



**INCOMING STUDENT HANDBOOK**  
2014 – 2015



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## WELCOME TO REYKJAVIK UNIVERSITY

On behalf of Reykjavík University (hereafter RU) International Office, I congratulate you on choosing RU as your destination for the 2014-2015 academic year.

At RU, we understand the value of obtaining an international education and the competitive advantage it gives you when you enter the job market. We also recognize that studying abroad widens your horizons and makes you more interested in international affairs in general and in learning languages.

Reykjavík University is the international university of Iceland with faculty members from 23 different countries and students from all over the world. RU is also a well-networked university with alliances with over 100 universities.

In order to make your transition to Iceland as smooth as possible, we have prepared this handbook. It contains practical information about student life in Iceland. Please read it carefully before your arrival and do not hesitate to contact us if you have any comments or questions.

*Best regards,  
Staff at RU International Affairs*

### International Office

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## INTRODUCTION TO REYKJAVIK UNIVERSITY

As the name indicates, RU is located in the heart of Reykjavík, the capital of Iceland and is Iceland's largest private university. The main focus of RU is on research, excellence in teaching, entrepreneurship, technology development, and cooperation with the active business community. We seek to educate students to become leaders in business, technology and society at large by starting new companies and creating jobs.

Academic programmes at Reykjavik University are based on internationally recognized models and are continually under review and improvement.

By recruiting only the very best faculty, selecting the best students, and fostering entrepreneurship, RU is the second largest university in Iceland, with approximately 3000 students and 600 faculty and staff. There are several research institutes and four schools: School of Law, School of Science and Engineering, School of Business and School of Computer Science. In addition, RU's Open University serves both companies and individuals in the community. Reykjavik University is a non-profit organization chartered by the Icelandic Chamber of Commerce, the Confederation of Icelandic Employers, and the Federation of Icelandic Industries.

RU is a dynamic and progressive university renowned for its outstanding teaching and unique relations with Icelandic industries and public institutions. It is a fairly young university and all our Schools have been designed in collaboration with other prestigious universities. We also just started offering a joint AMP degree programme in collaboration with IESE. These collaborations are an indication of the ambition reigning in the institution and the recognition we are receiving. Reykjavík University is accredited by Icelandic Educational Authorities and we offer a wide variety of courses in English so foreigners can easily study at our university.







## PRE-DEPARTURE INFORMATION

When going to another country to study, there is a quite a bit you need to do before departure. In this chapter you will receive some practical information on what needs to be done before coming to Iceland.

### Application Process

When an international student has been accepted to study at RU, an information package with necessary information about Reykjavik University and Iceland will be sent to him/her.

Please note that the application deadline is **May 1st** for the Fall semester and **October 15th** for the Spring semester.

### Passports and Visas

It is necessary all students have a valid passport when entering Iceland.

Citizens of the EU and Schengen area do not need a visa to enter Iceland. If you intend to drive a car you will need an international driving license.

### Airlines

Icelandair and WOW are the main airlines flying to and from Iceland, although various other airlines fly to Iceland. To book your flight with Icelandair, go to the website [www.icelandair.com](http://www.icelandair.com). To book your flight with Iceland Express, go to the website [www.wowiceland.co.uk](http://www.wowiceland.co.uk). There are several companies that do cheap charter flights to Iceland but normally they have not translated their web pages into English. You might want to look at [www.sumarferdir.is](http://www.sumarferdir.is) and [www.plusferdir.is](http://www.plusferdir.is).

### What to Pack

In addition to the many items you will bring to Iceland, the following is a list of the most important things you need to bring with you:

- Adaptor for electrical appliances (220V, frequency 50Hz)
- Warm jumpers
- Good walking shoes
- Warm, wind, and rain proof coat, scarf, gloves, and a hat
- Swimsuit
- Tickets and insurance papers
- Acceptance letter
- Camera
- Brochures and introduction material to present at RU International Fair

## ARRIVAL INFORMATION

When you arrive in Iceland you will land at the International airport in Keflavik, which is approximately a 45-minute drive from Reykjavik. You would think that you have landed on the moon since the Reykjanes peninsula is covered with lava. However, as you will find out, buzzing city life is only few minutes away. In this chapter you will find some practical information on your arrival to Iceland.

