



It's in your hands!
An Authentic Way To Experience Israel

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THE IBC MISSION

The name of the program “Israel By Choice” is derived from the core tenets of the program pertaining to pluralism, personal expression and empowerment and the journey participants undergo towards these during their gap year. Participants choose where and how they will spend their time, and are involved in decision-making processes regarding aspects of the program. This is done within a well-structured and supportive framework, flexible enough to meet the desires of each participant.

We are committed to present Israel as a “home for Jews from all over the world”. We encourage participants to develop and maintain a connection and commitment to the State of Israel, and their local communities on their return home. We establish networks to facilitate graduate involvement in home communities, to employ the principles they discovered on IBC and to make a difference in the world around them.

IBC are proud to bring young Jewish adults before University around to experience Israel. The program offers a 5, 7 or 10 month program for students aged 18-20 that are interested in a long-term gap year program in Israel.

IBC is open to participants from Australia, New Zealand and South Africa, of all levels of religious background, political belief and community involvement. The program observes all laws of Shabbat and Kashrut to allow those wishing to observe these customs the opportunity to do so, and to establish mutual respect between participants.

IBC educates and introduces participants to a wide range of political and religious personalities and beliefs to allow each participant to explore and gain an understanding of the complexities of modern Israeli society.

IBC GUIDING PRINCIPLES

Personal Growth

IBC encourages participants to seek and achieve their greatest potential in a number of areas. We believe that those with self-confidence can instill belief in those around them. We encourage and support the development of autonomy and independence through various components of the IBC program, including:

- › Participants live independently in their own apartments during certain parts of the program. Here they are expected to cook, clean and manage a budget for themselves.
- › Participants are involved in various proactive committees which act to develop components of the program according to the participants' personal preferences.
- › Participants are exposed to a range of learning opportunities and interactions with the people who, together, form modern Israeli society. This exposure allows each participant to develop, question and explore their personal opinions, beliefs and understanding of Israeli society and all that it encompasses.

Group Dynamics

IBC works with participants to build a sense of responsibility to both the program and the group as they learn to live as a member of a larger entity. Under the guidance of experts in the field, we place importance on the cohesiveness of the group as a whole, and meeting the needs of each individual participant. The participants will learn to appreciate the power of the group in reaching personal and collective goals.

Pluralistic Environment

IBC believes in the importance of tolerance for a wide range of belief systems. We are open to participants of all backgrounds:

religious and non-religious, left and right wing, traditional and non-traditional. We encourage and believe in open dialogue as participants develop an appreciation of all those around them and learn from each other.

Bonding with Israeli Youth

IBC prioritises participant interaction with their Israeli counterparts. Opportunities to meet, engage and live with Israeli youth are provided throughout the program at mechinot (pre-army leadership development academies) and post-army groups, with soldiers and youth involved in community based programming and activities. In 2012, IBC, together with JAFI, established a new Mechina called 'Kol Ami- Jewish Peoplehood Academy' where IBC participants spend 3 months learning and living with young Israelis their own age.

Comprehensive Exposure to Israeli Society

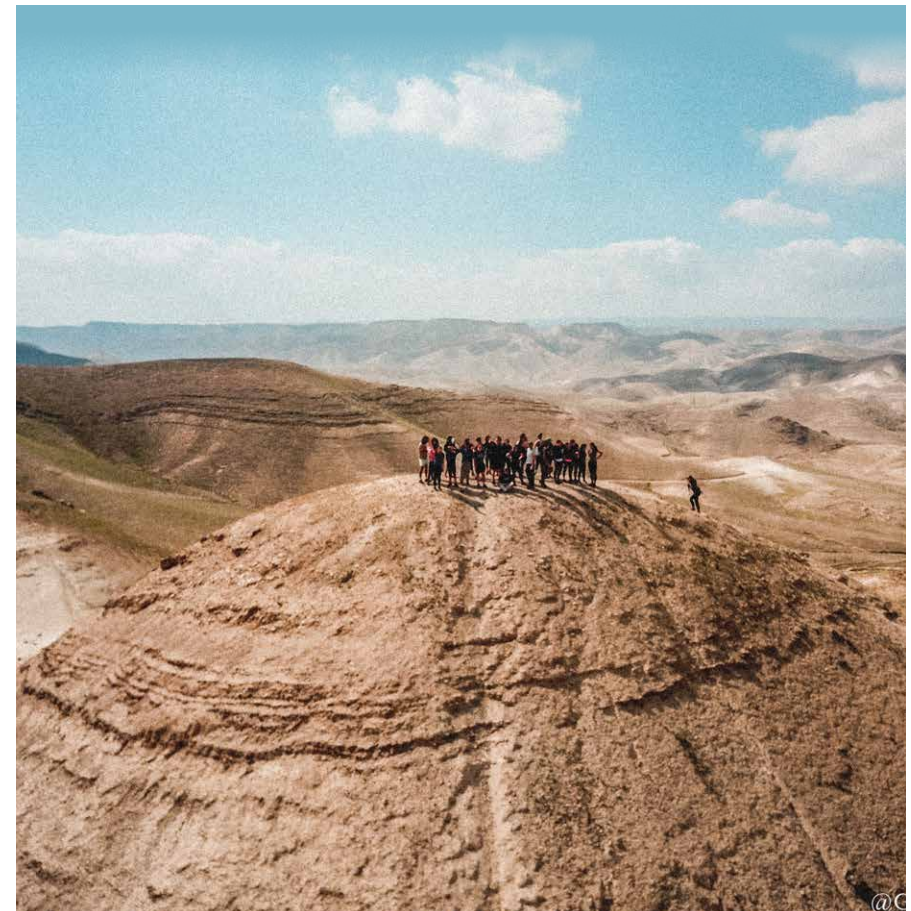
Throughout the program, participants gain insight into the various perspectives of Israeli society. As a program run and organised by Israelis, IBC allows participants to live for 5, 7 or 10 months as an Israeli, immersing themselves in Israeli life and culture. Participants have the unique opportunity of living within a variety of Israeli communities including: big cities, kibbutzim, moshavim and small communities. Participants are given the opportunity to explore the diverse Israeli landscape from the snow of the Hermon, to the beaches of Eilat and from the desert of the Negev, to the vast plains of the coastal region.

