

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Mental Health Journey to Israel, Palestine & Jordan

January 6-16, 2024

9 night – 11 Day Journey

\$6,999 (Incl Flights. Based on double occupancy)

\$1,149 (Single supplement)

Join us to explore Israel, Palestine & Jordan, a region steeped in history, diversity, and local traditions. Examine the range of healthcare services and education provided in each country while experiencing the unique opportunity to connect with families and community members from a broad cross-section of multicultural backgrounds.

**BOOK NOW 888.747.7501**

#### Program Highlights

- ✓ **Optional post-program extension** in Amman, Jordan
- ✓ We will apply for 10 CE for this journey. The University of Denver, Graduate School of Professional Psychology (GSPP) is approved by the American Psychological Association to sponsor continuing education for psychologists. GSPP maintains responsibility for this program and its content.

#### Education Interaction

- ✓ Interact with **mental health faculty** from a local university like *Ono Academic College* in Tel Aviv and/or the *University of Jordan* in Amman to learn about education and training of psychologists.
- ✓ Develop knowledge of the Israeli and Jordanian systems of health through talks on the complex nature of mental health issues they are both facing.
- ✓ Visit a **local hospital or clinic** in Amman to talk to psychologists and allied healthcare professionals about the types of care they provide in this setting in Jordan including access to care, insurance & more.
- ✓ Meet with a local mental health society like the **Israeli Mental Health Association** and their role in policy making and advocacy.

#### Community and cultural Interaction

- ✓ Gain authentic cultural insight during an evening spent enjoying a **home-cooked meal with a local family** in Nazareth.
- ✓ Visit a family-owned coffee mill called **El-Babo**; meet the owner and learn about coffee making in the region.
- ✓ Explore Jerusalem including a visit to the **Jewish Wailing Wall**, a walk along the **Via Dolorosa**, the **Church of Holy Sepulcher**, **King David's tomb**, the **Room of the Last Supper** and much more.
- ✓ Explore the world's foremost holocaust museum, **Yad Vashem**.
- ✓ Cross a bucket list item off your list with a site visit to the **Dead Sea** as well as **ancient Petra**, often called the 8<sup>th</sup> wonder of the world.

#### What's Included:

- Superior accommodations throughout
- All transportation and activities outlined in the itinerary
- International air (set tentatively out of DC/Dulles area)
- Local English-speaking guides
- Meals as mentioned and some tips

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Domestic flight to gateway city



📍 New York area

### DAY 1, Saturday, January 6, 2024

#### Depart for Israel

Depart from a New York area airport today and make your way to Tel Aviv.

📍 Tel Aviv

### DAY 2, Sunday, January 7

#### Arrival in Tel Aviv

Arrive in **Tel Aviv** this afternoon at the Ben Gurion International Airport. Upon arrival, the group will be met and transferred to your local hotel. Relax this evening and settle into your hotel.

**Tal Hotel** is just a minute's walk from Metzizim Beach. Combining upscale style and design, the beautiful property offers guests a superb Israeli buffet breakfast, in addition to lunch and dinner options, a range of seminar halls, a breezy rooftop and a gym and sauna. They have free Wi-Fi and a 24-hour front desk for your convenience.

All travelers will gather this evening with your national guide and receive further information on the program.

Enjoy a **welcome dinner** this evening at a local restaurant.

**Overnight: Tal Hotel (or similar)**

**Included meals: Dinner**

📍 Tel Aviv

### DAY 3, Monday, January 8

#### Introduction to Israel

Begin your professional exchange to get an overview of the mental health system in Israel during a visit to a local academic facility *like* **Ono Academic Center**. They operate under the supervision and funding of the Mental Health Division of the Ministry of Health.

Lunch will be provided this afternoon.

This afternoon the group will visit a **mental health medical center like GEHA**. Meet with physicians working to care for people with mental health issues. Discuss treatment options and other topics of mutual interest.

