



Lets get sustainable – six weeks on the move in Iceland

2021

Dates – six weeks

27.03 - 07.05

10.04 - 21.05

24.04 - 04.06

08.05 - 18.06

22.05 - 02.07

05.06 - 16.07

19.06 - 30.07

03.07 - 13.08

17.07 - 27.08

31.07 - 10.09

14.08 - 24.09

28.08 - 08.10

11.09 - 22.10

25.09 - 05.11

09.10 - 19.11

23.10 - 03.12





Worldwide Friends - Veraldarvinir

Volunteers in Iceland

ABOUT WORLDWIDE FRIENDS

THE ORGANISATION

Worldwide Friends Iceland (WF) was founded in 2001 as a non-governmental, non-profit organisation promoting nature and peace-oriented activities among people interested in spending time in Iceland as volunteers. The main activities offered by WF Iceland are work- and educational camps, exchange programs and seminars related to environmental protection. Our activities are suitable for anyone over the age of 18.

Today the endeavour 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. Worldwide friends main aim is to increase intercultural understanding through 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 to work with other international volunteers and 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 culture and the human and natural richness of Mother Earth. These are all unique opportunities for building bonds of unity and understanding between societies around the world.



THE 17 SUSTAINABLE GOALS OF THE UNITED NATIONS

In the year 2021 the 17 sustainable goals of the United Nations will be our main theme throughout our different programs. The volunteers will do coastal cleaning and they will also 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, you 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 inter-cultural learning and awareness
- Preserving Icelandic nature and raising awareness about environmental issues
- Promoting voluntary work and a culture of volunteering



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SPECIFIC INFO FOR THIS WORKCAMP

PROJECT LOCATION

During the six weeks you will travel around Iceland starting in Reykjavik for two days, spending twelve days in our sustainable centre in the Northwest, two weeks in Raufarhöfn near to the Arctic circle and two weeks in Stöðvarfjörður in the east of Iceland

Reykjavik is a city full of energy, just waiting for you to experience it. Powered by heat from the earth below, with ever-changing weather sweeping across the landscape, its natural features are matched by the energy of its residents. Think of the denominators of a great city - fun, culture, nature, clean air - Reykjavik has them in spades. All the advantages of a modern, forward-looking society are complemented by the beautiful natural setting. In a country of only just over 300,000 people, the Reykjavik Capital Area has a population of about 200,000. However, since it's the only major city in the country, Reykjavik has a lot of the amenities that you would only expect to find in a much larger centre elsewhere in the world.



Brú the sustainable centre of Worldwide Friends is near to the crossroads to the West, South and North of Iceland in the area of Hrutafjörður which is a 36 km long fjord in Hunathing vestra. In the neighbourhood you can find a lot of pure and unspoiled nature, beaches full of driftwood, Snæfellsnes peninsula, glaciers in the highlands, waterfalls, strong rivers, canyons, and craters. The purpose of the centre is to protect the nature in the area and to raise the awareness of

sustainability among the locals and the visitors which are coming to the area.

The house is more than 1.000 m² and has 16 double rooms, two kitchens, several bathrooms and common areas, rooms for workshops and galleries. It has its own generator to produce electricity for heating and daily use. The generator is broken at the moment but will be active later on this year.



The village of Raufarhöfn is the community that lies farthest north in Iceland. It is located in the eastern part of Melrakkasletta close to the Arctic Circle. The population of Raufarhöfn is about 200 and most of the people there earn their living from fishing and fish processing. The harbour is very beautiful and partly shaped by nature itself. A wide and untouched open area surrounds the village with a lot of birds and varied vegetation. In summer one will observe wild migratory birds within the village being a part of the village life with the villagers most often waking up in the morning to the songs of birds. The coastline with its inlets and creeks is filled with driftwood and reaches out into the Arctic Sea. Away and on the surface of the sea various sea-birds will be spotted and an occasional seal. On the beach waders strut and inland on the grassy moorlands there are dozens of lakes filled with trout. In the vicinity many species of ducks, waders and species that favour heaths and moorlands may be observed.



Stöðvarfjörður

Scoured by Ice Age glaciers, the dramatic east coast boasts long, narrow fjords with steep sides and jagged peaks which contrast with inland fertile farmlands.

Natural harbours depict postcard-like fishing villages and seemingly never-ending roads cross the region, providing beautiful views.

