



רמה ישראל
Ramah Israel

TRY – Tichon Ramah Yerushalayim

HANDBOOK 2021

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CONTACTING US

Please do not call on Shabbat or Holidays unless it is an absolute emergency.

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Calling Israel

To call Israel from North America, you must first dial 011, the international exit code for the US and Canada, or just dial + from a cell phone. You must then dial 972, Israel's international country code. Most Israeli land lines are 8 digits and cell phones are 9 digits.

To call our office from North America, dial 011-972-2-679-0243 or +972-2-679-0243.
When calling from within Israel, dial 02-679-0243.

Staff Emails

All emails should be sent to Adin Rodman, TRY Family Liaison, at liaison@ramah.co.il.
(This email account should be used for communication with TRY staff only, not for communication with students.)



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I. INTRODUCTION

Tichon Ramah Yerushalayim (TRY), תיכון רמה ירושלים, the Ramah Jerusalem High School, is an international secondary school program in Jerusalem, Israel. TRY combines a high-level general studies academic curriculum, as prescribed by each student's high school, with a superior course of Israel studies, Hebrew and Jewish studies.

TRY is designed to provide its students with a stimulating cross-cultural experience while focusing on their development as Jews. Ideally, the students' maturing sense of self and evolving self-realization as a Jew become inextricably intertwined at this critical point on the threshold of adulthood. TRY students are confronted with numerous new choices, responsibilities, and freedoms as a result of living in Israel among peers and away from family, friends and their home communities. TRY's staff and faculty provide a wide range of experiences and opportunities designed to facilitate each student's personal growth, broaden his/her outlook on life, and enhance his/her academic experience. Yet it is the attitude and energy each participant brings to TRY that will help determine what he/she will take home.

This handbook provides information for both parents/guardians and students. Careful reading will help in preparing for TRY and knowing what to expect during the program. We hope that it will make TRY all the more realistic, adding to the excitement, anticipation, and readiness for what lies ahead. We strongly recommend that parents/guardians and students review it together, as the success of TRY involves joint responsibility.

Enjoy this handbook with the excitement that it provokes and the information that it offers. As you prepare yourselves, think back to when you sat down at your Passover Seder with your families and recited the prayer *Le'Shanah Ha'Ba'ah B'Yerushalayim* (Next Year in Jerusalem) words echoed the world over for almost 2,000 years. This year, you will fulfill that prayer, as you spend your semester on TRY.

II. PRE-DEPARTURE

A. PASSPORT INSTRUCTIONS

If you do not currently hold a passport that is valid through the end of the program, please apply for one immediately. Allow several weeks for your passport to arrive. Although a passport valid for six months from the date of entering Israel is not required by the Government of Israel, airlines routinely require this. US application forms for passports may be obtained at any county clerk's office, as well as at some post offices and other federal government offices and [online](#). [Canadian passports](#) can be renewed via mail (or courier) or in person.



B. VISAS AND ENTRY TO ISRAEL

Note below instructions for US/Canadian citizens, in addition to DUAL citizens (those who hold Israeli citizenship as well).

US/Canadian citizens

Due to the COVID-19 outbreak, the visa application process has undergone major changes, as tourist visas are not currently available to Israel. Ramah Israel has been approved to bring students to Israel on a student visa (as opposed to the typical tourist visa issued to past TRY students). Visa application instructions will be sent to families a couple of months prior to the start of the program.

Dual North American/Israeli citizens

By virtue of having been born in Israel or having at least one parent with Israeli citizenship (even as an immigrant), the process is different. **Contact the local Israeli consulate and/or aliyah shaliach (emissary) for full details and guidelines.** One reason to do so is to obtain proper documentation regarding Israel's compulsory military service (arranging the teen's military status or exemption from service). If you were here previously with your parent/s/guardians officially as a "temporary resident" (an A-1 visa), contact the local Israeli consulate and/or aliyah shaliach (emissary) for full details and guidelines.

Israeli citizens and temporary residents please note: you will probably need to enter and leave Israel on an Israeli passport. If you do not have one, the Israeli consulate in your area will be able to facilitate this procedure. ***Please do not wait until you get to Israel with the hope that everything will work itself out.*** It tends to become a much more complicated process if done in Israel without parents/guardians and can cause delays in departure.

C. IMMUNIZATIONS

Your child's health is of the utmost importance to us. Routine childhood vaccinations are required for all participants in Ramah Israel programs. Included among these routine immunizations is the MMR (measles/mumps/rubella) vaccine. Routine childhood

vaccination is the single best way to protect your child from contracting measles (an illness that has been found in certain populations in Israel in recent years) and other illnesses. All of your immunizations should be up-to-date.

There are no immunization or vaccination requirements for travel between Israel, the U.S., and Canada.

We require that you be protected against Tetanus, Hepatitis A, and Meningitis.

Additionally, due to COVID-19, we HIGHLY recommend that you come having received a flu shot.

D. FLIGHTS

All flight information is included in your TRY application, under the "Israel Flight" form. Students have 2 options for air travel:

- 1) Purchase group tickets through TRY on our chaperoned, group flight out of the NY area. The cost of the ticket will be added to your TRY tuition bill.
- 2) Purchase tickets on your own, coordinating arrival and departure with the TRY group flight.

Those students traveling individually ***must coordinate their arrival time with the start of the program (around the same time as the group flight)***. Families have already begun coordinating student travel plans. We highly advise that students either join the chaperoned group flight, or fly to Israel with other TRY students from the most convenient airport (we know of several students flying from Toronto, San Francisco, and Washington DC). This will reduce confusion and exposure to the virus.

Due to COVID-19 and the requirement of every incoming traveler to immediately quarantine upon arrival to Israel, ALL students must confirm their tickets with the TRY registrar prior to purchasing - info@ramah.co.il.

TRY assumes responsibility for program participants from the time they are met by our TRY staff members (group flight participants are under TRY's responsibility during the flight). If you choose to stay in Israel beyond the end of TRY, participants' parents or guardians must let our administration know at least one month prior in writing. Should this be the case, you will have to arrange your own medical insurance upon completion of the program, in addition to renewing phone plans should you desire. Time of pick-up will be at the same time of the group's departure. **Please know that we no longer are responsible for TRY participants once the program officially ends.**

E. TRAVEL INSURANCE

We strongly recommend that TRY participants acquire a travelers' package insurance policy. This should include:

1. Coverage for loss and theft during the program
2. Baggage and ***flight insurance (covering potential cancellation due to COVID-19)***

Ramah Israel does not assume responsibility for loss or theft of money or valuables or for damage to or loss of baggage. We strongly recommend that all expensive equipment be left at home (except a laptop, which is required for school). Laptops, audio equipment, or cameras that you bring should be expendable. Bring a list of the serial and model numbers and other identifying features of whatever valuables you bring for reports and claims in the event of loss or theft.

F. LUGGAGE

Check with your airline concerning baggage regulations. Most passengers on international flights are permitted only one bag weighing up to 50 Lbs (23 kg) and 62" (158 cm) in overall dimension (L+W+H) free of charge. If you bring a second bag, please check with your airline regarding cost. Additional charges may apply for overweight baggage (up to 70 lbs/32 kg). **It is best to avoid sending two overweight bags as to avoid unnecessary baggage fees.**

Only one carry-on bag is permitted, in addition to a personal item like a small backpack, computer bag, purse, and/or a coat. Please note that airport security precautions may include luggage searches. Airlines may charge large sums for overweight or extra baggage, if they permit it at all. Remember to check security guidelines regarding liquids/gels in your carry-on baggage. Flying with any kind of weapon, bullets, sharp objects (i.e. knives) or other dangerous items is strictly forbidden (and forbidden on TRY). We recommend putting a change of underwear, shirt and medication for the first week in your carry-on luggage in the event of lost baggage.

G. CUSTOMS

You do not have to 'declare' or pay customs on sports accessories, musical instruments, digital or video cameras, or laptops. However, the customs official may choose to register them in your passport. Registered items must leave the country with you.

H. MEDICATION

Students should bring a full supply of prescription medication, as well as a description of medications and dosages, in case of loss. You may need to get permission from your insurer to fill several months of medication at one time; this is usually accomplished with a copy of your flight reservation and acceptance letter.

Packing medication:

There are two options for sending your child's medication on TRY.

1. Prior to the program, your pharmacy packages your child's prescription medications into daily blister packs, divided into morning, afternoon and evening doses. You will send the entire four month supply with your child. This packaging procedure may be done through CVS or other local pharmacies.

IF your child is taking only one medication and said medication is already prepackaged in blister packs as noted above, the medication can be submitted in its original packaging.

2. Families will send all of their child's medication (the entire four month supply) in its original packaging -not in a monthly blister pack. TRY will hire the services of a registered nurse in Israel who will pack the medication into monthly blister packs provided by TRY. This service will cost \$100.

If your child has an epipen we ask that you send three epipens to Israel with your child. One will be kept on the student at all times, one will travel with our counselors in case of emergency, and one will be stored in the TRY office.

Please note: The TRY Director must be notified of any changes in medication or dosage during the program. If TRY will need to repackage your child's medication to accommodate these changes, it may incur an additional packaging fee.

Medication Storage and Dispensing Policy:

In order to preserve a safe dormitory setting, students are required to give all medication to the TRY staff at the start of the program. This includes all over-the-counter and prescription medication. Medication will be locked in the TRY offices. Daily medication will be dispensed by an adult staff member once a day.

