

WINTER FOR CHANGE

S U S T A I N A B L E L I V I N G &
E N V I R O N M E N T A L A W A R E N E S S

General Information



worldwidefriends
V E R A L D A R V I N I R



Project Overview

The Winter for Change project invites volunteers to explore Iceland's unique winter landscape while contributing to environmental protection and sustainability education.

Through a combination of hands-on volunteering, interactive workshops, and cultural excursions, participants will learn about the impact of climate change on Icelandic nature and discover practical ways to live more sustainably — even in harsh winter conditions.

- **Duration:** 7–9 days
- **Season:** Winter (November – March)
- **Location:** Reykjavík area and South Coast (day excursions to Reykjanes Peninsula or Golden Circle)
- **Participants:** 10–15 international volunteers
- **Accommodation:** WF house or Hostel in Reykjavík
- **Language:** English

Main Objectives

- Promote **environmental awareness** and responsible behavior among participants.
- Support local **sustainability initiatives**, such as beach cleanups and recycling workshops.
- Foster **intercultural understanding** and teamwork in an international setting.
- Encourage **eco-conscious living** through experiential learning and reflection.





Main Activities

- **Beach cleaning** or nature conservation (depending on weather)
- **Workshops** on sustainability, renewable energy, and eco-living
- **Guided visits** to the Hellisheiði Geothermal Power Plant and Perlan Museum
- **Sightseeing** excursions to the Golden Circle and South Coast
- **Intercultural evenings** and local community engagement

Sample Daily Schedule (Adaptable to Weather Conditions)

Day 1 – Arrival & Orientation

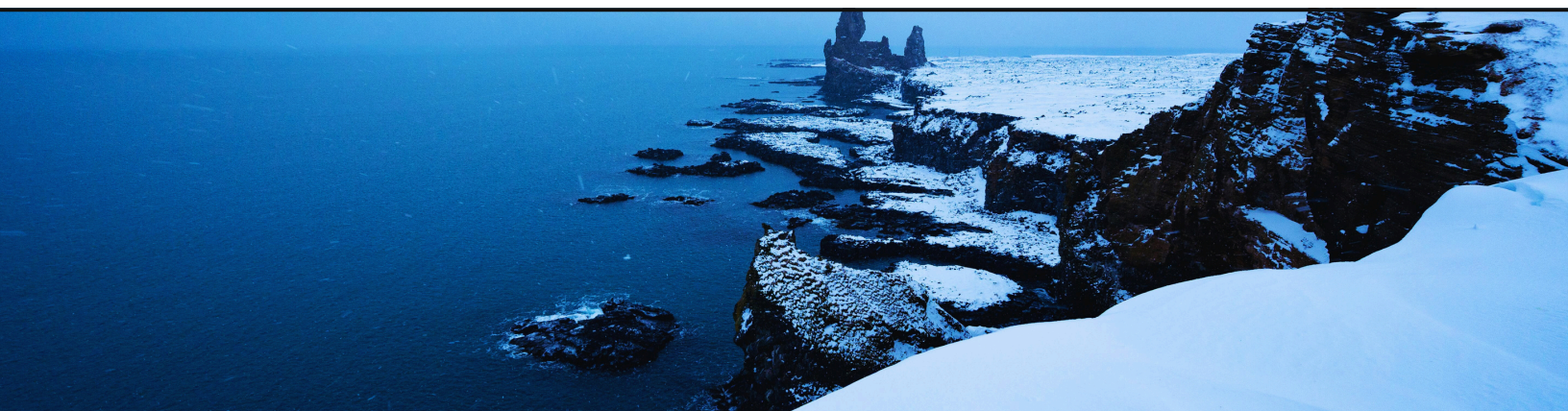
- Pick-up from Reykjavík city center
- Transfer to the volunteer accommodation
- Welcome dinner and introduction to WF Iceland, the project goals, and safety guidelines (depending on arrival time)

