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סמינר רמה בישראל

PARTICIPANT HANDBOOK



RAMAH SEMINAR

תשפ"ה / 2025



RootOne

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Pre-Departure

Passports

Passport Instructions

All passports must be valid for six months following your return flight.

- 👉 If your passport expires before February 7th, 2026, you must apply for a new passport immediately.

Obtaining a passport can take weeks to arrive. The Israeli authorities will not allow you into Israel without a **valid** passport.

- 👉 Complete the “Passport Information” form and “Passport Upload form” (in your CampInTouch [application](#)) by January 1st, 2025.
 - Please make sure that the details of the passport are visible in the upload, including name, DOB, passport #, place of issue, and expiration date.

US/Canadian Passport Application Instructions

Check the official [US website](#) or [Canadian website](#) for more information.

Israeli Citizens

If you were born in Israel or have at least one parent with Israeli citizenship, you must contact your local Israeli Consulate or *shaliah aliyah* to determine the procedures to follow before leaving for Israel. An **Army Exemption Form may be required**. Every Israeli citizen must establish their military status from the age of sixteen and four months and before the age of nineteen.

Additional Tips/Information

- 👉 Passports will be collected at the airport by staff upon arrival to Poland/Israel and safely stored. They will be returned to *chanichim/ot* on the final day of Seminar and if needed, at other times during the summer.
- 👉 Make two photocopies of your passport (including picture and passport number).
 - Keep one at home and bring one with you to Israel. The latter should be kept separately from your passport during your travels.

International Flights and Airport Procedures

Chaperones

A Ramah chaperone will accompany all group flights.

For all passengers flying on the group flight: We will provide times, meeting places, and instructions at least 10 days prior to departure. You may wish to contact a fellow Seminar participant to coordinate travel together to the airport.

Please note that chaperones will support our teens in making their connections for domestic travel, however, they will not be able to accompany teens to/from the terminal/gate for said connections. Families should ensure that they leave ample time for connections, and assist their child in navigating the airport. Parents should prepare with their child in advance, and be available on the phone.

Deviations, Booking Flights Separately, and other Flight Questions

- 👉 Are you interested in booking your own ticket? Thinking about arriving early or leaving late? Deviations? **Please [CLICK HERE](#) before making any bookings as we have detailed instructions regarding this process!**

Arrival in Israel and Poland

Upon arrival to Israel and Poland, all groups will pass through passport control and collect luggage together. Groups will be greeted by Seminar staff in the arrivals hall.

Luggage

Restrictions and Rules

All rules and charges concerning luggage are at the discretion of the airlines and can change at any time without warning.

Luggage Fees: Plan Ahead!

Overweight, over-sized, and extra luggage fees will be charged by the airlines. Every summer, there are teens who are taken by surprise or frustrated about extra baggage fees. We ask that you plan for this in advance, and weigh your bags before going to the airport. Note that you must check baggage requirements and restrictions for all legs of travel, including connections.

Ramah is not responsible for luggage fees charged by the airlines.

What kind of luggage should I bring?

Seminar is constantly on the move. From international flights, to travel within Israel, your luggage needs to be durable, easy to transport, and in compliance with airline regulations. We recommend:

- 👉 One large suitcase **on wheels**

- 👉 One piece of carry-on luggage
- 👉 One personal bag
 - The personal bag can be used during Seminar as a backpack for outings, and either your personal bag or backpack can be used for Host Shabbat.

FOR POLAND JOURNEY PARTICIPANTS:

Please note that LOT airlines **only** allows ONE carry-on bag for flights between Poland and Israel. If you have an additional bag, you may be forced to check it and pay an additional fee. Therefore, we encourage you to bring a personal bag/backpack that can fit in your carry-on bag for this flight if needed.

Carry-on Luggage

For all intercontinental flights, each passenger is allowed one piece of carry-on luggage and one personal bag (see the note above regarding Poland Journey).

Please check with the airlines about specific restrictions with regard to liquids, cosmetics, and medications in carry-on luggage.

If you are bringing medications, bring a note from your physician explaining the need for the medication. This may be required to pass security.

- 👉 If medication is not liquid, we recommend packing a week's worth (or more) in your carry-on and not in your checked bag, in case of lost luggage.

Packing Tips in Case of Lost Luggage

Unfortunately, luggage may get lost in transit.

Your carry-on bag should contain:

- 👉 Change of clothes, glasses/contact lenses, daily medication, snacks (especially for those with dietary restrictions) and *tefillin*.

Labeling Luggage

You will receive **Ramah luggage tags in the mail** prior to your departure for Seminar. Since bags pass through a lot of hands, there is a possibility that the Ramah tags may be torn off in transit. We encourage you to attach additional ID tags to each bag. For easy recognition and identification of your bags, please add a distinctive mark on them (e.g. colored ribbons or tape), in such a manner that it will not fall off or get caught during handling. Some families have suggested purchasing a GPS device that stays within your luggage in case of lost luggage (e.g. Apple Air-Tracker).

