



GETTING READY FOR

MARCH OF THE LIVING

PRE-TRIP MANUAL

Table of Contents

WELCOME MESSAGE	3
PROGRAM CHECKLIST	4
GROUP ESSENTIALS	5
PROGRAM RULES & EXPECTATIONS.....	6
SAFETY & WELLBEING	10
TRAVEL DOCUMENTS	13
TAKING FLIGHT	14
MONEY MATTERS.....	16
MEDICAL AND TRAVEL INSURANCE.....	18
PACKING FOR THE TRIP	19
STAYING CONNECTED	23

PROGRAM CHECKLIST

We hope you will take the time to review this document in its entirety.

Please ensure that you have:

- Uploaded a copy of your passport to your registration account and ensured that it is valid for six months after our return date.
- Signed up friends and family to receive trip updates during your trip (your parents will automatically receive the updates!)
www.bbyopassport.org/updates
- Purchased a group travel insurance policy (optional)
www.bbyopassport.org/insurance
- Arranged for a cell phone rental in Europe and Israel (optional)
www.bbyopassport.org/phone
- Reviewed the Program Rules & Expectations
- Reviewed the packing advice and suggested packing list
- Joined the program Facebook group – for participants only
- Arranged travel to/from departure airport and entered the plans in your registration account (Flight details are announced in February) www.bbyopassport.org/login
- Added supervised hotel stay-over in your registration account – for the outbound or inbound group flight (optional, announced in February)
- Read the weekly Shabbat emails (Beginning in February)

GROUP ESSENTIALS

GROUP ORGANIZATION

We are expecting to welcome approximately 200 teens, as well as an adult delegation from across North America. We will be forming four separate traveling groups in Poland and Israel. Each group will have its own staff team of Jewish professionals and leaders. Our bus groups generally travel together, have meals together, and stay in the same hotels. The only separate group time is during debriefings and other small group activities and tours.

By joining a BBYO Passport experience, you are making a commitment to fully participate in a group travel program with a demanding schedule. In order to ensure the success of the experience for everyone, we expect you to stay on schedule and contribute to the positive group dynamics of our community. Although the program is intensive and free time will be limited, there will be plenty of room for personal exploration, shopping, and relaxation. Israeli family and friends are welcome to visit you during Shabbat in Israel provided that the visit is cleared in advance of the trip directly with the Director, Meir Tannenbaum.

GROUP STAFF

Two BBYO staff members will accompany each bus from North America, and will be met by one Israeli guide and a dedicated security escort. In Poland, a local guide will join us as well. We are very privileged to be accompanied by a Survivor, Paul Galan, who will be traveling with us and enriching the experience with his stories and perspective. Along with our professional staff team, we will be traveling with a registered nurse and a wellness specialist. Finally, Meir Tannenbaum, the Director of BBYO's March of the Living, oversees the program as a whole.

SECURITY POLICIES

Security escorts are government-licensed in both Poland and Israel. All of the destinations on our itineraries are checked thoroughly before each arrival for appropriateness. Buses are privately chartered and locked when not in use. Finally, the March of the Living is a fully supervised program.

PROGRAM ITINERARY

The projected itinerary is announced 3-4 weeks prior to departure. Please note that even the confirmed itinerary will be subject to change on the ground. We will do our best to notify parents and participants in advance if necessary.

KASHRUT & SPECIAL DIETARY NEEDS

All meals provided by the program, including those aboard the flights, are kosher. Participants with special dietary situations should make sure their medical dietary restrictions are reflected in their account information.

SHABBAT PROGRAMMING

Shabbat is a special time, and can be an amazing opportunity for rest and reflection. Friday nights and Saturdays will include prayer, informal discussions and various Shabbat programming. Where possible, we try to include visits to local synagogues to give participants a flavor of how Judaism is observed locally. Often times our best or only option is a traditional Orthodox service. Even if this is not part of your tradition, it is an opportunity for a rich cultural experience and can be meaningful, too.

We strive to provide a number of alternative options for celebrating Shabbat, and participants are encouraged to take a leadership role in how the experience is shared with the group.

