

# Women in the Desert: Itinerary

Embark on a life-changing experience in the Arava

October 31, 2021 - November 4, 2021

Sunday, October 31

## Vertigo Arts And Cultural Eco Village



***Bruchim haba'im! Welcome to Israel!***

*Drive South*

Begin our journey together as we travel south to the Vertigo Arts and Culture Eco-Village, the home of the renowned Vertigo Dance Company.

The Vertigo Eco Art Village is a learning center that aims to generate social change and promote sustainable living through art and environmental educational programs for the public. The center offers workshops and classes in art and practical ecology and develops green technologies as part of their mission to inspire socially conscious, creative sustainable living, and to connect participants from all walks of life, in Israel and abroad, to themselves, their creativity and the environment.

The Eco Village overlooks the historic site where King David defeated Goliath in Kibbutz Netiv Ha Lamed Hei, in Israel's rural Elah Valley. The center is housed in an abandoned industrial site on the Kibbutz that was built using sustainable building techniques and recycled materials.



## Movement Workshop



The center includes a performance venue with a professional dance floor, 150 person-capacity seating, sleep and workshop spaces, composting toilets, solar-heated showers, and a kitchen that relies on recycled rain water.

### **Tour the Eco Village and take part in a movement workshop.**

## Lunch at Vertigo Eco Village



Taste the delightful farm to table food over a leisurely lunch.

Travel south deep into the Arava to discover our home and meeting place for the next five days, where much of the experiences we will create will happen.

## Check in at Nof Zuqim



*Nof Zuqim*, which means 'cliff views' in Hebrew, is a lodge with cabins with spectacular views overlooking the fork of the Ashosh and Tzofar rivers. The location, design and materials used to build Nof Zuqim were carefully chosen to harmonize with their desert surroundings. The lodge features 12 beautiful stone cabins, all named after desert streams and nestled in the hills of the desert.

 **Dinner at Ursula**



Ursula is a European-Israeli fusion restaurant located in the heart of the Arava.

## Monday, November 1

**Hike at Timna National Park**



 *Breakfast at Nof Zuqim*

Visit the picturesque Timna National Park, where you will encounter ancient copper mines and mining shafts, smelting furnaces dating back to ancient imperial Egypt, and natural wonders like Solomon's Pillars, which are towering sandstone columns that were formed by strips of volcanic magma freezing into the cliffs.

Timna was a Copper mining hub for the region beginning in the 6th or 5th millennium BCE and continuing for centuries under the Edomites, Israelites, Nabateans, and Ummayad Caliphate. It is also home to an Egyptian temple dedicated to Hathor, the Egyptian goddess of mining, built in the end of the 14th century BCE by Pharaoh Seti I for the Egyptian miners.

**Hike through this magical and rich setting of red rock, as you begin to reset, creating more mindfulness and ease in each day.**

 *Packed lunch*



## Tour Kibbutz Neot Smadar



Neot Smadar is a Kibbutz established in 1989 by a group of friends who wanted to create a learning community focused on cooperation and creativity in daily life. It is an organic farming community with architecturally unique buildings built to reflect the Kibbutz's commitment to environmentalism, with passive cooling towers, water recycling, and an Art Center with 14 workshops for Stained glass, ceramics, textile, wood and metals.

Neot Smadar is now home to approximately 90 adult members, 70 children, and 50 volunteers. The Kibbutz's economy is based on agriculture, with 500 dunams of organically cultivated vineyards, deciduous trees, olives, date plantations, an herb garden, and an olive oil press.

## Tour and Wine Tasting



Neot Smadar also operates a boutique winery and roadside restaurant that sells vegetarian food and their organic products.

**Tour the kibbutz from the House of Arts through the vegetable garden and the goat farm to the winery for wine tasting.**

## Visit Shaharut



Shaharut is a small and remote desert community in the Arava Valley situated on a mountain top at the southern tip of Israel, 40 minutes north of Eilat near the scenic Edom Mountains. With less than 150 inhabitants, Shaharut boasts an impressive number of artists, artisans, and musicians.

