

# Marva Sample Itinerary

This is the general schedule for the Marva Program.

Changes (including the order of the weeks and the free weekends) may occur.

## Week One: Introduction

- ▶ Getting to know the rules and army discipline
- ▶ Getting to know all the staff members Military hike
- ▶ Weapon training and a shooting range
- ▶ Sports test
- ▶ Spend Shabbat in the base



## Week Two: Field Training

- ▶ Building tent encampment
- ▶ Sleeping in tents in field conditions
- ▶ Learn how to live like a soldier in the field
- ▶ Camouflage and training exercises (night and day)
- ▶ Free Shabbat



## Week Three: North

- ▶ Tour sites and bases in the north
- ▶ Learn about Israeli military history
- ▶ Spend Shabbat in the base



## Week Four: Navigations

- ▶ Navigations rates
- ▶ Navigation in urban areas
- ▶ Navigations in desert areas
- ▶ Free Shabbat



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ISRAEL JOURNEY



הסוכנות היהודית  
THE JEWISH AGENCY  
לארץ ישראל  
FOR ISRAEL



  
Portland  
State  
UNIVERSITY

GAP YEAR  
ASSOCIATION

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## Week Five: Sports

- ▶ Intense physical training
- ▶ Obstacle courses
- ▶ Spend Shabbat in the base



## Week Six: Combat

- ▶ Spending the whole week with experienced combat soldiers
- ▶ Military training exercise
- ▶ Lectures and training with combat soldiers
- ▶ Shooting range
- ▶ Free Shabbat

## Week Seven: Jerusalem

- ▶ Touring Jerusalem
- ▶ Yad VaShem museum
- ▶ Ceremony at the Western Wall
- ▶ Spend Shabbat in the base



## Week Eight: Summation

- ▶ Conversation with the base commander
- ▶ Sports test
- ▶ Ceremony rehearsals
- ▶ Ending lessons
- ▶ Ending ceremony



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