



אמי"ת אמיט



MIDRESHET AMIT

TORAH · CHESED · ISRAEL







A PLACE TO LIVE

TORAH

At Midreshet AMIT you will spend your day learning, questioning, and growing in Torah. From interesting and challenging classes to guided chavruta study, your year will be packed with learning geared to help you develop a lifelong connection to Torah.



A PLACE TO LIVE

CHESED

Our home is in the Alfred M. and Frances Frisch Beit Hayered, AMIT's well known foster home for disadvantaged youth. You will spend each day teaching, playing and caring for some of Israel's most needy children. As a "big sister" you will be challenged to give of yourself in a way you have never experienced before and you will be transformed in the process.



A PLACE TO LIVE

ISRAEL

Your connection to Israel will be deepened through the unique experience of living and interacting with dedicated Israeli couples and committed Sherut Leumi young women. Through adventurous tiyulim, you will travel the length and breadth of Israel, learning about our history and gaining a greater appreciation for the State of Israel.



BEIT MIDRASH



The Beit Midrash is my unique place at AMIT to find the answers I am searching for. I can choose any topic that I want to learn which takes my personal connection with Judaism to a new level. The Beit Midrash program also allows all of us the ability to build strong relationships with the teachers and our peers through the study of Torah! Observing my friends leaning independently or b'chavruta is truly inspiring.

RAQUEL FUSMAN
West Orange, NJ



Our rakazot provide our students with the religious and spiritual guidance necessary to reach and even exceed their goals. By learning with the girls one on one or in smaller groups (chubura style), the rakazot develop close and meaningful relationships with each and every AMIT student.

The Beit Midrash is the center of spiritual life at AMIT. It is a place to learn independently or to learn b'chavruta with a staff member or a friend. It is a place to daven and meet one on one with our rakazot, our madrichot and our faculty. It is a place for quiet contemplation. Most of all, it's a place to connect with people who want to grow just like you.



From the moment we got off the plane, the faculty at AMIT connected with us and made us feel so comfortable. The teachers and Rabbis arrive each day with a positive attitude and an excitement to learn with us which motivates us to enjoy the learning experience and focus on our studies even more. Without the warm staff at AMIT, our education and spiritual fulfillment wouldn't be the same!

RONELLE ZAKEN
Los Angeles, CA





A PLACE TO LIVE

TORAH

The courses of Midreshet AMIT are designed to challenge and guide you as you develop your skills and knowledge. A wide variety of intermediate and advanced classes on topics such as Tanach, Halacha, Hashkafa and Jewish History are offered.

Mornings include time spent in the Beit Midrash preparing texts and researching fascinating subjects under the supervision of caring and knowledgeable teachers. Our regular schedule is enhanced by special events and guest speakers.

At Midreshet AMIT, you will appreciate the relevance of our tradition in today's society and develop a lifelong commitment to Torah.

I have never been in a Torah environment that offers such a diverse range of courses to choose from. Every day, I am able to tap into different areas of Torah – Tanach, Gemara, Chassidut, Tefilla and so much more! My teachers constantly challenge me and raise intellectual questions which trigger new ideas. The learning at AMIT uncovered new areas of Judaism that I am only beginning to discover!

GEORGIA COHN
Sydney, Australia



In addition to the variety of exciting classes offered every week at AMIT, there are numerous opportunities for additional learning. Educational Seminars throughout the year are centered around topics such as Zionism, Modern Orthodoxy, Emunah and Holidays with text based shiurim, special speakers and experiential programming. Our students have the opportunity to learn from some of Israel and America's most prominent leaders through special guest lectures which take place throughout the year. Optional daily chavrutot with our staff allow our students to engage in learning one on one and focusing on topics of their choice.

