Israel & The West Bank

Exploring the Viability of a Two State Solution
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Salaam-Shalom!

Welcome to the 2010 Alternative Summer Break to Israel and the West Bank! We cannot begin to express how excited we are to be embarking upon this journey with you. Traveling to the region as representatives of American University, we will explore the many-faceted complexities of the Israeli-Palestinian conflict and return to the U.S. with greater empathy and understanding. The academic, emotional and spiritual experiences we will be sharing together will undoubtedly be some of the brightest highlights of our college careers.

This packet will serve as a guide throughout our pre-departure phase. It will provide you with essential information about the necessary steps leading up to the trip: payment information, pre-departure meetings, health precautions, and other materials. You will also be able to review logistical information regarding the trip's tentative itinerary, safety concerns, cultural insights and more.

If you have any outstanding questions or concerns, please contact us or our staff advisor, Eleftherios Michael. We look forward to making this an unforgettable trip!

Your trip leaders,
Anna, Lauren & Sepideah
Dear Participants:

As a faculty advisor I am pleased to be writing to you about the upcoming trip to Israel and West Bank that you will be participating in as part of the Alternative Break Program at AU. I can assure you that this two-week program put together by your student leaders, Sepideah Mohsenian, Lauren Barr and Anna Waterfield, will be an unforgettable experiential learning experience.

All of the Alternative Break trips have been powerful and inspiring for students in the past, and we are looking forward to another great trip to Israel and West Bank. You will meet with political leaders, community activists, peacemakers and peace-builders who all hope to see a brighter future for their home. In addition to preparing for a full itinerary, your student leaders, the Alternative Break Coordinator Shoshanna Sumka, our locally trusted coordinators and AU’s support staff are all working to ensure everyone’s safety at all times during the trip.

Your energy and passion to work with us and the people in the field who need your support and expertise is highly needed and has the potential to make a powerful impact on the world.

Peace,
Eleftherios A. Michael

Professor Eleftherios A. Michael is the Academic Director of the Peace and Conflict Resolution Program at AU’s Washington Semester. As a conflict analyst and a conflict resolution practitioner, Professor Michael has nearly 15 years of experience in conflict and post-conflict zones. He has trained and equipped more than 3,000 individuals from divided communities, college undergrads and graduate level students and professionals with conflict resolution trainings and collaborative problem-solving skills. He travels to conflicted regions frequently and his field work includes research on the Eastern Mediterranean, the Middle East, the Balkans and Eastern Europe, Caucasus, Northern Ireland, and parts of Africa and East Asia.
WELCOME TO ALTERNATIVE BREAKS!!!!

Congratulations on being selected to participate in an Alternative Break trip! You are about to embark on a journey of transformation, reflection, activism, and community involvement. As you know, the Alternative Break program is student-run, with the Community Service Center (CSC) and the Alternative Break Coordinator serving as resources for the student leaders of each trip.

Please read this letter carefully for important information about

FORMS YOU MUST TURN IN TO CSC: ON WEBSITE: www.american.edu/altbreak under “Participant Applications & Forms”

- Medical/Emergency Contact form
- Copy of health insurance card
- Consent & Release Waiver Form
- Copy of passport (for international trips)
- Code of Conduct Signature form

PAYMENT DEADLINES:
Monthly payment installments are due according to your payment schedule. Talk to your trip leaders for dates.

ONLINE PAYMENT INSTRUCTIONS:
1. Log-on to my.american.edu, click on the Finances or Life@AU tab.
2. Under your personalized links, click on “Alternative Break E-payment.”
3. Choose your trip.
4. Enter your credit card information and click submit!
5. Payments are non-refundable.

PAYMENT INSTRUCTIONS VIA CASH OR CHECK:
1. Obtain deposit slip from Community Service Center with the trip Account # to ensure that the payment is placed in the correct account.
2. Bring payment and Deposit Record to the payment windows in Student Accounts (before 4:30 PM in Asbury 300).
3. Bring the original payment receipt back to the Community Service Center (MGC 273). You must keep a copy of the receipt for yourself. If you do not bring back the receipt we have no way of knowing if you paid!!!
4. Put the receipt in your trip box in the CSC.
5. Payments are non-refundable.
**IMPORTANT INFORMATION:**

- The pre-departure meetings are **MANDATORY**. You must attend in order to get to know other students on your trip, learn about your destination and talk about health/safety issues.

