

GRO · FTP

Fisheries Training Programme

Practical Handbook for Fellows
2023-2024

Welcome!

A warm welcome from the GRÓ Centre for Capacity Development, Sustainability and Societal Change and the GRÓ Fisheries Training Programme. In this handbook, you will find useful information for your stay in Iceland. We recommend that you read this handbook before your arrival. We hope your time in Iceland will be one of growth and learning!

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GRÓ·FTP

The Fisheries Training Programme in Iceland was first established under the auspices of the United Nations University. In 1997, an agreement was signed between the Icelandic Ministry for Foreign Affairs, the United Nations University and the Marine Research Institute of Iceland about the establishment of the United Nations Fisheries Training Programme.

The programme started its operations in January 1998 and was run for 22 years under the name UNU-FTP educating over 400 fellows from more than 60 countries. Initially, the focus was on the development of our core six-month training programme for practising fisheries professionals from less developed countries. However, the FTP now offers scholarships supporting former fellows who qualify for master's and doctoral studies at Icelandic academic institutions and cooperates in the development of short courses held in partner countries.

Through cooperation with our extensive network of partners, we aspire to further Iceland's contribution to the United Nation's Sustainable Development Goals by promoting the sustainable use and management of living aquatic resources in less developed countries.

FTP's objectives are to strengthen capacities by providing excellence in training, education, and research opportunities, by facilitating the professional growth of fisheries professionals and by placing cooperation, capacity building, knowledge-sharing, and research at the forefront of our mission.

On the 1st of January 2020, FTP joined hands with UNESCO through its membership in GRÓ International Centre for Capacity Development – Sustainable use of Natural Resources and Societal Change.

As a Category 2 Centre under the auspices of UNESCO, GRÓ offers opportunities to engage with UNESCO and further enhance FTP's international partnerships and capabilities. GRÓ-FTP's connection to UNESCO is primarily through the Intergovernmental Oceanographic Commission (IOC).

Funded by the Government of Iceland and hosted within the Icelandic Marine and Freshwater Research Institute (MFRI), GRÓ-FTP is run by a team of five dedicated staff. One of the reasons Iceland was chosen to host the FTP was because of easy accessibility to knowledge from so many expert areas within a highly developed fishing industry due to the unusually close connections between industry, academia, governmental and research institutions within the country.

Practical information about arriving in Iceland

Travelling to Iceland

FTP arranges and pays for your flights to Iceland. A flight route request template is sent to the fellows requesting your departure and arrival airport before and after the programme. The request form has details of when the programme will start and end, and the dates when FTP plans to have the fellows arrive in Iceland. For every fellow, FTP guarantees one item of check-in luggage included in the travel itinerary, and additional luggage is to be paid by the fellow themselves. Hence, it is important to check the luggage limits of all the tickets organised by FTP. Finally, if a fellow's itinerary includes an overnight stay, FTP will organise an airport transit hotel en route.

First weeks in Iceland

Arrival in Reykjavik

The international airport in Iceland is called Keflavík airport and is a 45-minute drive from the capital city of Reykjavík. After leaving the departure gates in the airport with your luggage, FTP will have organized taxis to pick you up. The taxi will drive you to the GRÓ House in Reykjavik. The drivers will have a GRÓ-FTP logo sign and be waiting for you in the arrivals hall. Taxis will be arranged for everyone arriving at different times. Depending on the arrival times, you will be driven to the city together with other fellows who land at the same time or similar times. FTP staff will welcome you into your accommodation at the GRÓ House.

Arrival at GRÓ-House

The taxi driver will drive you to your accommodation which we call the GRÓ House and the address is Grensásvegur 14. One of the FTP staff will be there to welcome you into the house and introduce the house to you. The staff will hand you your room key, which will also include the key to get you into the house. Please read the section on "Your accommodation in Iceland" for further information regarding the house.

In your room, you will find a backpack and a welcome pack. The backpack will include your laptop computer provided by the programme, bus card, Icelandic SIM card and Payment card (a VISA gift card with your financial support until a bank account can be opened). Instructions will also be included in the backpack. In the welcome pack, you will find a few essential items that you would need for the first weeks in Iceland while you are settling into the new country.

