



Guide for International Students and Researchers



אוניברסיטת בן-גוריון בנגב
Ben-Gurion University
of the Negev

Dear foreign student / researcher,

Shalom and welcome to Israel and to Ben-Gurion University of the Negev (BGU). We appreciate your decision to study / conduct research at one of our campuses and hope that your arrival was smooth.

This guide will accompany you during your stay in Israel, offering advice on matters concerning academic and private life.

We at the Office of International Academic Affairs (OIAA) are here to help you throughout your time at BGU. Upon your arrival you will be challenged with the adaptation to a whole new lifestyle and environment. There may be topics and issues that are not covered by this guide – please do not hesitate to contact us if you require further assistance.

We hope that your experience in Israel will be successful, enriching and rewarding.

Sincerely,

Office of International Academic Affairs
Ben-Gurion University of the Negev

oiaa@bgu.ac.il

Contents

Upon Arrival	1
University Life	3
Academic Life	3
Grades	3
Library Services	3
Communication Technology on Campus	4
Student Union	4
Private Life	5
Transportation in Israel	5
Modes of Transportation	5
Urban Transportation	7
Urban Bus Line Map	9
Telecommunication in Israel	10
Laundry	10
Religious Services	10
Shopping	11
Groceries	11
Household Goods	12
Pharmacies	12
Bikes	13
Books	13
Electronics	13

Contents

Activities in Beer-Sheva	13
Sports	14
Eating Out	15
Making Music	16
Volunteering	16
Nightlife in Beer-Sheva	17
Shabbat in Beer-Sheva	17
Healthcare	18
Urgent Care	19
Sexual Health / Contraception	19
Mini-Dictionary by Subject (English-Hebrew)	20
Basic Communication	20
Eating and Drinking	21
Shopping	21
Numbers	22
Transportation / Directions	22
Staying Safe	23



Upon Arrival

- The current academic calendar is made available to you [here](#).
- At the entrance to the University campus, malls and large public places, a security guard will perform a cursory bag check or wave a security wand. It takes only a moment and is done for your safety.
- When you arrive at the main BGU campus, bring a copy of your entrance permit (received at passport control) to the visa coordinator. Please check the visa stamp on your passport and make sure not to exceed your visa. In case you identify an irregularity, please visit the Visa Department at the International Office so that it can be dealt with. Carry a copy of your visa and passport at all times.
- The Office of International Academic Affairs regularly holds orientation sessions. Please come to the front desk in Building 72, floor 5 1/2 (five and a half), room 566, in order to find out when the next scheduled orientation program is being held. Joining an orientation program is a great way to meet other international students / researchers and get to know the campus.
- One of the first things you want to do after arriving is getting an Israeli SIM card and phone plan. To compare the different plans, click [here](#). Most of the providers have an English website on which you can order the plan of your choice. At the end of the process, you will have to go to one of their shops in order to receive your SIM card.

- Jewish religion and traditions impact daily life. Shabbat is a weekly Jewish observance lasting about 25 hours, from sundown on Friday to just after sundown on Saturday. It is a time of rest, and observant Jews will not work, spend money or use electricity. Most University gates and stores are closed and public transportation is down from Friday afternoon until Saturday evening. For more details about public transportation in Israel on Shabbat, see “Transportation in Israel.” Several other Holidays also follow the same rules as Shabbat – for your consideration, a list of all public Holidays is available [here](#).
- Both traditional Jewish and Muslim cultures have very specific gender roles. If you are a man, do not touch a religious woman and vice versa (this includes handshakes).
- Be smart in the sun: stay in the shade as much as possible, wear a hat, use sunscreen on a daily basis and drink lots of water. Please do not underestimate the danger – you are in the desert. Also: Sandstorms are a normal part of life in any desert. They occur once every few months all year round. If it ever looks foggy, close all your windows and doors or your home will be covered with dust!





University Life

Academic Life

Depending on the purpose of your visit, the contact person for academic matters varies. In general, your Faculty will help with any question you may have regarding courses, registration and academic requirements.

To choose from courses taught in English, please consult the list [here](#). If you need assistance in understanding and communicating with the Faculty, please do not hesitate to visit our front desk.

Grades

The Israeli grading scale is 0-100, with 100 being the highest. In order to pass most courses, you need to achieve a grade of 65. Be aware that this requirement may vary from course to course, and exact regulations are set in each syllabus.

Library Services

Ben-Gurion University has a huge library on the main campus called the Zalman Aranne Central Library. For opening hours and services, please click [here](#). The Aranne Library is the closest building to the Aliyah Gate (on Ben-Gurion Street, just across from the hospital). There is an electronic library catalogue as well as electronic databases that help you find books and journal articles for your research. Please ask the library staff if you need any help.

