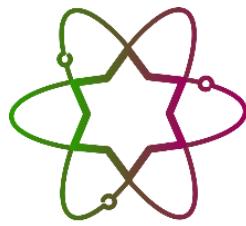




rootone



SUMMER LAB: ISRAEL

Powered by Keshet • RootOne-Affiliated Trip

July 26-August 19, 2026

HANDBOOK

Keshet Educational Journeys
PO Box 52236
Jerusalem, Israel 9152012
Website: www.keshetisrael.co.il
Email: info@keshetisrael.co.il

RootOne is seeded through the generosity of The Marcus Foundation, and is powered by The Jewish Education Project. Please visit www.RootOne.org for more information.

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Welcome to Your *Summer Lab: Israel Journey!*

You're About to Experience Something Extraordinary

Congratulations on taking this exciting step! Whether you're a teen ready for adventure, a parent investing in your child's future, or a grandparent supporting the next generation's connection to Israel and science—this handbook is your guide to what promises to be a transformative summer.

Why This Experience Matters

Israel isn't just a place with incredible history and beautiful landscapes—it's a living laboratory of innovation. With more start-ups per capita than anywhere else on Earth, Israel has become the global hub where science, entrepreneurship, and problem-solving converge. But here's what makes our program special: you won't just observe this ecosystem from the outside. You'll be part of it.

Over the course of your journey, you'll work in real labs at Hebrew University's Belmonte program, collaborate with Israeli scientists who are genuinely excited to share their work with curious minds like yours, and connect with Israeli teens who will quickly become friends. You'll tackle real scientific questions, explore technologies that are changing the world, and discover how your own interests and talents can make a difference.

What This Journey Offers You:

This is your chance to explore lab science in action, gain mentorship from leading innovators, develop critical thinking skills, and build friendships with peers from across North America and Israel. You'll return home with new perspectives, expanded horizons, and maybe even a clearer sense of your academic or career path. Plus, you'll have stories and experiences that set you apart.

For Parents: You're giving your child exposure to world-class scientific institutions, meaningful cultural experiences, and the chance to develop independence in a safe, structured environment. Through RootOne's support, this investment in their future is also more affordable than traditional programs of this caliber.

For Grandparents: You're helping create a lasting connection between your grandchild and Israel—one rooted not just in heritage, but in the excitement of discovery and innovation. This is how Jewish identity grows in the 21st century: through experiences that matter personally.

Your Journey Starts Now

Even before you arrive in Israel, you will be part of this community. Through our RootOne early experiences, you'll meet Israeli peers online, learn from experts, and start building the connections that will make your arrival feel natural and exciting rather than overwhelming. By the time you board that plane, Israel won't feel foreign—it will feel like the next chapter of an adventure you've already begun.

What's Ahead in This Handbook

In the pages that follow, you'll find everything you need to know: packing lists, daily schedules, safety information, cultural tips, and answers to questions you didn't even know you had. Read through it with your family, mark it up, ask questions, and get ready.

This is going to be amazing. We can't wait to share this journey with you.

Welcome to Keshet. Welcome to Israel. Welcome to your future.

Program Overview



Summer Lab: Israel is a journey integrating touring throughout the beautiful and multi-faceted country of Israel with immersive, hands-on lab science on the Givat Ram campus of the Hebrew University of Jerusalem.

Week One-Arrive in Israel and meet your fellow participants from the U.S. and Israel as well as your staff. Explore the vibrant, tech-savvy city of Tel Aviv before heading to the Negev desert. You'll spend the first shabbat on a kibbutz in the Arava desert and enjoy some fun in the sun in Eilat.

Week Two-Begin the lab science program at Hebrew U and explore Jerusalem's 3,000 years of history. Experience Shabbat at the Western Wall (Kotel) and take time to recharge your own batteries.

Week Three-Spend more time in the lab and exploring Jerusalem and places farther afield. Set off for the Dead Sea and Masada before spending Shabbat in the mystical city of Zefat. Return to Hebrew U for your final presentations and farewells to your new friends from Israel and the U.S.

Belmonte Science Labs of Hebrew University

Keshet has partnered with Hebrew University's youth division to implement the Lab Science portion of the program. The Belmonte Science Laboratories Center was founded in 1990, with the goal of creating a state of-the-art science education center for high school pupils and their teachers to pique their interest in natural sciences. At Belmonte students actively learn science with a vast range of experimental and hands-on activities. The primary fields of interest in Belmonte are chemistry, biology, and physics.