Please note that it is the full responsibility of each student to take their medication on a daily basis after receiving it from a TRY staff member. If we note that a student is not taking their medication regularly, we will discuss with the student and their parents/guardians to determine a plan of action. Additionally, we are aware that students may purchase over the counter medication without our knowledge. TRY staff cannot take responsibility for administration and storage of medication that we are not aware exists in the dormitories. We vehemently discourage this practice and request that students and families comply with TRY's policy. Please note that while TRY staff takes responsibility for distributing medication, we cannot take responsibility for whether the student, in fact, self-administers the medication (i.e. swallows the pill).

Anytime students spend overnights off-campus, TRY staff will dispense the required amount of medication for that time period.

I. PACKING: CLOTHING, BOOKS, AND PERSONAL ACCESSORIES

Our Recommended Packing List follows. Note that it includes clothing for all seasons. The winter can be cold and rainy, and the spring/summer, hot and sunny.

Packing Tips

Closet space in the dormitory is limited, so try to bring the absolute minimum with you.

- For the flight, please make sure you bring at least multiple face masks, sanitizing wipes, and hand sanitizer (compliant with FAA regulations for travelling with liquids).
- Dress is far less formal in Israel than in North America; ties and jackets, for example, are unnecessary even in synagogues and on special occasions.
- Toiletries are readily available in Israel, though brands and prices may differ.

- **Hats and water bottles are required on all field trips and other outings.** We strongly recommend sunglasses and sunscreen as well. Sunscreen is more expensive in Israel than in North America.
- Bring a full supply of contact lenses, an extra pair of prescription glasses, and a copy of your prescription.
- Bring a few pens and one notebook for the first few days. Due to luggage restrictions, we recommend that you buy your school supplies (paper, notebooks, pens, pencils, etc.) in Israel during orientation. **However, you will want to bring your notes from the first semester if you are in an AP or Regents class.** Note: three-holed paper loose-leaf paper/binders are not available in Israel. If COVID prevents students from being able purchase items, TRY staff will facilitate a group order from the local stationery store.
- One set of bedding will be provided, including sheets, blankets, and pillows. **Towels are not supplied. Our beds are 190cm x 80cm (about 75 by 31.5 inches).**
- **Internet access:** Students can access the internet over Wi-Fi. Our dorms and classroom areas are fully Wi-Fi accessible.

Academic Packing List

1. Laptop Computer - **TRY requires that students bring a laptop computer.**

Although we strongly recommend that you leave expensive items at home, we also recognize the advantage of personal computers for schoolwork. Students assume full responsibility for storage, loss, or theft of their equipment. It may help to bring a security cable. Plug adapters can be purchased inexpensively in Israel. No transformer is needed.

2. **Required:** JPS Hebrew/English Tanakh: Pocket Edition (4x6 inches, ISBN: 0827607660, available in a selection of bindings and colors, from many bookstores and online retailers)

3. **Required:** Scientific/Graphing pocket calculator (for math students). If you will be taking the SAT or AP exams, make sure your calculator is compliant.

4. **Required:** Elie Wiesel's *Night* (ISBB: 0374500010) and *Dawn* (ISBN: 0809037726) (Other editions are also acceptable)

5. AP Preparation Books are recommended for AP students; bring the appropriate books for your exam. While we have many used copies of these books in our lending library, we do not have books for all subjects.

6. If you are taking a specialized course, you may need to bring your textbook. We will let you know if you need to bring your book.



General Packing List

1 good pair of hiking shoes 1 pair sneakers 1 pair sandals 1 pair shoes for Shabbat 1 pair water sandals (i.e. Teva, Crocs) 2-3 pairs shorts 1 bathing suit 10-12 shirts and tops (short and long-sleeved)	2-4 pairs pajamas - light and heavy 3 pairs jeans or lightweight pants 3 pairs warm pants for winter (sweats, cords) 2 hats (one for warmth/rain, one for sun) 2 bath towels 2 washcloths 2-3 sweaters or sweatshirts 1 lightweight jacket 1 warm, waterproof winter jacket (with hood) and gloves Underwear and socks (12-14 day supply)
Men	Women
2 short-sleeved white shirts (for Shabbat) 2 long-sleeved white shirts (for Shabbat) Kippot (required) Tallit and Tefillin (required)	3-4 lightweight skirts/dresses (below knee and with sleeves) 3-4 warm skirts and dresses Stockings/ warm tights Kippot, tallit and tefillin (optional)
Personal Accessories and Miscellaneous	
Flashlight Earphones Camera Transformer kit for electrical appliances Batteries Flip flops Travel clothesline Comb, brush Mirror Sunscreen & bug spray Shaving equipment (220 current) Enough toiletries to get started (e.g., soap, tissues, toothbrush and toothpaste, band-aids, aspirin, tampons, etc.)	Light blanket (optional) Sheets (optional) Sleeping bag (optional – only used one night and they are provided by the site) Backpack for day trips Overnight bag for up to 3 days Sunglasses Reusable Water bottle (Former students have recommended a Camelbak backpack, with room for books and gear as well. The small Camelbak with only room for water is not appropriate for our use. Students can always buy and refill 1.5 liter plastic water bottles.)

J. ELECTRICAL APPLIANCES

Electricity in Israel runs on 220V, 50 cycles (in North America it is 110V, 60 cycles). Many hair dryers, shavers, etc. require a special 110-220 50/60 cycle converter, which can be purchased at electrical stores either abroad or in Israel, along with plug adapters. Some appliances work on either system, simply by flipping a switch. The use of larger electrical appliances, such as heaters, toaster ovens and hotplates **is not permitted**. You will only need a plug adapter (around \$5) for laptops.

If relevant, electricity in Poland is the same as in Israel (220V, 50 cycles), however the sockets are all for two-pronged plugs (unlike in Israel where both two and three-pronged plugs are used). A small adapter can be bought for this.

III. COVID-19 POLICIES AND PROCEDURES

As it relates to the coronavirus, we are living in a world with fast-changing information and policies. While the world waits for public health professionals, scientists, and doctors to learn more, many important government agencies and businesses are at a loss for how to develop and implement procedures. TRY is highly reliant on this information as our program includes air travel, bus travel, classes, visiting sites/hotels, and interaction with teens and adults outside the group. Therefore, the policies of today are not necessarily those of tomorrow. We will be transparent as an organization and communicate regularly with families about these inevitable changes. Most importantly, we will do everything in our power to run a seamless and successful program.

We will limit our students' exposure to the virus whenever possible, while still experiencing Israel in an exciting, educational, and fun way. We will follow all governmental guidelines and regulations, and will usually err on the side of caution in order to avoid infection or quarantine based on exposure to an infected individual. If necessary, we will provide alternative programming.

Policies are subject to change, as is the below information, as we are continuously developing our COVID-19 policies and procedures to address the ever-changing situation regarding the health challenges we are all facing.

A. TRY MEDICAL ADVISORY BOARD

The TRY leadership team, including representatives from our Israel and New York offices, have convened an advisory board to assist in the creation of policies and procedures to address the many challenges we face with COVID-19. The board consists of pediatricians, family doctors, and a coronavirus researcher.

B. FLIGHTS

Ramah Israel has received permission to bring students to Israel using a special student visa. Families will be given instructions on how to obtain this visa.

TRY students must adhere to all airline requirements and restrictions during travel.

C. QUARANTINE UPON ARRIVAL

At this time, the Ministry of Health guidelines requires all those entering the State of Israel to be quarantined for two weeks. As such, everyone arriving from abroad will go from the airport directly into quarantine on campus. During this time, students will have regular online programming with our staff and faculty, including orientations, academics, Hebrew ulpan, and social programming. Should students need supplies or anything else from the "outside world," it will be provided for them. Madrichim (counselors) will also quarantine with the group, sleep in the dormitory and will be with the students through this unique and intensive beginning. Additional TRY staff will be available by phone/WhatsApp/zoom 24/7, including over Shabbat and Chag.

All food will be prepared in the Goldstein Youth Village (aka the “Chava”), where we live. The Chava campus houses boarding schools, some of which have been running throughout this crisis, and the Chava kitchen is compliant with the regulations of the Israeli Ministry of Health. The food will be brought to our dormitory and placed outside of the students’ rooms by TRY staff. In addition to the regular scheduled meals, staff will also provide snacks and supplementary food as needed.

Should anyone require medical attention during the quarantine period we will contact a doctor and facilitate a check up, either from a distance or via video chat. Should it be determined that someone needs to see a doctor in person or is in need of a COVID-19 test, we will make arrangements for transportation that adhere to quarantine regulations (if possible).

D. MEDICAL INSURANCE

All students will receive medical insurance, which begins the day they depart from home on their flights and ends the day that they arrive back in North America. This insurance covers all of the students’ medical needs while here in Israel, aside from preexisting conditions, and includes prescriptions, doctor visits, hospitalizations, and more. In addition, we will be purchasing a coronavirus add-on that covers COVID-19 testing (to be provided pending approval of the Ministry of Health) and all medical treatments, doctor’s visits, medications, and hospitalizations as a result of COVID-19 infection.

E. SOCIAL DISTANCING

We often speak about our cohort as a family, as students develop deep, long lasting relationships with each other and with their madrichim. For the purposes of the coronavirus regulations, we will act as a nuclear family, not requiring students and madrichim to socially distance from each other once we have completed our quarantine period. However, we will be socially distancing from people outside of our “immediate family,” including senior TRY staff, teachers and other external visitors, and when we travel off-campus. Additionally, we will expect a higher level of hygiene and cleanliness from our students and staff, as explained below.

