



It's in your hands!
An Authentic Way To Experience Israel

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THE IBC MISSION

IBC are proud to bring young Jewish adults from around the world to experience Israel. The program offers a 5, 7 or 10 month program for students aged 18-20 who are not currently affiliated with a youth movement (that provides gap year programs), but are interested in a long term gap year program in Israel. Participants come from Australia, New Zealand and South Africa.

IBC is open to participants of all levels of religious background, political belief and community involvement. The program observes all laws of Shabbat and Kashrut to allow those wishing to observe these customs the opportunity to do so, and to establish mutual respect between participants.

IBC educates and introduces participants to a wide range of political and religious personalities and beliefs to allow each participant to explore and gain an understanding of the complexities of modern Israeli society.

The program name, 'Israel By Choice' is derived from the core tenets of the program pertaining to pluralism, personal expression and empowerment and the journey participants undergo towards these during their gap year. Participants choose where and how they will spend their time, and are involved in decision-making processes regarding aspects of the program. This is done within a well-structured and supportive framework, flexible enough to meet the desires of each class of participants.

We are committed to presenting Israel as a "home for Jews from all over the world". We encourage participants to develop and maintain a connection and commitment to the State of Israel, and their local communities on their return home. We establish networks to facilitate graduate involvement in home communities, to employ the principles they discovered on IBC and make a difference to the world around them.



IBC GUIDING PRINCIPLES

Personal Growth

IBC encourages participants to seek and achieve their greatest potential in a number of areas. We believe that those with self-confidence can instill belief in those around them. We encourage and support the development of autonomy and independence through various components of the IBC program, including:

- › Participants live independently in their own apartments during certain parts of the program. Here they are expected to cook, clean and manage a budget for themselves.
- › Participants are involved in various proactive committees, which act to develop components of the program according to the participants' personal preferences.
- › Participants are exposed to a range of learning opportunities and interactions with the people who together form modern Israeli society. This exposure allows each participant to develop, question and explore their personal opinions, beliefs and understanding of Israeli society and all that it encompasses.

Group Dynamics

IBC works with participants to build a sense of responsibility to both the program and the group as they learn to live as a member of a larger entity. Under the guidance of experts in the field, we place importance on the cohesiveness of the group as a whole, and meeting the needs of each individual participant. The participants will learn to appreciate the power of the group in reaching personal and collective goals.

Pluralistic Environment

IBC believes in the importance of tolerance for a wide range of belief systems. We are open to participants of all backgrounds;

religious and non-religious, left and right wing, traditional and non-traditional. We believe in, and encourage open dialogue as participants develop an appreciation of all those around them, and learn from each other.

Bonding with Israeli Youth

IBC prioritises participant interaction with their Israeli counterparts. Opportunities to meet, engage and live with Israeli youth are provided throughout the program at mechinot (pre-army leadership development academies) and post-army groups, with soldiers and youth involved in community based programming and activities. In 2012 IBC together with JAFI established a new Mechina called 'Kol Ami- Jewish Peoplehood Academy' where IBC participants spend 3 months learning and living with young Israelis their own age.

Comprehensive Exposure to Israeli Society

Throughout the program, participants gain insight into the various perspectives of Israeli society. As a program run and organised by Israelis, IBC allows participants to live for 5, 7 or 10 months as an Israeli, immersing themselves in Israeli life and culture. Participants have the unique opportunity of living within a variety of Israeli communities including; big cities, kibbutzim, moshavim and small communities. Participants are given the opportunity to explore the diverse Israeli landscape from the snow of the Hermon, to the beaches of Eilat and from the desert of the Negev, to the vast plains of the coastal region.

Experiencing Israel from the Israeli Perspective

The IBC program is run entirely by Israelis, allowing participants to experience Israel from an Israeli perspective. This encourages participant exposure to elements of Israeli society, its people, traditions and landscape, which are beyond the reach of those based in the Diaspora.

Jewish Peoplehood

IBC collaborates with the Kol Ami project for developing young, global Jewish leadership. Its main goal is to form a deep and significant connection between Jewish teenagers from around the world. The IBC participants will spend the last three months of the ten-month program at a Kol Ami Mechina.

PROGRAM OVERVIEW

IBC was developed to cater for young adults (post-high school, aged 18-20) wishing to participate in an 'Israel gap year experience'. We provide a fresh alternative for those who are at present not actively involved with a youth movement but still wish to take part in a meaningful gap year in Israel.

IBC is offered as a 5, 7, or 10 month program. All participants complete the first 5 months together and some continue for an additional 2-5 months.

IBC operates within an open environment, ensuring that the program is appropriate for participants of various religious and political persuasions. The 2018 program is currently offered to participants in **Australia, New Zealand and South Africa** (who form one overall group for their Israel experience).

IBC is run by Israelis, creating a truly unique and realistic Israel experience. In doing so, participants become wholly immersed within Israeli society, rather than viewing it from the 'outside', as a tourist might view it.

IBC provides a framework where all logistical and safety requirements are taken care of, yet the flexibility to include input from participants remains so that the participants have the opportunity to determine the direction of their own Israel experience. The IBC itinerary is developed by the management of the program and participants are encouraged to become involved in decision-making processes as they plan and execute various activities and initiatives throughout the program.

