



# Student Handbook Spring 2020



**UNIVERSITY OF NOTRE DAME**  
**AT TANTUR**

TANTUR ECUMENICAL INSTITUTE • JERUSALEM GLOBAL GATEWAY





# Welcome to Tantur

Ahlan wa sahlam, barukh haba, and welcome to the ancient and modern city of Jerusalem. We are excited to have you join us and hope that your time spent living and learning here will be filled with growth, adventure, and reflection. This handbook, the student portal on [jerusalem.nd.edu](http://jerusalem.nd.edu), and your pre-departure and orientation meetings have all been developed to ensure that you feel supported and safe in your experience of cultural immersion. As you travel to your classes, explore local cafes, and participate in the local community we hope you will approach these new experiences with an open heart and mind, a spirit of adventure and generosity, and ask questions to better understand your surroundings and meet the people who call this land home.

This handbook provides a general overview of Tantur and basic information that will be helpful to you as you make Jerusalem your home for the next few months. It is not meant to be exhaustive, but rather a useful reference for the most common issues that new students experience. You may also benefit from reviewing the Tantur guest orientation pack in your apartment as well as the community standards outlined in Du Lac.

In addition to the student cohort, Tantur is home to an ecumenical institute which welcomes scholars and their families, pilgrims, and other guests for study, reflection, and prayer. We invite you to fully participate in our diverse community by joining non-ND students for meals in the dining room and for evening prayer at Tantur, attending movie nights and lectures, and even playing the occasional game with the children and families in residence. While life at Tantur may be very different than your life on campus we think it will be a meaningful addition to your Notre Dame career and look forward to the ways you will contribute to our Tantur family as well. If you need anything at any point, please don't hesitate to reach out to us!

Warmly,  
The Student Life Team (aka Sarah and Allison)

			
Daniel Schwake Executive Director <a href="mailto:dschwake@nd.edu">dschwake@nd.edu</a>	Hannah Hemphill Academic Director <a href="mailto:hhemphil@nd.edu">hhemphil@nd.edu</a>	Sarah Heiman Student Life Program Director <a href="mailto:sheiman@nd.edu">sheiman@nd.edu</a>	Allison Wattenbarger Student Life Program Coordinator <a href="mailto:awattenb@nd.edu">awattenb@nd.edu</a>

Allison, Daniel, Hannah, and Sarah are responsible for the academic and student life programming on behalf of Notre Dame International and work as part of the larger team of the University of Notre Dame at Tantur. While staying at Tantur you will meet our many staff members who make Tantur a home for the students, faculty, fellows, pilgrims, and guests who stay here, in addition to our colleagues who work specifically with Tantur Ecumenical Institute programs. You can learn more about us and meet the team at [jerusalem.nd.edu](http://jerusalem.nd.edu).

## **Mobile Phone Policy**

For safety and security, students must possess a mobile phone which is operational in Israel during their time in Jerusalem and while travelling. Students must keep their phones charged, turned on at all times (except in class or other places where prohibited), and maintain sufficient call credit. This number must be shared with the Student Life Team soon after your arrival in Israel as it will be an important part of the security protocols. Please make sure to respond to any text messages ASAP, and preferably within 15 minutes of receipt.

## **Settling In**

Once you have moved in please review the handbook and materials in your apartment to make sure you familiarise yourself with the fire, earthquake, and missile attack protocols for your safety.

You should also explore Tantur and locate the dining room, social spaces, and the chapel. Please feel free to explore the grounds, but make sure to sign out at Reception if you are leaving the property.

If you have any questions you are welcome to ask at Reception, or ask any member of the Student Life Team.

## **Safety & Security**

### *CCTV & Staff*

The front desk is staffed by receptionists or security personnel 24/7. There are also CCTV cameras throughout the common areas of the facility and at various points around the grounds.

### *Sign-Out System*

Students are required to sign out at the front desk every time they leave Tantur, indicating their time out and intended destination(s). When students return, they sign back in. This provides a last known destination should an incident occur and a student is not reachable by phone. We recommend returning to Tantur by midnight.

### *Emergencies*

The Student Life Team is on hand to help you deal with any problems that may arise and will happily help you consider all options and point you to the appropriate resources. If you have an urgent facility need (e.g. a water leak, no heat, etc. in your apartment) please contact Reception. If you have a serious medical emergency that may require hospitalization please call 101 for an ambulance. So that we can best support you please notify Student Life in the event of any emergency.