Some library resources require that you have a BGU IP address. You can do this by being on campus, or by using a proxy (which bounces your browser internet traffic off of a BGU computer to make it look like you are on campus). An exact description of how to set the proxy is available [here](#). The instructions for Chrome and Safari browsers are available in English.

The University has also licensed the citation program RefWorks. You can install the add-in to your Microsoft Office Word and use it to organize your bibliography.

Communication Technology on Campus

Access to Computers and University E-mail Address

As a registered student, you will receive your personal username and password when you arrive on campus. With this username and password, you can log into all of the BGU computer systems, including public computers, campus Wi-Fi and Moodle (the University's learning platform). In order to log onto public computers around campus, you have to enter "bgu-users\USERNAME."

You will receive a @post.bgu.ac.il e-mail address. The University will only e-mail you at this account, so make sure you access it frequently in order to stay updated on everything that is happening on campus. The University e-mail address is a Google Apps account and has the exact same interface as Gmail. If you need to change the language, click on settings (gear icon in the top right corner, first item on the menu), and the language drop-down box should be the top setting. You can also forward all e-mails to your personal e-mail address by setting an automatic forwarding system.

Internet on Campus

The majority of the BGU campus and library have Wi-Fi that you can access. For Wi-Fi you can either access the WLAN Guest network using your smartphone, tablet or laptop, or you can use the BGU-WPA network. This network is much stronger, but you are required to register with your BGU username (it takes only a few simple steps that you will be guided through in English, once you have selected the network). Once this process has been completed, your settings will be saved.

Student Union

The Student Union is the body representing the students of Ben-Gurion University and is, therefore, an inseparable component of university life. The Student Union invites you to take advantage of all its academic, cultural and community-oriented services and activities and to make Ben-Gurion University your new home. For all information about the Student Union's activities, please visit their [website](#).

The Student Union's information booth is at the main entrance to the Zlotowski Student Center (Building 70). The opening hours are: During the semester **Sunday to Thursday 9:00 a.m. to 2:45 p.m. and 3:15 to 6:00 p.m. (Thursdays until 5:00 p.m.)** During semester breaks **from 9:00 a.m. to 2:30 p.m.**
Phone number: (08) 647-2340



Private Life

Transportation in Israel

Unless you want to travel between Friday afternoon and Saturday evening (Shabbat), you can get along well with public transportation. You can purchase single tickets, but if you want to save some money and travel cashless, use the magnetic card called Rav Kav.

Rav Kav is a pre-paid bus card for multiple rides and season tickets. It is usable in all public transportation in Israel (except of shared taxis) and can be purchased at any central bus station. At the Rav Kav office you will need to provide an identity document. A digital photo of you will be taken and printed onto the card, which will be issued on the spot.

You can charge the card either at the office or when getting on the bus. Each time you get on the bus, you swipe the card and the appropriate fare is deducted from the balance. If you are a student, you are entitled to a 33% rebate on rides. In order to receive this discount, you need to follow these steps:

- Print the form confirming that you are a student (Ishur Limudim)
- Go to the Central Bus Station and bring along your student card, an ID and the student confirmation paper
- Your student discount will be applied to your magnetic card

Modes of Transportation

Intercity Transportation

Train: There are two train stations in the city. One is the North-University station near the BGU Sports Center, and one is Beer-Sheva Merkaz (Center), right by the Central Bus Station. There are only northbound trains (towards Tel Aviv) out of Beer-Sheva (except for Dimona), and they run once an hour (twice during rush hour). On Fridays, the last train leaves around 12:30 p.m. and train service resumes 1-2 hours after Shabbat ends on Saturday night. When using the train, you must hold onto your ticket as it will be required to exit the station. The main [website](#) for trains all over the country is available in English and has detailed schedule information and trip planning.

Bus: The bus is generally cheaper than the train, and sometimes faster. Tickets can be purchased from the driver and you can get a student discount when eligible, by bringing your Rav Kav magnetic card along and purchasing a round-trip ticket.

The Central Bus Station is located behind the Kanyon HaNegev Shopping Mall on Rager Street. On Fridays, buses run until a few hours before sunset (generally longer than the train) and they also start running sooner after Shabbat ends. Some intercity buses may begin operation as early as mid-afternoon Saturday without waiting for the “official” end time of Shabbat.

To plan a trip by public transportation, use the Moovit app. Just download it from your app store and you can enter departure and destination addresses, cities or points of interest. It will take you from door to door and also provide you with walking directions. If you prefer a website, use [this](#).

