



Allied Medical Internships

Medical Clowning

Kedma (see below) trains a select group of overseas students to become para-medical clown interns. Inspired by Dr. Patch Adams (who is considered to be the father of clown doctors), this project aims to create a new type of experience for volunteers and patients at hospitals. Medical clowns use their skills such as magic, balloon sculpting, and storytelling to treat children with doses of fun to help them deal with the range of emotions they may experience while in the hospital. Students who choose to participate in Medical Clowning will be interviewed by Kedma. Upon acceptance they will participate with girls from other 1-year Israel programs in training sessions, on-going mentoring and clowning. Kedma offers the opportunity to 30 girls from all of the different schools.

Hebrew Level Required: 1-2

Kedma

Medical Coordinator

Assist in coordinating all of Kedma's medical activities with other seminaries, yeshivot and the greater community. Activities include: medical clowning, blood drives, bone marrow drives...

Hebrew Level Required: 1

Terem Talpiyot

Terem is an immediate care, mini-emergency room. The chain of Terem facilities was started by Dr. David Appelbaum z'l to alleviate the tremendous load in the hospital emergency rooms. Terem sees patients with all kinds of acute situations. Interns will assist the medical staff.

Hebrew Level Required: 2-4

Special Needs Internships

Roglit Center for Special Needs Adults

The center is located on Moshav Neve Michael, about 5 minutes from Bet Shemesh. The center provides a beautiful location, complete with hot houses and a small petting zoo. Roglit offers a wide range of internship opportunities with special needs adults. Volunteers can use their initiative to create an exciting internship option. Each volunteer will be trained with the center's social worker, and together they can devise an individualized program. Volunteers can bring their interests, share them with residents of the home, and together create special programs for the residents. Possible options include: cooking, sports, gardening, art, music, and nature walks.

Hebrew Level Required: 1-2

Kav L'Chaim

The organization opened its doors to children who suffered from difficult diseases such as cancer, cerebral palsy and muscular dystrophy, children under dialysis and other difficult syndromes.

Today Kav L'Chaim operates in ten branches throughout Israel with about 1,500 volunteers in all of the children's wards in Israeli hospitals, as well as in schools for the handicapped. There is a very broad range of daily activities that bring the children joy and happiness, that give them the strength to continue and cope with their disease or handicap - and they give the children the new concept that sick and handicapped children can do whatever a regular child can do.

Interns are paired with families that have children who participate with the program. The volunteers enjoy making a connection with the inspirational families and bonding with the children. Visits may include walks to the park, reading books, assisting with homework, and playing games.

Hebrew Level Required: 1

Horseback Riding Therapy

A beautiful horse ranch right outside Beit Shemesh offers horseback riding therapy for children of all ages. In addition to the physiotherapy that the children benefit from they horseback riding, they also develop coping skills, communication skills and other skills that contribute to higher self esteem.

Volunteers work directly with the horses and the children. They feed and clean the horses and if they have horseback riding experience, they take the children out on the trails as well.

Volunteers are able to take the horses out on their free time and enjoy the beautiful trails through the forest.

Hebrew Level Required: 3-5

Shalva

Shalva was founded on the premise that mentally and physically challenged children are not just the responsibility of the families to which they were born. "Heavens very special children," and their families, need and deserve the support of the extended community to be *part* of society and not *apart*.

Overlooking the Jerusalem Forest (see picture below), each floor of the seven story center is color-coded and decorated in colorful motifs, transforming the building into a veritable wonderland for the senses. This dream facility was built by parents of a special needs child who were determined to give the very best to all challenged children. Volunteers will help Shalva Provide comprehensive programs for special needs children around the clock, seven days a week, enabling the parents of such children to revive their physical and emotional strength in order to continue caring for their children at home.

Organizational Internships

Kedma

Over the past six years, Kedma has reached over 10,000 students through its leadership training and social action programs. Kedma cooperates with such well known Israeli chessed organizations as Zichron Menachem, Shachen Tov, Magen David Adom, Ezer Mitzion, Yad Sarah, Yad L'Kashish, and Meir Panim in assisting and providing resources to the weaker elements of Israeli society.

Kedma will choose volunteers to work in the Kedma Jerusalem office to help coordinate and run the many Kedma events. The volunteers will work closely with the director to get hands-on experience in running a large communal organization that makes a true impact on Israeli society. Coordinators will be interviewed by Kedma to select the proper intern.