### How to Get to Reykjavik

Flybus is operated all year daily from Keflavik Airport to Reykjavik in connection with all arriving flights (For more information on the Flybus, go to <http://www.flybus.is> or call +354 580 5400). The Flybus brings passengers to the main bus station in Reykjavik (BSÍ).

Reykjavik University is found at the following location:

**Reykjavik University**  
**Menntavegi 1 by Nauthólsvík**  
**101 Reykjavík | Iceland**

Bus number 19 have a stop just in front of the building.

For information on bus routes and schedules can be found at [www.bus.is](http://www.bus.is)

### Buddy System

To ensure a smooth integration to the Icelandic way of student life, Reykjavik University has a buddy system arrangement. This means that when you are accepted to the university, you will be assigned a buddy. All of our buddies are students at Reykjavik University who have volunteered to help international students adapt the first few weeks of their stay. Your buddy will, amongst other things:

- Meet you at the bus terminal and take you to your accommodation
- Show you around the school premises
- Show you around the city centre
- Show you where it is most practical to do your shopping
- Teach you how to use the bus system

Furthermore, if you have any questions do not hesitate to send your buddy an e-mail, as our buddies are quite happy to assist you in any way they can. As your buddy is a student at RU, he/she will be able to give you practical hints on student life in Reykjavik, so we encourage all of our international students to use this opportunity to the fullest.

### Accommodation

Reykjavik University does not offer on-campus accommodations. However, in order to assist international students, the RU International Office will send you list of links to well located guesthouses in central Reykjavík and close to RU-campus.

Students are under no obligation to use the list that RU offers to find accommodation in Reykjavik. It is certainly possible to find apartments to share with friends. A recommended rental service is Leigulistinn:

Tel: +354 511 1600 or <http://www.leigulistinn.is> (only in Icelandic).

Students takes full responsibility.







**Deposit**

Most landlords ask for a deposit that will be refunded when moving out. However, if any damage is done to the accommodation, the landlord is allowed to withhold the sum required to repair the damage from the deposit.

**Tenancy Agreements**

It is customary that a tenancy agreement between the landlord and the person renting is completed. Some guesthouses use a standard tenancy agreement from the Ministry of Social Affairs in Iceland. Before signing a tenancy agreement it is important to read it carefully and understand its regulations.

If you apply for housing through RU, you will be notified about your accommodations before your arrival. If for some reason you cannot move into your room upon arrival, the website [www.visiticeland.com](http://www.visiticeland.com) or our youth hostels at [http://www.hostel.is/display.asp?cat\\_id=13](http://www.hostel.is/display.asp?cat_id=13) may have alternatives.

**Residence Permit and Health Insurance**

**Citizens of the Nordic countries**

Citizens of the Nordic countries (Denmark, Finland, Norway and Sweden) do not need a residence permit.

**Citizens of EEA countries and Switzerland**

Citizens of EEA countries and Switzerland intending to stay for less than six months do not need a residence permit, but instead, those individuals shall register their residence with the National Registry, Þjóðskrá at <http://www.thjodskra.is/en>.

Students that are planning to stay longer than six months will have to apply for an extension of residence during their stay in the country.

Further information can be found on the Icelandic Directorate of Immigration’s website (<http://www.utl.is/english/residence-permits/eea-members/>).

**Citizens of countries outside the EEA**

Citizens of countries outside the EEA need to apply for a residence permit. Residence permits must be acquired before entering the country. It can take up to 90 days for the Directorate to issue the residence permit. Upon arrival international exchange students need to undergo a full physical examination at the beginning of their stay in the country. Further information can be found on the Icelandic Directorate of Immigration’s website (<http://www.utl.is/english/residence-permits/outside-the-eea/>)

**If You Need a Residence Permit:**

You need to apply for a residence permit at the Directorate of Immigration. Detailed information on documents needed for the application is available at the website of the Icelandic Directorate of Immigration (<http://www.utl.is/english/residence-permits>). The Application shall be sent to the Directorate of Immigration along with accompanying documents. The application will not be processed until the Processing Fee has been paid.

