



# Israel Tour 2024 Information Guide

# FZY Israel Tour 2024 – Information Guide



Dear FZY Israel Tour Participant and Parents

Congratulations once again on your decision to participate in FZY Israel Tour 2024! We expect it to be an outstanding summer and are so pleased that you and your child will be a part of it.

The following is a guide to prepare you for the wonderful experiences that await you. **Both Chanichim and parents are required to read this guide.**

FZY have made great effort to include as much information as possible to assist and prepare you, so please take the time to read the guide carefully. In addition, parents should keep it handy to refer to during the summer.

Part of FZY's ideology as a Zionist youth movement includes the use of many Hebrew words in place of the English equivalents. There are several words that are used throughout the guide with which you should become familiar:

Chanich/a	Participant	חניך/כה
Chanichim	Participants	חניכים
Tiyul	Hike or Trip	טיול
Madrach/a	Leader	מדריך/כה
Madrachim	Leaders	מדריכים
Tsevet	Staff	צוות
Kvutsa	Group	קבוצה

In addition to the information guide, we will be holding a virtual information evening on **Monday 10<sup>th</sup> June 19:30**. This will take place on a live stream via our YouTube channel. A link will be distributed closer to the date. You are reminded that to ask questions in the chat, you must be a subscriber of FZY's YouTube channel.

Should you have any further questions please do not hesitate to be in touch.

Enjoy the guide and get ready for an amazing summer.

Yours sincerely,

The FZY Team.



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## Travel Information

### Travel Arrangements

FZY will be taking 5 groups to Israel this summer.

Groups will be travelling out and back at different times, and on different dates, departing on 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> July and arriving back on 30<sup>th</sup>, 31<sup>st</sup> July and 1<sup>st</sup> August.

All parent/guardian(s) will receive their child's specific travel information and meeting times by the beginning of June. You have already received your child's flight details.

### London Travel Information

All Chanichim will be meeting at Kenton United Synagogue, Shaftesbury Avenue HA3 ORD.

**Tours 1 & 2** (departing on the 8<sup>th</sup> July) will meet at **15:30**.

**Tour 3** (departing on the 9<sup>th</sup> July) will meet at **15:00**.

**Tour 4 & 5** (departing on the 10<sup>th</sup> July) will meet at **15:00**.

Please be mindful that the school next door to the Synagogue has pick up at similar times so you must drop off your child and leave straight away.

Groups will be taken by coach to the airport for their flight.

Northern Chanichim will travel together to London to meet their respective group at the above site.

### Northern Travel Information

The meeting places for Northern travel are as follows:

**North Manchester** – Woodthorpe Pub, Bury Old Rd, Prestwich, Manchester M25 0EG (11:00am)

**South Manchester** – Delta Hotel, Hale Barns, Altrincham WA15 8XW (11:30am)

The participants will be dropped at these same locations after their arrival back in Heathrow airport.

All groups will be flying with El Al and provided with a kosher meal. El Al reserves the right to make policy and restriction changes at any time.



## Luggage

### Checked Luggage

Chanichim will only be allowed **one piece** of checked luggage. **The total weight should not exceed 23kgs.** Please go to the El Al website [www.elal.com](http://www.elal.com) for information regarding luggage allowance.

### What type of luggage should I bring?

Chanichim will be responsible for carrying their own luggage throughout the summer, so should be made of lightweight, durable material. Past Chanichim recommend duffel bags/suitcases on wheels.

### Bags

All Chanichim will be provided with a backpack upon arrival in Israel that they are able to carry on a Tiyul, as they will need to carry items such as water bottles.

Chanichim can also bring their own backpack if they wish to do so (can be used as hand luggage).

‘String bags’ are NOT recommended.

We advise that Chanichim bring three bags:

- One large suitcase; the suitcase is for clothes and belongings.
- One medium-sized overnight bag (a duffel bag is recommended) that can be packed flat inside the large suitcase. This will be used for when the chanichim go camping and won't have access to their suitcases for the night.
- One hand luggage (rucksacks can be used for hand luggage for personal items, these can also be used hikes and visits).

