

## Comfort, Stretch, and Panic Zones



### **Comfort Zone:**

- Where day-to-day, routine, subconscious work happens
- You are competent and confident in what you do
- Little learning or innovation takes place

### **Stretch Zone:**

- Just outside of your secure environment, expanding your comfort zone
- Where you work to increase knowledge and understanding
- By challenging yourself, taking risks, and opening up to possible change, learning and growth are able to occur

### **Panic/Red Zone:**

- So far removed from our comfort zone that experiences are overwhelming
- Can lead to emotional, mental, physiological responses of anxiety or fear
- Energy is used up by managing anxiety; minimal energy left for learning



## ENCOUNTER

### Quick Guide: What We Ask of You and Each Other

#### TRUST AND COMMUNITY BUILDING

- Allow yourself to take off professional hats
- Avoid assumptions about others based on professional/lay positions
- *Dan l'chaf z'chut* – judge others favorably
- Be mindful & helpful during transitions between sessions
- Resist the urge to ask “that one last question”

#### OFFERING FEEDBACK

- We want to hear your feedback; make notes to share post-program
- Consider whether feedback is important to share in the moment
- Avoid offering feedback while staff is “on the bimah”

#### SOCIAL CONTRACT – WITHIN THE COHORT

- Write publicly about the program; share experiences and takeaways with others
- Respect requests for anonymity
- Don't share names, quotes, or photos of members without explicit permission

#### SOCIAL CONTRACT – WITH SPEAKERS

- Introduce yourself
- Ask direct, clear questions (English is often speakers' second or third language)
- Don't assume speakers represent their organization or all Palestinians
- Remember that understanding does not mean agreeing
- Note speakers you want to follow up with – staff will connect you later
- Refrain from using speakers' photo or quoting by name without permission

#### SECURITY AND PUBLIC/PRIVATE SPACE

- Don't wear a kippa, tzitzit out, or other Jewish symbols when in public space
- Avoid speaking Hebrew or using Hebrew words in public space
- Daven in the meeting room with the group
- Keep the emergency card on your person at all times; enter numbers in phone
- Don't share locations on social media until after we have left each place

#### PHONE CALLS

- Make an effort to be as fully present as possible throughout the program
- Limit necessary calls to meals or breaks
- Avoid calling from the bus or in earshot of sessions



## Social Media & Public Writing Guidelines

### PUBLIC SPEAKING & WRITING

Encounter encourages cohort members to write, speak, teach, and share insights about your experience with your networks. When doing so, we ask that you adhere to the following guidelines in order to uphold the confidentiality of some of our cohort members and Palestinian speakers:

You are invited to share that you traveled with a group of “high level American Jewish leaders,” and may reference denominational affiliations. Beyond that, all members of the cohort – especially members of the press – are asked to refrain from identifying cohort members, collectively and/or individually, without explicit permission from each individual participant mentioned. Specifically:

- Do not forward Participant Biographies or share names of cohort members without explicit permission.
- Before sharing photos, attributing quotes, or sharing identifying features of cohort members or Palestinian speakers, please confirm with that you have the individual’s explicit permission.
- In most cases, Encounter staff will indicate if a Palestinian speaker has requested not to be identified publicly by name or identifying features. If in doubt, please ask either a staff member or the speaker directly.

### JOURNALISTS

Encounter may invite journalists or other members of the press to join as participants in Encounter programs. Such individuals must commit to following the above guidelines, including respecting the anonymity of both the group and individual participants in speaking and writing; not publishing quotes or images of participants or speakers without explicit permission; and not taking notes during intragroup sessions such as small groups or full cohort conversations.

### ENCOUNTER’S CORE VALUES

We encourage you to consider how to communicate about your experience in ways that invite people’s curiosity and model a love of the Jewish people, making space for multiple perspectives and openness to continued learning. On a polarizing issue that has become so divisive, it can be challenging to model that another way forward is both possible and essential. If staff can be helpful to you in navigating how to frame the experience, please don’t hesitate to ask.



## ENCOUNTER

### Packing List: What to Bring

#### **IMPORTANT NOTE: RETAIN YOUR VISA AT ALL TIMES**

In addition to your Passport, please be sure to **retain the Visa you receive upon entry at Passport Control at Ben Gurion Airport at all times until you leave the country**. This is the small blue and white piece of paper you will receive (sometimes includes your picture on it).

#### **In addition to clothing, toiletries, medications:**

- Seasonally appropriate clothing and additional gear for the duration of your trip.
  - Spring & Summer: Hat, sunscreen etc.
  - Winter: Rain gear (Umbrella, water resistant jacket and shoes), gloves, hat etc.
- Water bottle
- Camera
- Adaptor and chargers for your electronics
- Prayer Items (if applicable): siddur, kippa, tefillin, etc.
- If you opted for home hospitality: a modest gift for your host family (sweets, chocolates, or something from your home town are good ideas; please do not bring alcohol)

#### **What to Wear:**

1. MODESTY: Avoid shorts, tank tops, low-cut blouses, or midriff-exposing clothing. Pants are fine for both men and women.
2. LAYERS: We will be outside frequently; temperatures may shift in the evening. Seasonally there can be rain and even snow. Bring footwear appropriate for uneven and muddy surfaces.

#### **A Note About Jewish Symbols on Encounter Programs:**

As a Jewish group traveling in the West Bank, Encounter distinguishes between 'public' and 'private' space. In private places, including our sessions with Palestinian speakers, we welcome and encourage participants to visibly wear their customary religious clothing, including kippot, tzitzit, and other symbolic attire. In public places, such as the streets of the Bethlehem, Hebron, Ramallah and East Jerusalem, we ask participants to refrain from displaying external Jewish symbols, including clothing with Hebrew writing on it.

