



SEEDS

VOLUNTEERING FOR ICELAND

SEEDS 060. 2020-1-IS01-KA105-065789 - Individual Environmental

KEY INFORMATION ABOUT THE YOUTH EXCHANGE

Dates:	13.10.2022 - 25.10.2022
Size of the group:	20 participants
Meeting point & time:	SEEDS House Eiríkshús Holtavegur 32 L, Grasagarður, 104 Reykjavík. On Google Maps: SEEDS Volunteer House
Emergency contacts:	Oscar: +354 7713300 & Carolina: +354 7713330
Partner organisations:	Radi Vidi Pats (Latvia) Casa da Horta (Portugal) Preplet (Slovenia)

About SEEDS

SEEDS Iceland was founded in 2005 as a non-governmental, non-profit volunteer organisation with international scope. Our main activities relate to the promotion of environmental protection and awareness, intercultural understanding and peace, through voluntary work on social, cultural and environmental projects in Iceland.

We aim to empower, inform and expand the horizons of people of all ages, cultures, and backgrounds, to inform and share with them about the world in which we live and to take an active role in its future development.

SEEDS provides opportunities to live, learn, understand and experience, while sharing and cooperating with others from different cultures and backgrounds.

SEEDS works closely with local communities, local authorities and other Icelandic associations both to develop projects in partnership, aimed at fulfilling an identified need, and to give vital assistance to established initiatives. Projects are designed to be mutually beneficial to all involved: the volunteers and participants, the local hosting communities and Iceland as a whole.

By having a diverse array of projects and bringing together people from different backgrounds, creating more opportunities; we try to fulfil our vision and build on our founding ideas.

Brief camp description

The Individual Environmental Action (IEA) youth exchange is prepared in order to give the participant the whole picture on current environmental issues. We want them to understand how the world works at the moment and some issues that we are facing due to specific decisions and choices. We will focus the activities on climate, energy and resources. Through different non-formal methods we want to stimulate participants' critical thinking and give them some examples on how to live more environmentally friendly.

We are planning activities to be carried out as workshops, involving presentations, group work, discussions, games, etc. Our activities will be divided into three sections.

- The section on **CLIMATE** will be outlined with activities like a presentation about basics of climatology as well as group work about element cycles. The aim of these activities is to build a basic understanding of climate and how we affect it.
- The **ENERGY** section will be outlined by an introductory presentation of types of energy as well as EU guidelines and the impacts on the environment from the extraction of materials. A guided visit to a geothermal power plant will be organised as an example of Iceland local reality. The participants will be asked to introduce each other to their respective countries' main energy industries with presentations as a homework task to deepen the understanding of factors concerning choices of energy production. The topic of energy will be concluded with a group task. The aim of these activities is to build an understanding of energy production, their impacts on the environment and factors of energy production choice.
- The section on **RESOURCES** will be outlined by a presentation of basic problems of resource extraction and introduction to world trade. The participants will be introduced to the Icelandic waste management systems and visit Sorpa – the waste management company in the Reykjavik area - and will take part in a discussion about waste management systems in their countries. With this activity, participants will have an understanding of differences in the systems and the factors behind it.

Participants' motivation to buy will be discussed with a public questionnaire about their habits of shopping as well as societal pressure. A discussion "Do you need to eat mangos if you live in Sweden?" will be organised to emphasise buying local to become environmentally friendly.

The youth exchange will conclude with a group work and discussion "My consumption in 2023". Participants will be asked to make a personal plan of consumption and reflect it on their lifestyle.

Some of the activities will be carried out as study visits or field trips and we want participants to discover some of Iceland and its beauty too, therefore we plan to organise

two excursions and incorporate some visits to facilities that are connected to our environmental awareness workshops (Geothermal power plant, waste collection plant and aluminium smelter).

At the end of the mobility we want our participants to be more critical and to make more environmentally friendly choices when it comes to their everyday life.

Timetable/draft schedule

The latest version of the draft programme can be found at the end of this document. Please note that this is a draft and is subject to change.

