**The Personal Commitment Program – By Gabi Hlevner**

**During these years in Israel, a new program was developed to encourage Israeli youth to contribute and take a more active part in the community. In an attempt to implement this, the schools imposed on the students to take part in the personal commitment program. As part of the personal commitment to the student, there is a certain amount of hours that he or she must fulfill as a contribution to the community. The founders of the program hope that once personal fulfillment is defined as a duty and not as a right - more students will contribute and help the community and the indifference that prevails in the youth without the youth will fade away.**

**The student can fulfill his or her personal obligation in a variety of ways, such as volunteering for medical clowns, helping the elderly, working with youth at risk, and other options that are suitable for the nature of the volunteer student. The children listen to training that teaches them how to deal with the different situations and how to make the most of this commitment. In most cases, students spend more money than they do.**

**As part of the medical lethargy, the children dress up as clowns and try to encourage small children who stay in the hospital. After all, quite a few believe that the best medicine is laughter! Before the students enter the hospital physically and start talking to the younger children, they undergo a series of five sessions, all of which take place in the afternoon - at the expense of the student's free time. At the meetings they receive tools to deal with the children and teach them to make fun of "and make happy".**

**As part of the assistance to the elderly, the students help the elderly of the community in which they live. There are a lot of elderly people who can not and do not have the means to stay in a nursing home or in a specific framework that will take care of them - and they are unable to take care of themselves. The students meet with these elderly people, usually in the elderly home, and offer all the help they will need. Sometimes there is no need for help, even a company can make a huge contribution. Sometimes the elderly only look for a person to talk to and share with him in existing situations.**

**At the end of the year of personal commitment, those who persevere with special and moving status receive certificates of appreciation. Apart from the diplomas, each student receives a prize. This prize is not tangible, and it does not cost a penny. Which is a prize they feel inside. They feel older, more responsible, and better citizens. This is a huge profit that contributes to the shaping of their adolescent image - it is important for every teenager to accept this prize.**

**In conclusion, in my personal opinion, personal commitment is an excellent program that can "shake" the youth from the comfortable situation most of them are in and call on them to go out and contribute to others. If we do not exist as a supportive society towards each other, what kind of society will we become? It is important to remember that we are all one human tissue and if we have the ability to help someone else it is important that we do so, because in the end we will also benefit from it**