

Birthright Israel: Canada Israel Experience Recharge: Mind, Body & Soul Sample Itinerary

Tuesday, June 21st, 2016

Mifgash Day 1

Theme: Welcome to Israel!

Welcome to Israel

Opening & ice-breakers

Lunch in Florentin

Opening Speaker at Bar Kayma

Drive North

Check in

Dinner at hotel

Group program: Hopes & Expectations

Short Exercise: Mindfulness

Overnight: Kibbutz Moran Guest House

Wednesday, June 22nd, 2016

Mifgash Day 2

Theme: Golan Heights – Understanding the Region

Breakfast

Morning Meditation

Drive to Golan

Overview from Mount Bental

Yoga on Mount Bental Deck

Lunch on own

Rafting on the Jordan River

Dinner at Hotel

Evening Activity

Overnight: Kibbutz Moran Guest House

Thursday, June 23rd, 2016

Mifgash Day 3

Theme: Spirituality and Mysticism in the Golan

Breakfast

Morning Yoga at Kibbutz

Tour the Mystical City of Tzfat

Lunch on own in Tzfat

Wine Tasting at Yiron Winery

Workshops in Harduf

Dinner at Harduf

Overnight: Kibbutz Moran Guest House

Friday, June 24th, 2016

Mifgash Day 4

Theme: Changing Landscapes

Breakfast and checkout

Drive South

Morning Activity TBC

Lunch on Own in Be'er Sheva

Overview from Ben Gurion's Grave and Desert Text Study

Jam Session with Local Musicians

Check in, Shabbat Preparations

Kabbalat Shabbat

Festive Shabbat Dinner

Oneg Shabbat Program

Overnight: Har Hanegev Field School

Saturday, June 25th, 2016

Mifgash Day 5

Theme: Rest and Reflect on Shabbat

Breakfast

Shabbat Program

Mediation overlooking the Machtesh

Lunch at the Hotel

Afternoon Program: Movement & Dance at Adama

Seudah Shlisheet and Havdallah

Dinner TBC

Overnight: Har Hanegev Field School

Sunday, June 26th, 2016

Mifgash Day 6

Theme: Revolution in the Desert

Morning Hike into the Machtesh

Activity at Chan Shayarot TBC

Camel Trek

Lunch and Workshop at Offaim Farm

Float and Relax at the Dead Sea

Dinner

Tie In Session and Bonfire

Overnight: Camping TBC

Monday, June 27th, 2016

Mifgash Day 7

Theme: New Perspective on History

Early morning Snack

Hike Masada via Snake Path

Tour the Ancient Fortress, Activity on Masada

Descend via Cable Car

Breakfast at Masada TBC

Drive to Jerusalem

Lunch on Own in Machane Yehuda Market

Tour the Old City of Jerusalem

Check In

Dinner at Hotel

Activity

Overnight: Jerusalem, Hotel TBC

Tuesday, June 28th, 2016

Mifgash Day 8

Breakfast

Group Program: Yad Vashem Prep

Tour the Yad Vashem Holocaust Museum

Salad Lunch at Yad Vashem

Visit Mount Herzl and the National Military Cemetery

Dinner at Hotel

Night Tour TBC

Overnight: Jerusalem, Hotel TBC

Wednesday, June 29th, 2016

Mifgash Day 9

Theme: The City that Never Sleeps

Breakfast

CIE Tikun Olam Project at Bat Yam

Lunch on Own in Carmel Market

Activities TBC (split to small groups)

Free Time at the Beach

Group summary

Check In

Dinner and Night Out

Overnight: Tel Aviv

Thursday, June 30th, 2016

Mifgash Day 10

Theme: L'Hitraot!

Check out

Drive to Airport

Flight AC 85

Departure: 11:45 am Ben Gurion International Airport