### *Health & Safety*

Please review the complete safety and security protocol document sent to you at the beginning of the semester and which is also available online. A brief summary of reminders is as follows:

- In the event of a fire evacuate the building immediately. Please gather in the front garden near the icon. Once there you must wait for further instructions before re-entering the facility.
- In the event of an earthquake drop to the ground, take cover by getting under a sturdy table or other piece of furniture, and hold on until the shaking stops.
- In the event of a missile attack seek shelter indoors. The tunnel between the buildings at Tantur has designated shelter areas as will most other public spaces.
- Tampering with fire safety equipment or causing other property damage will result in serious sanctions, including the cost of repair.
- No open flames or smoking materials of any kind – please note that smoking or the use of electronic cigarettes is not permitted anywhere within the buildings or on balconies (ok 25 feet from doors/windows).
- Do not climb on the ledge of balconies/rooftops. Do not access the rooftop areas via ladder.
- Violations of any safety and security rules will result in your being subject to disciplinary procedures.

### *Legal reminders*

Certain actions that may be acceptable in the US are illegal by Israeli and Palestinian law. For example, organizing or publicly calling for Boycotts, Divestment, or Sanctions against the State of Israel – and even

against the settlements – may lead to your visa being revoked. As a non-citizen your rights are very different than they may be in your home country. Please consider what you post on social media and avoid protests.

#### *Reminders for checkpoints/border crossings*

Remember that all security personnel you encounter at any checkpoint, border crossing, the airport, etc. are attempting to protect the safety of their country and its citizens and have broad discretion in these matters. Your presence in Israel and the West Bank is via your student visa issued through Hebrew University. Be honest, polite, respectful, and follow all instructions, remaining calm, patient, and non-threatening. Travel to certain Arab countries may increase the scrutiny you face when leaving/returning to Israel. If you have any concerns or believe you have been treated unfairly please speak to a member of the Student Life Team so that we can support you. In the unlikely event that you are detained, be patient and ask to speak to a representative of your home country's embassy.

### **Further Useful Information**

#### *Laundry and Housekeeping*

Washing machines are available in your apartment or you can use any of the guest laundry facilities around Tantur, especially the one below the Reception desk which has a dryer. Laundry detergent is provided. Irons are provided at Reception; please use them in the guest laundry facilities.

Linens and towels are provided by Tantur for your use. Please exchange soiled linens for clean ones with Housekeepers any weekday morning.

A weekly light cleaning service is provided for the common areas of your apartments, typically on Thursday mornings. Please note that this service includes the cleaning of surfaces only. However, you are jointly responsible along with your roommates for keeping the communal areas (kitchen, bathrooms, living area) tidy enough for the cleaners to be able to clean. You should also wash your own dishes and cooking equipment, and put any garbage/recycling in the appropriate bins.

#### *Sustainability*

Just as on campus, we are committed to making sustainable choices that support the common good. Please use the paper recycling bins throughout the facility, recycle plastics in the container near the tennis court, and compost in the Dining Room. We also encourage you to be conscientious of your energy usage, especially by turning lights and the Heat or A/C off when you are the last to leave a room. Hot water is only available from 5:00-9:00 and 17:00-21:00 to conserve water and energy.

#### *Mail Collection*

For mailing packages and letters, please use this address:

Tantur Ecumenical Institute  
c/o Your Name  
PO Box 11381  
9111301 Jerusalem  
Israel

Anything shipped to you that is valued over \$75 will require you to pay import taxes. When Tantur staff picks up the mail from the post office they will pay any fees; you will receive your package upon reimbursement.

#### *Maintenance*

If you need emergency maintenance assistance in your apartment, please notify Reception or the Student Life Team. For non-emergency issues, please add your request to the maintenance log available at Reception.

### *Internet Access*

Tantur has open wireless networks; which one you will use depends on where you are in the facility.

Notre Dame has a VPN available through OIT which functions as a remote system to access the ND network as if you were physically located on the ND campus network. This can help you access certain Notre Dame services and software. A VPN also helps ensure the privacy of your internet browsing history.

### *Copy/Print*

A wireless printer is available in the Student Life office and a printing station is set up outside of our office in the library as well. Copies are 30 agorot per page, which may be paid at the front desk of the library.

## **Residential Standards**

A unique aspect of your study abroad experience is the opportunity to live in community at Tantur, a diverse ecumenical community. Local staff, scholars, families, and pilgrims are all examples of people you will encounter in our shared space of Tantur. You will have regular opportunities to participate in the wider Tantur community and we strongly encourage you to do so. Please contact the Student Life Team if you want to learn more about getting involved. The following is a brief summary of expectations for ND students:

**Alcohol:** Permitted for all over the age of 18. No alcohol in excess of 14% alcohol content by volume in your apartments at Tantur. Use responsibly and in moderation.