We suggest travelling in hiking boots/strong walking shoes to ensure that luggage is not overweight.

### Carry-on Luggage

In addition to checked luggage, Chanichim will be allowed one piece of carry-on luggage with dimensions of 56 (length) 45 (width) 25 (depth) cm or 22 (length) 18 (width) 10 (depth) inches, **weighing no more than 8kgs.**

### Guitar/Musical Instrument

Every year, several participants bring a musical instrument. If you choose to carry your guitar, please inform [office@fzy.org.uk](mailto:office@fzy.org.uk).

### Sleeping Bag

Chanichim **do not** need to bring a sleeping bag. One will be provided whenever they camp outside.



### Luggage Tags

All pieces of luggage (checked or carry-on) should have proper identification tags. The following information should be written on each tag:

Name

FZY Israel Tour (INSERT TOUR NUMBER)

Tlalim Educational Tours Ltd.

Beit Shimon,

Ar'ar 9,

Modiin,

Israel



### Travel Insurance

Please see the travel insurance policy taken out by FZY [here](#). If you seek further cover than what is provided, we recommended that individual arrangements are made with an insurance carrier to cover any extra's that you require for the duration of the trip.

### Flight Cancellations and Changes

If the Chanich/a is staying on in Israel after Tour, they will need to be collected from Ben Gurion Airport, Terminal 3 Departures, by the El-Al check-in desks 3 hours prior to the flight time for the rest of the group. There will be staff members present for any assistance.

If your child is leaving Tour earlier than the group, you will need to arrange travel for them to the airport at your own expense. You will also be required to sign a waiver.

All flight cancellation refunds will be made approximately two weeks after the end date of Israel Tour. We thank families for their patience during that period.



## What to Bring

### Passports

Please ensure your child's passport is valid for at least 6 months after the end of Israel Tour. If your child does not have a passport or needs to renew the current one, please do so immediately. Please make sure that details of the new passport are sent to [office@fzy.org.uk](mailto:office@fzy.org.uk) as soon as possible.

Chanichim travelling without British passports must contact the Israeli Embassy. It is your responsibility to obtain any travel documents or visas that you need.

### Packing List

When packing, please keep in mind several things:

- Chanichim will frequently have to carry their own luggage.
- Think twice before bringing anything you are afraid of losing or breaking.

All Chanichim are expected to dress appropriately on Tour in order to create a safe and inclusive atmosphere on the programme. Chanichim should not come on the programme wearing revealing clothing. We also ask that their clothes do not show their midriffs or their underwear.

### General Items

- Trainers
- Strong sandals/sliders
- Trousers (jeans)
- Responsible-length shorts *e.g. no hot pants* (3 pairs)
- Skirts (1-2; at least one must cover the knees)
- Short-sleeved shirts
- Long-sleeved top/shirt (1)
- Smart/modest clothes for Shabbat (knee-length skirt/smart trousers – not jeans/leggings)
- Kippa
- T-shirts (10 with short sleeves (must cover shoulders and midriff) – vest tops will only be allowed in the evenings)
- Jumper/sweatshirt (1)
- Swimming costumes/trunks (1-2)
- Big towel (1)
- Small towel (1)
- Pyjamas
- Lightweight ankle cotton socks (7 pairs)
- Several changes of underwear (7)
- Tampons/sanitary towels
- Tallit/Siddur/Chumash/Tefillin/Tzitzit (Optional)
- Casual shoes (1 pair)





