

## FRIENDS OF ALYN HOSPITAL WOMEN'S MISSION June 9-18, 2019

### Day 1: Sunday, June 9 | Shavout **DEPARTURE**

- Depart the USA. Overnight: Flight

### Day 2: Monday, June 10 **ARRIVAL**

- Arrive at Ben Gurion International Airport.
- Welcome by our representative and assistance with arrival formalities.
- Meet your tour educator and depart the airport.
- Enter **Tel Aviv**, also known as "the city that never sleeps," with its centers of culture, recreation and national history, great beaches and fine stores.
- *Welcome to Israel*: Stop at the Jaffa Overlook for an introduction to Tel Aviv and to our journey in Israel.
- Check into the hotel.
- **Welcome dinner** at a Middle Eastern restaurant, followed by a **belly dancing** workshop.
- Return to the hotel. Overnight: Tel Aviv

### Day 3: Tuesday, June 11 **TEL AVIV: THE FIRST HEBREW CITY**

- Breakfast at the hotel.
- Visit the **Old City of Jaffa** and ascend from the old port through the renovated alleyways to the Jaffa Overlook for an introduction to Tel Aviv at the place where it all began.
- Walk through colorful **Neve Zedek**, one of Tel Aviv's earliest neighborhoods, nowadays a cultural mecca hosting small boutiques, galleries, and the Suzanne Dellal dance and theater center.
- **LaDa'at Ethnic Tasting Tour**: walk through Tel Aviv's famous **Levinsky Market**, where you'll find a combination of foods and sweets from all over the Mediterranean and hear the unique stories of the individuals who sell them; lunch on own if still hungry!
- **Israeli Fashion** - אופנה ישראלית: A special window into the world of Israeli fashion, design houses and designers in Tel Aviv's leading fashion districts, led by **Galit Raisman**.
- **A Culture of Creativity - Women of the Start-Up nation**: Talk with technology journalist **Viva Sarah Press** about how tiny Israel is playing a giant role in hi-tech. We'll hear why Israeli innovation (and chutzpah) is changing the hi-tech world and our lives in addition to some personal stories of women and the "Start-Up Nation" concept.
- **Free Evening** to enjoy the **Tel Aviv Port**, with its restaurants and clubs, dinner on own.
- Overnight: Tel Aviv

## Day 4: Wednesday, June 12 **COMMUNITIES AND CULTURE ON THE WAY NORTH**

- Breakfast at the hotel, followed by check-out.
- Drive along the coast to **Caesarea**, one of the Land of Israel's most important landmarks, built during the Roman Period. Explore the Herodian Theater and the excavations along the Mediterranean shore, concluding with the ruined 900-year-old Crusader town. With the ruins of a past empire to your backs, enjoy the power of the sand, sea and the rush of the water as we take a look at the poetry of **Hannah Senesh**.
- Guided by a local, walk through the famous **Ein Hod** artist colony south of Haifa, and explore some of the many galleries throughout the village.
- Enjoy a **homemade lunch** and conversation with **Amna Kana'an**, Director of **Awareness for You**, about the status of Arab women in Israel and Jewish Arab relations in Wadi Ara.
- **Water as a Source of Spiritual Change:** Visit **Kibbutz Hanaton**, meet some of the kibbutz founders and discuss the challenges and triumphs of modern Zionist pioneering; tour and study the community *mikveh* (ritual bath), Sh'maya, the only mikvah in all of Israel that accepts all visitors, without restriction based on gender, marital status, sexual orientation, or level of religious observance. Sh'maya is a source of pride for Hanaton, particularly in light of the many lifecycle events celebrated in the community.
- Drive to the hotel and check in.
- **Dinner** at the hotel.
- **Reflections:** Gather as a group to reflect on the day's events with your **tour educator**.
- Overnight: Sea of Galilee

## Day Five: Thursday, June 13, 2019 **SPIRITUALITY AND SECURITY IN THE NORTH**

- Optional morning yoga on the grounds of the kibbutz.
- Breakfast at the hotel.
- **Gathering the Sparks:** Explore **Tsfat**, known as the epicenter of Jewish mysticism and now a contemporary artists' colony. Meet with artist **Sheva Chaya** in her studio, for an interactive window into the world of Kabbalah, glass blowing and questions of identity and Judaism.
  - Lunch on own, en route.
- **Teva - the Jewish Approach to Nature:** Take a nature hike to the Suspended Trail above the spectacular canyon of the **Banias Stream**, at the foot of Mount Hermon.
  - Take a **jeep tour** off-road on the **Golan Heights**. Enjoy the beautiful natural scenery and gain insight into the strategic complexity of the Golan.
    - *The Balance of Power on Israel's Northern Border:* **Field seminar** on the northern border and dialogue with **Maj. (Ret) Sarit Zehavi**, a former senior intelligence officer. Watch the panoramic views from **Mt. Bental** (overlooking the abandoned Syrian town of Kuneitra) and gain sharp insights into Israel's security situation on the **Golan Heights** and the enormous challenges it faced in the 1973 Yom Kippur War.
      - Visit a young family **boutique winery** on the Golan Heights, for **dinner** and **wine tasting**.
      - Return to the hotel. Overnight: Sea of Galilee

