IFMSA's Professional and Research Exchange Programs

The Exchange Survival Kit

First Edition 2021-2022
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LeMSIC, In and Out!
This group is a space for LeMSIC outgoings and incomings to share their favorite moments and memories from their exchanges.

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### Basic Arabic Words

<table>
<thead>
<tr>
<th>Arabic</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marhaba</td>
<td>Hello</td>
</tr>
<tr>
<td>Sabah El Kheir</td>
<td>Good morning</td>
</tr>
<tr>
<td>Massa El Kheir</td>
<td>Good afternoon</td>
</tr>
<tr>
<td>Tosbah Aala kheir</td>
<td>Good night</td>
</tr>
<tr>
<td>Tcharafna</td>
<td>Pleased to meet you</td>
</tr>
<tr>
<td>Ahlan wa sahlan or simply Ahlan</td>
<td>Welcome</td>
</tr>
<tr>
<td>Maa Salameh</td>
<td>Goodbye or with peace</td>
</tr>
<tr>
<td>Mwafa’</td>
<td>Good luck!</td>
</tr>
<tr>
<td>Kifik? ♂️ Kifak? ♂</td>
<td>How are you?</td>
</tr>
<tr>
<td>Chat’tellik ♂️ Chta’tellak ♂</td>
<td>I miss you</td>
</tr>
<tr>
<td>Bhebbik ♂️ Bhebbak ♂</td>
<td>I love you</td>
</tr>
</tbody>
</table>

| Where is the...?            | Wayn el...?                                 |
| Thank you                  | Chukran                                     |
| Please                     | Min fadlik ♂️ min fadlak ♂                  |
| Yes                        | Na’am                                       |
| No                         | La’                                         |
| Sorry or excuse me         | Aafwan                                      |
| Congratulations            | Mabrouk                                     |
| Let’s go or Hurry          | Yalla                                       |
| Finish or done             | Khalas                                      |
| Did you understand?        | Fhemte? ♂️ Fhemet? ♂                       |
| I understand               | Fhemet                                      |
| I don’t understand         | Ma fhemet                                   |

You can press on the underlined words for their pronunciation!
<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t know</td>
<td>Ma baarif</td>
</tr>
<tr>
<td>Please speak more slowly</td>
<td>Iza betrid, hki aa mahlak</td>
</tr>
<tr>
<td>Please say that again</td>
<td>'ida min fadlak</td>
</tr>
<tr>
<td>Please write it down</td>
<td>Kteba iza betrid</td>
</tr>
</tbody>
</table>

**In a restaurant**

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much is this?</td>
<td>Addeh se'ro</td>
</tr>
<tr>
<td>What exactly is this?</td>
<td>Chu hayda bl dabt?</td>
</tr>
<tr>
<td>I am allergic to...</td>
<td>Ladaya hassassiya min...</td>
</tr>
<tr>
<td>Have a nice meal</td>
<td>Sahten</td>
</tr>
<tr>
<td>Bon appetit</td>
<td></td>
</tr>
</tbody>
</table>

**Essential phrases**

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>My name is ...</td>
<td>Ana ismi ...</td>
</tr>
<tr>
<td>How do you say... in Lebanese?</td>
<td>Keef bi'oulou ... bl lebnene?</td>
</tr>
<tr>
<td>Can I have your number?</td>
<td>Fini ekhod ra'em telefonak ♂</td>
</tr>
<tr>
<td></td>
<td>/telephonik ♂♀</td>
</tr>
<tr>
<td>I am from...</td>
<td>Ana men ...</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>Btehki Englize?</td>
</tr>
<tr>
<td>I don’t speak Lebanese</td>
<td>Ma behke lebnene</td>
</tr>
<tr>
<td>Where is the toilet?</td>
<td>Wen el hemem?</td>
</tr>
<tr>
<td>Fire</td>
<td>Hari’aa</td>
</tr>
<tr>
<td>Help</td>
<td>Se’edoune</td>
</tr>
<tr>
<td>Call the ambulance</td>
<td>Etteslo bil ambulance</td>
</tr>
<tr>
<td>Call the police</td>
<td>Etteslo bil chorta</td>
</tr>
</tbody>
</table>
ACHRAFIEH

It is an area in eastern Beirut. In strictly administrative terms, the name refers to a sector centered on Sassine Square, the highest point in the city. The modern suburb was heavily settled by Greek Orthodox city in the mid-nineteenth century. The area contains a high concentration of Beirut's Ottoman and French Mandate era architectural heritage. In the early 2000s, the area became a focal point of the city's real estate boom.