Experiencing Israel from the Israeli Perspective

The IBC program is run entirely by Israelis, allowing participants to experience Israel from an Israeli perspective. This encourages participant exposure to elements of Israeli society, its people, traditions and landscape, which are beyond the reach of those based in the diaspora.

Jewish Peoplehood

IBC collaborates with Kol Ami for a project which aims to develop global Jewish leadership. Its main goal is to form a deep and significant connection between Jewish teenagers from around the world and Israel. The IBC participants can choose to extend their trip and spend additional three months at a Kol-Ami Mechina.



PROGRAM OVERVIEW

IBC was developed to cater for young adults (post-high school, aged 18-20) wishing to participate in an 'Israel gap year experience'. We provide a fresh alternative for those who are at present not actively involved with a youth movement but still wish to take part in a meaningful gap year in Israel.

IBC is offered as a 5, 7, or 10 months program. All participants complete the first 5 months together and some continue for an additional 2-5 months.

IBC operates within an open environment, ensuring that the program operates within an inclusive environment, ensuring that the program is appropriate for participants of various religious and political persuasions. The 2020 program is currently offered to participants in Australia, **New Zealand, South Africa and The USA** (who form one overall group for their Israel experience).

IBC is run by Israelis, creating a truly unique and realistic Israel experience. This means that, participants become wholly immersed within Israeli society, rather than viewing it from the 'outside', as a tourist might.

IBC provides a framework where all logistical and safety requirements are taken care of, yet the flexibility to include input from participants remains so that the participants have the opportunity to determine the direction of their own Israel experience. The IBC itinerary is developed by the management of the program and participants are encouraged to become involved in decision-making processes as they plan and execute various activities and initiatives throughout the program.

The basic structure of the 5 month program includes two block options (the first in Jerusalem), tiyulim (hikes, adventures and tours), learning seminars and many other activities (see below). The second part - 7 month (July-August), participants are given the opportunity to participate in Mar'va (a taste of the army for non-Israelis), Magen David Adom (Israeli Ambulance Service), Ecological Farming or the option to Intern in Israel.

The last three months are spent on a Mechina - an Israeli youth pre-army leadership development academy. Throughout the program, the madrichim and program management facilitate stimulating, engaging, fun and meaningful group activities as well as educational sessions.

IBC facilitates and encourages independence, introspection, fun, group bonding, leadership development and a positive, enriching and fulfilling Israel experience.



**PROGRAM DATES 2020**

Program commences: 6.2.2020

5 Month Concludes: 2.6.2020

10 Month Concludes: 26.11.2020

PROGRAM OPTIONS**THE FIRST FIVE MONTHS (FEBRUARY-JUNE)**

During the first five months of the program (February to June) there are two 'option blocks'. During this time participants are offered four tracks (Volunteering, Israel Advocacy, Midrasha/Yeshiva and sports) to choose from. All participants on the program live together during this time regardless of their track choice. These options just denote where the participant will go in their 'option time' during the week. All participants will get the opportunity to volunteer regardless of their track choice. The first half of this block is spent in Jerusalem and the second half in a smaller city of Israel (for example Yerucham, Tiberias or Be'er Sheva). During the second half of the block options participants are encouraged to lead an independent lifestyle. They live in apartments and are required to shop, cook, clean and budget for themselves. The group lives together and participates in many group activities/trips/learning seminars during this period. The four track options that the participants must choose from include.

• Volunteering**Purpose:**

One of the most important ideals IBC stands for is that of connecting to Israeli society and contributing to the state of Israel. The core objective of the volunteering track on IBC is taking the time and putting in effort to help those in need and as well as trying to make a difference in the lives of our participants.

Goals:

1. Learning to give back: many people live their life only focusing on what they can do for themselves. When volunteering, we on IBC stop to look around and think what we can do for others and how we can give back to society.
2. Meeting with people and communities that are not always known to us: volunteering in Israel is a great opportunity to get to know different sides of Israeli society, often unknown too many.
3. Social action - Tikun Olam: learning and practicing social action is another important way of forming a personal connection to Israel and Judaism. Giving to others, Jews or non-Jews, and hoping for a better world is at the forefront of Jewish principles.
4. Doing what is needed and not only what we desire: part of the personal growth process is learning to do what is right even if it is not the easiest option. Having a volunteering routine for several days a week is very challenging and teaches our participants the meaning of having responsibility.

Format:**Jerusalem:**

- Sessions > 10-20 morning sessions depending on whether a participant is taking another track during the 5 weeks in Jerusalem
- Days > Mondays through Thursdays between 9:00-13:00.
- > Volunteering options in Jerusalem include: working with children (in a kindergarten setting, or with those suffering from serious illnesses or disabilities retirement homes, adults with mental disabilities, soup kitchens, gardening etc.

Yerucham:

- > 10 10 full days of group volunteering on several different projects (including teaching Hebrew, painting homes, soup kitchens etc.).

• Jewish Identity Track- Midrasha/Yeshiva

Purpose:

Our purpose is to strengthen the participant's connection to Judaism, to create a deep personal understanding of what it means to be a Jew and explore how the Jewish philosophy and traditions can be relevant in modern life and western society. Participants engage in ongoing conversation and discussion regarding their Jewish identities and relevant modern-day questions and dilemmas. This track will be operated in partnership with "Torah Be Tzion Yeshiva" and "Midreshet Matan and/or Nishmat".

Goals:

1. Studying - Have the participants engage with and analyze Jewish texts and understand the meaning behind such texts
2. Group discussions - discussing Jewish philosophy and the relevance of Jewish studies in our lives
3. Judaism in Israel - Understanding and engaging with different ways of studying Judaism in Israel.

