



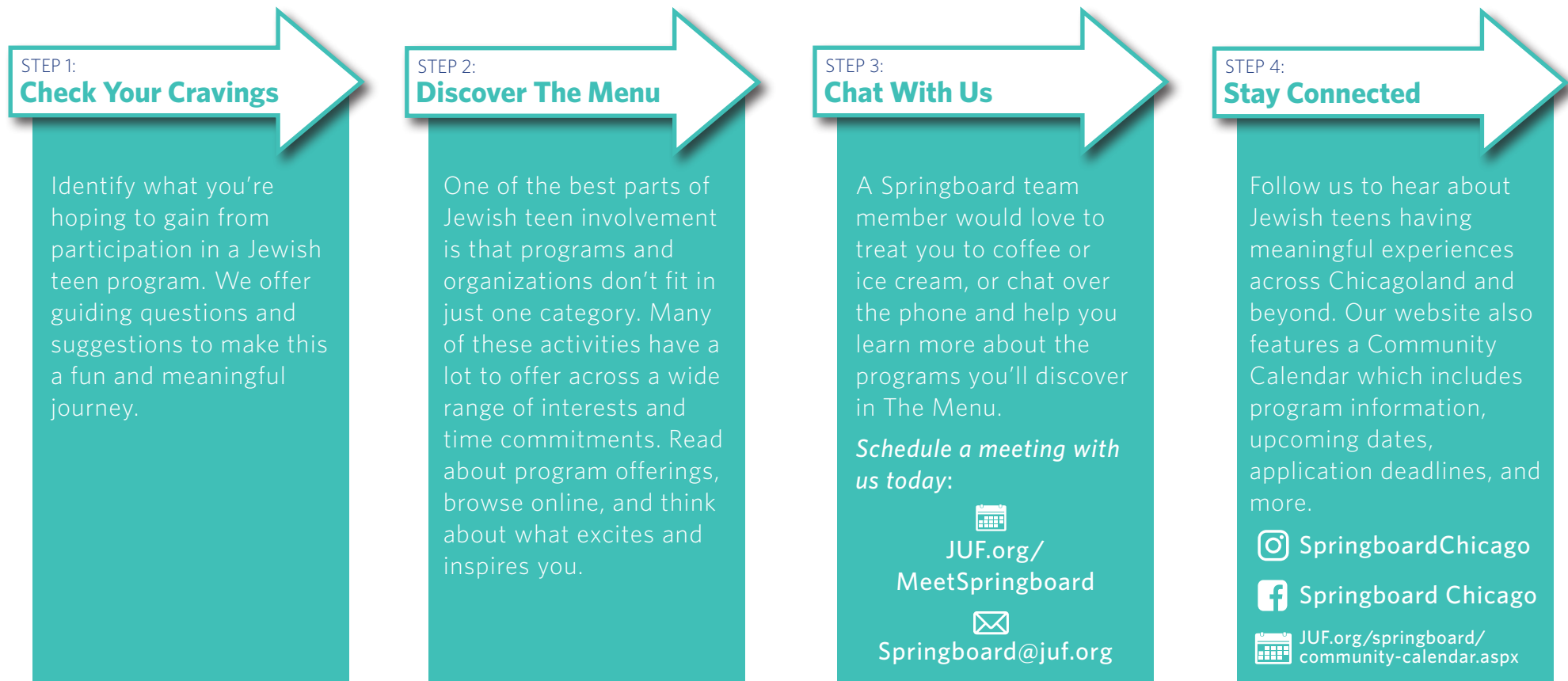
Springboard **JUFteens**★

THE MENU

SPRINGBOARD CHICAGO'S
Menu of Jewish
Teen Opportunities

At Springboard, our goal is to help more teens find connections in the community.

We work with teens and families to explore the awesome menu of programs and experiences for Jewish teens that match their interests and schedules. The Menu will help you learn more about what we have in our Chicagoland Jewish community and inspire you to start exploring. Follow these four easy steps to help you navigate The Menu, plug into the Jewish community, and get a taste of the programs that are right for you!



Springboard, Chicago's hub for Jewish Teen programs was created to help teens learn about exciting and meaningful ways to get involved in the Chicagoland Jewish community. Springboard was created with the support of JUF/Jewish Federation of Metropolitan Chicago, the Jim Joseph Foundation, and a consortium of local funders.

Check Your Cravings

The programs and organizations listed in The Menu offer awesome ways to tap into friendship, leadership, education, identity, and more. Choose as many cravings below as you'd like, and we'll provide suggestions that can help you take the next step. At Springboard, we believe there is something for everyone!

I am interested in exploring how to...

- ☑ Strengthen my Jewish identity through community, tradition, and celebration
- ☑ Develop my leadership skills through finding my voice and building confidence
- ☑ Learn about social activism through volunteering, philanthropy, and action
- ☑ Advocate and teach others about Israel and combating antisemitism
- ☑ Travel to different cities in America, Israel, and beyond
- ☑ Try something else that I don't see above

The meeting tonight was super awesome and I just wanted to say another thank you for meeting with us! I'm so excited to participate in some of these programs!

- 11th grader

I am looking to...

