



Program Guide & Helpful Hints

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masa מסע
ISRAEL JOURNEY



הסוכנות היהודית
THE JEWISH AGENCY
FOR ISRAEL ישראלי



JTS

GAP YEAR
ASSOCIATION
MEMBER

TRAVELING TO AND FROM ISRAEL

Flights and Arrival to Israel

You should plan on arriving in Israel on the first day of the program between 7:00 AM and 5:00 PM. **If you are unable to schedule your flight to arrive between these times, please consult with our staff prior to booking.** We are unable to provide accommodations for students arriving prior to the first day of the program. An Aardvark Israel staff member will be at the airport throughout the arrival day, greeting students as they arrive. Transportation will be provided from the airport to the apartments in Tel Aviv and Jerusalem for students landing on arrival day. Students who are already in Israel on the arrival date should come to our office in the city of their placement at 3:00 PM.



Returning Home

When booking your return flight, please schedule it for the official last day of the program. Final activities and check-out from the apartments will take place in the morning, and a shuttle will be provided for students with flights that afternoon or evening. Please note that the Ministry of Interior typically grants student visas only through the last day of the program.

Students are welcome to extend their stay in Israel, but accommodations cannot be provided after the conclusion of the program and luggage storage is not available.

Luggage – Please Check with Your Airline

Each airline has different restrictions regarding maximum weight and size for each piece of luggage. Please verify with your airline to avoid incurring any additional luggage fees. Please be sure you have a secure luggage tag on your suitcase. Empty suitcases will be kept in a storage room during the program.

PASSPORTS & VISAS



Students who do not have Israeli citizenship are required to obtain a visa in advance which will be valid for the entire duration of the program. As a Masa program participant, our participants are entitled to obtain a special “Masa Israel Student Visa” through the nearest Israeli Embassy or Consulate. Please be sure to apply for your visa at least 4-6 weeks prior to departure so that you will receive it in time!

Participants who are not yet 18 years old must appear in person with their parents or legal guardians and may need to present an official birth certificate with an apostille seal, so please plan accordingly. **Please contact the consulate to receive additional details.**

[Click here](#) to find the consulate/embassy serving your area. You will find detailed instructions for applying for a student visa listed under “Consulate Services” → “Foreign Citizens” → “Entry visas for students or yeshiva students”

Current documents required for processing your visa include:

- [Application](#) for a student visa
- Recent passport photo (5x5 cm against white background with full front view of face)
- Foreign passport, valid for the period of the visa
- Confirmation of acceptance to the educational institution
- Confirmation of payment of tuition
- Proof of means of subsistence (printout of bank statement for at least three months)
- Birth certificate (no need for an apostille stamp or chain of signatures)

- Medical insurance
- Proof of residence in Israel
- Photographs of parents' passports

Students over age 18 that are unable to obtain a student visa in advance, may apply for the Masa student visa upon arrival in Israel, however, it is preferable to obtain the visa in advance.

Students traveling without a student visa or Israeli passport must obtain ETA-IL approval before travel to Israel. [Click here](#) for more information.

IMPORTANT - Students who are Israeli citizens or who have at least one parent who is an Israeli citizen must consult with the nearest Israeli consulate or embassy to arrange for the necessary documents, which include a valid Israeli passport and Israeli army deferment paperwork.

Travel Outside of Israel

Any visa required for Aardvark Israel trips abroad will be arranged while the students are in Israel. Costs associated with any visas required are not included in the cost of the programs (except for the American J-1 visa for Plus Camp participants – see below.)

USA – For Plus Camp participants, the cost of the J-1 visa is included in the program. Aardvark Israel staff will assist you in applying for the visa. If the Embassy does not approve a visa application, Aardvark Israel will not pay for the cost of reapplying, nor can Aardvark Israel or Camp be held responsible for this outcome.

Staying in Israel after the Program: Students are eligible for a 6-month Masa work visa upon completion of the program. Two weeks before the end of the program, instructions will be sent regarding how to apply for the visa, as well as how to extend health insurance and phone service.

It is the student's sole responsibility to apply for and obtain all required visas for the duration of the program and following its completion.

WHAT TO BRING

General

Try not to overpack. Remember this is a semester/year of life and not a summer at camp, so you will shop occasionally just as you would at home. Most students will acquire more clothing throughout the year as they help to support the Israeli economy and connect with Israeli culture by adopting a bit of Israeli fashion!