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem Every Monday and Tuesday between 9:00-13:00.

• Israel Advocacy Track

Purpose:

Our purpose is to educate IBC participants about the Israel-Palestinian conflict and the complicated political issues in the Middle East to create the next generation of young ambassadors for Israel. This track is operated in partnership with "Stand with Us" - an international organization dedicated to education about Israel and correcting the misinformation that often surrounds the Middle Eastern conflict.

Goals:

1. Studying - the participants will meet with key figures in the political and diplomatic world in order learn about the different aspects of the conflict.
2. Developing personal skills - Learning to debate, blog and stand in front of a camera and to be able to use the knowledge in a productive way.
3. Touring Israel to extend knowledge - participants will visit some of the places they will study about - West Bank, Eastern Jerusalem, Security fence etc.

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem, Wednesdays and Thursdays between 9:00-13:00.

• Sports Track

Purpose:

IBC offers a Sports and Leadership Track.

Participants engage in sports activities, physical training as well as learning about the history of sport in both Israel and the Diaspora. This track also focuses on leadership (within a sporting environment). The goal of the sports track is for participants to learn leadership skills and values for life through sport and physical training.

Format:

Jerusalem - 10 morning sessions during the 5 weeks in Jerusalem, Wednesdays and Thursdays between 9:00-13:00.

Other activities in the first five months

Tiyulim (hikes, adventures and tours)

The tiyulim are outdoor adventures where participants are given the opportunity to explore aspects of Israel that are not part of the 'typical' tourist trail. Tiyulim range from hikes in the desert to interactive tours around many of Israel's cities, small communities and an exploration of the country's natural beauty. These adventures provide a fascinating and enriching experience where participants can gain a broad understanding and enlightened perspective of Israel; the history, the land and the people. Participants are involved in the planning and execution of these trips together with the program directors and madrichim, an important component of group/individual empowerment.

Yam L'Yam

Yam L'Yam is a five-day hike (including outdoor camping) where participants walk from the Mediterranean Sea to the Kinneret (Sea of Galilee).

Southern Tiyul

The Southern Tiyul is a week of hikes around the south of Israel exploring the beauty and history of the Israeli desert and its craters. The week culminates in a climb to the top of Masada to watch the sunrise on one of Israel's foremost landmarks.

Learning Seminars

Interesting, informative and interactive seminars are run throughout the program. Topics such as Jewish identity, Israel advocacy, the Holocaust and leadership are explored. The seminars are an opportunity to spend time studying, exploring, discussing and learning about a wide range of subjects. The seminars are comprised of lectures and guest speakers, as well as trips to explore and experience Israel in relation to the topics discussed. Throughout the seminars (and the entire program), participants are encouraged to question and challenge their own beliefs and engage in new ideas.

Poland (Optional - additional cost)

Participants are given the option to take part in a five-day trip to Poland. This trip is a meaningful and powerful experience allows participants to view their Jewish identity and heritage from a different perspective. The trip includes aspects that may be particularly meaningful to individual participants. The trip is always extremely significant and is often crafted around participants' family histories and testimonies. It is important to note that this Poland trip is different from March of the Living (MOTL), and so should not be disregarded if participants have previously participated on MOTL. Prior to the Poland trip, the entire group is involved in a Poland preparation seminar, regardless of whether or not they are going to Poland.

This optional trip involves an additional cost of approximately USD \$1950, including flights. Payment is separate to the general program payment and must be secured early in the year (exact date to be confirmed). If a participant is to drop out of the Poland option, a refund will be given if no payment has been made to the travel agent.

Those not participating in the Poland trip will remain in Israel and will be involved in group activities

Almost 40 individuals who were strangers to each other two months prior, embarked on a life changing trip to visit the final resting place of six million Jewish people who were slaughtered because of their religion.

As morbid as it could possibly sound, Auschwitz is a place all Jewish people must visit. The trip gave us a great insight into what life was like for a Jewish person in the 1940's. Immersing ourselves entirely in all that was offered to us whilst in Poland, ensured we could absorb and understand such a dark time in Jewish History.

We spent less than a week in Poland, yet weeks of prior planning took place to ensure all the testimonials, documents and letters were written in time for our departure. Time and effort was poured into the structure and program of the trip, consolidating all our thought on the final day, then having our final debrief in-front of the Western Wall, was a touching way to realise how thankful we all must be for Israel.

Jeremy Kagan, 2018

PROGRAM OPTIONS

THE SECOND FIVE MONTHS (JULY-NOVEMBER)

The second five months is broken up into two sections.

In July and August, the following options are available:

Mar'va (The Israeli Army Experience)

Mar'va is a 7-8-week intensive program providing the participants with an insight into the compulsory army service that is required of Israelis of the same age. The program begins with simulated 'basic training', followed by continuous learning and touring. Participants will live on an army base and will experience real Israeli army training. They are taught about Israeli culture and the impact of the army on Israeli society. The course is physically demanding, but also has a large focus on learning and understanding the army, an integral component of Israeli society. Marva dates: TBC

* It is important to note that IBC participants will not be involved in any real-life combat situations during Mar'va.

