

Nesiah 2026 Israel Program Information

Please read this document before you start your application

THE PROGRAM

The New South Wales Board of Jewish Education (BJE) takes great pride and pleasure in offering Nesiah, which delivers a unique, educational, cultural and once-in-a-lifetime Israel experience. We consider our participants' participation in Nesiah as a privilege. As such, we expect that our participants, and their parents/guardians, abide by all requirements prior to and whilst on Nesiah.

During Nesiah, we engage several external service providers - primarily The Jewish Journey Ltd, an Israel-based tour provider. In this document, we make some references to those external providers as either service providers or agents of BJE.

The aims of the program are:

- To strengthen participants' connection with the language, land and people of Israel;
- To familiarise participants with Israeli history, geography, society and culture so as to enhance their knowledge and studies;
- To strengthen participants' Jewish consciousness, commitment and values.;
- To explore the richness of Jewish culture and history so as to plan for continued Jewish prosperity; and
- For participants to learn more about themselves and others, so as to grow and mature.

Nesiah places this learning in the exciting context of living in the Jewish homeland.

An Application for Nesiah is not complete and an 'Offer of place' on the program cannot be made by BJE until all the following conditions are met:

- The Nesiah Application Form has been completed and submitted - this form will require a signature stating participants and their parents'/guardians' have read and understood the Consent, Release and Indemnity Form (refer page 5 of this guide), the Code of Conduct (refer page 11 of this guide)
- The **deposit** has been paid.
- Copy of **valid passport** is received (note both Australian and Israeli passports are required for students holding Israeli passports)
- BJE has received a **school reference** from either the Head, Deputy Head, Year Coordinator or Head of House from the participant's school. The link to this can be found on page 2 of this document.
- If advised by BJE, a **Medical History Form** is completed by a doctor (refer to page 14 of this guide)
- The Youth 2 Israel Application (Y2i) Form has been completed by all participants, regardless of whether you are accepting the grant or not. The link to this can be found on page 3 of this document.



Acceptance of your child on the program

Please note that your child can only be accepted onto the program, if all the following items are received:

- Full payment of Family portion as invoiced (i.e. Full program cost **less** any Y2i and Mosaic subsidies taken less any further financial assistance).
- ETA-IL Visa (refer to page 4)
- Insurance Policy (refer to page 4)
- Other information required by BJE

APPLICATION FORM

To access the Application Form, please use the following link: <https://pci.jotform.com/form/260631089377867>

SCHOOL CHARACTER REFERENCE

To allow us to some insight into your child's character in the formal schooling environment we ask you to reach out to your child's respective school for a character reference.

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

This form should only be completed by the school's Principal, Deputy Head, wellbeing coordinator , your child's Year Coordinator or Head of House. These usually take time so please submit this early in the application process

If you would like to meet with one of our Program Leaders for an interview, please indicate this on the application form

Please forward the link below to the relevant school contact for their completion:

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



DEPOSIT

BJE requires a \$520 deposit from every participant on enrolment **no later than 21st April, of which \$220 is non-refundable**. The Balance is refundable up to 10 July 2026. This is paid on submission of the form by credit card

If a participant withdraws from the program before 10 July 2026, or in the unlikely event that BJE is unable to accept a participant on the program, \$300 will be refunded.

AN IMPORTANT MESSAGE FROM Y2i

2026 Y2i Discretionary Subsidies

All Families participating in the Nesiah program are asked to complete a Y2i subsidy application form, regardless of whether you are applying for a full or partial subsidy or no subsidy. The information contained in the application form is used for planning and insurance purposes which is why everyone going on a Y2i supported program is required to complete this form.

The \$5000 discretionary subsidies is at Y2i's discretion, to ensure that donor funds are managed in the most impactful manner and to ensure the sustainability of Y2i.

We ask that families play their part in only taking what they need rather than what they might feel they may be entitled to.

