**Momentum’s Pre-Trip Resources**

Nurture your group, introduce participants to Momentum’s four goals as well as the goals of your organization, and get them ready and excited for their upcoming Momentum Trip with Momentum’s pre-trip resources.

We have seen that the organizations with the greatest impact and retention host four or more pre-trip sessions that engage participants, foster team building, prepare participants for the trip, and encourage learning. Recruiting your women early enough to have four or more sessions will lead to the best results.

**Session 1: Introductions**

**Goals:**

● Participants begin forming bonds with one another and with the Community Leader.

● Women share their hopes and dreams for the year-long experience.

● Women will become familiar with their Partner Organization, its goals, and work.

● Participants become familiar with Momentum and the goals of the year-long experience.

**Activities:**

1. **Icebreaker**. Highlights connections among participants with an icebreaker. Here’s an example Community Leaders have shared:

[The Yarn Game/Ooh Ooh Me Too!](https://www.youtube.com/watch?v=pnnV38PXZ-U)

With many of our sessions still online, we are happy to share a sample activity that effectively uses breakout rooms and an online whiteboard, chat board, or other collaboration tools such as Padlet or Lino.

* Send to breakout rooms groups of 3 or more.
* Ask each group to write down all the interesting things that they all have in common (ask them to avoid obvious things, such as all being mothers) and something unique to each participant. Give them 5 minutes.
* At the end of the 5 minutes, bring everyone back to the main “room” and invite someone from each group to share their list.

**2. Hopes and Dreams**

Before this meeting, ask participants to bring photos of their families. Ask them to share the photo with the group, and their dream of how their Momentum Year-Long Journey can impact them and their children — both this year and in the future. As a Community Leader, begin by sharing your personal hopes and dreams for you and your children. Then add a spot in the circle for your organization and speak about organizational goals (e.g. to engage more families, to expand activities), and your hopes and dreams for your organization’s wellbeing and growth.

**3. Hopes and Dreams Expanded**

As we know, our journey begins with personal hopes and dreams as well as our communal hopes and dreams.

You can share a thought about the importance of hope in Jewish life, mentioning that Israel’s anthem, Hatikvah, means hope. “Hope is one of the very greatest Jewish contributions to Western civilization,” [writes](https://rabbisacks.org/the-birth-of-hope-bechukotai-5779/) Jonathan Sacks, former chief rabbi of the UK, who has called Judaism, “the voice of hope in the conversation of humankind.”

During your meeting together, add a seat or an image for some or all the following:

* Our local community
* Our grandchildren
* Our ancestors
* The global Jewish family
* Israel

After the Community Leaders share their dreams for their organization, invite a couple of women to share their hopes and dreams related to each of these points. Encourage diversity of thought, sharing that our differing views make us stronger.

**4. Goals of the Momentum Year-Long Journey**

Share this short [video](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%201/MOMENTUM%20with%20sound%20and%20new%20logo%20(1)%20(1).mp4) and invite your women to consider one thing that resonates with them and to write down a question that the video prompts. Following the video, women can pair up and share their thoughts and questions, and then come together to discuss as a group.

Invite women to discuss Momentum’s goals:

* Connect with Jewish values
* Engage with Israel
* Take action
* Foster unity without uniformity

**5. Plan for Next Session**