



Jewish Federation
OF GREATER NEW HAVEN



Jewish Federation
OF GREATER HARTFORD

ISRAEL 2023:

CHOOSE YOUR OWN ADVENTURE

HANDBOOK





**LEAVE YOUR
OWN MARK ON
ISRAEL – AND
BRING HOME
MEMORIES AND
FRIENDSHIPS
THAT WILL LAST
A LIFETIME!**

WELCOME

FROM OUR CO-CHAIRS

Shalom Chevra,

Welcome to Israel! We are so excited that you are joining us on this life changing experience! Get set for a week of new cultural, educational, and social experiences.

On this trip, you will see, taste, and feel all that Israel has to offer. This adventure will connect you to the land of Israel. You will discover more about the people, culture, politics, and about the work we do at home in our local Jewish communities on behalf of the Federations. The demanding itinerary has been thoughtfully planned to provide you a unique opportunity to experience, first-hand, places and activities that interest you and to learn how your involvement supports the people of Israel.

Here are a few suggestions for an optimal experience:

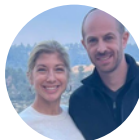
- Get to know your fellow travelers! Don't be shy. Introduce yourself and engage and learn from the wealth of knowledge and experience that others possess.
- Stay engaged! Take in as much as you can from our scholars, rabbis, and knowledgeable speakers.
- Wake-up each day prepared to be inspired and energized. Get a good night's sleep so that you can absorb all the information shared.
- Ask a lot of questions and talk to everyone.
- Take many photos and keep notes of your visits, thoughts, and feelings. It will all be helpful when you return home.
- Push yourself beyond your comfort zone.
- Fill in the blank pages in your journal.
- Create the personal story you want to tell.

We look forward to getting to know you. Thank you for spending your time with us and building a strong Jewish future.

L'shalom!



DAVID & LAUREN HASS
Co-Chairs, New Haven



YITZ & JUANITA MOSS
Co-Chairs, Hartford

WELCOME FROM OUR FEDERATION PRESIDENTS, CEOS AND SENIOR LEADERSHIP

As Presidents and CEOs of the Jewish Federations of Greater Hartford and New Haven, it is our privilege and honor to welcome you on this exciting community trip to Israel.

Some of you have been to Israel before; for others it will be your first journey. We are thrilled that you have chosen to join us.

Together we will learn about Israel's ancient history and modern accomplishments. Regardless of the track you have chosen, we will all be exposed to many of Israel's seminal sights, technological innovations, geopolitical challenges, culture, diversity and culinary delights. Our goal is to deepen our region's connection to Israel and build new relationships and opportunities for collaboration within our own regions.

We are excited to join with you and over 150 participants to celebrate Israel's 75th Anniversary on this once in a lifetime adventure!



GERRY BARKER
President,
Jewish Federation
Greater New Haven



DANA KELLER
President,
Jewish Federation
Greater Hartford



DAVID WARREN
President & CEO,
Jewish Federation
Greater Hartford



AMY HOLTZ
Interim CEO,
Jewish Federation
Greater New Haven



ROBYN TEPLITZKY
Senior Consultant,
Jewish Federation of
Greater New Haven



LESLIE IARUSSO
Chief of Staff,
Jewish Federation of
Greater Hartford

MEET OUR TOUR GUIDES



KEREN HANANEL



YORAM PREMINGER



YOAV ROCKOWITZ



HAGGAI KIMMELMAN



LORNE NEWMAN

A close-up photograph of a person's hand holding a smartphone. The phone is held vertically, and the hand is positioned on the right side of the frame. The background is blurred, showing warm, bokeh-style lights in shades of orange and yellow. Overlaid on the center of the image is a semi-transparent white rectangular box with a thin orange border. Inside this box, the text "SUGGESTED APPS TO DOWNLOAD" is written in a bold, black, sans-serif font, arranged in three lines.

**SUGGESTED
APPS TO
DOWNLOAD**

ISRAEL 2023

CHOOSE YOUR OWN ADVENTURE

Israel 2023, powered by EventMagix, is the official app for our trip together, with a day-by-day agenda, speaker bios, emergency contact information, important notifications, maps and a communication wall for sharing photos and information with one another. Use code israel2023 to access our trip-specific app. **COMING SOON** - watch your email for updates.

DOWNLOAD
FOR IOS:



DOWNLOAD FOR
GOOGLE/ANDROID:



WhatsApp

WhatsApp is a free, secure private messaging service that allows users to send text and voice messages, make voice and video calls, and share images with one another.

We will be using WhatsApp as an additional form of communication while we are in Israel. We will invite everyone to our official WhatsApp group in the week leading up to departure.

DOWNLOAD
FOR IOS:



DOWNLOAD FOR
GOOGLE/ANDROID:





**TRIP
AT A
GLANCE**

THURSDAY, MARCH 9

ARRIVE IN JERUSALEM

| | |
|--------|---|
| 6:00pm | Depart the David Citadel Hotel and head to Olmaya Garden |
| 6:30pm | Community wide Shehecheyanu at Olmaya Garden |
| 7:00pm | Festive opening dinner at Olmaya with special guest, Ambassador Dan Shapiro |

FRIDAY, MARCH 10

| | |
|--------|--|
| 7:30am | Breakfast and meeting with Israeli diplomat. |
| 8:30am | Track Visits |
| 1:00pm | Return to the hotel and freshen up before Kabbalat Shabbat. |
| 3:00pm | Depart hotel |
| 3:30pm | Welcoming in Shabbat: Sing and celebrate in the Old City |
| 4:30pm | Return to the hotel |
| 7:30pm | Festive Shabbat dinner. Engage with guest Lone Soldiers as they share their stories about leaving their families abroad to serve as Lone Soldiers in Israel. |