- ☑ Find a lower commitment activity where I can drop-in and participate just once, or just a couple of times, throughout the school year
- ☑ Be a part of a group that meets on a regular basis during the school year
- ☑ Become involved in a way that allows me to meet other Jewish teens from Chicagoland
- ☑ Join a group that allows me to meet other Jewish teens from across the country

SO above-and-beyond and so helpful! Thank you so much for the work you're all doing at Springboard. There's no way I would've found a way for [teen name] to connect with the Jewish community without you!

-Parent of 8th grader

Explore Your Cravings

You just Checked Your Cravings - nice job! Here you'll find a few suggestions to help you start exploring the many opportunities. Remember many programs fulfill more than one craving. Check out these and other programs in The Menu to learn more. Then, set up a meeting with a Springboard staff member. We are excited to hear about your thoughts and help you connect.

Strengthen Jewish identity through community, tradition, and celebration

- 🕒 BBYO Great Midwest Region (GMR)
- 🕒 Bnei Akiva of Chicago
- 🕒 Chicagoland USY (CHUSY)
- 🕒 CTeen
- 🕒 Jewish Student Connection (JSC)
- 🕒 Jewish Student Union (JSU)
- 🕒 Midwest NCSY
- 🕒 NFTY Chicago Area Region (CAR)
- 🕒 Young Judeaa

Develop leadership skills through finding my voice and building confidence

- 🕒 Diller Teen Fellows
- 🕒 Seed613
- 🕒 Springboard Peer Ambassadors
- 🕒 No Shame On U Teen Leadership Board
- 🕒 Operation Snowball

Learn about social activism through volunteering, philanthropy, and action

- 🕒 Habonim Dror Bonimot Tzedek
- 🕒 Kol Koleinu
- 🕒 Good Deeds Day
- 🕒 Or Tzedek Organizing Internship
- 🕒 TOV Teens
- 🕒 Voices: The Chicago Jewish Teen Foundation

Advocate and teach others about Israel and combating antisemitism

- 🕒 AJC Leaders for Tomorrow
- 🕒 StandWithUS Kenneth Leventhal High School Internship

Try something else that I don't see above

- 🕒 Let us know what you're thinking! Springboard would love to hear from you and help you connect to the best fit for you.

_____ 's Exploration Journal

This is what I want to know before diving into the Menu:

-
-
-
-

And here are the opportunities I'm looking for:

- | | |
|---|---|
| ☐ Celebrate Shabbat or Jewish Holiday | ☐ Volunteer |
| ☐ Participate in a retreat or convention | ☐ Travel to Israel |
| ☐ Learn about Judaism | ☐ Advocate and teach others about Israel |
| ☐ Make new friends | ☐ Raise and give tzedakah |
| ☐ Be a Jewish leader | ☐ Travel |

After reading the Menu, here are the programs I am interested in learning more about:

-
-
-
-

Notes

Schedule a meeting with a Teen Engagement Specialist



Youth Movements

- PG 06** BBYO Great Midwest Region (GMR)
- PG 06** Bnei Akiva of Chicago
- PG 06** Chicagoland USY (CHUSY)
- PG 07** CTeen
- PG 07** Midwest NCSY
- PG 07** NFTY Chicago Area Region (CAR)
- PG 07** Young Judaea

Cohort Programs

- PG 08** AJC Leaders For Tomorrow
- PG 08** The Bronfman Fellowship*
- PG 08** Diller Teen Fellows*
- PG 09** JCUA's Or Tzedek Teen Organizing Fellowship
- PG 09** jGirls+ Magazine Editorial Board and Photography Staff
- PG 09** Moving Traditions' Meyer-Gottesman Kol Koleinu Teen Feminist Fellowship*
- PG 10** Moving Traditions' Tzelem for Trans, Nonbinary, Gender Diverse, and LGBTQ+ Teens
- PG 10** No Shame On U Teen Teen Leadership Board
- PG 10** Operation Snowball
- PG 11** Religious Action Center's Teen Justice Fellowship
- PG 11** Seed613
- PG 11** Springboard Peer Ambassadors
- PG 11** StandWithUS - Kenneth Leventhal High School Internship*
- PG 12** StandWithUS - Teen Leadership Council
- PG 12** Student to Student
- PG 12** Voices: The Chicago Jewish Teen Foundation
- PG 12** URJ Teen Leadership Opportunities

Community Programs

- PG 13** All Star Abilities
- PG 13** Chi Town Connection
- PG 13** Finding Your Roots

- PG 14** The Friendship Circle
- PG 14** Good Deeds Day
- PG 14** Habonim Dror Bonimot Tzedek
- PG 14** HaZamir
- PG 14** Jewish Star
- PG 15** Jewish Student Connection (JSC)
- PG 15** Jewish Student Union (JSU)
- PG 15** The Jewish Teen Project
- PG 15** Keshet - For LGBTQ Equality in Jewish Life
- PG 16** Keshet - Special Needs, Extraordinary Opportunities
- PG 16** Moving Traditions
- PG 16** Program Fair
- PG 16** Response for Teens
- PG 17** TOV Teens
- PG 17** Yachad
- PG 17** Teen Community Celebration Featuring 18 Under 18 Honorees

Travel

- PG 18** Alexander Muss High School in Israel*
- PG 18** BBYO Passport Israel Journey*
- PG 18** Bnei Akiva Mach Hach Ba'Aretz*
- PG 19** CTeen Israel Journey
- PG 19** IsraelNow*
- PG 19** JCC Maccabi Games
- PG 19** NFTY in Israel*
- PG 20** NCSY - The Jerusalem Journey*
- PG 20** USY Summer Experience*
- PG 20** URJ Heller High*
- PG 20** Young Judaea Machon*

Appendix

- PG 21** Affordability
- PG 23** Next Steps

**Indicates this program is open for specific grades, visit program websites to learn more. Other programs not marked are open to all teens 9th-12th grade.*

YOUTH MOVEMENTS

Youth Movements are teen organizations that create Jewish experiences through ongoing local, regional, and national programs. They are designed to help Jewish teens meet each other, build community, and foster positive Jewish identities. There are many types of youth movements in the Chicagoland area that meet the interests of teens from different backgrounds, religious practices, and levels of Jewish involvement.