SEEDS as coordinator

As a coordinator of this project SEEDS will take responsibility to prepare all of the documentation regarding the youth mobility. SEEDS will be in charge of budget and mobility expenses. SEEDS is going to be in charge of providing all the information for supporting organisations in a scheduled timetable. SEEDS is going to be always available for any kind of questions and ready to assist partner organisations regarding this youth mobility. SEEDS will assist supporting organisations regarding travel arrangements and will be in charge of the reimbursements to the participants and organisations.

Accommodation during the project

Volunteers will receive food supplies and will be in charge of cooking and cleaning. Please note the food SEEDS provides will be **vegetarian**. Do not forget to bring some traditional/typical food, drinks, recipes, music, games or movies from your country for the intercultural evening. Please be aware some items or ingredients may be expensive in Iceland and you will need to buy them yourself or bring them from your country.

Please note that SEEDS provides food & accommodation for the participants from the evening of the first day of the project until the morning of the last day of the project.

Volunteers will stay in an equipped house, in a beautiful setting in the Botanical Gardens of Reykjavík, which are located about 4 kilometres from the centre of the city (40-minute walk). Volunteers will be sleeping in shared rooms/dorms in a sleeping bag accommodation. Please bring your own sleeping bag. The only option is shared living, with a maximum of 6 persons per room

The sessions will be held in the meeting room at the accommodation. Some activities will take place in the city centre of Reykjavík.

Volunteers are not allowed to host guests, friends or relatives at SEEDS or hosts' accommodation.

Travel grant

Each participant receives a travel grant reimbursement after the youth exchange. Each participant is required to keep original receipts for all travel expenses (flights, bus and train tickets).

Country of Origin	Distance band	Travel grant per participant
Slovenia	3000-3999 km	530,00 EUR
Latvia	2000-2999 km	360,00 EUR
Portugal	2000-2999 km	360,00 EUR
Iceland	10-99 km	20,00 EUR

Partner organisations

Partner organisations will be in charge of recruiting participants for this youth exchange. Each partner organisation will be sending four participants and one group leader to the youth exchange Individual Environmental Action.

- Activities **BEFORE** the youth exchange

Before the youth exchange the sending organisation will be holding a preparatory meeting with the national group leader and all the participants. The purpose of this meeting is to give the participants enough information about the Erasmus+ programme, the youth exchange and expectations of the project. They will be given the draft schedule of the youth exchange and asked to reflect on each activity and their outcomes. The participants will get to fill out a questionnaire about their knowledge on environmental issues in this way the coordinator of the project will get a general idea of the participants' background knowledge.

- Activities **AFTER** the youth exchange

After the mobility the sending organisations will be having an evaluation meeting with all participants involved in the project to discuss the whole experience and to plan the follow-up dissemination of knowledge and skills they acquired during the whole experience.

National group leader

Group leader for each partner organisation will preferably have previous experience in youth mobilities and a background in environmental protection projects. They will be the link between the participants and the partner organisations.

The group leaders will have a major role in adjusting the youth exchange schedule taking into account the input and feedback from the selected participants before their departure from their home countries.

Group leaders will meet before the youth exchange in order to prepare for the programme, adjust it to participants' knowledge. During the exchange group leaders will hold daily meetings in order to adjust the programme and solve any upcoming issues.

Participants

The participants should be interested in environmental issues, they do not need to have a strong background in environmental protection.

Through this project we would like to involve participants with fewer opportunities, with economic obstacles and social obstacles. We would like to give people with a lower standard of living the opportunity to come to Iceland and learn about environmental protection through this youth exchange.

Each participant will be encouraged to write a public post about knowledge and skills they acquired during their youth mobility which will be shared on partner organisations' social media platforms (website, Facebook, Instagram and Twitter).

Participants will receive a Youthpass certificate for the youth mobility project.

Information for the participants

Dates

Arrival/travel day is Thursday 13th October 2022. Participants are expected at the accommodation.

Departure day is Tuesday 25th October 2022, before noon (12.00).

