****

# Rules and Regulations

**Red Lines:**

Drugs- 100 % Forbidden, at home as well.

Alcohol- No bringing alcohol into the Mechina building, no drinking while in activities of the program.

Violence

No mixed gender sleeping, no romantic relationships between staff and participants.

**Rules and Regulations:**

**Shabbat:**

We keep Shabbat in public including all Program activities. Activities during Shabbat will be ones that everyone can partake in.

The curriculum in Shabbat is mandatory, just like all weekly activities. There will be optional activities and they will be determined in advance.

**Curriculum:**

There will be a person responsible for class cleanliness, projector functions, and cup of coffee for the lecturer.

You may not attend classes in pajamas. Appropriate clothes must be worn outside the residence. On outside activities you must dress presentable.

Chanichim attendance to all classes is mandatory. If there is a Chanich who cannot attend a class for some reason he/she must notify staff member.

No phones during classes.

Madasim are like any other class and must be attended.

Before leaving the Program, you must ask the head of the Program in advance.

Leaving the Mechina building/ program without permission is strictly forbidden!

**Accommodations:**

No mixed gender sleeping, living quarters must be cleaned once a day in the morning.

You must be fully dressed in the residence.

You must turn off lights and air conditioning when leaving a room.

Using the supplies in the storage room is allowed only after asking permission from staff.

**Food:**

You may bring food from outside only if you do not use the Kosher dishes.

It is important to keep the dishes Kosher, inform the staff if there has been a mix up.

Lighting a fire inside the residence is forbidden (except from the stove). Cooking will be done in the kitchen only.

**Hikes:**

For every day on a hike you **must** bring 3 liters of water and a hat, with no exceptions!

When sleeping outside there will be a separate area for boys, girls, campfire and an area that will be used as toilets.

**General:**

No wandering outside the building wearing flipflops/sleeveless shirts/short shorts.

No smoking in the building.

No wandering outside the building after 23:00, with the exception of previously planned activities.

In case of light injury, the responsibility is completely on the participants, in case of emergency the staff must be notified and one of the staff members will take the injured participant to proper medical treatment.