



Welcome to Palestine
“Disaster Response under the Protracted Conflict Setting” training
3-9 November, 2019

Congratulation on being selected to participate in the DRUPCS training course! The Palestine Red Crescent Society (PRCS) team is excited to welcome you to Palestine.

Are you ready to your upcoming travel? We hope that you will find the information in this paper useful. We look forward to meeting you soon!

Pre Departure:

Entry visa to Palestine

Should you need a visa, please request a visa invitation letter at your earliest convenience; you should apply for visa at your country of residence from the Israeli Embassy.

Packing Suggestions:

Personal Items:

- A small purse/ pouch to carry your passport and tickets during your flights
- Comfortable clothes that suit the high temperature (more cotton T. shirts)
- Temperature will change over nights to be colder, consider it when packing clothes
- Comfortable walking shoes are essential
- Pillow cases and linens are highly recommended
- Towels
- Slipper
- Mirror
- Nail scissor
- Sun block cream

Electronics:

- Make sure all devices have a plug- in adaptor, the power supply is 220 volts AC. Sockets typically accept two-pin round plugs so bring along a suitable power plug adapter or converter.



- Pack valuable electronics in your carry -on bag. Be prepared to have them examined when you pass through the security.



Personnel hygiene items:

- Deodorant
- Toothpaste and tooth brush
- Body soap and shampoo
- Shaving cream and devices
- Feminine hygiene products

(You can purchase these items here in Palestine with suitable prices if you wish).

Medicine

Remember to bring your prescribed medicine, and report your health status regularly to the training course management team if needed.

Host Society- Venue and location

The training will take place in two locations:

1. PRCS Headquarters is located in the city of Al Bireh, Jerusalem Main Street, beside al Am'ari Refugee Camp. Read more about the PRCS in the following link:
<https://www.palestinerocs.org/index.php?langid=1&>
2. Masafer Bani Naim, Near Hebron city.

Transportation

Upon request, PRCS will help arrange transportation services from and to:

- Ben Gurion Airport - Tel Aviv
- Allenby Bridge - crossing border with Jordan

Please note that we don't have control on our borders, so in case of emergency related to transportation, please contact:

- Ms. Doaa Abed, Public Relations Officer: +970.592.06.08.89
- Ms. Dunia Zeidan, Public Relations Officer: +970.598.24.11.33

Arrival:

Welcome Desk at PRCS Head Quarter

An information desk will be at the PRCS HQ reception at the ground floor to assist you with any additional information or inquiry.

Language

The official language of Palestine is Arabic; however a great majority has very good command of English - especially in the major towns and cities. (Few useful words and phrases in Arabic in **Annex 1**)

During the training, simultaneous English Interpretation will be provided.



Side events

A detailed program of the various events is enclosed.

Accommodation

Accommodation for all National Societies participants will be at the PRCS guesthouse & at Masafer Bani Naim training site , near Hebron city.

The Palestine Red Crescent Society will serve all meals for guests throughout the training days.

Currency

The currency used in Palestine is the New Israeli Shekel (NIS). US Dollars is largely accepted.

The current rates of exchange are around:

1 USD = 3.52 NIS

1 EUR = 4.00 NIS

Time

Palestine uses Eastern European Time (UTC +2).

Food

The food of Palestine is a sumptuous array of vibrant and flavorsome dishes, sharing culinary traits with Middle Eastern and East Mediterranean regions. Nonetheless, Palestinian cuisine has its own unique identity, which stands out within the area and across the world.

More about the food is in the following link:

<https://www.welcometopalestine.com/food/>

Climate

It is Autumn season in Palestine nowadays, which it can be cold and rainy; with the average temperature ranging from 21° C - 11° C.

Telephone

Dial country code +970 (for both landline and mobile numbers).

Health Insurance

- As a trainee you receive a limited health care benefit plan.
- The health care benefit plan designed to pay medical expenses associated with accidents or sicknesses. Covered medical expenses are subject to limitations, and pre-existing conditions are not covered

Harassment

- PRCS has zero tolerance towards sexual harassment. Stay away from any act that may be considered sexually offended.
- You should observe that all your activities take into account respect for people`s choices, aspirations, rights and dignity.



Cultural adjustment

- Almost every who goes abroad for any length of time will experience cultural adjustment to some degree.
- Palestinian culture will be new or different to you. Typically such differences will be source of both excitement and worries.
- If you have any question related to the Palestinian culture, do not hesitate to ask the management team.

Other information

For further assistance and information concerning logistical/emergency matters, please contact:

- **Mr. Basheer Ahmad, Head of Disaster Management Department: +970.599.25.11.31**
- **Ms. Rehab Abed, Deputy Director of Disaster Management: +970.597.95.79.31**

Enjoy your stay in Palestine, share your experience and work for humanity!





Annex 1

Many languages are spoken in Palestine. The official language of Palestine is Arabic, but English is widely spoken – especially in the major towns and cities.

Here are a few useful words and phrases to get you started:

ENGLISH	ARABIC
Yes	Na'am
No	Laa
Please	Min fadlak (to a man) Min fadlik (to a woman)
Thank you	Shukran
You're welcome	Afwan
Hello	Marhaba
Goodbye	Ma'asalameh
What is your name?	Shoo ismek?
Please	Lao samaht
Excuse me	'An iznek
What time is it?	Edesh el sa'aa?
How much?	Addeysh?
I don't speak Arabic	Ana laa ahkee Arabee
One	Waahid
Two	Tinain
Three	Talaateh
Four	Arba'a
Five	Khamseh
Six	Sitteh
Seven	Sab'a
Eight	Tamenyeh
Nine	Tis'a
Ten	'Ashra
Left	Shmaal
Right	Yameen
Straight	Dughree