## Desert Stories



During our visit we will meet with **Yael**, a local resident who will discuss traditional crafts and desert stories. Yael spent an extended period of time living among Bedouin tribes, or nomadic Arab tribes that live primarily in the Negev Desert in Israel, as well as the rest of the Levant, North Africa, and the Arabian Peninsula. Yael studied ancient crafts, nomadic lifestyles, and the traditional way of life of the Bedouin and will lead a **discussion about her journey, life in the desert, and special encounters she had along the way.**

## Unique Meditation Session



We will then visit locals **Ofir and Daniella** who will host us and share their **personal Israel Journey, followed by a unique meditation session accompanied by live instrumental music.**

Ofir is the lead singer of the band AnnaRF and a teacher of Buddhism and Dao philosophy. AnnaRF has performed all over Europe, including large music festivals. Their songs speak a message of unity, love, and peace. Ofir has studied Buddhism for over a decade in Israel, India, and Nepal. Daniella is a Vinyasa Yoga instructor and a graduate of East Asian Studies, who has studied the philosophy of yoga, Buddhism, and Zen as well as classical Pilates and Ashtanga Vinyasa yoga in India.

## Dinner at Nof Zuqim



Enjoy a delicious meal in a beautiful setting

## Tuesday, November 2

### Morning Yoga



Begin the day with morning yoga in a beautiful workshop studio surrounded by views of the desert. The session will be led by Anael, an experienced instructor with over 15 years of experience teaching and practicing yoga and movement.

 *Breakfast at Nof Zuqim*

### Aloe Vera Farm



Visit the only Aloe Vera plantation in the Middle East. The farm is located in Ein Yahav in the middle of the desert, where the aloe vera is grown using an organic method of drip technology with water rich in salts and minerals.

The farm was founded by Shula Shaham, a pioneer in the field who partnered with various Israeli laboratories and research centers to develop her products, which are designed to combat the harsh desert climate with active aloe vera, which is proven to accelerate the growth of new skin cells and soothe dry damaged skin.

**Tour Ein Yahav and learn about the Arava desert pioneers, desert farming, and AgriTech. Go to the Greenhouse Valley and view the Israeli Jordanian border. Visit the Aloe Vera House and learn about the qualities of the plant and the use of it in skin products.**



## Moa Winery



**Enjoy light snacks and wine** at an award-winning boutique winery in the heart of the desert. The winery is named after the ancient Nabatean city of Moa, which was once a way-stop for nomadic traders traveling the Incense Route.

The winery was established by the Friedman family on their family farm in 2014 using grapes from Mitzpe Ramon, in order to create a unique and distinctive desert wine that is symbolic of the region's rich history of viticulture during the ancient Negev wine route over 2,000 years ago.

The desert climate has produced a truly unique and special vineyard, with the strong sun, sharp temperature drops at night, loess soil, and dry climate creating truly special wines. The wines are all produced by hand.



## Rest and Relaxation at Nof Zuquim



End your day with Rest and Relaxation at Zukim.

You will have the option to treat yourself to a massage, take in the dessert environment or experience a one-on-one coaching session with your mindful and creative leader, Pam Albert

### Dinner in the Vegetable Garden at Moshav Tzofar



Visit Tzofar, a *moshav* or agricultural community founded in 1976 near what was once the ancient Nabataean spice route and ancient Nabataean city of Moa. Part of the land farmed by Tzofar residents was transferred to Jordan in the Al Ghamr peace agreement in 1994, which Jordan claimed in 2019. The moshav's main industry is winter farming, as they grow various crops including peppers, melons, and tomatoes.

**Tour the farm and lush vegetable garden and enjoy a delicious farm to table dinner.**

### Stargazing Experience



See the stars and learn about the constellations on private astronomy tour with an expert guide and telescopes.

## Wednesday, November 3

### Rise and Shine! Sunrise Over the Desert



A short walk will take you to a magnificent place to experience the sunrise.

## Yoga and Meditation Session



Start the day with a morning yoga and meditation session with Anael in the Arava.

 *Breakfast at Nof Zuqim*

## Experiential Session with World Renowned Facilitator Irit Ostrowski



Participate in a group coaching session to move forward on your journey of living each day with more mindfulness, lightness and ease.

## Zuqim Hike



Hiking in Zukim, we will explore the natural wonders of the desert. The hike is guided by cairns, or ancient path markings, and you will encounter valleys and the scenic White Water Reservoir.