Medical check-up and Immigration procedure

In the first week of arrival, FTP has booked medical check-ups and photo sessions as required by the Directorate of Immigration's residence permit instructions. The medical checkup includes blood test, chest X-ray, and a short interview with a doctor

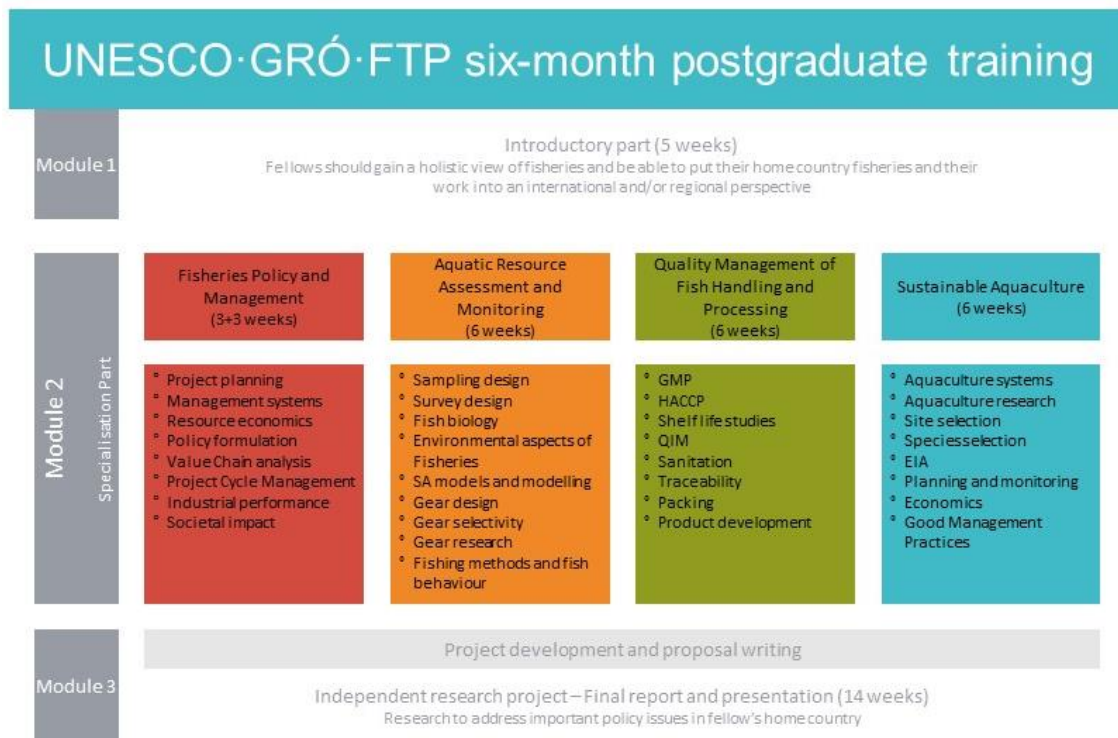
regarding your health. On completion of your health check you are issued with a health certificate which is required by immigration. The group will be divided according to the availability of appointments at the health centre. For these procedures, do not forget to bring your passport. When these requirements are fulfilled, the residence permit will be issued, and a resident card will be ordered, which will be collected and distributed to you by the FTP staff. Further instructions will be provided on the orientation day on 22nd November. Once the residence permit has been approved, your Kennitala (Icelandic word for Social Security Number comprised of date of birth and 4 random digits) will be activated, which you can use to open a bank account in Iceland. This process can take up to 3 weeks.

Bank accounts

As soon as the Kennitala (Social Security Number) has been approved, normally within the first 3 weeks, FTP staff will take you to an Icelandic bank, (the closest bank branch to the MFRI is a bank called Landsbankinn), to open a bank account. **You will need to bring your passport (or a national residence card) to the bank for identification.** After the bank account is created, you will receive a debit card and your financial support will be sent to that account at the beginning of each month. Until that time FTP issues fellows with an aforementioned VISA payment card to cover electronic payments for purchases. We estimate how long this may take, and usually issue payments cards carrying your daily financial support to cover this gap period.

Organisation of the Programme

Draft schedule of upcoming 6 months



The introductory part occupies the first weeks of the programme and gives a holistic view of fisheries, providing fellows with insights into various disciplines within fisheries and their connectedness. During the introduction you will receive a comprehensive overview of fisheries in an international context, sharpening your understanding of fisheries in your home countries and what is needed for a fisheries sector to evolve. The introduction consists of a series of lectures, site visits and assignments, touching upon the subjects of professional communication, personal and professional growth, and group dynamics. The FTP places emphasis on environmental conservation and gender equality which are integral to sustainable fisheries and the development of the fisheries sector.

