



WELCOME!

Welcome to the Azrieli Faculty of Medicine, Bar-Ilan University, Safed

PRE-ARRIVAL

Visa

Every incoming student arriving to Israel, including post-doctoral fellows, must arrange for a student visa (A/2 visa) at their local Israeli consulate **prior** to their arrival in Israel.

Please present your acceptance letter from the Graduate School as well as a support letter from the faculty / your PI when applying for a visa.

A list of Israeli consulates around the world can be found here:

<https://embassies.gov.il/Pages/IsraeliMissionsAroundTheWorld.aspx>.

* For renewing your visa while in Israel, please contact the academic secretary (Ms. Hadas Hasidim med.tm@biu.ac.il) 1.5 months prior to its expiry date. She will assist you with scheduling an appointment at the Ministry of Interior office in Safed.

Health Insurance

Every international student must obtain a health insurance policy for the duration of their stay in Israel, **prior** to their arrival (you will also be requested to present your health insurance for the visa application).

Once in Israel, you may decide whether to continue your health insurance from your home country or to buy a local health insurance policy.

There is no obligation to work with a specific insurance provider, however we recommend contacting “Harel-Yedidim” – with comprehensive experience handling the insurance needs of international students, and 24/7 English-speaking assistance.

For more information on Harel-Yedidim see here <https://biuinternational.com/wp-content/uploads/2019/01/Health-insurance-procedures.pdf> and/or visit their website, <http://www.yedidim-health.co.il/>

More information regarding the coverage can be found here <https://biuinternational.com/wp-content/uploads/2018/11/Summary-of-coverages-UMS-Policy.pdf> (for a basic summary of the coverage) and here <https://biuinternational.com/wp-content/uploads/2018/12/UMS-Policy.pdf> (for the full policy).

If you have any questions regarding the policy, contact academic@yedidim.co.il

YOUR FIRST DAYS IN ISRAEL

Landing at Ben Gurion Airport (airport code TLV)

It is best to plan your arrival to Israel for a weekday (Sunday-Thursday) as there is no public transportation to Safed during the weekend (Friday-Saturday). Please notify your PI/ lab manager regarding your anticipated arrival date so they will know when to expect you.

You will be handed a blue slip of paper (in place of the entry stamp on your passport) by Immigration officials. It is advised to keep this blue slip until you leave Israel, as it contains information regarding your date of entry, etc.

Currency exchange at the airport

Go to the Bank Hapoalim counters at the Arrival Hall, between conveyor belts 6 and 7, phone 03-9722763/4. Open 24/7. The Israeli currency is the New Israeli Shekel (NIS).

Reaching Safed via public transportation

The least expensive option would be to take a train from the airport to Karmiel (trains leave every 30-60 min, journey take ~2.5 hours, schedule can be viewed here <https://www.rail.co.il/en>). Then, From Karmiel take the [Nativ-Express](#) bus no. 364/ 363/ 361 to the Safed central bus station (White-Orange buses, journey takes ~45-60 min). From the bus station, it is a 10-15 min. walk to the faculty, or you can take bus no. 6/ 7/ 13 (Nativ-Express bus company).

* Please note that the last train from Ben Gurion Airport to Karmiel is at 21:35. After 21:30, you may take a train to Akko and then a taxi to Safed, as buses will not be available at this hour (estimated cost - ~250-300 NIS for such a taxi ride).

The last bus from the Karmiel Train station to Safed is at 00:04.

The Faculty address: *8, Henrietta Szold St., Safed*

"Rav-Kav"

You can travel throughout Israel using a Rav-Kav card, which is a centralized transportation pass that can be used on trains, bus and the metros. It is possible to obtain a Rav-Kav at the Safed Central Bus Station, upon showing a copy of your Passport or ID card. You may pre-load the Rav-Kav with money, and students get additional value on their card (for example, 30 NIS recharge for students gets 45 NIS value). While the Rav-Kav does not have an expiry date, the student benefits are annual and the student permit needs to be provided to the Rav-Kav officials annually.