Hebrew Level Required: 1

The Koby Mandell Foundation

After the murder of Koby, the Mandell family knew immediately that the tragedy of Koby's loss could easily destroy them.

They knew they had to fight against their despair, their pain, their suffering, and the cruelty of Koby's death. The best way, they felt, would be to take the cruelty of Koby's murder and transform it into kindness. They wanted to help people like themselves, struck by terror, be able to return to life, with strength, hope, and healing.

All of the programs that the Koby Mandell Foundation initiates work to bridge the isolation that bereaved children and adults are struck with after the loss of a loved one. All programs provide emotional, physical, and spiritual healing that create a network of support for families in grief.

Our interns have done valuable work in the office to help ensure the success of the organization. Our Students under the leadership of our intern ran a beautiful Purim carnival for the kids of Camp Koby. The work that they have done has been greatly appreciated by the foundation as well as families that have been hurt by terrorism.

Hebrew Level Required: 1-3

Use your English

Ulpanat Gila

A local Ramat Beit Shemesh High School needs interns to work one on one with students to assist with math and English studies. The interns will have the opportunity to assist new American immigrants, as well as native Israelis.

Interns will be trained by professional teachers and will work closely with an educational mentor to ensure success.

Hebrew Level Required: 1

English is Fun

Our students run an after school group in a local elementary school, for Israeli children who feel like learning English is like having a root canal. The students plan the full curriculum. They prepare stories with accompanying arts and crafts projects, skits, and games.

Hebrew Level Required: 1-2

Library Story Hour

The Meyerhoff Matnas in Bet Shemesh houses a well-stocked Library that is utilized heavily by both the Anglo community as well as the Ethiopian community. Interns at the Library will be trained by the Librarian in many facets of the Library. Many Ethiopian children come regularly for homework help in the afternoons to the Library. Students can assist with English and math homework. A favorite at the Library is Story Hour, and interns can enjoy hosting a story hour. In addition, students can learn the inner organization of the library by assisting in book management.

Hebrew Level Required: 2-3

Sports Internships

Swim Instruction

We are fortunate to have the Reshit Community Pool very close to Machon Maayan. The busy pool is the location of the local swim instruction. Our interns have proven vital to teach girls who do not function well in group lessons. Interns take the individuals away from the group for private instruction, to build their self esteem and teach swimming skills.

The interns will work closely under the guidance of an Israel certified swim instructor to teach swimming to the girls. This is an opportunity to give a valuable gift.

Interns must have previous experience in teaching swimming.

Hebrew Level: 3-5

Basketball

Run an after school basketball club for Jr. High School/ High School students at Ulpanat Gila. Utilize basketball to build self esteem, work on team building, and establish relationships with local teens.

Hebrew Level Required: 3-5

Dance or Gymnastics

Take your passion for dance or gymnastics to teach local youth that can not afford the luxury of extra classes. Classes are offered through a local after school program that benefits children from underprivileged families. Volunteers can work in pairs to give classes.

Interns must have previous dance or gymnastics experience.

Hebrew Level Required: Each pair should have a level 4 Hebrew speaker

Working with Israeli Youth

Ethiopian Enrichment Project

Bet Shemesh is a wonderful cross section of the many different types of Jews that have moved to Israel from the four corners of the world. We are privileged to have a large Ethiopian community that has settled in the heart of Bet Shemesh. Unfortunately, they are a community in need of great assistance.

Machon Maayan has opened its doors to host an Ethiopian Enrichment Project. Local Ethiopian children are provided with transportation to our facility, where our talented students teach dance, cooking, baking, art's and crafts, and tutor English. This is a wonderful opportunity to be involved in setting up a project from the recruiting of participants to the running of the activities.

Hebrew Level Required: 3-5

Lema'an Achai Moadonit

Lema'an Achai is a neighborhood social service center with an experienced professional staff that works hand-in-hand with over 400 qualified and responsible professional volunteers. Founded in the year 2000 by a group of local residents, Lema'an Achai is rooted in Judaism's communal responsibility towards charity and chessed. Neighborhood residents care about the needs of their neighbors and translate this caring into concrete actions. Lema'an Achai assists families in need and enables them to get back on their feet and achieve a high degree of financial and social independence.