On completion of the introductory part, you join a specialist line according to your area of expertise. Here the focus is on one specific area of fisheries and your experience and knowledge are honed throughout a six-week programme of lectures, assignments and site visits. During this time, you develop ideas for a final project in collaboration with your supervisors.

The FTP offers training in four areas of specialisation:

- Fisheries Policy and Management (FPM)
- Aquatic Resource Assessment and Monitoring (ARAM)
- Quality Management of Fish Handling and Processing (QM)
- Sustainable Aquaculture (SAq)

The programme culminates in a twelve-week individual project in which you work closely with a supervisor to conduct research on a pressing issue related to your work at home. Here you combine the experience and practical skills gained in the introductory and specialist training, along with your personal goals towards an individual research topic. Project design skills are applied to develop and present a research proposal, and then research is conducted individually through close collaboration with an expert supervisor. Final projects most often involve data directly from your home countries. On completion, a research paper is submitted and published on the FTP website. In addition, you are required to design an information poster summarising your research and present your results in an open dissemination meeting.

Assignments and Due dates during the Introduction

Social assignment: Exploring the neighbourhood.

You will be in a group of 6-7 fellows, and you will be assigned a task to research within Reykjavik. A short presentation follows at the end of the first week.

Assignment #1: Capture fisheries OR aquaculture in home countries.

Individual assignment where you will pick one of the topics and write 1 page summary and give a 7-minute presentation. Due date at the end of second week.

Assignment #2: Fish processing OR fishing technology in home countries

Individual assignment where you will pick one of the topics and write 1 page summary and give a 7-minute presentation. Due date at the end of third week.

Assignment #3: Fisheries management in home countries

Individual assignment where you will write 1 page summary and give a 7-minute presentation on fisheries management in your home country. Due date at the end of fourth week.

Due dates on final project related assignments will be announced later during the programme.

FTP Fellowship Finances

GRÓ-FTP allowance

GRÓ-FTP provides and pays for housing which includes access to bathroom and kitchen facilities (some rooms will have shared bathroom) and provides fellows with a living allowance of 4,900 ISK/day until the end of 2023 with an inflation-related increase in 2024. As mentioned above, in November and into December, your monthly allowance will be provided in the form of a pre-paid gift/visa card because it can take some weeks to open bank accounts and arrange access to banking facilities. In November, in addition to the monthly allowance, fellows receive a settling-in allowance to the value of 50.000 ISK.

The settling-in allowance is intended to cover any initial expenses that might be necessary, e.g., a warm coat and good winter shoes. The card has been issued from a bank called Arion Banki. Please familiarise yourself with the rules regarding the gift card by visiting the bank website at www.arionbanki.is/english/individuals/payment-cards/gift-cards/ As soon as fellows can open a bank account, GRÓ-FTP will transfer the monthly allowance into your accounts in the beginning of each month.

Please note that once you get a bank account and a debit card, you will be able to withdraw money from any cash point machine/ATM or withdraw directly from the cashier in the bank. You will also be able to open an online account and transfer money online. However, your initial pre-paid VISA payment card can only be used at service outlets that accept VISA payment cards without a PIN number (most outlets). Unfortunately, you cannot use this card at a cash machine, but you can withdraw the balance from any branch of Arion Banki. (See the information under the heading pre-paid currency card below.)

Your pre-paid currency card (VISA) from Arion Bank

Your pre-paid visa card will be issued by Arion Bank. www.arionbanki.is. Please familiarise yourself with the rules regarding the gift card by visiting the bank website (has English website). As soon as fellows can open a bank account, GRÓ-FTP will transfer the monthly allowance into your accounts in the beginning of each month.

On the bank website, you can find the information which is copied below about your card. Please remember that once the card is lost, it is unlikely you will get it back, so please treat it like cash. **According to the bank, it is possible that you will not be able to even retrieve the money from the lost card, so it is important to not lose the card.**

1. Sign your card before use.
2. You can use the card at sales outlets which accept VISA card payments without a PIN number.
3. You can withdraw cash from the card from the cashiers of any Arion bank.

4. You CANNOT use the card at ATM/cash point machines.

5. You can check the balance of your card at <https://www.arionbanki.is/english/individuals/payment-cards/gift-cards/>

Other Scholarship benefits

Your GRÓ-FTP scholarship includes:

- One return air ticket to and from Iceland (economy class). One item of check-in luggage on the journey to Iceland and one item of check-in luggage on the journey home.
- Living allowance of 4,900 ISK/day (rate for 2023) paid to each GRÓ-FTP fellow.
- Housing arrangements are paid for fellows by GRÓ-FTP.
- Emergency medical and accident insurance during the 6 month-stay in Iceland. Please note this does not cover incidental medical visits to a doctor to cover general health.
- Immigration fees.
- Free bus pass for travel in the capital area.
- Each fellow is provided with a laptop computer upon arrival in Iceland and which is theirs to keep on the successful completion of the programme.
- Each fellow is provided with a settling-in allowance.