The weather in Israel for most of the year is hot or mild. However, the winter in Jerusalem and several other places throughout the country, is rainy and chilly – there is occasionally even snow. Most apartments in Israel, especially in Jerusalem, do not have central heating but rather radiators, and the buildings are constructed of stone and there isn't carpeting, so inside is much chillier than you are used to and you will want to dress warmly. The key is to dress in layers.

Toiletries

Just about every product you use outside of Israel exists in Israel today at reasonable prices; however, the brands you are used to buying may be more expensive than what you are used to paying because they are imported. We recommend bringing enough toiletries to last a month or two and then plan to try some Israel products! Two items that are still very expensive to buy in Israel are contact solution and sunscreen, regardless of the brand.

Medications for Pre-Existing Conditions

See detailed information under "Health and Insurance"

Special Clothing

Modest dress – everyone should bring a few outfits which are appropriate for visits to some religious sites. For girls, this includes a skirt that falls below the knee and a shirt with sleeves below the elbow and does not show cleavage. For boys, this includes a pair of long shorts that also go below the knee, a pair of pants that are not jeans, a shirt with sleeves, and a kippah (yarmulke). Those who are accustomed to wearing a talit and tefillin (or those who want to begin to) should also bring these items.

Bedding

Pillows and mattress covers are provided by the program. Students must supply their own sheets, pillowcases, blankets, and towels. The beds are twin-size with mattresses that are 90 x 190 cm. Since we understand room in your luggage is limited, students may opt to purchase a linens and towels package from Aardvark. Included in this package are a duvet (comforter), two sets of sheets (each set includes a bottom sheet, duvet cover, and pillowcase), three bath towels, and one beach towel. Students who order the linens package will receive their order from the Aardvark Israel staff on arrival day.

School Supplies

Notebooks, pens, and pencils are needed for your classwork. Feel free to bring these from home or buy what you need in Israel. Hebrew workbooks and other textbooks/sourcebooks will be provided for you and are included in the cost of the program.

Electrical Appliances

The electric current in Israel is 220 volts. If you are from the USA, Canada, or another country with a different electrical current than Israel, please check if any appliances you plan to bring may be used in Israel without a converter or you will need to bring one with you. Most laptops do not need a converter, but rather only require an adapter which can easily be purchased in Israel for a few shekels. Alarm clocks often do not keep time properly when used with an adapter or converter. Most students use the alarm on their phone as a convenient solution.



Suggested Packing List

- 15 pairs Underwear
- 15 pairs Socks
- 15 T-Shirts
- 4-6 pairs Shorts
- 5-6 pairs Jeans/pants (casual)
- 1-2 pairs Sweatpants
- 4-5 Sweaters/sweatshirts
- 2-3 sets dress clothes for Shabbat and for visiting religious sites
- 2-3 sets Sleepwear (summer & winter)
- 2-3 Bathing suits
- Hat and water bottle (for hiking trips)
- Winter Coat/Raincoat
- Warm hat and scarf
- 1 pair Flip Flops/Slides
- 1 pair Sandals
- 1 pair water shoes (with secure strap)
- 1 pair Sneakers
- 1 pair Dress shoes
- Toiletries including sunscreen
- Backpack
- Kippah, siddur, tallit/tefillin (optional)
- Ample supply of medication taken regularly
- Guitar/musical instrument (if you play)
- Cards or other games you may enjoy
- Journal (optional)
- Extra glasses / contacts (if worn)
- Unlocked phone
- Portable power bank and phone cords
- Laptop or Tablet

APARTMENT LIVING AND SPENDING MONEY

Apartment Living

Program participants are housed in fully furnished Aardvark Israel apartments. Students are responsible for keeping their apartment clean and reporting any maintenance issues immediately (a QR code directing students to the maintenance form is posted in each apartment.) Many Aardvark Israel apartments are located in buildings with Israelis unaffiliated with the program and students must be considerate and respectful of the culture and people residing in the building. This includes keeping public spaces, such as hallways and stairways, clean and clear of any garbage or personal belongings, and minimizing noise levels by avoiding slamming doors, shouting, playing loud music or hosting large gatherings. Smoking, alcohol and drugs are prohibited in the Aardvark Israel apartments.

Students share their apartment with other Aardvark Israel students from a variety of backgrounds, cultures, and countries. To foster a positive living environment, you and your roommates will establish “house rules” at the start of the semester regarding shared cleaning responsibilities, shared and/or individual grocery purchases, and other important aspects of apartment living. The madrich/a (counselor) will meet regularly with students in the apartment to talk through any challenges that arise and to maintain a respectful, positive relationship amongst roommates.