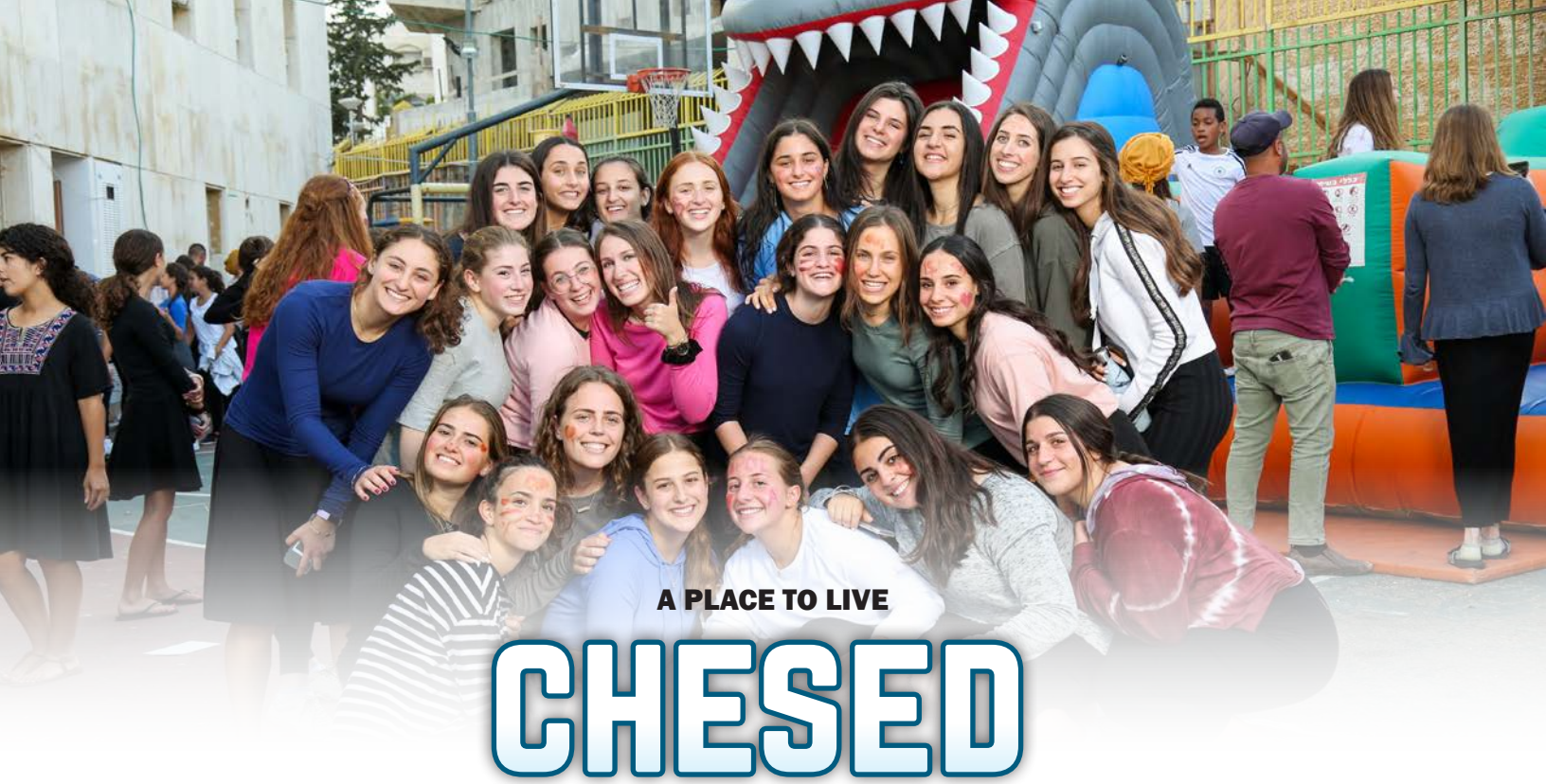


THE CAMPUS

Our comfortable dormitory is located in residential Gilo, a southern suburb of Yerushalayim. Each suite has a fully equipped kitchen, air conditioning, American washer/dryer, exercise equipment, internet access, and a lounge area. Three delicious meals are provided daily and the dormitory is open all year round.

You can choose to stay “home” for Shabbat with your Beit Hayeled family or enjoy hospitality offered by AMIT faculty and friends. The highest security is maintained with closed circuit surveillance cameras and a full time armed guard. Caring madrichot live on the premises and are available to help provide students with all of their needs.





A PLACE TO LIVE

CHESED

Midreshet AMIT provides unique opportunities for daily chesed. As you work with the children at Beit Haya'eled you will use your talent and creativity to design and lead innovative programs. With care and compassion, you will have the opportunity to help disadvantaged children with their academic and social challenges. You will become part of a "mishpachton" (foster family unit) helping to provide much needed shelter, structure and stability.

Additionally, you will work with talented and dedicated post high school Sheirut Leumi girls who have volunteered to spend a year of their lives helping the children at Beit Haya'eled. This entire project is supervised by a joint effort between the staff of Midreshet AMIT and the professionals at Beit Haya'eled, including educators, psychologists and therapists.

Throughout the year, these professionals conduct periodic seminars to help you navigate the challenges that you encounter working with foster children. **By giving to others, your lives will be immeasurably enriched and you will develop the skills to become the leaders of tomorrow.**





Volunteering in Beit Hayed has added a much deeper meaning to my seminary experience. All of the children have such kind hearts and I am lucky that AMIT provides me with the opportunity to support and love them! I spend time in the late afternoons with Claudine who has the most infectious smile. We laugh, play games and visit animals in the pet therapy area. Our relationship has undoubtedly impacted my life.

MAYA KLIBANOFF
West Orange, NJ



A PLACE TO LIVE

ISRAEL

At Midreshet AMIT you will not just spend a year in Israel, you will “Live Israel!” In addition to daily interaction with Israeli children and families at Beit Haya'eled, Tanach and Jewish History come to life as we explore the geography of Israel on our monthly tiyulim. Shabbatonim in communities such as Yerushalayim, Gush Etzion, Tzefat and Beit Shemesh will expose you to the diverse populations of contemporary Israel.



As a granddaughter of four Holocaust survivors, my connection to Israel has always been central to my Jewish identity. AMIT gives me the framework to create an extremely personal and authentic relationship with Israel. Living in a Beit Haya'eled and seeing some of Israel's most inspirational figures, the young couples working with the children, while simultaneously being able to volunteer with the kids ourselves is something that's not only unique to Amit, but enhanced my appreciation for Israel as a whole. This year, I have been exposed to different parts of Israel in both meaningful and fun ways which has allowed me create a new and strong relationship with our land.

NAOMI GOTTLIEB
Livingston, NJ



Additionally, we are part of a large network of 110 AMIT schools throughout the entire country renowned for their academic excellence and professionalism. Throughout the year, we visit some of the AMIT schools in areas such as Sederot, Beersheva, Tzefat and Ashkelon and participate in special joint programs.



At AMIT, Israel has become my home away from home as I am enjoying our amazing tiyulim at the Dead Sea, Ein Gedi and Zichron Yaakov plus our fun Shabbatonim all over the country. With inspiring Chesed trips and volunteering opportunities, I am experiencing Israel in a way that I never have before.

