



2024 Summer Season - Guidelines and Information

Packing

Many travel guides mention the following wisdom: Take half the clothes and twice the money. This is good advice! You will almost certainly not need as much stuff as you might think. For tried-and-true advice on packing, check out the tips and tricks from our seasoned staff member Erin Hall on the Kiriath-Jearim blog.

- ❖ Israeli electrical current is 220/240V. Any electrical appliances brought from North America will require the appropriate converters (for the voltage), and/or an adapter plug (to fit in the outlet).
- ❖ There is a laundry service available at the kibbutz. There will be a designated day each week when laundry can be sent. Details will be explained on site. You should bring a mesh laundry bag with you in which you will place small items like socks and underwear. You may also be asked to write your name in other clothes. While we try to take as much care as possible, it is probably not a good idea to send very delicate clothes to the laundry. If there is something very special to you, consider hand washing it yourself.
- ❖ The linens in your hostel room will be changed once a week on a designated day. However, they do not provide us with towels, so don't forget to pack at least one (and another one for the pool). You will receive instructions concerning logistics for this service once you arrive.

For the Excavation:

- Pants or Shorts. Bring those pants or shorts you wouldn't mind getting dirty.
- T-shirts. We recommend lightweight fabrics, easy to wash. At least 5 or 6. Some folks like tank tops, others long sleeves—it's up to you!
- Closed shoes. Closed-toed shoes are required for working on site.
- Lightweight jacket or sweatshirt. For chilly mornings.
- Hat, Scarf, Bandana. Sun protection is a must.

- Sunscreen. It is essential.
- Sunglasses.
- Water Bottle.
- Notebook & writing material.
- Backpack. A small bag or backpack to bring to the site. It will get dirty.
- Extras
- Trowel and handpick. If you have a trowel and handpick already, and like to use your own, bring them along. But we have equipment for everyone, not to worry.
- Gloves or Kneepads. If you want to use your own gloves or kneepads, you can bring them.
- Tissues, Sanitizer, or Baby wipes. Some people like to have baby wipes/tissues/sanitizer on site with them.
- Some people like to bring sports drink tablets or salt tablets to help stay hydrated.

After the Excavation:

- Comfy Clothes & Sandals: Comfy things to wear after working on the tel. There is pottery washing and other things in the afternoon where you might get a bit dusty.
- If you are planning to visit religious sites, you will need to make sure you have appropriately modest clothing.
- **Two Towels.** One for showering and one for the pool. The hostel does not provide towels.
- Swimsuit.
- Hygiene items. Toiletries, over the counter meds, period products, and other hygiene items are readily available all over Israel and at the small grocery shop on the kibbutz, but perhaps not always the brands you might like.
- Alarm clock, phone alarm, watch alarm. You must awake on time.

Dietary Information

- ❖ Three meals per working day are provided, Sunday-Thursday.
- ❖ The dining hall does not serve pork or shellfish, but it does not have a certificate of kashrut.
- ❖ Vegetarian offerings are always available. Please let us know if you are vegetarian or have other dietary concerns so we can be sure the right amount of vegetarian servings are available.
- ❖ Israel's tap water is safe and potable, but many people purchase bottled water which is readily available everywhere.
- ❖ Team Members are responsible for providing their own early morning snack before heading to work. Coffee, tea, bread, biscuits etc. can be purchased at the kibbutz store and we will show you a communal eating lounge for this purpose.
- ❖ In addition to the dining hall, our team will have access to an eating lounge with communal facilities for light food preparation (sink, fridge, microwave, kettle, etc.). There are also many pleasant outdoor seating areas for snacking.

Breakfast is provided every work day—Sunday to Thursday. It is a dairy buffet bar (eggs, sandwiches, vegetables, yogurt, cereal, fruit) and will be taken at the site.

Lunch is also provided every work day—Sunday to Thursday. It is the main daily meal and includes meat/poultry. A typical lunch meal is chicken, hot vegetables like green beans, corn, or carrots, potatoes or rice, bread, and cold salads (cabbage, cucumber & tomato, humus, etc.).

