

## **EcoPeace Internship Manual**

Thank you for your interest in EcoPeace Middle East. We look forward to you joining our tri-lateral team to assist us in our cooperative efforts to protect our region's shared natural heritage.

All of the relevant background information about EcoPeace and our projects is available on our website. Please familiarize yourself with all of our projects and recent publications prior to the beginning of your internship to expedite your quick integration into our project activities.

EcoPeace's internship program aims to integrate highly motivated young adults at the early stages of their professional development. Interns provide administrative and project support to EcoPeace staff members and at times undertake research projects as part of their academic advancement. Whatever brings you to EcoPeace, we are glad to have you on board and look forward to a successful partnership.

This manual aims to assist you in your integration to EcoPeace in our Tel Aviv office. Please find enclosed some basic information to assist you in your efforts to get settled in Tel Aviv. Once you make your way to the office, our staff will be happy to assist you in working out other logistical hurdles you may encounter.

## Transportation

Note: There is no public transportation from Friday afternoon through Saturday evening (Shabbat), so be sure to look at your options in advance if planning to travel during that time.

### Arrival at Ben Gurion International Airport

Once you pick up your luggage you should make your way to Tel Aviv. The quickest and cheapest way to get to central Tel Aviv is by train.

Trains: Located at the entrance to Terminal 3. Trains to Tel Aviv take about eleven minutes, leaving frequently (depending on the time of day) and cost 13.5 NIS.

Alternatively, you could take a private taxi. Look for the taxi-stand outside the main entrance. Fares are estimated at 130 NIS during the day and 150 NIS during the night or weekends.

Upon arrival in Tel Aviv, you will want to acquire a Rav-Cav card (free), a reusable green transport card valid in all the major bus and train stations. You can get the card in Tel Aviv in the following locations:

- Tel Aviv HaShalom Train Station (15 minutes walk from the Office)
- Tel Aviv HaHagana Train Station
- Terminal "Maasof 2000" railway station Arlozorov near information office
- New Central Bus Station 7<sup>th</sup> floor near Information office

You should download the "Moovit" app which integrates all bus companies in Israel including lines, time tables and suggested routs. This will make your travels easier inside the city.

### Tel Aviv Inner-City Transportation:

Inside Tel Aviv, public transportation options include:

- 1) **Bicycle:** You might want to consider buying a bicycle for your internship period or subscribe to Tel-O-Fun, Tel Aviv's bike-sharing rental system: <https://www.tel-o-fun.co.il/en/HomePage.aspx>
- 2) **Trains:** There are four main train stations that service Tel Aviv. Visit the Israel Railways website for more information: <http://www.israrail.org.il/english/index.html>
- 3) **Buses:** Dan Bus Company operates the main bus routes in Tel Aviv. Information in English on routes and timetable can be found at: <http://www.dan.co.il/Eng/>
- 4) **Monit Sherut:** These yellow mini-buses operate inside Tel Aviv on bus lines #4, which runs parallel to the coast along Allenby and Ben Yehuda St. and #5 which runs up Rothschild Blvd. and Dizengoff St. to Dizengoff Center, then turns right to run down the lengths of Nordau and Yehuda Ha-Macabee and back. You can get on and off wherever you like. All rides are 6-7 NIS. They are operative during Shabbat.

**5) Private Taxi:** It is advisable to make sure the driver is using the meter. Taxi operators at Tel: 03 5249090 or 03 5271999; you will be charged a small fee for ordering a taxi by phone instead of hailing it on the street. You can also download the app Gett to order a taxi, it works all over Israel.

### Inter-city

There are three main types of inter-city public transportation in Israel.

**1) Buses:** Egged Bus Company: The New Central Bus Station is located at 108 Levinsky, about

15 minutes walk from the EcoPeace office. Alternatively, many buses leave from or pass through the Savidor Merkaz train station on Derech Begin and Arlozorov. Consult their website for route and timetables: <http://www.egged.co.il/HomePage.aspx>

**2) Trains:** Israel Railways Company: English website includes fares, departure and arrival times: <http://www.israrail.org.il/english/index.html>

**3) Monit Sherut:** These are yellow mini buses for 10 passengers that operate on the main bus routes between cities, departing as they are filled. They are located across the street from the new central bus station exit (platform 410). Destinations and estimated costs include: Haifa (1hr., NIS22); Jerusalem (45min, NIS20); Nazareth (1hr., NIS25); Netanya (20min, NIS10). As opposed to Egged buses and trains, moniot sheruts run on Shabbat (Saturday) but at higher fares.