MALKA COHEN
Toronto, Canada





WEEK AT A GLANCE

SUNDAY

SHIUR • 9:50-10:30

Inspirational Women in Tanach
 Living with The Times
 Avot & Banot
 Hilchot Shabbat

TEFILA & BREAKFAST: 10:30-10:50

SHIUR • 10:30-11:30

Divinity, Psychology, Politics and Chaos in Nach
 Women in Jewish Law
 Tanya (The Secret of Chabad)

SHIUR & BEIT MIDRASH 11:35-1:00

The Mysterious Tales of the Talmud
 How Awesome am I?
 Kashrut on Campus (and at Home, too.)
 Lashon Hara (in the Age of Social Media)

MONDAY

SHIUR • 9-9:45

Best Supporting Actors in Tanach
 Hashem Were are You, and What are You Doing?
 Science Meets Torah
 Spiritual Writings of Rav Kook

TEFILA & BREAKFAST: 9:45-10:10

SHIUR • 10:10-11:10

The Search for Identity in Sefer Shemot
 Gemara: The Deep Stuff (lyun)
 Women in Jewish Law
 Shutim: Questions in a Modern World

SHIUR & BEIT MIDRASH 11:20-1:00

The Twelve Tribes
 Uncovering the Spiritual Meaning of Shabbat (Soul of Shabbat)
 Mesilat Yescharim

TUESDAY

SHIUR • 9-9:45

Inspirational Women in Tanach
 Living with The Times
 Avot & Banot
 Hilchot Shabbat

TEFILA & BREAKFAST: 9:45-10:10

SHIUR • 10:10-11:10

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The Mysterious Tales of the Talmud
 How Awesome am I?
 Kashrut on Campus (and at Home, too.)
 Lashon Hara (in the Age of Social Media)

WEDNESDAY

OFF-CAMPUS CHESED

THURSDAY

SHIUR • 9-9:45

Best Supporting Actors in Tanach
 Hashem Were are You, and What are You Doing?
 Science Meets Torah
 Spiritual Writings of Rav Kook

TEFILA & BREAKFAST: 9:45-10:10

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 Gemara: The Deep Stuff (lyun)
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 Shutim: Questions in a Modern World

SHIUR & BEIT MIDRASH 11:20-1:00

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 Uncovering the Spiritual Meaning of Shabbat (Soul of Shabbat)
 Mesilat Yescharim





SUNDAY

SHIUR • 2:30-3:15

Iyov: Perspectives on Suffering
Hilchot Tefila
The Shoah

MONDAY

SHIUR • 2:30-3:15

Witches, Wenches and Wise Women: Women in the eyes of Chazal
Hilchot Shabbat
Holy Waze (Orchos Tzadikim)
History of Zionism

TUESDAY

SHIUR • 2:30-3:15

Exploring Sefer Tehillim
A Parsha Thought
The Inner Artistic You

WEDNESDAY

SHIUR KLALI 2:30-3:15

Witches, Wenches and Wise Women: Women in the eyes of Chazal
Hilchot Shabbat
Holy Waze (Orchos Tzadikim)
History of Zionism

THURSDAY

SHIUR • 2:30-3:15

SHIUR • 3:20-4:05

Introduction to Kabbalah
Issues in Modern Orthodoxy
Middot Workshop

SHIUR • 3:20-4:05

A Day in the Life (Laws of Everyday Life)
Navigating the Siddur
Michtav M'Eliyahu

SHIUR • 3:20-4:05

Rashi vs. Ramban
Introduction to Parshanut
The Inner Artistic You
Jerusalem U

MEGAMOT 3:20-5:00

A Day in the Life (Laws of Everyday Life)
Navigating the Siddur
Michtav M'Eliyahu

MINCHA & SNACK: 4:05-4:20

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SHIUR • 4:20-5

Administration Night
Seder

SHIUR • 4:20-5

A Day in the Life (Laws of Everyday Life)
Navigating the Siddur
Michtav M'Eliyahu

SHIUR • 4:20-5

Sefer HaChinuch
The Inner Artistic You
Jerusalem U

SHIUR • 4:20-5

A Day in the Life (Laws of Everyday Life)
Navigating the Siddur
Michtav M'Eliyahu

5:00 BEIT HAYELED VOLUNTEERING

NIGHT SEDER • 7:45-8:25 • SUNDAYS/TUESDAY/THURSDAYS

The Depth of the Matter • Mindfulness • Life Hacks

NIGHT SEDER • 8:30-9:15 • SUNDAYS/TUESDAY/THURSDAYS

The Gemara Challenge • Rebbe Nachman's Soul • Quest for Authenticity





WEEKLY CLASSES

TANACH

INSPIRATIONAL WOMEN IN TANACH

In this course, we will study various female characters and archetypes in Tanach. Through text analysis and discussion, we will discover many unique aspects of the female personalities, both those who are familiar to us and some who are more obscure. We will apply what we learn to our own behavior and the way we view our role in the world around us.

LIVING WITH THE TIMES

The Parsha is more than just another subject. Parshat Hashavua is the common language that connects Jews of every different type. In this class, we will learn ideas from the weekly Parasha based on the teachings of our sages. This is a fun and inspirational class that will connect the weekly Torah portion to our lives!

DIVINITY, PSYCHOLOGY, POLITICS AND CHAOS IN NACH

Nach is filled with stories of tumult, chaos, and conflict. Yet, of course, it is the word of Hashem to us and provides a path of spiritual existence. How do we reconcile the two? In this course, we will pursue a broad understanding of these exciting stories and attempt to place them firmly in a framework of Godliness where they belong. The objective of this course is to create literate young women who are familiar with their Tanach, as well as to provide a spiritual framework in which to understand the characters in Tanach whose attributes seem unrecognizable in today's measures and expectations. (Who was the last great gadol who also killed someone...?) Topics covered: Introduction to Kings and Prophets, Yona, Yeravam, Shaul, Eliyahu and Achav, David.