BBYO GREAT MIDWEST REGION (GMR)

A pluralistic Jewish teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. Through teen led programs, the Great Midwest Region of BBYO provides year-round activities that allow members to develop their leadership skills, positively impact their community, and meet other Jewish teens from the Chicagoland area and worldwide. BBYO's broad program menu enables teens to explore areas of leadership, service, brotherhood/sisterhood, athletics, civic engagement, Jewish culture, and more.

VISIT [BBYO.ORG/BBYO-NEAR-YOU/REGIONS/GREAT-MIDWEST-REGION](https://www.bbyo.org/bbyo-near-you/regions/great-midwest-region)

BNEI AKIVA OF CHICAGO

Programs for Zionist Orthodox youth, including summer programs in Israel, to strengthen Jewish identity and commitment. Organizes local Shabbat groups, leadership seminars, and educational programs.

VISIT [BNEIAKIVACHICAGO.ORG](https://www.bneiakivachicago.org)



CHICAGOLAND USY (CHUSY)

The United Synagogue of Conservative Judaism (USCJ) youth group of Conservative Jewish youth across North America. Through year-round programming and domestic and international travel opportunities, USY inspires youth from elementary through high school to feel a deep sense of pride and love for their Jewish identity. CHUSY covers Chicago and its suburbs as well as Madison, Milwaukee, and Northwest Indiana. CHUSY programs give Jewish youth a chance to learn and grow and have fun with other Jews. Through CHUSY, participants learn about Judaism and Israel, do social action projects, give tzedakah (charity), and enjoy other social programming like snow tubing, going to a sports game, hangout lounge nights, hosting a Shabbat dinner with a local university, and much more! USY is a leader in teen leadership training. 8th-12th grade teens have the opportunity to develop their leadership skills through staffing 2nd-7th grade events, fellowships, planning events, facilitating sessions for other teens, and attending the Leadership Training Institute.

VISIT [CHUSY.ORG](https://www.chusy.org)



CTEEN

The Chabad Teen Network is a dynamic network for Jewish teens of all backgrounds that offers awesome meaningful programs which harnesses the incredible potential of teenagers bringing purpose, self-discovery and giving to their communities. CTeen provides a nurturing environment fusing fun, friendship, humanitarian outreach, mitzvah observance, and engaging Torah study.

VISIT [CTEEN.COM](https://www.cteen.com)

MIDWEST NCSY

A multi-faceted Jewish youth group which is open to all Jewish youth regardless of background and affiliation. Offering social and educational programming in hundreds of communities across the U.S. and Canada, NCSY is a leader in bringing unaffiliated youth an awareness of what Judaism is all about. For Jewish teenagers, NCSY is a relaxed, fun environment to learn about their own heritage.

VISIT [MIDWEST.NCSY.ORG](https://www.midwest.ncsy.org)



NFTY CHICAGO AREA REGION (CAR)

NFTY is a movement that builds strong, welcoming, inspired communities through teen-powered engagement. Together, NFTY teens pursue tikkun olam (repairing the world), personal growth, youth empowerment, and deep connections, all rooted in Reform Judaism. NFTY's Chicago Area Region (NFTY-CAR) comprises the city of Chicago, the surrounding urban and suburban areas, and northwestern Indiana. Programs include learning, worship, community service, weekend retreats, leadership cohorts, and fun team-building opportunities to build lifelong friendships. NFTY is affiliated with all Reform synagogues across the country.

VISIT [CHICAGO.NFTY.ORG](https://www.chicago.nfty.org)

YOUNG JUDAEA

Young Judaea is America's oldest pluralistic Zionist youth movement, turning spirited Jewish youth of diverse backgrounds and orientations into engaged leaders and inspired activists with a life-long commitment to Israel, Jewish life and tikkun olam (repairing the world). Through immersive informal and experiential education, Young Judaea fosters a sense of value and love for Jewish tradition and ritual and pride in the Jewish people, Israel and being Jewish.

VISIT [YOUNGJUDAEA.ORG](https://www.youngjudaea.org)

COHORT PROGRAMS

Cohort Programs allow local teens to learn new skills and explore topics such as Israel advocacy, feminism, social justice, entrepreneurship, and more, all through a Jewish lens. These programs are application-based and meet throughout the course of the school year. Check out specific program websites to learn about application deadlines and additional materials you may need to complete such as a letter of recommendation, an interview, or written/video content.



