

PDX» ISRAEL 2023

MARCH 20-31

75
ISRAEL
AT



Everything you need to know
for your trip to Israel
and Jordan!



Jewish Federation®
OF GREATER PORTLAND



B'RUCHIM HA'BAIM – WELCOME TO OUR ISRAEL AT 75 COMMUNITY TRIP

It is an honor to serve as your trip co-chairs. We have enjoyed the planning process, working with our trip team at the Jewish Federation of Greater Portland and Kenes Tours to bring you the Israel experience of a lifetime, showcasing Israel in all of its splendor.

More than half of you are first-time Israel visitors — welcome! If this is a return trip — welcome back! This is an intergenerational trip with participants ranging in age from 5 to 85, and we couldn't be more thrilled. We welcome our extended family from Lane County and the friends and family who are joining us from other states.

We have synagogue members, Jewish Federation supporters, MJCC users, day school families, and many more who formally affiliate with our Jewish organizations. We also have community members for whom this may be a return to, or first experience with, our organized Jewish community. We're excited for ALL of you to be with us. This trip represents the diversity of our community — how magnificent!

Soon you will have 200 new friends. In Israel, take the opportunity to talk to your bus seat mate, your breakfast companion — share what you've seen and what you're excited to experience. These connections will build a vibrant Jewish community in 2023 and beyond.

Thank you for taking this journey with us!

Priscilla & Tony Kostiner

Kathy Davis-Weiner & Michael Weiner

Israel at 75 Trip Co-Chairs



Jewish Federation®
OF GREATER PORTLAND



WE HOPE YOU ARE AS EXCITED AS WE ARE!

Welcome to the Jewish Federation of Greater Portland's **Israel at 75 Community Trip to Israel**. It is hard to believe that several years ago we challenged our Jewish community to bring hundreds of people to Israel. **YOU** made that dream a reality!

For 103 years, the Jewish Federation has been leading our Jewish community. We played a major role in building the State of Israel by bringing Jews from around the world to Israel (*aliyah*), helping them settle in their new country (*klitah*), and providing them with needed social services. Moreover, we have brought thousands of community members to visit, study, and even live in Israel. Together, we have been there for Israel and her people during its darkest days and brightest moments. We should all be very proud of the role we have played and continue to play.

We know you will enjoy the trip. More importantly, we look forward to your increased connection to our Jewish community once you get home and welcome your involvement. Whether serving on a Jewish organization board or committee, attending special Israel-related programs, advocating for Israel at community events and the legislature, or contributing to Jewish causes, we hope that this trip will excite you to do even more.

We are so happy to be experiencing Israel with you. We promise this will be **an incredible trip!**

Mindy Zeitzer
Chair of the Board

Marc N. Blattner
President and CEO

Caron Blau Rothstein
Lead Trip Coordinator

TABLE OF CONTENTS

Itinerary 5

 Day 1: **Arrival In Israel** 6

 Day 2: **Tel Aviv**..... 7

 Day 3: **Along the Mediterranean Sea** 8

 Day 4: **Northern Exposure**.....10

 Day 5: **This Year in Jerusalem**.....13

 Day 6: **Shabbat in Jerusalem**14

 Day 7: **The State of Israel**15

 Day 8: **Old City of Jerusalem**.....16

 Day 9: **Jerusalem – New City**.....19

Jordan Excursion21

Who You’ll Meet on the Trip.....25

 Jewish Federation of Greater Portland Team and Rabbis26

 Kenes Tours Staff28

 Guides.....30

Getting There 31

 Packing List32

 Logistics.....37

 Hotels..... 41

 General Information42

Introducing Israel45

Jewish Federation’s Role In Israel52

 Jewish Federation of Greater Portland Impact.....53

Common Hebrew Words & Phrases.....57

Lyrics to HaTikvah — Israel’s National Anthem..... 60

Personal Notes.....61

ITINERARY



Please note this itinerary
is subject to change.

PDX»
ISRAEL
2023

DAY 1 >> MONDAY, MARCH 20

ARRIVAL IN ISRAEL

- **Shalom!** Arriving in Israel, you have personally created another link in the living bridge between the Diaspora and Israel. For the next few days you will travel to new places, see new faces, and experience a feeling that demonstrates how we may not be related, **but we are family**. *Baruch HaBa* — welcome!
- Upon arrival (*if confirmed on a group transfer bus*): After passport control, you will be greeted by an airport representative at the luggage pickup area, holding a **PORTLAND** sign, who will lead you to your awaiting guide and bus.

Please note: If you miss the airport representative and exit the luggage pick-up area, there will be additional Portland representatives inside the arrivals hall. Please look for the bus parking area, which is past the Aroma coffee shop to the right as you enter the hall.

- Transfer to **David Intercontinental Hotel in Tel Aviv**.
- Please find the **Kenes Tours** hospitality desk in the hotel lobby to check in. Check-in begins at 3:00 pm.
- Rest and relax at the hotel following the long journey.
- Welcome dinner and greetings.

OVERNIGHT: David Intercontinental Hotel, Tel Aviv



DAY 2 >> TUESDAY, MARCH 21

EXPLORE TEL AVIV - THE CITY THAT NEVER SLEEPS

- Breakfast at the hotel.
- Visit the recently renovated **ANU-Museum of the Jewish People** (formerly known as the Diaspora Museum). The museum is a global center for Jews worldwide that plays a pivotal role as a vibrant, dynamic, and interactive educational and cultural institution, strengthening Jewish identity and perpetuating Jewish heritage globally.
- See a different side of Tel Aviv on a **graffiti tour** through the streets of south Tel Aviv. Learn about the influence that Israel's social and political voices have on artistic expression by deciphering the incredible graffiti on the walls.
- Walk through the **Carmel Market** and **Nachalat Binyamin** arts and crafts fair. Stroll amongst hundreds of locals and visitors alike as we take in the festive atmosphere which prevails here, as well as watch the city of **Tel Aviv** come to life around you.
- Use your **Shuk bites card** at the **Carmel Market** featuring a fantastic selection of the very best of Israel's local produce and culinary creations, representing the country's diverse and multi-ethnic population.
- Visit the **Old City of Jaffa** and experience the charms, history, and unique heritage of what is argued to be the world's oldest port city dating back over 4,000 years!
- Explore the **Peres Center for Peace and Innovation**. This 'Start-Up Nation' museum highlights Israeli achievements in entrepreneurship, innovation, and technology in a variety of sectors including agriculture, medicine, defense, cyber security, science, transportation, aerospace, and more.
- **Small group dinners** at a variety of restaurants.

OVERNIGHT: David Intercontinental Hotel, Tel Aviv



DAY 3 » WEDNESDAY, MARCH 22

ALONG THE MEDITERRANEAN SEA

- Breakfast at the hotel and checkout.
- Throughout the day each bus will experience 2-3 activities from the following list (*selected in advance for each bus*):
- **Leket Israel** – Take part in a hands-on volunteer activity — fresh produce packaging at the Leket factory in **Ra'anana**.
- Head north along the Mediterranean Sea and stop at **Caesarea National Park**. Caesarea, built by Herod, was the Roman capital of Palestine as well as an important seat of early Christianity. Although it boasted a Jewish community in late antiquity, in the 3rd century Jewish sages exempted the city from Jewish law (*halacha*) because by this time the majority of the inhabitants were non-Jewish. The extensive seaside ruins here date back to Roman, Byzantine, and Crusader times. Explore the 2,000-year-old Roman theater, Crusader harbor, and 12th-century ramparts.

