

Nesiah 2024 – Year 10 Israel Program ‘Powered by BJE’

1. General Information

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APPLICATION FORM

To access the Application Form, head to the following link: <https://form.jotform.com/240638259484870>

SCHOOL CHARACTER REFERENCE and INTERVIEWS

BJE requires all participants to provide a current school reference as part of the application process. This allows us some insight into your child’s character in the formal schooling environment.

If your child has changed schools in the last 6 months, BJE will contact the previous school for a reference.

The school reference needs to be completed by either the Head of School, Deputy Head, your child’s Year Coordinator or Head of House.

Please send this link to the appropriate staff member at your child’s school, to be completed:

<https://form.jotform.com/220397544672058>

You may request, or be requested to attend, an interview, with your child, with the Heads of the Nesiah Program, prior to your child being accepted on the Nesiah Program. It is essential that we are able to ensure an appropriate support structure is in place for your child’s wellbeing. This may be a medical, an emotional or a physical support plan.

If you require an interview, please email israel@bje.nsw.edu.au. If we require an interview, we will contact you to schedule this.

THE PROGRAM

The New South Wales Board of Jewish Education (NSW BJE) takes great pride and pleasure in offering Nesiah, which delivers to our participants a unique, educational, cultural and once-in-a-lifetime trip, experiencing Israel in a new light. We consider our students' participation in Nesiah as a privilege. **As such, we expect that our participants, and their parents/guardians, rigorously abide by all requirements prior to and whilst on Nesiah.**

During Nesiah, we engage several external service providers. In this document, we make some references to those external providers as either service providers or agents of BJE.

The aims of the program are:

- To strengthen participants' connection with the language, land and people of Israel;
- To familiarise participants with Israeli history, geography, society and culture so as to enhance their knowledge and studies;
- To strengthen participants' Jewish consciousness, commitment and values.;
- To explore the richness of Jewish culture and history so as to plan for continued Jewish prosperity; and
- For participants to learn more about themselves and others, so as to grow and mature.

Nesiah places this learning in the exciting context of living in the Jewish homeland.

A participant's place on Nesiah is not guaranteed until the following conditions are met:

- The Nesiah Application Form has been completed and submitted - this form will require a signature stating participants and their parents'/guardians' have read and understood the Consent, Release and Indemnity Form, the Code of Conduct, and the relevant Medical History forms.
- The required deposit has been paid.
- BJE has obtained a reference from the participant's school.
- A copy of the participant's passport has been submitted.
- The Youth2Israel Application (Y2i) Form has been completed.

DEPOSIT

BJE requires a \$500 deposit from every participant on application **no later than Monday 8th April, of which approximately \$300 is non-refundable once airline tickets are booked.** Please use the bank details below.

If a participant withdraws from the program, once tickets are booked, approximately \$300 will be non-refundable. In the unlikely event that BJE is unable to accept a participant on the program, the full deposit will be refunded.

If the program is canceled due to unforeseen circumstances beyond BJE's control, BJE will refund whatever money is covered by insurance.

We request a bank transfer into the following account:

BANK NAME: NAB
ACCOUNT NAME: BJE GENERAL
ACCOUNT BSB: 082-140
ACCOUNT NUMBER: 50-902-8807

For us to recognise your payment, please describe the payment as follows:

N - participant's first name and participant's last name.
(eg N-Jo Gluckman)

AN IMPORTANT MESSAGE FROM Y2i

It has been shown that Israel-based experiences of 5 weeks or more with fellow 16-year-olds is one of the major determinants of Jewish continuity.

In 2014, Y2i set out with the goal to increase participation in Year 10 Israel programs. Eight years later, we have more than achieved what we have set out to do. In particular:

- Y2i has supported over 2,000 year 10 students to participate in Year 10 Israel programs.
- We now support the four Jewish Day schools and BJE to provide these programs.
- We have participation rates in the Jewish Day School consistently exceeding 85% since the introduction of Y2i.
- And, in 2022, BJE will be sending its largest ever contingent of 125 non-Jewish Day School students from NSW, ACT and QLD – a 290% increase since 2015.