AJC'S LEADERS FOR TOMORROW

Today's high school students are tomorrow's Jewish leaders. Leaders For Tomorrow (LFT), AJC's education and advocacy program for teens, empowers young Jews to speak up for Israel and the Jewish people. LFT helps students develop a strong Jewish identity and trains them to advocate for Israel and be voices against anti-Semitism in high school, on their future college campus, and beyond. LFT students will also have the special opportunity to travel to Washington, D.C. to advocate for issues on Capitol Hill. LFT gives students the tools to talk about the issues impacting world Jewry today, and the confidence to stand up for these issues in college and throughout their lives, no matter how difficult the situation.

VISIT [AJC.ORG/LFTINFO](https://ajc.org/lftinfo)

THE BRONFMAN FELLOWSHIP

The Bronfman Fellowship is a vibrant network of 1,200+ pluralistic young Jews from Israel and North America. The program begins with a five-week, all-expenses-paid trip to Israel the summer after 11th grade. Fellows explore deep existential questions and Jewish ideas while building friendships with peers who challenge and inspire them. This program is for teens who are intellectually adventurous, Jewish, and currently in 11th grade.

VISIT [BRONFMAN.ORG](https://bronfman.org)



DILLER TEEN FELLOWS

Diller Teen Fellows is a prestigious yearlong fellowship for 10th and 11th graders interested in exploring the topics of leadership, Jewish identity, Israel and beyond. Diller Teen Fellows operates in 32 communities worldwide, including cities in North America, South Africa, Australia, Argentina, the UK and Israel. The goal of the program is to help teens develop into active, effective leaders with strong Jewish identities, a commitment to the Jewish people, respect for pluralism and love of Israel. Chicago launched its first cohort in 2013 in partnership with JUF's partner region in Israel: Kiryat Gat, Lachish and Shafir.

VISIT [JUF.ORG/TEENS/DILLER_ABOUT.ASPX](https://juf.org/teens/diller_about.aspx)



JCUA'S OR TZEDEK TEEN ORGANIZING FELLOWSHIP

The Or Tzedek Organizing Internship is a program for teens passionate about social justice who want to build concrete organizing skills and take their activism to the next level. JCUA's newly redesigned teen leadership program offers participants the opportunity to strengthen their understanding of social justice and systems of oppression from a root cause perspective, build skills to organize for social change in coalition with communities across Chicago, and to cultivate teens' Jewish identity and values by connecting Judaism and social justice.

VISIT [JCUA.ORG/OUR-WORK/YOUTH-ORGANIZING/OR-TZEDEK](https://www.jcuajc.org/our-work/youth-organizing/or-tzedek)

JGIRLS+ MAGAZINE EDITORIAL BOARD AND PHOTOGRAPHY STAFF

Editors and photographers make a difference in the world by building an online community of future Jewish female and nonbinary feminist leaders. Teen staff members provide a safe space for Jewish girls, young women, and nonbinary teens ages 13-19 to make their voices heard and to engage in discussion across differences of background, opinion, and perspective. Applications for the board typically close in late April and the terms begin at the end of August. If you miss the deadline, jGirls+ Magazine is always looking for people to submit content to the magazine throughout the year.

VISIT [JGIRLSMAGAZINE.ORG](https://www.jgirlsmagazine.org)

MOVING TRADITIONS' MEYER-GOTTESMAN KOL KOLEINU TEEN FEMINIST FELLOWSHIP

Kol Koleinu, Moving Traditions' feminist fellowship for Jewish 10th-12th grade teens, offered in collaboration with NFTY and USY, is a 10-month program that empowers participants to explore and deepen their feminist knowledge, strengthen their voices, and build their leadership skills through teaching, learning, and social change in their communities and beyond. Open to Jewish high school students nationally, our group will meet monthly through virtual meetings, as well as two in-person retreats, where participants learn from and teach one another.

VISIT [MOVINGTRADITIONS.ORG/KOL-KOLEINU](https://www.movingtraditions.org/kol-koleinu)



MOVING TRADITIONS' TZELEM FOR TRANS, NONBINARY, GENDER DIVERSE, AND LGBTQ+ TEENS

Moving Traditions' commitment to serving transgender, gender diverse, and LGBTQ+ Jewish youth is rooted in our core values, our mission, and our theory of change. We work with teens in Tzelem to create safe spaces for teens of all genders and sexualities to talk about the issues in their lives as teens. Tzelem seeks to enrich teens' lives by:

- Developing a strong self-concept and the social emotional skills to navigate through life.
- Recognizing and resisting sexism personally and in their communities.
- Experiencing Judaism and Jewish community as personally relevant and meaningful. We also recognize transgender oppression is related to - but not synonymous with - sexism and therefore address that as well in Tzelem.

VISIT MOVINGTRADITIONS.ORG/PROGRAMS/TZELEM

NO SHAME ON U TEEN LEADERSHIP BOARD

No Shame On U's Teen Leadership Board is comprised of teen change-makers who are interested in destigmatizing mental health disorders in their communities. Members reinforce No Shame On U's mission by learning about mental health in our local and broader community, and working together to create teen awareness initiatives, culminating in an end-of-year teen board directed and designed program. Teen Board members meet in person monthly.

