



# ISRAEL75

## ITINERARY

APRIL 24 - MAY 1, 2023

*\*ITINERARY SUBJECT TO CHANGE*

# WELCOME

## LETTER FROM OUR MISSION CHAIRS

On May 14, 1948, David Ben-Gurion declared the establishment of a Jewish state, to be known as the State of Israel. Over the past 75 years, Israel has experienced many highs and lows. Through it all, the people of Israel created a story of strength, hope, and survival.

Since we decided to embark on this milestone mission, we have been so excited to celebrate Israel's inspiring story with you. And its story is only evolving. Today, Israel leads the world in technology and innovation. It is admired around the globe for its rich culture, natural beauty, and delicious food. It continues to create groundbreaking art, music, cinema, and television.

Israel is and does so many things. This is why we're pleased to offer curated, specialized programming to experience the many layers of Israel together. With tracks that offer plenty of activities for everyone's varying interests, as well as exclusive briefings from some of the country's top leaders, this is sure to be a truly memorable trip for all.

For any country, 75 years is a milestone. But for Israel, 75 years is nothing short of awe-inspiring.

Thank you for joining us. We cannot wait to learn, grow, and celebrate together!

**SARA ZAGDANSKI, GAYLE GOLDGUT, EVAN GREEN  
AND ZAK GOLDMAN**

*CHAIRS, UJA'S ISRAEL 75*





# HIGHLIGHTS

## ISRAEL 75

UJA's Israel 75 is a trip like no other. This itinerary not only shows you beautiful historic sites, but takes you off the beaten path to experience niche aspects of Israeli society—guided by YOUR interests. We are so excited to explore all this incredible country has to offer, and celebrate this milestone birthday with our entire global community!

**UJA's Israel 75 begins in Tel Aviv on Monday, April 24, 2023, and concludes in Jerusalem on Monday, May 1, 2023.**

|       |                             |  |
|-------|-----------------------------|--|
| DAY 1 | ● TEL AVIV                  | Welcome to Israel   Erev Yom HaZikaron           |
| DAY 2 | ● TEL AVIV                  | Yom HaZikaron   Erev Yom Ha'atzmaut              |
| DAY 3 | ● TEL AVIV »<br>● JERUSALEM | Celebrate Yom Ha'atzmaut!  <br>Explore Jerusalem |
| DAY 4 | ● JERUSALEM                 | Yad Vashem   Choose your track                   |
| DAY 5 | ● JERUSALEM                 | Choose your track   Kabbalat Shabbat             |
| DAY 6 | ● JERUSALEM                 | Shabbat in Jerusalem                             |
| DAY 7 | ● JERUSALEM                 | Choose your track   Farewell dinner              |
| DAY 8 | ● JERUSALEM                 | Group departure from Jerusalem                   |





# DAY 1 MONDAY, APRIL 24, 2023

EREV YOM HAZIKARON

## OPTIONAL TOURS/ACTIVITIES FOR PRE-ARRIVALS

Our mission starts at **3:30 PM**. However, we will be offering optional morning activities/tours for those already in Israel. Each activity/tour is up to two hours in length, starting at approximately 10:00 AM.

**NOTE: If you are staying in a different hotel prior to the mission, please drop your luggage off at your new hotel before joining your pre-selected tour.**

**Please dress accordingly to the weather, and bring a hat, sunscreen, and/or water with you.**

### MORNING | Optional tours/activities

(Pre-registration required. Maximum one tour per person.)

#### Option #1: Scavenger Hunt

**9:30 AM** | From the Neve Tzedek neighbourhood to Rothschild Independence Trail, join a fascinating journey through history, exploring the founding of Tel Aviv in 1909 to the establishment of Israel in 1948. *Meet at Dan Panorama hotel.*

#### Option #2: Israeli Cuisine

**10:00 AM** | Discover the traditions and tastes of the Carmel Market (*shuk*), deeply influenced by the waves of Jewish *Aliyah* from around the world. Meet the local entrepreneurs who are redefining Israeli cuisine. *Meet at Royal Beach hotel.*

#### Option #3: Outdoor Run

**10:00 AM** | Enjoy a guided run in Tel Aviv, with stops at some of Tel Aviv's most iconic points. This run is suitable for those used to running 5 km or more. *Meet at Dan Panorama hotel.*

#### Option #4: ANU Museum

**10:00 AM** | Discover stories of the Jewish people at the newly reopened ANU, a museum celebrating the multiculturalism of Jewish diversity with its inclusive, pluralistic approach. *Meet at Dan Panorama hotel.*

#### Option #5: Old City of Jaffa

**10:30 AM** | Ascend from the Old Port, through renovated alleyways, to the Jaffa Overlook for an introduction to Tel Aviv. Stroll the Jaffa Market (*Shuk Hapishpishim*). *Meet at Dan Panorama hotel.*

#### Option #6: Street Art and Graffiti Tour

**10:00 AM** | Walk through Tel Aviv's coolest neighbourhoods and discover the abundance of vibrant graffiti and street art decorating the city's southern streets. Learn about the styles and motivations of this unique cultural art form. *Meet at Dan Panorama hotel.*





**OPTIONAL TOUR/ACTIVITY FOR DAY-OF ARRIVALS**

Optional tour available to participants arriving on this day.  
**11:45 AM\* | Optional Tour: Sarona Market**

*\*Schedule may change subject to flight arrivals and delays.*

Taste the flavours of contemporary Israeli cuisine in the Sarona Market—Israel’s largest indoor culinary market. With 91 shops and restaurants, this innovative urban market combines the old world with the new, making it a flavourful experience not to be missed.



**OFFICIAL START OF  
ISRAEL75**



*Itinerary for all participants*

**YOM HAZIKARON AND WHY IT MATTERS**

Yom HaZikaron is a solemn time, when Israel remembers their fallen soldiers, security forces, and victims of terror—marked by ceremonies and moments of silence across the country. Israel has endured wars, intifadas, and terror attacks since its establishment in 1948. To defend the Jewish state, many Israelis serve in the army, which can come with an enormous price.

This Yom HaZikaron, mission participants will have the privilege to stand with other Federations from North America and around the world in Israel as the country remembers its fallen soldiers, security forces, and victims of terror attacks.

*Note: we will be spending the evening outside. Please dress accordingly.*

**3:30 PM | Depart hotels for mission opening**

**4:00 PM | Mission opening and early dinner at the Hilton Hotel  
Dinner sponsored by Israel Bonds**

Update on the mood of the country from Alon Ben David, an Israeli television and print journalist.

**6:00 PM | Bus transfer to Erev Yom HaZikaron ceremony**

**7:15 PM | Commemorate Erev Yom HaZikaron with other  
Federations at Latrun**

Latrun is located on the grounds of the historic Latrun police station, at the heart of the Ayalon Valley.

**8:00 PM | Gather for the nationwide siren**

With the sounding of the siren, the country stops and remembers.

**Return to hotels. Overnight in Tel Aviv.**

# DAY 2

**TUESDAY, APRIL 25, 2023**  
YOM HAZIKARON/ EREV YOM HA'ATZMAUT

## YOM HAZIKARON IN SDEROT

Just one kilometre from the Gaza Strip and under relentless missile fire for 14 years, Sderot has become a symbol of the region's remarkable resilience. On this day, we will explore the unique impact and unwavering bond between our communities.

### 8:15 AM | Meet in hotel lobby for bus departure to Sderot

This morning, you will be picked up from your hotel on your assigned home bus. The drive to Sderot is approximately 90-120 minutes.

### 10:50 AM | Yom HaZikaron siren and community ceremony led by former ShinShinim (young emissaries)

- *Storytelling session to remember the fallen sons and daughters of Sderot.*
- *Mayor of Sderot, Alon Davidi, addresses our community.*
- *Yom HaZikaron community lunch.*
- *Visit to Sderot Cemetery to pay respects to the fallen.*
- *Panoramic view of Sderot and Gaza.*

### 3:30 PM | Depart Sderot back to Tel Aviv

Return to hotel with time to relax and freshen up.

**Important: upon arrival at hotel, collect mandatory luggage kit from hotel hospitality desk in preparation for the following day departure.**

### 6:30 PM | Depart hotels

## TRANSITION FROM YOM HAZIKARON TO YOM HA'ATZMAUT

One of the most meaningful times in Israel is the moment of transition from Yom HaZikaron to Yom Ha'atzmaut, Israel's Independence Day. This moment celebrates the miracle of the State of Israel, while recognizing the heavy sacrifice required to secure and protect its independence.

### 7:15 PM | Erev Yom Ha'atzmaut Reception

Celebrate Israel's 75th Yom Ha'atzmaut with a festive party at Zappa Park HaYarkon. Start with a welcome reception, followed by a transition ceremony at 7:40 PM, where we will take part in a heartfelt reading.

### 8:00 PM | Festive Yom Ha'atzmaut Party

Joined by Jewish communities from around the world, celebrate this meaningful birthday together, with great food, music, dancing, and more! With a "let it glow" theme, this evening will be lit up, from the entertainment to the playful lights.

**Overnight in Tel Aviv.**







### YOM HA'ATZMAUT

Yom Ha'atzmaut commemorates the establishment of the modern State of Israel in 1948. Every year throughout the country, a variety of events and celebrations take place to mark Israel's independence.

**Breakfast at hotels, followed by check-out.**

#### 6:00 AM | **Optional morning activity**

Before our day begins, enjoy an optional early morning run and/or walk. If joining this run, please bring a hat and water with you.

**IMPORTANT: please bring labelled luggage to hotel coordinator/ hospitality desk by 7:50 AM, with your name clearly printed on each tag. Your luggage tags are colour-coded to correspond with your hotel in Jerusalem.**

#### 10:00 AM | **Depart hotels for Ronit Farm**

#### 11:00 AM | **Yom Ha'atzmaut Israeli Food Fest at Ronit Farm**

Enjoy a festive party celebrating Israel's 75th birthday at Ronit Farm. From drum circles to *rikudei am* (folk dancing) to actors dressed as historic leaders, there will be countless activities and workshops to make this a memorable afternoon. The talented and imaginative chefs at Ronit Farm use fresh ingredients to create mouthwatering flavours, making this food fest one you won't want to miss. We will be joined by Federations from across the world.

#### 2:00 PM | **Koolulam show**

#### 3:30 PM | **Depart for Jerusalem**

## WELCOME TO JERUSALEM!

What better way to celebrate the independence of the State of Israel than in the holy city where it all started! Take part in a traditional *Shehechyanu* blessing overlooking the Old City.

Check in at hotels and then head out to explore Jerusalem. Dine where you would like and discover the city at your leisure.

Tonight, dinner is on your own. Reservations are recommended for **8:00 PM** or later.

### ***Overnight in Jerusalem.***





# DAY 4

**THURSDAY, APRIL 27, 2023**  
MORNING AT YAD VASHEM

## **Breakfast at hotels.**

Please dress accordingly to the weather and your selected tracks, including wearing comfortable shoes, as it will be a heavy walking day.

## **MORNING PROGRAMS: WE REMEMBER**

### **7:30 AM | Depart hotels on your designated bus**

### **8:00 AM | Arrive at Yad Vashem**

This morning we will visit Yad Vashem, where you will have the opportunity to tailor your experience and choose from a variety of customized programs. Whether it's your first time or you're a repeat-visitor, there is an option designed for you.

### **Option #1: Tour Yad Vashem**

Whether it's your first time at Yad Vashem or not, this option allows you to discover the World Holocaust Remembrance Center and see the imperative work they do. Tour options include:

- Perfect for First Timers - Museum Tour\*
- Explore Yad Vashem Through a New Lens - Resistance
- Valley of the Communities
- Behind-the-Scenes Archives Tour

\*Please note that all backpacks must be stored in a museum locker before the tour starts.

### **Option #2: Discussing Antisemitism at Yad Vashem**

**8:30 AM |** Join a challenging yet important discussion on antisemitism with David Weinberg, director of CIJA's Israel office. Engage in a conversation about the changing forms of antisemitism, the complex racial position of Jews in contemporary times, and the link between criticism of Israel and antisemitism. Invited guest: Nissim Black, a famous rapper who converted to Judaism in 2011.

### **Option #3: National Hall for Israel's Fallen**

**8:10 AM |** Embark on a VIP tour at the National Memorial Hall for Israel's Fallen at Mount Herzl. We will first meet with Yair Ben Shalom, Director of the National Memorial Hall, before continuing on a guided tour of the hall.

### **Option #4: Customized Tour at Herzl Museum**

**8:10 AM |** The Herzl Museum is located on top of Mount Herzl and showcases the life of Theodor Herzl, as well as his many contributions to the Zionist cause. The museum offers a unique audio-visual exhibition that creatively portrays the motivations and visions of the Zionist leader, while also detailing the harsh antisemitic sentiments in Europe that led to Theodor Herzl's pursuit of an entirely Jewish state.

### **11:00 AM | We Remember: Mission-Wide Ceremony**

Come together as a community in the auditorium at Yad Vashem for a communal memorial service. We will be joined by Nissim Black and the incomparable Shai Abramson, Representative Cantor for the State of Israel.

*Note: when departing from Yad Vashem, join your track-designated bus.*

### **12:30 PM | Machane Yehuda Market**

Enjoy lunch on your own at the Machane Yehuda market, with free time to explore and sample your way through the various vendors and stalls.

*Tip: stop by Marzipan Bakery and Halva Kingdom for delicious desserts!*

## TRACKS: DISCOVER THE LAYERS OF JERUSALEM

*For more in-depth track descriptions, please turn to the track breakdowns, starting on page 33.*

This afternoon, you will get the chance to explore Jerusalem. Inspired by your interests, you will be exposed to different dimensions of the city.

All tracks today will include dinner. Please see the detailed track description for an important note regarding clothing and what to bring with you.