BEST SUPPORTING ACTORS

In every story or narrative, there are the main characters and the secondary characters. The secondary characters or the supporting actors are not only interesting, but they are also often the key to understanding an entire biblical story. In this class, we will delve into the stories in Tanach, focusing on the development and personalities of the "supporting actors" and discovering who they really were. Rishonim (Rambam, Ramban, Smag...) considered as part of the 613 mitzvot and we will try to learn more about a selection of those mitzvot (what to do, when to do them, who needs to do them...)

THE SEARCH FOR IDENTITY IN SEFER SHEMOT

In this course, we will be rediscovering Sefer Shemot. We will see how in these seemingly familiar stories there is much to uncover. In studying the events of the slavery and redemption from Egypt, we will also explore the larger thematic and philosophical questions, such as: How is it that the Jewish nation developed in exile, surrounded by harsh and dire circumstances? Why would someone who grew up in an Egyptian palace be chosen to be the leader? What was life like for the average Jewish slave and the Egyptian citizen? How did antisemitism first develop in Egypt, and how can it help us in understanding today's headlines? We will also compare our own search for identity and acceptance with that of Moshe's self discovery. This is a text-based class.

THE TWELVE TRIBES

The Chosen people, in our fullest sense, are made of twelve tribes. While only a few remain today, each tribe was imbued with unique characteristics and distinct attributes. This course will explore the singular contribution of each tribe and help us understand the mosaic that is the Jewish people.

IYOV: PERSPECTIVES ON SUFFERING (PHILOSOPHY)

Iyov is known to be one of the most challenging books of Tanach. Known for intricate language and deep philosophical questions, it is much more than a book about 'why bad things happen to good people.' This course will allow the student the opportunity to explore the depth and beauty of this complex book. Learning Sefer Iyov is a way to learn about the bigger picture of life. What is the purpose of this story? Is there meaning to life's challenging events? How do we cope when life doesn't go as planned?

EXPLORING SEFER TEHILLIM

Sefer Tehillim is a timeless work full of spiritual guidance and essential wisdom. In this class will study and analyze selected chapters, discover their meaning and message and their relevance to our lives. We will cover the psalms which are well known (including those that appear in our daily tefillot) as well as those less known which contain treasures waiting to be discovered. The insights of Tehillim will help us comprehend the ways of Hashem and develop our own potential as a Jew.

A PARSHA THOUGHT

The Parsha is more than just another subject. Parshat Hashavua is the common language that connects Jews of every different type. Knowledge of the Parsha and its issues is a basic foundation upon which all learning is based. This class will take one pasuk or issue from the Parsha and develop its message into a relatable insight.

RASHI VS. RAMBAN INTRODUCTION TO PARSHANUT

We have all heard the expression “there are 70 faces to the Torah.” The beauty of the Torah is the possibility of multiple perspectives it allows. In fact, almost everything we learn is based on the premise that people see things in different ways. Two of the most famous Parshanim (commentators) on the Torah were Rashi and Ramban. Join this class and see how two opposite perspectives can be formed out of the same words, and see the beauty in both.

SEFER HACHINUCH

The Torah is Hashem’s communication to mankind. Through the 613 mitzvos, we are invited into a world of spirituality and purpose. But what do all of those mitzvot mean? So many are hard to understand! The Sefer Hachinuch is a classic sefer written to serve as a guide to understanding mitzvot. Each one of the 613 is explained—halachot, deeper meanings and explanation clearly laid out. Studying the Sefer Hachinuch will provide you with a clear understanding of our basic foundation of faith—the mitzvot.

GEMARA & CHAZAL

AVOT & BANOT

“If I am only for myself, who am I?” “Say little and do much!” You are probably familiar with Pirkei Avot. It is one of the best known and most cited of Jewish texts. This beloved mesechet serves as one of the central pillars of Jewish values and thought. In this course, we will learn and discuss the treasure trove of Jewish wisdom and life lessons which is found in Pirkei Avot.

THE MYSTERIOUS TALES OF THE TALMUD

Choni drew himself in a circle and refused to leave until Hashem listened to him, Raban Gamliel was driven from power in a Beit Medrash uprising. The Gemara is filled with fanciful tales and mysterious stories. In this class, we will be diving into the depths of these stories. Using the Gemara and other Torah teachings, we will learn to understand the deeper meanings behind these stories, and along the way, understand their relevance to our daily lives

GEMARA: THE DEEP STUFF (IYUN)

The Gemara is the central work of all of Torah Sheba’alPeh, and in it contains the key to Jewish Law and beyond. This class will explore the Gemara in depth. Emphasis will be placed on critical analysis of Gemara and Early Rabbinic Scholars, with the goal of understanding the foundation of Halachah. In-depth Gemara study (Gemara be-iyun) is the hallmark of serious Gemara study.

WITCHES, WENCHES & WISE WOMEN: WOMEN IN THE EYES OF CHAZAL

In this course we will explore how women were viewed by the Rabbis in the time of the Talmud. We will study the topics of Women and Talmud Torah with a spotlight on Bruria, Women and Mitzvot with a spotlight on Yalta, Women and Magic-Witches in the Talmud, Women

and Leadership, Creation of Women and the story of Lilith, Women and Kfira with a spotlight on conversations with the Matrona (a very interesting woman you’ll want to hear about.) This course will be text based using various gemaras and articles but will also include movie clips.

THE GEMARA CHALLENGE

The focus of this class is to finish an entire mesechet of Gemara together. Heavily text based and requires motivation and focus, although no prior experience to Gemara is necessary.