Guest Policies

While occasionally inviting guests to stay over on the weekend is permitted, students should coordinate overnight guests with their roommates and program staff in advance to ensure everyone is comfortable. Overnight guests on weeknights are discouraged. Additionally, overnight visitors of the opposite gender are not permitted. It is important to keep in mind that living with roommates can be an intense experience with limited privacy, therefore communication with roommates is important and respecting each other’s needs and boundaries is critical.

Laundry

There are Laundromats near the apartments where the students can do their laundry.

Internet

Wireless internet is available in all Aardvark Israel apartments as well as in the offices.



Kashrut

Aardvark Israel participants come from a wide range of Jewish affiliations and levels of observance. In order to ensure that all our students feel comfortable in their apartments, both kosher and non-kosher apartments are available, and students are placed according to their requests.

Understanding that students’ adherence to kashrut practices also may range slightly, our staff will meet with each kosher apartment during orientation and clarify with the students the minimum expectations to maintain the kashrut of the apartment. Students who request to live in a kosher apartment, or indicate their willingness to live in a kosher apartment and subsequently are placed in one, will be required to keep kosher in the apartment. Staff is available throughout the students’ stay to answer questions, offer advice, and assist the students in re-kashering any item which may have mistakenly become not kosher.

Prior to each semester, a mashgiach oversees the preparation of the kosher apartments to ensure the standard of kashrut is acceptable to the incoming students. If the tenants of a kosher apartment do not maintain the kashrut of the appliances and utensils, our staff must re-kasher the kitchen and utensils which requires specialized equipment, considerable time and may include replacing items which cannot be koshered. Therefore, deductions will be made from the students’ security deposit if the kashrut of their apartment has not been maintained. In addition, the students may be asked to be personally involved in the re-kashering of any appliances or utensils.

All food provided by the Aardvark Israel program to the students while in Israel is certified kosher.

On Aardvark International trips, meals are provided in local restaurants, some of which are not kosher, and in those cases, vegetarian options are always made available. Special arrangements can be made for certified kosher meals to be provided for all the meals abroad for any student who requests this in advance.



Food Expenses

We will work with the students on how to manage a budget, shop, and cook. Each apartment will be encouraged to work together to purchase their groceries and cook meals together. Students should expect to spend approximately 1000-1200 NIS per month on their groceries. By combining their resources and smart shopping, this should be enough money for three healthy meals per day for the month.

ATMs and Debit Cards

Most families find the easiest solution to accessing spending money is to withdraw cash from your bank account at home using an ATM in Israel. You must be sure that your pin number is only four digits and that the card you're using is linked to a checking account.



Students' spending habits vary greatly. We recommend deciding in advance on a monthly budget for spending money and arranging to have access to that amount only. As a guideline, students generally report 800-1200 NIS per month as the average range to cover entertainment, eating out, free weekends, etc.

Damage Deposit

All students must submit a 400 NIS per semester damage deposit in cash during orientation. Psychologically, it is important for the student to submit this deposit in person in order to reinforce the message that they must treat their apartments and its contents with respect. Deductions from the deposit will not be made for normal wear and tear, but for actual damages caused by negligence. Students will also be charged in the case of an excessive utility bill resulting from misuse, like leaving on air conditioning or lights when they leave the apartments. The deposit will be returned, minus any deductions, after the students depart and the staff has inventoried the contents of the apartments, approximately a month after the conclusion of the program. Refunds will be processed electronically to the credit card or e-check account on file or through PayPal. Since fees may vary based on the type of PayPal account the student holds and their country of residence, Aardvark Israel cannot be responsible for any minimal fee which is deducted by PayPal for the transaction.

Safe

For safety purposes we will keep all students' passports in our office safe. Students may also store money, prescription medication, or small valuables in the safe.

SAFETY AND SECURITY

Aardvark Israel operates as a part of the Masa program of the Jewish Agency. We receive security updates on an ongoing basis and adjust security guidelines for the students accordingly (this includes restricting their free time when necessary). When going out on excursions and hikes we always obtain clearance and guidance from the appropriate agencies. All students are required to have a phone plan from "019" (arranged by the program) which allows the program staff to utilize technological security features. Furthermore, all the phones are united in one text messaging service so we can send immediate guidelines and warnings to students if the situation warrants.

