

# [AIS New Family Quick Start Guide](#)

WBAIS PTA have drawn together some brief tips and information which we hope you will find useful in supporting your transition to Israel.

## **SOCIAL CONNECTION**

One of the first steps we recommend you take is to connect with WBAIS families through WhatsApp and social media channels. Join by clicking the hyperlinks.

### **School WhatsApp Groups**

Parent WhatsApp Groups  
*Stay Connected*

Early Years	Kindergarten	1st Grade
2nd Grade	3rd Grade	4th Grade
5th Grade	Middle School	High School

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### Join the [WBAIS Israel PTA Facebook](#) private group

With over 180 members from the WBAIS community, don't miss out on regular updates relating to school events, summer programs, Coffee Meetings, parent workshops, school research, guest lectures.

## Non-School WhatsApp Groups

### Join the [Expat Community Forum](#)

A good resource for those living in Sharon region. This group is composed of expats, foreign diplomats and locals. Get recommendations and ask questions here.

We also have a local Buy/Sell Group if you are new to the area and need to furnish your home!

### Join the [Sharon Area Buy/Sell Group](#)

You may also find several specific WhatsApp groups for your local region. Just [ask us](#).

## Monthly "Coffee Meeting"



These meetings will be held the second Monday of the month typically around 10 am. We will be rotating the location of the meetings between campus in Even Yehuda and a location in Herzliya Pituach. These meetings will have a relevant topic and will oftentimes include staff or faculty from school. There will also be opportunities for socializing and questions and answers.

# **ISRAEL SURVIVAL GUIDE**

## **Emergency Numbers**

Police	100
Ambulance (Magen David Adom)	101
United Hatzalah Emergency Help	1221 (emergency motorcycle medical services)
Fire and Rescue Services	102
Israel Electric Company	103
Home Front Command Emergency	104



The Home Front Command mobile application is an optional tool for civilian preparedness. Available on Android and Apple devices, the application aims to alert people to threats in their immediate area. It covers a range of emergencies, including earthquakes and incoming rockets. It also provides instructions on how to respond in the event of an emergency.

## **MEDICAL / HOSPITAL INFORMATION**

Tel Aviv's main hospital is the Tel Aviv Sourasky Medical Center (also known as Ichilov)  
Address: 6 Weizmann St., Tel Aviv; Phone Number: +972-36974730 (operating hours: 8am - 6pm)

Dana-Dwek Children's Hospital (part of Ichilov)  
Address: 6 Weizmann St, Tel Aviv-Yaf; Phone Number: +972-3-6974504 (open 24 hours)

Herzliya Medical Centre  
Address: 7 Eli Landau Blvd. Herzliya; Phone Number: 09-959-2999 (open 24 hours)

## **Helpful internet links**

[WBAIS Parent Portal](#)

[WOLT](#) App for ordering food/grocery delivery!

[Israel Journey Planner](#)

[Israel Railways](#)

Gett: Taxi App for [Android](#) or [Iphone](#)

Moovit: Bus App for [Android](#) or [Iphone](#)

[National Parks and Nature Reserves](#)

[Ben Gurion International Airport](#)

[Bank of Israel Currency Exchange Rates](#)

[List of all Embassies and Consulates in Israel](#)

[Israeli News YNet in English](#)

[Haaretz News](#)

## **Shabbat**

Shabbat, the Jewish Sabbath, is considered the most important holy day. It recognizes the Seventh day of creation when God rested. Shabbat begins 18 minutes before sundown (36 minutes in Jerusalem) on Friday and ends an hour after sundown on Saturday. Out of respect for neighbors, most people maintain a quiet profile on Shabbat. For example, avoid mowing the lawn, playing loud music, or playing boisterously out of doors, particularly on Saturday afternoon. It is accepted practice to say "Shabbat Shalom" as a greeting or good-bye during this time.

Jewish law prohibits businesses from being open during Shabbat but you will find some restaurants, small grocery stores and places of entertainment remain open pursuant to a 'status quo' agreement. You might find that most retail and hospitality businesses will start closing from early to mid-afternoon Friday and reopen for dinner Saturday night. Public transport does not operate during this time. Regular taxis may still operate.