SATURDAY, MARCH 11

(SHABBAT IN JERUSALEM)

| | |
|----------|---|
| 7:00am | Breakfast at the hotel. |
| 8:00am + | Optional synagogue visits in Jerusalem |
| 3:00pm | Afternoon walking tour exploring Jerusalem |
| 6:18pm | Havdalah |
| 8:00pm | Free time in Jerusalem to explore Jerusalem/Optional visits |

SUNDAY, MARCH 12

| | |
|---------|---|
| 7:00am | Breakfast with keynote speakers |
| 8:30am | Track Visits in our SNEC Partnership Community of Afula Gilboa |
| 4:00pm | Meet local residents whose lives are being changed because of generous gifts to Jewish Federation's Annual Campaign |
| 6:00pm | Shevet Achim V'achayot: A Festival of Friendship |
| 8:30pm | Depart Afula-Gilboa for hotels in the Upper Galilee region |
| 10:00pm | Check into hotels |

MONDAY, MARCH 13

| | |
|---------|--|
| 7:00am | Breakfast in hotel dining hall |
| 8:45am | Guests at both hotels will receive an expert geopolitical briefing on the state of the region. |
| 10:00am | Track visits |
| 6:00pm | Mega event with partnership region |
| 10:00pm | Return to hotels |

TUESDAY, MARCH 14

| | |
|--------|--|
| 7:00am | Breakfast in hotel dining hall, then check out |
| 8:00am | Track visits |
| 6:00pm | Check into hotel |
| 6:30pm | Enjoy a free evening in Tel Aviv |

WEDNESDAY, MARCH 15

| | |
|---------|--|
| 7:00am | Breakfast |
| 7:30am | Depart for Masada/Dead Sea (optional) |
| 8:15am | Enjoy a personal briefing on entrepreneurship, innovation, and Israeli global impact with a noted speaker. |
| 9:30am | Track Visits |
| 4:00pm | Guided tour of ANU: Museum of the Jewish People (optional) |
| 7:00pm | Festive farewell dinner |
| 10:00pm | Depart for hotels |

THURSDAY, MARCH 16

| | |
|---|--|
| 7:00am | Breakfast in hotel dining room |
| 9:00am | Group briefing by General (Res.) Doron Almog, Chairman of the Jewish Agency Executives |
| 10:00am | Optional activities in/outside of Tel Aviv |
| 1:00pm | Free time for last minute shopping |
| 6:00pm | Cocktail dinner at hotels |
| Depart for Ben Gurion Airport for various departure flights to the US | |



TRAVEL FAQS

What should I bring and pack?

Dress is generally casual and informal. We suggest that you bring comfortable clothing. Layers are recommended, as weather can vary during the day. Comfortable walking shoes are a must! A sweater and a jacket are recommended for Jerusalem. At the same time temperatures across the country can range into the 70s (see more about weather, below) so don't forget sunglasses, sunscreen, hat, bottled water and umbrella. On Saturday (Shabbat), men should wear slacks and a polo or button-down shirt; women should wear a nice outfit (skirt or pants) that covers the knees and a top with sleeves below the elbow and/or a shawl.

For women - have an easy, packable skirt, scarf or light shawl for covering up in Israel's holy places. Throw it in your bag in the morning and you're ready for whatever stops you make. Expensive jewelry, electronics and other valuables should be kept to a minimum. Please pack a sufficient supply of any prescription medications you are taking in your carry-on luggage along with any valuables.

How much luggage can I take?

Checked luggage - Limits may vary depending on your airline and we urge you to check your airline's requirements before you pack.

Security checks are routinely carried out for your protection and safety. Expect to be asked about the contents of your luggage - whether you packed your bags yourself and were they in a supervised place before reaching the airport. Do not take any mail, packages or unknown items from anyone before or after arriving at the airport.

What will the weather be like?

Israel has lovely spring-like weather in March. Daily temperatures in Jerusalem range from 48 to 61 and in Tel Aviv range from 53 to 67.

Securing Your Valuables

While in Israel, we suggest keeping your valuables, including your passport, in the hotel safe. When out in public, make sure your wallet and other valuables are secure on your person, especially in crowded places such as the Old City of Jerusalem. Men should carry wallets in their front pockets. Women should use a cross body purse.

Can I use my cell phone in Israel?

Many cell phones can be used in Israel, but you will need to check with your carrier about set up and costs. If you have Verizon, they offer a plan of \$10 per day that you use with your phone. The other major companies have similar plans. You can also rent a phone in advance at www.travelcell.com.

What's the deal with electricity?

Electrical current in Israel runs on 220 V. You may need a converter, but many personal appliances like electric razors run on dual current and can be used without a converter. However, you will need an adapter because the outlet prongs are different in Israel. You can purchase converters and adapters suitable for use in Israel on amazon.com. Many hotels also have adapters available free or for a small charge. Please note that all of our hotel rooms are equipped with hairdryers.

What is the time difference between Connecticut and Israel?

Israeli Standard Time is seven hours ahead of Eastern Standard Time.

Will there be any opportunity to do laundry?

We do not recommend using your free time to do laundry, as there is so much to see and experience. However, if you find that you need to have something laundered, concierge service at each of our hotels can assist you with sending your laundry out and delivering it back to your room.

Do our hotels have gyms and/or pools?

With all of the walking we will be doing, it is unlikely that you'll feel the need to visit the gym. If you do want to get in a quick workout, each of our hotels is equipped with a full-service gym/fitness center. They also have pools, but some are outdoors and may not be open in March. And if you're in the mood for a uniquely Israeli workout experience, check out one of the many "calisthenics parks" along the beach, as well as in Meir Garden and HaYarkon Park. Tel Aviv is also known for its many yoga opportunities along the beachfront promenade, including stand-up paddleboard (SUP) yoga at Hilton Beach, located just a short walk from our hotels.

Where can I find a public restroom while out for the day?

When you're out on a track or exploring one of the cities on your own, your best bet is going to be ducking into a coffee shop or hotel. Jerusalem and Tel Aviv both have dedicated public restrooms scattered throughout the city for use by tourists, but some are older and in disrepair, so you'll have better luck at a private business. In between tracks and on the "long" trips between cities, we will ensure that there are plenty of bathroom breaks.