For many years, Belmonte has been a focal point for educational innovation and challenge while providing high school pupils with access to academic infrastructures and current research.



The Belmonte Labs are located on the Edmond J. Safra (Givat Ram, Jerusalem) campus of Hebrew University. The complex also includes the Beit Bretter guest house where *Summer Lab* fellows will stay while in Jerusalem. Beit Bretter offers clean, modest rooms, a private dining room, classrooms, and informal meeting spaces.

The core program promotes scientific thinking, curiosity, research skills, and critical thinking. It covers selected contemporary topics in science, providing exposure to academia. The center's staff includes Hebrew University researchers, and the instructors are mostly university graduate students.



Part 1: A Taste of Science: Introduction to Scientific Exploration

The first three introductory laboratory sessions will introduce all participants to key scientific principles in chemistry, physics, and biology. Students will be divided into three laboratory groups, allowing them to explore each discipline.

Part 2: After completing the introductory sessions, students will choose a focus area: Chemistry, Physics, or Biology. They will then participate in five advanced laboratory sessions in their chosen field, followed by a research project.



Certificate of Participation: Upon completion of the core program, each *Summer Lab* fellow will receive a certificate, noting the number of academic hours and signed by the Director of the Belmonte Labs.

Checklist



Are you ready to enroll in *Summer Lab: Israel*? Make sure you do the following immediately:

- ✓ Fill out online Registration & Health Form and pay the \$900 deposit. Make sure it is properly signed by a physician. (It is possible to register right away and send the Physician's Report later.)
https://keshetisrael.formstack.com/forms/keshet_science_program_2026_registration_form
- ✓ Register with the RootOne portal
- ✓ Complete your personal statement and submit your recommendations
- ✓ Schedule your personal on-line interview when invited
- ✓ Check that you have a valid passport through February 19, 2027.

The following forms must be completed and sent to Keshet:

- ✓ Send a scan/copy of the first page of the participant's passport by April 30, 2026. Please note that no airline tickets will be issued without a legible copy of passport.
- ✓ Make sure that you have sent the Physician's Report if not sent already, May 28, 2026.
- ✓ Fill out and send the Code of Conduct Form by May 28, 2026.
- ✓ Fill out and send the Release & Waiver of Liability Form by May 28, 2026

You will receive an invoice by e-mail with instructions to pay the balance of your tuition.

Instructions for sending materials:

Email to: aviyah@keshetisrael.co.il

Be sure to include "Summer Lab: Israel-Your Name" in the Subject Line

Program Itinerary

Please [click here](#) to see the 2026 program itinerary. Note that this itinerary is not final and is subject to changes.

Sample Lab Day



Breakfast at Bet Bretter
9:00-13:00: Lab work at Belmonte
Lunch at Bet Bretter
Afternoon: Visit a historical site, museum, or cultural activity
Cash Dinner
Evening: Cooking, Israeli dancing, or art workshop followed by group reflection. Free time and curfew.

Sample Touring Day



Breakfast at hostel
Board bus to travel to morning activity
Cash or picnic lunch
Museum, activity, or guided tour
Dinner at hostel
Evening Activity followed by group reflection. Free time and curfew.

RootOne Vouchers and Payment Information



There are a limited number of \$3000 RootOne vouchers available. They will be granted on a “First Come, First Served” basis to those who meet eligibility requirements and return the completed registration form and pay the deposit. RootOne Vouchers are available for Jewish teens who are entering 10th, 11th, or 12th grade or graduating high school in the Summer of 2026.

- The RootOne voucher will be paid directly to Keshet on your behalf and will be deducted from your final payment.
- Teens must complete the RootOne pre-trip early requirements (*nekudot*) to receive their voucher.
- Voucher recipients are required to participate in post-trip engagement and evaluation.
- Teens are only eligible to receive a voucher once.

Vouchers are contingent upon requirements being met. Non-fulfillment of these obligations and/or removal from the program due to a Code of Conduct violation will result in a forfeit of a voucher.

Tuition

Pre-voucher \$12,900 air* & land package

*Round trip group flight on El Al from Newark (EWR). Price does not include domestic flights to/from Newark.

[Click Here](#) for cost details.

Dates & Deadlines

There are limited spaces on *Summer Lab: Israel*. Begin the registration/acceptance process as soon as possible to ensure your candidacy.

