



Marva – Sample Itinerary

Week One - Introduction: This week will be spent in the home base of Sde Boker becoming familiar with army discipline and codes, learning first aid, topography, and basic information about the IDF. In addition, participants will undergo weapons training during which they will learn how to use an M-16 rifle. At the end of the week, they will experience their first shooting range and first march/hike (approx. 5 km). Shabbat will be spent on base.

Week Two - Field Training: This week will be spent outside of the base in field conditions (no bathrooms or showers!). Participants will learn how to be a soldier in the field through lessons on camouflage, ambushes, training exercises, and survival training in both day and night. Students are free to leave for Shabbat.

Week Three - Negev and Navigation Week: Throughout the week there will be a variety of activities in the Negev area including a visit to an infantry base, a joint exercise with the soldiers there, and intense walking. At the end of the week, Marva soldiers climb Masada at sunrise. Shabbat will be spent on the base.

Week Four - Galilee/Golan Week: During this week, Marva stays at a base in the north. Participants have the opportunity to tour around the north, including the border with Lebanon.

Week Five - Sport: This week will be spent on an army base. There, participants undergo intensive physical training including fitness, obstacle courses, self-defense, and more. Shabbat will be spent on the base.

Week Six - Women in the Army/ Infantry: During this week the men and women will be separated for the first and only time in the program. Students are free to leave for Shabbat.

Women: The week will be spent visiting several army bases and learning about the opportunities for the female soldier in the IDF.

Men: The week will be spent doing infantry training at a base in the South. Training includes learning to use heavy weaponry as well as group exercises.



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Week Seven - Jerusalem Week: This week is spent learning about the three different religions in Jerusalem and exploring the old and new city. Shabbat is spent on base.

Week Eight - Summation: This week is dedicated to ending lessons and discussions, a final 18km march, and a military graduation ceremony.



The Marva program is run by the Education Corps of the IDF in cooperation with the Israel Experience.



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