## Day Six: Friday, June 14, 2019 **DREAMS AND CONQUEST ON THE ROAD NORTH**

- Breakfast at the hotel, followed by check-out.
- Drive south past **Tiberias**, a city with deep ancient history and modern relevance, located on the shores of Lake Kinneret (Sea of Galilee). One of Israel's four Holy Cities, this is where the "Jerusalem" Talmud was codified and where Maimonides is buried.
  - **Lada'at Kinneret Cemetery** - הו כנרת שלי: Enter the world of early Zionist pioneers and learn about their hopes and dreams, their trials and tribulations and their ultimate success. Pause at the graves of legendary personalities such as Rachel the Poetess, Zionist philosopher Ber Borochov and national songwriter Naomi Shemer.
    - Continue southwards along the **Jordan Valley**, part of the enormous Syrian-African Rift.
    - Lunch on own, en route.
    - **Welcome to Jerusalem** - ברוכים הבאים: Upon entering the vibrant and colorful ancient city of Jerusalem, experience the convergence of the old and the new and stop at **Mount Scopus** for an overlook of the city and to recite the traditional "**shehechyanu**" blessing.
      - Check into the hotel.
      - Time to relax and prepare for Shabbat.
      - **Shabbat candle lighting** in the lobby.
      - **Kabbalat Shabbat** services at a local synagogue or at the Kotel (Western Wall).

**OR**

- Join Jerusalemites in a musical **Kabbalat Shabbat** at the **Old Train Station Plaza**, a central neighborhood hub for food, entertainment, culture, and enrichment.
  - Enjoy a private **Shabbat dinner** with female **lone soldiers**, who left their homes from abroad and moved to Israel to join the military.

Overnight: Jerusalem

**Day Seven: Saturday, June 15, 2019 INTO THE DESERT, MASADA & THE DEAD SEA**

- Breakfast at the hotel.
- Descend to the **Dead Sea basin**.
- **The Choices We Make - Perpetuating Judaism:** Ascend by cable car or walk up the Snake Path to **Masada**, Herod's mountain palace and the site of the Jewish Zealots' last stand against the Roman Legionnaires. Discuss Masada's role as a symbol of Jewish defiance and its current significance in modern Israel.
- Lunch on own, en route.
- **Israel's Natural Spa:** Experience the weightlessness of the **Dead Sea** as you float in its waters.
- Return to Jerusalem.
- Free time in the **Mamilla pedestrian arcade**, a contemporary shopping area with a touch of the past, located outside the Jaffa Gate of the Old City; dinner on own.
- Watch the **Night Spectacular** at the **Tower of David Museum**: The walls of the Citadel serve as a stage for a night-time show – a celebration of sight and sound depicting the story of Jerusalem.

Overnight: Jerusalem

**Day Eight: Sunday, June 16, 2019 THE LAYERS OF JERUSALEM**

- Breakfast at the hotel.
- *The Memory of the Holocaust in Contemporary Israeli Society*: meet with Holocaust scholar, **Dr. Rachel Korazim**.
- Visit **Yad Vashem**, the World Holocaust Remembrance Center, commemorating the six million Jewish victims of the Holocaust, including:
  - The **Avenue of the Righteous**
  - The **Historical Museum**
  - The **Children's Memorial**
  - A concluding **Memorial Service**
- Stop at the **Hadassa Hospital** for a view the vibrant **Chagall** stained-glass windows in the synagogue of Hadassah Hospital, Ein Kerem. The artist was inspired by the Bible and Jacob's death-bed blessings of his twelve sons - the ancestors of the tribes of Israel.
- Lunch on own in the picturesque neighborhood of **Ein Kerem**, beneath the Jerusalem Forest.
- Take a tour of the **Knesset** (Israel's Parliament) and meet with a female Knesset member to discuss current political issues (*pending confirmation*).
- Explore the wonderfully creative **Israel Museum**, with its eclectic collection, ranging from archaeology and the Dead Sea Scrolls to Jewish life and art, European art, contemporary Israeli art and the open-air model of Jerusalem in the Second Temple period.
- Experience the sights, smells, and tastes of Jerusalem while walking through the **Machaneh Yehuda** open air market, with a **local chef**, choosing the best and freshest the *shuk* has to offer in order to return to a kitchen in the market for an interactive cooking session, followed by a delicious **dinner**.
- Return to the hotel. Overnight: Jerusalem

**Day Nine: Monday, June 17, 2019 MEMORY & RENEWAL**

- Breakfast at the hotel.
- *Challenges and Triumphs of Religious Pluralism and Social Justice in Israel: Meet with **Anat Hoffman**, Executive Director of the Israel Religious Action Center (IRAC).*
- Visit the **ALYN hospital**, for a special tour of this unique facility; meet with the staff and families.
- **Innovation for Inclusion:** The innovation lab at the ALYN Pediatric Hospital is researching and producing new technologies to improve the lives of children with special needs. We'll talk with medical entrepreneurs about their work and its impact, and tour their state-of-the-art laboratory.
- Continue to the Old City's **Jewish Quarter**.
- Explore the archaeological treasures and other highlights of the **Jewish Quarter**:
- Ascend to the **rooftops** of the Old City for a behind-the-scenes look at the various communities in Jerusalem and how they live alongside each other.
- Walk through the **Cardo** - the main street of Jerusalem in the 6<sup>th</sup> century, King Hezekiah's First Temple-period "**Broad Wall**" and **Hurva Square** - the central square of the Jewish Quarter.
- Lunch on own in the Jewish Quarter.
- Stop at the main plaza of the **Kotel** (Western Wall) and experience the special atmosphere of this holy site, then walk through the **Western Wall Tunnel**, the underground continuation of the Western Wall alongside the Temple Mount.
- Walk through Jerusalem's famous **Old City Market** (shuk).
- **Farewell Dinner at The Eucalyptus**.
- Closing remarks from your chair.
- Late check-out from the hotel and transfer to Ben Gurion International Airport. Overnight: flight

**Day Ten: Tuesday, June 18, 2019 ARRIVE HOME**

- Departure flight to the USA, arriving the same day.