Mar'va Six months after finishing the course I still remember most if not all the Hebrew commands the mefakdim (commanders) used to yell at us daily during Marva. I say this to emphasise this is not a program one can take lightly. Turning you from a human being into a robot that follows orders overnight, Marava serves as a testimony of the individuals' ability to exert resilience, strength and respect – and I loved it. Personally, as a Zionist I have always had a vested interest in the Israeli defence forces (IDF) and what it means/feels like to be a soldier. Marva provides the closest insight into these things by wearing the uniform and holding a gun. However, that's not all there is to it. In my Achva ('family group') I very quickly learned that what one person does affects everyone else. Whether it's as simple as showing up late or as bad as disrespecting your mefaked, what you do doesn't only impact yourself, highlighting the underlying greater cause of the army. Whilst it took me a while to realise, everything we did on marva had a purpose. For example, our first day on base they made us stand in the sun on a scorching hot day and pack our kit bags. A simple task which should have taken no longer than 30 minutes. We

stood there for 5 hours doing the most mundane tasks. I remember going up to my mefakedet later on and asking why it had taken so long. She told me that if a soldier struggles to stand in the sun for a few hours, how can they guard a border for a few months/years? Everything had a purpose on this program, it just took time and patience to figure it out. Throughout the course of Marva we visited and partook in activities all around Israel, from the Negev to the Golan (sightseeing, speakers, museums and more). Marva left me with extensive knowledge about the army and its structure. It also drastically improved my Hebrew. I highly recommend this course to everyone. It presented me with one the hardest obstacles I had ever faced. But completing it alongside your commanders and friends in an unforgettable and rewarding experience.

Jordan Kadish, 2018

Magen David Adom

Participants have the option to volunteer for MDA (Magen David Adom - The Israel Ambulance Service) and work alongside Israeli staff and volunteers on ambulances and at MDA stations. Upon completion of a compulsory intensive 60 hour training course, the participants will be qualified to volunteer on the ambulances, working on a shift basis.

Please note; MDA requires an acceptable level of Hebrew to participate which is assessed by interview.

***The MDA training and volunteering is run externally by MDA for which there is an additional cost of \$850 determined by MDA.*

If you are interested, please see the following link with all details regarding program application, payment (not included in cost of program) and pre-requisites - <http://www.mdavolunteers.org/overseas-program>.

The 2 month Magen David Adom Program is an incredible opportunity for anyone looking to step out of their comfort zone and experience what MDA deals with on a daily basis. The volunteers are given the unique opportunity to contribute and be a part of Israeli society. Whilst working with qualified paramedics, medics, young volunteers and other overseas volunteers, there is an endless amount of knowledge, experience and skills to be shared. The incidences that the team might be exposed to on a shift can range from an exciting experience like a birth to something more confronting like seizures, strokes, car accidents or even a death. Although, the workers and volunteers involved in the

organization are extremely knowledgeable and experienced in the work that they do and will go out of their way to ensure that the volunteers are well-guided and comfortable working in any situation with a patient/ patients that require their aid and support. Throughout the volunteering experience, you are given the skills and information to expand your medical knowledge and to feel confident in assisting with basic first aid procedures like the analysis of vital signs or assisting in CPR. As a whole, this MDA program provides volunteers with an insightful, educational and rewarding opportunity to give back to Israel, learn new things and experience something that doesn't exist anywhere else in the world.
Jemma Resnick, 2017

Adam & Hava - Ecological Farm

Join volunteers from around the world making an impact on Israeli society. The program is based nearby the city of Modiin and serves nearby communities.

Volunteer projects are according to the interests of the participants and include opportunities for teaching, organic agriculture, sustainable living, community theatre, childhood development and special needs inclusion.

Did you know that agriculture is one of the main causes of global warming? Doing Hava Ve Adam for my 2 month option was a fairly spontaneous decision but I have no regrets. I really recommend this for people who are not afraid to be outdoors and engage in hands-on activities. The things you learn on this farm are super interesting and offer new perspectives into your lifestyle. The farm's program took us through every environmental factor possible- from building structures and yurts out of mud to energy conservation, to growing, cooking and eating our own food. On the farm there are staff and group leaders who are very welcoming, in addition to the international groups and Israelis there on their 'shnat sherut' (year of volunteering before the army). If you are thinking of choosing this option, I recommend doing it with a friend or group of friends as the support and comfort can be handy. It really is an eye-opening, challenging and exciting experience. PS. you don't have to be an environmental fanatic to do it! (I knew nothing going in).

Aviva Gandler, 2018

Intern with IBC

The newest addition to the IBC program is our IBC Intern program. Joining forces with The Masa-Tlalim internship program, we offer a variety of internships across Israel that IBC participants can take part in. Participants learn while working, gaining real experience in fields such as: hi-tech, environment and more with companies such as: IBM, Intel, Fatal Hotels and more. The participants will be based with the MDA volunteers in Netanya and another city TBC. Internships are a full-time job, Sunday-Thursday, that demands full, commitment.

* Prospective interns are required to pass an interview process with the hiring company before commencing.

September-November:

Mechina

Throughout the course of the program participants will visit and live with individuals from around the world (mainly Israel) in the Mechina environment. A Mechina is an educational institution where young Israelis can spend their 'gap year' after high school, before beginning their compulsory national service. The Mechina is designed as a leadership academy for a select group of Israelis where they're prepared mentally, emotionally and physically for upcoming challenges of the army. In this component of the IBC program participants are given the unique opportunity to join the Mechina for 12 weeks. During this time the participants will live, learn and participate in various activities with the members of the Mechina. This amazing opportunity allows the participants to experience Israel and Israelis first hand, and develop long-standing friendships and bonds with their Israeli counterparts and other individuals from all around the world.

Goals

- › **Jewish Peoplehood** - formalising the link between Israeli Jews and Diaspora Jews through their common historical and cultural heritage while inspiring a desire for mutual action and commitment to the future of the Jewish people/Jewish continuity.
- › **Leadership Development** - developing leadership abilities. This begins from self-leadership and the will to lead and serve as a personal example. The students will discipline themselves in the college - among other things - by running committees and working on individual and group projects.
- › **Public Diplomacy** - training advocates to speak out and stand up for Israel. Public diplomacy will stem from a deep knowledge and faith in the importance of the Zionist vision. Students will acquire the tools and the skills to disseminate this knowledge.
- › **Solidifying Jewish Zionist identity** - developing a personal identity rooted in the philosophies of some of the greatest Israeli and world leaders. With a broad education and focused study, the students will become leaders with vision and purpose, possessing the resolve and ability to affect real change within themselves and within society at large.

