

Birthright Plus Mountains and Mystics Itinerary

Subject to Change

Sunday

Arrival
Lunch
Opening Circle
Walking Tour of Tzfat
Group Dinner
Evening Focus: "Lech Lecha" session

Monday

Breakfast and News
A moment of Hebrew
All Day Hike! (Golan Heights)
Picnic Lunch and Outdoor Learning
Return to Campus
Open Dinner
Evening Focus: "My Judaism"

Tuesday

Jewish Sunrise Meditation (Optional)
Breakfast and News
Introduction to Kabbalah
Meet a Local Tzfat Artist
A moment of Hebrew
Service Work with the local population
Open Lunch and free time! Explore, shop in the Artists' Colony, go to the forest, learn something more with one of our teachers, or rest
Art session
Dinner
Evening Focus: "Music Session"

Wednesday

Breakfast and News
All Day Hike! (Galilee)
Return to Campus
Optional Learning Session: Judaism and Eastern Religions
Open Dinner
Evening Focus: "Judaism And Nature"

Thursday

Breakfast and News
A moment of Hebrew

Service Work with the local population
Lunch
Kashrut Class
Group Cooking/ Researching your own Words of Wisdom
Open Dinner
Free night! Explore Tzfat night-life or kick it on campus

Friday

Breakfast and News
Challahbration
Mystical Shabbat Class
Campus Preps
Open Lunch
Free Time! Chill out.
Pre-Shabbat Meditation
Kabbalat Shabbat
Shabbat meal and Oneg Shabbat

Saturday

Optional Light Breakfast
Morning options- Experience a Tzfat Synagogue / un-shul alternative / sleep in
Lunch at local host families
“Self-Awareness and Building Relationships” Optional Learning Session
Third meal (dinner)
Musical Havdalah
Clean Up Party, Evaluations
Closing circle

Sunday

Arrive back in Tel Aviv around 10AM