

Israel Energy Tour: June 2025 FAQ's

What should I pack with me?

Israel has a Mediterranean climate with hot summers. It's essential to protect yourself from the sun and stay hydrated. We suggest packing:

- Valid passport (be sure it is not within 6 months of expiration, and if you have dual-citizenship please be sure to travel with your Israeli passport)
- Sunscreen
- Hat
- Sunglasses
- Comfortable running shoes/sneakers
- Reusable water bottle
- Swimsuit
- Women: light pashmina/wrap (to cover shoulders/head at relevant cultural sites)
- Men: Kippah, prayer books, white clothing for holiday connections, Talit & Tefilin (if you utilize these prayer tools)

Where should I stay?

The trip will start in Jerusalem from Thursday to Sunday and then we move to sleep around Galei Kinneret Tiberias hotel (around Tiberias Promenade) for 2 nights.

There are many fine hotel establishments in Jerusalem. The Centre has secured preferred pricing at the five-star **Mamilla Jerusalem Hotel** or **Leonardo Plaza Jerusalem Hotel** and 2 hotels in the north - all of which will be available to book in addition to discounted rates at many other accommodation options, through the registration link provided – see details [here](#). You are also welcome to find and book accommodations on your own.

How do I decide which days to join?

We've created an energy tour itinerary that is flexible to best suit every schedule. If this is your first Israel trip with The Kabbalah Centre, we suggest discussing with your teacher what might be best for you and your level of study. If you've been on Israel trips with the Centre previously, please join us for any and all of the connections and sites that suit your budget & schedule.

What if I need to modify or cancel my registration?

Registration cancellation available up to 3 days before the event. No refund will be credited thereafter. For cancellation or changes please reach out to the customer service at sarah.levin@kabbalah.com with your full name and the changes you would like to make to your registration.

Are kids allowed? If so, what do I need to keep in mind?

THE KABBALAH CENTRE

The daily tours are designed for adults. Children are welcome to join at the daily registration rates, at the parents' discretion.

Please note:

- Some of the sites are in cemeteries and you may not feel they are appropriate for your child.
- There is a long amount of bus travel time on some of the day tours that last into the late evenings.

This is my first trip to Israel with The Kabbalah Centre. How can I prepare & study ahead of time?

We are so excited to have you join us! We highly recommend speaking with your personal teacher to get their recommendations on specific articles, videos or books that can help to elevate your consciousness and appreciation for the sites you'll visit throughout the tour.

What else do you recommend visiting during personal down-time?

If you plan to have independent down-time while visiting Israel, here are other notable sites to consider visiting in Jerusalem:

- The Old City of Jerusalem, home for history, religions and captures.
- [The Israel Museum](#)
- [Yad Vashem Museum](#)
- Mahaneh Yehudah Market
- [Western Wall Tunnels](#)
- [The Knesset](#)

What should I keep in mind when planning my flight?

Upon arriving in Ben Gurion Airport (TLV), the process after landing can vary depending on several factors; de-planing the aircraft, immigration, baggage claim, security, customs inspection and exiting the Airport. Be aware that this can take an hour and sometimes more.

If you are born and/or have dual-citizenship in a country that may have complications coming into Israel (for example, Algeria, Afghanistan, Bangladesh, Brunei, Iran, Iraq, Kuwait, Lebanon, Libya, Malaysia, Pakistan, Saudi Arabia, Syria, Turkmenistan and Yemen) please let us know in right away, before making your travel plans, to make sure that we can check the most updated laws.

The travel time from Ben Gurion Airport (TLV) to the city of Jerusalem depends on the mode of transportation: taxi, train, bus. It can take from 20-60 minutes. You could rent a car, but it is not recommended. Parking in Jerusalem is limited.

Adjusting to a new time zone after a flight, especially during long-haul travel, can be challenging. Some suggestions include:

- Try to adjust your sleep schedule before travel or on the flight
- Stay awake and active during the day
- Make sure to give yourself time to adjust

I'm planning to attend Shabbat in Israel, what should I keep in mind?

If you are landing on a Friday, it's important to be aware that Friday evenings until sunset on Saturday is Shabbat and during this time, certain limitations and changes to normal activities occur in Israel.

