



# Family Guide



Thank you  
to our generous donors  
**Joy and Allan Nachman**  
for helping to make this  
mission possible!

## An Introduction to the Joy and Allan Nachman Teen Leadership Trip to Israel



*It is true that we aspire to our ancient land. But what we  
want in that ancient land is a new blossoming of the  
Jewish spirit.*  
-Theodor Herzl

We have created The Joy and Allan Nachman Teen Leadership Trip to Israel as a once in a lifetime opportunity for you to enjoy all that Israel has to offer: its people, its history and its natural beauty. You will return home having made new friends, shared new experiences, and formed new feelings about your connection to Judaism and the State of Israel.

**But first, you must prepare for your trip.** This manual will help you to effectively do that. Read it thoroughly and keep it as a reference.

**Questions?** If, after reading this handbook you have any questions regarding details of the trip, please do not hesitate to contact Zack Goldman at the Tamarack Camps Office: [zgoldman@tamarackcamps.com](mailto:zgoldman@tamarackcamps.com) or (248) 952-9115, EXT1115.

## ADMINISTRATION

The Joy and Allan Nachman Teen Leadership Trip to Israel is planned and organized by Tamarack Camps. The trip provider in Israel for the Teen Mission is Levin Travel.

## STAFF STRUCTURE

Along with the trip Coordinator, the bus will be led by a staff team including a rabbi, a tour educator (guide) and madrichim (counselors) from Michigan and Israel. A trained medic/guard and bus driver will also accompany each bus.

### Chairs and Staff:

**Coordinator:** Zack Goldman

**Staff:** Shoshana Bittker, Jillian Tukel, Daniel Komerchero

**Rabbis:** Rabbi Michael Moskowitz, Rabbi Josh Bennett, Rabbi Ben Shalva

## CELL PHONE POLICY

1. In case of emergency\*, parents will always be able to reach the bus clergy, onsite coordinator or local contact person. All emergency contact information will be provided prior to departure.
2. Teens may not bring a cell phone or internet ready device on the trip including laptops and iPads.
3. Teens will have access to a trip cell phone to call their family approximately once per week.
4. Bus Rabbis will make every effort to accommodate teen/parent communication as it may become necessary.

## EMERGENCY SITUATIONS

What constitutes an emergency? (call to bus clergy or call to onsite coordinator)

### \*Emergency Situations:

1. Family health or bereavement emergency requiring booking of immediate return flight home.
2. Urgent medical or safety situation

### Non-Emergency Situations:

1. Concerns over child's fatigue or social adjustment
2. Requests for flight extensions
3. Email confirmation requests
4. Security concerns in Israel (Parents will be notified through email in case of security situation.)

All non-emergency issues should be directed to the Tamarack Camps local office (248) 647-1100. If necessary, our local staff will contact the staff and rabbis in Israel directly.

## CODE OF CONDUCT

You signed the Code of Conduct as part of your trip forms. Please be sure that you are familiar with this code. Any failure to abide by the rules and regulations set by administrators may result in your dismissal from the program at your expense. Additionally, any scholarship awards would have to be reimbursed.

I understand that my violation of any of these rules can result in any consequence that the group leaders consider appropriate, which could range from a verbal warning, to expulsion from the trip. If I am expelled from the trip, I understand that my parent(s)/ guardian(s) and I will be responsible for all costs incurred in my return trip home. I also understand that my violation of these rules could subject me to criminal prosecution by a government agency. I understand "group leader" includes the Trip Coordinator, Rabbis attending the trip, as well as all other persons in positions of authority.

## ROOTONE

We're pleased to announce that we have been approved as a RootOne trip provider partner for Summer 2023! As a participant of our trip, you are welcome to apply for the RootOne Voucher to receive \$3,000 towards your overall trip cost. Voucher recipients will be guided through pre- and post-trip educational opportunities to provide context around our trip to Israel. Once completed, Tamarack Camps will receive the \$3,000 and deduct it from the total cost of your trip.

**Please note that if you do not complete the requirements or are sent home early from the trip, you will be responsible for the \$3,000.**

## CURRENCY

Israeli currency is the shekel (plural: shekalim), currently valued at approximately 3.6 *shekalim* per dollar.

