# WORLD BNEI AKIVA

## HACHSHARA - ISRAEL YEAR PROGRAMS

# KADIMA | MECHINA OLAMIT

masa מסע
ISRAEL JOURNEY

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www.worldbneiakiva.org/gapyear

## Table of Contents


03 **Welcome to World Bnei Akiva**

04 Kadima

06 Kadima - Your Home

08 Kadima - Your Israel

12 The Mechina Olamit

14 Program Components

16 The Garin

18 **In Their Words**

20 **Frequently Asked Questions**

22 **How to Apply**

23 **Contact Details**




# Welcome to **World Bnei Akiva**

**BNEI AKIVA** is a Jewish religious Zionist youth movement, the largest Zionist youth movement in the world. We inspire and empower young Jews all over the world with a sense of commitment to the Jewish people, the Land of Israel and the Torah, placing an emphasis on the value of Aliyah to the State of Israel.

**WORLD BNEI AKIVA,** a non-profit organization with headquarters in Jerusalem, works with Jewish communities in the Diaspora, assisting and strengthening the local Bnei Akiva snifim (branches), as well as the wider Jewish community. We are active in 23 countries, 43 cities, with over 100 snifim and represented by over 100 shlichim (emissaries). Among our many endeavors is a range of year programs known as HACHSHARA, meaning "preparation", which is one of the largest and most popular Gap Year programs in Israel.

**FOR MORE THAN 80 YEARS,** Hachshara has played a part in shaping and training the future leaders of Bnei Akiva and Jewish communities in Israel and around the world. It is a vital component of your Jewish journey, when you can devote time to learning Jewish texts, develop independently and explore your identity.

**Discover Israel · Develop your Jewish Identity · Have the time of your life!**

## Who? What? When?

Kadima is a program where you will experience living independently in Israel, encounter Israeli society first-hand, and engage with Judaism like never before.

# KADIMA

**The Kadima program is a life-changing, integrated gap-year experience with World Bnei Akiva. The program is for young adults who are highly motivated to get the most out of their year in Israel and want to grow as a Jew and develop as a person. Learn about yourself, Modern Orthodox Judaism and Religious Zionism through relevant and meaningful Torah study – focused on preparing you for real-life experiences. Experience an all-encompassing, authentic taste of Israel through volunteering and actively contributing to Israeli society. Gain career development and day-to-day life experience in Israel through professional work experience. Expand your horizons and grow through diverse and memorable experiences. Make friendships with Jewish youth from around the world that will last a lifetime. Enhance and develop your skills, and become empowered to fill advanced leadership roles in Bnei Akiva and beyond.**

Your first year after school is your first real opportunity to shape your future life direction and choose the **values** you wish to live by.

That's why we've designed the Kadima program , to help you explore your **Judaism** and Zionism in a **positive** and non-judgemental environment, and to help you forge your own personal direction.

Kadima facilitates your personal and religious **growth** through diverse and challenging experiences, giving an authentic encounter with Israel. It deepens your understanding of Judaism through relevant and contemporary learning from ancient texts to modern, **cutting-edge issues**.

Bnei Akiva believes that our learning and personal growth must be matched by a commitment to **action** - or in other words, Torah Va'Avodah. On Kadima you will become **active** contributors to Israeli society, making a tangible difference to people and communities.

And Kadima doesn't end there: our vision is for graduates of Kadima to make a lifelong commitment to **giving back** to others, through being involved in Bnei Akiva, the wider community and Israel.

## AT A GLANCE

| | |
|---|---|
| SEP | Kibbutz |
| OCT | High Holidays |
| NOV | Work Experience |
| DEC | |
| JAN | MDA / Marva |
| FEB | Tikum Olam - Volunteering |
| MAR | Poland Journey |
| APR | Learning & Leadership |
| MAY | Shvil Yisrael |
| JUN | Amazing Race |
| | Closing Seminar |

Exact Kadima calendar is subject to change

# YOUR **HOME**

## Bnei Akiva - a global community

Kadima has been uniquely created to meet your needs as young Jews. Most of the program is with like-minded youth from North America, England, mainland Europe and beyond. Additionally, significant parts of the year have been designed to cross paths with other World Bnei Akiva Hachshara programs from around the world.

