

Money

The common denomination of Israeli currency is the shekel. The current exchange rate is 4.075 shekels to the dollar. U.S. currency is widely accepted, so you may decide not to exchange your money at all. It is advisable to use small bills. Small bills will reduce the amount of change that you will receive in shekels and the need to have it exchanged to American currency at the end of your tour. Traveler's checks are accepted but credit cards and cash are sometimes easier to use. In some cases, personal checks are accepted.

If need be, you can go to a bank and ATMs are also available. You should call your bank card or credit card company to find out if your card will be accepted in Israel. When you use an ATM you will receive shekels for the amount you requested and the U.S. dollar amount will be deducted from your account. This eliminates some service fees that banks charge.

Weather/Climate

Winter and spring weather in Israel varies. The average temperature can change greatly depending on where you are in the country. Expect cool days and cold nights in Jerusalem -- warm days, and cool nights in Galilee and the Dead Sea.

	February (High/Low)	November (High/Low)
Jerusalem:	57/44	67/54
Tel Aviv:	66/48	76/54
Sea of Galilee:	67/49	78/59
The Dead Sea:	73/51	83/61

Luggage

Each person is allowed one large piece to check in. This piece should not exceed 72 inches overall; length, width and height added together. One carry on bag is also allowed. An average sized woman's purse does not count as a carry on. Your carry on piece should not exceed 45 inches overall; length, width and height added together. It must be able to fit under the seat in front of you. Luggage straps are recommended.

How to Overcome Jet Lag

Rapid travel through multiple time zones can take its toll on your physical and mental well being. "Jet Lag" is the phrase used to describe the condition when an individual's internal body clock is out of sync with the actual time in the region to which you have traveled. The difference between the eastern United States and Israel is seven hours. It is important to try to adjust your internal body clock to receive the most out of your tour. Here are some tips on how to adjust your body to Israel time.

On the day of the flight/arrival in Israel:

1. Get out of bed earlier than usual.

2. Eat a high carbohydrate dinner (e.g. pasta, potatoes, etc.).
3. Drink a lot of water to compensate for the dehydration that is common on long flights.
4. Shortly after your evening meal on your flight, set your watch ahead to Israel's actual time.
5. Try to rest or sleep as soon as possible on your flight.
6. When you arrive in Israel it will be late afternoon (local time). Keep active, do not nap and go to bed around 10:00 PM.

By the first touring day your body should be nearly adjusted to the change in time zones. Eat well, stay active, and do not allow yourself to nap. Enjoy Israel!

Electricity

If you plan on taking any electrical appliances such as a hair dryer, curling iron, travel iron or shaver, you will need to obtain an adapter. It must be capable of converting 110 volts to 220 volts. Make sure your adapter is rated to provide ample current for your appliance.

Water

Water in the hotels in Israel is safe to drink. Bottled water is readily available and can be purchased for \$1-\$2 at most of the tourist sites we will visit. Tour guides will have bottled water stored in their coolers on the bus for sale also.

Tickets and Arrangements

You will receive your tickets by overnight Federal Express mail carrier approximately two weeks prior to departure. They will be mailed to the address provided by you on your enrollment form unless you provide Joshua Generation with another address. When your tickets arrive, please review them and contact Joshua Generation should you have any questions.

PLEASE WEAR YOUR NAME TAG WHEN YOU COME TO THE AIRPORT. It will assist the LeSEA staff and airport security to identify you in the crowd, and will be necessary during the security check.

We suggest you read some of your favorite passages in The Bible and take notes of the locale where these events took place. Then while traveling through Israel, you will be able to place the event with the location.