**Buddy system:** Travel with a buddy when leaving Tantur, especially to unfamiliar places and after dark.

**Cell phone:** Carry your cell phone with you at all times and respond to texts from the Student Life Team immediately. Keep it charged and leave it on, even while you are sleeping.

**Damages:** If you are responsible for any damages to the facility, provided furnishings, etc., you will be held financially liable for the damages and your ND student account will be charged.

**Dining Room:** Please show up for meals and/or sign out in advance. Remember to pay for any wine, beer, or other drinks by adding payment to the basket or recording your purchase using the provided form.

**Drugs:** Strictly prohibited. Use of drugs will lead to your removal from Tantur.

**Guests:** No overnight guests permitted in apartments. No guests in the bedrooms of the apartments. You are responsible for your guest's behavior.

**Hot water hours:** From 5:00-9:00 and 17:00-21:00 each day.

**Quiet hours:** From 22:00-7:30 each night quiet hours are in effect. Please use the ND Student Center or other Tantur common spaces away from residential areas during these times for any gatherings.

**Roof access:** No climbing on ladders to reach any rooftops. No drinking on rooftops.

**Sign-out/Sign-in:** Stop by the front desk when you leave/return to Tantur to register where you're going and when you've returned.

**Situational awareness:** Pay attention to your surroundings at all times and remove yourself from the situation if you feel uncomfortable or an issue, protest, or demonstration arises.

**Smoking/Vaping:** No smoking/vaping indoors or on balconies/patios. You must be 25 feet from an entrance/windows to smoke or vape.

**Travel:** Register all travel outside Bethlehem/Jerusalem using the forms available on the website portal.

## **Spiritual Life**

Ecumenical evening prayer is celebrated Sunday-Friday at 5:30 pm in the Tantur chapel. All are welcome!

We also expect that some of you may have no religious tradition and that all will encounter religious communities and practices that are very different than your own beliefs. Religion is an important aspect of the Holy Land and we encourage you to respectfully encounter the different faiths with a charitable mindset, trying to understand the significance of a teaching or a place from the mindset of a believer as well as in the broader context of the history and culture of the area. The Student Life Team is available for conversation as you make sense of the Holy Land and we encourage you to pray and interact with the many local faith communities.

## HEALTH AND SAFETY

### *Emergency Medical Treatment*

The closest hospitals to Tantur are Hadassah University Hospital Ein Kerem and Shaare Zedek Hospital. Both are about 20 minutes away via taxi and have medical staff 24/7.

Terem Immediate Medical Care at 6 Daniel Yanovski Street is available from 8:30 am-Midnight every day and is approximately 10 minutes away via bus/taxi. For urgent, but not life-threatening issues, this may be the best option. Emergency department staff tend to be overstretched and struggle to cope with an ever-increasing number of patients. Please be mindful of this as you assess your medical needs.

**If you need an ambulance, dial 101.** Please also contact the Student Life Team as soon as possible to inform them of what has happened.

### *Non-Emergency Medical Treatment*

You are enrolled in the GeoBlue Health Insurance Plan, which will cover most medical treatment that you would need outside the US – but you must use a participating healthcare provider. Locally, we recommend Family Medical Center Wolfson at 9a Diskin Street, 3rd Floor, since all staff members speak English and they have specialists if needed. A complete list of approved providers is available on the GeoBlue website.

If you need to see a doctor, this can be arranged free of charge to you through GeoBlue:

- Make an appointment directly with a physician or any other provider from the comprehensive list on the GeoBlue website.
- Once you have an appointment contact GeoBlue [+1 (610) 254-8771 or [globalhealth@geoblue.com](mailto:globalhealth@geoblue.com)] to arrange a 'Guarantee of Payment' to be sent to that doctor's office before your appointment to avoid any charges to you. This may take up to two business days to arrange.
- Family Medical Center Wolfson has walk-in hours Sunday-Friday from 7:00-9:30 and are closed Friday afternoons and all day Saturday for Shabbat. Typically you will pay 600 NIS for the visit and then be reimbursed by GeoBlue within about a month of submitting your claim.

You can download the GeoBlue App to your smartphone to organise guarantees of payment, find providers, or submit a reimbursement request. If you need assistance please contact the Student Life Team.