Day 2 – Introduction to Sustainability in Iceland

- Morning workshop: Climate Change and Iceland's Ecosystems

Group discussion: Sustainable living habits and carbon footprints

- Free time to explore Reykjavík





Day 3 – Golden Circle Excursion

- Full-day excursion to **Pingvellir National Park**, **Geysir**, and **Gullfoss** Waterfall
- Guided visit to **Hellisheiði Geothermal Power** Plant (ON Power)
- Discussion on how tourism impacts Iceland's natural environment

Day 4 -Beach Clean-Up or Community Project (Volunteering)

- **Weather permitting:** Beach cleanup or litter collection in a local coastal area
- **Indoor alternative:** Upcycling and waste-reduction workshop (crafting eco-products)
- Evening reflection circle and cultural sharing

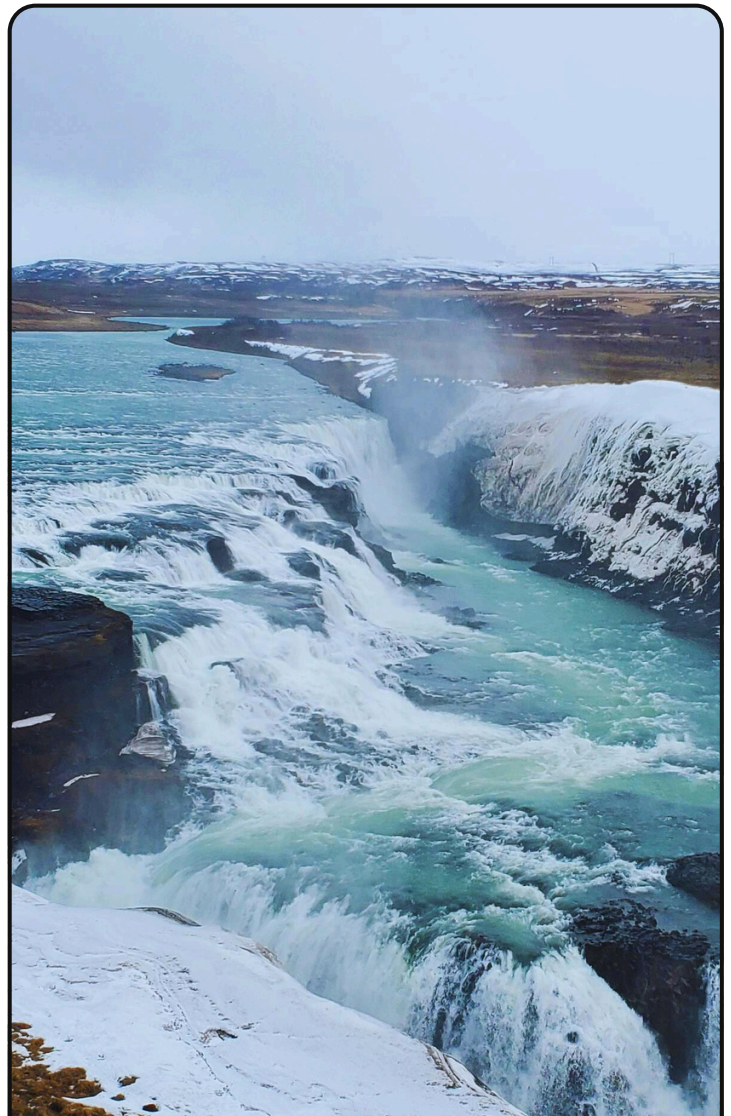
Day 5 – Eco-Workshop Day (Volunteering)

- **Weather permitting:** Beach cleanup or litter collection in a local coastal area
- **Workshop:** Making eco-friendly cleaning products and natural cosmetics

Day 6 – South Coast Excursion

- Full-day visit to **Seljalandsfoss**, **Skógafoss**, and **Reynisfjara** Black Sand Beach