Distance from Beirut: 2 km

HAMRA

Hamra Street was known as Beirut's "Champs Elysées" as it was frequented by tourists all year round. Hamra Street is a first-rate commercial district which proudly displays the latest fads in fashion.

Distance from Beirut: 1.9 km
It is a town overlooking the capital Beirut. The town has been a summer mountain resort since the times of the Phoenicians and later the Romans.

**BORJ HAMMOUD**
- Distance from Beirut: 4 km
- It is a town and municipality located north-east of the capital Beirut. The town is heavily populated by Armenians.

**DBAYEH**
- Distance from Beirut: 13 km
- It is a city located on the Mediterranean Sea in the Matn District, Mount Lebanon, between Beirut and Jounieh. The majority of the population is Christian, apart from some Gulf Arab Muslims who live there during the summer season.

**BEIT MERY**
- Distance from Beirut: 17 km
- It is a town overlooking the capital Beirut. The town has been a summer mountain resort since the times of the Phoenicians and later the Romans.
Cities Near Beirut

**BROUMANA**

Distance from Beirut: 18 km

It is a town in the Matn District of the Mount Lebanon Governorate. It is located east of Beirut, overlooking the capital and the Mediterranean. Brummana has long been a summer destination for visitors and locals. It is also the green lung of the region, with many pine trees lining its streets.

**JBEIL (BYBLOS)**

Byblos was part of numerous civilizations, including Egyptian, Phoenician, Assyrian, Persian, Hellenistic, Roman, Fatimid, Mamluk and Ottoman. The city is a UNESCO World Heritage Site.

Distance from Beirut: 36 km

It is a city in the Keserwan-Jbeil Governorate. It is believed to have been first occupied between 8800 and 7000 BC and continuously inhabited since 5000 BC, making it one of the oldest continuously inhabited cities in the world. During its history, Byblos was part of numerous civilizations, including Egyptian, Phoenician, Assyrian, Persian, Hellenistic, Roman, Fatimid, Mamluk and Ottoman. The city is a UNESCO World Heritage Site.

**BATROUN**

Distance from Beirut: 54 km

It is a coastal city in northern Lebanon and one of the oldest cities in the world. It is the capital city of Batroun District.
## Cities Near Beirut

### Distance in km from Beirut

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dekwaneh</td>
<td>4</td>
</tr>
<tr>
<td>Sinn El Fil</td>
<td>6</td>
</tr>
<tr>
<td>Chyah</td>
<td>6</td>
</tr>
<tr>
<td>Jdeideh</td>
<td>7</td>
</tr>
<tr>
<td>Baabda</td>
<td>10</td>
</tr>
<tr>
<td>Kfarshima</td>
<td>11</td>
</tr>
<tr>
<td>Antelias</td>
<td>12</td>
</tr>
<tr>
<td>Jounieh</td>
<td>20</td>
</tr>
<tr>
<td>Aintoura</td>
<td>21</td>
</tr>
<tr>
<td>Baabdat</td>
<td>25</td>
</tr>
<tr>
<td>Ras El Metn</td>
<td>31</td>
</tr>
</tbody>
</table>
Accommodation

Location
Luna's Village is situated nearby to بناية عيتاني, and close to Church of Saint Rita.
Check it out here

Luna's village

Luna's Village is not a hotel, it is a dorm full of apartments and single rooms
The apartment is on the ground floor and has:
- Spacious living room / dining room / open kitchen
- 3 bedrooms (each room has its own bathroom)
- 3 bathrooms + 1 guest toilet
- Private Garden
- Small rooms

Each bed costs 88$/night, and only people above 13 years old can rent a bed
The rooftop was revamped and is located on top of a colorful building from the 70s. Managed by a dynamic team, it was transformed into a student dormitory in the much sought-after area of Hamra and their objective was to channel the building’s vibrant energy towards its rooftop. Its sweeping vistas of the surrounding area of Ras Beirut seamlessly merging into the sea conveyed extraordinary potential.
Accommodation

Bedroom 1:
1 double bed,
1 bunk bed

Bedroom 2 & 3:
2 bunk bed
Accommodation

The kitchen and living room are shared between all the people living in the apartment.

In addition to the apartment you live in, this place has a big garden where you can enjoy your time.
What this place offers?

Accommodation

- Dedicated workspace
  A desk or table with a chair and space for a laptop.