The basic structure of the program (first five months) includes two block options (the first in Jerusalem), tiyulim (hikes, adventures and tours), learning seminars and many other activities (see below). In the second five months, participants are given the opportunity to participate in Mar'va (a taste of the army for non-Israelis), Magen David Adom (Israeli Ambulance Service), and summer camps. The

last three months are spent on a Mechina - an Israeli youth pre-army leadership development academy. Throughout the program, the madrichim and program management facilitate stimulating, engaging, fun and meaningful group activities as well as educational sessions.

IBC facilitates and encourages independence, introspection, fun, group bonding, leadership development and a positive, enriching and fulfilling Israel experience.

**2018 PROGRAM DATES**

Program commences: 1.2.2018

5 Month Concludes: 28.6.2018

10 Month Concludes: 29.11.2018

PROGRAM OPTIONS**THE FIRST FIVE MONTHS (FEBRUARY-JUNE)**

During the first five months of the program (February to June) there are two option blocks. During this time participants are offered four tracks (Volunteering, Israel Advocacy, Midrasha/Yeshiva, Maccabi sport) to choose from. All participants on the program live together during this time regardless of their track choice. These options just denote where the participant will go in their option time during the week. All participants will get the opportunity to volunteer regardless of their track choice. The first half of this block is spent in Jerusalem and the second half in a smaller city of Israel (for example Yerucham, Tiberias or Be'er Sheva). During the second half of the block options, participants are encouraged to lead an independent lifestyle. They live in apartments and are required to shop, cook, clean and budget for themselves. The group lives together and participates in many group activities/trips/learning seminars during this period. The four track options that the participants have to choose from include:

• Volunteering**Purpose:**

One of the most important ideals IBC stands for is that of connecting

to Israeli society and contributing to the state of Israel. Taking the time and putting in the effort to help those who are not as privileged as us as well as trying to make a difference in the lives of those less fortunate is the core objective of the volunteering track on IBC.

Goals:

1. Learning to give back: many people live their life only focusing on what they can do for themselves. When volunteering, we on IBC stop to look around and think what we can do for others and how we can give back to society.
2. Meeting with people and communities that are not always known to us: volunteering in Israel is a great opportunity to get to know different sides of Israeli society, often unknown to many.
3. Social action - Tikun Olam: learning and practicing social action is another important way of forming a personal connection to Israel and Judaism. Giving to others, Jews or non Jews, and hoping for a better world, is at the forefront of Jewish principles.
4. Doing what is needed and not only what we desire: part of the personal growth process is learning to do what is right even if it is not the easiest option. Having a volunteering routine for many days a week is very challenging and teaches our participants the meaning of having responsibility.

Format:

Jerusalem

- › 10-20 morning sessions (depends if taking another track) during the 5 weeks in Jerusalem
- › Mondays through Thursdays between 9:00 - 13:00.
- › Volunteering options in Jerusalem include: working with children (in a kindergarten setting, or those suffering from serious illnesses or disabilities) retirement homes, adults with mental disabilities, soup kitchens, gardening etc.

Yerucham:

- › 10 full days of group volunteering on several different projects (including teaching Hebrew, painting homes, soup kitchens etc.).

• Jewish Identity Track- Midrasha/Yeshiva

Purpose:

Our purpose is to strengthen the participants connection to Judaism and create a deep personal understanding of what it means to be a Jew and how the Jewish philosophy and traditions can be relevant in modern life and western society. Participants engage in ongoing conversation and discussion regarding their Jewish identities and relevant modern day questions and dilemmas. This track will be operated in partnership with “Torah Be Tzion Yeshiva” and “Midreshet Matan and/or Nishmat”.

Goals:

1. Studying - Have the participants engage and analyse Jewish texts and understand the meaning behind such texts
2. Group discussions - discussing Jewish philosophy and the relevance of Jewish studies in our lives
3. Judaism in Israel - Understanding and engaging with different ways of studying Judaism in Israel.

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem Every Monday and Tuesday between 9:00-13:00.

• Israel Advocacy Track

Purpose:

Our purpose is to educate IBC participants about the Israel-Palestinian conflict and the complicated political issues in the Middle East in order to create the next generation of young ambassadors for Israel. This track is operated in partnership with “Stand With Us” - an international organization dedicated to education about Israel and correcting the misinformation that often surrounds the Middle East conflict.

Goals:

1. Studying - the participants will meet with key figures in the political and diplomatic world in order learn about the different aspects of the conflict.
2. Developing personal skills - Learning to debate, blog and stand in front of a camera in order to be able to use the knowledge in a productive way.
3. Touring Israel to extend knowledge - participants will visit some of the places they studied about - West Bank, Eastern Jerusalem, Security fence etc

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem, Wednesdays and Thursdays between 9:00-13:00

• Sports Track

Purpose:

IBC offers a Sports and Leadership Track. Participants engage in sports activities, physical training as well as learning about the history of sport both in Israel and the Diaspora. This track also focuses on leadership (within a sporting environment). The goal of the sports track is for participants to learn leadership skills and values for life through sport and physical training.

