INSPIRATION GUIDE

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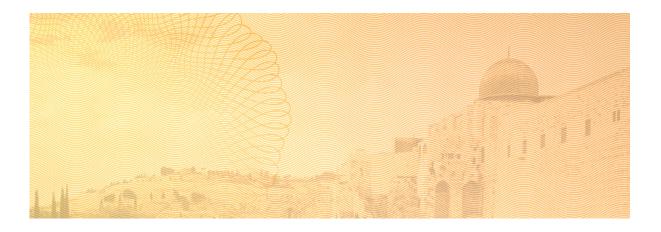
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THE HOLY LAND

A PRIMER FOR INSPIRATION TRAVELERS

A tour of Israel is an unforgettable opportunity to see the land where Scripture was written, and where the familiar events of the Bible actually occurred.

You'll spend your time in the Holy Land traveling from one well-known historical site to another with our tour group, riding in air-conditioned luxury coaches and staying in upscale hotels. Along the way, you'll enjoy fellowship with like-minded believers, including plenty of moments of prayer, worship, reflection and solid biblical teaching.

For Christians, a trip to Israel is a life-changing experience—an opportunity to see, in living color,

the places you've heard and read about for years. You'll walk in the footsteps of Jesus and the disciples. You'll observe the landscapes they once looked upon. And you'll experience God's unmistakable presence at some of the most sacred places on earth. Once you've traveled through the land of the Bible, you'll never read God's Word the same again.

Preparing for your Israel tour is important. The Inspiration Guide we've designed for you contains a wealth of information about the Holy Land, as well as answers to our passengers' most frequently asked questions. Please look over these pages as you pack and plan. We look forward to seeing you in Israel!

Welcome to your upcoming Christian travel experience with Inspiration!

CRUISES & TOURS



You are about to journey to one of the most unique countries on the face of the earth. Since its founding as a modern nation-state on May 14, 1948, Israel's existence has been celebrated by some and contested by others. Established as a safe-haven for Jewish Holocaust survivors, it remains a vital outpost of democratic and religious freedom. Jewish people, still suffering persecution worldwide, continue to make *aliyah* and come 'home' to Israel every day.



The blue and white flag of Israel is modeled after the traditional Jewish prayer shawl (*tallit*). It pictures the blue shield (star) of David.

Israel's national anthem, *Hatikvah*, which in Hebrew means The Hope, is a simple, haunting melody that expresses the centuries-long desire of the Jewish people to be reunited with their ancestral homeland.

As long as deep in the heart, The soul of a Jew yearns, And towards the East An eye looks to Zion, Our hope is not yet lost, The hope of two thousand years, To be a free people in our land, The land of Zion and Jerusalem

15 FASCINATING ISRAEL FACTS

HOW MANY DO YOU KNOW?





A staggering 34 different political parties participated in the 2013 Israeli elections.



Voicemail technology, drip irrigation, and the world's first baby monitor were all invented in Israel.



Nº 3

Academy Award-winning actress Natalie Portman, violin virtuoso Itzhak Perlman and rock-androll legend Gene Simmons were all born in Israel.







Israel is home to the lowest surface point on Earth: The Dead Sea, which is 1,401 feet below sea level.





Israel is home to more than 40 kosher McDonald's restaurants.



Israel is one of only nine countries in the world able to launch its own satellites.



4



Nº 8

Israel is one of just two countries to enter the

21st century with a net gain in its number of trees.

Nº 7

Israel has 170 miles of coastline and 137 official beaches.



Israel declared its independence in 1948 and is the only country in the world to revive an unspoken language (Hebrew).





Officially, Israel's highest spot is Mount Meron, which is 3,963 feet above sea level. (However, many peaks in the disputed territories of the Golan Heights are higher.)





The Dead Sea's salt content of 33% makes it impossible not to float. (No swimming required!)





Nº 10

More than 2,000 archaeological sites exist in Jerusalem.



Israel is the only Jewish state in the world.





Per capita, Israelis consume more fruits and vegetables than any country in the world.

Nº 15

More than one million written prayers are left at the Western Wall every year.



ð

QUICK-GLANCE INFORMATION

The Exodus. The conquest of Canaan. Solomon's temple. The life, crucifixion and resurrection of Jesus. Many of the greatest events in human history took place among the rocky heights, fertile plains, dusty deserts, and teeming shores of Israel. Thousands of religious sites and historical locations are scattered across its diverse landscape, all reclaimed from exile when the Jewish people returned to their homeland in 1948.

17h

12h

Today, Israel holds that significant past in one hand, while embracing the present with its other hand. The barren wilderness has been replaced by thriving, modern cities like Tel Aviv and Jerusalem. Today, sleek hotels overlook ancient, buried townsites. Sophisticated spas and resorts sit alongside ancient pathways and villages. Contemporary, high-tech industries thrive next to agricultural land that has been tilled by hard-working men and women for millennia.

Many of the greatest events in human history took place among the rocky heights, fertile plains, dusty deserts, and teeming shores of Israel.



COUNTRY FACTS

CAPITAL	JERUSALEM		
GOVERNMENT	SOCIAL DEMOCRACY AND CONSERVATIVE		
CURRENCY	ISRAELI NEW SHEKEL (ILS)		
AREA	8,000 SQUARE MILES / 20,720 SQUARE KM		
POPULATION	8,146,300		
LANGUAGE	HEBREW, ARABIC		
RELIGION	JEWISH 75.5%, MUSLIM 16.7%,		
	CHRISTIAN 2.1%, DRUZE 1.7%, OTHER 4.0%		
ELECTRICITY	220V/50HZ		
COUNTRY CALLING CODE	972		
TIME ZONE	GMT + 2		
DRIVING	ON THE RIGHT		

WHEN JEW VISITS JERUSALEM FOR THE FIRST TIME, IT IS NOT THE FIRST TIME; IT IS A HOMECOMING.

- ELIE WIESEL NOBEL PRIZE LAUREATE AND HOLOCAUST SURVIVOR

COMMUNICATING IN ISRAEL

LANGUAGES

While Israel's official languages are Hebrew and Arabic, English is spoken almost everywhere. Many residents speak fluent English and communicate easily with Westerners. In fact, English is a required subject in school, and signage throughout the country is written in all three languages: English, Hebrew and Arabic. Russian is also a common language you may hear in Israel, due to the influx of Soviet Jews when Mikhail Gorbachev opened the USSR borders in the 1990s.

The prevalence of English makes it easy for travelers to shop and communicate in Israel. Still, it's always a good idea to have at least a basic understanding of the local language when traveling anywhere internationally. Much of this is basic courtesy, as locals everywhere love it when visitors put some effort into speaking their language. Here are a few common words and phrases you'll want to know as you travel throughout the Holy Land.



Hebrew Language Guide

SHA-LOM

SHA-LOM

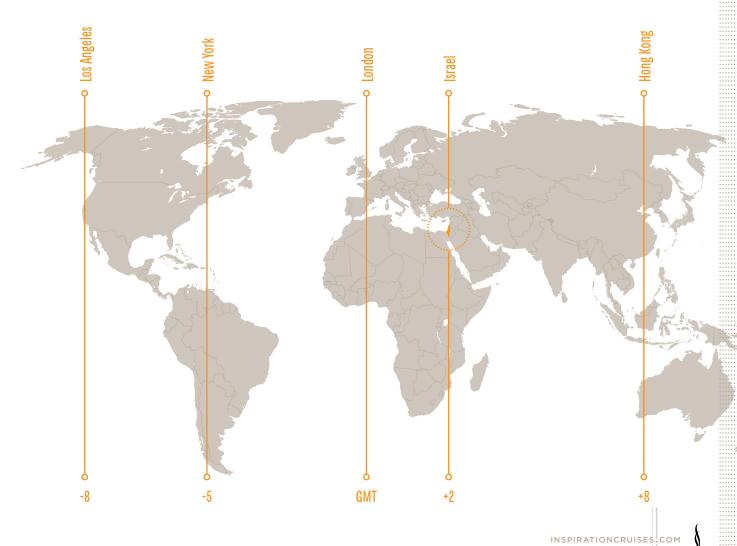
HELLO GOODBYE GOOD MORNING GOOD EVENING GOOD NIGHT SEE YOU LATER THANK YOU PLEASE YOU'RE WELCOME I DON'T SPEAK אַנִי לא מִדַבֵּר עִבְרִית HEBREW DO YOU SPEAK אַתָּה מִדַבָּר אַנְגָלית? ENGLISH? YES NO EXCUSE ME WHAT? WHEN? WHERE IS? HOW ARE YOU? מָה שָׁלוֹמִדְ? I'M FINE RIGHT LEFT STRAIGHT HOW MUCH כַּמָה זֵה עוֹלֵה? DOES IT COST? WHERE'S THE אֵיפֹה הַשֵּׁרוּתִים? BATHROOM WHERE'S THE אֵיפֹה בֵּית חוֹלִים HOSPITAL WHERE'S THE אֵיפֹה הַמִּסְעָדָה RESTAURANT? BREAKFAST ארוּחת בּוֹקר LUNCH אֲרוּחַת צָהֶרַיִם DINNER ארוּחת ערב ONE אחת \ אחד тwo שִׁתַּיִם \ שְׁנַיִם THREE שַׁלוֹשׁ \ שָׁלשָׁה FOUR אַרבּע \ אַרבּעָה FIVE חמש \ חמשה SIX SEVEN שבע \ שבעה EIGHT שִׁמוֹנֶה \ שִׁמוֹנָה NINE תַשַּׁע \ תִשָּׁעָה TEN עשר \ עשרה ONE HUNDRED ONE THOUSAND