- Bathroom
  - Hot water
  - Air conditioning
  - Heating

- Kitchen and dining
  Space where guests can cook their own meals

- Free parking on premises
  - Smoking allowed
  - Long-term stays allowed
  - Allowed stay for 28 days or more

Included:
- Bedroom and laundry
- Washing machine Essentials
- Towels, bed sheets, soap and toilet paper
- Hangers
- Iron
- Cooking basics: Pots and pans, oil, salt and pepper, dishes and cutlery, bowls, chopsticks, plates, cups, etc.
- TV
- Internet and office
- Wi-Fi
- Someone available 24 hours a day to let guests in

Not Included:
- Hair dryer
- Smoke alarm
- Carbon monoxide alarm
- Shampoo
- Private entrance

Essentials
- Towels, bed sheets, soap and toilet paper
- Hangers
- Iron
Accommodation

Luna's restaurant

This restaurant has an area to set and eat your food, you will also find a billiard table and a small bar.

What you can find near this dorm

<table>
<thead>
<tr>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1m</td>
<td>Luna's Kitchen LB Vegetarian/Vegan Restaurant</td>
</tr>
<tr>
<td>19m</td>
<td>Grand Hotel Beirut</td>
</tr>
<tr>
<td>21m</td>
<td>Queens Land Hotel Jounieh Lebanon</td>
</tr>
<tr>
<td>25m</td>
<td>Grand Hotel Versailles</td>
</tr>
<tr>
<td>27m</td>
<td>مندی دریمزم</td>
</tr>
<tr>
<td>40m</td>
<td>La Rosso Resto/Pub Pub</td>
</tr>
<tr>
<td>43m</td>
<td>Saint Rita Hamra</td>
</tr>
<tr>
<td>56m</td>
<td>ثانوية بيروت الحرج الرسمية المختلطة School</td>
</tr>
<tr>
<td>60m</td>
<td>Hamra Caracas</td>
</tr>
<tr>
<td>65m</td>
<td>Bella Roza</td>
</tr>
<tr>
<td>65m</td>
<td>Turbans de Leila</td>
</tr>
<tr>
<td>66m</td>
<td>En Fete Pastry Bakery</td>
</tr>
</tbody>
</table>
Accommodation

Mozart Hotel 3 ★
Beirut, Hamra, Sadat Street Intersection, Beirut
Honey House Hotel 3 ★
Kuwait st. Rauche, Beirut
The Standard I - By Beirut Homes
Mahatma Ghandi Street - Hamra, Beirut
Plaza Hotel Beirut 4 ★
Hamra Street, Beirut
Viccini Suites 3 ★
Al Hamra, Sadat Street, Beirut
Crowne Plaza Hamra Beirut 5 ★
Hamra Main Street, Beirut
Gems Hotel 4 ★
Sfiha is a popular meat pie most often made from lamb or beef that is mixed with tomatoes, onions, pine nuts, salt, pepper, and sometimes dried chili. It’s a common street food which is both cheap and quick to make.

Best place to go for Sfiha: Baalbek

Fatteh can be eaten for breakfast or served as a main dish, and the literal meaning in Arabic is crushed or crumbs. It’s a Levantine dish that consists of fresh or toasted flatbread strained yogurt, steamed chickpeas, and olive oil.

Best place to go for Fatteh: Tripoli
Kibbeh

Kibbeh is another Levantine food and can be described as a type of meatballs or patties made from bulgur groats, minced onions and ground meat, such as beef, lamb, goat, or even camel meat. There are other versions of Kibbeh as well, such as Potato Kibbeh and Pumpkin Kibbeh.

Best places to go for Kibbeh: pumpkin kibbeh boiled in keshek at Lina Haddad's Table d'hôtel (70 671399, Khirbet Qanafar).

Tabbouleh

Tabbouleh is one of the most famous dishes from Lebanon, and it’s a fresh versatile salad that includes chopped parsley, tomatoes, mint, lettuce, garlic, onion, and bulgur. The ingredients are mixed together and seasoned with lemon juice, olive oil as well as salt and pepper.

Best place to go for Tabbouleh: Em Sherif restaurant in Beirut
Manakish can be described as the Lebanese pizza, and it's made of dough and has different kind of toppings like cheese, thyme, ground meat, za'atar, chili or spinach.

Best places to go for Manakish: Zaatar w Zeit or any local furn

Shawarma is a long-time favorite fast-food in Lebanon. The meat or chicken is slowly roasted on a vertical and rotating rotisserie. It’s typically served in a flatbread such as laffa or pita together with vegetables, onions, and sauce.

Best places to go for Shawarma: Barbar, Shawarma 1, Famous shawarma, Falafel Freiha,
Sayadieh Samak

Sayadieh Samak is a Lebanese dish with fish and rice that might include some toppings like toasted pine nuts, olive oil, and sumac. The fishes are usually: Snapper, Raquette, or Grouper.