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem, Wednesdays and Thursdays between 9:00-13:00

Other activities in the first five months

Tiyulim (hikes, adventures and tours)

The tiyulim are outdoor adventures where participants are given the opportunity to explore aspects of Israel that are not part of the 'typical' tourist trail. Tiyulim range from hikes in the desert to interactive tours around many of Israel's cities, small communities and exploration of the country's natural beauty. These adventures provide a fascinating and enriching experience where participants can gain a broad understanding and enlightened perspective of Israel - the history, the land and the people. Participants are involved in the planning and execution of these trips, together with the program directors and madrichim, an important component of group/individual empowerment.

Yam L'Yam

Yam L'Yam is a five-day hike (including outdoor camping) where participants walk from the Mediterranean Sea to the Kinneret (Sea of Galilee).

Southern Tiyul

The Southern Tiyul is a week of hikes around the south of Israel exploring the beauty and history of the Israeli desert and its craters. The week culminates in a climb to the top of Masada to watch the sunrise on one of Israel's foremost landmarks.

Learning Seminars

Interesting, informative and interactive seminars are run throughout the program. Topics such as Jewish identity, Israel advocacy, the Holocaust and leadership are explored. The seminars are an opportunity to spend time studying, exploring, discussing and learning about a wide range of subjects. The seminars are comprised of lectures and guest speakers, as well as trips to explore and experience Israel in relation to the topics discussed. Throughout the seminars (and the entire program), participants are encouraged to question and challenge their own beliefs and engage in new ideas.

Poland (Optional - additional cost)

Participants are given the option to take part in a five-day trip to Poland. This trip is a meaningful and powerful experience, allowing participants to view their Jewish identity and heritage from a different perspective. The trip includes aspects that may be particularly meaningful to individual participants. The trip is always extremely significant and is often crafted around participants' family histories and testimonies. It is important to note that this Poland trip is different from March of the Living (MOTL), and so should not be disregarded if participants have previously participated on MOTL. Prior to the Poland trip, the entire group is involved in a Poland preparation seminar (regardless of whether or not they are going to Poland).

This optional trip involves an additional cost of approximately USD \$1950, including flights. Payment is separate to the general program payment and must be secured early in the year (exact date to be confirmed). If a participant is to drop out of the Poland option, a refund will be given if no payment has been made to the travel agent.

Those not participating in the Poland trip will remain in Israel and will be involved in group activities (e.g. continuation of their volunteer work, group programs etc.).

Phrases such as challenging, emotional, extraordinary, educational, overwhelming, saddening and incredible come to mind when thinking of our IBC trip to Poland. Through visiting a variety of monuments, shuls, museums, concentration camps and extermination camps- some of which were no more than barren wastelands- we were forced to face the disconcerting but necessary realities of anti-Semitism and the Holocaust. The most challenging for many, being, the vivid void left by a once vibrant Poland, where millions of Jews enjoyed the freedom and ability to thrive as a people. Whilst many struggled at times to comprehend the horrors that took place in front of their eyes, there was always someone there to support them and share their sorrow. There were enjoyable moments too. At times we celebrated stories of Jewish survival and the

beautiful remains of synagogues and Jewish possessions left unharmed. As a coping mechanism, the group engaged in sessions every night to share thoughts and feelings about the day. At the end of the trip, we even took the time to process everything we had seen and learnt, and plan how we could continue our experience and make a difference to anti-Semitism in the future. Ultimately, there was no better feeling than heading straight to the Kotel upon arriving in Israel and celebrating the land of the Jewish people.

Adam Cohen, IBC 2016

Shvil Yisrael (Israel National Trail)

Rather During the five month program the group will undertake a two-week long hike through sections of the Israeli national hike trail. Shvil Yisrael is a trail that runs the entire length of Israel, from the North to the South. In the three weeks of Shvil Yisrael, participants spend one week in the North of the country, one in the centre, and one in the South. Participants will also engage with people and communities in different areas along the way, giving them the opportunity to meet and experience Israel and Israelis from a range of different backgrounds.

PROGRAM OPTIONS

THE SECOND FIVE MONTHS (JULY-NOVEMBER)

The second five months is broken up into two sections.

In July and August, the following options are available:

Mar'va (The Israeli Army Experience)

Mar'va is a 7-8 week intensive program providing the participants with an insight into the compulsory army service that is required of Israelis of the same age. The program begins with simulated 'basic training', followed by continuous learning and touring. Participants will live on an army base and will experience real Israeli army training. They are taught about Israeli culture and the impact of the army on Israeli society. The course is physically demanding, but also has a large focus on learning and understanding the army, an integral component of Israeli society. Marva dates: TBC

*It is important to note that IBC participants will not be involved in any real life combat situations during Mar'va.

Mar'va was hands down an incredible experience. You can expect to laugh more in those two months than you would in a year, make friends and create bonds from all over the globe that will remain unbroken for years to come, and find yourself in situations that you will never be able to recreate. Your Tzevet instantly become your immediate family and your Machlaka become your extended family, the sentiments of group loyalty and belonging facilitating an unforgettable experience and an extremely fun eight weeks. Mar'va is just as suitable for the physically elite as it is for the athletically inept, simply because the main aspects are having fun, meeting likeminded Jewish youth from around the world and laughing incessantly! You will be pleasantly surprised by how easily you function without life's usual luxuries. The interesting discussions you have and topics you learn, the immense improvement in your Hebrew and above all, the satisfaction you receive from completing

the program. If you think Mar'va is for you, then it probably is, and if it is, take the plunge and see for yourself how much you will enjoy this once in a lifetime opportunity and the memories you create.