Every piece of luggage should be labeled with the following:

1. Participant's FIRST and LAST NAME

2. Home address and phone number
3. *Kvutza*/bus assignment (which you will receive in June)

You should be aware that for security reasons, luggage and personal searches are often conducted at the airport.

Travel/Trip Insurance

Some families opt to purchase outside travel insurance to cover loss and theft during trip, travel insurance (covering baggage), and supplemental accident and health, for full length of trip, including transportation.

Clothing policies and guidelines

Seminar participants are encouraged to dress in a way that demonstrates respect for ourselves and those around us. As a group, we will travel to various communities that request modest attire. On all trips, **shirts must have sleeves**; tank tops are forbidden for sun protection reasons. Additionally, our home bases are shared with other families and guests and will sometimes require more modest dress.

Clothing policy:

- One-piece bathing suits are required throughout the *kayitz* (two-piece bikinis may not be worn on Seminar).
- Speedos may not be worn on Seminar.
- Underwear, boxers and bras must not be visible.
- Tank tops will not be permitted during touring and hiking. This includes spaghetti straps and any sleeveless tops for all *chanichim/ot*.
- Respectful, more modest, nicer-than-every day clothing is expected to be worn for Shabbat at *tefilot* (prayers), in the *chadar ochel* (dining hall), and during programming. Shabbat-appropriate clothing should be free of rips, tears, or wording and should not be overly revealing.
- Staff will inform the participants when it is necessary to wear especially modest clothing, usually in preparation for a visit to religious institutions or sites. This may take the form of long pants or modest skirts (to or below the knee) and a non-revealing top that covers the shoulders. We may ask that our teens simply wear longer shorts (i.e. no tights or short-shorts), and to not expose their midriffs.

Additional tips:

- Advice from past Seminar participants: “Bring lots of white or plain t-shirts, extra socks, more hiking and junky clothes, less nice clothes.”
- Some Seminar participants prefer to buy toiletries and bulky items (i.e. towels) in Israel. We will visit a shopping center on the first Friday of the program in Israel. You may purchase many of these items and more on the [Pack-for-Camp website](#).

Packing

Packing List

[CLICK HERE](#) for the 2025 Israel Packing List

[CLICK HERE](#) for the 2025 Poland Journey Packing List

[CLICK HERE](#) to order Seminar swag and other items to your home AND/OR to order toiletries, towels, and other bulky items directly to our campus in Israel.

A note on shoes...

Flip-flops, clogs, and open-backed shoes are permitted on base, but will not be permitted on any walking outings, no exceptions.

When we leave base, participants must be wearing:

👉 Closed shoes (i.e. hiking boots, tennis shoes, etc.)

Or, when, given permission

👉 Backed sandals (i.e. Tevas) - NOT CROCS, even in “sports-mode”

On a few occasions, we will go on water hikes, in which participants are required to bring “water shoes.”

👉 Water shoes must have a back. Flip-flops and crocs are not acceptable for water hikes. Permissible water shoes include:

- a. Water sandals (e.g. Tevas)
- b. Aquatic shoes
- c. Water-proof hiking shoes/boots
- d. Extra pair of tennis shoes

👉 The footwear on the packing list include: sneakers (1), hiking shoes (1), supportive sandals with back (1), “Shabbat” shoes (1), water shoes (1)

➤ OPTIONAL: Flip flops to be worn in showers and on base ONLY

PRO TIP

Some *chanichim/ot* may not require all of the above options, and for others, the above list is not exhaustive. If for example, your tennis shoes can be worn for all types of hikes, then you do not need to bring hiking shoes. If you bring Teva sandals (with a back), they may double as water shoes and Shabbat shoes. If you are a runner or basketball player, you may need ADDITIONAL sports shoes. Please review the above REQUIREMENTS, before packing.

Bedding

👉 Not required! All bedding is provided in Poland and in Israel including sleeping bags whenever needed.

Hats and Water

Participants are required to have:

- 👉 A proper hat (with brim) - *We suggest bringing multiple hats!*
- 👉 Reusable water bottle(s) for all outings (e.g. camelback, hydroflask)
 - **Bottles must, in total, have room for 3-4 liters of water**

Backpack and Overnight Bag

You will need:

- 👉 School-size backpack for trips (Can be your personal item for flight)
- 👉 A trolley luggage bag, used for overnights (may be carry-on)

Religious Articles

- 👉 **KIPPAH:** Wearing a kippah is required for all male-identifying participants at prayer times, meals, at holy sites, when studying religious texts, and whenever deemed appropriate by the staff. *Female-identifying participants are encouraged to do so.* Bring several kippot on Seminar.
- 👉 **TEFILLIN & TALLIT:** **Male-identifying participants must bring and wear tefillin at morning prayers.** *Tallit/tallit katan* should also be worn. Female-identifying participants are highly encouraged to bring and wear *tallit* and *tefillin* as well. Any male-identifying *chanich* who comes to Israel without *tefillin* will be required to purchase.
- 👉 **SIDDUR** (prayer book): A Seminar siddur will be provided for use throughout the summer.