Throughout the year, the program will guide the students regarding acceptable behavior in Israel and students are expected to obey the guidelines set out. As a program, we reserve the right to restrict the students' freedom of movement if it is deemed prudent to do so. Parents will be notified of major and/or pervasive security changes.

Aardvark Israel Safety and Security Guidelines for Students

The following safety and security principles are in place each year and are updated as needed:

1. Students must always have their cellphones with them, and they must always be on. If an Aardvark Israel staff member calls, the students must answer.
2. We do not tolerate illegal drugs on Aardvark Israel. The abuse of legal drugs is also prohibited. Random and non-random drug tests may be administered.
3. Abuse of alcohol is prohibited (this includes drinking to the point where you could be a danger to yourself or others). Do not leave a drink unattended nor accept drinks from strangers. You may not have alcohol in your apartments. Do not leave a friend alone who may be intoxicated – support one another and know that you can always ask the staff for help. Drinking during program activities is not allowed, nor is coming to an activity drunk or tipsy.
4. Hitchhiking is not allowed.
5. Students are not allowed to drive a car.
6. Avoid walking around alone late at night.
7. If you are traveling alone in a taxi do not sit next to the driver. Sit in the back seat.
8. Verbal and physical violence will not be tolerated. This also includes any kind of bullying.
9. Students are expected to conduct themselves safely and with respect as it relates to sexual encounters. There will be no tolerance for sexual harassment of any kind.
10. Students may not hike alone, may only hike on marked trails, and may only camp out at authorized campsites. Swimming is only permitted if a lifeguard is present. Be sure you adequately prepare prior to any hiking or camping trips. The program staff is here to assist you with this.
11. On hikes, you must always wear a head covering and appropriate shoes. Tank tops are not allowed. You must also bring the specified quantity of water (usually 3 liters) and be sure to drink during the hike.
12. Keep away from suspicious objects (chefetz chashud). Do not leave your own belongings unattended or they will be treated as a chefetz chashud.
13. In the event of an earthquake, exit the building. If you cannot exit quickly, go to a shelter and leave the door open, or exit to the stairwell.
14. In the event of a "tzeva adom" siren or any other safety or security related event, you must follow the appropriate safety and security directives. In the event of a siren, immediately enter a secure area or shelter.
15. Students may only visit Jewish communities in Judea and Samaria (West Bank) with prior permission from the Aardvark Israel staff.
16. Students may not visit Arab neighborhoods of East Jerusalem including the Muslim Quarter of the Old City and the Temple Mount, nor visit Palestinian controlled territories. Such visits will only be permitted with prior permission from the Aardvark Israel Director and if traveling under the auspices of an approved, organized group.

17. Traveling outside the borders of the State of Israel is only permitted with prior written permission from your parents.
18. Participants are required to obey all health directives. This may include wearing a facial mask, downloading a tracking app, entering isolation, being tested for corona, or other measures to ensure the safety of participants, staff, and the general community. Students must inform staff immediately if they are ill.
19. You must abide by all the laws of State of Israel.
20. All rules are subject to change and will be updated as necessary throughout the year.

STAYING IN TOUCH DURING THE YEAR

Cell Phones

All participants on Aardvark Israel are REQUIRED to have cell phone service for the duration of the program through our exclusive arrangement with "019," an Israeli company offering competitive rates. If your relative or friend in Israel wants to get you a phone line through another company, please tell them no. You MUST have a line through the Aardvark Israel-019 plan. (Aardvark Israel reserves the right to change service providers without advance notification to the participant.)

Students should bring their own smartphone from home. When doing this, you must make sure that your phone is UNLOCKED and will accept a foreign SIM card or eSIM. We recommend speaking to your cell service provider at home for further details about this.

During the year, all participants must have their cell phone with them and charged at all times. The system we've developed with 019 allows the program staff to utilize technological security features. Furthermore, all the phones are united in one text messaging service so we can send immediate guidelines and warnings to students if the situation warrants.

Mail

If you wish to send packages or mail to your child in Israel, please use the following addresses:

Aardvark Israel
3 Ben Yehuda Street, 3rd Floor
Jerusalem 9462402, ISRAEL

Aardvark Israel
39 Levinsky Street, 2nd Floor
Tel Aviv 6610910, ISRAEL

When sending packages, please bear in mind that a shipment containing items with a total value of more than \$75 will be subject to importation taxes. We strongly discourage you from sending any medications through the mail as they will most likely get stopped by Customs and the Ministry of Health. Please be in touch with our staff to help you find alternative solutions for getting meds to your child in Israel.