- You are **responsible for making an appointment with your doctor** to find out which immunizations you need.

- You are covered under AU’s international travel insurance (information from Alt Break website: [http://www.american.edu/finance/rmehs/inttravel.cfm](http://www.american.edu/finance/rmehs/inttravel.cfm)).

- Safety, US State Department, CDC immunizations, and other links are on the Alternative Break website. [www.american.edu/altbreak](http://www.american.edu/altbreak)

- Your leader is responsible for providing the trip itinerary and destination information. Please ask them any questions you have.

- **Academic credits:** You can either do an **independent study** with a professor of your choice or take **SIS 386: Selected Topics in Global Social Justice**. (Register through Alternative Break office.)

- **Fundraising for your trip:** If you solicit checks from individuals or businesses, they should be made out to “American University” and mailed to the AU Development Office. See the Alternative Break website for more information.

**AU EMERGENCY CONTACT INFORMATION:**

202-885-3636  Public Safety


*Marcy Campos*, Community Service Center Director; work: 202-885-7378, cell: 301-996-6343, home: 301-270-6343

*Fanta Aw*, Assistant Vice President, Campus Life; work: 202-885-3357 home: 301-562 1499, cell: 240-413-2277
EXPECTATIONS & CODE OF CONDUCT:

The following is a list of minimum expectations; your individual trip groups will discuss and formulate additional participant expectations as necessary.

Code of Conduct:
1. Participate in all mandatory weekly pre-departure meetings.
2. Make payments and turn in all necessary forms on time.
3. Travel with the group at all times.
4. Abide by the alcohol and other drug free policy of Alternative Breaks.
5. Prepare individually for your trip by completing required readings.
6. Behave in a safe and responsible manner.
7. Respect the customs and local community.
8. Respect your trip leader, fellow participants & faculty/staff advisor.
9. Process the AB experience individually and with your group through reflection, conversation and other group activities.
10. Follow-up after trip with activism on social justice issues learned.

Program Reminders:
1. Turn in all necessary forms on time.
2. Participants who wish to receive course credit for participation will be required to complete additional criteria. SIS 386 or independent study credit is optional. See individual trip advisor for details.
3. Participants must become aware of relevant health and safety risks relevant to your destination. You are responsible for making an appointment with your doctor to find out which immunizations you need.
4. Make payments on time.
5. All payments made to Alternative Break are non-refundable.

I understand that failure to comply with any of these expectations may result in my inability to participate in the trip, dismissal from trip at my own expense, or may affect future Alternative Break participation.

Print Name: ________________________________ AU ID: __________

Signature: ________________________________ Date: __________
COUNTRY PROFILES:

Israel

Population: 7,233,701
note: includes about 187,000 Israeli settlers in the West Bank, about 20,000 in the Israeli-occupied Golan Heights, and fewer than 177,000 in East Jerusalem (July 2009 est.)
Area: 20,770 sq km (slightly smaller than New Jersey)
Capital: Jerusalem
Government type: parliamentary democracy
Border countries: Egypt, Gaza Strip, Jordan, Lebanon, Syria, West Bank
Climate: temperate; hot and dry in southern and eastern desert areas
Environmental issues: Limited arable land and natural fresh water resources; desertification; air pollution from industrial and vehicle emissions; groundwater pollution from industrial and domestic waste, chemical fertilizers, and pesticides
Ethnic groups: Jewish 76.4% (of which Israel-born 67.1%, Europe/America-born 22.6%, Africa-born 5.9%, Asia-born 4.2%), non-Jewish 23.6% (mostly Arab) (2004)
Religions: Jewish 76.4%, Muslim 16%, Arab Christians 1.7%, other Christian 0.4%, Druze 1.6%, unspecified 3.9% (2004)
Languages: Hebrew (official), Arabic used officially for Arab minority, English most commonly used foreign language