This means you will have the opportunity to learn, hike and celebrate Chagim with other young Jews from over 15 different countries; Americans, Canadians and Europeans together with you on Kadima, and others from Australia to Italy, and from Uruguay to South Africa. The coming together of future Jewish leaders from so many different countries and backgrounds will enrich your year and give you friends from around the world.

## Leadership-focused learning

Education is at the heart of Bnei Akiva, and there are set periods of time dedicated specifically to Jewish learning, when you will become equipped with the skills and motivation to become future Jewish leaders. Kadima aims to give you a broad knowledge base while focusing on relevant and engaging topics, and we're not afraid to ask difficult questions about faith, religion and identity.

Our teachers are highly qualified male and female religious Zionist and Modern Orthodox educators, and our classes are interactive, discussion-based and taught both in the Beit Midrash and on location in sites of importance throughout the country. Another feature of Kadima is that our learning isn't in a vacuum - rather it's integrated within a framework of real-life experiences, living independently in Jerusalem. Through celebrating shabbatot and chagim as part of a community, you will feel the pulse of life in modern-day Israel and make connections that will last beyond your year.

You'll be guided throughout, and different levels are catered for. To be a participant on a World Bnei Akiva Hachshara program you don't need prior knowledge in Jewish studies – you just need the commitment to learn and to grow.

# EXPERIENCE **YOUR ISRAEL**

## Kibbutz

From the early days of the State, kibbutzim had a sense of duty, serving as a pillar of strength for Zionism. The members lived under extreme conditions, while tilling the soil, draining the swamplands, and building a settlement. Today, World Bnei Akiva's Hachshara participants are viewed as valuable contributors to the kibbutz movement.

Working with kibbutz members, you'll share duties in the field, gardens, factories, kitchen, animals, dining hall or childcare facilities. You'll be offered placements according to the work requirements of the kibbutz, and you'll live together in kibbutz housing. Lunch is together in the communal dining room, and dinners and breakfasts are prepared by the participants - encouraging responsibility and independence. You'll greatly improve your Hebrew through such interactions and with Ulpan classes. Down time is enjoyed relaxing at the local spring, and you'll discover the area with weekly tiyulim.

The group will also become involved in kibbutz social and communal activities such as Shabbat and holiday celebrations, enabling you to have a closer view of what kibbutz life means for the children and adults who reside there permanently.

## Community Volunteering

You'll volunteer in a neighborhood in one of Israel's socio-economically deprived areas where there is a real need for volunteers. This will bring you to experience a part of Israel that you would not necessarily encounter elsewhere. Volunteer placements may include teaching English in local community centers, helping in soup kitchens, working with the elderly, and sports. Your time will be supplemented with a learning program and evening activities. Through your experience, you will gain appreciation for the challenges facing the people of Israel today.

# UNLEASH **YOUR POTENTIAL**

## Jewish Enrichment

In addition to the ongoing learning curriculum and learning seminars, there is great value for a participant on a Bnei Akiva gap-year to have the opportunity to strengthen learning skills, familiarity with Torah texts and immersion in a fulltime Torah-learning environment. Therefore we offer an option for an intensive Jewish Enrichment learning track. The group will be guided by outstanding educators and have a timetable catered specifically for them. They will have the opportunity to delve into topics ranging from Talmud and Tanach, Halacha and Machshava, Jewish History and more all part of the unique structure of Kadima.

Please note: There is a required minimum of participants to run this track.

## Magen David Adom

Magen David Adom provides effective emergency first-aid treatment. You'll be part of this mission and gain valuable hands-on experience giving basic medical treatment while experiencing "real life" in Israel.

After completing a training course, you'll volunteer alongside Israelis on ambulances at various MDA stations across the country. You'll be a certified "First Responder", recognized throughout MDA Israel. Kadima will be assigned a station based on the needs of MDA. Depending on the number of volunteers, the group may be split into various stations. Participants must be in good physical and mental health, and basic conversational Hebrew is required.

