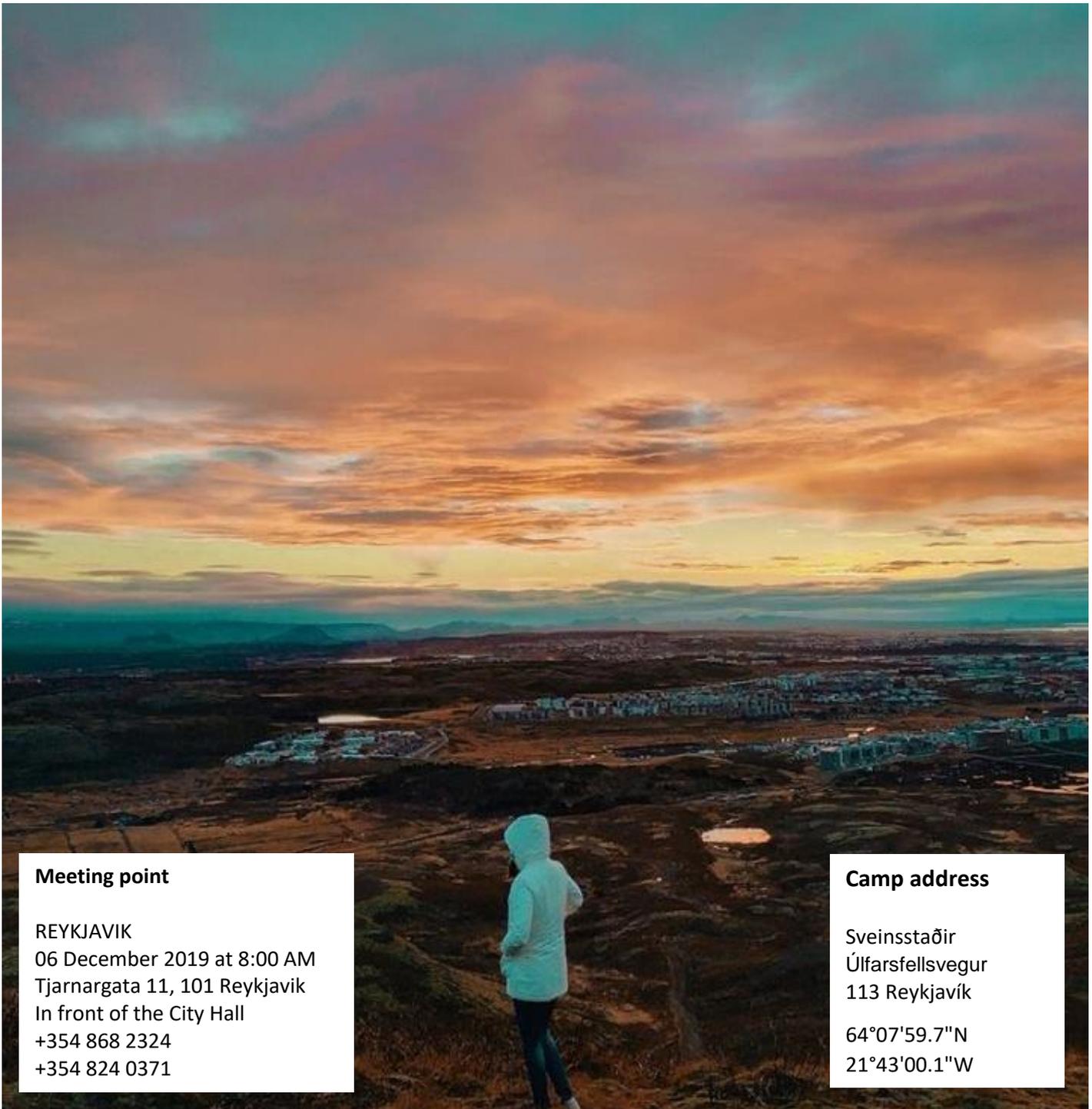




WF328

Sustainable living in Reykjavik and the WF Farm

06 – 16 December 2019



Meeting point

REYKJAVIK
06 December 2019 at 8:00 AM
Tjarnargata 11, 101 Reykjavik
In front of the City Hall
+354 868 2324
+354 824 0371

Camp address

Sveinsstaðir
Úlfarsfellsvegur
113 Reykjavík
64°07'59.7"N
21°43'00.1"W



Worldwide Friends - Veraldarvinir

Volunteers in Iceland

About Worldwide Friends

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

Veraldarvinir/WF Iceland aims at:

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

IMPORTANT INFORMATION!

We strongly recommend arriving in Iceland at least one day before the first day of your workcamp and depart no earlier than one day after the last day of your workcamp.

Extra participation fee

We charge an extra participation fee for all our camps. Volunteers are expected to pay the workcamp fee in cash (EUR, USD or Icelandic Krona ISK) upon their arrival to the camp.