 *Packed lunch*

## Orange House



Visit The Orange House, a space intended to allow women to heal and connect with one another. The space is meant for all women who need time to heal physically, mentally, emotionally, and spiritually and work on personal development. The Orange House provides respite to women going through depression, burnout, the end of a relationship, addiction, or anything else that might require healing, rest, and self-discovery.

**Meet the founder Lola and hear how the Orange House provides a place for women from across the country to work on challenges and to prepare them with the skills they need to move forward in their lives.**

## Dinner at Nof Zuqim



Indulge in a delicious meal created by Chef Yinon Beeri as we bring closure to our experience in the desert.



Instrumental music session under night skies

## Thursday, November 4

### Yoga or Meditation



Relax and recharge through this morning session.

 *Breakfast at Nof Zuqim*

### Movement Group



Led by Pam

Check out of Nof Zuqim

 *Stop for lunch on your way to Jaffa*

### **Drive to Jaffa**

### Visit the Jaffa Institute



The Jaffa Institute is a non-profit, multi-service social agency that aims to provide educational, recreational, and social enrichment programs that break the cycle of intergenerational poverty in the greater-Jaffa community and support each child's self-esteem so that he/she can evolve into a healthy, educated, and productive adult.

## Tour the Jaffa Institute



The Jaffa Institute works closely with government officials for each of its 30 different programs in order to aid and track the progress of the 4,000 citizens it serves each year.

**Visit the Institute and learn more about its different projects.**

*Farewell*

# Pre-trip Add-On: Early Arrival

Arrive a day early for the chance to relax or sightsee in Jaffa.

October 30-31, 2021

Saturday, October 30

## Check in at Market House Hotel



Built on the ruins of a Byzantine chapel, Market House Hotel is a chic boutique hotel located in the heart of Jaffa. The hotel, which is next to Jaffa's historical Clock Tower Square and about 200 meters from the lively Jaffa flea market, or *shuk hapishpishim*, is the perfect base from which to explore Tel Aviv.

## Optional - Jaffa Dinner



Join us at for dinner in Jaffa and meet your Women in the Desert travelers.

The flea market area is known for it's trendy, vibrant atmosphere and great nightlife and is a fun opportunity to shop, interact with locals, and explore. The Flea Market, or Shuk HaPishpushim, was moved to it's current location by the Ottoman administration in in the 20th century to make way for it's civil administration compound, though it descends from a 19th century market in Jaffa that was once bustling with merchants and immigrants that passed through the Jaffa port.

# Post-trip Add-On: Jaffa

Finish your journey with more time in Jaffa

November 4-5, 2021

Thursday, November 4

## Check in at Market House Hotel



Following the tour, check in to Market House hotel.

Built on the ruins of a Byzantine chapel, Market House Hotel is a chic boutique hotel located in the heart of Jaffa. The hotel, which is next to Jaffa's historical Clock Tower Square and about 200 meters from the lively Jaffa flea market, or *shuk hapishpishim*, is the perfect base from which to explore Tel Aviv.

Friday, November 5

## Optional: Gaga Dance Class



Accompany Pam to a Gaga dance class. When Pam works in Israel she loves to start each day with a group of people of all ages, that connect through their love of movement.



Gaga is a framework and movement language for people to connect to their bodies and imaginations, experience physical sensations, improve their flexibility and stamina, exercise their agility and explosive power, and enjoy the pleasure of movement in a welcoming, accepting atmosphere. It was developed 25 years ago by Ohad Naharin during his time as the artistic director of Israel's world-renowned Batsheva Dance Company. Gaga has a dedicated following of thousands of dancers with 148 certified teachers worldwide.

### Levinsky Culinary Tour



Discover the flavors of the Levinsky Market on an expert-led culinary tour. The Levinsky Market is a hidden gem shuk, or outdoor market, located in Florentin, a trendy neighborhood in Southern Tel Aviv famous for its fragrant spices, hipster residents, and stunning street art.

Learn about the Market's fascinating history and meet shop and stall owners to see why the market is such an extraordinary melting pot of flavors from all over the world. On the tour you will sample some of its tastiest treats and meet the locals that make the market such a special place.