The student permit from the university can be downloaded by logging into the INBAR (Student online service system of Bar-Ilan University website (<https://inbar.biu.ac.il/Live/Login.aspx>))

Housing

There are no dorms at the Faculty of Medicine. Most of our international students rent a flat (either single or shared with flat mates) in the area nearby the faculty.

The most common website for finding a place for rent is: <https://www.yad2.co.il/realestate/rent>.

The website is currently only in Hebrew. Your lab mates/ lab manager should be able to assist you.

A single person flat would range between 1,400-1,800 NIS, depending on size and style. Apart from the rent, there will be additional charges (electricity, water, gas, Wifi, house tax) as applicable. Every student renting a house in the area of the Galilee is eligible for housing support (350 NIS). Once you have a signed rental contract, please present in to the academic secretary. You must present your rental contract to the academic secretary upon each yearly contract renewal.

Opening a bank account

In order to receive your stipend you will have to present an Israeli bank account to the academic secretary.

There is no obligation to work with a specific bank, though most of our students open a bank account at Bank Hapoalim. Address: 39, Ha'Gdud Ha'Shlishi, Safed.

Working hours:

Sunday: 8:30-13:30

Monday: 8:30-13:00, 16:00-18:30

Tuesday: 8:30-13:30

Wednesday: 8:30-13:00, 16:00-18:30

Thursday: 8:30-13:30

Friday: Closed

Saturday: Closed

You will have to present: copies of your passport, the acceptance letter from the University, a copy of the A2 Student VISA and copy of your ID card from the University.

Getting an Israeli SIM card

There is no obligation to work with a specific cellular company. Bar-Ilan International School offers service through the 019 provider. More details can be found here:

<https://biinternational.com/students/sim-card-information/>

While there are many service providers available in Israel, "Golan Telecom" is popular among Indian International students, as they are very affordable and come with a good internet pack attached. (Plans change from time to time). "Golan" shops are found on Jerusalem Street, where you can provide proof of passport, ID card from the University and attach your card details in order to obtain the SIM card.

Emergency numbers

In case of emergency, from any phone:

Police: 100

Ambulance: 101



(for non-emergency medical issues, contact your insurance provider)

Fire: 102

Home Front Command: 104

Bar-Ilan Safed Campus Security: 072-264-4910

GETTING AROUND SAFED

- Supermarket: "Shufersal" , 40, Haim Weizman St., Safed. A 7-10 minutes' walk down the main road from the Faculty. Open Sun-Thu 8:00- 21:00/22:00. On Friday closes early (13:30/14:30). Closed on Saturday.
- Open air market ("Shuk"): Every Wednesday in the market area in Jabotinsky St.
- Central post office : 100 HaPalmach St. (Just up the stairs leading to the Saraya square, 2 min. from the Faculty)
- Jerusalem St. – the main street where you can find shops, cafes, restaurants etc. A 10-15 minutes' walk from the Faculty (pass the Saraya square).
- Pharmacy: Also on Jerusalem Street, just off Aliya Bet, a short walk of 5-7 mins from the Faculty (pass the Saraya square).

USEFUL APPS AND ONLINE RESOURCES



Moovit / Transportation: www.moovit.com



Israel Railways / Train: www.rail.co.il



Easy / Local search engine for finding points of interest: www.easy.co.il



Gett / taxi: www.gett.com



Waze is a GPS navigation software app owned by Google. It works on smartphones and tablet computers that have GPS support. It provides turn-by-turn navigation information and user-submitted travel times and route details. (<https://www.waze.com/download>)

For more local cultural tips regarding living in Israel, see <https://biuinternational.com/students/cross-cultural-crash-course/>

A FEW WORDS ABOUT THE CITY OF SAFED

Safed (in Hebrew: טַפַּחַץ Tsfat,) is a city in the Northern District of Israel. Located at an elevation of 750-900 meters (2,953 ft), Safed is the highest city in the Galilee. Summer here is nice and warm and winters are cold and occasionally snowy.