To apply for a Y2i Discretionary Subsidy please use this link <https://y2i.typeform.com/subs2026>

2026 Additional Means Tested Financial Assistance

Families can apply for additional means tested financial assistance in addition to the \$5,000 Y2i discretionary subsidy. When applying for means tested financial assistance you are required to complete a detailed financial form and provide supporting documentation such as tax returns, bank statements, pay slips and other relevant documentation. You will also be required to meet with our committee to discuss your application. Please contact Y2i to discuss the application process and the documents required as part of your application. Contact Y2i on 8353 1612 or info@y2i.com.au

AN IMPORTANT MESSAGE ABOUT MOSAIC UNITED FUNDING

Mosaic United is a global initiative of Israel's Ministry of Diaspora Affairs dedicated to strengthening Jewish identity, connections to heritage, community, and Israel.

Mosaic United Inc are providing a voucher worth between \$1,500-\$2,000. If you access this voucher, participants details will be shared with Mosaic (name and email) and students will be required to engage in the one2one on-line conversations with Israeli students. This will be coordinated and will involve 5 half-hour 'meetings'.

PAYMENT PLAN for Program costs

Where required, participants can apply to BJE to enter a payment plan to make periodic payments, the final instalment payable by October 16, 2026.



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

DOCUMENTS

Visas

Participants travelling on an Australian passport will require an ETA II visa (~25 ILS)

Link: <https://israel-entry.piba.gov.il/>

Passports

Participants must have an Australian passport with a minimum validity of 6 months from the date of their proposed return to Australia. In other words, all passports must be valid until 18 July 2027. If a participant does not have an Australian passport, proof of Permanent Residence must be provided.

If a participant or their parents'/guardians' were born in Israel or has Israeli citizenship, the participant must also provide an Israeli passport as required by the Israeli government. If you are unsure about your status, please contact the Israeli Embassy to make personal enquiries (02) 6215 4500. BJE does not bear responsibility for any participant who fails to disclose relevant information and is questioned by Israeli authorities, especially with regard to army call-ups.

For students with Israeli passports and over 16 years of age, an Army exemption is also required. Go to <https://embassies.gov.il/australia/en/services/israeli-citizens/application-deferment-reporting-military-service-israelis-staying-abroad> for more details.

INSURANCE

It is a requirement that participants take out the BJE selected travel insurance policy. BJE will arrange for highly competitive and comprehensive policy that will cover all eventualities. Details will be communicated later in the year. If participants plan on taking expensive items (such as cameras or tablets), which we do **NOT** recommend, please ensure the item, and its serial number, is declared to the insurers prior to departure. While we endeavour to minimise any losses, BJE will not be held responsible for any loss or damage to personal property.

SECURITY

The protection and the security of participants is of paramount importance to all staff and all service providers. Accordingly, for the entire tour — from the moment participants arrive at the Departure Hall at Sydney Airport until their return to Sydney — we aim to take all sensible security precautions, based on professional and government advice.

As part of this:

- BJE is in regular contact with Australian government authorities;
- The Provider is in regular contact with Israeli security and public safety authorities, and in particular with the Situation Monitoring Room (SMR), which is a service run by the Israel Ministry of Education in conjunction with the IDF, Police and other security authorities. The SMR operates 24 hours a day, 365 days a year and issues guidelines about where it is safe to travel in Israel and the best routes to use;
- Nesiah uses only one private bus operator for the entire Israeli trip;
- Israeli security accompanies the group during the entire trip, with the number of armed escorts to be increased in accordance with circumstances and instructions from the SMR;



- We require all hotels and hostels that will be accommodating the participants to have effective security systems and appropriate shelters;
- We avoid public transport; and
- There will be no unstructured free time. Participants are not permitted to leave the group, unless in exceptional circumstances with the written approval of the Head of Nesiah.