## Accommodation

Make sure to allot ample time to find an apartment prior to your arrival. It is wise to take into consideration EcoPeace's office location and public transportation options when selecting an apartment.

Proximity wise, the neighborhoods of South Tel Aviv, Florentine and Jaffa are ideal, and tend to be less expensive than neighborhoods in North Tel Aviv. The commute can vary from 15 to 45 minutes by bus according to the traffic.

While it is advisable to start your search well in advance, past interns have suggested that short-term sublets do frequently become available on short notice (especially on facebook pages and on Airbnb), so if you don't find something immediately, don't panic!

### Online Classifieds:

The following links are helpful for rentals, sublets, shared apartments, used furniture, used bikes and just about anything else:

[www.janglo.net](http://www.janglo.net) – English classified website

<http://telaviv.craigslist.org/> - English

[www.yad2.co.il](http://www.yad2.co.il) - Hebrew

[www.agora.co.il](http://www.agora.co.il) – website for people giving away free stuff (Hebrew)

In addition, several Facebook groups can be very helpful, including the following:

[Secret Tel Aviv](#)

[Tel Aviv Apartment available](#)

[Tel Aviv Area apartments, rooms, & apartment stuff](#)

## Communication

You can purchase a local pre-paid sim card for your phone and smart phone in all major providers' shops. A plan with unlimited text, calls and 8-10G of data will cost you 50-60 NIS. Common phone companies include:

- Cellcom
- Orange
- Pelephone
- Hotmobile
- 019

You can choose the option of including mobile data traffic and be able to use internet. This will allow you to use navigation maps and help you stay in contact with your family. However, if you choose not to, you can count on Tel Aviv public wi-fi system, which is widespread all over the city.

## Health Insurance

Keep in mind that you are required to have valid health insurance for the entire duration of your stay as an EcoPeace intern. You will be required to present the insurance policy upon arrival before you get started.

### Suggestions:

- 1) Travel Cuts – [www.travelcuts.com](http://www.travelcuts.com)
- 2) International Association for Medical Assistance to Travelers:  
<http://www.iamat.org/>
- 3) Harel Insurance (Israel): <http://www.harel-group.co.il/?CategoryID=587>
- 4) STA Travel: [www.statravel.com](http://www.statravel.com)

## International Student ID Card

If you are a student, it is worthwhile to obtain an International Student ID card. In order to obtain a card, you must supply proof that you are a student in the current academic year (i.e. university student card or a letter from your university, officially signed, dated and stamped) and a passport-size photograph. You will then be eligible for discounts on inter-city travel, museum entrance fees, etc. IDs can be purchased at ISSTA (<http://www.issta.co.il/>) -

there are branches at Ben Yehuda St. 109 and Dizengoff center 50), or any such student travel agency in your home country.

## Practical Information

**Workweek: Sunday-Thursday** excluding public holidays  
Public Holidays

### Important Phone Numbers

Police: 100

Ambulance: 101

Fire: 102

Information: 144

Overseas Operator: 188

Tourist Information Office: 03 639 56 60

### Currency

Any post office will change money without commission. There are numerous change spots on all major streets in Tel Aviv. Credit cards are accepted almost everywhere.

### Banks:

The main banks in Israel are Bank HaPoalim, Israel Discount and Bank Leumi. They are open Su, Tu, Th 8:30am-12:30pm & 4-5:50pm; M, W, F 8:30am-12pm.

### Shopping

- TLV Fashion Mall - HaHashmonaim St 96 (5 minutes from the office), clothing, health, cosmetic, food
- Azrieli Center - 132 Petah Tikvah Rd
- Dizengoff Center - center of town with stores, fast-food, and movies Sheinkin St. - trendy clothing and jewelry boutiques
- Shuk Ha-Carmel - at the intersection of Allenby Rd, and King George St. - everything from clothing, furniture, bedding, etc; further down you'll find fresh fruits and vegetables, although if you cannot speak Hebrew you will be subject to 'special tourist pricing'. Grocery stores with clearly marked prices are often a more reliable way to ensure you are not being taken advantage of.
- Flea Market (Shuk Pish-Pishim) - Jaffa
- Levinsky Market - Spices shops, restaurants and cafes

### Medical Assistance

Hospitals:

Ichilov Hospital - 6 Weizmann St. (03 697 44 44)

Assuta - Ramat HaHayal - 20 HaBarzel St.