How much money should I bring?

That depends on how much you like to spend. The New Israeli Shekel (NIS) is Israel's legal tender. While you can change money at the airport and at the hotels, most ATMs work and give you the best exchange rate, as does MasterCard, Visa and American Express. Check your credit card companies, though, as they often charge foreign transaction fees (except American Express Gold/Platinum, Capital One, and select other cards).

Tipping

Tips for our group meals are included in the mission price. All meals are group meals except for Shabbat, Saturday evening (free night in Jerusalem), and Tuesday evening (free night in Tel Aviv). It is traditional for each participant to tip the tour guides and bus drivers at the end of the mission. To cover all of these services, we will be collecting \$150 per person.

If you are having a meal on your own, please note that the tip cannot be added onto your bill or paid with a credit card. Tips must be paid in cash (shekels or dollars) and should be a percentage of your bill. Depending on the standard of the restaurant and quality of the service, tipping should be anywhere from 12-15%. We also encourage you to leave tips for hotel housekeeping, as you would at any other hotel when traveling.

Taxis/Car Services

It is not necessary to tip taxi drivers, and we recommend simply “rounding up.” Always ask your taxi driver to turn on the meter in the city. It is the law, but they may try to negotiate a “fixed price,” which will almost certainly be higher than the meter. Inter-city taxi travel is based on a fixed price - no meter necessary.

VETERAN TIP:

Looking to get around Tel Aviv with the simplicity of Uber? There's an app for that! Download Gett from your phone's app store and you will never have to worry about haggling over prices with a taxi driver again.

A scenic view of a mountain range in Israel, with a white rectangular overlay containing the text "SIGHTS OF ISRAEL". The background shows rolling hills and mountains under a clear blue sky. The foreground is a rocky, yellowish-brown slope. The text is centered in the white overlay.

SIGHTS OF ISRAEL

Ben Gurion Airport

Since its establishment and to the present day, Ben Gurion Airport has served as the main entrance and exit gateway for the State of Israel. The first Jumbo Jet landed at the airport in 1970. During the 80s, passenger traffic at the airport increased, the terminal building was expanded, a new control tower was built and the communications and RADAR installations were improved.

Tel Aviv

Tel Aviv is the second most populous city in Israel, with a population of 414,600. It is located on the Mediterranean coast in central-west Israel, within Gush Dan, Israel's largest metropolitan area, containing 42% of Israel's population.

Independence Hall

Housed in what was one of the first homes in Tel Aviv and the private home of Meir Dizengoff, first mayor of Tel Aviv. On the 5th of Iyar (May 14, 1948), the People's Council gathered to hear David Ben Gurion proclaim the establishment of the State of Israel. Most of the exhibits are original, while some have been reconstructed in precise detail, transporting the visitor back to that incredible event.

Palmach Museum

The Palmach Museum is an experiential museum, covering the Palmach legacy through the stories of individuals and groups. Visitors to the museum join the group of young Palmach recruits from its establishment, and advanced through the story of the Palmach until the end of the War of Independence. The manner of presentation is extremely innovative. There are no displays or documents, but rather an account of a fascinating personal story accompanied by three-dimensional decor, films and various effects incorporating documentary materials.

HaTachana

Constructed in 1892 as the terminal for the Jaffa-Jerusalem railway, the old train station has been renovated into a stylish complex that houses shops, restaurants, arts shows & classes, two weekly markets and lots of other events. The Tel Aviv-Jaffa Municipality beautifully preserved the original design of the buildings while creating open, pedestrian-only spaces for visitors to enjoy the atmosphere. An old rail car sits on train tracks in front of the station's original building, greeting visitors as they walk into HaTachana. It's a fun tribute to what used to be and shows how Tel Aviv embraces its past while moving forward and evolving as a modern city.

Tel Aviv Port

Located at the northern end of Dizengoff Street, where the Mediterranean meets the Yarkon River, is the latest in-place to shop, eat, stroll, bike, fish, exercise. The boardwalk which connects the hangar-like buildings of this once industrial area is, in fact, the perfect place to rollerblade, fish and gaze across the waters to Europe. Highlights include pricey restaurants perched right on the water's edge; the Shablul jazz club (at Hangar 13); Max Brenner's, a chocolate-themed café at the very northern end with an impressive view of a disused power plant that doubles as the venue for Ha'aretz's Art Festival, and "Bait Ba'Namal" ("A home in the port"), a sophisticated hangar-turned-arcade.

Caesarea

Built by Herod, was the Roman capital of Palestine as well as important seat of early Christianity. Although it boasted a Jewish community in late antiquity, in the 3rd century, Jewish sages exempted the city from Jewish law (Halacha) because by this time the majority of the inhabitants were non-Jewish. The extensive seaside ruins here date back to Roman, Byzantine and Crusader times. Explore the 2,000-year-old Roman theater, Crusader harbor and 12th-century ramparts and visit its high tech museum which will show us how the port was built using ancient technology.

Mount Arbel

This site includes the natural park, a highly valued nature site, landscape and archaeological elements. From the top of this huge boulder one sees breathtaking views of the lake. The place hosts remnants of an ancient Jewish settlement including its majestic synagogue, a "Cave Village" and a medieval fortress. Carved into the side of the Arbel Cliff is a fortress where Galilean Zealots held out against the Romans in their first attempt at revolt against the mightiest empire of the ancient world.

Tzfat or Safed

Safed, pronounced Tzfat in Hebrew, sits at a higher altitude than any other city in Israel and has been known since the 16th century as a major center of Kabbala, Jewish mysticism. Tzfat's mystical aura adds to its special status as one of Israel's four holy cities, along with Jerusalem, Tiberias and Hebron. The old synagogues, narrow alleyways and artists' studios add to the hilltop city's unmistakable charm. We will visit its beautiful small synagogues and see the artists' colony.