Gadi Herskovits, IBC 2015

Magen David Adom

Participants have the option to volunteer for MDA (Magen David Adom - The Israel Ambulance Service) and work alongside Israeli staff and volunteers on ambulances and at MDA stations. On completion of a compulsory intensive 60 hour training course, the participants will be qualified to volunteer on the ambulances, working on a shift basis. Please note; MDA requires an acceptable level of Hebrew to participate which is assessed by interview.

****The MDA training and volunteering is run externally by MDA for which there is an additional cost of \$850 determined by MDA.**

If you are interested please see the following link with all details regarding program application, payment (not included in cost of program) and pre-requisites - <http://www.mdavolunteers.org/overseas-program>

IBC's MDA program is an amazing way to give back to the Israeli community, as well as witness what this organisation does first hand. MDA is a once in a life time experience, that allows you to work with dedicated paramedics, medics and other youth volunteers, helping to save lives of those who require emergency aid. Throughout your time volunteering, you may see anything ranging from a birth, to a stroke, to a death. MDA teaches you many simple and some complex first aid skills such as how to measure someone's blood pressure or pulse, as well as how to read signs and work out what medical condition one is suffering from. From experience, I can safely say that being a MDA volunteer is extremely rewarding and an incredible way to give back.

Jeremy Wein, IBC 2016

Camp Kimama

Camp Kimama is a one-of-a-kind international summer camp held in Israel, with thousands of participants each year, aged 6-17, from 40 different countries around the world. Kimama offers three summer camp experiences in Israel: Kimama Michmoret - on the Mediterranean shore, about half an hour from Tel Aviv; Kimama Hof - a nature and sea sports camp by the beach in Beit-Yanai; and Kimama Carmel - an inter-disciplinary camp at the foot of Mount Carmel, in Haifa.

I went on IBC in 2015 and chose Camp Kimama for my 7-month option. It was such an eye opening experience and a real opportunity for growth. Not many of my friends chose to do it so it was my first time going on a program by myself. It was a very liberating experience and I got to meet so many new and amazing people. Despite being the youngest madricha (because all the Israelis have finished the army) I learned so much and had so much fun getting to know everyone. I went to camp carmel which is a smaller and more intimate camp compared to michmoret which I really enjoyed because everyone was so friendly and you really feel needed and appreciated. The ages of the kids range from 8 to 18 and come from a lot of different places but predominantly Israel. It's a great opportunity to improve and practice your Hebrew. Being completely responsible for your kids for 2 whole weeks is a crazy thing, but I've never learned so much about myself and about my own capabilities in such a short time. I've never sang and danced so much in my life. It definitely requires a lot of energy because after going crazy with the kids all day you want to wind down and all the madrichim chill altogether. After camp I think I slept for a week. I would highly recommend Kimama to anyone looking for a unique and adventurous couple of weeks.

Jodie Rosenberg, IBC 2015

September-November:

Mechina

Throughout the course of the program participants will visit and live with members of a Mechina. A Mechina is an educational institution where young Israelis are able to spend their 'gap year' after high school, before beginning their compulsory national service. The Mechina is designed as a leadership academy for a select group of Israelis. In this component of the IBC program participants are given the unique opportunity to join the Mechina for 12 weeks. During this time the participants will live, learn and participate in various activities with the members of the Mechina. This amazing opportunity allows the participants to experience Israel and Israelis first hand, and develop long-standing friendships and bonds with their Israeli counterparts.

Goals

- › **Jewish Peoplehood** - formalising the link between Israeli Jews and Diaspora Jews through their common historical and cultural heritage while inspiring a desire for mutual action and commitment to the future.
- › **Leadership Development** - developing leadership abilities. This begins from self-leadership and the will to lead and serve as a personal example. The students will discipline themselves in the college - among other things - by running committees and working on individual and group projects.
- › **Public Diplomacy** - training advocates to speak out and stand up for Israel. Public diplomacy will stem from a deep knowledge and faith in the importance of the Zionist vision. Students will acquire the tools and the skills to disseminate this knowledge.
- › **Solidifying Jewish Zionist identity** - developing a personal identity rooted in the philosophies of some of the greatest Israeli and world leaders. With a broad education and focused study, the students will

become leaders with vision and purpose, possessing the resolve and ability to affect real change within themselves and within society at large.

- › **Love of the Land** - getting to know Israel geographically and socially, becoming familiar with all sectors of the population. Engendering the understanding that the pioneer spirit is still very much alive in contemporary Israel.

I think in general, people outside of Israel struggle to understand what a mechina is. Year after year, Australians come back with only good things to say about mechina, however when posing them the relatively simple question; "what was so good about it?" The response almost every time is, "I just can't explain, you have to do it," which ends up leaving me more confused and with less of an understanding.