It is recommended that each participant bring approximately \$50 - \$75 per week in spending money for items not covered in the trip fee. These include snacks (at airport and during the trip) and gifts.

It is not necessary to exchange money before the trip. Staff will arrange opportunities for participants to exchange money in Israel.

Our recommendation is that each participant have an American ATM card or Prepaid Credit Card to access their spending money in Israel. You may want to consider opening a teen checking account for spending money in Israel, allowing for deposits as the parent feels is appropriate. If your ATM card has a Visa, MasterCard, Star, Cirrus, or Maestro logo imprint, there should not be a problem withdrawing money at Israeli ATMs. PLUS cards will not work in Israel.

We encourage you to check with the bank issuing the ATM card to ensure use in Israel. There is a surcharge (depending on your bank) for all ATM transactions.

Participants will hold their own ATM or credit cards. You may want to consider bringing a duplicate ATM card with the same PIN number in case one is lost. A staff member on each bus will hold the extra ATM card in a safe place. Cards and PIN numbers should not be kept in the same place.

Please notify your credit card company your card will be used in Israel. This will prevent the credit card company from putting a temporary hold on the account due to international usage. Parents should keep copies of all credit card numbers and their 24-hour Customer Service phone numbers.

### PHYSICAL AND EMOTIONAL PREPARATIONS

The Joy and Allan Nachman Teen Leadership Trip to Israel is a physical trip. Most days on the trip will be active from early morning through the evening. Some of these days will be hiking while other days touring around Israel. It is important that teens begin to prepare for the physical demands of the trip by exercising. We recommend that teens be able to participate in thirty minutes of nonstop physical activities, without a break. The experiences require participants to be mentally and emotionally fit going into the program. This includes readiness to be an active participant, functioning positively with peers and staff, learning to communicate challenges and bringing a positive attitude each day. The Joy and Allan Nachman Trip to Israel will provide teens with unique and sometimes unfamiliar experiences and environments. All participants are required to sign and return the preparedness agreement confirming that they understand the physicality of the trip.

### MEDICAL INSURANCE

The program fee includes basic medical insurance that covers treatment and medication of any non-pre-existing medical conditions. This means that the policy covers treatment for issues like a stomach bug, a broken bone or dehydration without any out-of-pocket expenses or paperwork. The policy does not cover any medical conditions for which a participant is currently being treated or for which treatment has been received in the past. This exclusion rule also applies to any psychological care. For this reason, all participants are required to have their own medical insurance policy which includes coverage for short term travel abroad, and COVID-19.

If a participant needs to be treated for a pre-existing condition during the trip, the parents of the participant will be solely responsible for any associated costs. Reimbursements for these circumstances are dependent on your personal health insurance plan.

### ELECTRICAL APPLIANCES

The electric current in Israel is 220 volts. In the United States, current is only 110 volts, so you may need a converter. Many electrical appliances, including some hair dryers, come with dual voltage. You can check voltage capabilities with the manufacturer before the trip.

You will also need an adapter plug since the electrical outlets do not conform to our standard plug. In Israel, the plugs look like two round pegs. These items can be purchased at electrical or hardware stores, a travel supplies store, or online at [amazon.com](https://www.amazon.com).

It is also highly suggested that you bring a battery run alarm clock, as waking up on time will be crucial throughout this trip.

### FOOD

Kosher dietary laws are observed at all hotels and restaurants utilized during the trip. It's also easy to be a vegetarian in Israel; the land of fresh fruits, dairy products and amazing salads. The medical forms submitted by participants, which lists food allergies and dietary restrictions, will be reviewed at staff training and held by a staff person on the bus. Should any questions arise regarding food preparation or ingredients, the staff will be able to ask the

right questions of the hotel or restaurant staff to determine whether the food is safe for the participant.

### GUESTS

If you would like your teen to visit with family members or friends who are in Israel, you must arrange this prior to departure. The contact information must be provided in writing (Forms to be provided at our informational meetings). Guests must travel to the location of the group only on Shabbat, between 12:00 pm and 4:00 pm. Trip participants must stay on the premises for the visit. Drop in guests will not be permitted.

### FLIGHTS

Domestic and international travel will be all be done through Delta. Flight information for the 2023 Joy and Allan Nachman Teen Leadership Trip to Israel is included below.

