



# **FULBRIGHT HAYS FOLLOW-UP SEMINAR ICELAND 19-30 JUNE 2023**

**HOSTED BY THE ICELAND - U.S. FULBRIGHT COMMISSION  
FUNDED BY THE U.S. DEPARTMENT OF EDUCATION**

Itinerary and information





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*Above: Dynjandi*

*Front cover: Stapafell by Arnarstapi*

*Back cover: Sun Voyager and Esja Mountain*



# WELCOME TO ICELAND

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Dear Fulbright-Hays seminar participants!

Fulbright Iceland is thrilled to welcome you back to Iceland for this follow-up to your 2021 seminar.

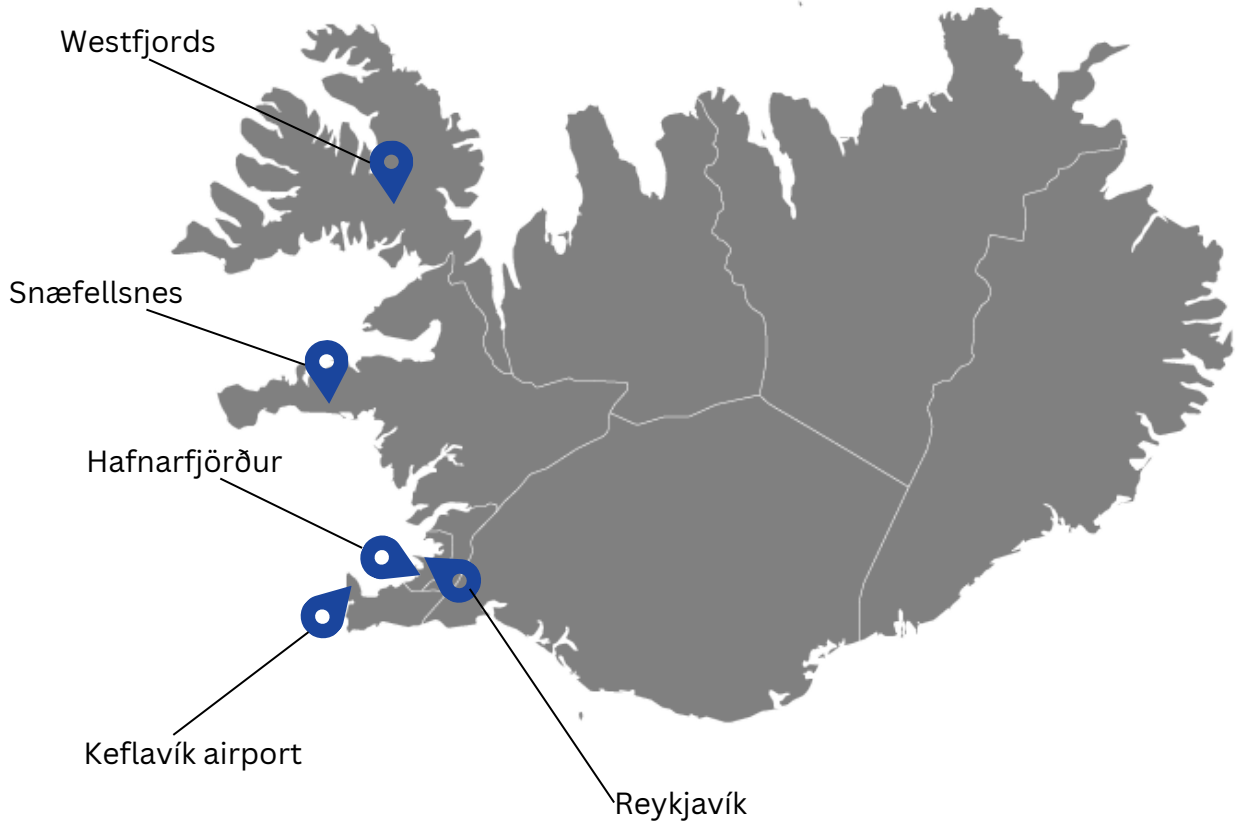
You were the first Fulbright-Hays cohort we received in Iceland and through your work we have come to understand just how impactful a Fulbright-Hays seminar is. As a result of the seminar, you all designed amazing curriculum-development projects focusing on key topics such as environmentalism and sustainability, equality, open-mindedness, literature and storytelling, STEM, culture, the arts and more. Your students have learned about important topics through an Icelandic lens and you have shared your experiences in your communities and at the national level. This not only broadens the horizons of your students, but is also a great way to increase mutual understanding between our two nations. We greatly value the work you do as educators and hope that this follow-up seminar will lead to even more great things in your classrooms. We have designed the program to continue with the themes of the last seminar and give you further insights into education and education policy in Iceland. In the digital version of this seminar brochure, you can click on all links for further information. You will also receive a paper copy upon arrival in Iceland.