בּוֹקֶר טוֹב BO-KER TOV FREV TOV LIE-LAH TOV לִהְתָרָאוֹת LE-HEET-RAH-OAT TOE-DAH בִּבַקָשָׁה BE-VA-KA-SHA ALL LOW DA-VAAR עַל לא דָּבָר AH-NEE LO M'DAH-BEHR EE-VREET AT-TAH M'DAH-BEHR ANG-LEET? KEN לא LOH סליחה SLEE-KHA MAH? מתי? MAH-TIE? איפה? EH-FO? MA SHLOM-KHA? (MASC.) BE-SED-DER יַמִינַה YA-MEE-NA שׂמׂאלה SMO-LAH ישר YA-SHAR KAMA ZEH OH-LEH? EH-FO HA SHER-U-TEEM? EH-FO BEIT KHO-LEEM? EH-FO HA MEES-A-DAH? A-ROO-KHAT BO-KER A-ROO-KHAT TZO-HO-RA-YIM A-ROO-KHAT EREV A-KHAT / E-KHAD SHTA-YIM / SHNA-YEEM SHA-LOSH / SHLO-SHA AR-BA / ARBA-AH KHA-MESH / KHAMEE-SHA שַׁשׁ \ שָׁשֵׁה SHESH / SHEE-SHA SHEH-VA / SHEEV-AH SHMO-NE / SHMO-NAH TEY-SHA / TEESH-AH ES-SER / ASSAR-AH מאה ME-AH אלף EL-LEF

TIME DIFFERENCE

Israel is normally ten hours ahead of Pacific Time and seven hours ahead of Eastern Time (1:00pm in New York City is 8:00pm in Jerusalem.) All countries follow their own schedules for switching between Standard Time and Daylight Savings Time, which means there could be travel dates when the time difference between the U.S. and Israel are varied by an additional hour.

Number of hours east of GMT Israel falls on the map



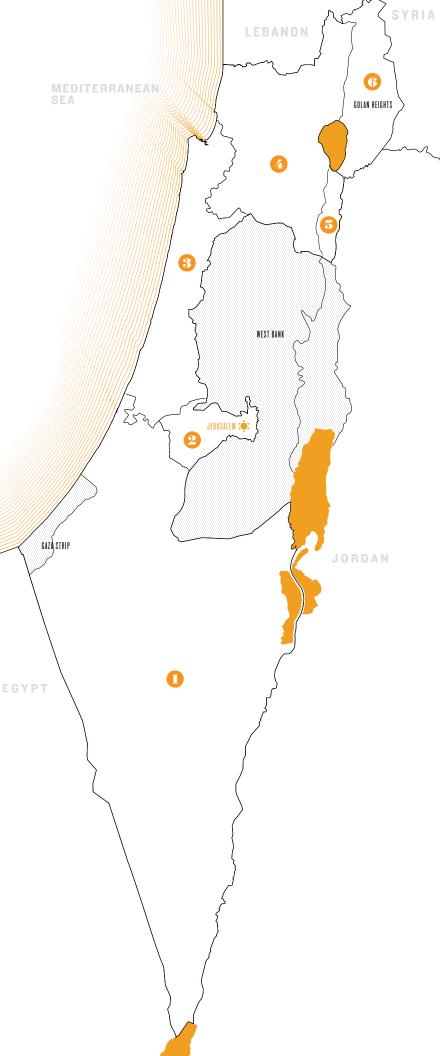
GEOGRAPHICAL REGIONS

For such a small land area, Israel has a remarkably diverse geography. It includes a multitude of climates and geographical features, from snow-capped mountains in the north (including a ski area on Mount Hermon) to enormous, dusty deserts in the south. This "land flowing with milk and honey" (Exodus 3:8) is filled with sandy beaches on its Mediterranean coast, lush forests at its higher elevations, fertile green farmland and rocky hilltops.

In terms of land area, Israel is about the size of New Jersey: 290 miles long and, at its widest point, about 85 miles across. It would take just 90 minutes to drive from the Mediterranean Sea on its west coast to the Dead Sea on Israel's eastern edge.

Israel is divided into six primary geographical regions:

NEGEV DESERT
 JERUSALEM
 NORTH COAST
 GALILEE
 JORDAN RIVER VALLEY
 NORTHERN BOUNDARY





NEGEV DESERT

Half of Israel's total land area consists of the massive Negev desert, which extends from Egypt's Sinai desert to the southwest. It forms an inverted triangle shape, extending from the large city of Beersheba in the north to the Dead Sea in the east, then to the Red Sea resort city of Eilat in extreme southern Israel. Craggy, sandy and extremely dry, the Negev has few inhabitants.

The Lord had said to Abram, "Go from your country, your people and your father's household to the land I will show you. I will make you into a great nation...

Genesis 12:1-2a

The Negev constitutes the southern portion of Israel, and served as a backdrop for many of the journeys the Hebrew people embarked on. Here are some of the biblical accounts that mark this region:

- Abraham wanders through the Negev on his many journeys (Genesis 12:9; 13:1-3; 20:1)
- An angel appears to Hagar, saving her and Ishmael's life (Genesis 16:7-14)
- The children of Israel leave Egypt for the Promised Land on a 40-year journey (Exodus)
- Ezekiel prophesies that the waters of the Dead Sea will one day become fresh (Ezekiel 47:1-12)
- Fleeing Saul, David resides in the wilderness of En Gedi (1 Samuel 23:29)
- Jesus is baptized by John the Baptist, and the Holy Spirit descends like a dove (Matthew 3:13-17)

Although parts of the Negev are believed to have been more fertile than they are today, many Christians make it a point to visit this arid region and tour places such as:

- Qasr al-Yahud—Jesus' Baptismal site
- En Gedi—the rocky refuge where David wrote psalms
- Qumran—where The Dead Sea Scrolls were discovered
- Dead Sea—the lowest surface point on Earth



JERUSALEM

Israel's capital and largest city is worthy of its own geographical region. Located in the center of Israel, this city of one million residents and 50 square miles lies in the Judean Mountains between the Mediterranean Sea and the northern shores of the Dead Sea. Jerusalem's Old City is roughly divided into four sections: the Jewish Quarter, the Muslim Quarter, the Armenian Quarter and the Christian Quarter.

But to his son I will give one tribe, that My servant David may have a lamp always before Me in Jerusalem, the city where I have chosen for Myself to put My name.

1 Kings 11:36

Jerusalem, declared Israel's capital by David more than 3,000 years ago, has played an important role within the biblical narrative. Here's just a few reasons why the city is so significant for Christians today:

- Abraham is willing to offer Isaac as a sacrifice on Mount Moriah (Genesis 22:1-18)
- David transports Ark of the Covenant to Jerusalem (1 Chronicles 15:1-
- 16:6; 2 Samuel 6:12-17)
 Solomon builds the First Temple (2 Chronicles 3:1-2)
- At age 12, Jesus stays behind at the Temple after Passover and speaks with rabbis (Luke 2:43)
- Jesus drives money changers from the Temple (Matthew 21:12-13)
 - Jesus shares the last supper with His disciples in the Upper Room (Mark 14:12-26)
- Jesus is put on trial and condemned to crucifixion by Pilate (John 18)
 - On Pentecost, Peter preaches to Jewish worshippers and 3,000 are saved (Acts 2)

Some of the biblically historic places that Jerusalem is known for are open to Christian pilgrims visiting Israel today. These include, but aren't limited to:

- The Upper Room
- Mount of Olives
- Pool of Bethesda
- Hezekiah's Tunnel
- Western Wall
- Southern Steps
- Garden of Gethsemane
- Garden Tomb



B NORTH COAST

This narrow coastal plain runs parallel to the Mediterranean Sea, extending 116 miles from the Lebanese border in the north to Tel Aviv in the south. Israel's major urban centers and industries are here, and the area contains as many as 70% of the total population. It includes the Plain of Zebulun, Hof HaCarmel, the Sharon Plain and the Plain of Judea.

Now then send and gather to me all Israel at Mount Carmel, together with 450 prophets of Baal...

I Kings 18:19a

Now a bustling metropolis, this breathtaking stretch of Israel's Mediterranean coastline was just as important in past centuries, at which time many biblical accounts took place at its strategic seaports. For instance:

- 450 prophets of Baal are slain by Elijah in a showdown on Mt Carmel (1 Kings 18:16-40)
- Elijah is fed by the widow of Zarepheth and raises her son to life (1 Kings 17:7-23)
- Jonah embarks on a ship for Tarshish from the port of Joppa (Jonah 1:2-3)
- The captured Ark of the Covenant is placed in the Philistine's Temple of Dagon (1 Samuel 5:1-7)
- Peter resides with Simon the Tanner and has a vision to take the Gospel to the Gentiles (Acts 10)

The international gateway to Israel today, this coastal region's Roman-controlled port cities also served as entry points during Bible times. Some important historic sites in this area include:

- Mount Carmel
- Meggido (Valley of Armageddon)
- Jaffa
- Ashdod



GALILEE

This beautiful highland region in northeast Israel includes the mountains and hills of both Upper Galilee and Lower Galilee. Home to a variety of ethnic communities, this area is known for its fertile agricultural areas, plentiful streams and natural beauty. It's one of the main tourism centers in Israel, and its breathtaking scenery has earned it the nickname, "The Israeli Tuscany."

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.

Matthew 4:23

Jesus chose to conduct most of His earthly ministry within the Galilee region. Among many other significant events, these are a few highlights of life events and ministry that took place in Galilee in biblical times. Here, Jesus:

- Calls His first two disciples, Peter and Andrew (Matthew 4:18-22)
- Raises Jairus' daughter to life (Luke 8:41-56)
- Preaches a famous sermon on the Mount of Beatitudes (Matthew 5:1-12)
- Miraculously feeds 5,000 men from five loaves and two fish (Mark 6:30-44)
- Heals a paralytic man who was lowered through the roof (Mark 2:4-5)
- Walks on water (John 6:16-24)
- Stills the wind and waves with His voice (Mark 4:35-39)
- Appears and cooks breakfast for His disciples after His resurrection (John 21)

The Galilee region is home to many biblical sites important to Christians today for their historical significance. These include:

- The Mount of Beatitudes
- The Apostle Peter's house in Capernaum
- The Jordan River
- Bethsaida—birthplace of Peter, Andrew and Philip
- Cana-site of Jesus' first miracle
- Nazareth–Jesus' childhood home



JORDAN RIVER VALLEY

Immediately to the east of the central highlands, this area is another major tourist center as it contains much of the 156-mile long Jordan River, the freshwater Sea of Galilee (Lake Tiberias) and the Dead Sea. This diverse rift valley contains orchards, vineyards and the lowest elevations on the planet.

