



SAMPLE GIRLS ITINERARY

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
26.7.2022 כ"ז תמוז	27.7.2022 כ"ח תמוז	28.7.2022 כ"ט תמוז	29.7.2022 א' אב – ראש חודש	30.7.22 ב' אב
The western Galilee – the Lebanese boarder	Nature in the Galilee	The Golan Heights	Jewish Mysticism	Parashat Massei
Water hike at Nachal Kziv Rosh Hanikra Grottos	Mount Arbel – extreme hike	Majrasse water hike Katzrin Talmudic Park with ancient Beit Knesset	Visit Kever Rashbi (Tfila) Tour Zfat and meet the Kabbala artist Avraham Levental (option to meet the glass blower Sheva Chaya, a music, candle or challah baking workshop,)	Tfila Kiddusch Schabbat Activity
ODT at the horse farm "Zaad Beshnayim"	Aqua Kef – Water Park (if there is separate time) or swimming at separate beach	Mount Bental outlook Kayaking	Ozar Stam (have to check about times) Get ready for the first Shabbat in Israel Preparations for Shabbat Candle lightning	Schabbat Meal Rest Little stroll around the hotel Seuda Shlishit
	Boat ride on Kinneret with Darbukot, Music and Dancing	Madrich activity	Shabbat Dinner Oneg Schabbat/Farbrenge	Havdala Kumsitz
North	North	North	North	North



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
31.7.2022 ג' אב	1.8.2022 ד' אב	2.8.2022 ה' אב	3.8.2022 ו' אב	4.8.2022 ז' אב	5.8.2022 ח' אב	6.8.2022 ט' אב
The Mishna time in the Galilee	Eretz Haavot	Yerushalayim from King David till today	The less privileged of Israeli society	From David till today – the battles in the Judean Plateau	From Holocaust to redemption	Parashat Dvarim Shabbat Chason
Visit Zippori the home of Yehuda Hanassi Kfar Kedem – dress like our forefathers, ride a donkey, bake pitot and eat like in those days	Tour Chevron (Mearat Hamachpela, Avraham Avinu and more) Eretz Haayalim – Omega and rope park	Tfila at Kotel Tour the City of David	Pantry Packers volunteering Tour of Shalva Center in Jerusalem	Tel Azeka – David and Goliat Chirbet Midrass – Bar Kochba caves crawling	Yad Vashem	Tfila at Mayanot Kiddusch Schabbat Activity
Drive towards Center Katef Shaul – King Shaul on the Gilboa	Derech Haavot hike Kever Rachel Tayelet Haaz – opening on Yerushalayim	The Jewish quarter Kotel tunnel VR of Beit Hamikdash	Meet with Veteran and hear his story (at Beit Halochem)	EZ-rider Latrun – Tank Museum	Get ready for Shabbat at Shuk Machane Yehuda Prepare for Shabbat Candle lightning Kabbalat Shabat at the Kotel	Schabbat Meal Rest Little stroll around the hotel Seuda Shlishit/ meal before fast
Madrichim activity		Madrich Activity on Chessed	Pizur at Ben Yehuda Visit Maayanot Seminary	Holocaust survivor testimony	Shabbat Dinner Oneg Shabbat/Farbrenge	Eicha (at Tayelet/ Kotel/ Yemin Moshe)
Yerushalayim/ Center	Yerushalayim/ Center	Yerushalayim/ Center	Yerushalayim/ Center	Yerushalayim/ Center	Yerushalayim	Yerushalayim



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
7.8.2022 י' אב – צום ט' באב	8.8.2022 י"א אב	9.8.2022 י"ב אב	10.8.2022 י"ג אב	11.8.2022 י"ד אב	12.8.2022 ט"ו אב	13.8.2022 ט"ז אב
Tisha Beav	Israel – a diverse society	The Negev	Desert and Sea	The Judean desert – a place of refuge	The Judean desert – Nature and History	Parashat Vaetchanan
Tfila and Kinot Special Madrichim Activity for Tisha Beav	Dialogue in the dark Ashdod sand dunes	Ein Ovdat – Desert hike Mizpe Ramon Visitor center	Red Canyon hike Jeep tour	Massada at sunrise Breakfast Camel ride	Ein Feshcha Mount Herzel	Tfila Kiddusch Schabbat Activity
Visit Heichal Hasefer and the model of Yeruahalayim during 2 nd Beit Hamikdash at the Israel Museum Mincha and Shira at the Kotel	Tour Sderot - life at the border with Gaza strip and Volunteer	Rappeling Drive to Eilat Degel Hadio and Eilat's story	Swimming @ the separate beach Drive through Yotvata (with Shoko stop) to the Bedouin tent	Dead Sea swimming Nachal David hike	Shopping before Shabbat Prepare for Shabbat Candle lightning Kabbalat Shabbat	Schabbat Meal Rest Little stroll around the hotel Seuda Shlishit
Arvit and break the fast meal	Meet with Rav Sharon Shalom and hear his extraordinary story from Ethiopia by foot till today as the Rav of a community of Holocaust survivors	Free time in Eilat	Bedouin hospitality Dinner Star Gazing and meditating Kumsitz		Shabbat Dinner Oneg Schabbat/Farbr engen	Havdala Pizza and Madrichim Activity
Yerushalayim	South	Eilat	Kfar Hanokdim – Bedouin tent	South	Center	Center



SUNDAY	MONDAY	TUESDAY
14.8.2022 י"ז אב	15.8.2022 י"ח אב	16.8.2022 י"ט אב
From Jaffo to Tel Aviv	I leave a my print in Israel	Departure
Volunteering in Jaffo Shuk Hacarmel	Volunteer with JNF – leave a better environment for the future generation	
Tour the first neighborhood of Tel Aviv and learn about how the first Hebrew city was built Watersports at the separate beach in Netanya	Neil Lazarus – how can I impact the view about Israel in England	
Dinner and meeting with lone soldiers	Farewell Dinner	
Center	Center	