WF Iceland charges an extra participation fee for the following reasons:

1. Lack of support from the government and other sources
2. For nearly every workcamp WF must supply food, which is quite expensive in Iceland compared to other European countries. In addition, WF must cover both food and accommodation costs for some of our workcamps.
3. Most of our partner organisations in other countries cover their administration costs through fees they charge the volunteers they send abroad. WF does not send enough volunteers abroad in order to cover administrative expenses, so we need to charge a participation fee from the volunteers we receive.
4. It is important to keep in mind that the extra fee paid to WF does not only cover the expenses of the workcamp, but also the administration costs of the organisation (salaries, electricity, heating, insurance, website, external representation, equipment etc.).

The extra participation fee for this workcamp is €350.

The fee now includes the trip from the meeting point to the accommodation, plus the Golden Circle excursion, on the first day and the return trip from the accommodation to the meeting point on the last day.

Contact details

WF Iceland / Veraldarvinir

Fjarðarbraut 54

755 Fjarðabyggð, Iceland

Website: www.wf.is

Facebook: [WFveraldarvinir](https://www.facebook.com/WFveraldarvinir)

Emergency phone: +354 868 2324

Workcamp placements

workcamps@wf.is

Any other request

wf@wf.is

Tóti Ivarsson +354 666 6222

Director of WF Iceland / Veraldarvinir

toti@wf.is

Steindor Þorarinsson +354 824 0371

Project manager

steini@veraldarvinir.is

Placement officer +354 868 2324

workcamps@wf.is

Payments

You have the option of transferring the payment via bank transfer. **Please send a receipt of the payment to workcamps@wf.is.**

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

Owner of the account:

Veraldarvinir - Worldwide Friends Iceland

Hverfisgata 88

101 Reykjavik, Iceland

IBAN: IS67 0101 3871 0353 4806 0125 40

SWIFT: NBIISRE

Bank details:

Landsbankinn

Austurstræti 11, 101 Reykjavík

Iceland



Sustainable living in Reykjavik and the WF Farm

Project location

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.

Reykjavik is the world's northernmost capital city and is centred on the Seltjarnarnes Peninsula. Come at the right time of year, and in favourable conditions you will see the city's skyline silhouetted against the glowing, shimmering curtain of the aurora borealis, also known as the northern lights. Reykjavik is framed by the majestic Mt. Esja and the blue waters of Faxaflói Bay to the north, while rugged lava-fields spread to the southeast. On a clear sunny day, the Snaefellsjökull glacier glitters on the western horizon like a crystal.

Work

The organization has a farmhouse on the outskirts of Reykjavik, 15 km from the centre of the capital. Since the creation of Worldwide Friends, the organization has been looking for an opportunity to set up a project that aims to promote sustainable living. Volunteers will do some renovating in the house and on the property, and take care of the work in the farm. We have chickens, a cat, a greenhouse for growing herbs and vegetables and a piece of land where we grow potatoes, carrots and lettuce. Volunteers will help with all tasks related to the farm, as the work varies depending on the season.

As WF volunteers, you will be doing indoor household work, such as cleaning the house, as well as outdoor physical work, painting or other type of manual labour.



In 2019 we will also have special topics to discuss in the workcamps, such as "plastic pollution" and "upcycling" along with "food waste", "recycling", and "renewable energy". We will go for visits related to those topics for example, to the powerplant Hellisheiði www.geothermalexhibition.com/exhibition The Exhibition is presented via interactive multimedia installations, wall displays and presentations. It allows visitors to examine Iceland's geothermal energy utilization in a clear and illuminating fashion. We will also visit the recycle centre Sorpa where the volunteers will learn about recycling methods. The volunteers will also create documentaries, posters and brochures related to sustainable living, which will be shared on social media and introduced to children in Reykjavik.

Leisure

On weekends, the central location of the accommodations is ideal for enjoying Reykjavik's amazing nightlife, which is world-renowned for its wide array of bars, clubs, and concerts.

WF Iceland will also organise reasonably-priced weekend excursions to some of the most popular, beautiful areas and natural wonders that Iceland has to offer. Excursions include unique Icelandic sights, such as glacial lagoons, waterfalls, volcanic and geothermal areas, glaciers, geysers, lava forests, hot-springs, rhyolite mountain ranges, steam-vents or even icebergs. Look at <http://wf.is/excursions/>

We will also focus on intercultural learning and exchange. Every evening, volunteers from different countries will present 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.

This workcamp gives you the opportunity to spend an amazing time in Iceland with other international volunteers and to have an incredible experience where participants share their knowledge with each other while exploring creativity, environmental issues and intercultural learning.

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, WF 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. All our leaders start their program with one week of training. They will contact the volunteers with a welcome email around 10 days before the workcamp starts.

