

Aliyah & Absorption – Step by Step

“I will make with them an everlasting covenant not to turn away from them, but to do them good; I will put fear of me in their hearts, so that they will not leave me. I will take joy in them, so as to do them good. I will plant them in this land truly, with my whole heart and being.” Jeremiah 32: 40-41

Greetings, we hope this document will assist you in better preparing for Aliyah and absorption.

Practical – Have you considered?:

1. Do I have details from the Jewish Agency and the Ministry of Immigrant Absorption (for example, a checklist of first steps that I will need to take when I arrive in Israel)?

Suggestions: Within first 24 to 48 hours in Israel:

1. Obtain National Insurance, (Bituach Leumi) at the Ministry of Interior.
 2. Register for Health Insurance at the airport upon arrival or at the Post Office.
 3. Open a bank account at the Post Office or the bank of your choice.
2. Do I know where I will live when I arrive in Israel? Do I know what housing options are available and how to seek housing? Do I know the procedures involved in renting and/or buying accommodations?
 3. Do I have information about driving and public transportation in Israel? Change your driver’s license over as soon as possible. You may use your foreign driver’s license in Israel for up to 1 year following Aliyah. You have two opportunities within your first 3 years in Israel to convert your foreign driver’s license by a simple road test with no written portion. Visit the local branch of “Taldor” to receive a form and be photographed. Have an eye exam and medical. Visit Misrad Harishui (Licensing Authority) and bring the following:
 - Teudat Zehut (ID card)
 - Teudat Oleh
 - Passport
 - Driver’s license (issued at least 3 years prior to date of Aliyah)
 - Completed form

The form will be stamped and you will be given a list of driving instructors. Arrange for the required driving lessons. The instructor will schedule the test. Upon passing, you will receive a temporary license. Get the full license upon payment at the local Postal Bank. ***Please note: If you ship a car to Israel, you will only be able to claim it after you obtain an Israeli driver’s license.**

4. Do I know which documents I will need to bring to Israel (to seek employment and to register my children or myself in school)? Do I know how to register for school and what educational options are available? The Ministry of Immigrant Absorption Web site has a list of **Required Documents**. From the ministry’s **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:
 - Click on **Making Aliyah**.
 - Click on **First Steps**.

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- Click on **Required Documents**.
- Scroll down to view the list.

Registration for children: The Ministry of Immigrant Absorption Web site has a section called **First Steps**. In this section, the subjects **Checklist** and **What to Do** provide information about initial arrangements for *Olim* after making Aliyah. According to the **Checklist**, in order to register a child in a day-care center, nursery school, or public school, it is necessary to contact the local authority where one lives. The authority should be able to offer details concerning educational options in one's particular location.

From the ministry's **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:

- Click on **Making Aliyah**.
- Click on **First Steps**.
- Click on **Checklist, What to Do**, or any other subject in which you are interested.
- Scroll down to view information.

Registration for higher education: The Ministry of Immigrant Absorption Web site has a section called **Academic Studies**. The potential immigrant may need to seek help from his/her Jewish Agency *shaliach* (representative), because some of the information is in Hebrew. There are links to English-language publications.

From the ministry's **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:

- Click on **Making Aliyah**.
- Click on **Academic Studies**.
- Click on **Hebrew Web Site**.
- Scroll down to view information.
- Click on **English** for a list of publications.
- Click on the PDF file in which you are interested.

5. Do I know how to **seek employment** in Israel and what employment options are available? **Janglo** www.janglo.net **Jobnet** www.jobs-israel.com and lastly (this one has a possible fee) **Israemploy–Jobs in Israel Network** www.israemploy.net
6. Do I know what material possessions I need to bring to Israel and which things I will need to buy there (for example, appliances, clothing, and furniture)?
7. Do I know if I am required to serve in the Israel Defense Forces? If so, do I know the procedures involved in enlisting in the IDF? The Ministry of Immigrant Absorption Web site has a section called **Army Service**. The potential immigrant may need to seek help from his/her Jewish Agency *shaliach* (representative), because some of the information is in Hebrew.

From the ministry's **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:

- Click on **Making Aliyah**.

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- Click on **Army Service**.
 - Click on any subject in which you are interested.
 - Scroll down to view information.
8. Do I have all relevant medical records for my family and for me? Do I know what health-care coverage is available in Israel and how to obtain it when I get there?
 9. Do I know that I need to be registered with Bituach Leumi (National Insurance) in Israel, which is comparable to United States Social Security?
 10. Will I have some type of framework of social support (for example, friends, relatives, or synagogue) when I arrive in Israel?