I wish to acknowledge the U.S. Department of Education for providing the resources that allow us to continue this important work. My team and I look forward to strengthening friendships and having a wonderful time with you all, as we work together to build bridges and create value for children.

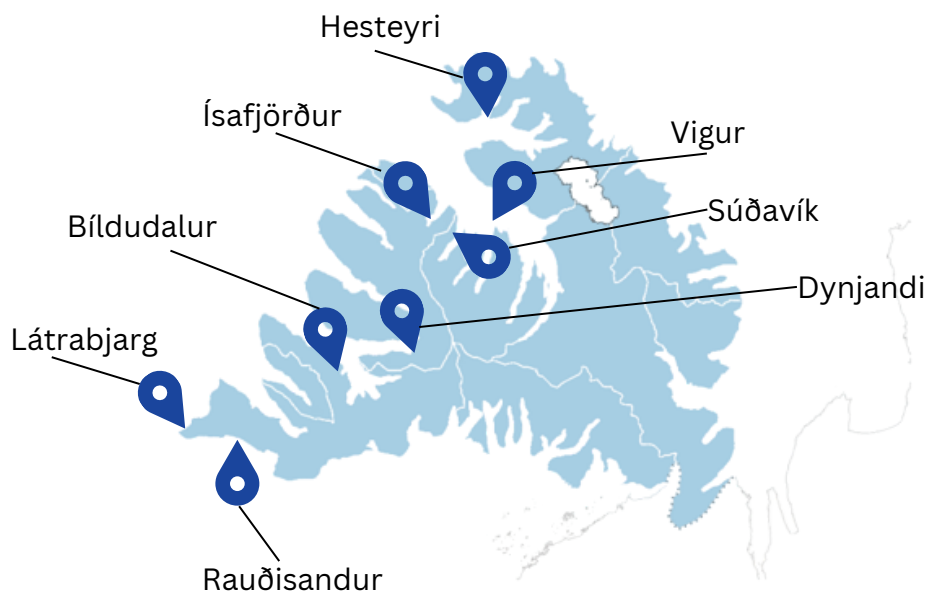
Belinda Theriault,  
Executive Director  
Iceland-U.S. Fulbright Commission