Common Intercity Bus Routes from Beer-Sheva:

Tel Aviv – Central Bus Station: 370

Tel Aviv – Arlozoroff Station (Savidor Merkaz train station): 380

Jerusalem – Central Bus Station: 470

Ashkelon – 363/364 (to the beach!)

Eilat – 392, 393, 394 or 397 (you must purchase tickets in advance, either online or at the counter)

Monit Shirut (Shared Taxi): Shiruts are minibuses that provide transportation to many cities in Israel. They leave from the parking lot right next to the Central Bus Station. They always wait until they are full and then leave, meaning there is no scheduled departure time. Passengers can hop off anywhere they want along the way. Just let the driver know where you want to get off. Shared taxis are a bit more expensive than buses. The route between Tel Aviv and Beer-Sheva is the only one that operates on Shabbat. Be ready to wait for the actual departure.

Rideshare (Tramp): This is a popular alternative to other forms of public transportation. Ride sharers benefit from the comfort and convenience of a car ride; drivers split the cost of gas. You can find shared rides on various Facebook groups (depending on where you want to go). Please ask the International Office to help you find a ride.

Rental Cars:

Renting a car is a great option to get around Israel. In Beer-Sheva there are many car rentals. It is best to use a search aggregator to find the best quote. Please note that car rentals close Friday at noon and only reopen on Sunday. This means that you will have to rent the car for at least two days.

Kilometres: For one- or two-day rentals, the kilometres included are limited to 200 km or 250 km per day. For three-day or longer rentals, the kilometres are unlimited. Airport rental locations are open 24/7 and renting from or dropping off a car at the airport will entail an additional airport fee.

Rental companies charge an extra administrative fee (50 NIS + tolls) for using the toll road number 6 that runs from southern to northern Israel. It is an automatically billing toll road and you will be charged for each trip. A bill will be sent to the owner of the car, or if a rental, it will be passed on to the renter with an extra fee. Failure to pay within 30 days results in 100% fee increase.

Parking: In cities and developed areas, you may only park where the curb is unpainted (free) or painted with blue/white stripes (metered). All meters in Israel are controlled by the Pango Parking System – you call *4500 and follow the menu to pay, or download the app.

All red/white and red/yellow painted curbs are strictly no-parking zones.

Urban Transportation

Within Beer-Sheva, many students get along just by walking. The Office of International Academic Affairs has issued a map to help you get around by bus, foot and bike. Just come to the front desk to receive your copy.

Biking: Having a bike makes all of Beer-Sheva extremely accessible, and can make a huge difference in getting to class and around town, shopping and going on short trips and outings. It is cheapest to get a used bike, but you can purchase a new entry-level bike for 400–600 NIS.

Please note that the roads are extremely dangerous for cyclists, so try to ride on the pavement and always wear a helmet. Bike theft is fairly common. Use a good lock – under no circumstances a cable lock – and, if possible, keep your bike in your apartment or in the staircase.