Best place to go for Sayadieh Samak: Al Sultan Ibrahim in downtown

Falafel

For our vegan and vegetarian friends, Falafel is perfect for you! It’s made from chickpeas or fava beans, or alternatively a mix of both. The beans are grounds and then rolled into a patty and seasoned with parsley, garlic and other spices. They are deep-fried in a special pan and then served in pita bread or on a platter with vegetables.

Best place to go for Falafel: Falafel Freiha, Falafel Abou Nabil and son, Al falamanki
Baba Ganoush

Baba Ganoush is one of the most iconic foods from Lebanon. It consists of mashed eggplant (cooked), tahini, olive oil, lemon juice and seasonings which are mixed together. Baba Ganoush is often served as a side dish, mezze or simply to dip with pita bread.

Best place to go for Baba Ganoush: any local restaurant

Shish Tawook

Shish Tawook is basically chicken skewers that have been marinated and grilled. They can be served on a platter or in bread, but it’s most commonly served along with fresh vegetables on the side as well as garlic paste, hummus, and tabbouleh.

Best place to go for Shish Tawook: Mounir, Tabliyet Massaad
Fattoush

Fattoush is a traditional salad from northern Lebanon where the primary ingredients being mixed greens and vegetables together with fried or toasted pieces of bread. Common vegetables used in Fattoush include tomatoes, cucumbers, and radishes, which are cut in large pieces.

Best place to go for Fattoush: Abdel Wahab in Beirut

Kusa

Lebanese stuffed Kusa, also known as Kousa Mashi is basically stuffed zucchini, filled with a mix of meat and rice as well as garlic and dried mint.

Best place to go for Kusa: local Lebanese houses
Kibbeh Nayyeh is often served as mezze and it’s made from raw minced lamb mixed with spices and fine bulgur. It often comes with green onions, olive oil, mint leaves and some Lebanese bread on the side.

Best place to go for Kebbeh Nayyeh: Mounir in Broumana, Kababji in Jounieh

ENJOY Sahtein
Lebanon is a country in Western Asia. It is located between Syria to the north and east and Palestine to the south, while Cyprus lies to its west across the Mediterranean Sea. It's located at the crossroads of the Mediterranean Basin and the Arabian hinterland.

The official language is Arabic, while French is almost formally recognized. English is also commonly spoken. The local vernacular is the Lebanese Arabic.

Hi? Kifik? Cava?

The Ethnicities include 95% Arab and 4% Armenian.

The Lebanese government is a unitary confessional. Its parliamentary republic has equal representation of the 2 main religious sects: Islam and Christianity.
About Lebanon

Lebanon has a moderate Mediterranean climate. In coastal areas, winters are generally cool and rainy whilst summers are hot and humid. It is covered by large forests of cedar trees, the national emblem of the country.

Surface area: **10,452 Km²**

Estimated population: **6,859,408 individuals**.
1. History

Story time....

In 551, a major earthquake struck Beirut, damaging the city. Under the Ottoman rule, Beirut was controlled by Druze emirs. One of them Fakhr-al-Din, fortified it early in the 17th century, but the Ottomans reclaimed it in 1763.

By the second half of the nineteenth century, Beirut was developing ties with European countries, particularly France leading to an increase in cross-regional trade which strengthened its position as a key partner in the interests of imperial dynasties.

In 1888, Beirut was made capital of a vilayet (governorate) in Syria. By this time, Beirut had grown into a cosmopolitan city and a center of missionary activity that spawned educational institutions, such as the American University of Beirut.

After WW1 and the collapse of the Ottoman Empire, Beirut, along with the rest of Lebanon, was placed under the French Mandate.
Lebanon achieved independence in 1943, and Beirut became the capital city. Beirut became the “Paris of the Middle East” but this era of prosperity ended in 1975, when the Lebanese Civil War broke out.

Beirut was divided between the Muslim west part and the Christian east. The downtown area became no man’s land, known as the Green line.

Another destructive chapter was the 1982 Lebanon War, during which most of West Beirut was under siege by Israeli troops. As soon as the war ended, efforts were made to rebuild the city, however, the assassination of Prime Minister Rafic Hariri in 2005, was the beginning of another turmoil for the city.

The 2006 Israel-Lebanon conflict damaged many parts of the city including the Beirut International Airport. Many dialogue conferences were held to reconstitute the national Government in its current form, which gave the city a period of relative stability.