The ancient city dates back to the fortified town in the Upper Galilee mentioned in the writings of the Roman-Jewish historian Josephus and to the Crusader period in the 12th century.

Safed is home to a large community of Jews who practice Kabbalah, a mystical form of Judaism.

In the 1950s and 1960s, Safed was known as Israel's art capital. The artists' colony established in Safed's Old City was a hub of creativity that drew artists from around the country. The Artists' Quarter is still situated just south of the Old Jewish Quarter, and contains a large number of galleries and workshops run by individual artists and art vendors.

Safed is also famous as the Klezmer capital of the world, hosting an annual Klezmer Music Festival that attracts top musicians from around the globe.

More information on the city and suggested activities may be found on this website:

<http://www.safed-home.com/>

For hiking and nature lovers, the city of Safed is located in the beautiful Northern District of Israel, surrounded by many trails and national reserves. More information may be viewed here:

<https://www.parks.org.il/en/>

ACADEMIC INFORMATION

Please remember to bring original documents with you, as you will have to present them to the academic secretary in order to complete your Bar-Ilan University registration.

Courses

During your PhD program you will have to take a total of 8 annual hours (16 credit points), out of which two are compulsory courses (Research Methods & Technology [81-901-01] and New Horizons in Molecular Biology [81-900-01]). In addition, if you will be working with animals during your studies you must also take Animal Handling course [81-899-01]. Out of the 16 credits, 4 seminars must be taken, each worth 1 credit (0.5 annual hour). Consult your PI before you select your course of study and electives.

All students must attend the Faculty Colloquium (weekly seminar). You have to be registered to this Faculty Colloquium [81-898-01] during each one of your academic years. It is mainly important to be registered to the Colloquium on a year that you do not take any other academic credits (usually your first/last year), in order to be recognized in the university's systems.

Your research proposal must be submitted by the end of the first year. Please note the date stated on your acceptance letter for submitting your proposal. If your arrival in Israel was delayed, you may ask for an extension for your proposal submission. Contact your PI or the academic secretary for more information. After submitting the research proposal, an Accompanying Committee will be appointed to monitor the student's progress. You will be required to submit a periodic (annual) report to the Accompanying Committee. Upon completion of the research work, a Summarizing Report will be submitted to the Accompanying Committee. Following its approval, the student may write the dissertation and submit it to the reviewers.

University systems

"IN-BAR" online personal student information portal:

Go to <https://inbar.biu.ac.il/Live/LogIn.aspx>

To enter, click on "forgot password" and type in a new one. Username is the first 8 numbers of your ID/passport number. Via this system you may monitor all your academic progress and register for courses.

Bar-e-learn ("Moodle") online personal academic calendar portal:

Go to <https://lemida.biu.ac.il/>

Same username and password as for the IN-BAR portal. Via this system you may follow up on academic material accompanying the courses.

Tuition

The Azrieli Faculty of Medicine PhD students' are exempted from tuition fees for 4 academic years.

You will have to pay campus security fees ~520 NIS per year (compulsory) and social services ~350 NIS per year (the latter is optional; if you are not interested in this, you must sign off the form before the 1st semester of each year).

Living Stipend

The Azrieli Faculty of Medicine PhD students' are eligible for a living stipend. The living stipend is for 48 months starting upon your arrival and would be at least 5,000 NIS (excluding housing support). After your proposal is approved, the living stipend may increase.

Contacts within the faculty:

- Ms. Hadas Hasidim, Graduate student secretary: 072-264-4947 or med.tm@biu.ac.il
- Dr. Dorith Raviv Shay, International School representative: dorith.raviv-shay@biu.ac.il
- Dr. Omry Koren, Head of Graduate studies committee: omry.koren@biu.ac.il
- Dr. Ron Piran, Students counselor: ron.piran@biu.ac.il
- Dr. Amir Kuperman, Head of students affair committee: amirk@gmc.gov.il
- Ms. Adi Litmanovich, Graduate students representative in the students union:
graduate.asrag@gmail.com