HALACHA

HILCHOT SHABBAT

From the perspective that “תלמוד מביא לידי מעשה” (“study fosters observance”), Hilchot Shabbat is an essential aspect of any curriculum. Such a central aspect of Jewish life demands not only a knowledge of what to do, but an understanding of why we do it. We will study some of the most commonly encountered areas of Hilchot Shabbat with emphasis on their practical application. As a double period class, we will have plenty of time for chavruta, skill building, and individual growth as part a central aspect of our class.

WOMEN IN JEWISH LAW

As Jewish women, it is essential for us to study and gain insight into the mitzvot that we observe. In this course, we will develop a deep conceptual understanding of a woman’s performance of mitzvot. We will trace the unique set of laws applying to the Jewish woman from Tanach through contemporary poskim. The challenges and opportunities facing the Jewish woman in today’s society will be discussed, debated and analyzed throughout the year. Objectives for this course are to provide the student with a broad knowledge of the mitzvot that relate to women, and to understand their values and inner logic. This is a text-based class, in which we will delve into primary sources, ask questions, develop analytical and textual skills, and use our own life experiences to connect with the texts.

KASHRUT ON CAMPUS (AND AT HOME, TOO.)

Keeping kosher is one of the pillars of Jewish observance, and understanding the principles of Kashrut and knowing how to apply them is paramount to living a full Jewish life. The college dormitory presents particular challenges in this regard. This course will provide an overview of the principles of kashrut, with special emphasis on issues that are likely to arise and emphasis the practical laws and issues pertaining to the maintenance of a kosher home. Topic will cover the basics of the laws of milk and meat, keeping a kosher kitchen, and common applications

LASHON HARA (IN THE AGE OF SOCIAL MEDIA)

When the Chafetz Chaim wrote his classic masterpiece on Shmirat HaLashon, cell phones, Facebook, and Snapchat weren’t even a figment of his imagination. Fast forward 150 years- how do the timeless laws of lashon hara apply in the modern world? How does communicating with millions of people with one click change the nature of speech? This class will reexamine the Chofetz Chaim’s classic writings in the age of social media



SHUTIM: QUESTIONS IN A MODERN WORLD

This course will focus on שאלות ותשובות (known as שו"ת) and the integral role they have played for the last 1000 plus years. We will see how the Gemara, the rishonim, the שולחן ערוך, and the achronim are used to answer questions that arise in all areas of our ever changing world.

HILCHOT TEFILA

Did you ever wonder about what preparations have to be done before you daven? What happens when you forget to say Yaalei Veyavo or Hamelech Hakadosh? What should you do if you come to shul in the middle of Kedusha? Is Minyan only for men? Do I have to understand what the words mean for davening to count? Should I daven in English if I don't know what the words mean? These questions and more will be covered in this course; This course will enable you to be confident in your personal tefillah and when attending shul.

A DAY IN THE LIFE (LAWS OF EVERYDAY LIFE)

The life of a Jew is filled with ritual from the time we wake up until we go to sleep. This halachah (Jewish Law) class will trace the cycle of the day using classic halachic sources as well as contemporary responsa with the goal of understanding and bringing meaning to our day. The objectives of this course are to provide a scope of knowledge of the many halachot that fill our day, to bring an awareness of the halachic system that is the life of a Jew, and to familiarize the student with the books and people who make up our Masorah (tradition) Topic to be covered include: Modeh Ani, Netilat Yadayim, Brachot and Birkot Hashachar, Tefila, Birkat Hamazon, Talmud Torah, Secular Culture and the Observant Jew, Tefilat Haderech, Tevilat Keilim, Eating and Hashgachot, BishulAcu"m, etc. Forgiveness, Cheshbon Hanefesh, KriyatShma Al Hamita

JEWISH PHILOSOPHY

TANYA (THE SECRET OF CHABAD) (MUST READ SEFARIM SERIES)

Following on from discovering Hashem in our lives through the Chovos Halevavos, Tanya, a Chassic writing from Rabbi Shneur Zalman of Liadi is a way of helping understand who we are. We will learn about our soul, what is a Mitzvah, what is Holiness, what do the concept of Tzadik and Rasha mean. What is true happiness and how it can be attained. It is an extremely deep but meaningful book which is a tool for life in this extremely challenging world.

HASHEM WERE ARE YOU, AND WHAT ARE YOU DOING? (CLASSIC ISSUES IN JEWISH PHILOSOPHY SERIES)

Hashem is mysterious and hidden. Jews have always tried to seek Him and understand His ways. This class will discuss the issues relating to our understanding of God in the world and our place in that world. Topics include: Is everything in our world good? Are there coincidences? Our exploration will focus on classic and contemporary sources.

SCIENCE MEETS TORAH

We will explore some of the major issues and conflicts between Torah and science. We will begin with the classic "hot" topics such as Age of the Universe, Dinosaurs, Fossils, Creation/Evolution and move on to conflicts of the modern age Brain Death, Euthanasia, Stem Cell Research, Organ donation, cloning as well as other topics. This is a text based class using classic commentators as well of views of leading scientists. The aim of the class is to enable students to feel confident in their knowledge of the issues and to be exposed to various resolutions.

SPIRITUAL WRITINGS OF RAV KOOK

Unfortunately, for most of the English-speaking world, Rav Kook (1865-1935) has become one of those cliché thinkers that many people talk about, but very few have actually learnt and become inspired from the inside out. This course is an in-depth study of Rav Kook's writings, who spearheaded religious Zionism. We will study his spiritual philosophy of individuality, teshuva (spiritual growth), Torah, Zionism, atheism vs. faith, vegetarianism, and geulah (universal redemption).

