

Ben Gurion University – Learning Health

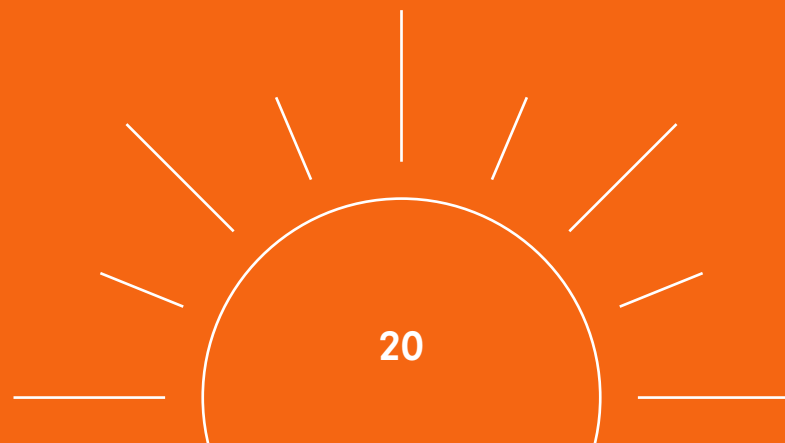
The Ben Gurion branch started a new joint project with the department for health inequality reduction.

We know today that socio-economic status dramatically affects people's health. Unfortunately, things like lack of knowledge and information, language barriers, or an absence of a supportive environment, can negatively influence people's health, curtail their ability to mitigate risk factors, and even worsen existing conditions. In a new collaborative move with the Ministry of Health, led by Ben Gurion University, we've developed five unique, tailor-made summer courses on the subject of health and social disparities. The objective is to help learners expand their knowledge and understanding of health-promoting activities, so that they can become health ambassadors in their own communities.

In total, 560 learners participated in summer workshops held in all four universities, developed and guided by some of this year's program instructors.

The minister of health, Nitzan Horowitz, parliament member Michal Rozin, as well as other prominent figures from the Ministry of Health, honored us with their presence at the project's opening ceremony, in which we discussed:

- Nutrition and a healthy lifestyle
- Optimal stress and anxiety management
- Addiction and its effects in the 21st century
- Health entrepreneurship – how to promote health in your community
- The early years of life





About our student-instructors

Our participant-pupils (15 in Ben-Gurion, 14 in Haifa, 15 in Jerusalem and 22 in Tel Aviv) came to the program after a long screening process, which includes filling forms, group assessment meetings, and personal interviews. At the end of this process, we ended up with a group of motivated, dedicated and imaginative people.

The semester started with five preparation weeks which included the introduction of content, tools and general information meant to prepare the participants for what lies ahead. They met with other participants, track coordinators and former instructors, learned about Access for All classes, constructed the start of the Syllabus and acquainted themselves with one another. Once the program begins, an instructor's week includes staff meetings, active participation in an academic workshops, preparing lesson plans, and, of course teaching – this year, often in different locations. Attendance in the program stands between 8-10 weekly hours on average. Our participant-pupils' sense of responsibility and commitment allowed us to send them back into the Israeli society with a smile and mask, even during the Covid pandemic.



“For me, the program manifests the essence of academia and its ideal vision – promulgating knowledge to everyone, without exception. It is a symbol of equal opportunity, compassion and tolerance. It reinforces the fact that there is no such thing as complete altruism: when you give with all your heart, you always receive something in return. It is my ambition to become a lecturer, and I can’t help but feel that my current students are the best I can hope for. I could never expect any better”

Oren Levine
Psychology instructor
Haifa branch



The academic course that the students-instructors study themselves engages in social justice issues, personal responsibility and the responsibility of the state, theories about adult education, a dialogic discourse, and a mirroring of the Israeli society. The seminar is a meeting place for group and individual learning and connects the program to broad social action.



“It has been a much more meaningful experience than I had expected. I teach an all-women class, most of whom are mature, religious, or even orthodox. At first, I was worried I might come off as condescending, which led me to set up distance between us, for fear of being rejected. But in time I managed to work through that by developing personal relationships with my pupils, whom I deeply respect and who respect me as well. It is delightful and exciting”

Anna
Psychology instructor
Jerusalem branch



Graduation Ceremonies

This year, we all convened to witness moving graduation ceremonies in the different universities. Participants, program referents, family members, and honored figures and department heads from the universities were all present. For us, these ceremonies are an opportunity to celebrate our learners' successes, and "brag" about them to families and friends – after all, role models are the key to promoting social mobility. We are forever grateful to the universities for presenting themselves festively, and for key representatives who took the time to speak in the ceremonies.

