



MIDRESHET TEHILLAH

*Welcome to
Midreshet
Tehillah*

*Student Handbook
2026 - 2027*

POLICIES

Dear Students MT 2026 - 2027

When you chose Midreshet Tehillah as your seminary, you elected to join a community of young women strongly committed to genuine, integrated, and sustainable growth. This affords you remarkable opportunities for development, but it brings with it responsibilities in terms of maintaining a group environment conducive to everyone achieving her goals.

We, the staff and administration, are challenged to set policies and rules to foster an atmosphere appropriate to achieving those goals. This requires that we set high standards to nurture your past accomplishments and inspire new achievements. But it also requires that we give you the space to be yourself. Since both are prerequisites to moving forward in a genuine and integrated way, our rules and policies are formulated to balance between these two considerations.

Music in the Dorm

Our policy on music in the dorm is a good example of trying to strike this balance. The importance of music and why it is such a powerful influence upon us will be a topic of discussion during the year. But we cannot and do not want to legislate what you listen to. On the other hand, each person has different tastes and draws the line marking what she will listen to at a different place. To protect both your needs as an individual and those of the people around you, we do not make any rules about what you can listen to so long as you are using headphones. On the other hand, we require that music played out loud must fall within the broad rubric of Jewish music.

Phones

In our many years of running Midreshet Tehillah, we can say without exception that the extent of a student's success during the year is directly proportional to her academic and social focus in the school. This fact was powerfully demonstrated during Corona. The restrictions imposed by the Coronavirus prevented students from spending time with their friends in other seminaries, confining the attention of our students to other students in Midreshet Tehillah and the program. The result was that deep friendships developed quickly and continued to mature over the year, attentiveness in class was at an all time high, and the personal and religious development of students was extraordinary. A number of seminaries had a similar experience that year. Our assumption is that next year you will not be restricted with those kinds of externally imposed limitations. This means that if you want to maximize your achievements, you will need to take personal responsibility for keeping your focus in Midreshet Tehillah.

For many students the biggest challenges to maintaining this focus come from the various devices that are standard equipment for any young adult. The most impactful of these devices is the phone. While offering many essential services and valuable benefits its access to YouTube, Netflix, Disney +, Apple TV, WhatsApp, Facebook, Instagram, Snapchat, TikTok, international texting, and gaming etc also place a multitude of escapes and distractions in the palm of your hand. The more your head is in these various things, the more it is out of seminary. Your phone, for all the genuine benefits it brings, will also be the single greatest technological challenge to a successful seminary year.

We will have lots of time to discuss the impact of phones on our lives, along with that of other technologies. But since app companies pour billions of dollars into designing their products to pull in and hold your attention, making this device work for you in the best possible sense will be challenging. You should not wait until you get to Israel to start thinking honestly about how you want to handle your phone so as to limit its ability to get in the way of your growth in the coming year.

POLICIES

Expect some restrictions on where you can have your phone during school hours. If you expect to be recording shiurim, you might consider bringing a dedicated recording device that is separate from your phone.

Laptops and Tablets

Number two on the list of incredibly useful devices that can also be incredibly distracting is the personal computer/tablet. For this reason in the past we have prohibited them in the dorms. That no longer seems like a realistic rule as for many students laptops or tablets have become fully integrated into their lives.

So you are welcome to bring your computer or tablet with you. But, like the phone, if you plan to bring one you need to put some thought into the pitfalls this device adds as well as its benefits. While watching video on your phone is already a temptation it is all the more tempting when you have a large computer screen on which to watch. A primary reason for coming to Eretz Yisrael is to get out of old ways of thinking and open yourself to new ways of looking at the world. Since nothing more powerfully pulls one out of Torah and back into the norms and values of the larger society than a movie, television show, or video we encourage students to minimize watching video at least during their year in seminary.

It is not just how watching video affects you individually. Cliques tend to form around watching programs which create tensions in the dorm and compromise its integration. We want the dorm to be a safe zone where students who want to avoid video feel comfortable. It is important that you give thought to these considerations before coming to Israel.

We have a laptop gemach for students who want to do projects or take notes in class so you might consider not bringing your laptop/tablet.

Dress Code

Midreshet Tehillah students come from communities with a variety of standards on the issue of dress. Since we want all our students to feel comfortable in the school, we require certain conduct which may be different from what you are used to. By requiring these standards, we are not imposing a specific halachic interpretation of Tzniut. Rather, we are defining the dress code of Midreshet Tehillah. It is important that you understand that by attending Midreshet Tehillah, you are accepting an obligation to abide by this dress code during the school year just as you are accepting an obligation to abide by all the other rules.