VISIT NOSHAMEONU.ORG/TEEN-LEADERSHIP-BOARD

OPERATION SNOWBALL

Operation Snowball Teen Leaders are a team of high school students who meet weekly from October to April to plan a weekend retreat for middle school students. At the weekly meetings, the team will engage in team building activities, insightful discussions, and leadership training to help them gain confidence in their facilitation skills. It's a great opportunity for high school students to build relationships with other teens from different schools, improve their leadership and facilitation skills, and serve as a role model and guide to empower younger teens.

VISIT JCFS.ORG/RESPONSE/LEADERSHIP/OPERATION-SNOWBALL

RELIGIOUS ACTION CENTER'S TEEN JUSTICE FELLOWSHIP

The RAC Teen Justice Fellowship is a crash-course in community organizing and civic engagement as well as an opportunity to gain skills you can use to make change this fall, and for the rest of your life. RAC is a learning intensive program designed to train high schoolers to be organizers in your home communities. Fellows will learn community organizing skills, why voter suppression is still a problem, how to run a virtual voter registration drive, and complete a civic engagement project in your home community. You get to learn, decide how you want to make an impact, and be the leader that makes it happen. Justice Fellows will meet virtually every week for six weeks to hone your leadership skills, learn organizing, and advocacy.

VISIT [RAC.ORG/LEADERSHIP-DEVELOPMENT/EMPOWERING-YOUNG-LEADERS/LEADERSHIP-DEVELOPMENT-FELLOWSHIPS](https://rac.org/leadership-development/empowering-young-leaders/leadership-development-fellowships)

SEED613

Seed613 empowers Jewish teen girls to work together to identify challenges in the community and create solutions, whether big or small, that will make a meaningful difference. Fellows will practice innovative problem solving, critical thinking and human-centered project design, discuss pressing social issues, learn business skills such as marketing, fundraising and budgeting tactics, and create community among peers. The program culminates in a Launch Night where Fellows have the opportunity to pitch their social impact projects to the community. Seed613 meets from November-April each school year.

VISIT [JCCCHICAGO.ORG/TEENSEED613](https://jccchicago.org/teenseed613)



SPRINGBOARD PEER AMBASSADORS

As a Peer Ambassador you will increase awareness about Jewish teen activities, facilitate Jewish connections for your peers, and even create your own programs. This program is open to rising 9th-12th graders, and you can earn a stipend over the course of the Ambassadorship.

VISIT [JUF.ORG/PEERAMBASSADORS](https://juf.org/peerambassadors)

STANDWITHUS KENNETH LEVENTHAL HIGH SCHOOL INTERNSHIP

The StandWithUs Kenneth Leventhal High School Internship is for self-identified leaders in 11th and 12th grade, who want to proactively impact their local schools and communities. Leventhal Interns will provide nuanced education about Israel and the tools to fight antisemitism to their peers through interactive and creative initiatives and programming. Leventhal Interns cultivate their leadership in the areas of knowledge acquisition, professional development, and practicing new management skills, while receiving personalized mentorship from StandWithUs professionals.

VISIT [STANDWITHUS.COM/HS-INTERNSHIP](https://standwithus.com/hs-internship)

STANDWITHUS-TEEN LEADERSHIP COUNCIL

The Teen Leadership Council (TLC) is open to all high school students and runs each semester. The program brings students together to grow their knowledge of Israel, learn how to effectively combat antisemitism, and develop leadership skills. The TLC members meet virtually 4 or 5 times during the semester with StandWithUs professional staff to cover various educational topics and engage with their peers. At the end of the program, students receive mentorship to create a program for their peers through their high schools, school clubs, youth groups, places of worship, or elsewhere.

VISIT [STANDWITHUS.COM/TEENLEADERSHIPCOUNCIL](https://standwithus.com/teenleadershipcouncil)



STUDENT TO STUDENT

Student to Student is a program of Ida Crown Jewish Academy, with funding from the JUF Fund for the Future Grant. This program trains Jewish teens from Reform, Conservative, and Orthodox backgrounds to present about Judaism in public and private high school classrooms with low to no Jewish population. The goal of the program is to create a positive face-to-face real-life encounter with Judaism, to help combat negative stereotypes and antisemitism. See the links below to learn more or apply!

VISIT [FACEBOOK.COM/STSchicago](https://facebook.com/STSchicago)

VOICES-THE CHICAGO JEWISH TEEN FOUNDATION

Voices: The Chicago Jewish Teen Foundation is a prestigious, ten-month-long program for 25 Jewish high school students from across the metro Chicago area. Together, you will learn the ins-and-outs of teen philanthropy and grant-making through a Jewish lens. As a member of the Voices Jewish Teen Foundation Board, you and your peers will allocate at least \$25,000 to affect real change to the issues you care about most.

VISIT [JUF.ORG/TEENS/VOICES_ABOUT.ASPX](https://juf.org/teens/voices_about.aspx)



URJ TEEN LEADERSHIP OPPORTUNITIES

Find your place as a leader in your synagogue, in your community, and in the world with these programs that are open to teens from across the country. Explore your passions and learn professional skills that will help you stand out and lead, no matter where life takes you! Program choices include teen mental health advocacy, songleading, creative arts, environmental justice, racial justice, and Israel advocacy. Opportunities are open to high schoolers.

VISIT [URJ.ORG/YOUTH-PROGRAMS](https://urj.org/youth-programs)

COMMUNITY PROGRAMS

Community programs offer the opportunity to meet other teens across Chicago and beyond through one time or multi-session activities. These programs are centered around shared experiences: geography, educational and extracurricular interests, or skills. They allow teens to join together and be a part of something bigger than themselves.