As we plan for 2024 and beyond, it is now time for Y2i to refine our focus and move into our next phase – ensuring Y2i's long term financial sustainability and viability for future generations.

Continuing in 2024, Y2i will still provide up to \$5,000 in discretionary subsidies towards the cost of participating in a Year 10 Israel program.

Y2i wants all families to be able to ensure their child can participate in these life changing journeys. We acknowledge that families are experiencing different pressures, both financial and otherwise, and our communal demographics are changing. We therefore need to use our donor funds wisely, and ensure we allocate funds to support the maximum number of students participating.

So that we can ensure that the Y2i subsidy pool can help as many families as possible, the application process will now include some further questions which Y2i will use to better assess, determine, and offer subsidies.

Together we can ensure that Y2i still makes these life changing opportunities possible and sustainable, as we move forward.

To apply for a Y2i Subsidy up to \$5,000, please use this link - <https://y2i.typeform.com/2024-subsidy>

For more information about Y2i please refer to <http://www.youth2israel.org.au/>

For information about eligibility please refer to <http://www.youth2israel.org.au/parents-students/#faqs>

DOCUMENTS

VISAS

Participants travelling on an Australian passport will not require any visas.

PASSPORTS

Participants must have an Australian passport with a minimum validity of 6 months from the date of their proposed return to Australia. In other words, all passports must be valid until 20th July 2025. If a participant does not have an Australian passport, proof of Permanent Residence must be provided.

If a participant or their parents'/guardians' were born in Israel or has Israeli citizenship, the participant must also provide an Israeli passport as required by the Israeli government. If you are unsure about your status, please contact the Israeli Embassy to make personal enquiries (02) 62 154500. BJE does not bear responsibility for any participant who fails to disclose relevant information and is questioned by Israeli authorities.

INSURANCE

It is a requirement that participants must have travel insurance. Included in the cost of Nesiah is a highly competitive and comprehensive policy. If participants plan on taking expensive items (such as a cameras or tablets), which we do NOT recommend, please ensure the item, and its serial number, is declared to the insurers prior to departure. While we endeavour to minimise any losses, **BJE will not be held responsible for any loss or damage to personal property.**

MASA AND TAGLIT-BIRTHRIGHT ISRAEL

Participants of Nesiah will still be eligible for both 'MASA' (the international initiative that subsidises approved long-term Israel programs for young people between the ages of 18 and 30 (17 if a high school graduate), including the Zionist Youth Movement programs, and 'Taglit — Birthright Israel' (the international initiative that subsidises approved short-term Israel programs for young people between the ages of 18 and 26 (17 if a high school graduate) — who have never participated in a peer program to Israel).

SECURITY

The protection and the security of participants is of paramount importance to all staff and all service providers. Accordingly, for the entire tour — from the moment participants arrive at the Departure Hall at Sydney Airport until their return to Sydney — we aim to take all sensible security precautions, based on professional and government advice. As part of this:

- BJE is in regular contact with Australian government authorities;
- The Israel provider is in regular contact with Israeli security and public safety authorities, and in particular with the Situation Monitoring Room (SMR), which is a service run by the Israel Ministry of Education in conjunction with the IDF, Police and other security authorities. The SMR operates 24 hours a day, 365 days a year and issues guidelines about where it is safe to travel in Israel and the best routes to use;
- Nesiah uses only one private bus operator for the entire Israeli trip;
- Armed escorts accompany the group during the entire trip, with the number of armed escorts to be increased in accordance with circumstances and instructions from the SMR;
- We require all hotels and hostels that will be accommodating the participants to have effective security systems;
- We avoid public transport; and
- There will be no unstructured free time. Participants are not permitted to leave the group, unless in exceptional circumstances with the written approval of the Nesiah Coordinator.