As a program, we do not drive on Shabbat and we do not oblige or encourage participants to break the rules of Shabbat, which they observe. At the same time, what participants do during non-programmed time on Shabbat is their own personal decision. We only ask that everyone be mindful and considerate of each other's practices.

PROGRAM RULES & EXPECTATIONS

BBYO is a teen leadership organization, and as such, we place great trust and responsibility on our participants. By agreeing to participate in the program, you are agreeing to abide by the terms of our Release Form (www.bbyopassport.org/release) and the BBYO Code of Conduct (www.bbyopassport.org/conduct). **We encourage you to review these conduct guidelines as a family before the start of the program:**

DISCIPLINARY APPROACH

For the sake of creating a safe and successful program experience, BBYO Passport has established a series of rules and disciplinary guidelines. Each disciplinary situation is evaluated individually, but as a general rule, infractions related to physical violence, drugs/controlled substances, alcohol, and leaving the group without authorization are grounds for removal from the program. A single infraction may result in immediate separation from the group. BBYO Passport staff reserves the right to make these decisions, and there may also be further consequences for BBYO members within their local regions after returning to North America.

In the event of program dismissal, the parents of the dismissed participant will be solely responsible for all associated fees, including the cost of special transportation to the airport, a flight chaperone if necessary, or an airline change fee. No portion of the program fee will be refunded and any scholarship funds awarded will need to be reimbursed in full to BBYO or the issuing agency. Given the international nature of the program, the consequences of dismissal are extremely serious, very embarrassing, costly, and disruptive to the rest of the group.

Cause for Removal

It is our sincere hope that no one will need to be expelled from the March of the Living, and accordingly, we encourage parents and teens to discuss this matter carefully together before the start of the program.

All behavioral matters will be dealt with on the program through a series of steps. These steps may include a staff-teen conversation, a formal warning, loss of free time or other privileges, program probation, and ultimately dismissal. Again, BBYO Passport staff reserves the sole right

to make decisions related to behavioral misconduct and disciplinary consequences. Any specific questions related to disciplinary rules and regulations should be directed to BBYO Passport's Executive Director, Aaron Robbin (info@bbyopassport.org).

Curfew & Rooming

To fully appreciate the program, a good night's sleep is essential. A curfew will be enforced at the discretion of trip staff. Participants are expected to abide by these curfew rules. Hotel rooms are assigned on a single-gender basis, and participants of the opposite sex are not allowed to be in the same hotel room at any time during the program.

Drugs & Alcohol

Possession, consumption, and/or the purchase of drugs and/or alcohol will not be tolerated on any BBYO Passport program and can result in immediate dismissal. Neither is sharing, selling or otherwise dispensing prescription medication. Moreover, it is the policy of BBYO Passport to allow the police and justice departments of the respective countries visited to prosecute when infractions have occurred without intervention by BBYO Passport.

BBYO Passport staff reserves the right to administer a breathalyzer test and/or search any participant's belongings or room at any time and for any reason during the course of the trip.

Leaving the Program without Authorization

As part of our general approach to safety and security, participants on all BBYO Passport programs are **not allowed** to leave the supervision of the program at any time. There will be occasions for limited free time in specific areas that are deemed secure by program staff. However, the general rule is that there is no leaving the program at any time and for any reason whatsoever during the day or at night. Leaving the program without specific staff authorization is grounds for immediate dismissal.

Timeliness & Cooperation with Program Staff

Behind the scenes of each BBYO Passport program is a complicated logistical plan which requires us to keep to an exact schedule. Staying on schedule requires the cooperation of every participant. It means waking up in the morning on time, not wandering from the group, and respecting the overall schedule of the program. The consequence of being late is that elements of the program will be cancelled. We need every participant's cooperation to ensure that the program to be fully experienced.

Social Cohesion

We believe in the unique power of a group experience as opposed to a collection of individual experiences. As a member of a traveling community, each participant has a responsibility to treat his/her fellow participants with respect and decency. We aim to create an atmosphere where everyone on the program is made to feel welcomed and comfortable, and each participant plays a role in making this possible.

Mobile Device Use

Cell phone use is a privilege, not a right. Use of communication devices during programmed time is not permitted. During other times, participants must exercise discretion when using the phones (i.e. respect sleeping roommates, etc.). If necessary, program staff reserves the right to suspend or even terminate a cell phone rental if these privileges are abused.

