

MIDRESHET AMIT

TORAH · CHESED · ISRAEL







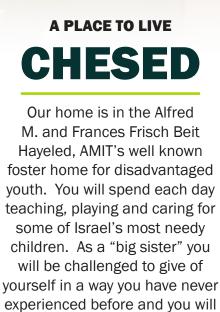






TORAH

At Midreshet AMIT you will spend your day learning, questioning, and growing in Torah. From interesting and challenging classes to guided chavruta study, your year will be packed with learning geared to help you develop a lifelong connection to Torah.



be transformed in the process.





Your connection to Israel will be deepened through the unique experience of living and interacting with dedicated Israeli couples and committed Sherut Leumi young women. Through adventurous tiyulim, you will travel the length and breadth of Israel, learning about our history and gaining a greater appreciation for the State of Israel.



The courses of Midreshet AMIT are designed to challenge and guide you as you develop your skills and knowledge. A wide variety of intermediate and advanced classes on topics such as Tanach, Halacha, Hashkafa and Jewish History are offered.

Mornings include time spent in the Beit Midrash preparing texts and researching fascinating subjects under the supervision of caring and knowledgeable teachers. Our regular schedule is enhanced by special events and guest speakers.

At Midreshet AMIT, you will appreciate the relevance of our tradition in today's society and develop a lifelong commitment to Torah.

Attending Midreshet AMIT is truly once in a lifetime experience. The teachers here are very welcoming and the administration makes Amit feel like my new home. The wide variety of classes and the balance of learning with the opportunity to give of myself to others is something so unique. I have already grown so much and look forward to continuing my journey

RACHEL

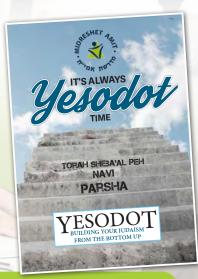
Staten Island, NY

In addition to the variety of exciting classes offered every week at AMIT, there are numerous opportunities for additional learning. Educational Seminars throughout the year are centered around topics such as Zionism, Modern Orthodoxy, Emunah and Holidays with text based shiurim, special speakers and experiential programming. Our students have the opportunity to learn from some of Israel and America's most prominent leaders through special guest lectures which take place throughout the year. Optional daily chavrutot with our staff allow our students to engage in learning one on one and focusing on topics of their choice.





Part of growth in learning is the ability to learn on your own. The Beit Midrash period, known as Beis, gives students the opportunity to engage their own learning in the context of an energetic and dynamic learning community. Part of Beit Midrash learning at AMIT is the Yesodot initiative. Yesodot incorporates Tanach, Halacha and Parsha and allows you to engross yourselfs in fundamental texts, acquiring essential Jewish literacy and while growing in your ability to learn on your own. A weekly Yesodot quiz for prizes adds a fun dimension to the weekly learning.





The Beit Midrash is where I challenge myself to grown in Torah knowledge and understand chazal's unique perspectives. Along with the chavrutot I have with teachers and my fellow students, there are so many sefarim to explore. It is the place where I delve into the ancient and modern texts and have access to our spectacular staff who are so knowledgeable and encouraging. In the Beit Midrash's interactive environment, students have the opportunity to enter a new world where discussions are endless and where our knowledge is enriched every single day.

ERIN

Englewood, NJ









OUR RAKAZOT

Our rakazot provide our students with the religious and spiritual guidance necessary to reach and even exceed their goals. By learning with the girls one on one or in smaller groups (chubura style), the rakazot develop close and meaningful relationships with each and every AMIT student. The Beit Midrash is the center of spiritual life at AMIT. It is a place to learn independently or to learn b'chavruta with a staff member or a friend. It is a place to daven and meet one on one with our rakazot, our madrichot and our faculty. It is a place for quiet contemplation. Most of all, it's a place to connect with people who want to grow just like you.







MRS. DARA KNAPEL Rakezet

I have never met teachers, rabbis and staff like the ones at Midreshet Amit. They come to school every day eager to learn with us and help us grow into the people we want to become. They teach us how beautiful life is and that Hashem is with us through every step. They care deeply for each of us and never fail to give each student a smile and make us feel at home. The Midreshet Amit faculty is one that I know will become my family.

TORAH · CHESED · ISRAEL

RACHELI

Livingston, NJ





Our comfortable dormitory is located in residential Gilo, a southern suburb of Yerushalayim. Each suite has a fully equipped kitchen, air conditioning, American washer/dryer, exercise equipment, internet access, and a lounge area. Three delicious meals are provided daily and the dormitory is open all year round.

You can choose to stay "home" for Shabbat with your Beit Hayeled family or enjoy hospitality offered by AMIT faculty and friends. The highest security is maintained with closed circuit surveillance cameras and a full time armed guard. Caring madrichot live on the premises and are available to help provide students with all of their needs.

















Midreshet AMIT provides unique opportunities for daily chesed. As you work with the children at Beit Hayeled you will use your talent and creativity to design and lead innovative programs. With care and compassion, you will have the opportunity to help disadvantaged children with their academic and social challenges. You will become part of a "mishpachton" (foster family unit) helping to provide much needed shelter, structure and stability.

Additionally, you will work with talented and dedicated post high school Sheirut Leumi girls who have volunteered to spend a year of their lives helping the children at Beit Hayeled. This entire project is supervised by a joint effort between the staff of Midreshet AMIT and the professionals at Beit Hayeled, including educators, psychologists and therapists. Throughout the year, these professionals conduct periodic seminars to help you navigate the challenges that you encounter working with foster children. By giving to others, your lives will be immeasurably enriched and you will develop the skills to become the leaders of tomorrow.



















Amit offers unique opportunities like no other place. From my time spent in the Beis, I've already read many books relating to the topic of Emunah, which has greatly deepened my connection to Hashem. Student to faculty relationships were effortless from the moment we arrived. My experience with Beit Hayeled has been truly gratifying. I've learnt so much from my little buddy, Noam, including loads of Hebrew (thanks Noam!) and the true meaning of friendship.

LAYLA Los Angeles, CA



In addition to amazing learning, volunteering with the Beit Hayeled children has made seminary so much more meaningful to me. We play sports with them, go to the makolet, do each other's hair, and most of all, laugh a ton. We have the opportunity to see the kids around the building each day and become a real part of the extended foster family. I am having a blast with Zohar, my "little sister" - the sweetest and most amicable girl and I love that I have the opportunity to spend time with her a few times a week!

