



# **ST JOHN EYE HOSPITAL – JERUSALEM**

## **A Guide for Newcomers**



Aug 2015

## **Welcome to Jerusalem and the St John Eye Hospital**

On behalf of the Board of Trustees and all the Hospital staff in Jerusalem, Gaza, Hebron, Anabta and London, we would like to welcome you to Jerusalem and trust that you will have a very enjoyable stay with us.

This guide is intended for both short term visitors, who are volunteering their services to the Hospital, and for those expatriates, who are coming to work with us on longer term contracts.

It is intended to provide you with an overview of the area and what you can expect upon arrival. If you have any specific questions before you arrive, please contact us at the addresses below:

<b>Jerusalem</b>	<b>London</b>
Ms. Reem Salameh. Administration & Support Services Manager. St. John Eye Hospital Sheikh Jarrah P.O.Box 19960 Jerusalem 91198 Tel: +972 (0) 2 5828325/6 Fax: +972 (0) 2 5828327 e-mail: <a href="mailto:info@sjeh.org">info@sjeh.org</a> <a href="http://www.stjohnneyehospital.org">www.stjohnneyehospital.org</a>	Ms. Lisa Smith. PA/Administration Manager. St John Eye Hospital 4 Charterhouse Mews London EC1M 6BB Tel: ++44 (0) 207 253 2582 Fax: 0044(0) 20 7253 2612 e-mail: <a href="mailto:lisa.smith@stjohnneyehospital.org">lisa.smith@stjohnneyehospital.org</a> <a href="http://www.stjohnneyehospital.org">www.stjohnneyehospital.org</a>

## **Introduction**

Like Jerusalem itself, the St John Eye Hospital is beautiful and steeped in history. Built in 'modern crusade' style of attractive local Jerusalem stone, the present building was opened in 1960, replacing the original Eye Hospital of 1882 (the first eye hospital in the Middle East). This still exists in the form of the Mount Zion Hotel. Both old and new hospitals and the Order of St John have fascinating histories, which will reward some study prior to arriving at the Golden City. Generations of doctors and nurses are witness to the rewards and benefits to be obtained from working at the hospital.

Located on Mount Scopus at a height of 2,700 feet, the hospital occupies a 3 acre site in East Jerusalem within a kilometre of the fascinating Old City. The grounds are extensive with large trees shading the lawns and hard tennis court. Orange, lemon, and Olive trees are abound, within the Estate.

A security fence with security cameras surrounds the entire compound, and security guards are on duty 24 hours a day. The hospital is situated in the diplomatic area and security has not been an issue to date.

It is important to remember that this is the Middle East and Jerusalem has been fought over for 3000 years. The political situation is uncertain and can lead to delays, irritations and inefficiencies due to many reasons that are not always immediately obvious. It is essential to be adaptable with a high degree of tolerance and to retain a sense of humour in order to gain the most out of your time.

Jerusalem is one of the most attractive, interesting and unique cities in the world, and the surrounding scenery is both beautiful and varied.

## **Before Arrival**

**Work Permits:** If you are to be employed at the hospital, you will need a work permit, which will be arranged by our staff in Jerusalem. To speed up the process you will need to send us photocopies of your degrees, diplomas and GMC/American Board and Specialisation certificates etc. for registration prior to your arrival. This will help us to process the permit before you arrive.

Both doctors and nurses will require evidence of an ophthalmic qualification. There are many general nurses/doctors in Israel and it is most unlikely that you will be given a work permit unless you have evidence of having completed dedicated ophthalmic training.

**Passports:** Airlines can be difficult if your passport does not have at least six months to run (possibility of refusal to travel). Second passports can be obtained if you are working in the Middle East. It is easier to travel in some Arab countries (e.g Syria) if you do not have an Israeli stamp in your passport. This continuously changes with the political situation but currently, maybe less of a problem as a separate slip is generally issued rather than a passport stamp.

An International Driving License is useful if you are visiting for a short period. There is a requirement to obtain an Israeli license if you are staying for a period of 1 year or longer. Driving is on the right hand side of the road and it is useful to know that drivers can be less than courteous on the road!

If your spouse is considering local employment he/she must bring along the appropriate original documents.

**Luggage Allowances:** The allowances differ with the airline used. You should check this in advance in order to avoid additional costs upon departure.

## **Upon Arrival**

**Arrival/Visas/Passports:** Entry formalities at Tel Aviv Airport are usually straightforward and relatively speedy. Tourist visas, usually for 3 months, are issued on arrival. At immigration it is important to say that you are coming to 'study or observe' rather than work. It is advisable to have a document inviting you to St John Eye Hospital, which either the Jerusalem or London office will furnish you with. It may also be useful to carry your ID badge from your place of work as you may be asked for this as part of the checks, post passport control.

A hospital driver will normally meet you in the arrivals hall. He will carry identification of St. John Eye Hospital and bring you to the hospital. If for some reason there is no driver, there are shared taxis (Sheruts) available from the airport. The one which comes close to the hospital is *Nesher Taxi* (Tel: 6257227). The fare is around US\$12 (circa 50NIS). If the driver does not know the hospital, then ask for Mount. of Olives, near Ammunitions Hill. Hospital is located adjacent to the Ambassador Hotel, in Sheikh Jarrah.

Should you need to contact a responsible person at the hospital, please refer to the list of telephone contact numbers, highlighted within this New Comers Guide.

**Documents:** Passport photographs are necessary for processing your work permit and Hospital ID card, around 6 are useful, and these can be obtained easily in Jerusalem. You may, however, prefer to bring these along with you.

**Insurances:** Professional Indemnity insurance is provided by the hospital and covers work carried out in the service at St. John by all professional staff – this also applies to visiting Volunteer personnel. Through its insurers, general medical cover will also be provided to all volunteer staff by the Hospital.