2. Code of Conduct

1. Introduction

- 1.1** This document sets out the Rules for participant behaviour on Nesiah 2024. Participants on Nesiah and their parents/guardians are required to read, understand, agree to and sign:
- The Participant Code of Conduct;
 - The Nesiah Application Form;
 - The Nesiah Consent, Release and Indemnity Form;
 - To provide a referee from the participant's school.
- 1.2** This Code of Conduct allows all participants to know what is expected of them, and to reflect on how they will contribute to the positive experience of the trip for all. **Each** participant needs to understand the impact of their behaviour on their own safety and **the safety of others.**
- 1.3** Participants must at all times comply, immediately and without argument or discussion, with any instruction given to the group or to the participant individually, by the Program Leader, or any member of staff employed by BJE, or other organisations engaged by BJE. If a participant in any way or at any time behaves in a way that is contrary to or breaches this Code of Conduct, then that participant may be disciplined, including but not limited to, being sent back to Australia immediately **at their family's expense.** If any disciplinary action needs to be taken, all parties (including the participant's parents/guardians) will be immediately notified. Please understand that adherence to this Code of Conduct ensures the safety of both the participant and the Program itself. Past experience shows that these standards of compliance assist in the smooth running of the Program.
- 1.4** Nesiah is an incredible, once-in-a-lifetime opportunity that aims to enhance one's personal identity and their connection to Judaism and to Israel. This experience both educates and inspires participants as they embark on an uplifting journey into the history of the Jewish people. On Nesiah, we welcome **respectful** questioning and discussion about our past, our future and our responsibility as Jews.
- 1.5** Signing of the Nesiah Application Form (including Consent Release and Indemnity Form, Code of Conduct and Medical History Form), acknowledges that:
- Both participants and parents accept and understand these Rules; and
 - Agree to comply with the Rules at all times during Nesiah (including any pre or post Nesiah events).

2. General

- 2.1.** Participants must at all times comply, immediately and without argument or discussion, with any reasonable instruction given to the group or individually by the Nesiah staff, Madrichim or other staff member as delegated.
- 2.2.** Participants must not at any time under any circumstances:
- Leave the group or any premises or precinct in which the group or part of the group is required to be, without the specific permission of a Nesiah staff member
 - Hitchhike or use public transport (including buses, trams, taxis or Uber-type services), except in exceptional circumstances and even then, only with written permission from parents and a Nesiah staff member.
- 2.3** Participants must not touch apparently 'ownerless' objects including but not limited to suitcases, handbags, shopping bags, cigarette boxes etc. If they see any unattended objects or if they become aware of any other potentially dangerous circumstances, they must immediately report this to a staff member.
- 2.4** Participants must participate respectfully in all aspects of the Nesiah Program, including by:
- Respecting the importance of all elements of the program, including meals, curfews and organised activities;
 - Arriving on time for all departures, scheduled field trips and classes;
 - Speaking with respect to others;
 - Behaving in a manner that is honest, empathetic, considerate and inclusive of others;
 - Not teasing, bullying or belittling others;
 - Respecting other people's property and not taking what isn't theirs
 - Taking responsibility for one's actions; and
 - Behaving in a manner that will uphold the good names of one's respective school, BJE, and their Jewish community at all times.
- 2.5** Participants are expected to dress appropriately, which includes:
- Not wearing any clothing with offensive or inappropriate logos, pictures or wording; and
 - For girls - wearing skirts or dresses on when visiting the Kotel and synagogues.
 - For boys – wearing kippot or caps when visiting the Kotel or Synagogues
- Appropriate standards of dress and behaviour must also be observed when visiting Orthodox Jewish neighbourhoods or the holy sites of any religion.
- 2.6** Participants should keep their cash and valuables they carry to a minimum. Participants are responsible for all their own belongings at all times.
- 2.7** Participants may be subject to bag and/or room searches, including random searches, at any time while participating in the Nesiah Program.