We would like to extend a special thanks to the mayor of Jerusalem, Mr. Moshe Leon, the mayor of Be'er Sheeva, Mr. Rubik Danilovich, and chairwoman of the Gezer municipal council, Mrs. Rotem Yadlin, for gracing us by attending. We were honestly very excited to see you!



"The issues we discuss in the program occupy all of us on a daily basis, and it is very important that all people be informed on them. Hearing others participants' opinions on these important matters, I learn from their personal experiences. The social atmosphere in the program has benefitted me greatly, especially since I personally find myself in a predicament where it is difficult to find an open environment. The experience significantly improved my social abilities, and the way I feel around other people."

Daniel Malka
Hebrew University participant



"When I was young, all of my friends continued to higher education after high school, and I had to resign myself to thinking that I was simply not so fortunate. But now, one year into my introduction to law, I am proud of my status as a student. This experience has given me so much knowledge and confidence, despite my advanced age. This upcoming summer, I will turn 55, and I finally got my chance to receive an education. I have already signed up for a year of medicine studies"

Yosefa Sabag
law track learner
Haifa branch



Tel Aviv University



Number of participant-pupils in the branch

411

At the start
of the year

353

At the end
of the academic year

85.8%

% Finished

Division to tracks

Business
administration

52



Law

112



Psychology

131



Medicine

58



64%

262 new participants

36%

147 continuing
participants

Student-instructors in the branch



Business
administration



Law



Psychology



Medicine

**This year we are teaching
in the following cities:**

17

Years of Activity



This year we have begun to collaborate with two new municipalities – Qalansawe and Tira. We have conducted greeting events in both cities, in which 12 new pupils from Qalansawe and 7 from Tira joined the program in the medicine track.

They live about an hour and a half from the university, and so we provide them with a lift service that leaves every Monday at 16:15 to get them to class at 18:00. Traffic, work and other challenges do not stop them from showing up regularly to broaden their horizons, and create a new future for themselves.

Ben-Gurion University of the Negev



Number of participant-pupils in the branch

321

At the start
of the year

267

At the end
of the academic year

83%

% Finished

Division to tracks

Business
administration

62



Psychology

123



Medicine

82



66%

220 new participants

34%

111 continuing
participants

Student-instructors in the branch



Business
administration



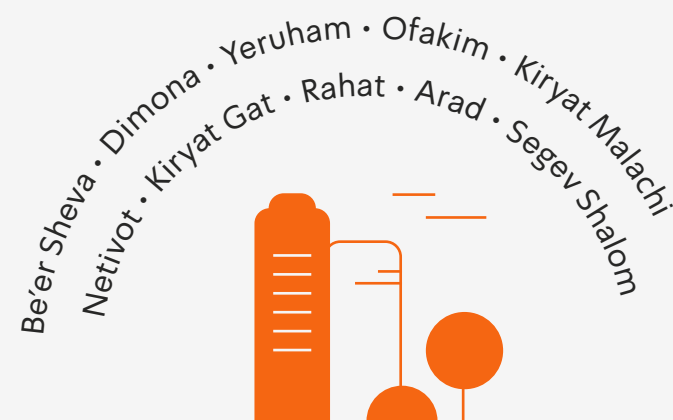
Psychology



Medicine

This year we are teaching
in the following cities:

12
Years of Activity



Just before the start of the year, we decided to collaborate with a Be'er Sheva based project led by Mrs. Sarsai, dedicated to promoting access to higher-education for people of Ethiopian decent.

The cooperation has already proven itself to be fruitful, since 25 female Ethiopian pupils have already signed up to the program as a result of this joint effort.

The Hebrew University of Jerusalem



This year we are teaching
in the following cities:

9
Years of Activity

Number of participant-pupils in the branch

288

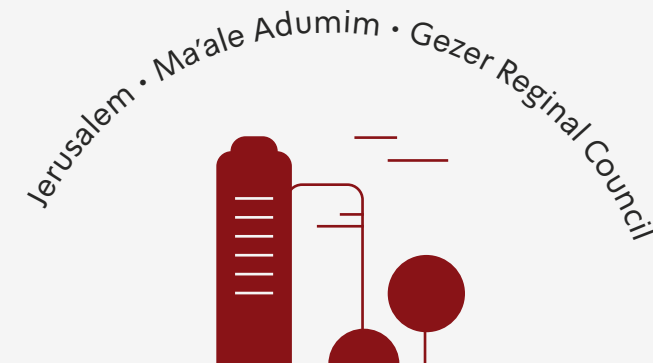
At the start
of the year

221

At the end
of the academic year

77%

% Finished



Division to tracks

Business
administration

70



Law

46



Psychology

105



57%

146 new participants

43%

108 continuing
participants

Student-instructors in the branch



Business
administration



Law



Psychology



Last year we launched a pilot class consisting of Arabic speaking women, led by a Hebrew speaking instructor aided by a translator. This year, we have decided to expand and streamline the project by opening two Arabic speaking classes – one in psychology and one in law – led by Arabic speaking instructors.