Getting refunded for receipts

All the payments that you had to pay to get to Iceland (eg. transport to VFS, transit visas, visa application fees) will be reimbursed in January 2024. During the arrival week, you will receive a reimbursement form, where you will list all your payments which are claimable, accompanied by the receipts and short description of what each of them is. Make sure to bring all the receipts so that they can be refunded correctly. To get a refund, there must be a receipt, and usually, it is clear what is refundable and what is not. If there is a question on refunding, FTP staff will consider and inform you.

Your accommodation in Iceland

GRÓ FTP's host institute is the **Marine and Freshwater Research Institute** in the harbour town of Hafnarfjörður where you will all be based for the first 5 weeks of the 6-month programme. Hafnarfjörður is a 20-minute driving distance from the downtown area of Reykjavík.



The Marine and Freshwater Research Institute in Hafnarfjörður

Reykjavík #1

Address: Grensásvegur 14, 108 Reykjavík

The GRÓ House is the Reykjavík home of the GRÓ six-month fellows (GRÓ-FTP, GRÓ-GTP & GRÓ-LRT) and houses occasionally GRÓ M.A./M.Sc. and PhD scholarship recipients and visiting guest lecturers invited by the four GRÓ Programmes. The house is located on Grensásvegur 14, close to a major shopping and recreational area with convenient access to bus routes. The GRÓ House is a three-storey building with 27 housing units located on the 2nd and 3rd floors, plus common rooms on each floor where fellows can gather, cook, eat, etc.

This accommodation is for everyone at the beginning of the programme. You will be housed together until the specialization lines start in January when the Fisheries Policy and Management fellows will go to Akureyri (see below for accommodation). Those remaining in the house will stay until the last week of February 2024 when our fellows move into alternative Reykjavík accommodation to make way for the GRÓ LRT fellows (see below for accommodation).

To get to Hafrannsóknastofnun (Marine and Freshwater Research Institute), you will have to take 2 buses: Bus 2 from the Grensás stop (near to the GRÓ House) to Hamraborg or Sunnuhlíð and then a transfer to Bus 1 to Fjörður or Suðurbæjarlaug.

Reykjavik #2

Address: Flókagata 1, 105 Reykjavik

Guesthouse Reykjavík is a newly refurbished guesthouse accommodating 14 fellows in individual rooms with 6-7 shared bathrooms and a large shared kitchen and dining room. The guesthouse is in a central location in downtown Reykjavík.

This accommodation is for those who are not moving to Akureyri for the specialization lines (Quality Management, Aquatic Resource and Monitoring, and Sustainable Aquaculture). You will be housed in this accommodation from the last week in February until the end of the program. FTP staff will arrange the move between housing units.

From Guesthouse Reykjavík the QM fellows will be travelling by bus to MATÍS the home of our Quality Management of Fish Handling and Processing line, and the SAQ and ARAM fellows will be travelling to MFRI in Hafnarfjörður.

Akureyri

Address: Kjalarsíða 1A/1B, 603 Akureyri

Akureyri is a town in the north of Iceland and is the largest town outside the capital region. The Fisheries Policy and Management specialist line is hosted by the University of Akureyri. Kjalarsíða 1A and B are two apartment buildings with twenty apartments each owned by the University of Akureyri student housing office. This accommodation is for our fellows in the FPM line who travel to Akureyri at the beginning of January and stay until the week before graduation.

On each floor of the apartment buildings there are five apartments. FTP has reserved six two-bedroom apartments for our FPM fellows. Each apartment is self-contained and includes a separate storage room. Kitchen appliances include a fridge, a baking oven and a stove, and the bedrooms have a in-built wardrobe. From Kjalarsíða it is a short walk to the University campus. There is also a bus stop close by, a bakery in Sunnuhlíð, a 24-hour convenience store, and an eighteen-hole disc golf course on campus. The municipality of Akureyri runs a kindergarten right next to the Kjalarsíða student housing, and an elementary school is also close by.