Tourists/non-residents +972-3-7643247

### Post Office

The toll-free number for information about postal services is 177-022-2121. You can ask to speak to an English-speaking operator. Post office hours vary from branch to branch, but are usually open Sundays to Thursdays 08:00 to 12:30 and 15:30 to 18:00, and on Fridays from 08:00 until about noon.

### **Electricity**

Israel runs on 220 volts, you might need a converter for your appliances, as well as an adapter. While both of these can be purchased in Israel, it may be more convenient to bring them from your home country.

### **Hebrew/Arabic Studies**

Most short-term visitors to Israel find that they can get by relatively easily speaking English. However, as with visiting any country, your experience will be greatly enriched by learning some basic Hebrew or Arabic. Hebrew schools are called 'ulpan' in Israel. There are a variety of ulpan around Tel Aviv that offer classes at different levels of intensity and level including full day courses and night classes. Contact the specific ulpan for information regarding when classes begin, their frequencies and costs. Ulpan Bayit, Citizen Cafe and This is Not an Ulpan are all good options for learning Hebrew in more modern and international atmospheres.

## **Tips from former interns**

- The organizational culture is different from the US, Europe and other places; it enables more direct contact with all staff members, use it to get to know the people in the office.
- Keep in mind that you will be working in an NGO environment, where staff and interns are usually asked to multitask and serve several projects at the same time.
- You are required to come to the office from three to four times a week, from 9 or 9:30 am until around 4 or 5 pm. Punctuality is appreciated.
- Communicate what is interesting for you, what you would like to work on and any trouble you encounter.
- If you want to visit the other EcoPeace offices or EcoParks, let your supervisor know in advance.
- On your first week at the office send out an email introducing yourself to everyone.

## **Free Time**

**Tel-Aviv's best attraction is the beach.** You will soon find out that each beach up and down the coastline has a different character. For example: Alma Beach is the chill/hippie beach, Hilton Beach is the gay beach, Geula Beach is for games (matkot/frisbee), Frishman is the tourists' beach, and so on. It may take time until you find your spot, but you will eventually. Always be careful of the water and listen to the lifeguard's instructions.

**Old Jaffa and the flea market.** Walk around the few small alleyways of old Jaffa (a 4000-year city) for the best view of Tel-Aviv. Continue to the flea market where you can practice your haggling skills and find some bargains.

**Neve Shanan Street.** This is the heart of the Eritrean and Sudanese communities alongside other foreigners. It is interesting to walk around and see the Israeli component of the refugee/migrant issue. Preferably go during

the day and take some basic safety measures (don't display fancy iPhones, don't walk into deserted alley ways, etc.). Eat some injera.

**Bat-Sheva dance company** is one of the most important contemporary dance companies in the world. They usually perform in Tel-Aviv. Highly recommended: <https://batsheva.co.il/he/home>

**Jerusalem.** You must visit Jerusalem. Preferably on a week day. It is generally safe for tourists to go anywhere in the city. Go to the Machne Yehuda market, the old city and if possible to the Palestinian neighborhoods in East Jerusalem.

**Working Out.** There are multiple outdoor workout spaces spread throughout the city. If you wish to get a gym membership, you have many options ranging from luxurious facilities with swimming pool and sauna to the most basic and essential service. The cheapest (100 NIS/month) and closest gym to the office is ProfitGym (Carlebach Street 18)

## Food Recommendations

Let's be honest, peace and environmental issues are important, but one of the reasons you have come to Tel-Aviv is to eat. Tel-Avivians take their food very seriously and although Middle Eastern food is common throughout Europe and the US, it has unique flavors in Israel/Palestine at large and in Tel-Aviv – Jaffa in particular. For example, proper hummus is not a dip that is served with veggies before a main course – but a whole meal (usually lunch) by itself.

Tel Aviv has developed its own kind of cuisine combining Palestinian food, Mediterranean traditions, North African influences and a dash of Eastern European flavors. This unique cuisine is more visible in the medium to expensive restaurant where chefs have more space to express themselves. But, at the end of the day, the cheap eats represent the local food more than anything.

**These are a few recommendations:**

### **Very Cheap (<15 Nis)**

All Falafel Restaurants on Shalma road & Hazanovic Street

Falafel Razon – one menu item: pita falafel, decent  
Address: King George Street 17

### **Cheap: (15-40 Nis)**

Hakosem – A great falafel spot that now serves a variety of things. Vegetarian/vegan Address: Shlomo ha-Melekh St 1.