Financial

11. Do I have sufficient financial resources to supplement the assistance that I will receive from the Israeli Ministry of Immigrant Absorption? Do I know the amount of funds that I will receive? The Ministry of Immigrant Absorption Web site has an **Eligibility Calculator**. The potential immigrant may need to seek help from his/her Jewish Agency *shaliach* (representative), because the application to calculate eligibility is in Hebrew.

From the ministry's **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:

- Scroll down to Eligibility Calculator.
 - Click on Eligibility Calculator.
 - Click on Hebrew Web Site.
 - Scroll down to **מחשבון זכאות**.
 - Click on **כניסה למערכת מחשבון הזכאות**.
 - Follow the instructions.
12. Do I have information about the banking system in Israel?
 - Bank Hapoalim, www.bankhapoalim.com
 - Bank Leumi, english.leumi.co.il
 - Israel Discount Bank, www.discountbank.co.il/wps/portal/corporate

Cultural

13. Do I know why I am making Aliyah?
14. Have I definitely decided to leave my life in my previous country and make a new life in Israel? How have I prepared myself and family to cope with our emotions and the possibility of facing new challenges in Israel?
15. Are my spouse and children completely in agreement with this decision to make Aliyah?
16. Have I prepared myself by studying Hebrew, the main language in Israel? Do I know about *Ulpan* (Hebrew study), which is available to new *Olim*? The Ministry of Immigrant Absorption Web site has a section called **Hebrew Studies**.

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From the ministry's **English home page** (www.moia.gov.il/English/Pages/default.aspx), follow these steps:

- Click on **Making Aliyah**.
- Click on **Hebrew Studies**.
- Scroll down to view information.

17. Am I aware that there are immigrant associations in Israel that can assist me (for example, the Association of Americans and Canadians in Israel)? If so, have I made contact with them for advice before making Aliyah? <http://www.aaci.org.il/>

18. Do I have details about the climate, culture, political system, and society of Israel? Israel is not a democratic republic, they are a socialist nation.

Culture Shock

While trying to adjust to a new and different culture it helps to be aware of some common stages which can lead to emotional stress, and some ways to overcome it.

➤ **Fascination Stage**

This stage is characterized by enthusiasm with all the new sights, sounds and the new things you see, a “rosy” picture, without noticing any negative aspects.

➤ **Shock Stage**

The first excitement has passed. The negative aspects of the culture come to the surface and become prominent. Symptoms of a culture shock appear.

1. Homesickness, preoccupied with thinking about old friends and familiar things from home.
2. Rejection and criticism of the new country and its people.
3. Excessive eating habits, sleeplessness, problems with the climate in which you are living, the language, disorientation, sense of loss of identity.
4. Withdrawal, discouragement, feeling trapped when expected to perform efficiently without understanding the ground rules.
5. Feeling inferior from being uncertain concerning how one should react in ambiguous and unexpected situations.
6. Struggle with anger and irritability, with occasional angry outbursts over minor things.
7. Rejection of self arising out of feelings of failure, and an inability to cope or succeed as planned. Development of hardness and a lack of concern for others.
8. Bouts of illness, loss of energy and a feeling of exhaustion.

➤ **Recovery Stage**

You recognize what you're going through, identify the symptoms, work through them and make necessary adjustments to the culture.

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Ways to deal with a culture shock

1. Be well aware of the symptoms, recognize them for what they are when they appear, and deal with them. Don't give in to it.
2. Seek assistance from others. Don't withdraw from social life, share your struggles and feelings with a good friend or family member.
3. Identify your expectations and if they are unrealistic concerning the actual situation, adjust them to what is reasonably attainable.
4. Accept yourself as you are with your limitations. Better to have a "day of rest", than to break down, or burn out.
5. Think about the positive aspects of the adjustment period. See it as a learning experience in which the most lasting benefits come from enduring difficult times.
6. It is good to pay attention to both your physical and emotional well being. If necessary take some rest, and physical exercises, pay heed to good nutrition and good eating habits.
7. Take enough time to relax together with others.
8. Cultivate a good sense of humor. Laughing at yourself and the problems helps relieve everything, keeping it in the right perspective and defuse tension.
9. Keep looking ahead, upward...not backward!

Please note: For further details, contact your shaliach.