### TRACK: MUST-SEE SIGHTS

**3:00 PM** | Visit the National Library of Israel (NLI) for a look at their special *Israel 75 Exhibition*. Join a VIP behind-the-scenes tour of the library's new building or receive a tailored tour of the library with everything connected to Israel's 75th birthday.

- VIP Behind the Scenes Building Tour: Get a glimpse at the thought and considerations behind the library's facilities and the curation of its exhibits.
- Celebrating Israel's 75th Tour: Explore the treasures in the library's collection on a guided and tailored tour, with a focus on Israel's independence.

Dinner at 6:00 PM at Kafit restaurant.

### TRACK: TECH & INNOVATION

*Track sponsored by Fuller Landau*

**2:30 PM** | *Depart Machane Yehuda Market*

Walk over to the historic Old Sharei Tzedek, now a centre for innovation and arts. Learn about the advancing tech scene in Jerusalem from MassChallenge Israel, the largest and most diverse non-equity accelerator in Israel. Afterward, visit the Jerusalem-based start-up BrainQ to learn about their work in developing a recovery solution for patients with neurological disorders.

Dinner at 6:00 PM at Kafit restaurant.

### TRACK: POLITICS & ADVOCACY

**2:30 PM** | *Depart Machane Yehuda Market*

Delve into Israel's political scene and the new government's developments, with consideration for the relationship between Israel and the rest of the Jewish world. At the Menachem Begin Heritage Center, meet Reuven Hazan, a professor of political science at Hebrew University, for deep discussions on the current state of affairs in Israel.

Dinner at 6:00 PM at Begin Center.

### TRACK: ADVENTURE & NATURE

**2:30 PM** | *Depart Machane Yehuda Market*

Enjoy an afternoon hike in Sataf, where you will see the beautiful spring blossoms, visit a natural spring, and walk through historic ruins dating back hundreds of years.

Dinner at 5:30 PM at Tzuba Winery.

### TRACK: ADVENTURE PLUS

**2:30 PM** | *Depart Machane Yehuda Market*

**3:00 PM** | See Jerusalem like never before! On this guided running tour with Yael Goodman, Founder of Run JLM, see the modern highlights of this ancient city, like Capitol Hill, Knesset, and the Israel Museum.

Dinner at Mitcham HaTachana.

### TRACK: TASTE OF ISRAEL

**2:00 PM** | Explore Machane Yehuda Market and learn about Israeli cuisine and traditions, as well as the influences of other cultures. Meet with Assaf Granit, a celebrity chef, at Thinkers Distillery. End the day at a cooking workshop with Chef Tali Friedman and an amazing dinner.

### TRACK: SECURITY & GEOPOLITICS

**2:15 PM** | *Depart Machane Yehuda Market*

Ride on Jerusalem's Light Rail to see firsthand the mosaic of Jerusalem's population. Discuss the differences between East and West Jerusalem and the ongoing struggles between the city's different communities.

Dinner at 7:15 PM at Eucalyptus restaurant.



# DAY 4 THURSDAY, APRIL 27, 2023

## JERUSALEM AT NIGHT

### JERUSALEM AT NIGHT: OPTIONAL NIGHT TOURS

Discover the magic and secrets of Jerusalem at night! Thursday night opens the weekend festivities as the city comes alive—from street bars to midnight challah baking and so much more. Join an optional tour or activity to make the most of your night in Jerusalem.

#### Option #1: The City that Never Sleeps

**9:30 PM** | Let loose and join a pub crawl in Jerusalem's city centre.

#### Option #2: The Night before Shabbat

**9:30 PM** | *Depart hotels at 8:30 PM. Please dress conservatively, including covered arms.*

Experience how Jerusalem prepares for Shabbat, including a visit to a challah bakery.

#### Option #3: The Night Spectacular

**9:40 PM** | Visit the Tower of David at night for their famous Sound and Light show.

#### Option #4: The Western Wall Tunnels

**8:45 PM** | *Depart hotels*

Enjoy an underground tour of one of the world's most interesting heritage sites.

- The Great Stone Classic Tour (9:40 PM). Tour the length of the Western Wall and continue to the water pits, an ancient water aqueduct that ends at the Strouthion Pool.
- The Great Bridge New Tour (9:50 PM). Explore an underground route below the bridge that led to the Temple during the Second Temple period. You will also see a new exposure of the Western Wall.
- Behind-the-Scenes Tour of the Great Bridge (9:30 PM). Led by Dr. Barak Monnickendam Givon, Co-Director of the Western Wall Plaza and Western Wall Tunnel, this tour will include access to sites not open to the public.

#### Option #5: A Taste of Tradition

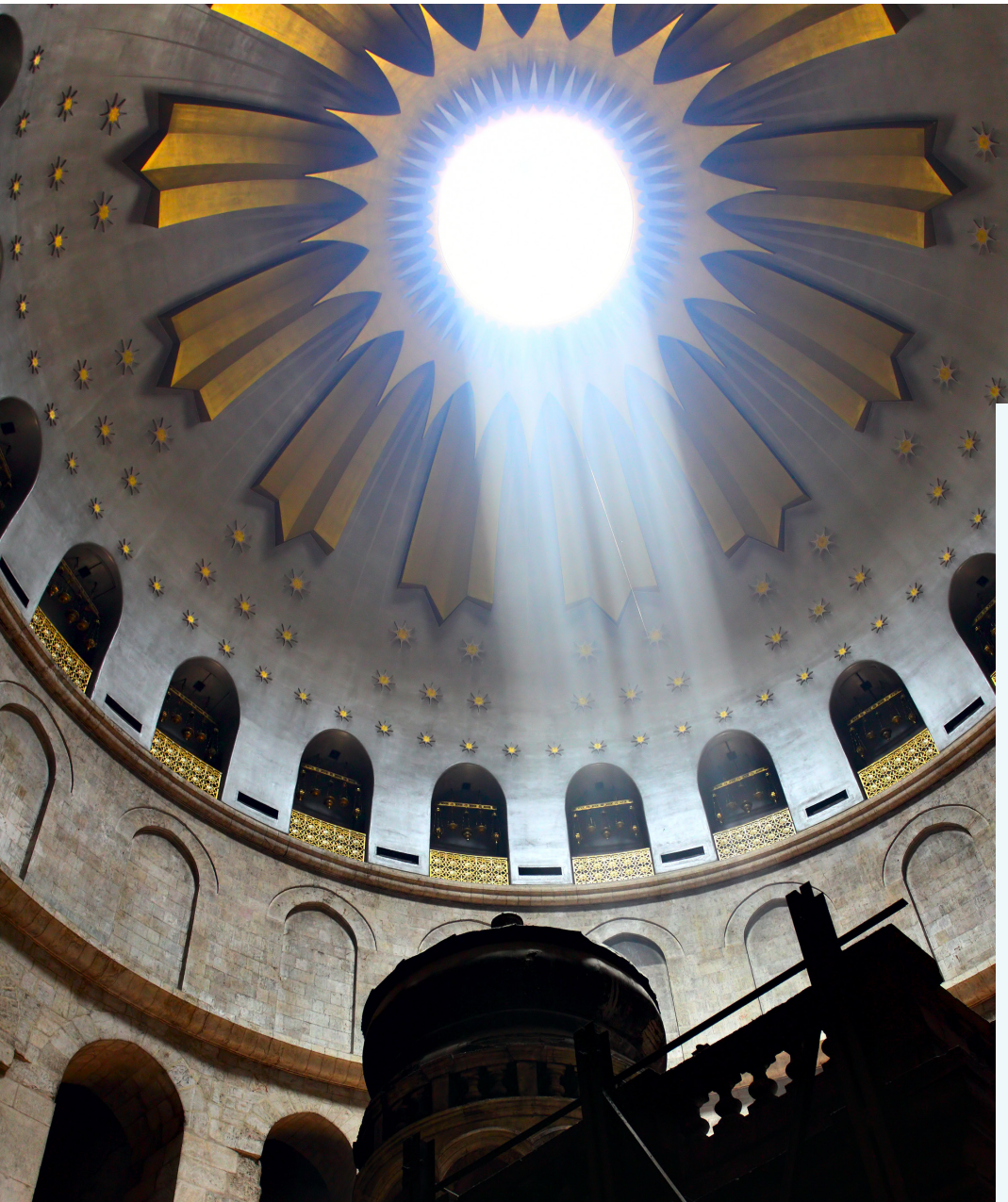
**8:30 PM** | *Depart hotels*

**9:00 PM** | Enjoy a culinary and cultural tour of the ultra-Orthodox world in Mea Shearim. Embark on a profound journey through the alleyways of the hidden ultra-Orthodox world to learn about the values, lifestyle, and inner workings of this complex community.

*Overnight in Jerusalem.*







**6:00 AM | OPTIONAL MORNING ACTIVITY**

Before our day begins, join an optional early morning run and discover the southern neighbourhoods of Jerusalem. This includes the German colony, where we will briefly discuss the history of the Germans who immigrated here. This is followed by the Katamon neighbourhood, where we will go back in time to the British Mandate Period. Other sites on this run will include the leper hospital and the Museum of Natural History.

**Breakfast at hotels.**

**TRACKS: DISCOVER JERUSALEM & SURROUNDING AREA**

*For more in depth track descriptions, please turn to the track breakdowns, starting on page 33.*

Today you will get the chance to explore different angles of Jerusalem. Inspired by your interests, you will be exposed to new dimensions of the city.

**All tracks will include lunch.**

**TRACK: MUST-SEE SIGHTS**

**8:00 AM |** *Depart hotels*

Explore the Old City of Jerusalem, starting in the City of David. See famous historical sites, including the Kotel (Western Wall), the Tower of David, the Via Dolorosa, and the Church of the Holy Sepulcher—the holiest site in Christianity.

**TRACK: ARTS & CULTURE**

**9:15 AM |** *Depart hotels*

Visit the Israel Museum, the largest cultural institution in the State of Israel, and ranked as one of the world's leading art and archaeology museums. The museum houses work dating from prehistory to the present day, including the Dead Sea Scrolls—the oldest Biblical manuscripts in the world. Enjoy private tours with Dr. Yoav Farhi and Stav Lavon.

## TRACK: ISRAELI TV

8:45 AM | *Depart hotels*

Go behind the scenes of *Shtisel*, the famed Israeli TV show. Learn about the daily life and culture of the ultra-Orthodox community and discuss some of the main current conflicted topics within this community. We will then meet Neta Riskin, who plays Giti Weiss on the show.

*Please dress conservatively for this track, including covered arms and legs. See suggested packing list on page 100 for further guidance.*

## TRACK: TECH & INNOVATION

*Track sponsored by Fuller Landau*

8:15 AM | *Depart hotels*

Learn about use of technology in the development of Israeli cuisine. Many companies and foundations are innovating the way the food sector works by adding technology to the processes.

## TRACK: POLITICS & ADVOCACY

8:00 AM | *Meet at the King David hotel*

Meet Dr. Tal Backer, a senior member of the Israeli peace negotiation team, for insight into the Abraham Accords. Hear from other key figures on the establishment of the Abraham Accords and how they work in reality.

## TRACK: ADVENTURE PLUS (20 PEOPLE MAX.)

6:35 AM | *Depart hotels*

Hike Nachal Qumran, a beautiful canyon in the northern Judean Desert, famous for being the discovery site of the Dead Sea Scrolls. Climb up the gorge for scenic views of the Dead Sea from cliff-top plateaus before rappelling down one waterfall after another.

## TRACK: SECURITY & GEOPOLITICS

8:15 AM | *Depart hotels*

Travel through the city of Jerusalem, exploring its political and diplomatic complexities—including the ‘Security Barrier’ with Col. Miri Eisin. Continue with a discussion on the work being done to create a social and political reality for both the Jews and Palestinians that is founded on trust, mutual recognition, and respect.

## TRACK : COMMUNITY INVOLVEMENT & VOLUNTEERISM

8:15 AM | *Depart hotels*

Visit the Jerusalem Food Rescuers at the wholesale market and take an active role in supporting local communities in need. Food Rescuers aims to reduce waste and create a more just, sustainable urban food system by diverting surplus produce that would have otherwise gone to waste.

**All tracks will end between 2:00 and 3:00 PM.**

**Return to the hotels for downtime before Shabbat.**

## COMMUNITY SHABBAT EXPERIENCE

4:00 PM | **Meet at the Citadel Hotel and walk to the Tower of David for a festive Kabbalat Shabbat with a cappella group Kippalive**

4:30 PM | **Kabbalat Shabbat services at the Tower of David**  
Services led by community rabbis overlooking the historical walls of the Old City, accompanied by Kippalive. You will have the opportunity to light Shabbat candles, followed by prayers at the Kotel. Kippas and shawls will be provided.

*Shabbat begins at 6:41 PM.*

*Please note that we will be walking to dinner.*

8:00 PM | **Festive Shabbat dinner at Beit Shmuel**  
Blessings, challah, and feasting with special guests, including former ShinShinim (young emissaries).

**Overnight in Jerusalem.**





## ENJOY A QUIET AND INSPIRING DAY IN JERUSALEM

*Breakfast at hotels at your leisure.*

### 7:00 AM | **Optional morning run**

Enjoy an optional 5 km morning run through the Old City and East Jerusalem, and explore the beauty of the city.

*Enjoy the morning in Jerusalem at your leisure, or attend morning services.*

### 1:00 PM | **Lunch**

Enjoy lunch at your hotels, and engage in small-group conversations with Shevet members (young emissaries).

## OPTIONAL AFTERNOON WALKING TOURS

*Tours begin at 3:00 PM until 5:00 PM.*

### **Option #1: Returning to the Old City**

Walk along the ramparts of the Old City, before ascending to the rooftops for a behind-the-scenes look at the various communities in Jerusalem and how they live alongside each other.