**How to contact the National Registry**

Borgartúni 24  
150 Reykjavík  
Iceland

E-mail: [thjodskra@thjodskra.is](mailto:thjodskra@thjodskra.is)

Tel. No. +(354) 569 2950  
Fax No. +(354) 569 2949

Opening hours: 10:00 - 15:00 every weekday

If you need a residence permit, it is essential to communicate with International Affairs as RU has a special agreement with Immigration and can facilitate the process to ensure that it goes smoothly. This means that you must follow all instructions in detail. You can preview the necessary paperwork to obtain a residence permit at <http://www.utl.is/english/residence-permits/outside-the-eea/students/>.

Students should be aware that the Icelandic Immigration Authorities require documentation that proves your financial ability to support yourself during your stay in Iceland. Therefore, you must enclose with your application an official document from your bank certifying that you have the equivalent of 164.000 ISK per month for your intended stay.

For further information, please contact RU International Office.

**Health Insurance**

The Icelandic social security system is a residence-based system. To be insured with the State Social Security Institute, Tryggingarstofnun Ríkisins at <http://www.tr.is/english>, a person must have been registered with a domicile in the National Registry for six months. Iceland is part of the European Economic Area.

**Citizens of the Nordic Countries**

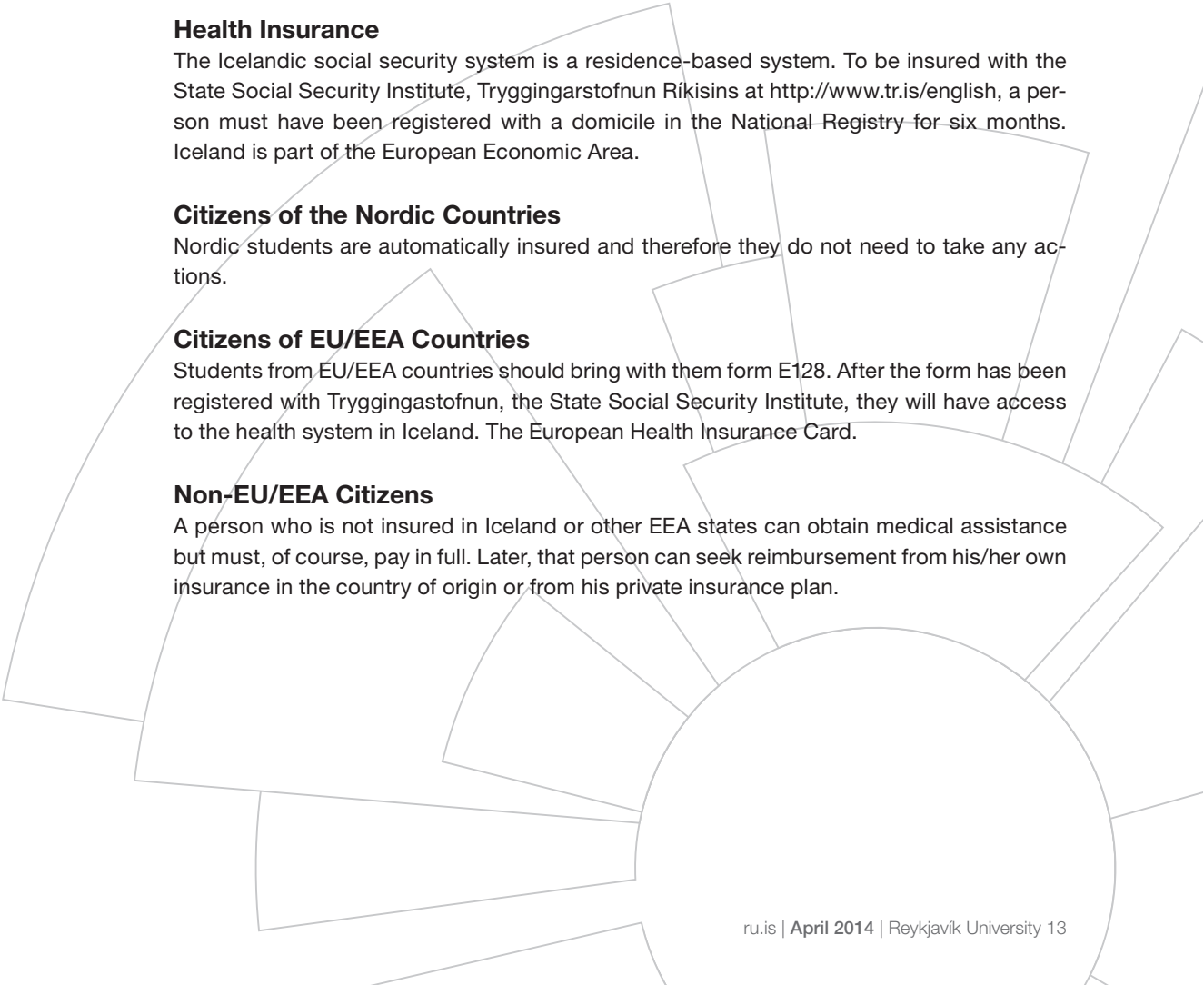
Nordic students are automatically insured and therefore they do not need to take any actions.