Tobacco & Marijuana

Purchase or possession of tobacco and marijuana products are not allowed regardless of age – neither is purchase or possession of smoking paraphernalia. This policy includes, but is not limited to, electronic cigarettes and water pipes.

Respect for Property

It is expected that participants will behave responsibly and with respect regarding belongings and property throughout the program. Should property be damaged or defaced by a fellow participant, those responsible will be held accountable for payment of damages. Please note that there is also a fee at many hotels and kibbutzim for lost room keys.

Tattooing & Piercing

Such activities during the program are forbidden and will result in disciplinary action or dismissal from the program. Tattooing and piercings can be unsafe in foreign countries, and any resulting medical complications would not be covered under the program's medical insurance policy. Participants will be required to remove any piercings that they acquire during the program.

Weapons

The purchase or possession of a weapon, or an item that may be construed as a weapon is not allowed during the program, and any such items will be confiscated.

SAFETY & WELLBEING

SUN SAFETY

The sun in Israel is strong, and it is often stronger than teens are accustomed to. Dehydration, heatstroke and sunburn are serious concerns, especially in the desert.

These are some common-sense rules we employ whenever we go on hikes or whenever we will be outdoors for an extended period of time:

- Wear a hat
- No tank tops
- Use sunscreen
- Carry at least two liters of water

MEDICATION

Participants are responsible for carrying and self-administering their own medication. With the exception of over-the-counter treatments, our staff is not allowed to hold or administer prescribed medication and cannot be responsible for ensuring that prescribed medication is taken. If you have special requests (i.e. refrigeration requirements), please note them on your health forms. Participants are never allowed to share or dispense prescribed medication. Some medications must be taken at the same time every day. Please take into account the time difference and consult your doctor if necessary

See our “packing for the trip” section for tips when travelling with medication.

VACCINES

Vaccine guidelines vary by country and are continually evolving. We recommend consulting with your physician as well as the latest Center for Disease Control guidelines at:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/israel>

BBYO Passport requires its participants to be up-to-date with most vaccines recommended by the American Academy of Pediatrics and the Center for Disease Control.

Please review our policy at:

www.bbyopassport.org/immunizations

WATER

Proper hydration is essential during a trip of this nature. While in Israel expect to be drinking two large bottles of water per day. You can expect that the staff will constantly be reminding you to drink, drink, drink!! Ultimately you must be responsible for this task. The water in Israel and Europe is properly treated and is perfectly safe to drink. Bottled water is widely available and inexpensive, and you will have many opportunities to purchase it. Similarly, you will be able to refill your own water bottles with tap water frequently. Participants will not be allowed off the bus without full water bottles!

SECURITY PRECAUTIONS

As a program, we take a number of precautions to reduce security risks: We travel on a private coach bus, we stay at accommodations with security, we plan our itineraries to avoid areas of concern, we always travel with an armed guard, and we are registered for monitoring through Israel's Situation Room.

We also ask our teens to follow some basic security-related guidance as follows:

- **Be aware of suspicious objects** and be careful not to leave behind personal items that may be confused with a suspicious object.
- **Stay together as a group.** This is a supervised program, and we depend on our participants to stay together as a group at all times.
- **Follow staff instructions.** In addition to traveling with a guard, we travel with licensed guides who are trained in security procedures, and we depend on everyone following their instructions.

EMERGENCY CONTACTS

Our emergency phone number is 1-202-643-2296 and is handled by one of our team members. Please only use the emergency phone number when there is an emergency as described below:

Emergency Situations

- Family health emergencies
- Urgent medical or safety situation

Non-Emergency Situations

- Concerns about fatigue or social adjustment
- Requests for flight extensions
- Requests to be featured in photos
- General security concerns (email updates will be sent in such scenarios)

Non-emergency issues should be communicated to the North American office, open 9:00am to 5:00pm EDT during the workweek. Simply call 202-537-8091 or email info@bbyopassport.org. Calls and emails will always be returned promptly.

