

# Ramah Seminar - Refuah 2023

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Sunday, June 18	Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23	Saturday, June 24
Poland Journey Departure Day	Arrive in Warsaw Okapova Cemetary	Tykocin Lupochova Forest Treblinka Camp	Yeshivat Chochmei Lublin Majdanek	Shtetls of Galicia Lezajsk, Tarnnow	Krakow Schindler's Factory	Shabbat in Krakow Tour of the Jewish Quarter Parshat Chukat
	Overnight in Warsaw	Overnight in Lublin		Overnight in Krakow		
Sunday, June 25	Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Friday, June 30	Saturday, July 1
Auschwitz - Birkenau Poland Closing Ceremony	סמינר פולין ברוכים הבאים לירושלים Poland Journey Arrives to Jerusalem Refuah <i>Mitlamdim/ot</i> (Trainees) Participating in Israel-Only Seminar Depart from North America	ברוכים הבאים סמינר 2023 Flights Arrive Seminar Joins Together at the Hodayot Youth Village Opening Event	תחילת סמינר 2023 בצפון Seminar 2023 Orientation קום והתהלך בארץ Hike in the Galilee Hebrew Ulpan	מורשת ומסורת Legacy and Tradition Majrase Water Hike Kinneret Overlook Ancient Synagogue Hebrew Ulpan	בונים קהילה Building Community Sunrise at Mount Arbel Swim in the Kinneret	שבת קהילה Shabbat Kehilla Parshat Balak
Overnight in Krakow	Overnight in Jerusalem	Overnight at Hodayot - on the campus of Kibbutz Lavi				
Sunday, July 2	Monday, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7	Saturday, July 8
עלייה לירושלים Welcome to Jerusalem First Day of Magen David Adom (MDA) Training	קורס מד"א MDA First Aid Course Night out on Ben Yehuda Street	קורס מד"א MDA First Aid Course	קורס מד"א MDA First Aid Course Old City Night-Time Tour	קורס מד"א MDA First Aid Course	אני והגלשן שלי Beach Day Kabbalat Shabbat at the Kotel	שבת בירושלים Shabbat in Jerusalem Parshat Pinchas
Overnight at the Goldstein Youth Village (the "Chava") - Jerusalem						
Sunday, July 9	Monday, July 10	Tuesday, July 11	Wednesday, July 12	Thursday, July 13	Friday, July 14	Saturday, July 15
קורס מד"א MDA First Aid Course Shuk Machane Yehuda and Nachlaot Neighborhood Tour	קורס מד"א MDA First Aid Course Celebratory Dinner	התלמדות Becoming a Refuah <i>Mitlamed/et</i> (Trainee) Hitlamdut at Hadassah Ein Kerem Hospital	התלמדות Hitlamdut at Hadassah Ein Kerem Hospital Head Down South to Kfar Nokdim	זריחה במצדה Masada Sunrise Hike and Dead Sea	שבת אירוח Depart for Host Shabbat	שבת אירוח Host Shabbat Parshat Matot-Masei Saturday Night Return to Campus
Overnight at the "Chava" - Jerusalem			O/N Kfar Nokdim	O/N The "Chava"	Overnight at Host	O/N The "Chava"

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<b>Sunday, July 16</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Monday, July 17</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Tuesday, July 18</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Wednesday, July 19</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Thursday, July 20</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Friday, July 21</b> יום שישי, יום כף! Friday Fun Day!	<b>Saturday, July 22</b> שבת בירושלים Shabbat in Jerusalem Parshat Devarim
Overnight at the "Chava" - Jerusalem						
<b>Sunday, July 23</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital Afternoon Jerusalem Touring	<b>Monday, July 24</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Tuesday, July 25</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital Afternoon and Evening in Tel Aviv	<b>Wednesday, July 26</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Thursday, July 27</b> תשעה באב Tisha B'Av	<b>Friday, July 28</b> יום שישי, יום כף! Friday Fun Day!	<b>Saturday, July 29</b> שבת בירושלים Shabbat in Jerusalem Parshat Va'Etchanan
Overnight at the "Chava" - Jerusalem						
<b>Sunday, July 30</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital Night out on Emek Refaim	<b>Monday, July 31</b> התלמודות Hitlamdut at Hadassah Ein Kerem Hospital	<b>Tuesday, August 1</b> ערבה Heading Down South	<b>Wednesday, August 2</b> ערבה Exploring the Arava Desert	<b>Thursday, August 3</b> ערבה The Magic of the South	<b>Friday, August 4</b> חזרים הביתה... לירושלים Return to Jerusalem	<b>Saturday, August 5</b> שבת בירושלים Shabbat in Jerusalem Parshat Eikev
Overnight at the "Chava" - Jerusalem		Kibbutz in the Arava			Overnight at the "Chava" - Jerusalem	
<b>Sunday, August 6</b> יום ירושלים Final Day of Touring in Jerusalem	<b>Monday, August 7</b> שלוש ולהתראות Slideshow Final Goodbyes Departure Day	<b>Tuesday, August 8</b> צאתכם לשלום Flights Arrive in North America				
Overnight at the "Chava" - Jerusalem						