Travel Insurance Cover is provided by the Hospital for periods of up to 6 months. Details are available on request, kindly engage with Administration Office in Jerusalem / London Office.

## **Upon Departure**

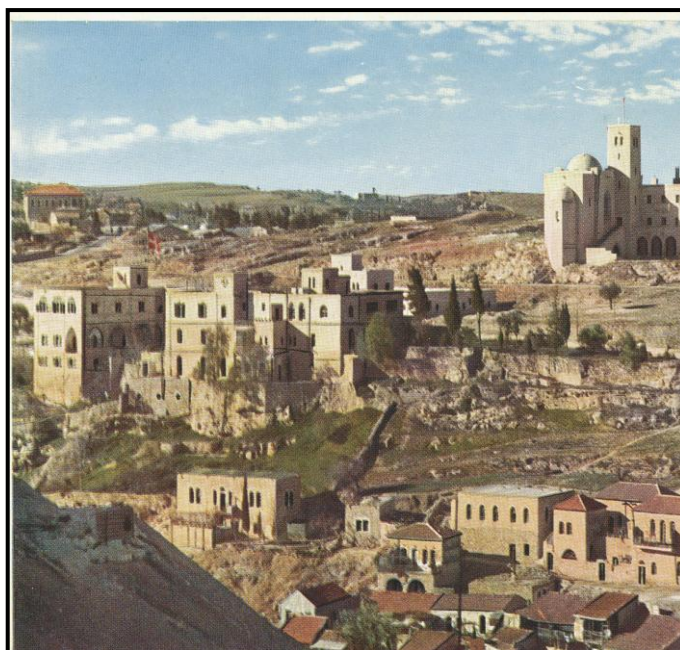
For security reasons you will be questioned upon departure about the reason for your visit, the places you have visited and the people you have met. This normally takes no more than 5 minutes and every passenger is subjected to this. You may be taken to have your bags checked and x-rayed and/or unpacked. This is why it is essential to be at the airport check-in 3 hours before flight departure. It is important not to get annoyed or frustrated, since this may delay you further. Security will not be hurried just because you have a plane to catch, or because you have young children. You may also find that the hand luggage rule of 100ml containers of liquids carried in small clear bags does not apply at Tel Aviv airport and you may have to put these items into your check-in luggage.

It can be helpful to have a written document from the hospital explaining where you have stayed and what you have been doing. This can be furnished by the Administration Office.

## **The Hospital**

The St. John Eye Hospital was founded in 1882 in Jerusalem in response to the overwhelming need for a centre of ophthalmic excellence for the treatment of serious eye disease prevalent in the Middle East at that time. Since, it has continued to be the only low cost centre for expert eye care for patients in the West Bank, Gaza and East Jerusalem. The mission of the hospital is both to provide ophthalmic care of high quality and relevance to the people of the region regardless of race, religion, or ability to pay, as well as provide teaching and training to Doctors and Nurses in the region, so that they may in turn provide skilled and quality care in their communities.

Throughout the combined operational units of St John we saw over 114,154 patients last year with over 4,294 major operations being performed.



**Panoramic View of the Old Hospital – 1930**

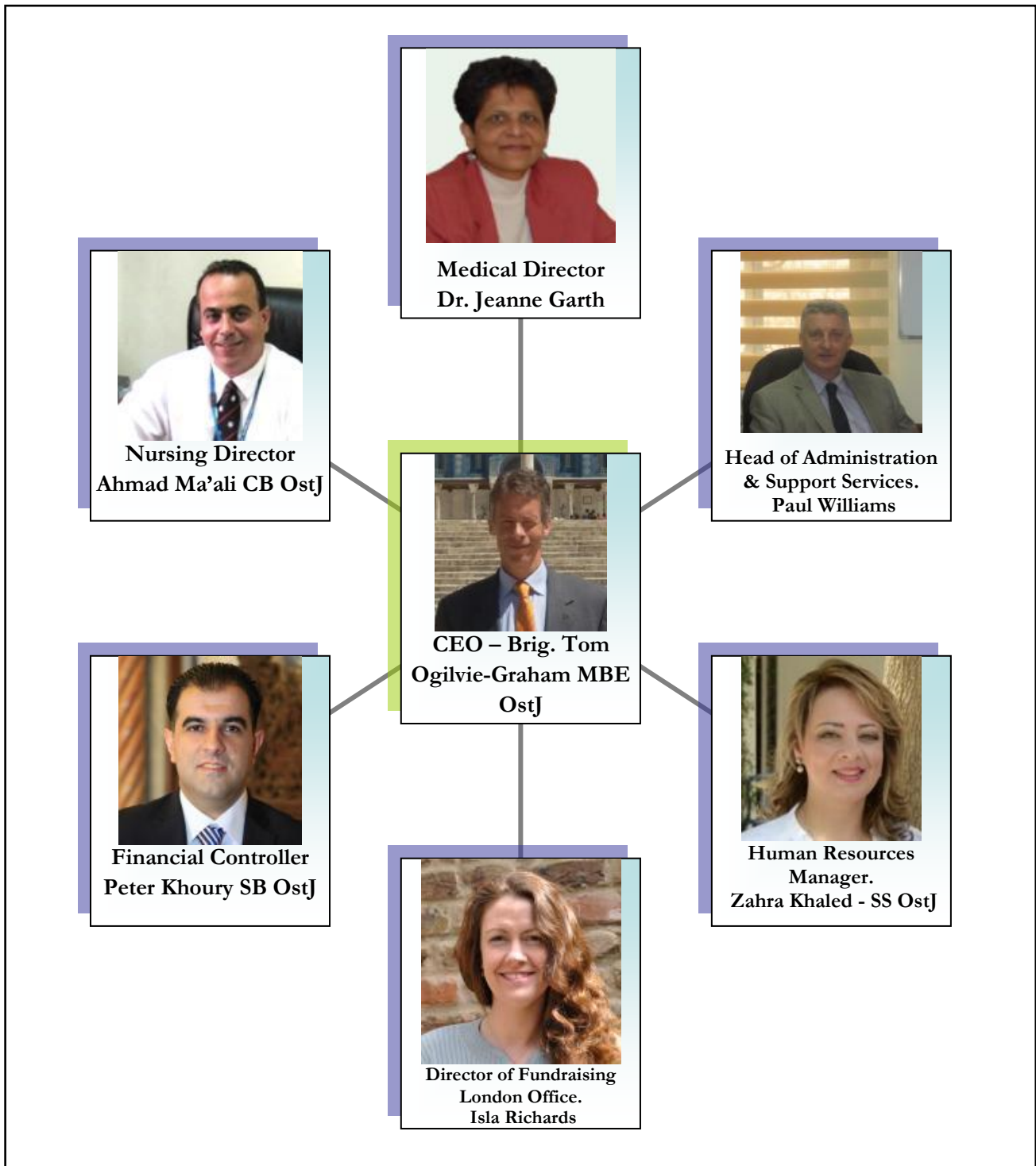
Teaching and training are an important part of our mission. There is a 4 year Ophthalmic Medical Residency Training Programme, two years of which are recognized by the British Royal College of Ophthalmologists, and fully recognized by the Jordanian Board of Ophthalmology. There is also a one year post graduate Specialist Ophthalmic Nurse Training Programme, which is linked to Moorfields Eye Hospital in London and accredited by Thames Valley University in the UK.