TRAVEL DOCUMENTS

PASSPORT VALIDITY

Please check today to make sure that you know where your passport is and that it is not expired or about to expire. Make sure your passport is valid for six months after our return date. If it is not, you may not be allowed to board your flights. Information about ordering or renewing a passport can be found at:

<http://travel.state.gov/passport/>

VISA RULES

If you are traveling to Israel on a USA, Canadian, or European Union member country passport, you do not need a visa to enter Israel or Poland. If you are traveling on a passport from another country (e.g. Russia, Ukraine, etc.), you may need a visa to enter Israel. Our office is able to provide you with an official ticket confirmation letter to assist with issuing any required visas or passport extensions.

Special Notes

- **Upload a copy of the inside cover page of your passport** – i.e. the page with your picture – to your registration account at: www.bbyopassport.org/login
- **Plan to carry a photocopy of your passport during the trip.** Because we hold onto your passport for safekeeping on the road, we recommend bringing a passport copy in your wallet or backpack at all times as a back-up form of identification.
- **Check that the name you used to register matches your passport.** If you registered with a nickname, your ticket will be printed accordingly, and you may be denied boarding. Contact us to make any corrections ASAP.

RULES FOR ISRAELI CITIZENS OR CHILDREN OF ISRAELI CITIZENS

If you hold an Israeli passport you must enter Israel with your Israeli passport. If either of your parents are Israeli citizens, you may still have obligations to the State of Israel that must be worked out prior to your trip, even if you do not have an Israeli passport. It is critical that you take care of these matters before you arrive in Israel. If you do not, you may be obligated to stay in Israel until matters are resolved, and you will be solely responsible for your own situation and any costs involved. We recommend being cautious about these matters and contacting one of the regional Israel consulate offices if you have questions.

TAKING FLIGHT

A group flight is included in the cost of this BBYO Passport program. The confirmed group flight arrangements will be emailed to you and will be available in February. Please be aware that these flight details may be subject to some change at the discretion of the airline. All tickets are issued electronically, and staff will have a copy of the e-ticket (electronic ticket) at the airport.

LUGGAGE RULES

The following are the basic luggage rules for our group flights:

- *Checked Luggage:* **One bag** of no more than 50 pounds and no more than 30 inches long
- *Carry-on Luggage:* One carry-on backpack

When deciding what kind of luggage to bring, bear in mind you will need to load your luggage on/off the bus and to/from our accommodations. So, please try to keep it manageable, and be sure to bring luggage on wheels (we suggest a rolling duffel). Before packing, please review updated restrictions on the TSA website www.tsa.gov/travel/security-screening/whatcanibring

Please note that luggage cannot be checked all the way from your home airport through to Poland. You will therefore need to pick up your luggage when you arrive in New York. We may be on chartered flights for the entire trip.

You will be receiving two BBYO Passport luggage tags and a t-shirt just before the trip. Make sure to fill out the luggage tags and affix them to your carry-on and checked luggage.

MEETING AT THE AIRPORT

Plan to meet the group in the check-in area of our departure terminal at the orientation time. If you are taking a domestic flight to meet the group, please make sure it lands at least one hour before group orientation. Our team will be wearing staff t-shirts and will greet participants as they arrive to our meeting point approximately two hours before orientation. The BBYO Passport t-shirt that you will receive just before the trip should be worn on departure day.

We recommend that participants arrive to the airport with their personal cell phone in case they need to contact a member of our team. Please be sure that your cell phone number is listed in your registration account.

When making your travel arrangements, we recommend that you consider ground travel to our departure airport as this greatly reduces the chances of flight delays that will cause you to miss our group flight. If you are traveling to the gateway airport on a connecting flight, we recommend arriving a day in advance of our international departure. An optional supervised airport hotel stay-over may be available for this purpose (see below). If you must arrive on the day of departure, please allow plenty of time to spare.

SUPERVISED AIRPORT HOTEL STAY-OVERS

Optional supervised hotel stay-overs may be available on the night before your group's departure, and the night of your group's return, if requested in advance. The cost of the supervised hotel stay-over is \$200 per person and includes dinner and breakfast. Exact hotel arrangements and meeting instructions will be available at a later date. During the hotel stay-over, participants are not permitted to leave the hotel for any reason without making prior arrangements with our staff.