"Fjarðabyggð" is an association of villages in the Eastern fjords of Iceland. It includes the towns of Eskifjörður,

Fáskrúðsfjörður, Mjóifjörður, Neskaupstaður, Reyðarfjörður, Breiðdalsvík and Stöðvarfjörður, all tiny fishing villages with steep mountains towering just behind the houses. In this area you will see some of the features that make Iceland a unique place in the world: spectacular fjords with a rich sea life, a great variety of birdlife and countless breathtaking hiking paths. You will explore the area during your stay in the east.

WORK

Volunteers will do clean the coastline in different parts of the island and help recycling the plastic which we are collecting there. Working hours are 4 - 5 hours per day five days a week

Most of the mornings during the program we will have workshops for two hours about the sustainable goals with a special focus on climate changes. The issue of global warming is well known all over the world. The 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 about green energy, sustainable householding, waste treatment, nutrition, the effects of consumption and lots more. If you want to change something, develop solutions,

or inspire others, you must understand the issues and tasks first. In addition to the theoretical part, we are going to practice sustainable work. The clean up the coastline is the main task but we will also plant trees during the camp. Planting trees becomes a very useful action against climate change because trees absorb carbon dioxide, clean the air and prevent erosions.

Our work will depend on weather conditions, which is why we must be flexible. You should be prepared for unfriendly weather, but hopefully, the weather will be nice most of the time. This is a perfect camp for people who like outdoor work and physical challenges. Working hours are about 6 hours a day, 5 days a week.

GENERAL INFORMATION WORKCAMP

CAMP LEADERS

There are always one or more leaders for each camp, depending on the size of the group. Leaders represent the link between the hosting community and the group of volunteers. They coordinate the work, organise leisurely activities and plan excursions, shopping and cooking sessions. Apart from these additional responsibilities, they are equal to other volunteers. Most of our camp leaders are from other countries, as we are very open-minded in hosting international leaders from other organisations.

AGE LIMIT

In general, volunteers should be at least 18 years old. There is no maximum age limit for the majority of our workcamps.

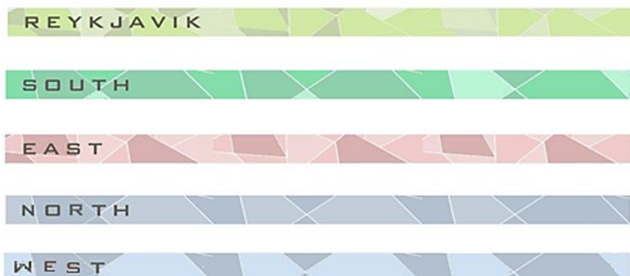
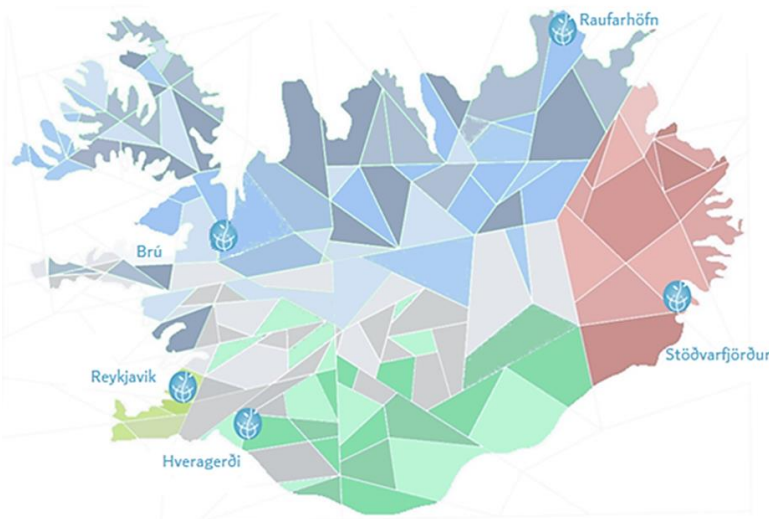
REQUIREMENTS

A basic knowledge of English is required for this camp. Participants has to be ready to contribute for mother earth and willingness to learn how to do it.