F. HYGIENE AND CLEANLINESS

More than ever before, it is important that students exercise good practices of hygiene and cleanliness. This includes frequent hand sanitizing, avoiding sharing bottles and food with others, properly cleaning personal and shared spaces, using sanitation wipes to clean down surfaces they use on and off campus and wearing a mask when necessary. TRY staff will be vigilant about ensuring that these standards are maintained, as the entire group’s health is reliant on each individual maintaining proper hygiene.

G. LIMITATIONS TO VISITATION AND GOING OFF-CAMPUS

In order to minimize the risk of exposure to COVID-19, students will not be allowed to leave the program at any time. This rule includes going to the homes of family and friends in Israel, special family events and Host/Open Shabbat. Free nights out will also be adjusted in order to keep our students safe and avoid the need to quarantine. Should the COVID-19 situation in Israel improve, it is possible that we will loosen these restrictions.

Visits with individuals from outside of the group will only be permitted on campus and under strict protocols in order to minimize the risk of exposure. Read more about visits under [Section IV \(Living in Israel\) / I. Family Visits](#).

H. SHABBAT

In an effort to minimize exposure to COVID-19, all Shabbat experiences are currently planned to happen together, or as we call it, *Shabbat Yachad*. This means that there are no current plans for [Host/Open Shabbat](#) experiences or *Shabbat Kehillah*, spent with a local community in Israel. It is possible that we may spend some Shabbatot off campus at a guesthouse, however this will also be done as a group and in compliance with Health Ministry regulations, in order to limit exposure to people outside the group. If the COVID-19 situation changes during the semester and it becomes possible to offer other Shabbat experiences within the confines of health and safety regulations, then we will make every effort to incorporate them into the remainder of the trip.

I. PURPLE BADGE SITES

Israel has created a system for evaluating the safety of various sites in regards to the coronavirus. Hotels, stores, national parks, and other locations that meet the Ministry of Health's health standards are awarded with a "Purple Badge." TRY will only visit Purple Badge sites throughout the semester in order to limit our students' exposure to sick individuals. This will affect our field trips and other off-campus activities, as many sites we went to in past years are not open or can no longer accommodate a group as large as ours. Ramah Israel will enforce the Purple Badge standard in our offices.

J. MEALS

The Chava dining hall operates in compliance with the Ministry of Health guidelines, ensuring that food is prepared and served in a hygienic and safe environment. During periods of quarantine, all meals will be prepared by the dining hall and delivered to the dormitory, where the TRY staff will place it outside the students' rooms. Should the TRY administration deem it safe, we will eat our meals in the dining hall during non-quarantine periods. If that is possible we may have staggered seating times at meals, limiting the number of students allowed in the dining hall at one time.

Should we be staying off-campus at a guesthouse or hostel, we will follow all Ministry of Health recommendations and requirements regarding dining halls and other public spaces.

K. TESTING AND QUARANTINE DURING THE PROGRAM

Should students begin to show COVID-19 symptoms, we will immediately isolate the student(s) from the rest of the group. We will contact the relevant medical authorities and follow their instructions, including a COVID-19 test should it be recommended. While awaiting test results, the student(s) will be kept in isolation until a negative result is received.

According to Ministry of Health requirements, any person exposed to a known carrier of COVID-19 must quarantine for two weeks. Should this happen to a student(s), they will

immediately be put in quarantine in an isolated room and we will arrange for them to receive a COVID-19 test. The student(s) must stay in quarantine from the group for the entire required time, even if tests yield a negative result. During this time the student(s) will participate in classes and other programming (when possible) online.

While we hope to avoid the following situation by employing strict preventative procedures, students testing positive for COVID-19 will immediately be placed in complete isolation away from the group. The ENTIRE group will then be placed under quarantine and, according to the current Ministry of Health guidelines, all students will be tested for the virus. As much as possible, all programming, including classes, will operate online. COVID-19 positive students will remain in isolation under the care of medical staff until we receive further instruction from the Ministry of Health. These students will stay in an isolated room(s) on campus. They will receive meals and be checked on regularly. Staff members will clear their trash and take care of their laundry. Students will be able to see their friends on WhatsApp and video/zoom calls. Staff will be on call 24/7 to the students. Students will be equipped with cleaning supplies, extra towels and sheets, toilet paper, thermometer, approved over the counter medication, and snack food as necessary. The students will, at no times, be allowed to leave the room. Should the student(s) need additional medical care, we will consult with medical experts.

All of the above procedures also apply to our dorm counselors (*madrichim*), as they are considered part of the TRY family unit.

IV. LIVING IN ISRAEL - AND AT THE CHAVA

Tichon Ramah Yerushalayim is based at Chavat HaNoar HaTzioni, the Israel Goldstein Youth Village, in the San Simon neighborhood of Jerusalem. The campus is rambling and pastoral, and includes dormitories, a dining hall, a library, classroom buildings, indoor gym and fitness facilities, a basketball court, a science lab, a cultural hall, a tennis court, and an indoor swimming pool. It is immediately adjacent to a small commercial center and is only a 10-minute taxi ride from downtown Jerusalem.

A. SECURITY: STANDING POLICY AND PROCEDURES

TRY's primary commitment is to the safety and security of its students.

Ramah Israel has earned the reputation of being of the very highest caliber in terms of safety and security. We take no chances, and if tough decisions have to be made, our policy is always to err on the side of caution. We will react swiftly and responsibly to any changes in circumstances in the field. There are times when that means certain aspects of the program are amended or canceled, though in such circumstances we make every effort to "compensate" our program participants with "extras" somewhere else in the program. In any case, we operate with total commitment to both our participants' wellbeing and to their parents' peace of mind. Following are only some of our standard operating procedures:

Please Note: Due to COVID-19 restrictions, some of the below procedures may not be relevant in 2021.

1. Ramah strictly adheres to the security policies established by The Joint Authority for Jewish Zionist Education (Jewish Agency and World Zionist Organization) and Israel's Ministry of Education governing all field trips and activities for public school children and visiting youth.
2. All field trips are cleared in advance, and again just prior to each day's program, with the appropriate authorities (as determined by Israel's security services). They know our whereabouts at all times, and when they deem it necessary or advisable, armed guards and trained first-aid personnel accompany our groups.
3. Transportation to all programmed activities is handled by chartered buses, which keep in constant communication with Ramah personnel via cell phones and GPS tracking.
4. Ramah may travel over the "Green Line" (i.e. into the area referred to as the "West Bank") but only in very specific areas determined safe by Israel's security services (i.e. parts of the old city of Jerusalem and Gush Etzion), and then only in consultation with the authorities.
5. Participants are given a complete security/safety briefing immediately upon arrival so that each person knows how to behave responsibly throughout his or her stay. Every participant is provided with a convenient card listing the telephone numbers of all Ramah staff, the Ramah office, and home and emergency numbers of Ramah

personnel who can be contacted 24 hours a day, seven days a week. (Parents are provided with the same numbers.)

6. At no time are program participants to leave the group on their own without permission from program staff. Furthermore, shopping time may be supervised.
7. Participants must be under the supervision of a parent-approved adult or family friend (or a Ramah-assigned host) on Host/Open/Kehila Shabbat and family occasions.
8. Students may not travel on intra-city buses or light rail trains (within the city) at any time. Some inter-city buses or trains may be used at the discretion of the Director of the program and in consultation with the security staff.

Note: On occasion and at the discretion of the Director of the program, travel guidelines and restrictions may be adjusted (more strict or loose) after consultation with security experts.

The rules and regulations regarding off-campus travel are designed with the wellbeing of the student in mind. We relate to them very seriously, and no student will be allowed to continue with the program if he/she cannot be trusted to adhere to these rules and regulations.

B. ACCOMMODATIONS

The dormitories consist of multiple bedrooms, a group *moadon* (lounge), a kitchenette and a grassy outside space. Individual rooms are of different sizes, with 3-5 students in each, and have their own en-suite bathroom/shower. Students will be responsible for any damage incurred during their stay in the room and dorm aside from normal wear and tear.

Failure to reimburse Ramah Israel for the cost to repair or replace damaged equipment will result in TRY withholding the student's transcript until full payment has been made.

C. LAUNDRY

Laundry service is provided once a week while the students are on campus. Coin operated machines are also available in each dorm.

D. MEALS

The Chava provides three full meals a day, as well as snacks. Due to COVID-19, these meals will either be provided in the dining hall with all necessary precautions, or delivered to our students at the dormitory. Students may experience a period of adjustment to the meals, since while the menus are well balanced, they are Middle Eastern in style, and institutionally prepared. In Israel the main meal of the day is lunch, which is usually meat-based, with a light dairy supper in the evenings. Vegetarian and special food needs options are available.

If you have any special dietary restrictions, please let our Family Liaison know as soon as possible.

In the event that students will not be allowed to spend time on their own at the local shopping center, due to COVID-19 precautions, the program will make arrangements for students to purchase snacks and other items in an organized manner.

E. OFFICE

The TRY offices are located in the Ramah building on the Chava campus. During the semester, the office is open from 8:00 a.m. - 6:00 p.m., Sundays through Thursdays, and 8:00 a.m. - 1:00 p.m. on Fridays. Madrichim will have 24-hour access to the office. While students may not be allowed to visit the office due to COVID-19 regulations, senior staff will always be available to them in safe ways.

