



Building Self-Esteem by Reaching Goals

Need:

Tamir's students primarily come from Israel's development towns in the peripheries. Too often, the prevailing attitude in these areas is that success in life and financial prosperity are mostly matters of geographic location and fate, largely unchangeable by one's efforts. Therefore, youth from Israel's peripheries don't believe in their ability to change this destiny. They need to see how they can meet difficult physical and mental challenges, and learn the value of trust in one another. They need to see how persistence and hard work are the real keys to their success, and that they too can fulfill their dreams.

Response:

In order to build a new sense of self-esteem for these youth, the Mechina employs difficult physical challenges in order to expose them to their innate, yet dormant capabilities. These challenges include exciting, yet demanding, activities such as a 60-km. overnight hike across Israel, Survival Week, the 240-km Torch Relay, challenging group cohesion activities, and intensive training in preparation for combat service in the IDF.

These challenges gradually teach them about who they really are and that they can achieve goals well beyond their initial perception. This creates a new sense of self-worth among the students, who then decide to take their future into their own hands and succeed.

Sponsorship of One Physical Training Activity: \$2,000

Sponsorship of the Mechina's Physical Training Program This Year: \$28,000

Dedication options in honor or in memory of a loved one are available.

Become a Partner in Building Israel's Future Leaders!

For tax-deductible check donations:

Write check to "PEF Israel Endowment Funds, Inc.", earmarked for Tamir, and send to 630 Third Ave., Ste. 1501, New York, NY 10017.

For tax-deductible money transfer via bank account:

Account name: PEF Israel Endowment Funds, Inc.

ABA: 026009768, Account: 03-2693-2.

Include a memo earmarking the donation for Tamir, and then notify us of the amount at: michalnatan1959@gmail.com

For online tax-deductible credit card donations:

www.israelgives.org, and type "Tamir" in the search field.

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