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Mitnadvim, A History

On Mitnadvim, Rambam Mesivta invites its students to turn their winter breaks into something much more than just vacation. The yeshiva offers the opportunity to be a part of a two-week volunteering trip to Israel known as Mitnadvim. Though the focus of the trip is helping others, those who have gone on past trips can attest, the experience is extremely rewarding.

For first, second, and fourth years, Mitnadvim went to work on an army base through an army run program called Sar-El. There, students perform tasks that aren't always pleasant and at times tedious but are necessary nonetheless. The IDF needs a lot of maintenance work done such as painting, organizing and itemizing supplies, disrupting terrorist infrastructure, cooking, replacing worn parts, and general upkeep. Having civilians do this frees a trained and skilled soldier for more important work, as well as saves the army money.

On September 9th, 2003, Director of Emergency Services in Shaare Tzedek Medical Center Dr. David Applebaum and his daughter Nava were murdered in Café Hillel on Rechov Emek Rifa'im. To honor the life of these special people, Rambam sent Mitnadvim to volunteer in Shaare Tzedek. Participants were assigned to wards throughout the hospital and assisted in the everyday tasks that become monotonous for a hospital staff. This included making beds, running samples to labs, delivering meals, filling prescriptions, and basically coming whenever patients called. With the help of the

Mitnadvim, the nurses, orderlies, and banot sheirut leumi (who really run the hospital) were able to relax under lighter work loads.

This past year the trip was focused on an organization called Livnot U'Lihibanot that sends volunteers to places that need them to help fight poverty in Israel. Most of the projects were repairing apartments for people simply can't afford to get out of the situation they're in. In general, these apartments could fit in side the senior dining room, were heavily damaged, and, at times, infested. Students also worked in a soup kitchen preparing and serving meals, as well as packing food to be sent to families that live hand to mouth.