**Guest Program:** *Guests will visit the Peres Center for Innovation this morning. Stop for lunch before heading to the Old Jaffa Port. Built 4,000 years ago, it is the oldest port in the world. In 1954, Jaffa became an integral part of the Tel Aviv municipality. Explore the boutiques and galleries in the old city including a stop to see Clock Tower Square with buildings dating back to before the Ottoman period. Drive on to the Old Train Station, the central hub that once connected the holy land with its neighboring countries. End your tour with a visit to Neve Tzedek, first Jewish neighborhood to be built outside the old city of the ancient port of Jaffa.*

Dinner is on your own this evening.

**Overnight: Tal Hotel (or similar)**

**Included meals: Breakfast & Lunch**





📍 Tel Aviv to Nazareth

### DAY 4, Tuesday, January 9

#### Travel to Haifa and on to Nazareth

This morning we will request a meeting with **ENOSH**, the **Israeli Mental Health Association** to discuss their role in bringing awareness to the community and role in mental health legislation and push for greater human rights and service in Israel.

**Guest Program:** *Guests will have some free time this morning before heading to Nazareth with the rest of the group.*

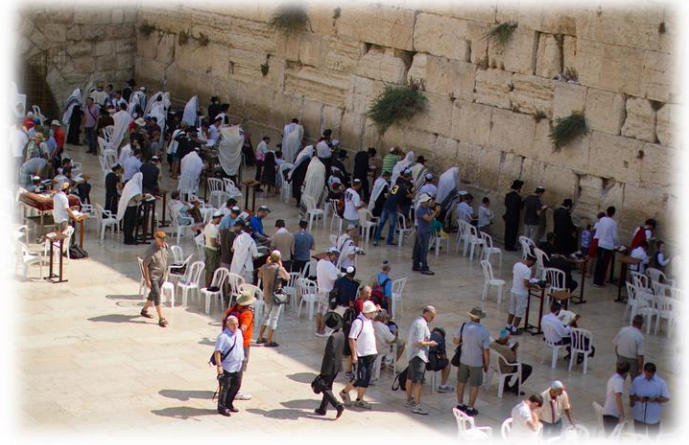
Continue onward to **Nazareth**, one of the largest Arab cities in the country. Tour the old city stopping by a very old and special coffee mill owned by one of the local families, named **El-Babour**, where you can browse local spices and coffees. Then enjoy a special visit with Ghada Boulos at **Ghada's Corner** where the group can sit in the cozy coffee and handicraft shop, enjoy a cup of local tea or coffee with Ghada's special energy treat, and hear stories about local culture, folklore, and the community.

Check into the **Ramada Hotel** later today, which is located on the ridge of Nazareth facing over the old city. Guest rooms have a safe, free Wi-Fi, minibar, bathroom amenities and onsite dining. Time permitting, enjoy the indoor pool, spa, or fitness center.

This evening you will dine with a **local family** to enjoy not only their delicious homemade Middle Eastern dishes but also their warm hospitality.

**Overnight: Ramada Hotel (or similar)**

**Included meals: Breakfast & Dinner**



📍 Bethlehem

### DAY 5, Wednesday, January 10

#### Depart for Bethlehem

This morning head out for the drive to **Bethlehem**. Visit the **Church of Nativity** and shepherd's fields. Located in Palestine, the basilica is in the West Bank. The grotto is of great religious significance to Christians as the birthplace of Jesus. It is the oldest site used as a place of worship in the faith and is the oldest major church in the Holy Land.

After lunch, drive to the **Mount of Olives** for a panoramic view of the city. Stop at **Mount Zion** to visit King David's Tomb, Room of the Last Supper and the Dormition Abbey.

Enter the **Old City** and walk through the Armenian and Jewish quarters to the recently excavated and restored Cardo, the Roman Road. See the Jewish Wailing Wall and the Kotel. The **Western Wall** is a place of pilgrimage and sacred to the Jewish people as the only remains of the Second Temple. Continue to the Christian Quarter to walk along the **Via Dolorosa** to follow in the footsteps of Jesus before his crucifixion. Head onward to tour the Church of the Holy Sepulcher, the location of the crucifixion and tomb of Jesus of Nazareth. It is a site of great religious significance and pilgrimage.

Head onward to check in at your hotel in Jerusalem with dinner on your own.