### **Option #2: Multi-Faith in the Old City**

Visit the Christian Quarter, including the Via Dolorosa, the Church of the Holy Sepulcher, and other sites.

### **Option #3: Nachlaot Walking Tour**

Get an insider's introduction to one of the city's liveliest neighbourhoods, home to bustling Mahane Yehuda Market.

### **Option #4: The Secrets of HaNeviim Street**

Visit the homes of Eliezer Ben Yehuda, the Hebrew language reviver, Anna Ticho House, the Italian hospital, and more.

## SATURDAY NIGHT IN JERUSALEM

### 8:15 PM | **Havdalah Service at Hebrew Union College (HUC)**

Following Havdalah, enjoy dinner on your own. This is the perfect time to explore Ben Yehuda Street, and more.

*Overnight in Jerusalem.*



# DAY 7

SUNDAY, APRIL 30, 2023

FULL TRACK DAY

## FULL TRACK DAY

For more in depth track descriptions, please turn to the track breakdowns, starting on page 33.

**Early breakfast at hotels.**

### TRACK: MUST-SEE SIGHTS

**7:45 AM** | *Depart hotels*

Start the day at Masada, a UNESCO World Heritage Site, followed by a visit to the Dead Sea for lunch and an optional healing swim. End the day at Ein Gedi, a beautiful nature reserve.

Return to hotel at 6:00 PM.

### TRACK: ARTS & CULTURE

**7:45 AM** | *Depart hotels*

Learn about Druze culture and traditions in the village of Daliyat El Carmel. Meet with a local artist at his gallery, followed by a home hospitality lunch hosted by a local community member. Afterward, visit the ancient port of Caesarea and join a glass blowing workshop.

### TRACK: ISRAELI TV

**8:15 AM** | *Depart hotels*

Explore East Jerusalem and learn about the multiple narratives that contribute to the geopolitics of the area, often reflected in *Fauda*. Meet with Rona-Lee Shimon, who plays Nurit in the series—the only woman in the unit. After lunch, experience challenges from the world of the *mista'arvim* (counter-terrorism units), and participate in a “special operation.” This includes Krav Maga, ODT sports, martial arts, intelligence, manipulation, and more.

### TRACK: TECH & INNOVATION

*Track sponsored by Fuller Landau*

**8:00 AM** | *Depart hotels*

Start the day with an overview of Israeli innovation at the Peres Center for Peace and Innovation. Afterwards, visit Be'er Sheva to meet entrepreneurs at Gav Yam Advanced Technologies Park. Meet a representative from one of the tech companies to discuss their work.







**TRACK: ADVENTURE & NATURE**

**7:15 AM** | *Depart hotels*

Hike Nachal Yitzpor, starting at the top of Gilboa mountain and finishing at the spring valley for a cool and refreshing dip. Visit Gan HaShlosha (Sachne), voted by *TIME Magazine* as one of the 20 most beautiful spots on Earth. The spring water that emerges in the western part of the park maintains a temperature of 28°C all year.

**TRACK: ADVENTURE PLUS (20 PEOPLE MAX.)**

**7:45 AM** | *Depart hotels*

Join the Salt Wonder, one of the most adventurous and exhilarating cave tours in Israel. Hike the desert, scale cliffs, spelunk into an underground salt cave—all while taking in the breathtaking scenery.

**TRACK: TASTE OF ISRAEL**

**7:45 AM** | *Depart hotels*

Hummus, tahini, wine, oh my! Try all of these amazing foods as you visit factories, tastings, and more. Learn about the development of the Israeli culinary scene from Ruthie Rousso, an Israeli journalist and chef.

Return to your hotel this evening to freshen-up and relax before dinner.

**7:15 PM** | *Depart hotels for closing night dinner*

**CLOSING NIGHT!**

*Dinner sponsored by Fabricland*

**8:00 PM** | We will enjoy a mission-wide dinner and celebration at the beautiful Ein Hemed park.

**Overnight in Jerusalem.**



# DAY 8

**MONDAY, MAY 1, 2023**  
GROUP DEPARTURE FROM JERUSALEM

## GROUP DEPARTURE FROM JERUSALEM

*Breakfast at hotels.*

*Check out and group transfer to the airport for those on the direct Air Canada morning flight.*

### PLEASE NOTE:

*Extensions are available for those interested through our Israel 75 travel agents.*



# TRACK BREAKDOWN

# TRACK #1: MUST-SEE SIGHTS

## DAY 4: THURSDAY, APRIL 27, 2023

### **Afternoon of selected tracks; includes dinner.**

Visit the National Library of Israel (NLI) for a look at their special *Israel 75 Exhibition*. Join a VIP behind-the-scenes tour of the library's new building or enjoy a tailored tour of the library with everything connected to Israel's 75th birthday.

- VIP Behind the Scenes Building Tour: Get a glimpse at the thought and considerations behind the library's facilities and the curation of its exhibits.
- Celebrating Israel's 75th Tour: Explore the treasures in the library's collection on a guided and tailored tour, with a focus on Israel's independence.

Founded in Jerusalem in 1892, the NLI holds the collective memory of Israelis from all backgrounds, along with Jewish people worldwide. While continuing to serve as Israel's pre-eminent research library, over the past decade the library has embarked on a journey of renewal to encourage diverse audiences, both in Israel and around the globe, to engage with its treasures in new and meaningful ways.



## DAY 5: FRIDAY, APRIL 28, 2023

### **Full day of selected tracks; includes lunch.**

Explore the Old City of Jerusalem, starting at the City of David archaeological site. Walk the path of kings and prophets in the original core settlement of Jerusalem, dating back to the days of King David himself. From here, visit the Kotel (Western Wall) and place a note in the wall before we enjoy lunch overlooking the Old City.

After lunch, walk sections of the Via Dolorosa, a famous route through the Old City that is said to be the path Jesus walked to his crucifixion. Follow this pilgrim route, marked by 14 stations signifying events and traditions from the New Testament, to the Church of the Holy Sepulcher—one of the holiest sites in Christianity. We will conclude our exploration of the Old City at Jaffa Gate.

## DAY 7: SUNDAY, APRIL 30, 2023

### **Full day of selected tracks; includes lunch.**

Start your day at Masada, a UNESCO World Heritage Site situated on top of a plateau overlooking the Dead Sea and Judean Desert. We will ascend to the top via cable car, where we will take in the extraordinary views and fascinating archaeological remains. The ruins of this fortress were once palace walls for King Herod, now a reminder of the Jewish fight against ancient Romans.

From Masada, we will head to the shores of the Dead Sea, the lowest body of water on Earth's surface. Enjoy lunch here, along with time to swim and bask in the renowned health properties of the Dead Sea. End the day at the beautiful nature reserve and botanical gardens of Ein Gedi.



## TRACK #2: ARTS & CULTURE

### DAY 5: FRIDAY, APRIL 28, 2023

**Full day of selected tracks; includes lunch.**

Visit the Israel Museum, the largest cultural institution in the State of Israel, and ranked as one of the world's leading art and archaeology museums. The museum houses works dating from prehistory to the present day, including the Dead Sea Scrolls, the oldest Biblical manuscripts in the world.

Enjoy guided tours exploring the treasures of the museum, and learn about the religious and secular cultural artifacts housed here from Jewish communities worldwide. Tour the Shrine of the Book exhibit and the Second Temple Model with Dr. Yoav Farhi and Stav Lavon.

Aftward, enjoy private tours of two temporary exhibits with Stav Lavon, including:

- Disrupted Layer: Contemporary Art by Zohar Gotesman in the Archaeology Wing
- Dressed for Eternity: Jewish Shrouds through the Ages

### DAY 7: SUNDAY, APRIL 30, 2023

**Full day of selected tracks; includes lunch.**

Start the day with a visit to the village of Daliyat El Carmel, for a rare look into Druze culture and traditions. Druze is a monotheistic religious sect, with a unique world view differing from many religions. While the faith takes root in Islam, it also incorporates aspects from other theological views. In Israel, the Druze make up a tight-knit community, though remain an integral part of mainstream Israel.

Meet with artist Sam Halabi and explore his gallery as he discusses art in the Druze community. Afterwards, head to the ancient Herodian port of Caesarea. Here we will meet Yachdav and join a glass blowing workshop at Specolo Studio, followed by a tour of Caesarea.



## TRACK #3: ISRAELI TV

### DAY 5: FRIDAY, APRIL 28, 2023

**Full day of selected tracks; includes lunch.**

Go behind the scenes of *Shtisel*, a popular Israeli TV show about a Haredi (ultra-Orthodox) family and their community. Learn about the daily life and culture of the ultra-Orthodox community, and the efforts to further dialogue and bridge the pluralistic divide. Discuss some of the main currently conflicted topics within this community.

Over lunch, meet Neta Riskin, who plays Giti Weiss on the show, and hear about the different aspects of acting and filming the series.

#### Important Note:

Please make sure to dress conservatively on this track. This includes men covering their shoulders and head, and women covering their arms and knees. Dresses or long skirts are required for women. Please avoid wearing bright colours.

### DAY 7: SUNDAY, APRIL 30, 2023

**Full day of selected tracks; includes lunch.**

*Fauda* is an award-winning Netflix political thriller focusing on Israeli *mista'arvim* (counter-terrorism units).

Begin the day exploring East Jerusalem and discussing the multiple narratives that contribute to region's geopolitics, which often impact storylines in the show. Visit Damascus Gate and the entrance to the Muslim Quarter, and Tel El Ful—an abandoned summer palace of the Jordanian royal family, which overlooks both Ramallah in one direction, and the Jewish neighbourhood Pisgat Ze'ev in the other.

Meet with Rona-Lee Shimon, who plays Nurit in *Fauda*. Her character is the only woman in the counter-terrorism unit, formed almost exclusively of men.

After lunch, experience tasks and challenges from the world of the *mista'arvim*—Krav Maga, ODT sports, martial arts, intelligence, manipulation, and more. Participate in a “special operation” at the *Fauda* base where you will face dilemmas like the ones presented in the series.



# TRACK #4: TECH & INNOVATION

Track sponsored by Fuller Landau

## DAY 4: THURSDAY, APRIL 27, 2023

**Afternoon of selected tracks; includes dinner.**

While Tel Aviv is widely recognized as the centre of the “start-up nation,” Jerusalem has developed an intimate and world-class innovation ecosystem. Learn about the advancing tech scene at the historic Old Sharei Tzedek—now a centre for innovation and arts—from MassChallenge Israel, the largest and most diverse non-equity accelerator in Israel. Afterward, visit Jerusalem-based startup Brain Q to learn about their work in developing a recovery solution for patients with neurological disorders.

## DAY 5: FRIDAY, APRIL 28, 2023

**Full day of selected tracks; includes lunch.**

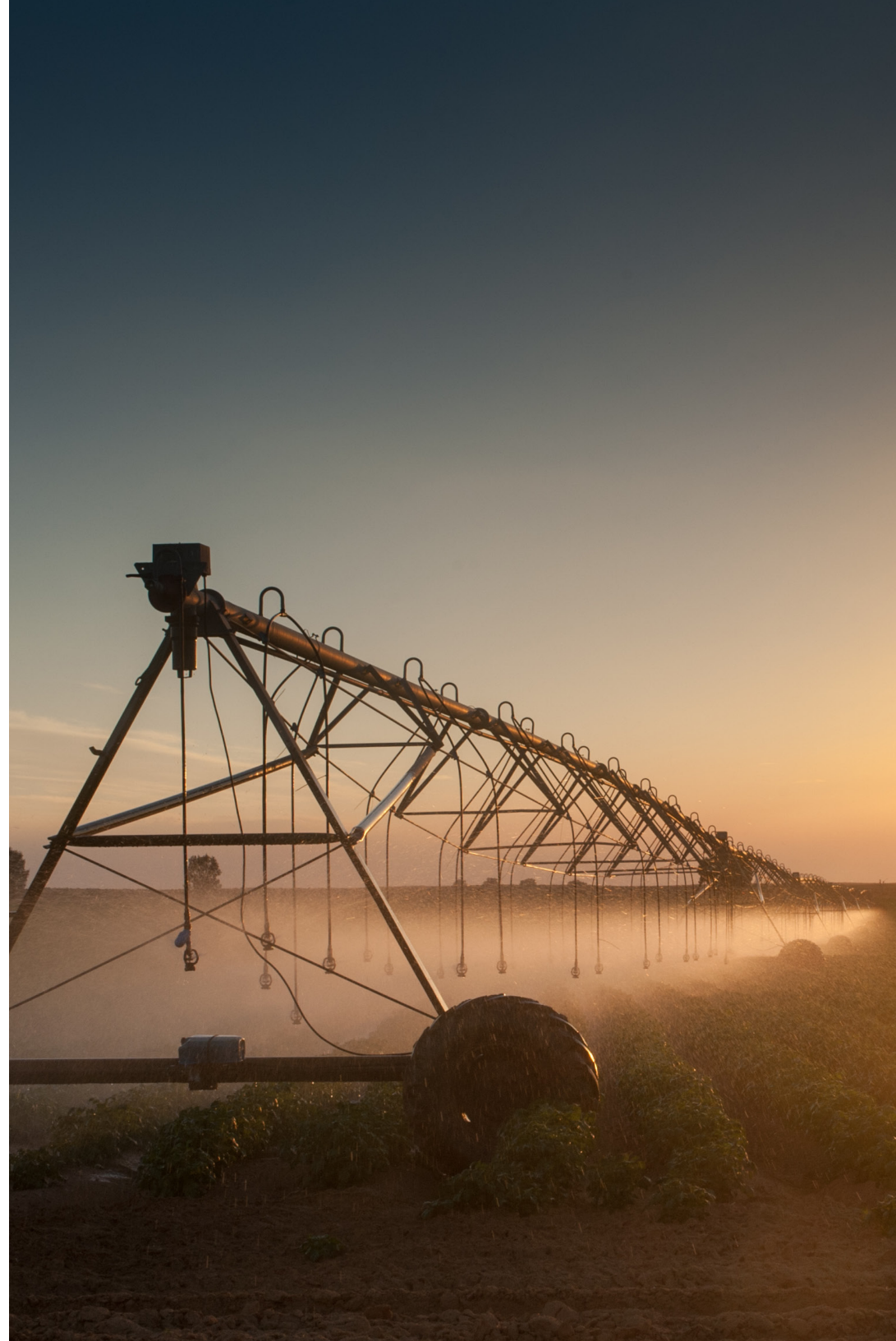
Head to Modi'in to meet with Levana Shifman, known for her active involvement as an impact and climate change advocate, for an overview of the innovative Israeli food-tech scene. Then meet Eran Groner, CEO of YoEgg, who will discuss his inventive vegan eggs, including a tasting. From there, you will partake in a culinary workshop with the founder of Happy Vegan Cooking School, Adi Cohen Siman Tov. Learn how to prepare alternative protein products, like vegan cheeses and plant-based meats. Enjoy lunch with the food you prepared, as well as additional dishes.