BELORIA Seattle, WA



A PLACE TO LIVE

ISRAEL

At Midreshet AMIT you will not just spend a year in Israel, you will "Live Israel!" In addition to daily interaction with Israeli children and families at Beit Hayeled, Tanach and Jewish History come to life as we explore the geography of Israel on our monthly tiyulim. Shabbatonim in communities such as Yerushalayim, Gush Etzion, Tzefat and Beit Shemesh will expose you to the diverse populations of contemporary Israel.



are going, read about it in the text



Tzefat and Ashkelon and participate in special joint programs.













Israel has become my home away from home and I never realized what a deep connection I have to this country. We go on amazing tiyulim to Ein Gedi, The Dead Sea, Shiloh, the Galil along with so many fun Shabbatonim and Chesed trips. Being here in a Shmittah year is unique and we went to a farm to learn all the halachot in a super fun and practical way. Every trip has been so meaningful and helped bring out an even deeper love for Israel from within me.

MACIE







SUNDAY

MONDAY

WEDNESDAY **THURSDAY**

BLOCK 4 • 9:00-9:50

Soul of Shabbat Rav Soloveitchik on the Family

Witches, Wenches and Wise Women Yona and other Angry

Prophets TEFILA & BREAKFAST:

9:50-10:15

TUESDAY BLOCK 1 • 9:00-9:50

Tanach's Greatest Hits Life Cycles Kashrut Avos U'Banot (Pirkei Avot)

CHESED VOLUNTEERING

BLOCK 1 • 10:00-10:50

Tanach's Greatest Hits Life Cycles Kashrut Avos U'Banot (Pirkei Avot)

BLOCK 2 • 10:55-11:45 11:10-11:50

Between the Lines Women in Jewish Law Mysterious Tales Tanya

BLOCK 5 • 10:15-11:05

Best Supporting Actors Soul of Tanach Iyov Mishlei

BLOCK 2 • 10:15-11:05

TEFILA & BREAKFAST:

9:50-10:15

Between the Lines Women in Jewish Law Mysterious Tales Tanya

11:10-11:50

BEIT MIDRASH/ BEIT MIDRASH/ YESODOT YESODOT

BLOCK 3 • 11:55-12:45

7 Habits Chovos HaLevavos Hilchot Shabbat Living a Life of Simcha and Emunah

BLOCK 6 • 11:55-12:45 The Spiritual writings of

> Living Practically Be Holy! Michtav M'Eliyahu

Rav Kook

7 Habits Chovos HaLevavos Hilchot Shabbat Living a Life of Simcha and Emunah

BLOCK 3 • 11:55-12:45

- OFF CAMPUS

BLOCK 5 • 10:15-11:05

BLOCK 4 • 9:00-9:50

Soul of Shabbat

Rav Soloveitchik on the Family

Witches, Wenches and

Wise Women Yona and other Angry

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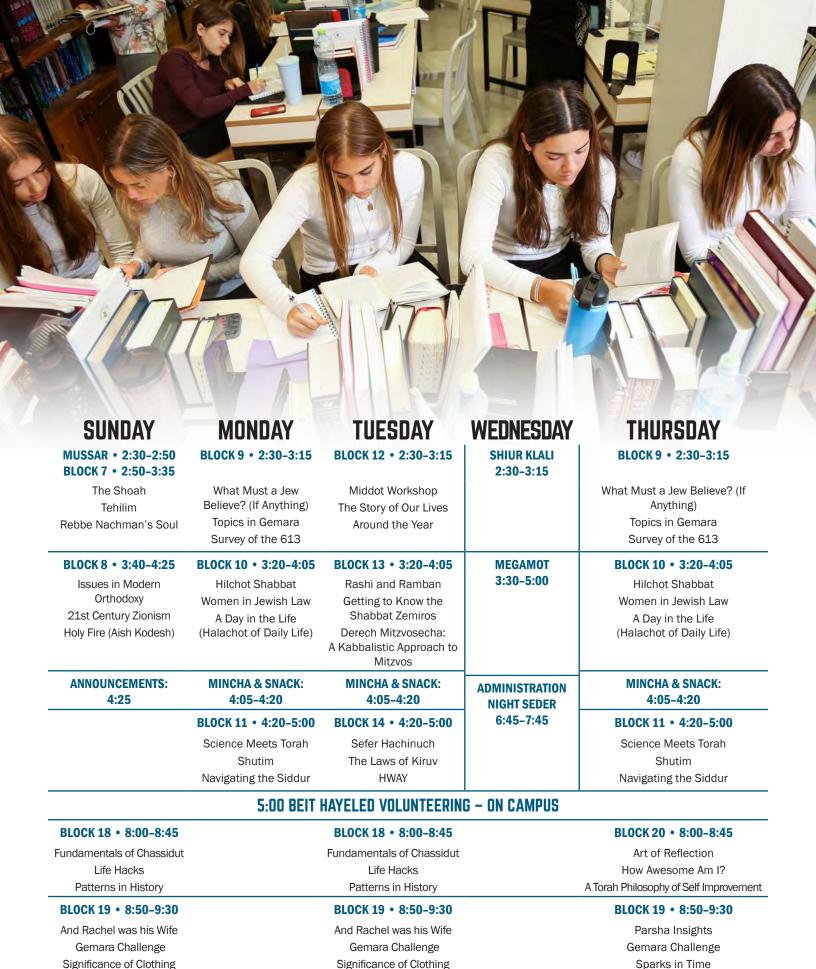
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BEIT MIDRASH/ YESODOT

BLOCK 6 • 11:55-12:45

The Spiritual writings of Rav Kook Living Practically Be Holy! Michtav M'Eliyahu









BLOCK 1: TANACH'S GREATEST HITS

The Tanach has so many incredible messages to teach us through the myriad of stories and lives it describes, and so many of those ethics and morals are recounted in Pirkei Avot. Together, in this unique course which combines Pirkei Avot with Tanach, we will learn about different parts of Tanach and see how each story can so eloquently teach us by example the lessons of the Mishna and the ideals by which we should shape our own personal lives today.

BLOCK 2: BETWEEN THE LINES

The Torah reveals very few relatable details of the lives of the men and women who shaped Jewish heritage, and we are used to viewing Torah characters as purely symbolic and instrumental figures. In this course, we explore these well-known characters from a unique, more humanistic perspective—delving into their emotional complexities and psychological nuances. We will dig deeper and try to better understand the personal struggles, triumphs and idiosyncrasies of these integral Biblical personalities.

