

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

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

Throughout the Course:

- Sports training
- Duties as: guards, cleaning the kitchen
- Lessons about: wars, history, ethics, conflicts