UNCOVERING THE SPIRITUAL MEANING OF SHABBAT (SOUL OF SHABBAT)

For many, Shabbat is a day of restrictions. Yet according to Jewish philosophy and Kabbalah, all the laws of Shabbat are spiritual tools that help a person experience the power of God, family, inner peace and the ability to focus on the present moment. It is not a day of restrictions, but a day of celebration. In this course, we will study many Jewish sources that explain the meaning behind the laws and customs of Shabbat. This course will focus less on analyzing the laws, and more on uncovering the meaning of the laws. Examples of the laws and customs that we will study include: challah, kiddush, candles, three meals, muktzah, pikuach nefesh, Shabbat clothes, Shabbat prayers vs. weekday prayers, havdala, refraining from using electricity/phone.

INTRODUCTION TO KABBALAH

Kabbalah is the mystical branch of Torah study. Shrouded in mystery, Kabbalah presents a new dimension to Torah and the world. This introductory course will explore the basic principles of Kabbalistic thought.

ISSUES IN MODERN ORTHODOXY

In this class we will attempt to anticipate some of the challenges that will occur when the student is no longer in their supportive Jewish environment. We will be discussing issues such as: What to do when we start to doubt? How to react and interact with other religions and with other denominations of Judaism? Is evolution anti - Torah? What is Biblical criticism, and the like.

HOLY WAZE (ORCHOS TZADIKIM)

"Working on one's middos (character traits) starts with understanding what middos really are. Through learning the Sefer, Orchos Tzadikim, we will go through different middos and learn how we can actually develop ourselves in a genuine and practical way. We will spend time both understanding the many unique middos that make us who we are as well learning practical tools to better ourselves in the process".

MUSSAR & SELF HELP

HOW AWESOME AM I?

"If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?" Pirkei Avot, 1:14. Whether you are middle of developing your basic "I" - your true inner self - or moving beyond that and sharing yourself with others, each of us has a natural holiness. At our core is a sacred, transcendent self—and it glows like an eternal light! Why then can we feel at times so unholy, so mundane, so dark? This is a dynamic, fun, safe space, where we will work together and support each other as we work to become the best versions of ourselves through writing, discussion and meditation.

MESILAT YESHARIM (MUST READ SEFARIM SERIES)

Mesilat Yesharim is truly a must learn sefarim for any shtark sem student. The MesilatYesharim was written by Rav Moshe Chaim Luzzato in the eighteenth century and has become the most renowned of all mussar sefarim. It describes a step by step approach towards development of one's character traits and growth in service of G-d. For anyone who is truly interested in improving as a human being and becoming a true oved Hashem: this course is highly recommended.

THE INNER ARTISTIC YOU

We will use art to explore themes touched upon in the different Torah classes taught at AMIT. Mediums will range from water colors and acrylics to pastel colors. Encouraging individual creativity through art will help foster a deeper sense of connection and personal expression. A variety of techniques that suit the needs of the individual Torah art projects will be presented to the students in class in order to help each student actualize her unique artistic vision. Completed projects will adorn the school offering a glimpse into the topics covered in Amit Torah classes.

MIDDOT WORKSHOP

Our goal in this course is to improve our relationship with Hashem, ourselves, and those around us by exploring different aspects of spirituality and character development. We will use texts and media to analyze the importance of certain character traits. We will also address the challenges of and strategies towards self-improvement. Ultimately, we'll discover how certain middot can facilitate happiness, success and meaning in life.

NAVIGATING THE SIDUR

Tefillah can be a tremendous opportunity and tool to strengthen our relationship with ourselves and Hashem. However, some of us find it hard to navigating the Siddur itself. This class will focus on the Siddur, helping us understand what is what, and where is where in so that we can connect to and enhance our experience of Tefila.

MICHTAV M'ELIYAHU (MUST READ SEFARIM SERIES)

Rav Eliyahu Dessler was one of the greatest Jewish thinkers of the twentieth century. R' Dessler was born in the late 1800s in Lithuania where he learned under some of the leaders of European Jewry. R' Dessler went on to spread his teachings to England before finally settling in Israel and teaching there until the end of his life. This course looks closely at Rav Dessler's magnum opus, Michtav M'Eliahahu. We will base the course on Michtav M'Eliahahu but we will examine how other Jewish thinkers dealt with the issues raised in the book.

THE PURSUIT OF HAPPINESS, MEANING, AND FAITH

In the 1980s the secular world started trying to study what makes people happy. The Baal Shem Tov and his followers knew these secrets and taught us them 250 years ago. This class will discuss the different methods and approaches on how to reach happiness, meaning, and faith in our daily lives. We will delve into the teachings and stories of the Baal Shem Tov, as well as secular psychology texts and studies, exploring the nature of this pursuit which is desired by all.

LIFE HACKS

Ever wanted to do life...better? Life Hacks will take a deeper look into life lessons from the wisest of our teachers, and bring those teachings down into our day to day. Using games, discussions, stories and more, this class will get you thinking and sharing and reflecting and hopefully dreaming big.

Course objectives include: Develop an awareness and love of seeking wisdom and incorporating it into our daily living Discover ways and systems to help prioritize the important from the not Learn effective tools for building and maintaining relationships

MINDFULNESS

It's what it sounds like...

In a generation of many distractions and constant stimulation, we must become educated in directing our minds and hearts in understand the practice of Jewish mindfulness. This class will serve as that roadmap to living life with greater awareness, purpose, and ability to more fully in the present.

REBBE NACHMAN'S SOUL

Rebbe Nachman left behind a legacy of love, devotion, and endless positivity in a world which is often devoid of such things. In this Shiur we will go through the text and draw from the wellsprings of light and spirituality that are found in the book Sichot Haran, Rebbe Nachman's lectures.

