



January 12-February 27/28, 2023  
2-7 week Program Options Available

## Frequently Asked Questions - 2023

### What is CAARI?

CAARI stands for **Canadian & American Active Retirees in Israel**. For the past 40 years, over 5000 active retirees, from Canada and the USA, have participated in this unique travel program.

### What are CAARI's goals?

CAARI is designed for active people, aged 50 or over. The Program offers active seniors an opportunity to contribute to Israeli society and to develop appreciation and knowledge of the country, its people, history and the work of the Jewish National Fund. Participants work in the community and JNF forests, tour the Land of Israel, visit historical sites, new technologies, meet Israelis socially and learn about Israel's issues and challenges.

### What is the CAARI Program?

The CAARI Program is a unique program which includes volunteering, touring and a speakers forum. Participants can choose between 2 – 7 week program options. Key elements of the CAARI Program include community service, touring, speakers' forum & JNF forest work. A brief discussion of these activities is presented below.

- Volunteer Service: assignments are offered mornings and include: tutoring English in elementary schools, working with patients in major rehab hospitals and gardening in the Botanical Gardens and the Tel Aviv Municipality Animal Humane Department. The group may also perform volunteer service with a food bank to 'glean' fields and JNF Forests. **All volunteer service work takes place in Tel Aviv.**
- Touring Program: visits to archeological sites, museums, and historical sites and 'hidden gems' with Israeli licensed tour guides and educators. CAARI participants travel throughout Israel from its northern border to the Negev, including the Galilee, Negev, Tel Aviv and Jerusalem. Tours to JNF project sites include meeting with local foresters, design architects, and people who benefit from the work of JNF.
- Speakers' Forum: is designed to discuss issues and concerns facing Israel today with academics, local media, artists, prominent business and political leaders.
- Forest Work: CAARI works with Jewish National Fund in Israel (KKL-JNF) foresters in the maintenance of KKL-JNF forests - rebuilding ancient terraces, pruning, and planting trees, as well as clearing brush and foliage. They learn about Israel's forestry technology and history of the land.

### When do I select my volunteer service assignment?

Participants will select their volunteer service project **upon their arrival in Israel at the Orientation Meeting**. At that time, the specifics of each assignment will be explained. The

volunteer opportunities do not require knowledge of Hebrew. CAARI works in cooperation with the Tel Aviv Municipality in selecting volunteer service projects.

### **What is the daily routine for volunteer service work?**

The volunteer service portion of the program is approximately 4 hours a day, 3 - 4 days a week for the time in Tel Aviv. After breakfast, taxis take you to your volunteer service assignment. The tutoring in schools consists of working with small groups, assisting them with their homework and school assignments. You are under the supervision of the English teacher. In the rehab centers, you are under the supervision of the unit's head nurse. In the Botanical Gardens of Tel Aviv University, you are under the supervision of the curator. Myrine is a dedicated volunteer at the Humane Society who supervises with the CAARI group. After the morning session the taxi will bring you back to the hotel.

### **What about the meals?**

CAARI participants receive breakfast daily and may include at least one other meal a day, i.e. either lunch or dinner, except on Saturdays. In Tel Aviv, many of the days may include additional meals. A special Shabbat dinner is served every Friday night. All meals are Kosher. The cuisine is international and includes Western, Middle Eastern and local Israeli dishes, served buffet style or family style. Those with special needs must selectively choose from the buffet or family style served meals, since the hotels do not cater to individual diets.

### **What type of climate does Israel have at this time of year?**

Most days are clear and sunny with temperatures between 50 and 70 degrees F during the day and 40 to 60 degrees F at night. Temperatures in the Negev will be slightly warmer during the day, but cooler at night. Temperatures in Jerusalem will also be cooler. A few rainy days with cooler temperatures are likely this time of year.

### **Cash or major credit cards?**

You may want to attend concerts, shows, eat at restaurants, do laundry or purchase gifts. Cash can be exchanged for shekels (approximately 3.2 shekels to \$1.00 USA, as of May 2022). Credit cards can be used for purchasing goods and services or can be used to obtain cash from Automatic Teller Machines (ATM). Don't forget your PIN code. It is strongly advisable to change at least \$300 into Israeli currency that is the Shekel. U.S. and Canadian dollars are not the local currency of Israel and not in use in the Middle East.

### **What are the physical requirements for the program?**

The program is designed for **healthy, active people and requires a certain minimal level of physical fitness**. Participants must be able to walk up to a mile, and climb approximately **50 steps** and **must be able to get on and off a bus unaided**.

### **Is trip cancellation insurance and medical insurance offered?**

Insurance for trip cancellation and interruption and medical insurance is not included in the price of the program but may be purchased separately at an additional cost through a travel company or agent. **It is highly recommended to purchase trip cancellation & medical insurance.**

### **What is included in the cost of the program?**

The Program cost includes: hotels, (double occupancy) meals, basic gratuities for hotel staff and driver, guiding, transportation (where applicable), late check-out for all programs and entrance fees to sites.

### **Who manages the program in Israel?**

Since 2002 Neil (Nahum) Eisenstadt has been the head guide/educator and co-directs the CAARI program with Susan Horwitz. He has been guiding in Israel since 1988 and one of Israel's leading guides. Susan has been the administrator of the CAARI Program since 1999. She will travel with the group & be available 7 days a week, 24 hours a day.

### **For more detailed information about the Program be available?**

Email: [caarivolunteers@gmail.com](mailto:caarivolunteers@gmail.com)

Or, call to speak to Neil or Susan in Israel directly: (Canada) 1-647-288-5160, (USA) 1-347-434-9379. We will be happy to put you in touch with past CAARI participants who will discuss the program with you and answer your questions.

### **What do people say about CAARI?**

- *"The **program was excellent**. I thought the focus on the land & the people were terrific. It was more than expected."*
- *"The **speakers' forum gives us an excellent perspective** of what is going on in Israel. We are always impressed with the caliber of speakers, some of which we see in the news. It is a wonderful addition to CAARI."*
- ***Neil** is described as "very knowledgeable, well prepared, informative and supportive. It is great to have him as a guide, adds lot to the program."*
- *"**Susan** did an excellent job programming; she put together a program with a wide variety of activities, lectures and sites. It is a pleasure to have Susan as our coordinator. She is very helpful, patient, and understanding."*

## **CONTACT INFORMATION**

### **For additional information on CAARI**

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