רמה ישראל
Ramah Israel
Ramah Israel Institute

North Suburban Synagogue Beth El Solidarity Trip

April 1-4, 2024

Itinerary as of February 1, 2024 (subject to change)

NOTES:

- *Three hotel breakfasts, dinner on Tuesday the 2nd and dinner on Thursday the 4th are included in the program.*
- *We advise bringing the following items: comfortable clothes for winter weather, including layers in case of rain/colder weather, closed shoes, a raincoat and an umbrella.*

Monday, April 1, 2024: To Nourish Those Who Need Nourishment

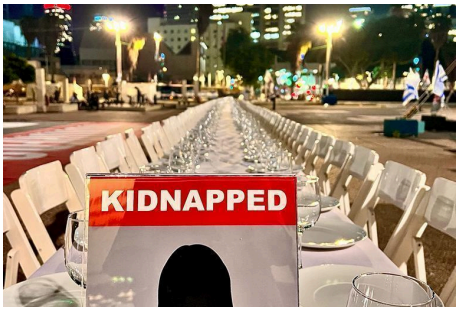
- **Welcome to Israel ! ברוכים הבאים**
- Meet your **Ramah Israel staff** at Ben Gurion Airport
- Travel to Moshav Tzelafon and **volunteer in the citrus orchards**. The agricultural sector of the economy has been hit hard by the war and the entire country has been volunteering to help save this season's crops. We will lend a hand with whatever needs to be done - tending the fields, picking and/or packaging fresh produce, doing maintenance on irrigation or greenhouses, etc. and participants should prepare for a physically demanding few hours of manual labor.

- Drive to **Jerusalem**
- Check into the hotel
- Dinner on own at local restaurants
- Orientation
- Meet with **Jacqui and Yaron Vital**, whose daughter Adi was murdered protecting her children on October 7th, and hear Yaron's remarkable story of survival at Kibbutz Holit.

Overnight: Dan Panorama Hotel, Jerusalem

Tuesday, April 2, 2024: To Till and To Tend

- Breakfast at the hotel
- Travel to **Tel Aviv**
- Visit the **Reuth Rehabilitation Hospital** in Tel Aviv where we will learn about the work they've been doing since the war began, and have an opportunity to meet with staff and with some of the patients.
- Lunch on own at local restaurants
- Volunteer with **Citrus & Salt** cooking meals for soldiers, evacuees and hospital patients
- Visit **Kikar Hachatufim** - "Hostages Square." The public square outside the Tel Aviv Museum of Art has become a gathering place for the families of hostages and hundreds of daily visitors who come to show their support. We may have the opportunity to speak with families and see the various artistic installations.



- Help facilitate a **BBQ Dinner for soldiers** on an army base
- Return to Jerusalem

Overnight: Dan Panorama Hotel, Jerusalem

Wednesday, April 3, 2024: To Build and To Restore

- Breakfast at the hotel
- Drive to **Ofakim**, a development town and the furthest place from Gaza to be attacked on Oct 7th
- **Visit the Marom high school**, meet with staff and students, and volunteer together renovating a project at the school
- Lunch on own at local restaurants
- See the **memorials to those who were murdered** here on Oct 7th and meet with local residents
- Travel to **Rahat**, a nearby Bedouin town
- **Volunteer with a local nonprofit** making food packages to be distributed to low income families in the community
- Return to Jerusalem
- Dinner on own at local restaurants
- Optional Evening Speaker

Overnight: Dan Panorama Hotel, Jerusalem

Thursday, April 4, 2024: To Share Chizuk and Receive Chizuk

- Breakfast at the hotel and Check Out
- Shacharit and **special prayer time at Azarat Yisrael**, the egalitarian section of the Kotel
- Volunteer with **Thank Israeli Soldiers** preparing care packages for soldiers at the new Museum of Tolerance
- Lunch on own at local restaurants
- **Volunteer making care packages** to be given to soldiers and families evacuated from the South or North
- Visit **Mount Herzl National Cemetery** and see how it has has changed since the war began
- **Dinner together** at a local restaurant
- Travel to the airport **– Farewell and להתראות**

Overnight: On Flight