QUEST FOR AUTHENTICITY

"If I am I because I am I and you are you because you are you, then I am I and you are you. But if I am I because you are you and you are you because I am I then I am not I and you are not you." The Kotzker Rebbe

JEWISH HISTORY

THE SHOAH

In today's world of Holocaust deniers and with the disappearance of survivors, it is crucial to know precisely what happened during the time period of the Shoah. We must be resolute in our commitment to the phrase "Never Again!" and pay homage to the memories of the 6 million lost.

21ST CENTURY ZIONISM

This course provides an in-depth understanding of the Zionist narrative and how it conflicts with the Palestinian narrative. Topics covered throughout the course include Jerusalem, Palestinian refugees, settlements, border disputes, security concerns and the struggle for peace. By addressing these complex issues head on, students will gain the knowledge to effectively articulate an informed position regarding one of the longest running post WW2 conflicts.

HISTORY OF ZIONISM

Where did the idea of building a state of Israel start? Was it in the tanach? In a coffee shop in Vienna? In a ghetto in Europe? Who are the influencers who brought the state of Israel to reality? How does a nation whose people disagree on almost everything, combine forces and build a country whose establishment seemed to be an impossible? Join us as we meet the characters and explore the exciting moments in the creation of the State of Israel.



ACADEMIC CALENDAR

SEPTEMBER

Tuesday, September 1

Welcome to Israel!

Shabbat, September 5

AMIT Orientation Shabbaton

**Tuesday & Wednesday,
September 8–9**

Orientation & Yom Gibush

**Friday & Shabbat,
September 18–19**

Rosh Hashanah

Monday, September 21

Tzom Gedalia, AM Classes
Only

Monday, September 28

Optional Yom Kippur Program
in AMIT

OCTOBER

Friday, October 2–

Sunday, October 11

Sukkot Vacation

Monday, October 12

Classes Resume

**Friday & Shabbat
October 16–17**

Tiyul and Shabbaton

Wednesday, October 28

Seminar #1

NOVEMBER

**Wednesday & Thursday,
November 11–12**

Overnight Tiyul

Shabbat, November 21

Shabbaton

Thursday, November 26

Thanksgiving Dinner

DECEMBER

Friday, December 11–

Friday, December 18

Chanukah

Wednesday, December 23

Seminar #2

Shabbat, December 26

Shabbaton

JANUARY

Sunday–Thursday,

January 3–7

Midyear Student Evaluations

Sunday, January 17

Semester #2 Begins

Shabbat, January 23

Shabbaton

Thursday, January 28

Tu B'Shvat Celebration

FEBRUARY

**Wednesday & Thursday,
February 10–11**

Overnight Tiyul

Shabbat, February 20

Shabbaton

Friday, February 26

Purim

Sunday, February 28

Shushan Purim

MARCH

Wednesday, March 3

Seminar #3

Shabbat, March 13

Shabbaton

Sunday, March 14–

Tuesday, April 6

Pesach Vacation

APRIL

Wednesday, April 7

Classes Resume

Thursday, April 8

Yom Hashoah Program

Shabbat, April 10

Shabbaton

**Wednesday & Thursday,
April 14–15**

Yom Hazikaron and Yom
Haatzmaut

MAY

Monday, May 10

Yom Yerushalayim

**Sunday & Monday,
May 16–17**

Shavuot Program at AMIT

JUNE

Shabbat, June 5

Final Shabbaton

Sunday, June 6

Farewell Banquet Brunch

Monday, June 7

Dorm Closes at noon,

צאתכם לשלום

MEGAMOT/ELECTIVES

At Amit, every student has the opportunity to pick an elective as part of our unique Megamot program. Each week, the students will spend time exploring one elective and engage in experiential learning including group trips, projects, speakers and opportunities for meaningful reflection. Students will be encouraged to think creatively and cooperatively about how to incorporate their learning and experiences into their communities. Students will also gain exposure to the variety of personalities and activities in the broader Amit network throughout the country.



LEADERSHIP

Students will hear from industry leaders, Knesset ministry officials and entrepreneurs. Students will discover their unique leadership style through participating in workshops on topics such as public speaking, modeling leadership skills to youth at risk and dressing for success.



ISRAEL

Students will experience Israel from several different angles: history, culture, people and geography. Trips and Speakers will highlight the successes and challenges that modern day Israel faces.



CHASSIDUT

Students will learn about the changes and adversaries that the Chassidut movement has faced throughout the generations. They will also understand the role Chassidut plays in our generation through hearing from speakers as well as watching and learning engaging chassidic content disseminated via social media channels such as Facebook, Instagram and Twitter.



TORAH

Students will be exposed to creative thinkers in the Torah world and will visit museums and organizations who synthesize Torah and the complexities of the modern world. Students will learn and teach in the broader Amit community.





OUR STUDENTS

AMIT STUDENTS ARRIVE FROM THE FOLLOWING HIGH SCHOOLS:

Beren Academy (Houston, TX)
 Beth Rivkah (Melbourne, Australia)
 CHAT (Toronto, ON)
 Fuchs Mizrahi (Cleveland, OH)
 HAFTR (Lawrence, NY)
 HANC (Plainview, NY)
 Hasmonean High School (London, UK)
 Hillel Day School (Miami, FL)
 Ida Crown Academy (Chicago, IL)
 Kesser Torah (Sydney, Australia)
 Maayanot Yeshiva High School for Girls (Teaneck, NJ)
 Magen David (Brooklyn, NY)
 Maimonides (Boston, MA)
 Melvin J. Berman Hebrew Academy (Potomac, MD)
 Moriah College (Sydney, Australia)
 North Shore Hebrew Academy (Great Neck, NY)
 Rabbi Alexander S. Gross Hebrew Academy (Miami Beach, FL)
 Rae Kushner Yeshiva High School (Livingston, NJ)
 RAMAZ (New York, NY)
 SAR (Riverdale, NY)
 Shalhevet (Los Angeles, CA)
 Stella K. Abraham High School for Girls (Hewlett, NY)
 Frisch (Paramus, NJ)
 Ulpanat Orot (Toronto, ON)
 Weinbaum Yeshiva High School (Boca Raton, FL)
 Westchester Hebrew High School (Westchester, NY)
 Yeshiva College (Johannesburg, South Africa)
 Yeshiva of Atlanta (Atlanta, GA)
 Yeshiva of Flatbush (Brooklyn, NY)
 Yeshiva of Greater Washington (Silver Spring, MD)
 YU High School for Girls (Queens, NY)
 YULA (Los Angeles, CA)