ALL STAR ABILITIES

A peer-to-peer fitness literacy, wellness instruction, and recreational opportunity for teenagers of all abilities. Participants of this program will gain skills in practical exercise training, comfort and ability utilizing a fitness center, and new friendships with other participants and teen volunteers. Peer volunteers work alongside participants to help them achieve their goals. ASA meets in 5-week sessions throughout the school year.

VISIT [JCCCHICAGO.ORG/ASA](https://jccchicago.org/asa)

CHI TOWN CONNECTION

A year-round youth group connected to JCC Camp Chi, known nationally as one of the leading overnight camps in the country. It offers social, recreational and leadership opportunities for teens in 8th-11th grades.

VISIT [JCCCHICAGO.ORG/TEENS](https://jccchicago.org/teens)

FINDING YOUR ROOTS

Explore genealogy and your family's history through this new JCC Chicago initiative. Discover unknown branches of your family, surprising stories, and connect more deeply with your sense of self through your family's past. Participants work with instructors that guide them through online ancestry software and understanding family data and historical documents.

VISIT [JCCCHICAGO.ORG/ROOTS](https://jccchicago.org/roots)

THE FRIENDSHIP CIRCLE

Empowering today's teens to bridge the gap between families of children with special needs and the community. Offering friendship, social, Judaic and educational experiences.

VISIT FCIL.ORG

GOOD DEEDS DAY

An international day of service founded in Israel and coordinated locally by TOV, GDD brings volunteers of all ages together to “do good” across Chicagoland.

VISIT JUF.ORG/GOODDEEDSDAY

HABONIM DROR BONIMOT TZEDEK

A year-long extra-curricular program for high schoolers. It is a nation-wide program focused on building leadership skills, social justice education and action.

VISIT HABONIMDROR.ORG/BONIMOT-TZEDEK-HIGH-SCHOOL-ACTIVISM



HAZAMIR

The International Jewish Teen Choir, HaZamir, welcomes Jewishly identified and musically talented teens from a broad range of cultural backgrounds and levels of religious observance. With chapters across the US and Israel, teens learn and sing Jewish choral music at the highest musical standard and on the world's greatest stages.

VISIT HAZAMIR.ORG/HAZAMIR_CHICAGO

JEWISH STAR

The Jewish Star North American Talent Search is an initiative of Jewish Rock Radio (JRR) designed to identify and elevate talented teens and young adults with a passion for Jewish music and leadership by equipping them with mentorship, skill-training opportunities and an international platform to profoundly impact the Jewish world. EVERYONE who enters Jewish Star will receive immediate access to Jewish Star Academy skills-training webinars led by top artists and educators.

VISIT JEWISHSTAR.JEWISHROCKRADIO.COM

JEWISH STUDENT CONNECTION (JSC)

JSC helps high school students find a deeper connection to Jewish culture and community through school clubs with programs like hamentashen baking, Yiddish rap battles, and discussions on current events. JSC works with teens across the Chicagoland area and provides them with information and access to a wide variety of opportunities offered to teens in the community. JSC clubs are school-sponsored and open to all students. Find an up to date list of schools with JSC clubs online.

VISIT JCCCHICAGO.ORG/JSC

JEWISH STUDENT UNION (JSU)

These public high school clubs are a program of NCSY and provide Jewish teens with programs that strengthen their Jewish identity and connection to Israel. JSU aims to get more Jewish teens attending public high schools to do something Jewish. Find an up to date list of schools with JSU clubs online.

VISIT JSU.ORG

THE JEWISH TEEN PROJECT

A cooperative learning experience for 8-12th graders who come together to learn with incredible clergy and participate in social action projects. Our goals are to engage teens in meaningful conversations that allow them to translate Jewish ethics, values, and practices into their lives and to connect and build relationships with our community and each other. Jewish Teen Project meets on Tuesday evenings in two 9-week semesters from 7-8 p.m.

VISIT NSSBETHEL.ORG/LEARN/SOKOL-HEBREW-HIGH-SCHOOL



KESHET-FOR LGBTQ EQUALITY IN JEWISH LIFE

Keshet advances LGBTQ rights nationwide through education, advocacy, and teen programming. Our year-round teen Shabbaton retreats empower LGBTQ and ally Jewish youth to build meaningful friendships, engage in deep Jewish learning, and return home to build a world we can all be proud of. Join a Keshet Shabbaton retreat for LGBTQ and ally teens to learn, grow, and celebrate who you are in a warm and vibrant community.

VISIT KESHETONLINE.ORG

KESHET-SPECIAL NEEDS, EXTRAORDINARY OPPORTUNITIES

Premier provider of social and recreational programming for Jewish individuals with disabilities in the Chicagoland area. Keshet's inclusion model allows participants to be fully involved in the community, by building relationships between participants and peer volunteers. Volunteer opportunities include Sunday Schools, sports, afterschool programs, school breaks and holiday camps, community outings and more! Keshet also provides teens 16 and older opportunities to volunteer or work at summer camps.