The priests who carried the ark of the covenant of the Lord stopped in the middle of the Jordan and stood on dry ground, while all Israel passed by until the whole nation had completed the crossing on dry ground.

Joshua 3:17

The Jordan River's shores and cities played a pivotal role in the lives of God's people. Much of Saul's kingdom centered around this valley, and several biblical events happened there, such as

- Joshua leads the Israelites across the Jordan to the Promised Land as God parted the river (Joshua 3)
- God miraculously tumbles the walls of Jericho, to which Joshua had laid siege (Joshua 6:15-20)
- Passing through Jericho, Jesus brings salvation to the house of Zacchaeus (Luke 19:1-9)
- Jacob wrestles with a man throughout the night, and receives the name 'Israel' (Genesis 32:22-28)
- King Saul dies in the Gilboa mountain range after battling the Philistines (1 Samuel 31:1-6)

• Many visitors to Israel today frequent the Jordan River Valley, where they are able to behold the ruins of some of the most ancient civilizations on earth:

- Bet She'an-one of the most ancient cities in Israel
- Mount Gilboa
- · Jericho-the oldest city in the world



1 NORTHERN BOUNDARY

West of the Golan Heights in upper Israel, this forested mountainous region is the source of the Dan and Jordan rivers, both of which flow into the Sea of Galilee. This area includes the highest elevations in Israel as well as overlooking some of its most scenic landscapes.

It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore.

Psalm 133:3

Israel's northern landscape served as the backdrop for many of the ancient Hebrews' battles, as well as for Jesus' ministry. These familiar events took place in the area:

- Israel captures Heshbon and all the Amorite cities and territories (Numbers 21:21-25)
- Israel's conquests of the Amorites are attributed to God in song (Psalm 135:10-12)
- Bashan's cattle and oak trees appear in Old Testament prophesy (Amos 4:1-2)
- Jesus is transfigured on a mountain believed to be Mount Hermon or Mount Tabor (Matthew 17:1-9)
- After Paul's third missionary journey, he stays a week with disciples in Tyre (Acts 21:3-5)
- Visiting Tyre and Sidon, Jesus delivers a Canaanite woman's daughter of demons (Matthew 15:21-28)

The famous hill country, including the Golan Heights, has historically been a contested land area. It remains to this day an important front in Israel's continual quest to defend its northern border. A few biblically significant sites in this region are:

- Mount Hermon
- Caesarea Philippi—where Peter confessed Christ
- Tyre and Sidon—now in modern-day Lebanon

Visit our online resources page at inspirationcruises.com/resources/israel

GALILEE			
MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	61°	52°	5.1″
FEBRUARY	60°	52°	2.7″
MARCH	65°	56°	2.3″
APRIL	71°	60°	0.8″
MAY	75°	65°	0.2″
JUNE	80°	72°	0″
JULY	84°	76°	0″
AUGUST	85°	77°	0″
SEPTEMBER	83°	75°	0.1″
OCTOBER	80°	70°	0.3″
NOVEMBER	73°	63°	3.4″
DECEMBER	64°	55°	4.7″

WEATHER IN ISRAEL

With such diverse terrain, Israel's weather and climate varies greatly. Its mountains see abundant snowfall in the winter, and its deserts can reach three-digit temperatures during the summer months. As a whole, however, the most populated parts of the country will see hot, dry summers and mild, wet winters.

The warm summer season lasts from April to October, with June through September reaching the highest temperatures. A cool, brief fall leads into the rainy season, which begins in late October or early November. The winter months can be cold in the hilly regions, and even arid Jerusalem has been known to get small amounts of snow in the winter—including an historic 12-inch snowfall in December 2013!

These three charts show the average high and low temperatures for each month in the regions of Galilee, Jerusalem and the Dead Sea.

JERUSALEM			
MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	51°	40°	5.5″
FEBRUARY	53°	40°	4.4″
MARCH	58°	44°	4.6″
APRIL	68°	50°	0.7″
MAY	75°	56°	0.2″
JUNE	79°	60°	0″
JULY	81°	64°	0″
AUGUST	82°	64°	0″
SEPTEMBER	80°	63°	0″
OCTOBER	74°	58°	0.4″
NOVEMBER	65°	50°	2.7″
DECEMBER	55°	43°	5.1″

DEAD SEA			
MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	68°	52°	0.4"
FEBRUARY	72°	55°	0.3"
MARCH	77°	61°	0.2"
APRIL	84°	68°	0.1"
MAY	93°	75°	0"
JUNE	99°	81°	0"
JULY	102°	82°	0"
AUGUST	100°	84°	0"
SEPTEMBER	97°	81°	0"
OCTOBER	90°	75°	0.1"
NOVEMBER	81°	64°	0.3"
DECEMBER	72°	55°	0.3"

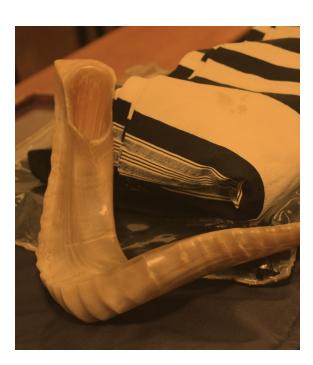
> Jerusalem is a port city on the shore of eternity.

> > -YEHUDA AMICHAI ISRAELI POET

JEWISH HOLIDAYS

Holy days, festivals and observances play an important role within the Jewish faith and Israel's culture. A Jewish day begins at sunset rather than midnight, which means Jewish holidays begin at sundown the evening before the calendar day on which they are celebrated. They then end at sundown the next day-much like the Sabbath (Shabbat) begins at sundown on Friday and continues until sundown on Saturday. Holidays occur according to the lunar-based Hebrew calendar, which differs from the Western calendar, but generally fall within the same few weeks from year to year.

A majority of shops, restaurants, businesses and offices are closed throughout the country on Shabbat and on most Jewish holidays. On these days, our tours will take passengers to non-kosher options.



PURIM

"Holiday of Joy" celebrates the saving of the Jews from annihilation in the ancient Persian Empire, thanks to actions taken by Mordecai and Queen Esther. It is observed with donations to the poor, public recitation of the Scroll of Esther and, most notably, extremely festive traditions. Young children enjoy games and goodies—dressing up in costume to conceal their identities as Esther had. Jews elate themselves on Purim, giving thanks to God for victory over their enemies. *(Observed on the 14th day of the Hebrew month of Adar in February or March.)*

PESACH

Passover is an important Jewish feast commemorating the exodus of the Hebrew people from 400 years of slavery in Egypt. Passover is a weeklong celebration that takes place in the spring and begins with a traditional seder meal. It is one of the most widely observed Jewish holidays throughout the world. Because it marks an historic event so central to the Jewish identity, special attention is paid to educating children about the significance of Passover. The prohibition on food made with yeast extends throughout all of Israel—including grocery stores! (*Begins on the 14th day of the Hebrew month of Nisan in March or April.*)

YOM HA'ATZMAUT

Independence Day commemorates Israel's Declaration of Independence in 1948 and the establishment of the State of Israel, when the Jewish people returned to their homeland. It is a national holiday typically observed with family picnics and fireworks. (*Observed the 5th day of the Hebrew month of Iyar in April or May.*)

YOM YERUSHALAYIM

Jerusalem Day remembers the reunification of Jerusalem following the Six-Day War in 1967, which marked the first time Jews controlled Jerusalem since it was destroyed by the Romans in 70 AD. Celebrations of this national holiday commemorate Jerusalem's place as a holy city and the capital of Israel. (*Observed on the 28th day of the Hebrew month of Iyar in April or May.*)



SHAVUOT

Festival of Pentecost observes the anniversary of the day God gave the five books of the Torah to Israel via Moses on Mount Sinai. It is also known as the Feast of Weeks because it occurs after a "week of weeks"—a seven-week period known as the counting of the Omer (a time of sobriety when no weddings or celebrations take place) that begins at Passover (Leviticus 23:15-21). Jews celebrate Shavuot with dairy-based meals (no meat) and cheesecake, along with lengthy studies and public recitation of the Torah. Messianic Jews and Christians also celebrate Pentecost as the day God gave the church His Holy Spirit (Acts 2). (*Observed on the 6th day of the Hebrew month of Sivan in May or June.*)

TISHA B'AV

Fasting Day is a day of extreme mourning for Jews as they lament the destruction of both the First and Second Temples in Jerusalem, after which the Jews were exiled from Israel. The Book of Lamentations is read in Synagogue, as Jewish people mourn the lack of a Temple in Jerusalem to this day. On this day of fasting, all entertainment and recreation venues, theme parks and most restaurants remain closed. (*Begins on the 9th day of the Hebrew month of Av in July or August.*)

ROSH HASHANAH

Jewish New Year is a two-day celebration marking the traditional anniversary of the creation of the world, especially Adam and Eve. Also known as the Feast of Trumpets, it is often observed with the sounding of a ram's horn (shofar). It typically follows a period of repentance and self-examination and begins an annual period known as the High Holy Days. (*Begins on the 1st day of the Hebrew month of Tishrei in September or October.*)