Absorption Center

The Ingathering of the Exiles is one of the foundations upon which the State of Israel was built. Resident absorption centers have been created by the Jewish Agency for Israel to enable new immigrants to gradually integrate into mainstream Israeli life.

Golan Heights

One of Israel's most beautiful and controversial regions. As a geological and biogeographical region, the Golan Heights is a basaltic plateau bordered by the Yarmouk River in the south, the Sea of Galilee and Hula Valley in the west, Mount Hermon in the north, and the Raqqad Wadi in the east. The western two-thirds of this region are currently occupied by Israel, whereas the eastern third is controlled by Syria. As a geopolitical region, the Golan Heights is the area captured from Syria and occupied by Israel during the Six-Day War, territory which Israel effectively annexed in 1981. This region includes the western two thirds of the geological Golan Heights, as well as the Israeli-occupied part of Mount Hermon.

Beit She'an

A tour of Beit She'an is like a walk through time. Among the residential buildings, modern public buildings, and modern shopping centers are ancient buildings that were once public institutions, archaeological sites and impressive ruins. Beit She'an is one of the most ancient cities in the country. It is an historical gem that unfolds the fascinating story of a rich period full of changes, climaxing in the National Park of Beit She'an to the north of the city.

Mount Herzl

The site of Israel's national cemetery and other memorial and educational facilities, found on the west side of Jerusalem beside Jerusalem Forest. It is named for Theodor Herzl, the founder of modern political Zionism. Herzl's tomb lies at the top of the hill. Yad Vashem, which commemorates the Holocaust, lies to the west of Mt. Herzl. Israel's war dead are also buried there. Mount Herzl is 834 meters above the sea. The Herzl Museum is located atop of Har Herzl (Mount Herzl). The museum details the life of Theodor Herzl, and it describes the many contributions he made to the Zionist cause. An hour-long video creatively portrays the motivations and visions of the Zionist leader. Harsh anti-Semitic sentiments in both Europe and the United States led to Theodor Herzl's pursuit of an entirely Jewish state.

Machane Yehuda Market

World-famous icons of Jerusalem include the Western Wall, the Tower of David and the Machane Yehuda market. The Western Wall and the Tower of David represent the religious, historical nature of Jerusalem, the place from which the Jewish people developed. Machane Yehuda market, however, represents the contemporary—and the future—heart of Jerusalem. Machane Yehuda integrates, in a unique way, the old and the new. Both a bustling marketplace and a neighborhood, it incorporates food, drink, shopping, bars, and restaurants. The shuk still retains its most important characteristics: it remains authentic, with all the flavors and aromas, the colors and the traders' interaction with the crowds.

Western Wall Tunnels

During a fascinating tour of the Western Wall Tunnels – Hidden layers of the Wall are revealed underground. They tell the story of ancient Jerusalem and of generations of longing for it.

Masada

An ancient fortification in the Southern District of Israel situated on top of an isolated rock plateau (akin to a mesa) on the eastern edge of the Judean Desert, overlooking the Dead Sea. Herod the Great built palaces for himself on the mountain and fortified Masada between 37 and 31 BCE.

Dead Sea

The Dead Sea is approximately 400 meters below sea level and is the lowest point on earth in any land mass (417 meters below sea level, to be exact). The quantity of water that evaporates from it is greater than that which flows into it, such that this body of water has the highest concentration of salt in the world (340 grams per liter of water).

Yad Vashem

As the Jewish people's living memorial to the Holocaust, Yad Vashem safeguards the memory of the past and imparts its meaning for future generations. Established in 1953, as the world center for documentation, research, education and commemoration of the Holocaust, Yad Vashem is today a vital place of intergenerational and international encounter.

VETERAN TIP

Be very careful at the Dead Sea with the salt water. Be sure to use filtered water when showering. Salt will burn your eyes!

OUR PARTNER ORGANIZATIONS

The Jewish Federations are part of the global Jewish partnership with Israel at its heart. Our relationship with Israel is not strictly one of donor to recipient, but is one of people to people. Our solidarity with one another is expressed through financial contributions, as well as various mutually beneficial personal exchanges that serve to educate, celebrate our culture and heritage, and develop a strong sense of identity.



AMERICAN JEWISH JOINT DISTRIBUTION COMMITTEE (JDC) is active in more than 70 countries. JDC and its partners work to rescue Jewish lives at risk, bring relief to Jews in need, renew lost bonds to Jewish identity and Jewish culture, and help Israel overcome the social challenges of its most vulnerable citizens, both Jewish and non-Jewish. JDC's reach extends beyond the global Jewish community by providing nonsectarian disaster relief and long-term development assistance worldwide. "The Joint"/JDC's mission is: Rescue, Relief and Renewal of Jewish community life in Israel and around the world.



JEWISH FEDERATIONS OF NORTH AMERICA (JFNA) represents over 150 Jewish Federations and over 300 Network communities which raise and distribute more than \$3 billion annually for social welfare, social services and educational needs. The Federation movement, collectively among the top 10 charities on the continent, protects and enhances the well-being of Jews worldwide through the values of tikkun olam (repairing the world), tzedakah (charity and social justice) and Torah (Jewish learning).



World ORT, also known as the Organization for Rehabilitation through Training, is a global education network driven by Jewish values. It promotes education and training in communities worldwide. Its activities throughout its history have spanned more than 100 countries and five continents.



JEWISH AGENCY FOR ISRAEL (JAFI) works to secure a vibrant Jewish future and was instrumental in founding and building the State of Israel. JAFI continues to serve as the official link between the Jewish state and Jewish communities everywhere. This global partnership has enabled us to address the Jewish People's greatest challenges in every generation. Today, we connect the global Jewish family, bringing Jews to Israel, and Israel to Jews. We build a better society in Israel and beyond - energizing young Israelis and their worldwide peers to rediscover a collective sense of Jewish purpose. The Jewish Agency continues to be the Jewish world's first responder, prepared to rescue and bring Jews home to Israel from countries where they are at-risk.