NESIAH Participant Code of Conduct

1. Introduction

- 1.1** This document sets out the Rules for participant behaviour on Nesiah program. Participants on Nesiah and their parents/guardians are required to read, understand, agree to and sign:
- a) the Nesiah Application Form
 - b) the Participant Code of Conduct
 - c) the Nesiah Consent, Release and Indemnity Form and
 - e) to provide consent for BJE to request a referee from the participant's school.
- 1.2** This Code of Conduct allows all participants to understand what is expected of them, and to reflect on how they will contribute to the positive experience of the trip for all. Each participant needs to understand the impact of their behaviour on their own safety and the safety of others.
- 1.3** Participants must at all times comply, immediately and without argument or discussion, with any instruction given to the group or to the participant individually, by the Program Leader, or any member of staff employed by BJE, or other organisations engaged by BJE. If a participant in any way or at any time behaves in a way that is contrary to or breaches this Code of Conduct, then that participant may be disciplined, including but not limited to, being sent back to Australia immediately at their family's expense. If any disciplinary action needs to be taken, all parties (including the participant's parents/guardians) will be immediately notified. Please understand that adherence to this Code of Conduct ensures the safety of both the participant and the Program itself. Past experience shows that these standards of compliance assist in the smooth running of the Program.
- 1.4** Nesiah is an incredible, once-in-a-lifetime opportunity that aims to enhance one's personal identity and their connection to Judaism and to Israel. This experience both educates and inspires participants as they embark on an uplifting journey into the history of the Jewish people. On Nesiah, we expect respectful questioning and discussion about our past, our future and our responsibility as Jews.
- 1.5** Nesiah is a BJE program allowing Year 10 and Year 11 students to experience Israel. Participants and parents/guardians must ensure they are familiar with the details of the information booklet, so that compliance is assured. The Head of Nesiah and staff including the madrichim have a mandate to ensure the safety of all participants. This Code of Conduct must be adhered to, in order to ensure the safety of all participants on the program.
- 1.6** Signing of the Nesiah Application Form (including the, Consent Release and Indemnity Form, Code of Conduct and Medical History Form), acknowledges that:



- a) both participants and parents accept and understand these Rules; and
- b) agree to comply with the Rules at all times during Nesiah (including any pre or post Nesiah events).

2. General

- 2.1.** Participants must, at all times comply, immediately and without argument or discussion, with any reasonable instruction given to the group or individually by the Head of Nesiah, Madrichim or other Staff Member, including our partner organisations as delegated.
- 2.2.** Participants must not at any time under any circumstances:
- a) leave the group or any premises or precinct in which the group or part of the group is required to be, without the specific permission of the Head of Nesiah or senior staff.
 - b) use public transport (including buses, trams, taxis or Uber-type services), except in exceptional circumstances and even then, only with written permission from parents and a Nesiah senior staff in consultation with the Head of Nesiah; or
 - c) hitchhike.
- 2.3** Participants must not touch apparently 'ownerless' objects including but not limited to suitcases, handbags, shopping bags, cigarette boxes etc. If they see any unattended objects or if they become aware of any other potentially dangerous circumstances, they must immediately report this to a Staff Member.
- 2.4** Participants must participate respectfully in all aspects of the Nesiah program, including:
- a) respecting the importance of all elements of the program, including meals, curfews and organised activities;
 - b) arriving on time for all departures, scheduled field trips and classes;
 - c) speaking with respect, and appropriately to others;
 - d) behaving in a manner that is honest, empathetic, considerate and inclusive of others;
 - e) not teasing, bullying or belittling others;
 - f) taking responsibility for one's actions; and
 - g) behaving in a manner that will uphold the good names of one's respective school, BJE, and their Jewish community at all times.
- 2.5** Participants are expected to dress modestly at all times, which includes:
- a) not wearing singlets or midriff tops;
 - b) not wearing see-through clothes;
 - c) not wearing any clothing with offensive or inappropriate logos, pictures or wording; and
 - d) for girls - wearing skirts or dresses on when visiting the Kotel, synagogues and other holy sites.

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

- 1.6** Participants should keep the cash and valuables they carry to a minimum. Participants are responsible for all their own belongings at all times.



- 2.7 Participants may be subject to bag and/or room searches, including random searches, at any time while participating in the Nesiah program.