## DAY 7: SUNDAY, APRIL 30, 2023

**Full day of selected tracks; includes lunch.**

Technology is the backbone of the economy in Israel's southern Negev, flourishing with new projects and creations. Start the day with an overview of Israeli innovation at The Peres Center for Peace and Innovation.

Drive to Be'er Sheva for lunch, followed by a visit to Gav Yam Advanced Technologies Park, where we will meet with entrepreneurs and companies to discuss their work. Housing 16 buildings and multiple facilities for research and development, Gav Yam Advanced Technologies Park is home to multi-national companies like Elbit, Rafael, and Israel National Cyber Directorate.





## TRACK #5: POLITICS & ADVOCACY

### DAY 4: THURSDAY, APRIL 27, 2023

***Afternoon of selected tracks; includes dinner.***

Delve into Israel's political scene and the new government's developments, with consideration for the relationship between Israel and the rest of the Jewish world. At the Menachem Begin Heritage Center, meet Reuven Hazan, a professor of political science at Hebrew University, for deep discussions on the current state of affairs in Israel.

### DAY 5: FRIDAY, APRIL 28, 2023

***Full day of selected tracks; includes lunch.***

Meet Dr. Tal Backer, a senior member of the Israeli peace negotiation team, for insight into the Abraham Accords. This will be followed by a panel discussion with Fleur Hassan Nahoum, Deputy Mayor of Jerusalem, to discuss the reality of the Abraham Accords and the future outlook.

Continue with a briefing on Iran and its impact on the region from Dr. Eran Lerman, Vice-President of the Jerusalem Institute for Strategy and Security and the former deputy director of the National Security Council.



## TRACK #6: ADVENTURE & NATURE

### DAY 4: THURSDAY, APRIL 27, 2023

#### ***Afternoon of selected tracks; includes dinner.***

Enjoy an afternoon hike in Sataf, where you will see the beautiful spring blossoms, visit a natural spring, and walk through historic ruins dating back hundreds of years. End the day with a visit to Tzuba Winery, where we will also enjoy dinner.

### DAY 7: SUNDAY, APRIL 30, 2023

#### ***Full day of selected tracks; includes lunch.***

The north of Israel is full of immense natural beauty—what better way to see it than by foot? Hike Nachal Yitzpor, starting from the top of the Gilboa mountain, and finishing at the spring valley for a cool and refreshing dip. The spring water that emerges in the western part of the park maintains a temperature of 28°C all year. Visit Gan HaShlosha (Sachne), whose gardens and pools were voted by *TIME Magazine* as one of the 20 most beautiful spots on earth.

This hike will transport you, allowing you to connect to the land and stunning scenery, while touching on the historic and religious significance of the region.

*This track includes a 2-hour drive each way.*

#### **IMPORTANT NOTE:**

These tracks require the appropriate clothing and footwear, including closed-toe shoes, sneakers, and/or hiking boots. Please make sure to also bring a hat, sunscreen, and water with you.







## TRACK #7: ADVENTURE PLUS

(20 PEOPLE MAX.)

### DAY 4: THURSDAY, APRIL 27, 2023

#### **Afternoon of selected tracks; includes dinner.**

Experience Jerusalem in a way you never have before by combining your passions for running and touring on this unique guided running tour, led by Yael Goodman, Founder of Run JLM.

This 7 km run will take you through the streets of Jerusalem, with brief stops at iconic locations to enjoy the scenery and discuss the significance. Starting with Capitol Hill, this tour will take you past sites like the Knesset, Supreme Court, Israel Museum, and Machane Yehudah Market.

You will run through various neighbourhoods, from the trendy and central Nachalot to the upscale Rehavia. Bordering Rehavia, you'll run to the "Central Park" of Jerusalem—Independence Park.

### DAY 5: FRIDAY, APRIL 28, 2023

#### **Full day of selected tracks; includes lunch.**

Hike Nachal Qumran, a beautiful canyon in the northern Judean Desert, famous for being the discovery site of the Dead Sea Scrolls.

Discover Qumran as we climb our way up the gorge for scenic views of the Dead Sea from cliff-top plateaus, followed by rappelling down one waterfall after another.

### DAY 7: SUNDAY, APRIL 30, 2023

#### **Full day of selected tracks; includes lunch.**

Join the Salt Wonder, one of the most adventurous and exhilarating cave tours in Israel. Hike the desert, scale cliffs, and spelunk 75 metres down into an underground salt cave—all while taking in the breathtaking scenery.

#### **IMPORTANT NOTE:**

These tracks require the appropriate clothing and footwear, including closed-toe shoes, sneakers, and/or hiking boots. Please make sure to also bring a hat, sunscreen, and water with you.



## TRACK #8: TASTE OF ISRAEL

### DAY 4: THURSDAY, APRIL 27, 2023

**Afternoon of selected tracks; includes dinner.**

Start the day by meeting Assaf Granit—an Israeli Michelin-starred celebrity chef—at Thinkers, a distillery in Jerusalem. Sample spirits distilled on-site as you discuss Israeli cuisine.

Afterward, embark on an in-depth tour of the Machane Yehuda Market and discuss the evolution of Israeli cuisine and the ingredients, traditions, and people that are turning it into a global phenomenon.

End the day at a cooking workshop with Chef Tali Friedman and enjoy an amazing dinner.

### DAY 7: SUNDAY, APRIL 30, 2023

**Full day of selected tracks; includes lunch.**

Discover the many flavours of hummus and its varying influences, with a private culinary tour. Visit some of the most famous hummus spots in Jerusalem and try an assortment of flavours and variations of this beloved dish, while picking up tips on how to make authentic falafel.

Start at the Al Jabrini Tahini Factory, and see an olive press in the Old City that still uses traditional methods. Then head to Abu Gosh, considered the hummus capital of Israel, and visit the Al Yasmin tahini factory for a halva and tahini tasting. Learn about the culinary trends impacting demand and production. In Abu Ghosh, you will sample some of the most popular hummus, tahini, and halva in Israel.

End the day with a visit to a famous winery for a tour and tasting, where you will meet with Ruthie Rousso, a prominent local food journalist.







## TRACK #9: SECURITY & GEOPOLITICS

### DAY 4: THURSDAY, APRIL 27, 2023

***Afternoon of selected tracks; includes dinner.***

Take a ride on Jerusalem's Light Rail and see firsthand the mosaic of Jerusalem's population. Explore the differences between East and West Jerusalem and the ongoing struggles between the city's different communities.

Meet with a member of the Israeli-Arab community and discuss the Sheikh Jarrah neighbourhood, followed by a member of Israel's ultra-Orthodox community.

### DAY 5: FRIDAY, APRIL 28, 2023

***Full day of selected tracks; includes lunch.***

Travel through the city of Jerusalem, exploring its political and diplomatic complexities—including the 'Security Barrier' with Col. Miri Eisin. Continue with a discussion on the work being done to create a social and political reality for both the Jews and Palestinians that is founded on trust, mutual recognition, and respect.



## TRACK #10: COMMUNITY INVOLVEMENT & VOLUNTEERISM

DAY 5: FRIDAY, APRIL 28, 2023

***Full day of selected tracks; includes lunch.***

Visit the Jerusalem Food Rescuers at the wholesale market and take an active role in supporting local communities in need. Food Rescuers aims to create a more just and sustainable urban food system with less waste. Working with the wholesale market, they divert surplus produce that would have otherwise gone to waste. They work to support communities that do not have equitable access to food, engage in food literacy focused activities, such as lectures and workshops with kids and adults, and run a sustainable catering business.



# SPEAKERS

## Shai Abramson

Representative Cantor for the State of Israel, Shai Abramson was born in Jerusalem. Exposed early on to the world of cantorial music, he participated as a young teen in the choir of the Great Synagogue in Jerusalem during the High Holiday season. He gradually acquired more musical expertise and experience, studying with the best teachers in Israel, including Maestro Elli Jaffe.

Abramson participates in his official capacity in formal national occasions, including ceremonies for Memorial Day and Independence Day at the Western Wall and at Mount Herzl. He performs with the most prominent cantors and musicians of our generation in Israel and around the world, including the Israel Philharmonic Orchestra, the Israel Chamber Orchestra, the Raanana Sinfonette Orchestra, the Israel Police Orchestra, and with the musical ensembles of the Youth and Education Corps. He has presented his cantorial repertoire in Jewish communities and concerts in the U.S., England, Canada, Australia, Italy, France, Hungary, Poland, Romania, Bulgaria, Belgium, and more, with the intention of developing and strengthening ties with Jewish communities around the world.

## Aviva Alon

Alon grew up in the Mosrara neighborhood. In her childhood, she experienced two wars: the Six-Day War and the Yom Kippur War.

She served in the Liaison Corps Central Command in the 1960s.

Her passion for cooking and baking began in 2000, when her family owned a bakery, and she has been hosting groups while sharing about her life ever since.



## Riman Barakat

A native of East Jerusalem, Riman Barakat heads the Jerusalem Season of Culture's (JSOC) East Jerusalem and Palestinian affairs department and, until recently, ran her own business, Experience Palestine, which offered content and itineraries for international and local delegations and missions who were seeking a unique Palestinian perspective.

Barakat has been involved in peace-building initiatives throughout her professional career serving as the acting Executive Director for Breaking the Impasse (BTI)—Palestine, an advocacy group comprising Israeli and Palestinian business leaders sponsored by the World Economic Forum. She also served as the Co-Director of the Israel Palestine Center for Research and Information (IPCRI).

Barakat holds two graduate degrees in the fields of Middle Eastern studies and International affairs. In 2011, Barakat successfully completed a Fulbright scholarship at Marquette University, Wisconsin.

## Dr. Tal Becker

Dr. Tal Becker is a fellow at the Shalom Hartman Institute in Jerusalem and a leading member of the Institute's iEngage Project. Becker also serves as principal deputy legal adviser at the Israeli Ministry of Foreign Affairs, and is a senior member of the Israeli peace negotiation team, including in the last round of talks mediated by US Secretary of State John Kerry. In this position, he is on the front lines of many of Israel's most pressing diplomatic, legal, and policy challenges and is a veteran negotiator and key behind the scenes representative for Israel in a wide variety of contexts.

Dr. Becker has been a senior fellow at the Washington Institute for Near East Policy, senior policy advisor to Israel's Minister of Foreign Affairs, a lead negotiator and drafter in the Annapolis peace talks, director of the international law department at the Israeli Foreign Ministry, counsel to Israel's UN Mission in New York, and an international law expert for the Israel Defense Forces. He is the author of *Terrorism and the State*, which won the Guggenheim Prize for best international law book, and has served, among numerous positions, as the Vice-Chairman of the United Nations General Assembly's Legal Committee, the first Israeli to hold a position of this stature in over 40 years.

## Alon Ben-David

Alon Ben-David is a television and print journalist, who has been covering the Middle East conflict for more than three decades. Specializing in defence and military issues, Ben-David is currently senior defense correspondent for Channel 13 TV in Israel. As a contributor to several international publications, he is considered one of Israel's leading journalists.

Ben-David has covered all major events in the region for the last 30 years, including the First and Second Intifadas, the assassination of Prime Minister Yitzhak Rabin, the disengagement from Gaza, Israel's long war in Lebanon, and the recent Gaza conflicts. He has also reported from scenes of major global events, including the 9/11 attacks in New York City. Throughout his career, he has created numerous documentary films and series.

Ben-David holds a BA in political science from Tel Aviv University and an MA in public administration from Harvard University. He is a senior research fellow at the Center for International Communication at Bar-Ilan University. Ben-David frequently lectures throughout the world on topics relating to the Middle East.

## Yair Ben-Shalom

Yair Ben-Shalom is the director of the National Memorial Hall for Israel's Fallen at Mount Herzl. The site, which contains the names of over 23,000 fallen Israeli soldiers, offers a new and unique concept of commemoration, expressed through architectural construction.

After his studies at Mandel, Ben-Shalom was the principal of the "NILI" School in Zikhron Ya'akov. He also taught theatre and psychology at Atidim in Or Akiva for two years (2001-2003), founded and co-ordinated the school's theatre course (focusing on non-standard matriculation classes), and served as a teacher in its middle school.

Yair holds a BA in education from Haifa University, studied community theatre at Tel Aviv University and social sciences in Beit Berl College, and holds an MA in health systems from Ben-Gurion University of the Negev.

## Nissim Black

Nissim Baruch Black is an American rapper, songwriter, and record producer. Under the stage name D. Black, he released the albums *The Cause & Effect* and *Ali'yah* and was featured on producer Jake One's debut album *White Van Music*.