- Proceed to the **Atlit Detention Camp**, located south of Haifa Bay. The camp interned illegal Jewish immigrants (*Ma'apilim*) between the years 1940-1948 who were captured by the British after engaging in a struggle with them while attempting to immigrate to Palestine by sea, land, and air. Imprisoned at the camp were also Jewish activists, Irgun, and Lehi fighters of the Yishuv, who fought against British rule.
- Lunch en route.
- Visit the **Bahai Gardens in Haifa**.
- Visit the **Dror Israel Urban Kibbutz** in **Acco**, to hear about creating a cooperative in the city. In addition, enjoy a tour of the city including the crusader hall.
- Proceed north and check-in at **Kibbutz Kfar Blum**.
- Dinner at the hotel.
- This evening, gather together for a **Kibbutz-style 'kumsitz'** bonfire and **Israeli folk dancing**.

OVERNIGHT: Pastoral Country Lodge, Kfar Blum



DAY 4 >> THURSDAY, MARCH 23

NORTHERN EXPOSURE - TRACK DAY

- *Optional:* Enjoy the relaxing scenery of the Kibbutz and enjoy early morning activities, including an energetic walk, run, or yoga.
- Breakfast at the hotel. After breakfast, board your assigned track bus.

TRACK ONE: ISRAEL'S NORTHERN BORDERS - A BEAUTIFUL HOME IN A TOUGH NEIGHBORHOOD

Please bring driver's license for ATV tour.

- Meet with **Col. (Res.) Kobi Marom** and begin the day with a visit to the **Metula overlook** – a scenic view towards Israel's north including **Metula, Lebanon's Ayun Valley**, and **Mt. Hermon**.
- Drive to the nearby community of **Sha'ar Yishuv**, and experience a moment of reflection at the serene **Helicopter Memorial**, commemorating the tragic loss of 73 IDF soldiers in 1997 when their helicopters, transporting them to combat operations in Lebanon, tragically collided mid-air. Together with Kobi, who was the commander of many of the soldiers, explore the history and heritage of the disaster and its place in the modern Israeli narrative.
- Participate in a thrilling **ATV** tour of the **Golan Heights!** Stopping at important locations along the way, learn about the history of Israel's possession of the strategic plateau during the Six Day War and its retention of it during the Yom Kippur War. Hear why, despite efforts to the contrary, the Israeli consensus is to hold on to the region in any future peace accord.
- Have lunch in a local **Druze Village**. Learn about the intriguing history and heritage of the Druze in this region of the country while enjoying a home hospitality lunch.
- Visit **Shouting Hill** on the Syrian border.
- Afterwards, travel to **Qatzrin** and visit the award-winning **Golan Heights Winery** for a delicious wine tasting.

TRACK TWO: RISING FROM THE BATTLEFIELD

- Begin the day at the ancient biblical city of **Tel Dan**, which was the northernmost extent of the Kingdom of Israel. See the excavated city walls and buildings, some of which date back to the city's inception during the Bronze Age.
- From the vantage point of **Metula**, look over the border with **Lebanon** for a security briefing with **Lt. Col. (Res.) Sarit Zehavi**. She will brief you on the numerous strategic and geopolitical challenges facing the region.
- Visit the nearby **De Karina Chocolate Factory** and enjoy a chocolate-making workshop.
- Drive to nearby **Kibbutz Merom Golan** for a delicious picnic.
- Participate in a thrilling **Jeep tour** of the **Golan Heights!** Learn about the history of Israel's possession of the strategic plateau during the Six Day War and its retention of it during the Yom Kippur War.
- Conclude the day at **Park Katzrin Talmudic Village** where you can get a taste of ancient Jewish life on the Golan Heights. Have a chance to don period-era clothing, make olive oil, and meet some of the locals!

TRACK THREE: ACTIVE OUTDOOR

Wear appropriate shoes for hiking and biking.

- **Hike** around the **Banias**, one of Israel's most beautiful nature reserves. The reserve's large waterfall tumbles down a 33-foot precipice year-round and a nearby cave houses remains of a temple to the Greek god Pan. In the wars of 1948 and 1967, when the Golan was held by Syria, the site housed a Syrian officers' club.
- Take a lively bike ride along the paths adjacent to the **Upper Jordan River**, as it makes its rolling-way south.
- Enjoy a picnic falafel lunch.
- Proceed to **Agamon HaHula** for a camouflage ride.

TRACK FOUR: HISTORY, ARCHAEOLOGY, AND LIFESTYLE

- Start the day at **HaHula Nature Reserve**. Here you will see the restored lake, which is a tiny remnant of the historic Hula Lake.
- Proceed to **Mount Bental**, a place that played a crucial part in the Six Day War.
- Enjoy lunch and a wine tasting at **Golan Heights Winery**.
- Visit the **Golan Antiquities Museum**. Hear about the different nations and people that settled and passed through the Golan Heights over the years.

ALL TOGETHER:

- This evening, enjoy dinner at **Decks Restaurant**, followed by a **boat party** on the **Kinneret**.
- Return to the hotel.

OVERNIGHT: Pastoral Country Lodge, Kfar Blum



DAY 5 >> FRIDAY, MARCH 24

THIS YEAR IN JERUSALEM!

- Breakfast at the hotel and check out.
- Drive to the mystical city of **Tzfat**, one of the four holy cities according to tradition, and the birthplace of Jewish mysticism. Together with your guide, walk through the city's narrow, winding alleys. See a selection of its beautiful and historic synagogues, as well as have a chance to browse through some of the many workshops and galleries found in the artists' quarter.
- Proceed to **Jerusalem** through the **Jordan Valley**.
- As we arrive in **Jerusalem**, each bus will stop for a **Shehechyanu** ceremony and recite the blessing expressing our gratitude.
- Check in to the **David Citadel Hotel**.
- **Candle Lighting** at the hotel (*optional*).
- Experience a community-wide **Kabbalat Shabbat** at the **Southern Steps at the Davidson Center**, set against the impressive and timeless backdrop of the **Temple Mount**.
- Free time for reflection at the **Western Wall**.
- Return to the hotel for **Shabbat Dinner** with a musical performance by **Yonina**.

OVERNIGHT: David Citadel Hotel, Jerusalem



DAY 6 >> SATURDAY, MARCH 25

SHABBAT IN JERUSALEM

Bring bathing suit, towel, sun hat, sunscreen, etc.

- Breakfast at the hotel.
- After breakfast, travel south towards the **Dead Sea region**. Next, ascend the cable car to **Masada**. Tour the remains of King Herod's desert retreat and fortress, whose condition is well preserved by the arid conditions of the Judean Desert. Learn about the history of this fascinating place, a symbol of the ancient sovereignty of the Kingdom of Israel. Hear about the tale of its violent destruction and as the last stand of Jewish patriots in the face of the Roman Legion.
- Stop at the **Crowne Plaza Dead Sea Hotel** for an opportunity to swim and 'float' on the Dead Sea, the lowest place on the surface of the Earth. Enjoy lunch while there.

If you are NOT joining the Masada/ Dead Sea program, please select from the following options (you can also combine both):

1. For those interested in attending **Shabbat morning services** at nearby area synagogues, a list will be provided.
2. Guided walking tour of Jerusalem.