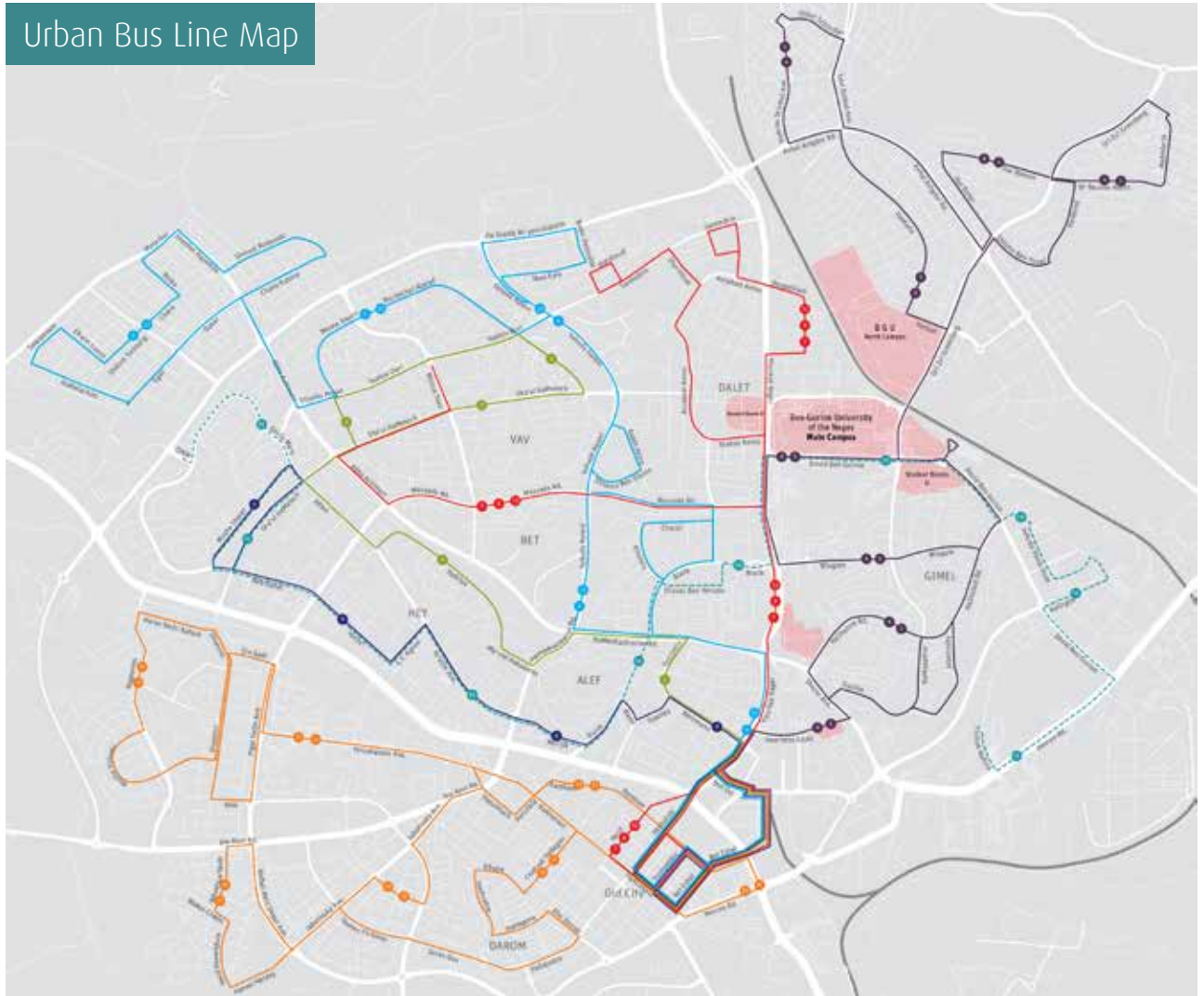
Taxis: Taxis in Beer-Sheva charge 20–25 NIS for short local rides. In general, you should confirm the price or ask the driver to activate the taxi meter. Taxis might charge extra for big luggage such as suitcases. On Holidays, Shabbat and late at night, the fares are slightly higher. Note that in taxis you can only pay in cash and there is no need to tip the driver. You can stop a cab on the road, but if there is no cab around, call (08) 643-4343 or (08) 620-9090.

Buses: There is an extensive bus route around the city. Most buses run from 6 a.m. to around 10 p.m. Some operate until later, but the frequencies change. On Fridays the urban bus lines run until 4 or 5 p.m., depending on daylight savings time. On Saturdays public transportation resumes at around 9 p.m.

If you have a smartphone, the easiest way to get around Beer-Sheva is by using the Moovit app (search for it in your app store), which offers real-time information on the public transportation network. Googlemaps has also updated its database about Israel's public transportation. You can enter points of interest or addresses and calculate a route. Bring change along when taking the bus.



Urban Bus Line Map





Telecommunication in Israel

One of the first things you want to do after arriving is getting an Israeli SIM card and phone plan. To compare the different plans, click [here](#). Most of the providers have an English website on which you can order the plan of your choice. At the end of the process, you will have to go to one of their shops in order to receive your SIM card.

The package will most probably include unlimited calls and text messages (within Israel) and mobile internet (3G cellular connection). 3G works at a high speed in Beer-Sheva, which is very helpful for internationals navigating their way around the city.

You might want to buy an additional package for calling and texting abroad, but keep in mind that this can also be done through apps (Whatsapp, Viber, Skype, etc.). If you do purchase such an international plan, make sure to dial according to the dialing instructions. If you call directly, your calls may cost a fortune.

Laundry

Both of the University dormitories (Gimmel and Dalet) have laundry rooms with several coin-operated washing machines and dryers that are available 24/7.

In addition, there is a laundromat at 5 Bialik Street, and many drycleaners offer a laundry service.

Religious Services

There are various religious communities around town. Even though the majority of the population in Beer-Sheva is Jewish or Bedouin, there are a variety of religious services and active groups (i.e. Roman Catholic and the Messianic Congregation "Nachalat Yeshua"). Please inquire at the front desk of the International Office if you would like to get in touch with a religious community.