He retired in 2011 to focus on his conversion to Orthodox Judaism, but soon returned under his new legal name Nissim Black and began focusing on Jewish hip hop. He appeared on Shtar's song "Rabbit Hole" and has since released the mixtapes *Miracle Music* and *Love Notes*, as well as the studio albums *Nissim*, *Lemala*, and *Gibor* (2019).

## Avi Bledi

Avi Bledi, born in Jerusalem, has a master's degree in law from the Hebrew University of Jerusalem. Avi Interned in the Legal Bureau of the Ministry of Finance and is currently writing a thesis on the cultural history of the endowment institution (Waqf) in the Holy Land under the guidance of Prof. Gideon Parchomovsky. In addition, he serves as a member of the local authority of Givat Ze'ev.

Avi and his wife Maya specialize in guiding history and culture tours, and have founded EarTzion, a podcast that offers free audio-guided tours in Jerusalem.

Avi lived in Toronto between the years 2001-2003 and studied at the Netivot HaTorah day school, where his parents were teachers on behalf of the Jewish Agency.

## Nisim Ben Cohen

Nisim Ben Cohen is a serial entrepreneur for the past 20 years, restaurateur, and food business consultant. Cohen is the former owner of two high-quality fast food chains and a graduate of Wizo Haifa, with a B.E.D in education and graphic design.

Cohen has been married to Yosefa since the age of 18, with four fabulous daughters, a dog, and a cat.

## Alon Davidi

Alon Davidi is the Mayor of Sderot. Born in Be'er Sheva, he studied at the Benny Wolfson yeshiva in the city and later at the Karnei Shomron hesder yeshiva. He holds a BA in Education and MA in Administration and Public Policy. He arrived in Sderot 22 years ago. He taught for two years at the local high school and managed the hesder yeshiva in Sderot.

Davidi served as advisor to the Minister of Housing Effie Eitam. He founded the "Headquarters for the Security of Sderot", which worked hard to restore security to the residents of Sderot. He was elected to the city council in 2008, and since 2013 serves as mayor of Sderot.

He is 44, married to Nurit, and the father of seven children.

## Miri Eisin

Retired Colonel Miri Eisin serves on the faculty of the Reichman University in Herzliya, Israel, where she teaches graduate and undergraduate students, and is an associate at the International Institute for Counter-Terrorism.

Miri is an intelligence, security and diplomacy expert and an international public speaker. Eisin also served as the Israeli government spokesperson during the Second Lebanon War in 2006, and as international press secretary to Prime Minister Ehud Olmert.



## Chaviva Eisler

Chaviva Eisler is currently the director of the Haredi Employment Coalition, which works to reverse the stagnation of recent years in the scope and quality of Haredi employment in Israel. Previously, Eisler played an integral role in the planning and launching of employment programs for Israel's Haredi community within the context of JDC-Israel's Tevet employment initiative. Eisler was also responsible for strategic planning and overseeing program operations in JDC-TEVET and in JDC-ESHEL, which strive to improve the status of Israel's elderly population in Israel, and Israel Unlimited, the national initiative for people with disabilities in Israel. Eisler worked in a similar capacity in Ashalim, the JDC partnership for at-risk children and families, coordinating the professional exchange program with four New York agencies.

As an ultra-Orthodox woman working with a variety of populations, Eisler brings a distinctive and empathetic perspective to the work she does. Eisler made Aliyah to Israel from Canada more than 30 years ago, and now lives in Kiryat Telz Stone with her husband, children, and grandchildren.

## Dr. Yoav Farhi

Dr. Yoav Farhi is an archaeologist and numismatist (a researcher, specialist, and/or collector of coins, paper money, and medals) with a PhD from the Institute of Archeology at the Hebrew University of Jerusalem.

Farhi took part as a manager, partner, and team member in various excavations all over the country while cooperating with various universities and research institutes from the country and around the world. The main topics he deals with are numismatics and the study of small finds in their various shades.

Farhi is also an educator and teacher and has worked in this capacity for many years at the Israel Museum as well. He taught and teaches various courses in the departments of archeology at Tel Aviv University, Ben-Gurion University, Haifa University, and the Hebrew University.

Farhi is a member of the Bank of Israel's committee for the design of banknotes, coins, and commemorative coins, and he also serves as secretary of the Israel Numismatic Society and chairman of the Tel Aviv branch. He has so far published one monograph and dozens of articles and studies in books and journals in Israel and abroad.

## Tali Friedman

Tali Friedman is a Jerusalem native chef, with 23 years of experience in professional kitchens in Israel and abroad.

For the past 14 years, Friedman has dedicated herself to the Machane Yehuda Market. Tali Friedman's Atelier, culinary studio, is hidden in the heart of the market and has been drawing visitors from around the world who are eager to explore Israel from a different perspective.

She was elected as the first female chair of the Machane Yehuda Merchants' Association, advocating for the 1,000+ vendors.

## Yachdav Gilbar

Yachdav Gilbar, born in Jerusalem, is a co-founder of Speculo. His parents made Aliyah from the US. He attended school at a high school yeshiva in Gush Etzion.

While growing up, Gilbar was exposed to glassblowing by his aunt who had a glassblowing studio in Chicago. He studied in Bezalel with the intention of starting a glassblowing studio in Israel.

After dropping out of school he worked for two start-ups before returning to Glass and opening Speculo with Grisha, whom he met during his studies.

Speculo aims at doing art and design but started mostly as a workshop business—being one of the busiest workshop businesses in Israel with 120-160 workshops per month.

Inspired by Chihuly, Yachdav dreams of making Caesarea and Israel a center for glass lovers worldwide.

## Yael Goodman

Born and raised in Jerusalem, Yael Goodman began her career as a Tour Educator in 1999, fresh out of her two-year army service where she served as a Commander.

Goodman started as a young guide working with youth Birthright and March of the Living trips. After leading dozens of educational groups she started guiding journalists, politicians, and VIP groups. Goodman became a master trainer for one of Israel's leading tour guide training courses.

After successfully managing several 2-year tour guide courses, Goodman went on to work for the Israeli Ministry of Tourism as a licensing examiner accrediting new tour guides. In 2019, she founded RUN JLM, a running tour initiative where she combined 3 of her major passions: running, guiding, and Jerusalem. Today, Yael runs her business creating more partnerships and educational runs of the city she loves.

## Assaf Granit

Assaf Granit is a renowned chef and owner of Machneyuda Group—a consulting and management group with more than 20 restaurants and upcoming projects located around the world, including Paris, London, Berlin, Saint Barthelemy, and Jerusalem.

Granit was born and raised in Jerusalem, which remains his biggest and purest inspiration. Without formal cooking education, but rather sticking close to his grandmother's kitchen, he wandered through the different tastes and scents of Jerusalem's streets. Following several internships in Europe, he opened his first restaurant (Machneyuda), which remains a true success story.

Apart from being a famous chef, he is also a culinary entrepreneur, a judge and TV host on several popular TV shows in Israel. In 2021, Granit and Machneyuda Group got their first Michelin star for Shabour in Paris. This is the first Michelin star awarded to an Israeli restaurant in France. The restaurant successfully maintains its Michelin star in 2023.

## Shai-Shalom Hadad

Shai-Shalom Hadad is a seasoned professional with over 7 years of experience at MassChallenge Israel, one of the leading innovation networks on the planet. As the Chief Operating Officer, Hadad leads operations, finances, HR, facilities, governance, and IT, ensuring a high-quality experience for start-ups participating in the Israel accelerator program. With top skills in operations management, strategic planning, and event management, he has been instrumental in MassChallenge Israel's success, with over 350 startups having raised \$1.1B+ in funding, and created over 14,000+ jobs.

Hadad's expertise extends beyond his role at MassChallenge, having previously served as the Director of Business Operations and Logistics Coordinator and Tour Operator at Israel Experience, as well as a Hebrew Instructor at Ulpan-Or International.

Hadid is fluent in Hebrew and English, an avid learner of Spanish, Greek and Russian and holds a Bachelor's degree in History from The Hebrew University in Jerusalem.

## Yosef Haddad

Yoseph Haddad is an Israeli Arab, born in Haifa as the second of four brothers. When the second Lebanon War broke out, he was seriously injured and had to have his leg amputated, along with several other injuries to his body and face. After a year of dedicated treatment, and a lot of faith and willpower, his leg was reattached. He now plays soccer as a hobby and runs 10 km every week.

Yoseph then decided to dedicate his life to advocacy purposes. He travelled around the world to talk about the beautiful sides of Israel and the real opportunities that Israeli Arabs get. Among other things, he went on informational missions and lectured to students on campuses in the USA, to Jewish and Christian communities, in parliaments around the world, and fought against the organizations boycotting Israel and the new waves of antisemitism in the world.

Yoseph serves as a reporter for i24; was selected two years in a row as one of the 50 most influential pro-Israeli activists in the world; and won the "Light of Israel" award from the Ministry of Foreign Affairs in 2021. Yoseph also won the Begin Prize in 2022, which recognizes people or organizations making an extraordinary contribution to Israeli society.



## Sam Halabi

Sam Halabi is a young artist and an active multidisciplinary creator who creates in his own studio at the heart of Daliat el Carmel, the larger of two Druze villages in the Carmel mountains.

Sam Halabi was born as an only son in a family of ten children. According to him, his sisters claim that he seized all the aesthetic talent and creativity from his family, thus being able to create and paint as an autodidact artist and a virtuoso.

The most impressive thing in Sam's studio is the grandiose furniture installations, furnished rooms adorned with dozens of unending colorful drippings. He voices a utopian and dreamy statement, but also a sarcastic social criticism of the abundance society.

Halabi proves, through his paintings, that there is still an art void of any colour boundaries, that there is still an art that beautifies life, brings joy, and contributes to others.

## Reuven Hazan

Professor Reuven Hazan is a political scientist, diplomat, political affairs commentator, and former chair of the political science department at Hebrew University of Jerusalem. Educated at Hebrew University (BA) and Columbia University (MA, PhD), he has held academic appointments at Hebrew University since 1995. Hazan was a visiting professor in the government department of Harvard University (2009-2010) and visiting associate professor in political science at Emory University (2003-2004). His expertise is in historical and current analysis of democratic institutions in general and Israeli democracy in particular.

Hazan has served as a leading consultant for several political parties in Israel and works with the nation's foremost think tanks. Widely known for his expertise in the field of political science, Hazan is a member of the editorial board of the *International Political Science Review*, *The Journal of Legislative Studies*, and *Party Politics*. He has organized Israeli and international conferences, workshops, and panels devoted to such issues as electoral reform, party organization, and legislative institutions.

Professor Hazan was the recipient of the 2009-2010 Rector's Prize for Research and Teaching, the highest honour bestowed upon academics at Hebrew University.

## Eran Lerman

Dr. Lerman was deputy director for foreign policy and international affairs at the National Security Council in the Israeli Prime Minister's Office. He also served for eight years as director of the Israel and Middle East office of the American Jewish Committee.

He teaches in the Middle East studies program at Shalem College in Jerusalem, and in post-graduate programs at Tel Aviv University and the National Defense College. He is an expert on Israel's foreign relations, and on the Middle East. A third-generation Sabra, he holds a Ph.D. from the London School of Economics, and a mid-career MPA from Harvard University.

## Barak Monnickendam-Givon

Barak Monnickendam-Givon is the current co-director of the Western Wall Plaza archaeological excavations on behalf of the Israel Antiquities Authority (IAA). Barak earned a Ph.D. in archaeology from the Mandel School for Advanced Studies in the Humanities at the Hebrew University of Jerusalem (HUJI). In 2014-15 he was the Mandel visiting scholar in the history of art and architecture department at Boston University.

Before joining the IAA, Barak co-directed the HUJI 'Akko railway station salvage excavation and worked as a pottery specialist at the Tel Dor Archaeological Project, one of the most ongoing excavations in Israel.

## Fleur Hassan Nahoum

Fleur Hassan Nahoum grew up in Gibraltar and studied law at Kings College, London University. She qualified as a barrister in Middle Temple in 1997 and practiced in London before immigrating to Israel in 2001.

In Israel she worked at JDC in resource development for Europe and later became the Executive Director of Tikva, a nonprofit organization saving abandoned and abused Jewish children from the Former Soviet Union.

In 2011 she set up her own communications consulting business Message Experts and does consulting work for large corporation as well as nonprofit organizations on effective communication strategies.

In May 2016, Nahoum became a city councillor in Jerusalem, and in February 2017, the leader of the Opposition. In November 2018 she was re-elected to the Jerusalem Municipal Council and was appointed Deputy Mayor for foreign relations economic development and tourism.

She is currently the only British politician in Israel and is involved in the advancement of women's rights and marginalized populations groups in the city, in economic development, and the fight for a pluralistic Jerusalem. Nahoum is also the co-founder of the UAE-Israel Business Council.

## Idan Pundak

Idan Pundak served in the Duvdevan unit, as the Head of Counterterrorism Training in early 2000. He has been a board member at the Duvdevan Foundation for a decade.

He is the founder of "Expert Kosher Kravi"—one of the biggest pre-army leadership organizations for youth in Israel. He is also the CEO and co-owner of FAUDA base.

He is married to Yifat and father to Lavi and Rona.

## Neta Riskin

Neta Riskin is an Israeli actress and journalist, best known for her role as Giti Weiss in the award-winning series *Shtisel*. Riskin also played Hanna in *Norma* starring Richard Gere, and even coached Israeli-born American actress Natalie Portman to speak Hebrew with an Israeli accent for *A Tale of Love and Darkness*. Riskin was born in Tel Aviv to secular Jewish parents.

## Ruthie Rousso

Ruthie Rousso is a lecturer, journalist, chef, and TV personality.

Following her military service, Rousso pursued her culinary studies at the ICC in New York City while working alongside renowned American chef David Burke. She later returned to Israel and worked as a journalist at Maariv Daily News, where she focused on the political, economic, and ethical aspects of food production. Her specialization in this field led her to deliver a lecture on this topic at TEDx Tel Aviv.