Both instructors grew up in East Jerusalem, and have learned to speak Hebrew in order to attend the Hebrew University; setting a personal example of achievement and ambition for their pupils. We plan to further develop this pilot in the future in order to respond to the high demand for higher education we see in East Jerusalem.

University of Haifa



Number of participant-pupils in the branch

337

At the start
of the year

289

At the end
of the academic year

85.7%

% Finished

Division to tracks

Law
47

Psychology
154

Medicine
88

58%

210 new participants

42%

150 continuing
participants

Student-instructors in the branch

3
Law

7
Psychology

4
Medicine

This year we are teaching in the following cities:

7
Years of Activity



This year we've expanded the number of ways in which pupils interface with the university, increasing their sense of belonging. In addition to a guided tour of the university and guest lectures, we've arranged for some classes to visit the university museum, as well as spearheaded connections to many other university focal points: for example, the student association has equipped us with branded merchandise, and the library now allows participants in the program to freely loan books.

Thanks and summary

This academic year started with all of us, as individuals and as a society, embroiled in the midst of the Covid pandemic. So, we would like to start by thanking our learners, who put their faith in the program – and in themselves. They decided to take another step forward in the direction of continued movement, growth, and learning. That is a challenging, but lucrative, choice to make. Thanks to you, and your example, we are inspired to push the envelope in lessons, instructional methods, and our own thinking.

We would also like to thank our instructors, who open their hearts on a weekly basis, and breath their learners' experience into the theoretical knowledge they impart. It stands testament to the quality of our society that these people form our student body. We would also like to thank the program's staff: administrators, coordinators, supervisors, and anyone who pitched in to make the program a reality. You all put the program and its development at the top of your priorities, and for that we are grateful. Your attention to detail, great or small, and commitment to seeing people as such, paves our way to success.

We also thank the members of the advisory board, and its head, Dr. Adi Koll, who support us in every possible way, by opening doors, guiding and directing, and going well beyond the call of duty. We also thank the universities of Tel Aviv, Ben Gurion, The Hebrew University, and Haifa – for providing the program with a home, support, and a unified ideology that truly connects academia to the community at large.



"I would like to send my heartfelt thanks to the amazing staff that guided the participants this year. After years of mentorship, I can say with confidence that I have never seen such meaningful cooperation and genuine desire to benefit both the participants and the program. It was very clear that every effort was made to reach each and every participant, showing the needed flexibility to allow them to participate."

Natali Margalit
Parole office academic leader
Haifa branch

We also extend our thanks to the Matanel Foundation, who continually provide us with an innovative and uncompromising vision. Your confidence and trust in us have allowed us to achieve our goals for so many years.

We also take our hats off to the people at the the Ministry of Labor, Social Affairs and Social Services, who are a strategic ally in the field and in the office. You pave our way and guide it towards meaningful work.

To the Ministry of Health, the rehabilitation package office, and our partners at the "Natan" company: thank you for your innovation, persistence, and faith in our project. Thank you as well for showing the patience, temperance, and flexibility, of real and faithful partners.

To the department for health inequality reduction at the Ministry of Health: thank you for thinking outside the box, and cooperating with us. We hope to continue collaborating and making our shared goals come true.

To "Keren HaYesod" and **Israëlactie**, thank you from the bottom of our hearts for your substantial support, which allows us to execute our vision, and for your insights on how to promote the program.

We would also like to thank the team at the Administrator General's office at the Ministry of Justice, for their substantial faith in the program, and their support.

To Discount Bank, thank you for your substantial donation to the program, and walking this path with us.

Thank you for investing in us, and for the desire to make a difference and go the extra mile.



"I have never encountered a program that fosters such meaningful human interaction as Access for All. I am certain that apart from the practical tools I have tried to impart to the learners, the bare experience of a truly human encounter will strengthen the values of tolerance and acceptance in them."

Shira Fisher
Business management instructor
Jerusalem.

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Graphic Design: Yael Shaulski