



תגליט • תגליט
BIRTHRIGHT ISRAEL

PLUS

Birthright Israel Plus: Mountains & Mystics

Getting high on spirituality, Jewish-style!

Tuesday - Day 1

Time	Activity
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08:30 am	Meet at Arlozorov Train station
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Arrival / Rooms

Lunch

Opening Circle

Tzfat Creative Tour - Tzfat has historically drawn artists to dwell in the city due its unique spiritual and inspirational character. On this tour you will visit galleries and encounter the artists and their art in person.

Dinner

Evening Focus: "Lech Lecha" Session – Individual's personal journey is opened up by looking at the journey of Avraham, leaving ones place and comfort zone.

Wednesday - Day 2

Time	Activity
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7:00 am	Breakfast (*Toranut) & News
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*Toranut (rotations) is when we work together taking turns to create a community such as cooking, setting up, and washing dishes.

All day Hike

Picnic Lunch & Outdoor Learning

Return to Campus

Intro to Kabbalah





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Dinner

Evening Focus - My Judaism session - Exploring the journey as a path to personal growth and identity, based on sources from our Sages

Thursday - Day 3

Time	Activity
7:00 am	Yoga (Optional)
	Breakfast & News
	Service Work with local the local population (Community Service)
	Lunch on own & free time
	Q&A or The World through the Eyes of a Jewish Jedi Master (optional)
	Group Cooking We cook and make up Words of Wisdom to share at the Shabbat table
	Jewish Meditation
	Dinner / Free night

Friday - Day 4

Time	Activity
8:00 am	Breakfast & News
	Mystical Shabbat Class
	Challahbration & Campus Prep
	Lunch on own & free time
	Get in the Spirit: Tsfat Musical Session
	Candle Lighting





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Kabbalat Shabbat Welcoming the Shabbat with singing, lighting candles, watching the sunset. While inviting the group to experience Tzfat in Shabbat: Carlebach, Sephardic, Chasidic service options or just walk the alleys

Shabbat meal & Oneg Singing, words of wisdom, and food!

Shabbat- Day 5

Time	Activity
8:00 am	Optional Light Breakfast
	Morning options Experience a Tzfat Synagogue, hundreds of years old / un-shul alternative / take the time to sleep in
	Lunch at host families A chance to meet Tzfat families, ask questions, and experience home hospitality
	Insights into Buddhism & Judaism (Optional)
	Dinner: Third Meal The last few songs and words of wisdom as we wind down and out of Shabbat
	Musical Havdalah - Powerful way to wake up all the senses for another week of action
	Evaluations, Clean up Party and closing circle
	It's not goodbye, it's see you again soon!

Please note: the itinerary is subject to change depending upon weather conditions