3. Airport behaviour and flying

- 3.1 Participants must:
- comply with all airline requirements regarding both cabin luggage and the weight of luggage to be checked in. Participants are not permitted to purchase extra weight or baggage allowance; and
 - check in their own baggage and move through airport security as respectfully efficiently as possible.
- 3.2 Participants must:
- stay with their designated family group at all times;
 - ensure that they understand meeting locations and times and comply with all deadlines; and
- 3.3 During flights, participants must be considerate of other passengers and not engage in loud conversations or engage in behaviour likely to disturb or disrupt other people.

4. Accommodation

- 4.1 Participants must sleep in their assigned room. Boys' and girl's rooms are out of bounds to the other gender at all times.
- 4.2 Participants must keep the door to their assigned room locked at night.
- 4.3 Participants are responsible for the cleanliness and order of their rooms. Rooms may be inspected without warning. Participants will be held financially responsible for any damage or loss of equipment/bedding etc., that they have (either wholly or partially) caused.
- 4.4 Participants are not permitted to order 'room service' at any time, even at their own expense.
- 4.5 Participants must be mindful of the rights and privacy of others, and to not disturb others during rest periods, or at night.
- 4.6 Participants' friends or relatives may only visit them with the approval of the Head of Nesiah. Guests are ONLY permitted in public spaces such as lounges or common rooms and will not be granted permission to sleep over. All visitors must leave at a time specified by the Head of the Nesiah Program or senior staff.
- 4.7 Participants must comply with any curfews that are set by the Nesiah staff.

5. Phones

- 5.1 When in Israel, participants must carry a charged mobile phone (with an Israeli SIM card) that is able to access WhatsApp at all times.
- 5.2 Mobile phones are intended to enhance personal security and must not be used during any of the programs or in a manner that disrupts any activities, other than for taking photographs.



6. Injury or illness

- 6.1 Participants must report any illness, including but not limited to Flu, stomach symptoms, or injury to a senior staff member or madrich as soon as practicable.
- 6.2 Participants must have the permission of the Head of Nesiah and be accompanied by a Staff Member or Madrich approved by a program leader or senior staff at all times if they need to:
 - a) stay in the group's accommodation because they are sick; or
 - b) leave the group to seek medical or other health treatment.

7. Alcohol, drugs, tattoos and piercings

- 7.1 Participants must not purchase, possess, consume, deal in, or use alcohol, tobacco products, e-cigarettes or illicit drugs, at any time during Nesiah. It is illegal in Israel to enter a club or pub or purchase alcohol or tobacco products under the age of 18, and participants must not do so.
- 7.2 Participants must not assist another person to purchase, possess, consume, deal in, or use alcohol, tobacco products, e-cigarettes or illicit drugs, or be complicit in another participant's breach of this Code of Conduct.
- 7.3 Participants may only bring medication (prescription or non-prescription) with them from Australia, or purchase them while overseas, with their parents' written permission,
- 7.4 Participants must not have any part of their body tattooed or pierced without Nesiah staff sighting written permission from parents/guardians, while on Nesiah. BJE is not responsible for the care of any participant that elects to get a tattoo or piercing.

8. Bullying, harassment and victimisation

- 8.1 Participants must not bully, harass or victimise others.
 - a) Bullying generally means unreasonable repeated behaviour by a person or group which is directed towards another person (sometimes, but not always, a less powerful person), that makes the victim feel distressed, intimidated, humiliated, threatened or vulnerable and creates a risk to their health and/or welfare. Conduct that is bullying might be verbal, physical, social or psychological conduct. A person might be bullied for any reason - it might be that someone just does not like that person.
 - b) Harassment generally means conduct that unreasonably causes offence, humiliation or intimidation. Sometimes, but not always, harassment is based on characteristics of the victim such as sex, race/ethnicity, disability or sexuality.
 - c) Victimisation generally means treating someone badly because they have made (or threatened to make) a complaint about bullying, harassment or other unfair behaviour.
- 8.2 Participants should not tolerate bullying, victimisation or harassment, and should report any incidents of these types of behaviour (whether directed at them or someone else), to the Head of the Nesiah program, senior staff or madrich.



