

Jewish National Fund

QUEEN OF SHEBA WOMEN FOR ISRAEL MISSION

October 12 – 21, 2013*

**The mission begins in Israel late afternoon on
October 13 and ends after dinner on October 20*

See Israel through Tears and Laughter

Chairs Emeritus

Louise Dabrow and Talia Tzour

Co-Chairs

Helene Blumenfeld, Judi Edelman, Vivian Grossman and Sheila Scharfman

Professional Staff

TBD

Itinerary is Subject to Change.



Israeli Flag

Saturday October 12 • Departures from USA

Depart the USA on individual flights to Israel.

Overnight, En Route



Tel Aviv

Sunday October 13 • Arrival / Tel Aviv

Welcome to Israel! Upon individual arrivals, transfer to the Carlton Hotel in Tel Aviv. This evening, enjoy a special **welcome dinner** at a local restaurant. A JNF representative will welcome the group and provide an introduction to the mission experience over the coming days.

Overnight, Carlton Hotel, Tel Aviv



Ayalon Institute

Monday October 14 • Tel Aviv

For any early risers, join an optional yoga class on the beach early this morning. Return to the hotel for breakfast. After breakfast participate in a special **group dynamics workshop** that will provide an introduction to the mission and the women on the trip.



Tel Aviv Market

Afterward, depart the hotel for the **Ayalon Institute**, a secret bullet factory established by the Haganah in 1945. As the largest bullet factory during that time, it produced 2.25 million bullets from 1946 - 1948, completely in secret. After a tour, **Yehudit Ayalon**, one of the original factory workers at the Institute will share her experiences and stories from that time.

Following a light **lunch**, proceed to the **Palmach Museum** to learn more about the fight for Israeli independence and the development of the renowned Israel army.



Neve Tzedek

Spend the remainder of the afternoon at leisure. Consider taking advantage of some of Tel Aviv's best **shopping areas**. Start at the enormous market, **Nahalat Binyamin** and continue to Tel Aviv's own Soho, **Shenkin Street**. Walk down the famous **Rothschild Boulevard** and stroll through the stalls in the **Carmel Market**. End the afternoon in **Neve Tzedek**, the first neighborhood of Tel Aviv, built in 1909.

Itinerary is Subject to Change.



Belly Dancing Lesson

This evening, enjoy **dinner** at a local restaurant. Afterward, let your hair down and take part in a private **belly dancing lesson** with a professional instructor.

Overnight, Carlton Hotel, Tel Aviv

Tuesday October 15 • Negev



Sderot Indoor Recreation Center

Following breakfast and hotel check-out, begin the drive south toward the Negev. Along the way, stop at the **Sderot Indoor Recreation Center**, the largest indoor playground in Israel. This fortified facility provides Sderot's youth with a safe, secure place to have fun and simply be children. During the visit, meet with several **female residents** to understand how the indoor playground has enriched their daily lives.



Aleh Negev Rehabilitative Village

Continue to **Aleh Negev**, a state-of-the-art residential facility for people with severe cognitive and developmental disabilities. Located in Ofakim, Aleh Negev provides vocational training, occupational therapy and medical facilities. During a tour, see where JNF is landscaping Aleh Negev's grounds, preparing infrastructure for new therapy buildings and housing, and raising funds to support vital enhancements including a hydrotherapy pool and a therapeutic riding camp.

Enjoy **lunch** and **home hospitality** at the home of a local resident. She will prepare a delicious meal with authentic Israeli food.



Be'er Sheva River Park

After lunch, proceed to Be'er Sheva, the capital of the Negev. Visit the **Be'er Sheva River Park**, a massive water, environment and economic development project that serves as the centerpiece of JNF's efforts to revitalize the entire city. **Itai Freeman**, Director of the Be'er Sheva River Project, will provide an update and discuss the progress of the amphitheater, Lake Park and the newly unveiled Pipes Bridge.

Continue to **Tel Sheva** and meet **Miriam Abu Rkik**, a Bedouin woman and successful entrepreneur who founded Desert Daughter, a unique line of cosmetics and medicinal healing products.