On 4 August 2020, a massive explosion in the Port of Beirut resulted in the death of at least 218 people and thousands of displaced and injured. Today, Beirut refuses to die, it radiates resilience and hope. Beirut, the city that has been destroyed and rebuilt seven times is still warm for people from all across the globe to visit it and be part of its history.
2. Population

![Ethnic composition (2000)](image)

3. Climate

Beirut has a subtropical climate that is cool in winter and hot and humid in summer.

In January, the coolest month, the average afternoon maximum temperature is 62 °F (17 °C), and the nighttime low is 51 °F (11 °C).

Comparable maximum and minimum temperatures in July are 87 and 73 °F (31 and 23 °C).

The rainy season extends from mid-autumn to early spring, and the average annual rainfall is 36 inches (914 mm).
The city sits atop two hills, al-Ashrafiyyah (East Beirut) and al-Muşayţibah (West Beirut), that protrude into the sea as a roughly triangular peninsula.

In the immediate hinterland lies a narrow coastal plain (Al-Saḥil) that extends from the mouth of the Nahr al-Kalb (Dog River) in the north to that of the Nahr al-Damur (Damur River) in the south.
Beirut–Rafic Hariri International Airport is the only operational commercial airport in Lebanon, which is located in the Southern Suburbs of Beirut, Lebanon, 9 kilometers (5.6 mi) from the City Center.

The airport is named after former Lebanese Prime Minister Rafic Hariri in 2005, who was assassinated earlier in that year. It is the hub for Lebanon's national carrier, Middle East Airlines (more commonly known as MEA). It’s IATA/ICAO code is BEY.

The airport includes a duty free, restaurants, banks, a post office, massage chairs, prayer rooms, and a tourist information center.
5. Airport

It has 4 levels:

The ground level, which contains the arrival area, and also contains a duty-free section for arriving passengers next to baggage claim.

The second level contains the departure area, ticketing, security checkpoint, customs, and immigration. It also includes the primary duty-free shopping area, which is only accessible to ticketed passengers once they clear immigration.

The third level houses all of the private airline lounges, prayer rooms, as well as a restaurant with a nice view on the tarmac.

The fourth level, which is closed to the public and passengers, mainly houses the airport administration offices.
1. Transportation

- **Bus (1$):** available from 6:00am till 6:00pm and can pick you up or drop you off only at the highway.

- **Taxi such as Uber or Bolt (approx 4$ depending on where you're going):** you have to call any taxi company which will send you one to your location and drop you off wherever you want.

- **Service (approx 2$):** similar to the bus, it can only pick you up and drop you off on the highway.

- **Car Rental:** >30$/day (depending on the car)

To get a ride with **Uber:**
1- Visit the following website: [link](#).
2- Or download the application: [Google Play](#) [App Store](#)

To get a ride in Beirut with **Bolt**
1- Visit the following website
2- Or download the application: [Google Play](#) [App Store](#)
2. Emergency numbers

140 : Lebanese Red Cross

125 : Civil Defense

175 : Fire Department

112 : Internal Security Forces
3. Lebanese Lira Status

In 2020, Lebanon suffered from compounding crises: vaulting inflation, civil unrest that overflowed from 2019, an unruly spread of COVID-19, and a deadly port explosion that devastated the country’s capital Beirut.

In 2021, Lebanon slid deeper in its economic crisis and the Lebanese Lira lost more than 90% of its value.

Official rate : 1$=1515L.L.
Exchange rate in banks : 1$=8000L.L.
The Lebanese Lira in the black market : fluctuating between 1$=25000-35000L.L.

All of the following rates are constantly changing and may not be the same by the time you arrive in Lebanon.

Money Exchange Companies:

- Crystal Exchange Co
- Fayed Exchange Co
- Shuman Exchange
- Assi - Exchange
- Monzer Exchange

The link for the lira/dollar rate application is the following:

Google Play
App Store
4. National Holidays

Holidays with fixed dates:

- New year’s Day: January 1
- Christmas (Armenian Orthodox): January 6
- St. Maroun’s Day: February 9
- Annunciation: March 25
- Labor Day: May 1
- Assumption Day: August 15
- Independence Day: November 22
- Christmas: December 25

Religious Holidays with moveable dates:

- Catholic Good Friday
- Orthodox Good Friday
- Catholic Easter
- Orthodox Easter
- Al Sini Al Hegira
- Ashoura
- Al-Fitr
- Al-Adha
- Al Mawled Al Nabawi
Haven the cabin

