

## Meals and Medical Facilities

Breakfast, lunch and dinner will be provided on all Holy Land trips. Most meals provided on other trips as well, though we leave some meals “on your own” for chances to explore, choose cafes or restaurants of our choice.

Tips are included for all provided meals.

Drinks including a glass of wine, beer or soft drinks are provided with all dinners (except of cruises which have their own rules). Water is provided for all meals.



Types of Food: What types of food in general will these meals consist of? Will it be authentic cuisine and if so, what can we expect? (My husband and I have never traveled to these areas.) How much flexibility will we have in terms of what we eat?

Kinds of Food: We will have a wide variety but nothing strange or out of the ordinary. Full Buffet Breakfasts at the hotels usually consist of the same thing you would get at a hotel here: breads, eggs, cereals, fruits, cheeses and lunch

meats, coffee, juices, and the regular. They will also have various local favorites like smoked fish, yogurts and more. All hotels and restaurants are very cooperative and will help in any way we ask. We suggest people try all the local dishes.

Meal Schedule: We will have a regular routine of leaving in the morning, lunch at roughly lunch time and dinner. We will eat dinner at around 6:30 each night. Lunches and dinners will be in local places so people can try local foods, but you will always be able to get familiar foods if you wish.





Snacks: Snacks are no problem and everywhere we go you should be able to find drinks, snacks, sandwiches, etc. There is food and drink everywhere so even if you don't have snacks with you, you will be able to buy things along the way. You can bring as many snacks on the bus as you wish.

Blood Sugar or other Dietary/Health Issues: If my blood sugar were to drop and I lost consciousness or if I had another problem, how accessible are medical facilities and how do those

medical facilities compare to what we are used to in the States?

Israel and most other places we visit are modern countries and you would receive service as fast or faster than in the US :-). Especially in Israel, we will never be far from hospitals in Tiberius,



Nazareth, Tel Aviv or Jerusalem. It is the same in other countries as well. Make sure you have health insurance information and credit cards, but really -- there should be no problem. We have cell phones and know every hospital and could get medical attention just as fast and reliable there as you can here. So, that is not a worry.

Travel Insurance: We encourage travelers to purchase travel insurance, especially if they have health issues. If there are any emergencies, injuries, accidents, etc. it is nice to be worry-free knowing you have insurance to cover any unfortunate situation.