**Overnight: Harmony Hotel (or similar)**

**Included meals: Breakfast & Lunch**





📍 Jerusalem

### **DAY 6, Thursday, January 11**

#### **Holocaust Remembrance & Professional Program**

After breakfast, the group will have a moving visit to **Yad Vashem**, the world's foremost Holocaust Memorial Museum, and archival center. Hear about this dark time in the history of the Jews, be moved by stories of heroism and bravery, and experience special moments in the various memorials and exhibits.

Lunch will be provided at a local restaurant.

**Accompanying Guests:** *This afternoon guests will visit Mahane Yehuda Market with a local guide. Enjoy some time to explore as you take in the local Israeli flavors, colors, and atmosphere. Learn about important Jerusalem families that have lived in the neighborhood throughout the years and visit some of the market's highlights.*

This afternoon is set aside for a meeting with a **local mental health provider** or organization like **REUT** to learn more about the types of care available in Jerusalem for those with mental health issues.

This evening the group will enjoy dinner followed by a night spectacular show at the **Tower of David**.

**Overnight: Harmony Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





📍 Dead Sea

**DAY 7, Friday, January 12**

**Drive to Dead Sea, Jordan**

Check out of your Jerusalem hotel and make your way to **Jordan**. Cross the border at Allenby Bridge where local representatives will assist in the visa formalities.

The group will head directly to the Hilton Dead Sea Hotel for lunch. You will have some time to relax and enjoy the hotel amenities or **take a dip in the sea**.

Jordan's Dead Sea coast is one of the most spectacular natural landscapes in the world.



After lunch, make your way to **Petra** via the desert highway.

**Petra Moon Hotel** is very close to the entrance gate to Petra and has a lovely roof garden. The hotel has onsite dining including a breakfast buffet. All rooms have a flat screen tv, wi-fi, mini bar, toiletries, AC, robe/slippers, and a safe.

Dinner will be provided at your hotel this evening.

**Overnight: Petra Moon Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**

📍 Petra

**DAY 8, Saturday, January 13**

**Cultural Exploration of Petra**

Explore **Petra** this morning! Perhaps the words of Dean Burgon's famous poem: 'Match me such a marvel save in Eastern clime / A rose-red city half as old as time...' reflect some truth about Petra. Yet words can hardly do justice to the true magnificence that is Petra.

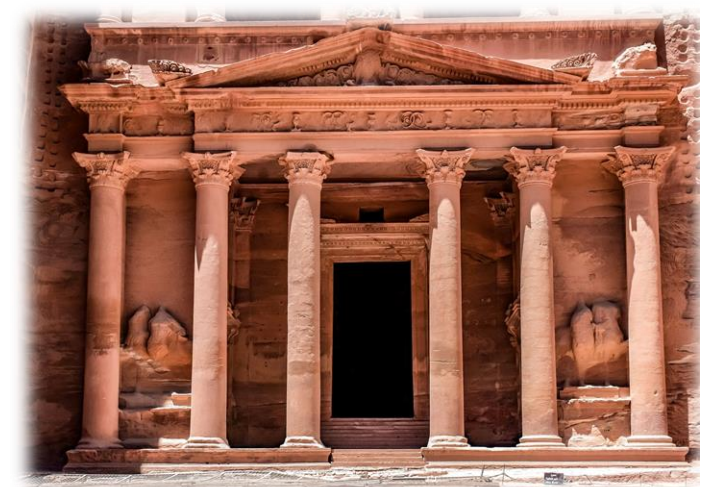
Some archaeologists have ranked ancient Petra as the eighth wonder of the ancient world – a truly justifiable claim. This remote dead city is one of the great archaeological treasures in the world, undoubtedly; it is the most important and famous attraction of Jordan. Much of Petra's appeal comes from its awesome, multicolored sandstone high mountains; it is a secluded site of steep rocky slopes, towering craggy mountain tops and high cliffs, into which most of the celebrated tombs, facades, theatres, and stairways are carved. Nature and architecture combine to give a mythical aura to the site.

Lunch will be provided at Basin Restaurant.