Johnny's Falafel – A real Tel-Aviv institution. Don't forget to add a bunch of tahina to every bite. Vegan. Address: Tchernikhovski st 2.

Hummus Abu Hassan – Best hummus in Tel-Aviv Jaffa, order the famous Masabacha (and not the regular hummus) Vegetarian/Vegan. Address: Shivtei Israel St 14 (or Ha-Dolphin St 1).

Son of The Syrian Hummus – Great hummus spot near the Carmel Market. Order the “complete” option. Vegetarian/Vegan. Address: Hillel HaZaken St 10.

Sabich Frishman – Fried eggplant, egg and fresh veggies in a pita bread. One of the two best sabich spots in Israel. Vegetarian/Vegan Address: Frishman St 42.

Shwarama Bino – Lamb shawarma done properly with two locations. Addresses: David Raziel 29 or the new location: Rothschild Blvd 73.

Miznon – A pita place by a hailed celebrity chef serving all kind of pita dishes to loud music and shouting staff. Address: Ibn Gabirol St 23

**Medium: (40-130 Nis)**

Kaimak – Vegan spot in the Levinsky market. Address: Levinsky 49.

Barbunia – Fish and sea food spot with endless re-fill of mezze (small salads). Address: Ben Yehuda 192.

Port Said – Trendy bar/restaurant with hipster waitresses and good music. Can get packed.  
Har Sinai St 5.

The Bun – Asian food with local touch. Great Udon and Ramen in the winter.  
Hillel HaZaken 18.

The Old Man and the Sea – Massive fish restaurant in Jaffa with never ending mezze and a nice view. Address: Kedem St 85

Vitrina – Best hamburger in Tel-Aviv. Nachlat Binyamin 40

Thai House Restaurant – Incredible Thai food (a little pricey but worth it).  
Address:  
Bograshov St 8

**Restaurants: (130 – 250 Nis)**

Ouzeria – Amazing food and great vibe with a menu that changes daily, casual service in the heart of the Levinsky market. Matalon St 44.

Santa Katarina – A perfect example for Tel-Avivan contemporary cuisine.  
Address Har Sinai St 2.

Pronto Restaurant – High-end Italian food with a local touch (expensive).  
Address: Herzl St 4.

Bana – A new vegan restaurant in a nice location. Address: Nahmani St 36



Joz ve Loz – Bohemian and artsy restaurant with a talented young chef.  
Address: Gvulot St 5

**Bars:**

Minzar Bar – A Tel Aviv institution that operates 24 hours, one of the last reasonably priced places in the city (the food is actually not bad as well).  
Address: Allenby St 60

Yom Tov Café – Coffee shop by day and bar by night in the Yemenite quarter. Address: 30 Yom Tov St

Yavne – Cool spot with outdoor seating. Address: Yavne St 31.

Teder – A bar with a radio station, the hipster mecca. Address: Derech Jaffa 9

Uganda – The activist/left wing/intellectual bar. Address: Simtat Beit HaBad 5

Anna Loulou – One of the only Arab - Jewish bars in Tel-Aviv. Gay friendly.  
Address:  
HaPninim 2.

Nilus Bar – Where hipsters, artists and intellectuals mix and mingle. Address:  
Allenby St 3

Rothschild 12 – More upscale bar with in and outdoor seating. Live music.  
Address:  
Rothschild 12.

Shpagat - The leading gay bar in Tel-Aviv. Address: Nahalat Binyamin St 43.

Cuckoo's Nest - New bar, close to the Jaffa flea market with a bunch of antiques and funny décor. Address: No'am St 1

**Clubs and Venues:**

The Block – A world class club with an incredible sound system and big headliners. Shalma Rd 157

Alphabet – Small club with two rooms in center Tel-Aviv. Check out the gay line "PAG". Address: Ahad Ha'Am St 54

Breakfast Club – Two spaces underground (not for people with claustrophobia).  
Address:  
Rothschild Blvd 6.

Barby – Concert venue for local and international music. Address: Qibbutz Galuyot Rd 52

G-Spot Club Atlanta – the best hip-hop club in town. Address: 2 sderot shaul hamelech

Pasàz - eclectic venue (hip-hop dominant). Address: 94 Allenby Street