



**Worldwide Friends - Veraldarvinir**  
Volunteers in Iceland

*Adventure in the land of fire & ice*

Teenager Summercamp



## **Information Sheet**

Project around Iceland

General Information

### THE ORGANIZATION

Worldwide Friends Iceland (WF) was founded in 2001 as a non-governmental, non-profit organization promoting nature and peace-oriented activities among people interested in spending time in Iceland as volunteers.

WF also sends Icelanders abroad who wish to have similar volunteer experiences elsewhere in the world. The main activities offered by WF Iceland are workcamps, exchange programs, and educational seminars.

Today the endeavor of attaining world peace has become a tangible possibility and the development and strengthening of bonds of cooperation and friendship through contact with people from other countries and cultures has proven to be one of the most fruitful means of achieving understanding and unity among nations.

Veraldarvinir's main aim is to increase intercultural understanding by offering foreign volunteers the opportunity to take part in nature and peace-related activities.

For volunteers coming to Iceland, such projects will give them a unique opportunity not only to explore and directly interact with Iceland's unique culture and landscape but also work with other international volunteers and local residents in challenging and unfamiliar contexts.

This interaction between unspoiled nature and people from different backgrounds provides the participants with



invaluable opportunities to learn more about themselves as individuals, their international fellows, other cultures, and

the natural richness of Mother Earth. These are all unique opportunities for building bonds of unity and understanding between societies around the world.

### GLOBAL WARMING

This year "Global Warming" is our main theme throughout our different work camps. The volunteers will have workshops and group discussions about the theme. Humanity must act in a more environmentally friendly way. The main goal of this project is to improve the environmental education and consciousness of the projects' participants.

Within the project, we will learn and write about green energy, sustainable householding, waste treatment, and how you can help reduce global warming. If we want to change something, develop solutions, or inspire others, we have to understand the issues and tasks first. Taking part in this promising project and spring into action.

### VERALDARVINIR/WF ICELAND AIMS AT :

- Promoting peace and friendship
- Promoting intercultural learning and awareness
- Preserving Icelandic nature and raising awareness about environmental issues
- Promoting voluntary work and a culture of volunteering

*Welcome to the Land of Ice & Fire!*

# PROJECT INFORMATION

## SHORT DESCRIPTION

Let's fight global warming. 12 days Adventure camp for 15 to 17 years old teenagers. Traveling around Iceland's Ring Road while visiting the most beautiful places on the island, while also taking action, by participating in different activities that will benefit the local community! With exciting activities like: Horse riding, and discovering glaciers, black sand beaches, lava fields, hot springs, and pure nature. During the camp, the young people will give a special focus and have workshops about how to prevent global warming in their daily life.

## PROGRAM

This camp will focus on Global warming and how we can fight this danger in our daily lives. During the camp, our teenagers will also have some photography sessions to learn how to get the most out of the cameras while being creative.

The teenagers will get hands-on instruction and experience with the tools necessary to research, compose, capture, and refine digital photographic projects. We will mostly focus on nature when it comes to topics and we encourage our participants to be creative. Iceland is a magic country for photographers, so we are sure that our group will have a lot of great photos and memories when they return home after the camp.

### Day 1: Airport pickups. Meeting with the participants'

Pick up at Keflavik Airport.  
Detailed introduction of the program. Getting to know each other. City tour and dinner in Reykjavik

Accommodation: Reykjavik

### Day 2: Departure to West – Golden Circle

After breakfast we will go for the number one tour in Iceland called the **Golden Circle**. We will see Gullfoss the beautiful double “Golden Falls”; the active geothermal area of Geysir, where we can see Strokkur “the churn” spout up to 25 meters (70 feet) every five to seven minutes. A visit to the ancient Viking Parliament area of Þingvellir National Park tops it off before heading to the west to our first project Location: Brú Sustainable Center

Accommodation: Brú Sustainable Center



### Day 3 to 5: Volunteering Day!

We will participate in a Beach Cleaning activity! The plastic crisis is one of the major environmental challenges of our times. Plastic pollution impacts our health, water, tourism, fishing, and overall ecosystem. Plastic debris has accumulated in natural habitats from the poles to the equator. This program takes a bottom-up approach, focusing on how an individual can change their perception of plastic, understand responsibility, create motivation to contribute to combatting the crisis, and, ultimately, ideally change their plastic behaviors.