- 8.3** Participants must not swear or use any form of language that is abusive or might intimidate or humiliate anyone.
- 8.4** Incidents of bullying, harassment or victimisation towards a participant by Staff Members, administrators, or other non-participants must be reported immediately to the Head of Nesiah, senior staff or a Madrich.

9. Sexual harassment

- 9.1** Sexual harassment is regarded by BJE as an extremely serious offence, in violation of an individual's civil rights as well as that of Jewish law and ethics. Sexual harassment is defined as unwanted sexual attention or unwanted physical contact from peers, staff or anyone the participant may interact within the course of the Nesiah program. This includes incidents of sexual attention or unwanted physical contact from the participants to members of the staff and administration of BJE. The range of behaviours included in this definition is broad but generally includes verbal or written comments of a sexual nature, obscene language directly addressed to the victim, hostility toward the victim on the basis of sex, pressure for sexual activity, leering, filming, texting, pinching, patting and other forms of unwanted touching. Such unwanted sexual overtures are strictly prohibited on Nesiah in all relationships between members of the program's community.
- 9.2** Incidents of alleged sexual harassment towards a participant by another participant must be reported immediately to the Head of Nesiah Program or senior staff.
- 9.3** Incidents of alleged sexual harassment towards a participant by Staff Members, administrators, or other non-participants must be reported immediately to Head of Nesiah.

10. Social media posts

- 10.1** Participants may be invited to contribute to the official Nesiah Blog and are also allowed to post about Nesiah.
- 10.2** Participants should seek the consent of those in the pictures that they post.
- 10.3** When posting on any social media, participants must not include their locations, or photos that could identify their locations, either before or during their visits to those locations, but they may post these after the event is finished.



By completing the details and signing below, we agree to the terms and conditions listed above:

SIGNED by PARENT / GUARDIAN on (date).....

Signature of Parent / Guardian 1

Name of Parent / Guardian (print)

Signature of Parent / Guardian 2

Name of Parent / Guardian (print)

SIGNED by PARTICIPANT on (date).....

Signature of Participant

Name of Participant



Nesiah Consent, Release and Indemnity Form

ACTIVITY/IES: Nesiah – Year 10 Israel Program and associated activities
PLACES: Australia and Israel
DATES: Pre-Nesiah Camp 28 September to 1 October 2026
 Nesiah Israel program mid December 2026 – mid January 2027
 Post-Nesiah Reunion Date to be advised upon return
HEAD OF NESIAH: Ronnen Grauman
ROSH (HEAD) MADRICH: Idan Alhassid

ABOUT THIS FORM

This form sets out the terms and conditions to which you agree, to enable your child to participate in the Nesiah Year 10 and Year 11 Israel Program. It reflects the current security situation in Israel, and the current draft itinerary. You should only sign this form if you have read and understood everything contained in this form and the other documents referred to in it.

1. RELEVANT MEDICAL CONDITION OR DISABILITY

By signing this form, we, the parents’/guardians of the participant, warrant that we have provided BJE with all medical and/or other health information which might be relevant to our child's participation in Nesiah and that we have provided that information on the relevant forms. If we become aware of any additional medical and/or health information of at any time (including after Nesiah starts), then we agree that we will immediately provide that information to BJE.

2 RESPONSIBILITY FOR RISK AND ANY INJURY

By signing this form, we:

- a) acknowledge that we have read the Nesiah General Information, issued by BJE, and we accept the matters contained in that document.
- b) acknowledge that we have read the Participant Code of Conduct for Nesiah which is attached to this form, and we agree to our child being bound by these Rules.
- c) acknowledge that if our child breaches any of these Rules, BJE may discipline our child, including without limitation by sending our child back to Australia immediately before the end of Nesiah, at our expense;
- d) agree that our child will participate in Nesiah and each of the activities involved in Nesiah, because:
 - i. our child wishes to do so; and
 - ii. we choose to permit our child to participate;
- e) acknowledge that we have received a copy of the draft Nesiah Itinerary which is an example of activities that will take place on Nesiah, and agree that we have read the Itinerary and understand the activities involved in Nesiah as outlined in that document;
- f) consent to our child being involved in the activities outlined in the Itinerary as well as any other activities as conducted on Nesiah by authorised service providers, including but not limited to The Jewish Journey Ltd and its agents and subcontractors. These activities may include, but are not limited to:
 - i. donkey riding;
 - ii. boat cruises;
 - iii. bike riding;
 - iv. paint ball;
 - v. hikes on rough terrain;