Jbeil

Coffee shop, outstanding view, pet friendly, live entertainment, fire pit

Sud restobar

Naccache, Mar Mikhael

Italian, Bar, Mediterranean, European, Vegetarian Friendly, Vegan Options

Divvy

Dbayeh, Mar Mikhael

American, Italian, Chinese, Asian, Salad

BARITALIA Kitchen & Bar

Jbeil

Italian, Pizza, Salad, Beverages
Where to eat

Bolero
- Batroun
- Finger Food, Cocktails

Feniqia
- Jbeil
- Lebanese, Seafood, Salad
- Located next to the archeological site

Murray
- Antelias
- Lebanese, Pasta

Hunger Bunker
- Kaslik
- Italian, Lebanese, American, Pizza, Burger, Sandwich, Salad
Where to eat

Cheese on top
Furn el Chebbak
American, Burger, Sandwich

Juicy Grill
Jounieh
Burger, American

Lettuce Meat
Mar Mikhael
American, Burger

Das Kuche
Mar Mikhael
German, imported premium sausages from Europe, and melt-in-the-mouth potatoes from around the world
Where to eat

**New York City Pizzeria**
- Kaslik
- American, Italian, Salad, Burger, Pizza, Sandwich.
- You can even customize your own pizza with several available toppings!

**Midnight munchies**
- Batroun
- American, Fast Food

**Butcher's BBQ Joint**
- Mar Mikhael
- American, Burger

**The Broad**
- Jbeil
- Salad, Sandwich, Burger
Where to eat

**Palms Beach House**
Jounieh
Lebanese, American, Burger, Salad, Sushi, Italian, Juices

**Chopsticks**
Dbayeh
Chinese, Sushi

**The Wok**
Mar Mikhael
Chinese, Thai, Asian

**Swiss Butter**
Jal el Dib, Gemmayzeh
French, Steak
3 mains: Beef filet, Chicken breast & Salmon filet smothered in the secret Swiss Butter sauce.
Where to eat

**Alvee**

Dbayeh, Asian, Burger

**Dip n Dip**

Dbayeh, Jbeil, Kaslik

Canadian based dessert café that serves some of the most premium quality chocolate dessert

**Smushkies**

Mar Mikhael

Desserts, Ice Cream, Coffee

**Jessy Juice**

Batroun

Beverages, Juices, Desserts

Known for being the creators of the Sushi Crepe Boat; their yummiest cocktails and crepes.
Where to eat

**Al Sultan Ibrahim**
Downtown
Lebanese, Seafood, Salad

**Ana Beirut**
Antelias
Lebanese food

For more options click on the Links below:

- American Restaurants in Beirut
- German Restaurants in Beirut
- Italian Restaurants in Beirut
- Asian Restaurants in Beirut
- Finger Food Restaurants in Beirut
- Beverages Restaurants in Beirut
The Backyard Hazmieh is a melting pot of restaurants, coffee shops, and pubs, along with its own gym and kids' playground. Their restaurants range is huge, some of them are:

Abd El Wahab, Bar Tartine, Classic Burger Joint, Divvy, DipnDip, Kitchen Yard, Lina's, Olio pizzeria, Roadster, Starbucks, Tsunami, Zaatar w Zeit, Les Malins.

Not feeling hungry? Then why not go for a drink and listen to some good music at one of these pubs:

Backstage, Brick Lane, Pablo Escobar, Trumpet.
The Village is a community of restaurants and bars located in the heart of an emerging Dbayeh. Their restaurants range from different types of foods depending on your mood. You can either go for a Burger, some Seafood, or Mediterranean at one of the six delicious restaurants:

OBI, Alvee, Divvy, Lina’s, Nasma, Toto.

Are you in the mood to dance or have a drink after a long day? Then these bars are all located within the same area:

Barcelona, BistroBar, Bodo, Faze II, Mayor, Pablo Escobar, Rural, The Bar, The Oak, Trumpet.
Comprising 13 restaurants, Zaituna bay stretches along Beirut Marina, from the site's western limit to the Yacht Club building on the east. The one-floor construction remains below street level, with the roofs forming a continuation of the Corniche.

The landscape design for the entry plaza create open-air terraces in the form of a 'stone beach' over the restaurants and shops.

(Paul, Starbucks Coffee, Café Hamra, Roadster Diner, Classic Burger Joint, Cozmo Café, Em Sherif Sea Café, Zaatar w Zeit, Fattouh Resto, Leila Min Lebnen, Bartartine, Ahwet Zeituna, Babel Bay)
Where to party

**SPINE**
Lounge rooftop bar, refined experience, contemporary cuisine, floating light elements.

**B018**
Coffin shape, set in what looks like an old bomb shelter, retractable roof which gives a night-time view of the stars and city lights.

