

## Visit to Iceland 31th March to 9<sup>th</sup> of April 2016

Date	Topic focus	Program	Time	Way to travel
<b>31<sup>st</sup> March Thursday</b>	Travelling to Iceland - Hostel in Reykjavík	Sightseeing tour in Reykjavík, The church <a href="#">Hallgrímskirkja</a> , Alþingi (parliament) the harbor area, <a href="#">the Pearl</a> and <a href="#">Harpan</a>	Arrival in Keflavík 14:25 The bus will pick you up in Keflavík – arrival in Reykjavík 16:00 – 16:30	WOW air – bus
1 <sup>st</sup> April Friday	Travelling from Reykjavík to Höfn	Hellisheiðarvirkjun – <a href="#">Geothermal exhibition</a> Hveragerði – visit to a greenhouse and expiring earth quake – waterfall <a href="#">Skógafoss</a> – <a href="#">Skaftafell</a> nationalpark	Leaving from hostel 8:00 9:00  Arrival in Höfn around 19:00	Bus
2 <sup>nd</sup> April Saturday	Orienteering game in Höfn Lunch at home Stokksnes (close to the Atlantic, birds, seals, visit to a viking village (film set) Swimming pool		10:30 12:00 – 13:00 13:00 – 17:00  17:00 – 18:30	Private cars
3 <sup>rd</sup> April Sunday	Visit out in the country – e.g. the <a href="#">glacier lagoon</a> , the museum <a href="#">Þórbergssetur</a> , an Icelandic farm (at Lilja’s home) the largest cow farm in Iceland and a visit to a horse farm.		10:00 – 17:00	Private cars
4 <sup>th</sup> April Monday	Principal’s welcome. – sightseeing of school Visiting classes at FAS Logo – selection Hornhúsið (mindfulness – only the Polish group) Lunchbreak Project work  Traditional food festival at FAS	(mindfulness – only the Polish group)  Mindfulness (The film “Get Help” + discussion, presentation about the common task during the visit)  Polish guests try Icelandic food – film from the visit to Poland	8:00 – 9:00 9:05 – 10:05 10:20 – 10:55 11:00 – 12:00  12:00 – 13:00 13:00 – 16:00  19:30 – 21:30	Walk / private cars
5 <sup>th</sup> April Tuesday	Project work	Mindfulness (videos, presentations)	8:00 – 10:00	Walk

	Polish students give presentations about Poland - Interested students are welcome Lunchbreak Fish market, <a href="#">Skinney</a> , boat trip, <a href="#">Gamlabúð</a>		10:20 – 12:00 12:00 – 13:00 13:00 – 16:00	
6 <sup>th</sup> April Wednesday	Project work  Festival at FAS  Visit to the rescue team at Höfn  An event in the school given by the student union	Mindfulness (videos, presentations) All participants + students  Voluntary work in Iceland	8:00 – 10:00 10:20 – 14:05  14:30 – 16:00	
7 <sup>th</sup> April Thursday	Project work  Hornhúsið (mindfulness – only the Polish group) Lunchbreak Project work	Mindfulness (videos, presentations)  Mindfulness (videos, presentations) Evaluation of the project	8:00 – 10:00  11:00 – 12:00 12:00 – 13:00 13:00 – 16:00	Walk / private cars walk
8 <sup>th</sup> April Friday	Travelling to Keflavík	Few stops on the way – <a href="#">Vík</a> - <a href="#">Geysir</a> – <a href="#">Gullfoss</a> – <a href="#">Þingvellir</a> Keflavík	Leaving 8:00 from FAS  Arrival in the evening (dinner at Subway)	BUS
9 <sup>th</sup> April Saturday	Transfer from the guesthouse to the airport		4:45 - 5:00 Departure 6:40	Shuttle