## **Hospital Board of Directors/Trustees**

The Hospital Board of Directors, chaired by Mr Nicholas Woolf, is responsible for overall policy and strategy. It meets three times annually and consists of medical, nursing, financial, legal and business experts. Mr Woolf is also the Order Hospitaller, and is the key operational Board member, through whom the Chief Executive reports to the Board.

## Management

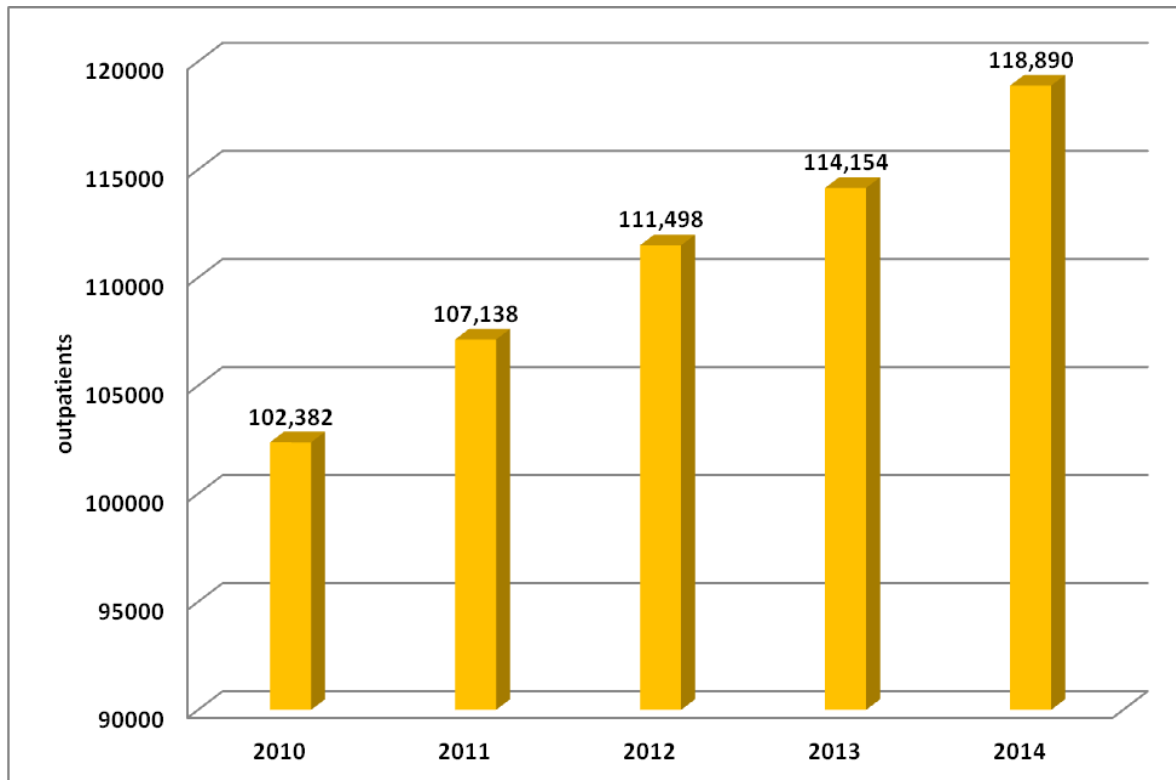
The Chief Executive and his Executive Management Team are responsible for the management of the Hospital Group. The team comprises as shown by the diagram.