Jewish Communities that also offer religious services:

- **Chabad (Orthodox Jewish Community):** Chabad is active on campus – please call (08) 623-3197
 - **Beit Karov** ("Jewish House"/ Meeting point for students) - Get in touch via [Facebook](#).
 - **Jeff Seidel Student Center** ("Jewish House"/ Meeting point for international students) - get in touch by clicking [here](#).
- There is no shortage of synagogues in Beer-Sheva, and you can easily find one in any neighborhood. Most synagogues are Orthodox, but there are also egalitarian services, such as [Be'erot](#) and Eshel Avraham (Conservative Synagogue): http://www.masorti.org.il/eshelavraham_en/index

Shopping

No city in Israel has more shopping malls per capita than Beer-Sheva. The most popular malls among students are the BIG outdoor shopping mall, Kanyon HaNegev (next to the Central Bus Station) and the Grand Kanyon, which is the largest shopping mall in Israel.

The outdoor malls on Derech Hevron are convenient since they offer entertainment (bowling, cinema, etc.), eating out, as well as shopping of all kinds (fashion, groceries, hardware and home utilities).

For the location of all malls, please see the student map that is distributed at the front desk of the International Office.

If you do not like shopping malls, the Old City is a great alternative. There you will find small shops and anything you might need.

You can buy almost anything in Israel, but often the variety and availability of particular brands is lacking. Everything is subject to an 18% sales tax, which is already included in the printed prices in stores. There is no sales tax in Eilat, which is located next to the Red Sea.



Groceries

One of the first things you probably want to do after moving into your new home is filling up the fridge. The market is the cheapest option around, especially for fruits and vegetables. A visit to the market (shuk in Hebrew), located between the Central Bus Station and the Old City, could be your first adventure in Israel. There you can cover all your fresh food needs: fruits, vegetables, dairy products, nuts, honey, eggs, meat, spices and baked goods. Note about seasonal fruits and vegetables: Some products are only sold at the time they actually grow.

Summer to Fall: mango, grapes, plums, figs, cherries, watermelon, melon and pomegranates

Fall to Winter: squash, citrus, pomelos, apples, pears, sweet potato, pomegranates and broccoli

Winter to Spring: strawberries and citrus fruits

Spring to Summer: peaches, nectarines, citrus fruits, cherries, apricots and watermelon

For packaged goods, like cereal and soft drinks, you may have to go to a supermarket.

Supermarket Directory: All supermarkets are kosher, except for Tiv Ta'am.

Shufersal: Many branches across Beer-Sheva: one in the Gimmel quarter close to the dorms (HaOrgim Street).

Mega: Three branches in Beer-Sheva: at the BIG, "Mega-Bul," also on HaOrgim Street, just past the Shufersal on the right side, "Mega Ba'ir" (more expensive branch located in Merkaz Oren in the Dalet quarter).

Tiv Ta'am: This is an expensive, non-kosher supermarket that is open 7 days a week. It has a large variety of international items that you will not find elsewhere, including non-kosher products such as pork and seafood. It is located on Derech Hevron, west of the BIG.

Eden Teva Market: Organic supermarket with a wide range of international food items at a rather high price. The supermarket is located in the B7 Mall right next to the BIG under the bowling alley and also has a quick-serve restaurant.

Machsanei HaShuk: Cheap prices, located just past the market on Beit Eshel St., can easily be combined with a market visit. Another branch is located on HaOrgim Street next to the other supermarkets in the Gimmel quarter.

Rami Levy: Cheapest supermarket, but located less conveniently at Mall 7 on Mevaseret Zion Street (close to the Old City).

Delivery: Major stores will offer to deliver your purchases for a small fee. When you arrive at the cash register, ask for a "mishloach." Be aware that the service is only offered until around 4 or 5 p.m. (even earlier on Fridays).

If you do not want to shop at Tiv Ta'am on Saturday, make sure to have enough food to get you through the weekend. Grocery shopping on Friday morning and Saturday night may be very chaotic with a sparse selection of items.

Household Goods

The best place to shop for household goods is the BIG outdoor shopping mall. There you can find several hardware stores that also sell basic furniture (i.e. Ace and Home Center). There are also various shops that sell houseware, such as cutlery and bedding. The Friday morning market and small shops in the Old City are the cheapest places to purchase such things.

The Akademon Student Store (in the basement of the Zlotowski Student Center) on the main campus is surprisingly useful and well-priced for school supplies, electronics, toiletries, etc.

Pharmacies

Some of the clinics also have a pharmacy where you can purchase medication. Furthermore, you can buy your medication while shopping for toiletries at SuperPharm or NewPharm. You will find branches in all shopping malls. The advantage of SuperPharm are its long opening hours.