The work you will do saves lives and has a lasting effect on Israeli society. It is highly rewarding and is ideal for people who enjoy working with and helping others.

Important: **Before** coming on World Bnei Akiva Hachshara, participants wishing to volunteer for MDA must have had Hepatitis B, MMR, and COVID-19 vaccinations, and must bring the accompanying documentation. In addition, the MDA application includes a Hebrew test. Conversational Hebrew may be ok, but we recommend starting to learn Hebrew even before Hachshara starts. The number of MDA participants may be limited depending on the need for volunteers, and final acceptance is up to MDA.

## Marva

Marva is ideal for those who want to become familiar with Israel by experiencing the physical and emotional challenges of the country and its people. Through hiking the land, living in field conditions, navigating deserts and participating in seminars and lectures, you'll learn about the issues of the country.

The program is based in the Southern Negev, but you'll spend your time in various other parts of the country, including Jerusalem, the Golan Heights and the Galilee. The two-month experience is conducted in easy Hebrew, and as participants come from all over the world, that becomes the common language of communication allowing for significant improvement of Hebrew skills.

Important: Marva is a physically demanding program, and participants are expected to be in a good physical condition and highly motivated. You will be required to have a personal interview prior to acceptance. Marva may ask for a financial deposit in exchange for the uniforms and equipment, which will be returned at the end of the program.

# FORGE YOUR DIRECTION

## Work Experience

We believe that your year in Israel should give you the tools to shape your future life direction in a truly holistic way. That's why we offer work experience - an opportunity to experience day to day work life in Israel in a field of your interest. Whether in journalism, politics, medicine, teaching, finance or education, we aim to find a placement suited to you, in an industry of your interest*.

Building connections with people and experiencing the Israeli workplace will give you an authentic and diverse appreciation of what it means to live and work in Israel, and while hone your Hebrew skills.

*Placements in certain fields may not be available.

## Shoah Seminar and Journey to Poland

Kadima participants have the special opportunity of visiting Poland as part of their year with World Bnei Akiva. Starting with preparation sessions in Israel, and ending back in Israel to process and conclude, the journey focuses on the experiences of Polish Jewry throughout its history. We explore the immense and beautiful Jewry of pre-war Poland, dating back 800 years, and examine the years of the Holocaust by visiting Jewish ghettos, death and labour camps, and other significant sites. The trip is prepared meticulously by our educational team to ensure a most powerful and meaningful experience.

## Hikes & Shvil Yisrael

In addition to an abundance of hikes throughout the year, you'll experience Shvil Yisrael! It's a two week country-wide hiking & camping trip together with new friends from other World Bnei Akiva programs. You'll delve into the grand scale of Biblical landscapes on some of Israel's best trails. It's a challenge, but the experience of a lifetime!

# DISCOVERING **ISRAEL**

Israel has a dynamic, multi-layered society, where each person and family has a story to tell.

On Kadima you'll travel the length and breadth of Israel on seminars to uncover about how the Zionist dream unfolded into reality, the diversity and complexity of Israeli society, how the Holocaust affects Israeli identity and how the Land of Israel has been brought to life in modern times. Kadima is committed to training, inspiring and enriching the Jewish leaders and activists of tomorrow. Our seminars give you the opportunity to meet the movers and shakers of Israeli society, whether in politics or religion, charity or hi-tech, and from this learn what it takes to make a difference to the society around us.

## Partnership with Kol Ami

Kol Ami, a subsidiary of the Jewish Agency, is a non-profit organization that offers gap year programs modeled on the Israeli "mechina" experience. It was founded out of a deep understanding that the most effective way to build a sustainable connection between Jewish youth and the State of Israel is by creating personal relationships with the people of Israel.

Kol Ami offers a range of gap year experiences that pairs post-high school Israeli teens with Jewish teens from around the world. World Bnei Akiva's Mechina Olamit partnered with Kol Ami in 2017, and is the only religious Mechina of the 7 programs they offer. Mechina Olamit, with Kol Ami, is approved by the Ministry of Education and the IDF, and is part of the Mechinot Ofek network of mechinot.