It is an easy walking distance between the accommodation and the university. Please contact the staff in the Fisheries Policy and Management line for further information on house rules and for further commuting options. Please note that public bus transport in Akureyri is free.

Reykjavik #3

Address: Lækjargata 6b, 101 Reykjavik

Set in a historic building in Reykjavík's downtown area, Downtown Guesthouse Reykjavik is a family-owned accommodation just 25 metres away from Lækjartorg Square and a local bus stop. The main Laugavegur shopping street is right around the

corner. Rooms in the guesthouse come with an electric kettle and free tea and coffee facilities. Bathroom facilities are private or shared. Free WiFi is available throughout guesthouse. The shared kitchen and dining area is located on the third floor. There is a popular restaurant and bar in the same building. Many other restaurants, bars, cafes and shopping are within walking distance.

This accommodation is for the fellows coming back from Akureyri for graduation in May 2024. FTP has reserved rooms from May 10 to May 17, 2024. Check out time is at 11:00 am. The check out date should be the day you are to fly out from Iceland. In the case that your flight is later than the checkout date and time, FTP will arrange temporary accommodation with available options we have at the time.

To get to Hafrannsóknastofnun (Marine and Freshwater Research Institute), you will have to take Bus 1 from Lækjartorg A to Fjörður or Suðurbæjarlaug.

Important notes on the accommodation

The rooms in the GRÓ House vary in size: a few larger en-suite rooms on the 2nd floor, some smaller en-suite rooms on 3rd floor on the right, and a few with shared bathrooms (bathroom is in the hallway) on 3rd floor on the left. When you move to our second housing option at the end of February (all fellows except for the FPM fellows who will be in Akureyri), FTP addresses this by allocating larger rooms in the new guesthouse to those who were allocated smaller rooms in the GRÓ House, and vice versa, those who were allocated larger rooms first will receive smaller rooms. This is done in the interests of offering all fellows equal housing and we ask for your understanding.

In the accommodation in Akureyri, we have reserved 6 rooms, 2 persons per flat. There will be 3 flats with 2 men in each and 1 flat accommodating 2 women. The other 2 flats will have 1 man and 1 woman in each flat. There will be 2 bedrooms unoccupied in these two latter flats but will be used occasionally to house FTP staff when they visit the FPM fellows in Akureyri. This will just be a few days during the January to May period. However, the rooms are expected to remain empty for FTP staff use.

In the accommodation in Reykjavik for those coming back from Akureyri, FTP has booked 6 rooms (4 twin rooms and 2 single rooms). The rooms will be allocated as located in Akureyri stay. Since the check out time of the guesthouse is at 11:00 am, FTP will arrange transport for those who are leaving later than said time.

If you think you are lost, please rely on Google Maps. It will be the most reliable guide on how to get to different locations in Iceland. It will show you estimated walking distances and most convenient transport routes.



Living in Iceland

Iceland is a small island country in the North Atlantic known for its stunning natural beauty, including glaciers, volcanos, and waterfalls. The population of Iceland, as of 2023, is approaching 290,000, with immigrants making up around 16% of the population. The majority of people in Iceland live in the capital, Reykjavik, and the surrounding areas.

Iceland can be both challenging and rewarding. The cost of living is relatively high, especially when it comes to housing, food, and transportation. However, Iceland also has a high standard of living, with excellent healthcare and education systems, a low crime rate, and a strong social safety net. Iceland has been ranked among the top countries in the world in terms of quality of life, safety, and happiness. The country boasts the highest ranking in gender equality in the world, a clean and healthy environment, and a strong economy with the main drivers coming from tourism, fisheries and aluminium smelting using renewable energy. Iceland also has a thriving cultural scene and offers plenty of opportunities for outdoor activities, such as hiking, skiing, and swimming in natural hot springs.

Iceland's population is small and close-knit, facilitating easy connections between people and the building of strong relationships. However, the relatively high cost of living in Iceland, especially for imported goods, can make it an expensive place to live. The weather can also be unpredictable and harsh, especially during winter. Despite these challenges, Iceland's unique culture, friendly people, and stunning landscapes make it a desirable place to live for many people.