We work with the local community as well helping with the reforestation of the areas nearby.



Accommodation: Brú Sustainable Center



## Day 6: Horse Riding & Vist to Seal Museum

The Icelandic horse is as local to this volcanic land as its people. Being one of the purest horse breeds in the world it is also considered one of the friendliest animals ever.

Horse riding gives you a chance to get off the roads, while still braving up mountains and wading across glacial rivers. It means flying through the Icelandic scenery and exploring the land in the same way as the settlers did, and their descendants have kept on doing ever since.

One of the Icelandic horse's most notable attributes is its **five gaits!**

In the afternoon we will visit the Seal Museum in Hvammstangi, a museum designated to provide you with the information you need to fully enjoy the seals you can spot around Iceland's shores.

Finish the day relaxing in the local geothermal swimming pool!

Accommodation: Brú Sustainable Center



## Day 7: Travel to the East

We will start the day early. Having many stops along the way; **Akureyri** the capital of the North, **Godafoss** waterfall. **Dimmuborgir** is a strange lava landscape. Its name means "Dark Castles," owed to the interesting rock formations jutting out

of the ground, resembling a fort from an ancient city. Then there are the **Námaskarð** mud pools, also located to the east of Lake Mývatn. Marvel at the yellow and brown colours of the clay along with the gray-filled mud pools. It looks like a movie scene from another planet!



Accommodation: Worldwide Friends House

## Day 8 & 9: Volunteering Day!

Our main activity in the east will be fighting lupines!

As well as path maintenance, invasive plants removal is essential to nature and landscape preservation. In Iceland, there are few non-native plants that have become invasive and are in competition with indigenous flora. The most known is called Lupin (*Lupinus nootkatensis*).

It is used to improve the quality of the soil in enriching it with nitrogen and allowing the long roots to stabilise the loose ground. This plant was introduced in Iceland to avoid soil erosion and to help forestry. The spread of plant went out of control, taking over large areas in a short space of time. Lupine has a negative impact on biodiversity by taking over local species.

Accommodation: Worldwide Friends House







## Day 11: Travel back to Reykjavik

Travelling through the west to Reykjavik. Several stops to enjoy nature on the way; Glacier Lagoon, the world famous Black Beach, and many more. Farewell party.

Accommodation: Hostel in Reykjavik

## Day 12: Last day – time to say goodbye

Relaxing in Reykjavik and enjoying the final day together.

Drop off at Keflavik Airport

### WORKSHOPS

The main objective of the project is to learn about different aspects of environmental and sustainability issues through a selection of workshops, discussions, and visits. Workshops can include topics such as renewable energy, food waste, and sustainable practices such as collaborative consumption or vegetarianism. This project will help you to be an environmentally conscious traveler and consumer.

### ACCOMMODATION & FOOD

Participants will be staying in the Hostels/Guest Houses. Based on gender they will share double or quadruple rooms with shared bathrooms.

Wireless internet access is provided free of charge at the accommodation.

Food is included for the duration of the work camp; however, everyone is expected to do their fair share of the cooking and cleaning. Since it is always nice to try new and different dishes, volunteers are encouraged to bring along their favorite recipes from home! We encourage our volunteers to try vegan and vegetarian meals during their stay with us.

We provide a well-balanced and healthy variety of food products that includes a wide variety of whole grains, seasonal fruits & vegetables, pantry staples, dairy products, vegetarian/vegan options. We try to reduce our carbon footprint on the planet by cutting down our meat intake and we usually encourage volunteers to try more sustainable dishes.

We do not provide soft drinks, candies, or alcohol. However, we will provide the ingredients for you to bake delicious snacks! As we bake our own bread feel free to bring any golden crust recipes from home!

## Day 10: Studlagil Canyon & Vök Baths

With the largest number of basalt rock columns in Iceland and a stunning blue-green glacial river to contrast, Studlagil is one of Iceland's hidden gems!

Afterwards you will experience the age-old Icelandic tradition of bathing in a natural geothermal pool. Vök Baths is located on the bank of Urriðavatn lake, only a few minutes from the town of Egilsstaðir.