**Citizens of EU/EEA Countries**

Students from EU/EEA countries should bring with them form E128. After the form has been registered with Tryggingastofnun, the State Social Security Institute, they will have access to the health system in Iceland. The European Health Insurance Card.

**Non-EU/EEA Citizens**

A person who is not insured in Iceland or other EEA states can obtain medical assistance but must, of course, pay in full. Later, that person can seek reimbursement from his/her own insurance in the country of origin or from his private insurance plan.



## FIRST THINGS TO DO

Living and studying away from home can be a challenging experience, particularly in the beginning of the stay. There are several formalities you need to take care of during your first days. The information provided in this chapter will hopefully assist you to adjust to the new circumstances in Iceland.

### Orientation Day

International students begin their studies at RU with an orientation programme which starts three days before the commencement of classes. During the orientation days international students will have the opportunity to meet each other as well as the staff of RU International Office. During this two day period students will be provided with information regarding the country, the study system, the society and the nature.

At the Orientation Programme, you will:

- Receive a school ID number
- Get access to the RU computer facilities and an e-mail address
- Get information on the services that the school provides
- Be able to speak to the international representatives from the student association
- Become familiar with the Universities' intranet
- Receive assistance on selecting your courses

It is required and quite important to attend the Orientation days as it makes it easier for you to settle in at a new place.

### Access Card

RU provides all students with an access card at a reasonable price. The access card gives students access to the school premises 24 hours a day. Students can obtain the card at RU's main office.

### Icelandic ID Number - National Registry

It is essential for all students to receive an Icelandic identification number upon arrival. The ID number is necessary if you want to register as a student, have a scholarship paid, open a bank account, use the public library, etc.

After the Orientation Day, go to the Statistical Bureau, Iceland's National Registry (Þjóðskrá), at the Office of Statistics Iceland (Hagstofa Íslands), Borgartúni 25 150 Reykjavík. Bring your passport and a certificate that proves you are going to work or study at an Icelandic institution and you will be given an ID number. During Orientation days International office will assist with applying process.

### Your Exchange Programme

All international students at RU are given a warm welcome by the International Office staff as well as by their buddies. Students are required to attend our orientation programme, which runs from August 14-15th (fall semester) and January 8-9 (spring semester), just few days before the start of classes. During the orientation, you will not only get to know other international students, but you will receive important information about your academic stay at RU.

### Introduction to Iceland

The University Centre of The Westfjords offers Icelandic language courses in August every year for incoming exchange students and other international students and staff coming to Iceland. Duration: August 4 - 22. Application deadline is May 30. There are also shorter courses offered as well as courses on different levels and at other times of the year.

Further information:

<http://ask.rannis.is/page/ilpc> or [http://www.uwestfjords.is/icelandic\\_courses/](http://www.uwestfjords.is/icelandic_courses/)

Do not forget that you are ambassadors of your university at RU. In order to adapt to the academic standards at RU, please read the following section carefully.



## ABOUT THE ACADEMIC STUDIES AT RU

In this chapter you will be able to find some useful information concerning the academic studies at Reykjavik University.

### Academic Calendar

The academic year is divided into two semesters, Fall and Spring. The Fall semester starts around August 18th and ends around December 20th. There is an exam period during the last weeks of the semester. Repeating exams for the fall semester are at the beginning of January. Therefore we urge you to count on this before buying your return ticket home over Christmas. The Spring semester begins January 13th and ends around May 15th. Repeating exams for the spring semester are at the end of May.