Rousso is also a prominent food columnist for Yedioth Ahronoth, has served as a judge on "The Next Restaurant" on Reshet Media Group, and hosted the documentary "The Land of Food" on HOT8.

Rousso has traveled worldwide on behalf of various Israeli governmental organizations, representing the Israeli food scene with new innovations in food and agro tech. Her work has been featured on CNN, ABC, NBC, and local television channels in Hanoi, Manila, and Istanbul.

Her course "Food for Thought" at Reichman University provides international students with a comprehensive understanding of the food-tech discourse in Israel and worldwide.



## DJ Schneeweiss

Well-known to many in Canada, Schneeweiss is a former consul general of Israel in Toronto. He is now working with the National Library of Israel on its partnership-building and global outreach.

After making Aliyah from Australia in 1987, Schneeweiss received his MA from Hebrew University in 1990 and joined Israel's Foreign Ministry in 1994. There, he built a distinguished career serving as an advisor to several of Israel's foreign ministers, the Press Secretary at Israel's London Embassy (where he was recognized as the most effective diplomatic spokesman in London), Deputy Ambassador to China, and served as Director of Digital Diplomacy for the Foreign Ministry.

Since leaving the diplomatic corps in 2019, Schneeweiss has been working as an independent consultant, advising private companies and public institutions on their strategy, communications, and international relations. He is married with two children and lives in Jerusalem.

## Yaron Segal

Dr. Yaron Segal is the chief innovation officer and co-founder of BrainQ. With notable expertise in atmospheric sciences, Segal was driven by his son's diagnosis of Familial Dysautonomia to develop BrainQ's protocols and pioneered the founding of the company.

Segal leads the continued development of protocols and neuroscience research. He is also the co-founder of the IARD Institute for Advanced R&D, which researches meteorology, atmospheric sciences, satellite image processing, and satellite data analysis. Segal completed his BSc, MSc, PhD, and post-doc at Hebrew University. He also attended Ort College for Technology in Jerusalem, majoring in computerized systems and computer electronics.

## Levana Shifman

Levana Shifman is a prominent figure within the Israeli Foodtech ecosystem, known for her active involvement as an impact and climate change advocate.

Over the past few years, she has led MAF (Modern Agriculture Foundation), a non-profit organization focused on fostering innovation and entrepreneurship within the Foodtech sector.

Shifman also serves on the board of directors for several corporations and associations, demonstrating her expertise in the areas of banking and finance.

She is also a renowned lecturer in the fields of foodtech, sustainability, and related subjects.

Significantly, she has previously served as the chairperson of the board of a public bank and as a vice president in an investment house.

## Dafna Siegman

Dafna Siegman is a Judaica specialist and collection developer in the Collections Department of The National Library of Israel. Siegman holds degrees in Jewish History from Columbia University and is a seasoned adult-educator. In addition to her work at The National Library, Siegman teaches and writes about Jewish texts.

## Adi Cohen Siman Tov

Adi Cohen Siman Tov is a distinguished blogger, entrepreneur, and mentor, recognized as one of the first vegan bloggers in Israel.

As the founder of the first and only plant-based healthy cooking school in Israel, Adi has established herself as a pioneer in plant-based cooking, consistently leading the charge in developing new and innovative ways to make plant-based food accessible to the wider public.

In her capacity as the head of the cooking school, Adi not only teaches classes but also provides guidance and support to catering companies and restaurants interested in incorporating high-quality and exciting plant-based menus for their diners.

With close to three decades of experience in business development and marketing, Adi also offers consultancy and mentoring services to businesses and associations embarking on their journey.

Adi's ultimate ambition is to create a world where everyone can enjoy delicious, creative, and exciting food, based on plant-based ingredients.

## David Weinberg

David Weinberg is director of CIJA's Israel Office. He also is a diplomatic, defense, and Jewish world columnist for The Jerusalem Post and Israel Hayom newspapers, and a senior fellow at two Israeli think tanks.

Before moving to Israel from Toronto in 1990, he was director of research and education for the Canada-Israel Committee. In Israel, he has been senior advisor to then-Deputy Prime Minister Natan Sharansky, and founding coordinator of the Global Forum Against Antisemitism in the Israeli Prime Minister's Office. He also has been spokesman of the Begin-Sadat Center for Strategic Studies, of the Herzliya Conference on Israel's National Security, and of Bar-Ilan University. He studied international relations and history at the University of Toronto and Bar-Ilan University; Talmud and Jewish philosophy at the Hakotel and Har Etzion yeshivas; and oenology at the London-based International Wine & Spirit Education Trust, the world's leading institute for qualifying sommeliers.

# A GENERAL QUICK GUIDE TO ISRAEL





## ISRAEL FAST FACTS

FULL NAME:  
**Israel / State of Israel**

CAPITAL CITY:  
**Jerusalem**

COUNTRY SIZE (TOTAL AREA):  
**22,0722 sq km**

POPULATION:  
**9,153,001 (2023 estimate)**

TIME ZONE:  
**GMT+3 (EST +7 hours)**

HEAD OF GOVERNMENT/PRIME MINISTER:  
**Benjamin Netanyahu**

HEAD OF STATE/PRESIDENT:  
**Isaac Herzog**

GOVERNMENT:  
**Parliamentary Republic**

OFFICIAL LANGUAGES:  
**Hebrew**

MONETARY UNIT:  
**New Israeli Shekel (NIS/ILS)**

VOLTAGE:  
**220 V / 50Hz.**



## LANGUAGE(S)

Hebrew is the official language of Israel, though English and Arabic are widely spoken throughout the country. Other common languages heard in Israel include Russian, Polish, French, Hungarian, and Yiddish.

## CURRENCY

The official currency of Israel is the New Israel Shekel (₪). Banknotes are issued in denominations of 20, 50, 100, and 200, and coins available in 1, 2, 5, and 10 shekels, as well as 10 and 50 agorot (like cents).

If looking to withdraw money from an ATM, confirm with your banking institution ahead of time what the rates are, and if they have any recommendations for suggested or partner banks to withdraw from.

## PAYMENT METHODS

While international credit cards—specifically Visa and MasterCard—are accepted at nearly all hotels, restaurants, and shops, it is recommended that you carry cash (in the local currency) with you, especially if you are looking to shop in markets.

If planning to predominantly use a credit card while in Israel, please note that many banking institutions will charge an additional transaction fee. It is always best to notify your bank before travelling, as well as to check with them regarding additional charges and fees.

## WEATHER

While Israel is known for warm weather and sunshine, it still maintains a four-season cycle, albeit one with long summers and a short spring. Summers in Israel can last from May until October, though it is typically at its hottest and most humid in July and August. While Israel typically doesn't see more than 40-50 days of rain over the course of the year, it is typically concentrated over the winter months, particularly January and February.

January to March will typically see temperatures in the mid-teens (Celsius), with April and May averaging 20-23 degrees Celsius. In June temperatures move into the mid-20s, with July and August hovering around 30 degrees. September and October average temperatures in the mid-20s, with November and December gradually dipping to the high teens.

Though a small country, in the south of Israel, temperatures typically go up a few degrees, especially near the Dead Sea, where summer days can rise above 40 degrees Celsius.



## VISA & PASSPORT INFO

The need for a travel visa depends on nationality—for Canadians, no travel visa is required. The maximum duration of any tourist trip is 90 days.

The Government of Canada advises that you ensure your passport is valid for at least six months beyond your travel dates.

## VOLTAGE

Israel uses 220 V and 50 Hz, which will require bringing a travel adaptor with you. Ideally you should bring a Type H adaptor, with a three-pin plug (different to the UK plug), though a Type C or E/F adaptor (a two-pin plug, which is used in continental Europe) will still work. Depending on your adaptor, a transformer may be required as well, specifically if you are bringing electric shavers, hair irons, or small electrical appliances that are not dual voltage.

## HEALTHCARE & MEDICAL EMERGENCIES

In the case of a medical emergency, dial 101.

While travel to Israel poses no serious health risks, travel and medical insurance is required.

## STANDARD BUSINESS HOURS

The standard work week in Israel runs Sunday to Thursday, with corporate offices and businesses closed on Friday. Most stores and restaurants follow a similar work week, open from Sunday until early Friday afternoon. Public transportation will also stop running early on Fridays for Shabbat, usually around noon, and resume again on Sundays.

Shops are usually open from Sunday to Thursday, 9:00 AM-7:00 PM, though hours may extend during peak holiday periods. Some malls in more secular neighbourhoods may open on Saturday, though usually later in the day. Restaurants, cafes, and chain coffee shops (if not kosher) will remain open on Saturday in most of the country.







## CULTURAL NORMS & BEST PRACTICES TO KNOW BEFORE YOU GO

### TAXIS & TRANSPORTATION

- If taking a taxi in Israel, ask for the meter to be turned on (say “*moneh b'vakasha*”, which means “meter please”). Cab drivers may try and negotiate prices upfront but often it is better to go with a metered price.
- Taxis are often pricier overnight, during Shabbat, and over Jewish holidays.
- Uber is not available in Israel. If looking for a taxi or ride-sharing app, use Gett.

### TIPPING & TAXES

- Tipping is standard practice in Israel, similar to North America. Plan to tip waitstaff, cab drivers, and service providers 15 percent.
- Taxes are already built into the price in Israel, similar to how it is in Europe.
- While most places accept credit cards, it's always best to carry local currency with you for markets, small cafes, street food, and tipping.

### DRESS CODE

- When visiting most religious sites, women are expected to dress modestly, covering their shoulders and thighs. Men are expected to cover their shoulders, and may be expected to use a head covering, such as a kippah or a hat.
- In Orthodox neighbourhoods, women are expected to dress conservatively, covering their shoulders, arms (past the elbow), and legs (past the knees). It is also suggested that women wear a longer skirt (rather than trousers), and dress in muted neutral colours. Men are expected to cover their shoulders and wear a head covering.



## SHOPPING

- Similar to shopping in Europe, when you purchase goods over a certain value in Israel, you can claim a VAT refund at the airport and get your taxes back. However, this option is only available at stores that are registered with the Ministry of Tourism and/or stores that participate in the VAT-refund plan.

## DINING

- The drinking age in Israel is 18, with alcohol widely available throughout the country. However, in Muslim-dominated areas, alcohol may be less accessible.
- While not all restaurants in Israel are kosher, most restaurants in West Jerusalem are.
- Kosher restaurants will be closed on Shabbat throughout Israel, with exceptions at hotels and in some city centres.
- If planning on dining at a hotel restaurant on Shabbat, it is strongly recommended to call ahead and make a reservation. In some cases, it is required.
- It is recommended to make reservations for dinner beforehand, regardless of the night of the week.
- Kosher restaurants are more expensive than non-kosher restaurants in Israel.

## OTHER

- As a tourist visiting Israel, it is important that you keep the blue slip you receive at the airport. When you land, your passport will not be stamped. Instead, you'll be handed a blue slip that is proof of you entering the country.



# FOOD & FLAVOURS OF ISRAEL



## WHAT TO EAT IN ISRAEL

One of the best ways to discover a new country or culture is through their cuisine, and Israel is no exception. While traditionally the flavours of Israel were more Middle Eastern and Levantine in nature, over the years the culinary scene has grown exponentially, with influence from Jewish immigrants and refugees. Now staples in Israel include dishes and flavours from Eastern Europe, Ethiopia, Morocco, Yemen, and Iran.

In addition to being diverse in flavour, Israeli produce is notoriously fresh despite the desert climate. Perhaps that's why Israel is considered a vegetarian paradise, constantly listed as one of the most vegetarian-friendly countries in the world.

Below are some of Israel's most famous and flavourful dishes, from street food staples to gastronomic treasures.

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**Helpful Hint:** In Israel, you will find some traditionally British/European names for certain foods, like aubergine (eggplant) and chips (fries).

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## BABKA

While babka originated in Eastern Europe, becoming commonplace in North America with Ashkenazi Jewish immigrants, Israel has made this dessert loaf a staple in its cuisine. However, though similar in style and look, in Israel babka is often topped with a honey flavoured syrup and/or has local spices and flavours added to it, like zaatar. If looking for something sweet to enjoy with your coffee, try a slice of Israeli babka—it's both familiar and unique at the same time.

## BAMBA AND BISSLI (OSEM COMPANY SNACKS)

Just like the United States has Hershey's and Kraft, and the United Kingdom has Cadbury, Israel also has its own popular manufacturing company, responsible for some of the most famous and beloved snacks throughout the country. When visiting, don't just try fresh flavours, but consider trying popular Israeli snack foods if you haven't had them already, to get a proper taste of Israel culture.

Bamba are peanut butter puffs, made from corn grits and without preservatives or food colours. They are pressure popped into little bite-sized puffs and air baked before being coated in liquid peanut butter. This snack is both sweet and salty and a must when snacking in Israel. You can also find Bamba available in a strawberry flavour, and a chocolate nougat flavour, though peanut butter remains the beloved choice.

Bissli is another popular snack from Osem, made from deep fried pasta. Translating to "my little bites" in English, these crunchy bite-sized snacks are available in a variety of flavours, including "grill" spirals, onion rings, BBQ cylinders, pizza squares, and falafel sticks.

## ISRAELI BREAKFAST

Israeli breakfast may not seem heavy at first glance but be prepared for big meals that are very filling. Typically Israeli breakfast includes an omelette, an Israeli salad, a selection of breads, small bowls containing different cheeses, tuna, and olives, fresh squeezed orange juice, and a cappuccino. So if you have a leisurely morning to spare, indulge in this hearty and healthy breakfast.

## CHOLENT/HAMIN

Cholent is a traditional Ashkenazi stew, usually made with beef, potatoes, beans, vegetables, and barley, left to simmer overnight. Hamin is the Sephardic version of this dish, which uses rice instead of beans and barley, and substitutes chicken for beef.