# Mechina Olamit

**The "Mechina" formula is a real Israeli success story. Each year tens of thousands of young Israelis join one of the hundreds of Mechinot to prepare for the challenges of transitioning from school into the IDF. Many of them go on to leadership roles both within and after the army.**

**The Mechina Olamit applies this same successful formula to a gap year program for young Jews from around the world as they transition to university, community leadership roles, and their professional lives in the future. Our Israelis and international particpants join together for the entire program!**

The Mechina Olamit is a challenging, intensive, and highly rewarding leadership program in Israel that develops skills for life. Operating in a religious Zionist, co-ed environment, Jewish high school graduates from around the world **join with their Israeli counterparts** for a truly transformative year in Israel.

Guided by a strong team of dedicated staff, participants experience an incredible process of learning, self-empowerment, and growth, preparing them for university, the army, or leadership roles in their communal and professional lives well into the future.

The Mechina Olamit is about experiential Torah learning, deepening knowledge of Jewish Peoplehood, community involvement, leadership, Hasbara, discovering Israel, fitness, navigation skills, training, and more! Throughout the program, participants build friendships and connections with Jews from around the world that last for life!

Our goal is to help shape a new generation of religious, Zionist leaders and instill vision, purpose, and the resolve and ability to implement real change, both within themselves, and within society at large.

## AT A GLANCE

| | |
|---|---|
| SEP | Orientation<br>Gush Etzion Week |
| OCT | Chagim<br>Navigation Week<br>Jerusalem Seminar |
| NOV | Tzahal Week<br>Peoplehood Seminar |
| DEC | Southern Challenge<br>Chanukah Break |
| JAN | Volunteering<br>Yehuda/Shomron Week |
| FEB | Chovek Yisrael |
| MAR | Start of Garin Program<br>Internships / Sem or Yeshiva<br>Purim |
| APR | Poland Journey<br>Pesach Break |
| MAY | Israel's National Holidays<br>Northern Hike |
| JUN | Shavuot<br>Closing |

Exact program & calendar are subject to change.

# Program Components

## Leadership

With our professional guidance, and carefully crafted activities and workshops, participants develop their own unique leadership skills, and the confidence to serve as a personal example. Through their own initiative and teamwork they establish and run committees that steer the very course of the program, and work on individual and group projects to hone their skills. Committees are responsible for many aspects of Mechina life including educational content, PR, cooking, army preparation, tiyulim and more.

## Torah Learning & Lifestyle

Our learning program teaches a religious Zionist and Modern Orthodox educational philosophy. We believe in learning for the sake of growing which makes classes lively, positive, relevant and involved. Topics studied include Torah and Jewish texts, tfilla, emuna, Jewish history, Zionism, and philosophy. You'll be guided throughout, and different levels will be catered for. To be a participant on the Mechina, you don't need prior knowledge in Jewish studies – you just need a commitment to learn and to grow.

## Community Service

As part of the immersion into Israeli society and to contribute to it, participants dedicate time to volunteer within a local community. Projects include teaching English in schools, visiting the elderly, working with people with disabilities, and agricultural work.

## Fitness & Army Preparation

As all the Israeli participants, and some of the international participants will soon be joining the IDF, we make every effort to help ensure they have a meaningful service. Therefore, there are classes and activities carefully designed to deal with a wide range of subjects relating to army service including ethics, leadership and structure of the IDF. Twice a week there are physical training classes for all participants. Classes are run by professionals as well as by participants. All participants gain self-empowerment through coping with physically challenging situations, and develop physical fitness, inner strength and resilience.

## Love of Israel

Participants discover Israel both geographically and socially, as we encourage them to challenge their pre-existing perceptions of the country and the people. They are exposed to all sectors of the Israeli population, and develop their own understanding of how the pioneering spirit is still very much alive in contemporary Israel. With the Love and connection to the Land of Israel being such a core element of the program, our participants grow to become the newest link in the chain of pioneers.

## Hebrew Learning

Throughout the program, our international participants take part in our own dedicated "Ulpan" – intensive Hebrew learning course, with 2 classes a week divided according to 3 different levels: beginner, intermediate and advanced. However the best Hebrew learning is through their daily interactions with their Israeli peers at the Mechina with whom they share everything.