I don't speak for all but I think a lot of us are brought up with a quite narrow mindset, whether it be from the home or school and it makes sense because parents/teachers want the best for us. However, to be on a program with participants from different backgrounds joining together to listen to lectures from all walks of life, be it left wing to right wing, Israeli to Palestinian, religious to secular; I really think adds to the unique experience Kol Ami offers. We've learnt about things from Alaskan culture, community organisations, entrepreneurship and everything in between, and it emphasises to us that the world is huge and "the more you know the more you realise you don't know."
Jono Herman, IBC 2016

MADRICHIM (PROGRAM LEADERS)

Participants are accompanied by carefully selected and experienced Israeli Madrichim throughout the program. These Madrichim facilitate the educational processes and the participants' acclimatisation into Israeli society. The Madrichim are there to guide, teach and care for the participants. Israeli Madrichim are specifically chosen to facilitate a deeper connection and integration into Israeli society - a crucial component in the IBC experience.

All Madrichim speak English.



ULPAN (LEARNING HEBREW)

A key component of the IBC experience is learning to speak Hebrew. Throughout the program participants will be involved in Ulpán classes where they will learn Hebrew in a fun, dynamic and interesting way. The participant's Hebrew level is assessed and they are placed accordingly into a class. Participants will be provided with the opportunity to learn no matter their current Hebrew ability.

IBC ALUMNI TESTIMONIES

MY IBC EXPERIENCE

IBC has literally changed my life. It has given me the most incredible life skills, a massive love for Judaism and Zionism, as well as a huge amount of independence and confidence. The program is a once in a lifetime experience which gave me a much deeper understanding of where my ancestors came from and it allowed me to strengthen my relationship with G-d, as well as myself. The friends I made on IBC will be in my life forever as we experienced the most beautiful memories together in the best country in the world.

Isabella Simantov, IBC 2016

Israel by Choice is remarkable in the opportunities it affords you. The opportunity to have a shared experience with a plethora of different personalities, a diaspora of beliefs; a collection of like-minded people no better suited to make the IBC experience the best choice I've come to make. Beyond expanding your social horizons (which in itself is a wonderful thing); IBC equips you with incredibly formative and developmental experiences that contrast between impassioned volunteering, and developing connections with Judaism – while considering anything in-between. And ultimately that's what makes Israel by Choice inimitable; the ability to have such a large degree of choice in ensuring a lucrative and rewarding gap-year experience. I extend my deepest recommendation to anyone who is interested in gaining new insights, having new experiences and forming irreplaceable friendships.

Daniel Paletz, IBC 2016

COSTS AND PAYMENT SCHEDULE

Please note that flights and travel insurance are not included in the cost of the program

COST OF THE PROGRAM

5 MONTHS - USD 11,500

7 MONTHS - USD 14,500

10 MONTHS - USD 20,000

How much do I need to pay?

Once your MASA scholarship has been calculated (see next page), this total, and your US \$1000 deposit will be deducted from the cost of the program.

How do I pay?

All payments will be made via credit card.

For those who are participating in the five month program

4 consecutive monthly installments should be paid starting on December 1st 2017 (followed by Jan 1st through to March 1st 2018).

For those who are participating in the ten-month program -

6 consecutive monthly installments should be paid starting on December 1st 2017 (followed by Jan 1st through to May 1st 2018).

Alternatively, the full tuition can be paid up front in one payment for which participants will receive a 2% discount on the tuition.

Deposit

A deposit of US \$1000 is required to complete the program acceptance process.

Is the deposit refundable?

The deposit is part of the total tuition cost. If the participant cancels before December 31, 2017, a full refund will be issued. Those that cancel after December 31, 2017 will not be entitled to a refund, except for reasons of illness or serious unforeseen circumstance (to be determined by the program director).

Once your MASA scholarship has been calculated (see next page), this total, and your US\$1000 deposit will be deducted from the cost of the program. You will then receive an invoice from the IBC office.

THE APPLICATION PROCESS

STEP 1

The IBC application form should be completed online at www.ibc.org.il (click 'apply now'). Please note the system is an external system and requires a \$50 USD administration fee from each applicant. This fee is non refundable and can only be made via credit card. Registration should be completed using the participant's name ONLY

STEP 2

Fill in the MASA application form: <http://www.israelprograms.com.au/masaisrael/#page=subsidies>
All MASA inquiries are to be directed to the Israel Programs Desk at the Zionist Federation in Melbourne. (03) 9272 5644 or israelprograms@zfa.com.au.

STEP 3

Interviews

After participants submit their application form, the last step of the process is to select an interview time slot (if this is not yet available, please wait to be instructed by a state representative). Arrangements will be made for participants to be invited for an interview. Interviews will be held starting the end of May through to June 2017. The interview is required to allow IBC coordinators and directors to get to know the incoming group. The interview also allows staff to understand how they can best design the program to suit this particular cohort. The interview will also assess the reasons behind participants wanting to join the IBC program.