## Jaffa Port and Old City tour



An ancient port on the Mediterranean Sea in the Old City of Jaffa with a history that spans over three millennia. The port is referenced in many ancient works, including the Bible and Josephus's writings on Jewish history.

Another great attraction in Jaffa is Jaffa's Old City. It is home to art galleries, museums, historic stone buildings, and winding alleyways. This area reflects Jaffa's complex and multifaceted character, having been shaped by numerous conquests over the past 3,000 years.

# Women in the Desert: Price and Booking Terms

	Double Room (sharing with one person)	Single Room
Cost of trip for 15 or more participants	\$2,690.00 USD	\$3,267.00 USD
Cost of trip for 10–14 participants	\$3,229.00 USD	\$3,806.00 USD
Hotel pre-trip add-on: October 30-31, 2021*	\$170.00 USD**	\$318.00 USD**
Post-trip add-on program (including hotel): November 4-5, 2021***	\$340.00 USD***	\$500.00 USD***

\*Price does not include airport transportation or optional activities (Dinner in Jaffa)

\*\*Price does not include airport transportation or optional activities (Gaga Dance class)

## Booking Terms

**Booking is subject to limited availability and your space will only be secured upon payment of a \$250 USD non-refundable deposit.** By making a trip reservation, you accept and agree to the relevant cancellation policy and terms and conditions of the Trip Provider.

## Travel to Israel

We will not be responsible for your arrival to, or entry into Israel. It is your responsibility to check that you have the correct travel documents (including passports and visas), vaccine documents, PCR test results, and health conditions to travel to Israel. We will not accept liability if you or any member of your party is refused entry into Israel or the Palestinian Territories, or if you are denied boarding onto a carrier travelling to Israel, due to failure on your part to carry correct documentation or comply with relevant health requirements.

Moreover, entry into Israel and the Palestinian Territories is subject to security clearance at the port of departure and the point of entry. We will not be responsible for any person travelling to Israel who is denied entry for security reasons. Should you or any member of your party be denied boarding onto a carrier or entry into Israel for any reason, we will not be able to refund any part of payments made to us. Likewise, travel out of Israel is subject to security clearance and we will not be responsible for delays, missed flights or other loss caused by security procedures at any port of departure from Israel. **Additionally, please inform us prior to the trip if you are an Israeli citizen.**

## Cancellations

**Should you need to cancel any part of your booking for any reason, your \$250 non-refundable deposit will not be refunded.** In the case of border closure, you will be able to use your deposit towards any Fig Trips, LTD trip until October 30, 2024. If the trip is cancelled by Fig Trips, LTD due to COVID-19 prior to arrival, you will receive a full refund less the non-refundable deposit, which you will be able to use as a travel credit towards any Fig Trips, LTD trip until October 30, 2024.

Payment is due in full 30 days prior to your arrival date. Should you need to cancel any part of your booking for any reason whatsoever 15 to 30 days prior to travel, 50% of the trip cost will be refunded. The trip is non-refundable 0-15 days prior to arrival. For this reason, **we strongly encourage you to purchase travel insurance that includes 'cancellation under any circumstances and for any reason' (CFAR) protection. Please ensure that your insurance includes COVID-19 protection.**

**Feel free to contact Marty Firestone [mjfirestone@nfp.com](mailto:mjfirestone@nfp.com) for cancellation insurance, or you can also contact a provider of your choice.**

## Itineraries

While we make every effort to provide the itineraries we describe, we reserve the right to alter itineraries should unforeseen practicalities arise, including but not limited to changes in opening times, unseasonal weather and changes in the security situation in Israel. You agree that our tour guides will use their discretion on the ground to decide whether an event has arisen which necessitates a change to the itinerary.

## Travel Insurance

**We strongly advise that travel insurance includes cover for ‘cancellation under any circumstances and for any reason’ (CFAR).** If your Israel itinerary includes extreme activities such as hiking, then you must ensure that your travel insurance specifically covers such activities. Fig Trips is not responsible for loss or injury to any of your belongings or the belongings of anyone travelling in Israel pursuant to a Fig Trips booking, nor for any injury or death to any person travelling in Israel pursuant to a Fig Trips booking.

