



FROM THE EDITOR

Days are getting longer in Iceland as the longest “day” of the year is on the 21st of June. You see people everywhere enjoying the summer and happy about the nice days ahead.

June is a special month for Icelanders. On the 17th of June Icelanders celebrate their independent day with nice parades and festival for all

ages. A week later we have a day called Jonsmessa where the tradition is to role naked in the midnight sun!

In this issue you will find some basic information about Iceland, the Journey Hvannadalshjúkur and off side programme at Althingi.

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FREQUENTLY ASKED QUESTIONS

WHERE IS IT?

Iceland is a North Atlantic island and the westernmost country in Europe. It lies about 800 km northwest of Scotland and 970 km west of Norway, and its northern coast is just below the Arctic Circle. From London, Reykjavík is the same distance as Athens.



IS IT DIFFICULT TO GET TO ICELAND?

Not at all! Frequent flights operate to Iceland from main cities in Europe and North America and many gateways are served daily. Flight times to Europe are two to four hours. Most flights connect at Iceland's Keflavík International Airport (45 km from Reykjavík).

HOW COLD DOES IT GET?

Thanks to the Gulf Stream, Iceland isn't as cold as it sounds. Temperatures are moderate year-round. Average July temperatures are around



11°C in Reykjavík - the north and east are often the warmest parts in the summer. Snow is not the norm and only settles intermittently in Reykjavík

but tends to stay longer in the north. Fine winter skiing areas are found on higher ground outside many towns, however. Average January temperatures in Reykjavík, at around zero, are actually higher than those in New York.

HOW SHOULD I DRESS?

In the summer, light clothing is often all you need - but always be prepared for both cold and wet weather at all times of the year. The weather can be extremely changeable. Icelanders often say, "If you don't like the weather, just wait 15 minutes." And always bring a bathing suit, whatever time of the year you visit. A favourite pastime is year-round outdoor swimming in countless geothermally heated pools and lagoons, with a typical temperature of 25-28°C.

WHAT ARE THE PEOPLE LIKE?

Quite Scandinavian, exceptionally friendly, highly educated, sophisticated, attractive, honest and very modern. Their ancestors were predominantly Norwegian, although some came from the British Isles.

DO ICELANDERS SPEAK ENGLISH?

Most Icelanders (especially those from their teenage years through their fifties) speak fluent English. In fact, they welcome the opportunity - so never be shy about approaching an Icelandic.



WHAT ARE THE ACCOMMODATION AND FOOD LIKE?

Excellent! Iceland's hotels and guesthouses are almost invariably clean and comfortable. The seafood and lamb are of outstanding natural quality and served in imaginative European style. There are also plenty of fast food establishments.

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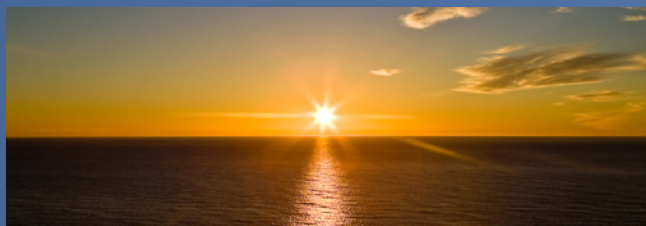
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FAQ CONTINUED



WHAT KIND OF MONEY DO THEY USE IN ICELAND?

The Icelandic króna (ISK). All major currencies can be exchanged at the airport, banks and currency exchanges. Visa and MasterCard are accepted almost universally, and ATMs are generally not hard to find. Visit sedlabanki.is (Central Bank of Iceland) to learn about the Exchange rate.



WHEN IS IT DAYLIGHT IN ICELAND?

Summer visitors who arrive to a bright midnight sky and ask when it gets dark in Iceland are sometimes told "in the middle of August." The sun barely sets in the summer in Reykjavík and it's light round-the-clock in the north at the peak of summer. In mid-winter, expect only about four to five hours a day of daylight. Spring and autumn daylight hours are more or less "normal".



WHAT ABOUT THE ELECTRICITY?