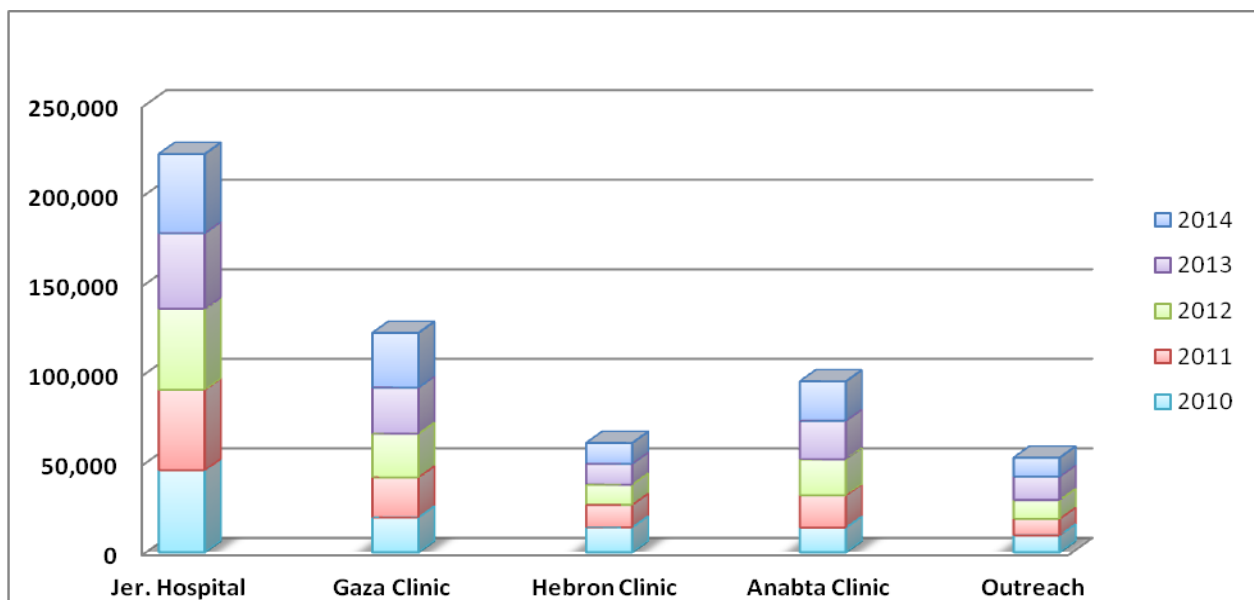


## Clinical Activity

St. John Eye Group provides its medical services through hospital located in Jerusalem, satellites clinics located at Anabta, Hebron and Gaza. In addition to two outreach teams working through the West Bank. Below two graphs showed our clinical activities through four years duration 2010- 2014.



Outpatients number over four years/St. John Eye Jerusalem



Outpatients number over four years (2010-2014)/St. John Eye Hospital Group

## **Out-Patients Services**

The refurbished outpatient department was opened in September 2003. Light, bright, take out with air-conditioning, it provides a comfortable working environment, for both patients and staff. Opening hours are Monday – Friday 7.30 am – 3.00pm, while on Saturdays & Sundays there are only admissions and emergencies, which are the responsibility of the on-call Doctor.

Under normal circumstances clinics are finished by mid afternoon, but exceptions do occur. Strikes external to the hospital and closure days can reduce numbers dramatically, but this usually means overwhelming patients number to the hospital the following day. The Primary Care Clinic is used to screen out many of the less serious cases, and patients without appointments. Patients seen in the main clinic are normally seen by appointment only.



The Outpatient Department has the following clinics:

- The main clinic has eight examination rooms equipped with Slit lamps with all accessories; a Direct Ophthalmoscope - Retinoscope set and an Indirect set as well as a set of lenses for each.
- There are also two vision testing cubicles.
- The Retinal Clinic is equipped with two examination rooms with Slit lamps, Indirect Ophthalmoscopes, and two Retinal lasers as well as one YAG laser.
- The Paediatric clinic has two slit lamps, Direct, Indirect sets as well as Tono-pen Tonometry, Puff tonometry equipment and hand held Slit lamp.
- The Corneal clinic has two slit lamps as well as a Corneal Topography Unit and Keratometer.
- The Optometry Department has two refraction testing rooms equipped with Autorefractometer, vision charts and refraction sets. Weekly Contact Lens and Low Visual Aid clinics are held.
- Photography and Diagnostics: These two departments house Ultrasound/IOL equipment, Automatic visual field Testing, FFA camera and an OCT.
- ERG testing room and general clinical photography.
- The Orthoptic Clinic is equipped with various children's vision testing equipment.
- An Ocular Prosthesis service is available.

## **Operating**

The Operating Theatres start at 7.30am each day. There are two Operating Rooms and one Recovery Room. Each Operating Room has ceiling mounted Microscopes with digital video photography setup attached, as well as anaesthesia equipment; two complete Phaco Vitrectomy units, as well as a host of other ophthalmic surgical equipment.



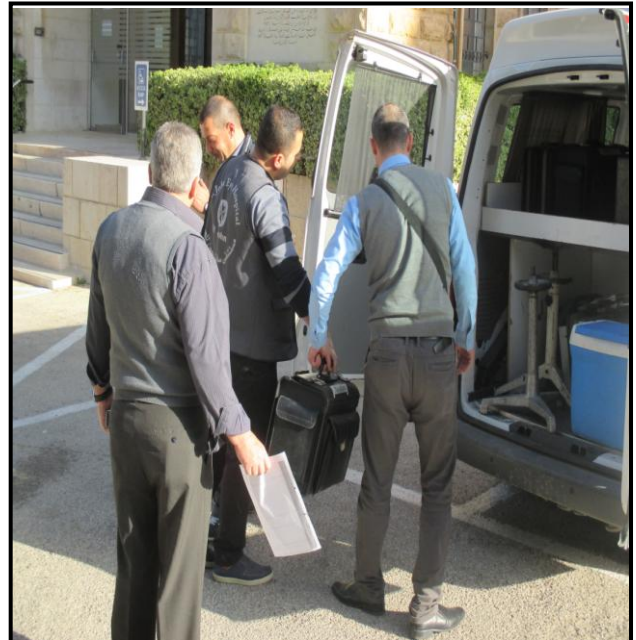
## **Wards**

There are a total of 49 operational beds, divided amongst adult male and female, children and private, (the latter not currently in use). One parent is allowed to stay with a child admitted. The patients are predominantly Palestinians from East Jerusalem, the West Bank and Gaza Strip. The Wards have four examination rooms as well as two treatment rooms, each with two Slit lamp units and vision testing equipment.