When someone asks "How was Mechina?" I don't know how to answer other than "fantastic" or "exceptional". It is by far the most dynamic, influential and multifaceted part of the ibc program. Mechina allowed me to feel apart of the country and not just a tourist. For the most part, the first seven months allows you to experience the country and culture, but it doesn't immerse you in it, and that's exactly what mechina does. It gives you the opportunity to live with Israelis and really understand the culture. There are so many individual facets that work together to create mechina, and I can (barely) narrow them down to three. First is the social aspect, by living with Israelis your age you create bonds, and as those bonds deepen, so too does your understanding and appreciation of Israeli life, society and culture. The second is the classes, with a broad array of topics, from eco-activism, to philosophy, to world Jewry, there is always something to learn. The third is the madasim (workouts), you're sure to be challenged and pushed in the krav maga and strength sessions that are incredible ways to develop self-discipline and physical fitness. Mechina is an incomparable experience that I loved. There are ups and downs like any experience and I can confidently say that if I could do it again, I would every time. I think everyone can benefit one way or another from mechina and recommend it to all!

Jeremy Abrahams, 2018

Mechina was an incredible experience that was the absolute best way to conclude my 10 months in Israel on IBC. Each day was filled with different challenges, emotions and fun. The lessons I learnt about being a member of a group and a leader are things that I could not have learnt anywhere else and lessons I will take with me for the rest of my life. The schedule was jam packed. Each day we would have lessons on a range of topics such as philosophy, Judaism, environment, Israeli politics and other topics of our choosing. We also had some sort of exercise which included Krav Maga training. Mechina completely relied on the group as we had full ownership of our experience through our committee involvement. The committees managed every aspect of mechina - there was a committee for food, shabbat, content, management, army preparation, public relations and volunteering. Through the committees, we were able to create and mold our mechina experience to whatever we wanted it to be which was a truly amazing responsibility. The skills that I gained from living in this intense and unique environment have already proved useful. The opportunity to live with Israelis prior to their army service is also so special. After only being with them for a short time, I know I have made life long friends and through our friendships I was able to see a whole new perspective of Israel. Mechina was an incredible and indescribable experience that I will treasure for a long time.

Sasha Fink, 2018

MADRICHIM (PROGRAM LEADERS)

Participants are accompanied by carefully selected and experienced Israeli Madrichim throughout the program. These Madrichim facilitate the educational processes and the participants' acclimatization into Israeli society. The Madrichim are there to guide, teach and care for the participants. Israeli Madrichim are specifically chosen to facilitate a deeper connection and integration into Israeli society - a crucial component in the IBC experience. Our Madrichim treat participants like they're their children, ensuring they're always safe and happy. Amongst the madrichim there is much diversity, with each Madrich having different experiences and religious backgrounds.

All Madrichim live with the participants and speak English.



ULPAN (LEARNING HEBREW)

A key component of the IBC experience is learning to speak and understand the Hebrew language. Throughout the program participants will be involved in Ulpán classes where they will learn Hebrew in a fun, dynamic and interesting way. The participant's Hebrew level is assessed, and they are placed accordingly into a class. Participants will be provided with the opportunity to learn irrespective of their current Hebrew ability.

IBC ALUMNI TESTIMONIES

MY IBC EXPERIENCE

Nothing has shaped me quite like the five months on IBC. Nothing has had quite the immediate and direct impact on me before or since. Even after several years, I still constantly find myself drawn back into memories and stories from what was essentially the best thing I've ever done, full stop. This was the kind of structured freedom distilled happiness that seems remarkably unattainable. No day was a dull day on IBC and I feel that even the days I spent languidly chatting on the beach with a smoothie were days that were filled to the brim with memorable experiences. IBC somehow manages to keep you occupied while giving you time to relax; to give you the space to do what you want in a well-planned environment. On top of all this, all the experiences I was able to participate in seemed to connect me in one way or another to my Judaism and connection to Israel and that is something which will truly remain with me forever. Personally, I came on IBC with one main goal: make friends. And after what felt like a short half year, I'd felt I'd made ninety new friends with whom I still remain connected to years later. We worked together, ate together, sweated together, chilled and laughed together. IBC is a special program. Not because of the amazing places you go or the incredible things you do but because of the type of person it attracts. My favourite kind of person: an IBC person.

I would give the world to go on IBC for the first time again. It is truly an incomparable experience that presents itself only once in a lifetime. I do not regret a single day of IBC and I strongly encourage everyone who is even slightly interested to give it some thought.

Asher Klein, 2017

COSTS AND PAYMENT SCHEDULE

Please note that flights and travel insurance are not included in the cost of the program.

COST OF THE PROGRAM

5 Months – \$11,500

7 Months - \$11,500 + Track of Choice (see page 25)

10 Months - \$20,000

How much do I need to pay?

Once your MASA scholarship has been calculated (see next page), this total, and your US \$1,000 deposit will be deducted from the cost of the program

How do I pay?

All payments will be made via the online payment system on the IBC website, www.ibc.org.il

For those who are participating in the five month program

Four consecutive monthly installments should be paid starting on December 1st 2019 (followed by Jan 1st through to March 1st 2020).

For those who are participating in the ten-month program

Six consecutive monthly installments should be paid starting on December 1st 2019 (followed by Jan 1st through to May 1st 2020). Alternatively, the full tuition can be paid up front in one payment for which participants will receive a 2% discount on the tuition.

Deposit

A deposit of US \$1000 is required to complete the program acceptance process.

Cancellation & Refund Policy:

The deposit is part of the total tuition cost.

- › If the participant cancels before December 31, 2019, a full refund will be issued.
- › Those that cancel after December 31, 2019 will not be entitled to a refund, except for reasons of illness or serious unforeseen circumstance (to be determined by the program director).

7 and 10 months policies:

In case a participant decides to cancel the program extension of 7 or 10 months the following policies are implemented:

- › 7 Months: Till June 1st full refund and from June 2nd one-month refund will be given.
- › 10 Months: Till August 1st full refund and from August 2nd a one-month refund will be given in advance.

