Quarantine 2.0

September 2020

Even when we are apart we are together!

Brought to you by the team who wrote Quarantine 1.0
Welcome

This guide will help you use this unexpected free time! This is the time to catch up on things we always wanted to do and never found the time for. We would love to hear your thoughts and suggestions. Contact us: study@bgu.ac.il

What can you find here?

Information and recommendations about:

- Israeli Music
- Israeli Food
- Sports
- Israeli Films and Series
- Tours and traveling
- Mooc (online courses)
- Fun and Games
- Get to know BGU
- BGU International

Can’t wait to see you on campus...
With Israel's vast mix of cultures, so many different genres of music have come out of this tiny country. While relaxing, cleaning, or enjoying a meal, put on some Israeli music in the background. These YouTube videos are just meant to get you started – explore these artists and more!

10 Israeli songs with lyrics

https://www.thekefar.com/10-easy-hebrew-songs/

Mosh Ben-Arie
https://www.youtube.com/watch?v=S3Z3iXyCjBg

A-WA
https://www.youtube.com/watch?v=g3bjZlmsb4A

Hadag Nahash
https://www.youtube.com/watch?v=onGX_QOokcQ

Hanan Ben Ari
https://www.youtube.com/watch?v=Y-_XAt1OFNl

The Idan Raichel Project
https://www.youtube.com/watch?v=kmW2yAYhMmM

Jane Bordeaux
https://www.youtube.com/watch?v=ltLr6Udp1n4

Yemen Blues
https://www.youtube.com/watch?v=vEG2SQ_BIAU
Ordering food online in English:
Many restaurants in Be'er-Sheva provide delivery via a company called 1Obis – pronounced Ten-Bis (beece). The company is a 3rd party delivery service, and some Hebrew may be needed if you need to speak to a representative or make a special request. However, many restaurant menus can be searched in English. 
https://www.10bis.co.il/next/en

Cooking:
This is a great time to practice your cooking skills, or develop them from scratch. Here are some videos to get you started.

How to Make Shakshuka:  
https://www.youtube.com/watch?v=69hWzKST2D8

How to Make Pita Bread:  
https://www.youtube.com/watch?v=5F8QywHxVkE

How to Make Falafel:  
https://www.youtube.com/watch?v=G38Cl29FgjA

How to Make Israeli Salad: 
https://www.youtube.com/watch?v=gtA5p1HCPkg

How to Make Sabich (an Israeli sandwich):  
https://www.youtube.com/watch?v=Q1WVajDfIj4
**Israeli Food**

**Food Tours:**

**Tour of the Jerusalem Market:**
https://www.youtube.com/watch?v=oiuyEOZ2wmQ

**Tour of an Israeli supermarket:**
https://www.youtube.com/watch?v=OFUximyJ3rl

**Tel Aviv Street Food:**
https://www.youtube.com/watch?v=ozfBZc11zGo
Sound mind needs a sound body!
Don't worry, we've gathered the best tutorials on YouTube to keep you moving. Here's a tip – if you are worried that you will get too lazy to exercise set a daily reminder on your calendar for your workout.

Did you know that BGU has a workout studio called Positive? read all about it here: https://bgu4u.co.il/weekly-workout-schedule/

Get into shape with one of the famous Israelis in the field: https://www.youtube.com/channel/UCK9GubB2QZddOC89aD8IuLQ

Making it fun with Just Dance: https://www.youtube.com/channel/UCrljW4BWLqpojTrS_tX0mg

Made especially for quarantine: https://www.youtube.com/watch?v=4sxcFJaQhlI
https://www.youtube.com/watch?v=xrFyJ_AnG8
Shtisel - Shtisel is an Israeli television drama series about a fictional Jewish family living in an ultra-orthodox neighborhood of Jerusalem. The series is touching, comical, and gives great insight into a part of Israeli society that is rarely seen from up-close. (Netflix)

Tehran - Israel's newest spy-action series. A Mossad agent goes undercover on her first mission in Iran's capital, which also happens to be the place of her birth; the mission has implications not just for the Middle East, but for the rest of the world. (Kan application\Apple)

The Spy - Mini-series starring Sacha Baron Cohen as Eli Cohen, the famed Israeli spy who worked undercover for several years in Syria. Based on a true story, this series sheds light on an integral figure in modern Israeli history. (Netflix)

