



## Marva – Sample Itinerary

**Week One - Introduction:** This week will be spent in the home base of Sde Boker becoming familiar with army discipline and codes and basic information about the IDF. In addition, participants will undergo weapons training during which they will learn how to use an M-16 rifle. At the end of the week, they will experience their first shooting range and first march/hike (approx. 5 km). Shabbat will be spent on base.

**Week Two - Field Training:** This week will be spent outside of the base in field conditions (no bathrooms or showers!). Participants will learn how to be a soldier in the field through lessons on camouflage, ambushes, training exercises, and survival training both day and night. Students are free to leave for Shabbat.

**Week Three – Jerusalem Week:** This week will be spent learning about the three different religions in Jerusalem, as well as Israel's history through sites such as Ammunition Hill, the HaGai Valley and exploring the old and new city. In addition, the participants will be learning about Israel's wars, including the Yom Kippur War, Six Day War, and more. Shabbat is spent on base.

**Week Four -Galil Week:** During this week, Marva will stay at a base in the north. The students will have the opportunity to tour around the north, including the border with Lebanon, learning about the First and Second Lebanon Wars, as well as some key sites from the battles. The students will be also taking combat sports classes. Students are free to leave for Shabbat.

**Week Five & Six: Vision and Leadership:** During these two weeks, the students will be learning about their missions as ambassadors of the State of Israel. They will learn the story and the legacy of the Jewish people in the light of David Ben Gurion's vision. Students will visit national institutes including Mount Herzl and the Knesset, and take part in "Hasbara" (advocacy) lessons, volunteering, a final 18km march, and a military graduation ceremony. At the end of week five, the students will stay on the base for Shabbat.



The Marva program is run by the Education Corps of the IDF  
in cooperation with the Israel Experience.



מסע  
ISRAEL JOURNEY



הסוכנות היהודית  
לארץ ישראל  
JEWISH AGENCY  
FOR ISRAEL  
Every one of us, together.



GAP YEAR  
ASSOCIATION  
MEMBER