- vi. tours of confined spaces;
 - vii. water sports;
 - viii. swimming;
 - ix. ice skating; and
 - x. fun fair rides;
- g) we acknowledge we have provided, BJE with all relevant information about our child's medical or health needs that might impact on their participation in any of the activities outlined above or any other part of the Itinerary, and we provided the Medical History Form to a registered doctor/physician, setting out any limitations on their participation in specific activities; agree that BJE can:
- i. stop our child from participating in any activity;
 - ii. select our child for a different level of participation; and/or
 - iii. limit our child's activities, based either on information we have provided to BJE or on BJE's experiences of our child's behaviour and/or capabilities;
- h) agree that we are aware of the current security situation in Israel and have received information from BJE about security measures in place for Nesiah;
- i) acknowledge that there is a risk of injury arising from our child's participation in Nesiah and activities on Nesiah, including but not limited to risks arising from terrorist activity that occurs in Israel and other countries from time to time;
- j) accept responsibility for all medical and other expenses incurred and any loss suffered as a result of any injury our child receives on Nesiah or caused by our child's participation in Nesiah. BJE will, to the extent permitted by law, not be liable for damages or other compensation for any injuries caused or suffered by our child as a result of participating in Nesiah. This means that we agree that BJE is not responsible for any injuries, worsening of any condition or disability, or the costs involved in any treatment as a result of our child's participation in the activities, whether we have disclosed a condition or treatment for that condition or disability to BJE or not; and
- k) for ourselves, and to the extent possible on behalf of our child, release, indemnify and agree to keep indemnified BJE, each of its office holders, members, employees, and agents including, without limitation, The Jewish Journey Ltd (together the Released Parties) from any and all causes of action, suits, proceedings, claims, demands and liabilities (Claims) in any way directly or indirectly arising out of or in connection with your child's participation in Nesiah (including Claims arising out of death, injury, loss of or damage to property or involving financial or consequential loss).

3. YOUR FURTHER AGREEMENT TO CONDITIONS OF YOUR CHILD'S PARTICIPATION

By signing this form, we also agree that:

- a) our child will be under the direction and control of the Nesiah Staff and persons conducting the program on behalf of BJE and its delegates, or service providers and agents, such as The Jewish Journey Ltd and its contractors;
- b) Nesiah Staff can exercise all reasonable control over our child that is necessary in the circumstances whilst our child is participating in Nesiah and any activity on Nesiah;
- c) In the event that our child's participation in Nesiah is terminated by BJE, or if our child withdraws from Nesiah, other than in exceptional circumstances (whether prior to or during Nesiah), then we agree that:
 - (i) BJE and/or Nesiah Staff will not be responsible for any cost, expense, charge or claim arising out of our child's exit from Nesiah, including but not limited to accommodation s and travel costs; and



- (ii) we will reimburse BJE, within 60 days of the participants last day of Nesiah, in respect of all financial assistance provided to us and/or our child for our child's participation in Nesiah, by Youth2Israel (Y2i)-
- d) in the event of illness or accident involving our child, if it is impracticable to communicate with us, we authorise Nesiah Staff to consent to our child receiving any medical, dental and surgical treatment (including the administration of an anaesthetic) that may be deemed necessary by a qualified medical or dental practitioner and we agree to cover any hospital or associated expenses arising from any medical treatment provided to our child on Nesiah;
- e) BJE and/or Nesiah staff, may use or disclose personal and sensitive information provided in this form or collected as part of our child's participation in the activities:
 - (i) to determine our child's suitability to take part in activities.
 - (ii) to contact and assist a doctor or dentist who is called upon to treat our child;
 - (iii) to Y2i (Youth2Israel) for purposes of fundraising and data analysis; or
 - (iv) if required by law;
- f) our child is expected to attend the pre-Nesiah Camp (dates included above).
- g) we understand that our child must attend for the full duration of the program and may not plan to leave the program early without approval from BJE and Y2i and at BJE's and Y2i's discretion
- h) we understand that any changes to my child's flight bookings cannot be made without the prior approval of BJE,
- i) we understand that we will notify BJE in writing once changes to BJE flights have been confirmed by the airline