BIRTHRIGHT ISRAEL provides the gift of first time, peer group, educational trips to Israel for Jewish young adults ages 18 to 26. Taglit-Birthright Israel's founders created this program to send thousands of young Jewish adults from all over the world to Israel as a gift in order to diminish the growing division between Israel and Jewish communities around the world; to strengthen the sense of solidarity among world Jewry; and to strengthen participants' personal Jewish identity and connection to the Jewish people.





**FOODS
OF
ISRAEL**

BREAKFAST

Features: fresh vegetables, eggs and cheeses



BOUREKAS

Crispy, savory pastries that are filled with cheese, potatoes, or vegetables. Served for breakfast or as street food.

SALAT

A chopped salad of finely diced tomato, onion, cucumber, and bell or chili peppers



JACHNUN

A hearty Yemenite Jewish pastry, similar to rolled crepes, often served with spicy salsa.

LABANE

A tangy yogurt spread to be enjoyed at any meal



SHAKSHUKA

Eggs poached in a sauce of tomatoes, olive oil, peppers, onion and garlic, commonly spiced with cumin, paprika and cayenne pepper



VETERAN TIP:

All of the breakfast buffets at our hotels are spectacular, but be sure not to miss the omelet station on the outside patio at the David Citadel!

LUNCH/DINNER

Popular Israeli food is characteristically simple.

A typical lunch in Israel is schnitzel with different side salads, including hummus and tahini, and served with rice or mashed potatoes, and vegetables. For a quick meal on the go, it's easy to grab a falafel or shwarma on the street, usually stuffed in pita with French fries ("chips") and salad.

BABA GANOUSH

A tangy eggplant spread



FALAFEL

Deep fried chickpea balls, often served in pita bread

HUMMUS

A mashed chickpea spread, hummus can be served in many ways and is a staple



MALAWACH

This flaky round pastry can be enjoyed with sweet or savory toppings



PITA BREAD

The “national bread” of Israel



SABICH

A sandwich of fried eggplant, hard boiled egg, tahini in pita



SCHNITZEL

Chicken cutlets, breaded & fried



SHWARMA

Grilled lamb or other meat that is then sliced or “shaved,” often enjoyed in pita

TAHINI

A delicious spread made from ground sesame seeds



VETERAN TIP:

Try as many different foods as possible.
Take home new spices to cook at home!

SNACKS & DESSERTS

These are just some of the sweet treats available in Israel.

**Disclaimer: they're not exactly dietetic!



BAKLAVA

A sweet layered pastry enjoyed throughout the Mediterranean and Middle East

CRÊPES

Food stands sell freshly made crêpes, available with different fillings



KNAFEH

This dessert is made of shredded pastry, soft cheese and sweet syrup

MALABI

A pudding flavored with rose water and topped with nuts



SAHLAB

A rich, creamy, sweet hot drink or pudding



VETERAN TIP:

Try the Sahlab at Aroma, Israel's most popular espresso & coffee chain, and pair it with a chocolate croissant. Yum!



**WHERE
TO
EAT**



THE OLD CITY

The old city of Jerusalem has been a holy city for the world's three monotheistic religions for Centuries. The people, prophets and prayers of Judaism, Christianity and Islam fill the streets and sites of the old city. Thousands are drawn on pilgrimage to this city each year to take in the breathtaking skyline. Down within the centuries-old streets of the Old City are cobblestone alleyways, bustling marketplaces and newly unearthed archways that bring to life the histories of Jerusalem's four quarters. From the food to the shopping, the Old City streets are lively with traditions old and new.

RECOMMENDATIONS

Between the Arches Dairy
Phone: 02-6288680

Kosher BeShaaraich Dairy
Phone: 02-6245055

Kosher Café Harova Dairy
Phone: 02-6287770

Kosher Bulghourji Middle Eastern
Phone: 02-6282080

Hummus Lina Authentic Hummus
Phone: 02-6277230

The Austrian Hospice Viennese Café
Phone: 02-6265800

THE MAMILLA MALL & SHLOMZION STREET

The Mamilla Mall is a shopping street in central Jerusalem and is located between Jaffa Gate and Independence Park, across the road from the David Citadel Hotel, Mamilla Hotel and the new Waldorf Astoria Hotel. The mall features an outdoor promenade and a two-story indoor pavilion, with eateries, boutiques and leading international brand name fashion stores.

RECOMMENDATIONS

Luciana Italian Dairy
02-5021000

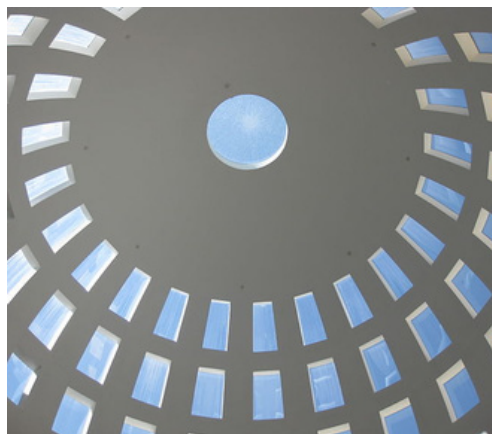
Kosher Kedma Fusion Meat
02-5003737

Kosher Café Rimón Dairy
02-6333030

Kosher Herzl (Joy) Steak
02-5020555

Kosher Roladin Bakery Café
02-6231553

Kosher Black & Burger Hamburgers
02-6246767





You can also find a variety of restaurants in these trendy locations:

King David Street and Mishkenot Sha'ananim/Yemin Moshe:

King David Street hosts the finer hotels in Jerusalem- the King David Hotel, The David Citadel Hotel and the Waldorf Astoria Hotel and runs from the Mamilla Mall to Mishkenot Sha'ananim and Yemin Moshe neighborhoods. Built over 150 years ago by Sir Moses Montefiore, Mishkenot Sha'ananim became the first Jewish residential area outside the Old City walls and Yemin Moshe was built next to it a few years later. Today, these are upscale neighborhoods with spectacular views of the Old City. The Windmill recognized as the hallmark of Yemin Moshe, is a common feature in Jerusalem art and literature and marks the western expansion of the city. The Inbal and The King Solomon Hotels face these neighborhoods and The Dan Panorama and Prima Kings Hotels are within 5 minutes walking distance.