If you wish to learn more about living in Iceland, visit:

[Living in Iceland – The DISE Handbook \(wordpress.com\)](https://www.wordpress.com)

[Living in Iceland: What Life in Reykjavik & the Island is Like \(carsiceland.com\)](https://carsiceland.com)

[What is it like living in Iceland? Any pros and cons? \(hertz.is\)](https://hertz.is)



Weather in Iceland

What to expect

Iceland's temperatures are cool and vary throughout the year. In winter months, minimum temperatures can plummet to below freezing. In Reykjavik, summer temperatures average around 13°C (55°F), while winter averages are approximately 0°C (32°F). Rainfall is consistent throughout the year; between 25–50 mm per month, with most days experiencing some rainfall. You might expect Iceland to be colder than it actually is – it does have the word 'ice' in its name, after all – but parts of the country have a more temperate climate due to a section of the Gulf Stream flowing along the southern and western coast. The south coast of Iceland is warmer, but usually windier and wetter, than the north.

However, you should expect ALL kinds of weather. This is a hard one to describe because the weather in Iceland is so unpredictable. Take a look at the following site which gives you more information and you can watch some fun videos: <https://guidetoiceland.is/travel-info/climate-weather-and-northern-lights-in-iceland>

Weather in Reykjavik

Reykjavik, Iceland's capital, is in the southwest of the country and experiences short, cool summers and long, wet and windy winters. The wettest month is January with an average of 50 mm of rain. Summer (June to August) can be surprisingly warm, and it's also the driest season, so it's a popular time to visit. Reykjavik is one of the cloudiest and coldest capitals of any nation in the world.

Weather in Akureyri

The northern fishing and university city of Akureyri is generally cooler than along the south coast and in Reykjavik because it misses out on most of the Gulf Stream.

Although it's cold, Akureyri does not reach extreme levels like other places on the same latitude. Snow cover starts to build in October and melts in April, but depending on yearly trends, snow can sit on the peaks year-round. There's less rainfall than in the south due to wind patterns.

Warm Clothes

To get through the November to May period, you should have warm outdoor clothing. Most of our fellows come from a much warmer climate and therefore do not have Icelandic gear in their everyday wardrobe. Clothes in Iceland should be planned in two-layers. When inside, all houses and buildings are well heated thanks to our geothermal heating, so something light is required. But outside, you will need a good warm coat which covers you well. Hats and gloves are indispensable, and most importantly, sturdy footwear that has good grips for when the weather turns icy, and when the roads and pathways become slippery. Because this type of winter gear is expensive to buy new here, we recommend fellows visit the second-hand clothes shops which are run by the Icelandic Red Cross.

Important phone numbers and opening hours

Emergency police, fire department and ambulance service (Tel: 112)

Emergency Department, City Hospital, 24 hrs service, Tel. 525 1700.

Doctors on duty at the City Hospital, 24 hr service, Tel. 525 1000.

The main police station is at Hverfisgötu 113-115, Tel: 444 1000.

What to do if you are ill and need to see a doctor

There are health care clinics in all neighbourhoods in the capital area. Here, general health care services are provided, and people **usually go there first** for illnesses or other health related problems. Please consider whether your illness requires medical consultation/treatment first. If you have a cold or flu, the best thing to do is go to bed, rest, and drink lots of fluids.

Health centre nearest to GRÓ House:

- Address: Heilsugæslan Álfheimar 74, openings hours 08:00-16:00
- Tel. 513 5700, each visit costs 10,500 ISK.

Healthcare after opening hours:

- Læknavaktin, Austurvegur – Háaleitisbraut, openings hours 17:00-22:00
- Tel. 544 4113 – each visit costs 16,000 ISK.

Insurance

Each fellow is covered for health and accident issues with an insurance company called Sjóvá. The fellow is responsible for the first 25,000 ISK of medical costs, and after that any additional costs will be refunded to the fellow by GRÓ-FTP. After reaching medical costs in excess of 50,000 ISK, the insurance coverage will take over for an amount up to 2,000,000 ISK.

The coverage under your health and accident insurance, however, does not include taxi fees (unless it is emergency and must take a taxi), prescription glasses, non-urgent medical procedures, doctor's consultation fees, and such. Therefore, it is important that you save any medical receipts, and we will go over them together. More information will be given to you later after you have arrived in Iceland.

Medicine

Pharmacies have similar opening hours as general stores. Please note that not all pharmacies are open on the weekends. However, there are always a couple open until midnight. Pharmacies in Iceland offer general over-the-counter medicine. If you require a very specific medicine, you will need to get a prescription from a doctor. In the area you are going to live, there are 2 pharmacies: Apótek and Lyfja Skeifunni.

Monday – Friday: 9:00-18:00

Dentists

There are several dental surgeries in Reykjavík. If you need their services, they also have an emergency number at weekends. **Tel: 568 1041 or 575 0505**

Note: If you need to go to a dentist while you are staying here in Iceland, it is not in the responsibility of the GRÓ-FTP to cover dental costs but we can help to arrange a time for you.