- **Keshet on-line registration & \$900 deposit no later than:** February 9, 2026
- **Completion of Personal Interview by Zoom no later than:** February 20, 2026
- **RootOne registration by: Info coming soon!**
- **3 Program Orientation Sessions** on Zoom. Dates & Agenda TBA
- **Winter/Spring 2026.** There will be a number of required pre-trip early experience requirements (done virtually) for all RootOne voucher recipients. Detailed information will be provided at a later date.
- **July 26-August 19** - Program in Israel
- **August 19** - Certificate of Participation from Hebrew University of Jerusalem

Program Forms & Registration Requirements

Required program forms include:

- On-line Registration/Health form:
https://KeshetIsrael.formstack.com/forms/keshet_science_program_2026_registration_form
(Please note that the health form must be completed by a physician within one year of trip departure)
- Upon Registration, participant's will be sent an email with instructions to complete a Personal Statement and provide 2 Letters of Recommendation. Upon submission, the participant will be invited for a personal interview (by GoogleMeet).
- Keshet Educational Journeys is committed to creating the best possible experience for all participants. Through our interview and application process, Keshet aims to ensure every participant is set up for success in our programs. Should we find that this program isn't the right match for an applicant at this time, we'll notify you and fully refund the deposit.
- RootOne registration link: Info coming soon!
- Copy of Passport – send a copy of the front page. Please note that we will not issue any airline tickets without a legible passport copy being submitted by May 15, 2026.
- Participant Code of Conduct form - signed by both the participant and a parent/guardian. Due by May 28, 2026
- Release & Waiver of Liability-signed by a parent/guardian due by May 28, 2026

Contact Information

The Keshet office is located in Jerusalem, Israel.

keshet@keshetisrael.co.il

US Tel. (which rings in Israel): 646-843-6221

Israeli Tel. +972-2-6713518

Emergency cellphone: Kayla Ship +972-54-3133715

Travel Details

Passport

- Passports are required for travel to Israel.
- A copy of the participant's passport is also required.
- Passports must be valid at least through February 19, 2027, six months beyond the program return date.
- U.S. and Canadian passport holders do not need a visa to enter Israel.
- For other nationalities, check with the nearest Israeli consulate.

ETA (Electronic Travel Authorization)

- As of January 1, 2025 all visitors to Israel (non-Israeli citizens) are required to apply for an ETA (Electronic Travel Authorization). The cost of the ETA is NIS 25.
- A response to the ETA application will be received within 72 hours. Make sure to print out the ETA confirmation and keep it with your passport.
- The ETA will be valid for a two-year period, for multiple trips of 90 days or less within that period. If any single visit will be for more than 90 days, a request for an extension of that stay must be submitted.
- More information and the ETA application is at: <https://israel-entry.piba.gov.il/>

Israeli citizens must enter and leave Israel on their Israeli passport and do NOT need to fill out an ETA. If you are an Israeli citizen or if one or more of your parents is an Israeli citizen or if you lived in Israel previously, please contact the Israeli consulate to determine your legal status in Israel and to procure an Israeli passport if needed.

Flight Information



There is a Group Flight on El Al from Newark (EWR) included in the package price. Those who need add-on domestic flights need to make the domestic flight arrangements on your own. Participants are responsible for any additional fees for domestic connecting flights.

There will be a Keshet representative/staff member at Newark Airport to assist check-in for participants on July 26.

Sunday July 26, 2026

All participants should be at the El Al check-in area by 5:30pm.

El Al Flight 026 departing Newark Airport at 9:00pm.

For those with domestic connections, you will need to claim your luggage at baggage claim and get to the El Al check-in area which could be in a different terminal. Please leave enough time for this process when booking your flight to Newark.

Wednesday August 19, 2026

El Al Flight 027 departing Israel at 12:30am.

Arrival in Newark at 5:15am.

For those with domestic connections, you will need to clear customs & immigration, claim your luggage at baggage claim and re-check it in and then go through security and check-in for your next flight. You may need to switch terminals. Please leave enough time for this process when booking your connecting flight from Newark home.



Luggage

El Al allows one checked bag up to 50 lbs. and one carry-on item. You will be traveling extensively within Israel, so we recommend one large duffel bag with wheels. When you pack your luggage remember that less and lighter is better as you will be frequently unpacking and repacking. You will be responsible for payment to El Al of any luggage overweight fees.

Please do not pack any liquids in your carry-on luggage. All electrical appliances need to be adaptable to 220 voltage and have adapter plugs.