Depart: Mon, Jun 19 Detroit <input type="checkbox"/> Tel Aviv	Travel time: 13h 51m 1 Stop	Return: Thu, Jul 13 Tel Aviv <input type="checkbox"/> Detroit	Travel time: 14h 9m 1 Stop
<ul style="list-style-type: none"><li>● 09:29 AM Jun 19, 2023 Detroit, DTW</li></ul>		<ul style="list-style-type: none"><li>● 11:55 PM Jul 13, 2023 Tel Aviv, TLV</li></ul>	
Flight time: 2h 1m	Delta Air Lines (DL 1438) Economy Class	Flight time: 12h 5m	Delta Air Lines (DL 235) Economy Class
<ul style="list-style-type: none"><li>○ 11:30 AM Jun 19, 2023 Atlanta, ATL</li><li>○ 02:25 PM Jun 19, 2023 Atlanta, ATL</li></ul>		<ul style="list-style-type: none"><li>○ 05:00 AM Jul 14, 2023 New York, JFK</li><li>○ 07:10 AM Jul 14, 2023 New York, JFK</li></ul>	
Flight time: 11h 50m	Delta Air Lines (DL 248) Economy Class	Flight time: 2h 4m	Delta Air Lines (DL 2925) Economy Class
<ul style="list-style-type: none"><li>● 09:15 AM Jun 20, 2023 Tel Aviv, TLV</li></ul>		<ul style="list-style-type: none"><li>● 09:14 AM Jul 14, 2023 Detroit, DTW</li></ul>	

The Tamarack Camps Office will send out a group email notifying you of our arrival in Israel. Please make sure that your email address is on file with us. If you have not received any emails, please let Zack Goldman know at [zgoldman@tamarackcamps.com](mailto:zgoldman@tamarackcamps.com) Upon arrival home from Israel, please greet your teens in the baggage claim area.

### LAUNDRY

Laundry will be done two times during the trip. Tamarack Camps and Levin Travel are not responsible for any clothing lost or damaged by the laundry service.

### LUGGAGE ALLOWANCES

According to baggage regulations for transatlantic flights, your checked luggage may not exceed 50 pounds and may not exceed 62 inches (the sum of the three dimensions: length, width and height.) You are also allowed one carry-on piece, which must not exceed 38 inches. (A backpack makes the best carry-on and can also be used while you're in cities and on day hikes.) Any overweight baggage fees will be charged to the participant's ATM or Credit Card on the day of departure.



## MEDICATIONS

Tamarack Camps continues to identify innovative high-quality solutions to improve the summer experience. We are proud of our partnership with AMAC Pharmacy Services, formerly known as Savon LTC. AMAC will provide each teen's medication in safe, easy to use, pre-packaged bags.

AMAC also provides exceptional customer service and support, making this partnership ideal for the trip. Each bag is personalized, and labeled with your child's name, medication(s), and time of day for administration. Given our commitment to you and the health and well-being of your teen(s), all medications in 2023 will be provided by AMAC.

All participants are required to use AMAC Pharmacy Services to obtain all medications that will be administered during the summer. This includes over-the-counter medications that are taken routinely or as needed, excluding medications such as Tylenol and Ibuprofen, unexpired Epi-pens and inhalers.

AMAC Pharmacy Services cannot accept any outside medications or supplements brought to them for packaging. Prescriptions and OTC medications must be purchased through AMAC. Some specialized medications may not be available through AMAC. In this case, and only in this case, you may obtain blister cards from AMAC, and follow directions to complete the packaging process.

Prescription Information: Please ask your doctor to e-scribe or write prescriptions to AMAC (to cover the length of the program) at least 30 days before your child's departure. If the program is longer than 30 days and the medication is a 30 day only prescription, have your doctor send two. OTC medications (over the counter medications) do not need a prescription.

There is a per camper (not per prescription) service fee, charged by AMAC, of \$10.00 to pre-package the medications, in addition to any co-payments required by your health insurance. AMAC Pharmacy Services will send your child(ren)'s pre-packaged medications directly to camp before your child(ren)'s arrival. A late fee of \$30.00 will automatically be charged if the prescriptions are sent less than 30 days before your child's program begins.

