

Co.Lab 06

Program Summary



“ It wasn’t a walk in the park. Then I realized that I had come to the right place, precisely because it was not simple, and because of the opportunity to experience discomfort. ”



After a year full of challenges, connections, and work, it is time for wrapping up and saying goodbye.

We started the year in lockdown, met over Zoom, continued with outdoor encounters, and moved on to small groups until we could finally meet all together-with masks, and in the end even without.

From one meeting to the next, the initiative groups began to take shape and develop, and at the same time, the fellows conducted inquiry journeys throughout the country. In the Center, we focused on the LGBTQ community; in the South, on distributive justice; in Jerusalem on social protest; and in the North, on coexistence for Jews and Arabs. The journeys brought up complexities, confronting the group with different ideologies and leading the fellows, each in his or her own way, to delve into their identities and the distance that each is willing to go to create connections with the other.



“ In the interview I said that I wanted to join Co.Lab in order to expand my limits, and I didn’t know how and how much that would happen. It pushed me in my capacities to listen, in my knowledge and in my circle of friends; it pushed me in almost every way imaginable ”

In between, we found ourselves dealing with riots in mixed cities, missile fire, and the severe escalation in the south of the country, which provoked painful controversy and opened gaps between group members. The overall crisis in the country led to an internal crisis in the group. Something came to a halt. In order to overcome the crisis, we chose to meet “differently” as well. We met for a “parlor meeting” at the home of Idit, the facilitator, an intimate meeting that gave each fellow an open space to be heard, and real space for listening. We were privileged to share in their pain, fears, and challenges, and, happily, also in their faith and hope.

The teams selected their initiatives again and continued on their way. The social-change initiatives marathon came next. Seven original, connection-building initiatives were presented at the annual capstone event to experts and Co.Lab graduates. They were received with great encouragement. Four of them are already in the process of submitting a grant proposal, and each group is progressing individually and with our guidance.

We concluded the year with a moving final meeting, filled with mutual appreciation and recognition, at the end of which Co.Lab 06 joined the community - both as a close-knit group and as 19 individuals, each one wonderful in his or her own way.

We’re already missing the meetings, but fortunately, we’re already seeing them being impressively active in the Co.Lab community.



“ I was amazed by the ignorance with which I came to the program. Where ever there is a vacuum, you fill it with what you read and hear, and that is not a good thing...”

“It was intriguing from a different place. The fellows helped me connect to my authenticity and my integrity, to listen without reacting right away. When you experience how to really listen there is potential for real change”

“I’m taking with me so many things, from the voices, tone and attitude of the different fellows I engaged with.”

“There were moments when I thought this was not the place for me. But at the end of the program I am proud of the process I went through, that despite the internal difficulty, I brought myself and my difficulties living in Israel to the group.”

“There’s a lot of work that’s going to come out of the program with the people here, a lot of action items!”

“Our discussions increased my understanding of the various narratives in Israeli society. It was an unusual experience. I learned a lot. I’m taking from the program especially the fellows and I am positive there will be many more collaborations from here. “Co.Lab” is not just a name—it’s really a lab for collaborations.”

“I learned so much, and I want to ask myself a year from now what I did with it. I believe that since I am now full of good intentions, the answer will be a big ‘yes.’”

Co.Lab Cohort 06 video
fellows sharing their experiences in the program
[View](#)



Initiatives

At the end of the program, seven initiatives of the fellows were launched, and are currently in various stages of development and searching for partners:

- Space to Grow** - Multi-community support groups located in urban nature spaces
- Me-Too** - Promoting Moderate Discourse Online
- Start Hub** - Promoting multicultural Startup Nation by integrating the Arab and ultra-Orthodox sectors
- Narrative Navigator** - A platform to present the narratives of different groups in the Israeli society
- Board Directors** - Customized Board Directors Program for Arab and ultra-Orthodox women
- Disability and Ultraorthodox Community** - Providing knowledge in the field of disabilities to leaders in the ultra-Orthodox sector
- Senior Experts for Citizens' Rights** - Free Personal counseling service given by senior-retired experts

Words and Sentences

Co.Lab 06 fellows & Yotam Tolub

- It's a circle
- It's a journey
- It's learning from every member of the group.
- Escaping from reality,
- Taking a break from the race,
- It's going into a bubble,
- Coming out,
- And getting lost.
- It's a place
- To put an agenda, to bring myself.
- To meet people who are not in my life
- And here they are in my life.
- It's not agreeing with a single word.
- It's agreeing,
- Cracking so that the light shines through.
- It's the encounter with Yael,
- With Yaacov.
- It's when Nizar says I learned to get to know Arab society.
- This is the place where I found
- What I want to do with my life.
- It's a movement
- To change the point of view,
- To change the world.
- Yes, the world.
- To be less right.
- To exercise
- Scharmer' Code
- And to exercise the heart muscles
- My heart expands.
- It's the circle that you can't predict where it will lead,
- It's meeting the Ashkenazi-Mizrahi divide
- Listening to it through other people's words.
- It's getting excited about Orly Bar-Lev and realizing that it's just me.
- It's hearing the term "Palestinian narrative" for the first time.
- It's hearing the Palestinian narrative for the first time.
- It's friction.
- It's peeling like an onion, layer after layer,
- And when you peel an onion, you cry.
- It's coming home.
- It's coming home with a head full of thoughts,
- And faith, coming home to faith
- In myself.
- It's falling in love like a teenager,
- Which I didn't know was still possible.
- It's words.
- And sentences.
- Each one stands alone.
- And here, together, they made a poem.