STEP 4

Upon acceptance, participants will be required to pay a deposit of \$1000 to ensure their place on the program. This deposit will be deducted from the total payment required for the program. (please see previous page for information regarding the refundable nature of the deposit)

FORMS

Compulsory Forms:

1. MASA Application (see next page):
<http://www.israelprograms.com.au/masaisrael/#page=subsidies>
2. Visa Application (see next page)
3. IBC Online application - www.ibc.org.il and click 'apply now'

Forms you may need to complete (optional program components):

4. Magen David Adom Application: <http://www.mdais.org/e/>
5. Mar'va Application: <http://dover.idf.il/IDF/English/information/enlistment/marva/default.htm>
6. **Important: Army (IDF) Release:**

If the participant or either parent has Israeli citizenship, an IDF release form will be required. To do so, contact the Embassy of Israel: Embassy of Israel, 6 Turrana Street Yarralumla, ACT 2600. Ph: (02) 6273 1300 Ext. 3. Fax: (02) 6273 4273. Email: consular@israemb.org. - See the Israeli Ministry of Foreign Affairs website for information: www.mfa.gov.il/MFA/MASA. Please note this is compulsory and IBC does not take any liability for those who do not adhere to these regulations.

1. MASA

IBC is a MASA accredited program - what does this mean?

IBC is recognized by Masa Israel Journey, a project of the government of Israel and the Jewish Agency. Grants and scholarships are provided for those who are eligible. All participants are eligible for a grant of US\$200. Up to US\$5,000 (5 month) or US\$10,000 (10 month) are available and assessed on a needs basis.

For more detailed info regarding MASA please see;
<http://www.israelprograms.com.au/masaisrael/#page=subsidies>

2. VISAS

Visa applications will be lodged in December. All participants require a one-year, multiple entry, free visa. Local representatives will provide further information closer to the required date.

Visas for the group can be organised in bulk by the ZFA. Details will be provided later in the year. The cost of the visa is covered by Masa, but if participants choose to organise their visas independently, then they will have to cover the cost of postage themselves.

WEEKENDS (GROUP AND FREE WEEKENDS)

Every second weekend is a free weekend. During free weekends participants are able to leave the group and travel independently throughout Israel (whether this be visiting family, friends etc.). Participants will need to provide information to their Madrichim prior to departing regarding where they will be, and who will be with them. Adoptive families are also available for free weekends if needed (see below). Security alerts are still provided for participants during this time period if needed. Other weekends are spent with the group. In the event that participants do not want to travel on free weekends, accommodation will be provided.

BREAK (CHOFESH)

During Pesach (29.3.2018 - 7.4.2018 - in the first five months), and in between the 5 and 10-month program (TBC- varies according to seven month option) participants are given a one week 'break' from the program. There will also be a Chofesh for Sukkot (dates TBC). In this time (as with free weekends), participants are able to spend time with family or friends or visit different areas of Israel. Security alerts are still provided for participants during this time period if needed. Participants will need to provide information to the madrichim prior to departing regarding where they will be, and who will be with them.

***If family or friends wish to visit participants during the year, this is an ideal time to do so (to avoid program disruption and maximize the time you are able to spend with your child)*

SECURITY

The security and safety of IBC participants is of paramount importance. IBC updates participants with changes to the program according to the security situation. These updates are provided by the Jewish Agency's security team, as well as information from the Israeli Defense Force and the Israeli Government. The IBC directors and Madrichim either accompany or are in constant contact with the participants at all times.

MISCELLANEOUS INFORMATION

Shabbat and Jewish Festivals

The program does not require any level of religious observance. However, no program activities will be conducted contrary to the laws of Shabbat/Chaggim (Jewish Festivals). IBC encourages a tolerant environment where all participants feel comfortable with their own 'Jewish expression'. IBC participants will be involved in actively celebrating all Chaggim such as Shavuot and Yom Yerushalayim, in a manner that is appropriate to the group.

Free time

Throughout the course of the program participants will have free time, however, this will differ depending on each phase of the program.

Health & Travel Insurance

On ground health insurance is covered in the cost of the program (through Egert & Cohen Insurance Company). Participants are covered from the start to the end of the program, on 'land dates' only (that is, not 'flight days'). The health insurance provided does not cover pre-existing conditions and as such additional cover may be required in such cases. The program does not provide travel insurance, we recommend that all participants take out some form of travel insurance.

Flights

The cost of airfares is **not** included in the cost of the program. 'Group flights' will be organized. Please speak to your local representative regarding these flights. If a participant is not on a 'group flight', they are required to meet the group at Ben Gurion Airport, in Israel, for the arrival of this flight (details to be provided by your local representative). Note that your flight is not booked by the program and it is the responsibility of each participant to organize their flight either through the group booking or individually.

Spending Money

It is the responsibility of the participant to provide all pocket money for personal expenses in Israel. A budget of about \$200 per month is recommended for spending money. One can manage on less and there have been participants known to spend a lot more!

Glasses

If the participant wears glasses or contact lenses, please ensure that a spare pair and a copy of the prescription is brought to Israel. These items can be replaced in Israel if necessary. (Optical medical insurance cover is **not** provided.) We also recommend that the participant take a pair of prescription sunglasses with them to Israel.