Expensive Items on Seminar

Given the nature of our touring and traveling throughout the summer, items sometimes can get lost, stolen or damaged. We urge you not to bring expensive clothing or equipment. Ramah will not take any responsibility for the damage or disappearance of any personal items.

Electrical Appliances

Electricity in Israel runs on 220V, 50 cycles (in North America it is 110V, 60 cycles).

- 👉 In order for your American hair dryers, shavers, etc. to work in Israel, you must use a 110 to 220 converter.
 - These easy-to-use items can be purchased at electrical stores in North America, along with plug adapters, which allow you to use a 3-pronged plug in the Israeli 2-pronged outlet.
- 👉 Please note that some small appliances are manufactured for international travel (110-220v) and require only a plug adapter.

Always be familiar with the electrical needs of your appliance before purchasing and using converters or plug adapters.

“Roughing it” on Ramah Seminar

An integral part of our program involves hiking in terrain that can be rough on clothing and footwear, in addition to biking, camping, snorkeling, riding camels, rappelling, rafting, and other adventure sport experiences. As is the case with all physical activities, there is inherent risk of injury, and there is always the option to opt-out of said activities.

- 👉 While participating in any of the above activities, and more, participants are required to follow rules and safety guidelines as dictated by the staff (both the Ramah staff and those of our providers).

The safety and security of our participants is Ramah Seminar’s number one priority and we regularly review all of our programs and deem them to be safe.

Laundry

Laundry is included in the cost of Seminar. Independent laundry services will be available every ten days (four times throughout the summer). Additionally, laundry will be done for Poland Journey participants upon arrival to Israel.

- 👉 **Ramah Israel does not assume responsibility for clothing lost or damaged by the laundry service.** Participants should consider whether particularly delicate or expensive clothes are suitable for bulk laundering.

Spending Money and Currency Exchange

The amount of money needed for personal expenses varies according to the amount of gifts one expects to bring home and the amount of money the participant spends on food, snacks and soft drinks.

- 👉 We suggest \$450-\$650 USD as an optimal amount of money to have available.

Seminar participants might use their spending money on free time activities. In addition, participants must be ready to pay luggage fees by cash or credit as may be mandated by the airlines.

- 👉 We ask that parents discuss spending money with their children, especially the budget for ordering food/drinks, and agree upon a budget in advance.

- **Three meals a day are included in the Seminar tuition**, and there is no need for this occasional treat to turn into a daily habit.

Most families send an international debit card that can be loaded with funds online. This can be arranged with your bank or an online service. We do not have the ability to store cash or checks for participants on campus. Please note that large amounts of cash present a higher risk of loss and/or theft.

👉 We will arrange an option to exchange money during the first few days of Seminar, either at the airport or at a money exchange vendor.



Tzedakah

Participants may want to set aside an additional amount of money for *tzedakah*.

Communication on Seminar

Ramah Seminar Office in Israel During the Summer

During the summer, Seminar staff can be reached by:

- 👉 Emailing the Ramah Seminar front office team at seminaroffice@ramah.co.il
- 👉 Calling the front office between the hours of 10:00 AM and 9:00 PM Israel time (3:00 AM–2:00 PM Eastern).

The office phone # will be shared closer to the start of Seminar.

In addition, we will provide families with the numbers for our *yoatzot/im* (camper care staff) for emergency purposes.

Emergency cell phone numbers will be provided in June as well.

The emergency numbers are to be used ONLY in urgent cases. We define “urgent” or “emergency” as follows:

- 👉 To inform the Israel office and *yoetz/et* of a medical or mental health issue that has surfaced or become more pronounced.
- 👉 To inform the Israel office and *yoetz/et* of an urgent family matter.
 - Should there be a death in the family or another family issue, we highly suggest and request that you first inform the *yoetz/et* prior to updating your child, so that we can be here to support them should it be appropriate.
- 👉 To relay any other urgent information that requires immediate attention.

Mail to Participants during Seminar

- 📦 Please be aware that all packages must clear customs, and sent goods are often charged with heavy duties and taxes, which must be paid before delivery. This process can greatly delay the delivery of packages. It is NOT unusual for packages sent from North America to arrive AFTER participants have departed from Israel!
- 📦 All letters and packages should be sent to our Jerusalem office. When groups stay at Hodayot Youth Village in the Galilee or other locations, mail and packages will be transferred to them when possible.

