

## **Testimonials from participants:**

### **1. The 5th journey to Gush Etzion:**

Tough journey, you catch yourself tired sweaty and frozen in the morning but realize you are following in the footsteps of history understand the hereditary heritage and heroism and understand what was and not just a story and a rumor. Surrounded by Zionist people with passion. Was very significant. Understands how and strengthens the lemma.

### **2. Food packaging for the needy:**

Giving just does me good. She fills you with the thought that there is a family on the other side that lacks such simple things. I have not volunteered much in life but the mechina showed me how important it is and how fulfilling and fun it is.

### **3. blood donation:**

Something I was afraid of all my life but from the social pressure and the thought of importance I jumped into the water. Was very special. Understand the importance Hope I will continue to contribute like this.

#### **4. Winter journey:**

Wow was very tough but whoever did not breathe road dust would not breathe air peaks was very crystallizing and was very challenging I almost broke but glad I stood it and it was worth it and fills with pride and individual and group progress. Mostly I found that I was much more capable than I thought I was.

#### **5. Agriculture:**

I have never experienced this. Feeling the toil every fruit and not self-evident that one buys like this at the supermarket. Connecting to the land and the country and Sisyphean work was very refreshing and joyful even if it means getting up early at the end it is worth it.