BLOCK 4: THE YONA (& OTHER ANGRY PROPHETS)

If Hashem sent you a text message, would you delete it or read it? Well, guess what people, HE DID! This class lets you learn, own and conquer an entire book of Tanach. The book of Yona tackles the fascinating issue of a Navi who didn't want to be a Navi! What was he thinking? What pushed him to run? Where did he think he was going? Why didn't he listen to Hashem. Through this book, we will discover issues that deal with the way we as individuals and a nation relate to Hashem.

BLOCK 5: BEST SUPPORTING ACTORS

In every story or narrative, there are the main characters and the secondary characters. The secondary characters or the supporting actors are not only interesting, but they are also often the key to understanding an entire biblical story. In this class, we will delve into the stories in Tanach, focusing on the development and personalities of the "supporting actors" and discovering who they really were.

BLOCK 5: IYOV: PERSPECTIVES ON SUFFERING

lyov is known to be one of the most challenging books of Tanach. Known for intricate language and deep philosophical questions, it is much more than a book about 'why bad things happen to good people.' This course will allow the student the opportunity to explore the depth and beauty of this complex book. Learning Sefer Iyov is a way to learn about the bigger picture of life. What is the purpose of this story? Is there meaning to life's challenging events? How do we cope when life doesn't go as planned?

BLOCK 5: THE SOUL OF TANACH

The world of the Tanach is full of stories that have inspired the Jewish people throughout history. The goal of this course is twofold. One: To give a person an overview of the main stories throughout the Tanach. Two: To help a person uncover the soul of these stories and how they relate to our own lives.

BLOCK 5: THE BOOK OF MISHLEI

Of all the books of Tanach, Mishlei is one of the most esoteric. What did Shlomo Hamelech have in mind when he said "In all your ways acknowledge Him, and He will make your paths straight (Mishlei 3,6)"? Or, "He who scorns a word will cause himself injury, but he who reveres a commandment will be rewarded"? If you ever wanted to understand these sayings and more, then this class is for you. We will try to uncover the depth and wisdom of Shlomo Hamelech in a way that we can take practical lessons that will impact our lives.

BLOCK 6: BE HOLY!

Relationship guidelines in society, fascinating business ethics, sexual morality, how to relate to ourselves, the world around us and most importantly G-d; Parshat Kedoshim has it all! We will look at these topics in depth from the Torah's perspective as we learn parshat Kedoshim. This course will show us what it actually means to be a 'holy' Jew living in today's world and appreciating the Torah mitzvot that create that framework for us and just how relevant they are for us today.

BLOCK 7: EXPLORING SEFER TEHILLIM

Sefer Tehillim is a timeless work full of spiritual guidance and essential wisdom. In this class will study and analyze selected chapters, discover their meaning and message and their relevance to our lives. We will cover the psalms which are well known (including those that appear in our daily tefillot) as well as those less known which contain treasures waiting to be discovered. The insights of Tehillim will help us comprehend the ways of Hashem and develop our own potential as a Jew.



BLOCK 9: SURVEY OF 613 MITZVOT

We are familiar with the idea that there are 613 mitzvot, but have you ever wondered where that number came from? And why are there so many mitzvot? Can't we just have a few that we perfect instead? Is living in Israel a mitzvah? How about davening? Where does the mitzvah of chesed come from? How much Torah does one need to learn every day? In this class, we will look at what the Rishonim (Rambam, Ramban, Smag...) considered as part of the 613 mitzvot and we will try to learn more about a selection of those mitzvot (what to do, when to do them, who needs to do them...)

BLOCK 13: RASHI AND RAMBAN: INTRODUCTION TO PARSHANUT

We have all heard the expression "there are 70 faces to the Torah." The beauty of the Torah is the possibility of multiple perspectives it allows. In fact, almost everything we learn is based on the premise that people see things in different ways. Two of the most famous Parshanim (commentators) on the Torah were Rashi and Ramban. Join this class and see how two opposite perspectives can be formed out of the same words, and see the beauty in both.

BLOCK 14: SEFER HACHINUCH

The 613 mitzvot may seem overwhelming, yet they are tremendous opportunities. In this course, we will delve deeper into the mitzvot through the lens of the Sefer Hachinuch. Written in the 13th century by an unknown author, the Sefer Hachinuch dissects each of the 613 mitzvot in order of the weekly parsha. It explains the source, a suggested reason, and the lessons contained in each mitzvah. This class will hopefully provide both greater meaning and practical ways to implement the mitzvot into our daily lives.

BLOCK 19: THE SIGNIFICANCE OF CLOTHING IN TORAH AND HALACHA

The clothing we wear has become a widespread topic of conversation, particularly for women today. The goal of this course is to gain a sense of a Torah perspective on this conversation- starting from texts about clothing in Tanach and extending to the basics of practical הלכות צניעות. We will work together to develop an authentic outlook on the significance of clothing in our own lives through the analysis of various texts and discussions.

BLOCK 21: PARSHA INSIGHTS

The goal of this class is to glean moral instruction and personal inspiration from the weekly Parsha. We will discuss some central ideas of the weekly Parsha with the intention of better understanding who we are, what we believe, and how we practice.

BLOCK 21: SPARKS IN TIME: THE PARSHA

If you want to travel fast—travel alone, but if you want to travel far—travel together. This is a dynamic-chavruta based class where together, we will delve creatively into the meanings of the weekly portion. This is a class that will help you develop learning skills and deepen your connection to Torah and with Judaism in your everyday life.

GEMARA & CHAZAL

BLOCK 1: AVOT & BANOT

"If I am only for myself, who am I?" "Say little and do much!" You are probably familiar with Pirkei Avot. It is one of the best known and most cited of Jewish texts. This beloved mesechet serves as one of the central pillars of Jewish values and thought. In this course, go on a journey through this profound work. Pirkei Avot—E hics of

our Fathers is a book of morals, guiding us on how to live a true meaningful life. We will use the text and explain with stories and parables to bring it to life.