Banks & currency

Banking hours are normally 9:00-16:00 weekdays. In Reykjavík, there are numerous ATM's (cash-point machines) open 24 hours. The unit of currency in Iceland is the króna (ISK). Icelandic bank notes are issued in denominations of 500, 1000, 5000 and 10000 kr., coins in circulation are 100, 50, 10, 5 and 1. GRÓ-FTP will help you open a bank account once your Icelandic Social Security ID numbers have been registered. The bank we will use is called Landsbankinn, and there are multiple branches around the city and a branch in Akureyri. Check www.landsbankinn.is for more information.

Post office

The closest post office near the GRÓ House for the fellows to visit is at Faxafen, Reykjavík 108, in the Skeifan district, or in the centre of Hafnarfjörður in the Fjörður shopping centre. Opening hours are from 09:00-17:00 only weekdays.

Time

Iceland is on Greenwich Mean Time (GMT) throughout the year and does not go on daylight saving time.

Public holidays from October - April

Business, banks and most stores are closed on the following holidays:

December 24th Christmas Eve, December 25th Christmas day, December 26th Boxing Day, December 31, New Year's Eve, January 1st New Year's Day, April 6th to 10th Easter Holiday, April 20th First day of Summer! – which is a holiday.

Churches

The established religion in Iceland is Lutheran. The state church in Iceland is the Evangelical Lutheran Church. Most services are held every Sunday at 11:00, but it is best to consult the website of the church in question. The Philadelphia Church has weekly services in English. Address: Hátún 2, 105 Reykjavík. In addition, there is a Catholic Church and two Islamic communities.

Shops

In general, shops & supermarkets are open almost every day from 10am to 6pm. Most supermarkets are open on Sunday as well. The most reasonably priced supermarket is called Bónus and please note that after-hours supermarkets tend to be much more expensive. The opening hours detailed below are of those in the GRÓ House area.

Skeifan District

The GRÓ House is located next to the district called Skeifan, where you can find almost everything you need. There are 3 supermarkets (Bonus, Krónan, Hagkaup), electronics store (Elko), house goods (Rúmfatalagerinn), liquor shop (Vínbúðin), books and stationary shop (A4), vegan supermarket (Vegan búðin) and special stores that sell

food items from outside Iceland and Europe (Dai Phat Asian Supermarket, Istanbul Market).

Kringlan Indoor Shopping Centre (has 2 grocery shops).

Monday - Friday	10:00 - 18:30
Saturday	11:00 - 18:00
Sunday	12:00 - 17:00

Grocery shops/Supermarkets

Bonus (It is cheapest to buy food here.)

Opens everyday 10:00 – 20:00

Krónan

Opens everyday 9:00 – 21:00

Hagkaup

Opens 24 hours

Flea markets and Second hand stores

Kolaportið (You can buy both food (uniquely horse meat) and clothes)

Saturday – Sunday: 11:00 - 17:00.

Location: Tryggvagötu 19, Old Harbour Grófin Reykjavík Kvosin, 101 Reykjavík

Second-hand clothes shops / thrift stores

Red Cross stores

Monday - Friday: 10:00 - 18:00

Saturday from: 12:00 - 16:00.

Location: Laugarvegur 12 and Laugarvegur 116, 101 Reykjavík.

Fermata/Verzlanahöllin

Monday - Friday: 11:00 - 18:00

Saturday - Sunday: 12:00 - 17:00

Location: Grettisgata 4, 101 Reykjavík.

Góði hirðirinn

Monday – Friday: 12:00 – 18:00

Saturday: 12:00 – 16:00

Location: Köllunarklettsvegur 1, 104 Reykjavík

Nytjamarkaðurinn ABC Barnahjálpi

Monday – Friday: 12:00 – 18:00

Saturday: 12:00 – 16:00

Location: Nýbýlavegur 6, 200 Kópavogur

Alcohol stores in Reykjavík

The shops are called Vínbúðin, and there are nine liquor stores in Reykjavík, all run by the government. There are no other retailers. Website: vinbud.is.

Monday - Friday: 10:00 - 20:00

Saturday: 11:00-18:00

Places you can get winter clothing

Icewear

66°North

Nordic Store (Hand-knit sweaters)

The Handknitting Association of Iceland (Hand-knit products)

How to travel in Iceland (Reykjavik and Akureyri)

Public transport and your bus pass in Reykjavik

On arrival, fellows will be provided with a bus card which is registered in each person's name. This card allows you to travel without charge and change as often as you wish on public buses within the capital area. The public bus operator is called Strætó. The new bus card system is called Klappið, which is still part of the old bus operator.