For routine questions related to pre-packaged medications, please email AMAC [contact@amacrxs.com](mailto:contact@amacrxs.com). Emails will be responded to within 24 hours. For emergencies, call 888-722- 5579.

In advance, we appreciate your cooperation and commitment to the health, safety, and well-being of our entire camp community.

## PACKING AND WHAT TO WEAR

The suggested packing list follows. Please remember when packing that there will be three opportunities to do laundry and teens are responsible for transporting everything they bring. Laundry may be mixed in bags (whites/colors and with other teens' clothing). Be sure to mark your name clearly on everything to make life easier come laundry time.

Very casual dress is the norm in Israel. It is recommended that you bring comfortable, very casual clothes for use during the week and something a little dressier for *Shabbat*. At religious sites modest dress is required as a courtesy. Girls must wear a long skirt and a lightweight long-sleeved shirt. Boys will need long pants and a kippah.



Mornings and evenings in some parts of Israel can be cool while the days are long and hot. Don't forget a sweatshirt or sweater for evening programs. Good walking shoes for cities and day hikes (be sure to break them in before the trip!), sunglasses and a hat are musts. Sleeveless shirts and tank tops will not be permitted during the day because of the intense exposure to the sun.

It's a long flight to Israel, so be sure to wear comfortable clothes, and bring something warm in case it's cool on the plane. Bring your toothbrush as well as anything else that will make you feel better during the flight.

## NACHMAN ISRAEL TRIP PACKING LIST

### IN YOUR BACKPACK

- Passport
- Medication (packaged by AMAC and given out at the airport)
- Toothbrush, toothpaste, and comb/brush
- Other toiletries
- Change of clothes
- Contact lens solution and case for glasses (expensive in Israel)
- Books, magazines, cards, music
- Snacks for the flight (no nuts, please)
- Important phone numbers
- Money, credit card, ATM card

\*Please note that current airport security rules restrict the carry-on of flashlights and extra batteries.

Liquids (3 oz. bottles) and all toiletries in liquid form should be placed in a separate quart-sized plastic bag.

### LUGGAGE

- 1 large rolling duffel bag with luggage tag
- 1 large backpack
- 1 large fanny pack or mesh sports bag

### IN YOUR SUITCASE

- 1 pair of sturdy walking/hiking shoes (lightweight)
- 1 pair of gym shoes
- 1 pair of Chacos or other secure water sandals (closed heel)

### FOR BOYS

- 2 short-sleeved collared sport shirts for religious sites and Shabbat
- 1-2 pairs of nicer long pants for religious sites and Shabbat

### TOILETRIES

- Toiletry Bag
- Shampoo/Conditioner
- Soap
- Toothbrush and toothpaste
- Shaving equipment
- Tissues
- Extra contact lens solution (very expensive in Israel)
- Sunblock (at least 30 spf)
- Insect repellent
- Anti-bacterial gel or wipes

### CLOTHING

- 12-15 t-Shirts
- 8 pairs of shorts
- 2 pairs of long pants or jeans
- 15 pairs of underwear
- 15 pairs of socks
- 4 pairs of pajamas
- 2 swimsuits
- 1 lightweight jacket or sweatshirt
- 2 sun hats

### OTHER

- 2 32 Oz./1 liter wide-mouth water bottles
- 2 beach towels (lightweight!)
- 1 Laundry bag
- Watch
- Bandanas
- Alarm clock (battery operated)
- Digital camera/disposable camera, extra batteries, cables
- Flashlight and extra batteries (Not allowed in carry-on)
- Books
- Kippah/Yarmulke
- Sunglasses
- Extra pair of prescription glasses and/or contact lenses
- Prescription medicine (Please send 2 epi-pens/inhalers)
- Copy of the two I.D. pages of passport
- Spending money

### FOR GIRLS

- 1-2 outfits for Shabbat: dress or skirt and top
- 1 outfit for religious sites, covers elbows and knees
- 5 bras
- Tampons and pads

### OPTIONAL

- Sleeping bag liner
- Nylon water bottle sleeve
- Ziploc bags
- Journal
- Additional religious articles if you own them (Tallit, Tefillin)

## PASSPORT INFORMATION

A valid United State passport is required for travel to Israel. Their passport must be valid for 6 months from the departure date. Participants will not hold their own passports in Israel. They will be collected and put in a safe in Israel until the end of the trip.

