

# ALT May Program

## Week 1

### Monday May 23

WELCOME

6:00 PM - Dinner & Orientation & Icebreaker in central park of JLM

### Tuesday May 24

9:30 AM - Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Nachal Prat Hike

### Wednesday May 25

9:30 AM - Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Ammunition Hill

4:00 PM - Jerusalem Distillery tour and tasting

### Thursday May 26

9:30 AM - Leave for 2-day Weekend up North

12:00 PM - Swim in Natural Springs of Emek HaMayanot

3:00 PM - Jordan River Rafting

7:00 PM - Arrive at Kfar Chitim Bungalows

7:30 PM - Group BBQ

9:00 PM - Chill, Star Gazing, Bonfire

### Friday May 27

9:00 AM - Breakfast

9:15 AM - Bus leaves to Tzfat

10:15 AM - Tour and Learning Program in Tzfat

12:15 PM - Lunch

1:00 PM - Start Nachal Amud Hike

4:00 PM - Leave for Kfar Chitim Bungalo's

7:00 PM - Kabalat Shabbat and Festive Shabbat Meal (separate Shabbat schedule given at venue)

### Shabbat May 28

Late wake up

Lunch and Shabbat activities, details TBA

8:30 PM Festive Group Havdallah

9:00 PM Bus leaves to go back to Jerusalem



## Week 2

### Sunday May 29

Free Morning to catch up on sleep

12:00 PM - Internship Orientation with jInternship @ Hillel 19

1:00 PM - Lunch

2:00 PM - Life Skills Programming

### Monday May 30

9:30 AM- Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Israeli Farm Experience

### Tuesday May 31

9:30 AM- Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Mobile Eye Event

### Wednesday June 1

9:30 AM- Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Hatzalah Tour

7:00 PM - Massive jInternship Group BBQ in Gan Sacher Park

### Thursday June 2

9:30 AM - Life Skills Programming @ Hillel 19

1:00 PM - Lunch

1:30 PM - Leave for Western Wall Meditation Experience & L'Chaim celebration for completion of Phase 1 of the program.

### Friday June 3

Enjoy your free weekend Friday thru Monday!

### Tuesday June 7

First day of Internships!!!

The continuation of the program will involve:

- Daily internships (9-5 S,M,W,R,)
- Group educational programming every Tuesday together with a small day-trip
- Weekly one-on-one goal coaching session with a staff member
- Onward Israel's special "Sadna" event the evening of June 21
- Special Olami Massive Group Event July 6

Additional Group Weekends:

1. Mitzpe Ramon Group Shabbaton with 120 students (June 24-25)
2. Weekend at the homes of various staff members (June 10-11)
3. Farewell Group Local Jerusalem Shabbaton (July 8-9)