ALL TOGETHER:

- As Shabbat concludes, gather as a community for a beautiful **Havdalah** ceremony with music by **Yonina**.

Dinner on own and then participate in one of the following optional night activities, please sign up at the hospitality desk in advance (limited spots, choose one per person):

1. Experience the breathtaking digital choreography of the **Night Spectacular** sound & light show at the **Tower of David Museum**, located in the Old City.

OR

2. Visit the Western Wall Tunnels.

OVERNIGHT: David Citadel Hotel, Jerusalem

DAY 7 >> SUNDAY, MARCH 26

THE STATE OF ISRAEL

- Breakfast at the hotel.
- Morning briefing at the hotel.
- Tour the **Israel Museum's** exhibitions, including the **Dead Sea Scrolls**.
- Lunch en route.
- Visit a **Jewish Federation of Greater Portland** funded program.
- Free time for shopping, visiting friends and family, or relaxing.
- Experience Genesis Land for an opportunity to ride a camel, partake in a pita-making workshop, and enjoy **Abraham's Feast** under the stars in the Judean Desert.

OVERNIGHT: David Citadel Hotel, Jerusalem



DAY 8 >> MONDAY, MARCH 27

OLD CITY OF JERUSALEM – TRACK DAY

Bring head covering for men; covering for shoulders/knees for women.

- A special **ceremony** will be held for **B’nai Mitzvah** at the pergola at the **Southern Wall**. (*Optional*)
- Breakfast at hotel. After breakfast, board your assigned track bus.
- Spend the day exploring the **Old City of Jerusalem**. Stroll along the timeless stone streets of the **Jewish Quarter**, which has had a continuous Jewish presence for over 3,000 years.
- Go to the **Kotel - the Western Wall**, the ancient retaining wall of the 2nd Temple which stood on the Temple Mount (the holiest site in the world for the Jewish people) and a centerpiece for Jewish prayer and longing since Biblical times. Here you will have an opportunity for personal prayer and reflection.

TRACK ONE: JEWISH IDENTITY & PLURALISM

- Lunch en route.
- Meet with **Anat Hoffman** - a prominent feminist and religious activist in Jerusalem. She is the Executive Director of the Israel Religious Action Center and director and founding member of Women of the Wall.
- Visit the **Max Rayne Hand in Hand School in Jerusalem**. Opened in 1998, the student body is religiously and ethnically diverse - Arab Christian, Muslim, Armenian Christian, Druze, Mizrahi, Ashkenazi, and Ethiopian Jewish.
- Enjoy a culinary tour of Jerusalem’s ultra-Orthodox neighborhood of **Mea Shearim**.
- Dinner on own/free evening.

TRACK TWO: SECURITY AND SETTLEMENTS

- Lunch en route.
- Go for a Jerusalem Seam Line tour with **Col. (Res.) Dr. Dani Tirza**. During his long military career (1977-2007),

he was in charge of planning the security infrastructure. He also participated in the Israeli delegations to the peace negotiations with the Palestinians as the expert on territorial issues and mapping.

- Travel south of Jerusalem to the **Gush Etzion** settlement bloc.
- Visit **Roots**. Meet with locals, both **Israelis and Palestinians**, living in the West Bank who struggle to carry on as normal a life as possible despite the separation fences and roadblocks, working together to promote peaceful dialogue and co-existence.
- Dinner on own/free evening.

TRACK THREE: ROAD TO JERUSALEM

- Lunch en route.
- Ascend the **Castel Fortress**, the site of a pivotal battle to free Jerusalem prior to the Hagana's triumphant entrance to the besieged city during Israel's War of Independence. During the short hike, stop at several stations along the way which delve into some of the more critical aspects of the battle and events of the period.
- Visit the **Latrun Fortress**, once a British police station and military fort. Its strategic location on the Tel Aviv-Jerusalem highway was once a thorn in the side of the IDF, as it remained in Arab hands until its conquest in the Six Day War. Today, it is home to **Yad Lashiriyon**, the IDF Armored Corps official museum and memorial featuring the world's largest collection of vintage and modern armored military equipment, including tanks and armored personnel carriers.
- Dinner on own/free evening.

TRACK FOUR: DIGGING THE PAST – PLANTING THE FUTURE

- Lunch en route.
- Depart Jerusalem and travel to the **Ella Valley**.

DAY 8 >> CONTINUED

- **Dig for a Day!** Relive history by spending some time at **Beit Guvrin/Maresha**, an active archaeological dig. After a short introduction on the history and development of the site, descend into the dig itself and take your turn at sifting through layers of history and examining your finds.
- Visit **Neot Kedumim**. Specially designed to preserve the conditions of life in the Land of Israel as they existed during Biblical times, Neot Kedumim simulates how the inhabitants of Israel lived their daily lives. While here, perform the mitzvah of settling the Land of Israel by **planting trees**.
- Dinner on own/free evening.

TRACK FIVE: THE PALESTINIAN AUTHORITY

Must bring your passport.

- Lunch en route.
- In the afternoon, meet **Rami Nazzal**, a Palestinian-American journalist, who is a resident of East Jerusalem. He has worked as a journalist for *TIME* magazine since 2010.
- **Drive north to the Qalandiya checkpoint** and cross to enter the **Palestinian Territories**. Proceed along the separation barrier on the Palestinian side to visit Al-Ram and Dahayit Al-Barid. Learn about the impact the wall has on the local residents and nearby areas. Continue back to the checkpoint on the Palestinian side to observe the procedures of the borders leading in and out of the West Bank. In **Ramallah**, get a panoramic driving tour of the city.
- Meet with **Dr. Khalil Shikaki** for a discussion and overview of Palestinian politics. Dr. Shikaki is a professor of political science and director of the Palestinian Center for Policy & Survey Research, a non-profit independent Palestinian think tank for policy analysis and academic research.
- Dinner on own/free evening.

OVERNIGHT: David Citadel Hotel, Jerusalem

DAY 9 >> TUESDAY, MARCH 28

JERUSALEM - NEW CITY - DEPARTURE

- Breakfast at the hotel.

FOR ADULTS:

- Meet **Dr. Rachel Korazim**, Holocaust lecturer and educator, to explore the special and sometimes ambivalent relationship between Israelis and the *Shoah* from her perspective as a Holocaust scholar and daughter of survivors.
- Visit **Yad Vashem**, considered the foremost memorial to humankind's darkest period and Israel's official memorial and historical museum to the victims of the *Shoah*.
- Tour the Museum - Docents will lead special tours for first-time visitors and for returning visitors. Visit the award-winning Art Museum and other parts of the complex.
- Conclude the visit with a moving **memorial ceremony**.
- **Walk through Israel's largest military cemetery, Mount Herzl.** Reflect on the visible testament of the personal sacrifice of thousands of Israelis towards the continued existence, security, and safety not only of Israel, but of Jews around the world.

FOR YOUTH 11 AND UNDER:

- Prepare packages for lone soldiers.
- Visit the **Jerusalem Biblical Zoo** with a local zoologist guide. See animals from around the world, both big and small, as well as be introduced to the many varieties of animals which call the Land of Israel home.

DAY 9 >> CONTINUED

EVERYONE:

- Return to hotel to pack and prepare for the return journey home.
- Summation session (by bus).
- Last minute shopping at **Mamilla Mall**.
- Farewell dinner at **Jerusalem House of Quality**.
- Group transfer back to **David Citadel Hotel**.