West Bank

Population: 2,461,267
note: in addition, there are ~187,000 Israeli settlers in the West Bank and fewer than 177,000 in East Jerusalem (July 2008 est.)
Area: 5,860 sq km (slightly smaller than Delaware)
Border countries: Israel, Jordan
Climate: temperate; hot and dry in southern and eastern desert areas
Environmental issues: adequacy of fresh water supply; sewage treatment
Ethnic groups: Palestinian Arab and other 83%, Jewish 17%
Religions: Muslim 75% (predominantly Sunni), Jewish 17%, Christian and other 8%
Languages: Arabic, Hebrew (spoken by Israeli settlers and many Palestinians), English (widely understood)
Age structure:
0-14 years: 38% (male 469,754/female 445,999)
15-64 years: 58.3% (male 719,267/female 684,790)
65 years and over: 3.6% (male 36,606/female 51,265) (2008 est.)
GETTING IN:

ENTRY/EXIT:
(American Citizens)
U.S. citizens are advised that all persons applying for entry to Israel, the West Bank, or Gaza are subject to security and police record checks by the Government of Israel, and may be denied entry or exit without explanation.

American citizens whom Israeli authorities suspect of being of Arab or Muslim origin are likely to face additional, often time-consuming, and probing questioning by immigration and border authorities, or may even be denied entry into Israel. If you feel that you have been wrongly denied entry to Israel or the West Bank, or unnecessarily subjected to additional security screening, you should fill out the Denial of Entry Sheet located under the U.S. citizen services tab at the Jerusalem Consulate General web site http://jerusalem.usconsulate.gov, or contact the U.S. Embassy in Tel Aviv.

Israel: A passport valid for six months beyond duration of stay, an onward or return ticket, and proof of sufficient funds are required for entry. A no-charge, three-month visa may be issued upon arrival and may be renewed.

West Bank: According to the written policy, American citizens “may transit to the West Bank via Israel after showing documents at the Ben Gurion airport or Allenby Bridge [crossing between the West Bank and Jordan] that confirm their status/position and the purpose of their visit, subject to inspection and approval by a representative of the Coordinator for Government Activities in the Territories.”

REGISTRATION/EMBASSY AND CONSULATE LOCATIONS: Americans living or traveling in Israel, the West Bank or Gaza are encouraged to register with the U.S. Embassy in Tel Aviv or the Consulate General in Jerusalem through the State Department’s travel registration web site, and to obtain updated information on travel and security within Israel, the West Bank or Gaza.

U.S. Embassy, Tel Aviv: U.S. Consulate, Jerusalem:
71 Hayarkon St. 27 Nablus Rd.
(972) (3) 519-7575 (972) (2) 622-7200

Emergency Number: Emergency Number:
(972) (3) 516-4390 (972) (2) 622-7250
4:30pm-8am 4:30pm-8am

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1064.html#entry_requirements
SAFETY & SECURITY:

**Israeli authorities strictly enforce security measures.** Visitors have been subjected to prolonged questioning and thorough searches upon entry or departure. Travelers with Arabic/ Islamic surnames, those who ask that Israeli stamps not be entered into their passports, and unaccompanied female travelers have been delayed and subjected to close scrutiny by Israeli border authorities. American citizens have been detained and/or arrested at the airport and at other border crossings on suspicion of security-related crimes and members of religious groups have been monitored, arrested, and deported for suspicion of intent to commit violent or disruptive acts in Israel. In some cases, Israeli authorities have denied American citizen’s access to U.S. consular officers, lawyers, and even family members during temporary detention.

**Security-related delays** are not unusual for travelers carrying cameras or electronic equipment, and some have had their laptop computers and other electronic equipment confiscated at Ben Gurion Airport. While most effects are returned, some equipment has been retained by the authorities for lengthy periods and has reportedly been damaged, destroyed or lost.

**SPECIAL CIRCUMSTANCES:** Video cameras and other electronic items must be declared upon entry to Israel and are sometimes seized by customs and security officials. It is advisable to contact the Embassy of Israel in Washington, D.C. or one of Israel’s consulates in the United States for specific information regarding customs requirements. Definitive information on customs requirements for the Palestinian Authority is not available. Please see [Customs Information](#).

