Please present your activity report according to the following lines. The whole rapport will not exceed 2 or 3 pages (as word document).

Name of the Program: Yitfach Pre-Military Academy

Year of activity: 2016

Name of the report's writer: Tal Carmi

Function of the report's writer: Program Director

Mail: r-tal@dronet.org.il Phone: 0546734537

Give the actually state of the program (where the program stands at the date of the activity report, no more than ten lines):

In the current year of Mechina activity, the participants have gone through various processes, which have affected them greatly. One of the main processes revolved around life in a kvutza, or “collective/group,” as the mechina's participants were required to live and shape their lives collectively. In doing so, they learned to accept and love each other, to give to others, to compromise when needed, to get along with people who are different from them and to recognize the human variety as a source of strength and not of weakness.

As one of the participants noted:

“A lot of the time I was with my friends but sometimes it became difficult for me and I felt that I must have a moment alone with myself. In general, I was always happy that I have my friends. In addition, there was the power of the kvutza and the complexity of each individual, each person brings something different.”

Alongside the process of the kvutza the participants also dealt with processes of self-transformation. The personal challenges set at the beginning of the year became a demand for maturation; developing initiatives, responsibility and choosing to take on that responsibility over not only themselves but also society as a whole.

One of the participants summarized the experience of the entire year with the following:

“This year let me get to know myself… to come out of my shell. That is not something I could have done before. Not when I was at boarding school, not at home, not working or studying. It gave me so much in every possible way. There is not a thing the mechina did not teach me, give me or open my mind or my eyes towards.”

The main achievements during the last year of activity (main achievements, number of events, number of participants, etc.):

This year, we opened Mechinat Yiftach’s fourth year with 36 participants. At the beginning of the year, the IDF did not want to recruit some of these participants, but by the end of the year, after experiencing meaningful change, all were recruited to the IDF.
Throughout the year, the participants learned about a wide variety of subjects in the framework of tours, seminars and *Masaot*, or "journeys". Eight tours took us around the country, covering the following subjects: Social justice and economical gaps in society; refuges in Israel; co-existence in the city of Acre; the Kinneret courtyard in the footprints of the second Aliya; Jerusalem and the Israeli-Palestinian conflict; a forgiveness tour leading up to Yom Kippur; a tour in the Druze village of Hurfeish in the upper Galilee; and the second Lebanon war.

There were three field journeys of 4-5 days each in the Galilee and Negev, a journey to Poland and a week of "gadna," preparing the participants for the military service. In addition to these outings, there were four seminars dealing with the dilemmas surrounding cooperatives, love and relationships, recruitment to the military, and democracy in the wake of the murder of the Israeli Prime Minister Yitzhak Rabin. On the subject of these seminars, one of the participants wrote, "it opened our eyes to the Israeli society…learning about poverty, rape and rape culture, inequality, chauvinism…it's really about learning how to strive for justice in light of and despite all those things, and learning to react to reality and not remaining silent, not turning your back on it."

In addition to the journeys and tours, participants took part in courses on the following subjects: Jewish identity, moral dilemmas in IDF service, global warming, genocide around the world, personal preparation for military service, economics and society. There was also an element of designing and managing the collective work. Each participant worked in his or her field of choice: woodwork, construction or agriculture. Through this activity, they learned about work ethic, teamwork, responsibility, process planning, personal example and more. One of the participants recalled, "It is about work ethics, you discover a whole new kind of work like none of us has ever experienced before. A cooperative is not a word in everybody’s vocabulary."

Additional achievements were in the field of community volunteering. Each participant volunteered twice a week in various frameworks, including:

- High schools
- After-school programs for children and youth
- Elementary schools
- Preschools
- Guidance for special-needs children at a horse farm

**The evaluation (methodology, results, comparisons with the precedent year, conclusions for the future...):**

Our evaluation methods include the following:

- Subjective experience of progress, as judged by both participants and staff
- Level and quality of participation in the program
- Successful social venture projects
- Number of participants recruited to the IDF and in what roles
- Increase in the participants’ confidence and ability to open up to groups and express opinions

One of the participants writes:
"Prior to the Mechina I could not talk to people, especially groups of people…today I am a madricha. About a month ago, I lead an orientation seminar, something I wasn't able to do before."

**Provisional guidelines for the advancement of the program in the next year:**
Next year, we are planning on stabilizing with about 40 participants organized into two groups, and to continue with the challenge of recruiting participants from the Ethiopian-Israeli community. This year, as we build the dorms, we are looking for partners to assist in constructing permanent classrooms for the Mechina. We are also planning on grounding the participants' social entrepreneurial ventures and increasing their scope of activity.

**A summary table – as PDF document – specifying the progress in the program since the beginning of the encouragement by the Matanel Foundation according to the main parameters and objectives such as:**

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Before the beginning of support by the Matanel Foundation</th>
<th>Since the beginning of support by the Matanel Foundation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of events</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Number of participants</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Number of beneficiaries of volunteer programs</td>
<td>110</td>
<td>1200</td>
</tr>
<tr>
<td>Number of guides</td>
<td>4</td>
<td>6</td>
</tr>
</tbody>
</table>

Please join the Evaluation Report, the Financial Report and the list of the participants to the program (as PDF documents)

Please join photos – as photos – and any link or any other document connected to the program which will seems to you relevant – as PDF document.