

## URJ Heller High School in Israel - Sample Weekly Schedule *(subject to change)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15am Breakfast	7:15am Breakfast	7:15am Breakfast	7:15am Breakfast	7:15am Breakfast	8:15am Breakfast	Late wakeup
8:30 Hebrew Language Class	8:00 Depart for Bar Kokhba Tiyul	8:30 Hebrew Language Class	8:30 Hebrew Language Class	8:15 Depart for field trip to the Israeli Supreme Court.	9:30 -12:00pm Tzedakah Project (cleaning beach in Tel Aviv, visiting the elderly, making gifts for disadvantaged children, and more...)	8:30 – 10:30 am Breakfast
9:45 Break	9:00-12:00 Hirvat Midras (exploring 2 <sup>nd</sup> century caves)	9:45 Break	9:45 Break			11:30 Shabbat Torah Study
10:00 am-1:00pm Israel: Land, Cultures and People	12:30 Lunch and Tefilah in the field	10:00am-1:00pm Israel: Land, Cultures and People	10:00am-1:00 pm Israel: Land, Cultures and People			
1:05 or 1:55 pm Lunch	1:30 Beit Guvrin (ancient Roman amphitheater)	1:05 or 1:55 pm Lunch	1:05 or 1:55 pm Lunch	1:05 or 1:55 pm Lunch	1:00 pm -4:00 pm Lunch + Free time in Tel Aviv Shuk	1:00pm Lunch
1:05pm-7:15pm General Studies	4:00-5:00 Class Discussions	1:05pm-7:15pm General Studies	1:05pm-7:15pm General Studies	1:05pm-7:15pm General Studies	6:30 Services	Free Afternoon
6:30 – 7:45 pm Dinner	7:30 pm Dinner	6:30 – 7:45 pm Dinner	6:30 – 7:45 pm Dinner	6:30 – 7:45 pm Dinner	7:45 Shabbat Dinner	5:00 Beit Midrash
				8:00pm – 10:00 pm Night out in Jerusalem	Late Rooms In	7:00 Havdalah Service
						Dinner and Free Time

- **General Studies:** English, Math, Science, Social Studies or Foreign language classes. The schedule can accommodate no more than 5 General Studies courses.
- **Lunch:** All students have either 1<sup>st</sup> or 2<sup>nd</sup> lunch period, 1:05 – 1:50 or 1:55 – 2:40.
- **Dinner:** Students may eat as early as 6:30 or go directly after class at 7:15 if they have a 7<sup>th</sup> period.