Discussion: The impact of climate change on Iceland's glaciers and coastlines



Day 7 -Understanding Sustainability in Iceland (Volunteering)

- **Weather permitting:** Beach cleanup or litter collection in a local coastal area
- Visit to **Perlan Museum** – interactive exhibits on glaciers, oceans, and climate
- **Group activity:** Personal sustainability challenge

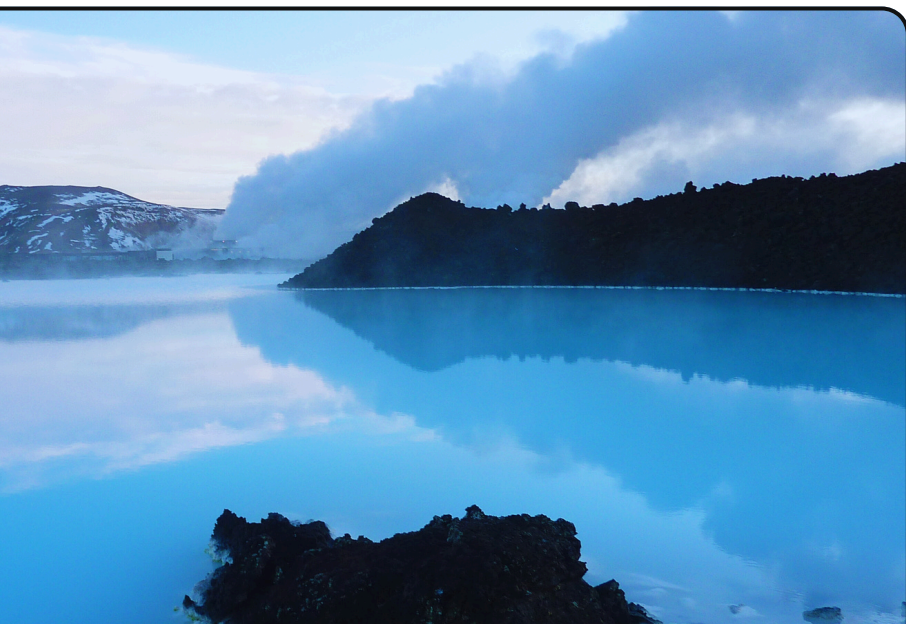
Day 8-Environmental Action & Cre

- **Tree planting** (if conditions allow) or maintaining green spaces
- **Indoor session:** Environmental photography or storytelling for change

Optional visit to Geothermal Swimming pool

Day 9 – Local Engagement & Cultural Evening

- **Workshop:** Icelandic culture and sustainable traditions
- Clean up of the accommodation
- Group farewell dinner and certificate ceremony



🧩 Workshops & Learning

Outcomes

- Understanding the basics of sustainability and climate action
- Learning to make eco-friendly household products
- Practicing waste management and environmental stewardship
- Developing teamwork, leadership, and intercultural communication skills

🚌 Included Excursions

- Golden Circle Excursion & Geothermal Power Plant
- Perlan Museum
- South Coast



🎯 Expected Impact

Participants will leave with:

- Greater awareness of global and local environmental challenges
- Practical knowledge for living sustainably
- A sense of contribution to Iceland's ongoing environmental protection efforts
- Connections with like-minded volunteers from around the world

Accommodation & Logistics

- Shared volunteer house or hostel near Reykjavík
 - Shared kitchen and common areas
 - Ingredients provided for three meals per day (participants cook together)
Vegetarian Diet
 - Local transportation provided for all volunteering and excursion days
- 👉 When transportation is not required, the group will walk to the activity sites — as part of our environmentally friendly approach.

Weather & Clothing

Winter temperatures range between -5°C and $+5^{\circ}\text{C}$, often with wind and snow. Participants should bring warm, waterproof clothing and sturdy boots. Activities are adjusted according to weather and safety conditions.