F. LIBRARY

TRY has its own lending library of Jewish/Israeli fiction and nonfiction, located in the Ramah office. Books may be borrowed during hours to be determined by the madrichim. An additional Chava library is available for use by the students (due to COVID-19, students may not have access to the Chava library).

We open our classrooms in the evening for students who choose to study in a quiet environment during the evening hours.

G. PERSONAL EXPENSES

Students will need money for personal expenses during their stay in Israel. These usually include snacks, transportation and other miscellaneous things, however due to the current circumstances, students' spending habits will likely look different in 2021.



Approximate Cost (in USD) of Commonly Purchased Items:

Sandwich & drink (at nearby cafe)	\$10.00
Falafel	\$5.00
Ordering fast food delivery to the chava	\$10.00-\$20.00
T-shirt at a souvenir shop	\$10.00-\$30.00
Taxi ride within Jerusalem	\$10.00-\$15.00
Taxi ride to Tel Aviv area	\$75.00-\$90.00
Organized round trip bus to Tel Aviv for host Shabbat	\$20.00

We normally suggest approximately \$250-\$300 per month to cover ongoing needs. Additional expenses may include books, school supplies, etc.

There is no need for participants to bring any extra money for the Poland Journey (should this be an option in 2021), aside from a few dollars for a soft drink here and there.

Students will be given access to ATMs throughout the program, and many of them accept international cards. Credit cards can also be used in most commercial outlets. (Please note that Ramah does not take responsibility for loss or theft of cash, travelers' checks or credit cards).

H. MAIL AND PHONE PROCEDURES

Mail

All mail to TRY participants should be sent to the following address:

(Name of Student)

Tichon Ramah Yerushalayim

P.O. Box 31709

9131602 Jerusalem ISRAEL

Please note that the zip code should go before the word Jerusalem and Israel should be underlined.

Direct Delivery (UPS/Fedex)

(Name of Student)

Ramah Israel (TRY)

8a Yitzchak Katznelson Street

9262116 Jerusalem, Israel

Students will be notified when a package arrives at the post office and must be retrieved in person. **PLEASE NOTE: If you have to send a package via US Mail/Israel Post (and not FEDEX/UPS), we strongly advise that you take into account that it can take up to a month to receive the package.** Used clothing and printed material in small quantities are duty-free if you indicate that the items are used. Electrical goods, new clothing and other "commercial" items are subject to heavy taxes. Medicines may be stuck in customs for weeks, so bring them with you, or have your family ask someone who will be visiting Israel to bring them for you.

Israel has a 17% VAT (Value Added Tax), as well as Import Taxes (around 12% for most items). This additional 30% is charged on the entirety of the package: the combined value of the items inside AND the shipping if the total exceeds \$50. Therefore, please specify that the items you are sending to Israel are "used" and have "NO VALUE." **Please DO NOT send food or medications in a package, as it will get stuck in customs.** You may be able to send candy, if you list it on the customs form as "candy (no agriculture)." TRY has no control over which items get through and which are not permitted by the Israel Customs Authority.

Incoming Phone Calls

Parents are asked to avoid calling, or asking for phone calls to be placed, after 11:00 p.m. Israel time, and on Shabbat/Chagim. If you have difficulty getting through to your child, you can send an email to the Family Liaison, liaison@ramah.co.il. In an emergency please do not hesitate to call the TRY Director.

Cell Phone Rentals

TRY has a special arrangement with Talk n' Save, a cell phone provider, which enables the students to be connected on one network. Students can buy a SIM card for their smart phone from home. You will receive information on how to order your SIM card prior to the start of the program. Students will receive their SIM cards as soon as they arrive in Israel. If you place the order early enough, you can choose to have the SIM card to be sent directly to your home (this service is unfortunately not yet available for students in

Canada). We have negotiated the best rates available for this service including unlimited incoming phone calls.

I. FAMILY VISITS

As we will be working diligently to keep students from exposure to COVID-19, families will not currently be allowed to take their child away from the program at any time (including Pesach break). Additionally, we will not be offering a family trip at this time. This is extremely disappointing to us, as family visits are an integral part of the TRY semester and we enjoy facilitating opportunities for families to share this experience with their children, and get a taste of life on TRY. Should circumstances improve and we are able to change this policy, we will share our visitation guidelines with families.

TRY staff, in coordination with the TRY Medical Board, is working on procedures to enable in-person visits **on campus** for family and friends of students. Visits will be limited in time, socially distanced, and will only be allowed in specific places on campus. All visitors to the Chava campus are required to take their temperature upon arrival and sign a waiver that they do not have any COVID-19 symptoms, have not been in contact with an infected individual, and have not recently travelled abroad. These procedures may change during the program, depending on the COVID-19 situation at any given time.

Any visitation must be done in consultation with TRY staff and coordinated at least several days in advance. Unannounced visitors will not be allowed to enter campus.

J. LOSS OR THEFT

Unfortunately, Ramah cannot take responsibility for lost or stolen cash, valuables or other possessions. You are advised not to keep more than 200 NIS in your room or on your person. Ramah will help you file the necessary forms and/or reports in the event of lost or stolen passports, cash, or valuables. You must lock your room whenever you leave it. PLEASE NOTE: We collect passports on the bus upon arrival and they are kept locked in a safe at the Ramah office until the students fly home.

K. GETTING TO RAMAH AT THE CHAVA

As indicated above in section I, family visits are extremely limited due to COVID-19 and must be coordinated in advance with TRY staff. Visitation may be stopped entirely if TRY staff deem it necessary, due to risk of exposure.

The Chava is located on Shai Agnon Boulevard in the San Simon neighborhood of Jerusalem. Most taxi drivers will know the village. Ask drivers for Chavat HaNoar HaTzioni.

To get to the Ramah office, enter the Chava either through the main gate at 1 Shai Agnon Blvd. (a large entrance with a gate for cars as well) or via the Ramah gate - a small green gate located around the corner at [8a Yitzchak Katznelson Street](#). Within the Chava, the Ramah offices and dormitories are located at the end of the main internal campus road. When entering from the main Chava gate on Shai Agnon, take a right at the circle and go straight until the end. When entering from the Ramah gate, it is the first building you see at the bottom of the stairs.

L. SYNAGOGUES

There are a variety of synagogues within walking distance of the campus. Currently, due to COVID-19, synagogues must adhere to strict government regulations regarding group gatherings, and this will preclude TRY students from attending public services. Should the situation improve and circumstances allow it, when spending Shabbat on campus students will be given the opportunity to visit local synagogues they would like to attend, accompanied by staff.

M. LOCAL SHOPPING CENTER

Policies regarding visiting the local shopping center are currently being reviewed, and may be adjusted throughout the program based on the COVID-19 situation at any given time.



The local commercial center on Shai Agnon Blvd., immediately adjacent to the Chava includes a bank, supermarket, kiosk, pharmacy, falafel shop, coffee/sandwich shop, hairdresser, launderette, money-changer, and taxi station. Most of your immediate shopping/noshing needs can be met in this one place.

N. TRANSPORTATION IN JERUSALEM

As we will be doing our best to create a safe bubble for our students, they are currently not allowed to leave the program. However, should the situation improve, below please find information on permissible transportation modes in Jerusalem.

Taxis

HaPalmach taxi company (tel. 02-679-2333, 24 hours a day) is located in the shopping center adjacent to the Chava. Additional local and reliable taxi companies are **Rehavia** (tel. 02-622-4444) and **Smadar** (tel. 02-563-5111). We also recommend downloading the app '**Gett**' (formerly '**GetTaxi**' - we will explain further upon the students' arrival).

When taking a taxi, students should ask the driver to use the *monah* (meter), which is required by law, to ensure that they are being charged fairly. They should always ask for a receipt; this is most important if they've forgotten something, as they'll have a means to contact the taxi driver. They should pay only the fee appearing on the meter; there is an extra charge for the third and fourth person in the taxi, if there are a large number of bags, and for a taxi that is pre-ordered. However, a tip is not expected. For inter-city taxi service, a "special" taxi goes door-to-door but can be very expensive. (To go from Jerusalem to Tel-Aviv using HaPalmach Taxis will cost approximately \$90.00).

Students should make sure that the driver uses the meter!

Other Transport

When the security situation warrants it, students may be permitted to take trains, shared taxis (sherut service) and/or inter-city buses for transportation to/from their Shabbat hosts. This is at the discretion of the TRY Director in consultation with TRY's Security Officer.

O. MIFGASHIM

Due to COVID-19 we are not currently planning the usual in-person programming and interactions with Israeli teens that we would normally would, however we will do our best to create opportunities for *mifgashim* through video chat and/or other safe ways.

P. MEDICAL CARE

Ramah Israel requires full disclosure of all pre-existing and prior medical conditions in order to best meet the needs of its participants. Please submit this information in your online registration, in addition to sending an email with more details to the TRY staff (medical and psychological reports, doctor's recommendations, copies of prescriptions, etc.).

Ramah Israel reserves the right to terminate a student's enrollment on medical or psychological grounds at any time during the course of the program, if it is so determined, and/or in consultation with a medical and/or psychological expert.

All participants will receive medical insurance that fully covers them for medical care, including doctors' visits, medications, x-rays, and hospitalization. This coverage extends from the time of arrival in Israel until the end of the TRY program, and does not cover diseases, illnesses, or medical problems resulting from pre-existing conditions, pregnancy, or self-inflicted injuries.