Packages for Birthdays and Holidays

Families often ask for recommendations for ways to send birthday or holiday gifts to their kids in Israel. We suggest Gili's Goodies – www.gilisgoodies.com – from which you can send cookies, cakes, gifts, flowers & care packages. Please be sure to indicate "Aardvark" as your 'affiliation code' as a portion of all sales will be donated towards future scholarships for Aardvark Israel participants.

Communication with the Israel Staff

We view parents as partners in the students' experience while also understanding that our collective aim is to help foster the student's independence and growth. A Parent Liaison will serve as your point of contact throughout the program for any questions or concerns you may have. The parent liaisons also work closely with the program staff and



the students. Our goal is to create a collaborative relationship with parents to address any challenges that may arise as well as to keep parents informed of the many wonderful experiences the students are having in Israel.

We encourage you to be in touch with your Parent Liaison by email or WhatsApp, and if there is a sensitive matter, by phone. Please keep in mind the time difference between Israel and your home before calling.

TRAVEL OUTSIDE OF ISRAEL DURING THE YEAR

Due to students' responsibilities to their volunteer and internship placements and their studies we ask that the students avoid traveling outside of Israel except during vacation periods. If you have a special circumstance that requires travel, **please consult with our staff PRIOR to booking any plane tickets and plan your trip so that you miss no more than one week of program activities.** Parental permission in writing is required for students to leave the borders of the State of Israel during the year. Health insurance provided by Aardvark Israel does not cover students outside of Israel (with the exception of Aardvark International trips), therefore it is highly recommended that families purchase a travel supplement for any trips abroad (for more info see "Travel Insurance From Israel" at <https://www.egertcohen.co.il>)

VISITING YOUR CHILD IN ISRAEL



We encourage you to visit your son/daughter during winter break between the semesters or Passover vacation time. For visits at other times of the year, please encourage your child to go to as much volunteering/internship and classes as possible. We appreciate being notified in advance, prior to booking the flight, so that we can advise you on dates that will work best with the program's schedule. We'd love to meet you while you're here! You are also welcome to participate in some of our activities to get a first-hand look at the program. If you'd like to be referred to a wonderful tour guide for hire, let us know.

JEWISH THEOLOGICAL SEMINARY (JTS)

The goal of our academic program is to inspire students and provide opportunities for growth through actively engaging them in intellectual exploration. Courses vary throughout our programs. All students are required to participate in Hebrew language studies. Other classes are available which allow students to learn more about Israel and Jewish studies while also advancing their academic careers.



Through our partnership with the Jewish Theological Seminary (JTS), program participants may earn college credit for their studies in Israel. Those students who successfully complete the course requirements will be able to request to transfer their credit to their desired university following their semester/year in Israel. Transcripts for courses taken as part of Aardvark Israel are issued by JTS which is fully accredited by the Middle States Commission on Higher Education (MSCHE), an agency recognized by the United States Department of Education.

For more information about JTS, please visit their website at <https://www.jts.edu/>.

Transferring JTS Credit to Another University After Aardvark Israel

Every university determines its own transfer credit policies and therefore to determine your eligibility to receive transfer credit for courses taken through JTS, you must consult the university you are transferring the courses to. We recommend consulting your university's website to determine the policies of the school and then verifying with an academic advisor. When

describing the program to your university, you should explain that you are enrolling in classes through the Jewish Theological Seminary.

A grade report will be sent to JTS enrolled students at the end of each semester. It is the responsibility of the student to verify the grades which have been recorded and report any discrepancy in writing to the Office of the Registrar of the JTS within four weeks from the date the grades are issued.

Official transcripts are issued by JTS, not by Aardvark Israel. More information about ordering transcripts may be found at <https://www.jtsa.edu/registrar/>

HEALTH AND INSURANCE

All students must complete the required health forms as a prerequisite for registration in the program. Additional health documents may be required for those students participating in the Marva army experience, the MADA ambulance training program, and certain volunteer placements such as medical facilities.

Health Insurance

Medical insurance is included as a part of the program and the basic premium is included in the program tuition. Students with pre-existing conditions will be charged an additional fee if the insurance company charges an increased premium due to the condition. In such a case, limited coverage for the pre-existing condition, including medication, may be provided by the insurance.