JORDAN EXCURSION ITINERARY



**PDX»
ISRAEL
2023**

JORDAN EXCURSION

» TUESDAY, MARCH 28

- Jewish Federation programming concludes
 - **Overnight:** David Citadel Hotel, Jerusalem
-

» WEDNESDAY, MARCH 29

Be sure to have your passport and visa to Israel (blue paper from airport) easily accessible with you for the border crossing.

*Bring **ONLY** an overnight bag to Jordan and leave your main luggage at the hotel (with bellboys). Be sure your luggage has a clearly printed name tag on it.*

Upon returning to Israel after the Jordan excursion, we will stop at the David Citadel Hotel to pick up the luggage on the way to Ben Gurion Airport and Tel Aviv.

- Breakfast at hotel.
- **8:30 AM** – Departure from Jerusalem for the **Allenby/King Hussein Bridge**.
- Complete all border procedures as you cross between Israel and Jordan.
- Meet our Jordanian guide, **Iyad Abu Zaid**, to begin your touring in the **Hashemite Kingdom of Jordan**.
- **Madaba** – Visit the **St. George Church** with its 4th century mosaic map of the Middle East followed by lunch.
- **Mount Nebo** – where Moses looked into the Promised Land.
- Proceed south through the Jordanian countryside until we reach the **Bedouin village of Wadi Moussa**, located adjacent to the ancient city of Petra.
- Overnight: **Old Village, Petra**

» THURSDAY, MARCH 30

- Breakfast at hotel.
- Full day visit to the **Nabatean** red rose capital city of **Petra**. Enjoy a guided morning tour followed by time to discover Petra on your own. Take time to climb to the high places and explore the caves and chasms of Petra.
- Overnight: **Old Village, Petra**

» FRIDAY, MARCH 31

Be sure to have your passport easily accessible.

- Early breakfast and checkout of hotel.
- **7:30 AM** - Departure from **Old Village**.
- Arrival at **Wadi Rum**, the desert headquarters of Lawrence of Arabia.
- 4x4 ride into the desert.
- Proceed to the **Arava/Rabin** border crossing.
- Bid farewell to your Jordanian guide and driver before crossing the border back into Israel.
- Drive north through the **Arava** and along the shores of the **Dead Sea** until we reach Jerusalem.
- Luggage collection at the **David Citadel Hotel** – transfer to **Ben Gurion Airport and Tel Aviv area**.

7:00 pm - 8:00 pm: Estimated time of arrival at airport.

SERVICES NOT INCLUDED WITH TOUR:

- Personal expenses.
- Beverages with meals.
- Travel or health insurance.
- Carriage rides in Petra.

TRAVEL TIPS FOR JORDAN:

- **Bring only an overnight bag.**
- **What to pack?** Personal items (medications, toothpaste/brush), comfortable walking shoes, casual/comfortable clothing. It will probably be warm during the day and chilly in the evening.
- **U.S. Dollars and Jordanian Dinars are the accepted currencies in Jordan. They do not accept Shekels.** You can easily exchange Jordanian Dinars back to Israeli Shekels at the border upon returning to Israel. We always suggest using local currencies. ATM machines are available in most areas, which accept major credit cards. (Be sure to advise your credit card company/bank that you are traveling to Israel and Jordan).
- **As there is no Rabbinate in Jordan, there is no certified kosher food available.** Meals on this program are based on buffet style (including a variety of salads, vegetables, beef, and chicken dishes). There are no pork products on any of the buffets.
- **Expect to be approached by people (often children) attempting to sell souvenirs, coins, carpets, and all kinds of objects.** Whether or not you make a purchase from them is certainly your decision. Be aware that often the items that the merchant claims to be “ancient” or “Roman” are not. On-site, your guide will not be able to tell you that the items for sale are not antiquities – so we are advising you of this in advance. If during your tour locals approach you asking for any special tips or payment, simply refer them to your guide or driver. Our guides are with us not only to provide you with information but as a “bridge between cultures.”
- **Gratuities for your guide and driver have been included in your package.**

WHO YOU'LL MEET ON THE TRIP



**PDX»
ISRAEL
2023**

WHO YOU’LL MEET ON THE TRIP



JEWISH FEDERATION OF GREATER PORTLAND TEAM



Julie Alferez
Office Manager and
Finance Assistant



**Jessica
Anderson**
Regional Security
Director



Daniel Berger
Director of Marketing



Marc N. Blattner
President & CEO



**Rabbi Barry
Cohen**
Community Chaplain



**Bob
Horenstein**
Director of
Community Relations



Jewish Federation®
OF GREATER PORTLAND



Wendy Kahn
Chief Development
Officer



Deborah Moon
Editor, *The Jewish
Review*



**Caron Blau
Rothstein**
Chief Allocations &
Engagement Officer



Ben Winkleblack
Chief Financial Officer

COMMUNITY RABBIS ON TRIP



**Rabbi Chayim
Mishulovin**
Director, Jewish Oasis



Rabbi Gary Oren
Congregation Shaarie
Torah

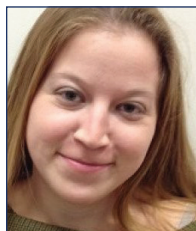


WHO YOU'LL MEET ON THE TRIP >> CONTINUED



Thank you, Keren, Cheri, Russell, and Benny for your incredible work to make our trip amazing!

KENES TOURS STAFF



**Keren
Hatkevitz**

Director of Strategic
Partnerships



Cheri Levitan

CEO



Russell Lord

Marketing And Tourism
Specialist (Jordan)



Benny Scholder

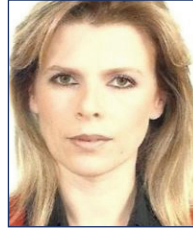
Director of Sales,
North America

ONSITE COORDINATORS



Rinat Rozinov

Chief On-Site
Coordinator



Raya Weiner

Chief On-Site
Coordinator



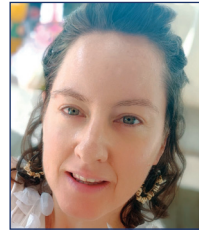
Yael Kaufman

On-Site Coordinator



Ruthie Melnik

On-Site Coordinator



Rotem Levi

On-Site Coordinator



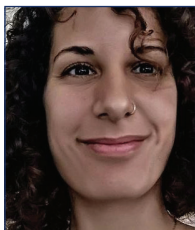
Yael Ben-Yosef

On-Site Coordinator



WHO YOU'LL MEET ON THE TRIP >> CONTINUED

GUIDES



Yael Chezy



Aaron Gertz



Yona Leshetz



**Yoram
Preminger**



Yoni Shtern
Chief Guide

GETTING THERE



**PDX»
ISRAEL
2023**



PACKING LIST

Dress for PDX>>ISRAEL is **casual**, like Portland. **We recommend packing very comfortable closed-toe walking shoes.** Please note that on most days you will be departing your hotel early in the morning and spending the day touring and doing various activities.

You will likely wish to dress in layers and bring a hat and sunscreen for daytime outdoor activities, and a light jacket for the cooler evening temperatures. A suggested packing list follows.

Participants are required to dress modestly when visiting religious sites. Shabbat dress is more formal (no shorts or t-shirts) and modest (covered shoulders and knees) when visiting the Western Wall or attending synagogue.