VISIT [KESHET.ORG](https://www.keshet.org)



MOVING TRADITIONS

Helping teens reach their full potential by connecting relevant content with enduring Jewish values, and by fostering positive peer-to-peer relationships through trained adult mentors. As a result, teens address the social and personal challenges of middle school and high school within safe, Jewish communal spaces, so that they thrive—growing up confident and compassionate, and finding meaningful connections to Jewish life.

VISIT [MOVINGTRADITIONS.ORG](https://www.movingtraditions.org)

PROGRAM FAIR

Are you looking for ways to connect with the Jewish community, learn new skills, and broaden your horizons? Join Springboard this spring to learn more about yearlong cohort opportunities for the upcoming school year.

EMAIL SPRINGBOARD@JUF.ORG

RESPONSE FOR TEENS

Empowers adolescents and young adults, aged 12-24, to make healthy life choices. Response provides counseling, sexual healthcare services, programming focused on a variety of topics for schools, synagogues, camps, youth groups, parent education and support, teen leadership opportunities and Snowball, an intensive weekend teen-led retreat filled with activities and interactive workshops.

VISIT [JCFS.ORG/RESPONSE](https://www.jcfs.org/response)

TOV TEENS

The Tikkun Olam Volunteer (TOV) Teens Network is JUF's connection point for teens who want to donate their time to help those in need. Join volunteer opportunities taking place across the Chicagoland area and range from one-time volunteer opportunities, year-long b'nai mitzvah projects and week-long hands-on volunteering day camps.

VISIT [JUF.ORG/TEENS/TOV_ABOUT.ASPX](https://juf.org/teens/tov_about.aspx)



YACHAD

Chicago Yachad is dedicated to enhancing the life opportunities of individuals with disabilities of all ages, ensuring their participation in the full spectrum of Jewish life. Yachad members participate in social and recreational activities each month.

VISIT [YACHAD.ORG/CHICAGO](https://yachad.org/chicago)

TEEN COMMUNITY CELEBRATION FEATURING 18 UNDER 18 HONOREES

This event brings together hundreds of teens, parents, community members, clergy, educators and other youth professionals to celebrate the vibrant and diverse experiences Jewish teens are having in Chicago.

VISIT [JUF.ORG/SPRINGBOARD/18-UNDER-18-HOME.ASPX](https://juf.org/springboard/18-under-18-home.aspx)



TRAVEL

Traveling is a fun and exciting way to expand your horizons, make friends, and learn something new. Explore for a short amount of time during a break from school or spend a longer amount of time taking in all that Israel and other locations have to offer alongside other Jewish teens.



ALEXANDER MUSS HIGH SCHOOL IN ISRAEL

Jewish National Fund's Alexander Muss High School (AMHSI-JNF) in Israel is the only non-denominational fully accredited study abroad program for high school students in Israel. Stand out from the crowd on your college applications, experience outstanding academics, develop life-long friendships, and earn college credit. Tuition funding is available through the Marc and Susan Sacks Fund for AMHSI-JNF. Alexander Muss High School in Israel offers 6-week, 8-week and full 18-week semester programs throughout each year.

VISIT AMHSI.ORG

BBYO PASSPORT ISRAEL JOURNEY

Join BBYO Passport's flagship 3-week summer experience in Israel. Form new friendships while traveling on a cross-country and cross-cultural journey in the Jewish homeland. Discover Israel's many treasures on a transformative journey that focuses on active touring, Jewish experiences, and cultural connections. Travel from the far North to the deep South and make connections and memories to last for a lifetime.

VISIT BBYOPASSPORT.ORG/TRIPS/SUMMER-EXPERIENCES/DESTINATIONS/ISRAEL-JOURNEY



BNEI AKIVA MACH HACH BA'ARETZ

Mach Hach Ba'Aretz is an amazing and inspiring 5-week Israel summer tour for 10th graders. Fall in love with the country and form an everlasting bond with its people!

VISIT BNEIAKIVA.ORG

CTEEN ISRAEL JOURNEY

The CTeen Israel journey is a unique 22-day trip to Israel that gives teens a once-in-a-lifetime opportunity to explore the roots of their Jewish history at its source. Participants will deepen their appreciation of the significance of our Jewish homeland and contemporary Jewish life. They will see the major sights, enjoy indoor and outdoor adventures, and form lasting bonds of friendship. The CTeen Israel Journey is a unique blend of fun, meaning, inspiration, and growth.

VISIT [CTEENSUMMER.COM](https://www.cteensummer.com)

ISRAELNOW

IsraelNow is an 8th grade educational experience in Israel designed to give participants a meaningful, intense, emotional and focused taste of the land and their heritage through a week long, “hands-on” experience in Israel. IsraelNow strives to strengthen the participant’s Jewish identity while helping them build a deeper connection with Israel.

VISIT [ISRAELNOWTRIP.ORG](https://www.israelnowtrip.org)



JCC MACCABI GAMES

Spend your summer with JCC Maccabi. 3,000 Jewish teen athletes, ages 12-17 and representing communities from across the globe, come together to experience the magic of JCC Maccabi, the world’s largest Jewish youth sports event. Among the highlights of this unique, Olympic-style Jewish experience will be: sports competitions, including opening and closing ceremonies; travel; community service; social and cultural events; and opportunities to create Jewish connections, friendships, and memories to last a lifetime!