## Jewish Peoplehood

The Mechina Olamit strives to bolster the link between Israel's Jews and Diaspora Jewry through their common historical, religious, and cultural heritage. We actively work to instill within our participants a desire for mutual action and commitment to a stronger and positive Jewish future.

## Seminars & Trips

There are regular three to six-day seminars and trips around the country to expose the participants to a wide array of topics and build an intimate familiarity with the land of Israel. Seminars include: Israeli society, Shoah, Zionism, Jewish Peoplehood, Gush Etzion, Navigation, Army preparation, Desert Survival and Chovek Israel – the final two-week trip from North to South of Israel planned entirely by participants. Participants help plan and run many aspects of each trip and seminar, including building educational elements, accommodation, cooking, navigating, and guest speakers.

# The Garin

The final 3 months of the program, known as the "Garin", is for the international participants only as the Israelis leave to draft to the IDF. After intensive programming throughout the core of the Mechina, the Garin offers participants the opportunity to now live more independently, and focus on an experiential track of interest that they choose.

Living together on the Mechina campus, participants will spend 3 days of each week in one of two tracks. The remaining 2 weekdays and weekends incorporate programming at the campus including sports, classes, seminars, field trips and more. International participants who are considering leaving together with Israelis after 6 months should enquire during registration.

## Choose your own track:

### Beit Midrash

Joining an inspiring Torah learning program in a Yeshiva (boys) or Midrasha (girls) at either Gush Etzion or Jerusalem, participants will be able to further their spiritual and intellectual Jewish journey.

### Work Experience

According to personal skills and interests, participants will be given a work experience placement in Jerusalem where they will experience life in the Israeli workplace, and build valuable skills and connections for the future.

### Shoah Seminar and Journey to Poland

A highlight of the Garin is the journey to Poland. In preparation for this journey a special seminar exposes participants to different issues related to the Shoah, including pre-war European Jewry, the partisan forces, the relationship with the foundation of Israel, the role of the Zionist youth movements during this period, and how survivors were treated in Israel after the war. Visits to Israel's Holocaust museums, and survivor testimonials help to frame the experiences to come on the Journey to Poland.

Starting and ending in Israel, the trip focuses on the experiences of Polish Jewry throughout its history. We explore the immense and beautiful Jewry of pre-war Poland, dating back 800 years, and examine the years of the Holocaust by visiting Jewish ghettos, death and labour camps, and other significant sites. The trip is prepared meticulously by our educational team to ensure a most powerful and meaningful experience.

# YEAR HIGHLIGHTS

Gush Etzion Seminar

Navigation Week

Israeli Society Week

Southern Challenge

IDF Basic Training

2 Weeks Israel Trek

# IN THEIR WORDS

"My year on Kadima has been the best year of my life. I've met the most amazing people and shared some incredible experiences with them. I've been able to do so much, I've worked on a Kibbutz, interned at the Ministry of Health, worked on a National Ambulance Service and learnt about my Jewish history and identity. I've also learnt about myself and grown as a person."

**– Eli Sassoon, Kadima**

"Mechina olamit didn't just prepare me for the army it prepared me for life. I learned leadership skills, navigation, and completed challenges I never thought were possible and made friends for life. Mechina fostered my love of Israel, zionism, judaism and personal growth. Mechina was the greatest experience ever and I would recommend it to everyone!!"

**-Maya Margolis, Mechina olamit**

"My mechina year was the best experience I've ever had. I was surrounded by the most motivated, down to earth people from all around the world. I felt both encouraged and challenged by both my friends and the staff at Mechina. My perspective on life has changed and my love and passion for Israel has grown indefinitely!"

**- Shira Haron, Mechina Olamit**

"I absolutely loved being able to feel as if I lived as an Israeli, within a group of international students. One of my favorite things was being able to get the real Israeli working experience through my internship, which was with the deputy mayor of Jerusalem. I also really loved being able to grow as a Jew and as a Zionist with other Jewish, Zionist students from around the world, and learning about their cultures. For anyone looking for a program that really makes you feel as if you are an Israeli, I highly recommend Kadima. It is a one-of-a-kind life experience that you won't be able to get any other way."

