yehuda Cohen  
Dr. Moshe Kaplan  
Mr. Joseph Liberman  
Prof. Arie Shteyer  
Mr. Ran Tuttnauer  
Dr. Itzhak Weisz

**Dr. Roy Petel,**  
Director General

**Representatives:**

**Australia**

Dr. A. Deutsch  
Dr. A. Maserow

**Canada**

Dr. R. Nurgitz  
Dr. V. Bederman

**Finland**

Dr. E. Kuusisto

**France**

Dr. J. Ciépiélewski

**Germany**

Dr. A. Tarau

**Holland**

Dr. A. Bijloo  
Dr. J. Plugge

**Mexico**

Dr. L. Karakowsky

**New Zealand**

Dr. R. Ferguson

**Norway**

Dr. A. Woldhaug

**Spain**

Dr. J.Boj

**South America**

Dr. L. Levin

**Sweden**

Dr. L.Å. Hallin

**Switzerland**

Dr. S. Flisfisch

**United Kingdom**

Dr. R. Wolfson

**United States**

Dr. M. Goldberg

Dr. A. Helfer

Dr. D. Simkin

Dr. A. Wender

We are looking forward to your volunteer visit here at the DVI Dental Clinic. We appreciate your professional contribution which helps keep our clinic doors open. The demand for our services among the needy children of Jerusalem, regardless of race or religion, is enormous. Although we have the capacity to handle the increased demand for our services, without additional funds we may have to cut down on both the number of children we can treat and the number of volunteer doctors that we can accept.

Although you are already doing so much for DVI, we would like to ask you for one more favor. We turn to you to ask if you can help us out by forwarding the suggested email (or a letter of your own) to at least 10 of your friends and family members, tell them about your volunteering at DVI and ask them to sponsor your volunteer efforts (either through PayPal, check or credit card). They should specify that they are donating funds to sponsor your visit. Through this initiative, you can help us raise \$360, keep the clinic open 4 days a week, and treat 3,000 children again this year! Part of DVI's mission is to treat every child who comes to the clinic for help and not send any child away – please help us meet this goal!

**Suggested email:**

Dear Friend,

In a few weeks I am going to volunteer at The Trudi Birger Dental Clinic's Dental Volunteers for Israel (DVI) program, which is a free dental clinic in Jerusalem for poor children aged 4-26. Recently, the clinic has also started helping the other forgotten children of Jerusalem – youth at-risk, street kids and children living in shelters. All these children receive a full range of preventative and restorative dentistry at DVI, which I will help to provide. Most importantly, these children and their families receive this comprehensive care and oral hygiene education at **no cost**.

Although I am getting an apartment to stay in while volunteering by DVI, I am paying for my own flight and living expenses, and closing down my own clinic, in order to donate my time to this worthy cause.

Nothing is more painful than dental pain, and some of the children treated at this clinic are suffering from neglect directly related to their poverty. Because of DVI's intervention, I see firsthand how my dental skills help put a smile back on their faces.

Sponsor my volunteer visit by sending DVI a donation of \$36 or more, and help this wonderful program continue providing top quality dental care and keeping Jerusalem's poorest children in school, where they belong.

AFDVI's donation page: [http://www.americanfriendsofdvi.org/donate\\_now.php](http://www.americanfriendsofdvi.org/donate_now.php)

DVI Israel's donation page: <http://dvi.pionetsv.co.il/?catid={5349A679-2F98-4670-A15C-9B8DBF7B0163}>

# USEFUL PHONE NUMBERS



**DVI Clinic**  
29 Mekor Chaim St

**678 3101**  
**678 3144**

**Fax 678 4737**

**Miriam - Administrative Manager**      **Home: 582 0482**  
Please call Miriam if there are any issues with your apartment  
If Miriam is not available, please call Moshe (below)

**Moshe - Handyman**      054-4201980  
Responsible for emergency repairs in DVI apartments

**DVI Apartments**  
15 Radak St.      566 2823  
15 Uziya St      671 8523  
2 Sderot Eshkol      581 2328

**Aliza - International Relations**      Cell: 052-4882752 (In the summer, Michelle Levine will be using this number)  
Home: 930 9331

**Emergency Services**  
100 Police  
101 First Aid/Ambulance  
102 Fire  
103 Electric Company

**Jerusalem Municipality**      106 (24 Hour Emergency Hotline)

**Tourist Information Center**      627 1422

**Telephone Services**  
144 Information  
188 Overseas Collect Calls  
174 / 175 Wake Up

**Central Bus Station**  
Jerusalem 530-4999  
National Customer Service Center:  
\*2800 or 03-6948888

**Ben Gurion Airport**  
Switchboard: 03-971 0111  
Arrivals & Departures: 03-972 3344

**Taxis**  
Nesher (Shared Airport Taxi)      625 7227  
Taxi Regency      582 1111  
Taxi Eshkol      581 4111  
Taxi Hatzomet      582 6666  
Taxi Rehavia      625 4444  
Taxi King David      625 3510  
Taxi Hatayelet      672-2222  
Taxi Hanasi      673-3333  
Taxi Hapalmach      679-3333  
Taxi Gilo      676-5888



DENTAL VOLUNTEERS FOR ISRAEL  
ארגון רופאי שיניים מתנדבים לישראל  
The Trudi Birger Dental Clinic



### More Useful Contacts and Information

**Mr. Avraham Asheri,**  
Chairman

**Board Members:**

Mr. Doron Birger  
Mr. Oded Birger  
Mr. Gil Birger  
Prof. Ilana Brin  
Adv. Dr. Yehuda Cohen  
Dr. Moshe Kaplan  
Mr. Joseph Liberman  
Prof. Arie Shteyer  
Mr. Ran Tuttnauer  
Dr. Itzhak Weisz

**Dr. Roy Petel,**  
Director General

**Representatives:**

**Australia**

Dr. A. Deutsch  
Dr. A. Maserow

**Canada**

Dr. R. Nurgitz  
Dr. V. Bederman

**Finland**

Dr. E. Kuusisto

**France**

Dr. J. Ciépiélewski

**Germany**

Dr. A. Tarau

**Holland**

Dr. A. Bijloo

Dr. J. Plugge

**Mexico**

Dr. L. Karakowsky

**New Zealand**

Dr. R. Ferguson

**Norway**

Dr. A. Woldhaug

**Spain**

Dr. J. Boj

**South America**

Dr. L. Levin

**Sweden**

Dr. L.Å. Hallin

**Switzerland**

Dr. S. Flisfisch

**United Kingdom**

Dr. R. Wolfson

**United States**

Dr. M. Goldberg

Dr. A. Helfer

Dr. D. Simkin

Dr. A. Wender

Private Taxis

Tzvika 052-260-4637

Doctors

Dr. C. B. Sherer (UK) 10 Jabotinsky St.

Phone: 02-563-6463

Wolfson Medical Center (English speaking clinic) Shalom Mayer Center,  
3<sup>rd</sup> Floor, Diskin St.

Phone 02-561-0297

<http://fmcwolfson.com>

Recommended Restaurants

While there are many excellent restaurants in Jerusalem, if you are looking for an authentic Israeli experience, we recommend the following restaurants:

**Machneyuda** (NOT Kosher) 10 Beit Yakov St. (off of the Shuk)

Phone: 053-809-4897

<http://machneyuda.co.il/en>

**Eucalyptus** (Kosher) 14 Hativat Yerushalayim, Artist's colony

Phone: 02-624-4331

<http://www.the-eucalyptus.com>