

Icelandic Soroptimist Week 1 July – 6 July 2020

Program

Welcome to the Icelandic Soroptimist Week. Please note:

- **Unforeseen circumstances (like bad weather) could result in program changes.**
- **The time for some program items are approximate and could change**

Food and accomodation is included. You will stay in a school in Hafnarfjordur a town close to Reykjavik. There, you will sleep in classrooms, 2 – 3 persons in each classroom.

Date	Time	Program item
Wednesday 1 July		Arrival Participants will be picked up at Keflavik Airport or at their hotels
	17:00	Afternoon snacks
	19:00	Reception and dinner at Flensburg school
Thursday 2 July	7:00	Breakfast Please prepare sandwiches from the breakfast table to take with you on the trip.
	08:30	Departure for bus tour to the Southern Region and Golden Circle On the first day you will visit a geothermal plant station.
	12:00	Lunch at Friðheimar (green house) www.fridheimar.is At Friðheimar, they grow tomatoes all year round, despite Iceland's long, dark winters, under artificial lighting in greenhouses. We will have a tour around the greenhouses, and then enjoy a taste of the delicious food made of tomatoes and cucumbers.
	14:00	After the lunch we go to the impressive waterfall Gullfoss and the hotspots Geysir and Strokkur. Then we will go to the historical place and National Park Thingvellir and other places of interest.
	19:00/20:00	Dinner at Flensburg school
Friday 3 July	07:00	Breakfast Please prepare sandwiches from the breakfast table to take with you on the trip.
	08:30	Departure for a day tour to the Western part of Iceland We will visit the Settlement Center at Borgarnes http://www.landnam.is/eng/
	12:00	Lunch out in the nature in Snæfellsnes
		Driving Tour around Snæfellsnes, we will visit Grundarfjörður, Arnarstapi, Djúpalón and more places of interest
	19:00/20:00	Dinner in Flensburg

Saturday 4 July	07:00	Breakfast Please prepare sandwiches from the breakfast table to take with you on the trip
	08:30	Departure for bus tour to the Southern Region
		We will see the waterfalls Seljalandsfoss and Skógafoss. We will also see glaciers like Eyjafjallajökull the one that erupted in 2010 and more beautiful places
	12:00	Lunch out in the nature
	19:00/20:00	Dinner in Flensburg
Sunday 5 July	07:30	Breakfast
	09:00	Departure for a day trip to Reykjanes Peninsula
		Reykjanes peninsula is a geological wonder where the Mid Atlantic Ridge is visible above sea level. You are invited to lunch at the rehabilitation center in Krysuvik which has been our main charity project for many years.
	15:00	Arrival in Hafnarfjordur
	17:30	Reception at a sister's home
	19:30	Good – bye – dinner and fun with Icelandic sisters and their husbands at Flensburg School
Monday 6 July	05:00	Breakfast
	12:00	Departure from Flensburg School

Practical information and things we recommend you to bring with you to Iceland:

- A light sleeping bag or duvet (for indoor use), we offer pillows and sheets
- Good walking boots to use on the trips
- Warm clothing
- Waterproof clothing
- Mittens and a cap
- Swimwear
- A towel
- Slippers
- Sleeping eye mask, because the nights are bright this time of year

We welcome you to our Soroptimist Week 2020 and hope that you will have a wonderful time!

On behalf of the Soroptimist Club of Hafnarfjordur and Gardabær

Mjöll Flosadóttir