

ICAHD believes that first-hand learning is the best way to grasp the social, cultural, political, and historical issues that underlie one of the most contested regions in modern history. Learn about what a truly just and lasting peace would entail with our vision for one democratic state from the river to the sea. ICAHD offers:

- **POLITICAL HALF DAY TOURS** available for individuals and groups visiting Jerusalem. Critical Israeli Jews present ICAHD analysis. Witness Israel's Matrix of Control over the Palestinian people. Available all year. Contact [tours@icahd.org](mailto:tours@icahd.org)
- **EXTENDED STUDY TOURS** of ten or eleven days that visit both the Occupied Palestinian Territory and Israel. Thirty encounters with inspiring key people and organisations who work on the cutting edge. Learn about housing, and water rights, demolitions and displacement, refugees, mental and physical health, travel restrictions, settlements, closures, women, children, and media reporting. Small groups and evening debriefing sessions. Stay in Bethlehem and Nazareth. Contact [info@icahduk.org](mailto:info@icahduk.org)

As Jeff Halper explains, “This tour is not merely a litany of suffering; it is inspiring. You will meet people who refuse to give in, Palestinians who are sumud – steadfast -and who resist their oppression in a myriad of ways. You will also meet their Israeli partners working to end the Occupation and colonisation, both politically and “on the ground”. And you will explore elements required for a just, workable and creative future for both people groups thus enabling you to return home as a strong advocate for peace in your own community.”



See tour section on website for more information – [www.icahd.org](http://www.icahd.org)