Included

- ✓ Accommodation and meals (Vegetarian Diet)
- ✓ Airport or city transfer (arrival/departure)
- ✓ Local transport to activities and excursions
- ✓ Workshops and materials
- ✓ Golden Circle
- ✓ South Coast
- ✓ Geothermal Power Plant
- ✓ WF coordinator and project leader support

Not Included

- ✗ International flights
- ✗ Personal expenses
- ✗ Medical insurance (mandatory)

Ideal For: 🎓 **University students or recent graduates studying:**

- Environmental Science
- Geography
- Education
- Sustainability or International Development
- Cultural Studies

Project Impact

Through this program, students will connect with Iceland's environment, contribute to local sustainability efforts, and return home as environmentally aware global citizens, ready to inspire change in their own universities and communities.



VOLUNTEER PARTICIPATION AGREEMENT

This Volunteer Participation Agreement (“Agreement”) is entered into between Worldwide Friends Iceland (“WF” or “the Organization”) and the undersigned Volunteer (or Parent/Legal Guardian if the Volunteer is under 18 years of age).

1. Participation: The Volunteer desires to participate in volunteer programs, activities, excursions, transportation, and related services provided by WF (collectively, the “Activities”).

2. Assumption of Risk: The Volunteer understands and acknowledges that participation in the Activities involves inherent risks, including but not limited to:

- Travel-related risks
- Outdoor and environmental risks
- Physical injury
- Illness
- Property damage or loss
- Serious injury or death

The Volunteer voluntarily and knowingly assumes all such risks.

3. Release of Liability: To the fullest extent permitted by applicable law, the Volunteer releases and discharges WF, its directors, officers, employees, contractors, agents, partners, and affiliates from any and all claims, demands, actions, or causes of action arising out of or related to participation in the Activities, including those resulting from ordinary negligence. This release does not exclude liability where exclusion is prohibited by mandatory law.

4. Indemnification: The Volunteer agrees to indemnify and hold harmless WF from any claims, liabilities, damages, losses, or expenses (including reasonable legal fees) arising from the Volunteer’s participation or misconduct.

5. Insurance: WF provides third-party liability insurance during the program. WF does not provide medical, accident, travel, or personal property insurance. The Volunteer is solely responsible for obtaining adequate insurance coverage.

6. Medical Fitness: The Volunteer confirms that they are physically and mentally fit to participate and have disclosed any relevant medical conditions.

7. Governing Law and Jurisdiction: This Agreement shall be governed by the laws of Iceland. Any dispute arising from this Agreement shall be subject to the jurisdiction of the District Court of Iceland.

8. Severability: If any provision of this Agreement is held invalid, the remaining provisions shall remain in full force and effect.

9. Code of Conduct: The Volunteer agrees to comply with the following standards during participation in the Activities:

- **Respect and Non-Discrimination:** WF is committed to maintaining an environment free from discrimination, harassment, and inappropriate behavior. All participants must treat others with respect and dignity.
- **Appropriate Clothing:** Suitable outdoor clothing and appropriate footwear must be worn at all times. WF reserves the right to refuse participation in activities where attire poses a safety risk.
- **Prohibited Substances:** The use or possession of illegal drugs is strictly prohibited. WF reserves the right to terminate participation of any Volunteer believed to be under the influence of drugs.
- **Behavior and Safety:** WF reserves the right to refuse participation or terminate the stay of any Volunteer whose conduct is disruptive, offensive, unsafe, or likely to cause harm or distress to others.
- **Consequences of Dismissal:** In the event of dismissal due to violation of this Code of Conduct, no refund shall be issued, and any additional expenses incurred shall be the responsibility of the Volunteer.

10. Media Release Agreement: The Volunteer grants WF the irrevocable right to use photographs, video recordings, audio recordings, and likeness for promotional, educational, informational, and social media purposes, worldwide and without time limitation, without compensation. The Volunteer waives any right to inspect or approve the finished materials and releases WF from any claims arising from such use.

11. Acknowledgment: By participating in the project, the participants accept the above information.