YOM KIPPUR

Day of Atonement is the holiest day of the year for Jews, considered the "Sabbath of Sabbaths" and a day for reconciliation between individuals and God. It is usually observed with a full day of fasting and prayer, self-examination and repentance. It concludes the High Holy Days period that begins with Rosh Hashanah. This day carries such intense significance that many secular Jews will even attend Synagogue services and fast on Yom Kippur. (*Begins on the 10th day of the Hebrew month of Tishrei in September or October.*)

SUKKOT

Feast of Tabernacles is a joyful Jewish holiday and harvest festival that commemorates the 40-year period during which the people of Israel wandered in the desert and lived in "booths," or temporary shelters, as described in Leviticus 23:42-43. This eight-day holiday is observed by building and decorating tentlike dwellings called sukkah, in which meals are eaten. Many Jews (especially children) may even sleep in their sukkahs as they thank God for His presence in the wilderness. (*Begins on the 21st day of the Hebrew month of Tishrei in September or October.*)



HANUKKAH/CHANUKAH

Festival of Lights is an eight-day celebration that recalls the rededication of the Second Temple in Jerusalem during the Maccabean Revolt. It celebrates how a oneday supply of oil miraculously burned for eight days in a menorah. Jews light candles each night of Hanukkah in observance of this miracle, singing songs and giving gifts. (*Begins on the 25th day of the Hebrew month of Kislev in late November or December.*)

STAYING SAFE IN ISRAEL

As you prepare for your Christian tour of Israel, know that you're in good company. According to the Israel Ministry of Tourism, in recent years, more than half of Israel's tourists have been Christian. One in two were traveling to Israel for the first time; and visitors to Israel are more likely to come from the United States than from any other nation. The Ministry of Tourism even reports an extremely high satisfaction rate among its millions of annual visitors (4.4 out of 5).

Despite these facts and Israel's appeal as a destination of spiritual significance, many would-be visitors are turned off by the tensions they hear about on the news. The resounding question we hear again and again is, 'Is it safe?' We can answer that question affirmatively, yet are sensitive to new travelers who may feel a certain amount of concern, and wonder what they can expect. This section is intended to inform and equip you to make your journey to the Holy Land with confidence.



SECURITY IN ISRAEL

In addition to ensuring your time in Israel is meaningful, we also make sure it will be safe from beginning to end. While leading Christian tours through Israel over the course of three decades, we have been responsible for the security of more than 20,000 travelers. All our passengers have returned home safe and sound, and all our trips have been incident-free. This is because we put the security of our passengers above everything else.

Our established position within the travel industry puts us in close contact with the U.S. State Department, the Israel Ministry of Tourism and with seasoned experts in Israel whom we consult with on a daily basis. This trusted network of leaders, partners and colleagues gives us instant feedback on all developments in the area and an accurate sense of what is going on moment-tomoment in Israel. Since these seasoned advisors live, work

and vacation in this region, we rely on them—not the American media—for the most accurate reporting.



WHAT TO EXPECT

The cultural atmosphere in Israel is welcoming of Americans and other foreigners. Middle Easterners of all backgrounds are known for their longstanding tradition of hospitality, and Israelis are no exception. Both Arab and Jewish citizens love to care for their guests-one reason why seasoned travelers rank this small nation so highly as a destination. Another reason is that Israel is a stable democracy and haven of freedom that shares the values of the Western world. Its robust, multibillion dollar economy is among the most advanced on the planet. Israel appeals to worldwide travelers by offering every amenity you'd expect at home from luxurious hotels and restaurants to beautiful, clean beaches. When visitors arrive in impressive modernday Tel Aviv and are greeted with the best of everything, any fears they had are quickly allayed.

MILITARY PRESENCE

There are a few things to be aware of and expect on your Israel tour, like, for instance, the prevalence of security personnel. Israel is a nation where military presence is much more noticeable than anywhere in the United States (other than on a U.S. military base). When you arrive at the Tel Aviv airport and begin traveling through the country, you will no doubt notice the number of uniformed soldiers stationed in both metropolitan and rural areas. That's because the military of this tiny country serves alongside its local police force. Members of the Israeli Defense Force (IDF) are mainly young men who, at the age of 18, are required to serve their country for three years, and young women who serve for two. With so many Israelis in the military, it's not uncommon to stand on a street corner next to a soldier wearing a rifle around his or her neck. These armed guardians are one reason why Israel is so safe, and should not be a cause for alarm. In fact, you will find members of the IDF to be warm and inviting. Most are even accustomed to having their photos taken with respectful tourists. As a nation, Israel takes the security of its citizens and guests very seriously. The country's vitally important military presence becomes more familiar with each day you spend there.

TIPS FOR PERSONAL SAFETY

In this security-conscious nation, street crime is rare. Jerusalem's crime rate is far lower than that of major U.S. cities like Chicago

1/3 of the IDF's manpower

is the Israeli Air Force

>**3**m

More than 3 million tourists visited Israel in 2015

65% of Israeli women serve

in the IDF

or New York, and it's even lower in other parts of the nation. Living in Israel, as a whole, may be safer than living in the USA! In general, we ask our passengers to exercise the same common sense they would while traveling to any less familiar locale. Simply secure your passport and valuables, avoid traveling alone, follow the instructions of your tour guide (remaining especially vigilant in crowded areas) and refrain from calling unneeded attention to yourself.

Be assured that Israel's tourism industry is thriving, and that this exemplary nation has many measures in place to keep its visitors safe. Members of the Israeli Defense Force devote themselves to ensuring your safety. Knowing this should free you up to enjoy your time in the Holy Land without distracting concerns.

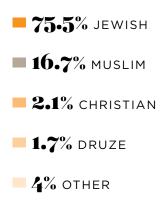
RELIGIONS OF THE HOLY LAND

To say that Israel is a highly religious country is a vast understatement. It is the epicenter of the Holy Land, and the entire region is of central importance to Christianity, Judaism and Islam. The modern nation of Israel, of course, was founded in 1948 for religious reasons, to provide a safe, persecution-free national home for the Jewish people. Although a Jewish state, Israel maintains freedom of religion for all its inhabitants to practice (or not practice) whatever spiritual creed they choose.

In Israel, in order to be a realist you must believe in miracles.

-DAVID BEN-GURION

RELIGION



JEWS

Orthodox Jews believe in one God—the God of Abraham, Isaac and Jacob-from the Tanakh, which Christians refer to as the Old Testament. They worship in Synagogues, taught by religious leaders called Rabbis as they have for millennia. The small but highly visible ultra-orthodox community comprises approximately 10% of Israel's Jewish population. The majority of Jewish Israelis describe themselves as secular or not very religious.

C MUSLIMS

Muslims believe that Allah revealed his word to the prophet Muhammad in a book called the Quran (Koran), the faith's central religious text, which dates back to the 7th century. In places with high Muslim populations (like certain areas in and around Jerusalem), you may hear Muslim calls to prayer from mosques five times throughout the day.

CHRISTIANS

Many of the Christians in Israel are Arab and practice Eastern Orthodoxy. The Orthodox Church of Jerusalem holds a powerful, sacred position within the Orthodox faith, considered to have been established on the day of Pentecost. A number of other Christian believers in Israel are Messianic Jews. While still practicing the traditions of Judaism, they also believe in the divinity of Iesus Christ as the Messiah. An estimated 6,000-15,000 Messianic Jews reside in Israel. Most believe both the Hebrew Bible and Christian New Testament are authoritative.

DRUZE

A smaller religious sect with less than one million adherents worldwide (mostly in Lebanon), the Druze faith dates back to the 11th century and contains elements of Judaism, Christianity and Islam. Druze worship a transcendent god (Al-Hakim), whose attributes cannot be comprehended by mankind, as well as in reincarnation. THEN JERUSALM WILL BE CALLED THE CITY OF TRUTH, AND THE MOUNTAIN OF THE LORD OF HOSTS...THE HOLY MOUNTAIN.

ZECHARIAH 8.3B

PREPARING FOR YOUR TRIP

BEFORE YOU GO

It is **extremely important** that you verify the information on your invoice. Carefully check that:

- The name on your invoice is your legal name as it appears on your passport and is spelled correctly. They must match exactly (no added hyphens, etc) as we will use the name on your invoice to purchase your travel arrangements, including airline tickets.
- ☐ The address on your invoice is correct and complete, including apartment numbers and postal code.

Your **Travel Document Package** containing name badges, emergency phone numbers, air transportation documents and planned itinerary will be sent to you approximately 3 weeks prior to your departure. This requires a street delivery address and is not deliverable to post office boxes. Please inform our office of your street address if the address on your invoice is a post office box.

TRAVEL INSURANCE INFORMATION

One of our top travel tips is to purchase travel insurance. **We have talked to hundreds of travelers who wished they had after it was too late.** If you haven't already done so, consider protecting your investment today. For your convenience, we have partnered with Travelex Insurance Services to offer three different travel insurance plans that can include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. You can download a brochure here: *travelexinsurance.com*. Another option is to contact your local insurance agent. You must contact an insurance company directly regarding rates and coverage.

PASSPORT

A valid passport is required for all passengers. We must have your passport information 90 days before departure. The full name on your invoice must match the full legal name on your passport. (If this is not the case, notify us immediately as change fees may apply). Please make sure your passport remains valid for six months after your last day of travel with us. For the latest information about passports, visit *travel.state.gov* and click on Passports for U.S. Citizens. You may also call the National Passport Information Center at 877-487-2778 or contact your local post office.

VISA REQUIREMENTS

A travel visa is not required for U.S. or Canadian citizens when traveling to Israel. If you are from outside the U.S. or Canada, please check with your consulate regarding travel requirements and obtain all necessary travel documents.

PHYSICAL ACTIVITY EXPECTATIONS

The word "tour" implies movement and action, and your Israel tour will not be a passive affair. It requires you to be in good health and able to climb stairs without assistance. Prepare to walk at a modest pace for a few miles per day, across occasionally uneven terrain—we'll visit ancient structures and historical sites that were constructed prior to any building codes or accessibility standards.



