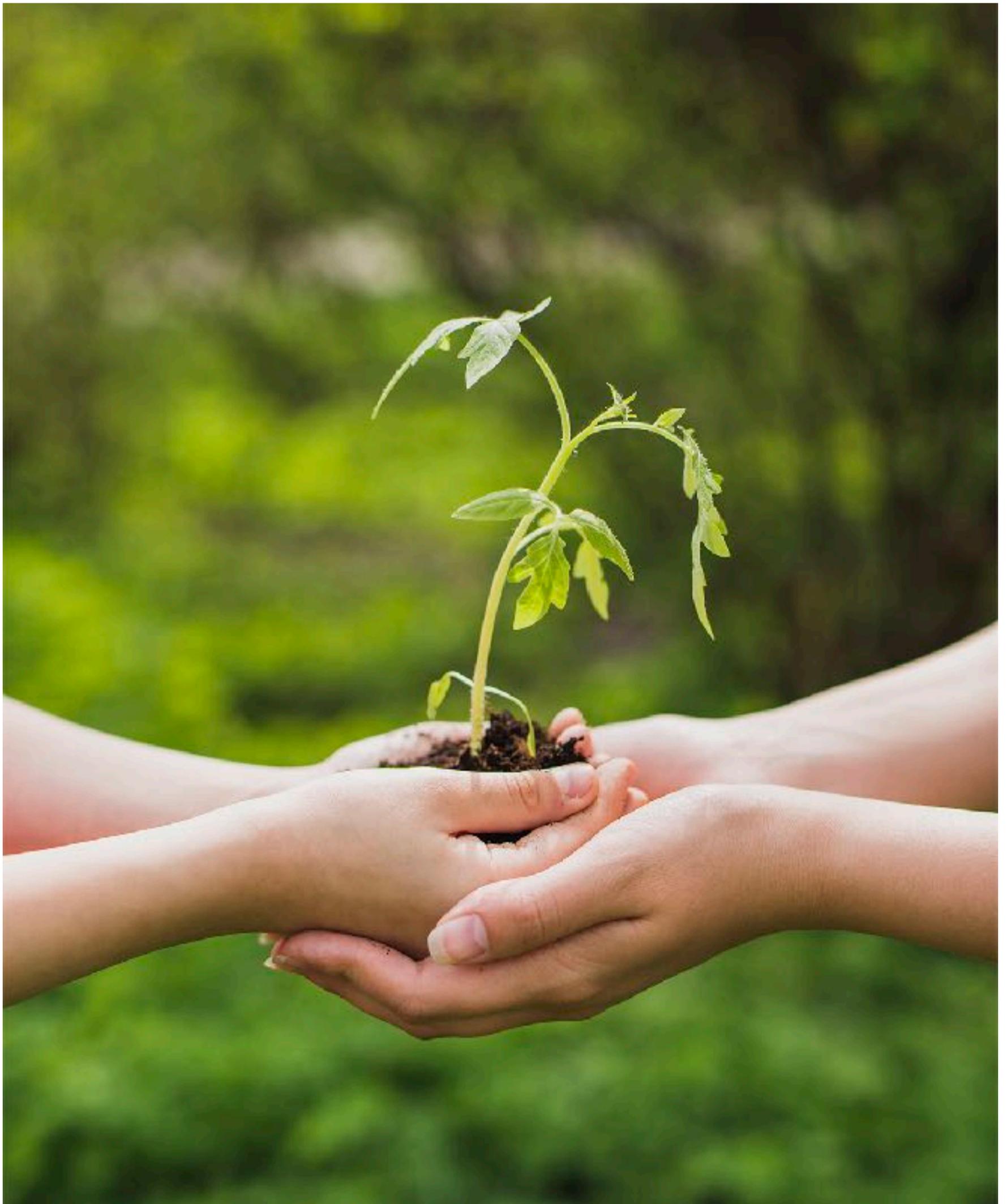


W o r k t h e L a n d H a n d b o o k



L I V I N G A S U S T A I N A B L E E X P E R I E N C E

T H E F A R M

“Hava and Adam” is an eco-educational farm located on the outskirts of Modiin. It is a holistic center for growth, which focuses on self-enhancement and the interactions between man and his natural environment.