# MAPS

## Iceland



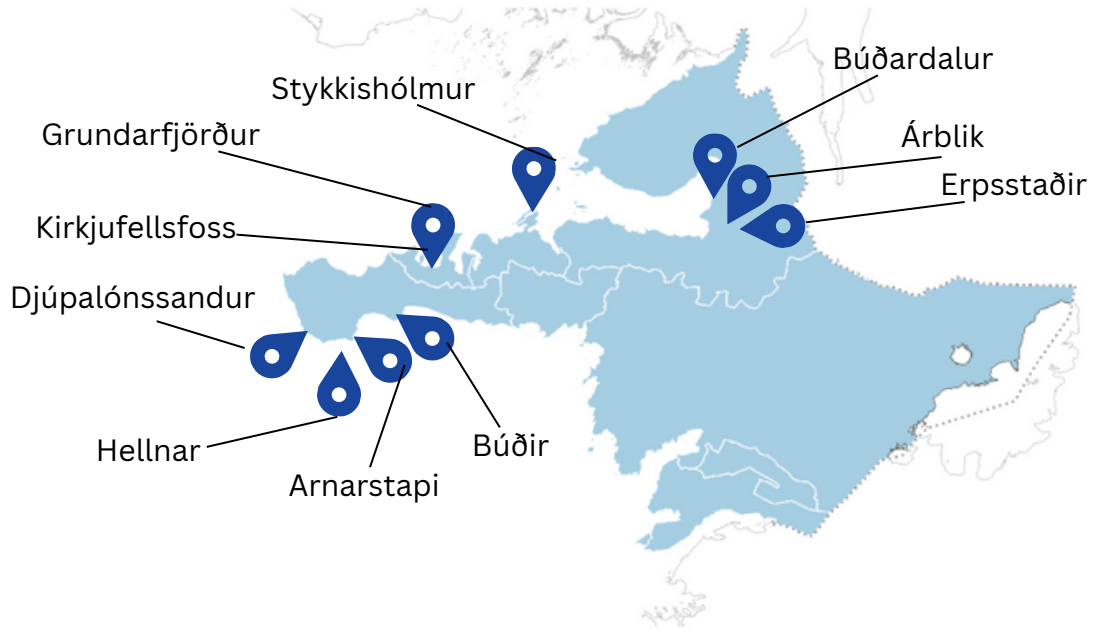
## Westfjords



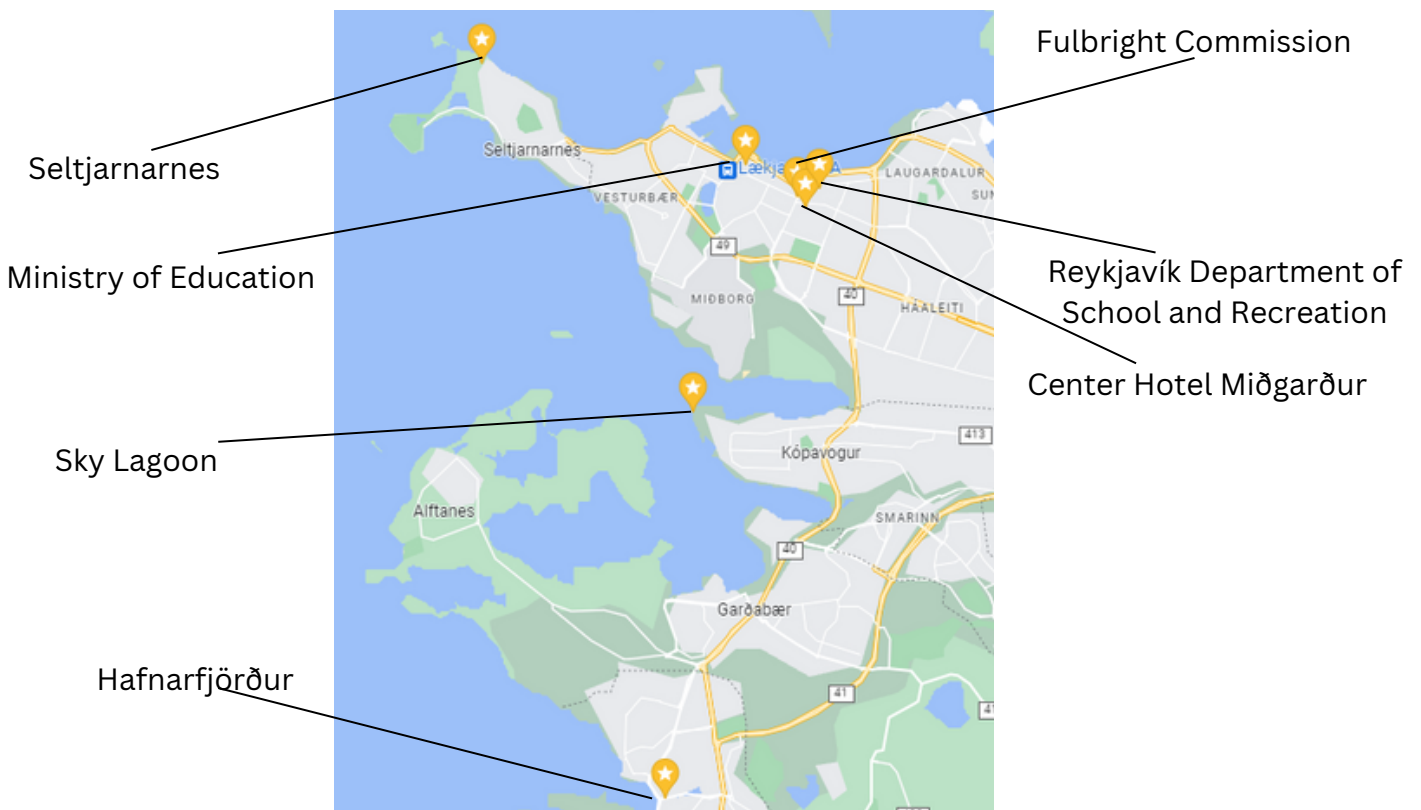


# MAPS

## Snæfellsnes/West Iceland



## Capital Area



## MONDAY 19 JUNE

Departure of international flights from the U.S. to Iceland

## TUESDAY 20 JUNE

Early morning Arrival in Iceland

7:45 Bus departure from Keflavík Airport

8:30 Stop in Reykjavik to pick up breakfast

8:45 Departure for the Dalir region of West Iceland

10:45 Visit to Erpsstaðir Creamery and farm

11:45 Departure

12:00 Lunch at Árblik community center

13:00 Departure for the Westfjords, with a stop at the Arctic Fox Center

17:30 Arrival in Ísafjörður

Check in at Hotel Ísafjörður

18:30 Departure on foot from the hotel for a quick dinner at Siver Kebab

*Ísafjörður*







# THE WESTFJORDS

20 - 23 JUNE



# THE WESTFJORDS

**Population of the Westfjords :**  
7,379 (2023 estimate)

The Westfjords is a large peninsula in northwestern Iceland. The region is very mountainous, with deep fjords and steep hills. Fishing makes up a large part of the region's economy due to the close proximity of fishing areas and good natural harbors in many of the fjords. The largest town is Ísafjörður, sometimes called the capital of the Westfjords. The settlements are small and sparse and between them you can find dramatic landscapes and stunning sights not found in other parts of the country.



## WEDNESDAY 21 JUNE

Morning	Breakfast at the hotel
9:00	Departure on foot for the <u>University Centre of the Westfjords</u>
9:15-9:20	Welcome by Arna Lára Jónsdóttir, Mayor of Ísafjörður