- SuperPharm branches
 - BIG outdoor shopping mall (open 7 days a week)
 - Kanyon HaNegev (closed on Saturday until the evening)
- Soroka University Medical Center – in the Old Surgery Building (near the cafeteria)

Bikes

There are several bike stores in Beer-Sheva selling new and second-hand bikes:

- in the Old City on the corner of HaHalutz and Smilansky streets
- at the BIG outdoor shopping mall
- TREK Bikes, 40 Derech Hevron
- Adam and Eve Bikes, 26 Bialik Street (Bet quarter)
- Bike Center, Merkaz HaNegev (off Massada St., Dalet quarter)

Books

There are two main book retailers in Israel: Steimatzky and Tzomet Sfarim. There is a book store next to the Aroma Café on the main campus and right at the entrance to the Soroka University Medical Center on Massada Street. In addition, there are stores at every shopping mall.

Electronics

- Akademon Student Store (basement of the Zlotowski Student Center)
- Machsaney Chashmal (BIG)
- BUG Electronics store at Kanyon HaNegev or Sderah Shvi'it (7th Ave)
- Big Box at the One Plaza



Activities in Beer-Sheva

The key to having a good time in Beer-Sheva is getting to know the right people and making new friends. In addition to participating in campus activities, you may also connect with other English speakers:

- Beer-Sheva [English Speakers Facebook group](#)
- Go South [Nefesh B'Nefesh Facebook group](#)
- [Anglobeersheva Yahoo group](#)
- In order to stay updated and in touch with other internationals at BGU, you should also like the "BGU International Club" on [Facebook](#)
- Beer-Sheva [Language Exchange](#)

Beer-Sheva is known for its thriving student life. The Student Union issues a weekly newsletter in English detailing notable events and activities on campus. To join the mailing list, e-mail kashach@aguda.bgu.ac.il. You should already [bookmark this page](#). It is the Student Union's website in English, where you can find out about shows, concerts, guest lectures, food, contests, volunteering opportunities, sales, events and much more.

Among other things, the Student Union offers extracurricular activities, such as music and language lessons. Please see [here](#) for more information.

A student cinema, "Negative," operates on the main campus. It is located in building 26, on the 2nd floor. It screens international and Israeli movies. If the original language is not English, make sure to ask whether there are English subtitles. You will find all information about the Negative cinema [here](#).

Please note that the cinema is closed during the summer semester.

There is also a commercial cinema called Globus Max at the One Plaza outdoor mall next to the BIG.



Sports

There are many options for physical activity in Beer-Sheva. The University has its own Sports Center located on the north-east corner of Arlozorov and Ben-Gurion Boulevard. The Sports Center is open seven days a week, though hours vary (for example, it closes early Friday and Saturday, opens at noon on Sunday; please check [here](#) with the help of an Israeli or with an online translator). The Center has two 25-meter lap pools, one of which is indoors/covered and one outdoors, a leisure pool, sauna and steam rooms; basketball, volleyball and tennis courts; locker rooms; equipment/clothing shop; and a weight room with exercise machines. You will need to swipe your BGU (blue) ID card to enter the facility.

Entrance to all facilities, except the weight room, is free with a BGU student card.

Weight Room Membership: If you want to use the weight room, you need to get a membership. Please ask the International Office for the forms and the exact procedure.

In addition to the Sports Center, BGU has its very own affordable exercise studio called "Positive." It is located on the basement floor of the Zlotowski Student Center (on the main campus) and offers all sorts of classes, such as spinning, Yoga, Pilates, dance and aerobics. Check [here](#) for all details.

The English website contains less information than the Hebrew, so you are welcome to enter the Hebrew website and use an [automatic translator or a Hebrew speaker](#) to navigate it.

Classes usually take place in Hebrew, but it is a great way to acquire language skills while exercising. For some classes you need to register in advance by calling (08) 647-2340. Classes cost between 18-28 NIS each, or you can buy a semester-long pass or a punch card (call the number above for more details on prices and packages). In order to join classes, you need to bring a letter from a physician stating that you are physically fit to participate.

Salsa Dancing: There is a free Salsa class on Tuesdays (in the dorms across from the Sports Center). Please join this [Facebook group](#) and ask a Hebrew speaker to help you get details.

Further activities and classes offered by the Student Union are listed [here](#).

Ultimate Frisbee: There is an active group of Ultimate Frisbee enthusiasts that plays multiple times per week.

New players are welcome to [join here](#).

Get assistance to find out when the next match takes place (the group is in Hebrew).