Grocery stores like [Tiv Ta'am](#) are open during Shabbat.

## **Grocery Shopping**

Most grocery stores open from Sunday to Thursday. The following are some exceptions:

### **Tel Aviv**

[Victory Supermarket](#): Ahad Ha'Am Street 13, Tel Aviv-Yafo - Open Sunday to Thursday: 7am to 10pm Friday: 7am until 2 hours before sunset

[Osher Ad](#): Walter Moses 3, Tel Aviv - Open 10 am to 11 pm each day except Friday (8am to 1 pm)

### **Herzliya:**

[Stop Market](#): Top floor of the Arena Mall in Herzliya Marina - open 24/7

[AM:PM](#): Sokolov Street 10, Herzliya - open 24/7

### **Even Yehuda/Netanya:**

[Stop Market](#): Nitsba Centre Poleg, Sderot Giborei Israel 5, Netanya - Open 9 am to 10 pm except Friday (7.30 am to 9pm)

[Stop Market](#): Carasso City Center The center of Carasso, 2 Histadrut Street, Even Yehuda - Open 7 am to 9 pm Sunday to Thursday and except Friday (until 4 pm)

[Tiv Ta'am](#): largest store is located at Beni Ga'on St 2, Netanya, behind Ikea - open usually from 9 am to 10 pm each day (except Friday 9 am to 9 pm). Sells pork products.

Yusef Iraqi butcher shop: Tareq Abd el-Hai St, Tira - open each day from either 7 am and 8 am to 3.45 pm except Sunday closed ([Phone: 09-793-6670](#)).

Many stores will ask you how many bags you would like to buy for your groceries - you may wish to bring your own bags. Most stores have their own discount card as well.

## Some Favorites:

Rishpon Organic Market Route 2 north of Herzliya Pituach right off of the exit on your right

[Golda](#) Ice Cream

[Calata 15](#) excellent Italian in Herzliya

[Outlet Mall](#) in Herzliya on Medinat ha- Yehudim

[Seven Stars Mall](#) - Shiv'at hakohavim Boulevard, Herzliya

Herzliya Park

Raanana Park - this park has a zoo!

AM/PM Park on Hanasi Ben Zvi in Herzliya Pituach is a local hang out for the kids after school!

Norma - great restaurant in Kfar Shmaryahu

PetsBest for petfood/treats

S.O.S for pet rescue or volunteer

## COVID Guidelines in Israel

[Ministry of Health](#) - Local Council Traffic Light Model

[Ministry of Health Press Releases](#)

[Getting a Green Pass or Coronavirus Certificate](#)

[Ministry of Health Hotline at \\*5400](#)

[Ministry of Education Facebook Page](#)

## Hebrew Helpful Words and Phrases

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English Phrases	Hebrew Phrases
Hi!	Shalom! מולש
Good morning!	Yom tov! / boker tov! מוי בוט / רקוב בוט
Good evening!	Erev tov! בוט ברע
Welcome! (to greet someone)	Barukh haba! (Barukh hanimtsa) (רורב אבה (רורב אצמנה
How are you?	Ma shelomkha רמולש המ
I'm fine, thanks!	Tov, toda הדות, בוט
And you?	Veata? / atem? התאו / מתא?
Good/ So-So.	Tov/ הככ/ בוט Kakha
Thank you (very much)!	Rav todot תודות בר
You're welcome! (for "thank you")	Eyn davar רבד ניא
Good night!	Layla tov! בוט הליל
See you later!	Nitra'e bekarov! בורקב הארתנ
Good bye!	Shalom! מולש

## Parking - payment

Always check the signs if entering a parking lot to see if they accept Cellopark or Pango+.



Download the app on your [iPhone](#) or [Android](#) and register your credit card to easily pay for streetside parking (White & Blue Curbsides) and in most Parking Lots. First time registration is in Hebrew and once you are in the App you can change the language to English. You will need to validate the account with an SMS code and provide the vehicle registration number. You can start/stop the parking meter manually or use auto activation for a fee.



Pango+ is another Cellular Parking Service similar to CelloPark. Pango's website: <http://en.pango.co.il/>

## Currency

