

EXPLORE ICELAND



PROGRAMME

DAY
1 

Riga - Reykjavik

Skills to develop: bring ideas to life, negotiate, find a compromise, learn to cooperate and accept differences, use foreign language skills in practice!

- 12:55 - 14:00 flight Riga - Reykjavik
- Meeting with the pupils and teachers of the Comprehensive Secondary School at Ármúli in the main building located in Ármúla 12, Reykjavik.
- Getting to know Reykjavik - the capital city of Iceland - the country located in northernmost point (Reykjavik- translated from the Icelandic language means "Haze Bay"). Explore cultural and historical objects, such as: **Hallgrímskirkja** - majestic church, town hall, romantic sculpture **Solfar**, modern concert hall **Harpa**, wooden architecture, etc.

DAY
2 

Reykjavik - Reykholt - Saudarkrokur

Skills to develop: observation skills, ability to find the truth, ability to perform.

Get acquainted with the unaffected nature of the Iceland's Northern part:

- **Reykholt valley** - Hraunfossar waterfall - water cascading in lava fields;
- **Deildartunguhver** - the largest thermal springs in Europe with an average water temperature of + 97 ° C.
- Jagged coastline of the North coast, **Elephant Rock** or Hvitserkur
- **Skagafjörður** - one of the least civilization-affected regions where the ancient traditions and ancient way of life have been well preserved.



PROGRAMME

DAY

3



Saudarkrokur - Husavik - Ásbyrgi - Akureyri

Skills to develop: ability to use existing resources effectively, ability to debate and rationalize your thoughts!

Get acquainted with:

- **Siglufjörður** and **Ólafsfjörður fjords** - the most representative natural landscapes and cultural environment of Trollaskagi peninsula's northern coast - the picturesque fjord valleys, ancient fishermen villages, Icelandic turf houses;
- **Húsavík - port town** with the snowy peaks of the Viknafjoll at the background where in the coastal bays and open waters it is possible to see the giants of the ocean- whales.
- **Jökulsárgljúfur national park** - the hike through the Ásbyrgi canyon (100m steep slopes), explore the Eyjan rock (height - 25 meters), the unique flora and fauna.
- **Akureyri** - the fourth largest city by population, an important port and fishing centre, visit to a fish processing company.



DAY

4



Akureyri - Myvatn - Krafla - Akureyri

Skills to develop: creativity, ability to apply gathered information in practice.

Observe and explore:

- **Dettifoss** waterfall - Iceland's most powerful and majestic waterfall and the northern shore of the lake **Mývatn** - a unique natural and cultural environment;
- **Grjótagjá lava cave** and thermal spring;
- **Namjafall** fumaroles - peculiar area of mud volcanoes and mud baths which are located at the foothills and which are bubbling with relentless activity;
- **Krafla volcanic activity area**- geothermal fields, volcanic craters (diameter of caldera - 10 km, the highest peaks - more than 800m), the lava fields (black, bright red, grey lava).

DAY

5



Akureyri - Skutustadir - Myvatn - Goðafoss - Akureyri

Skills to develop: ability to predict.

Observe and explore: the south coast of **Mývatn lake**:

- **Skutustadir pseudo crater** (Dummubrogir or dark citadels) - lava fields with volcanic formations, arches, pillars and tunnels;
- Icelandic horses, their living conditions;
- **Hverfell crater** - ~ 1 km wide volcanic crater mouth, 20-30 min, walk.
- **Goðafoss** or "the waterfall of Gods"- one of the most beautiful waterfalls in Iceland (12m high, 30m wide, gained its name thanks to an event which took place around the year 999. when a legislative speaker named Torger threw all his pagan deity figurines in the waterfall, thus demonstrating his belonging to the Christian faith).



PROGRAMME

DAY

6



Akureyri - Kjölur Route - Hveravellir- Gullfoss - Stokkur - Tingvellirra - Reykjavik

Skills to develop: communication skills; ability to find optimal solutions in changing conditions.

Explore and get acquainted with:

- **Wild Kjölur Route** - the environment of sparsely populated island (different landscapes - snowy mountains with steep rocky peaks, marshy meadows, hot springs), colour games at the Hveravellir geothermal field located between two massive glaciers - Longjökull in the west and Hofsjökull in the east.
- **Hellisheiði geothermal station** - the second largest geothermal station in the world, the most common form of alternative energy in Iceland;
- **Gullfoss** or Golden waterfall - named after its beauty and golden hue, it is formed by Hvita river which flows out of the Langjökull glacier and falls 32 m depth;
- **Geysers** - the famous geyser **Geysir** (it has given the name to all geysers of the world) and **Strokkur** (the fourth highest in the world reaching 25-40m over the ground and erupting every 5-10 min)
- **Thingvellir national park** or "Parliament Plains" - included in UNESCO heritage list, the meeting valley of an ancient Icelandic parliament (Althing- the oldest parliament in the world, founded in 930 year), the contact area of North American and Eurasian tectonic (seismic) plates - where it is possible to see the cracks and fractures of the Earth's crust.

DAY

7



Reykjavik - Landmannalaugar - Reykjavik

Become more active, develop the ability to inspire others!

Go on a hike at Mt. Bláhnjúkur region, learn about:

- **Landmannalaugar** - the region of high-altitude mountains, one of the most picturesque areas in Iceland.
- **Fjallabak Nature Reserve** - mountain ranges, rhyolite rocks, lava fields, hot springs, the most famous volcano Hekla, etc.
- **Háifoss and Hjalparfoss** - Iceland's second highest waterfall (122m)



DAY

8



Reykjavik - Riga

Skills to develop: assess our abilities and use the gained experience in further actions!

- Sum up the personal gains and lessons learned during the explorative trip. Educational seminar for teachers **"Modern learning environment - cognitive activity, independence and creativity in promoting the learning process."**
- 14.45 - 21.35 flight Reykjavik - Riga



RĪGAS KOMERCSKOLA
Tālmācības vidusskola



NORDPLUS



FJÖLBRAUTASKÓLINN
VIÐ ÁRMÚLA