Go to the website bus.is or straeto.is, where you can access information about bus routes and times. The website allows you to enter in your destination and locate the next available bus. The STRÆTÓ App is worth downloading onto your phone if you have a smart phone to track buses. With this app, you can see exactly where the next available bus is on the route in real time.

If the app is confusing, you can also rely on Google Maps, and it tells you the most convenient mode of transport.

Travelling by bus (Strætó)

The two main bus hubs are located at Hlemmur (downtown Reykjavik) and in Breiðholt (Mjódd) in the eastern part of the city. The buses call at all the main bus stops served by the public bus service or Strætó b.s. (Mjódd, Grensás, Hlemmur and Lækjargata).

See the schedule on this website: <http://www.bus.is/leidakerfi/>
Further information: <http://www.straeto.is/english>

On weekdays, 07.00-19.00 most buses arrive every 15 - 20 minutes, however only every 30 minutes during the evening and at weekends.

Taxi (Hreyfill)

You need to call them to arrange a pickup. It is often difficult to stop a moving taxi or find an empty taxi at taxi stands.

Tel: +354-588 5522

Traffic rules

Driving Licenses: You can drive in Iceland for up to 6 months on your foreign licenses outside of the European Economic Area. It is recommended that you get international driving licences alongside your national licences, especially if your license is not in English.

Traffic Rules: Driving in Iceland is on the right-hand side of the road. Road signals follow the international pattern. However, the rules concerning roundabouts are very different; the driver in the inside lane of a roundabout has priority to drive off the roundabout and the traffic in the outside lane must give way.

Traffic Safety: Seat belts must be worn by all passengers. Headlights must be used at all times of the day and night, all year.

Speed Limit: The general speed limit is 50 km/h in urban areas, 80km/h on gravel roads in rural areas and 90 km/h on paved highway roads.

Alcohol: The laws are strict in Iceland with regard to driving under the influence of alcohol. They are also strictly enforced.

For more information, check <https://iceland.nordicvisitor.com/travel-guide/information/driving-in-iceland/>

Calling someone in Iceland.

All numbers in Iceland are seven-digit numbers. No area codes are necessary, you dial the number directly.

International calls: When calling a country outside Iceland, you dial without interruption: the international code (00), then the country code, the area code, and finally the number. If you need help in finding a phone number abroad, you can call 118 for information.

Car Rental

If you have a driving licence, you can rent a car, either short term or long term. For short term, you can go to company website, while long term rentals require you to contact the company to set up a quote and contract. Places you can rent cars in Reykjavik:

www.bluecarrental.is

www.hertz.is

www.thrifty.is

www.avis.is

www.europcar.com

Entertainment

Swimming pools (Sundlaug)

There are seven swimming pools around Reykjavik, the capital city of Iceland. Warm geothermal water. Outside and inside pools, hot tubs, steam bath, sun benches, gym room, massage, automatic massage, hydro massage, water gym, etc.

Website: <https://reykjavik.is/en/swimming-pools> and sundlaugar.is



Cinemas (Bíó)

Reykjavik has 7 cinemas with a total of over 20 projection halls. Most of the new films shown are from the US, although there are a limited number of European films shown as well, for example Bíó Paradís at Hverfisgata 54, website: bioparadis.is All films (on general release) are shown with the original soundtrack and subtitled in Icelandic. Occasionally, there are special film festivals with films from all over the world. See the daily papers for further details.

The Culture House (Þjóðmenningarhúsið).

Located on Hverfisgata 15, Tel: +354 545 1400. email: thodmenning@thodmenning.is

Harpa Concert Hall

This is the home of the:

The Iceland Symphony Orchestra. Website: www.sinfonia.is

The Icelandic Opera. Website: harpa.is

Tel: +354 5285050

The National Theatre

Hverfisgata 19. Website: leikhusid.is

Most performances, however, are in Icelandic.

Long distance coach station and FLY BUS

BSÍ Travel, Reykjavík Bus Terminal, located at Vatnsmýrarvegi 10. Tel: 580-5400

Tourist information

The official Tourist Information Centre is in the City Hall at Tjarnargata 11. However, you can also find unofficial tourist information offices throughout the downtown area. Opening hours: Daily 8:00-20:00.