**– Carol Kornwocel - Kadima**

"My experience on Kadima was full of growth, fun, independence and a love for Judaism and Israel. Throughout the year the different experiences ranging from working on a kibbutz to internships to volunteering to hikes and seminars, guided me through what it means to live in Israel. I came to love Israel even more than I thought possible and my connection to Am Yisrael strengthened even more. This program gave me friendship and memories that will last a lifetime."

- Olivia Brummer, Kadima

"Our son, Sam, had a terrific time on Kadima. He learnt so much about Israel and its diverse population, as well as increasing his Jewish knowledge whilst at the same time having a lot of fun. Most of all, we witnessed tremendous personal growth during the nine months he lived in Israel. He learned to live independently within the framework of a structured program. Kadima provided Sam with the tools and motivation to become an engaged leader within the Jewish community. Kadima most definitely exceeded our expectations and we would not hesitate to recommend it to anyone looking for a fulfilling gap year experience."

**- Sidney & Lorraine Myers**

# Frequently Asked Questions

### Why Hachshara?

If you are looking for more than just a GAP between high school and University, and want to **G**row Jewishly, **A**cquire important and relevant tools & skills for life, and to develop **P**ersonally, then our Hachshara programs are the ideal choice for you! As one of the largest and most popular providers of Israel Gap Year programs, and the primary organization catering to Religious Zionist youth, you can trust World Bnei Akiva's Hachshara programs to deliver what you are looking for and more!

### Will I see my friends on other programs?

Yes, there are various times when the different World Bnei Akiva-Hachshara groups are together. You'll also have ample free time and Shabbatot to make your own plans and arrange visits to those on other programs or at other Yeshivot and Midrashot.

### What security measures are taken?

Your safety is our primary concern. As an approved MASA gap year program, we follow the security advice of the relevant security agencies in Israel and run our activities with their approval. In the event of a change in the security situation, we will inform you. Occasionally, as a precaution, you may be asked to not go out, even during free time.

### Will Hachshara be useful for my university application?

The value of gap year activities is widely acknowledged and most universities will allow you to apply for deferred entry. It is a good idea to include details of your proposed gap year in your personal statement to support your application. Additionally, courses provided on Hachshara may count for credits at certain colleges and universities.

### Are arrangements made for special dietary requirements?

If you require a special diet or have a severe allergy that may necessitate extra attention, please state this in a letter attached to your medical form. Although it may not always be possible, we will make every effort to cater for your needs.

### Are medical care and insurance provided?

Medical services and insurance for illness and injury while in Israel on Hachshara is included in the cost of the program. Doctors affiliated with the plan are located throughout Israel and you can easily arrange to see one, no matter where you are based at the time. Treatment related to pre-existing conditions is not included in the coverage. You are advised to take out 'personal effects insurance' to cover your valuable belongings and we will be happy to send you the details from our recommended insurers.

### Do I need to arrange a visa for a year in Israel?

Yes, you will need a student visa prior to arrival in Israel. Once you have been accepted to the program, our registration coordinator will guide you through the process. If you or your parents have Israeli citizenship, then the visa requirements are different. This must be discussed with your Israeli mission, who will advise you what steps are necessary to complete before arrival in Israel including army exemption. Please note that visa requirements are set by the Israeli Government and are subject to change.



## Kadima - FAQ

**Who is this program for?**

If you are seeking an experiential program within a religious Zionist framework and are highly motivated to maximize your year in Israel, then Kadima is the ideal choice for you! With Kadima, you will have the opportunity to live independently in Israel, immerse yourself in Israeli society firsthand, and undergo Jewish and personal growth. You'll enjoy incredible experiences, and have fun with new friends from around the globe.

**How do group Shabbatot work?**

Kadima roughly follows an alternating in-out-out schedule which is adapted depending on the specific time of year. The group Shabbatot are both at home or visiting other communities in Israel. Staff members will ensure participants have somewhere to go on free Shabbatot.