Icelandic electrical standards are European (50Hz, 240 volts) so many North American electrical devices will require converts. Plugs are generally two-pin, so devices brought in from the UK and North America will require adapters.

WHAT IS THERE TO SEE BESIDES NATURE?

Nature is obviously a big part of the Icelandic experience - but it's by no means the only part. Reykjavík is one of the liveliest, safest, most sophisticated and modern cities there is, and its nightlife and cultural activities have earned an exciting reputation. Other towns such as Akureyri in the north are worth visiting in their right too. For those who want to see both city and nature, the wilds begin just outside urban communities and a wide range of sightseeing tours are on offer from most of them.

WILL MY MOBILE PHONE WORK IN ICELAND?

Most European cell phones work on Iceland's GSM network; North American ones use a different standard. But you can rent cell phones in Iceland. Iceland now has the highest rate of cell phones use in the world. Mobiles work in towns and on virtually all main travel routes.

(Source: http://www.icetourist.is/displayer.asp?cat_id=279)

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JOURNEY

SKA 05 HVANNADALSHNÚKUR - THE TOP

Standing on the tip of Hvannadalshnúkur Peak on Öraefajökull Glacier is incomparable. Hvannadalshnúkur Peak guards the Southern rim of Vatnajökull Glacier, the biggest glacier in Europe. Imagine the feeling of accomplishment, surrounded by ice, snow and intriguing landscapes!

The mountain is 2110 meters tall and a part of Vatnajökull National Park. It is in fact a volcano, but has only erupted twice in historical times, the last one being in 1727.

This is indeed the most extreme journey of RoverWay 2009. Participants will have to hike for 15 hours in total to get to the TOP and down again. To the 50 participants of this journey make sure that you start getting ready for the journey right now. If you are not ready according to the tribe leaders then you'll miss out going to the top.

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ALTHINGI

In the last issue you could read about the programme opportunities at Althingi. There will be five village plus some off side activities that you can choose to do instead. You will have to sign up for the off side activities at Althingi the day before or just try your luck if there is still spaces available. The off side activities are;

SWIMMING – we will offer you a chance to visit an Icelandic Swimming pools at Selfoss and Minni Borg close to Ulfljotsvatn. Icelandic swimming pools use natural hot water and the temperature is always around 25°C - 28°C. There are also hot tubs at 38°C – 42°C. Nice place to visit and enjoy the relaxing fun atmosphere.

ÝRUFOS hydroelectric power plant – Get to know where Iceland gets most of their energy from.

NESJAVELLIR - Open up to the energy around you and see how the warm water straight from the ground is used to heat up cold water and car-

ried to Reykjavik by enormous pipelines. Learn all about the power in Icelandic ground, the platforms of America and Europe and how they meet just outside our camping area.

HIKING TRAILS - You can choose from a short hike of 1-2 hours, a medium hike of 3-5 hours, long hike of 6-9 hours or a midnight sun hike where you will sleep at a hut next to a natural warm spring you can bathe in.

GOLF AT LJÓSAFOSS - Go for a short walk down at Ljosafoss and take a round in a golf. You can also see the hydro electric power plant and you might find an art gallery there also.

CANOEING AT LAKE ULFLJOTSVATN - Grab a Canoe and sail across the Lake, go and find the cave Skinnhúfuhellir.

These are just few of the possibilities that you will have at Althingi.

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ELSÍ RÓS HELGAÐÓTTIR

NAME

Elsí Rós – Althingi team

HISTORY

Elsí Rós is born into a family of scouts and has been a member of the Icelandic scout association for as long as she can remember, going to her first jamboree in Iceland only a few weeks old and only missed 3 national jamborees all her life. Last 3 years she was a part of the national program committee and at the last national jamboree in Iceland she was a part of the program team. She was a troop leader at the world jamboree in England 2007. She works as a travel tour operator and a guide so she can enjoy travelling both at work and in her scouting projects.

MOTTO IN LIFE

Life is a journey- enjoy it while it lasts

FOOD SHE WOULD NEVER EAT

Ram testicles

FAVOURITE PLACE IN ICELAND

Akrafjall – the mountain above the town she was born in.



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