Sign-up for the supervised hotel stay-over by emailing info@bbyopassport.org. Space is limited and we may not be able to fulfill requests within a month of departure.

WHAT HAPPENS IF YOU ARE DELAYED

If you are delayed on departure day and will not meet the group on time, please send an email to info@bbyopassport.org. If possible, we will re-schedule you on the next available flight, however, please keep in mind that there is no guarantee that we will be able to do so, and you will likely be traveling without staff. Additional fees may apply.

RETURNING HOME

We typically clear customs and baggage claim within 60-90 minutes of arrival. If scheduling a connecting flight home, allow for a window of at least three hours between flights within the same airport. Our staff will be on hand to escort participants through baggage claim and direct them to their connecting flights as requested, but our staff will not be available to escort participants to connecting flight terminals. While we will do our best to assist with any connecting

flight delays, we cannot commit to having staff at the airport for more than three hours after the group's return.

MONEY MATTERS

The group flight, sleeping accommodations, all meals, in-country transportation, basic health insurance (excluding pre-existing conditions), and all program activities are covered by the core program fees. The only spending that is your responsibility will be snacks, souvenirs, gifts, hotel internet usage and optional laundry service when we arrive in Israel. We estimate that \$150-\$200 is sufficient to cover all such expenses.

HOW TO BRING MONEY ABROAD

There are a number of ways to bring money abroad. Please read this section carefully, and **keep in mind that BBYO Passport will be unable to facilitate money transfers to participants during the trip**, so please plan accordingly.

Personal ATM / Credit Cards

If you choose to use your personal ATM card or credit card we would ask that you be aware of the following:

- If your ATM card has a Visa, MasterCard, Star, Cirrus, or Maestro logo imprint, you should not have any issues withdrawing money while abroad. Other ATM network cards may work, but we encourage you to check with your local bank prior to traveling.
- Some participants have experienced difficulty withdrawing money from savings accounts. We strongly recommend that ATM cards be linked to checking accounts only to prevent any potential complications in Poland and Israel.
- Major credit cards like VISA and MasterCard are also accepted throughout Poland and Israel. Please contact your bank to inform them you are traveling abroad and will be using your cards to make purchases.

**Check with your bank for exact fees charged when using ATM
and credit cards internationally.**

Cash Money

US and Canadian dollars are not accepted abroad, so if you plan to bring cash with you, either plan to exchange it to local currency before you depart for the trip or at the airport upon arrival in Poland or in Israel. There will be very few opportunities to exchange funds during the trip itself. If you are looking to purchase souvenirs on the trip, most stores will accept credit cards. You will

only need cash to use at smaller stores and stalls. We recommend mainly using credit cards during the trip and using cash for times when credit is not accepted.

ABOUT LOCAL CURRENCIES

In Israel, the local currency is the New Israeli Shekel (NIS). Each shekel is worth about \$0.25 USD.

In Poland, the national currency is the Zloty – with one Polish Zloty currently worth approximately \$0.30 USD



Keep in mind that coins in Israel come in higher values than what we are used to in North America. Practically speaking, this means you need to watch your coins carefully. Also keep in mind that there are 5 Shekel coins (~\$1.45 USD) and 5 Agorot coins (~\$0.01 USD). It is therefore important to know the difference between the 10, 5 and 1 Shekel and Agorot coins, as they have drastically different values.

Exchange rates are constantly fluctuating, please check the rates prior to your trip.

MEDICAL AND TRAVEL INSURANCE

MEDICAL INSURANCE DURING THE TRIP

BBYO Passport program fees include basic medical insurance that covers treatment and medication; however, it will not cover any pre-existing medical conditions. This means that the policy covers treatment for issues like a stomach bug, a broken limb, or dehydration, without any out-of-pocket expenses or paperwork. The policy does not cover any medical conditions for which a participant is already being treated or for which treatment has been received in the past. This exclusion rule also applies to all psychological care. For this reason, participants are required to come on the program with their own medical insurance policy, which includes coverage for short-term travel abroad. In the event that a participant needs to be treated for a pre-existing condition during the program, the parents of the participant will be solely responsible for any associated costs.

If you are extending your stay in Israel, your local medical insurance can be extended as well at a cost of \$2.50/Day. Please contact us for additional details.