BLOCK 2: THE MYSTERIOUS TALES OF THE TALMUD

Choni drew himself in a circle and refused to leave until Hashem listened to him, Raban Gamliel was driven from power in a Beit Midrash uprising. The Gemara is filled with fanciful tales and mysterious stories. In this class, we will be diving into the depths of these stories. Using the Gemara and other Torah teachings, we will learn to understand the deeper meanings behind these stories, and along the way, understand their relevance to our daily lives

BLOCK 4: WITCHES, WENCHES AND WISE WOMEN: WOMEN IN THE EYES OF CHAZAL

In this course we will explore how women were viewed by the Rabbis in the time of the Talmud. We will study the topics of Women and Talmud Torah with a spotlight on Bruria, Women and Mitzvot with a spotlight on Yalta, Women and Magic-Witches in the Talmud, Women and Leadership, Creation of Women and the story of Lilith, Women and Kfira with a spotlight on conversations with the Matrona (a very interesting woman you'll want to hear about.) This course will be texted based using various gemaras and articles but will also include movie clips.

BLOCK 9: TOPICS IN GEMARA

FACT: The Gemara is the central work of Judaism. Everything you'll ever learn has a source in the Gemara. The purpose of this course is to provide the student with an understanding of the Gemara as that central text. Students will be able to understand specific concepts and see how the Gemara develops ideas, differentiates between different Halachos and comes to a conclusion (sometimes.) The topics (sugyot) that have been selected that are relevant, timely and exciting. Classroom discussion, leading to expansion of the sugya, will be an important part of the course.

BLOCK 19: AND RACHEL WAS HIS WIFE

This class will be a book club of sorts, studying, meditating and celebrating the unparalleled lives of Rachel and her dear beloved husband (Rebbe) Akiva. Set during the period of the Roman occupation of Judea (Israel) in the beginning of the first millennium CE, this tremendous book gives us a glimpse into Jewish life prior, during and after the terrible destruction of Yerushalayim by the Romans. Throughout the entire story we are inspired and educated by Rachel and Akiva about the meaning of love and dedication to one's spouse, one's people, one's Tradition and one's God. We will be introduced to the Beit Hamikdash, many of the great Tannaim, Rebbe Akiva and his unique and incredible life story. We will read the tales and teachings in the fantastic novel, but also learn the primary sources in their original texts well. We hope and pray that as a result of the learning we will do together in this class will deepen our own love of our people, our tradition and our God and hopefully prepare ourselves to love our spouse one day as well!

BLOCK 19 AND BLOCK 21: THE GEMARA CHALLENGE

Are you up for a challenge? The focus of this class is to finish an entire masechet of Gemara together. Heavily text based and requires motivation and focus, although no prior experience to Gemara is necessary. Go for it!

Note: You can take Gemara in Block 19 or Block 20 or in both blocks, meaning you can take Gemara on Sunday and Tuesday only, OR on Thursday only, OR on all three nights.



HALACHA

BLOCK 1: LIFE CYCLES

From Birth to Death, Jewish life is full of rituals and customs. Ever wonder why people put all their jewelry around the baby at a בְּדִין הבן? Do you say "ברוך שפטרני" on a Bat Mitzvah? Wonder why a Kallah walks around the Chatan 7 times? In this class we will explore the reasons, halachot and minhagim of all the major lifecycle events so that when they happen to you – you know what and why we Jews do what we do!

BLOCK 1: KASHRUT ON CAMPUS (AND AT HOME, TOO.)

Keeping kosher is one of the pillars of Jewish observance, and understanding the principles of Kashrut and knowing how to apply them is paramount to living a full Jewish life. The college dormitory presents particular challenges in this regard. This course will provide an overview of the principles of kashrut, with special emphasis on issues that are likely to arise and emphasis the practical laws and issues pertaining to the maintenance of a kosher home. Topic will cover the basics of the laws of milk and meat, keeping a kosher kitchen, and common applications

BLOCK 2 OR BLOCK 10: WOMEN IN JEWISH LAW

As Jewish women, it is essential for us to study and gain insight into the mitzvot that we observe. In this course, we will develop a deep conceptual understanding of a woman's performance of mitzvot. We will trace the unique set of laws applying to the Jewish woman from Tanach through contemporary poskim. The challenges and opportunities facing the Jewish woman in today's society will be discussed, debated and analyzed throughout the year. Objectives for this course are to provide the student with a broad knowledge of the mitzvoth that relate to women, and to understand their values and inner logic. This is a text-based class, in which we will delve into primary sources, ask questions, develop analytical and textual skills, and use our own life experiences to connect with the texts.

Major Topics To Be Covered:

- The differences between men and women in Jewish Law.
- How does Talmud Torah differ for men and women?
- What are women obligated in as teachers/ students?
- Tefillin, Birkat Hamazon
- Tzniut: Why do we have so many rules in this area? What are some of the halachot about clothing, kolisha, behavior etc.?
- What is the basis for Shomer Negia? What is and is not allowed?
- Laws of Yichud, Marriage/ Divorce, Relationships, Hair covering, the Aguna problem

BLOCK 3 OR BLOCK 10: HILCHOT SHABBAT

From the perspective that "תלמוד מביא לידי מעשה" ("study fosters observance"),Hilchot Shabbat is an essential aspect of any curriculum. Such a central aspect of Jewish life demands not only a knowledge of what to do, but an understanding of why we do it. We will study some of the most commonly encountered areas of Hilchot Shabbat with emphasis on their practical application. As a double period class, we will have plenty of time for chavruta, skill building, and individual growth as part a central aspect of our class. The goal of this course is for students to be knowledgeable of the 39 Melachot from biblical sources through modern day tshuvot. Students should be able to design common scenarios that arise on Shabbat and be able to research the answers.

Major Topics To Be Covered:

- Positive Mitzvot of Shabbat (Kiddush, Candles, oneg Shabbat)
- Bishul, Muktzah, Borer, Kotevetc, Most of the 39 Melachot

BLOCK10: A DAY IN THE LIFE (LAWS OF EVERYDAY LIFE)

The life of a Jew is filled with ritual from the time we wake up until we go to sleep. This halachah class will trace the cycle of the day using classic and modern halachic sources with the goal of understanding and bringing meaning to our day. Halacha, is based on the root "Holech", to walk or to go. Together, we will explore how to be personally engaged in guiding all aspects of your daily life, through the lens of Halacha, and discover the beauty of Halacha and the true "way to walk". Our journey through a Jewish person's Halachic day will include the following everything from waking up, netilat yadayim, going to sleep and everything in between relating to family and friends, home and work, travel and leisure, and all the different scenarios of a normal day in your life.