As mentioned in the COVID-19 section, in 2021 we will be purchasing an addition to the medical insurance which covers coronavirus related care, including COVID-19 testing (pending approval of the Ministry of Health) and all medical treatments, doctor's visits, medications and hospitalizations needed as a result of COVID-19 infection.

The medical coverage does **not** include dental, optical, or psychological care. However, Ramah staff will facilitate such appointments if needed, at the participant's expense. We recommend a complete dental check-up before departure for Israel.

If you have a pre-existing medical condition, be sure that you are covered by your home medical insurance policy while in Israel. Follow up care for pre-existing conditions will require private payment.

The TRY staff will ensure that all students receive the medical treatment recommended or prescribed by our health care professionals. Consultation with a physician not affiliated with our insurance plan will be at the student's expense, including transportation, medication, hospitalization, X-rays, etc. Extended illnesses or students who would need to be separated from the rest of the group due to a medical issue may need to stay with approved hosts (family/friends) or, in extreme cases, go home temporarily. The program staff and medical professionals will always consult directly with parents/guardians under these extenuating circumstances.

As indicated earlier, all participants will have medical insurance that covers: COVID-19 testing and all medical treatments, doctors' visits, medications, and hospitalizations as a result of a potential coronavirus infection.

V. SHABBAT ON TRY

Shabbat in Israel is an incredible experience, and TRY places great value in each of our Shabbatot. Shabbat is a chance to disconnect in order to connect; with each other and ourselves. Shabbatot on TRY are fun, spiritual, relaxing, and a wonderful break from a busy week.

A. SHABBAT EXPERIENCES

Currently, as noted in the COVID-19 section, TRY students will spend every Shabbat together (*Shabbat Yachad*). Should the COVID-19 situation allow it, TRY may incorporate additional types of Shabbatot as described below:



1. *Shabbat Yachad (Group)*

Students spend Shabbatot together and participate in organized activities. Some group Shabbatot are held off-campus (on a kibbutz, for example) and others at the Chava (Israel Goldstein Youth Village). On Shabbat we share in festive meals, experience different types of tefilot, attend various types of synagogues (COVID-19 permitting), participate in *peulot* Shabbat and observe Shabbat traditionally in all public areas.

2. *Host Family Shabbat*

Students spend host Shabbatot either with family or friends of their own choosing or with families arranged by TRY. In general, the campus is closed to TRY students on a host Shabbat.

We recommend that you already begin corresponding with family and friends in Israel.

Be sure to bring up-to-date addresses and phone numbers with you.

Students who wish to travel to family/friends outside of the Jerusalem/Tel Aviv areas may need to wait until later in the semester when Shabbat begins later.

3. *Open Shabbat*

Students have the option of staying with friends or relatives (see procedures for Host Shabbat) or remaining on campus in a restful Shabbat atmosphere, where minimal official programming is planned. We encourage students to spend Open Shabbatot off-campus and take advantage of the opportunity to see more of Israel.

4. *Kehila (Community)*

The entire TRY cohort will spend at least one Shabbat in an Israeli community, hosted by families with kids their own age, as part of an Israel experience interrelationship program. These families often become “homes away from home” for our students. Shabbat Kehila includes limited programming and gives an opportunity for our teens to see how Israeli teens spend their Shabbatot at home. Taking part in this experience is a required element of TRY.

Host / Open Shabbat Rules and Regulations (in case it becomes relevant)

Sign out procedures for host and open Shabbatot will be explained when you arrive. Furthermore, the program may organize a private bus or van (students share the cost instead of taking public transportation) for students to travel to the Tel Aviv area or beyond for host pick-ups at a pre-arranged place.

TRY staff does not accompany students on their free Shabbat weekends and therefore, cannot be responsible for decisions that students make (and the results of any decisions) during this critical time outside of the TRY "bubble." It is expected that parents, in conjunction with the hosts, ensure that there is proper supervision for their teen. Parents must make sure that their child is fully aware that all TRY rules and regulations, including TRY's policy on drugs and alcohol and use of public transportation, are in effect during free Shabbat weekends. Breaking the TRY rules, even during the free Shabbat weekend, has resulted in the termination of participation on Ramah Israel programs.

- Host families must be listed on the Host Family Form submitted by the student's family via Regpacks.
- If the student wishes to spend a Shabbat with a host not indicated on the form, parents must send an email to our Family Liaison with all the pertinent information.
- Approved hosts must be at least 24 years old and living in a home.
- Students are not permitted to visit friends or relatives who are living in a dormitory.
- No more than three students will be permitted to spend Shabbat at the same host.
- Students are forbidden from taking public transportation within cities, including intra-city buses and light rail.
- Depending upon the security situation and specific circumstances, students may be permitted to travel on inter-city (between cities) buses and trains, contingent upon having received permission from the TRY administration and parent/guardian. If you wish to grant permission, please indicate so in the "Shabbat Policies and Host Shabbat" form in the online registration system. Please note that students will only receive final approval to travel on public transportation after their request has been reviewed and approved by the TRY administration. Approval may be given for one instance and taken away another, depending on the security situation and emotional maturity of the students.
- Students may use taxis (from familiar and reputable companies), following guidance from staff/host family and students must always get a receipt.
- Students are not allowed to travel using Uber or other ride sharing services.

- Students may only sleep at the home of the host family on record. Sleeping at another home without receiving approval from the TRY administration is expressly forbidden. If a situation arises requiring a change of plans, the student must call in to the TRY Director to discuss this change.
- If at any point during TRY you wish to send your child on a host or open Shabbat beyond the green line, please indicate so in the “Shabbat Policies and Host Shabbat” form in the online registration system. Ramah Israel will give approval to travel beyond the green line only after having received the appropriate permission(s) from the TRY Director and TRY Security Officer. There may be times when the TRY program, as a group, travels beyond the green line to visit a community or as part of an educational trip.
- We are grateful that hosts are taking responsibility for students and expect them to provide supervision in line with our policies and values. Students leaving their hosts without supervision is forbidden.
- Students are not permitted to go to pubs, bars, clubs, etc. They are also not permitted to consume alcohol and will be dismissed from the program should that occur.
- Violation of security regulations may result in the dismissal from the program.
- TRY reserves the right to modify these security precautions at any time.
- If a student is unable to locate a suitable host Shabbat arrangement, TRY will either place the student with a host family coordinated by Ramah, or the student will remain on campus with staff supervision.

VI. ACADEMICS

Tichon Ramah Yerushalayim (TRY) insists on high academic standards, independence and responsibility. ***Self-discipline and the application of good study habits are essential.*** Students must plan their own study and homework time around an already busy and demanding schedule, balancing them with the social elements that are an integral part of dorm life, and with the wonderful distractions of Jerusalem. The Director of Teaching & Learning will help each student make a study plan at the beginning of the semester.

We recognize how important your schoolwork is to you, and will work to help you meet the requirements of the program. Teachers and madrichim will monitor your academic progress and homework patterns. If you are not keeping up with your work, we will work with you right away to try to solve the problem, bringing in your family if necessary to help. You and your family will be able to monitor your academic progress through our school management system. Midterm and final report cards will be sent home as well. ***Ultimately, though, you must take responsibility for your own academic performance.*** The rules and guidelines appearing immediately below are designed to help you achieve your goals.

A. CURRICULUM

The moment you fill in the reference section of your application with the correct information, the Study Authorization Form will be emailed to your guidance counselor. This form asks your counselor to enter your course load for the TRY semester, allowing them to review our descriptions of the course offerings, and asks that they fill out a recommendation form. In addition, your guidance counselor is asked to sign off that the school will be accepting our course work in Israel and that credit will be given for all satisfactorily completed courses.

You will be placed in classes with other students who need to complete the same work as you, and the first week or so may be a period of adjustment as all students in the class get to the same point in the material. ***If you at any point feel that the class you are in is not the right one for you, please contact the Director Teaching & Learning immediately.***

Regents Science

If you are required to complete lab work for a Regents course or another state requirement, we highly recommend that you complete as much of this work as possible prior to departing for Israel as our lab facilities are limited. If there are assignments you are unable to complete by this time, you must bring the work with you to Israel so that our faculty can ensure their completion. It is your responsibility to maintain your lab portfolio, if required.

Course Requirements

In addition to a full range of general studies, all TRY students are required to take: the Israel Core course—including field trips around Jerusalem and Israel, Hebrew, and Jewish Studies. Students also receive a full Physical Education credit.

Classes take place six days a week, as is the norm throughout Israel. Field trips are scheduled at least one full day and one afternoon a week and many overnight trips are incorporated throughout the semester, all of which constitute an integral part of the academic experience.

B. ISRAEL CORE COURSE

The Israel Core Course (ICC) is a field-based course, generally consisting of one full day and one half-day tiyul (field trip) and three additional interactive classroom lessons each week. There are overnight tiyulim and project/seminar days to augment the course. The tiyulim are enlightening opportunities to leave the school setting and get to know Israel in a historical context.



Note: The one and a half days a week spent on tiyul are educational experiences, designed to augment readings and lectures. The basis for ICC is to use the Land of Israel as our classroom and learn about events in Jewish History where they happened, relate these events to ourselves and immerse ourselves into the dilemmas of our ancestors. The trips are arranged both chronologically and thematically, thus providing a comprehensive history of Israel since Biblical times, and an intensive

study of the development of the modern State. Students are required to take notes and participate in discussions throughout the field trips. Projects, journals, and exams are utilized as criteria for grading in this course.