Insurance Information

Personal Property Insurance

Keshet does not cover loss or damage to baggage or personal belongings. Please check your family's homeowner's insurance to see if you are covered for such situations. In view of statutory or contractual limitations which may apply to personal injury or property damage losses, the purchase of accident and baggage insurance is strongly recommended.

Medical Insurance and Medical Information

Summer Lab: Israel tuition includes medical coverage during the trip. You are covered during the program by *Har-El* Insurance Company in Israel. This insurance covers medical services anywhere in the country. The insurance covers up to \$300 for medication and emergency dental work, full hospital coverage (according to the terms of the policy up to \$100,000) and doctor's costs. Please note that drunkenness and suicide attempts are not covered by the policy. The insurance does not cover preexisting conditions for either medical care or medication. The insurance does not cover Sexually Transmitted Diseases or Pregnancy. Psychological or psychiatric treatment or medicine is not covered by the regular insurance program, however we will refer individual program participants or staff for counseling in case of need.

For more information about this insurance please contact *Keshet* by email (kayla@keshetisrael.co.il). You do not need any special shots before you go to Israel, but we strongly recommend that you consult your physician to make sure that your tetanus shot is up to date.

If you are taking any prescription medication, please bring it with you. Do not plan on purchasing it in Israel. It should be in the original package with the prescription label intact. The generic (chemical) name of the medication should also be displayed.

Teens are responsible for carrying and self-administering their own medication. Our staff is not allowed to hold or administer prescribed medication and cannot be responsible for ensuring that prescribed medication is taken. Should your teen's medication require refrigeration, please so note on your registration form. If you have any concerns regarding medications, please contact *Keshet*.

Covid-19 guidelines: Keshet operates its programs under the rubric established by the Israeli Health Ministry concerning entrance to the country, pods, social distancing, sanitation of facilities and isolation requirements. The regulations are updated on a regular basis. Currently there are no restrictions or requirements in place regarding Covid-19.

Travel Insurance

Keshet strongly urges you to purchase trip cancellation/interruption insurance and supplemental medical coverage (which covers pre-existing conditions). Please note that we cannot accept responsibility for any losses or expenses which you may incur as a result of failure to secure adequate insurance coverage.

While you are free to purchase insurance from any agent of your choice we can recommend the services of Jeffrey Barr with Travellama Insurance Brokers LLC . Tel: 786-882-7044 or travellamains@gmail.com .

For your convenience a Student Group Policy has been set up for this group which you can easily opt into as part of your payment process or at a later stage if you so choose.

Coverage disclaimer: Due to the recent events in Israel, situations related to war and terrorism are excluded from coverage. Please see the policy details for a list of covered and excluded events.

The full details and policy can be found [here](#):

The group policy covers up to \$10,000 and the cost of this policy can be found below, depending on your state of residence:

- All 48 U.S. States except New York and Washington- \$397
- New York State- \$394
- Washington State- \$523

During Summer Lab: Israel

Shabbat & Kashrut Observance

Shabbat is a time to pause, reflect, and strengthen community bonds. On Shabbat, teens are expected to dress in clothing that reflects the sanctity of the day. Friday night services may be held in a local synagogue, the Kotel (Western Wall) or in-house and begin with a joyful community gathering with photos and snacks. Saturday programming includes services at local synagogues or led by staff and teens, reflective activities, discussions, and rest. Phones are not permitted on Shabbat in public spaces to maintain the spirit of the day and respect those who may be Shabbat observant. There will be no group vehicular transportation on Shabbat, and all activities will be within walking distance or on-site, fostering a restful and communal atmosphere.

There are no group activities that violate traditional shabbat observance. On Shabbat there will be both traditional egalitarian and creative prayer options. Daily prayer is not part of the program. We will assist individuals who are interested in participating in daily prayers but cannot guarantee a minyan.

Program Meals

- Breakfast, lunch, and dinner are included in the program fee.
- All food provided on the program is Kosher.
- Program meals take on a variety of forms and may include buffets, packed lunches, restaurants, vouchers and “cash meals” when each participant is given money in shekels to purchase their own food in a designated area with a variety of choices.
- Keshet also provides snacks throughout the program but teens may wish to purchase additional snacks on their own.
- Teens may be introduced to new foods that they aren’t accustomed to. We encourage teens to keep an open mind and try the unique delicacies offered in Israel.
- Participants with special dietary restrictions (vegetarian, vegan, lactose-intolerant, gluten-free, most food allergies) can be accommodated with advance notification (please note accordingly when registering). Keshet cannot accommodate those with severe allergies that are airborne and/or require no cross-contamination. Please be in touch with us in advance with your needs to discuss whether we can provide appropriate meals.