9:15-9:30	Introduction to the University Centre of the Westfjords <ul style="list-style-type: none"><li>▪ Dr. Peter Weiss, UW</li></ul>
9:30-10:00	Introduction to the Westfjords: Arctic community development, energy transitions, and quality of life <ul style="list-style-type: none"><li>▪ Sigríður Kristjánsdóttir, <u>Westfjords Regional Development Office</u></li></ul>
10:00-10:30	Environmental history of Árneshreppur <ul style="list-style-type: none"><li>▪ Dr. Laura Watt, UW, Fulbright Iceland alumna</li></ul>
10:30-10:45	Coffee break
10:45-11:15	Place attachment in avalanche-risk small and remote communities <ul style="list-style-type: none"><li>▪ Dr. Matthias Kokorsch, UW</li></ul>
11:15-11:45	Justice and equity in the Arctic – Iceland’s small scale fisheries <ul style="list-style-type: none"><li>▪ Dr. Catherine Chambers, UW, Fulbright Iceland Board member and alumna</li></ul>
11:45-12:00	The role of museums in climate change and environmental education <ul style="list-style-type: none"><li>▪ Finney Árnadóttir, <u>Westfjords Maritime Museum</u></li></ul>
12:00-12:15	Introduction of Ísafjarðabær Municipality Education Policy and Action Plan <ul style="list-style-type: none"><li>▪ Finney Árnadóttir, Chair of the Municipality Education Committee</li></ul>
12:15	Catered lunch at UW
13:15	Departure on foot
13:30	An introduction to the work of Ísafjörður Primary School <ul style="list-style-type: none"><li>▪ Kristján Arnar Ingason, Principal, and other school officials</li></ul>
15:15	Return to hotel/Free time to explore the town
17:50	Departure on foot from the hotel
18:00	Dinner at Tjöruhúsið restaurant