MAILING ADDRESS:

Name of Participant
Ramah Israel Seminar
KVUTZAT _____ [assigned group name – **NOT** Ramah camp of origin]
P.O. Box 31709
Jerusalem, ISRAEL 9131602

For **FedEx** or other direct delivery services:

Name of Participant

Ramah Israel Seminar

KVUTZAT _____ [assigned group name – **NOT** Ramah
camp of origin] GOLDSTEIN YOUTH VILLAGE

Rehov Katznelson 8A

Jerusalem, ISRAEL 9131602

Picture and Email Updates

During the summer, we will be uploading *kvutza* photos about twice a week. We will also be sending a newsletter twice a week with Seminar updates, including a weekly video.

- 👉 Please be certain that the current email address for all parents/guardians is entered into the *chanich/a's* [CampInTouch](#) account, as email is our primary mode of communication. Our full-time media staff will ensure that we capture and share many of the incredible moments this summer.

Cell Phone Plans

We highly encourage that each participant have a working cell phone on Seminar for safety and security reasons. Based on our years of experience, we recommend that:

- 👉 *Chanichim/ot* purchase a SIM card from Talk n'Save. The Talk n'Save plan will be posted on our website. To use the Talk n'Save sim card, you must ensure that your phone is unlocked by your North American provider. All billing and payment is done directly between families and Talk n'Save. They take complete responsibility for the transaction, including delivery at the Ramah base.

Alternatively, participants can come to Israel with a North American cell phone plan that provides data and/or cell service in Israel.

Why do we not recommend another Israeli service provider?

Issues with Talk n'Save are quickly resolved by Ramah staff, in partnership with their customer service team, which has not been our experience with other providers.

- 👉 **There is no need to have a working sim in Poland, as there is WiFi at the hotels.**

Wi-Fi on Campus

We do not guarantee Wi-Fi availability in any of our bases, although it is possible to find hotspots at times. If you bring a smart device and do not intend to purchase a

local plan, please review procedures to prevent data roaming in Israel, which can lead to very high costs.

Screen Sensitive

So much of Seminar is about being a part of a *kehillah*, a community, and being fully present in the experience.

Phones are allowed during downtime and free time, both on and off campus. Participants will not be allowed to use their phones during programs, including but not limited to *peulot*, hikes, *tefilot* (prayer), some bus rides, and talks.

👉 Personal electronic devices (e.g. laptops), should not be brought to Israel.

A tip about communicating with your child on Seminar: The time-zone difference makes it harder to communicate with participants on a regular basis. Our suggestion is to make a set time during the week when you are available to speak during our downtime/free time.

Medical Form and Health Information

Families must complete the detailed Health History Form on the Seminar application in a timely fashion. Additionally, your physician must fill out the Physician's Examination Medical form following a thorough examination.

- 👉 The medical form must be signed by both a parent and physician. Without these signatures the form is invalid.
 - For maximum objectivity we ask that the physician who signs the medical form not be one of the participant's parents or guardians.
- 👉 **Providing inaccurate information and/or failing to provide all pertinent information are considered avoidable cause for termination of participation in the program.**
- 👉 If you have any doubts pertaining to your child's ability to handle the trip physically or emotionally, please contact us. Unfortunately, experiences in the past have demonstrated that withholding such information is detrimental primarily to the health and wellbeing of the participant.

There are aspects of the trip that are physically very demanding. Some participants have either a temporary disability or a chronic problem that limits their capacity to withstand such rigors as heat, strenuous exercise, etc. If you have any questions in this respect, please consult your family physician and contact us for guidance. We will make every effort to accommodate all applicants, but full and clear coordination is absolutely essential. If necessary, our camper care team will contact you directly with questions before the program.

Anyone who has undergone recent surgery or is receiving ongoing medical care, should inform us accordingly and forward a detailed letter from the physician regarding their condition. This letter should indicate the nature of the problem, its treatment, and any special recommendations regarding the applicant's participation in Seminar. The physician should also indicate that in their estimation the applicant can successfully participate in the program.

- 👉 Anyone who is receiving or has received mental health treatment/therapy within the past year will be asked to have a therapist send a reference directly to the Seminar registrar. The reference form can be found in the CampMinder application.

Our intention in requesting all medical/mental health information is to ensure that the participant will receive proper attention while in Israel. All medical information is considered confidential and is shared only on a need-to-know basis.

Medication on Seminar

Medication Packaging Options for Families

Families have the following two options for packaging medication (we highly prefer and recommend option 1):

1. Prior to the program, participants pack their prescription medications into monthly blister packs. Each blister pack should be divided into daily morning,

afternoon and evening doses (if relevant). Parents will send the entire six-week supply with the participant. CVS and other pharmacies can often provide this service. To see an example of a blister-pack, [click here](#).

