Volunteers for Israel was founded in 1982 during the war with Lebanon. More than 600 Americans answered the call from General Aharon Davidi to help harvest crops in Israel while the workers were fighting for Israel.

That same volunteer spirit exists today as we help Israel shoulder her defense burden, show her we care – and have fun and an adventure while doing it.
• The MISSION of Volunteers for Israel is to connect Americans to Israel through volunteer service and to promote solidarity and goodwill among Israelis, American Jews, and other friends of Israel.

• You work on an IDF base performing non-combat, civilian support tasks alongside soldiers, base employees, and other volunteers from around the world.
• VFI volunteers...
  • Help maintain the readiness of the IDF to defend Israel
  • Allow the IDF to allocate more of its scarce financial and manpower resources to essential military tasks
  • Serve as informal ambassadors for Israel
  • Boost morale within the IDF.
What is the VFI experience?

The adventure begins when you meet your group and your Madrichot at Ben Gurion Airport.
Live in a barracks with fellow volunteers. Conditions on base can be spartan.
3 Kosher meals a day...
Wear your IDF issued work uniform
Work performed by VFI volunteers varies from base to base...
EQUIPMENT REPAIR
BASE MAINTENANCE
A typical day on base...

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0600-0700</td>
<td>Wake up</td>
</tr>
<tr>
<td>0700-0800</td>
<td>Breakfast</td>
</tr>
<tr>
<td>0800-0815</td>
<td>Flag raising</td>
</tr>
<tr>
<td>0815-0830</td>
<td>Group Meeting</td>
</tr>
<tr>
<td>0830-1200</td>
<td>Work</td>
</tr>
<tr>
<td>1200-1300</td>
<td>Lunch</td>
</tr>
<tr>
<td>1300-1630</td>
<td>Work</td>
</tr>
<tr>
<td>1700-1800</td>
<td>Dinner</td>
</tr>
<tr>
<td>1900-2000</td>
<td>Group Activity</td>
</tr>
</tbody>
</table>
Weekends (Thursday afternoon to Sunday morning) are spent off the base. You can travel in Israel, visit with friends and relatives, or hang out with your new VFI buddies. Stay at Beit Oded or on your own.
What does it cost?

Costs include:
• $350 program fee
• VFI pays up to $1,000 airfare
• Weekend (Thursday afternoon to 8 am Sunday morning) is no charge at the Sar-El hostel or on your own at your expense.

(VFI is a 501(c)(3) not-for-profit non-political, non-denominational organization, which means your program fee and some of your incidental costs may be tax deductible. Ask your accountant.)
VFI Packing Suggestions

On Base

- Sheets appropriate for a cot or a travel sheet
- Small pillow and pillow case
- Towels
- Toiletries – soap, shampoo
- Prescription medications and copies of your prescriptions (no refrigeration available)
- Extra prescription glasses
- Sunglasses
- First aid items or over the counter items you normally use
- Sunscreen; Insect repellant
VFI Packing Suggestions

• **Clothing**
  - White tee shirts for under your uniform
  - Heavy socks
  - Sneakers or closed toe walking shoes
  - Flip flops/shower shoes
  - Casual clothing for after work/evenings
  - (short shorts and revealing clothing/tank tops are not appropriate)
VFI Packing Suggestions

Other

• A combination lock
• Earplugs
• Flashlight
• Electrical adaptor for Israel (220V round pin)
• Waterproof carrier for bathroom items; wipes
• Heavy work gloves
• Waterproof work gloves
• Dust mask
• Weekend bag (you may leave larger luggage on base)
• Snacks, instant coffee, oatmeal packets, etc.
• Shekels for canteen
VFI Packing Suggestions

• **Laundry** - you can wash small items by hand (bring liquid soap – 3.4 oz or less with carry on)

• **Off Base** – bring clothes appropriate for your weekend activities (most Israeli’s dress casually)

• **Do Not Bring**
  - Valuables/jewelry
  - You may bring a computer at your own risk (bases may not have wifi)

• Don’t forget your passport (good idea to keep a photo copy separate, international cell phone, VFI application forms, ATM card