**Ísafjörður** is the largest town in the Westfjords. Settled in the 9th century, the town grew as a trading post for foreign merchants in the 16th century. The oldest part of the town is located on a spit of sand and contains the oldest collection of timber frame houses in Iceland, one of which is home to Tjöruhúsið restaurant.



## THURSDAY 22 JUNE

Morning	Breakfast at the hotel
9:30	Local sightseeing
12:30	Lunch at Thai Tawee
13:30	Departure for the harbor
14:00	Sail to <u>Vigur island</u> , wildlife sanctuary and eider colony protected under Icelandic law. Refreshments will be served. Then sail to <u>Hornstrandir</u> Nature Reserve, <u>Hesteyri</u> abandoned village. Tour of the village, possible Arctic fox spotting and dinner in the old doctor's house
22:00	Return to Ísafjörður by boat

“Vigur is one of three islands in Ísafjarðardjúp. The island is long and narrow and gets its name from the shape, Vigur means spear.” - [Visit Westjords](#)



### DID YOU KNOW?

The Arctic fox was the only land mammal that the settlers found when they arrived in Iceland. The fox probably came on sea ice from Greenland.



## FRIDAY 23 JUNE

Morning	Breakfast at the hotel
8:45	Luggage on board bus
8:50	Departure and drive through the Southern Westfjords
9:40	Stop at <u>Dynjandi</u> waterfall
10:30	Departure
11:45	Stop for lunch at Vegamót restaurant in the town of <u>Bíldudalur</u>
12:45	Departure
14:15	Visit to <u>Látrabjarg</u> , one of Europe's biggest bird cliffs
15:00	Departure
16:15	Visit to <u>Rauðisandur</u> beach
17:00	Drive to Snæfellsnes with a stop at Dalakot restaurant for dinner
23:00	Arrival and check in at <u>Hotel Arnarstapi</u>

**Látrabjarg** is the westernmost point in Iceland and one of the largest bird cliff in Europe. The cliffs are home to millions of birds, including puffins, northern gannets, guillemots and razorbills.







# SNÆFELLSNES PENINSULA

24 - 26 JUNE



# SNÆFELLSNES

**Population of Snæfellsnes:**  
3,961 (2023 estimate)

The Snæfellsnes Peninsula is a region in Western Iceland, located between Reykjavík and the Westfjords. The area is a popular destination amongst tourists and Icelanders alike. The Peninsula is known for incredibly beautiful and dramatic landscapes, where you can see all of the unique natural elements in one place: untouched lava fields, tall volcanoes, mystical glacier, black and white beaches, a National Park and hazardous cliffs along the coastline. The symbol of the area is the mysterious Snæfellsjökull glacier, located near the tip of the peninsula. Its mystique and majestic features have inspired many throughout the years, including French writer Jules Verne and Icelandic Nobel laureate Halldór Laxness.