Once your MASA scholarship has been calculated (see next page), this total, and your 1000 USD deposit will be deducted from the cost of the program. You will then receive an Invoice.

Program Options	Tracks	Dates	Costs
7 Months Program	MARVA	July-August	USD 2500
	MDA	July-August	USD 3000
	Ecological Farming	July-August	USD 3000
	Yeshiva	July-August	USD 1500 Per Month
10 Months Program	Mechinat Kol-Ami	September-November	USD 5500

THE APPLICATION PROCESS

STEP 1

The IBC application form should be completed at: www.ibc.org.il and click 'apply now'. Please note the system is an external system and requires a 50 USD registration fee from each applicant. This fee is nonrefundable and can only be made via credit card. Registration should be completed using the participant's name ONLY.

STEP 2

Fill in the MASA application form:
<http://www.israelprograms.com.au/masaisrael/#page=subsidies>
 All MASA inquiries are to be directed to the Israel Programs Desk at the Zionist Federation in Melbourne:
 (03) 9272 5644 or israelprograms@zfa.com.au

STEP 3

Interviews

After participants submit their application form, the last step of the process is to select an interview time slot (if this is not yet available, please wait to be instructed by a state representative). Arrangements will be made for participants to be invited for an interview. Interviews will be held starting the end of May through to June 2019 the interview is required to allow IBC coordinators and directors to get to know the incoming group. The interview also allows staff to understand how they can best design the program to suit this cohort. The interview will also assess the reasons behind participants wanting to join the IBC program.

Important: Interviews will be scheduled only after submitting all health forms on the online registration service.

STEP 4

Acceptance Letter

After completing you're the application and passing the interview you'll receive a letter of acceptance to the IBC program and information on the program and how to complete your payment on the IBC online payment system.

STEP 5

Online Payment Service

Upon acceptance, participants will be required to pay a deposit of to ensure their place on the program the \$1000 deposit will be paid on the IBC online payment system. Following registration please pay attention that your user- name is your passport number and after your first login you'll be required to change your password.

FORMS

Compulsory Forms:

1. MASA Application (see next page):
<https://www.israelprograms.com.au/information/masa-israel/subsidies/>
2. Visa Application (see next page)
3. IBC Online application - www.ibc.org.il and click 'apply now'
4. Medical Forms

Forms you may need to complete (optional program components):

5. Magen David Adom Application: <https://www.mdais.org/en>

6. Mar'va Application: https://israelexperience.secure.force.com/REG_SelectExperience?exptype=Marva%20-%20Movements%20and%20Programs&lang=en

7. Important: Army (IDF) Release:

If the participant or either parent has Israeli citizenship, an IDF release form will be required. To do so, contact the Embassy of Israel: Embassy of Israel, 6 Turrana Street Yarralumla, ACT 2600. Ph: (02) 6273 1300 Ext. 3. Fax: (02) 6273 4273. Email: consular@israemb.org. - See the Israeli Ministry of Foreign Affairs website for information: www.mfa.gov.il/MFA/MASA. Please note this is compulsory and IBC does not take any liability for those who do not adhere to these regulations.

1. MASA

IBC is recognized by Masa Israel Journey, a project of the government of Israel and the Jewish Agency. Grants and scholarships are provided for those who are eligible. All participants are eligible for a grant of USD \$200. Up to US\$3,500 (5 month) or US\$6,000 (10 month) are available and assessed on a needs basis.

For more detailed info regarding MASA please see;
<http://www.israelprograms.com.au/masaisrael/#page=subsidies>

2. VISAS

Visa applications will be lodged in December. All participants require a one-year, multiple entry, free visa. Local representatives will provide further information closer to the required date.

Visas for the group can be organized in bulk by the ZFA. Details will be provided later in the year. The cost of the visa is covered by Masa, but if participants choose to organize their visas independently, then they will have to cover the cost of postage themselves.

WEEKENDS (GROUP AND FREE WEEKENDS)

Every second weekend is a free weekend. During free weekends participants can leave the group and travel independently throughout Israel (whether this be visiting family, friends etc.). Participants will need to provide information to their Madrichim prior to departing regarding where they will be, and who will be with them. Adoptive families are also available for free weekends if needed (see below). Security alerts are still provided for participants during this time if needed.

Other weekends are spent with the group. If participants do not want to travel on free weekends, accommodation will be provided.

BREAK (CHOFESH)

During Pesach and in between the 5 and 10-month program (TBC-varies according to seven-month option) participants are given a one week 'break' from the program. There will also be a Chofesh for Sukkot (dates TBC). In this time (as with free weekends), participants can spend time with family or friends or visit different areas of Israel. Security alerts are still provided for participants during this time if needed. Participants will need to provide information to the Madrichim prior to departing regarding where they will be, and who will be with them.

*** If family or friends wish to visit participants during the year, this is an ideal time to do so (to avoid program disruption and maximize the time you can spend with your child).*

SECURITY

The security and safety of IBC participants is of paramount importance. IBC updates participants with changes to the program according to the security situation. These updates are provided by the Jewish Agency's security team, as well as information from the Israeli Defense Force and the Israeli Government. The IBC directors and Madrichim either accompany or are in constant contact with the participants at all times.

MISCELLANEOUS INFORMATION

Shabbat and Jewish Festivals

The program does not require any level of religious observance. However, no program activities will be conducted contrary to the laws of Shabbat/Chaggim (Jewish Festivals). IBC encourages a tolerant environment where all participants feel comfortable with their own 'Jewish expression'. IBC participants will be involved in actively celebrating all Chaggim such as Shavuot and Yom Yerushalayim, in a manner that is appropriate to the group.

Free time

Throughout the course of the program participants will have free time, however, this will differ depending on each phase of the program.