3. Airport behaviour and flying

3.1 Participants must:

- a) Comply with all airline requirements regarding both cabin luggage and the weight of luggage to be checked in. Participants are not permitted to purchase extra weight or baggage allowance; and
- b) Check in their own baggage and move through airport security as respectfully efficiently as possible.

3.2 Participants must:

- a) Stay with their designated mentor group at all times;
- b) Ensure that they understand meeting locations and times and comply with all deadlines; and

3.3 During flights, participants must be considerate of other passengers and not engage in loud conversations or engage in behaviour likely to disturb or disrupt other people.

4. Accommodation

4.1 Participants must sleep in their assigned room. Boys' and girl's rooms are out of bounds to the other gender at all times.

4.2 Participants must keep the door to their assigned room locked at night.

4.3 Participants are responsible for the cleanliness and order of their rooms. Rooms may be inspected without warning. **Participants will be held financially responsible for any damage or loss of equipment/bedding etc., that they have (either wholly or partially) caused.**

4.4 Participants are not permitted to order 'room service' at any time, even at their own expense.

4.5 Participants must be mindful of the rights and privacy of others, and to not disturb others during rest periods, or at night.

4.6 Participants' friends or relatives may only visit them with the approval of a Nesiah staff member. Guests are ONLY permitted in public spaces such as lounges or common rooms and will not be granted permission to sleep over. All visitors must leave at a time specified by Nesiah staff.

4.7 Participants must comply with any curfews that are set by Nesiah staff.

5. Phones

- 5.1 When in Israel, participants must carry a charged mobile phone (with an Israeli SIM card) at all times.
- 5.2 Mobile phones are intended to enhance personal security and must not be used during any of the programs or in a manner that disrupts any activities, other than for taking photographs.

6. Injury or illness

- 6.1 Participants must report any illness or injury to a Nesiah staff member as soon as practicable.
- 6.2 Participants must always have the permission of a Nesiah staff member if they need to:
 - a) Stay in the group's accommodation because they are sick; or
 - b) Leave the group to seek medical or other health treatment.

7. Alcohol, drugs, tattoos and piercings

- 7.1 Participants must not purchase, possess, consume, deal in, or use alcohol, tobacco products, e-cigarettes or illicit drugs, at any time during Nesiah. It is illegal in Israel to enter a club or pub or purchase alcohol or tobacco products under the age of 18, and participants must not do so.
- 7.2 Participants must not assist another person to purchase, possess, consume, deal in, or use alcohol, tobacco products, e-cigarettes or illicit drugs, or be complicit in another participant's breach of this Code of Conduct.
- 7.3 Participants may only bring medication (prescription or non-prescription) with them from Australia, or purchase them while overseas, with their parents' written permission, which should be detailed on the medical forms provided by parents before Nesiah.
- 7.4 Participants must not have any part of their body tattooed or pierced without a Nesiah staff member sighting written permission from parents/guardians, while on Nesiah. BJE is not responsible for the care of any participant that elects to get a tattoo or piercing.

8. Bullying, harassment and victimisation

- 8.1 Participants must not bully, harass, or victimise others.
 - a) Bullying generally means unreasonable repeated behaviour by a person or group which is directed towards another person (sometimes, but not always, a less powerful person), that makes the victim feel distressed, intimidated, humiliated, threatened or vulnerable and creates a risk to their health and/or welfare. Conduct that is bullying might be verbal, physical, social or psychological conduct. A person might be bullied for any reason - it might be that someone just does not like that person.

- b) Harassment generally means conduct that unreasonably causes offence, humiliation or intimidation. Sometimes, but not always, harassment is based on characteristics of the victim such as sex, race/ethnicity, disability or sexuality.
- c) Victimization generally means treating someone badly because they have made (or threatened to make) a complaint about bullying, harassment or other unfair behaviour.