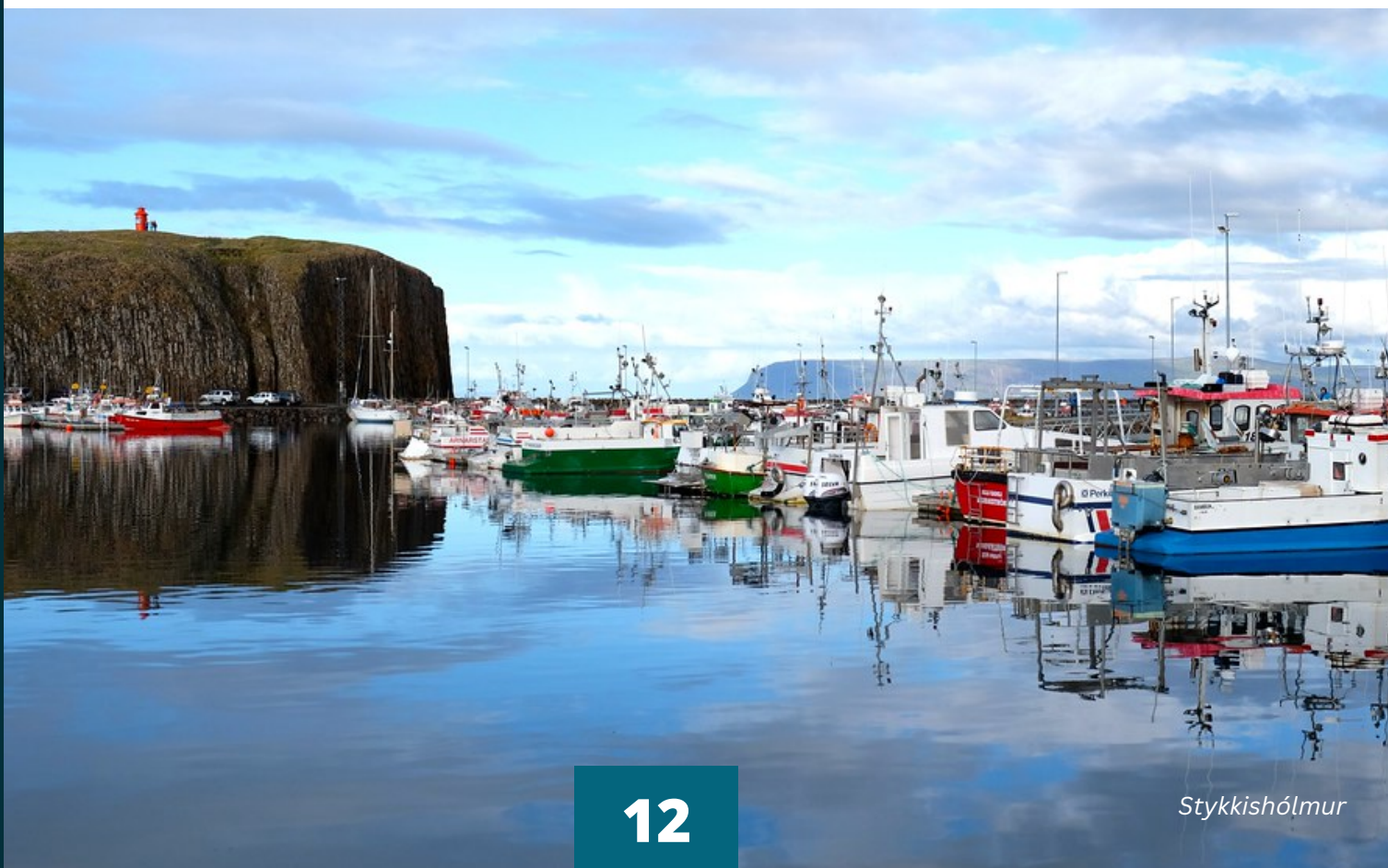




## SATURDAY 24 JUNE

Morning	Breakfast at the hotel
9:15	Departure
10:00	Stop at Kirkjufellsfoss waterfall
10:15	Departure for <u>Grundarfjörður</u> , a charming fishing village
10:30	Walk around the town with stops at points of interest
12:00	Lunch at Café 59 with Sigríður Anna Þórðardóttir, former Member of Parliament and former Chair of the Standing Committee on Education
13:30	Departure
14:00	Visit to <u>Bjarnarhöfn Shark Museum</u>
15:00	Departure
15:30	Arrival in <u>Stykkishólmur</u> to explore the town and its museums
18:00	Dinner at Narfeyrarstofa restaurant
19:30	Departure
20:45	Return to the hotel