At Vök Baths you will find, floating geothermal pools with infinity view, two on shore hot pools, a sauna and a cold water spray tunnel.

Accommodation: Worldwide Friends House



Please let us know if you have any food allergies or special dietary needs in advance.

**We will also focus on intercultural learning. Every evening, volunteers will present each of their Countries & Cultures. It can be a presentation, a game, videos...the form of introduction is up to you! Therefore, we encourage you to bring along some food, photos or anything interesting related to your country for a fun and informative evening amongst other volunteers.**

#### AGE LIMIT

Adventure camps are for teens 15 to 17 years old with a special focus on creative photography.

#### REQUIREMENTS

English is the main language spoken in our camps, therefore, a basic knowledge of English is required.

We ask volunteers to be mindful and respectful with other volunteers, try to speak your native language only if is necessary. Remember it will be a great opportunity for you to become fluent in English.

#### THE FIRST & LAST DAY OF THE WORKCAMP

The first day of the camp is *Arrival Day* and the last day of the camp is *Departure Day*. We will pick up participants from KEF Int. Airport. Please send your arrival details at least 1 week prior to your arrival. A member of staff will be waiting for you holding a sign with our logo.

We will be taking participants, based on their flight times in groups, to Keflavik Airport for their departure.

**Note: the night of the last date of the camp is NOT included.**

If you require to stay an extra night after your program, the accommodation will be at "The Farm". A 40 min ride by bus to the city center, set in the outskirts of Reykjavik. Depending on availability, the cost for an extra night is €30. Please let us know in advance to see if we can accommodate you.

#### TRANSPORT AROUND ICELAND

The group will travel in a minibus with a Professional Driver, a Guide, and a Camp Leader. The total journey will be about 1132 km on the famous **Ring Road** which encircles Iceland.



*Enjoy a delicious picnic while witnessing a majestic view!*

#### ARRIVAL TO WORKCAMP

During the travel day, you will be picked up at the airport and taken to the accommodation. Depending on your arrival time we will go for a City Tour around the capital Reykjavik.

#### DURING THE WORKCAMP

You will all participate in the elaboration of a Program Schedule, dividing the tasks equally between all the volunteers and camp leaders, which will include: Cooking, Cleaning. Breakfast is free, which means volunteers will cook their own. For Lunch and Dinner usually, you will cook in pairs, depending on the total amount as well for the cleaning afterwards.

Remember as you will be spending time with people from different backgrounds/cultures sometimes it will be difficult to adjust to different ways than yours. To prevent or resolve conflicts that may occur in any social interaction, you should maintain an attitude of respect for others, be open minded and willing to compromise, and know how to work together calmly to resolve conflicts.

Understanding different cultures is not only critical, but it also promotes ample coexistence. You will have free time during the camp. We know sometimes we all need time for ourselves.



## WHAT TO BRING ALONG

First and foremost, bring plenty of enthusiasm, loads of good energy, and a huge smile!

Iceland will always be Iceland! the weather can be unpredictable, so you need to be prepared for anything.

Don't forget to bring your hiking shoes!

## YOU MAY NEED:

- Hiking boots
- Work gloves
- Water bottle
- Warm sleeping bag (we only provide bed sheets)
- Towel
- Swimsuit (to take advantage of the traditional swimming pools and hot springs)
- Warm and waterproof clothes/shoes (you will spend time outside)
- Slippers/shoes for indoors, we don't bring the shoes inside the houses!
- Raincoat
- Pillow
- Medication
- Food, photos, or anything interesting related to your country for *Intercultural Nights*
- Cash (ISK or Euros) for camp fees and excursions as we do not accept credit card payments on the spot.

Feel free to bring along your favourite music, games, musical instruments, and recipes, like cooking and other social activities, which will greatly depend on your own initiative.



We recommend withdrawing money ahead (depending on your country, the rates for withdrawing money from the ATM can be relatively high).

Exchanging money before arriving in Iceland or before you exit the Keflavik Airport, as the only place to exchange them is at the bank. Keep in mind that for shopping they only accept ISK.