Spending Money

The United States Dollar (USD) to *shekel* conversion rate is roughly 3.30 shekels to one USD. Before the summer, please check online for the updated conversion rate.

All meals are provided by Keshet but extra spending money is needed for snacks, gifts, etc. You can obtain Israeli shekels from most Israeli ATM machines with your US or Canadian issued ATM or credit card. Many Israeli Banks are part of the PLUS Network; some are also on CIRRUS. Please contact your bank prior to your departure to be sure that you are able to use your card overseas and for clarification of fees and withdrawal limits if any. Please do not bring more than \$100 in cash. Do **not** bring traveler's checks.

You may also use VISA, MasterCard & American Express cards for nearly all transactions in Israel. Please contact your credit card company prior to your departure to let them know that you will be travelling in Israel and for clarification of fees if any. ApplePay and GooglePay are widely accepted.

Time Difference



Israel is seven hours ahead of the U.S. Eastern time zone. Please note the time difference when contacting participants or the *Keshet* office.

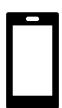
Contact with Home



Email

The Keshet office will notify families by email when the participants arrive safely in Israel. Periodically, families will receive e-mail updates from the program group leader.

Cell Phone



There are restrictions as to when phones may be used during the program. In general, cellphones are not allowed during group activities and programs. Program staff will give specific instructions at the beginning of the program. There will be free time each day when participants may use their phones.

While in Israel, you may wish to have the convenience of a SIM card for your phone or a basic cell phone. While you are free to order from any company that you wish, Keshet has made arrangements with **019 Mobile** to provide discounted rates for unlimited calls and text in Israel, unlimited calls to the US and Canada, a virtual US number, a data package and the option to rent a mobile phone during your stay in Israel.

- You can place your order through the unique website that has been created for you. After you're done ordering your phone plan, you'll receive an invoice sent to your email with an invoice number. When you land in Israel, you have to go to the **019 Mobile** shop at the exit of the airport and you'll receive your package there. **019 Mobile** is open 24 hours a day, 6 days a week (closed on Shabbat), so even if you're landing at night, we'll be there for you. To qualify for these specials, please be sure to order your package up to **3 days before your** using your link.
- For more information, please send an email to info@019mobile.com or call our customer service representatives at 19292371682 (08:00 AM – 10:00 PM, Israeli hours).

The **country code** for Israel is **972**. The **area code** for Jerusalem is 2, for Tel Aviv 3, for the south 8 and for the Galilee 4. Example: A call from the US to Jerusalem would be dialed as follows: 00972-2-phone # and a call from Jerusalem to the US would be dialed as follows: 019-1-city code-phone # (without the 0)

Emergencies

In case of an emergency, parents should contact Keshet at 011-972-2-671-3518. Emergency cellphone number is +972-54-3133715, keshet@keshetisrael.co.il.

Security

Your safety is our top priority. Keshet takes proactive measures to ensure everyone's safety during the program. The Keshet staff is in constant contact with Israeli security forces (military, police and civilian) and all itineraries are given prior clearance. There will be a group leader and two counselors with the group throughout the entire trip. There will also be a full-time guard/medic with the group when off the Hebrew University Givat Ram campus.

Keshet coordinates its security policy for youth groups with the National Situation Room, which in turn is linked to the Israeli Police and the Israel Defense Forces (IDF). The Situation Room monitors all potential hazards that may impact upon our programs, including weather conditions, road conditions and security situations. Keshet Senior Staff and tour guides receive real-time SMS (text messages) to their cell phones.

Our security protocols are standard for youth programs in Israel.

- Keshet youth programs are assigned an armed guard who accompanies the program on bus trips, hikes, and any touring off the Givat Ram campus. The guard also serves as a medic or First Aid

provider, unless one of the other staff is also a trained medic. Keshet hires its guards from a licensed security company which screens and trains them.

- Program staff are briefed in advance on emergency procedures and communication of their situation to the senior Keshet staff.
- If the security situation deems it necessary, Keshet will alter itineraries, including changing overnight accommodations, in keeping with relevant security considerations.