### Essential Items for all Chanichim

- Hiking/desert boots or strong sturdy shoes for walking with ankle support, which will dry quickly after a water Tiyul (Converse boots are not acceptable)
- An additional pair of water shoes. Water shoes are usually made of mesh and have a hard sole used to prevent cuts and abrasions when walking in wet, rocky environments. (All terrain sandals are also acceptable).
- Water bottle – can be easily carried and will keep water reasonably cool. Participants will need to carry 3 Litres of water with them (bottle does not have to be 3 Litres itself. For e.g. 1 x 1L + 1 x 2L or 3 x 1L is acceptable)
- 2 Hats - Chanichim will be required to wear a hat on every Tiyul and during much of the time spent outside. Therefore, hats should be comfortable and should provide sun protection.
- Torch (and spare batteries)
- Watch
- Valid passport
- Small rucksack
- Net laundry bag for dirty clothing.
- Toothbrush and toothpaste
- Deodorant
- Shampoo and shower gel/soap
- Suntan lotion – lots of it (waterproof and high factor)
- After-sun/ moisturiser
- Insect repellent and bite cream
- Spare glasses or lenses and a prescription (if your child requires prescription glasses then they should bring a spare)
- Any prescribed medication

### Items that may be useful:

- Sunglasses
- Money belt
- Musical instrument
- Travel wash for clothes
- Calamine lotion
- Lip salve/Vaseline
- Wet wipes (for overnight camping)
- Savlon (antiseptic cream or lotion)
- Reading material
- Sewing kit

### A note on contact lenses:

Contact lens-wearers are strongly advised to bring a pair of glasses for emergencies. Dusty desert conditions can create a problem for contact lenses.



### Electric Current

The electric current in Israel is 220 volts AC. British appliances work fine with no need for a transformer; however, the plugs and sockets are different and will need adapters.

Some of the plug sockets in Israel may vary so we recommend bringing a universal adapter. Spares are also encouraged as these are easily lost or left behind.



### Spending Money and Caxton Cards

Participants may enjoy the programme fully without any additional spending money. All food and accommodation will be provided.

Spending money for gifts, extra snacks and miscellaneous items is not included in the cost of the programme. **Chanichim may wish to bring an advised sum between £150 and £250 for spending money.** Please ensure your child brings some shekels for the first few days of Tour.

Previous Chanichim have used Caxton cards. You can load currency onto the card before your trip, and parents are able to do so during Israel Tour too. If a card is lost or stolen this can be blocked. Additionally, there is help available through Caxton if the pin is forgotten, or if you would like to check your balance or need help with transactions. Alternatively, Monzo accounts and Osper cards are also options for cashless spending money.



## Whilst in Israel

### Damage Deposit

- **A £50 refundable damage deposit, in cash, will be collected from Chanichim on the day of departure** upon arrival at Kenton Synagogue in a named envelope with your child's Tour number.

If a Chanich/a damages property, this will be deducted from their damage deposit. However, if property is damaged and the Madrichim do not know who was responsible, the cost of the damage will be shared equally between each of the Chanichim in the group. Money will be taken from the damage deposit if damage is caused and is still unaccounted for by the last day of Tour. Any costs will be deducted prior to your refund.

### Room Allocations

Please note that Chanichim will be allocated a new room, by their Madrichim, upon arrival at each new accommodation. Chanichim will be encouraged to make new friends and to help other members of their Tour to feel comfortable.

### Laundry

Madrichim endeavour to provide an opportunity around halfway through Israel Tour for Chanichim to send clothes to the laundry. We recommend bringing a net laundry bag to aid with this process.

### Safe

Upon arrival in Israel, the Israel Tour staff will collect all passports. These will be placed in a safe in the Tlalim Office. We ask that you make two photocopies of the passport: one to be left at home in the U.K., and one to be kept with the Chanich/a. Passports will be returned to Chanichim upon their departure from Tour.



### Birthdays

Please know that if your child/ward has a birthday whilst on Israel Tour it is guaranteed to be a fantastic day and unique experience for them. Madrichim plan celebrations accordingly and are eager to help them celebrate in style.

Gili's Goodies is an external company who specialise in celebration 'baskets' should you wish to surprise your child in addition to what has been planned. Please find on the following page a flyer containing all of the information you need in order to be in touch with them directly. If you do go ahead with a birthday delivery, please note when placing the order that FZY is a nut-free movement.

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**SEND GILI'S GOODIES TO YOUR CHILDREN IN ISRAEL!**

[www.gilisgoodies.com](http://www.gilisgoodies.com)  
toll free from USA & CANADA:  
1-866-721-7292  
[facebook.com/ gilisgoodies/](https://facebook.com/gilisgoodies/)

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### Family Visits

There will be limited opportunities for family or friends in Israel to visit your child on Tour. These opportunities will be on specific dates and times, which have been allocated for family visits.