Dinner is provided five days a week—Saturday night to Wednesday night. It is a lighter meal than lunch, for example soups, salads, cold meats, etc.

Alcoholic beverages are permitted on the premises. We remind all participants that team members are expected to take care of their physical well-being to the best of their ability—this means staying well hydrated and not drinking alcohol such that it impairs the ability to work. Please also note that smoking is prohibited in all of the buildings on the site and is only allowed in designated outdoor spaces. To our smoking friends we request that you take care to not leave behind cigarette butts anywhere on the grounds and only use proper disposal containers.

Health and Wellness

- ❖ Team Members must have medical insurance valid for travel to Israel and provide the Expedition with proof of that..

Should you become ill during the season, you must tell us! Team Members should notify their Area Supervisor and/or the Team Member Coordinator if they are too sick to work at the site. Your health and safety is our primary concern. Don't hide out in your room without letting a staff member know how you are!

- ❖ All medical costs incurred are the responsibility of the Team Member. You should bring all prescription drugs that you anticipate will be necessary.

The pharmacies in Israel are well-stocked and you may purchase any over-the-counter medications you might need. But, because of our schedule, it will usually be inconvenient for you to get to a pharmacy. The two most common ailments in the course of a season are cough and diarrhea (until your system adjusts to the food and water), so we suggest that you bring cough and cold medicine and diarrhea medicine with you. Ibuprofen (e.g. Advil) or acetaminophen (e.g. Tylenol) can also come in handy.

- ❖ There are clinics in several nearby towns for non-emergent medical problems (e.g. you get strep throat and need antibiotics).

Tourists typically have to pay upfront to see the on-call doctor there and then, according to the instructions of your particular insurance, you will need to submit your payment information to your insurer for reimbursement. The cost can start from a couple hundred dollars and changes based on the situation, x-ray, lab test, etc. You may want to bring a credit card or extra cash that you save if such a need arises. Please review your insurance policy—remember, you must have insurance that is valid for travel in Israel—so you will know what to do if you need it. We hope to never use them, but in cases of complex injury or illness, we are located only a short drive from state-of-the-art hospitals in Afula. Except in cases of genuine medical emergency, the Expedition cannot provide transportation to doctors, hospitals or pharmacies, or to banks or other local facilities.

Daily Dig Schedule

04:15 - Suggested Wake-Up Time: You are responsible for getting yourself up in time

05:00-08:30 - Work on site!

08:30-09:00 - Buffet breakfast

09:00-11:00 - Work on site!

11:00-11:15 - Break

11:15-13:00 - Work on site!

13:15 - Lunch

After Lunch Free Time!

16:00-18:00 - Afternoon Work

18:00-19:00 - Lecture Program (TBA)

19:00 - Dinner

20:00-21:00 - Lecture Program (TBA)

21:00 - End of the Day!

Code Of Conduct

Our expectation of team members:

Civility and basic courtesy go a long way when dozens of people are living and working together. Be nice to each other! Keep your sense of humor! We are all working towards the same goal—a fun and productive dig season. All members of the Megiddo Expedition will exhibit sensitivity to the cultural, political and religious differences in Israel and the region. Any behavior that threatens the well-being of any Team Member and/or threatens the successful execution of the excavation and/or that is in violation of Israeli law is forbidden. Such behavior (assault, vandalism, theft, etc.) will result in immediate expulsion without refund of any fees. All Team Members are expected to take care of their physical well-being to the best of their ability—this means staying well hydrated, not drinking alcohol such that it impairs the ability to work, not engaging in illegal drug use of any sort, and alerting us to any serious medical issues in advance of the expedition. Team members who violate these conditions can be dismissed unilaterally at the Directors' discretion. No refunds will be made in such instances.

Looking forward seeing you with us!
The Megiddo Expedition Team, 2024.