Program Dismissal

Participants and parents/guardians must sign the enclosed “Code of Conduct”. In short, usage of, or any involvement with alcohol, drugs or narcotics will be grounds for dismissal from the program at any time; vandalism or destruction of public or private property will be dealt with in the same manner. In addition, if a participant leaves the hostel/campsite at night (sneaking out) they will be sent home immediately. **NO SECOND CHANCES WILL BE GIVEN FOR ANY OF THESE ACTIONS.** Body piercing and tattooing of any kind done in Israel is also forbidden for health reasons. Should the staff deem it necessary, an individual may also be sent home due to unacceptable behavior.

Participants who choose to break one of the rules of the program will be sent home at the sole discretion of Keshet. No refunds will be made in case of dismissal from the program. It is additionally understood that should a participant be dismissed from a program for behavioral misconduct as laid out in the code of conduct, or due to injury or illness caused by reckless behavior, not only will the participant’s RootOne Voucher be forfeited, **but the family will be held responsible for remaining costs of the trip.** This of course does not apply if a participant becomes ill or injured through no fault of their own or must return home due to reasonable extenuating circumstances.

FAQ's

How much free time will I have? While the itineraries are quite intensive, we do set aside time for relaxation, shopping, and “hanging out”. Because we take your safety and security so seriously, there will understandably be some limits on personal exploration time. Teens are not allowed to leave the group. Free time varies daily depending upon the itinerary. Generally speaking there will be some free time every evening before curfew in addition to other times during the program.

Should I bring my laptop for lab work? You do not need to bring a laptop with you. Belmonte has computers available for your use. Should you decide to bring a laptop or tablet, you will be responsible for its safekeeping. Keshet cannot be responsible for any lost, stolen, or damaged items.

What happens if I have dietary restrictions? We are able to accommodate most requests (vegetarian, vegan, lactose-free, gluten free) but cannot guarantee no cross contamination. If you have other food allergies, make sure to note them on your registration form. Check the “Program Meals” section of the handbook for more details.

Where do we stay? While in Jerusalem, we will be staying at the Beit Bretter Guest House. While touring through Israel, we will stay at 3 star hotels, superior youth hostels, or kibbutz guest houses. There will be

2-4 participants per room with private bathrooms and a/c. One night we will camp out in a Bedouin tent. Sleeping bags will be provided and there are bathroom and shower facilities.

Is it really that hot in Israel? Yes! Most days will be in the high 80s, 90s and possibly reach 100+ when in Eilat and the Dead Sea Region. The coastal region can be quite humid while the rest of the country is dry. The sun is strong from early in the morning until early evening. For this reason, hats and water bottles are a MUST when outdoors during the day.

How many participants will be on the program? The minimum size will be 15. Maximum is 45. There will be a ratio of 1:8 Israeli teens to American teens.

I haven't studied biology, chemistry or physics yet in school. Is that a problem? Absolutely not! All that is required is an interest in science and curiosity to learn more.

I have family/friends in Israel. Can I visit them? Can they visit me? That's great and we absolutely want you to meet up with your family or friends who live in Israel. While you cannot leave the program, they can visit you during your free time if coordinated in advance with your program staff.

Health insurance is included in the program fee while in Israel. Should I get travel insurance? Keshet recommends that you purchase insurance to offer you the greatest protection should any unforeseen circumstances arise. Check the Travel Insurance section in the handbook for details.

Packing List

- Clothing should be geared towards the informality of the program.
- Please remember that Summer is extremely hot in Israel and you should bring clothes that are lightweight and breathable.
- Keep in mind that you will have to pack, unpack and travel with all your luggage during the program.
- Laundry service is included twice during the program.
- Please note: Tank tops may not be worn by any participant (for protection from the sun and cultural respect).



Clothing

- 2 Hats
- 1 Pair of sneakers
- 1 pair of water shoes (not flip-flops, must have straps)
- 1 Pair of hiking boots
- 4 Pairs of shorts
- 10 T-shirts or casual tops
- 1 Pair of casual pants or jeans
- 1 Pair of sweatpants
- 1 Lightweight jacket or sweatshirt
- 1 Long Skirt (for girls to wear at religious sites, must cover knees)
- 2 Bathing suits (1 piece or monokinis only)
- 10 Pairs of underwear
- 10 Pairs of socks
- 2 Pajamas

Shabbat Clothes



- 2 *Shabbat* outfits (khakis/nice shirt with buttons and collar for boys, long skirts/dresses/nice pants for girls)