BLOCK 11: SHUTIM: OUESTIONS IN A MODERN WORLD

This course will focus on שאלות ותשובות (known as ש") and the integral role they have played for the last 1000 plus years. We will see how the Gemara, the rishonim, the שולחן ערוך, and the achronim are used to answer questions that arise in all areas of our ever changing world. The objective of this course is to expand the student's halachic knowledge, to give them an appreciation for the way in which halacha develops, and to show the wide scope of halachic concerns.

Major Topics To Be Covered:

Magic, Dreams, Entering a church, Tattoos, Gambling, Issues relating to Eretz Yisrael, Lifnei Iver, Electricity, many more.

BLOCK 12: AROUND THE YEAR

The Jewish calendar is a living, breathing, and vibrant guide which lead us through the various emotions and experiences of our Jewish existence. From the exulted freedom of Passover to the bitter tears of Tisha B'Av, the Jewish calendar helps shape the character of the Jewish experience. However, too often we are caught off guard and find ourselves unprepared to properly absorb the power of each month and the flavor of each holiday as they seem to suddenly arrive unexpectedly. In this course, we will travel through the entire Jewish year- from start to finish- and make stops along the way to learn about the laws and lessons of each special day. Obviously, the course will not be able to cover every holiday in full detail, but will at least give a taste of each one. The course will cover at least basic laws related to each significant day, as well as provide an understanding of the morals and values that each day is meant to introduce.

BLOCK 14: LAWS OF KIRUV

What is kiruv? Most of us may associate kiruv either with certain segments of Chabad or an NCSY shabbaton we were once forced on. What we may not have figured out yet is that most of us will be involved in kiruv in one way or another, whether as a roommate in college, a classmate and most importantly, a parent. This class will focus on how to be involved in kiruv on an individual level as well as on a global level in a very practical way.

JEWISH PHILOSOPHY

BLOCK 2: TANYA (THE SECRET OF CHABAD)

Following on from discovering Hahshem in our lives through the Chovos Halevavos, Tanya, a Chassic writing from Rabbi Shneur Zalman of Liadi is a way of helping understand who we are. We will learn about our soul, what is a Mitzvah, what is Holiness, what do the concept of Tzadik and Rasha mean. What is true happiness and how it can be attained. It is an extremely deep but meaningful book which is a tool for life in this extremely challenging world.



BLOCK 3: A MATTER OF TRUST: STUDIES IN CHOVOT HALEVAVOS (DUTIES OF THE HEART)

Rabbeinu Bechaya's Chovos Halevavos is a timeless classic of Jewish philosophy. In it, he tackles one of the most important topic facing every Jew—bitachon: faith and trust in Hashem. This course will expose the student to this staple of Jewish philosophy and analyze and flesh out the issue of Bitachon—faith in Hashem. Topics included are: What is bitachom? What good does it do us? How does it change us? How do you learn to have it?

BLOCK 4: UNCOVERING THE SPIRITUAL MEANING OF SHABBAT (SOUL OF SHABBAT)

For many, Shabbat is a day of restrictions. Yet according to Jewish philosophy and Kabbalah, all the laws of Shabbat are spiritual tools that help a person experience the power of God, family, inner peace and the ability to focus on the present moment. It is not a day of restrictions, but a day of celebration. In this course, we will study many Jewish sources that explain the meaning behind the laws and customs of Shabbat. This course will focus less on analyzing the laws, and more on uncovering the meaning of the laws. Examples of the laws and customs that we will study include: challah, kiddush, candles, three meals, muktzah, pikuach nefesh, Shabbat clothes, Shabbat prayers vs. weekday prayers, havdala, refraining from using electricity/phone.

BLOCK 4: RAV SOLOVEITCHIK ON THE FAMILY

Have you always wanted to improve your relationships with your siblings, parents or grandparents? Family relationships define, shape and influence us throughout our entire lives. These relationships can be very loving and positive and at the same time complex and stressful. The Jewish family has always been the backbone of our nation. Learn how Rav Soloveitchik 's philosophy on the Jewish family can ultimately help improve the dynamics within our own families We will study and discuss Rav Soloveitchick's writings on the relationships with grandparents, siblings, parents, childrens and spouses.

BLOCK 6: SPIRITUAL WRITINGS OF RAV KOOK

Unfortunately, for most of the English-speaking world, Rav Kook (1865-1935) has become one of those cliché thinkers that many people talk about, but very few have actually learnt and become inspired from the inside out. This course is an in-depth study of Rav Kook's writings, who spearhead ded religious Zionism. We will study his spiritual philosophy of individuality, teshuva (spiritual growth), Torah, Zionism, atheism vs. faith, vegetarianism, and geulah (universal redemption).

BLOCK 7: REBBE NACHMAN'S SOUL

Rebbe Nachman left behind a legacy of love, devotion, and endless positivity in a world which is often devoid of such things. In this Shiur we will go through the text and draw from the wellsprings of light and spirituality that are found in the book Sichot Haran, Rebbe Nachman's lectures.

BLOCK 8: HOLY FIRE (AISH KODESH)

During the Holocaust there lived a Tzaddik who taught Jews how to live a life infused with longing, feeling, and a hopeful heart, even in the darkest of times. He buried his teachings along with his personal diary in the ghetto. The Tzaddik was murdered hy"d, but his teachings were found after the war and live on. We will study his teachings and attempt to learn how to feel real emotions and presence in our service of G-d and in our everyday life.

BLOCK 8: ISSUES IN MODERN ORTHODOXY

In this class we will attempt to anticipate some of the challenges that will occur when the student is no longer in their supportive Jewish environment. We will be discussing issues such as: What to do when we start to doubt? How to react and interact with other religions and with other denominations of Judaism? Is evolution anti – Torah? What is Biblical criticism, and the like.

BLOCK 9: WHAT MUST A JEW BELIEVE (IF ANYTHING)?

In this course we will be explore the world of Jewish faith. Is Judaism an action-based religion or a belief based one? What must a Jew believe? What does imposing a system of faith mean? And if a Jew must believe, what are the core principles of faith required? We will be drawing on the Rambam's 13 principles of faith to answer these questions.

BLOCK 11: SCIENCE MEETS TORAH

We will explore some of the major issues and conflicts between Torah and science. We will begin with the classic "hot" topics such as Age of the Universe, Dinosaurs, Fossils, Creation/Evolution and move on to conflicts of the modern age Brain Death, Euthanasia, Stem Cell Research, Organ donation, cloning as well as other topics. This is a text-based class using classic commentators as well of views of leading scientists. The aim of the class is to enable students to feel confident in their knowledge of the issues and to be exposed to various resolutions.