**Will there be vacation time?**

Kadima is a nine-month program and every day is important! In order to maximize participants' time in Israel, there is only vacation during Chol Hamoed Sukkot & Pesach after the Seder.

**Should I bring bedding or a sleeping bag?**

You should bring both. We provide a pillow and blanket, but you will need to have bedding. There are companies that hire out sets to gap year participants, to save you from schlepping it to Israel in your luggage.

**What else should I bring?**

A few weeks before the start of Kadima, we'll send you a packing list, containing all the essentials for an amazing year in Israel!

## MECHINA - FAQ

**Who manages the Mechina?**

The Mechina is run both by a Rosh (head) and Menahel (director) - together managing all aspects of the mechina - education' logistics, budget, safety etc. Participants are divided into two groups, each one with 2-3 Madrichim (counselors) and headed by a Rakaz or Rakezet (head of group). Standing behind the Mechina are both World Bnei Akiva and the Jewish Agency.

**Where is the Mechina Olamit based?**

The Mechina Olamit is based in Kibbutz Migdal Oz, which is a religious Kibbutz located in Gush Etzion, close to Efrat.

**Where do participants come from?**

There are two main groups on the program: Israelis who will be enrolling in the army the following March, and participants from abroad who are either taking a gap year, becoming "lone soldiers" or are olim chadashim.

**What language is the program run in?**

The program is split into three 3-month semesters. The first three months of the program is run in English, after that the program runs in Hebrew.

**Where do the participants live and eat?**

Participants from mixed backgrounds live in rooms of four. The rooms are basic and include air-conditioning and en-suite bathroom. Breakfast and dinner are prepared by the participants and lunch is in the kibbutz dining hall. Kashrut is strictly observed.

**What is the religious observance at the Mechina Olamit?**

The Mechina operates in religious Zionist framework. Participants at the Mechina Olamit are expected to observe halacha including Shabbat observance in public and private spaces, three tfillot a day for both male and female participants, and tzniut regarding dress code and modest behavior.

**How do Shabbatot work?**

The Mechina will roughly follow an alternating "in"- "out" schedule, and will be adapted depending on the specific time of year. The group Shabbatot will be both either at the Mechina, or visiting another community in Israel. Staff members will ensure participants have somewhere to go on free Shabbatot.

**Will there be free time / a vacation break?**

The Mechina is a nine-month program and every day is important! In order to maximize participants' time in Israel, there will only be vacation during parts of Sukkot, Channuka and Pesach.

# **APPLY NOW** – HOW TO DO IT

**1. For both programs, apply online at www.worldbneiakiva.org/application |** Once you have begun the application process, you can sign back in as many times as you like to continue the application. There is one application for all programs, with an option to select your program/s of interest.

**2. Carefully read the Application Guidelines** on the website before starting the application. This includes, among other requirements, completing the medical form which needs to be signed and stamped by a doctor, and uploaded to the application website.

**3. Register with MASA at www.masaisrael.org |** Masa is a project of the Israeli government that offers Hachshara participants an automatic grant, with further needs-based funding available.

**Tuition**

Tuition for Kadima and Mechina covers all costs during programming, including seminars, tiyulim, accommodation & food during programming, program related travel expenses, staff, medical insurance, visas. Exact tuition for each program can be found on our website.

The tuition fee does not cover costs for optical care, treatment of prior dental problems, medical care relating to pre-existing conditions, hepatitis-B, COVID-19, and MMR vaccinations or additional check-ups (that may be required by MARVA/ MDA volunteers), laundry, and food during free Shabbatot/ chofesh times. In addition, you may be required to purchase your own books and learning materials for the study periods.

Please contact us for more details.

**How will I know if I have been accepted?**

After we receive your application, you'll be invited for an interview for the program/s you selected. Your interview allows us to get to know you a bit better and assess your suitability for the program/s of your choice. It will also give you the opportunity to ask any specific questions you may have.

Shortly after the interview, you'll be informed of your acceptance. Your place will be confirmed only after a payment plan has been agreed.

**Scan to apply online:**

# CONTACT DETAILS

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ISRAEL YEAR PROGRAMS
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הסוכנות היהודית לארץ ישראל

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