

Erfahrungsbericht

Allgemeine Informationen	Verfasser	katrina.cooney@unifr.ch
	Art der Mobilität	ISEP
	Zeitpunkt	12.3.2023 - 30.6.2023
	Studiengang	Psychology and Neuroscience
	Studienstufe während des Aufenthaltes	Master, 2. Jahr
	Ausgewählte Universität	The Hebrew University of Jerusalem
Vor dem Aufenthalt	Einschreibung	Welche Schritte mussten Sie an der Universität Freiburg unternehmen? Und an der Gastuniversität? Formulare, Dokumente, etc.
	Vorbereitung	I applied for my visa 6 months in advance. (I am not an EU citizen so I wanted to give time just in case there were any issues.) The insurance and accommodation are done through the university. BUT APPLY FOR HOUSING IN ADVANCE! If you don't get into student housing the next place to find safe and affordable housing is a painful 1 hour + bus ride away from the university. Also, for Masters students, beware, housing, insurance, and the visa is attached through the international school of the university and they have different start and end dates for graduate students. So I had to make special accommodations with all of my courses because everything expires before the start my final exams. Also, keep in mind that I had two papers due Aug 15.
	Visa, andere Formalität	You need a visa before entering Israel. The consulate website has all the information about what you need but they also have a phone number and email address if there are any questions. They were incredibly helpful and friendly when I called. Once you do this you do not need to register for anything in the host country.
	Ankunft im Gastland	In Switzerland, before you check in your bag, there is someone that will ask you questions about why you are travelling to Israel and also ask you to prove that you are a student so just be prepared for that. Also, DO NOT fly on a Friday. The flights might be cheaper but it is not worth it, everything closes on Friday so you will not be able to take a bus or a train to get anywhere except with overpriced and sketchy 'taxis'.
Vor Ort	Allgemeine Eindrücke des Aufenthaltes	The people you meet in Israel are all so pure hearted and helpful. If you are ever lost, ask an Israeli and they will go out of their way to help you. The best part of the stay was all the wonderful events that the

university had to offer. To make the most of your time there, you should apply for the Buddy program, go to the Torah Cafe on campus on Monday and Wednesday, attend the Shabbat dinners hosted by the university on campus and sign up to spend Passover dinner with a family. I was fortunate enough to take classes on PTSD during my stay and it was amazing and incredibly enlightening to then talk to Israeli soldiers during Shabbat dinners about their PTSD symptoms and how it was for them to access psychological services.

Unterkunft

I lived in the Student Village. This was a shared flat with 4 other roommates. They do not have a 'semesterputz' so be prepared that the apartments are unkept. Within the compound, they have a lot of stray cats, be careful to stay away from them. They often are sick and tend to scratch. Its also important to note what campus you will have most classes at, I had some at both mount scopus (this is a 15 minute walk from the student village) and givat ram (this is a 30 minute bus ride from the student village). So if most of your classes are at givat ram, try to see if you can get the student housing near that campus.

Kosten

The living expenses are extremely high. Without including rent and insurance, I spent 1,000+ francs a month. Everything is incredibly expensive and exchange students are not included in the university gym membership, so it cost 400 francs for 1 semester! Also, grocery stores vastly vary in price and quality. If you are living in the student village only shop at Yesh ש'. The price is reasonable, and the food is not past the expiration date or broken.

Gastuniversität : allgemeine Informationen

The student coordinator is wonderful to ensure that everything is going smoothly. The university also hosts so many events for exchange students and they are a wonderful way to explore Israel. When it comes to courses, just figure out if you are taking courses through the 'international school' or Hebrew U faculty courses because they are treated differently and getting into Hebrew U courses takes more work and steps.

Gastuniversität : akademische Informationen

Enrolling into courses was an extreme headache. Since I am a master student and I wanted to take faculty courses at the university and not just courses offered by the international school, I had to write each professor personally if I could take their course and then I had to prove that I had the background knowledge to keep up. Then finding the course is another large hurdle. For psychology, there is a limited selection of courses, and you must double check to see if they decided to instead have the course in Hebrew. Then I had to make special arrangements for my final examination since my visa, housing and insurance ended before finals started.

Gastland

Everything is closed on Saturday even the library. But if you want to get into town, you can still take the Arab buses and the Arab part of town still has coffeeshops to sit and study and other stores to explore.

Freizeit, Studentenleben

Since I did not get the gym membership (the price does not even include the dance classes or other boxing classes) I join other sports events. There is an organization called Tazuz and they organize a lot of great sports events like a women's football team and even surfing courses in Tel Aviv. There are also some great jazz fusion events and salsa classes that you can find (just have a search on Facebook for the groups).

Zusätzliche Informationen

Fotos
(Wenn Sie möchten, können Sie hier Fotos hochladen)



Kommentare, Anmerkungen

As a woman, it is important to be cautious and really understand the neighbourhood you are in and what neighbourhoods you are walking into. There are areas of the city where I felt completely safe walking alone in the middle of the night in and there are other areas of East Jerusalem where I felt nervous.