**CRIMINAL PENALTIES:** While in a foreign country, a U.S. citizen is subject to that country's laws and regulations. Penalties for breaking the law can be more severe than those in the United States for similar offenses. Persons violating Israel’s or the Palestinian Authority’s laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking in illegal drugs in Israel and Palestinian Authority administered areas are severe, and convicted offenders can expect long jail sentences and heavy fines. Please see information on [Criminal Penalties](#).

We’ll discuss this in detail during pre-departure meetings.

Health:

- Health insurance is required for travel into Israel, which we’ll all have.
- Vaccinations: Concurrent with those required by AU.
- Make sure to bring your normal personal medications & first aid supplies!
- Consult travel doctor 6 weeks before departure about specific measures.
- H5N1 (bird flu) found in 2006. ([Tetanus Vaccination](#))
- H1N1 (swine flu) found in 2009. ([Vaccination Available, but not needed](#))
HOLY LAND TRUST

The Travel & Encounter Program, a branch of Holy Land Trust, aims to raise international awareness by providing cross-cultural and experimental learning opportunities in both Palestine and Israel. T&E offers a diverse range of travel programs that are tailored to meet all demands and aspirations ranging from religious pilgrimages, fact finding missions, and annual programs such as the Palestine Summer Encounter and the House Rebuilding Summer Camp.

The purpose of the T&E program is to build personal relationships between the people of Palestine and the rest of the world. It is through face-to-face interactions that mutual understanding and respect between diverse people can be achieved.”

"What commitment will you make to work towards peace & justice?"
–Sami Awad, Director of HLT

We are thrilled to be further developing our relationship with Holy Land Trust this summer! Their role is critical in assisting with logistics such as lodging, meals and transportation. Above all else, they will help foster people-to-people relationships while on the ground. Elias D’eis, an incredible friend and activist, will be with us every step of the way!

Sami Awad
Elias D’eis
<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 May 7, 2010</td>
<td>Jerusalem</td>
<td>- Arrive at hotel. &lt;br&gt;- Shabbat welcome dinner with Jerusalem Peacemakers</td>
</tr>
<tr>
<td>3 May 8, 2010</td>
<td>Jerusalem</td>
<td>- Tour of Old City &lt;br&gt;- US Consulate &lt;br&gt;- The Parent’s Circle Families Forum &lt;br&gt;- Dinner at Neve Shalom-Wahat al-Salam</td>
</tr>
<tr>
<td>4 May 9, 2010</td>
<td>Jerusalem</td>
<td>- ICAHD: East Jerusalem &lt;br&gt;- Yad Yesham Holocaust Museum &lt;br&gt;- Round table discussion at Hebrew University &lt;br&gt;- Meeting with pollsters &lt;br&gt;- Night out</td>
</tr>
<tr>
<td>5 May 10, 2010</td>
<td>Jerusalem</td>
<td>- Peace Now: Settlement Watch Tour &lt;br&gt;- Tekoa Settlement &lt;br&gt;- Rabbi’s for Human Rights &lt;br&gt;- B’tselem</td>
</tr>
<tr>
<td>6 May 11, 2010</td>
<td>Bethlehem</td>
<td>- Drop luggage off with host families &lt;br&gt;- Tour Bethlehem &lt;br&gt;- Holy Land Trust &lt;br&gt;- Aida Refugee Camp: Lajee Center &lt;br&gt;- Dinner &amp; Debkahah with host families</td>
</tr>
<tr>
<td>7 May 12, 2010</td>
<td>Bethlehem</td>
<td>- Hope Flowers School &lt;br&gt;- Friends of Earth Middle East &lt;br&gt;- Day of service or non-violent action</td>
</tr>
<tr>
<td>8 May 13, 2010</td>
<td>Hebron</td>
<td>- Breaking the Silence: tour &lt;br&gt;- Lunch with the Mayor &lt;br&gt;- Ephrat Settlement &lt;br&gt;- Drive to Ramallah</td>
</tr>
<tr>
<td>9 May 14, 2010</td>
<td>Ramallah</td>
<td>- Carter Center &lt;br&gt;- Addameer &lt;br&gt;- Lunch with OneVoice &lt;br&gt;- Tour Ramallah</td>
</tr>
<tr>
<td>10 May 15, 2010</td>
<td>Ramallah</td>
<td>- Day of Service with Ruwwad!</td>
</tr>
<tr>
<td>11 May 16, 2010</td>
<td>Galilee</td>
<td>- Day of rest: Ein Gedi, Dead Sea</td>
</tr>
<tr>
<td>12 May 17, 2010</td>
<td>Kibbutz Zikim</td>
<td>- Tour &amp; Roundtable with Kibbutz members &lt;br&gt;- Service Project</td>
</tr>
<tr>
<td>13 May 18, 2010</td>
<td>Tel Aviv</td>
<td>- Roundtable discussion at Tel Aviv University &lt;br&gt;- USAID</td>
</tr>
<tr>
<td>14 May 19, 2010</td>
<td>Tel Aviv</td>
<td>- Arab-Israeli Village of Jaffa &lt;br&gt;- Closing debrief on the beach</td>
</tr>
</tbody>
</table>