Toiletry Items

- Toothbrush
- Toothpaste
- Soap in dish
- Hairbrush/comb
- Deodorant
- Sunscreen (minimum SPF 30)
- Band-Aids
- Medications
- Shaving items
- Feminine hygiene items
- Eyeglasses/contact lenses/saline solution as needed

Other Necessary Items

- 2 Towels (shower & beach/pool)

- 1 Laundry bag
- 1 Day bag/backpack
- Flashlight and batteries
- Electrical transformers and adapter for plugs (if needed)
- Large water bottle
- Ziploc bags

Optional Items

- Tefillin/Tallit*
- Kippot*
- Camera
- Laundry detergent should you wish to wash clothes by hand between scheduled laundry times
- Journal

Suggested Reading/Resource List



You may wish to do some background reading (or listening) about Israel prior to the trip so that you can fully take advantage of all that you will see, hear, and do. Here are a few recommendations:

Tishby, Noa, *Israel: A Simple Guide to the Most Misunderstood Country on Earth*. Free Press, 2021.

Senor, Dan and Singer, Saul, *Start-up Nation: The Story of Israel's Economic Miracle*. Twelve, 2009.

Siegel, Seth M., *Let There Be Water: Israel's Solution for a Water-Starved World*. St. Martin's Press, 2015.

Klein Halevi, Yossi, *Like Dreamers: The Story of the Israeli Paratroopers Who Reunited Jerusalem and Divided a Nation*. Harper, 2013.

ISRAEL21c (highlights Israel's contributions)

<http://israel21c.org/>

No Camels -Israeli Innovation News

<http://nocamels.com/>

CODE OF CONDUCT

Keshet aims to create a safe, supportive, and secure environment for all participants and staff. Here are the conditions under which we accept your participation. Read them carefully before you sign the contract below.

To ensure that everyone has an amazing experience, the following activities are strictly prohibited and will result in removal from the program:

- Drinking and/or possession of alcoholic beverages
- Use and/or possession of any illegal drug, including marijuana, and/or supplying drugs or drug paraphernalia to any person. Participants may not distribute prescription medication to any other participant.
- Smoking, consuming, or distributing tobacco products, including “Nargilot” (water pipes)
- Handling/possession of firearms, knives, or any item that could be used or construed as a weapon.
- No hazing, bullying, or any other form of violent behavior, whether consensual or not, will be tolerated under any circumstances.
- No intimidation, threats of violence, sexual harassment or other forms of inappropriate controlling behaviors, verbal, physical, or written.
- No repeated profanity or disrespectful comments, including but not limited to those regarding race, gender disability, sexual orientation, or religion.
- No physical sexual behavior or contact, with or without consensual agreement. Your enrollment designation determines whether you are housed with males or females. Our policy prohibits participants of one gender entering the sleeping quarters of the opposite gender. You will be required to stay in the housing accommodation that is consistent with your designation. Our policy prohibits sexual contact of any kind.
- No possession of pornographic materials in written or digital format.
- No body alterations including piercing and tattooing **while in Israel**.
- No vandalism, graffiti, disturbing the peace or other inappropriate behavior (any damages will be paid for by the person(s) responsible).
- No hitchhiking
- No driving any vehicle, including a tractor
- You are not to remove yourself from any part of the program or leaving the location of the program without consent of your group leader. “Sneaking out at night”, whether from a hostel or campsite.
- You may not invite guests to join you for any part of the program without advance permission of your group leader.

The following rules are expected to be followed at ALL times:

- Full cooperation with your group leaders is mandatory and you are expected to treat them respectfully at all times
- Curfews are to be observed, as is promptness at all group activities.
- Property and privacy of others must be respected under all circumstances
- Proper dress code as per instructions of group leaders. Appropriate footwear as defined by the staff. No tank tops, tube tops, or other sleeveless clothing may be worn (for sun protection and cultural respect); hats must be worn at all times while outdoors during daylight hours to prevent dehydration.

I HAVE READ THE ABOVE REGULATIONS AND AGREE TO ABIDE BY THEM. ANY VIOLATION OF THESE RULES AND REGULATIONS MAY RESULT IN MY BEING REMOVED FROM THE PROGRAM AND SENT HOME AT THE PARTICIPANT'S EXPENSE. I UNDERSTAND THAT ANY DECISION REGARDING MY POSSIBLE EXPULSION FROM THE PROGRAM IS AT THE SOLE DISCRETION OF THE DIRECTOR OF KESHET. THERE WILL BE NO REFUNDS FOR PARTICIPANTS WHO ARE REMOVED FROM THE PROGRAM. I FURTHER UNDERSTAND THAT SHOULD KESHET DETERMINE THAT I MUST BE SENT HOME, KESHET RESERVES THE RIGHT TO HAVE A CHAPERONE ACCOMPANY ME AND THAT MY PARENTS WILL NEED TO PAY FOR THE COSTS ASSOCIATED WITH THAT CHAPERONE'S EXPENSES. I UNDERSTAND THAT MY ROOTONE VOUCHER WILL BE FORFEITED AND THAT MY PARENTS WILL NEED TO REIMBURSE KESHET FOR THE VOUCHER AMOUNT PAID BY ROOTONE ON MY BEHALF.