2. Families will send all medication in its original packaging, i.e. not in a monthly blister pack. Ramah Seminar will hire the services of a registered nurse in Israel, who will pack the medication into monthly blister packs provided by Seminar. This service will cost \$100.
- 👉 In order to preserve a safe setting, participants are required to give all medication to the Seminar staff at the start of the program. This includes all over-the-counter and prescription medication.
 - Medication will be collected upon arrival to Israel.
 - While in Poland, *chanichim/ot* will be responsible for taking and storing their own medication.
 - The only “medication” that Seminar staff will NOT be collecting is:
 - Birth Control pills
 - Vitamins
 - Melatonin
 - Eye/Ear Drops
 - Ointments/creams
 - Asthma inhalers
 - ALL OTHER MEDICATION IS TURNED IN, including advil, tylenol, benadryl, etc.

Medication will be locked in the Seminar offices.

- 👉 Daily medication will be dispensed by an adult staff member once a day (generally after dinner). Medication taken at other times will be stored on the person of the participant. Staff are not responsible for reminding participants to take their medication.
 - Any time participants spend overnights off-campus, Seminar staff will dispense the required amount of medication for that time period. This includes our group overnights (e.g. *Etgar* and Host Shabbat).
- 👉 Do you take a “rescue” medication (e.g. anti-anxiety, benadryl for food allergy, etc.)? Our medical team will ensure that you have two doses on you at all times. [See below](#) for more on allergies.
- 👉 It is the responsibility of each participant to take their medication.
- 👉 If a participant is not taking their medication regularly, we will discuss with the participant and their parents/guardians to determine a plan of action.

Seminar prohibits the practice of keeping undisclosed medication in the dormitories and expects participants and their families to adhere to Seminar’s policy regarding medication management. This policy exists to ensure the safety and well-being of everyone involved.

Allergies and Special Diets

- 👉 Ramah Seminar is to be informed of all allergies on the Physician’s Examination Form and the online Health History Form.

- 👉 Please inform us of any allergic reactions that might occur and treatment protocols.

For all chanichim/ot with an allergy that is or may be anaphylactic:

- 👉 **Please bring three epipens to Seminar**
 - One to carry on their person at ALL TIMES
 - One for the *madrachim/ot* to carry at ALL TIMES
 - One to be placed with the *Marp* (medical team)

If you require a special diet, please make note of this on your application where indicated. We will make every effort to provide options to those who are medically required to follow special diets. Vegetarian/vegan and gluten-free options are provided at every meal for participants who sign up for them.

- 👉 Seminar is **not** a nut-free environment, however, we request that participants refrain from eating any food with nuts in closed areas on Seminar, including on the buses, in the dormitories, and in the *moadonim* (common rooms).

Medical Care and Health Insurance

All participants will be enrolled in a general medical service program. This coverage begins at the time of the group's arrival in Israel (and Poland) until the time of the group's departure from Israel. It does not cover certain medical conditions, including pre-existing conditions and problems that arise as a result of pre-existing conditions. Medical insurance from home should be continued. Our [insurance policy](#) can be reviewed in the "[Current Seminar Families](#)" tab.

Ramah's medical plan includes all of the services and advantages of the standard HMO-like plan in Israel. We have a nurse, paramedic or medic at our base twenty-four hours a day. Participants requiring medical attention will be seen by our 'marp' staff. A participant will be referred to a doctor if further treatment is needed. Doctor's visits will happen at walk-in clinics near our campuses, in private doctor's offices, at local hospitals, and on campus at times.

Please note that the medical coverage will begin on the day that the group flight is due to arrive in Israel until the day that the group flight leaves in August. Parents should be sure to make arrangements for alternative medical insurance for those participants who arrive in Israel earlier, or stay later, than the group flights.

COVID-19 Protocols

We will continue to work with Israel's Ministry of Health, Ramah Israel's medical committee, our COVID task force, and the National Ramah Commission, to help guide our planning.

*We **strongly recommend** the Covid-19 vaccine for members of the Ramah community this summer. We reserve the right to revise this policy based on evolving circumstances.*

Immunizations

All information concerning immunization requirements can be found on the Medical Form in your CampInTouch application.

Please be certain that all of your immunizations are up-to-date. National Ramah Commission policy states that in addition to all State required immunizations, all Seminar participants must receive vaccinations for **Meningitis**, **Measles** and **Hepatitis A**. Additionally, as noted above, all participants must be fully vaccinated for COVID-19, with the most up-to-date available booster shots.

👉 Your child's health is of the utmost importance to us. Participants who have not completed the required vaccinations will not be permitted to attend the program.