City Center:

The culinary scene in central Jerusalem has developed beyond recognition in recent years and this is where you can find some of the city's leading restaurants...be it on Shlomo Hamalka Street, the Ben Shatach and Ben Yehuda Pedestrian malls, Hillel and Shamai streets, Independence Park or many of the side streets. In addition to the restaurants below, there are bars, cafes and pubs, which make it the hangout center of Jerusalem.

HaTachana HaRishona:

Jerusalem's 1st Railway Station. The old train station in Jerusalem, one of the city's historic landmarks, comes to life and retakes its place as a popular cultural and recreational center. The First Station offers visitors an unparalleled experience, thanks to its exceptional location at the crossroads between Jerusalem's Old City and its modern neighborhoods; hosting some of the finest restaurants in the city, as well as festivals, cultural and recreational events.

The German Colony Emek Refaim Street:

The German Colony (HaMoshava HaGermanit) was established in the second half of the 19th century by members of the German Templar Society. The colorful history of the German Colony is illustrated by the mix of architectural styles found within a relatively small area, which add a special aura to the neighborhood. Today the “Moshava,” as it is popularly known, is an upscale neighborhood bisected by Emek Refaim Street, an avenue lined with trendy shops, restaurants and cafes.

Machane Yehuda Market:

The Machane Yehuda market is widely recognized as one of the great symbols of Jerusalem, and for many residents of Jerusalem, it represents much of what makes them Jerusalemites. Machane Yehuda integrates the old and the new – it is a bustling marketplace and a neighborhood, a place to shop, eat and drink and of course relax and soak up the aura of Jerusalem. Even with the addition of many cafes, restaurants and boutiques in recent years, the shuk still retains its authenticity with all the flavors, aromas and colors still intact and of course, with its legendary shopkeepers lively interacting with the crowds.





THE PORT

The Tel Aviv Port is one of the city's most striking and popular centers for commerce, dining and fun. Located in northwest Tel Aviv along the Mediterranean Sea, the port was opened in 1936 and closed in 1965 when its operations moved to the new Ashdod Port. After many years of disuse, the city of Tel Aviv initiated a major restoration program in the late 90's which was completed in 2006 - the result is a thriving area of culture, entertainment, leisure and of course food. Beyond all else, a huge wooden deck covers 150,000 square feet and acts as a huge promenade running along the seafront.

RECOMMENDATIONS

Bariba Veg
03-6025026

Kosher Meat & Eat Meat
03-5252558

Max Brenner Chocolate Bar
03-5445480

Oshi Oshi Sushi
03-6207056

Benny HaDayag Fish & Sea Food
03-5440518

Greg Café Salads & Sandwiches
03-6031081/2

Yulia International
03-5469777

HATACHANA

HaTachana - the Hebrew name for the railway station that served the Jerusalem-Jaffa line from late 1800's until 1948 - is now home to numerous restaurants, design stores and other centers of leisure, all located in the renovated buildings of the original station. Located between the Tel Aviv Beach and Neve Tzedek, the Tachana is a wonderful combination of old and new, with the flavor of yesterday's pioneers and the taste of Tel Aviv's contemporary design scene.

RECOMMENDATIONS

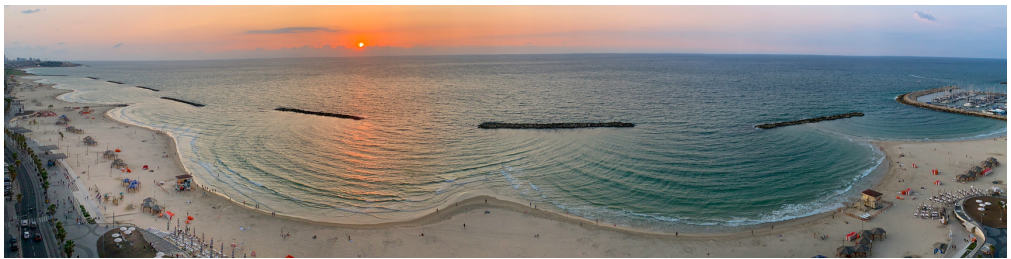
Regina Jewish
03-7367474

Kosher Vicky Christina Tapas Bar
03-7367272

Italkiya BaTachana Italian
03-5222664

Greg Café Salad & Sandwiches
03-5168887 25





ALONG THE BEACH

The Tel Aviv-Jaffa Promenade is one of the city's calling cards, running for almost 9 miles along the beach. It is where you will find surfers and buskers, people watchers and swimmers, joggers and walkers and literally everything that Tel Aviv has to offer.



RECOMMENDATIONS

Armando Fish
03-5101601

Kosher Blue Sky Dairy/Israeli Chef
03-5201830

Kosher Manta Ray Fish & Sea Food
03-5174773

Herbert Samuel Israeli Cuisine Chef
03-5226464

Raphael Chef Cuisine
03-5226464

Fitzroy
03-5206100



You can also find a variety of restaurants in these trendy locations:

Allenby and Magen David Square · Nachalat Binyamin · Pedestrian Mall · Carmel Market · Sheinkin Street

The area around Magen David Square (named so for the six different streets that cross it) is full of a wide array of culinary opportunities – From the Nachalat Binyamin Pedestrian Mall, which turns into an Arts, Crafts and Music fair on Tuesdays and Fridays, to the all week (except for Shabbat) Carmel Market with its colorful stands and street food, to Shenkin Street, one of Tel Aviv's creative treasures - The area is a true taste of Tel Aviv, with humous, borekas, fruits, vegetables and nuts galore, in addition to some good quality restaurants.