Participant's Name (Printed)

Signature

Date

I HAVE READ THE ABOVE REGULATIONS AND AGREE TO BE BOUND BY THEM. I FURTHER UNDERSTAND AND AGREE THAT SHOULD MY CHILD FAIL TO FOLLOW THE RULES AND REGULATIONS DESCRIBED ABOVE, MY CHILD MAY BE REMOVED FROM THE PROGRAM AND SENT HOME AT THE PARTICIPANT'S EXPENSE. I UNDERSTAND THAT ANY DECISION REGARDING MY CHILD'S POSSIBLE EXPULSION FROM THE PROGRAM IS AT THE SOLE DISCRETION OF THE DIRECTOR OF KESHET. THERE WILL BE NO REFUNDS FOR PARTICIPANTS WHO ARE REMOVED FROM THE PROGRAM. I FURTHER UNDERSTAND THAT SHOULD KESHET DETERMINE THAT MY CHILD MUST BE SENT HOME, KESHET RESERVES THE RIGHT TO HAVE A CHAPERONE ACCOMPANY MY CHILD AND THAT I WILL BE RESPONSIBLE FOR THE COSTS ASSOCIATED WITH THAT CHAPERONE'S EXPENSES. I UNDERSTAND THAT MY CHILD'S ROOTONE VOUCHER WILL BE FORFEITED AND THAT I WILL NEED TO REIMBURSE KESHET FOR THE VOUCHER AMOUNT PAID BY ROOTONE ON MY CHILD'S BEHALF.

Parent/Guardian's Name (Printed)

Signature

Date

PARENT/GUARDIAN'S AUTHORIZATION

I understand that part of the Keshet experience involves activities and group living arrangements and interactions that may be new to my child, and that they come with certain risks and uncertainties beyond what my child may be used to dealing with at home. I am aware of these risks, and I am assuming them on behalf of my child. I realize that no environment is risk-free, and so I have instructed my child on the importance of abiding the rules of the program and my child and I both agree that these rules will be obeyed by them.

My child has permission to engage in all prescribed program activities except as noted by my physician or me in writing. I have reviewed and signed the Permission to Treat section on the Registration & Health form, for my child.

I hereby release the use of photographic and video images and work product of the above registered Keshet participant for the purpose of program promotion, marketing and display to the general public.

Parent/Guardian's Name (Printed)

Signature

Date



Release & Waiver of Liability

Dear Parent/Guardian,

Thank you for choosing Keshet for your child's journey to Israel. We wish them a meaningful and productive experience.

Please be advised that Israel has been experiencing an ongoing conflict since October 7, 2023. While the situation is becoming more stable, it is important to recognize that conditions may change, potentially impacting the programming and overall flow of the itinerary.

By signing this waiver, you acknowledge that Keshet cannot assume responsibility for any alterations in the situation or any effects it may have on the program.

While Keshet It is committed to ensuring your safety and will take all necessary precautions, we cannot be held liable for circumstances beyond our control.

By signing this waiver, I acknowledge and accept that my child's participation in the program organized by Keshet involves inherent risks, including those related to the security situation in Israel. I understand that while Keshet will take all reasonable precautions to ensure my child's safety and the smooth operation of the program, there may be circumstances beyond its control that could impact the experience.

I understand that the program includes physical activity, which may include hiking, biking, and swimming in a dry, hot climate, especially during the summer months.

I hereby release Keshet from any liability for events or situations that arise that are outside its influence, particularly in relation to security matters. I confirm that my child is participating voluntarily and am aware of the potential risks involved. In addition, I release, indemnify and hold harmless the funders, grantors, and donors from all liabilities in connection with the participant's participation in the trip.

By signing below, I indicate my understanding and acceptance of these terms.

Participant's Name

Parent/Guardian's Name

Parent/Guardian's Signature

Date