Packing List

Spring and fall in Israel are beautiful, with high temperatures in the 80s. Summers can be very hot and occasionally humid in some areas. We recommend including these items as you pack.

□ CASUAL, RELAXED CLOTHING

(trousers/pants, jeans, shorts, T-shirts, collared shirts or blouses)—no formal attire is required on our tours.

- □ LIGHT SWEATER OR JACKET
- □ BATHING SUIT AND A COVER-UP OR WRAP
- LIGHT RAINCOAT AND/OR COMPACT UMBRELLA
- COMFORTABLE WALKING SHOES OR SANDALS WITH RUBBER SOLES
- □ HAT, SUNGLASSES AND SUNSCREEN
- **TOILETRIES**

(in a sealed, clear plastic bag inside your carry-on luggage)

□ MINOR FIRST AID CARE ITEMS

- BAND-AIDS
- ASPIRIN
- HAND SANITIZER

□ MEDICATIONS

(please bring all prescriptions in their original containers)

- PERSONAL PRESCRIPTIONS
- PAIN RELIEF MEDICATION
- ALLERGY RELIEF MEDICATION
- **MOTION SICKNESS MEDICATION**

□ HAIR CARE APPLIANCES

POWER ADAPTER (FROM YOUR COUNTRY OF ORIGIN TO ISRAEL) AND POWER STRIP (see Using Electronics section on page 40 for more information)

SMALL BAG OR BACKPACK

(large enough for a small Bible, pen, camera and other personal items)

□ PASSPORT WITH SEPARATE PHOTOCOPY

(see Passport section on page 22 for more information)

MODEST ATTIRE

We'll be traveling to holy sites and conservative Jewish or Arab areas like the Western Wall. In such places, women are required to wear a scarf in order to be admitted. Female travelers should bring slacks or a wrap-around skirt that extends below the knee, a blouse that covers the shoulders and a hat or scarf for the head. Men need to have long pants and a shirt that covers the shoulders. While you won't need to wear these all the time, you will want to keep these articles with you throughout your tour. Your guide will inform you the day before if you need to be dressed modestly the next day.

> For more tips and resources on packing appropriately for Israel, see our resources: inspirationcruises.com/resources/israel

USING YOUR MOBILE PHONE

Today's technology gives you the opportunity to stay connected while traveling-ensuring you get that memorable call, photo or message from your loved ones. Mobile phones also provide convenient access for emergencies and confirming travel plans. These basic guidelines and tips will help you save money, keep your phone working effectively and stay on time and in touch.

Disable the Data Roaming option on your phone and keep it off until you return home.



BEFORE YOU LEAVE

Contacting your cell phone carrier in advance of your trip will help ensure that you can call friends and family back home without any surprises on your phone bill when you return. Let your carrier know your travel plans, including how you plan to use your phone on your tour. You'll want to make sure you understand all the potential charges before you travel. Contact your carrier for specific details. Below, we've listed several common mobile phone carriers:

verizon | verizonwireless.com/global

at&t | att.com/global

t-mobile | t-mobile.com

sprint | sprint.com/Internationalcalling

CHECK WITH YOUR CARRIER FOR INTERNATIONAL DIALING ACCESS

You'll want to make sure international dialing access is active on your mobile phone plan, and remember that international and roaming rates will apply to calls placed during your trip (charges will appear on your phone bill). Because roaming rates can be high overseas, it's a good idea to check with your carrier for specific cost details before you leave.

> For even more tips and info on phone use in Israel, visit our online resources: inspirationcruises.com/resources



SMARTPHONE TIPS

As one of the most popular communication devices today, smartphones have revolutionized the way we connect with each other and the world. We know it's difficult to leave your smartphone behind for an hour, much less multiple days. The following tips will help you save your phone's battery life and get the most out of your smartphone while on tour:

Before your trip, you'll want to disable any applications that give you regular updates, such as sports reports and weather updates.

When you board your flight, remember to set your phone to Airplane Mode. This suspends all calling and texting functions but still allows you to play games, use your camera and listen to music, etc. The flight attendants may request you switch off your phone completely for take off and landing, then announce when it is okay to switch it back on while in flight.

On the trip, you'll want to charge your phone every night to ensure you'll have enough battery life for the next day. Make sure you bring the proper adapter to charge your phone in Israel.

Try to turn off your phone when you're not using it. Leaving your phone on all day drains the battery, so it's a good idea to turn it off while you're touring a site, eating or reading.

Disable the Data Enabled or Data Roaming option on your phone and keep it off until you return home. Turn off the function for "Automatic" checking of emails and change the email settings to "Manual" to reduce data roaming charges. During your trip, you can check for email messages when you're connected to a free, wireless Internet connection, such as in a hotel lobby or Internet cafe. Use WiFi whenever possible. WiFi will be available in many of our hotels, as well as local restaurants, coffee shops and even on the tour motorcoaches taking you from place to place. To avoid expensive data roaming rates, we recommend waiting until you have a good WiFi connection before using your smartphone or tablet to check email, use Facebook, browse the web or even text. Many passengers choose to use apps like FaceTime, Skype and/or Viber to call home over WiFi rather than traditional phone lines.

PHONE CARDS & RENTAL

If you choose not to bring your mobile phone, you have various ways to stay in touch with others during your travels. Here are four options to consider:

Phone cards purchased at home. An international prepaid phone card bought before you leave will allow you to use it at card-equipped public telephones in Israel. However, when purchasing your card, please make sure the card specifically indicates that calls can be made from an international location. If left unspecified, international phone cards will only enable you to call to international locations from your home country.

Phone cards purchased in Israel. Most countries' public telephones accept phone cards that can be purchased in various denominations from any post office and at various shops. Using a phone card, you can make international calls from card-equipped telephones or special telephone company offices in the country's major cities. If you need assistance, the country's major telephone companies have toll-free numbers.

Phone Rental. You can also rent a mobile phone for international travel. Whether you need to stay in constant contact with folks back home or simply want to make and receive a few calls with loved ones, this is an option for you. If you pre-order the phone, it could be delivered to your home so that you have it before you leave. Another option is picking up the phone at Ben-Gurion Airport in Israel, where you can also drop it off at the end of your tour. One company to look into is *gcellular.net*, which offers "Israel Phones".

Hotel room phones. You'll also find phones in your hotel room. It's a good idea to check the hotel rates before placing calls to friends and family back home.

MONEY AND CREDIT CARDS

Israel's official currency is the Israeli New Shekel (ILS), although most stores and businesses (especially in Old City Jerusalem) accept U.S. Dollars. Hotels will exchange small amounts of currency as well. We visit very few places with ATMs on tour, so we strongly recommended you arrive with U.S. Dollars in small denominations as well as shekels. You'll find that having U.S. Dollars on hand is helpful throughout your time in Israel, as well as when you find yourself back in America reaching for your wallet en route home.



TIPS FOR SECURE SPENDING

As you plan for your upcoming Christian tour with Inspiration, you may be wondering about using money and credit cards during your travels. We've made the following recommendations to help you save money, avoid unnecessary fees and focus on an exceptional travel experience.

- Consider leaving all unnecessary debit and/or credit cards at home.
- Once you determine which cards you'll bring, remember to notify each credit card company of your intended travel dates and locations to ensure fraud alerts and holds are not placed on your accounts.
- For each card, you'll want to store the bank's contact information in a separate, secure location in the unlikely event your wallet or purse is lost or stolen.
- We strongly recommend visiting your bank a few weeks before your trip to request foreign currencies (most banks need a few weeks to process this request). Doing this will save you time waiting

in currency exchange lines or searching for an ATM after you arrive, and likely save you money by using a better exchange rate.

Almost all businesses in Israel accept U.S. credit or debit cards (debit cards will only work with ATMs, however, as most foreign businesses don't have PIN machines). The availability of ATMs makes withdrawing local currency easy. Remember that ATM exchange rates vary daily. If you're planning to use your credit cards, you'll want to check with each credit card company to determine the international exchange fee for each card. Because the difference of a few percentage points could wind up costing you hundreds of dollars (depending on your purchases), we recommend using cards with lower exchange fees. Using your credit card for large purchases gives you more protection in that you can verify purchases on your credit card statement.

CURRENCIES FOR TOUR EXTENSIONS



E JORDAN

The Jordanian Dinar (JOD) is the official currency in Jordan. Most restaurants, shopping malls and hotels accept U.S. currency and major credit cards. Hotels may exchange small amounts of currency. Use dinar notes or coins in small shops and restaurants. It's typically possible to access an ATM for a cash advance, as long as you have arranged for this with your credit or bank card company.



ITALY

In Italy the official currency is the Euro (€). Most larger hotels, restaurants and businesses will accept major credit cards. Hotels may exchange small amounts of currency. It's typically possible to access an ATM for a cash advance, as long as you have arranged for this with your credit or bank card company.



🕑 TURKEY

The official currency of Turkey is the Turkish Lira (TL). The country's tourism-oriented places and larger businesses typically accept U.S. currency. Hotels may exchange small amounts of currency. Visa and MasterCard are also widely accepted. It's typically possible to access an ATM for a cash advance, as long as you have arranged for this with your credit or bank card company.



🖲 EGYPT

The Egyptian Pound (EGP) has devalued greatly over the last several years. Most larger hotels, restaurants and businesses will accept U.S. currency and major credit cards. Hotels may exchange small amounts of currency. It's typically possible to access an ATM for a cash advance, as long as you have arranged for this with your credit or bank card company.

The view of Jerusalem is the history of the world; it is more, it is the history of earth and of heaven.