### *Minor Ailments and Injuries*

The Student Life Team can provide basic first aid. First aid kits are available from the Student Life Team or Reception. Super-Pharm is the most common pharmacy chain in Israel, although you can use any pharmacy you find. Many common over-the-counter drugs in the US are available in Israel, but may have a different name or must be requested from a pharmacist directly, even if they're non-prescription meds. Consult a pharmacist with any questions or the GeoBlue database. GeoBlue will fully reimburse prescription costs.

## MENTAL HEALTH SERVICES

Living in a new country and adjusting to a new culture may exacerbate or create new mental health issues. **Please do not suffer in silence.** It is normal to feel down or stressed from time to time, but if these feelings affect your daily activities, including your studies, or don't go away after a couple of weeks, get help. The geo-political and cultural realities of Israel/Palestine can be particularly challenging for people.

Signs of depression and anxiety include:

- Feeling low
- Feeling more anxious or agitated than usual
- Losing motivation

Some people also:

- Put on or lose weight
- Stop caring about the way they look or about general hygiene
- Do too much work

- Stop attending lectures
- Become withdrawn
- Have sleep problems
- Struggle to meet obligations

Where to get help:

We are here for you and will do our best to help you as you need. The Student Life Team are happy to talk to you confidentially about any mental health concerns you may have and can put you in touch with professional mental healthcare providers that are part of GeoBlue. You may also make use of the counseling center at Hebrew University which will have lower rates than most local therapists. Upon request, any out-of-pocket payments for counseling may be reimbursable through GeoBlue. GeoBlue: +1 (610) 254-8771

#### *Israeli Crisis Intervention Organizations*

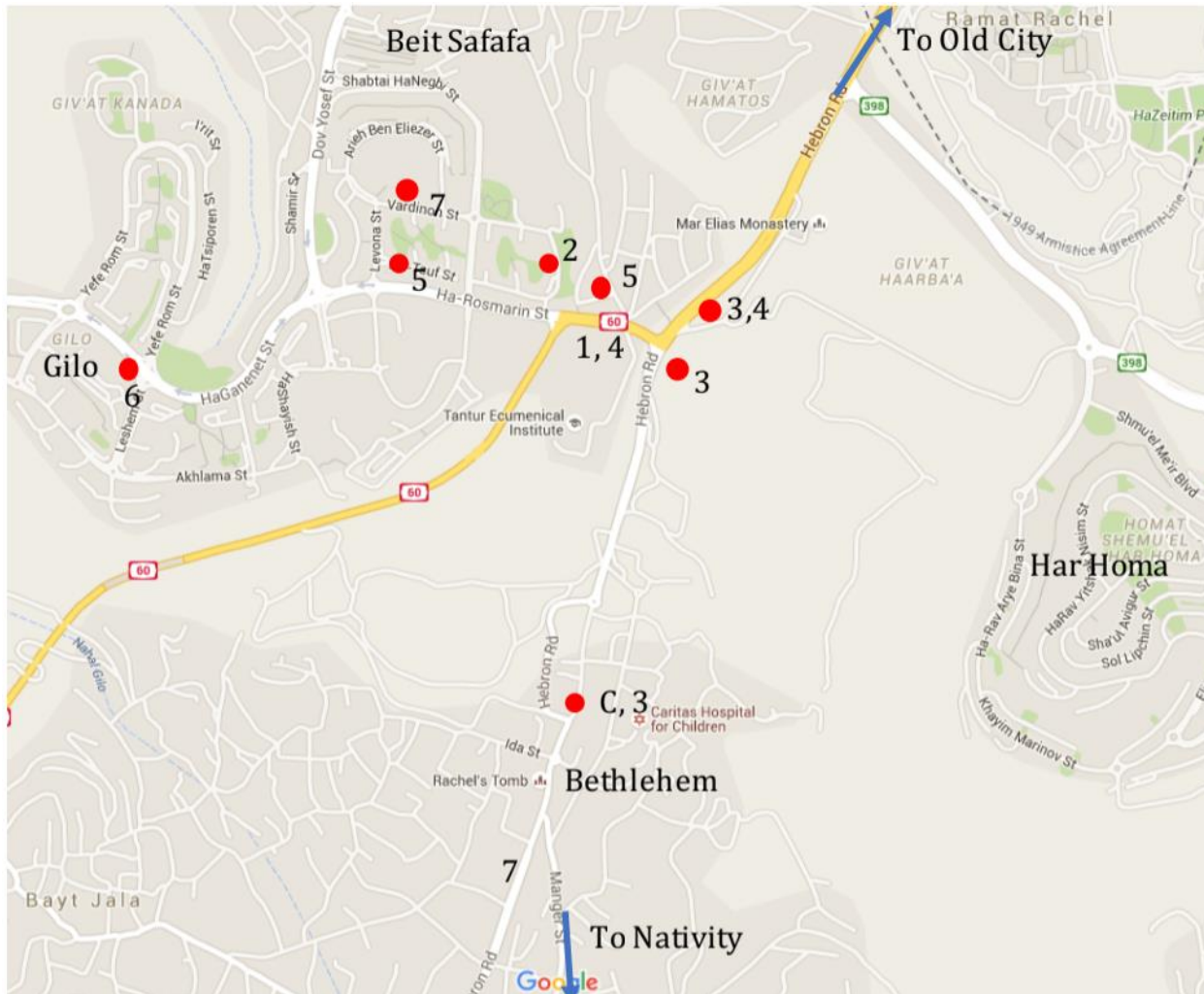
- ERAN – Emotional First Aid by Telephone and Online  
A free and confidential service offering 24-hour emotional support both by phone and online for speakers of Hebrew, Arabic, Russian, and English. Tel.: 1201 <https://en.eran.org.il/>
- SAHAR – Emotional First Aid Online  
A free and confidential service offering emotional support online for speakers of Hebrew, Arabic, and English <https://sahar.org.il/>
- Rape Crisis Centers in Israel - This 24-hour hotline is for victims of rape and sexual harassment. Tel.: 1202 for women, 1203 for men <https://www.1202.org.il/en/>
  - If you have been sexually assaulted it is not your fault and we would like to support you however we can. Please be aware that the Tantur staff are non-confidential resources; we are required to report any instances of harm to the appropriate offices on the Main Campus to ensure you are aware of all of the resources available to you now and in the future. For medical assistance in Jerusalem we recommend 'Bat-Ami' at Hadassah Hospital Ein Kerem. Phone: 02-6422758, 02-6777222. In addition to providing medical care following a sexual assault they can collect evidence if you wish to make an official report to the police.