## FALAFEL

Considered the national dish of Israel, falafel are deep-fried ball-shaped patties, made from ground chickpeas and/or fava beans, and a variety of Middle Eastern spices. It is typically served in pita or laffa, with hummus, Israeli salad, fried eggplant/aubergine, and local sauces. Sometimes you'll find fries (or "chips") stuffed in your falafel pita as well.

The origin of falafel has roots dating back to ancient Egypt, where this dish was allegedly made from fava beans. However, now it's a popular staple throughout the Middle East—suitable to carnivores and vegans alike.



## FUL

While similar to hummus, ful is a chunkier spread, made with fava beans instead of chickpeas. It also has a more earthy flavour than hummus, using more cumin in addition to fresh herbs, chili, and onions. If looking to get adventurous with your falafel or shawarma, try swapping your hummus for ful.

## HALVA

Halva is a sweet dessert made from tahini sauce blended with nut butter and sugar. Though typically quite dense, you can sometimes find softer crumblier textures, and even spreadable forms. If you're a fan of tahini, this is the perfect treat for snacking.

## HUMMUS

Hummus is a popular dish around the world, and a beloved Middle Eastern staple. While the origins of this dish are disputed with many countries and cultures laying claim to it, including Israel, you will undoubtedly find some of the best in the world here.

Creamy in texture and rich in flavour, hummus is made from boiled chickpeas, tahini, lemon, and spices—often a dash of paprika and/or parsley. Perfect for sharing, an appetizer, or meal onto itself, hummus can be enjoyed as a dip, spread, and/or topping. As a meal, it is typically served with pita bread, Israeli salad, and falafel.

If you're looking for a fun variation, try masabacha hummus—chickpeas are left whole to create a different texture, and is served hot.



## JACHNUN

Originally from Yemen and brought to Israel through immigration, jachnun is a slow cooked dough.

Typically eaten on Saturday mornings for Shabbat, the dough is rolled the day before and slow baked overnight, producing a sweet, dark golden-coloured pastry bread. It is traditionally served with a tomato dip, boiled eggs, and zhug (Israeli hot sauce).

## KHACHAPURI

A national dish of Georgia, khachapuri has become a popular breakfast and brunch staple in Israel, while also a perfect option for an on-the-go breakfast. It's made from a simple pastry, often shaped like a boat, and stuffed with various fillings. Classic khachapuri is stuffed with cheese and topped with a fried egg, but vendors offer various versions, some which may be vegan-friendly and stuffed with beans, or some that are more gourmet, using garlic butter, squid, and/or prawns. Relatively inexpensive, this is a delicious start to the day.

## KNAFEH

A popular pastry in Israel, knafeh is a sweet dessert made from unripe cheese baked in a special noodle/dough (similar to phyllo dough) and soaked in sugar syrup. It is often flavoured with orange blossom or rose water, with nuts sprinkled on top. While the classic version remains most popular, contemporary chefs and trendy bakers are finding ways to innovate this dish.

## KUBBEH

A popular dish in Jerusalem, kubbeh are dumplings served in soup, made from bulgur and/or semolina, and stuffed with ground red meat, minced onions and herbs/spices. Introduced to Israeli cuisine through Iraqi and Kurdish Jewish immigrants, this soup and dumpling dish tends to range in colour, from red to yellow, depending whether an Iraqi or Kurdish recipe was used.





## LAFFA

Also known as Iraqi pita, this fluffy flatbread became popular after a mass immigration of Iraqi Jews moved to Israel in the 19th century. Baked in coal or wood-fired ovens, this yeast-based dough is left to slowly rise and then baked until it starts to puff and turn golden brown, resulting in a light fluffy pita bread, perfect for dipping or stuffing with falafel and shawarma.

## MALAWACH

Malawach is the Yemenite-Jewish answer to a pancake, made from thin layers of puff pastry. Often referred to as a flatbread, with similarities to a croissant in texture, this popular dish can be enjoyed with savoury or sweet toppings. Go more traditional, with hard boiled eggs, a tomato sauce, and zhug, or try a sweet malawach, topped with honey.

## SABICH

Another popular Iraqi-Jewish import, sabich is an eggplant sandwich, brought to Israel in the 1940s and 50s. Served in pita, this sandwich is traditionally filled with eggplant (called aubergine in Israel), hard boiled eggs, hummus, tahini, Israeli salad, and pickles.

You can also try a cheese sabich, which will swap out hummus for goat cheese and feta, providing a different flavour to this popular sandwich.

## SALATIM

Salatim is an assortment of salads, dips, and pickled vegetables that you will find laid out on a table, both at homes and in restaurants. Often served as an appetizer at a restaurant, you'll typically find dishes including roasted beet salad, a Moroccan carrot salad, olives, roasted peppers, tahina, matbucha (roasted tomato and pepper dip), chatzilim (fried eggplant), and some coleslaw.

## SCHNITZEL

Though a German-Austrian dish originally, schnitzel has become a staple in Israeli cuisine. While typically made with pork, in Israel you will find delicious chicken or turkey schnitzel, served with Israeli salad, mashed potato, and/or fries/chips. You can even have a schnitzel baguette sandwich, bringing various European influences together.

## SFENJ

One of the most popular street foods in Israel, sfenj is Israel's answer to the doughnut. Originally from Morocco and Northwest Africa, this Maghreb dish is made from an unsweetened dough that is deep-fried before being dusted with sugar. Best consumed right after cooking so it doesn't lose its infamous texture, sample this dish fresh in a market, where you'll find huge barrels of oil with crisp sfenj sizzling inside, waiting to be sprinkled with sugar.

## SHAKSHUKA

A hearty breakfast and brunch staple, shakshuka is one of the most famous dishes in Israel. Originally from North Africa, it is believed to have been adopted by Jews and Arabs during the Ottoman Empire.

While there are multiple ways to get creative with this dish, traditionally shakshuka is made with savoury stewed tomato sauce, peppers, onion, garlic, and an array of Middle Eastern spices and herbs, with poached eggs on top. It is served hot and in a cast iron pan, with bread for dipping.

Popular variations on the classic recipe include adding cheese, minced meat, hot peppers, pickled lemon and vegetables, tahini, and/or yogurt. You can even find hummus-shakshuka, which blends two of Israel's most famous dishes into one.



## SHAWARMA

A popular street food in Israel, throughout the Middle East, and around the world, shawarma is a must try when in Israel. It is typically made from chicken or turkey that has been slow-roasted on a skewer, rotisserie style, before being shaved off with an electric carving knife. Once shaved, the meat is lightly grilled before being served in a pita or with salad and rice.

The most common way to enjoy shawarma is in a pita or laffa, with hummus, tahini, pickles, cabbage, and some Israeli salad thrown in. Sometimes you'll even find fries stuffed in there. Of course, if you're looking for something lighter, you can ask for it served with salad and rice. Take your shawarma to the next level by adding Amba sauce—a thick and spicy mango-based sauce that comes from Iraq.



## TABOULEH

A popular Israeli salad that can be enjoyed as an appetizer, side dish, or on its own. It is traditionally made from soft whole grain wheat (bulgur), and packed with chopped vegetables, parsley, and mint, dressed in lemon and olive oil.

## TAHINI

Tahini is a popular ingredient in Israeli cooking, found in staples like hummus, and added to classics, like babka, to spice them up. It's made from sesame paste, lemon juice, olive oil, and other herbs and spices. You will typically find tahini served on its own as a dipping sauce, as a topping for pita bread, or alongside an Israeli breakfast.

## ISRAELI WINE

Often overlooked on the global stage, Israel is actually a large producer of wine, especially given its size. The practice of winemaking and viniculture in Israel dates back to the biblical times, with five main regions throughout the country, including: Shomron, Shimshon, Judean Hills, the Negev, and Galilee. Visit local vineyards or hit up a wine bar in Tel Aviv to taste the local wines.

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### DRUZE CUISINE

When in Israel, try some local Druze dishes; an ethnic minority and religious group in Israel, whose cuisine is a mix of Israeli, Middle Eastern, and Mediterranean influences. The flavours blend together seamlessly to create unique dishes with sweet and savoury tastes. Try siniya with tahini—a ground meat mixed with cardamom and rice—or the Druze version of maqluba, which is a savoury meat dish, made with vegetables and rice, all cooked in a pot and then flipped upside down.

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# HELPFUL HEBREW PHRASES

## HELPFUL HEBREW PHRASES

While most Israelis can speak English, it is always helpful to have a few useful Hebrew words and phrases in your back pocket! Below is a list of basic words, pleasantries, and common phrases for your trip to Israel.

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Helpful hint: Hebrew is a gendered language. Verbs and adjectives will change depending on who is speaking, who they are speaking to, and/or what is being spoken about. Where appropriate, gendered versions of phrases are provided.

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## BASICS

### ***Shalom***

(Pronounced: Shal-lom)  
Hello

### ***Boker tov***

(Pronounced: Boh-kehr Tov)  
Good morning

### ***Erev tov***

(Pronounced: Er-ev Tov)  
Good evening

### ***Laila tov***

(Pronounced: Ly-la Tov)  
Good night

### ***Bevakasha***

(Pronounced: Beh-vah-kah-shah)  
Please

### ***Today***

(Pronounced: Toe-dah)  
Thank you

### ***Today Rabah***

(Pronounced: Toe-dah Rah-bah)  
Thank you very much



**Ken**

(Pronounced: Ken)

Yes

**Lo**

(Pronounced: Low)

No

**Lehitraot**

(Pronounced: Le-heet-rah-ot)

Goodbye

**USEFUL PHRASES**

When asking a woman;

**At medaberet Anglit?**

(Pronounced: Aht Med-a-behr-et Ahng-leet)

Do you speak English?

When asking a man;

**Ata medaber Anglit?**

(Pronounced: Aht-tah Med-a-behr Ahng-leet)

Do you speak English?

If you are a woman

**Ani lo medaberet Ivrit**

(Pronounced: Ah-knee Lo Med-a-behr-et Eev-reet)

I do not speak Hebrew

If you are a man;

**Ani lo medaber Ivrit**

(Pronounced: Ah-knee Lo Med-a-behr- Eev-reet)

I do not speak Hebrew

**Lo hevanti**

(Pronounced: Lo Hev-an-tee)

I don't understand

**Slicha**

Pronounced: (Slee-chah)

Excuse me;

**DIRECTIONS****Eifo?**

(Pronounced: Ay-fo)

Where?

**Eyfo ha'sherutim?**

(Pronounced: Ay-fo Ha'sher-oo-teem)

Where's the restroom?

**Yamin**

(Pronounced: Ya-meen)

Right

**Smol**

(Pronounced: Smol)

Left

**Yashar**

(Pronounced: Yah-shar)

Straight

**SHOPPING/DINING****Kama ze?**

(Pronounced: Kah-mah Zeh)

How much is it?

If you are a man;

**Ani rak mistakel**

(Pronounced: Ah-knee Rahk Mees-tah-kel)

I'm just looking

If you are a woman;

**Ani rak mistakelet**

(Pronounced: Ah-knee Rahk Mees-tah-kel-et)

I'm just looking

**Yesh lakhem...?**

(Pronounced: Yesh La-chem...)

Do you have...?

***Kheshbon bevakasha***

(Pronounced: Chesh-bon Beh-vah-ka-shah)

The bill/cheque please

***Tafrit***

(Pronounced: Tah-freet)

Menu

***Arukhat boker***

(Pronounced: Ah-roo-chat Bo-ker)

Breakfast

***Arukhat tzohoryim***

(Pronounced: Ah-roo-chat Tzo-hor-yeem)

Lunch

***Arukhat erev***

(Pronounced: Ah-roo-chat Er-ev)

Dinner

***Yesh li alergia le...***

(Pronounced: Yesh Lee Al-er-gee-ah Le)

I am allergic to...

***Chalvi***

(Pronounced: Cha-la-vee)

Dairy

***Glooten***

(Pronounced: Gluten)

Gluten

***Botnim***

(Pronounced: Bot-neem)

Peanuts

***Egozim***

(Pronounced: Egg-oh-zeem)

Nuts

***Soya*** (Pronounced: Soy-ah)

Soy

***Heeta***

(Pronounced: Cheet-tah)

Wheat

***Sumsum***

(Pronounced: Sum-sum)

Sesame seeds

***Beitza/Beitzim***

(Pronounced: Bite-zah/Bite-zeem)

Egg (singular)/Eggs (plural)

***Bakar*** (Pronounced: Bah-kar)

Beef



# SUGGESTED DAILY PACKING LIST

Below is a list of suggested items to bring with you each day to ensure you're comfortable and have what you need.

Please check the weather forecast each morning, and bring any extra layers as needed, including an umbrella and/or rain jacket.

## DAILY ESSENTIALS

- Credit card(s), debit card(s), and cash
- Copy of your private health insurance, including COVID-19 coverage (bring supporting documents/proof of coverage)
- EpiPen (if necessary)
- Cellphone
- Headphones (optional; good for long bus rides)
- Camera (optional)
- Money belt (optional)
- Light jacket/layers (suggested for colder days and/or evenings)
- Hat
- Scarf
- Prescription medication (bring as needed)
- Advil, Aspirin, and/or Tylenol (optional)
- Gravol and anti-nausea medications (optional; recommended if prone to motion sickness)
- Hand sanitizer
- Band-Aids
- Sheet with all important contact names and numbers, including emergency contact(s), immediate family members, your family doctor and/or specialists, health insurance, etc. (in case you lose your phone, it's important to have all the important numbers you might need accessible)
- Umbrella, rain jacket, and/or rain poncho
- Tote bag/backpack (optional)
- Journal/notebook (optional)
- Pen(s)
- Sunscreen

Below is a list of track specific items to bring with you to ensure you're comfortable, have what you need, and/or dress appropriately.