Reykjavik University has a two week vacation at Christmas and a one week vacation at Easter time. The 2014-2015 academic calendar can be found at <http://en.ru.is/studies/calendar/>

### Course Catalogue

The course catalogue for all courses is available on the RU website at <http://en.ru.is/course-catalogue>

### ECTS Credits and Grades

ECTS credits are applied in RU for academic recognition purposes. Most courses at Reykjavik University are 6 ECTS credits. The maximum number of credits that can be taken for each semester is 36 ECTS.

As a general rule, grades are given on a scale of 0-10, where passing grades are 5 and above.

### Workload

At RU 30 ECTS credits is the regular fulltime workload for a period of 16 weeks. Please be aware that taking more than the fulltime workload will demand a lot of your time and may be difficult if you also want to travel and enjoy student life to the fullest.

### Language of Instruction

The principal language of instruction is Icelandic. Each semester a number of courses are taught in English. Textbooks are mainly in English.

### Teaching and Learning Methods

RU's instructional approach is characterized by lively interaction between teacher and student, opportunities for cooperative learning, and ultimately, teamwork. Teaching is normally based on lectures which are 45 minutes long. For each course there are 3-4 lectures per week. Additionally, some courses require 1-2 practical sessions per week.

Lectures are not very formal and students are encouraged to ask questions and aid class discussion through comments and observations. In most courses, students are required to hand in outside assignments in addition to taking a final exam. Due to the fact that many of these outside assignments are based on group work, RU students are expected to collaborate and contribute to the success of the group in an equal and scholarly manner.

While class attendance may not be compulsory in all courses, it is highly valued and is sometimes worth up to 30% of the final grade. One should be aware that there is a strong positive correlation between class attendance and achievement.

### Access to Instructors

The relationship between student and instructor is generally informal and students should address their instructors by their first name. Student access to the instructor outside of the classroom is excellent. Consultation hours are generally held once a week. However, if a student needs to reach his instructor, he can do so by sending the instructor an e-mail and request a meeting.

### Books

Faculty members at RU require all students to buy the textbook for each course. You can obtain your books from the University Bookstore (Bóksala Stúdenta), which is adjacent to the University of Iceland campus. This is the only bookstore that sells academic books for University students. Academic books are expensive in Iceland, so be prepared to pay a significant amount of money for books each semester. Students may opt to save money by purchasing used books from other students either by replying to ads posted at the University or on the website [www.kassi.is](http://www.kassi.is) (in Icelandic only).

The University Bookstore (Bóksala Stúdenta)

Hringbraut

101 Reykjavik

Tel: 570 0777

[www.boksala.is](http://www.boksala.is)

There is also a bookstore located in the first floor of the university's building.

### Scholarships

RU does not offer scholarships to international students. However, the scholarships through the Erasmus and Nordplus programmes will cover some of the cost of studying in Iceland.

### Icelandic Language Courses

An Intensive Icelandic Language Course is offered in August each year. International students who are interested to participate can apply through the Office of International Education.. Further information about the course and prerequisite are at the website <http://ask.hi.is/page/ilpc>.

It is also possible for international students to attend an Icelandic language course at RU during their studies. This course is offered during the fall and spring semesters. International students also have the option to learn Icelandic online in a self-study course that is free of charge at the website <http://www.icelandic.hi.is>.

It is valuable to learn the basics of the Icelandic language as it will become much easier to understand the culture and participate in everyday life.





## Teaching Affairs and Registry

The Teaching Affairs and Registry is located at 3rd floor Menntavegur 1. It is open from 09:00 - 16:00 on weekdays. The Student Affairs Office can provide information regarding students study progress, certificates of study, and all other general information.

## Study Facilities

Reykjavik University is located in a modern Campus equipped with first-rate facilities. The University's computing facilities are excellent and its lecture halls and classrooms fully equipped. RU students are issued a school access card enabling them to use the university facilities 24 hours a day, every day of the year. The University's own restaurant, Málið, offers hot meals at lunchtime at reasonable prices as well as an array of sandwiches and dairy products.