8.2 Participants should not tolerate bullying, victimisation or harassment, and should report any incidents of these types of behaviour (whether directed at them or someone else), to a Nesiah staff member or Madrich.

8.3 Participants must not swear or use any form of language that is abusive or might intimidate or humiliate anyone.

8.4 Incidents of bullying, harassment or victimisation towards a participant by Staff Members, administrators, or other non-participants must be reported immediately to a Nesiah staff member or a Madrich.

9. Sexual harassment

9.1 Sexual harassment is regarded by BJE as an extremely serious offence, in violation of an individual's civil rights as well as that of Jewish law and ethics. Sexual harassment is defined as unwanted sexual attention or unwanted physical contact from peers, staff or anyone the participant may interact within the course of the Nesiah Program. This includes incidents of sexual attention or unwanted physical contact from the participants to members of the staff and administration of BJE. The range of behaviours included in this definition is broad but generally includes verbal or written comments of a sexual nature, obscene language directly addressed to the victim, hostility toward the victim on the basis of sex, pressure for sexual activity, leering, filming, texting, pinching, patting and other forms of unwanted touching. Such unwanted sexual overtures are strictly prohibited on Nesiah in all relationships between members of the program's community.

9.2 Incidents of alleged sexual harassment towards a participant by another participant must be reported immediately to a Nesiah staff member or a Madrich.

9.3 Incidents of alleged sexual harassment towards a participant by staff members, administrators, or other non-participants must be reported immediately to the head of the Nesiah Program.

10. Social media posts

10.1 Participants may be invited to contribute to the official Nesiah Blog and are also allowed to post about Nesiah.

10.2 Participants should seek the consent of those in the pictures that they post.

10.3 When posting on any social media, participants must not include their locations, or photos that could identify their locations, either before or during their visits to those locations, but they may post these after the event is finished.

3. Consent, Release, and Indemnity Form

ACTIVITY/IES: Nesiah – Year 10 Israel Program and associated activities

PLACES: Australia and Israel

DATES: Pre-Nesiah Camp 6th October –
9th October 2024

HEAD OF NESIAH: Jo Gluckman and
Ronnen Grauman

ROSH (HEAD) MADRICH: Roy Halberstadt

ABOUT THIS FORM

This form sets out the terms and conditions to which you agree, to enable your child to participate in the Nesiah 2024 – Year 10 Israel Program. It reflects the current security situation in Israel, the current Covid situation, and the current draft itinerary. You should only sign this form if you have read and understood everything contained in this form and the other documents referred to in it.

1. RELEVANT MEDICAL CONDITION OR DISABILITY

By signing this form, we, the parents'/guardians' of the participant, warrant that we have provided BJE with all medical and/or other health information which might be relevant to our child's participation in Nesiah and that we have provided that information on the relevant forms. If we become aware of any additional medical and/or health information of at any time (including after Nesiah starts), then we agree that we will immediately provide that information to BJE.

2. RESPONSIBILITY FOR RISK AND ANY INJURY

By signing this form, we:

- a) Acknowledge that we have read the Nesiah General Information, issued by BJE, and we accept the matters contained in that document;
- b) Acknowledge that we have read the Participant Code of Conduct for Nesiah which is attached to this form, and we agree to our child being bound by these Rules;
- c) Acknowledge that if our child breaches any of these Rules, BJE may discipline our child, including without limitation by sending our child back to Australia immediately before the end of Nesiah, at our expense;
- d) Agree that our child will participate in Nesiah and each of the activities involved in Nesiah, because:
 - Our child wishes to do so; and
 - We choose to permit our child to participate;
- e) Acknowledge that we have received a copy of the draft Nesiah Itinerary which is an example of activities that will take place on Nesiah, and agree that we have read the Itinerary and understand the activities involved in Nesiah as outlined in that document;
- f) Consent to our child being involved in the activities outlined in the Itinerary as well as any other activities as conducted on Nesiah by authorised service providers, including but not limited to agents and subcontractors. These activities may include, but are not limited to:

- Donkey riding;
- Boat cruises;
- Bike riding;
- Paint ball;
- Hikes on rough terrain;
- Tours of confined spaces;
- Water sports;
- Swimming;
- Ice skating;
- Fun fair rides;

- g) We acknowledge we have provided, BJE with all relevant information about our child's medical or health needs that might impact on their participation in any of the activities outlined above or any other part of the Itinerary, and we provided the Medical History Form to a registered doctor/physician, setting out any limitations on their participation in specific activities; agree that BJE can:
- Stop our child from participating in any activity;
 - Select our child for a different level of participation; and/or
 - Limit our child's activities, based either on information we have provided to BJE or on BJE's experiences of our child's behaviour and/or capabilities;
- h) Agree that we are aware of the current security situation in Israel and have received information from BJE about security measures in place for Nesiah;
- i) Acknowledge that there is a risk of injury arising from our child's participation in Nesiah and activities on Nesiah, including but not limited to risks arising from terrorist activity that occurs in Israel and other countries from time to time;
- j) Accept responsibility for all medical and other expenses incurred and any loss suffered as a result of any injury our child receives on Nesiah or caused by our child's participation in Nesiah. BJE will, to the extent permitted by law, not be liable for damages or other compensation for any injuries caused or suffered by our child as a result of participating in Nesiah. This means that we agree that BJE is not responsible for any injuries, worsening of any condition or disability, or the costs involved in any treatment as a result of our child's participation in the activities, whether we have disclosed a condition or treatment for that condition or disability to BJE or not; and
- k) For ourselves, and to the extent possible on behalf of our child, release, indemnify and agree to keep indemnified BJE, each of its office holders, members, employees, and agents from any and all causes of action, suits, proceedings, claims, demands and liabilities (Claims) in any way directly or indirectly arising out of or in connection with your child's participation in Nesiah (including Claims arising out of death, injury, loss of or damage to property or involving financial or consequential loss).

3. YOUR FURTHER AGREEMENT TO CONDITIONS OF YOUR CHILD'S PARTICIPATION

By signing this form, we also agree that:

- a) Our child will be under the direction and control of the Nesiah Staff and persons conducting the program on behalf of BJE and its delegates, or service providers and agents, and its contractors;
- b) Nesiah Staff can exercise all reasonable control over our child that is necessary in the circumstances whilst our child is participating in Nesiah and any activity on Nesiah;
- c) In the event that our child's participation in Nesiah is terminated by BJE, or if our child withdraws from Nesiah, other than in exceptional circumstances (whether prior to or during Nesiah), then we agree that:
 - BJE and/or Nesiah Staff will not be responsible for any cost, expense, charge, or claim arising out of our child's exit from Nesiah, including but not limited to tuition fees and travel costs; and
 - We will reimburse BJE, within 60 days of the last day of Nesiah, in respect of all financial assistance provided to us and/or our child for our child's participation in Nesiah, by Youth2Israel (Y2i);
- d) In the event of illness or accident involving our child, if it is impracticable to communicate with us, we authorise Nesiah Staff to consent to our child receiving any medical, dental and surgical treatment (including the administration of an anesthetic) that may be deemed necessary by a qualified medical or dental practitioner and we agree to cover any hospital or associated expenses arising from any medical treatment provided to our child on Nesiah;
- e) BJE and/or Nesiah staff, may use or disclose personal and sensitive information provided in this form or collected as part of our child's participation in the activities:
 - To determine our child's suitability to take part in activities;
 - To contact and assist a doctor or dentist who is called upon to treat our child;
 - To Y2i (Youth2Israel) for purposes of fundraising and data analysis; or
 - If required by law;
- f) BJE and/or Nesiah staff, may take photographs and video footage of our child and display them on any of BJE's endorsed social media pages, publications and/or documentation; and
- g) Our child is expected to attend the pre-Nesiah Year 10 Camp (dates included above).