Health & Travel Insurance

On ground health insurance is covered in the cost of the program (through Egert & Cohen Insurance Company). Participants are covered from the start to the end of the program, on 'land dates' only (that is, not 'flight days'). The health insurance provided does not cover pre-existing conditions and as such additional cover may be required in such cases. The program does not provide travel insurance, we recommend that all participants take out some form of travel insurance.

Flights

The cost of airfares is not included in the cost of the program. 'Group flights' will be organized. Please speak to your local representative regarding these flights. If a participant is not on a 'group flight', they are required to meet the group at Ben Gurion Airport, in Israel, for the arrival of this flight (details to be provided by your local representative). Note that your flight is not booked by the program and it is the responsibility of each participant to organize their flight either through the group booking or individually.

Spending Money

It is the responsibility of the participant to provide all pocket money for personal expenses in Israel. We'll be glad to assist participants with money management and financial situations that may come up during the year.

Glasses

If the participant wears glasses or contact lenses, please ensure that a spare pair and a copy of the prescription is brought to Israel. These items can be replaced in Israel if necessary (optical medical insurance cover is not provided). We also recommend that the participant take a pair of prescription sunglasses with them to Israel.

Medicines and Prescriptions

If the participant requires special medication, we ask that copies of all relevant prescriptions are brought to Israel. All medications can be replaced in Israel, but only with an appropriate prescription. Note that prescriptions are dispensed in Israel by reference to generic chemical formula and not by brand name. Medications containing habit-forming drugs should be identified, and the participant should bring a prescription or letter from the doctor stating that such medicine is being used under the doctor's direction and is necessary for their well-being whilst abroad. If a prescription is brought to Israel, make sure that it will last the full duration of their time on the program and won't expire whilst they're in Israel.

****Please note that for pre-existing conditions, replacing medication in Israel will be at the participants' own expense. It is recommended that, if possible, the participant bring their own supply of the required medicine for the whole year.*

We also ask that participants notify program coordinators of any pre-existing medical conditions.

Emergency Treatment

In the event of a participant requiring emergency treatment (including operations) the program directors will endeavor to contact a parent/guardian to obtain parental/guardian consent. However, the program directors reserve the right to make decisions without contacting a parent/guardian should this prove necessary. Signature of a parent/guardian on the consent forms for the program is considered as acceptance of this condition.

Weather

Yes, it will be very hot in Israel in July! But very cold in Jerusalem in February and March, generally between 0 and 10 degrees so it is important to have a thick winter jacket so that you can make do with layers of clothing underneath.

Searches

For security reasons, participants can expect to be searched when entering public buildings in Israel. This is a regular occurrence.

Family Visits

We are delighted that parents/guardians often wish to come to Israel and we try to facilitate visits when we are informed of them in advance. It is important however, that parent's/guardian's visits are planned and coordinated with the IBC director. Please contact matan@ibc.org.il to discuss further. Again- it's ideal to come during Chofesh if you don't want to visit your child!

Leaving Israel

If participants wish to leave Israel, the IBC director must be consulted in advance. Please email: matan@ibc.org.il

A signed letter from the parent/guardian of the participant to the program will be required stipulating "total release of any liability" of the program for the duration of the absence from the program and acknowledgment there is no medical coverage during this period.

WHAT TO BRING...

As participants become more and more excited about the wonderful opportunity lying ahead, there is a lot to prepare...

The most important advice we can give regarding packing is - pack light! Bring what you need and no more. The lighter you travel, the easier it is to get around. Remember you'll be moving around quite a bit, packing and unpacking, getting on and off buses and there will be no-one to carry your luggage for you. Also remember, you can purchase anything you need in Israel, you don't need to bring a year's worth of shampoo! Many program T-shirts and jumpers will be acquired when in Israel.

N.B. The El Al airline luggage allowance is 23 kilos. If the limit is exceeded and payment for any excess baggage is requested, it is at the expense of the participant.

Regarding climate, you'll be here for both the hottest and coldest months so be prepared!

Much of your time will be spent working in communities, volunteering and tiyulim, so bring appropriate clothing - comfortable jeans, t-shirts, sweatshirts etc. For girls attending Midrasha, a couple of comfortable skirts will be needed.

RECOMMENDED PACKING LIST

Label Everything

Important:

- ☐ Documents
- ☐ Health and travel insurance
- ☐ Photocopies of passport (X2)
- ☐ Photocopies of drivers license/ID (X2)
- ☐ Student card
- ☐ Passport
- ☐ Drivers license/ ID
- ☐ Tickets à FBI travel pack
- ☐ Debit/credit card
- ☐ Spare glasses

Bags

- ☐ Suitcase
- ☐ 5 day weekend bag (60lt)
- ☐ Hiking/ backpack (15lt)

Clothes

- ☐ Knits/Jumper's x2/3
- ☐ Puffa Jacket
(Kathmandu, North Face etc.) x1
- ☐ Thermals x1
- ☐ Scarf, Beanie & Gloves
- ☐ Underwear x15
- ☐ Socks x15
- ☐ Bras x4
- ☐ Bathing x2
- ☐ Shorts x2
- ☐ Jeans x2
- ☐ Leggings x1
- ☐ Tracksuit pants x1
- ☐ Dresses/skirts x3
- ☐ T-shirts x6/long sleeve tops x3/Singlets x4
- ☐ Hiking/Exercise 1 long leggings 1¾ leggings

Medical kit

- ☐ Panadol
- ☐ Nurofen
- ☐ Naprogesiac
- ☐ Claratine
- ☐ Codral
- ☐ Cold and flu
- ☐ Bactroban
- ☐ Strepsils
- ☐ Vitamin C
- ☐ Band-aids
- ☐ Antiseptic wipes
- ☐ Hydrolyte
- ☐ Berocca
- ☐ Antihistamine

Electronics

- ☐ Mobile (a spare is recommended)
- ☐ Camera (phone is also fine)
- ☐ Plug adapter x5 adapter
- ☐ Chargers
- ☐ Hard drive
- ☐ Laptop /Ipad (Not essential)