'Family Visits' will be indicated on your child's tochnit (schedule). This tochnit will be emailed to you at a later date.

Chanichim should know whom they can or cannot meet with. If there is anyone that they **should not be meeting with**, you should notify FZY as soon as possible. Otherwise, Madrichim will be happy to release your child to anyone they identify and are happy to meet with. If on the other hand, you are only happy to have your child released to a named person, you must notify the FZY office before Tour begins. Anyone who comes to meet your child must provide ID on the day.



### Mobile Phones

#### Mobile Phones

Mobile phones are allowed on Israel Tour. FZY will take no responsibility for any loss/damage/theft of mobile phones and/or any other valuables.

It is important to note that most insurance companies will support a claim for a lost or stolen phone only if it has been reported lost or stolen to the authorities within 24 hours. Though we try to ensure this, we cannot guarantee that the tour group will be able to get to a police station within this timeframe because of the nature of the programming.

Should a Chanich/a choose to bring their mobile phone, they will only be allowed to use it at specific times. If the phone is being used at inappropriate times, it will be confiscated.

#### Sim Cards

019 is a good option for a company to order Israeli Sim cards. They provide good packages for Sim cards or E-Sims. They provide a good service at a competitive rate, and anyone who orders a Sim card through them will have this delivered to them at Ben Gurion Airport. More information – for you to place an order can be seen on the landing page created for FZY: <https://019mobile.com/groups/fzy> .

The Airalo app has also been seen as a good method for an Israeli sim in the form of an eSIM. This can be topped up if the package you buy runs out. The app should provide all the instructions as to how to install the sim onto your phone.





## Medical

### Medical Treatment and Insurance Information

As per the online application forms, FZY must be informed of any physical and mental health conditions prior to Israel Tour. The GP Medical Form must be completed, along with any other relevant forms that have been made available to you. Additionally, all immunisations must be up to date. Failure to disclose any requested information or the disclosure of any inaccurate information may disqualify the participant from the programme's medical insurance coverage and may result in the participant's immediate dismissal or other removal from the programme. If the participant is disqualified or not covered for any reason under the programme's medical insurance coverage, the participant's parent/guardian will be fully responsible for the prompt payment of any and all expenses for medical care provided to the participant.

Medical insurance coverage for illness and injury whilst on Israel Tour begins when the group flight lands in Israel and coverage ends when the programme ends, or the participant ceases to be a participant for any reason (including voluntary departure, withdrawal, dismissal or other removal).

If a participant arrives in Israel prior to the start of Israel Tour or stays in Israel after the programme ends, the participant is not covered by FZY medical insurance. Please note, once the participant has left Israel the insurance will not cover any follow-up treatment or expenses related to or arising from an event which occurred while he/she was a participant. Any such expenses are the personal responsibility of the parent/guardian. Medical insurance coverage is subject to change.

In the event of illness or injury during a Tiyul, a medic or staff member will administer first aid and they will decide if the participant should be seen by a doctor at an urgent care facility or can be seen during regular doctor's hours.

The policy covers expenses arising from going back to country of origin with the following condition: In the event that as a result of an accident or illness, which began or happened during the Insurance Period, the physician has decided and reinforced this decision with medical documents, that the Insured is unable, from a medical point of view, to return to the programme in Israel, for a period of not less than 30 days on the condition that the above event is covered under the conditions of this Policy.