#### *Other Mental Health Resources*

- While talking to a professional in person is often the best option, many online resources are available through Notre Dame and partner institutions. Please review the resources linked via the Jerusalem student website portal in particular, including the options available at <https://ucc.nd.edu/self-help/>.

## PUBLIC TRANSPORTATION

### Buses and Light Rail



- 1: Egged Bus (Israeli) **71, 72**: to Old City, King George Street / Ben Yehuda
- 2: Egged Bus (Israeli) **31, 32**: to Malha Mall and Central Bus Station in West Jerusalem  
(Take the steps down to get to the bus stop)
- 3: Arab **Bus 234**: From Bethlehem checkpoint to Damascus Gate and vice versa
- 4: Arab **Bus 231**: From Beit Jala to Damascus Gate and vice versa
- 5: Grocery / convenience store / cell phone store / ATM
- 6: Bank / ATM
- 7: Exercise location (Jacir Palace, listed below)
- C: Checkpoint 300 to Bethlehem

- **Egged (Israeli bus)**: an easy and cheap option for travel in West Jerusalem and between cities in Israel. Jerusalem bus lines use the electronic Rav-Kav card, which you will purchase during your first week in-country. The card can be reloaded at kiosks located on light rail platforms and at some bus stops, at SuperPharm and Cofix locations, many ATMs, and through the Rav-Kav app if you have a NFC-enabled Android or iPhone (7 or later). For travel between cities in Israel, plan to arrive at Jerusalem's Central Bus Station early and purchase your ticket there. Egged Buses typically run 4 am-2 am Sunday-Thursday, 4am-3:30pm Friday, and 1 hour after sundown until 1 am on Saturday.
- **Arab buses** service Jerusalem's Palestinian neighborhoods, as well as surrounding Palestinian West Bank towns. A bus ticket costs 5 NIS or 7 NIS if you're crossing the border, and should be purchased from the driver when entering the bus. If you take the 231 from Jerusalem to Tantur, be sure to tell the



driver when purchasing your ticket that Tantur is your stop so that you pay the right amount. You can also purchase multi-ride tickets from some bus drivers (10 rides for 35 NIS).

- **Light Rail** serves West Jerusalem, northern neighborhoods, and Israeli settlements in East Jerusalem (see map). Operating hours are Sunday – Thursday: 5:30am – Midnight, Friday: 5:30am – 2 hours before sunset, Saturday: 2 hours after sunset – Midnight. You can use your Rav-Kav, or a one-way paper ticket costs 5.90 NIS and can be purchased from a machine found on the platform of any light rail stop. Validate your ticket as you enter the train by running it through the machine in the entryway. Make sure to give yourself plenty of time to purchase a ticket as many of the machines are broken.