## INSURANCE

Veraldarvinir provides a third-party liability during the duration of the camp. WF Iceland does not provide volunteers with medical insurance.

We strongly advise buying additional insurance for the duration of your stay in Iceland. If you decide to do that, please make sure to bring along your insurance card, as well as all relevant phone numbers. It is always a good idea to leave a copy of the insurance details and phone numbers at home.

Moreover, if your country of origin is part of the European Union, please bring your European Health Insurance Card (EHIC) with you, as this will entitle you to healthcare services in Iceland.

## PASSPORTS, VISAS & CUSTOMS REGULATIONS

Citizens from many countries do not require a visa to visit Iceland for up to three months, so long as their passport is valid for more than six months after their planned arrival date. For more detailed information on visas, please visit: <http://www.utl.is/index.php/en/visas> of our workcamps.

## PAYMENT

**Price is €1800**

### Includes:

- Airport Pick up-Drop off
- Travel around Iceland
- Full board and lodging
- Meals (breakfast, lunch, dinner)
- Meaningful Volunteering
- Horse Riding
- Vóx Baths
- Hiking

### Does not include:

- International Travels
- Medical Insurance
- Personal Expenses

You have the option of transferring the payment via bank transfer. Please send a receipt of the payment to [workcamps@wf.is](mailto:workcamps@wf.is)

Transfers should be made to the following account **at least 4 weeks before the camp starts.**

### Information for Transfers

#### Owner of the account:

Veraldarvinir - Worldwide Friends Iceland

Thingasel 7

109 Reykjavik, Iceland

#### Account

IBAN: IS67 0101 3871 0353 4806 0125 40

SWIFT: NBIIISRE

#### Bank details:

Landsbankinn

Austurstræti 11, 101 Reykjavík

Iceland

## GENERAL INFORMATION

**Pick-up Procedures:** Participants need to arrive during the **first day** of the camp to Keflavik International Airport. Please share their travel details with us (Airline, Flight No., Arrival time, and departure information) WF Staff will pick them up according to their arrival. WF will make Pick up groups with similar up to 2 hours of arrival time. WF staff will be holding a sign with our logo in the arrivals lounge.

**Drop-Off Procedures:** WF will take the participants on the **last day** of the camp back to Keflavik International Airport. WF will make Drop off groups with similar departure times of up to 2 hours. The drop will be at the departure lounge.

**Medical Needs/Allergies:** WF staff are not permitted to administer medication to program participants. In the event of a medical emergency, WF will administer first aid, CPR, and rescue in the best interest of the participant. Parents will be contacted if care is administered. Allergy medications may be administered if directed in writing by the child's parent/guardian.

**Special Circumstances:** Parents and guardians are required to inform WF in writing of any special circumstances which may affect the participant's ability to participate fully and within the guidelines of acceptable behaviour, including, but not limited to, any serious behavioral problems or special circumstances regarding psychological, medical, or physical conditions. WF will assess if we can accommodate them depending on each circumstance.





# ABOUT ICELAND

Iceland is widely known as 'The Land of Fire and Ice' and the extreme contrasts in Icelandic nature are a huge part of the appeal...

**Electricity:** Iceland uses 240V, 50Hz AC electricity. Plugs have round pins with either two or three prongs; electrical appliances fitted with overseas plugs need an adaptor.

**Mobile:** If you need to use your mobile phone in Iceland, please ask your service provider, if they offer phone coverage in Iceland, and request to be upgraded to international roaming, if possible. You might also consider buying an Icelandic SIM-card, if your service provider does not offer coverage in Iceland.

## SWIMMING POOLS

When preparing for your trip to Iceland there is one item you are going to want to be sure to pack. Your bathing suits!

A visit to one of the geothermal pools in Iceland is an activity you won't want to miss.

Part of the culture since the earliest settlements, the pools in Iceland are more than a place to go for a swim. They are a part of life for Icelanders of all ages. No matter the time of year, or how small or remote the town is, you can almost guarantee you will find a local pool to enjoy. A visit to the swimming pools is a great way to experience the local culture.

Before entering the pool or hot tubs in Iceland, it's important that you shower without clothes and wash thoroughly with soap. If you don't want to shower naked, you may wear your swimsuit in the shower but then you may not enter the pool or the hot tub!

