**Session 4: Engaging with Israel**

Goals:

* Develop a deep and meaningful relationship with the land, the people, and the State of Israel.
* Build a global sisterhood that includes a relationship between Diaspora and Israeli sisters.
* Connect with Israel as a landscape integral to Jewish identity and history.

**Activities:**

1. Your Israel Story

Invite women to consider their personal Israel stories. For example, “I’m curious, I’ve never been, and this is what I’m hoping to see, experience, feel and learn.” Another Israel story may include elements of your own or a family member’s past experiences. It can include what excites us and what makes us uneasy. It can include how we feel, what we hope for, what we know, or want to know.

Invite each woman to take 5-7 minutes to write her own personal Israel story, and then to share them.

2. Consider using Israel Resource Cards to explore with participants what they know about Israel and what they would like to explore. (You can get your own pack of Israel Resource Cards by emailing the iCenter at info@theicenter.org or downloading the cards [here](https://www.theicenter.org/sites/default/files/all-content-cards-opt.pdf).)

Here are two suggested card activities: (1) Place all the cards on the floor or tables/walls and ask participants to do a "gallery walk" and pick out 1 or 2 cards that resonate with them or pique their curiosity. Go around a circle (as a whole group or in smaller groups) and have participants share why they chose the cards that they did. (2) Lay out the cards and invite each woman to pick one that resonates with her and one that she’d like to further explore, and invite the participants to share their thoughts with the group.

3. Show a short video about Israel. We suggest that you use the 10-minute version of the film, [Israel Inside: How a Small Nation Makes a Big Difference](https://imaginationproductions.com/film-detail/israel-inside/) by OpenDor Media.

4. Itinerary Overview

5. Teach one or more trip songs, for example, *Od Yavo Shalom Aleinu.* Click [here](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%204/Trip%20Songs.pdf) to access trip songs. To access videos to help teach some of the songs, click [here.](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%204/Trip%20Song%20Videos.pdf)

6. You may also wish to teach some common Hebrew words and phrases. Click [here](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%204/Hebrew%20Phrases.pdf) to access a list of Hebrew words and phrases

6. Engage in an activity together to take action for your community or Israel. Examples include:

* Packing gifts and writing letters to Israel soldiers.
* Consider a project that is important to your local community. For example, if you have a P2G community (a sister community in Israel), ask your local Federation how your participants can support the community.

7. Close the session with a round to invite each woman to share something she is taking away or a way she would like to be supported by the group during the time in Israel.