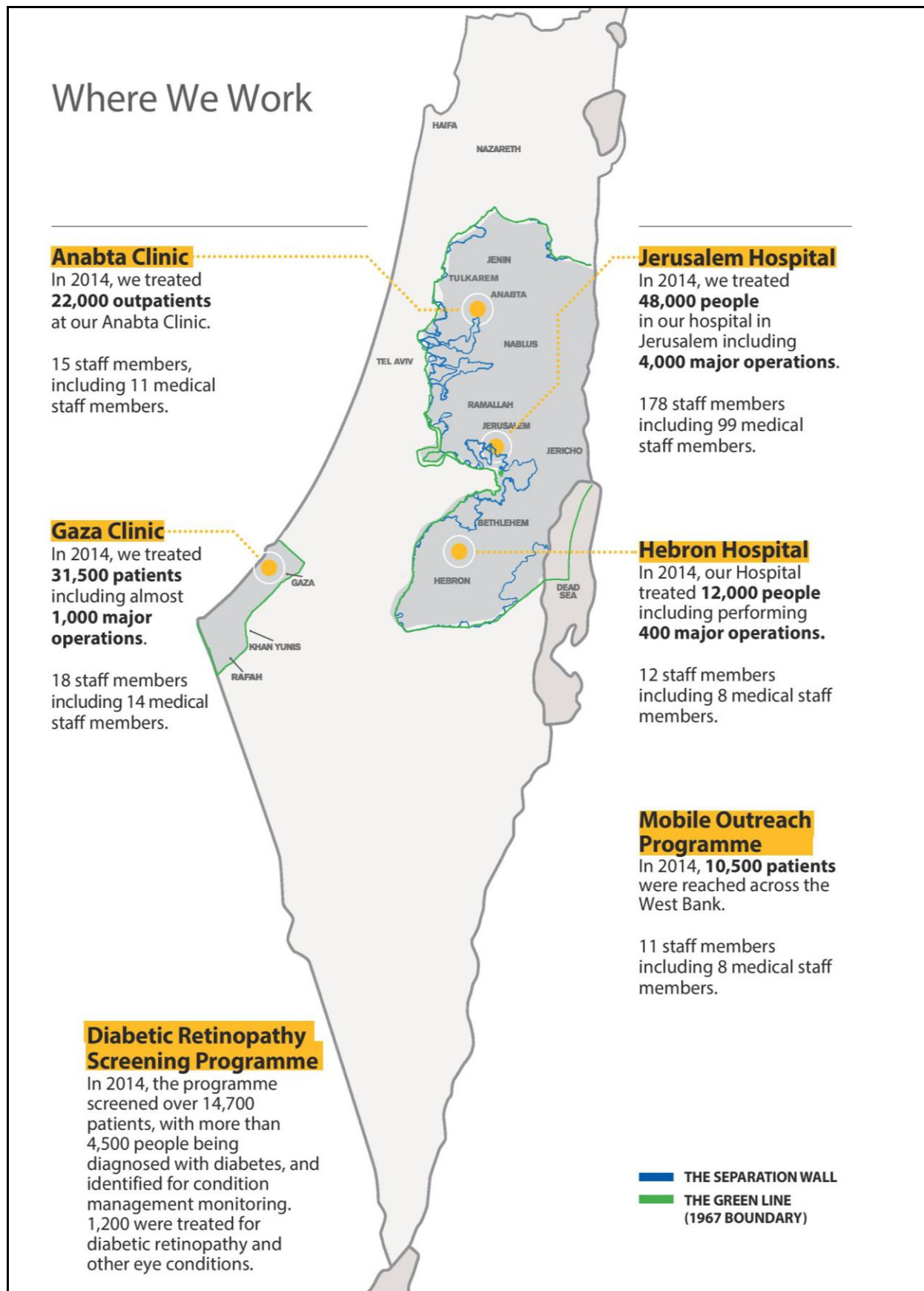
## **Outreach Service**

This service provides ophthalmic care to the small villages and refugee camps of the West Bank, from where transport and access to the hospital is difficult or impossible due to the many security checkpoints. There are two Mobile Outreach Teams, which conduct 5 clinics each week in the North and South of the country. They are staffed by Doctors, Nurse Practitioners, Orthoptists, Optometrists and Nurses. As part of this service, diabetic and paediatric clinics are held regularly. These clinics are an interesting experience and give the opportunity to see facilities outside Jerusalem, as work in remote areas. The two Outreach Teams have fully equipped vehicles each carrying two slit lamps, two direct -Retino sets, Indirect Ophthalmoscope sets, vision test charts, Orthoptics test sets, Optometric test sets, including a hand held Autorefractometer, Lens meter and Trial lens sets. One team carries a mobile Retinal Laser.





## Where We Work – (Locations and Statistics)



## **Gaza Clinic, Hebron Hospital & Anabta Clinic**

The hospital has a clinic located in Gaza and a recently opened Hospital in Hebron and a clinic in Anabta. Both Gaza and Hebron carry out clinical and day-case surgical activity. They are staffed by Doctors, Nurse Practitioners, Nurses and Optometrists. An orthoptist visits twice monthly and visiting specialists to St John are actively encouraged to hold clinics and give lectures for local ophthalmologists. The clinic in Anabta deals mainly with primary care with an emphasis on diabetic patients.