**Taxis** are the best way to get back to Tantur if you are out in Jerusalem after dark. It is easy to flag one down on any busy street. Always negotiate a price before getting in the taxi or ask the driver to run the meter. Tantur to the Old City should cost 50-60 NIS, but may be up to 80-90 NIS on Shabbat. If the driver is Palestinian and does not know Tantur, you can tell him it is located across the road from Beit Safafa, just before Checkpoint 300. If the driver is Israeli, you can direct him to the corner of Hebron Rd and Rosmarin St, near Gilo. You can also use the Gett app to call a taxi when you are in Jerusalem. Taxis are recommended for getting around Bethlehem as well. There are always taxis waiting at Checkpoint 300 and near Manger Square. Price should be negotiated before getting into the taxi. Travel between Checkpoint 300 and Manger Square should cost 20 NIS.

**Israel Railways** - There is an extensive railway system between cities in Israel. It is a beautiful and interesting way to travel, but is slightly more expensive, slower, and less flexible than the bus. Visit their website to plan your trip: <http://www.rail.co.il/EN/Pages/Homepage.aspx>

## LOCAL RECOMMENDATIONS

### Restaurants

- **East Jerusalem / Old City**
  - **Azzahra** – Local cuisine and fantastic thin crust brick oven pizzas. Address: 13 Azzahra Street, Sheik Jarrah, East Jerusalem. 02-628-2447
  - **Abu Shukri** – The most famous falafel in the Old City. Address: Al-Wad St., Muslim Quarter, Old City, near the 5<sup>th</sup> station of the cross. 02-627-1538
  - **Sarwa Street Kitchen** – Chill and artsy atmosphere, great for lunch, coffee, or an adult beverage. Address: 42 Salah Eddin Street, East Jerusalem. 02-627-4626
- **West Jerusalem**
  - **Babette** - Waffles! 16 Shamai, Jerusalem
  - **Tmol Shilshom** - Classic literary hangout: cafe/restaurant/bar serving pastries, shakshuka, coffee, and more. Great place to meet friends, or to sit awhile and study. Yo'el Moshe Salomon St 5. 02-623-2758
  - **Zuni** – Serving all the comforts of home. Open 24/7, Zuni has excellent brunch and dinner menus. Address: 15 Yoel Moshe Solomon, 1 Floor above the Lane, off of Jaffa Street. 053-934-5582
- **Bethlehem**
  - **Hosh al-Yasmin** – a farm-to-table Palestinian restaurant located on the edge of the Makhroun Valley. Hosh Jasmin's rugged, outdoorsy atmosphere is perfect for a warm summer evening. Take bus 231 from Tantur and get off at the top of the hill in Beit Jala after crossing the Tunnels checkpoint. 059-986-8914
  - **Buffalo Ribs & Wings** – an American-style lounge and grill whose burgers and wings are highly recommended. Located in Beit Jala near Bab ez-Qaq, where the bus 231 ends its route. 02-276-2021
  - **Afteem** – the best falafel in town! Don't miss out. Located just off of Manger Square. 02-274-7940

- o **Singer Cafe:** a hip cafe in the Old City of Beit Sahour. It's a fun place to cozy up on a rainy day or hear lively political discussion
- o **Bab id-Deir Art Gallery:** a new art gallery in Bethlehem with a great rooftop restaurant

#### *Bars*

- **Mike's Place** – American-style sports bar and restaurant, often featuring live music. Address: 33 Jaffa St., West Jerusalem, Tel: 02-502-3439.
- **The Dublin** – an Irish Pub located by the McDonalds off Jaffa St. in West Jerusalem. This is a good spot for watching sports or listening to music. Address: 4 Shammai St. Tel: 053-944-3740.
- **Rewined** - a popular bar in Bethlehem that serves local Palestinian beer and wine. Only open Thursday-Sunday evenings. It is walking distance or a short taxi-ride from Checkpoint 300. Tel: 059-858-3017.