As of the date of this guide, the medical insurance policy does not provide coverage for the following:

- Pre-existing medical conditions, excluding treatment for the worsening of (i) the following pre-existing conditions: allergies, asthma, diabetes and epilepsy as long as the condition has been stable for 12 months preceding arrival in Israel
- Cancer, chronic diseases or illnesses and AIDS and/or HIV-related illnesses
- Self-inflicted injury (for example, piercings)
- Suicide and/or attempt to commit suicide
- Alcohol or drug-related incidents, or treatment required for any condition while under the influence of alcohol or drugs
- Pregnancies, birth control and/or child-delivery related incidents
- Dental care (except for an emergency, as described below)

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- Eyeglasses or contact lenses
- Psychological or mental health treatment (except for an emergency)
- Check-ups, periodic or routine examinations
- Plastic and/or cosmetic surgery and/or any other surgery or medical treatment which, in the opinion of an authorised physician treating the chanich, could be reasonably postponed until the chanich/a returns home.
- Pre-existing prescriptions

Non-emergency medical services are covered only if provided by our medical insurance providers, unless prior approval is given by our medical insurance provider to turn to other health service providers.

Through the programme's medical insurance policy, Chanichim are entitled to the following:

- Doctor's treatments (only by one of our medical insurance provider's doctors or with a referral by the provider's main office)
- Lab & x-ray tests (only with a referral by one of our medical insurance provider's doctors or with a referral by the provider's main office)
- Medicines (only with a prescription given by one of our health insurance provider's doctors to one of the provider's pharmacies or with a permit by the provider's main office)
- Dental treatments - FIRST-AID ONLY (immediate pain relief, and only by one of our medical insurance provider's dental clinics or with a referral by the provider's main office)
- Ambulatory Services
- Emergency Psychological or mental health treatment

In times of medical emergency, Chanichim will be taken directly to an emergency room in any hospital throughout Israel, present their medical services ID card, and receive treatment. The medical insurance provider is responsible for taking care of all financial matters concerning the participant's hospital stay, starting with the emergency room treatment through surgery and/or hospitalisation. However, visits to an emergency room in a hospital when no emergency exists are not covered.

If the participant wishes to consult a private physician or if a participant's parent/guardian wishes him/her to consult a private physician, the participant is solely responsible for any expenses incurred.

Since the medical insurance coverage provided by the program is limited in scope, if your individual circumstances require additional coverage, it is recommended that you maintain personal medical coverage separate from the medical insurance provided by the programme for chanichim while they are on the Israel Tour. FZY assumes no responsibility or liability for any medical, psychological, or dental coverage for chanichim except to the extent provided through our medical insurance provider.

The full medical insurance policy can be viewed [here](#).

While we do not recommend any specific precautions, we advise you to discuss vaccinations, including meningitis, with your physician.

All expenses incurred as a result of an as-needed psychologist and/or psychiatrist visits are the responsibility of the Israel Tour participant and his/her family.



In situations in which FZY staff members are concerned about the mental and/or physical health of its Chanichim, FZY, in their sole discretion, reserves the right to remove Chanichim from the programme.

### Allergies & Medication

Madrachim will hold all medication for your child during Tour. Once the groups arrive in Israel, the Madrichim will take any medication from your child and hold it in an individually labeled bag. Where possible please ensure your child keeps their medication in their hand luggage for the flight, in case the check-in bag is lost.

If your child has or uses an inhaler, ventilator or EpiPen, they must bring a minimum of two of each device. Your child will hold on to the first two of their devices and any additional ones will be held by madrichim. This is to ensure your child/ward always has access to these medications.

We understand that many EpiPens may become damaged or ineffective if they reach or exceed a certain temperature. It is possible that, at some point during Tour (especially when on a Tiyul), the EpiPen may exceed the recommended temperature. It is the responsibility of the Parent/Guardian to check with their EpiPen provider if there is a temperature that the EpiPen should not exceed. If so, the Parent/Guardian must make relevant arrangements for suitable storage throughout Israel Tour (e.g. by provision of a cool bag).

If a participant needs access to medication or medical equipment during the flight, please email [office@fzy.org.uk](mailto:office@fzy.org.uk) to alert us. It will be your responsibility to provide any relevant information or medical proof to satisfy airline requirements.

For any participant with a food allergy, it is essential that the **Allergy Waiver Form** has been signed to confirm that you understand the risks of sending your child on Israel Tour.

We cannot create a nut-free environment on Tour, which means we cannot prevent against airborne nuts and cannot guarantee that food will not be cooked in certain oils that may use nuts (e.g. sesame seed oil, coconut oil).