While staying at Hava and Adam, groups will experience a self-supporting, multidisciplinary way of life. This includes gratifying manual labor, exponential personal and social growth, and acquiring the tools needed to thrive in a self-sustainable way.



THE PROGRAM

This program is designed to take the participants through a practical working experience of ecological/sustainable living. Life on the farm is diverse and holistic. The lifestyle "walks the talk" of permaculture and contains various elements, such as building, farming, cooking, sustainable systems, self-reflection, community living etc. In this way, the program encourages practical work and proactivism as the primaries and best means for learning and experiencing these elements of farm life. It is through hands-on learning that we begin to meet ourselves in our work and start our personal journey of understanding and growth. This process will provide you with the basic practices and foundations for sustainable and ecological living. We want to give you the proper tools and techniques so you can apply this knowledge in the many spheres of your life.



SCHEDULE

- Sunday to Thursday , each day from 8:00 to 17:00
- Permaculture Design Certificate (PDC) - 72 hours course (aprox. once a week)
- Work tracks:
 - · Mud building
 - Organic Agriculture
 - Construction
 - Sustainable systems
 - Farm to table - Sustainable vegan cooking and kitchen practices
- Physical and communal maintenance time
- Onward Summer cycle includes:
 - 3 one day tours around Israel
 - 1 Breakout Seminar weekend
 - Shishi Tours
 - Chuguim (workshops in Tel Aviv)



GOALS

- To practically experience various elements of ecological/sustainable living.
- To learn and self-discover ourselves through community living and contact with nature. Integration with the farm's community

INTEGRATION WITH THE FARM'S COMMUNITY

Through working and living on the farm, the participants integrate into the farm's social and cultural life. The farm community is composed of four primary groups: 1) Israelis doing National Service, 2) Israelis doing Year of Service (before going to Israeli army), 3) International participants on the Eco-Israel Program (5-month Masa program), and 4) Farm coordinators.

You will be interacting with them on work, studies and chilling time



ARRIVAL

Please plan to be at the farm according to the time scheduled for Orientation. Make sure to email the Eco-coordinator with your travel plans as soon as you've made your arrangements. If you have any questions about flights, times, the airport, etc., please contact the Eco-coordinator as soon as possible.

For those of you who are already in Israel or who will be arriving earlier than the beginning of the program: as much as we want to meet you right away, we cannot host anyone prior to orientation. We will be preparing the site until you arrive and the rest of the farm community will not be ready to welcome you until that time.



SLEEPING & EATING CONDITIONS

Lodging is included. You will share a dome/yurt, which measures about 6 meters in diameter (almost 20 feet) and about 3 meters in height (almost 10 feet), with one or two/three other participants. You will receive basic linen, please bring a pillow and blankets that comfort you (for single beds).

There are 3 meals a day: 07:20- Breakfast, 13:00- Lunch, 19:00- Dinner and a break at 10.00.

The food on the farm is vegetarian (mostly vegan), fresh, tasty and healthy and we always eat together (and all the people living here share kitchen duties)!



FREE TIME

Generally, your weekends are free to travel the country or relax at the farm. Weekends start Thursday afternoon after work and run through Sunday morning, meaning that you need to be back on the farm, ready to work, by 10:00 am.

If you need to take a day off work for whatever reason (errands, family visit, etc.) during the course of the program, you must schedule it ahead of time with your coordinator.

INTERNET

Although somewhat limited, there is internet access on the farm. It is recommended to buy an Israeli sim and an internet plan, which is really cheap in Israel.

If you choose to bring a laptop or other gadgets, check it out if you will need an adapter to plug into an Israeli wall socket (3 holes). The voltage is 220V. Please be aware that the farm is not responsible for any possible damage/loss of computers or any other belongings.

ELECTRICITY

The farm is run solely on solar power and has a generator as a backup power source which is used sparingly and only when needed. Outlets are usually powerful enough to charge cell phones, laptop computers, speakers, etc. When all is sunny – which it will be most of the summer time – the electricity works just fine. However, there are periods when the power is down on the farm. This is especially true when the days are shorter, often cloudy, and hopefully rainy.

The domes you will be living in have low voltage lights, please note that there are no electrical outlets. You will need to bring battery-powered devices (alarm clocks, speakers, etc.) if you want to use them in the domes, or portable power banks. Devices are charged in common areas, such as the Big Dome.