Beresheet Hotel

Later this afternoon, continue to the Beresheet Hotel in **Mitzpe Ramon**. Situated on the edge of a cliff overlooking the Ramon Crater, the hotel offers breathtaking views of this unique geological phenomenon that can only be found in the Negev. This evening, enjoy authentic Bedouin hospitality and a festive **dinner** in a Bedouin tent.

Overnight, Beresheet Hotel, Mitzpe Ramon

Itinerary is Subject to Change.



View from Moshav Paran

Wednesday October 16 • Arava

After breakfast, depart the hotel for the Central Arava. Stop in **Moshav Paran**, which offers panoramic views of the desert. Meet **local female farmers**, true modern day pioneers forging new lives in the desert. The women will share their stories and talk about daily life as a farmer in the Arava. Afterward, join them for some **pepper picking** in a local farm.



Peppers from local farm

Continue to the community of **Zukim**, JNF Sapphire Society's keystone project. As the first community in the area to be based on the commerce of tourism and technology instead of agriculture, Zukim is poised to become. Several female residents will lead a tour of the community. Afterward, meet local artists and participate in a special **art workshop**.



AICAT Students

Afterward, enjoy a **picnic lunch** at Sapir Park, a true oasis in the desert. After lunch, visit the **Arava International Center for Agricultural Training (AICAT)**, a 10-month agriculture work-study program where students from Asia learn farming practices and agricultural techniques that they can bring back to their home countries. Visit with students and staff and hear about their experiences taking part in this apprenticeship program.

Proceed to the future site of the **Central Arava Medical Center**. In partnership with the Central Arava Regional Council and the Israeli government, JNF is building a world-class medical center to replace the dilapidated clinic and provide quality care to local residents and workers. Meet with several **Arava doctors** who will explain how the medical center will improve the quality of life and care for those who need it most.



Spa Treatment

Later this afternoon, return to the hotel with time to rest, relax or indulge in an optional **treatment at the hotel spa** (**additional cost*). Enjoy **dinner** at the hotel this evening.

Overnight, Beresheet Hotel & Spa, Mitzpe Ramon



Ramon Crater

Thursday October 17 • Negev / Jerusalem

Early this morning, join archeology expert **Yankele Shavit** for **optional sunrise jeep tour** through the **Ramon Crater**. During the jeep ride, discover the colorful landscapes and hidden treasures that this natural phenomenon has to offer.



Wine Tasting

After breakfast and hotel check-out, depart the hotel and begin drive toward the center of the country. Along the way, stop at the **Carmey Avdat Farm & Winery**, located along the ancient Nabatean Spice Route. Meet co-founder Hannah Izrael, who will talk about being a female entrepreneur in the Negev and share her personal story of moving to the Negev and being a true modern-day pioneer. Afterward, take a tour and then enjoy a special **wine tasting**.



Mahane Yehuda Market

Continue the drive toward the center. Upon arrival into **Jerusalem**, participate in a special **Shehechyanu ceremony** welcoming everyone into the city.



Cooking lunch in Chef Tali's Atelier

This afternoon, meet renowned **Chef Tali Friedman** at the local **Mahane Yehuda Market**. During a tour of the market, sample some of the local spices, taste the fresh produce, stop at the nearby butcher stand, meet the local fishmonger and visit the Basher Fromagerie to try some of the famous cheeses from around the world. During the excursion, join Tali in creating a menu for lunch using fresh and local ingredients from the market. After purchasing groceries, return to Tali's atelier for a special **cooking class** using the food purchased at the market. Enjoy **dinner** on Tali's roof terrace overlooking Jerusalem and the Mahane Yehuda Market below.

Overnight, Inbal Hotel, Jerusalem



Gush Etzion

Friday October 18 • Jerusalem

Following breakfast at the hotel, head to **Gush Etzion** a place of historic and strategic significance and the site of one of a major battle during the War of Independence. After an overview of the area, tour a local **cheese farm** and **brewery** and enjoy special tastings. Participate in a private **cooking** event with female chefs from the area.

Continue to the local **Gush Etzion fire station**. Ranked among the best firefighting and rescue services in the world, Israeli fire fighters are often the unsung heroes of Israel. After a tour of the station and visitor center, meet several fire fighters, who will share their experiences. They will then give an exciting demonstration of their unique skills they use to save the land and people of Israel.