-BENJAMIN DISRAELI BRITISH PRIME MINISTER OF JEWISH DESCENT

I WILL INSIST THAT THE HEBREWS HAVE DONE MORE TO CIVILIZE MAN HANNOTHER

CUIO

-PRESIDENT JOHN ADAMS

Tim

DEPARTING FOR ISRAEL

Just like anywhere else, Israel requires certain documentation for visitors entering the country. Before you leave home, make sure you have the following:

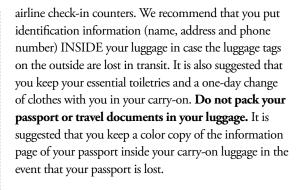
• Your passport

· A hard copy of your airline e-ticket confirmation or flight itinerary

Also remember to arrive to your departure airport three hours early, which is recommended for international travel.

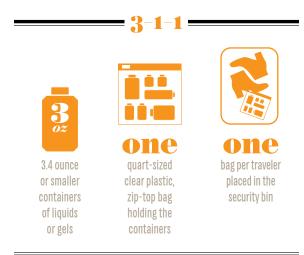
PACKING TIPS

Make certain your suitcase closes and fastens securely. Mark your luggage and carry-on bag clearly with your name and address so you will be able to distinguish them easily. Your personal luggage tags can be used for this purpose or you may use paper tags available at



Carry-on bags: These are bags that passengers take with them as they board the plane. You are allowed one carry-on bag, plus a personal item (purse, briefcase, small backpack). It is up to passengers to make sure these items fit the size restrictions for your airline and flight. Please use the Transportation Safety Administration's 3-1-1 rule for carry-on luggage: any liquids must be in **3.4** ounce containers (or smaller) and must be in **one** quart-sized,





30 ISRAEL

clear, plastic zip-top bag. **One** such bag is allowed per passenger in your screening bin. Any larger liquids such as medication must be declared for inspection. If in doubt, put your liquids in checked baggage. Visit *tsa.gov* for a detailed list of items prohibited in carry-on luggage.

Checked bags: This is luggage passengers check in at the airline's ticket counter and remains inaccessible during the flight. Checked bags will be screened and should only be locked with a TSA Accepted and Recognized Lock. Unrecognized locks will be broken in order to access your bag, without reimbursement. Remember to check with the airline agent at your departure airport to confirm if your luggage will be checked all the way to Tel Aviv, or if you will need to pick up your luggage and re-check it before your international flight.

Our "check one, carry one" suggestion: For ease of travel, we strongly recommended passengers check a maximum of one bag per person. With just one checked bag and one carry-on, you'll find international travel will flow more smoothly. Airline policies, which all differ, enforce fees based on the number of bags and the weight of those bags. Please confirm the size and weight restrictions for each airline you are flying and each destination you are flying to. If given the option at your original point of departure, check your luggage all the way through to your final destination. If not, be sure to retrieve your bags and recheck them at each of your airport connections. Again, please check with your airline directly, as well as checking the travel document you will receive from Inspiration shortly before your trip.

A few other tips for your checked bags:

- Occasionally, checked luggage gets delayed or misplaced. For this reason, do not pack jewelry, cash, medications, computers, electronics or fragile items in your checked bag. Keep these with you in your carry-on.
- Avoid overpacking so the TSA screener can easily reseal your bag after inspection.
- Avoid packing food or drink items in checked luggage.
- Be sure to pack any sharp objects (including scissors or pocket knives) in your checked luggage and not in your carry-on.
- Bags look alike. Make sure your checked bag is labeled with your identification tags both inside and outside.
- Make sure your checked bag fits within the size and weight limitations of your airline's baggage policy.
- Keep personal toiletry items in clear plastic bags to reduce the chance that a TSA screener has to handle them.
- Visit *tsa.gov* for a detailed list of items prohibited in airplane cabins.

DEPARTING FOR ISRAEL CON'T

JET LAG

To get to Israel, passengers will fly thousands of miles over the course of just a few hours. The rapid change will leave your natural biological clock out of sync with the local time in Israel. This is a temporary sleep disorder known as jet lag, and it can lead to fatigue and other symptoms that may diminish the enjoyment of the first few days of your trip. It often takes up to a day per time-zone difference to adjust fully. Here are a few ways to minimize jet lag and its symptoms:

- Get plenty of rest before your trip.
- Consider going to bed a half-hour earlier than usual each night for a few days before departure.
- Adjust your watch to Israel time as you board your flight.
- Try to sleep on the plane (a personal pillow, earplugs, headphones and an eyemask can help block out noise and light). If possible, eat meals around the times you would normally be eating at your destination.
- Keep well-hydrated. The dry circulated air in aircraft cabins can cause mild dehydration, which worsens some of the physical symptoms of jet lag. Avoid caffeine or alcohol, but drink plenty of fluids before, during and after your flight.
- Upon arrival, try to adjust your schedule to the new time zone. Eat when the locals eat, and try not to sleep until nighttime regardless of how tired you are. (If you feel you must sleep, take only a very short nap.)
- Get outdoors, if possible, upon arriving in Israel. Sunlight is one of the best ways to regulate your biological clock.

OTHER PHYSICAL IN-FLIGHT ISSUES

Long flights can be physically demanding for many travelers. Those who take daily medication, especially diabetics, should consult with their physicians about dosages when your day will be shortened (traveling east) or lengthened (return travel west).

Some travelers experience swollen ankles during long flights, due to hours of sitting. Being immobile for extended periods of time prevents muscles from draining away fluid normally. Here are a few tips for avoiding this:

- Stay well-hydrated by drinking plenty of water or fruit juice, and avoiding alcohol and caffeine.
- Get up and move around the cabin as often as possible.
- While seated, consult the stretching and mobility exercises most airlines recommend in the in-flight magazine. Move your ankles whenever possible, and raise your legs up and down on your toes.
- Wear comfortable, loose-fitting clothing.
- Avoid sitting with legs crossed.

FOR THE LORD HAS CHOSEN ZION; HE HAS DESIRED IT FOR HIS HABITATION.

PSALM 132:13

TOURING ISRAEL

Israel's well-maintained road system is the ideal means of exploring this fascinating country. Keeping in mind the entire nation of Israel is smaller than the State of Massachusetts, it won't surprise you that most of its roads are not superhighways. The majority of freeways are concentrated around the metropolis of Tel Aviv.

When you arrive in Israel, rather than receiving a stamp in your passport, you will be given a small card that contains your information and passport photo. Keep this card with your passport throughout your time in Israel. It must be shown at a checkpoint before you leave the country.



TOUR MOTORCOACHES

Once you arrive in Israel, you will travel aboard fully air-conditioned Israeli tour motorcoaches operated by qualified, courteous and professional drivers. These will take you from place to place during your tour, stopping at each site on our itinerary to allow exploration on foot. We maintain close relationships with our travel partners in Israel, and truly believe our bus drivers are the very best available. You will be assigned to a motorcoach and a guide for the duration of your touring. In most cases, the passengers aboard a bus get to know one another as they travel throughout the country. You'll share this memorable travel experience with them. For this reason, we see very meaningful relationships built between travelers on every tour.

Please note: There are no restrooms on the motorcoach, but there will be plenty of stops as we travel to ensure your comfort.

OTHER TRANSPORTATION

Many of our more adventurous travelers enjoy sightseeing on their own during non-touring evenings. Should you desire to do this, the concierge at each hotel can help you get a taxi and direct you to sites in each of the cities we visit. All official taxis in Israel are equipped with meters, which are required by law to be in operation. These taxis are always white with a yellow sign on the roof.

Jerusalem also has a new light-rail line operating between Pisgat Ze'ev, through the center of the city, all the way to Mt. Herzl. You must have a single-fare ride ticket (6.90 ILS) or pass before boarding. Kiosks are located at each station.



HOW DO I RIDE?

You just step right on. The light rail cars are wheelchair accessible and stroller friendly, unlike the bus routes around the city.

HOW MUCH DOES IT COST?

Cost to ride the train is about 6 shekels per ticket.

HOW DO I PAY?

At every train station, there is an automated machine that will enable you to buy a ticket with cash or credit card for the light rail. Citizens and long-term residents generally own a "Rav Kav" bus card, which they can load with whatever plan they like, but tourists must buy a one-time ticket for (at the time of writing) NIS 6.60. You must buy a ticket before getting on the train. Upon boarding, look for the two ticket accepting machines that are posted next to each door. Feed your ticket (the right way!) into the slot and wait for the machine to eject it. Hang onto it for inspectors. Rav-Kav users just press their card on the front of the machine.

HOW MANY TIMES CAN I RIDE THE TRAIN ON THAT TICKET?

As many as you want ... 90 minutes from the time of purchase. The same applies to all bus routes (and vice versa—bus tickets can enable you to ride the train (if you ask the bus driver for one that's valid on the light rail): don't feed it into the machine, just hang on to it in case of an inspector.)

DOES IT RUN 24/7?

Nope! In addition to not running on Shabbat or holidays (stopping about an hour before it starts and starting up again about an hour after it ends), the Jerusalem Light Rail runs from 5:30 a.m. to midnight (the times that the final train leaves each end point).

HOW OFTEN DOES IT RUN?

During rush hour, every 6 minutes; otherwise every 9-15 minutes depending on the time of day. Each station has automated screens that announce how far away the next train is.

STOPS ON THIS ROUTE:

The whole route stretches from Mount Herzl in Bayit Vegan to Heil Ha'avir Street in Pisgat Ze'ev, at the northeast corner of Jerusalem. But here are the stops you're most likely to visit:

- Central Bus Station (CBS Tachana Hamerkazit in Hebrew) is how Jerusalemites get all around the country, from Eilat to Haifa. The light rail stops right across the street.
- Mahane Yehuda, aka the shuk. This open-air market is a popular tourist spot, and the train stops just outside the Yaffo Street entrance to the shuk.
- Jaffa Center (Yaffo Mercaz in Hebrew), better known as the center of town. The light rail stops right at the corner of Yaffo and King George streets, just a few steps away from Ben Yehuda Street and other popular downtown locations. It's also a 10-minute walk toward Me'a Shearim.
- Damascus Gate (Sha'ar Shechem in Hebrew), just outside The Old City of Jerusalem.