Therefore, you must reduce the picture and signature pages of your passport to wallet size and laminate them back-to-back to use as identification during the mission.

This can be done at any copy shop. You'll need it for identification purposes. You should also leave a copy of your passport at home with your parents. If you were born in Israel, you also need to carry your Israeli passport.

## CITIZENSHIP

If you or your parents were born in Israel or were ever Israeli citizens, you MUST notify the Tamarack Office at (248) 647-1100. Passport regulations are different for such circumstances, and it is VITAL that we be aware of the situation in order to act accordingly. If you will be traveling with any other type of non-U.S. passport, please also contact our office.

## PHOTOGRAPHS AND VIDEO ON THE WEB

Pictures and blogs from Israel will be posted almost every day. Family and friends can check them out regularly to keep up with where we are and what we are doing in Israel. Photos can be viewed at: <https://tamarackcamps.smugmug.com>. We will share the password closer to the trip. In addition to this, the blog will be emailed to you.

## PHOTOGRAPHY

Digital camera memory cards are available in Israel, but they are expensive. Bring more than you think you'll need, along with extra batteries for your camera. You may also consider bringing a disposable camera for beaches, water hikes, or a panoramic for scenery; some disposables are waterproof.

## SECURITY GUIDELINES

For the security and safety of our flights, please abide by the following:

- Refrain from borrowing baggage or electronic devices from people you do not know well.
- Do not accept anything from anyone whom you do not know well. This refers to any object which someone might ask you to deliver to Israel, such as packages, letters, medicine, bags, etc.
- In the airport, please do not leave your belongings unattended at any time.
- Airline security officers may ask the following questions: What is the purpose of your trip? Did you pack your own luggage? Have your bags been in your possession since packing them? Did anyone give you anything to pack? Are you Jewish?

Be prepared to give honest answers. *Do not joke around with security officers.* This is very serious.

## SHALIACH MITZVAH

It is customary to give Tzedakah money (usually one dollar) to a traveler before they embark on a journey. Tradition states that when a person is in the process of doing a mitzvah, they are protected from harm. Therefore, we send our friends and loved ones with money (shaliach mitzvah) to give to a Tzedakah at the end of their journey, so that they will be protected as they travel. Thus, giving a person one dollar before a journey turns a traveler into a shaliach mitzvah — a mitzvah messenger.

## TIME

Israel is 7 hours ahead of Michigan. If it is noon in Detroit, it is 7pm the same day in Israel.

## VALUABLES

We recommend that participants leave all valuables at home. If parents and teens decide to send electronics or jewelry, they must be responsible for the items. Tamarack Camps will not be responsible for any lost or stolen items.

## WEATHER

Summer weather in Israel is very hot and either humid or dry depending on the location. Nights can be cool in Jerusalem and in the desert.

Hats, sunscreen and water bottles are mandatory precautions! See packing list.

# CONTACTS

### **For trip questions:**

Zack Goldman – 248-952-9115 EXT. 1115 or [zgoldman@tamarackcamps.com](mailto:zgoldman@tamarackcamps.com)

Becca Fishman – 248-952-9110 EXT. 1110 or [fishman@tamarackcamps.com](mailto:fishman@tamarackcamps.com)

### **For finance questions:**

Andy Belsky – 248-952-9024 EXT. 112 or [abelsky@tamarackcamps.com](mailto:abelsky@tamarackcamps.com)

Jeannette Levene – 248-952-9109 EXT. 1109 or [jlevene@tamarackcamps.com](mailto:jlevene@tamarackcamps.com)

### **For medical questions:**

Gail Chynoweth – [gchynoweth@tamarackcamps.com](mailto:gchynoweth@tamarackcamps.com)

Stefanie Aronow – 248-952-9024 EXT. 1122 or [saranow@tamarackcamps.com](mailto:saranow@tamarackcamps.com)

### **For form questions:**

Rachel Pitt – 248-952-9111 EXT. 1111 or [rpitt@tamarackcamps.com](mailto:rpitt@tamarackcamps.com)