**Note:** Day 1 (May 6) & Day 15 (May 20) will be transit days.
Pre-Departure Meetings:  
-Attendance is mandatory-

Pre-departure meetings are a critical component of the alternative break experience that will lend to a cohesive understanding of the theme and location of the trip. As you know, the Israeli-Palestinian conflict is far too complex to 'understand' in eight weeks, but it will provide you with some of the tools and resources you can use on the trip.

Most meetings will include guest speakers, review of current events, language lessons, participant presentations, and group building. Meetings are typically 1 ½ hours long, unless otherwise noted.

1 Historical Foundation  
Saturday, February 20th  
This session will introduce participants to each other and the trip. We will also have a presentation on the history of the conflict.

2 Borders  
We will examine the issues including settlements, mobility, land ownership, the wall, demographics, and access to natural resources.

3 Jerusalem  
This session is dedicated to the special case of Jerusalem, including the future of holy sites, identity of East Jerusalem residents and settlers, and border security.

4 Security  
Here we will discuss the significant role of security issues like terrorism. Our conversation will also include the impact of economics and international involvement.

5 Refugees  
Another major final status issue we will unpack is refugees, including the Right of Return, Arab-Israeli identity, and the Palestinian diaspora.

6 The Role of the US  
We’ll look at the US involvement throughout history and its potential as a leading 3rd party.

7 Finding a Solution  
What does Two-States mean? Are there other potential options? Who wants what? We will look deeper into the current discourse and issues that are defining the peace process.

8 Cross-Cultural Training  
We’re almost there! We’ll use this time to go over final logistics and to make sure you are fully prepared for the next two weeks!
Payments:
All payments must be made by 5 pm on the due date. Payments can be made on-line.

February 22: $750
March 22: $1,000
April 22: remainder

Fundraising:
As leaders, we have taken the initiative to reach out to NGO’s and various corporations for contributions to the collective. Now it’s your turn, let’s start tapping into other resources so we can keep costs down!

Some Ideas:
• Letter writing campaign
• Selling items from the region (olive-wood peace doves)
• Domino’s Fundraising Cards
• Lucky Strike Fundraiser
• Restaurant Fundraisers
• Hosting Speakers/ Movie Screenings/ Etc. – asking for donations at the door.

What are your ideas?!
Suggested Packing List

- short sleeved & long sleeved shirts
- jeans/ pants/ long skirts
- 1 pair of shorts
- cardigans/ cover-ups
- sweatshirt
- 1 business casual outfit
- bathing suit
- pajamas
- shower shoes
- shoes suitable for hiking
- towel
- underwear, bras, socks
- toiletries
- medicines, inhalers
- glasses, contact supplies
- water bottle
- day bag
- journal
- camera and charger
- electrical adapter

Do NOT Forget:
- Passport
- Copies of passport
- Extra passport pictures
- Copies of other important docs
- Cash/ ATM & Credit Cards
- Personal medications

Money

Exchange Rate

Israel and Palestine
As of January 2010, the exchange rate from U.S. Dollars (USD) to New Israeli Shekels (NIS) is:

\[ 1.00 \text{ USD} = 3.71 \text{ NIS} \]

The NIS currency is used both in Israel and in the West Bank. Please note that by May this rate may change slightly. However, on average the exchange rate has remained steady at around 3.7 NIS to 1 USD.