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

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

Accommodation and food

Worldwide Friends volunteers will be staying in our house in Sveinsstaðir, which is located on the outskirts of Reykjavik. This place is like a farm in the city, so you can enjoy pure nature and the city life of the capital at the same time. Volunteers need to bring their own sleeping bags and towels, but beds/mattresses and bed sheets are provided. 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 (and spices) from home!

Accommodation before and after the workcamp

At the moment WF Iceland is not offering hostel service before or after the workcamps.



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 may need:

- **Work clothes/shoes that can get stained, dirty or damaged**
- Hiking boots
- Warm sleeping bag (we only provide bed sheets)
- Swimsuits 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 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
- Camera, tripod and laptop (optional)
- Hairdryer (optional)
- **Cash (ISK or EUR)** for camp fees and excursions (descriptions and prices are available at wf.is/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.



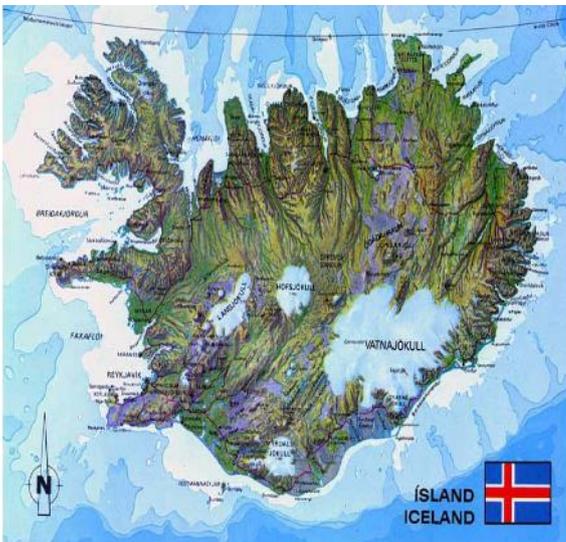
The first & last day of the workcamp

The first day of the camp is arrival day and the last day of the camp is a departure day.

The minibus will leave the Meeting Point in Reykjavik on the first day of the workcamp at 8:30 a.m. in the morning and arrive again at the Meeting Point in Reykjavik in the evening on the last day of the workcamp.

Please be at the Meeting Point at 8:00 a.m. as we can complete the incoming procedure before the minibus departs.

(Check the front page)



Transport from/to Keflavik Airport

Flybus

Incoming flights to Iceland arrive at Keflavik International Airport (KEF). The easiest way of getting to Reykjavik is to take the FlyBus (www.re.is/flybus), which costs 2,500 ISK. The Flybus departs from Keflavik Airport 35-40 minutes after each flight arrival. The schedule from Reykjavik to Keflavik can change according to time of year, so please check www.re.is/flybus for specific departure times. Buses are located right outside the terminal building. If you are arriving late at night or your flight is delayed, don't worry, there will be a Flybus waiting for you. It takes approximately 45 minutes to drive to BSI bus station in Reykjavik.

If you send us your booking reference number, flight number, date and time of arrival before the camp starts, you will receive a 50% discount voucher that can be printed twice and used for both arrival and departure trips. Print it out, fill it in and show it at the Flybus counter (open all night long) to receive the discount. The discount is valid only if you buy the ticket on the spot, not in advance.

Transport from/to the workcamp location

Iceland's public transportation is expensive and not very efficient.

WF will arrange a minibus trip from the meeting point to the camp accommodation with the Golden Circle – South Iceland excursion.

This year the minibus fee is included in the total fee for the workcamp.

Insurance

Veraldarvinir provides a third part liability during the duration of the camp. WF Iceland does not provide volunteers with a 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 and 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 three months after their planned arrival date.

These countries include the European Economic Area (which includes the EU, Norway, and Liechtenstein), the US, Canada, Australia and New Zealand. For a complete and up-to-date list, please refer to the following website: [Directorate of Immigration](http://www.utl.is/index.php/en/visas)

For more detailed information on visas, please visit: <http://www.utl.is/index.php/en/visas>

All visitors, who are coming to Iceland, irrespective of country of origin, can only bring a limited quantity of certain products into the country.

Alcoholic beverages:

Examples of possible combinations:

1 litre of spirits, 0.75 litres of wine and 3 litres of beer
or

3 litres of wine and 6 litres of beer or

1 litres of spirits and 6 litres of beer or

1,5 litres of wine and 12 litres of beer or

18 litres of beer

Remember that alcohol is very expensive in Iceland and can be bought only at [Vínbúðin](#)

In addition, 200 cigarettes or 250g of other tobacco products are permitted. For more information on customs regulations, please refer to the official information at: [Directorate of customs](#)

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. In order to rent a car or fill up a tank at most gas stations outside Reykjavík, you will need a credit card.