Medicines and Prescriptions

If the participant requires special medication, we ask that copies of all relevant prescriptions are brought to Israel. All medications can be replaced in Israel, but only with an appropriate prescription. Note that prescriptions are dispensed in Israel by reference to generic (chemical) formula and not by brand name. Medications containing habit-forming drugs should be identified, and the participant should bring a prescription or letter from the doctor stating that such medicine is being used under doctor's direction and is necessary for their well-being whilst abroad.

***Please note that for pre-existing conditions, replacing medication in Israel will be at the participants' own expense. It is recommended that, if possible, the participant bring their own supply of the required medicine for the whole year.*

We also ask that participants notify program coordinators of any pre-existing medical conditions.

Emergency Treatment

In the event of a participant requiring emergency treatment (including operations) the program directors will endeavour to contact a parent/guardian to obtain parental/guardian consent. However, the program directors reserve the right to make decisions without contacting a

parent/guardian should this prove necessary. Signature of a parent/guardian on the consent forms for the program is considered as acceptance of this condition.

Weather

Yes, it will be very hot in Israel in July! But very cold in Jerusalem in February and March, generally between 0 and 10 degrees so it is important to have a thick winter jacket so that you can make do with layers of clothing underneath.

Searches

For security reasons, participants can expect to be searched when entering public buildings in Israel. This is a regular occurrence.

Family Visits

We are delighted that parents/guardians often wish to come to Israel and we try to facilitate visits when we are informed of them in advance. It is important however, that parent's/guardian's visits are planned and coordinated with the IBC director. **Please contact ilanoz@edu.tlalim.com to discuss further.**

Leaving Israel

If participants wish to leave Israel, the IBC director must be consulted in advance. **Please email: ilanoz@edu.tlalim.com**

A signed letter from the parent/guardian of the participant to the program will be required stipulating "total release of any liability" of the program for the duration of the absence from the program and acknowledgment there is no medical coverage during this period of time.

WHAT TO BRING...

As participants become more and more excited about the wonderful opportunity lying ahead, there is a lot to prepare..

The most important advice we can give regarding packing goes is - pack light! Bring what you need, and no more. The lighter you travel, the easier it is to get around. Remember you'll be moving around quite a bit, packing and unpacking, getting on and off buses there will be no-one to carry your luggage for you. Also remember, you can purchase anything you need in Israel, you don't need to bring a year's worth of shampoo! Many program T-shirts and jumpers will be acquired when in Israel.

N.B. The El Al airline luggage allowance is 23 kilos. If the limit is exceeded and payment for any excess baggage is requested, it is at the expense of the participant.

Regarding climate, you'll be here for both the hottest and coldest months so be prepared!

Much of your time will be spent working in communities, volunteering and tiyulim, so bring appropriate clothing - comfortable jeans, t-shirts, sweatshirts etc. For girls attending Midrasha, a couple of comfortable skirts will be needed.

RECOMMENDED PACKING LIST

Label Everything

Important:

- ☐ Documents
- ☐ Health and travel insurance
- ☐ Photocopies of passport (X2)
- ☐ Photocopies of drivers license/ID (X2)
- ☐ Student card
- ☐ Passport
- ☐ Drivers license/ ID
- ☐ Tickets à FBI travel pack
- ☐ Debit/credit card
- ☐ Spare glasses

Bags

- ☐ Suitcase
- ☐ 5 day weekend bag (60lt)
- ☐ Hiking/ backpack (15lt)

Clothes

- ☐ Knits/Jumper's x2/3
- ☐ Puffa Jacket
(Kathmandu, North Face etc.) x1
- ☐ Thermals x1
- ☐ Scarf, Beanie & Gloves
- ☐ Underwear x15
- ☐ Socks x15
- ☐ Bras x4
- ☐ Bathers x2
- ☐ Shorts x2
- ☐ Jeans x2
- ☐ Leggings x1
- ☐ Tracksuit pants x1
- ☐ Dresses/skirts x3
- ☐ T-shirts x6/long sleeve tops x3/Singlets x4
- ☐ Hiking/Exercise 1 long leggings 1¾ leggings

Medical kit

- ☐ Panadol
- ☐ Nurofen
- ☐ Naprogesiac
- ☐ Claratine
- ☐ Codral
- ☐ Cold and flu
- ☐ Bactroban
- ☐ Strepsils
- ☐ Vitamin C
- ☐ Band-aids
- ☐ Antiseptic wipes
- ☐ Hydrolyte
- ☐ Berocca
- ☐ Antihistamine
- Electronics**
- ☐ Mobile (a spare is recommended)
- ☐ Camera (phone is also fine)
- ☐ Plug adapter x5 adapter
- ☐ Chargers
- ☐ Hard drive
- ☐ Laptop /Ipad (Not essential)

Hiking items

- ☐ Water camelback- water bladder- 3Liter
- ☐ Sleeping Bag

Shoes

- ☐ Hiking boots x1
- ☐ Dressy Boots/Shabbat Shoes x1
- ☐ Runners (Nike, Assics) x1
- ☐ Sandals x1
- ☐ Converse x1

- ☐ Thongs x1
- ☐ Ugg boots x1 (optional) (cheap pair)

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Sun cream
- ☐ Stingos
- ☐ Nail clipper
- ☐ Tweezers
- ☐ Perfume/aftershave

Miscellaneous

- ☐ Sunglasses
- ☐ Hat
- ☐ Kippot/Tfillin
- ☐ Towel
- ☐ Bum bag

Tiyulim

These trips last up to a week at a time and the participant will need warm clothing, especially good strong walking shoes, a hat, sunglasses and a water bottle. Participants should have a three-day backpack for such trips, as well as a day pack for one day trips. Please note however, that during the overnight hikes participants do not carry big bags with them - a truck drops them off each night. While hiking participants are required to carry just the basics- water, hat, sunscreen etc

Electricity

The electric current in Israel is 220 volts AC, 50 cycles. (This usually has no significant impact on 240V appliances, but plug adapters for Israeli plugs are necessary.)