Currently, insurance is provided to program participants by Maccabi, one of the four leading HMOs in Israel. Similar alternative coverage may be provided at the discretion of the program organizer. The services provided include primary and emergency care, diagnostic services, laboratory tests, and medications in accordance with those included in Israel's National Health Insurance Law, except for the exceptions below, and in accordance with the program's rules and regulations. The medical services are provided within Israel only. A minimal co-pay is required for prescription medication and specialists and in most cases no co-pay is required for regular doctor's visits. Medical costs incurred by the student which are not covered by the insurance policy are the sole responsibility of the participant.

Exclusions to the coverage include but may not be limited to:

- Treatment of pre-existing conditions, including deterioration, unless otherwise stipulated.
- Hospitalization during the first 3 months of coverage, other than acute (emergency) hospitalization.
- Treatment of severe and chronic illnesses, as defined by the Israeli Ministry of Health, if they are diagnosed during the first 6 months of coverage.
- Treatments or tests related to pregnancy and childbirth.
- Treatment related to mental health.
- Extreme sports
- Treatment of illnesses caused by the consumption of alcohol or illegal drugs.

Medications for Pre-Existing Conditions

The medical insurance typically does not include pre-existing conditions therefore we strongly recommend that students who take medications regularly bring sufficient medication with them for the semester/year. Keep in mind that not all medications are available in Israel and prescriptions written by physicians not licensed in Israel cannot be filled here.

If you will need refills during the semester/year, please do NOT send medication through the mail – they will get flagged by Customs, and the Health Ministry will have to clear the package, which

takes time, is complicated, and may incur fees. We recommend checking with your family's health insurer to see if your prescription coverage extends to Israel. Alternatively, you can likely find someone flying to Israel who is willing to help by bringing over medication for a student.

World Travel Programs

Health insurance coverage is expanded for students participating in Aardvark international trips to provide similar coverage for the duration of each trip abroad plus additional coverage to include medical evacuation. Please consult with your physician and the Health Ministry of your home country regarding vaccinations which may be prudent for the trips you have registered for and based on your individual health history. For all international travel, it is highly recommended that all routine immunizations are up to date. In addition, the following vaccinations are typically recommended and should be considered with your physician:

- Nepal - Japanese Encephalitis, Hepatitis A, and Typhoid
- Zambia – Hepatitis A and B, Malaria, Typhoid
- Ethiopia - Yellow Fever, Hepatitis A, Typhoid, and Meningococcal

Magen David Adom

Students enrolling in the Magen David Adom (MADA) training course to volunteer on the Israeli ambulances, the following immunizations are required:

- 2 vaccinations against MMR (Mumps, Measles, Rubella)
- At least 2 vaccinations against Hepatitis B.

Hospitals and Medical Facilities

Students volunteering at a hospital or other medical facility are required to be fully vaccinated according to the Israeli Ministry of Health recommendations.

Plus Programs – Summer Camp in America

The NJY Camps requires the following immunizations for all camp staff:

- 5 doses of tetanus, diphtheria and acellular pertussis (usually given as DTP or DTaP)
 - 1 of the doses must have been administered on or after 11th birthday
- 4 doses of polio (4th dose not necessary if 3rd was given at age 4)
 - At least 1 of the doses must have been administered on or after 4th birthday
- 2 doses of measles, mumps, rubella (usually given as MMR)
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) or evidence of immunity
- 2 doses of meningococcal conjugate vaccine (MCV)
 - At least one dose must have been administered after age 16.

*If you have a medical exemption for any vaccinations, a letter from your physician must be provided.

The cost of vaccinations is not covered by Aardvark Israel or the insurance provided by the program.

PROGRAM POLICIES

The program is built on the premise that parents and participants share our goal of each student successfully and enjoyably completing the semester/year having grown in their commitment to Israel, Judaism and the Jewish people, and having grown as individuals as well. To achieve this goal, we expect students to behave responsibly, showing respect to their peers, staff, and the other individuals they will interact with throughout their time in Israel. As a tool to assist us all in this mission, we have developed an Honor Code to guide us. There are also a number of program policies which students are expected to adhere to such as those indicated above regarding safety and security.

The Honor Code

This social contract rests on the understanding that the success of the program and of each participant strengthens and improves the quality of the experience for the entire community.

Respect – All members of the Aardvark Israel community are expected to treat each other with respect. Inappropriate joking or physical contact, or physical or verbal abuse (bullying) will not be tolerated.

Participation – Students are expected to participate fully in the program. While some activities will be optional, for those which are mandatory it is expected that students will be positive participants.