Also, depending on the personal track days you have selected, you may need to bring relevant gear or clothing.

Packing regulations: Please check with your airline for suitcase size restrictions and baggage fees.

DOCUMENTS TO BE CARRIED WITH YOU (IN CARRY-ON OR PURSE)

- ☐ **Passport** — Photocopy and photograph on smartphone the inside photo/signature page of your passport, which includes your passport number. Keep paper copy in your suitcase.
 - ☐ **Tickets** (or copies of e-tickets)
 - ☐ **Driver's license, Global Entry, or other ID**
 - ☐ **Credit card / Bank card**
 - ☐ **US dollars in small denominations**
-

BASIC TRAVEL WARDROBE

- ☐ Jeans / khakis
- ☐ Shorts / capris
- ☐ T-shirts
- ☐ Jacket, sweater, or shawl (evenings can be cool and windy)
- ☐ Walking shoes / sneakers
- ☐ Flip flops / sandals / sneakers that you do not mind getting wet
- ☐ Rain jacket / windbreaker
- ☐ Skirt / dress / dress shirt and pants for Shabbat
- ☐ Women should have a skirt and shawl / jacket available to wear at holy sites to cover knees and shoulders
- ☐ Bathing suit / rash guard
- ☐ Pajamas
- ☐ Undergarments
- ☐ Sun hat
- ☐ Kippah / head covering

Please note that anything worn in the Dead Sea may be damaged by salt.

MEDICAL

Anticipate your needs. Some items are much more costly abroad.

- ☐ Covid tests
- ☐ Hand sanitizer
- ☐ Band-Aids and first-aid cream
- ☐ Pain-relievers / cold medicine
- ☐ Prescription medications
- ☐ Sanitary needs
- ☐ Masks
- ☐ Sunscreen
- ☐ Diarrhea medication / antacids / laxatives
- ☐ Eye drops
- ☐ Extra pair eyeglasses / contact lenses

All necessary medications should be kept in a carry-on bag. Do not check through with other luggage.



SMALL CARRY-ON BAG FOR EACH PERSON CONTAINING:

- ☐ Prescription medications
- ☐ Change of clothing
- ☐ Pair of eyeglasses / contact lenses
- ☐ Snacks / gum / hard candy
- ☐ Travel pillow
- ☐ Reading material
- ☐ NO tweezers or sharp instruments
- ☐ NO liquids / gels / paste other than in 3 oz. containers in a clear quart-size bag

Please check your airline's regulations regarding carry-on restrictions prior to flight.

MISCELLANEOUS

- | | |
|---|--|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Chargers for electrical equipment |
| <input type="checkbox"/> Toiletries / makeup | <input type="checkbox"/> Folding bag / nylon duffel bag for overnight or for additional gifts / purchases |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Petra travelers will only take overnight bag on extension, so please plan accordingly |
| <input type="checkbox"/> Hair dryer is available at each hotel | |
| <input type="checkbox"/> 220 electrical converter and/or adapter plugs – <i>Federation will provide adapter - not converter</i> | |

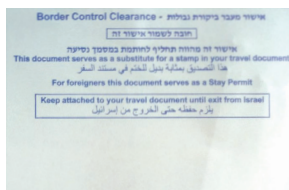
Note: Please affix a JFGP PDX>>ISRAEL luggage tag to each piece of luggage. You will receive three per person. This will help airline personnel, porters, and trip staff recognize your bags as part of our trip.

PASSPORTS AND VISAS

Please carry your passport with you. Do not pack it in your luggage.

If you are a US citizen, you will need a signed US passport for travel to Israel, valid for at least six months after your return date to the US.

Upon arrival at Border Control at the airport in Israel, you will receive a blue slip of paper. You must retain this for your departure (and if going to Jordan). You will also be required to present this at your hotels for check-in. If you make any purchases that qualify for a VAT refund, you will need to present this paper.



MONEY AND CREDIT CARDS

The shekel (NIS) is Israel's currency. You can change money at the airport, local banks, and exchange offices. Your bank ATM card is also accepted at many Israeli bank ATMs. You do not need to change a lot of money into shekels; you might prefer to bring US currency, as it is accepted almost everywhere (small bills are preferable).

You can also use American Express, MasterCard and Visa credit cards at most Israeli hotels, restaurants, and stores. You may wish to notify your credit card company that you will be out of the country so that your international charges are approved.

We encourage you to support the Israeli economy!



TAXES AND VAT REFUNDS

The VAT (Value Added Tax) in Israel is 17%. It is already included in most prices in Israel. Tourists can receive a refund of the VAT they paid on purchases when departing the country. The purchase amount in one tax invoice including VAT must exceed 400 shekels. Please note that you must have the items that ***you wish to claim a VAT credit for in your carry-on luggage*** to show at the airport prior to departure.

TRAVEL INSURANCE

All mission participants should have their own personal travel insurance providing reimbursement for trip delay, missed connections, sickness, accidents, and baggage issues.

MEDICAL ISSUES AND HEALTH REGULATIONS

We recommend that you take every precaution to safeguard your health while you are abroad, and that you see your physician prior to your departure if you have any medical problems.

While temperatures in Israel in March are comfortable, you are strongly encouraged to stay hydrated. **Water will be provided on all buses.**

Prior to departure, confirm with your insurance company that you are covered for international travel, and bring necessary documents/cards.

First aid services will be available at all times, but we suggest you pack any basic medical items you may need. Medicines and other medical supplies should be carefully labeled and stored in your carry-on luggage. Bring a copy of all prescriptions with you in case you need a refill for any reason.

LOGISTICS



NAME BADGE

Participants will receive their name badge upon arrival in Israel. Your name badge is your ticket to enter all activities. ***It is mandatory to wear at all times.*** Your name badge will clearly list your bus for each day.

INFORMATION AND ASSISTANCE

The following staff will be available on your bus to help you answer questions and provide information about the trip, or to refer you to the appropriate person for assistance:

- Two Jewish Federation staff members
- Israeli tour guide

Please note our land agent and tour operator, **Kenes Tours**, will have a Hospitality Desk staffed by its personnel in each hotel lobby from 7 am to 10 pm daily. On-site coordinators can assist with questions, recommendations, and reservations. Please use the Hospitality Desk as your concierge service — they are there for you.



TRANSFERS

Airport/hotel transfers are included for participants on group flights. All luggage transportation is also included. ***The transfer to or from the airport for participants arriving on their own or extending their stay is not included.***

TIPPING

The Jewish Federation will take care of all tipping for guides, drivers, hostesses, porters, etc. It was included with your trip cost.

KOSHER SUPERVISION

All meals on our Israel trip are under kosher supervision, excluding Druze lunch that is kosher style. In Jordan, the food is not kosher.

RELIGIOUS SERVICES AND NEEDS

Our hotel Hospitality Desk can provide you with a list of religious services in nearby synagogues. Please pack your own prayer book, *talit*, *tefillin*, *kippah* and any other items you may need.

If you are *shomer Shabbat*, please plan to request a non-electronic (regular) key at the hotel reception desk.

TAXIS/PUBLIC TRANSPORT

There is no Uber/Lyft in Israel. However, you can order/pay for an Israeli taxi via the **“Gett” smartphone app**. Download and add a credit card prior to travel. The **“Moovit” app** is useful for navigating transit to your destination if you want to use public transportation/walk.