- ☐ Silk liner- Kathmandu
- ☐ Microfibers towels X1
- ☐ Backpack
- ☐ Small handbag
- ☐ TSA locks
- ☐ Washing bag / Clothes line
- ☐ Portable Charger
- ☐ Carabineer lock
- ☐ Diary
- ☐ Basic recipes (you will be required to cook for yourselves at times so start practicing!)
- ☐ It is recommended to bring one good reading book which can be switched with other participants to create an 'IBC Library'.
- ☐ Musical instrument (if you play one)

FREQUENTLY ASKED QUESTIONS

I'm signing up for the five month program, but I may want to continue on for ten months, is this possible?

Yes this is possible. You have until the end of April to decide if you wish to stay for ten months. We strongly recommend not making plans for the second 5 months (even if you are adamant you don't want to stay)- it is very often that participants are left in hard situations where they have to choose between pre-planned trips and staying on IBC. Please note, by signing up later you may be limited to certain options due to numbers.

How are the volunteering options determined?

At the start of each option block, our volunteering coordinator will take you through each of the available volunteering options. Following this you will submit your preferences and the staff will work towards your most suited option.

I have friends on other programs, will I have time to see them?

During your free time and breaks you will have time to spend with friends on other programs. The programs often have simultaneous free weekends, this is a great opportunity to spend time with your friends.

'I'm not a hiker', I'm not sure that I want to do all these tiyulim...

Hiking and touring is one of the best ways to see, feel, experience and appreciate all that Israel has to offer, some call it a national obsession. If you are concerned, ask your local representative to put you in touch with some past participants to give you a first hand account. Don't worry, you'll love it and 'we're all in this together J'

I'm booking flights on points/a different route/I arrive before the group, does this matter?

You can book any flight to Israel, however, if you are not on the 'group flight' you will need to meet the arrival of this flight at Ben Gurion airport, Israel, for the start of the program (and thus you can not arrive after the flight lands). Speak to your local representative for details

Is deciding to go on an Israel program the best decision I will ever make?

Yes!

Is it possible to do the 5 month program and return for Mechina without doing the 7 month option?

Yes. We recommend staying for the 7 month options (MDA/Marva/Kimama) although it is possible to return after the 7 month program just for Mechina.

What kind of shoes should I bring?

You will need strong comfortable closed shoes for hikes and Tiyulim. There is no need to bring professional hiking boots. You will also need formal shoes for Jewish holidays and events as well as thongs. Many past participants have chosen to purchase Israeli 'Shoresh' sandals during their time in Israel which have proven very useful so you may wish to do the same.

How many bags should I bring and what size is best?

We recommend that you bring one reasonably sized bag or suitcase, one medium bag with enough space for up to two weeks of clothing as well as a small backpack for daily use.

How do free weekends work?

There are on average two free weekends per month. You can use this time to visit family and friends as well as to discover and explore Israel. The program provides accommodation for participants who choose not to go out on a free weekend. The program staff will also assist you with any help you may need in arranging your free weekend.

Harel Tour & Care Policy
TABLE OF BENEFITS

Hospitalization*	
•Hospital accommodation	Paid up to policy limit \$100,000 / 90 days
•Nursing care, drugs and surgical dressings	
•Surgeons, anesthetists, and physicians fees	
•Theater charges and intensive care	
•Pathology, X-rays, MRI, CT scans	
Out-patient treatment	
•Specialists	Contracted specialists/doctors/laboratories Paid in full
•Pathology, X-rays and diagnostic tests	
•Costs for treatment by family doctors	
•Out-patient surgical operations	
•MRI, CT and PET scans	
•Emergency Psychiatric consultation	Up to 2 visits
Other benefits	
•Prescribed drugs and dressings	Up to \$200 per year
•Emergency dental treatment	Up to \$200-at contracted dentist
•Emergency ambulance service	Paid in full (if patient is subsequently hospitalized)
•Road accidents	Covered by Compulsory Government Insurance
English speaking customer service line	24-hour

*Cover is by surgeons and medical staff on duty at time of injury or illness

Exclusions to this cover are:

- Pre-existing or chronic conditions (e.g. asthma, Krohn's disease, diabetes)
- Well-care, routine check-ups
- Pregnancy
- Injuries caused due to alcohol or drugs
- Self inflicted injuries
- Skiing, extreme sports

N.B. The full policy conditions are as they appear in the Harel Tour and Care policy (available on request).

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*The above insurance summary is for medical insurance only. Participants are required to take out their own travel insurance (to cover personal property etc.)

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