BLOCK 13: DERECH MITZVOSECHA: A KABBALISTIC APPROACH TO MITZVOS

We will study different Mitzvos and their meanings through the Kabalistic lens of Chasidut. We will study things such as oneness and belief in God, Mitzvat Ahavat Yisrael, Tefila and more. It was written by the Third Rebbe of Chabad and is a very in-depth kabalistic work on the meaning of Mitzvot

BLOCK 14: HASHEM WHERE ARE YOU, AND WHAT ARE YOU DOING?

Hashem is mysterious and hidden. Jews have always tried to seek Him and understand His ways. This class will discuss the issues relating to our understanding of God in the world and our place in that world. Topics include: Is everything in our world good? Are there coincidences? Our exploration will focus on classic and contemporary sources.

BLOCK 18: FUNDAMENTAL TEACHINGS OF CHASSIDUT

In the early 1700's when revolutions were happening in many corners of the world, there was one happening within the hearts and souls of the Jews of Eastern Europe. Started by the great revolutionary, Rav Yisrael Baal Shem Tov, the Chassidic movement awakened, warmed and inspired masses of broken and tired Jews and ignited emotion and passion and feeling that had not been seen in the Jewish world since the days of the prophets. In this class we will learn together some of the fundamental ideas and teachings of Chassidic thought such as living with God in our consciousness, hope in the face of despair, the value of Jewish community and camaraderie, prayer with passion, positivity, song, value of the study of mystical areas of Torah and much more. As we study we will also get to introduce ourselves to some of the great Chassidic leaders from the last 250 years. We will also be sure to share and prepare chassidic insights on the weekly Torah Portion as well as the holidays.



MUSSAR & SELF HELP

BLOCK 3: LIVING A LIFE OF SIMCHA AND EMUNAH

In the 1980's the secular world started trying to study what makes people happy. The Baal Shem Tov and his followers knew these secrets and taught us them 250 years ago. This class will discuss the different methods and approaches on how to reach happiness, meaning, and faith in our daily lives. We will delve into the teachings and stories of the Baal Shem Tov, as well as secular psychology texts and studies, exploring the nature of this pursuit which is desired by all.

BLOCK 3: SEVEN HABITS OF HIGHLY EFFECTIVE JEWS

We are all creatures of habit. Many of us procrastinate work, errands, and phone calls. We know we will do them eventually we just "aren't in the mood" to do them right now...Others always say "yes" when a friend asks us for a favor even if we really don't want to do what was being asked. Does saying "no" make you a "bad person?" Can giving be a bad thing? And some people get five hours of sleep and can function really well during the day, does that mean that's all the sleep you need? Steven Covey, author of Seven Habits of Highly Effective People, discusses the habits he believes help us develop into our best selves. For example, how to best listen to people, how to prioritize our time, when its best to work alone or best to work as a team, etc...In this class we will learn these habits in detail while incorporating Jewish philosophy, and specific mitzvoth. Combining these ideas will help us appreciate how the Torah is truly a guidebook of maximizing our lives. Exercise, sleep, being more assertive, and so many "good habits" are positive mitzyoth as well. Together we will learn how to develop these positive habits into our everyday lives.

BLOCK 6: LIVING PRACTICALLY (MESILAT YESHARIM)

Mesilat Yesharim is truly a must learn sefarim for any shtark sem student. The MesilatYesharim was written by Rav Moshe Chaim Luzzato in the eighteenth century and has become the most renowned of all mussar sefarim. It describes a step by step approach towards development of one's character traits and growth in service of G-d. For anyone who is truly interested in improving as a human being and becoming a true oved Hashem: this course is highly recommended.

BLOCK 6: MICHTAV M'ELIYAHU

Rav EliyahuDessler was one of the greatest Jewish thinkers of the twentieth century. R' Dessler was born in the late 1800s in Lithuania where he learned under some of the leaders of European Jewry. R' Dessler went on to spread his teachings to England before finally settling in Israel and teaching there until the end of his life. This course looks closely at Rav Dessler's magnum opus, Michtav M'Eliyahu. We will base the course on Michtav M'Eliyahu but we will examine how other Jewish thinkers dealt with the issues raised in the book.

BLOCK 11: NAVIGATING THE SIDDUR

Becoming familiar with the Siddur, allowing it to be a focal point of your day, truly defines its place as the vehicle through which one can realize one's closeness to Hashem. However, some of us find it hard to navigating the Siddur itself. This class will focus on the Siddur, helping us understand what is what, and where is where in so that we can connect to and enhance our experience of Tefila. Topics to be covered include the history, background and framework of the Siddur. We will also learn to navigate the Siddur, with special emphasis on identifying the various prayers and their places within the Siddur, whether daily, Shabbat or festival prayers.

BLOCK 12: MIDDOT WORKSHOP

Our goal in this course is to improve our relationship with Hashem, ourselves, and those around us by exploring different aspects of spirituality and character development. We will use texts and media to analyze the importance of certain character traits. We will also address the challenges of and strategies towards self-improvement. Ultimately, we'll discover how certain middot can facilitate happiness, success and meaning in life.

BLOCK 12: THE STORY OF OUR LIVES

The story of our lives is a wide-ranging guide to weathering the ups and downs of a passionate journey toward inspired living. A veritable textbook on the theological revolution of Chassidus and its relevance to the challenges of the modern era, this groundbreaking work presents a compelling argument for the need to dig deeper in our individual and communal engagement with avodas Hashem.

BLOCK 13: ZEMIROT: THE SHABBOS SPICE

There are many ways you can enhance your Shabbos. One of those is through singing zemirot. This course will take an in-depth look at the many zemirot recited on Shabbos. We will learn about who composed them, understand the lyrics, and deeper meanings. This class will also explore the unique Shabbos tefillot and help us understand what we are saying each week. Although this class will be taught on a Tuesday, it will definitely help elevate the coming Shabbat!

BLOCK 18: LIFE HACKS

Ever wanted to do life...better? Life Hacks will take a deeper look into life lessons from the wisest of our teachers, and bring those teachings down into our day to day. Using games, discussions, stories and more, this class will get you thinking and sharing and reflecting and hopefully dreaming big. Course objectives include developing an awareness and love of seeking wisdom and incorporating it into our daily living, discovering ways and systems to help prioritize the important from the not, and learning effective tools for building and maintaining relationships

BLOCK 20: HOW AWESOME AM 1?