AMONG THE UNIVERSITIES OUR STUDENTS ATTEND ARE:

Bar Ilan University (Israel)
 Barnard College
 Boston University
 Brandeis University
 Columbia University
 Emory University
 Fashion Institute of Technology
 Hunter College
 IDC (Israel)
 Johns Hopkins University
 London School of Economics
 McGill University
 New York University
 Parsons College
 Queens College
 SUNY Albany
 SUNY Binghamton
 Touro College
 UCLA
 University College of London
 University of Maryland
 University of Michigan
 University of Pennsylvania
 Washington University
 Yeshiva University - Stern College for Women
 York University

OUR STUDENTS COME FROM THE FOLLOWING COUNTRIES:

United States, Canada, England, Australia, South Africa and The Netherlands



ADMINISTRATION



Mrs. Ilana Gottlieb
Director

A natural and highly regarded educator, Mrs. Gottlieb has served as director of Midreshet AMIT since 2009-2010. In addition to her administrative responsibilities, Mrs. Gottlieb's open-door policy and engaging personality enables her to develop close personal relationships with each of the students at AMIT. Mrs. Gottlieb earned a BA in Education summa cum laude from Stern College, as well as a Masters degree in Education and Administration from Azrieli Graduate School, where she was co-valedictorian. With her special combination of personal warmth and professional excellence, Mrs. Gottlieb is an inspiring leader and ideal role model for our students.



Rabbi Daniel Goldstein
Rav HaMidrasha

Rabbi Daniel Goldstein has been a faculty member at Midreshet AMIT since we opened our doors in 2007. Prior to making aliyah, Rabbi Goldstein served as the rabbi of Kingsway Jewish Center in Brooklyn, NY. Rabbi Goldstein received his BA from Yeshiva College, Semicha from RIETS, and an MA in History from Brooklyn College. With his wise academic guidance and genuine care for each individual, Rabbi Goldstein ensures that every student maximizes the opportunities available for her at AMIT.



Mrs. Barbara Vidomlanski
Director of Student Affairs

Mrs. Barbara Vidomlanski's round-the-clock guidance and good humor ensure that our students are happy and cared for 24/7. With innovative Shabbatonim, tiyulim, and chesed programs, Barbara – as she's known at AMIT – adds fun, exciting, and inspiring out-of-the-classroom components to the AMIT experience. Barbara earned her degree in education from Stern College and in addition to the various formal and informal educational positions she has held, she has spent many summers on staff at Camp Moshava.



Mrs. Peshah Fischer
Special Projects Manager

Mrs. Fischer keeps our students challenged and excited to learn in the wide range of courses she offers. Whether in front of a large group or with her many 1-1 chavrutot, she enriches our student's lives with the goal of making the Beit Midrash a focal point of the AMIT experience. Mrs. Fischer also plans and oversees innovative educational initiatives like our elective tracks, Yimei Iyun and more.



Mrs. Bina Golding
Beit Haya'eled and Volunteer Coordinator

Bina has years of experience working with Shana B'Aretz students. As Beit Haya'eled Chesed Coordinator, she oversees all interactions between the foster families and the AMIT students and runs exciting special joint events. Bina's combination of professionalism, warmth and humor make her a beloved member of the AMIT family and a confidant and role model for all of the students.



THE FACULTY

Our faculty is made up of Israel's most dynamic and caring educators. They have the special ability to make ancient texts relevant and meaningful. They are dedicated to the students and focused on creating lasting relationships. Our faculty are role models and represent an ideal synthesis of love of Torah, Am Yisrael and Eretz Yisrael.



Rav Amos Azizoff



Rav Noa Cohen



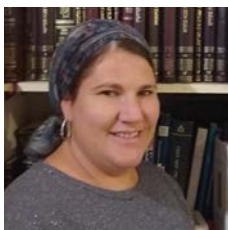
Rav Jonny Friedman



Rav Eytan Goldstein



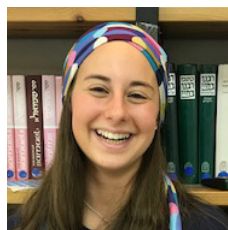
Mrs. Sophie Herskowitz



Mrs. Malka Hubscher



Mrs. Sepha Kirshblum



Mrs. Rebecca Klein



Mrs. Dara Knapel



Mr. Matthew Lipman



Ms. Teli Refael



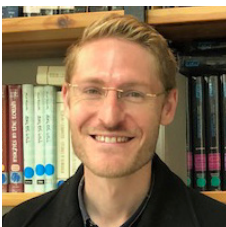
Rav Aaron Rosenberg



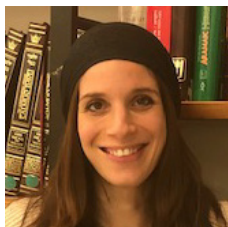
Rav Rafi Rosenblum



Ms. Nava Sackett



Rav Ari Ze'ev Schwartz



Mrs. Aviva Sluckis



Mrs. Geula Twersky



Rav Aharon Wexler



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