WEATHER IN ISRAEL

Israel’s weather in March is beautiful. The warm but mild weather is conducive to exploring the many outdoor attractions the country offers and makes a perfect time for wandering the streets of Israel’s cities and towns. The evenings may be cool and rain is possible so bring a jacket and/or sweater.

Please check a weather website for actual forecasts before departure.

ELECTRIC APPLIANCES

The electrical current in Israel is 220 volts AC (in the US it is 110). If you are taking an electric shaver, hairdryer, or iron, we advise you to bring a voltage converter kit. Please note, all hotels have hair dryers available. For items such as laptops, iPods, cameras and cell phones, only a plug adapter is needed. The Jewish Federation will provide adapters for you.



CELLULAR PHONES

Contact your cell phone provider to discuss international plans. Alternatively, you may choose to rent/purchase an Israeli SIM card for your visit when you arrive.

WhatsApp is a great app for Smartphone users to keep in touch with your friends and relatives back home and between participants in your household. You can text, call, and video chat via an internet connection (e.g. the Wi-Fi on our buses) rather than cell phone service. **We strongly recommend you get this free app for your phone and have your loved ones download it too!**

To dial from the United States to Israel, please dial 011-972-(the number)

To call North America from Israel dial +1 before the number

INTERNET

Our tour buses and hotels in Israel have complimentary Wi-Fi.

In addition, many cafes and restaurants offer complimentary Wi-Fi service. Tel Aviv offers a citywide free Wi-Fi network, providing numerous free Internet “hot spots” across the city. Visitors to Jerusalem can enjoy free Internet service in the German Colony neighborhood, the downtown pedestrian shopping center, and at Safra Square, near Jerusalem’s City Hall.

HOTELS



TEL AVIV (MARCH 20–22)

David Intercontinental Hotel

12 Kaufman Street
T: 011.972.3.795.1111

NORTH (MARCH 22–24)

Pastoral Kfar Blum Hotel

Kfar Blum
T: 011.972.4.683.6611

JERUSALEM (MARCH 24–28)

David Citadel Hotel

7 King David Street
T: 011.972.2.621.1111

JORDAN (MARCH 29–31)

Old Village Petra

Taybeh Wadi Mousa
T: 011.962.3.215.9555

GENERAL INFORMATION



SECURITY ON ISRAEL TRIP

We are dedicated to giving you an Israel experience that is magical, meaningful, memorable, and above all, secure. To that end, the following security procedures are in effect: 1.) We will have a professionally trained security person with each bus. 2.) All trips are registered with *Minhelet Hatiyulim*, the Touring Authority, which provides current online information about security matters and has a 24/7 situation room connected to all Israeli security and emergency services. Jewish Federation of Greater Portland professionals will be in constant contact with the authorities.

The trip may be redirected, if necessary, at any given moment, according to information received from the authorities. Buses are checked each morning before boarding, and are rechecked throughout the day. Stay aware of your surroundings. If you see anything that seems unusual or suspicious, immediately say something to a security officer and/or advise your guide or a Jewish Federation professional. Rest assured, your peace of mind is of paramount importance to us.

EMERGENCY CONTACTS

For an emergency while in Israel, please dial:

- 100 Police
- 101 First Aid / Ambulance
- 102 Fire / Rescue

PHOTOGRAPHY | SOCIAL MEDIA

We want YOU to be a part of this! At the end of your trip...

- **Google Photos:**

Please upload no more than **25 photos and short video clips** to: <https://qrco.de/bdfxrU>. Choose the **Select Photos** option.

To access the **Google Photo Upload Folder** either type the above address into your browser or scan this QR code with your phone's camera application.



- Share your photos, videos, posts, and tweets on your own social media accounts. Be sure to use the hashtag **#PDXISRAEL2023** and tag **@Jewishfederationpdx** on Instagram and **@JewishPDX** on Facebook so we can all follow along! (Selfies encouraged!)
- Please follow us and like our social media accounts:

 **facebook.com/JewishPDX**

 **twitter.com/JewishPDX**

 **instagram.com/jewishfederationpdx**

UNUSED SERVICES

We cannot issue refunds for unused transportation, touring, meals, special events, or any other services if you must leave PDX>>ISRAEL early, or if you are unable to participate in any included activity(ies) or event(s).

INTRODUCING ISRAEL



PDX»
ISRAEL
2023

INTRODUCING ISRAEL



GENERAL HISTORY AND FACTS

Before becoming the state of Israel, the area was controlled by no less than 24 nations! The list includes: Egypt, Canaan, Israelites, Philistines, Assyrians, Babylon, Persia, Greeks, Seleucids, Ptolemy, Maccabees (Jewish rule), Rome, Parthia, Byzantium, Umayyad Caliphate, Abbasid Caliphate, Seljuk, Kingdom of Jerusalem (Crusade), Saladin, Mamluk, Ottoman Empire, Napoleon, and the British Empire.

POPULATION

- 9.5 million people (2022)
- Jewish 74.7%, Muslim 17.7%, Christian 2%, Druze 1.6%, other 4%

LOCATION

Israel is located in the Middle East, along the eastern coastline of the Mediterranean Sea, bordered by Lebanon, Syria, Jordan and Egypt. It lies at the junction of three continents: Europe, Asia, and Africa.



GEOGRAPHY

Long and narrow in shape, the country is about 290 miles (470 km) in length and 85 miles (135 km) in width at its widest point.

Although small in size, Israel encompasses the varied topographical features of an entire continent, ranging from forested highlands and fertile green valleys to mountainous deserts and from the coastal plain to the semitropical Jordan Valley and the Dead Sea, the lowest point on earth. Approximately half of the country's land area is semi-arid.

MAIN CITIES

About 90% of Israel's inhabitants live in over 200 urban centers, some of which are located on ancient historical sites. About 3% are members of unique rural cooperative settlements — the *kibbutz* and the *moshav*.

Jerusalem, Israel's capital (population 875,000), has stood at the center of the Jewish people's national and spiritual life since King David made it the capital of his kingdom some 3,000 years ago. Today it is a flourishing, vibrant metropolis, the seat of the government and Israel's largest city.

Tel Aviv (population 436,000), which was founded in 1909 as the first Jewish city in modern times, is today the center of the country's industrial, commercial, financial, and cultural life.

Haifa (population 280,000), a known coastal town since ancient times, is a major Mediterranean port and the industrial and commercial center for northern Israel.

Beersheva (population 205,000), named in the Bible as an encampment of the patriarchs, is today the largest urban center in the south. It provides administrative, economic, health, education, and cultural services for the entire southern region.



SYSTEM OF GOVERNMENT

Israel is a parliamentary democracy with legislative, executive, and judicial branches. The head of the state is the president, whose duties are mostly ceremonial and formal; the office symbolizes the unity and sovereignty of the state. The Knesset, Israel's legislative authority, is a 120-member unicameral parliament that operates in plenary session and through fourteen standing committees. Its members are elected every four years in universal nationwide elections. The Government (cabinet of ministers) is charged with administering internal and foreign affairs. It is headed by a prime minister and is collectively responsible for the Knesset.

INDUSTRY

To compensate for the country's lack of natural resources and to utilize its highly-qualified labor force, Israel's industry concentrates on manufacturing products with a high added value that are primarily based on technological innovation. These include medical electronics, agrotechnology, telecommunications, computer hardware and software, solar energy, food processing, and fine chemicals.

