

## TELFED TIPS

# WHAT TO BRING WHEN MAKING ALIYA

Prior to packing your suitcases for aliyah, make a list and tick off the items as you put them into your suitcases or hand luggage.

Some items which should appear on your list are:



**All your important documents.**

**Put these in a plastic folder and keep them all together.**

- ▶ Passports
- ▶ Birth Certificate (unabridged)
- ▶ Marriage Certificate
- ▶ Ketubah
- ▶ SA valid driving license
- ▶ Medical reports
- ▶ Children's school reports and/or assessments
- ▶ Several passport photographs



***We suggest that you make several copies of the above items and put a full set in one or two of your suitcases, in case items of luggage are lost or left behind.***

- ▶ All your essential clothing
- ▶ Medicines
- ▶ Personal toiletries, sufficient for a few weeks
- ▶ Games, books, toys, (dummies and PJ's for the kids if you have a night flight)
- ▶ Some snacks for the flight and the long wait at the airport
- ▶ Linens and towels for at least a week or two
- ▶ A small pot or pan, some plastic cups, plates and cutlery for the first few days



## HEALTH



### Prior to making Aliyah:

- ▶ Go and see the dentist; arrange for dental check ups for you and the family and don't forget to ask for any records – you might need them in Israel.
- ▶ Have a medical check up with your doctors and ask for all the records, especially mammograms, x-rays, records of vaccinations that the children have had.
- ▶ If you are taking medication for chronic illnesses it is wise to check if this is in the Israeli Medical Basket. The same composition might be available under a different brand name. For your reference please see [here](#).
- ▶ Ask your doctor for a supply of medication for a few months in order to avoid missing medication until you organize a new supply through your health fund in Israel.



## EMPLOYMENT

- ▶ C.V. suitable for the Israeli job market - (it is advised that your C.V. be no longer than one, or maximum two, pages). Certificates, Degrees or Diplomas - always make several good quality copies of these.
- ▶ References from previous employers.



## **PATIENCE – (*Savlanut*)**

Bring with you a little patience - remember you are starting a new life in a new environment with different laws and regulations to those you have been used to. You will be learning a new language and not everyone will understand you.



**Smile and you will get smiles in return.**

***Good luck in your new "Homeland"!***