Special Note Regarding Poland or Shoah (Holocaust) Seminar

Please bring the following information with you: The name/s of family or friends who perished in the Shoah (Holocaust), including their Hebrew name and parents' names, a picture of them if possible, their place of birth, and age and circumstances of death. As well as this, if you have anyone who was involved in the Shoah – whether as a survivor or as a liberator - please try and bring their information with you as well. It will be very meaningful to share this information in Poland or throughout our Shoah Seminar.

C. CLASSROOM DECORUM

In general, the school atmosphere is more casual in Israel than in North America. The administration and teachers are readily accessible, and students generally address staff and faculty by their first names. Do not, however, mistake informality for lack of seriousness. You are expected to treat one another, as well as the faculty, with respect and to behave within the classroom in a manner befitting a formal educational environment. Students are expected to come to class dressed appropriately (not in pajamas, see below, section K Dress Code). You may not use the internet during class time unless it is for a teacher-assigned project. Likewise, the use of cellphones is not permitted and phones will be confiscated. Each teacher will inform you of the policies in effect in his/her classroom regarding expectations, presentation of work, and special requirements. Rules stated by individual faculty members are binding in their classes.

D. CHEATING AND PLAGIARISM

Plagiarism and cheating are not tolerated on TRY. Plagiarism is the use, intentionally or not, of another person's ideas or words without giving proper credit. This includes the use of material in Wikipedia, another website, book, article, or lecture, and/or purchasing an essay or having someone else (including a family member) write or extensively rewrite an essay for you. Cheating refers to both giving and receiving information, and includes using internet services or other technology to do the work for you (buying papers, using translation sites to do foreign language homework, programming formulae into calculators, etc.).

Anyone found to be involved in such activity will automatically receive a zero for the work involved, and that mark will be averaged in the calculation of a final grade. A second offense will result in a grade of "F" for the course (even if the first offense was in a different course); a third offense will result in expulsion. Parents will be notified and involved from the first offense. If plagiarism is deemed accidental, students may, at the discretion of the teacher, Director of Teaching & Learning and/or Director of TRY, be required to do extra assignments and/or be given the opportunity to redo the work for a lowered grade rather than receive an F. However, it still counts as a first offense, and parents will be notified.

E. ABSENCES AND "MAKE-UP" WORK

Absences owing to illness will be considered excused if the student has followed proper procedures. Students wishing to be excused from a particular class or activity for reasons other than illness (e.g. a family "simcha", a relative's visit) must have permission from the Director. Permission from a staff member must be secured in all cases of absence, prior to the absence.

You are responsible for meeting with teachers to make up work missed during an **excused** absence, including class assignments, homework, tests, quizzes, and papers. This should be done within one week of the student's return to regular activity, unless there are extenuating circumstances approved by the teacher.

The responsibility for learning material missed during an **unexcused** absence rests totally with the student. In such a case, the teacher is not permitted to allow students to make up graded work (tests, quizzes, lab reports, etc.). Unexcused absences will lead to restriction of free time and curfew privileges. They will be recorded in the student's file and be brought to the attention of the Director and to the parents/guardians. Repeated offenses may lead to suspension or expulsion.

If a significant number of classes are missed, whether the absences are excused or not (20% of classes), students will need to supplement with private tutorials (at an additional cost) or else risk not getting full credit for the course.

Should a student be required to quarantine separate from the group due to COVID-19 exposure or receiving a positive COVID-19 test result, they will join their classes via distance-learning and teachers will work with students to ensure that they keep up with their classes.

F. LATENESS

Effective functioning of a school requires that all members of the school community adhere to reasonable standards of promptness. All classes and activities start and end at designated times. All unexcused tardiness will be recorded and points may be lost from the student's final grade. Repeated offenses may lead to restrictions such as the loss of free time and other privileges, notification of parents/guardians, and/or suspension.

G. GRADES AND REPORTING

You will receive a semester grade and written evaluation (including an assessment of attitude and behavior) for each course and an official transcript of academic achievement shortly after the conclusion of the program. A midterm report card will be accessible on our online school management system. (On the basis of such reports, a need for tutoring may be identified). All classes with their corresponding grades appear on the student's final transcript, even in cases where home schools may not give credit for courses such as Jewish Studies, Israel Core Course, and/or Hebrew Language.

Incompletes and Withdrawals

In certain circumstances, a student may be given an "I" for "incomplete" or "W" for "withdrawal" in a particular course.

An "I" will be issued when a student does not complete work for reasons acceptable to the teacher or administration, and is being given the opportunity to make it up after the conclusion of the program. All such work must be received by July 15 (or a date set by your teacher and the TRY administration) in the Ramah office, either in Israel or in New York. If the specified work is not submitted by the stipulated deadline, the "I" automatically becomes an "F" (failure).

A "W" is issued when a student, for reasons beyond his/her control (such as prolonged illness), misses too many classes or exams to be able to make them up. A "W" is neither a punishment nor a failing grade and does not reflect negatively on the student.

Both a Withdrawal (W) and a Failure (F) may be replaced by a new grade if the student makes up the course through a TRY approved framework within one year of completing the program. In such instances, an asterisk will appear next to the new grade, and a note will state the circumstances in which it was received.

An individual or an entire class may be given the opportunity to sit a second time for an exam, at the discretion of the Director and/or Director of General Studies, and/or teacher, if there are extenuating circumstances which would justify such an arrangement (such as a scheduling change or special event that makes adequate study time impossible).

H. DRESS CODE

Reasonable standards of taste and modesty are expected of all students. The administration reserves the right to determine such standards.

During classes, programs, trips, and any other official programming, clothing must be appropriate. TRY students cannot wear sheer clothing unless layered over additional

clothing. All graphics and writing are to be tasteful, with designs, slogans and symbols that are in keeping with TRY's values. Students may not wear pajamas or sleepwear outside of the dormitory.

Any holes in jeans/pants must be in modest parts of the body. All shirts and tops are to cover the waist, midriff, and back. Students must wear shirts with sleeves to class, tefila and the dining hall. Excessively short skirts or shorts should not be worn.

Teachers and staff may enforce specific dress policies for classes and activities under their supervision. Students are required to cooperate with such policies.

Students cannot walk around barefoot at any time outside of the dormitory.

Hats (during the day), shirts with sleeves and closed-toed shoes are required for all trips off campus unless otherwise stated.

I. COLLEGE BOARD

TRY is listed as a recognized institution by the College Board and offers all AP exams on campus. Detailed instructions for registration for the SAT's will be sent out before the program begins and are [available online](#). AP exams will take place on campus, whereas SAT's will be administered for all interested students at a local high school. We have a library of SAT prep books and AP prep books for a number of subjects. ACTs recently changed their testing procedures and there is currently no ACT testing site available in Israel. Please arrange to take this exam prior to or following the TRY semester.

Registration for AP Exams: We prefer to register students through our school. If your school requires you to remain enrolled while abroad, you can obtain a transfer code (done together with the Director of Teaching & Learning) which allows you to take the exam with us while technically still enrolled at home. Either option is acceptable, although it is slightly easier if you register for the exams while with us and not through your school.

J. SAT PREPARATION

The SAT exam is offered twice: on the first Sunday in May and in June (TRY students can only sit for the May exam while on TRY). ***Where possible, students are strongly encouraged to take the SAT either before or after the program.*** This is in order to reduce stress on the student and allow them more time to take advantage of the extra opportunities offered by their time in Israel on TRY.

For students electing to take the exams it is possible to arrange for an SAT preparation course subject to demand and at additional cost. This course will meet approximately once a week until the exam. The course we offer is not as intensive as a prep-course might be in the United States and should be seen as an aid in reviewing strategies and materials for the exam. Students should expect to study on their own as well as both before and during TRY. Information about the course, which is recommended for students who are testing in May or June, will be sent by email about one month before the program begins. The course must be paid for in advance, and there are no refunds for withdrawals from the course.

Students can bring SAT prep books, and we have several copies available from past years.

K. TUTORIAL FEES

TRY provides students with the classes they need to meet their home school requirements. In order to maintain this commitment while avoiding raising the price of the program for all, less common classes can incur extra fees.

1. TRY tuition covers up to four general studies classes (based on home school requirements), in addition to the Israel Core Course (ICC) and Hebrew.
2. If a student is taking five or more classes, there may be an additional fee as explained below.
3. Sometimes students may opt to take an Independent Study in lieu of taking a course that is not covered by their tuition. There is no charge for an Independent Study, but there is also no supervision on the part of the TRY Administration.
4. For students taking five or more classes, all of the classes listed below are also offered at no extra charge. Classes not on this list can still be provided but may incur additional cost.

All classes are second semester unless otherwise stated and apply to honors and regular levels.

Social Sciences & Humanities

- English 10/11/12
- AP English Language and Composition
- US History
- AP US History
- Grade 10 Canadian History (Ontario)
- World History
- AP World History
- AP Euro History
- AP Psychology

Mathematics

- Algebra II
- Pre-calculus
- Geometry
- Grade 10 Canadian Math (Ontario)
- AP Calculus AB
- AP Calculus BC
- Statistics

Languages

- Spanish levels II, III, IV,

- Grade 10 Canadian Spanish (Ontario)
- French levels II, III, IV,
- Grade 10 Canadian French (Ontario)

Science

- Chemistry
- Biology
- Grade 10 Canadian Science (Ontario)
- AP Physics 1

Electives

- Talmud
- Rabbinics
- Intro to Talmud
- Health (supervised independent study)
- Visual arts (there will be a fee for supplies for this course)

Please note: It is recommended that most students take no more than five General Studies classes, and, of those classes, and no more than two at an AP level.