Enjoy a **cooking class** later today at Petra Kitchen. Enjoy what you make for dinner.

**Overnight: Petra Moon Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**







### 📍 Wadi Rum

#### DAY 9, Sunday, January 14

##### Cultural Program and Head to Amman

After breakfast head to a morning **bread making** session. Join the locals and let them show you traditional breads with techniques that have been passed down through generations. Watch as they bake taboon in clay ovens that have been in use for hundreds of years, to watching the skillfulness of *shrak* being stretched and thrown over skillets that have been seasoned with fires too numerous to count.

Head onward to **Wadi Rum** for a 2-hour jeep tour in this stupendous, timeless place, virtually untouched by humanity. Here the weather and winds have carved imposing rock 'skyscrapers' elegantly described by T.E. Lawrence as "vast, echoing and god-like". A maze of monolithic rockscapes rise from the desert floor to heights of 1,750 meters. Hikers can enjoy the tranquility of the boundless empty spaces; explore the canyons and water holes to discover 4000-year-old rock drawings and the many other spectacular treasures this vast wilderness holds in store.

Lunch will be provided at Sinam Camp.

Head to Amman for check in at the **Landmark Amman Hotel**. The 5\* property has six restaurants and lounges with a variety of dining options. They are conveniently located a short walk away from the old city and 30 minutes from the airport. Guest rooms are spacious and have a large bathroom and work area. They have everything you will need for a comfortable stay including a mini bar, personal safe, free broadband internet, free daily paper, bottled water in your room, kettle for tea/coffee, and bathroom amenities.

Dinner is by individual arrangement.

**Overnight: Landmark Hotel (or similar)**  
**Included meals: Breakfast & Lunch**

### 📍 Amman

#### DAY 10, Monday, January 15

##### Professional Program

Today professional members of the group will visit a **local hospital or clinic** this morning. Meet with psychology staff and the allied healthcare team to discuss the types of care they provide in this setting.

Lunch will be provided today at Sufra Restaurant.

Later visit a **local university or government representative** to learn about education for mental health professionals in Jordan, discuss policy, provision of service, access to care and other topics of mutual interest.

***Accompanying Guests:** Today guests will enjoy a visit to the Royal Society for Conservation of Nature (Wild Jordan), with a quick explanation on reserves throughout Jordan and for those interested to pop into their gift shop. Pass through shops and the old downtown and reach to the most famous "Hashem" Restaurant. Of all foods, the varieties here cater to the poor, the middle class and up to the highly famous & rich. Head next to the gold market before visiting the Hussaini Mosque. Walk onward passing through the vegetable market before reaching the Nymphaeum & then onto the Roman Theatre. The visit of the Theatre will also include the Folklore Museum. Finish the day up at the Citadel.*

Enjoy a farewell dinner this evening at a local restaurant.

**Overnight: Landmark Hotel (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**

### 📍 Amman

#### DAY 11, Tuesday, January 16

##### Depart for the U.S.

After breakfast say farewell to Jordan and fly back to the U.S., with arrival the same day.



📍 Tel Aviv, Israel

### **Tal Hotel**

287 Hayarkon Street, Tel Aviv, Israel

Telephone: +972 3-542-5500

<https://www.atlas.co.il/tal-hotel-tel-aviv>



📍 Nazareth, Israel

### **Ramada Nazareth**

Derekh ha-Tsiyonut 29, Nazareth, Israel

Telephone: +972 4-887-8888

<https://en.ramadanazareth.com/>



📍 Jerusalem, Israel

### **Harmony Hotel**

6 Yoel Moshe Salomon Street Jerusalem 94633

Telephone: +972-2-621-9999

<https://www.atlas.co.il/harmony-hotel-jerusalem>





📍 Petra, Jordan

### **Petra Moon Hotel**

Petra Visitor Center Street, Wadi Musa 71882

**Telephone:** +962 3 215 6220

<http://www.petramoonhotel.com/>



📍 Amman, Jordan

### **Landmark Hotel**

Al Shareef Hussein St, Amman, Jordan

**Telephone:** +962 6 560 7100

<https://www.landmarkamman.com/>