EVERYDAY TOURING CONVENIENCE



BACKPACKS AND TOTES

You will be given a tour backpack on your first day in Israel. During your tour, you'll find it helpful to keep this backpack (or large tote bag) with you on the motorcoach. We suggest packing it with the following items:

- 🗌 Camera
- Sunglasses
- Sunscreen
- □ Long sleeve shirt, sweater or light jacket
- Modesty kit (your guide will tell you when these are necessary)
- □ Bible and conference tour book
- Medications and any over-the-counter comfort aids
- □ A light snack (that won't melt)

You will also want a lightweight tote that you can carry with you upon exiting the motorcoach at tour sites. The motorcoach will remain locked at all times and all locations, so any belongings you leave behind will remain secure.

PHOTOGRAPHY AND VIDEO

We encourage all our passengers to take as many photographs, videos and/or recordings as they wish. We want you to be able to document, remember and share the amazing sites and experiences of your trip once you return home!

However, please remember that any photos or recordings you take during your tour are for your personal use only. Performances by our speakers and musical artists are usually copyrighted. This means they are protected by international copyright laws that apply worldwide, and are not for widespread distribution. Should you distribute your photographs or videos for profit—or beyond your own personal use—you may be breaking some copyright laws.

SHOPPING

Shops in Israel's major cities are usually open from 9:00am until 7:00pm, Sunday through Thursday. Most of the shops are closed for Shabbat, beginning at sundown Friday and lasting until Saturday night. Don't worry—we have built in plenty of time for our guests to shop during each tour.

There are many items you may wish to purchase in Israel—some of which are unique to the country and very popular with visitors. Products made of olive wood are prized by our passengers. Other popular choices include *yarmulkes* (Jewish skull caps), *menorahs* (sevenbranched candle holders) and *shofars* (ram's horns).

Occasionally, passengers on our tours hope to make expensive purchases of jewelry or other investments and/ or collectibles while in Israel. In these cases, we advise you to spend your money wisely. Prevent "buyer's remorse." Plan ahead, and only make such purchases if you have adequate knowledge of a product's value and authenticity.

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TAX-FREE SHOPPING

In planning your Christian Tour to Israel, you may have heard or read about a "value-added tax" (VAT) that Israel adds to the retail price of merchandise bought in the country. To help you save money during your travels, we've provided important information about this sales tax.

You may be entitled to a partial refund of VAT taxes paid in Israel. Our guides will help you with this process throughout the tour, as well as when you request your refund at the airport before departing.

TAX RATE

The VAT rate in Israel hovers around 16-20% of the total price of the item. The tax is usually included in the price rather than added on later at checkout. The specific rate depends on the type of merchandise—higher for luxury items and a lower rate for basic items such as food.

VAT REFUND

In many cases, travelers who aren't Israeli citizens can apply for a VAT refund on items they purchased on their travels. For tourists, the refund doesn't apply to services such as hotel rooms or meals in restaurants. Remember to always ask the store if they participate in the VAT Refund Program.

QUALIFYING FOR A VAT REFUND

You'll need to spend a minimum of \$100 or the equivalent in local currency in a VAT refund certified store in a single transaction. Look for a "Tax Refund" logo most participating retailers display on their doors for easy identification.

GETTING YOUR REFUND

To help you identify VAT refund stores and apply to receive your VAT refund, we've provided a helpful overview of the process:

- Shop in certified stores. Look for a "Tax Refund" logo posted by participating retailers.
- Spend the minimum of \$100 or the equivalent in local currency in a single transaction.

- Ask the retailer for the VAT form and be sure to keep your merchandise receipts.
- On the day of departure, you'll need to show your purchases to a VAT representative at the airport's Departure Hall before you reach the first security checkpoint—so have them handy in your carry-on luggage. Once the rep verifies your items and stamps the VAT forms, you can pack them in your luggage or carry-on bag.
- After passing all security checkpoints and passport control, show your stamped VAT refund forms at the VAT desk in the Duty Free hall.
- You'll receive a VAT rebate on your purchases in your currency or in shekels. Or you can choose to get your refund via credit card. (Keep in mind it can take up to three months before your card is credited.)
- Depart for home with the items you purchased and the extra money from your VAT refund.

DINING IN ISRAEL

One of the best parts of traveling is sampling new foods from foreign places. The history and personality of a country is experienced in its flavors, and this is especially true in Israel, where the religious traditions and cultural memories of the Israeli people inspire their local dishes. Here is a helpful overview of the culinary traditions and foods you'll find on your Christian tour through Israel.



www.inspirationcruises.com/-/blog/2016/02/26/test/

CULINARY TRADITIONS

You'll find that most of Israel's restaurants are kosher and conform to Jewish dietary law that mandates the separation of dairy products (including all cheeses and cream—even for coffee) from all meats. This means you'll have the opportunity to visit restaurants that serve either meat dishes only or dairy products only. You can expect establishments that serve both to have separate menus and separate kitchens to accommodate cultural laws. Additionally, you won't find pork and shellfish in kosher restaurants.

SPECIFIC FOODS

most common foods include:

Israel's cuisine is a combination of local dishes native to

Mediterranean and Middle East. Some of the country's

the Jewish people and foods traditionally eaten in the







Hummus, a dip made from mashed chickpeas, olive oil and spices, typically served with pita bread. (Hummus is as common to Israel as peanut butter is to the United States.)

Falafel, patties or balls of seasoned ground chickpeas, served in many restaurants and outdoor markets.

Shawarma, a pita bread sandwich made from seasoned meat prepared on a vertical spit. The meat is cooked for up to a day and then shaved off the block for serving.

Bourekas, puff pastry or phyllo dough filled with salty cheese, mashed potatoes, mushrooms and a variety of other fillings.

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ON TOUR

You can expect large breakfast and dinner buffets, which include a nice blend of cultural choices and traditional food with plenty of fresh fruit and vegetables. Breakfasts are always dairy-based and dinners are typically meatbased. Lunches include a variety of options from buffets to intimate restaurant experiences. The water in Israel is safe to drink, and bottled water is available throughout Israel. Coffee (Nescafé) and juices are served at breakfast; all other meals offer water, though additional beverages can be purchased.

Due to kosher laws, butter and other milk-based items such as coffee creamer are not always available during meals in which meat is served. Coffee with cream may be available after dinner in hotel lobby lounges and restaurants since they typically maintain an all-day dairy menu.

SPECIAL DIETARY NEEDS

If you have a specific food allergy or special dietary needs, we recommend you plan for your unique needs in advance of your trip. For the most part, you will find enough variety on the buffets or in restaurants to enjoy the foods of the region while still maintaining your diet. You may want to bring some heat-resistant snacks to supplement your diet during touring days. You may also want to search online for available resources to help you communicate your dietary needs in a foreign culture and language.

TIPS ON TIPPING

Traveling to other parts of the world on an exceptional travel experience offers you both fun and

the opportunity to become immersed in a different culture. While you're traveling with us, we want to make your time as carefree as possible by covering all tips and gratuities on your tour, including airport porters, hotel bellmen, your tour guide and bus driver. As you visit various restaurants apart from the tour, remember to acknowledge and reward excellent service. In Israel, the general guideline for restaurant service workers is 10-12% of the bill and 15% to acknowledge excellent service.

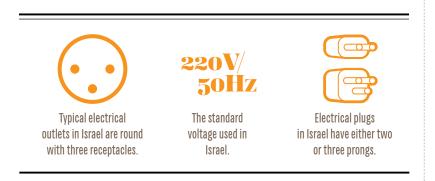
> Some public restrooms require a small users fee of a shekel.

RESTROOMS

Most of the tourist sites we visit have public restrooms available, as do most major cities in Israel. In fact, gas stations in Israel are required by law to have free, clean public toilets. However, occasionally we will encounter one at a park or historical site that has not been recently stocked or appropriately cleaned. For your comfort, we recommend that you bring tissue or disposable wipes and hand sanitizer in your bag. You will also want to have some shekel coins on hand, as a few locations may have an attendant who asks for a shekel as a small user fee.

USING ELECTRONICS

Wondering what you'll need to bring on your upcoming Christian tour? We've provided the following information about using your electronic appliances like blow dryers, phones, laptops, etc. while traveling abroad.



You have three options of devices designed to help you operate personal electronics overseas:

Adapters

These devices simply enable your standard plug to fit into wall outlets in other countries. Most are relatively inexpensive, about \$3 to \$5 each. If you travel frequently, you may want to consider purchasing a universal adapter kit.

Dual-Voltage Appliances

Many small electronic devices are dual-voltage and will adjust automatically for other countries. If your appliance's charger has a manual switch, you'll need to change it back and forth before plugging in your appliance. Check the user guide or power cord for the device to know if it will work with 220 voltage without a converter.

Converters

A power converter allows you to run U.S. devices that are not dual-voltage. Most converters cost \$40 to \$50. Be aware that U.S. electronics that are not dual-voltage should never be used without a converter in countries with a voltage of 220. We know how nice it is to have the conveniences of home when traveling abroad. Here are some things to know about your electronics before you pack them:

PHONES, MP3 PLAYERS, LAPTOPS, CAMERAS & VIDEO CAMERAS

Most small digital devices have dual-voltage chargers that do not require a converter. Before leaving on your tour, you'll want to check the manual or power cord for each device to determine if it is dual voltage. If so, you'll simply need to bring an adapter to plug the charger into the outlet.

BLOW DRYERS, CURLING IRONS & STRAIGHTENERS

Many hotels provide hair dryers in each room. If you prefer having your own hair appliances, you may want to consider purchasing or borrowing more travel-friendly dual-voltage appliances instead of buying a converter—a less expensive (and lighter) option.

