

## **Momentum – 2025 Sample Itinerary**

*The Momentum Journey of Growth empowers you to actualize your potential and to make a difference for yourself, your family, and the Jewish people. This journey is designed for participants to connect to Jewish values, engage with Israel, take action, and foster unity without uniformity in Israel and back home in your organization and community.*

### **Value: Unity & Mutual Responsibility – Achdut v’Areyvut**

Arrive in Israel (by 1 pm)  
Check In to Hotel (from 3 pm)  
Momentum Welcome Program – Momentum Educator  
Reflect & Connect: Meet Your New Momentum Sisters  
Overnight: Tel Aviv

### **Value: Courage – Azut d’Kedusha**

Session: The Courage to Act on Your Calling – Momentum Educator  
Israel: You Can Make a Difference – Dr. Zohar Raviv, Momentum Scholar-in-Residence  
Activities in Tel Aviv (examples: Guru Zuzu, Anu Museum, Peres Center and/or Ethiopian Center)  
Reflect & Connect: The Courage of Israeli Society  
Overnight: Tel Aviv

### **Value: Human Dignity – Kavod Habriyot**

Session: Embracing Sparks of Holiness – Momentum Educator  
Bearing Witness in the South: Rebuilding & Resilience  
(examples: volunteering, visit Nova Music Festival, Sderot, support IDF soldiers and/or visit Tekuma)  
Reflect & Connect  
Overnight: Jerusalem

### **Value: Faithfulness & Trust – Emunah**

Session: The Spiritual Dimensions of Emunah: Using Faith to Create Connection  
Visit Har Hertzl, Israel’s National Cemetery  
Tour of the Jewish Quarter in Old City of Jerusalem  
Reflect & Connect: Soul Full Workshop  
Session: The Power of Prayer – Momentum Educator  
Visit the Western Wall  
Optional Kotel Tunnel Tour  
Overnight: Jerusalem

### **Value: Generosity – Chesed v’Tzedakah**

Session: A Roadmap for Generosity – Momentum Educator  
Session: Parenting – Momentum Educator  
Reflect & Connect  
Free Time in Jerusalem  
Session: Disconnect to Connect (Shabbat) – Momentum Educator  
Candle Lighting  
Pray and Dance at the Western Wall  
Festive Shabbat Dinner with Momentum Sisters  
Overnight: Jerusalem

### **Value: Peace & Wholeness in the Home – Shalom Bayit**

Optional: Attend morning prayer services at local synagogues  
Session: Family Relationships – Momentum Educator  
Reflect & Connect  
“Shabbat of a Lifetime” Lunch – Authentic Jerusalem experience hosted by local families  
Shabbat Rest & Relaxation  
Light Meal to End Shabbat Together  
Musical Havdalah  
Overnight: Jerusalem

### **Value: Gratitude – Hakarat Hatov**

Optional: visit to the Dead Sea  
Israel Engagement Workshop – Guest Speaker  
Session: Bringing Your Momentum Home – Momentum Educator  
Reflect & Connect: Mobilizing Yourself & Others to Take Action  
Momentum Closing Dinner  
Depart by Bus to Airport 7 pm (book flights after 11 pm)

**TENTATIVE ITINERARY-SUBJECT TO CHANGE**