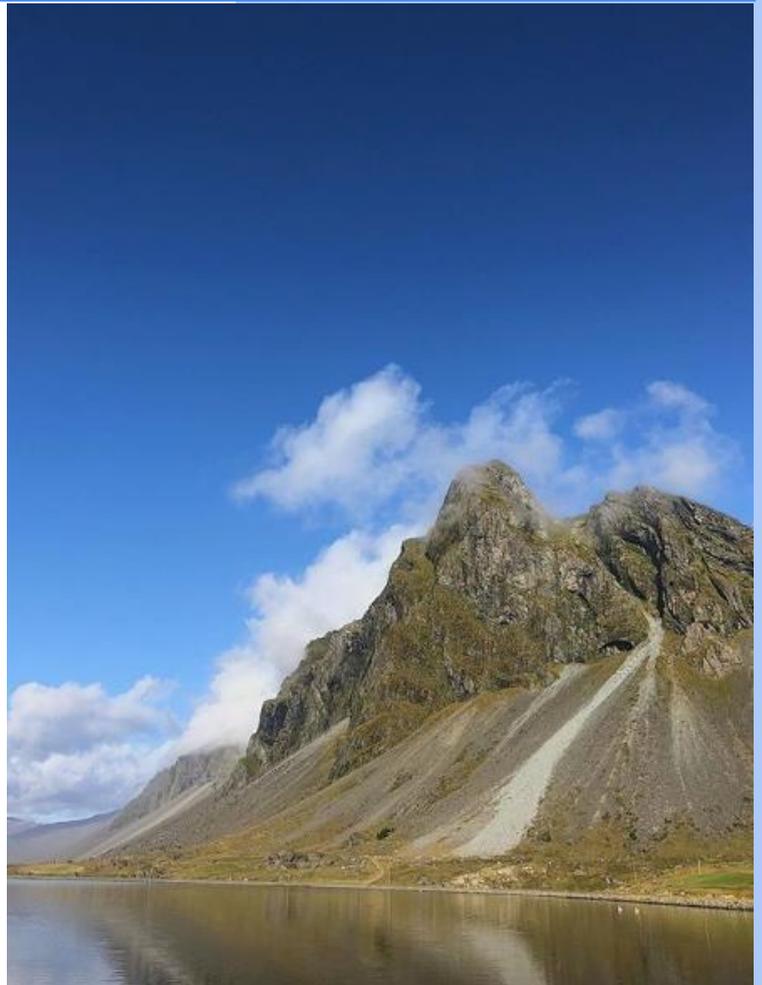


28 days

2021

One earth, our home Let's prevent global warming



Meeting point

Pickup at the KEF Int. airport on arrival

On request

Phone numbers

+354 868 2324

+354 824 0371



Worldwide Friends - Veraldarvinir

Volunteers in Iceland

ABOUT WORLDWIDE FRIENDS

THE ORGANISATION

Worldwide Friends Iceland (WF) was founded in 2001 as a non-governmental, nonprofit 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 volunteering 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 endeavor of attaining world peace has become a tangible possibility. The development and strengthening of bonds of cooperation and friendship through contact with people from other countries and cultures have 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 providing foreign volunteers the opportunity to take part in nature and peace-related activities.

For volunteers coming to Iceland, such projects will give them an exceptional opportunity not only to explore and directly interact with Iceland's unique culture and landscape, but also to work with other international volunteers and locals 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 inimitable opportunities for building bonds of unity and understanding between societies around the world.

GLOBAL WARMING

If we want to make a change, develop green solutions, or inspire others for a sustainable lifestyle, we must understand the environmental issues, and their challenges first. Currently "global warming" is our main theme throughout our different workcamps. The volunteers will take part in workshops and group discussions about this topic. The main goal of this project is to improve education and raise awareness of the participants about environmental problems. Within the project, we will learn and do research about green energy, sustainable householding, waste treatment, ways to reduce your carbon footprint, and thus global warming. Humanity must act in a more environmentally friendly way. Take part in this promising project and be the change that you want to see!

VERALDARVINIR/ WF ICELAND AIMS AT:

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

IMPORTANT INFORMATION

CONTACT DETAILS

WF Iceland / Veraldarvinir

Pingasel 7,
107 Reykjavík, Iceland

Sebastian Diaz-Duran +39 3404726083
Manager of the sustainable centre in Brú
groups@wf.is

Steindor Þorarinsson +354 824 0371
Project manager
steini@wf.is

Emergency phone: +354 868 2324

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

Workcamp placements
workcamps@wf.is

Any other request
wf@wf.is





Worldwide Friends - Veraldarvinir

Volunteers in Iceland

One earth, our home

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.