The Band's Visit - A band is touring from Egypt to Israel to perform at a cultural event. They are greeted with many pleasant and unpleasant experiences in this foreign land. This comedic film was converted into a Tony Award-winning musical on Broadway in 2017. (Amazon Prime)
Walk on Water - An Israeli Mossad agent is given the mission to track down and kill an ex-Nazi officer who might still be alive. Pretending to be a tourist guide, he befriends the Nazi’s grandson, in Israel. The two men set out on a tour of the country during which the boy challenges the agent’s values. (Amazon Prime)

Fauda - Israeli Action **warning: violence, graphic footage**
Fauda is an Israeli television series that tells the story of Doron, who is part of an elite team that follows and tracks terrorist cells in the West Bank of Israel. Fauda is a deeply intriguing series, that portrays a very complex situation with nuance and excellent filmmaking. (Netflix)

A Tale of Love and Darkness - This movie may have been filmed in Jerusalem, in Hebrew, and may be based on the memoir of the country’s most prominent novelist, the late Amos Oz – but the Hollywood glitter on it is undeniable. This 2015 drama is the directorial debut of Natalie Portman, who also stars as the tragic figure of Fania (based on Oz’s own mother). The movie is both personal and epic, as Oz was born in 1939 and his childhood unfolded during the British Mandate era and then Israel’s War of Independence in 1948-49. (Netflix)
We know you cannot leave your home and travel right now, but nothing is stopping you from enjoying it virtually! You can also start planning ahead and create a wish list...

Be’er-Sheva
https://www.youtube.com/watch?v=n5iTl-zvLw4&pp=wgIECgI1AQ%3D%3D&feature=push-fr&attr_tag=-8lNvX2RRczzl3w6%3A6

18 beautiful natural reserves in Israel:
https://m.facebook.com/watch/?v=3258853600858875&_rdr

The Israel museum virtual tours:

Masada virtual tour:
http://masada360.com/
Massive Open Online Courses are great! it is an awesome way to get to know more about subjects that always interested you or to deepen your knowledge in your own field.

Here are some great Mooc made by BGU researchers:

Environmental Protection and Sustainability
https://www.edx.org/course/environmental-protection-and-sustainability

Introduction to Kabbalah
https://www.edx.org/course/introduction-to-kabbalah-2

Reading Religious Conversion
https://www.edx.org/course/reading-religious-conversion

Resilience - The art of coping with disasters
https://www.edx.org/course/resilience-the-art-of-coping-with-disasters
Online games are a great way to connect with people while at home. Here are some recommendations from our students:

**Skribbl** is a free multiplayer drawing and guessing game:  
[https://skribbl.io/](https://skribbl.io/)

**Online game room for playing Codenames:**  
[https://www.horsepaste.com/](https://www.horsepaste.com/)

**Overcooked** is a chaotic couch co-op cooking game for one to four players: (paid game)  
[https://store.steampowered.com/app/448510/Overcooked/](https://store.steampowered.com/app/448510/Overcooked/)

Explore a neon galaxy in your very own battleship in this 1- to 4-player couch co-op adventure: (paid game)  
[https://store.steampowered.com/app/252110/Lovers_in_a_Dangerous_Spacetime/](https://store.steampowered.com/app/252110/Lovers_in_a_Dangerous_Spacetime/)

**Stardew Valley** - Move to the countryside, and cultivate a new life in this award-winning open-ended farming RPG! (paid game):  
How well do you know BGU? this is a great opportunity to be exposed to the great achievements, people, values, campuses and programs of BGU. We recommend to start with the info below, but you are invited to explore our websites, YouTube channel and social media.

BGU presentation:
https://in.bgu.ac.il/marketing/Documents/BGU_PPT_2019_English.pdf

BGU - Inspiration meets Excellence video:
https://www.youtube.com/watch?v=gZUl_sHQnrY&list=PLFJt0xHfCgdgcpHxVXJrlhdvChyhm9FEc&index=2

Speaking of BGU - 2020:
https://www.youtube.com/playlist?list=PLFJt0xHfCgdi94CxO9yK2OZCxYNs26Bp5

DID YOU KNOW?

BGU has a Radio! it started as SB radio on the Sde-Boker campus and now there are 2 radio studios broadcasting in Hebrew and in English. Tune in!
We are here for you during these strange times.

**General questions?**
>>> write to oiaa@bgu.ac.il

**Questions about Covid-19?**
>>> write to prepared@bgu.ac.il

**Emergency?**
>>> call the security department at 054-6775588

**Psychological support?**
>>> call 1201, visit the website or contact us

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**Enjoy!**

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