Israel Summer 2016

PROGRAM ITINERARY
Subject to change

JCC Maccabi Israel™
Sports Camp Trip
JCC Maccabi™ Sports Israel Trip
July 3-19, 2016

JCC Maccabi Israel™ Sports Camp Trip offers teens the opportunity to experience everything Israel has to offer through the scope of sports and adventure!

Run in partnership with JCC Maccabi Sports Camp, JCC Maccabi Games™ and Maccabi USA, our program exposes teens to Israeli sports and athletes, sports clinics, and many outdoor adventures, alongside learning about the state of Israel, its history, its people, and its culture. Our belief is that teens should follow their passion, have fun and learn in a welcoming and diverse environment, and experience Israel through their passion. Don’t miss out on the experience of a lifetime, with kids who share your dreams.

Staff:
TBD – Tour Educator
TBD – Israeli coach/staff member
TBD – American Staff member/coach
TBD – American Staff member/coach

Sunday, July 3: Departure
• All participants meet at JFK in NYC at to depart on flight ____ at ____ to Tel Aviv

Monday, July 4: Welcome to Israel
• Arrive at Ben Gurion airport at ____
• Welcome to Israel – first group orientation led by Ido Medan-David, director of JCC Maccabi Israel
• Head to Jaffa
• Welcome ceremony – "Shehecheyanu" at Gan HaPisga, overlooking the Mediterranean Sea
• Walking tour of Jaffa, the ancient port to Israel and the flea market
• Pizur dinner
• Continue to guest house to check in
• Staff led group orientation – expectations from the program, rules and regulations

Overnight: Tel Aviv area

Tuesday, July 5: Tel Aviv, a city that never stops
• Morning bike ride in Tel Aviv
• Breakfast at hotel
• Visit Independence Hall, see where the state of Israel was founded, and discuss the declaration of Independence that is structuring Israel’s democracy.
• Head to Kfar HaMaccabiah – program run by JCC Maccabi Israel™ and Maccabi World Union
• Packed lunch at Kfar HaMaccabiah
• Head to the Spivak Center for Disabled athletes to learn about the work they do and volunteer
• Dinner at hotel
• Neil Lazarus, Jewish educator and communications consultant – Welcome to the Middle East, what's going on around here?

Overnight: Tel Aviv area
Wednesday, July 6: **Bringing the dream into reality: making the desert bloom**

- Morning swim and workout on the beach
- Breakfast at hotel and check out
- Visit a startup company in Tel Aviv that is innovating in the world of sports: Intelligym
- Head south to the Negev
- Leadership seminar at Ben Gurion’s grave: bringing an idea from vision to reality.
- Lunch
- Ein Avdat – Hike through the region’s beautiful canyon, water springs and enjoy the wildlife around you.
- Continue to visit the Teva visitor’s center in Ramat Hovav and learn about one of Israel's leading companies.
- Desert survival experience: Outdo
- or cooking and camping
- Evening activity at campsite: Navigation in the desert

**Overnight:** **Under the stars – Machtesh Ramon**

Thursday, July 7: **Adventure in the Desert**

- Morning Yoga – staff led
- Breakfast at campsite
- Rappelling in Machtesh Ramon
- Packed lunch
- **Mifgash** (meeting or connection) with Israeli teen sports team for competitions.
- Continue to Kfar HaNokdim
- Camel riding!
- Bedouin “Hafla” dinner – the Bedouins are famous for their hospitality and great food! Explore their very unique culture and food, learning how they adapt to Israeli society.
- Continue to Arad, check in
- Staff led evening program: Prepare for Masada

**Overnight:** **Inbar Arad**

Friday, July 8: **Masada and the Dead Sea**

- Early wake up (tea/coffee and snack) and check out.
- Masada – Hike up via the Roman ramp, look over the Jordanian mountains and tour the sites that are a symbol of our people's history.
- Descend via the snake path; boxed breakfast
- Nachal David (Ein Gedi) – walk through the largest oasis in the Judean Desert, joining the ibex and the mountain goats as they search for water.
- Float in the healing water of the Dead Sea.
- Lunch and head to Jerusalem
- Check in to hotel, free time to prepare for Shabbat
- Kabbalat Shabbat at hotel
- Shabbat Dinner
- Oneg Shabbat

**Overnight:** **Rabin Guest House, Jerusalem**
Shabbat, July 9: Shabbat in Jerusalem

- Morning workout
- Breakfast at hotel
- Walk to the Kotel – Shabbat morning t’fillot
- Head back to the hotel
- Lunch at hotel
- Visit the Knesset, Supreme Court and discussion at the Rose Garden
- Sikkum Ha Shavua – summary of the week’s experiences
- Dinner at hotel
- Havdallah
- Free night on Ben Yehuda Street | Friends and family can visit (pre-arranged)

Overnight: Rabin Guest House, Jerusalem

Sunday, July 10: Old and New Jerusalem

- Breakfast at hotel
- City of David. Tour where Jerusalem began 3,000 years ago. Water hike through Hezekiah’s tunnel, built 2,700 years ago to bring water from the Gihon Spring to the city during the Assyrian siege.
- Enter the Old City of Jerusalem from the Dung Gate and experience life in Jerusalem 2,000 years ago by participating in a virtual tour at the Davidson Center.
- Free time and pizur lunch, as you sample food and shop, at the Machne Yehuda market
- Activity with Etgarim – an NGO (non-governmental organization) which works with disabled teens using ODT and extreme sports
- Meet professional athlete to hear about his story, passion and connection between Judaism, Sports and Israel
- Dinner at hotel
- Staff-led evening program: prepare for Yad Vashem