#### *Coffee Shops*

- **The Coffee Mill** - A cozy cafe in the picturesque German Colony, serving a variety of coffee drinks and sandwiches and lined with vintage New Yorker covers. People like to camp out here with their laptops, but outlets are scarce. Address: Emek Refa'im St 23, Jerusalem. 02-566-1665.
- **The Educational Bookshop** – The EB is a leading bookstore carrying a variety of literature, magazines, maps, music, and DVDs pertaining to Middle Eastern culture and the Arab-Israeli conflict. They also have a café with tasty Italian coffee, giant salads, and a sitting area with free wifi. Address: 19 Salah Eddin Street, East Jerusalem. 02-628-3704.
- **The Coffee Bean & Tea Leaf** – Spacious outdoor seating, good people-watching and nice ambience. Address: 34 Jaffa Street, West Jerusalem.
- **Il Cantico** – Known for its delicious Italian ice cream and coffee. Located just off of Manger Square in Bethlehem, Cantina has outdoor seating that boasts a wonderful view of Bethlehem and an original Pope Mobile.

#### *Groceries*

- **Jumbo Supermarket** - A one-stop shop for a variety of groceries and other items you may need. Beit Jala Road off Hebron Road, Beit Jala (near 231 bus stop Bab El-Zakak) 02-275-8685
- **Teva Castel** - A natural foods market located in the First Station complex. 4 David Remez Street, West Jerusalem 02-536-4160
- **Super Deal** - A supermarket near the First Station complex that has an extensive selection of American products and fair prices. 28 Hebron Road 02-673-1141
- Many locals purchase their groceries from vendors in the markets in the Old City, Mahane Yehuda, etc.

## **The Culture and Context of Israel and Palestine**

The Holy Land is a rich mosaic of cultural, religious, and ethnic diversity. Engaging with this diversity is one of the most enriching aspects of studying abroad here. We have designed a number of excursions to expose you to the narratives of different groups and also encourage you to explore on your own. While it is important to understand the unique perspectives of the many people that call this place home, it can also be tempting to filter your experiences here solely through the prism of ethnic identity and the Israeli-Palestinian conflict. Some of you may have studied this area before; some of you may have never heard about Jerusalem until you decided to study abroad here. We encourage all of you to engage the people of Israel and Palestine with the dignity that their stories deserve. Most of your learning about the culture of this place will come through your interactions with locals, but we also want to provide a few helpful guidelines to make sure you start off your relationships on the right foot. Please review the information below and reach out with any questions!

### *Culture*

Within the general Israeli and Palestinian cultures, you will discover many diverse subcultures. In Jerusalem alone, people come from many different ancestries. As we are visitors here, it is important that we engage with people in a respectful and courteous way. To do this requires being mindful of cultural norms and expectations. Palestine is an Arab society. As such, the concepts of honor and shame carry more weight. It is wise to avoid making comments that could be interpreted as damaging someone's honor, especially when discussing sensitive topics such as politics, the land, or gender roles and relations. From an alternate perspective, you can honor Palestinians, who are known for their hospitality, by accepting invitations for coffee, lunch, or dinner. The majority of Israeli society is Jewish, though a significant portion of Israel's citizens are Arab Palestinians. Other significant religious and cultural minorities such as Armenians, Druze, and Circassians also call this land

home. Israel's Jews trace their ancestry to many different countries and, like America, Israel is a country of diverse immigrant communities. This allows Israel to boast a wide-ranging cuisine and cultural scene.

### *Dress*

Conservative dress (pants/button downs for men, long skirts and long-sleeve shirts for women) will typically draw the least attention, but you will notice a variety of styles being worn by locals and tourists, especially fellow students. Jeans and t-shirts are common to wear in most of the areas where you will be traveling, but many holy sites will require more modest dress. As a general rule of thumb you should cover your shoulders and knees, and women should typically wear tops that cover their midriff and cleavage. Women may find it especially useful to carry a scarf and/or a long skirt to wear when visiting certain holy sites.

### *Language*

The two main languages spoken in Israel and Palestine are Arabic and Hebrew. Many people here also speak English at a native or fluent level. Hebrew speakers tend to be Israelis, and Arabic speakers tend to be Palestinians, though the identities are not mutually exclusive. Learning a few phrases in each language can go a long way toward showing respect and building relationships. In addition to your language classes, other tools can be useful for self-study. As always, one of the best ways to pick up a language is through striking up a conversation and mixing with the people, or as it's called in Arabic, *mukhalata* مخالطة.

### Language Resources

- Duolingo: an app for iPhones and Androids with a great Hebrew course.
- Mango: an app available through ND with both Levantine Arabic and Hebrew.
- Educational Bookshop: an excellent place to purchase books for learning Arabic.
- Ulpan: a school for learning Hebrew. Many exist in Jerusalem.

### *Gender Identity and Sexual Orientation*

We want you to feel like you can be your whole self here at Tantur. We value you for the unique person that you are, your gender and sexual orientation included. At the same time, it is our job to keep you safe and we want you to be aware of societal norms regarding LGBT+ identities so that you can make informed choices.