By completing the details and signing below, we agree to the terms and conditions listed above:

SIGNED by PARENT / GUARDIAN on (date).....

Signature of Parent / Guardian 1

Name of Parent / Guardian (print)

Signature of Parent / Guardian 2

Name of Parent / Guardian (print)

SIGNED by PARTICIPANT on (date).....

Signature of Participant

Name of Participant



2. Medical History Form

BJE may request that your doctor completes a Medical History Form. Once this has been completed by the relevant doctor/physician, please scan it to israel@bje.nsw.edu.au

MEDICAL HISTORY FORM

NOTES TO THE EXAMINING PHYSICIAN

The strenuous environment each participant will face will be potentially taxing to both their physical and mental capabilities to the fullest. It is therefore imperative, as a safeguard to the health of the participant, that this report be as complete and precise as possible. If the applicant has been under the care of a specialist (for example, cardiologist, neurologist, psychiatrist, psychologist, social worker, etc.), please facilitate the applicant obtaining a written detailed report from this specialist giving complete diagnosis, prognosis and evaluation. That report must be submitted with this form. If a participant is required to continue taking medication while on Nesiah, please include full details. Often medicine is not available under the same trade name as in the country of origin, and so the full pharmacological name of all medicines and drugs used by the patient should be given. In any event, participants should bring an extra supply of the required medicine with him/her, some of which should be entrusted to a Nesiah Coordinator or their delegate.

If any changes take place in the participant's condition in the lead up to departure, and/or during the trip, a further explanatory medical letter detailing diagnosis, prognosis and treatment should be submitted.

FOR YOUR INFORMATION

Social Environment

Most participants will be living in a communal environment. They will be sleeping in shared living quarters with other participants and eating in communal dining facilities.

Activity

Participants will be expected to participate in extensive tours of Israel, which will include walking long distances, climbing, hiking and other strenuous physical activities.

Medical facilities

Medical facilities available for participants will cover acute illnesses and accidents. There are limited facilities available for treatment by a doctor for chronic conditions. Medical care will very often be entrusted to fully trained para-medical personnel, although a doctor will always be available and on call, as will the local hospital, for emergencies. In some cases, the patient will be transferred to another city for specialised medical treatment when necessary, and, where indicated, will be returned to Australia for further treatment.



MEDICAL HISTORY FORM

Applicant's Name



Has the participant suffered any chronic recurring illness or any other significant ill health during the last 5 years? If YES, give details and attach a specialist's letter detailing their current status.

Is the participant currently taking any regular/consistent medication? If YES, please specify the name of the medication(s) and condition being treated, and how the medication must be administered while travelling.

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

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



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

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

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



I, NAME OF MEDICAL PRACTITIONER: _____
(PLEASE PRINT)

- Have read the “Notes to the Examining Physician” on the cover of the examination form, and
- Completed the Medical History Form of the applicant, and
- Have examined _____ (Applicant’s name) whom I have known for ____ years. The results I have recorded represent, to the best of my knowledge, all of the participant’s medical history.
- I recommend a certain diet for the applicant:

- Understand that the program organisers in Australia and Israel will rely on my report and findings.

In my opinion, the participant is physically, mentally and emotionally capable of participating in the program as outlined above.

Practice Name & Address: _____

Phone Number: _____ License Number: _____

(Signature of Medical Practitioner) Date: / / 2026