Swimwear must be clean. If you have been swimming in the sea wearing your swimsuit, you may not enter the pool wearing it without washing it first.

Cameras and cell phones are not allowed in the dressing or the pool area. So don't take them with you or leave them in your bag when entering the changing rooms.

## BANKS AND EXCHANGE

Iceland has three banks – Íslandsbanki, Landsbanki Íslands and Arion Banki. Normally, banking hours are from Monday to Friday from 9:15 a.m. to 4 p.m., although some locations in Reykjavík have longer hours. Branches can be found all around the country, even in many single-street villages. Most

locations have an ATM, often located in a weatherproof lobby that can be accessed outside of normal banking hours.

Credit cards are widely used in Iceland for just about everything (even for buying hot dogs!). MasterCard and Visa are major brands, valid not only for shopping but also for cash advances over the counter in all banks and a few of the larger post offices. All banks have similar commissions for foreign exchange transactions.

Travellers' cheques can be purchased prior to travel through banks and travel agents. This is the safest way to carry your funds around. They can be cashed in at all Icelandic banks and many hotels and replaced if lost or stolen – just keep a list of the serial numbers separate from the cheques.

## TRAVELLING AND TRANSPORT

The small area of Iceland makes travelling easy, at least during warmer months. You can either take a flight or catch a bus from Reykjavík to all major centres of the island. In summer, there are even scheduled buses that drive through the highland interiors. It is also easy to rent a car in, order to see parts of Iceland that buses don't cover.

## WEATHER

The best weather in Iceland occurs in the summer, however, it can still be unpredictable.

Iceland's temperatures in summer can be as low as 41 F (5 C) but as warm as 77 F (25 C) during this time of year. On average, Iceland's weather in summer is between 50-59 F (10 to 15 C). Summers are not as wet as spring, but it does rain occasionally. The wind chill can make summer days and nights cool, as Iceland is very windy. If you're lucky, you'll get to experience warm days during the summer in Iceland.



## FLIGHTS

Iceland's international airport is Keflavik (KEF), located 45 minutes south of Reykjavik by bus. Several airlines operate out of Keflavik, including the national carrier IcelandAir. Information on other airlines can be found at [www.isavia.is/en/keflavik-airport/flight-schedule/airlines](http://www.isavia.is/en/keflavik-airport/flight-schedule/airlines)

The main domestic carrier is Flugfélag Íslands, that flies all year round almost daily from Reykjavík to Vestmannaeyjar, Ísafjörður, Akureyri, Egilsstaðir and Höfn (Hornafjörður).

Other airlines operating flights from Reykjavík and Akureyri concentrate on connections to more remote settlements in the northwest and northeast of Iceland. Íslandsflug is the largest of these operators, even offering combined air-and-land tours for the duration of 1 or more days from Reykjavík to various popular spots: Húsavík for whale watching, Mývatn for the lake and nearby hotspots and Vestmannaeyjar for puffins and more volcanoes.

Booking flights in Iceland is easy. However, please note that bad weather conditions may result in cancellations on short notice. It is also recommended to book ahead for summer weekends and holidays, as seats fill up quickly.



## EMERGENCIES

Health care and hospitals

Iceland provides first-rate healthcare and emergency services. There are hospitals or healthcare in every major town in Iceland as well as pharmacies, called Apótek in Icelandic.

Just in case you need assistance during your stay in Iceland it's a good idea to make note of the Icelandic emergency number is 112 (police, fire, and ambulance)

**Remember the most important thing is to use common sense, follow safety warnings, remember the emergency number 112 and enjoy your stay in Iceland!**

## WEBSITE & SOCIAL MEDIA

|              |   |
|--------------|---|
| Website      | <a href="http://www.wf.is">www.wf.is</a>                                  |
| Facebook     | <a href="https://www.facebook.com/WFveraldarvinir">WFveraldarvinir</a>    |
| Instagram    | <a href="https://www.instagram.com/WF_veraldarvinir">WF_veraldarvinir</a> |
| UNA magazine | <a href="https://www.una.is">UNA magazine on ISSUU</a>                    |

We encourage all our partners and volunteers to check out our website for more information about our projects. There you will find more detailed information, videos & photos from our workcamps.

