



Birthright Israel Plus: *Mountains & Mystics*

Organizer- OU Israel Free Spirit

Sunday- Day 1 *Theme: Emanation*

Time	Activity
4:00 pm	Arrival / Rooms
5:00 pm	Orientation & Opening Circle
6:00 pm	Where am I here and now?
7:00 pm	Dinner
8:00 pm	Night Hike in the Biriya Forest to the ancient village, Naburiya <i>Introduction to Jewish Meditation</i>

Monday- Day 2 *Theme: Creation*

Time	Activity
7:15 am	Breakfast & News
8:00 am	Story of the Precious Stones
9:00 am	Hike into Nahal Amud
12:00 pm	Lunch
3:00 pm	Tu B'shvat Nature & Judaism Workshop!
4:00 pm	Community Service Orientation and Preps
5:30 pm	Free Time
7:00 pm	Dinner
8:00 pm	Evening Focus

Tuesday- Day 3 *Theme: Formation*

Time	Activity
5:30 am	Jewish Sunrise Meditation (optional)
7:15 am	Breakfast & News
10:00 am	Meet local artists
11:30 am	Art workshops- <i>Create your own based on teachings of local artists</i>





12:30 pm	Lunch
1:30 pm	Tsfat Treasure Hunt
4:00 pm	Expression through writing
6:00 pm	Free Time
7:00 pm	Dinner
8:00 pm	Poetry put to music
9:30 pm	Evening Focus

Wednesday- Day 4 *Theme: Action*

Time	Activity
7:15 am	Breakfast & News
8:00 am	Final preparations for community service
9:30 am	Set up at location
12:30 pm	Lunch
1:30 pm	Meeting community participants
2:30 pm	Running community service activities
6:00 pm	Free Time
7:00 pm	Dinner
8:00 pm	Evening Focus

Thursday- Day 5 *Theme: Preparation*

Time	Activity
7:15 am	Breakfast & News
8:00 am	Hike in the Golan
12:30 pm	Lunch
3:00 pm	Return and clean up
4:00 pm	Shabbat class and orientation
5:00 pm	Shabbat Preparations
7:00 pm	Free night



Friday- Day 6 *Theme: Detox/Rejuvenation*

Time	Activity
7:15 am	Breakfast
8:00 am	Making Challah- <i>Prepare your own in an authentic 16th century oven</i>
12:30 pm	Lunch
1:00 pm	Magical Musical Service Tour
3:00 pm	Free Time
4:00 pm	Group preparations for Shabbat
5:30 pm	Kabbalat Shabbat
6:30 pm	Soaking up the Shabbat atmosphere!
7:30 pm	Shabbat meal- <i>Singing, words of wisdom, and skits!</i>
9:00 pm	Oneg Shabbat - <i>appreciating ourselves and those around us</i>

Shabbat- Day 7 *Theme: Detox/Rejuvenation*

Time	Activity
8:00 am	Light Breakfast
9:00 am	Morning options- <i>Experience a Tzfat Synagogue / un-shul alternative / sleep in</i>
11:30 am	Lunch at host families
1:30 pm	Shabbat rest
3:00 pm	Self-Awareness and Relationships
5:00 pm	Dinner: Third Meal
6:00 pm	Free Time
7:30 pm	Musical Havdalah
8:30 pm	Clean up, evaluations, and closing circle

Please note: the itinerary is subject to change