Exchanging Money

Money can be exchanged at the airport, post offices, any of the bureaux de change on the street, hotels, ATMs or any major banks (e.g. Hapoalim, Leumi, Discount, Hamizrahi, Bank of Palestine, and Arab Bank). Since you will be in the West Bank, it is best to bring shekels and some U.S. dollars for spending money before leaving Israel. Note that 200 shekel notes are not easily traded, and one should try to avoid receiving them when exchanging money. It is recommended to carry a small number of U.S. dollars since many tourist sites accept them. Below are some tips and useful information about your various options for exchanging money in Israel:

- **Ben Gurion Airport**: There are 24-hour banks, bureaux de change and cash machines in both terminals of Ben Gurion International Airport as well as a full-service post office in Terminal 3.
- **Post Office**: The post office is a very convenient and safe place to change your money and it does not charge service fees or commissions.
• **Bureaux de Change**: Generally speaking, exchange places are cheaper than banks and ATMs because they do not charge a transaction fee. However, if you choose to exchange money at a change spot, make sure to look at the rates of a few places before making your choice.

• **Hotels**: The option to exchange at hotels is not recommended but it is possible, if necessary.

• **Banks**: When exchanging money at a bank, you will be charged a fixed exchange fee, whereas an exchange bureau on the street will not charge for the transaction, but will give you a lower rate than the banks supply. If you do choose to exchange money at the bank, try not to do so on Sundays since there is no world currency trade on Sunday, and the Israeli banks thus charge a commission that is 10 times higher than on any other day of the week.

• **ATM**: There are many ATMs around Israel that are connected to European and American banking systems. When using an ATM, you will be charged by your credit card provider, as well as an ATM fee (usually $3.50 plus 4% of the total amount). Your credit card provider (i.e. VISA, Mastercard, Diners club, American express etc.) will also determine what the exchange rate is, and it will usually be the highest rate possible for that date.

• **Credit Card**: International credit cards are honored at banks and withdrawals of foreign and local currency can be made with them. By paying with credit card you can usually get a better exchange rate than with ATM cash withdrawals.

**Travelers’ Checks**
Some Israeli businesses will accept travelers’ checks, although most will not. You can cash them at banks or post offices, and both require you to bring your passport for the exchange. Rates of exchange vary from place to place and most banks charge a commission on exchanges. Exchanging travelers’ checks at post offices is the only commission-free option. Cash can also be sent to post office branches using Western Union services.

**Value Added Tax (VAT)**
Israel assesses a Value Added Tax (VAT) of 16.5% on goods and services. Prices should include this tax. For purchases over $50, you can get a refund of the tax at the airport’s customs office before you leave. When you make your purchase, the merchant should put it in a clear plastic bag with a copy of the receipt inside. Keep the original. The bag must be sealed and remain unopened in order to get the refund.

**Bargaining**
Across the Middle East, it is common to bargain for better prices – particularly in the markets. In fact, shopkeepers will expect that the customer will not accept the original price quoted. It is common for shopkeepers at markets to be aggressive – do not be intimidated – it is a cultural norm. Finally, be clear about the exchange rate before you buy. Items that are common in the U.S., such as films and books, are often more expensive in Israel. You can sometimes get a better deal if you pay with USD.
Other Notes:

Modesty: You should NOT wear anything political. Also, although Tel Aviv is extremely Western, we will be spending a majority of our time near more traditional and/or religious areas. There are a lot of things you can “get away with,” but be aware of the cultural norms. Avoid tank tops, tight fitting or low cut shirts, and skirts/shorts that are above your knees.

Weather: October to May is the rainy season. We can anticipate some rain, but mostly it will be hot and dry with an average temperature of 60-70 (or higher!).