The Moadonit, a Lema'an Achai project, provides after school care for children from underprivileged homes in Ramat Bet Shemesh. The children arrive from their schools to receive dinner, homework help, and friendship. Volunteers are trained by the Lema'an Achai Social worker to effectively assist the children. They will meet with her regularly to discuss and improve the lives they touch.

Hebrew Level Required: 4-5

NESTO

A Senior and Junior program for native English-speaking youngsters challenged by the transition from their native culture to modern Israeli society. NESTO offers these young people a comfortable setting where they can explore their Jewish identity and spiritual challenges while participating in social and educational activities.

The upbeat and pleasant framework has had a significant, positive impact upon the hundreds of English-speaking teenagers, who in the past few years made Aliyah. It has been described as an NCSY chapter for Olim. Interns serve as Madrichot, advisors, on the program. They enjoy being a part of the staff as well as, connecting with the kids. Interns assist in program development and running.

Hebrew Level Required: 1

Aliyah Assistance

Baruch Hashem, Bet Shemseh, has become the destination for many families fulfilling the dream of returning "home". Aliyah can present different challenges for each family. Volunteers can help by being a big-sister to recent immigrant families. The interns will provide the support that will ease the transition of children who have found themselves in a new environment, coping with a new language.

Hebrew Level Required: 1

Journalism/Graphics

Arutz Sheva

Journalism interns will enjoy writing for Arutz Sheva, an Israeli internet news site, radio station and TV show. Interns enjoy training by professionals to help them work in all facets of media that Arutz Sheva offers. They will have the opportunity to acquire hands-on-experience, while being exposed to all aspects of Journalism from researching a story, to writing and editing. Machon Maayan enjoys seeing our students' work in print.

Interns have greatly enjoyed working behind the scenes of the Tuesday Night Live Show that broadcasts in English from Jerusalem weekly.

IY'H the skills acquired during the internship will allow the students to continue to be strong voices for Israel.

Hebrew Level Required: 1

Graphics

Intern with a local weekly publication that advertises local vendors as well as local events. Work side by side the graphic artist to create professional advertisements. Students will help to offset costs of the many chessed organizations that benefit from the publication.

Hebrew Level Required: 3

The Biblical Zoo

Today, the Jerusalem Biblical Zoo, as it is still unofficially known, stretches across an area of 250 dunams (25 hectares or 62 acres) in a lovely valley surrounded by green hills and new neighbor hoods. The first emphasis is placed on **animals mentioned in the Bible**. The second emphasis in the zoological collection involves **endangered species from around the world**. In this group we have, among other species, the Golden lion tamarin, the rarer of the macaws and cockatoos, the ibises, and the Asian elephant.

Interns are given the opportunity to learn a great deal about the animals. They assist in feeding, cleaning, caring for the animals and interfacing with the visitors.

Hebrew Level Required: 4-5

Food Assistance

Ezrat Avot

Ezrat Avot's mission is to provide the services, resources and education necessary for Israel's elderly to age in the comfort and dignity of their own homes and communities. Ezrat Avot prepares thousands of meals for the elderly everyday. Students assist in the kitchen where the meals are prepared.

Hebrew Level Required: 1

Yad Eliezer

Yad Eliezer began in 1980 in the kitchen of the Weisel family of Jerusalem. They prepared a food basket for a neighbor who could not feed her children, and were soon delivering monthly food baskets to hungry families. Yad Eliezer has now grown to encompass 15 primary economic and social service programs that impact tens of thousands of individuals.

Yad Eliezer's cadre of 10,000 volunteers enables the organization to maintain limited overhead and administrative expenses. Machon Maayan students join the force of volunteers to help package weekly food baskets in the Jerusalem warehouse.

Hebrew Level Required: 1

Green Thumb – Connecting with the Land

Become a partner in the agricultural development of Bet Shemesh. Help to create a Machon Maayan garden near an ancient water source in Ramat Bet Shemesh. You can help develop our own spice garden under the wonderful leadership of a local environment enthusiast.

There is also the potential to coordinate the development of gardens for other groups.

Hebrew Level: 1

Projects

The Gush Katif Bridal Shower

The Koby Mandell, victims of terror, Purim Carnival

Kedma Choir Competition