LEISURE

- Free access to several geothermal swimming pools
- Access to Perlan geological wonders exhibition <https://perlan.is/exhibitions/?lang=en>
- Access to the geothermal baths in Mývatn <https://myvatnnaturebaths.is/?lang=en>
- Access to the seal museum in Hvammstangi
- Access to the hydroelectric power plant in Kárahljúkar
- Several hikes
- Day tour to the most remote area in Iceland called Strandir
- During the project the volunteers will touring around Iceland and visiting most of the best known natural wonders on the ring road for example Seljalandsfoss waterfall, Skógafoss waterfall, Reynisfjara black beach, Jökulsárlón glacier lagoon, Lake Mývatn, Hverir geothermal area, Goðafoss waterfall, Grábrók crater and much more.



We will focus on intercultural learning and exchange. Every evening, volunteers from different countries will be in charge of presenting their country of origin and culture in an informal way. It can be a presentation, a game, theatre – 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.

ACCOMMODATION AND FOOD

Worldwide Friends volunteers will be staying in a hostel in Reykjavik for the first two days and after that in the WF houses in Brú, Raufarhöfn and Stodvarfjörður. The houses are all fully equipped, volunteers should bring their own warm sleeping bags or borrow one from WF if they don't want to bring it. Wireless internet access is provided free of charge.

Food is included for the duration of the workcamp; 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 favourite recipes from home!

Please keep in mind that there will be other volunteers in the same houses at the same time as your group.

WHAT TO BRING ALONG

First and foremost, bring plenty of enthusiasm, loads of good energy and a huge smile! Icelandic weather can be unpredictable, so you need to be prepared for anything. You will need a sleeping bag, as we only provide sheets. In order to take advantage of the many swimming pools and hot springs in Iceland.



Make sure you bring a swimsuit.



YOU MAY NEED:

- Hiking boots
- Warm sleeping bag (we only provide bed sheets)
- Swimsuit and towels (to take advantage of the traditional swimming pools and hot springs)
- Warm and waterproof clothes/shoes (you may spend some time outside)
- Slippers/shoes/ socks for indoors, we don't bring the shoes inside the houses!
- Raincoat
- Pillow (if you want)
- Medication
- Food, photos or anything interesting related to your country for intercultural nights
- **Cash (ISK or EUR)** for camp fees and excursions (descriptions and prices are available at <http://wf.is/volunteer-excursions/>), as we do not accept credit card payments on the spot (depending on your country, the rates for withdrawing money from the ATM can be relatively high, so we recommend exchanging money before arriving in Iceland)

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

OTHER INFORMATION

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.

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.

Iceland 's public transportation is expensive and not very efficient. The minibus fee is included in the total fee for the workcamp.

WF will also arrange a minibus trip from Brú to the East of Iceland with the excursion around the island following road number 1.

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



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Arrival day and pick up at the airport	Introduction to Worldwide Friends and the program	Travel day with a stop in Grábrók crater and Glanni waterfall	Workshop 1 The 17 sustainable development goals of the United nations Goal 13 - Climate Action	Workshop 2 Goal 14 - Life below water	Workshop 3 Goal 15 – Life on land	Workshop 4 Goal 12 - Responsible consumption and production
12:00		Walk around Reykjavik	Picnic	Free time	Free time	Free time	Free time
13:00		LUNCH		LUNCH	LUNCH	LUNCH	LUNCH
14:00		Visit to Perlan museum	Arrival in Brú	Volunteering 1	Volunteering 2	Volunteering 3	Visit to the seal museum In Hvammstangi
17:00		Free time	Introduction and welcoming	Free time	Free time	Free time	Evaluation
19:00		Dinner	Dinner	Intercultural dinner	Intercultural dinner	Intercultural dinner	Dinner
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Free day	Excursion to Strandir	Workshop 5 The carbon footprint	Workshop 6 The problem of plastic	Workshop 7 Goal 11 – Sustainable cities and communities	Workshop 8 Goal 7 – Affordable and clean energy Final evaluation	Clean up the facilities and travelling Raufarhöfn with stops in Akureyri, Goðafoss waterfall and Húsavík
12:00			Free time	Free time	Free time	Free time	
13:00			LUNCH	LUNCH	LUNCH	LUNCH	
14:00			Volunteering 4	Volunteering 5	Volunteering 6	Volunteering 7	
17:00			Free time	Free time	Free time	Free time	
19:00	Dinner	Dinner	Intercultural dinner	Intercultural dinner	Dinner	Dinner	Arrival and dinner