For any changes in prescribed medication, please make sure that the FZY Office is aware of these changes before the day of departure.



### Contact Information

#### Emergency Contact Information

During Israel Tour, in the case of an emergency please contact the FZY Office on 020 8201 6661. There will be a message on the answer phone for “out of office hours” EMERGENCY contact numbers.

Please only call this number in an emergency. Please be aware that if the matter you are calling about is not an emergency, we will politely end the call. This is so that we can ensure the emergency line is open.

#### Emergencies in UK

In the event that you must immediately notify your child of an emergency, such as the death or illness of a family member or friend, we ask that you please contact the London office on 0208 201 6661. We will then work with you to get this message to your child/ward as soon as possible.



## Administrative

### Communication during Israel Tour

All communication during Israel Tour must go through the London office on 020 8201 6661. At no point are parent/guardian(s) permitted to speak with the group Madrichim.

### Daily Updates

Throughout FZY Israel Tour, you will receive daily emails updating you about your child's summer Tour and the incredible time that they are having. The emails will be sent Sunday – Friday, as the FZY office is not open on Shabbat (Saturday). These emails may arrive in your Junk mailbox as they are sent as group emails, so please double check.

We will automatically subscribe the parent/guardian(s) email addresses provided on the Israel Tour online application form to our lists. However, if you wish anyone else (i.e. grandparent, relatives, brother, sister etc) to receive the updates please email [office@fzy.org.uk](mailto:office@fzy.org.uk). Please state the name of the Chanich/a and Tour number when requesting an email address is added to our system.

We will be updating our FZY Facebook and Instagram pages on a regular basis. Please follow us on both platforms to see more.

### Medical Updates

Please be aware, whilst on Tour, if your child has seen the Doctor before 3.30pm UK time we will update you on that day, via email. If this happens after 3.30pm UK time you will be informed the following day, via email. In case of a medical emergency, a staff member from the London office will be in touch with you, via telephone, as soon as the correct information has been received from Israel.

### ATOL

Your child/ward's ATOL certificate is stored by FZY. If there comes a point that you need this form, please email [admin@fzy.org.uk](mailto:admin@fzy.org.uk). If you have changed your child's flight, please send an email to [office@fzy.org.uk](mailto:office@fzy.org.uk) to ensure a new ATOL certificate is issued.



### Our Tsevet (Staff) in the UK

- **Josh Foreman** is the FZY movement worker heading Israel Tour.
- **Lucy Ross** is the Mazkira.
- **Claire Klinger** is the Programme Administrator and Financial Assistance Manager, who coordinates the financial assistance packages for families and often acts a liaison between the London and Israel offices.
- **Eliana Serfaty Medici** is the Programme Administrator, who also be a point of contact for all admin related queries, including medication, welfare and any other general requests on the lead up to the summer.

### Our Tsevet (Staff) in Israel

**Joel Jacobs** is the Executive Director of FZY and is based in Israel. Amongst other things he is responsible for all FZY activities that take place in Israel.

**Tlalim** operates with a fantastic team of trained and experienced individuals, working hard to perfect the schedules and logistics for the time in Israel.

During Tour, each group will be staffed by two British Madrichim and two Israeli Madrichim. Additionally, there will be Rakazim (coordinators) on the ground in Israel working directly with the groups.



## GENERAL CHECKLIST FOR ISRAEL TOUR 2024

- Code of Conduct (signed and uploaded onto your online application)
- Updated medical information emailed to FZY
- Travel insurance which should include some medical/cancellation insurance
- Ordered phone with 019 (optional)
- Ordered Caxton/Monzo/Osper Card (optional)
- Damage deposit of £50 in cash (to be handed in to FZY Staff on arrival)
- Two photocopies of passport (one for home and one to take with)
- Checked weight of luggage (not exceeding 23kgs – 8kg for hand luggage)
- Medication clearly labelled (to be handed into Madrichim on arrival in Israel)
- Valid passport (for at least 6 months after return to Israel months)