Running: Running is a very popular sport among BGU students. During the hot seasons of the year, the best time to run is before 7 a.m. or after 8 p.m. Be sure to wear something bright and highly visible. Most people find routes throughout the city, or venture out into the desert. There is a BGU running group that meets at least once a week, as posted on their [Facebook group](#). There are numerous races year-round in Israel. Keep an eye on the weekly digests from BGU's Student Union for school-wide race opportunities, as well as other fun events!

Rock-Climbing ([Click here](#))

Performance Rock is a fun place in the Old City (4 HaAtzmaut Street). Every Wednesday women can enter for free.

Skate Park: located at the junction of Tuviyahu and Ilan Ramon Streets.

Negev Football Team ([Click here](#))



Eating Out

There are many places to eat out in Beer-Sheva. The best spots are at the BIG outdoor shopping mall with its numerous restaurants, the Old City with its charming cafes and restaurants, the area close to the Ilanot Gate (also known as Gate 90), especially Ben Matityahu and Ringblum Streets. You can find other places next to the Sports Center, on Arlozorov Street and in Merkaz HaNegev at the corner of Massada and Rager and on Massada Street itself.

In addition there are food courts in many of the shopping malls.

Lunch on Campus: There are many options for lunch, all kosher, on the main campus. The main cafeteria is in the Zlotowski Student Center (building 70). It is divided into the dairy and meat counters. At the meat counter you will get huge dishes for low prices.

Making Music

BGU Music Room: There is a music room with a drum set and a classical piano in the basement of the Zlotowski Student Center (building 70, room 126). You can use the room for two hours a week on your own or with your band. All you have to do is purchase a key for 20 NIS and reserve a time slot. The information is only available in Hebrew – just ask any Israeli or the student for help and sign up [here](#).

BGU Chamber Music ([Click here](#))

There is a chamber music program at the University that is open to musicians of all skill levels. Musicians are placed in small groups based on ability, and practice a chosen work for one hour per week. There are performance opportunities throughout the year. If interested, contact organizers Danny Lachish and Ute Deichmann: utedany@gmail.com.

Beer-Sheva City Orchestra ([Click here](#))

Practice is held every Sunday night from 8:00-10:30 p.m., and there are about 6 concert performances throughout the year. Members of the orchestra include adults of all backgrounds – students and professionals. Great conductor!

Light Opera Group of the Negev ([Click here](#))

One theater/musical production in English per year. If interested, keep in mind that they start casting parts and rehearsing around August.

Volunteering

Beer Sova: Beer Sheva's soup kitchen ([Click here](#))

Yad Sara ([Click here](#))

Loans of medical and rehabilitative equipment and other services for the homebound and elderly:

Earth's Promise: Promotes urban agriculture and economic development. There are several urban farms in Beer-Sheva that need volunteering hands. To join [click here](#).

Beer-Sheva Loves Animals. To join [click here](#).

Nightlife in Beer-Sheva

Nightlife in Beer-Sheva mainly means pubs and bars. These are mostly located around campus (Dalet, Bet, Gimmel and Vav Quarters). On Rager Street there are many bars, especially at the intersection with Massada Street. In addition, many bars are located in the Old City, where you will often also enjoy concerts and jam sessions (Café Lola, Fringe Theater, Ashan Hasman and Hahalutz).

If you are looking for clubs, there is the Forum Club (232 Kyriat Yehudit) and the Baraka (70 Shloshet Bnei Ein Kharod St.). To keep yourself updated about things going on on campus, click [here](#).

Shabbat in Beer-Sheva

- Share a festive meal on Friday evening with other internationals or Israelis.
- Go on biking trips (ask at the front desk of the International Office for help with planning)
- Go camping (you can rent equipment at the front desk)
- Eat out at one of the open restaurants at the BIG outdoor mall
- Shop at the BIG outdoor mall
- Go out to bars and clubs (many are open, though sometimes not until 10 p.m. on Friday)
- Visit the Sports Center and pool
- Go to the Globus Max movie theater
- Play bowling at the B7 Mall right next to BIG
- Play billiard at the Interpol at BIG
- Take a shared taxi and spend the day in Tel Aviv
- Visit the open cafes and restaurants in the Old City
- Study on campus: the Zlotowski Student Center (BGU main campus, building 70) is open 24/7
- Visit the Skate Park located at the junction of Tuviyahu and Ilan Ramon Streets



Healthcare

Where to get medical care in Beer-Sheva depends on your health insurance. If you are insured through an Israeli health insurance, you will most probably be entitled to use the services of one of the two main health funds: Maccabi or Clalit. This means you can get medical care at local clinics. There are clinics in just about every neighborhood and even on campus. Just call your insurance to locate the most convenient one for you.