Here are some things to keep in mind:

- Public Transportation: Buses and trains stop running a few hours before sunset on Friday and resumes after sunset on Saturday.
- Shops and Businesses: Many shops and businesses close early on Friday and remain closed throughout Saturday.
- Restaurants and Cafes: Some restaurants and cafes may be closed
- Hotel Services: Hotels usually continue to operate as usual, but certain amenities or services might be limited.

This is my first trip to Israel. What should I know before arriving?

1. Security Situation: Israel has a complex security situation. The majority of visits to Israel are trouble-free. Israel has implemented extensive security measures to ensure the safety of its residents and visitors. There is a strong presence of security forces in public places, especially in crowded areas.
2. Visa Requirements: Visitors are generally allowed to enter Israel for tourism purposes without a visa and are granted a three-month stay upon arrival. However, it's always a good idea to double-check the visa requirements and any updates before you travel.
3. Transportation: Israel has a well-developed transportation system, including buses, trains, and taxis. Public transportation is widely used, having a GPS or navigation app on your phone can be helpful.
4. Cultural Sensitivities: Israel is a diverse country with a rich cultural heritage. While it is generally tolerant and open-minded, it is important to be respectful of the local customs and traditions, such as dressing modestly when visiting religious sites and being aware of different religious practices.
5. High Holidays, Cultural Impact: The high holidays have a significant impact on daily life in Israel. Many businesses, shops, and restaurants may have limited operating hours or close entirely. Public transportation services may also be affected or have altered schedules.
6. High Holidays, Travel and Accommodation: Due to the significance of the high holidays, it's recommended to plan your travel and accommodation well in advance. Popular tourist destinations, such as Jerusalem, may be particularly crowded during this time. Make reservations for flights, accommodations, and tours early to ensure availability.
7. Language: Hebrew and Arabic are the official languages of Israel, but English is widely spoken, especially in tourist areas.
8. Currency: The official currency of Israel is the New Israeli Shekel (NIS or ILS). Credit cards are widely accepted, but it's a good idea to carry some cash for smaller establishments, markets, or places that may not accept cards. ATMs are readily available throughout the country for cash withdrawals. There are a lot of exchange stores that you can change dollars and euros to NIS. Other currencies are available too but less common and will not be accepted.

9. Sun Protection: Israel has a Mediterranean climate with hot summers. It's essential to protect yourself from the sun by wearing sunscreen, hats, and sunglasses, and staying hydrated, especially if you're visiting during the summer months.

10. SIM card: You have several options for obtaining a SIM card to use for local cellular service. A few important details:

- There are several major cellular service providers in Israel (Cellcom, Pelephone, Partner and HOT Mobile) They offer various plans and packages for voice, text, and data services.
- Prepaid SIM cards are widely available in Israel and are a convenient option. You can purchase a SIM card from kiosks, official stores of service providers, or authorized resellers. There are also companies that can ship you a prepaid SIM card to have before you travel
- Unlocking Your Phone before traveling to Israel, ensure that your mobile phone is unlocked or compatible with the local cellular network.

11. Crime: Israel generally has a low crime rate compared to many other countries. However, it is still important to be aware of your surroundings and take basic precautions to ensure your safety.

12. Personal Documents and Travel Insurance: Keep your passport, identification, and other important documents in a secure place, such as a hotel safe. It's also crucial to have travel insurance that covers medical emergencies, trip cancellation, and theft, among other potential incidents.

13. Emergency Services: Be aware of the local emergency contact numbers in Israel, which are:

- 100 for police
- 101 for medical emergencies
- 102 for the fire department

Save these numbers in your phone and know how to communicate your location effectively if needed.

14. Weather: The weather in Israel will be is warm but can be a bit chilly at night in some locations so we recommend to bring light clothes but with a warm layer for the evening or in air conditioning.

15. Recommended Phone Apps:

- Google Maps
- GetTaxi (similar to Uber, but for taxis)
- Moovit (for using public transportation)
- Waze (for drivers)

Uber and similar apps are not well developed in Israel.

16. Car Rentals: If you plan to rent a car to drive on your own while in Israel, please be sure to direct your navigation to avoid "restricted territories" to ensure you remain within Israel's safe borders. Millions of tourists visit Israel without any incidents. By exercising common sense, staying alert, and following local guidelines, you can have a safe and enjoyable visit to Israel!