On a special health note, we want to draw your attention to the issue of bug bites, a common occurrence in any active program that spends much of its time outdoors in a wide variety of environments. Teens can be bitten by mosquitos and other bugs including sandflies. They are both prevalent throughout Israel (as well as in North America). Please be aware that in recent years, some tourists and Israelis were bitten by sandflies and infected with an illness known as Cutaneous Leishmaniasis. While this remains very rare, it can lead to skin sores that need to be treated with special medications. Below please find a link to the CDC (Centers for Disease Control) website regarding this ailment: www.cdc.gov/parasites/leishmaniasis

RootOne Vouchers

In order to receive a generous \$3,000 voucher from RootOne, *chanichim/ot* must a) live in North America and b) be Jewish. In addition, participants who have received a RootOne voucher in the past are not eligible for RootOne funding on Seminar.

- 👉 To receive your voucher, each *chanich/a* is required to do about 10 hours of online learning prior to the summer. More information regarding this subsidy to follow.

Please visit <https://www.rootone.org/> for more information.

Security

Safety is our top priority at all times

- All Ramah Israel teen trips are approved daily by the "Situation Room," managed by the Society for Protection of Nature in Israel (SPNI). The "Situation Room" is regularly consulted with the Ministries of Defense, Education, Tourism, and Police Department.
- Campuses are under twenty-four-hour armed-security surveillance.
- Security procedures are explained to all participants at the beginning of the summer. We refresh these briefings as needed throughout the summer.
- *Kvutzot* are accompanied by armed security guards who are also first-aid personnel, as deemed necessary by the relevant security regulations.
- Transportation is handled by chartered buses, which keep in constant communication with Ramah personnel via cell phones and GPS tracking.
 - Students may not travel on public transportation at any time, aside from APPROVED exceptions during Host Shabbat.
- Every participant is provided with a convenient card listing the telephone numbers of relevant 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.)
- 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 only in consultation with the authorities.
- During free time at various locations, *chanichim/ot* are expected to stay within the designated boundaries.
- Aside from the time on "Host Shabbat," Seminar *chanichim/ot's* whereabouts are always accounted for. They are forbidden from leaving the base without staff members, except under specific circumstances (e.g. walking to the supermarket next to the base in Jerusalem with permission).

Ramah Seminar will continually reassess the security situation, and will promptly make alternative arrangements to safeguard the well-being of our participants at the discretion of the Director and Seminar security and educational team.

Emergency Scenarios

We ask that all parents consider the following scenarios and prepare accordingly:

1. For the well-being of a Seminar participant, a parent could be asked to travel to Israel. This could be for a medical or emotional emergency. Please be certain that parent/guardian passports are valid and easily accessible.
2. In the event that a *chanich/a* must leave the program for a period of time due to medical/personal reasons, please consult with friends/family in Israel to determine if they would be willing to assume responsibility for your child.
3. If parents are planning a vacation during the Seminar program, it is critical that you provide us with all of the information about the dates, itinerary, and telephone contact numbers. The emergency contacts that you have designated (whether in North America or Israel) must be available to

Seminar staff during the times that parents are away. If the emergency contacts on your Seminar application are not going to be available during the entire Seminar program, please provide alternative emergency contacts when you send us the information about your travel plans.

4. If a Seminar participant must be hospitalized, they will be accompanied by a Seminar staff person at all times. If the duration of a hospital stay is prolonged (longer than three days/two nights), Seminar parents may be asked to come to Israel or authorize the adult supervision of family/friends in Israel.

Procedures: Standards and Rules

Statement on Standards and Rules

Seminar participants should regard themselves as representatives of their families, home communities, home synagogues, Ramah camps and the wider Ramah movement. They are expected to obey the rules of any institution they visit and should conduct themselves at all times in an appropriate manner. All the policies mentioned in this document, including religious and social norms, are to be followed at all times, whether participants are on the base, with hosts, or during free time.

In order to get the most out of the Seminar experience, it is essential that these behavioral norms be respected and maintained.

- 👉 We require that parents/guardians and *chanichim/ot* go over this section together so that there will be no misunderstandings regarding expectations.

Inclusion, Tolerance and Respect

Ramah Israel believes that each person, regardless of race, sexual orientation, religious preference, gender identity, age, or size deserve to be treated with respect, dignity, and thoughtfulness. Participants must agree to treat all Seminar parties (e.g. teens, staff) with dignity and respect and to provide an environment that is free from prejudice, bullying, harassment and unlawful discrimination. Inappropriate behavior and discriminatory practices will not be tolerated and may result in immediate dismissal.

