**Nesiah 2025 – Year 11 Israel Program**

**APPLICATION FORM**

To access the Application Form, head to the following link:

[https://bje.org.au/nesiah/application-year-11/](https://bje.org.au/nesiah/application-year-11/%C2%A0)

**SCHOOL CHARACTER REFERENCE**

In the past, BJE has conducted interviews with all prospective participants wishing to partake on the Israel Program. In 2025, this system will not continue. Rather, we ask you to sign and provide your (parent/guardian) consent for us to reach out to your child’s respective school for a character reference. This will allow us some insight into your child’s character in the formal schooling environment.

On the form, you will be asked to provide the name, position and contact details for a referee (who will answer a short questionnaire regarding your child).

We ask that you please only provide the details of the school’s Principal, Deputy Head, your child’s Year Coordinator or Head of House.

Additionally, if you would like to meet with one of our Program Leaders for a prospective interview, please indicate that by providing your details on the form below.

Please forward the link below to the relevant school contact:

<https://www.jotform.com/250610655331044>

**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 participants' participation in Nesiah as a privilege. As such, we expect that our participants, and their parents/guardians, abide by all requirements prior to and whilst on Nesiah.

During Nesiah, we engage several external service providers - primarily The Jewish Journey Ltd, an Israel-based tour provider. 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 (page 13), the Code of Conduct (page 7) and the relevant Medical History forms (page 17).
* The deposit has been paid.
* BJE has obtained a reference from either the Head, Deputy Head, Year Coordinator or Mentor teacher from the participant’s school. The link to this can be found on page 1 of this document.
* A copy of the participant’s passport has been submitted.
* The Youth 2 Israel Application (Y2i) Form has been completed (by all participants, regardless

of whether you are accepting the grant or not). The link to this can be found on page 4 of this document.

**DEPOSIT**

BJE requires a $500 deposit from every participant on enrolment **no later than Sunday 6th April, of which $350 is non-refundable**. Please use the bank details below. Your deposit reference must be formatted in the following way:

Year 11 students:

NY11 - **participant’s last name**.

If a participant withdraws from the program, or in the unlikely event that BJE is unable to accept a participant on the program, $200 will be refunded.

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

Parents/guardians seeking additional financial assistance from Y2i in relation to the **$500 deposit** payment, will need to apply by **Monday March 24th.** To do so, contact israel@bje.nsw.edu.au to confidentially discuss applying for financial assistance.

**AN IMPORTANT MESSAGE FROM Y2i**

* 2025 Y2i Discretionary Subsidies

For families who had applied for Nesiah in 2024 and a completed a Y2i subsidy application, your previous approved subsidy will be applicable for this year, although reduced pro rata to $3,750.

For those that generously indicated that they would only take a partial subsidy, or none at all, we hope this still stands.

**For those in Y11 that are new to Nesiah in 2025, please complete this subsidy application.** <https://y2i.typeform.com/Y112025>

* 2025 Additional Means Tested Financial Assistance

For families that had also applied for means tested financial assistance in 2024, your approved assistance will still stand but will be pro rata based on the new cost of the 2025 program. We do ask if your financial situation has improved, that you let us know and we will reassess your application or consider withdrawing your application.

* Contact Y2i

If your financial situation has changed and you wish to reapply for your discretionary subsidy or apply for additional means tested financial assistance, please contact Y2i on info@y2i.com.au or (02) 8353 1612

**AN IMPORTANT MESSAGE FROM MOSAIC UNITED**

Mosaic United are providing a voucher worth between $1,500-$2,000. However, to access this voucher, students do need to ensure they engage in the one2one on-line conversations with Israeli students. This will be coordinated by one2one and will involve 5 half-hour ‘meetings’.

**PAYMENT PLAN**

Where required, participants can apply to BJE to enter into a payment plan to make periodic payments, the final instalment payable by Friday 5th December 2025.

 Please contact lianne@bje.nsw.edu.au to arrange a payment plan.

The following terms apply for payment plans:

• A Payment Plan Agreement is to be entered into with BJE.

• Payments should be made monthly/periodically on a set date (student name to be clearly identified with payment with the letters NI10 or NI11 depending on Year group.

• In the event of a missed payment, please contact BJE to discuss.

• In the event that a participant decides not to proceed with the program, a refund of payments will be made in terms of the program’s refund policy.

For Payment Plans extending past 5th December, please contact Lianne Cohen (lianne@bje.nsw.edu.au )

Payment Details BSB: 082-140 Account No: 50 902 8807 On payment, please use invoice number (NES-XXX) as your payment reference

**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 18 July 2026. 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) 6215 4500. BJE does not bear responsibility for any participant who fails to disclose relevant information and is questioned by Israeli authorities, especially with regard to army call-ups.

**INSURANCE**

It is a requirement that participants must have travel insurance. Included in the cost of Nesiah is a highly competitive and comprehensive policy that will cover all eventualities. 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.

**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 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;
* Israeli security accompanies 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 and appropriate shelters;
* 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 Head of Nesiah.
1. **Code of Conduct**
2. **Introduction**

	1. This document sets out the Rules for participant behaviour on Nesiah 2025. Participants on Nesiah and their parents/guardians are required to read, understand, agree to and sign:

a) the Participant Code of Conduct;

b) the Nesiah Application Form;

c) the Nesiah Consent, Release and Indemnity Form and

e) to provide consent for BJE to request a referee from the participant’s school.