FOREIGN TRADE

Trade is conducted with countries on six continents. Some 60% of imports and 29% of exports are with Europe, boosted by Israel's free trade agreement with the European Union. A similar agreement was signed with the United States, whose trade with Israel accounts for 20% of Israel's imports and 31% of its exports.

HEALTH

The National Health Insurance Law provides for standardized medical services, including hospitalization, for all residents of Israel. All medical services are supplied by the country's four comprehensive health insurance HMOs.

WATER

The scarcity of water in the region has generated intense efforts to maximize use of the available supply and to seek new resources. In the 1960s, Israel's freshwater sources were joined in an integrated grid whose main artery, the National Water Carrier, brings water from the north and center to the semi-arid south. Ongoing projects for utilizing new sources include cloud seeding, recycling of sewage water, and the desalination of seawater.

EDUCATION AND SCIENCE

School attendance is mandatory from age five and free through age eighteen. Almost all three and four year olds attend some kind of preschool program.

Israel's institutions of higher education include universities, offering a wide range of subjects in science and humanities, and serving as research institutions of worldwide repute, colleges offering academic courses, and vocational schools. The country's high level of scientific research and development compensate for the country's lack of natural resources.



LABOR AND SOCIAL WELFARE

The social service system is based on legislation that provides for workers' protection and a broad range of national and community services, including care of the elderly, assistance for single parents, programs for children and youth, adoption agencies, as well as prevention and treatment of alcoholism and drug abuse.

The National Insurance Institute provides all permanent residents (including non-citizens) with a broad range of benefits, including unemployment insurance, old-age pensions, survivors' benefits, maternity grants and allowances, child allowances, income support payments, and more.

CLIMATE

Israel's climate is characterized by much sunshine, with a rainy season from November to April. Total annual precipitation ranges from 20-50 inches (50-125 cm) in the north to less than an inch (2.5 cm) in the far south. Regional climatic conditions vary considerably: hot, humid summers and mild, wet winters on the coastal plain; dry, warm summers and moderately cold winters, with rain and occasional light snow, in the hill regions; hot dry summers and pleasant winters in the Jordan Valley; and semi-arid conditions, with warm to hot days and cool nights, in the south.

CULTURE

Thousands of years of history, the ingathering of the Jews from over 70 countries, a society of multi-ethnic communities living side by side, and an unending flow of international input via satellite, cable, and the internet, have contributed to the development of an Israeli culture that reflects world-wide elements while striving for an identity of its own. Cultural expression through the arts is as varied as the people themselves, with literature, theater, concerts, radio and television programming, entertainment, museums, and galleries for every interest and taste.

Hebrew and Arabic are Israel's two official languages. The language of the Bible, Hebrew, was used exclusively for liturgy and literature for some 1,700 years. Its revival for everyday use — led by Eliezer Ben Yehuda — began over a century ago, accompanying the renewal of Jewish life in the Land.



JEWISH FEDERATION ROLE IN ISRAEL



**PDX»
ISRAEL
2023**



JEWISH FEDERATION OF GREATER PORTLAND IMPACT

The Jewish Federation of Greater Portland allocates core dollars to the American Jewish Joint Distribution Committee (JDC), the Jewish Agency for Israel (JAFI), and World ORT, who work on our behalf in 62 countries around the world.

The American Jewish Joint Distribution Committee (JDC or the “Joint”) is the leading international Jewish humanitarian and relief organization, operating in 62 countries, from Argentina to the Former Soviet Union. Established over 100 years ago, the JDC is essential to the strengthening of Jewish life around the world. It rescues Jews in danger, provides assistance to vulnerable Jews living in dire poverty, and develops innovative programs that address Israel’s most challenging social issues.

The Jewish Agency for Israel (JAFI or the “Sochnut”) was established in 1929 as the operative branch of the World Zionist Organization. Its mission is to “ensure that every Jewish person feels an unbreakable bond to one another and to Israel no matter where they live in the world, so that they can continue to play their critical role in our ongoing Jewish story.” JAFI is the main organization fostering the immigration and absorption of Jews from around the world into Israel. Since 1948, it has brought over 3 million immigrants to the Jewish state and continues to do so today. Among the dozens of programs that JAFI operates are those that connect young Jews to Israel, facilitate immigration to Israel (*aliyah*) and absorption (*klitah*), and help vulnerable populations in Israel.

World ORT is a global education network that promotes training for 300,000 people a year in more than 30 countries.



The Jewish Federation's **Overseas Special Projects (OSP) Committee**, which has been in existence for two decades, allocates thousands of dollars annually to programs that serve vulnerable/marginalized populations in Israel.

Here are some of the organizations/programs that we have funded through OSP over the last few years:

Akko Educators' Kibbutz (Dror Israel). The Kibbutz was founded in 2005 when graduates of *Hanoar Haoved Vehalomed* youth movement, who had completed their military service, moved to Akko with the two-tiered mission of creating change through education and establishing a vibrant cooperative community of educators. Today, the Kibbutz has grown to include 95 members who all work in various educational capacities. Together they form a single action-driven unit working at every level to generate change in and around the ancient city of Akko.

Arab-Jewish Center for Equality, Empowerment, and Cooperation (AJEEC). This program, a joint endeavor of AJEEC and the Israel Scouts Movement, initiated in 2002, brings together a yearly cohort of Bedouin and Jewish high school graduates for a year of full-time, joint community service.

Be-Atzmi focuses on workforce integration. Its mission is to create fundamental, positive change in the lives of underprivileged, poor populations by promoting their participation in the workforce, thus increasing their economic independence and personal empowerment.

ERAN is an NGO that provides mental health first-aid to all residents of Israel in emotional distress, on the telephone, mobile phone, and the internet free of charge, anonymously and confidentially. A person in crisis, mental distress or contemplating suicide, will find in ERAN a reassuring ear.

Foundation for the Welfare of Holocaust Victims assists in every way possible those who survived the horrors of the Holocaust, and now, in their advanced years, lack the resources to live in dignity.

Hillel Right to Choose serves the community of *Yotzim*, those who leave ultra-Orthodoxy to enter secular Israeli society. They provide acute intake, counseling and community building services, as well as subsequent programming enabling *Yotzim* to fully integrate into Israeli society.

House of Wheels started in 1979 for children with cerebral palsy and muscular dystrophy. The organization provides enrichment and social programming for children and young adults with physical disabilities.

Israel Gay Youth. The only nation-wide organization in Israel dedicated to meet the needs of LGBTQ+ youth. Founded in 2002, its aim is to create an equal society in Israel, where being different is not grounds for humiliation and oppression.

Jerusalem Open House, founded in 1997, is a non-profit organization with a community center serving people of all sexual orientations and gender identities. JOH focuses on building community, providing humanitarian services, and promoting social change through a variety of programs for the LGBTQ+ community.

Krembo Wings. Founded in 2002, Krembo Wings is Israel's only youth movement for children with special needs, enabling children with severe psychological, motor, and cognitive disabilities to enjoy the benefits of a structured social environment with their able-bodied peers.

Matzmichim. This Israeli violence reduction organization develops and implements statistically proven anti-bullying interventions within the state's education system to address the rising levels of violence in Israel's schools.