Volunteering/Internships – A fundamental part of the program is volunteer work and internships. As a volunteer/intern, students must commit to arriving on time and giving their best effort. By showing that you are a reliable, positive, and helpful volunteer/intern, you will demonstrate the value of your being there, be appreciated, and often earn additional opportunities at the site. The reputation of Aardvark and the opportunities for future participants to enjoy the volunteer/internship location also rests on each participant.

Classes – Learning is fundamental to the program and therefore students are expected to attend class regardless of whether they are taking the course for academic credit. The success of class discussion also relies on each student coming prepared. A minimum of Hebrew and one other course (of your choosing) are considered mandatory for each student each semester.

Sleep Hygiene – We all need a basic amount of sleep to fully function and remain healthy; therefore it is expected that students will be responsible for ensuring that they are getting enough rest. Students who wish to spend the night at a friend or family member's home may do so but are expected to be on time the next day for classes and/or programming. Program activities and classes generally begin at 8:30 am and when trouble arises it is most often at night. We therefore expect students to recognize that there is a time and a place for everything and the primary purpose of coming on Aardvark Israel is to learn and volunteer/intern.

Apartments – Your apartment is your home and you are expected to keep it clean and well maintained. Students should work together on chores within the apartments to create a healthy communal environment. Each person's behavior should demonstrate respect for personal property (both the students' and the program's) and show sensitivity to his/her roommates. Students should also behave with respect for their neighbors, including quiet hours after 11:00pm.



Alcohol – The legal drinking age in Israel is 18 and therefore participants are permitted to drink provided they do so responsibly. Abuse of alcohol will not be tolerated as it poses a danger to yourself and others around you. Alcohol is not permitted in the Aardvark apartments. In all cases with regards to alcohol, it is expected that students will behave with respect for themselves, the program, their roommates, and their neighbors.

Drugs – Abuse of drugs will not be tolerated. This includes the use or possession of illegal drugs and the abuse of legal drugs (for example, taking medication which is not prescribed to you.) The program reserves the right to conduct random or non-random drug testing as deemed necessary by the program director.

Safety – Students and staff will work together to create a safe and healthy environment. Students will behave in a safe manner and obey all safety procedures and guidelines, including, but not limited to, never swimming without a lifeguard, never hitchhiking, no physical violence, not being in possession of any type of weapon, and obeying the laws of the State of Israel at all times. Additionally, students may not drive a car while in Israel due to safety and insurance restrictions.

Security – Students will be briefed on the Aardvark security restrictions and must always adhere to them. As changes to the security are warranted, the staff will update students accordingly. By registering to the Program, Students undertake to adhere to all Aardvark security restrictions and understand that any violation of these policies may result in early termination of the student's participation in the program.

Violations of the Honor Code

Infractions of the Honor Code will be approached as violations of the program's policies. For smaller infractions, the madrichim (counselors) will discuss and work with the student to determine appropriate ramifications. For more serious or consistent behavioral or disciplinary problems, discussions will be held with the student, senior staff, and parents. The program reserves the right to take disciplinary action against students who are in violation of the Honor Code or Program Policies and students may be dismissed from the program for major incidents or consistent violations of policies and standards.

Acceptance of Terms and Waivers of Liability

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By signing below, I confirm I have read and agree to abide by all Program guidelines and regulations, including the honor code and security guidelines, as set forth in the Program Guide, Medical Forms and Program Website. I acknowledge that the program director reserves the right to suspend or dismiss, without tuition refund and at the director's sole discretion, any participant who violates program rules and regulations or whose behavior, condition, conduct or influence is deemed harmful, unsatisfactory or detrimental to himself/herself or to the program community and environment. I agree that any expenses incurred as a result of such disciplinary steps, including transportation home, will be my responsibility and further agree that no refund shall be due because of such prohibition from program activities. I further acknowledge that any voluntary cancellation or withdrawal from the program or an add-on once the program begins will incur penalties up to the full cost of the program or add-on.

I understand that my participation in the program can expose me to dangers both from known and unanticipated risks. Acknowledging that such risks exist, I on behalf of myself, and any other party who may have the right to assert any rights for me or on my behalf, do hereby forever release and discharge, indemnify and hold harmless the Program, Aardvark Tourism Ltd., its affiliates, directors, employees, agents, or any other person or persons associated Aardvark Israel, from and against any and all claims, damages, expenses, or liability arising from or in connection with my participation in the program and its activities.

I understand that Aardvark Israel reserves the right to alter the program at any time as may become necessary, without notice and without compensation for the change, and I hereby waive any claim with regards to changes in the Program.