**Pierre and friends**
Beach restaurant/bar that offers basic facilities, including lounges, chairs as well as a traditional Lebanese menu.

**The village PUBs**
Bars located there: Barcelona, BistroBar, Bodo, Faze II, Mayor, Pablo Escobar, Rural, The Bar, The Oak, Trumpet.
Where to party

ANU

Batroun

Bohemian elements and sound; paying homage to the elements found from the reaches of the sea to the sky.

Bar du Port

Antelias

French, Italian, Sushi
Perfect spot for lunch, cocktails and even festive nights.

Dirty Laundry Kitchen & Bar

Mar Mikhael

Mexican, Fusion, Italian, French
Rooftop bar overlooking the mountains

Drink And Sing Karaoke Bar

Jbeil
Drinks Only
Where to party

Titans

Batroun
Finger Food

The Gärten

Beirut

The 100 square meters, fully-stocked island bar, is surround by over 400 square meters of grass.

Kina Handcrafted Bar

Jbeil
American, Sandwich, Salad

ODD Rooftop

Batroun
Seafood
Where to party

Fabrk Urban Lounge
Mar Mikhael
American, French, Salad, Sushi

Caprice
Dora, seaside road
The resident DJ's spin Hip-Hop and R&B classics every Wednesday. But Friday aka "Bazaar Night" offers a fusion of English/French/Arabic music along with spectacular live shows.

Coop d'Etat
Gemmayze
Pub Food, chill, hip rooftop hangout

Stairway
Mar Mikhael
Pub Food, Salad
Where to party

Colonel Beer

- Batroun
- American, Beverages, Burger, Crepes, Finger Food

AHM

- Beirut Waterfront
- Outdoor dance club
  - Wednesday is spinning Rhythm & Soul, World Native Beats, and Universal Funk.
  - Thursday is where Disco Fever, Retro Funk, and House Reloads take over.
  - Friday is Pop & House Classics.
  - Saturday targets Techno and Electronic music lovers.

CLAP

- Downtown
- Japanese

Sapa Beirut

- Achrafieh
- Peruvian
Thriller nights. Killer Parties.

Where to party

KULT 🌙

Dora

Thriller nights. Killer Parties.
## Places to visit

### HARISSA

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our lady of Lebanon</td>
<td>XMJ2+MG Harissa</td>
<td>Mon - Fri : 8:00 - 21:00</td>
<td>free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat : 8:00 - 14:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sun: Closed</td>
<td></td>
</tr>
<tr>
<td>Teleferique of Lebanon</td>
<td>XJVR+C6 Haret Sakher</td>
<td>Everyday 10AM–6PMM</td>
<td>7$</td>
</tr>
<tr>
<td>Sentier de la lune</td>
<td>XMH2+4M7, Harissa</td>
<td>Always open</td>
<td>free</td>
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</table>

### BAYT ELDIN

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moussa Castle</td>
<td>PH2M+5C Beit ed-Dine</td>
<td>Everyday 10AM–6PM</td>
<td>10$</td>
</tr>
<tr>
<td>Marie Baz Museum</td>
<td>MHX8+56 Deir El Qamar</td>
<td>Everyday 9:30AM–5PM</td>
<td>10$</td>
</tr>
<tr>
<td>Al Midan (Dany Chamoun) Square</td>
<td>MHX8+426, Deir El Qamar</td>
<td>Always open</td>
<td>Free</td>
</tr>
<tr>
<td>Kfarhim Grotto</td>
<td>MGRJ+6XR, Deir El Qamar</td>
<td>Everyday 9:00AM–4:00PM</td>
<td>5$</td>
</tr>
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# Places to visit

## JEITA

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeita Grotto</td>
<td>WJVR+F8 Mazraat El Ras</td>
<td>Everyday except Monday 9:00AM-5:00PM</td>
<td>12$</td>
</tr>
<tr>
<td>Lebanese Marine and Wildlife Museum</td>
<td>WJXM+FG Jeita</td>
<td>Everyday 9:00AM-5:00PM</td>
<td>5$</td>
</tr>
<tr>
<td>Parc De Jeita</td>
<td>WJVV+98F, Jeita</td>
<td>Always open</td>
<td>free</td>
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</table>