VISIT [JCCCHICAGO.ORG/MACCABI](https://www.jccchicago.org/maccabi)

NFTY IN ISRAEL

NFTY in Israel is an epic journey through the story of our people. Discover yourself and your Jewish values on the adventure of a lifetime. Choose from 6 specialty trips, including a visit to Eastern Europe, a deep Hebrew immersion, a trip through the lens of social justice, a sports trip for athletes, and a sci-tech Israel trip. Any teen that belongs to a Reform synagogue received a gift certificate for an Israel trip that can be used for NFTY in Israel. Scholarships available.

VISIT [NFTYISRAEL.ORG](https://www.nftyisrael.org)

NCSY-THE JERUSALEM JOURNEY

Join an awesome group of Jewish public-school teens as you travel across Israel, from the Golan Heights to the shores of Eilat and everywhere in between. Explore Jewish heritage by visiting the Western Wall, Masada, and other holy sites.

VISIT TJJ.JSU.ORG

USY SUMMER EXPERIENCE

On a USY Summer Experience, you will gain independence and a better sense of self, while forming lifelong bonds of friendship with teens from across North America. You will be immersed in other cultures and see the world from a different perspective, develop a deeper understanding of global issues and conflict, repair the world in local communities through volunteer work and service, and discover the joy of Jewish living through fun, meaningful experiences that create a lasting impact. Have the summer of a lifetime in the U.S., Canada, Israel, Europe, or the Dominican Republic.

VISIT USY.ORG/SUMMER



USY ISRAEL PILGRIMAGE

Experience Israel's beauty and history alongside USY peers on this 4-6 week trip. Teens will take part in fun and adventurous outdoor activities and engage in interesting and educational discussions - all while gaining a new appreciation, understanding, and love for the Jewish homeland. Teens can also join a combination trip where the Israel experience is supplemented with a global Jewish community-based trip across Poland, Prague, and Germany, a special social action-based trip engaging in daily service projects, and an innovation-based trip where teens can attend the Start-Up Nation Boot Camp with top Israel entrepreneurs.

VISIT USY.ORG/SUMMERDRAFT/TRIPS-IN-ISRAEL-EUROPE

URJ HELLER HIGH

URJ Heller High: Isaac and Helaine Heller EIE High School in Israel (formerly NFTY-EIE) is a semester long (four months) program for high school students in grades 10-12 in Israel. Heller High is an intensive academic program and is fully accredited by the Middle States Association of Colleges and Schools.

VISIT HELLERHIGH.ORG

YOUNG JUDAEA GESHER

Young Judaea's summer teen Israel experience is the perfect way to spend the summer exploring the major sites and hidden gems of Israel. Machon will put leadership skills into action while creating lifelong memories.

VISIT
YOUNGJUDAEA.ORG/PROGRAMS/GESHER

Affordability

Sometimes finances can be a barrier to participating in amazing Jewish programs. Many youth organizations and programs offer scholarships for participation in a specific program or travel experience. Below are some additional resources that can help make programs more affordable. The information provided will help ensure that anyone who wants to is able to attend Jewish programs without financial constraints standing in the way. Beyond what is represented on this page, many youth organizations and programs also offer scholarships for participation in a specific program or travel experience. Springboard can help connect you with the right people to ask about a specific scholarship.

Jewish Student Connection (JSC) Scholars Grants

JSC Scholars provides merit scholarships for teens participating in life-changing Jewish experiences. This scholarship is available to all Jewish teens across the Chicago community. JSC Scholars is a program of Jewish Student Connection and JCC Chicago.

VISIT: JCCCHICAGO.ORG/JSC

Masa Israel Teen Journey

Masa Israel offers funding to teens participating in semester and summer Israel programs. Amounts range from \$200-\$1,400 depending on length and type of program.

VISIT: MASAISRAEL.ORG/MASA-TEEN-JOURNEY

RootOne Israel Travel Vouchers

\$3,000 RootOne Israel Travel Vouchers are available for Jewish teens who travel to Israel on select programs. Register for your Israel travel experience program to reserve your spot for summer, then complete a voucher application with RootOne!

VISIT: ROOTONE.ORG

Springboard Access Grants

Springboard was created to help more Jewish teens find meaningful experiences in the Jewish community. Springboard is excited to make it even easier for teens to try new programs and find activities in the Jewish community. Through Springboard Access Grants, Springboard will provide financial support to teens who want to participate in new experiences.

VISIT: JUF.ORG/ACCESSGRANTS

JUF Israel Experience High School Scholarship Program

The Jewish United Fund and the Naftali Steinfeld Memorial Scholarship Fund offer scholarships based on financial need for high school students participating in approved Israel experience programs. The purpose of the Israel Experience High School Scholarship Program is to strengthen Jewish identity and nourish greater understanding and commitment to Israel and to the Chicago Jewish community. The website also includes scholarship resources across other organizations and local congregations.

VISIT: JUF.ORG/ISRAEL_EXPERIENCE/CCIP.ASPX

Appendix: Next Steps

Thank you for exploring The Menu! Now that you have a sense of the many flavors of Chicago Jewish teen program offerings, we want to hear your thoughts. Our Springboard team is excited to meet and talk with you about your interests and help you take the next step.

STAY CONNECTED



[JUF.ORG/MEETSPRINGBOARD](https://juf.org/meetspringboard)



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[JUF.ORG/TEENCALENDAR](https://juf.org/teencalendar)



Springboard JUFteens.

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