## TRACK SPECIFIC ITEMS

### Adventure & Nature/Adventure Plus:

- Running shoes, sneakers, and/or hiking boots (depending on your adventure track selection, please bring the appropriate footwear)
- Running gear/workout clothing (this includes shirt, pants, socks, sports bra, sweatbands, and any other clothing you feel necessary/ prefer for action-packed days)
- Swimsuit (optional)
- Flip flops/sandals (optional)
- Reusable water bottle (optional)

### Must-See Sights (Masada & The Dead Sea):

- Swimsuit (optional)
- Flip flops/sandals (optional)

### Israeli TV (*Shtisel*):

- Conservative clothing, in neutral and muted tones
  - For women: skirts covering your knees with tights underneath is suggested, and arms must be covered past the elbow
  - For men: shoulders and upper arms must be covered, and a head covering is required

### Israeli TV (*Fauda*):

- Workout clothing/flexible comfortable clothing (this track includes getting active and it is suggested that you pack clothing that you can easily move in)

# CONTACT INFO

## UJA STAFF CONTACT INFORMATION

### UJA STAFF (in Israel)

Keren Levy: 416-509-6106  
Susan Jackson: 647-400-6765  
Lana Liss: 416-666-7752  
Esther Oziel: 647-204-6774

### UJA STAFF (Bus heads in Israel)

Bus 1 staff: Emily Krouse  
Contact number: 416-997-1857

### Bus 2 staff: Galit Keren

Contact number: 416-567-3997

### Bus 3 staff: Anna-Rachel Krakowsky

Contact number: 917-318-6468

### Bus 4 staff: Jayson Taller

Contact number: 613-314-5531

### Bus 5 staff: Ryla Braemer

Contact number: 647-203-4664

### Bus 6 staff: Janice Benatar & Sari Disenhouse

Contact number(s): 416-318-9601 (Janice) & 416-230-3365 (Sari)

### Bus 7 staff: Tali Chemtob

Contact number: 514-952-9927

### UJA STAFF (in Toronto)

Lisa Silver: [lsivler@ujafed.org](mailto:lsivler@ujafed.org)

### APP SUPPORT:

For technical app support, please contact Yasmin Lasry-Vainshtein at [yvainshtein@ujafed.org](mailto:yvainshtein@ujafed.org) or 647-389-9031.

## ADDITIONAL CONTACT INFORMATION

### SECURITY CONTACT

Gershonovitz Yehuda: +1-646-630-0774

### MONTREAL STAFF (in Israel):

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Bus 7 Staff

### ROUTES TRAVEL AGENCY (Office): +972 2-632-2000

If dialing within Israel, replace +972 with 0

### TOUR EDUCATORS

If dialing from an international number, replace the first 0 with a +972

Avi Ben Hur: 054-3145600

Hadara Arbel: 052-3850908

Joel Meyer: 054-2115235

Michael Even Esh: 052-605-1000

Yoav Bruck: 054-313-7110

Karen Ben Yehuda: 054-466-2532

Renee Halpert: 052-8741977

Tzvi Sperber: 052-874-1977



# HOTEL INFO

## TEL AVIV

### **Dan Panorama Tel Aviv**

Address: Kaufmann St 10, Tel Aviv-Yafo, Israel  
Phone: +972 3-519-0190

### **Royal Beach Tel Aviv**

Address: HaYarkon St 19, Tel Aviv-Yafo, Israel  
Phone: +972 3-740-5000

### **Hilton Tel Aviv**

Address: HaYarkon St 205, Tel Aviv-Yafo, 6340506, Israel  
Phone: +972 3-520-2222

### **The David Kempinski Tel Aviv**

Address: HaYarkon St 51, Tel Aviv-Yafo, 6343203, Israel  
Phone: +972 3-776-8888

## JERUSALEM

### **Dan Panorama Jerusalem**

Address: Keren HaYesod St 39, Jerusalem, Israel  
Phone: +972 2-569-5695

### **David Citadel Hotel**

Address: King David St 7, Jerusalem, 9410119, Israel  
Phone: +972 2-621-1111

### **Waldorf Astoria Jerusalem**

Address: Gershon Agron St 26-28, Jerusalem, 9419008, Israel  
Phone: +972 2-542-3333

### **King David Hotel**

Address: King David St 23, Jerusalem, Israel  
Phone: +972 2-620-8888

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# UJA PROJECTS IN ISRAEL

## 1. OVERVIEW - WHY WE PARTNER WITH ISRAEL

Over the past 75 years, UJA Federation of Greater Toronto has forged a strong bond with the State of Israel with investments in *Aliyah* and absorption, vulnerable populations, education, healthcare, and cutting-edge technology.

These investments all contribute to programs aimed at improving the quality of life of the people of Israel. We support national leadership, social mobility, and educational initiatives to make Israel a flourishing home. This allowed us to forge strong bonds with Israel and our Jewish identity through our special and meaningful relationship with its people who we support...

## 2. ISRAEL COMMUNITY PARTNERSHIPS

### Bat Yam

*Although located in suburban Tel Aviv, this city by the sea has high levels of poverty and other serious, social challenges. UJA supports educational and social programs, including scholarships for those in need, to empower this community to reach its full potential.*

### Impact of UJA's Partnership

- 780 pupils are receiving access to advanced math, science, and English programs
- 43 teachers are receiving professional development programs in math, science, English, and cyber studies
- 700 children are provided with and inspired by field trips to science and technology centres in Israel
- 100s of children are participating in cyber and science competitions every year
- Development and building of new science and language labs in Bat Yam

Forty young Ethiopian and Ukrainian adults who have made *Aliyah* recently received scholarships to study nursing and as a result bettered their social economic standing. They now are strengthening Bat Yam's under-developed healthcare system and are aiding thousands of vulnerable Israelis on a daily basis.

Dozens of young under-served adults from Bat Yam are receiving academic scholarships, and in return are aiding hundreds of vulnerable members of their community through social, and educational ventures in Bat Yam's poorest neighbourhoods.

Dozens of families who are on the verge of poverty are receiving vital aid and professional support which prevents them from entering the cycle of generational poverty. We helped establish a social welfare program which will insure that many additional families in the future will be receiving such aid.

Over 300 students are benefiting from the Bat Yam Educational Warm Home program where they can access a safe place after school, along with homework assistance, nourishing meals, and mentorship.



## Eilat/Eilot

Located on the southernmost tip of Israel, far from other major cities, the communities of Eilat/Eilot face a uniquely high level of isolation and distance from the country's core services, education, and infrastructure. UJA supports educational initiatives and other programs to bolster the quality of life of Eilat/Eilot's residents.

### Impact of UJA's Partnership

- \$1 million investment leveraged against \$5 million matching funds to build a new emergency room to better serve community needs and upgrade the entire Yoseftai Hospital
- Development of R&D facility for renewable energy which positions the region as the green Silicon Valley of Israel
- Positioning the Eilat campus of Ben-Gurion University as a local hub for STEEM (science, technology, engineering, English, and math) studies
- Development of scholarships to incentivize students to live, learn, and settle in the region
- Improving the ratio of teachers to pupils
- Upgrading outdated science facilities and curriculums
- Implementing a problem based learning (PBL) approach to STEEM studies from 9th grade and onwards
- Ensuring greater access to STEEM studies for pupils in elementary and junior high

### STEM Success Highlights:

- Thousands of students are currently directly involved in science, technology, engineering, English, and mathematics (STEEM) programs
- Joint STEEM programs with elementary schools in Eilat and Toronto
- 20 percent increase in students choosing advanced mathematics in Eilat
- 10 percent increase in student averages for math and science, for students in grades 9 to 11
- 30 high school students have trained to become science instructors in after-school science and technology programs, instructing 80 elementary school students
- Robotics programs have been set up in every elementary school in Eilat
- Implementation of two joint programs between high schools in Eilat and Toronto
- Hundreds of full scholarships awarded for BA and BSC programs at Ben-Gurion University in Eilat
- Opening of a new science education program at Ben-Gurion University, Eilat campus

## Sderot

Sitting a short distance from the Gaza border, the people of Sderot have suffered the trauma and dangers of ongoing security threats for decades. The 2021 wave of Hamas rocket attacks, combined with inadequate educational and employment opportunities, have made life even more challenging for the local community. UJA supports mental health, resilience, and economic opportunity initiatives for Sderot residents.

### Impact of UJA's Partnership

- Established the Sderot Science Centre to provide the city and the northwest Negev region with a “one-stop shop” for science education and academic excellence
- Fortified Sderot's Community Center (as a JFC-UJA National project)
- 800 elementary students in Sderot attended municipal summer camps
- Robotics and science classes were held for 700 children from 20 kindergartens
- Through the Resilience Centre, training was provided to empower thousands of residents through volunteerism and social activism
- The municipal youth unit set up the annual “Youth Leadership Patrol” to train hundreds of youth for social leadership in both times of routine and emergency.
- The Youth Leadership Patrol manages public shelters and aids different populations in need (i.e. the elderly, people with disabilities, young children, etc.) on an ongoing basis and in times of crises when rockets shower down on the city
- These programs strengthen the resilience of youth and city residents to ensure they are empowered to play meaningful roles in time of crisis.

## 3. THE JEWISH AGENCY FOR ISRAEL (JAFI)

Since 1929, JAFI has been bringing Jews to Israel, Israel to Jews, and helping build a better society in Israel and beyond by inspiring Jews throughout the world to connect with their people, heritage and homeland, while empowering them to build a thriving Jewish future and a strong Israel.

JAFI was instrumental in founding and building the State of Israel and continues to serve as the main link between the Jewish state and Jewish communities everywhere, helping to address the challenges every generation of Jewish people have faced.

In the spirit of collective Jewish responsibility, UJA Federation of Greater Toronto partners with JAFI on the following:

- The Shlichim Program, with three Shlichim this year, including one Shlichah from the Shumer Hatzair.
- The ShinShinim Program, with 18 ShinShinim embedded in over 40 organizations throughout Toronto, including synagogues, day schools, youth groups, Hillel, and other community organizations.
- The reverse ShinShinim program, with three Toronto ShinShinim doing their Year of Service in Eilat this year, and six who will start in September.
- Once ShinShinim return to Israel following their year of service in Toronto, they become members of the alumni group, the Shevet. The 250 Shevet members receive opportunities to build upon their meaningful experiences and to become change agents in their communities, helping strengthen relationships between Israel and the Toronto Jewish community.
- UJA Federation of Greater Toronto, in collaboration with The Jack Weinrib z”l Memorial Fund and Fund for the Victims of Terror (FVOT), provide special one-time grants and ongoing support to victims of terror.
- The Masa Israel Teaching Fellows (MITF), which was offered this year to 31 Fellows (two from Toronto), began their placement in 16 schools across Bat Yam. A further three Torontonians are Fellows based in Ashdod.



## 4. JOINT DISTRIBUTION COMMITTEE (JDC)

JDC is the world's leading Jewish humanitarian assistance organization, impacting millions of lives of the world's poorest and most vulnerable Jews in more than 70 countries. Their efforts help revitalize Jewish life in remote communities, build tomorrow's leadership among Jewish youth, and rescue victims of global emergencies.

JDC, founded during World War I to alleviate the suffering of Jews suffering in Ottoman Palestine, was the first Jewish organization to provide large-scale funding for international relief. Over the years JDC played a significant role in sustaining and resettling Jews and rebuilding devastated Jewish communities both pre and post-WWII.

Active today in 70 countries, JDC works to alleviate hunger and hardship, rescue Jews in danger, create lasting connections to Jewish life, and help Israel overcome the social challenges of its most vulnerable citizens, both Jewish and non-Jewish.

In the spirit of collective Jewish responsibility in vulnerable overseas Jewish communities, UJA Federation of Greater Toronto partners with JDC on the following:

- Providing emergency assistance for the tens of thousands of Ukrainian refugees, including evacuation, humanitarian aid, trauma relief, medical supports, and community programming for children and families
- Aiding vulnerable communities of Holocaust survivors in Moldova
- Aiding other Jewish communities in crisis across Eastern Europe
- Supporting Jewish renewal, leadership, and identity programs in Hungary, Romania, and Bulgaria, so the Jewish communities that once blossomed there can rebuild and flourish again

## 5. ISRAEL ENGAGEMENT

We also support a variety of programs that provide unique experiences of and in connection with Israel, including:

### Masa Israel Journey

The largest immersive, long-term Israel experience for ages 16-35. Masa offers authentic and fulfilling journeys into Israeli society, culture, politics, and history through 2-12 month programs. Since its 2004 founding by the Jewish Agency and the government of Israel, Masa has served over 180,000 young people from more than 60 countries.

### Birthright

An opportunity for young people, 18-32, to visit Israel for a unique educational experience at no cost to them. This partnership is sponsored in the Toronto area by the Government of Israel, UJA Federation of Greater Toronto, The Jewish Agency for Israel, and leading Jewish philanthropists.

### March of the Living

A two-week educational experience in Poland and Israel. On Yom HaShoah, participants embark on a 3 km march from Auschwitz to Birkenau as a silent tribute to victims of the *Shoah*, and then observe Yom HaZikaron and celebrate Yom Ha'atzmaut (Israel's Independence Day) in Israel.

### Diller Teen Fellows Program

UJA Federation of Greater Toronto has been supporting the delivery of the Diller Teen Fellows Program in Eilat. It is UJA's premiere leadership development program for Jewish teens in grades 10 and 11. Now operating in 30 communities in the United States, Canada, South Africa, Australia, England, Argentina, and Israel, the goal of the Diller program is to develop future generations of active, effective leaders with a strong Jewish identity, commitment to the Jewish people, respect for pluralism, and love of Israel.









[UJAISRAEL75.COM](http://UJAISRAEL75.COM)



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