**Gaza Existing Clinic**



**Gaza new Hospital - under construction**



**Anabta Clinic**



**Hebron Existing Clinic**



**Hebron new Clinic- under construction**



## **Clinical Case Discussion**

Clinical case discussions are held weekly with all Doctors present.

## **Lectures**

Meetings and teaching sessions for the junior doctors are held weekly.

## **Grand Round**

The Hadassah Hospital (the world renowned Israeli hospital in Jerusalem) hosts the round every Thursday at 3:00pm, to which St. John doctors are encouraged to attend. Also a 'Last Friday of the Month' meeting is held at Hadassah from 8.30am to 12.30pm, at which a particular topic in Ophthalmology is discussed. Our Doctors attend this on a rotational basis.

## **Seminars**

For the local doctors these are held two to three times per year on a fixed topic. Doctors are encouraged to attend lecture. (Usually 70 doctors from the West Bank attend). Lectures are given in the hospital conference room, which has the necessary lecture aids. Meals are provided in the recreation room, which can seat 150 people, or, in the warmer weather, more pleasantly, in the hospital cloisters. In April 2013 the hospital ran a very successful Nursing conference attracting over 70 attendees.



**Cloister – Jerusalem**

## **International Meetings in Jerusalem**

These are held with eminent ophthalmologists attending from around the world. If there is a meeting or symposium of major significance in Jerusalem, every effort will be made for as many staff to attend as possible.

## **Visiting Ophthalmologists**

Prominent eye surgeons are regular visitors to the hospital. They will usually lecture, operate, go on outreach visits and advise on difficult cases, as required.

## **Lectures and Presentations**

If you have prepared lectures, please bring along your power point presentation etc. There are plenty of lecturing opportunities at the Hospital, in Jerusalem, West Bank and Gaza. (Slide, overhead projectors, VCR, lap-top and LCD projectors are available).

## **Doctor's Duties**

The 24-hour and the weekend (Sat. and Sun.) senior on call rota is shared amongst the doctors. The rota is planned one month ahead. A Hospital mobile phone is given to the Doctor when he/she is on call and the doctor must be able to be at the hospital within 20 minutes. Resident doctors provide 24 hour on-site cover. Whenever possible, visiting specialists will be given "time-off" over weekends so they can explore Jerusalem and the region.

## **Dress**

Medical Staff are expected to dress in a respectable manner when in the hospital or in its subsidiary clinics. Nursing staff are provided with hospital uniforms which should be worn according to the hospital dress code. Other staff and visitors are expected to dress in a respectable manner. Women should ensure that no 'provocative' clothing is worn that would cause offense – this includes bare shoulders. This should be considered when travelling around outside the hospital also. It is also very hilly and sometimes slippery when walking around Jerusalem so thought should be given to appropriate footwear. E.g. Rubber sok's not leather !.

## **Hospital Libraries**

The medical and nursing libraries have a good range of textbooks, journals and a range of teaching Videos. C.D. Rom, E-mail and Internet access are all available. Those residents within the Hospital compound will be able to take advantage of the St. John "Wireless Internet Connection".

## **Annual Leave**

Your leave entitlement is incorporated in your contract of employment. Please provide at least four weeks notice of requested leave. No more than 2 weeks at any one time from Mid July to Mid September may be taken to accommodate for school holidays. There are also add 10 feast days in the year to accommodate for the three main religions.

## **Salary**

For permanent expatriate employees, salaries are paid by cheque each month or directly into a local Israeli Bank, in Israeli shekels (NIS). Cheques can be cashed without commission at the East Jerusalem Branch of the Mercantile Discount Bank. There is no need to open a bank account but it is advisable and can be done through the General Administrative Office. Salaries are subject to Israeli Income Tax National Insurance and Pension legislation.

It is not the practice of the Hospital to provide any stipend/remuneration to medical personnel who undertake short-term "voluntary" work.



## Accommodation

A variety of one and two bedroom accommodation is available on the Hospital compound for both short term volunteers and longer term expatriate employees. No charges are levied.

The flats are fully centrally heated with hot water, which is solar heated in the summer. The kitchens are equipped with fridge/freezer, gas hob with electric oven, electric toaster, kettle, microwave oven and washing machine. A full inventory of cutlery, utensils, glassware and crockery is provided. Towels and bed linen are also provided.

Televisions are provided in all flats. Jordanian and Israeli channels are available both of which transmit news and other programs in English. BBC world service, CNN & Eurosport channels are available on satellite TV, there are also some English speaking film channels. Radios, and CD players, answering machines and alarm clocks are not provided and it might be worth considering bringing these each flat has a telephone with its own extension number. A full list of telephone extensions is made available upon arrival, as is held within your Welcome Pack. So that your Extension number can be supplied to relatives overseas, who may wish to call you at the hospital. International calls are only possible through the Hospital Operator.

Note (especially North Americans) that electricity is 220V; adapters can be purchased in Jerusalem.

Next to the main accommodation block there is a hard tennis court (*as shown in picture*) for the more energetic!!

A limited canteen service is available for breakfast, lunch, and dinner. All meals are free for volunteers.

It is important for you to know that the hospital cannot be held liable for losses of personal possessions from the hospital premises including from your accommodation. These should be insured privately by you. Money and valuables can, if required, be kept in the hospital safe in the Administration & Support Manager's office. Residents will be responsible for ensuring that their flat is kept clean – no cleaner facilities will be provided.

A small 'welcome' basket of food and bottled water will be provided in the flat at the start of your stay. You can drink the water from the tap, however there is a high mineral content and you may find the taste a little strange, bottled water is available everywhere.





## **Passports & Security**

You should carry your passport with you at all times especially when travelling to the West Bank as you will be subject to checks. You will also have your bags checked when going to many Israeli Institutions and restaurants.