* 1. 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.
	2. 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.
	3. 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.
	4. Nesiah is a BJE program allowing Year 10 and Year 11 students to experience Israel. Participants and parents/guardians must ensure they are familiar with the details of this information booklet, so that compliance is assured. The Head of Nesiah and staff including the madrichim have a mandate to ensure the safety of all participants. This Code of Conduct must be adhered to, in order to ensure the safety of all participants on the program.
	5. Signing of the Nesiah Application Form (including the, Consent Release and Indemnity Form, Code of Conduct and Medical History Form), acknowledges that:

a) both participants and parents accept and understand these Rules; and

b) agree to comply with the Rules at all times during Nesiah (including any pre or post Nesiah events).

1. **General**
	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 Head of Nesiah, Madrichim or other Staff Member as delegated.
	2. Participants must not at any time under any circumstances:

a) 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 the Head of Nesiah or senior staff.

b) 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 senior staff in consultation with the Head of Nesiah; or

c) hitchhike.

**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:

a) respecting the importance of all elements of the program, including meals, curfews and organised activities;

b) arriving on time for all departures, scheduled field trips and classes;

c) speaking with respect, and appropriately to others;

d) behaving in a manner that is honest, empathetic, considerate and inclusive of others;

e) not teasing, bullying or belittling others;

f) taking responsibility for one's actions; and

g) 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** Participantsare expected to dress modestly at all times, which includes:

a) not wearing singlets or midriff tops;

b) not wearing see-through clothes;

c) not wearing any clothing with offensive or inappropriate logos, pictures or wording; and

d) for girls - wearing skirts or dresses on when visiting the Kotel, synagogues and other holy sites.

Appropriate standards of dress and behaviour must also be observed when visiting Orthodox Jewish neighbourhoods or the holy sites of any religion.

* 1. Participants should keep the 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.

1. **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 family 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.

1. **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 the Head of Nesiah. 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 the Head of the Nesiah Program or senior staff.

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

1. **Phones**

**5.1**  When in Israel, participants must carry a charged mobile phone (with an Israeli SIM card) that is able to access WhatsApp 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.

1. **Injury or illness**

**6.1** Participants must report any illness, including but not limited to Covid symptoms, or injury to a senior staff member or madrich as soon as practicable.

**6.2** Participants must have the permission of the Head of Nesiah and be accompanied by a Staff Member or Madrich approved by a Nesiah Coordinator at all times 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.

1. **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 Nesiah staff 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.

1. **Bullying, harassment and victimisation**

**8.1**  Participants must not bully, harass or victimise others.

* + 1. 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.
		2. 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.
		3. Victimisation 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 the Head of the Nesiah program, senior staff 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 the Head of Nesiah, senior staff or a Madrich.

1. **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 the Head of Nesiah Program or senior staff.

**9.3** Incidents of alleged sexual harassment towards a participant by Staff Members, administrators, or other non-participants must be reported immediately to Head of Nesiah.

1. **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.

1. **Consent, Release and Indemnity Form**

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

**PLACES:** Australia and Israel

**DATES:** Pre-Nesiah Camp 28 September – 1 October 2025

 Nesiah 21 December 2025 – 15 Jan 2026

 Post-Nesiah Reunion Date to be advised upon return

**HEAD OF NESIAH:** Ronnen Grauman

**ROSH (HEAD) MADRICH:** Idan Al-Hassid

**ABOUT THIS FORM**

This form sets out the terms and conditions to which you agree, to enable your child to participate in the Nesiah 2025 – Year 10 and Year 11 Israel Program. It reflects the current security situation in Israel, 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.  RESPONSIBILTY FOR RISK AND ANY INJURY**

By signing this form, we:

1. acknowledge that we have read the Nesiah General Information, issued by BJE, and we accept the matters contained in that document;
2. 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;
3. 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;
4. agree that our child will participate in Nesiah and each of the activities involved in Nesiah, because:
5. our child wishes to do so; and

ii. we choose to permit our child to participate;

1. 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;
2. 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 The Jewish Journey Ltd and its agents and subcontractors. These activities may include, but are not limited to:
	* 1. donkey riding;
		2. boat cruises;
		3. bike riding;
		4. paint ball;
		5. hikes on rough terrain;
		6. tours of confined spaces;
		7. water sports;
		8. swimming;
		9. ice skating;
		10. fun fair rides;
3. 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:
4. stop our child from participating in any activity;
5. select our child for a different level of participation; and/or
6. 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;
7. 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;
8. 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;
9. 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
10. 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 including, without limitation, The Jewish Journey Ltd (together the Released Parties) 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, such as The Jewish Journey Ltd 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:

* 1. 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
	2. 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 anaesthetic) 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:

(i) to determine our child's suitability to take part in activities;

(ii) to contact and assist a doctor or dentist who is called upon to treat our child;

* 1. to Y2i (Youth2Israel) for purposes of fundraising and data analysis; or
	2. 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).

1. **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.

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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.

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

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

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

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

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

crisis plan.

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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:
* 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: / / 2025

(Signature of Medical Practitioner)