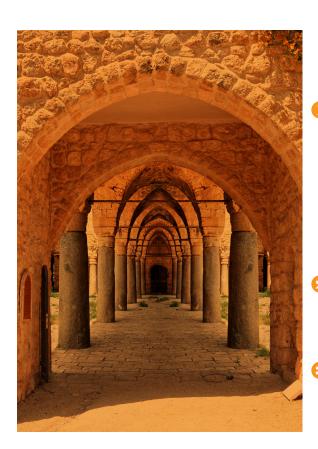
POWER STRIP

If you travel with multiple electronics, we highly recommend bringing a power strip so that you're able to charge and operate several items at the same time.

CELL PHONE TECHNOLOGY WAS FIRST DEVELOPED IN ISRAEL.

LEAVING ISRAEL

As you conclude your time in Israel, you'll find yourself reflecting on the new memories and impactful experiences you've enjoyed. For many, saying goodbye to Israel and returning home can be emotional. It's certainly understandable why: new friendships, exciting "firsts" and landmark spiritual moments are all at the forefront of our minds. But there are some practicalities you'll want to keep in mind, and even prepare for in advance, in order to make your departure from Israel a smooth one.



AIRPORT CHECK-IN

Israel prides itself on its security, and Ben-Gurion International Airport in Tel Aviv is probably the most security-conscious airport in the world. Security screenings are more detailed than anywhere else in the world and can take longer to get through. We will make sure you arrive at the airport in plenty of time before your flight is scheduled to depart.

AIRPORT SECURITY

Due to the safety measures, it is possible that you will be interviewed by professional security personnel before departing for your home country. Here is what the security process looks like as you depart Tel Aviv:

Initial security check: Security personnel will examine your passport, e-ticket and air itinerary while asking a series of questions about your time in Israel and your destination from Tel Aviv. Have your travel documents ready and answer any questions truthfully, but do not feel as if you must elaborate. Don't be concerned by this process or feel threatened or insulted. Remain calm and do not joke with these officers. The process may seem tedious, but it increases your own safety.

Ticket counter: This is where you will check in for your flight, hand over your checked luggage, and receive your boarding pass. You will need your passport here as well.

Security checkpoint and carry-on screening: This is very similar to the carry-on screening that takes place at your home airport. You will place your carry-on items into the scanner. Remove liquids as well

as all electronics—including cords, phones, thumb drives, tablets, etc.—which is different from what you may be used to in other airports. Remove metal objects worn on your person or clothing. All handcarried items (coats, keys, change, food) must also be screened through the X-ray machine. As your carryon items are X-rayed, you will go through a standard metal detector. Should a question arise as you pass through, you may also be moved aside for a handheld metal detector screening or a manual pat-down. If you have a medical reason not to go through the metal detector, let the security personnel know.

Passport control: Your passport will be examined at this checkpoint. You will return the small information and photo card you were given upon your initial entry into the country.

Departure lounge: After passport control, proceed to the departure lounge. From here, you may relax, go to your gate, shop duty-free stores or enjoy a snack while waiting for your flight. If you purchase any duty-free liquids, make sure they are either packaged appropriately for you to take aboard the plane, or delivered securely to your flight. Do not open these prior to boarding. You will not be allowed to bring opened containers of any liquid aboard your flight.

Final screening: Before boarding begins, certain flights or individuals may be selected for additional screening. This is rare, but does happen occasionally.

Ben-Gurion is probably the most security-conscious airport in the world.

VAT REFUNDS

On your day of departure, keep your Value-Added Tax (VAT) paperwork and purchased items in your carry-on luggage. You'll need to show your purchases to a VAT representative before you reach the initial security checkpoint. Once stamped, you may repack your forms in your checked or carry-on bag. You will be assisted through this process by your tour guides.

GATE PROCEDURES

For all flights out of Israel, travelers may be subject to a secondary screening that takes place at each departure gate. As you board the aircraft, you will be required to show your passport plus your ticket and/ or boarding pass.

CARRY-ON BAGGAGE

To expedite your passage through Israel's airport security, remember the 3-1-1 rule for carry-ons mentioned in the Packing Tips section on page 32.

U.S. GOVERNMENT WEBSITES OFFERING TRAVEL INFORMATION

U.S. GOVERNMENT OFFICIAL WEB PORTAL 800-FED-INFO (333-4636)

Whatever you want or need from the U.S. government, it's here on usa.gov. You'll find a rich treasure of online information, services and resources. As the U.S. government's official web portal, usa.gov makes it easy for the public to get U.S. government information and services on the web.

usa.gov

U.S. DEPARTMENT OF STATE TRAVEL

2201 C Street NW Washington, DC 20520 202-647-4000

Specific information about Documentation (Passport, Visa requirements and applications), Travel Restrictions, Embassies and Consulates, Travel Tips, Health Issues, Tips for Traveling Abroad, Tips for Travelers with Disabilities... all things travel for U.S. Citizens. *travel.state.gov*

DEPARTMENT OF TRANSPORTATION

1200 New Jersey Avenue SE Washington, DC 20590 202-366-4000

SafeTravel provides the traveling public with expertise gathered from the travel industry and the government on topics such as packing and transport. This is to help ensure you enjoy a safe and incident-free trip. *transportation.gov*

DEPARTMENT OF TRANSPORTATION FEDERAL AVIATION ADMINISTRATION 800 Independence Avenue SW Washington, DC 20591

866-835-5322

faa.gov/passengers has a huge amount of information relevant to those who fly, including two sections entitled *Frequently Asked Questions from Passengers* and *Frequently Asked Questions about Security Procedures*. You can find information under the headings of Travelers, Preparing to Fly, Flying Safe, Flying with Children and a section that instructs you on how to Report Travel Problems, Concerns & Complaints.

faa.gov

DEPARTMENT OF HOMELAND SECURITY/TRANSPORTATION SECURITY ADMINISTRATION

TSA HQ, TSA 2 ATTN: 49 CFR 1503.3 REPORTS 601 South 12th Street Arlington, VA 22202-4220 866-289-9673

Log on to tsa.gov/travelers to check out specific information regarding 3-1-1 for Carry-ons, Prohibited Items, Traveling with Food and Travelers with Disabilities and Medical Conditions. *dhs.gov* and *tsa.gov*

SELECT AIRLINE INFORMATION

U.S. CONTACT INFORMATION

AIRLINE CODE	AIRLINE	PHONE NUMBER	WEBSITE
AF	AIR FRANCE	800-237-2747	AIRFRANCE.COM
AS	ALASKA AIRLINES	800-252-7522	ALASKAAIR.COM
AZ	ALITALIA	800-223-5730	ALITALIA.COM
AA	AMERICAN AIRLINES	800-433-7300	AA.COM
OS	AUSTRIAN AIRLINES	800-843-0002	AUSTRIAN.COM
ВА	BRITISH AIRWAYS	800-247-9297	BRITISHAIRWAYS.COM
DL	DELTA AIRLINES	800-455-2720	DELTA.COM
LY	EL AL ISRAEL AIRLINES	800-223-6700	ELAL.COM
F9	FRONTIER AIRLINES	800-432-1359	FLYFRONTIER.COM
НА	HAWAIIAN AIRLINES	800-367-5320	HAWAIIANAIRLINES.COM
IB	IBERIA AIRLINES	800-772-4642	IBERIA.COM
B6	JET BLUE AIRWAYS	800-538-2583	JETBLUE.COM
LH	LUFTHANSA	800-645-3880	LUFTHANSA.COM
WN	SOUTHWEST AIRLINES/AIRTRAN	800-435-9792	SOUTHWEST.COM
SR	SWISS AIR	877-359-7947	SWISS.COM
тк	TURKISH AIRLINES	800-874-8875	TURKISHAIRLINES.COM
UA	UNITED AIRLINES	800-864-8331	UNITED.COM
VS	VIRGIN ATLANTIC AIRWAYS	800-862-8621	VIRGINATLANTIC.COM

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FIVE WAYS TO TRAVEL FURTHER WITH US

WELCOME TO THE INSPIRATION ELITE TRAVELER PROGRAM

Since our stellar travel events are too good to remain "once-in-a-lifetime experiences" we invite you to become a repeat passenger. From your first day of travel with us, you are automatically enrolled in our generous rewards program. We appreciate loyalty, and are happy to have you become part of the Inspiration family. Keep traveling, and book your next exceptional travel experience at inspirationcruises.com!

Find out about your membership inspirationcruises.com/elite





2 Get official travel gear visit store.inspirationcruises.com





3 CONNECT WITH OUR TRAVEL FOUNDATION

Would you like to give back to Christians in the places you've traveled to and been impacted by? Over the years, we've built relationships with and supported Christ-centered organizations around the world. We created the Inspiration Travel Foundation to empower passengers to join us in meeting the real-world needs of our Christian brothers and sisters.

See how you can give back travelthatgives.org



4 CATCH UP ON THE CHRISTIAN TRAVEL BLOG

Discover expert travel tips, gorgeous photos and personal stories from our top ministry leaders and travel partners when you sign up for our free e-newsletter, *SOJOURNER: The Christian Travel Journal*. You'll find even more articles on the blog. We've included a few posts below to get you started. These handy online resources will get you excited about your upcoming travel experience.



7 SURPRISES FOR FIRST-TIME TRAVELERS TO ISRAEL



WHERE TO FIND THE BEST HUMMUS IN JERUSALEM



6 WAYS TO ENJOY YOUR VACATION BEFORE YOU TAKE IT

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THE CHRISTIAN TRAVEL JOURNAL SOJOUR NE R

5 SHARE YOUR OWN TESTIMONY

Get inspired by stories and highlights from Christian travelers who have journeyed exactly where you're about to go. Not only will you be blessed by the amazing ways God has changed the lives of our passengers, after you complete your journey, you'll have your own testimony to share! So, be sure to stop back and tell your story after you return.

Hear what past travelers are saying inspirationcruises.com/testimonies

66 Inspiration Cruises took care of absolutely every detail of our trip with outstanding precision and customer service ...You have made the most wonderful place on earth even better. SHALOM! **99** – GABRIELA B.



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