"If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?" Pirkei Avot, 1:14. Whether you are middle of developing your basic "I" - your true inner self - or moving beyond that and sharing yourself with others, each of us has a natural holiness. At our core is a sacred, transcendent self-and it glows like an eternal light! Why then can we feel at times so unholy. so mundane, so dark? This is a dynamic, fun, safe space, where we will work together and support each other as we work to become the best versions of ourselves through writing, discussion and meditation.

BLOCK 20: THE ART OF REFLECTION

What did I learn this week? What did I accomplish this week? What do I want to take with me? The Art of Reflection is a class for any student who wants to bring their week to a close by reflecting and exploring their inner world. Time to review, time to share, time to write and even time to sing. All of these will be the vehicles by which we process the week that was and look forward to the week ahead.

BLOCK 20: A TORAH PHILOSOPHY OF SELF IMPROVEMENT

The discussions around תיקון המדות and character development can at times feel esoteric and impractical. The goal of this class is to concretize and personalize these conversations, gaining insight from different Jewish thinkers and texts. We will focus on both the inherent importance and broader ramifications of refining one's character.



JEWISH HISTORY

BLOCK 7: THE SHOAH

In today's world of Holocaust deniers and with the disappearance of survivors, it is crucial to know precisely what happened during the time period of the Shoah. We must be resolute in our commitment to the phrase "Never Again!" and pay homage to the memories of the 6 million lost.

The purpose of this class is to:

- Develop an understanding of the world of East-European Jewry
- Understand what Nazism was and how/why the ideology spread among the masses.
- Learn about life in the Ghetto
- Learn the extent of the Nazi atrocities
- Understand the history of Christian Anti-Semitism
- Explore physical and spiritual resistance of the Jews.

BLOCK 8: 21ST CENTURY ZIONSIM

This course provides an in-depth understanding of the Zionist narrative and how it conflicts with the Palestinian narrative. Topics

covered throughout the course include Jerusalem, Palestinian refugees, settlements, border disputes, security concerns and the struggle for peace. By addressing these complex issues head on, students will gain the knowledge to effectively articulate an informed position regarding one of the longest running post WW2 conflicts. The goals of this course are threefold: To provide the students with greater context and comprehension of Israel and the Arab-Israeli conflict, to encourage each student to develop his/her own understanding regarding the conflict, and to develop the skills necessary to articulate their understanding to others.

BLOCK 18: PATTERNS IN HISTORY: UNDERSTANDING THE CONTEXT AND RELEVANCE OF THE SECOND TEMPLE PERIOD

In this class, we will first work to understand the broader Religious value of the study of Jewish History, studying both Biblical and Academic perspectives. We will then focus on one of the most formative periods in our history, the Second Temple Period. Our learning will begin with the devastation of חורבן בית ראשון and continue on to גלות בבל, including the historical background of the stories of both Purim and Chanukah. We will focus on patterns in our history and discuss our own religious identities in אלות, seeking personal guidance from our predecessors who lived in different, yet familiar times.

MEGAMOT/ELECTIVES

At AMIT, every student has the opportunity to pick an elective as part of our unique Megamot program. Each week, the students will spend time exploring one elective and engage in experiential learning including group trips, projects, speakers and opportunities for meaningful reflection. Students will be encouraged to think creatively and cooperatively about how to incorporate their learning and experiences into their communities. Students will also gain exposure to the variety of personalities and activities in the broader Amit network throughout the country.





LEADERSHIP

Students will hear from industry leaders, Knesset ministry officials and entrepreneurs. Students will discover their unique leadership style through participating in workshops on topics such as public speaking, modeling leadership skills to youth at risk and dressing for success.

ISRAEL

Students will experience Israel from several different angles: history, culture, people and geography.
Trips and Speakers will highlight the successes and challenges that modern day Israel faces.

TORAH

Students will be exposed to creative thinkers in the Torah world and will visit museums and organizations who synthesize Torah and the complexities of the modern world. Students will learn and teach in the broader AMIT community.

ACADEMIC CALENDAR

AUGUST

Tuesday, August 24 Welcome to Israel!

Shabbat, August 28AMIT Orientation Shabbaton

Sunday, August 29 Classes Begin

SEPTEMBER

Tuesday & Wednesday, September 7–8 Rosh Hashanah

Thursday, September 9
Tzom Gedalia,

AM Classes Only

Thursday, September 16Optional Yom Kippur Program in AMIT

Friday, September 17– Wednesday, September 29 Sukkot Vacation

Thursday, September 30
Classes Resume

OCTOBER

Friday & Shabbat October 1-2

Tiyul and Shabbaton

Wednesday, October 6 Megamot Electives Begin

Monday, October 11 Educational Seminar #1

Tuesday & Wednesday, October 19–20 Overnight Tiyul

NOVEMBER

Monday, November 1 Educational Seminar #2 Shabbat, November 6

AMIT Shabbaton

Thursday, November 25

Thanksgiving Dinner

Sunday, November 28– Sunday, December 5 Chanukah

DECEMBER

Monday, December 6 Chanukah Tiyul

Shabbat, December 11AMIT Shabbaton

Monday, December 27
Tiyul

JANUARY

Monday, January 3
Educational Seminar #3

Shabbat, January 15
AMIT Shabbaton

Monday, January 17
Tu B'Shvat Celebration

Tuesday-Wednesday, January 18-19 Mid-Winter Break

FEBRUARY

Wednesday & Thursday, February 16–17 Overnight Tiyul

Shabbat, February 19 Shabbaton

MARCH

Wednesday, March 2
Educational Seminar #4

Thursday, March 17
Purim

Friday, March 18 Shushan Purim

APRIL

Friday-Tuesday, April 1–26
Pesach Vacation

Wednesday, April 27
Classes Resume

Thursday, April 28 Yom Hashoah Program

Shabbat, April 30 AMIT Shabbaton

MAY

Wednesday & Thursday, May 4–5 Yom Hazikaron and Yom Haatzmaut

> Monday & Tuesday, May 9–10 Overnight Tiyul

Thursday, May 19 Yom Yerushalayim

Sunday, May 29 Yom Yerushalayim

JUNE

Thursday, June 2 Last Day of Classes

Shabbat, June 4
Final Shabbaton

Shabbat-Sunday, June 4-5 Shavuot Program at AMIT

Tuesday, June 7

Farewell Banquet Brunch

Thursday, June 9
Dorm Closes at noon,
צאתכם לשלום





AMIT STUDENTS ARRIVE FROM THE FOLLOWING HIGH SCHOOLS:

Beren Academy (Houston, TX) Beth Rivkah (Melbourne, Australia) CHAT (Toronto, ON) Fuchs Mizrachi (Cleveland, OH) Gann Academy (Boston) HAFTR (Lawrence, NY) HANC (Plainview, NY) Hasmonean High School (London, UK) Hillel Day School (Miami, FL) Ida Crown Academy (Chicago, IL) Katz Yeshiva High School (Boca Raton, FL) Kesser Torah (Sydney, Australia) Maayanot Yeshiva High School for Girls (Teaneck, NJ) Magen David (Brooklyn, NY) Maimonides (Boston, MA) Melvin J. Berman Hebrew Academy (Potomac, MD) Moriah College (Sydney, Australia) North Shore Hebrew Academy (Great Neck,

(Miami Beach, FL) Rae Kushner Yeshiva High School (Livingston, NJ) RAMAZ (New York, NY) SAR (Riverdale, NY) Shalhevet (Los Angeles, CA) Stella K. Abraham High School for Girls (Hewlett, NY) Frisch (Paramus, NJ) Ulpanat Orot (Toronto, ON) Westchester Hebrew High School (Westchester, NY) Yeshiva College (Johannesburg, South Africa) Yeshiva of Atlanta (Atlanta, GA) Yeshiva of Flatbush (Brooklyn, NY) Yeshiva of Greater Washington (Silver Spring, MD) YU High School for Girls (Queens, NY)

Rabbi Alexander S. Gross Hebrew Academy

It is such an eye-opening experience to meet so many diverse people from all over the US and Canada and to form strong connections with them so quickly. Coming from London, I can honestly say that the warm environment is so unique and has provided me with authentic and wonderful new friendships that I know will last a lifetime.

OPHRA

London, England



AMONG THE UNIVERSITIES OUR STUDENTS ATTEND ARE:

Bar Ilan University (Israel) Barnard College Boston University Brandeis University Columbia University Emory University Fashion Institute of Technology

NY)

Hunter College IDC (Israel) Johns Hopkins University London School of Economics McGill University New York University Parsons College

SUNY Albany SUNY Binghamton Touro College UCLA University College of London University of

Maryland

Queens College

YULA (Los Angeles, CA)

University of
Michigan
University of
Pennsylvania
Washington
University
YU Stern College for
Women
York University

OUR STUDENTS COME FROM THE FOLLOWING COUNTRIES:

United States, Canada, England, Australia, South Africa and The Netherlands







Mrs. Ilana Gottlieb **Director**

A natural and highly regarded educator, Mrs. Gottlieb has served as director of Midreshet AMIT since 2009. In addition to her administrative responsibilities, Mrs. Gottlieb's open-door policy and engaging personality enables her to develop close personal relationships with each of the students at AMIT. Mrs. Gottlieb earned a BA in Education summa cum laude from Stern College, as well as a Masters degree in Education and Administration from Azrieli Graduate School, where she was co-valedictorian. With her special combination of personal warmth and professional excellence, Mrs. Gottlieb is an inspiring leader and ideal role model for our students.



Rabbi Daniel Goldstein **Rav Midrasha**

Rabbi Daniel Goldstein has been a faculty member at Midreshet AMIT since we opened our doors in 2007. Prior to making aliyah, Rabbi Goldstein served as the rabbi of Kingsway Jewish Center in Brooklyn, NY. Rabbi Goldstein received his BA from Yeshiva College, Semicha from RIETS, and an MA in History from Brooklyn College. Rabbi Goldstein's office door is always open for students to meet about their academic schedule, halacha questions, personal religious growth and so much more. With his wise academic guidance and genuine care for each individual, Rabbi Goldstein ensures that every student maximizes the opportunities available for her at AMIT.



Mrs. Barbara Vidomlanski **Assistant to the Director**

Mrs. Barbara Vidomlanski's round-the-clock guidance and good humor ensure that our students are happy and cared for 24/7. With innovative Shabbatonim, tiyulim, and chesed programs, Barbara - as she's known at AMIT - adds fun, exciting, and inspiring out-of-the-classroom components to the AMIT experience. Her warmth and dynamic personality have endeared her to the entire AMIT family both while they are students in Israel and for years to come. Barbara earned her degree in education from Stern College and in addition to the various formal and informal educational positions she has held, she has spent many summers on staff at Camp Moshava.



Mrs. Pesha Fischer **Senior Teacher and Experiential Education Coordinator**

Mrs. Fischer has been teaching seminary students since her aliya in 2000. Prior to her aliya, she was the Campus Torah Educator at the University of Maryland and the Judaic Studies Coordinator and Yavneh Academy in Dallas. Her expansive Torah knowledge and creative educational methods make her classes a real favorite among the students. Her excitement for teaching students how to learn inspires them to push themselves to achieve greatness in the AMIT Beit Midrash and beyond.



Mrs. Bina Golding **Beit Hayeled and Volunteer Coordinator**

Bina earned a degree in Education at Kiryat Ono College. She has many years of experience working with Shana B'Aretz students. As Beit Hayeled and Volunteer Coordinator at AMIT, Bina oversees all aspects of the volunteer experience, both within Beit Hayeled and in a variety of meaningful places all throughout Yerushalayim. Her goal is to maximize the opportunities each student has to give of herself through Chesed. Bina's integration of professionalism and warmth make her a beloved member of our staff and close friend and a role model to our students.



THE FACULTY

Our faculty is made up of Israel's most dynamic and caring educators.

They have the special ability to make ancient texts relevant and meaningful.

They are dedicated to the students and focused on creating lasting relationships.

Our faculty are role models and represent an ideal synthesis of love of Torah, Am Yisrael and Eretz Yisrael.



Rav Amos Azizoff



Mrs. Nicole Berman



Rav Jonny Friedman



Mrs. Daphna Goldreich



Rav Eytan Goldstein



Mrs. Malka Hubscher



Mrs. Sepha Kirshblum



Mrs. Rebecca Klein



Mrs. Dara Knapel



Mr. Matthew Lipman



Rav Yoni Miller



Ms.Teli Refael



Rav Aaron Rosenberg



Mrs. Molly Rosenberg



Rav Rafi Rosenblum



Rav Ari Ze'ev Schwartz



Mrs. Gavriella Siegel



Mrs. Aviva Sluckis



Rav Yechiel Weisz



Rav Aharon Wexler





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