PROJECT LOCATION

Worldwide Friends Iceland is opening an environmental and sustainable center near the crossroads to the West, South, and North of Iceland. The center called BRÚ is in the area of Hrutafjordur, a 36 km long fjord in Hunathing vestra. In the neighborhood, 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 center is to protect the nature in the area, to raise the awareness of sustainability among the locals, and the visitors that are coming to the area.

The house is more than 1.000 m², it has double rooms, triple rooms, and quadruple rooms, two kitchens, several bathrooms, and common areas, rooms for workshops, and galleries. Our long-term plan is to equip the center with its own hydropower plant to produce electricity for heating and daily use. This will make Brú completely sustainable from the energetic point of view and will contribute to the production of clean energy for the region.



WORK

This camp has different kinds of tasks. Some days we will focus on renovating the center in Brú, painting, cleaning, and fixing things around and inside the house. We will also do some artwork for example paintings and sculptures made of driftwood. Other days we will clean the coastline and plant trees, depending on the weather conditions. We will give a special focus to global warming and the volunteers will have workshops about climate change. The issue of global warming is well known all over the world. 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. For example, during summer planting trees is one of the activities of the camps. Planting trees becomes a very useful action against climate change because of the carbon fixation power of trees. In addition, we get cleaner air and the roots and branches prevent soil erosion.

Our main environmental project for the next years is beach cleaning. We have been doing it since 2001 with great results. We have collected hundreds of kilograms of plastic waste all around Iceland. We will be working in the Northwest and the East of Iceland. The main job is to collect as much plastic from the shores and recycle as much as possible. Besides collecting plastic, we will be also working with driftwood that is brought by the currents to the Icelandic coastline. One of the challenges is to give it a second life.

This work camp is a way to enjoy an amazing time in Iceland with other international volunteers and to have an incredible experience where participants share their knowledge with each other while they are exploring creativity, environmental issues and intercultural learning.

LEISURE

WF Iceland will organize 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 waterfalls, volcanic and geothermal areas, glaciers, lava forests, hot-springs, rhyolite mountain ranges, steam-vents or even icebergs. The most popular ones are the Golden Circle and the Southcoast. <http://wf.is/volunteer-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.

The area around the place is also great for hiking.

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, organize leisurely activities, 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 organizations. All our leaders start their program with one week of training.



AGE LIMIT

In general, volunteers should be at least 18 years old. For underage volunteers we have specific programs. 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 stay in the Worldwide Friends sustainable center offering good facilities.

Volunteers need to bring their own sleeping bags and towels, but beds and bed sheets are provided. Wireless internet access is provided free of charge. The rooms are for two up to four participants.

Food is included for the duration of the 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, ingredients, and spices from home!

We can offer you a hostel service before or after the workcamps in our houses or in youth hostels downtown Reykjavik



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 should bring your hiking shoes for this camp!

YOU MAY NEED:

- Hiking boots that are waterproof
- 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 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
- Hairdryer (optional)
- **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 favorite music, games, musical instruments and recipes, as cooking and other social activities will greatly depend on your own initiative.

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.

TRANSPORT FROM/TO KEFLAVIK AIRPORT (FLYBUS)

We will pick you up at the airport when you arrive and take you back to the airport when you leave.

INSURANCE

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

The first day you will spend in Reykjavik, the second day you will go for an excursion to the south coast of Iceland and on day number three you will leave for the sustainable center on Brú

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,

WF will arrange a minibus trip from the meeting point to the camp accommodation and with the excursion.

please refer to the following website: [Directorate of Immigration](#)

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 to take with you:

- 1 liter of spirits, 0.75 liters of wine and 3 liters of beer or
- 3 liters of wine and 6 liters of beer or
- 1 liter of spirits and 6 liters of beer or
- 1,5 liters of wine and 12 liters of beer or
- 18 liters of beer

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

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. Travelers' 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 centers 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 Ring road). It largely follows the coast in a 1,500 km circuit around the country via Reykjavík, Akureyri and Egilsstaðir. Most of the Ring road 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 color-coded roads according to their current status.

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.

FLIGHTS

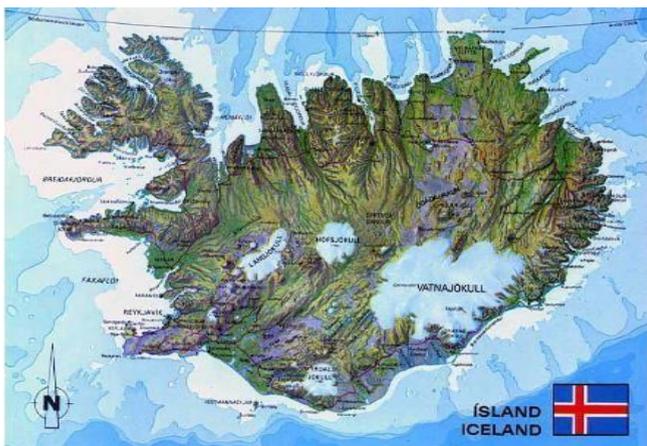
Iceland's international airport is Keflavik (KEF), located 45 minutes south of Reykjavik by bus. Several airlines operate out of Keflavik, including the national carrier IcelandAir. Information on other airlines can be found at www.isavia.is/en/keflavik-airport/flight-schedule/airlines

Flying within Iceland is good value: the single airfare from Reykjavik 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 Reykjavik to Vestmannaeyjar, Ísafjörður, Akureyri, Egilsstaðir and Höfn (Hornafjörður).