Sexual norms here tend to be more conservative, especially in more religious neighborhoods like Mea Shearim and the Old City, and in Arab communities like East Jerusalem and the West Bank. Given this reality it is best to tread carefully when broaching these subjects with friends. Certain topics that you may be used to discussing openly with your friends may be considered taboo. In general discussing gender identity and sexual orientation is a taboo topic locally, but, this is not to say that you will not meet people or make friends here who either identify as LGBT+ or consider themselves LGBT+ allies. Nonetheless, rumors can spread very quickly, so it is best to use discretion when choosing to disclose that you identify as LGBT+.

Cultural norms around gender and sexuality can vary widely, of course, from place to place. Jerusalem is more conservative generally but hosts a Pride Parade with the support of Jewish, Christian, and Muslim leaders. Tel Aviv hosts the largest Pride Parade in the region and is widely seen as the best place to be LGBT+ in the Middle East. Both East and West Jerusalem are patchworks of different communities, so it is best not to make assumptions about people's views. Still, to avoid unwanted attention it is best to dress conservatively and be mindful of one's surroundings. The residents of Mea Shearim, an ultra-Orthodox neighborhood in Jerusalem, for example, do not approve of any clothes that show the shoulders or go above the knees.

The Student Life Team are always happy to lend an ear to any concerns you may have, so please do not hesitate to reach out. Know that we are here to support you, and that resources exist for you back on campus, including at the [Notre Dame Gender Relations Center](#).

### *Other Norms to be Aware Of*

#### Street Harassment

Foreign women sometimes receive unwanted attention that can take the form of street harassment, staring, being followed, etc. Less common is groping and other unwanted touching. Ask the Student Life Team or local trusted friends and allies for advice on what to do. If you experience harassment and/or unwanted touching, you can say "3ēb" (عيب), which means "shame," or "haram," and/or point at the perpetrator, especially if you are

in a public place. Public shaming can be very effective. If police are around, notifying them can also produce a quick response. NDI has resources on best practices for female travelers that we recommend you review. Most importantly, please report any instances of sexual harassment. While we are mandated reporters, we will maintain your privacy and focus on making sure you have the information and support you need.

#### Dating

You should be aware that spending extended amounts of time with Palestinian members of the opposite sex can lead to the impression you are in a romantic relationship. Dating is still a relatively new concept in Palestinian society so please be mindful of traditional norms.

#### Concept of Time

This [article](#) references cultural anthropologist Edward Hall and his M-time and P-time theory of time management. "M-time cultures tend to be strict about accurate time-keeping and tend to concentrate on doing one thing at a time, whereas P-time cultures are more relaxed about time, try to do multiple things at once, and tend to prioritize human relationships."

Expats in the Holy Land tend to make a lot of jokes about "Arab time" (P-time) and there is a general misconception that being on "Western time" (M-time) always works to one's advantage. Not understanding local concepts of time management can lead to some very awkward and difficult interactions and frustration, especially with individuals struggling to adapt to other aspects of the local culture. As a Notre Dame student, your idea of time management is coming from a very specific cultural experience that is not necessarily applicable to this context. For example, if someone is late for a scheduled meeting, it is important that you first consider that this could be a cultural difference rather than disrespectful or rude.

## EMERGENCY CONTACTS

### Local Emergency Numbers

Ambulance	101
Fire	102
Police	100

### University of Notre Dame at Tantur

Physical Address	Tantur Ecumenical Institute HaRosmarin Street, at the corner of Hebron Road
Mailing Address	P.O. Box 11381 Jerusalem 9111301, Israel
Telephone	+972 2 542 2900
Student Life Program Director Sarah Heiman	+972 52 809 0591   sheiman@nd.edu
Student Life Program Coordinator Allison Wattenbarger	+972 52 211 0566   awattenb@nd.edu

### Other Important Numbers

Notre Dame Police Emergency Line (24/7)	+1 574 631 5555
GeoBlue Health Insurance	+1 610 254 8771

### U.S. Diplomatic Representation

<i>For assistance in Jerusalem...</i>	U.S. Embassy Jerusalem 14 David Flusser Street Jerusalem 93392 Tel: +972 2 630 4000 Emergency After-Hours Tel: +972 3 519 7551 JerusalemACS@state.gov
<i>For assistance in the West Bank...</i>	U.S. Consulate General Jerusalem 18 Agron Road Jerusalem 9419003 24/7 Tel: +972 2 622 7230 ConGenJerusalemACS@state.gov