As with all foreign travel, take care of your belongings and bags when out, particularly when in crowded busy places.

## **Local Information**

The Hospital is only a 45 minute drive from both Tel Aviv airport and the Allenby Bridge. Situated in the district of Sheikh Jarrah, a rather quiet, residential area surrounded by several foreign Consulates and the 4 star Ambassador Hotel, it is only a 15 minute walk from the Old City of Jerusalem. It is necessary to carry your passport at all times, especially when travelling to West Jerusalem, the West Bank and Gaza. Religious sites will also require you to dress modestly and shorts and sleeveless shirts are a no !

## **Weather**

The summer months are hot with temperatures reaching 35 + degrees in Jerusalem, but because of its altitude, the evenings are fresh and cool. The north (Tiberias) and the south (Eilat) are hotter and more humid.

The months of October to April are considered to be the winter season when temperatures can drop to 1 or 2 degrees. It often rains and sometimes snows in January/February. It is advisable to bring a sweater/light jacket for the cooler evenings from October to November and overcoats for the winter. The flats have tiled floors through out so slippers are a good idea if you don't want cold feet!

## **Food & Shops**

There is a wide range of food available to cater for all needs. Shops for groceries, fruits and vegetables are within walking distance of the Hospital. Supermarkets are within a short drive of the Hospital, in both East and West Jerusalem. Due to the different Sabbath days, you will always find a shop open somewhere. All shops are closed in West Jerusalem on a Saturday and most Arab shops are closed on a Friday afternoon. Shop opening times are between 8.30 am and 9.00 pm. Imported food carries a higher price tag especially when shopping locally.

## **Restaurants**

If you don't wish to cook, there are restaurants in the Ambassador and American Colony Hotels and some local restaurants e.g Askadinia's, Border line and New Dolphin (five minutes walking distance) serving a variety of food.

## **Toiletries**

The basics can be bought locally however any ladies toiletries can be expensive particularly imported products, it is advisable to bring any you require from home.

## **Money**

The local currency is the New Israeli Shekel (NIS), but US Dollars are also widely accepted. Exchange rates as at Aug 2015 and do fluctuate but are around:

- £1 = 6 NIS
- \$1 = 3.9 NIS
- €1 = 4.4 NIS.

To get updated changing rates, log on to Bank Of Israel website [http://www.boi.org.il/en/ Markets / Exchange Rates](http://www.boi.org.il/en/Markets/ExchangeRates). Money can be changed easily. There are a wealth of money changers, which tend to be used by foreigners more so than banks, because they offer better rates. “Aladdin” on Salahadin Street gives particularly good rates and is extremely reliable. ATM machines can be found and carry a small fee, they can however be erratic and may not always dispense cash – the motto is to try and try again!

## **Post**

The post is slow in both directions. It is a good idea to have a supply of British/foreign stamps so that letters can be given to returning visitors to post on your behalf in the UK/overseas.

## **Transport**

For those who don't wish to walk - Palestinian mini-buses run regularly past the hospital towards the old city. They are the cheapest form of transport (5NIS) and have replaced the old lavishly decorated buses which were a familiar sight on the streets of East Jerusalem. ‘Sheruts’ (shared taxi) run regularly from Jerusalem to most Palestinian areas in East Jerusalem. There is a ‘Sherut’ service that runs from just in front of St. John. A ‘Sherut’ service runs from Rav Kook Street, (just off Jaffa Street near Zion Square) to Tel Aviv, it takes approximately 1 hour. Israeli buses run regularly to areas within West Jerusalem. There are stops opposite the St John Hospital on Route 1 and outside the nearby Police Headquarters. There is a fixed fare for all journeys irrespective of distance. For travel further afield buses run regularly from the central bus station on Jaffa Street.

There is no bus service within West Jerusalem on Saturday and no long distance buses leave Jerusalem after approx 2.30pm on Friday, due to the start of the Jewish Sabbath.

Private taxis are an alternative means of transport. It is advisable to negotiate the fare before starting the journey. Some taxi drivers in West Jerusalem are reluctant to drive into East Jerusalem and vice versa, you may find it easier when returning to the Hospital to ask for the Ambassador Hotel, a short walk from the Hospital entrance.

Please note that hospital policy does not allow staff or visitors to use it's vehicles for any purpose.

## **Languages**

The main languages are Arabic and Hebrew; however English is widely spoken throughout all of Jerusalem and the country as a whole. In the hospital the majority of staff speak English.

## **Schools**

There are a number of schools available for foreign children.

- Anglican School: Primary through to aged 18 pupils who sit for the International Baccalaureate
- French School
- International School
- American School
- Sunshine School: Kindergarten

There are also two other English speaking schools – The Jerusalem School and the Bridge Academy, which are in the vicinity of the hospital.

## **Churches**

Protestant - St George's Anglican Cathedral is within walking distance of the hospital.

Roman Catholic – Mass in English is held every Sunday at 8.30am at St Joseph's hospital adjacent to St John's, and also at the Notre Dame Centre opposite New Gate.

There are a number of other Protestant/Evangelical churches in the area, as well as many Orthodox Churches – Greek, Russian, Armenian, Syrian, and Assyrian etc.

## **Special Days**

### **Act of Remembrance:**

This is held on the Saturday nearest to 11<sup>th</sup> November at the British War Cemetery and is hosted by the British Consul-General. It is well attended by representatives of many countries and international organisations, and the hospital has always made strong representation, with Doctors and Sisters wearing ceremonial uniform. Wreathes are laid, including one by the St. John Hospital representative.

**St. John Day:** (24<sup>th</sup> June) is celebrated with a reception and service of Holy Communion held in the hospital chapel.