Fees

For classes not appearing on this list, the following fees apply. Fees are only applied to students taking five or more classes.

General Studies class (regular, accelerated, honors, academic, enriched, applied levels)	\$1080
AP level class (Please note that the AP exam fee is not included)	\$1620
Block Class (see below for more details on block courses)	Up to \$2160
Additional tutoring	\$45/hour

Fees are capped at \$2,500. This does not include fees for additional requested tutoring, music lessons or learning specialist sessions. It also does not include exam fees for AP exams.

Block/Full Year Courses

On TRY, we use the term block/full year to refer to any class in which a full year’s worth of studies is covered in a single semester.

As these classes will need to cover double the material, they require more hours than a non-block class. On TRY, we consider a block/full year class to be two classes for the purposes of registration and scheduling. Fee structure will vary for each student based on individual circumstances, but will not exceed \$2,160 and may be lower.

Further Information

If you have any questions about how this will affect your family, please don't hesitate to be in touch with the Director of Teaching & Learning.

Most under-enrolled classes (with less than 3 students) meet twice per week and require students to spend an equivalent amount of time doing independent work for that class. AP classes (when under-enrolled) and "full year/block" classes (when under-enrolled) meet three times per week.

Any student who needs periodic tutoring can arrange it through the TRY Director of Teaching & Learning. TRY will provide a few tutoring sessions free of charge. After that, the charge for this tutoring will be \$45 per meeting, and parent approval in writing will be required.

Students who are placed on ***Academic Probation*** may be required to meet with a Learning Specialist on a regular basis. This will be at the charge of \$45 per meeting, ***and will be a condition of remaining in the program.***

A student who misses 20% or more of a tutorial or class cannot get credit for the tutorial/class without significant make up work on his/her own time or with a tutor. This make up work may incur additional fees of \$45 per meeting with a teacher/tutor.

If an under-enrolled class needs to meet more than the allotted amount of time (extra AP review sessions, for example), families will be charged per session. Pre-approval in writing will be required.

Initial tutorial bills will be sent out prior to the start of the program. Adjustments to the cost, including any additional tutoring hours will be sent out as soon as we arrange said tutoring, and will be included with your final billing statement. ***Your bill must be paid in full before your child's transcript will be released to you and his/her school.***

L. WEEKLY SCHEDULE AND EVENING ACTIVITIES

Students are also required to attend all of the following activities regularly: meals, tefillah (prayer services), group meetings, and evening activities (Peulot Erev). Students regularly have open periods in their individual schedules.



TRY offers informal evening programs that supplement the academic schedule. These programs are mandatory, but not for school credit. They may include: Israel Nights (speakers and topical programs); Cultural Night (drama, art, Israeli dance and music); and Group Night (activities designed to foster group spirit and cohesion). Once or twice a week, students have an off-campus activity or down time, accompanied by staff. One night per week, there is a supervised Study Hall.

VII. BEHAVIORAL NORMS

Our sincerest hope in writing this section of the handbook is that we will go over it once together with students when they arrive, and that there will never again be any need to refer to it for the duration of the semester. We want TRY participants to have a fantastic time while they are here, and we know that in order to get the most out of the experience, it is essential that certain behavioral norms be respected and maintained. The remainder of this section is being written to students, but ***we require that parents/guardians and students go over it together so that there will be no misunderstandings regarding expectations.***

In establishing these rules and regulations - and in determining the consequences for breaches of them - we have invested a great deal of thought in what constitutes appropriate expectations and limitations for students of your particular background and in your particular situation. We all realize that it is impossible to establish a pattern of conduct that applies to an entire group, yet is also perfectly suited to the needs of each individual. For some of you, the structure will feel too loose, for others too restrictive. Being part of a group means learning to accept community rules, and helping others adjust to the parameters of such a living environment.

We recognize that your particular group is not identical to any other group and that you may have needs we have not anticipated, or ideas that we have not considered. If there is some policy or issue you would like the staff to review, you have several options. Our staff members are always available to discuss your concerns, in addition to there being a student council who will meet regularly with the senior administration. We can't guarantee that your suggestions will be adopted; however, we can promise that they will get a fair and considered hearing when presented in a sincere and respectful manner. You can also arrange a meeting with the Director, or put your proposals to the Director in writing. In any case, we think you will find the administration responsive and easy to communicate with as long as you operate, as we do, on the assumption that we're all here to work together. ***The time to ask for a change in a rule is before the rule is broken and not after.***

We must be concerned for the group as a whole. We will respond to your actions in a way that allows us to maintain the social and educational standards of the program that have been presented to schools, communities and parents.

We try to respond to problematic behavior with logical consequences. For example, someone who demonstrates that he or she cannot handle free time responsibly will have that free time curtailed. Someone who is falling asleep during daytime activities will be required to be in his or her room earlier in the evening.

We try very hard to deal with individuals as individuals. We make every effort to be consistent with all members of the group, but what might be a logical consequence in one instance may seem illogical in another. Therefore, in deciding how to approach an issue, we look at the totality of the person's record of behavior. There is a limit, however, to the amount of individual attention we can give to any one person. We therefore reserve the right to dismiss from the program any individual whose behavior and/or personal needs

make excessive demands on the time and energy of our staff. We believe that our rules and regulations are clear and fair, and allow for a great deal of responsibility, independence and freedom for our students. You have appropriate channels for suggesting changes.

We do send people home. There are times when our responsibility to you, to your parent/guardians, to other group members, to your school, or to the State of Israel make this the best choice. It may be the consequence of specific infractions noted in the handbook, or when we no longer feel that we can say in good conscience to your parent/guardians that we can take responsibility for your wellbeing. We will keep a participant in the program if we believe: 1) that intermediate measures can be effective in controlling undesirable behaviors; 2) that the participant understands and accepts the required behavioral standards; and 3) he/she is willing to take steps towards guaranteeing compliance with them in the future. However, there are specific exceptions in which a participant will be sent home, regardless of their ability to meet the above three requirements, including alcohol/drug use and criminal behavior. It is ultimately the judgment of the TRY administration, which will determine the appropriate response. This will be effected after consultation with the student's parent/guardians whenever possible, and with the student's school when appropriate.

Students dismissed from TRY forfeit their tuition and program fees. Furthermore, they must return immediately to their home country even if they have family in Israel. Any additional costs involved in sending the student back (e.g. costs for changing ticket) are also borne by the family. This policy applies to unauthorized early withdrawals from the program as well.

We remind you that you signed a summary of the rules and regulations as part of your application to the program. We will review and clarify that statement upon your arrival.

Students who do not comply with TRY's COVID-19 policies may be dismissed from the program. Our ability to run a safe program depends on the cooperation of each student and their families. This includes the quarantine period, proper use of masks when required, maintaining a hygienic living environment, and complying with all TRY COVID-19 policies, even as they may change throughout the program.

A. DORMITORY GUIDELINES

This may be your first experience living away from home for an extended period of time. Please note that dorm life means greater independence, as well as a heightened sensitivity and responsibility to the needs of others. A positive dormitory atmosphere depends on the mutual respect and responsibility of its residents. The following guidelines will help ensure that your life in the dorm is successful, enriching and fun.

- From 10:00 p.m. students must be in the dorms either in their own rooms or in the moadon (lounge). If students successfully balance academic demands and dormitory living, after a few weeks curfew will be extended on selected days, generally until 11:00 or 12:00 midnight. On special occasions ***only***, curfew may be extended past midnight.

- Students are not to be in the rooms of members of the opposite sex.
- All students must be in their rooms by curfew, with the overhead lights off until morning.
- Noise must be kept to a minimum after 10:00 p.m. and after midnight the dorm must be quiet.
- Students are expected to be dressed modestly in the presence of the opposite sex and outside of the privacy of their rooms (see dress code in section V for more details).
- For your safety and security, the dorm is locked at curfew with an alarm. Madrichim have the responsibility of routinely checking rooms after curfew to ensure the students' wellbeing.
- To prevent theft, keep windows and doors locked when you're not in the room.
- Students are responsible for general upkeep and cleanliness of dormitories and their grounds.

B. FREE TIME AND TRAVEL

The following rules are designed for your personal safety and well-being. Their disregard may result in dismissal from the program. All rules regarding free time are subject to change according to the security and COVID-19 situation in Israel.

It is most likely that at the start of the program students will not be allowed to travel off campus for any reason.

Should this policy change, students will ***only be allowed to leave campus*** when given explicit permission to do so. Details regarding the process for making special requests to leave campus will be explained to you upon your arrival.

Below are policies that may go into effect should TRY decide to allow for students to leave campus as has been the case in previous years:

- Students may not travel on intra-city buses or light rail trains (within the city) at any time. Some inter-city buses or trains may be used at the discretion of the TRY Director. Note: On occasion and at the discretion of the TRY Director and TRY's Security Officer, travel guidelines and restrictions may be adjusted (more strict or loose) after consultation with security experts.
- Students may take taxis, be picked up by approved hosts, or walk (if close and easy to get to) with approval of the TRY Director.
- Students must sign out personally with madrichim whenever leaving campus. When returning from free time, you are required to check in personally with a staff member.