TRAVEL INSURANCE

All participants are encouraged to sign-up for a travel insurance policy to protect their investment and plan for the unexpected. We have partnered with Travel Insured International to provide a discounted group travel insurance option. The cost of the travel insurance policy is based on the total cost of the program and other domestic travel expenses. Plan coverage information is available online at www.bbyopassport.org/insurance. Policies may be purchased up until the date you make full payment for the program.

PACKING FOR THE TRIP

PACKING ADVICE

Prepare for All Weather

In Poland, the temperature in Spring can range from the 40's to the 70's, and it frequently rains. In Israel, the weather will be warmer and may range from the 60's to the 80's. In most areas of Israel, the heat is dry, and there is very little humidity. The chance of rain in Israel is very low during our travel dates. Because weather can vary greatly during this time of the year, please check the forecast for Poland (Warsaw or Krakow) and Israel (Jerusalem and Tel Aviv) when packing. Whenever we plan to be outside for an extended period of time in Israel, participants will be required to have a hat, a shirt with sleeves, sunscreen, and water. Over-exposure to the hot Israeli sun can cause heatstroke, dehydration, and sunburns, so this rule is an important one and strictly enforced. Shirts without sleeves including cut-offs and tank tops will not be permitted outside of the hotel.

Pack Appropriately for Religious Sites

Since we will be visiting sacred and religious sites during our trip, the custom is to keep knees and shoulders covered in such places, so please pack accordingly. Specifically, when visiting the Kotel, girls should wear long skirts. Tight pants are not appropriate. Also, to create a special atmosphere for Shabbat, it is tradition to wear clothing on Friday night and Saturday during the day that is nicer than what we wear the rest of the week. Clothing similar to what you would wear on Shabbat at camp is perfect!

Special Items You Will Receive

March of the Living provides a light hooded jacket and light (not sturdy) backpack. BBYO Passport provides a program hat, which must be worn at all times along with a t-shirt and luggage tags. You will also receive a lanyard nametag which must be worn at all times.

Pack a change of clothes, toiletries, contact lenses and prescription medication in your carry-on luggage in case your checked luggage is delayed in transit.

SAMPLE PACKING LIST

To be used as a guideline only (based on the 2-week trip, without doing laundry.)

Clothing

- Underwear (14)
- Socks (14)
- Jeans or long pants (4 pairs)
- Shorts (3 pairs)
- T-Shirts (8)
- Long-sleeve shirt (6)
- Fleece or Jacket (1)
- White shirt (Yom Hazikaron) (1)
- Shabbat/nicer outfits (modest plus longer skirts/shirts for Kotel, etc.) (3)
- Pajamas (3)
- Nicer shoes for Shabbat
- Bathing suit + beach towel (1)
- Water shoes (the Dead Sea) (1)
- Sturdy walking shoes (closed toed)

What we DO NOT recommend

- Linens and pillows
- Luggage that is not easily carried
- Expensive jewelry or other valuables

Laptops or expensive electronics

General

- Passport (must be valid for at least six months after our return date.)
- Sunglasses
- Light backpack
- Toilet paper (Unavailable at some Polish rest stops)
- Mini packages of Kleenex, chapstick, and anti-bacterial soap or wipes
- Mini-flashlight
- Water bottle
- Medicine (recommended in your carry-on bag)
- Lock for your backpack/lock for your suitcase
- Backpack to bring on the bus each day with an extra layer of clothing

Toiletries

- Toothbrush and toothpaste
- Deodorant
- Razor
- Glasses
- Contact lens case, solution and spare contact lenses
- Sunscreen

While BBYO staff may have over the counter medicine (i.e.: cough drops, Tylenol, Band-Aids etc.), it will be limited, and teens are expected to have their own supply on the program.

FOOTWEAR

Bring comfortable walking shoes! We will be doing a lot of walking, and having comfortable shoes is important! Flip flops will not be allowed when we are on the move, and while athletic sandals like Tevas or Chacos are fine most days in Israel, they are not appropriate for days when we have hikes/nature walks. It is not necessary to bring hiking boots. Comfortable and sturdy walking shoes are more than sufficient for all programming.