**Hospital Carol Service:** is held in St George's Cathedral in December each year with a traditional Santa Lucia procession for the children.

Also St. John Eye hospital celebrates other days, were the hospital is closed and only receive emergency cases. Those days are:

- |            |             |             |
|------------|-------------|-------------|
| • New Year | • Eid Fiter | • Christmas |
| • Easter   | • Eid Adha  |             |

## **Emergency Numbers**

- Police: 100
- Fire: 102
- Ambulance: 101

## **Hospital Important internal numbers**

Switch Board:	Extension 0 or 200
Hospital Clinic:	Extension 260
Hospital Guards:	Extension 217

Emergency number      Extension 267

## **Other Important Numbers**

Tourist Information      02-6258844  
Flight Information      03-9723344  
For any local phone numbers information: 144  
For any international inquiry phone: 188

## **International Calls**

International calls can be made using phone cards and these can be purchased from the Administration Office on the first floor for 25 NIS or 55 NIS. The 55 NIS card will buy 180 minutes to a USA landline or 200 minutes to a German landline, 250 minutes to Jordan or 150 minutes to a UK landline. Calls can also be made to mobile telephones.

## **Hospital Mobile Contact Numbers & Personnel**

CEO	0546 886331
P.A. to CEO	0544 638273
Medical Director	0546 665972
Nursing Director	0546 665971
Head of Administration & Support Services	0545 467410
Administration & Support Services Manager	0546 665970
Medical Coordinator	0546 665984
Maintenance	0546 665981
Reception	0546 665975
Senior Sr. on Call	0546 886330
Senior Dr. on Call	0546 665977
Junior Dr. on Call	0546 665976

## **Swimming/Gym**

There are leisure facilities at the YMCA on Nablus Road near St Georges Cathedral. The hospital has negotiated favourable membership rates including reduced parking fees at the YMCA and a 10% reduction on all classes and activities. Also the Regency Hotel near the Hospital there are spa and swimming facilities. The Ambassador Hotel also has Gym facilities.

## Leisure

Opportunities for travel and tourism are immense. Jerusalem alone offers something new and exciting each visit.

The Mediterranean beaches are one hour away. Like all beaches, they're attractive, but swimming can be dangerous due to the currents. Keep an eye out for beaches with lifeguards.

The Dead Sea, the lowest point in the world, is only half an hour away by car. It is 400 metres below sea level; warm in winter and very hot in summer. Floating in the Dead Sea is an experience not to be missed. There are various day trips available

The Sea of Galilee with its many Christian associations is 3 hours away and makes a delightful weekend away, with its freshwater bathing, horse riding ranches, and hotels.

The Red Sea is a four hour journey and again is a marvellous location for a weekend or longer stay vacation. The scuba diving and snorkelling are a revelation and for some people the highlight of life here. Entry into Taba and the Sinai (Egypt), and Aqaba (Jordan) is possible.

Day trips can be organised with United Tours and Egged Buses to the Dead Sea and Masada, Galilee and Nazareth to list a few.

Desert trips are available as well. There is a '99' double decker open top tourist bus which runs



The Dead Sea



Masada

a hop on hop off service to the main tourist sights and museums in Jerusalem. Short holidays can be spent in Egypt, Jordan, Turkey and Cyprus which are fairly easily accessible. The Old City is a 15 minute walk from the Hospital. A tourist information centre is available near Jaffa Gate, 1 Omer Ben el-Hatab St, Jerusalem Phone: +972-2-627-1422, Website: [goisrael.com](http://goisrael.com). Opening hours: Every day from 8:30am to 5:00pm.

## Shopping

The Old City has an abundance of souvenirs from the Holy Land – particularly religious ones! It is best to shop around and compare prices – haggling is acceptable! You will also find places to eat and drink in the different quarters of the City. A nice place to stop for refreshment while out is the Austrian Hospice – it is near the 4<sup>th</sup> Station of the Cross, by the Armenian Church – it's a little oasis where you can have coffee and apple strudel! It looks uninviting and you may pass it off, but ring the bell and you will be let in.

SalahEdin Street is more like a high street and you will find newspapers, bakers, clothes shops, chemists, electrical shops etc. At Jaffa Gate is Mamilla Mall which has a range of more western 'label' shops. Further afield is the Israeli Jerusalem Mall (Malcha Mall) and this will require a taxi to get to (Egged bus 6 also goes from near Jaffa Street) and has floors of shopping, a supermarket, places to eat and a Cinema. (It is however closed from Friday afternoon to Saturday evening after Shabbat).



## Useful Information:

### Guide Books

**The Holy Land** by Father “Jerry” Murphy O’Connor

**The Lonely Planet Guide** - Israel and the Palestinian Territories

**Palestine with Jerusalem** - The Bradt Travel Guide by Henry Stedman

**Insight Guides – Jerusalem**

**Palestine, A Guide** by Mariam Shaheen

**Palestine and Palestinians** by the Alternative Tourist Group

### Basic Words and Phrases in

#### Arabic

**Marhaba** – Hello / Welcome

**Ma’a Salamah**- Goodbye

**Kif Halik** – How are you (said to a female)

**Kif Halak** – How are you (said to a male)

**Mustashfa al-'yuoon** – Eye Hospital

**La** – No

**Bi kam hada?** – How much is that?

**Alhamdulillah** – God Willing (is said in response to Kif Halik/ak)

**Shukran** – Thank you

**Afwan** – You're welcome

**Aywa**– yes

**Min fadluk** – Please

### Numbers in Arabic

**Wahid** - One

**Itnein** – Two

**Talata**- Three

**Arba**- Four

**Khamisa**- Five

**Sitta**- Six

**Sab’a** – Seven

**Tamanay**- Eight

**Tissa**- Nine

**Ashara**- Ten