Other airlines operating flights from Reykjavik 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 Reykjavik 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



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 Reykjavik, publishes a free, comprehensive timetable of scheduled departures and tours run by various companies. Between May and October, scheduled services cover the entire Ring road 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.



Two days activities in Reykjavik and south coast of Iceland

	Saturday Day 1	Sunday Day 2
8:00	Breakfast	Breakfast
9:00	Introduction to Worldwide Friends Lunch	Tour to the south coast of Iceland to Vík with stops In Seljalandsfoss waterfall, Sólheimajökull glacier, Skogafoss waterfall and Reynisfjara black beach
13.00	Visit to Perlan museum	
19.00	Dinner and sleeping in one of the WF houses in Reykjavik	Dinner and sleeping in one of the WF houses in Reykjavik



	Monday Day 3	Tuesday Day 4	Wednesday Day 5	Thursday Day 6	Friday Day 7
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Travel day to Brú the sustainable centre in Northwest Iceland	Global warming 1	Global warming 2	Global warming 3	Art workshop 1
11:00		Free time	Free time	Free time	Free time
13:00		LUNCH	LUNCH	LUNCH	LUNCH
14:00		Volunteering 1	Voluntering 2	Volunteering 3	Volunteering 4
17:00		Free time	Free time	Free time	Free time
19:00		Intercultural dinner	Intercultural dinner	Intercultural dinner	Intercultural dinner
		Dinner	Planned activity	Planned activity	Planned activity
	Saturday Day 8	Sunday Day 9	Monday Day 10	Tuesday Day 11	Wednesday Day 12
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Global warming 4	Free day or optional Excursion day Snæfellsnes peninsula Lunch pack Extra charge 100 EURO	Art workshop 2	Global warming 5	Global warming 6
11:00	Free time		Free time	Free time	Free time
13:00	LUNCH		LUNCH	LUNCH	LUNCH
14:00	Free time		Volunteering 5	Volunteering 6	Volunteering 7
17:00			Free time	Free time	Free time
19:00			Intercultural dinner	Intercultural dinner	Intercultural dinner
	Planned activity	Free time	Planned activity	Planned activity	

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.

	Thursday Day 13	Friday Day 14	Saturday Day 15	Sunday Day 16	Monday Day 17
8:00	Meeting point	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Global warming 7	Global warming 8	Free day	Free day	Art workshop 3
11:00	Free time	Free time			Free time
13:00	LUNCH	LUNCH			LUNCH
14:00	Volunteering 8	Volunteering 9			Volunteering 10
17:00	Free time	Free time			Free time
19:00	Intercultural dinner	Intercultural dinner			Intercultural dinner
	Dinner	Planned activity			Planned activity
	Day 18	Day 19			Day 20
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Free day
9:00	Global warming 9	Global warming 10	Art workshop 4	Global warming 11	
11:00	Free time	Free time	Free time	Free time	
13:00	LUNCH	Lunch	LUNCH	LUNCH	
14:00	Free time	Volunteering 11	Volunteering 12	Volunteering 13	
17:00		Free time	Free time	Free time	
19:00	Intercultural dinner	Intercultural dinner	Intercultural dinner	Intercultural dinner	
	Planned activity	Free time	Planned activity	Planned activity	

Week schedule

	Tuesday Day 23	Wednesday Day 24	Thursday Day 25	Friday Day 26	Saturday Day 27	Sunday Day 28
8:00	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
9:00	Global warming 12	Global warming 13	Art workshop 4	Cleaning and tighting up the house Free time	Free day in Reykjavik	Departure
11:00	Free time	Free time	Free time			
13:00	LUNCH	Lunch	LUNCH	Travel to Reykjavik		
14:00	Free time	Volunteering 14	Volunteering 15			
17:00		Free time				
19:00	Intercultural dinner	Intercultural dinner	Intercultural dinner	Dinner		
	Planned activity	Free time	Evaluation and final party	Staying in one of the WF houses	Staying in one of the WF houses	

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.icelandinfocus.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: We will pick you up when you arrive. When you land in Keflavik you should send a message or call +354 8682324 and we will be there in 45 min

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

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: You pay it directly to the sending organization

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

A: We can host you in one of our houses in Reykjavik for 30 euro per night and meals are included. The rooms are dormitories.

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

A: Don't worry, we will pick you up

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. You will sleep in rooms for two up to four participants

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.