Hiking items

- ☐ Water camelback- water bladder- 3Liter
- ☐ Sleeping Bag

Shoes

- ☐ Hiking boots x1
- ☐ Dressy Boots/Shabbat Shoes x1
- ☐ Runners (Nike, Assics) x1
- ☐ Sandals x1
- ☐ Converse x1

- ☐ Thongs x1
- ☐ Ugg boots x1 (optional) (cheap pair)

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Sun cream
- ☐ Stingos
- ☐ Nail clipper
- ☐ Tweezers
- ☐ Perfume/aftershave

Miscellaneous

- ☐ Sunglasses
- ☐ Hat
- ☐ Kippot/Tfillin
- ☐ Towel
- ☐ Bum bag

Tiyulim

These trips last up to a week at a time and the participant will need warm clothing, especially good strong walking shoes, a hat, sunglasses and a water bottle. Participants should have a three-day backpack for such trips, as well as a day pack for one day trips. Please note however, that during the overnight hikes participants do not carry big bags with them - a truck drops them off each night. While hiking participants are required to carry just the basics- water, hat, sunscreen etc

Electricity

The electric current in Israel is 220 volts AC, 50 cycles. (This usually has no significant impact on 240V appliances, but plug adapters for Israeli plugs are necessary.)

- ☐ Silk liner- Kathmandu
- ☐ Microfibers towels X1
- ☐ Backpack
- ☐ Small handbag
- ☐ TSA locks
- ☐ Washing bag / Clothes line
- ☐ Portable Charger
- ☐ Carabineer lock
- ☐ Diary
- ☐ Basic recipes (you will be required to cook for yourselves at times so start practicing!)
- ☐ It is recommended to bring one good reading book which can be switched with other participants to create an 'IBC Library'.
- ☐ Musical instrument (if you play one)

FREQUENTLY ASKED QUESTIONS

I'm signing up for the five-month program, but I may want to continue on for seven or ten months, is this possible?

Yes this is possible. You have until the end of April to decide if you wish to stay for ten months. We strongly recommend not making plans for the second 5 months (even if you are adamant you don't want to stay)- it is very often that participants are left in hard situations where they must choose between pre-planned trips and staying on IBC. Please note, by signing up later you may be limited to certain options due to numbers.

How are the volunteering options determined?

At the start of each option block, our volunteering coordinator will take you through each of the available volunteering options. Following this you will submit your preferences and the staff will work towards your most suited option.

I have friends on other programs, will I have time to see them?

During your free time and breaks you will have time to spend with friends on other programs. The programs often have simultaneous free weekends, this is a great opportunity to spend time with your friends.

'I'm not a hiker', I'm not sure that I want to do all these tiyulim...

Hiking and touring is one of the best ways to see, feel, experience and appreciate all that Israel has to offer, some call it a national obsession. If you are concerned, ask your local representative to put you in touch with some past participants to give you a firsthand account. Don't worry, you'll love it and 'we're all in this together.

I'm booking flights on points/a different route/I arrive before the group, does this matter?

You can book any flight to Israel, however, if you are not on the 'group flight' you will need to meet the arrival of this flight at Ben Gurion airport, Israel, for the start of the program (and thus you cannot arrive after the flight lands). Speak to your local representative for details.

Is deciding to go on an Israel program the best decision I will ever make?

Yes!

Is it possible to do the 5 month program and return for Mechina without doing the 7 month option?

Yes. We recommend staying for the 7 month options (MDA/Marva) although it is possible to return after the 7 month program just for Mechina.

What kind of shoes should I bring?

You will need strong comfortable closed shoes for hikes and Tiyulim. There is no need to bring professional hiking boots. You will also need formal shoes for Jewish holidays and events as well as thongs. Many past participants have chosen to purchase Israeli 'Shoresh' sandals during their time in Israel which have proven very useful so you may wish to do the same.

How many bags should I bring and what size is best?

We recommend that you bring one reasonably sized bag or suitcase, one medium bag with enough space for up to two weeks of clothing as well as a small backpack for daily use.

How do free weekends work?

There are on average two free weekends per month. You can use this time to visit family and friends as well as to discover and explore Israel. The program provides accommodation for participants who choose not to go out on a free weekend. The program staff will also assist you with any help you may need in arranging your free weekend.

בס"ד

EGERT COHEN

אגרט את כהן ביטוחים
Egert & Cohen Insurance

Harel Tour & Care Policy TABLE OF BENEFITS

Hospitalization*	
Hospital accommodation	Paid up to policy limit \$100,000 / 90 days
Nursing care, drugs and surgical dressings	
Surgeons, anesthetists, and physicians fees	
Theater charges and intensive care	
Pathology, X-rays, MRI, CT scans	
Out-patient treatment	
Specialists	Contracted specialists/doctors/laboratories Paid in full
Pathology, X-rays and diagnostic tests	
Costs for treatment by family doctors	
Out-patient surgical operations	
MRI, CT and PET scans	
Other benefits	
Prescribed drugs and dressings	Up to \$200 per year
Emergency dental treatment	Up to \$200-at contracted dentist
Emergency ambulance service	Paid in full (if patient is subsequently hospitalized)
Road accidents	Covered by Compulsory Government Insurance
English speaking customer service line	24-hour

* Cover is by surgeons and medical staff on duty at time of injury or illness



Exclusions to this cover are:

- Pre-existing or chronic conditions (e.g. asthma, Krohn's disease, diabetes) *
- Well-care, routine check-ups
- Pregnancy
- Injuries caused due to alcohol or drugs
- Self-inflicted injuries
- Skiing, extreme sports
- Emotional / Psychological conditions

* If you need additional coverage for pre-existing conditions contact our office.

N.B. The full policy conditions are as they appear in the Harel Tour and Care policy (available on request).

*The above insurance summary is for medical insurance only. Participants are required to take out their own travel insurance (to cover personal property etc.)

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add us: IBC Australia



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