Location

Reykjavík is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources such as geothermal power. About two thirds of the population of Iceland live in Reykjavík including the metropolitan area, or over 200,000 people.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavík is spread across a peninsula with a panoramic view of the mountains and the Ocean on almost all sides. Visitors can easily experience the pure energy at the heart of Iceland's capital, whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

Useful links

Tourist Information on Reykjavik:	http://visitreykjavik.is
Official gateway to Iceland:	http://www.iceland.is/
Official travel guide to Iceland:	https://www.inspiredbyiceland.com/
Wiki Guide to Iceland:	http://wikitravel.org/en/Iceland
Local weather conditions:	http://en.vedur.is/
Latest exchange rate of the Icelandic Krónur:	https://www.landsbankinn.is/

Arrival in Iceland

The most convenient way is to use **the Flybus return ticket** (back and forth, as the price is cheaper than buying 2 singles); we recommend to use the Flybus ticket as it includes the shuttle service from BSÍ bus station to different drop-off stations, hostels, hotels or guesthouses around the city.

SEEDS participants get a 50% discount when using the promo code SEEDS on Flybus website. If you want to have the discount you need to buy your Flybus return on their official website: www.flybus.is

If you need to pay in cash you can do it in ISK, Euros or you can use your debit or credit card. By using this payment method the discount would not apply and please remember that tickets can not be bought on the bus.

Buses leave from the airport 35 - 40 minutes after each flight has landed, so even if you are travelling late at night, or your plane is delayed you will be able to take the bus to Reykjavík.

When you arrive at Keflavík airport, please take the Flybus to **Dalur Hostel** (you will need to change to a smaller bus when you arrive at BSI station in Reykjavík, but the driver will let you know which one).

Language

Official language of the youth exchange will be English. Participants will be encouraged to use it through the whole activity during the sessions and their free time.

Health insurance

Participants are asked to bring their European Health Insurance Cards.

Excursions

Participants will have the opportunity to explore and discover places in the city; if weather conditions are on our side, we will have plenty to see and visit.

We have included in the schedule an excursion to the Golden Circle excursion. A second excursion, to be defined, will also be arranged.

Weather in Iceland is unpredictable and it can be cold, windy or rainy. Please bring warm winter clothes, under-layers, waterproofs, walking shoes/boots, a good sleeping bag and gloves, scarves and hats as part of the project takes place outside

Do not forget the group leaders are volunteers like you, so try to cooperate with them at

work and during free time activities. They are not fully responsible for organising your free time and they hope for your ideas and contributions.

What to bring?

When packing for your trip to Iceland, please remember that the weather is extremely changeable; you may find yourself in cold conditions one day and hot sun the next.

It is essential that you bring adequate protection against the sun and plenty of extra layers of clothing in case it is cold. Here is a list that might help you packing:

- A good quality and warm sleeping bag (we have some extra sleeping bags if you don't want to bring your own);
- Clothes and good strong shoes that you do not mind getting dirty;
- Warm beanie hat, scarf and gloves, and thermal underwear; waterproof clothing and shoes; sunhat, sun lotion, lip balm, and sunglasses;
- Towel, swimming suits, flip flops - Iceland has many out and indoor pools and you surely will have the opportunity to visit some of them (we also have towels available in the house);
- Refillable water bottle and lunch box to carry food during the excursions;
- Camera, charger, memory cards, films, batteries, books, music instruments, games, and other fun things (optional);
- Toiletries - creams, shampoo, contact lens liquids, etc (many of them are available in Iceland for a reasonable price, but the variety might be limited);
- Medication - if you have any particular prescribed medication, please take enough to last for your stay in Iceland;
- If you have a laptop, bring it with you.
- Do not forget your favourite recipes and typical food and/or drinks from your country that you would like to share with us. Information from your country might be very useful as well. Concerning maximal allowances and special goods please visit the following website to avoid problems with the customs when entering the country tollur.is.

SEEDS housing

House rules and visitors

The SEEDS house at Eiríkshús (city Botanical Gardens) is for the use of SEEDS current volunteers, interns/trainees and staff. Participants are not allowed to host guests, friends or relatives at SEEDS houses.

Smoking is not allowed in any of the SEEDS accommodations. Use of alcohol should be moderate and be done with consideration and only during free time. The use of any kind of illegal drugs is strictly forbidden.

SEEDS does not accept any kind of discrimination or exclusion language and such cases will be strictly dealt with.