MEDICATION AND CONTACT LENSES

If you are taking prescription medication, bring enough for the duration of the program as well as an extra written prescription record in case you misplace/lose your medicine. Take all medication on the plane with you in your carry-on luggage. Do NOT pack any medication with your checked baggage. The same applies to contact lenses. Please review TSA's restrictions on traveling with medication and liquids at:

<https://www.tsa.gov/travel/security-screening/liquids-rule>

ELECTRICAL CURRENT

The electrical plugs in Poland and Israel are different than North American ones, with two rounded prongs that are separated slightly further apart. Therefore, you will need a voltage converter if you are bringing electronic items (unless they have a built-in one), as well as an adapter for plugging in your items. If you are unsure of which plugs to purchase, check with your local electronics or travel store. A travel adapter can be purchased online and should be no more than \$5.

MUSICAL INSTRUMENTS

If you are musically inclined and willing to bring your instrument to Poland and Israel, please feel free to do so. There will be plenty of occasions to showcase your skills. Please just remember that as with any other valuable item, bringing an instrument on the program is done at your own risk of loss or damage.



TOILETRIES

As with most hotels, the majority of the ones visited will supply small bottles of basic toiletries (shampoo, body wash, etc.) It is always a good idea to pack a small amount to have on hand.

LAUNDRY ON THE TRIP

A special laundry service will be pre-scheduled shortly after arrival in Israel. Laundry is done on an individual basis by participants. Participants can expect to pay approximately \$10-\$12 per load (Israeli shekels only) depending on the weight of the clothing. Participants will be given laundry bags to fill, and your clean clothing will be returned in those same bags. We encourage participants to pair up as a room when doing laundry so that whites and colors are combined in separate loads. Finally, we recommend that participants label clothing in advance that will be sent to the laundry service. BBYO Passport and its tour providing partners are not responsible for any clothing lost or damaged by the laundry service.

VALUABLES

Theft is not uncommon in any place where a large number of tourists congregate, and there have been instances in both Israel and Europe in the past. Accordingly, we encourage you to leave items of value at home and to carefully keep track of anything valuable that you do bring on the program. As a general rule, hotel rooms should always remain locked. However, even a locked hotel room should not be considered a secure area unless a locked safe is available. If you bring a lock for your suitcase, locking it in the room is an option. If it is possible to bring a locking suitcase*, we recommend it, although it is not a solution by itself. Participant property is the sole responsibility of the participant.

***If you bring a suitcase that locks, do not lock it for the flight unless it is a TSA friendly-lock!**

STAYING CONNECTED

KEEPING FRIENDS & FAMILY UPDATED DURING THE TRIP

Parents of participants will automatically receive email notifications including an update message from the road and a link to new pictures posted from the group. Additionally, friends and family will be able to sign-up to receive these same updates by filling out a short online form at this link: www.bbyopassport.org/updates

USING YOUR CELL PHONE

Prior to using your cell phone abroad, please contact your cell phone provider to understand the costs associated with international roaming. If you wish to rent a cell phone or SIM card (for unlocked phones only), please review the options below.

Cell Phone and SIM Card Rental Options

We have compiled a list of several cell phone and sim card rental options. Please visit www.bbyopassport.org/phone for more details.

HOW AND WHEN TO CALL

For parents and friends who wish to contact a participant during the trip, please keep in mind that Poland is six hours ahead of Eastern Time, while Israel is seven hours ahead of Eastern Time. Please also remember that use of communication devices during programmed time will not be permitted.

EMAIL & INTERNET ACCESS

Some of the hotels, kibbutzim, and guest houses that we stay at will have internet stations and/or Wi-Fi available which participants are welcome to use during free time, usually for an additional fee. We strongly suggest that you **do not** bring a laptop on the program or any other expensive communication devices as the risk of theft or damage is very high.

Thank you for taking the time to read this manual in its entirety. Do not forget to refer back to the checklist found on page 4. We look forward to having you join us on this incredible journey. Please do not hesitate to contact us with any questions: info@bbyopassport.org

The impact is actually indescribable. He is so much more connected now. His appreciation for what our people have gone through and his appreciation for the State of Israel is much greater than ever before.

- Parent of a 2015 March of the Living Participant