Our dress code put simply is: elbows, neckline, and knees must be covered. There should be no slits in the skirts or dresses above the knee. This is true at all times, whether walking, sitting, or raising your hand. Clothing should not be tight or overly clingy. Shoes should be closed-toe. Since, necessarily, while you are attending the school you will be representing it, the dress code applies both in school and out for the duration of the academic year. For a number of the students attending Midreshet Tehillah this dress code goes beyond their accustomed practice and that of their home communities. But as long as we are all clear on why we have set this particular standard, no one needs to feel judged by it or out of place.

LIFE ON CAMPUS

Location

Midreshet Tehillah is a part of the Neve Yerushalayim Jewish Educational Network and is located on the Neve campus in Har Nof, Jerusalem. The address is:

1 Beit Yitzchak Street Har Nof, Jerusalem. For those arriving by car, the campus is adjacent to 10 Rechov Hakablan.

The mailing address is:

Midreshet Tehillah

1 Beit Yitzchak Street

POB 34196

Har Nof, Jerusalem 91430

Security and Health Issues

When you arrive, we will hold a special session on security related issues and procedures. Based on the situation at that time we will let you know where you can and cannot travel. We obviously are not expecting any health crisis during the coming year but recent history requires that we add that in addition to security concerns if for any reason the Ministry of Health issues any directives we will inform you of them and you will be required to follow them. You must understand before coming that all security and health related rules are extraordinarily important, and a commitment to uncompromising compliance with them is a prerequisite for attending Midreshet Tehillah.

Meals

Sunday through Thursday Neve provides breakfast, lunch, and dinner. Breakfast is light – bread, peanut butter and jelly, cereal, milk, and yogurt. Lunch is parve or milchig with an entrée such as lasagna, fish, falafel, eggs, or kugel, and a hot vegetable, starch, and a fresh salad bar. Dinner is meaty in various forms, with a hot vegetable, starch, and salad bar, and usually a vegetarian alternative to the meat. There are accommodations for students who are gluten free. Students should understand that the kitchen is serving approximately 500 students at each meal, so it is institutional cooking. The food is good, but cannot pretend to speak to everyone's particular preferences and sensitivities. Potato kugel and/or pasta are provided on Fridays. A light Melave Malka is provided on Motzai Shabbat.

Shabbat And Yom Tov

Midreshet Tehillah has a number of school-wide Shabbatonim during the course of the year, which all students are required to attend. In a normal year on most Shabbatot we do not have a school program, and students need to set themselves up for meals. They do this at the homes of faculty, friends, or relatives subject to our security guidelines, and we assist those who don't have these options to arrange meals at the homes of faculty or appropriate families in the neighborhood.

Laundry

Washers and dryers are available on campus for student use for a small fee.

CONTACT INFORMATION

Below is relevant contact information. The easiest way to communicate with us is through email. If you wish to call, please be conscious of the time difference between your country and that of the person you are trying to reach.

Midreshet Tehillah Contact Information

Information	Contact Person	Email Address	Phone Number
General Questions and Information	Midreshet Tehillah Office: Mrs. Devorah Hirsch	MTehillah@nevey.org	+972-2-654-4578 Sun – Thursday 9am-1:15pm
Specific Questions or Concerns	Rabbi Kagan	RJeremyKagan@yahoo.com	+972-50-709-4747 (also Whatsapp) +1-347-408-1453 This US number rings in Israel
Financial Questions	Mrs. Leona Beninson	LBeninson@nevey.org	
MASA Information	Mrs. Hindie Rosenfeld	nevemasa@nevey.org	

Other Useful Contacts:

Group Flight Information	See Me Travel - Mrs Neiman	Simyn@verizon.net	1-845-426-1425
AIM Medical Insurance (Required)	Mrs Shoshana Berman	info@aim.co.il	1-800-424-6752 In Israel: 02-652-2635
TalknSave phone plans (Not Required)	Mr Eitan Gross	eitang@talknsave.net	USA/Canada: 1-866-TALKNSAVE (825-5672) Israel (02) 655-0333 Fax. 02-653-7569 www.talknsave.net

PHONES

I mentioned previously that excessive use of smartphones can compromise development during seminary as a result of which students will need to be mindful of how they use this device next year. This in no way contradicts their extreme convenience and usefulness.

We require students to have a working cell phone with WhatsApp while in Midreshet Tehillah. This is for numerous reasons. First, it is important that you and your daughter are able to communicate while she is distant from you. Second, we sometimes need to reach students when they are off campus, especially in a time of emergency. And third, we constantly send out important notifications through whatsapp.