Old City of Jerusalem

Afterward, proceed to Jerusalem and spend the remainder of the afternoon exploring Jerusalem's **Old City**. After entering through the Jaffa Gate, head directly to the **Western Wall**, the last remaining retaining wall that enclosed the Temple Mount in the Second Temple Period. Continue to the **Southern Wall Excavations** and see the original steps that lead to the Temple Mount. Afterward, take a walk down the **Cardo**, the main street in Jerusalem 2000 years ago.



Cardo

Return to the hotel to prepare for Shabbat. Early this evening, take an optional trip to the Kotel for Kabbalat Shabbat before enjoying a festive and spiritual Shabbat dinner in Jerusalem.

Overnight, Inbal Hotel, Jerusalem

Saturday October 19 • Shabbat in Jerusalem

Today will be at leisure in honor of Shabbat. Optional Shabbat services will be offered at the hotel. Consider participating in one of the following **optional day tours**:



Jerusalem

Optional Day Tour 1: Walking Tour of Jerusalem Neighborhoods

The walking tour will begin in **Yemen Moshe**, established by British philanthropist Moshe Montefiore to help relieve congestion and poverty in the Jewish Quarter. Continue to **Mishkenot Sha'anim**, the first Jewish neighborhood established outside the walls of the Old City. After a brief stop to see the famous **Montefiore Windmill**, take a stroll down Nahalat Shiva Street and Ethiopia Street before a final stop in the ultra-orthodox neighborhood of **Mea She'arim**.



Dead Sea

Optional Day Tour 2: Masada & Dead Sea *(*additional cost)*.

After a morning departure from the hotel, the **optional tour** will drive via the Judean Hills along the shores of the Dead Sea, the lowest place on Earth. Continue to **Masada**, the mountain fortress built by King Herod, where the Zealots made their last stand against the Romans. Learn about the history story of the Jewish fighters before a cable car ride (or a hike) to the top of the Herodian Palace Complex. Tour the remains of the walls, palaces, synagogues, water cisterns, mosaic floors and Roman baths.



Cable car ride to Masada

Descend the mountain to the depths of **Dead Sea**. Take a swim in the buoyant waters of the Dead Sea or simply relax at the beach. Return to **Jerusalem** early this evening. Along the way, view the Qumran caves, where the Dead Sea Scrolls were found.



Ben Yehuda Street

Dinner and the evening will be at leisure, providing for an opportunity to enjoy Jerusalem at our own pace. Consider a stroll down **Ben Yehuda Street**, Jerusalem's open-air pedestrian mall filled with cafes, stalls with funky jewelry and crafts and musicians playing their instruments on the street.

Overnight, Inbal Hotel, Jerusalem



Yad Vashem

Sunday October 20 • Jerusalem / En Route

This morning, take an emotional tour through one of the most important sites for Jewish visitors: **Yad Vashem Holocaust Museum & Memorial**. A sprawling complex of tree-studded walkways leading to museums, exhibits, archives, monuments, and memorials, Yad Vashem tells the story of the Holocaust from a uniquely Jewish perspective, emphasizing the experiences of victims through original artifacts, survivor testimonies & personal possessions. As a special highlight, the tour will focus on women’s experiences in the Holocaust and an opportunity to meet a female survivor.



Ammunition Hill Trenches

Afterward, visit **Ammunition Hill**, site of the famous and fierce battle of the Six-Day War. After a light lunch, a representative will lead a tour through the battleground and bunkers that follow the footsteps of the soldiers who fought here. See the new “Seam-Line” multimedia show about the Six-Day War and reunification of Jerusalem. The tour will conclude at JNF’s **Wall of Honor**, honoring Jewish veterans from around the world.

This afternoon, visit a local **IDF Base** for an exclusive tour. Meet several **female IDF soldiers** and learn what life is like as a woman serving in the army.



Meeting female IDF Soldiers

This evening, enjoy a special **farewell dinner** at a local restaurant in Jerusalem before transferring to the airport for return flights to the USA.

Overnight, En Route

Monday October 21 • Return to the United States

Arrive into the USA.