If you are insured through your home country, you need to find a clinic that accepts private patients. Please ask the International Office for help locating a doctor or clinic.

Even if you have made an appointment and arrive at the clinic on time, be prepared to wait. You may ask other patients what time their appointments were scheduled for, to establish your place in line. There is no obvious line and the doctor will not call your name. If no one is waiting in line, knock on the door, and the doctor will call you in.

Urgent Care

Nighttime Medical Center: Bikur Rofe, 9 Ben Zvi St. (2nd floor of the 'Lev HaCity' building, opposite the Central Train Station)
Phone numbers: (08) 665-5559, (08) 637-6435 and *6101, open in the evening and at night. You will be asked for a fee of approximately 80 NIS per visit. Ask for the doctor's summary of the visit and a receipt of payment. Non-refundable.

Emergencies: The Emergency Room (Hebrew: Miyun) in Israel works differently than in other countries. If it is truly a life-threatening emergency, don't hesitate to go to the ER. If it is not life-threatening (broken bone, minor accident, etc.), you may be charged around 1200 NIS if you do not have a referral from your family doctor, house-call doctor, or night clinic doctor. Keep your health insurance card with you at all times. It will significantly expedite things when you get to the hospital in case of an emergency.

Sexual Health / Contraception

Birth control can be obtained either by visiting your family doctor or a gynecologist. You may not be able to find the same brand of pill in Israel that you use back home. Check what your health insurance covers and what you will have to pay for out of pocket.

Condoms can be purchased in several locations: for the biggest selection, head to SuperPharm or NewPharm. You can also find them at the Akademon (basement floor of the Zlotowski Student Center) and sometimes at small corner stores. One place you are not likely to find them is the supermarket. The morning-after pill can be purchased over-the-counter at pharmacies for around 150 NIS.





Mini-Dictionary by Subject (English-Hebrew)

Basic Communication

Hello / Goodbye

How are you?

Do you speak English?

I don't speak Hebrew

I don't understand

Hebrew

What is your name?

I am ... (name)

Thank you

Excuse me / Sorry

Please / You are welcome

Alright / okay

You

Yes

No

Restrooms

Question

What?

When?

Why?

English Transliteration

Shalom

Ma Nishma?

Ata medaber Anglit?

Ani lo medaber Ivrit

Ani lo mevin (m), Ani lo mevina (f)

Ivrit

Eych korim lecha (m), lach (f)

Ani ... (name)

Toda

Slicha

Bevakasha

Beseder

Ata (m) / At (f)

Ken

Lo

Sherutim

She'ela

Ma?

Matay?

Lama?

Eating and Drinking

Could I / we have the menu please

Is there ...?

Could I / we order?

The bill please

Breakfast

Lunch

Dinner

Water

English Transliteration

Efshar lekabel et ha-tafrit bevakasha?

Yesh ...?

Efshar lehazmin?

Heshbon bevakasha

Aruchat Boker

Aruchat Za'harayim

Aruchat Erev

Mayim

Shopping

How much is this?

Shopping Mall

Market

Is there...?

Money

Change

English Transliteration

Kama ze oleh?

Kanyon

Shuk

Yesh...

Kesef

Odef



Numbers	English Transliteration
1	Echad
2	Shtayim
3	Shalosh
4	Arba
5	Chamesh
6	Shesh
7	Sheva
8	Shmone
9	Teysha
10	Esser
100	Meah
1000	Elef

Transportation / Directions	English Transliteration
Car	Otto
Train	Rakevet
Bus	Ottobus
Taxi	Monit
Street	Rechov
Luggage	Tziyud
Where	Eyfo?
Left	Smol
Right	Yamin



Staying Safe

Beer-Sheva is a very safe city. Nevertheless, there are a few things to keep in mind. Be aware of your surroundings and never leave your luggage unattended.

Sirens and Shelters

Cities across Israel are equipped with warning sirens, which are sounded to alert the public in the rare event of a rocket attack or emergency. If you hear a siren in Beer-Sheva, you have about 60 seconds to take cover in the nearest safe area. After the siren ceases, wait ten minutes before exiting. If you are in doubt, ask an Israeli.

Where do you take shelter? Modern buildings, including newer private apartments, have their own reinforced safe rooms (Hebrew: Miklat), and there are public shelters scattered throughout the city.

For all shelters on the University campus and security guidelines, click [here](#).



אוניברסיטת בן-גוריון בנגב
Ben-Gurion University
of the Negev

study@bgu.ac.il | www.bgu.ac.il/international