Overnight: Rabin Guest House, Jerusalem

Monday, July 11: "L’Dor V’Dor", understanding our past to create a future

- Breakfast at guest house and check out
- Yad Vashem – the global Holocaust Memorial Museum. Hear the stories of those who have perished and those who survived from a survivor.
- Boxed lunch
- Volunteer project at Leket Israel, the national food bank, working with their meal rescue program
- Head to Wingate Institute for the beginning of the JCC Maccabi Israel Sports Camp (4 days at Wingate Institute that will be dedicated to training and competition while focusing on developing personal skills, new training methods with Israeli coaches and competing against Israeli athletes)
- Orientation – meet the coaches: hopes and expectations
- Tour Wingate institute, learn about the contributions that it has brought to Israeli society and see the different facilities that you will be using over the course of the next few days.
- Dinner
- Staff led evening program

Overnight: Wingate Institute, Netanya
Tuesday, July 12: JCC Maccabi Israel Sports Camp day 2

- Morning workout: Yoga, led by Wingate coach
- Breakfast
- Clinic: Basketball, led by Wingate coach
- Workshop on diet and nutrition
- Lunch and rest
- Clinic: Aerobics session, led by Wingate coach
- Clinic: Soccer, led by Wingate coach
- Shower and dinner prep
- Dinner
- Evening swim

Overnight: Wingate Institute, Netanya

Wednesday, July 13: JCC Maccabi Israel Sports Camp day 3

- Morning workout: run on the beach, led by staff
- Breakfast
- Clinic: Tennis, led by Wingate coaches
- Workshop: Psychology in sports, stress and constant improvement
- Lunch and rest
- Clinic: Krav Maga
- Clinic: Swimming class in the Olympic pool, led by Wingate coach
- Shower and dinner prep
- Dinner
- Staff led evening program

Overnight: Wingate Institute, Netanya

Thursday, July 14: JCC Maccabi Israel Sports Camp day 4

- Morning workout: Spinning, led by Wingate coach
- Breakfast
- Clinic: Pilates, led by Wingate coach
- Afternoon swim on the beach
- Lunch and rest
- Tournament with teens from the Wingate institute for excellence
- Shower and dinner prep
- Barbeque dinner
- Evening bonfire

Overnight: Wingate Institute, Netanya
Friday, July 15: Mifgash – connecting with Israeli teens

- Breakfast and check out
- Summary session with coaches and staff
- Staff led program: prepare for mifgash
- Depart for beginning of mifgash
- Meet Israeli teens from Maccabi Tzair youth movement/sports team
- Ice breakers
- Lunch
- Go home with Israeli friends to meet the families
- Kabbalat Shabbat with Israeli teens
- Dinner with host families

Overnight: Home Hospitality

Shabbat, July 16: Shabbat with host families

- Shabbat with host families

Overnight: Home Hospitality

Sunday, July 17: "Gvanim": mosaics of people and cultures

- Breakfast with host families and goodbye: "Toda Rabah!"
- JMI Cares: Volunteer activity with Maccabi
- Tour of Haifa - Tour the Baha’I Gardens and learn about their special culture
- Pizur lunch in Haifa
- Visit the Stella Maris Carmelite Monastery and the Achmadiyah Mosque
- Explore the Cave of the Prophet Elijah
- Visit the Osaphia Druze Village – enjoy a traditional Druze dinner and meet members of the community to learn about their culture.
- Continue to hotel to check in

Overnight: Kinneret, North
Monday, July 18: The Beautiful North

- Breakfast at guest house and check out
- Morning hike in Nachal El-Al
- Drive north to Kayaks on the Jordan River – relax on the cool water
- Pizza Lunch
- Head to the Golan Heights – get to see an overlook on Syria from Mt. Bental and learn about the strategic importance of this region. Hear about the dramatic story of the 1973 Yom Kippur war, as well as the current situation in war-torn Syria.
- Continue south and check in to hotel
- Dinner at hotel

Overnight: Tel Aviv area

Tuesday, July 19: Tying it all together

- Breakfast at guest house and check out
- Program evaluation session
- Meet guest speaker from StandWithUs and discuss how to take all that we have learned back to our community and later on to college.
- Dialogue in the Dark – The Israel Children's Museum in Holon
- Packed lunch
- Continue to Tel Aviv, visit Nachalat Binyamin's arts and crafts market for some final shopping.
- Festive final dinner
- Staff led summary at Gan HaPisga in Jaffa
- Head to airport
- Depart on flight *** at *** to JFK

Wednesday, July 20: Lehitra’ot – see you again!

- Arrive safely in New York at *** and continue on own to connecting flights
JCC Association is proud to present the JCC Maccabi Games™, JCC Maccabi ArtsFest™, and JCC Maccabi Israel™.

Connecting Jewish teens through sports, the arts, and travel.