Whereabouts

Off Campus

- 👉 We must know where participants are at all times.
 - ⇒ *Chanichim/ot* who leave the base at any time (day or night) without permission will be spoken to by the Seminar Director and are subject to immediate dismissal.
 - ⇒ No venturing into areas of the country that are stipulated as being off limits (e.g. unaccompanied in Old City of Jerusalem).
 - ⇒ On **Host Shabbat**, *chanichim/ot* will go to their hosts and abide by all rules of Seminar.
- 👉 During **free time**, *chanichim/ot* must return at the designated time, remain within the designated boundaries, follow all rules outlined by their *tzevet* (staff) and behave in a way that represents themselves, Ramah and Ramah Seminar *b'kavod* (with respect).

- 👉 Hitchhiking is forbidden anywhere in Israel.

On Campus

- 👉 Visits by relatives or friends can be made to the Seminar bases ONLY at designated times with staff permission.
- 👉 A participant may sleep only in the room that was assigned to them.
- 👉 After curfew, participants may not leave their own rooms.

The rules and regulations regarding off-campus travel and on campus whereabouts 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 they cannot be trusted to adhere to these rules and regulations.

Drugs and Alcohol

- 👉 The purchase, possession, or consumption of drugs and alcohol is strictly prohibited, and **will result in immediate dismissal**.
 - This policy includes drugs and alcohol that are legally and illegally purchased.
 - This policy includes drugs and alcohol obtained in Israel, in Poland, and those transported to Seminar.
 - This policy includes the consumption and purchase of edibles.
- 👉 Use or possession of prescription or over-the-counter drugs not turned into the “Marp” upon arrival may result in dismissal from the program.
 - Misuse/abuse of prescription and over-the-counter medication will be treated like use of drugs and alcohol, and will result in immediate dismissal.
- 👉 Entry into pubs, bars, and clubs serving alcohol is strictly forbidden.

The Director of Ramah Seminar, or any staff member acting on their behalf, will have the right to investigate any suspected violation of this policy. Such investigation may include a search of the participant’s living quarters and possessions even in their absence.

Ramah Israel’s medical insurance policy does not cover the costs for medical care as a result of the use of illegal drugs or consumption of alcohol.

Smoking/Vaping

- 👉 Smoking and vaping are strictly prohibited during Ramah Seminar. This policy reflects the values of the community we are building together.
 - Juuls and all types of e-cigarettes are considered smoking and are therefore also banned during Seminar.
 - The purchase, possession and/or use of a hookah/nargilah are forbidden during the Seminar program; these items will be confiscated by Seminar staff and will not be returned.

Violation of these policies may result in immediate dismissal.

Social Norms

Ramah expects exemplary behavior of all participants in its programs.

- 👉 Vandalism, theft, shoplifting, disrespect for peers or elders and anti-social behavior of any kind will not be tolerated.
 - Families will be responsible for covering the costs of any damages, fines, and/or stolen property.

Violation of these policies may result in immediate dismissal.

- 👉 Participants are expected to follow the daily schedule and the group itinerary without exception, and they must attend all scheduled programs, seminars, prayers, and study sessions.
 - In the event that a *chanich/a* is struggling or unhappy with any aspect of the program, there are many appropriate solutions, including sitting out of activities, voicing concern, speaking with a *yoetz/et*, and even meeting with the senior Seminar leadership.

Disrespectful language and behavior toward the staff will not be tolerated.

Sexuality, Sexual Abuse, Molestation, and Sexual Harassment

- 👉 Participants in Ramah Seminar shall not appear in the presence of members of the opposite gender other than clothed in full street attire (or swimming attire when appropriate); nor shall they be permitted in the rooms or living areas of members of the opposite gender.
- 👉 Intimate sexual behavior is not permitted throughout the duration of Ramah Israel Seminar.
- 👉 Inappropriate sexual behavior is not permitted on Seminar.
- 👉 Sexual abuse, molestation and/or harassment of any kind are explicitly prohibited and will result in immediate removal from the program. Online sexual harassment is taken as seriously as harassment in person.
- 👉 Any and all relationships, including romantic ones, must be completely consensual and in compliance with Ramah Seminar's policy.

Violence and Intimidating Behaviors

- 👉 Bullying in person and/or through social media and other behaviors that demonstrate exclusion of others will not be tolerated.
- 👉 Behaviors such as violence, possession of weapons, repeated profanity, disrespect, bigotry, or any other unsafe behaviors that are potentially harmful, are strictly prohibited. The consequence of such behaviors can mean dismissal from Ramah Seminar.

- ✎ Seminar enforces a strict zero-tolerance policy regarding "games," pranks, and other activities that may lead to embarrassing outcomes for others or could be perceived as harassment or bullying. Playing "Silent Football" or similar games may be subject to early dismissal.

Personal Space

- ✎ *Chanichim/ot* will respect the privacy and private spaces of their fellow Seminar participants.
- ✎ Cleanliness is an important value within our Ramah community. Seminar participants will be expected to care properly for their rooms and dormitories.