Our Facebook page and Instagram profile are updated by our volunteers with their daily activities and future projects.

## CONTACT DETAILS

### Main Address

**WF Iceland / Veraldarvinir**  
Thingasel 7, 109 Reykjavik

### Director WF Iceland / Veraldarvinir

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+354 666 6222  
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### Workcamps Project Manager

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### Workcamp placements

[workcamps@wf.is](mailto:workcamps@wf.is)

### Marketing Manager

**Sebastian Diaz Duran**  
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## Terms & Conditions

WF Iceland reserves the right to alter itineraries and/or timetables should it be necessary, due to adverse weather and or other related conditions. WF is not responsible for expenses and/or other related costs due to factors outside of its control, such as flight delays, changes and or cancellations, injuries, weather, war, natural disasters, etc., and/or other unforeseeable matter. Insurance WF Iceland provides a third part liability during the duration of the camp. WF Iceland does not provide volunteers with medical insurance. Therefore, we strongly recommend that the volunteers purchase insurance for their stay here in Iceland. European volunteers should bring their European Health Cards.

## Travel Insurance

As with any international trip, we strongly recommend that you purchase a travel insurance policy in your home country that covers your cost in case you have to cancel your reservation on short notice. This type of travel insurance is inexpensive and often covers other risks. Having travel insurance is always a good idea when traveling around the world.

## Covid Regulations

We follow the Icelandic government's regulations. All infection prevention rules for COVID-19 have been lifted at the Icelandic border, regardless of tourists' vaccination status. However, it varies what rules apply at the borders of other countries. The participants also can use the following link as a guide to review the rules to enter Iceland.

## Icelandic weather and conditions

All of our trips and outdoor activities are dependent on weather and general conditions. WF Iceland reserves the right to alter routes, itineraries, departure times, and or cancel your trip without prior notice with your safety in mind, should the necessity arise. Please keep in mind that Iceland is and will always be Iceland. The weather changes fast on our northern island and with it, conditions change. Our staff is specially trained to deal with changing conditions and their number one priority is to make decisions with your safety in mind. Please be aware of this and respect the staff's authority to do so. This is especially valid for winter travel in Iceland. Our summer trips operated from June through August, are rarely adversely affected by harsh weather. WF Iceland can not be held responsible for any loss, damage, accident, injury, sickness, schedule change, or other factors due to weather, strike, natural disasters or any other cause beyond WF's control. WF Iceland acts in good faith and cannot be held responsible for defaults or delays of organizations that are not a part of the WF family such as individual agencies, hotels, other tour operators, airlines, guides, restaurants or any other person's or company's act. In the case of any changes to flights (domestic and international), the passenger is responsible for any additional costs incurred as a result of such changes (i.e. additional hotel nights, meals, transfers, etc.), at the time provided. We, therefore, advise all customers to have comprehensive travel insurance to meet all contingencies.

## Cancellation fees & charges

As we start to incur costs from the time the contract is confirmed we will apply cancellation charges as shown below from the time when written notification of the cancellation is received:

- With a notice of more than 30th days, the cancellation will be free of charge.
- With a notice between 30th – 14th days, 50% of the total fee will be charged.
- With a notice of less than 14th days, 100% of the total fee will be charged.
- Expenses due to early departure, any expenses that may occur due to early departure will be covered by the participant and not WF, no refund shall be given.

## Code of Conduct

In order to have an adequate code of conduct during the program, the following points are established that must be complied with without exception.

- Clothing. Appropriate footwear and suitable outdoor clothing must be worn. We reserve the right to refuse participation to participants who are dressed inappropriately or with inappropriate footwear since this will put the participant's well-being and safety at risk.
- Non-prescription Drugs. WF We reserve the right to terminate the program to participants we believe are under the influence of drugs, in such circumstances, no refund shall be given.
- Alcohol. The legal drinking age in Iceland is 20. Participants under the legal drinking age are not allowed to consume alcoholic beverages during the program.
- WF reserves the right to refuse participation and to cancel the stay to any participant whose conduct or manner is likely to cause offense, upset, or put other participants in danger. Any expenses that may occur due to early departure will be covered by the participant and not WF.