Neve Michael is a safe haven for over 280 at-risk children (ages 6 to 18) whose biological parents can no longer care for them. It provides sustenance, education, therapy, and a caring, family-like environment for children from broken homes who have suffered physical, emotional, and/or sexual abuse.

Ofanim is a social-change NGO founded in 2004 that provides extracurricular enrichment in science, technology, engineering, and math (STEM) to children living in peripheral communities in northern and southern Israel.

Temech. Established in 2005, Temech's mission is to enable, empower, and train *haredi* (ultra-Orthodox) women in Israel to maximize their employment opportunities by creating access to professional skills, tools, and platforms required to succeed in employment and entrepreneurship.

Ten Gav, established in 2014, provides underserved and financially distressed elderly Ethiopian Israelis with basic needs such as beds and electrical appliances.

Upper Galilee Rape Crisis Center provides assistance to victims of sexual violence and provides education to fight the phenomenon of sexual violence by teaching respectful behavior, instilling positive attitudes, increasing public awareness, and changing public opinion.

YEDID. Since its establishment in 1997, YEDID has been leading the fight against poverty in Israel. Working through a nationwide network of 17 Citizen Rights Centers, its mission is to empower Israelis to become self-sufficient and active members of society by promoting social and economic justice.

To learn more or to be involved with the OSP Committee, please ask a Jewish Federation professional.

COMMON HEBREW WORDS & PHRASES



Hello, good-bye or peace	<i>Shalom</i>
Good morning	<i>Boker tov</i>
Good evening.....	<i>Erev tov</i>
See you soon	<i>L'hitra'ot</i>
What's up?	<i>Ma nishma?</i>
Yes	<i>Ken</i>
No	<i>Lo</i>
Thank you.....	<i>Toda</i>
Excuse me/I'm sorry.....	<i>Slicha</i>
Please/You're welcome	<i>Bevakasha</i>
What is your name? (male/female).....	<i>Eich kor'im lecha/lach?</i>
My name is... ..	<i>Shmi... / Kor'im li...</i>
How are you? (male/female).....	<i>Ma shlomcha/shlomech?</i>
Fine, OK	<i>Beseder</i>
Not good.....	<i>Lo tov</i>
Excellent	<i>Metzuyan</i>
I'm tired (male/female).....	<i>Ani ayef/ayefa</i>
Student (male/female).....	<i>Talmid/Talmida</i>

SHOPPING & DINING

Do you have...(male/female).....	<i>Yesh lecha/lach...?</i>
How much does that cost?	<i>Kama zeh oleh?</i>
I want...(male/female).....	<i>Ani rotzeh/rotzah</i>
I don't want...(male/female).....	<i>Ani lo rotzeh/rotzah...</i>
Money.....	<i>Kesef</i>
Change (literally, "leftovers")	<i>Odef</i>
Waiter/waitress	<i>Meltzar/meltzarit</i>
Water	<i>Mayim</i>
Coffee.....	<i>Kafeh</i>
Tea.....	<i>Tey</i>



EMERGENCIES

Do you speak English? (female)	<i>At medaberet Anglit?</i>
Do you speak English? (male)	<i>Ata medaber Anglit?</i>
I don't speak Hebrew (female).....	<i>Ani lo medaberet Ivrit</i>
I don't speak Hebrew (male)	<i>Ani lo medaber Ivrit</i>
Police	<i>Mishtara</i>
Doctor.....	<i>Rofe</i>
Hospital.....	<i>Beit cholim</i>
Passport.....	<i>Darkon</i>

GETTING AROUND

Where is...?	<i>Eifoh...?</i>
When?.....	<i>Matai?</i>
Why?	<i>Lama?</i>
I'm going (traveling) to... (male/female)....	<i>Ani nose'a le.../Ani nosa'at le...</i>
There is... ..	<i>Yesh...</i>
There is no... ..	<i>Ein...</i>
Do you know where (female)	<i>At yoda'at eifoh...</i>
Do you know where (male).....	<i>Ata yodea eifoh...</i>
Wait/Just a moment	<i>Rega</i>
Restaurant	<i>Mis'adah</i>
Bathroom	<i>Sherutim</i>
Post office.....	<i>Do'ar</i>
Street	<i>Rehov</i>
Boulevard	<i>Sdera/Sderot</i>
Market	<i>Shuk</i>
Museum	<i>Muze'on</i>
Synagogue	<i>Beit knesset</i>
Church.....	<i>Knessia</i>
Central bus station.....	<i>Tachana merkazit</i>
Taxi	<i>Monit</i>

Shared taxi (like a mini-van).....	<i>Sherut</i>
Automobile.....	<i>Mechonit / otto</i>
Train	<i>Rakevet</i>
Bus	<i>Otoboos</i>
Hotel	<i>Malon</i>
Beach.....	<i>Chof</i>
Grocery store.....	<i>Makolet</i>
What is this?	<i>Ma zeh?</i>
Food.....	<i>Ochel</i>
Hour, time	<i>Sha'a</i>
Day	<i>Yom</i>
Week.....	<i>Shavua</i>
Month	<i>Chodesh</i>
Year	<i>Shana</i>
Today	<i>Ha'yom</i>
Yesterday.....	<i>Etmol</i>
Tomorrow.....	<i>Machar</i>
What time is it?	<i>Ma hash'a'a?</i>
Right.....	<i>Yamina</i>
Left	<i>Smola</i>
Straight.....	<i>Yashar</i>

DAYS OF THE WEEK

Sunday	<i>Yom rishon</i>
Monday	<i>Yom sheni</i>
Tuesday.....	<i>Yom shlishi</i>
Wednesday	<i>Yom revi'i</i>
Thursday.....	<i>Yom chamishi</i>
Friday.....	<i>Yom shishi</i>
Saturday (Sabbath).....	<i>Shabbat</i>

LYRICS TO HATIKVAH — ISRAEL'S NATIONAL ANTHEM



HEBREW transliteration

Kol od balevav p'nimah

Nefesh Yehudi homiyah

Ulfa'atey mizrach kadimah

Ayin l'tzion tsofiyah.

Od lo avdah tikvatenu

Ha'tikvah bat sh'not alpayim:

Lihiyot am chofshi b'artzenu

Eretz Tsion v'Yerushalyim.

כָּל עוֹד בִּלְבָב פְּנִימָה

נֶפֶשׁ יְהוּדִי הוֹמִיָּה,

וּלְפָאֵתֵי מִזְרָח קְדִימָה

עֵין לְצִיּוֹן צוֹפִיָּה -

עוֹד לֹא אָבְדָה תִּקְוַתֵּנוּ,

הַתִּקְוָה בַּת שְׁנוֹת אַלְפִים,

לְהִיּוֹת עַם חֲפֵזִי בְּאַרְצֵנוּ

אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

ENGLISH translation

As long as in the Jewish heart

The soul is still alive,

The eye of desire will not rest

To look eastward toward Zion.

Our hope shall not perish

Our age old hope

To live as a free people in our country

The land of Zion and Jerusalem.

The words to Israel's national anthem were written in 1886 by Naphtali Herz Imber, an English poet originally from Bohemia. The melody was written by Samuel Cohen, an immigrant from Moldova. Cohen actually based the melody on a musical theme found in Bedrich Smetana's "Moldau."



Jewish Federation®
OF GREATER PORTLAND

75
ISRAEL
AT

jewishportland.org
503.245.6219