SHOWERS, TOILETS & LAUNDRY

The showers are located several meters from the domes and their water pours into the Ecoville vegetable beds. This is why it is so important the use of biodegradable toiletries. You can bring them with you, purchase here in Israel or even produce your own in Herbal classes!

Bring a towel and a pair of sandals that can get wet. Electrical devices for bathroom are not recommended since there will be no electrical outlets.

The toilets are compost toilets and are in themselves a very cool experience. You will learn here how to use and maintain it.

Laundry is collected every other week, cleaned in Modi'in, and returned within a few days.





WEATHER

During the Winter months it is quite rainy and the nights get very cold! Make sure to bring a warm sleeping bag as well as cozy layers for cold nights.

During the Summer months days are longer and very very very hot and dry. Nights are mostly pleasant, but the domes get hot with the sunrise. Since there are no air conditioners in the domes, make sure you bring breathable clothes to sleep in.

In the summer, tank tops are okay but be mindful of your skin. Sometimes it's better to wear a light cotton long sleeve shirt than to over-expose your skin to the sun. Sunscreen, water bottle and sun hats are a must. Winter in Israel means rain (we hope!) and rain on the farm means MUD. Be sure that you're prepared with adequate rain gear (raincoat and pants, hat, boots).

GENERAL BEHAVIOUR

- The farm is vegetarian- bringing meat and disposable dishes into the farm is prohibited. - We separate our garbage for recyclables and organic waste for compost
- At work: closed shoes/boots, hat, long pants and a comfortable T-shirt that can get dirty. Always bring a bottle of water with you!
- Working/Studing hours are from 8AM - 5PM. Weekends and Holidays are free (you can choose to stay or go)
- Keep in mind consuming just what you need, we save water and electricity.
- Drugs are definitely prohibited in the farm.
- We act in a respectful way and we would like all the people that stay here to have a good time. - Guests are allowed according to previous authorization. It is forbidden the overnight staying.

HEALTH INSURANCE

It is mandatory to have health insurance to participate in Work the Land program. While it might be possible to add an international/travel rider to an existing health insurance policy, it is often much easier to simply get a separate insurance plan for your time in Israel.

We recommend the Harel-Yedidim (or another Israeli insurance plan) because they do not require you to pay up front and then get reimbursed by the health insurance provider and is accepted in the closer Emergency Room.

Regardless of which insurance plan you decide to use, you must send us a copy of your policy before you arrive at the farm. Please contact the health insurance company directly with any questions about their policies.

HAREL-YEDIDIM (Israel) health insurance costs about \$1.5/day. You can check them out at: <http://www.yedidim-health.co.il>. (Click on Student plans)

PACKING LIST

Mandatory

- Work /Hiking shoes
- Hat
- Sleeping bag
- Towel(s)
- Work clothes (stuff you don't mind getting dirty & smelly)
- Biodegradable shampoo, soap and toothpaste

(it is not allowed non-biodegradable toiletries, water goes to our soil that provides our food and we eat healthy!)

- . Warm clothes for the night (it gets really cold during the winter so bring extra warm Clothes for this season)
- . Waterproof jacket for the winter



Optional

Watch

- Notebook/pens
- Ecological Sunscreen lotion
- Mosquito net to put around your bed for summertime.
- Headlamp/battery powered reading lamp (clip-on kind is recommended)
- Journal
- Camera
- Musical instrument
- Laptop
- . Single- bed sheet(s)/blankets for the mattress.
- Some good books (we also have a library here ;)
- Any tools you personally like to work with (hand pruners, harvest knife, etc.)
- Some kind of sandals for non-work time in the summer
- Bug lotion/citronella oil/your favorite ecological repellent



PAYMENT

The program fees can be paid by credit card, bank transfer, or check. The deposit fee guarantees your spot in the program and is deducted from the total cost. Please contact the Eco coordinator to arrange your payment as soon as possible.

Mailing Address

If you want to have mail sent to you, please use this address: Your Name

Eco-Israel

Hava & Adam Eco-Educational Farm P.O. Box 1662

Reut, 71799, Israel

CONTACT

If you have any questions or require more information, please do not hesitate to contact Gisela Chulman, the International Programs Coordinator at the e-mail worktheland@havaveadam.org or telephone +972-58.715.0631