**Stykkishólmur** is the biggest town in Snæfellsnes and is a center of services and commerce for the area. The town was named after a small island in front of the harbor called Stykkið, "the piece".







## SUNDAY 25 JUNE

Morning	Breakfast at the hotel
9:00	Departure for a visit to Sönghellir cave and <u>Djúpalónssandur</u> beach
11:00	Arrival at <u>Hellnar</u> , nature walk to Arnarstapi
12:15	Lunch at Arnarstapi Center and free time
15:30	Departure for Lýsuhólslaug
16:15	Swimming at <u>Lýsuhólslaug</u> geothermal algae bath
17:45	Departure
18:00	Dinner at <u>Hotel Búðir</u>
20:00	Return to the hotel





## MONDAY 26 JUNE

Morning	Breakfast at the hotel
9:00	Luggage on the bus
9:15	Departure for Reykjavík
12:30	Lunch at Ráðagerði restaurant in the town <u>Seltjarnarnes</u>
14:00	Departure
14:15	Check in at <u>Center Hotel Miðgarður</u>

Free afternoon/evening

### **Center Hotel Miðgarður**

Laugavegur 120,  
101 Reykjavík  
Tel: +354 595 8560







THE  
CAPITAL  
AREA

27 - 30 JUNE



# THE CAPITAL AREA

## Population of the Capital Area

247,533 (2023 estimate)

The Capital region comprises of the national capital Reykjavík and six municipalities around it: Kópavogur, Hafnarfjörður, Garðabær, Mosfellsbær and Seltjarnarnes. The region is home to 64 percent of Iceland's population.

According to Landnámabók (the Book of Settlements written in the early 12th century), Reykjavík was the location of the first permanent settlement in Iceland. Legend has it that Ingólfur Arnarson chose the location to build his homestead around AD 870, although archaeological finds suggest settlement may have started earlier. Inspired by the steam rising from the hot springs, Ingólfur gave it the name Reykjavík ("bay of smoke").







## TUESDAY 27 JUNE

Morning	Breakfast at the hotel
9:30	Departure by bus from the hotel
10:00	Meeting with representatives of the Office of Education and Public Health in the town of <u>Hafnarfjörður</u> . <ul style="list-style-type: none"><li>◦ An introduction to the “Bridge” project, which takes an integrated approach to support and services for students who are facing challenges</li></ul>
12:00	Lunch at Krydd restaurant, with Rósa Guðbjartsdóttir, Mayor of Hafnarfjörður
13:30	Free time to explore Hafnarfjörður
15:10	Departure from Hafnarfjörður
15:30	Visit to <u>Sky Lagoon</u> for geothermal bathing
18:15	Departure
18:30	Dinner at Sjaland restaurant

**Hafnarfjörður** is the third largest municipality in the Capital region with approximately 30 thousand inhabitants. Named after its natural harbor (literal name is "harbor fjord"), the town has been a center for trade since at least the 15th century. Today, Hafnarfjörður is one of the nation's largest fishing centers.