Cleaning

It is very important for the morale of the team that the accommodation is clean and that all common areas (especially the kitchen) are kept as clear as possible. Please make sure you help keep the house tidy and clean, and clean up after yourself and the common areas when necessary - it is your responsibility in cooperation with your housemates to clean the space. The cleaning groups will be organised to distribute the work accordingly.

When leaving the exchange please make sure the room you stayed in is tidy, clean. The same applies for the kitchen, bathroom and other common areas: Please leave them completely clear and clean so that your house-mates do not have to do the work for you when they arrive! A common cleaning will be organised at the end of the project.

Always lock all doors of houses and vans when you leave them. Close windows and doors whenever possible.

Use common sense when living with other people - it is not always obvious when your music or other activities might disturb your housemates or other residents. If you are unsure, the duty is on you to find out - try asking the others what is acceptable from their viewpoints. The key to this is mutual respect and the willingness to compromise.

Please note that shoes have to be taken off before entering the houses and office (bring slippers!), and that smoking is not allowed indoors.

Please try not to bring in (or at least try to reduce) non-recyclable, non-degradable or so-called "disposable" items. Please cooperate with separating rubbish according to the bins/boxes at disposal.

You are not supposed to borrow or take away any items belonging to the houses, so please be responsible. In spite of your careful handling, things may break accidentally and unexpectedly, we do understand that. But please don't forget to report to us if anything got broken or spoiled, so we can repair / replace it promptly.

Should you notice any sign of disorders or problems about anything, please inform us before it gets unrepairable.

COVID, Travel requirements & restrictions

Because of the pandemic situation, which has affected us since 2020, there have been different types of requirements and restrictions for travellers coming to Iceland.

As of Friday 25 February 2022 all public restrictions due to the COVID-19 pandemic have been lifted, both domestically and at the border. No disease prevention measures (tests or registration) are in place at the border, no matter if you are vaccinated or unvaccinated.

However, please keep in mind that there might be restrictions on the way back to your home country.

For more detailed information about the government's decisions, the health service's advice and the procedures involved, please read our [info document](#).

This document will be updated as soon as the situation changes, so be sure to check it from time to time (remember to refresh your browser's cache, to ensure it shows the newest version).

Please check the following official websites as well:

<https://island.is/en/p/entry>

<https://www.covid.is/sub-categories/travel-to-and-within-iceland>

Contact numbers

Please contact the following members of staff in case of emergency:

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SEEDS 060. 2020-1-IS01-KA105-065789 - Individual Environmental Action													
	Travel day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Travel day
	13.10.2022	14.10.2022	15.10.2022	16.10.2022	17.10.2022	18.10.2022	19.10.2022	20.10.2022	21.10.2022	22.10.2022	23.10.2022	24.10.2022	25.10.2022
Morning		Introduction to the youth exchange Icebreaker and expectations	Energy workshop Energy in my country	Geothermal Powerplant - guided visit	Resources workshop Góði Hlíðirinn - Visit thriftstore	Group activity	Resources workshop - consumption	Golden circle excursion & Lunch on the go	Excursion 2 & Lunch on the go	Fast fashion presentation	Personal plan	Energisers My consumption in 2023	
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon 1		Climate workshop	International dinner preparations	Visit to aluminium smelter	Discussion about recycling systems	Visit to Icelandic pools	Resources workshop (DIY products) Buying local food & prepare dinner	Coastal clean-up with local partners		Red Cross - Visit secondhand stores Discussion about fast fashion	Public questionnaire	Final evaluation Cleaning the house	Departure
Afternoon 2		Earth cycles group activity	International dinner		Group activity presentation	Dinner	Local food dinner	Dinner	Dinner	Dinner	Dinner	Final Dinner	
Dinner		Dinner	International dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Final Dinner	
Daily evaluation		Feedback time	Reflection time	Feedback time	Reflection time	Feedback time	Reflection time	Feedback time	Reflection time	Feedback time	Reflection time	Final Dinner	
Evening		Debate on climate change	Documentary	Free time (games, movies, walk in the city, concerts, etc.)	Group activity	Debate on energy sources	Group activity	Free time (games, movies, walk in the city, concerts, etc.)	What can I do? Group activity	Andrymi community dinner	Group activity - presentation and discussion	Family party	