Day 15		Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00	Late breakfast	Free time	Workshop 9 Goal 6 – Clean water and sanitation	Volunteering 9	Workshop 10 Goal 1 – No poverty	Workshop 11 Goal 2 – Zero hunger	Volunteering 13	
12:00			LUNCH	Picnic	LUNCH	LUNCH	LUNCH	
13:00	Getting to know the area	Going to the swimming pool	Volunteering 8	Volunteering 10	Volunteering 11	Volunteering 12	Volunteering 14	
17:00		Free time	Free time	Free time	Free time	Free time	Evaluation	
19:00	Dinner	Dinner	Dinner	Intercultural dinner	Intercultural dinner	Intercultural dinner	Dinner	
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00	Free day	Hike to lighthouse at 66 degrees North	Workshop 12 Goal 3 – Good health and well-being	Volunteering 16	Workshop 13 Goal 4 – Quality education	Workshop 14 Goal 5 – Gender Equality	Clean up the facilities and travelling to Stöðvarfjörður in the east of Iceland with stops in the highlands And in the geotherma baths in Mývatn	
12:00			LUNCH	picnic	LUNCH	LUNCH		
13:00			Volunteering 15	Volunteering 17	Volunteering 18	Volunteering 19		
14:00								
17:00			Free time	Free time	Free time	Free time		
19:00	Dinner	Dinner	Intercultural dinner	Intercultural dinner	Dinner	Dinner		

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Late breakfast	Free time	Workshop 15 Goal 8 – Decent work and economic growth	Volunteering 21	Workshop 16 Goal 9 – Industry, innovation and infrastructure	Workshop 17 Goal 10 – Reduced inequalities	Volunteering 24
12:00							
13:00	Getting to know the area	Going to the swimming pool	Volunteering 20	Visit to the hydroelectric power plant in Kárahljúkar	Volunteering 22	Volunteering 23	Volunteering 25
17:00		Free time	Free time		Free time	Free time	Free time
19:00	Dinner	Dinner	Dinner	Intercultural dinner	Intercultural dinner	Intercultural dinner	Dinner
	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast at 08.00
9:00	Free day	Hike to Háifoss waterfall	Workshop 18 Goal 16 – Peace, justice and strong institutions	Volunteering 27	Workshop 19 Goal 17 – Partnerships for the goals	Evaluation	Departure and travelling to Reykjavik with stops in the glacier lagoon, Reynisfjara , Skógafoss and Seljalandsfoss Arrival in Reykjavik around 21.00 Time to say goodbye
12:00			LUNCH	picnic	LUNCH	LUNCH	
13:00			Volunteering 26	Volunteering 28	Volunteering 29	Clean up the facilities	
14:00							
17:00			Free time	Free time	Free time	Preparing final party	
19:00	Dinner	Dinner	Intercultural dinner	Intercultural dinner	Dinner	Dinner and final party	

Please note that the schedule for the camps will be flexible and made according to the weather forecast and road conditions with a short notice

EXTRA INFORMATION SITES

WEBSITES OF INTEREST:

www.visiticeland.com
www.visitreykjavik.is
www.whatson.is
www.icelandreview.com
www.reykjavik.com
www.infoiceland.is
www.grapevine.is
www.icelandinfofocus.com
www.iceland.is
www.randburg.com

WF WEBSITE AND SOCIAL MEDIA:

Website	www.wf.is
Facebook	WFveraldarvinir
Instagram	WF_veraldarvinir
UNA magazine	UNA magazine on ISSUU

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 and photos from our workcamps.

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

WHEN LOOKING FOR FLIGHTS:

www.dohop.com
www.edreams.com
www.skyscanner.net

THE FOLLOWING AIRLINES FLY TO KEFLAVIK AIRPORT:

www.airbaltic.com
www.airberlin.com
www.airgreenland.com
www.atlantic.fo
www.austrian.com
www.britishairways.com
www.delta.com
www.discover-the-world.co.uk
www.easyjet.com
www.eurowings.com
www.flyedelweiss.com
www.flygermania.com
www.flyniki.com
www.flysas.com
www.greenlandexpress.com
www.iberia.com
www.icelandair.com
www.lufthansa.com
www.norwegian.com
www.primeraair.is
www.transavia.com
www.vueling.com
www.wizzair.com

