

Ramah Solidarity Trip

Important Safety Information



We are excited and uplifted by your impending arrival on the Ramah Solidarity trip with Ramah Israel. The time you spend here volunteering, sharing, experiencing, and above all, showing support for Israel in our time of need is extremely heartwarming for us, and we thank you. Since you are arriving during wartime, we have prepared this document in preparation for your trip.

- Security and safety are the most important aspects of any Ramah trip, especially during a volatile time such as now. We err on the side of caution and check with the relevant authorities often to ensure that the places we go and activities we do are safe and secure. All schedules are therefore subject to change if the security circumstances require it. A Ramah Israel senior staff member will be accompanying the group on the trip, with the backing of the Ramah Israel office logistics team.
- While in Israel, a siren signals the potential approach of rocket fire and/or missiles. The siren is loud and it is important to try and stay calm as there will be an inevitable adrenaline rush. When hearing a siren, or receiving an alert on an app for a rocket and missile attack, enter a protected space within time allotted: Jerusalem/Tel Aviv: 1.5 minutes, Ofakim/Rahat 45 seconds. After entering a protected space, you must remain inside for at least 10 minutes or until you hear an “all clear” signal. While together, we will direct you to the closest available protected space, at the hotel, while driving to our destinations, or at the sites we will visit.

These are the priorities and general guidelines for entering protected spaces.

Indoors:

Enter a protected space based on the following priorities:

- **MAMAD** (residential protected room), or a **MIKLAT** (bomb shelter).
- **Inner stairwell** – stay away from any windows, openings, or external walls. Sit on the stairs and not in the floor space. In a building with more than three floors – stay on the stairwell with at least two floors above it.
- **Inner room** – with as few outside walls, windows, and openings as possible. Sit in an inner corner below the window line and not facing the door. Kitchens, bathrooms, or toilets cannot be used as an inner room.
- **Hotel** - When we arrive at the hotel, we will immediately show you where the safe spaces are that we will go to in case of a siren. Should a siren happen in the middle of the night, you should grab your phone and keycard, make your way to the stairwell and if you are on a high floor, go down a few floors.
- **Site visits** - When we arrive at a site, we will immediately show you where the safe spaces are that we will go to in case of a siren.

Outdoors:

- In a **built-up area** – enter a shelter or a stairwell in a nearby building. Stay away from the entrance area, doors or windows.
- In an **open area** – lie on the ground and protect your head with your hands. When a rocket hits the ground, the explosion blast wave generates fragments that can injure anyone not lying down.
- When **outside**, in case of a siren, we will instruct you what to do, and lead you to a safe space, or in the event of there not being one nearby, instruct you to lie down as described.

On the Bus:

- When on the bus, on the road, listen for instructions from the Ramah staff.
- The driver will stop on the side of the road, open the doors, and we will enter a nearby building.
- If it is not possible to reach a building within the time available, the driver will open the doors, and you should quickly exit the bus, lie on the ground and protect your head with your hands.
- If it is not possible to reach a building or exit the bus to lie on the ground within the time available, crouch below the window line and protect your head with your hands.

Important Notes:

- Stay inside the protected space for 10 minutes in case of barrages and rocket fragments.
- Do not gather in the area of any rocket landing, as there may be a risk of additional attacks.
- If you see a suspicious object: Move away from the area, keep others away and report to the Israel Police by calling 100 as soon as possible.
- Stay updated by following the Home Front Command's messages, published on the official platforms and media channels.
- Be alert and mindful at all times, especially when you are not with the group.
- Upon entering buildings, know where the safe rooms are - ask us if you are not sure.
- Keep your phone fully charged at all times, and if possible, carry a portable battery pack.
- Keep a bottle of water and some small snacks with you.
- Always follow and obey instructions given by your guard/security officer.
- If you have an Israeli phone/phone number, these are emergency numbers to keep on hand: 100 – Israel Police. 101 – Magen David Adom. 102 – Fire and Rescue Authority. 104 – Home Front Command. 106 – Local Municipality

We look forward to welcoming you to Israel soon for a safe and meaningful experience.