



Holy Land PILGRIMAGE 2019

JOIN US for a special 10-day pilgrimage to
the land of the Holy One:

7–16 December 2019

The pilgrimage will be led by Dean Greg Jenks. A former Dean of St George's College in Jerusalem, Dr Jenks is also a co-director of the Bethsaida Excavations Project in the Galilee. He is familiar with many of the historical and religious highlights of this remarkable place



come ... see ... encounter ... pray ...

Additional Information for Participants

Thank you for your registration to participate the 2019 Cathedral Pilgrimage to the land of the Holy One. I am sure you will find this to be an experience that is both challenging and deeply rewarding.

The following basic information may be helpful as you prepare for this pilgrimage.

Weather

We shall be in Israel during the northern winter, and the weather is likely to be cold. This is also the wet season for that part of the world, but the rain is not expected to impact on our travel plans.

Clothing

You will need comfortable casual clothes, and for entry to holy sites there are strict codes about modest dressing by women. This should not be an issue for us in winter as we shall all be wrapped up well against the cooler temperatures. You will need comfortable but sturdy walking shoes as well as lighter footwear for periods when you are indoors. Be sure to pack a light rainproof jacket that can go over your other clothes. This will also assist greatly in staying warm.

Medications

Be sure to bring any medications that you take on a regular basis or need occasionally for intermittent conditions, asthma, etc. It is best to have a letter from your medical practitioner describing the medication and the conditions for which it has been prescribed. This can be very helpful when passing through customs.

Health and Fitness

It is essential that you fully disclose any significant medical conditions that may impact on your health during the program, as well as any special dietary requirements. We will review this information prior to the pilgrimage commencing to ensure that the accommodation and other restaurants cater for your needs.

The program involves a significant amount of walking most days, sometimes over rough ground or multiple steps. We have planned to itinerary to reduce the physical challenges so far as possible, but please consider your level of fitness and have some contingency plans for those times when you might be best to rest while the group completes a more demanding stage. It is always OK to choose to remain on the bus or to rest in a cafe when you need a break.

Mobile Phones and Internet

Our accommodation in Nazareth and Jerusalem will provide free WIFI, but the speed may be very slow. Check with your phone provider about a roaming plan for the period that you are in Israel, and be sure to seek advice on how to set your data options to avoid unexpected large bills. Generally speaking there will be quite good mobile service almost of the sites we shall be visiting.

It is recommended that each participant have a mobile phone with either a roaming package or an Israeli SIM, in case there is a need to contact people who have wandered off the from the group. This also provides your family back home with considerable reassurance as they can easily keep up with your adventures.

Travel Insurance

Each participant is required to have comprehensive travel insurance including medical and hospital cover. In the event that you need assistance in the emergency department of an Israeli hospital the care will be first class, but

they will require payment via credit card before commencing. You need to pay the costs upfront and then seek reimbursement,mbursement from your insurer afterwards.

Personal Safety and Group Security

We will have on the ground support from Bishara Khoury, a local logistic and support person, 24 hours a day during our program. I have worked with Bishara over many years and he has my total confidence. He will ensure our personal wellbeing and group safety at all times.

Currency

The Israeli unit of currency is the shekel (NIS), but US dollars are accepted nearly everywhere.

Major credit cards are widely accepted, but a dedicated travel debit card is highly recommended.

Be sure to advise your bank of your travel plans and get your credit card authorised for overseas use.

Plan to exchange money at the airport as soon as you get through border control. If possible get some US dollars before leaving home.

Other Items

Sun Block with SPF 30 to 45 (for prolonged exposure)

Sunglasses (there will be sunny days even in winter)

Personal toiletries, essential first aid supplies, bug repellent.

Band-aids, plus some aspirin and Imodium (or equivalent) medication for diarrhoea symptoms.

Alarm clock, camera (with extra memory cards), flash light.

A container for water is highly recommended. You can either bring a large, sturdy canteen, or wait until you arrive to purchase a 2 litre bottle and refill as necessary. There is a water cooler at the hotel in Nazareth.

A small backpack for holding personal items is highly recommended. This can keep camera, phone, first aid supplies, sun screen, water bottle, etc all in one handy place while on the dig.

Adaptors for Israeli power outlets (types C & H)



Laundry services will be limited so bring clothing that can be hand washed.

Bottle opener and can opener, perhaps as part of a utility pocket knife set. (Pack in main baggage and do not carry in your hand luggage.)

Marker pens, super glue, spare batteries, safety pins.

Note pad or journal to record your impressions, questions, etc.

Pocket edition of the Bible

Anything else?

If you have any questions prior to the pilgrimage or during the time we are in the Holy Land, please do not hesitate to raise them with me as the program leader.

Dr Greg Jenks

0426 067 344 (Australia)

0543 916 115 (Israel) (00 972 543916115 for calls/SMS from outside Israel)

gregjenks@me.com