Neve Tzedek

This re-gentrified and picturesque area, one of the first Jewish neighborhoods built outside the walled city of Jaffa, was where Israel's Nobel Laureate for literature Shai Agnon began his career, where artist Nahum Gutman studied in the first Hebrew speaking school and where the first roots of the modern city of Tel Aviv were laid. Today it is home to the Suzanne Delal dance and cultural center, artists' galleries, fashion shops; cafes as well as many of Tel Aviv's leading restaurants.

Jaffa Flea Market

One of the world's most renowned flea markets, Shuk Hapishphishim (the Jaffa Flea Market), is a synthesis of Middle East authenticity and modern Tel Aviv. You can buy anything from paperclips to antique furniture to gourmet food and books. It is the Jaffa Flea Market that brings to life the famous quote – one person's junk is another's treasure. Beyond the incredible cultural experience, it is a place to have loads of fun while bargaining and haggling your way through the alleyways.

Jaffa

For over 3000 years, the ancient port city of Jaffa served as the Land of Israel's gateway to much of the world. From the Cedars of Lebanon for the Temple in Jerusalem to the first gateway seen by throngs of both Jewish and Christian pilgrims. The artists which line the alleyways of Old Jaffa have long been a significant stop on many a trip to Israel, and now, the Port has been renovated as well and together, Old Jaffa and Jaffa Port, host a wide array of attractions and eateries which cater to almost any taste and whim. The Tel Aviv Center for Performing Arts and Shaul Hamelekh Blvd.

The Tel Aviv Center for Performing Arts (Mishkan LeOmanuyot HaBama)

Home to the Israel Opera and the Cameri Theater, and together with its neighbor, the Tel Aviv Museum of Contemporary Art, the area has become one of Israel's cultural powerhouses. The Tel Aviv District Court and numerous businesses are located nearby and the synthesis of culture with the daily beat of Tel Aviv life, results in a plethora of culinary choices, from quick lunches to relaxing and luxurious dinners.

Sarona

Sarona combines a unique architectural history with a dynamic urban experience. Together they create a center of culture, leisure and shopping in a relaxed and upscale atmosphere. The renewed colony includes an urban park and the accurately restored the original 37 buildings of the Templar settlement. These have been transformed into elegant cafes, ritzy restaurants, high-end art galleries and an assortment of specialty shops. The Sarona Market complex was established in August 2015, to be the heartbeat of Israeli culinary art. With 91 shops, stalls and restaurants of all categories, Sarona Market is Israel's largest, most unique indoor culinary complex. It draws its inspiration from the leading markets worldwide and with the combination of local and global, classic and contemporary, urban and rural, imported preserved products and fresh products, have made Sarona Market a unique landmark unequalled in the food chronicles of Israel.





**THINGS
TO
KNOW**

HELPFUL HEBREW PHRASES

| English | Hebrew |
|-------------------------|---------------------|
| Hello, goodbye, peace | Shalom |
| Good morning | Yom tov / boker tov |
| Good evening | Erev tov |
| Thank you | Todah |
| Good night | Layla tov |
| How are you? | Ma shelomkha |
| I'm fine, thanks! | Tov, todah |
| What's new? | Ma nishma |
| Good bye! | Shalom! |
| How much is this? | Kama ze ole? |
| My name is | Hashem sheli |
| Nice to meet you | Naim meod |
| Thank You! | Todah Rabah |
| What Is This? | Ma ze? |
| Please, you're welcome | B'vakasha |
| Pardon Me, Sorry | Slichah |
| Hotel | Malon |
| Taxi | Monit |
| Money | Kesef |
| I do not have any money | Ainly Kesef |
| Coffee please | Kafe b'vakasha |
| Water | Mayim |
| Where is the bathroom? | Eyfo ha'sherutim? |
| I don't understand | Lo hevanti |
| What's up? | Ma nishma? Ma kore? |
| Do you speak English? | Ata medaber englit? |

TRIP PARTICIPANTS

| | |
|--------------------------|-----------------|
| Benjamin Adler | David Charron |
| Marcia Adler | Rena Citron |
| Wendy Amblo | Patricia Cohen |
| Moe Banks | RC Cohen |
| Gerald Barker | John Colangelo |
| Alivia Barker | Greg Colodner |
| Tricia Bennett | Joanna Cooper |
| Miriam Benson | Scott Cooper |
| Stanley Berry | Rosalind Cooper |
| Dianne Berry | Rick Cooper |
| Elise Black | Alan Dardik |
| Michael Black | Susan Dardik |
| Michael Bloom | Jill Dulitsky |
| Tiffany Blumenstein | Pam Ehrenkrantz |
| Glenn Blumenstein | Leslie Fass |
| Rabbi Tuvia Meir Brander | Marlene Feldman |
| Christine Brouillard | Peter Feldman |
| Stephen Brouillard | Shirley Fiedler |
| Lyn Caliendo | Heather Fiedler |
| Linda Caplan | Robert Fiedler |
| Mark Caplan | Carol Fishman |
| Gloria Carlson | David Fishman |
| Shiyan Chao | Alan Fodeman |
| Kimberly Charron | Alana Fodeman |
| Nolan Charron | Wendy Ford |
| Devon Charron | Stu Foster |
| David Charron | Mara Ginsberg |

TRIP PARTICIPANTS (CONT.)