We strongly recommend students to have a working Israeli number whilst in Israel - this allows you to make phone calls for local calls for appointments, friends in other Seminaries and family etc especially to those without WhatsApp.

We do not require that students use a specific phone service provider. Do your own research, but if you are looking for an English-speaking intermediary between your daughter and the sometimes brusque Israeli phone market we have had good experience with TalknSave. We will forward you one advert from Talknsave. This is not meant to be any specific endorsement of any kind for this service. We do this because it is a service many people want and we have found this company to be reliable, responsive, and their office is within easy walking distance of the campus.

PACKING LIST

Clothing

A Word On Clothing

Attire in Eretz Yisrael is more low-key than you might be used to. Very fancy clothing even on Shabbat may make you feel over-dressed. On the other hand, Yerushalayim has a special level of kedushah. When choosing your wardrobe, both for Shabbat and for the week, please be sensitive to this.

Winter Clothing

The winter in Yerushalayim is cold, windy, and (hopefully) wet. Although the temperature rarely goes below freezing, the cold is felt both inside and outside, so you need to bring warm clothing. Because it does not freeze, we get rain rather than snow. Therefore, you will probably find a warm, waterproof raincoat more useful than a wool coat. Also advisable are warm, waterproof boots, umbrella, hat, scarf, gloves, and warm tights. Keep in mind when choosing your clothing that dry cleaning in Israel is more expensive than you are probably used to.

Linen And Bedding

You will need a pillow, blankets (warm), linen (many prefer to have two sets) and towels. Midreshet Tehillah does not provide any of the above. You can either bring these items with you or, to conserve luggage space, purchase them in Israel after you arrive. You can also purchase them before you come from companies that deliver directly to the campus. We will provide your email address to a company which sells these items and delivers them to the school. Our giving this information to this company is not meant to be an endorsement of any kind for its services. But we supply this vendor with your email address because it is a service many people want and we have found them to be honest and conscientious. If you do not want us to give the vendor your email address please let Mrs Hirsch in the office know (MTehillah@nevey.org).

PACKING LIST

Miscellaneous

- 1) A backpack for tiyulim.
- 2) Small tote bag for shopping.
- 3) Good sneakers or hiking shoes for tiyulim, and water shoes.
- 4) Shower shoes.
- 5) A cap/bandana/hat for tiyulim.
- 6) Bathing suit and cover-up.
- 7) Shirt for tearing kriyah at the Kotel upon arrival.
- 8) A Siddur and Tehillim. Machzorim can be borrowed from the school, but if you have a favorite or use a specific nusach, bring your own.
- 9) Any pharmaceutical items you may need. While most prescriptions, non-prescription drugs, cosmetics, and sundries are available locally, they are usually more expensive, and you may not be able to get exactly what you want.
- 10) Travel-sized bottles of shampoo, body soap, conditioner and mouthwash for those Shabbatot that you leave campus.
- 11) Any musical instruments that you play (double basses not recommended). There is a piano on campus (so no need to bring one).
- 12) A sewing kit.
- 13) Laundry bag.
- 14) Pictures of family and friends; many girls decorate their rooms with these.
- 15) Skirt hangers, preferably stackable (they are hard to find in Israel).
- 16) Adapters and converters, Portable speaker (If you have..)
- 17) An overnight or rolling duffel bag for going away for Shabbat.

Remember

We cannot stress strongly enough how limited closet and storage space is in the dorm. Your clothing needs are likely to be less than at home. Please do not overload – this will only contribute to closetrophobia (sic). Speak to students who have spent a year in Israel to get a realistic idea of what you should or should not bring.

Do not bring valuables, jewelry of sentimental value, expensive cameras, or large sums of money. Whatever valuables are brought should not be kept in the dormitory. The Neve campus is large with numerous seminaries present so traffic in and out of the dorm building cannot be fully controlled. Midreshet Tehillah cannot take responsibility for stolen or lost property. There is a safe on campus that can be accessed weekly for storing checks, money, and your passport.

Sefarim

We will be sending you a list of sefarim that you will need for the year in case you want to bring them with you rather than buying them in Israel. This list will be limited to the sefarim everyone uses – your specific requirements will depend on your class selection. We will arrange a sefarim sale on campus soon after your arrival so that you can purchase the necessary sefarim here. Sefarim purchases required for each semester are unlikely to exceed \$100.

If you have any questions on anything discussed in this letter – or anything else, for that matter – feel free to contact us. We are very excited about the group of students coming and we look forward to spending a wonderful, fun, inspiring, and meaningful year together!