All banks have similar commissions for foreign exchange transactions. Outside banking hours, you can also try major hotels or The Change Group, which has three branches in Reykjavík and one in Akureyri – rates, however, are poor and commissions high in both cases. 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.

Whether you're planning on taking a bus trip around the country, hiring a car or hitchhiking, you'll probably spend a good deal of time on Route 1, called Hringvegur (the Ringroad). It largely follows the coast in a 1,500 km circuit around the country via Reykjavík, Akureyri and Egilsstaðir. Most of the Ringroad is paved. However, while areas around towns might be paved, most Icelandic roads are gravel roads. Some of these are perfectly decent, although bumpy, while many others – such as roads through the interior – are only navigable in high-clearance 4-wheel-drive vehicles.

Please note that the interior roads are open only between June and August: the exact opening and closing dates of roads, or whether some open at all, depend largely on the weather. You can check the current road conditions anywhere in Iceland by logging on to www.vegag.is, a regularly updated website in English and Icelandic that shows maps of the country with colour-coded roads according to their current status.

a) Buses

Buses are the most convenient way to cover a large part of Iceland. Iceland's umbrella organisation of long-distance bus lines, BSÍ (www.bsi.is), based at the bus station in Reykjavík, publishes a free, comprehensive timetable of scheduled departures and tours run by various companies. Between May and October, scheduled services cover the entire Ringroad and many other routes, with regular tours tackling interior destinations once the roads open between June and August.

Taking these bus trips is sometimes the only way to see many remote places, unless you have considerable off-road driving experience and the right vehicle. On the downside, travelling by bus can be expensive, considering the relatively small distances involved. So, you may find flying, or if you get a group of at least three people together, renting a car even cheaper.

b) 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

Flying within Iceland is good value: the single airfare from Reykjavík to Egilsstaðir, for instance, is around 7,000 ISK – a little more than half the price of a one-way bus fare for the same journey – and takes just one hour instead of two days. As a bonus, you'll get a different take on Iceland's unique landscape from above – flying over Vatnajökull's vast expanse of ice is about the only way to get a grasp of its scale.

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 hotpots 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 quick. For up-to-date fares, online booking and other information, please go to www.airiceland.is

c) Car rentals

Most big international car rentals have agents here in Iceland. However, the prices are usually high, especially during summertime. For a directory of car rental agencies, please go to www.inspiredbyiceland.com and search for car rentals.

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.icelandexpress.com
www.lufthansa.com
www.norwegian.com
www.primeraair.is
www.transavia.com
www.vueling.com
www.wizzair.com
www.wowair.com



Frequently asked questions

Q: What is the name of Iceland's International airport?

A: Keflavik International Airport (KEF).

Q: How do I get from Keflavik Airport to Reykjavik?

A: The easiest way is to take the FlyBus from Keflavik to BSI Station in Reykjavik. The FlyBus costs 2,500 ISK (www.re.is/flybus).

Q: Does the WF minibus go from the airport to Reykjavik?

A: No, the minibus is organised by WF for travelling from Reykjavik only to workcamps outside of Reykjavik. To get from Keflavik airport to Reykjavik, you should take the FlyBus (www.re.is/flybus).

Q: When should I arrive in/depart from Iceland?

A: We strongly recommend arriving in Iceland at least one day before the first day of your workcamp and departing no earlier than one day after the last day of your workcamp.

Q: Does the accommodation include internet access?

A: Yes! WF provides free wireless internet (WiFi) throughout the workcamp. As everyone shares the same bandwidth, volunteers are asked not to download movies, music or other large files.

Q: Who should I contact for information or in case of problems?

A: Please write an email to workcamps@wf.is

Q: When do I pay the participation fee for the workcamp?

A: Please pay in cash on the first day of your workcamp (ISK, EUR and USD are accepted). As an alternative, you can transfer the participation fee via bank transfer at least 4 weeks before the camp starts.

Q: I want to stay with Worldwide Friends before or after my workcamp. What kind of accommodation is available?

A: At the moment WF Iceland is not offering hostel service before or after the workcamps but this can change in the summer season.

Q: My plane arrives late at night. What should I do?

A: Don't worry, the FlyBus operates at all times of day and the BSÍ bus station is open all night.

Q: What will the accommodation be like during the workcamp?

A: The accommodations offer basic sleeping and cooking facilities and include a shared kitchen and bathroom. In some cases, volunteers have to take shower at the local swimming pool (where free entry for WF is applicable). You will sleep either on mattresses on the floor or in bunkbeds. In most cases, our participants are hosted in a community facility like a school or a community house. Please be aware that you will share a room with other volunteers.

Q: Do I have to bring my own mattress to the workcamp?

A: No, you don't have to bring a mattress, it will be provided by us. However, you do need to bring your own sleeping bag and towel.