## Early Arrival

**Due to the ongoing COVID-19 situation, we recommend arriving at least 24 hours prior to the trip start in case you are required to quarantine briefly until you receive your results for the COVID-19 PCR test you will take at Ben Gurion airport.**

## Third-Party Vendors

Where Fig Trips uses a third-party provider to provide any element of your Israel experience the third party, and not Fig Trips, is liable for their own actions and omissions.

## The Jaffa Institute

This journey is not only about growing as individuals and focusing on ourselves, but also about giving back. Part of our journey will take us to The Jaffa Institute, which is a non-profit, multi-service social agency that provides educational, nutritional, therapeutic, and social enrichment programs that assist children and families in developing the skills they need to break the cycle of intergenerational poverty. **For this reason, we ask the participants of our trip to make a contribution to this amazing cause.**

# Meet the Team

## Who We Are

### **Pam Albert MA ADTR GIC, Trip Leader and Facilitator**



Pam Albert is the Executive Director of the Canadian Friends of the Jaffa Institute. She works as an independent consultant, coach and builder of community in the charity world. She is involved in leadership and advisory roles for numerous charities, bringing her considerable experience to both newly developing and long-standing charitable organizations. Canadian Friends of The Jaffa Institute is a more recent and key focus for her. In the not-for-profit field, Pam's many consulting engagements have included work in Development and Community Engagement at JNF and she has also served as VP of Community Engagement at the Mt. Sinai Hospital Foundation. She is currently on the board of ARZA Canada. Before forming her consulting practice, Pam was the Founding Director of One Family Fund Canada, where she spent 15 years successfully building an organization to support victims of terror in Israel. Through her extensive involvement in this and other organizations, she has engaged thousands of individuals from Canada and around the world with Israel. To help foster this engagement, she has honed her skills at planning and delivering out-of-the-box travel/experiences in Israel.

### **Irit Ostrowski, Tour Guide and Facilitator**



Irit has been a tour guide for over 25 years, as well as a personal coach, facilitator, lecturer, and conductor of processes, mainly for women. She uses many training and therapy tools, including the "Enneagram" communication model, nutrition, and much more. She is also a facilitator of Points of You and Bridges, among others.

Irit bills herself as a curious woman, an eternal student, a spouse, a mother, and a grandmother and is passionate about people, animals, nature, music, books, health, and travel.

Did she mention that the trip will be interesting, fascinating, and deep? She can't wait to meet you!

## **Jill Mayer, Chair of The Canadian Friends of The Jaffa insitute**



A lawyer by training, Jill Mayer is an award winning, experienced producer of strategic business conferences and professional development programs for legal, financial and other professionals. After a career of working in-house, in law firms and as Director of Continuing Professional Development for the Ontario Bar Association, Jill struck out on her own in 2019, as a consultant. Her goal was to spend more time volunteering with Jewish and Israeli causes.

In addition to being Chair of the CFJI board, Jill is a member of the Board of Governors of Beth Sholom Synagogue in Toronto. She is also a member of the Legal Task Force for the Centre for Israel and Jewish Affairs (CIJA). Indeed, throughout her career, Jill has applied her professional development skills to the Jewish community.

As testimony to this ongoing commitment, she recently completed a contract as Conference Producer for Liberation75. This is the world's largest virtual event for Holocaust Survivors, Descendants, Educators and Friends. Its goal is to fight hate, discrimination and antisemitism. She also took part in the International Jewish Lawyers' conference on "Legal Confrontation with Antisemitism", which was held in Tel Aviv. In addition, she co-chaired CIJA's legal conference on Combating Online Hate in 2020. In all, Jill brings many gifts to her role as Chair of the CFJI board.

## **Ishai Levin, Co-founder of Fig Trips, Tour Operator**



Ishai is a five-star rated tour guide and operator with experience in historical heritage tours, hiking excursions, geopolitical tours, and specialty private tours for individuals and families, religious groups, universities, and diplomats. A history buff and army veteran, Ishai holds a degree in Israeli History from the University of Haifa and his expertise includes geology, geopolitics, and ancient and modern history. Ishai strives to provide his travelers with the most authentic and comfortable experience possible--constantly seeking out surprises and hidden gems to delight our travelers.