Food: Immigration from a multitude of countries has created great diversity and there is a hot debate over whether there is any specific "Israeli cuisine." Palestinian and Arab communities in the region are influenced most strongly by North African and Middle Eastern culinary traditions and they have unique dishes of their own. Vegetarian options will be readily available throughout our trip!

Time: At the time of your visit, Israel and Palestine will be 7 hours ahead of U.S Eastern Time – meaning that at 12 pm EDT in Washington D.C., it will be 7 pm in Israel and Palestine.

Voltage: The standard voltage in Israel is 220V /50Hz. Types of plug/socket accepted are: C, H, M. You can buy converters, transformers, or adaptors at most electronics stores in the U.S.
Media Resources

We will be assigning some readings throughout the pre-departure meetings, but below are some books, articles and documentaries that we’ve had good encounters with. Please approach all with and open mind as they only represent several of the infinite aspects of the conflict. Remember that there is no one authoritative text on all narratives.

Current Events:

**Ynet news**: English version of Israel’s leading online news site. http://www.ynetnews.com
**Mideastweb.org**: Middle-ground Palestinian and Israeli news focusing on peace movements.
**Bitterlemons.org**: A site with Israeli and Palestinian counter-arguments on issues of the day.

Readings:

**Palestine and the Arab Israeli Conflict** Charles D. Smith
**A Concise History of the Arab Israeli Conflict** J. Bickerton and C.L. Klausner
**A Perfect Peace** Amos Oz
**An Israeli in Palestine** Jeff Halper
**Fateful Triangle** Noam Chomsky
**Identity Card** Mahmoud Darwish
**Jerusalem** Yehuda Amichai
**Men in the Sun** Ghassan Kanafani

**Nonviolence: The History of a Dangerous Idea** Mark Kurlansky
**The Lemon Tree: An Arab, a Jew, and the Heart of the Middle East** Sandy Tolan
**Waging Peace: Israel and the Arabs** Itamar Rabinovich

Other:

**PRIME Dual-narrative History Project**: http://www.vispo.com/PRIME/


Films/ Documentaries:

**Close to Home**, Vardit Bilu, 2007. Drama
**Encounter Point**, Ronit Avni, 2006. Documentary
**Waltz with Bashir**, Ari Folman, 2008. Animated
Useful Words in Hebrew and Arabic

Below is a list of useful words in Hebrew and Arabic that you can use during your visit to Israel and the West Bank.

<table>
<thead>
<tr>
<th><strong>English</strong></th>
<th><strong>Hebrew</strong></th>
<th><strong>Arabic</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Sha-lom</td>
<td>Mar-ha-ba</td>
</tr>
<tr>
<td>Welcome</td>
<td>Bru-chim ha-ba-eem</td>
<td>As-sal-ama al-ay-kum</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(response: wa-al-ay-kum as-sal-aam)</td>
</tr>
<tr>
<td>How are you?</td>
<td>Ma shlo-m-cha? (to a man), Ma shlo-m-ech? (to a woman)</td>
<td>Kayf el-hal?</td>
</tr>
<tr>
<td>Well</td>
<td>Beh-se-der</td>
<td>Be-chay-er</td>
</tr>
<tr>
<td>Thank you</td>
<td>Toe-da</td>
<td>Shoo-kran</td>
</tr>
<tr>
<td>Excuse me</td>
<td>Slee-cha</td>
<td>Aa-sif</td>
</tr>
<tr>
<td>Please</td>
<td>Beh-va-ka-sha</td>
<td>Min fad-lik (to a woman), Min fad-lak (to a man)</td>
</tr>
<tr>
<td>You're welcome</td>
<td>Beh-va-ka-sha</td>
<td>Af-wan</td>
</tr>
<tr>
<td>Yes</td>
<td>Ken</td>
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<tr>
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</tr>
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<td><a href="mailto:lauren.barr@american.edu">lauren.barr@american.edu</a></td>
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<td><a href="mailto:Michael@american.edu">Michael@american.edu</a></td>
</tr>
<tr>
<td>Shoshanna Sumka</td>
<td>202-885-2684</td>
<td><a href="mailto:sumka@american.edu">sumka@american.edu</a></td>
</tr>
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Thank you! We can’t wait to be experiencing all of this on the ground with you soon!