## WEDNESDAY 28 JUNE

- Morning Breakfast at the hotel
- 9:30 Departure on foot from the hotel
- 10:00 Meeting at the Department of School and Recreation with education officials on the implementation of Reykjavík's education policy
- Fríða Bjarney Jónsdóttir, Origins and Implementation of the Education Strategy
  - Guðrún Edda Bentsdóttir, Reykjavík Primary Schools
- 11:45 Departure on foot
- 12:15 Lunch at Kastrup restaurant
- 13:20 Departure on foot
- 13:30 Meeting at the Ministry of Education and Children
- Education Strategy 2030
    - Sonja Dögg Pálsdóttir, Senior Adviser
  - Prosperity of Children: Prevention and Early Intervention
    - Ministry official, TBC
  - School Development and Integrated Services
    - Ragnheiður Bóasdóttir, Senior Adviser
- 15:00 Discussions with teachers
- Ásdís Steingrímsdóttir, Icelandic and English language teacher
  - Hjördís Jónsdóttir, 4th grade teacher
  - Kristína Berman, textile teacher
  - Helgi Rey Auðarson Guðmundsson, middle school teacher, tech in teaching
- 16:00 Return to the hotel on foot
- 18:15 Departure on foot
- 18:30 Dinner with teachers at Grill Market restaurant



## THURSDAY 29 JUNE

Morning	Breakfast at the hotel and individual work time
11:50	Departure on foot
12:00	Lunch at Eiríksson Brasserie
13:00	Final meeting at the <u>Fulbright Commission</u> <ul style="list-style-type: none"><li>◦ Discussion on seminar outcomes, curriculum development plans and further engagement</li></ul>
15:00	Individual meetings as needed/free time
18:10	Departure on foot from the hotel
18:30	Dinner with Fulbright Commission Board Members at Borg Restaurant

## FRIDAY 30 JUNE

Morning	Breakfast at the hotel and free time
11:30	Luggage on the bus
11:45	Departure
12:00	Farewell lunch at Kaffivagninn restaurant
13:30	Departure for the airport Individual late afternoon flights

*Reykjavík pond*





## NOTES

- Participants must comply with the Iceland commission's safety, health, and housing policies and guidance during the trip.
- Participants are expected to take full part in the entire program.
- Accommodation is arranged by the Commission. Any upgrades or extras must be paid for by the participants. This includes any services, food or beverages ordered.
- Most meals are provided throughout the program. Meals are fixed menu, sometimes served family style. There will be an option available for those with dietary restrictions. Participants must pay for any meals or refreshments not included.
- Water is offered with all meals and sometimes soft drinks. Alcoholic beverages are seldom included.
- Participants should be prepared to do considerable walking and to spend significant time outside. There will be some light hiking and related activities but nothing overly strenuous.
- Participants must send a one-page final report by 1 September 2023 outlining their seminar takeaways and how they will use it to further develop their prior seminar project or develop a new project. The report should be sent both to the Commission and the Department of Education.



# PARTICIPANTS

## **Amy B. Barsanti**

2nd Grade Teacher,  
Jamesville Elementary  
School.  
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## **Anne M. Schaefer**

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## **Anya Rose**

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Chestnut Hill Academy.  
Philadelphia, PA

## **Cheri McNeely**

Special Ed. - Science and  
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# USEFUL INFORMATION

**THE LOCAL CURRENCY IS "KRONA" (ISK)  
(EXCHANGE RATE ON JUNE 1ST, 2023)**

**1 USD = 140 ISK**

**1.000 ISK = 7,15 USD**

**NEWS AND CULTURE:**

**[WWW.GOVERNMENT.IS](http://WWW.GOVERNMENT.IS)**

**[WWW.ICELANDMONITOR.MBL.IS/NEWS](http://WWW.ICELANDMONITOR.MBL.IS/NEWS)**

**[WWW.RUV.IS/ENGLISH](http://WWW.RUV.IS/ENGLISH)**

**[WWW.GRAPEVINE.IS](http://WWW.GRAPEVINE.IS)**

**[WWW.ICELANDMAG.IS](http://WWW.ICELANDMAG.IS)**

**ICELANDIC MET OFFICE / WEATHER INFO**

**[WWW.EN.VEDUR.IS](http://WWW.EN.VEDUR.IS)**

**THE EMERGENCY NUMBER IN ICELAND IS**

**112**

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**FULBRIGHT EMERGENCY PHONE NUMBER: +354 888 4068**