Religious Norms and Attendance

Requirements for participation on Seminar include adherence to all religious policies of the program, including: keeping kosher, wearing a *kippah* when required (for all male-identifying *chanichim*), wearing *tefillin* during morning (*tefillot* for all male-identifying participants), and Shabbat observance.

Participants will be expected to abide by the religious norms as practiced by the Ramah camps. These requirements will include:

- ✎ Participation in daily prayer (including the wearing of *kippah* and *tefillin* during appropriate times for male-identifying participants)
- ✎ Shabbat observance
- ✎ Kashrut observance

Male-identifying *chanichim* must bring *tefillin* with them; otherwise, *tefillin* will be purchased in Israel and charged to the participants at their expense. Female-identifying *chanichot* are encouraged to wear *tefillin* and *kippot*.

Appropriate dress will be required at *tefillah*, on Shabbat and at holy sites.

Ear/Body Piercing and Tattooing

Seminar maintains norms and policies that are consistent with Jewish observance as practiced in the Ramah camps. In addition, the Seminar staff cannot take responsibility for unsafe and unhealthy piercing practices that may exist in Israel or medical complications resulting from body piercing and tattooing.

- ✎ Body piercing (including ear piercing) is prohibited on Ramah Seminar.
 - Seminar participants who are discovered to have violated this rule will be asked to remove the ring or stud at their own expense and discomfort.
- ✎ Tattooing is prohibited at Ramah Seminar.

Please note that Ramah's medical insurance policy does not cover costs for any medical care required as a result of piercing or tattooing.

Social Media

Concerning online postings: It is understood that the Ramah Seminar administration frequents all public online forums (such as Instagram, TikTok, Snapchat, Facebook, etc.) and blogs mentioning Ramah Seminar.

- 👉 Any online posts, blogs, video blogs, comments, shares, or other social media activity, must be respectful of fellow participants, staff members, and all individuals involved with Ramah Seminar (including external speakers).
- 👉 Hate speech of any kind is prohibited, both “in real life” and online.
- 👉 All photographs and videos posted online or shared in any way electronically, must be shared with the full consent of all parties photographed.
- 👉 Taking pictures of *tzevet/chanichim/ot* who are sleeping or unaware, or surreptitiously filming interactions or individuals is strictly prohibited, and potential grounds for disciplinary action.
- 👉 Sharing pictures or videos of anyone nude, engaged in sexual activity, or in any other embarrassing situation is prohibited and may result in expulsion.
- 👉 Use of cell phones during programming is not allowed. We ask that our *chanichim/ot* respect the screen time policy of our program ([CLICK HERE](#)).

If a participant posts a public message that is considered by Seminar leadership to be negative to the program, its participants, or to the reputation of Ramah, the administration reserves the right to ask participants to take down their posts, and even to prevent a participant from attending the program or terminate participation in the program.

Additionally, we understand that our participants will want to connect online when they return home. We welcome and encourage this connection in keeping relationships and memories alive. We do expect, however, that postings, photographs, and other online materials refrain from representing other participants or leaders in a negative or derogatory manner. We also expect that the privacy and personal information of all participants and leaders be maintained and protected.

Camper Evaluations for Home Ramah Camp

Ramah Seminar is a summer leadership training program. At the conclusion of Ramah Seminar, every Ramah camp director receives a detailed evaluation of each participant who participated in Seminar from their camp.

- 👉 Camper evaluations are used to determine the suitability of candidates for future opportunities and employment in camp.

Termination of Participation

Please note the following policies concerning termination of participation in the program during the summer:

If participation is terminated for an unforeseen or unavoidable cause (e.g. an unexpected health problem), or for a foreseen or avoidable cause (e.g. a health problem of which Ramah was not advised), the flight home will be arranged immediately. The additional cost incurred thereby will be the responsibility of the family involved. Tuition fees will be refunded only in the amount of per diem sums actually saved as a result of termination from program participation.

If participation is terminated due to behavior, the flight home will be arranged immediately. The additional costs incurred thereby will be the responsibility of the family involved. There will be NO refund of tuition fees, as per the Statement of Standards and Procedures signed by all participants and parents/guardians.

Ramah will try to communicate prior warning of consideration of expulsion both to the participant and to their parents. Prior warning will not necessarily be communicated in cases judged by Ramah to be extreme deviations from Seminar norms (e.g. use of alcohol or drugs). Ramah is the exclusive determinant in judging the necessity for – and the nature of – termination of participation in the program.

Ramah Israel Seminar is a program of Ramah Israel, a division of the National Ramah Commission, which operates under the educational and religious supervision of The Jewish Theological Seminary. Since 1962, Ramah Israel has provided substantive experiential education and meaningful Conservative Jewish living for North Americans in Israel in the spirit of the Ramah Camping Movement.