| | |
|---------------------|-------------------|
| Ken Ginsberg | Allen Krim |
| William Glucksman | Lisa Langsner |
| Carol Goldberg | Leslie Iaruso |
| Mitchell Goldblatt | Diane Lieschman |
| Abby Goldblatt | Marty London |
| Rabbi Bekah Goldman | Delly London |
| Ethan Goldman | Gus Keach Longo |
| Julie Goldman | Eli Loss |
| Rona Gollob | Alexis Loss |
| Kathryn Gonnerman | Ryan Loss |
| Matt Greenberg | Susan Lotreck |
| Beth Halligan | Roger Luchick |
| Andrea Hammerling | Karyn Malinconico |
| Lawrence Handler | Steve Malinconico |
| Lauren Hass | Margaret Mann |
| David Hass | Marc Mann |
| Roger Hess | Paige McCrensky |
| Judith Hess | Judith Merriam |
| Saul Hochman | Cindy Miller |
| Stephanie Hochman | Stacy Milner |
| Edward Hochman | Mark Milner |
| Derek Holodak | Danielle Moghadam |
| Amy Holtz | Yitz Moss |
| Amanda Katzman | Juanita Moss |
| Dana Keller | Judith Mourad |
| Naomi Klotz | Nancy Nadelman |
| Carol Krim | Jeremy Nadelman |

TRIP PARTICIPANTS (CONT.)

| | |
|--------------------|---------------------|
| Vicki Nardello | Gayle Slossberg |
| Leigh Newman | Norman Sondheimer |
| Edina Ostreicher | Lisa Stanger |
| Stephen Rabb | Gary Starr |
| Joel Rein | Elisabeth Steinberg |
| Judith Rein | Robert Stillman |
| Nancy Roberts | Eleanor Stutz |
| Felicia Robinov | Steven Temkin |
| Julia Rosner | Gayle Temkin |
| Charles Rosoff | Lily Temkin |
| Amy Rosoff | Alyssa Temkin |
| Marcia Ross | Robyn Teplitzky |
| Jonathan Rubin | Patti Vine |
| Vivian Rubin | David Waren |
| Paul Schatz | Krista Weaver |
| Teri Schatz | Betty Weber |
| Betsy Schulman | Noah White |
| Jamie Seltzer | Hannah White |
| Rabbi Rona Shapiro | William White |
| David Silverstone | Alissa Wurtzel |
| Doug Skalka | Howard Zik |
| Susan Skalka | Scott Zimmerman |
| David Slossberg | |





EMERGENCY CONTACTS

WHO TO CALL
IF SOMETHING
HAPPENS

Federation Staff

Robyn Teplitzky

New Haven

203-671-8287

Robynteplitzky@gmail.com

Leslie Iarusso

Hartford

860-930-9736

liarusso@jewishhartford.org

Amy Holtz

New Haven

610-737-1122

Aholtz@jewishnewhaven.org

David Waren

Hartford

203-645-1627

dwaren@jewishhartford.org

Lisa Stanger

New Haven

203-915-6658

lstanger@jewishnewhaven.org

Heather Fielder

Hartford

860.989.3147

hfielder@jewishhartford.org

Trip Co-Chairs

Lauren Hass

Trip Co-chair, New Haven

203-535-2784

Laurenhass@hotmail.com

Juanita Moss

Trip Co-chair, Hartford

860-480-8772

juanita.moss@gmail.com

David Hass

Trip Co-chair, New Haven

203-535-2783

Dhass@gastrocenter.org

Yitz Moss

Trip Co-chair, Hartford

860-480-9948

yitz.moss@gmail.com

Eshet Staff

Tamar Lurye

972-54-4404017

Tamar.lurye@eshetincoming.com

Efrat Mandel

972-52-6130751

efrat@eshetincoming.com

Ofra Shushan

972-54-4457849

ofras@eshetincoming.com

Allison Lazarus

972-54-743933

allison@eshetincoming.com

Hospitality & Tour Guides

Dorit Krongold

Hospitality Field Coordinator

972-54-496-4977

Michal Zilka

Hospitality Field Coordinator

972-50-646-6919

Rotem Levi

Hospitality Field Coordinator

972-54-247-4849

Yoram Preminger

Track 1: Explore Israel - Must See!

972-54-450-2352

Lorne Newman

Track 1: Explore Israel - Must See!

972-54-348-6610

Haggai Kimmelman

Track 2: Geopolitics and Co-Existence

972-52-384-9002

Keren Hananel

Track 3: Wine, Food, Art, Culture

972-52-399-0656

Yoav Rockowitz

Track 4: Innovation & Technology

972-50-583-4647

FAST FACTS



Capital:
Jerusalem

Languages:
Hebrew, Arabic, English

Continent:
Asia

Prime Minister:
Benjamin Netanyahu

President:
Issac Herzog

Population:
9.364 million

National Emblem:
The official emblem of the State of Israel is a candelabrum (menorah). The olive branches on either side represent Israel's yearning for peace.

Tourism:
Over 2 million tourists visit Israel each year

Major religions:
Judaism, Islam, Christianity

Israeli Flag:

The flag of the State of Israel is based on the design of the Jewish prayer shawl (tallit), with a blue Shield of David (Magen David). In October 1948, the Provisional Council of State adopted the blue and white colors with the Shield of David as the flag of Israel. This flag was unfurled on May 11, 1949 in Lake Success, New York, when Israel became the 59th member of the United Nations.

The design of the Israel flag is the same as that of the Zionist flag which was used at the First Zionist Congress, held in Basel in 1897. A major role in working out this design was played by David Wolfsohn, the distinguished Zionist leader who succeeded Theodor Herzl as president of the World Zionist Organization in 1905.





FUN TRIVIA

- Israel is the only country in the world that has more trees today than it had 50 years ago.
- Israel has the eighth longest life expectancy in the world: 82 years, which is more than the United Kingdom, the U.S. and Germany.
- People who keep Shabbat in Israel can buy car insurance which doesn't cover Saturdays, making it cheaper.
- There are more than 40 kosher McDonald's in Israel. (The only one outside the Jewish state is in Buenos Aires).
- Israel is the largest immigrant-absorbing nation on Earth.
- Cherry tomatoes were originally engineered in Israel in 1973.
- Israel publishes more books per capita than any other nation in the world.
- In 1984 and 1991 Israel airlifted a total of 22,00 Ethiopian Jews to the State of Israel.
- Israeli bank notes have braille on them so the blind can identify them.
- An estimated one million notes are left in the Western Wall each year.



**SEE YOU
IN
ISRAEL!**