Health

I hereby certify that, prior to my arrival in Israel, I will submit my completed Aardvark Israel Medical Forms complete in all their details to the best of my knowledge, and fully realize that any condition, mental or physical, that I am found to have, originating prior to my arrival in Israel, and which is not described in full on the Medical Forms or in any accompanying letter, will be due cause for my return to my country of origin or treatment in Israel, solely at my expense. In addition, I am fully aware that Aardvark Israel has neither responsibility nor liability arising out of such condition.

I undertake to inform the directors prior to the start of the program of any professional counseling I have received or ongoing prescription medication I have taken during the last 12 months, including details of such counseling or medication.

I understand that medical coverage is limited and does not cover any treatment necessitated by any chronic illness from which I am suffering, or treatment necessitated by any illness or ailment suffered prior to my arrival in Israel. I understand that all medications that I take regularly are at my own expense, and have been detailed in the Medical Form or accompanying letter.

In the event that there shall be any need for payment of medical expenses, I agree to cover all such expenses and to reimburse the program immediately for any payments made for my medical care.

In the event that I am provided treatment in Israel, I grant my consent to the treating physician or mental health provider to speak to the program staff as s/he deems prudent for the purpose of facilitating appropriate supervision, support, and/or care. I agree to the release of any records necessary for insurance purposes.

I understand that participants in Aardvark Israel programs are expected to behave in a safe and responsible manner including with respect to health and safety. If I am prescribed medication for a chronic condition or regularly participating in therapy, I agree to continue these regimes in order to ensure my physical and emotional wellbeing.

I hereby grant my permission to the Aardvark Israel Staff and/or the program's designated Mental Health Consultant, to speak to my doctor or mental health provider for the purpose of clarifying information I have provided.

I understand that during the program in Israel, it may be helpful for the Aardvark Israel staff or the program's designated Mental Health Consultant to communicate with my doctor or mental health provider in order to better understand how to best support me. In such a case, my privacy will be respected and only guidance will be requested for the purpose of assisting me. I hereby grant my permission for such communication.

Acceptance of Terms and Waivers of Liability

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Unforeseen Events

In light of recent events, the Aardvark Israel program is subject to changes that may be necessitated by the impact of circumstances beyond Aardvark Israel's control. Aardvark Israel will make reasonable efforts to provide the program as advertised with modifications where necessary.

Participants agree to abide by all applicable directives issued by the State of Israel, Masa, and Aardvark Israel.

Aardvark Israel has developed contingency plans which will be put into effect in the event of a national or local lockdown or other circumstances that require modifications to the program or that restrict students' movement. These plans should remove the need to cancel the program in the middle of the semester/year. Notwithstanding, should it become necessary to terminate the program prior to its conclusion, whether due to the directives of the Israeli government or for other reasons which render it impossible or commercially impractical to continue running the program, Aardvark Israel reserves the right to bring the program to its conclusion prior to the formal date of conclusion. In such cases, a refund policy will be implemented in good faith which shall consider all relevant factors. Participant acknowledges that it is not possible for Aardvark Israel to establish said refund policy in advance due to the large number of variables involved and that subject to the actual refund of any amounts due in accordance with said refund policy, Participant and Participant's family will have no further claims and demands against Aardvark in this regard.

Emergency Authorization

I hereby authorize the directors of the Program to act on my behalf, according to their best judgment, in any emergency requiring medical attention. I hereby give consent to the medical personnel selected by the Program to transport me for medical assistance, to order x-rays, routine tests and treatment for myself, and to the physician selected by the Program director to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for me in the event my parents cannot be reached in an emergency.

Marketing Materials

I agree that I may be photographed or otherwise recorded in any media for the program's marketing and promotional purposes, and I consent to such promotional use of my name and image, as well as the promotional use of written or verbal content or communications I provide during or about the program.

Exclusive Jurisdiction

Disagreements and all matters relating to it, shall be governed by and construed in accordance with the laws of the State of Israel, without regard to its principles of conflicts of laws. The courts of competent jurisdiction in the city of Jerusalem shall have exclusive jurisdiction to resolve any dispute arising from this agreement, its interpretation, execution or breach.

Acceptance of Terms

I fully accept the terms and conditions of the Program and agree to the above waivers of liability towards Aardvark Israel.

Applicant's Full Name _____

Applicant's Signature _____ **Date** _____

Parent/Guardian's Signature _____ **Date** _____