- Call Mrs. Linda for group booking 71825013

## Tyre

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyre Hippodrome</td>
<td>7695+JV7, Tyre</td>
<td>Always open</td>
<td>free</td>
</tr>
<tr>
<td>Tyre World Heritage Site</td>
<td>759X+X28, Tyre</td>
<td>Everyday 8:00AM-7:00PM</td>
<td>FREE</td>
</tr>
<tr>
<td>Ruins of Tyre : The Egyptian Port</td>
<td>75CW+2P3, Tyre</td>
<td>Always open</td>
<td>free</td>
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</table>
# Places to visit

## SAIDA

<table>
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<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidon Sea Castle</td>
<td>H98C+V98, Sidon</td>
<td>Everyday 7:00AM-6:00PM</td>
<td>2$</td>
</tr>
<tr>
<td>FARES Saint Louis Castle</td>
<td>H96C+59R, Sidon</td>
<td>Saturday, Monday, Tuesday, Wednesday, Thursday 9:00AM-4:00PM</td>
<td>2$</td>
</tr>
<tr>
<td>Khan El Franj</td>
<td>H979+MW Sidon</td>
<td>Everyday 9:00AM-4:00PM</td>
<td>FREE</td>
</tr>
<tr>
<td>Dabane Palace</td>
<td>H97C+XJ2, Sidon</td>
<td>Everyday 9:00AM-6:00PM</td>
<td>FREE</td>
</tr>
<tr>
<td>Soap Museum</td>
<td>H97C+3G Sidon</td>
<td>Everyday except Sunday 8:30AM-5:00PM</td>
<td>3$</td>
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## ZAHALE

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>Phone nb: +96170290632</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berdawny - Restaurant</td>
<td>VV3V+VM Zahle</td>
<td>Everyday 11AM-12AM</td>
<td>Phone nb: +96170290632</td>
</tr>
</tbody>
</table>
## Places to visit

### BAALBEK

<table>
<thead>
<tr>
<th>Place</th>
<th>Location</th>
<th>Opening hours</th>
<th>Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baalbek Temple</td>
<td>2644+W8R, Baalbek</td>
<td>Everyday 8AM-6PM</td>
<td>$7</td>
</tr>
<tr>
<td>Temple of Jupiter</td>
<td>2643+MGG, Baalbek</td>
<td>Everyday 8AM-6PM</td>
<td>$7</td>
</tr>
<tr>
<td>Temple of Bacchus</td>
<td>2643+CG Baalbek</td>
<td>Everyday 8AM-6PM</td>
<td>$7</td>
</tr>
<tr>
<td>Sayyida Khawla Shrine</td>
<td>2622+MQ9, Baalbek</td>
<td>Everyday 8AM-11:30PM</td>
<td>Free</td>
</tr>
<tr>
<td>Stone of the Pregnant Woman</td>
<td>X5XX+MVG, Ain Bourday</td>
<td>Open place</td>
<td>free</td>
</tr>
<tr>
<td>Moghr Tehine</td>
<td>2636+VCF, Baalbek</td>
<td>Open place</td>
<td>Free</td>
</tr>
<tr>
<td>Great Umayyad Mosque</td>
<td>2644+QVF, Baalbek</td>
<td>Everyday 6AM-8PM</td>
<td>FREE</td>
</tr>
</tbody>
</table>
ABC Dbayeh department store offers a broad selection of fashion apparel, footwear, cosmetics, homeware, books and multimedia to satisfy all shopping needs.

The massive ABC Verdun complex spans over 50,000 square meters with 6 floors for shopping, food, and entertainment.

Located in the heart of the capital, ABC Mall Achrafieh offers a wide spectrum of stores in an entertaining environment with 8 movie theatres, 20 cafés and restaurants as well as a playground.
With its valet parking service, interactive game projections and a virtual aquarium, Le Mall is a trendsetter that takes modern city life to the next level. You can find an alluring variety of shops, cafes, restaurants, entertainment zones, bright ambiance, a stunning sky light and panoramic lifts.

Shops open every day from:
10:00 a.m. until 10:00 p.m.

Restaurants open every day from:
10:00 a.m. until midnight.
The ultimate shopping and entertainment mall opened its doors in 2005. Located east out of the capital in the urban area of Beirut, this 80,000 square meter mall offers everything. CITYMALL gathers more than 220 stores including the mall comprises five floors of retail shops, two basements serving as parking a hypermarket: Carrefour, cinemas, food courts and entertainment with 10 movie theaters.
City Centre Beirut is one of the biggest malls found in Lebanon. It contains all the worldwide stores regarding fashion, sports, and food: It includes over 40 international restaurants and cafés, including a food court with 16 diners and an open-air rooftop terrace with 12 destination restaurants. Carrefour is also found there alongside movie theaters.
Have a Safe Flight!