- Students must submit a Special Request Form (see below) for permission to miss an activity, to leave campus, or be away from the dorm overnight.
- Students visiting relatives or friends in the Old City or in communities beyond the Green Line must first be given pre-approved parental/guardian permission. Requests will then be reviewed by the TRY Director and TRY Security officer.
- Hitchhiking is expressly forbidden.
- Students are not permitted into pubs, bars, clubs, etc.

Special Requests

Under current circumstances, TRY will not allow students to leave the program at any time, including for family events. Should this policy change, please see our below procedures for making special requests:

As your stay in Israel is an extended one, there may be family events/simchas that you would like to join while on TRY. As we need to know our students' whereabouts at all times, we have developed a system whereby our students need to fill out a 'Special Request Form' every time they wish to leave campus. We request that the form is filled out at least 3-4 days in advance. Parents/Guardians can also send an email in advance to our TRY Family Liaison to liaison@ramah.co.il, with all the information in order to give our administration a 'heads up.' Please note we still need our student to fill out the form here in Israel. The request is approved/denied by the senior staff as long as the student is fulfilling all his/her academic requirements and he/she is participating in all other activities as required.

C. HEALTH

Health procedures i.e. seeing the nurse or doctor, infirmary hours, etc. are explained to participants upon arrival. Your health is very important to you and to us; therefore, we expect you to communicate honestly and openly with your staff about health concerns. It is your responsibility to inform a staff member in case of illness. Absence from an activity will not be excused retroactively, so be sure to get permission from your madrich/a **before** you miss any part of the program. We will make an appointment for you at the doctor.

As noted in the COVID-19 section, any student with COVID-19 symptoms will immediately isolate from the group, and will receive medical attention based on our protocols.

D. BODY PIERCING AND TATTOOING

From our experience, body piercing and tattooing can result in serious medical consequences. Therefore, TRY requires written parental/guardian permission for any body piercing by a student.

Tattooing of any kind and piercing of cartilage is expressly forbidden on the program.

Any complication due to body piercing is not covered by the program's medical insurance.

E. SMOKING

Smoking of any kind by participants during the program is not permitted. Use of vaporized/e-cigarettes and other vaping paraphernalia are also explicitly prohibited.

F. ALCOHOL

Any consumption or possession of alcoholic beverages on or off campus is expressly forbidden to all participants in the program at any time during the semester (except for ritual purposes, under staff supervision). ***Anyone known to have broken this rule will be sent home, even if it is a first offense, at the discretion of the Director.***

Parents/guardians will automatically be informed and restrictions may even be imposed if there is reasonable suspicion by the staff of use of alcohol on the part of the participant. TRY reserves the right to inform the student's home school of infractions of this rule.

Note: Anyone found – even after the program's end – to have broken the rules during the program will be denied any further assistance from the program, including but not limited to college recommendations.

G. USE OF DRUGS AND OTHER ILLEGAL ACTIVITY

Use of illegal drugs, possession of drugs or drug-related paraphernalia, or any other activity that contravenes the laws of the State of Israel (e.g. shoplifting) will result in immediate expulsion of the student from the program. Use or the threatened use of any potentially dangerous weapon (penknives, iron bars, etc.) will likewise result in immediate dismissal from the program.

Parents/guardians will automatically be informed and restrictions may even be imposed if there is reasonable suspicion by the staff of use of drugs on the part of a participant. Furthermore, Tichon Ramah Yerushalayim reserves the right to inform the student's home school of infractions of this rule. Serious infractions may be reported to the police. It is worth considering that non-citizens arrested for drug related offenses in the State of Israel are expelled from the country and refused entry on future occasions.

Note: Anyone found – even after the program's end – to have broken the rules during the program will be denied any further assistance from the program, including but not limited to college recommendations.

H. SEXUAL ACTIVITY

In order to maintain integrity, health and personal safety in our community, our students are not permitted to engage in intimate sexual relations while on TRY. Students who cannot respect this rule may be asked to leave the program.

I. NORMS AND SOCIAL MEDIA

TRY requires the highest integrity of participants and expects of them exemplary behavior. Examples of behaviors which conflict with this principle and which will result in disciplinary action are: fighting, physical or verbal abuse, foul language, rudeness, anti-social behavior, stealing of any kind, and insubordination. Furthermore, bullying in person and/or any inappropriate use of social media such as Facebook/Instagram entries with questionable language, photos or intent is strictly forbidden. Students who cannot follow these social norms may be asked to leave the program.

J. WHEREABOUTS

Students who are not found in their rooms after curfew or who are found to have left the campus without permission are in grave violation of TRY security and safety policies and, therefore, may be dismissed from the program.

K. ATTENDANCE

Students are expected to participate in all scheduled activities and to arrive at these activities **on time** — whether it is prayers, meals, classes or trips. It is very important that you have an alarm clock of your own. Staff will not wake you up, and you should consider any reminders they give you to get to places on time as a bonus.

L. CLEANLINESS/TORANUT (PERSONAL WORK RESPONSIBILITY)

We expect students to keep their personal areas, common spaces and outdoor areas clean, tidy and hygienic, on and off-campus. Students will participate in maintaining and cleaning the dorm and surrounding areas. They will be assigned, on a *toranut* (rotational basis), to clean up the classrooms and bathrooms, remove the garbage, and maintain the *moadon* (lounge) and public areas. An inspection of individual rooms and public areas will be conducted regularly and students who have not done their jobs as required will have to do so during their free time.

M. RELIGIOUS NORMS

The atmosphere of Tichon Ramah Yerushalayim is a pluralistic, egalitarian one. Enabling students of varying degrees of religious observance to feel comfortable inevitably requires flexibility on the part of all students. TRY students come from a wide array of backgrounds (from secular to strictly observant), and respect for the tradition and practices of one another is a fundamental requirement of TRY life. Thus, all students will have the opportunity to explore the personal meanings which Jewish heritage offers them.

Part of this exploration will involve the observance of Shabbat in a variety of settings, and the participation in *tefillot* (prayer services) in a range of formats. *Kashrut* (kosher dietary laws) will be observed in all TRY activities, and students will recite blessings together before and after meals on Shabbat and weekday meals. All program participants will be required to take part in these activities, which have been designed as an integral part of the program. Men are required to wear *kipot* and both women and men must dress modestly when entering synagogues and visiting religious sites in Israel.

On Shabbat, dress should be appropriate to the atmosphere of the day; that is, dress shirts and slacks for men, and dresses or skirts for women at least through Shabbat lunch. Men will be requested to wear *kippot* when studying religious texts, when eating and praying. There will be times when you will be staying at or visiting places where more stringent religious behaviors will be required of you than are required by TRY.

Tefillot will be held three times daily during the week, as well as on Shabbat, Rosh Hodesh (the new moon) and holidays. All male students must wear *tefillin* during weekday morning *tefillot*, and female students may wear *tefillin*. Do not forget to pack yours.

Services may take a variety of forms. Some will be traditional in liturgy and egalitarian in participation; others will be creative. All sessions will require the active participation of TRY students. With the help of staff members, students will be involved in developing creative and interpretive sessions dealing with the meaning of prayer, the weekly Torah reading, etc. as well as in taking a role in leading the services. Students who desire a more intensive *tefillah* routine will be accommodated.

Regarding observance of the second day of a holiday ("*yom-tov sheni*" which is generally observed only outside of Israel), Ramah follows the halachic ruling of both Rabbi Theodore Friedman of the Conservative movement, and of the Chief Rabbinate of Israel stating that unmarried individuals residing temporarily in Israel are to behave, in this matter, as do permanent Israeli citizens, i.e., they are to observe one day only. (The full documents on which the Tshuva is based are available in the Ramah office.) The program, therefore, is not geared to second-day yom-tov observance, but will accommodate those students who wish to follow a variant ruling of their own Rabbi (please submit in writing in advance of the program).

Some students who come from Ramah camps will find that TRY offers a different kind of religious environment from what they have come to expect at camp. The TRY staff is strongly committed to furthering the "Jewish literacy" of the students - regardless of the lifestyles they will eventually choose for themselves - and encouraging students to become familiar and comfortable with Jewish practice.

N. GENERAL BEHAVIOR

Tichon Ramah Yerushalayim students should regard themselves as representatives of their respective schools, communities, homes and of the North American Jewish community. They are expected to abide by the rules of the campus where they reside and those of any institution they visit. They should conduct themselves at all times in a manner that will reflect credit upon themselves, their families and their group. We anticipate an attitude of respect and consideration on the part of the program participants towards fellow students and staff.

O. EARLY WITHDRAWAL

Please note the following policy concerning termination of participation in TRY: If participation is terminated for unforeseen and unavoidable cause (e.g., unexpected health problem), or for foreseen but avoidable cause (e.g., health problem of which Ramah was not advised) the flight home will be arranged immediately with additional costs incurred

thereby being the responsibility of the family involved, and with a refund of tuition fees only in the amount of per diem sums actually saved as a result of termination of program participation (approximately \$35 per day). As noted above, students sent home due to behavioral infractions will forfeit their tuition and program fees and incur any additional costs involved.

The TRY staff looks forward to creating a meaningful and fully enjoyable Israel experience for everyone. We welcome all students with the assumption that mutual trust and respect will characterize our relationship, and that a positive atmosphere of cooperation will prevail.

L'Shana HaZot B'Yerushalayim (This year in Jerusalem)
L'Hitraot B'Aretz - (See you in Israel)