4. Medical History Form

After this Medical History Form has been completed by the relevant doctor/physician, please scan it to israel@bje.nsw.edu.au

NOTES TO THE EXAMINING PHYSICIAN

The strenuous environment each participant will face will be potentially taxing to both their physical and mental capabilities to the fullest. It is therefore imperative, as a safeguard to the health of the participant, that this report be as complete and precise as possible. If the applicant has been under the care of a specialist (for example, cardiologist, neurologist, psychiatrist, psychologist, social worker, etc.), please facilitate the applicant obtaining a written detailed report from this specialist giving complete diagnosis, prognosis, and evaluation. That report must be submitted with this form. If a participant is required to continue taking medication while on Nesiah, please include full details. Often medicine is not available under the same trade name as in the country of origin, and so the full pharmacological name of all medicines and drugs used by the patient should be given. In any event, participants should bring an extra supply of the required medicine with him/her, some of which should be entrusted to a Nesiah Coordinator or their delegate.

If any changes take place in the participant's condition in the lead up to departure, and/or during the trip, a further explanatory medical letter detailing diagnosis, prognosis and treatment should be submitted.

FOR YOUR INFORMATION

Social Environment

Most participants will be living in a communal environment. They will be sleeping in shared living quarters with other participants and eating in communal dining facilities.

Activity

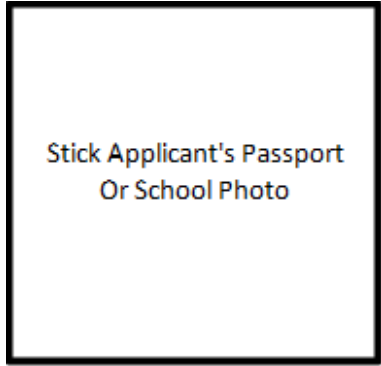
Participants will be expected to participate in extensive tours of Israel, which will include walking long distances, climbing, hiking and other strenuous physical activities.

Medical facilities

Medical facilities available for participants will cover acute illnesses and accidents. There are limited facilities available for treatment by a doctor for chronic conditions. Medical care will very often be entrusted to fully trained para-medical personnel, although a doctor will always be available and on call, as will the local hospital, for emergencies. In some cases, the patient will be transferred to another city for specialised medical treatment when necessary, and, where indicated, will be returned to Australia for further treatment.

MEDICAL HISTORY FORM

Applicant's Name



Has the participant suffered any chronic recurring illness or any other significant ill health during the last 5 years? If YES, give details and attach a specialist's letter detailing their current status.

Is the participant currently taking any regular/consistent medication? If YES, please specify the name of the medication(s) and condition being treated, and how the medication must be administered while travelling.

Please provide details of any problem or disabilities which may affect the participant's participation in Nesiah activities or relevant medical history.

Please provide details of any psychological condition that may have affected the participant in the last 2 years, e.g., depression.

Is the participant currently, or in the past been, involved in counselling, psychological therapy or psychiatric care of any kind?

Has the participant ever undergone any operations or sustained any serious injuries? If YES, please provide details.

Do you have any other comments or information that you may consider necessary? e.g., asthma crisis plan.

I, NAME OF MEDICAL PRACTITIONER: _____
(PLEASE PRINT)

- Have read the “Notes to the Examining Physician” on the cover of the examination form, and
- Completed the Medical History Form of the applicant, and
- Have examined _____ (Applicant’s name) whom I have known for _____ years. The results I have recorded represent, to the best of my knowledge, all of the participant’s medical history.
- I recommend a certain diet for the applicant:

I understand that the program organisers in Australia and Israel will rely on my report and findings.

In my opinion, the participant is physically, mentally and emotionally capable of participating in the program as outlined above.

Address: _____

Phone Number: _____

License Number: _____

(Signature of Medical Practitioner)

Date: / / 2024