Library and information services at RU (LIRU)

The library's aim is to provide the RU community with high level services and access to a strong electronic collection in all fields of study. The library has much to offer to facilitate the learning process.

### Library services include:

- Loans
- Reserve library
- Bibliographic management tools (RefWorks, EndNote)
- Access to a large number of e-resources from campus and from home
- Research assistance for individuals (Book a librarian)
- Chat services (Cybrarian)
- Competent staff ready to help with all aspects of information handling
- Work and study environment with reading room and group facilities

## Computer Facilities

Student computer facilities are exemplary and there are many computer labs. In addition, students have access to computers at the library. Wireless internet connections are available in all buildings. On the university's intranet, students have access to information on courses in which they are enrolled, including all lecture overheads and audio lectures, where applicable, projects, and discussion topics. RU students are provided with most of the current Microsoft user software for a low fee. They also receive some software free or on favourable terms.

## Printing and Photocopying

Students can buy a printing quota for each semester. Printers are located on each floor in the building and there is a color printer at the library. A photocopier is located at the library and can be accessed for a small fee.

## Student Counselling Service

University studies demand independent work habits and analytical thinking. Student counselling specializes in helping students improve their study methods and efficiency. It also helps students to increase awareness of their abilities, opinions, and interests so they can be used effectively in academia and in the workplace. Students are invited to stop by RU's student counselling office to find utilize these services and for more information.

## RU International Office

International students that have the opportunity to study at Reykjavik University for one semester (or one year) will receive assistance through RU International Affairs.

The staff members at the RU International Office are:

Aldís G. Sigurðardóttir, Head of International Exchange Programme, [aldisg@ru.is](mailto:aldisg@ru.is)

Birna Björnsdóttir, Programme Manager, [birnabj@ru.is](mailto:birnabj@ru.is)

Guðlaug Matthildur Jakobsdóttir, Programme Manager, [guðlaugm@ru.is](mailto:guðlaugm@ru.is)

RU International Office carries out international cooperation matters. It is responsible for administering the exchange programmes concerning student and teaching staff mobility, as well as helping incoming and outgoing students in solving practical, administrative and educational matters during their study period.

The office is responsible for services for international students such as:

- Admission
- Housing
- Counselling to incoming and outgoing students
- Orientation programmes
- Representation at international conferences and congresses
- Creation of new cooperation with foreign higher education institutions.

## International week

An International week is held twice a year, once each semester. At the International week, international students are asked to present their country and their university to RU students. We would appreciate if you could bring some introduction material concerning your university and your country with you.

## Facilities for Students with Special Needs

The facilities of Reykjavik University are designed with those with special needs in mind. The classrooms are easily accessible and every floor has an elevator. All other special considerations will be reviewed as they arise.

## The Student Organization

Reykjavik University has a very active student organization, called "Stúdentafélag Háskólans í Reykjavík". The Student Organization secures the rights of its members and supports unity among RU students. The Student Organization is comprised of six student-interest societies from within each department of Reykjavik University. These societies host all kind of activities such as parties, science trips, camping and road trips, traditional dances, sport events, open business meetings and much more. The Student Organization website is [www.studentafelag.is](http://www.studentafelag.is)

**Academic Integrity and Ethical Behavior**RU emphasises academic integrity and ethical behavior from its staff and students. An important part of academic integrity is the respect for copyright and the full participation of all members in all work groups. In order to clarify our expectations in this area, we have created the following project work code of conduct.

**Project work code of conduct**

Reykjavik University places great emphasis on academic integrity and the high quality of scholarly work. The following rules apply to all aspects of project work.

**a. Your original work**

Reykjavik University requires that your projects be your original work. This means that the work has been completed by you from beginning to end. Plagiarism is unacceptable at all times and all sources of information must be acknowledged in a scholarly fashion. Instructors may give students more freedom to cooperate in special cases and this will then be stated in the written project description. This also applies to group work. Projects undertaken by a group must be completed from beginning to end by that particular group. The whole group shall be answerable to this code of conduct.

**b. Your contribution**

Reykjavik University requires that you always put forth your best effort in group work and make sure that your contribution is equivalent to that of others. Instructors are allowed to give different grades to group members when there is reason to believe that contributions differ greatly.

**c. Individual and group projects**

Individual projects require that the student work on all parts of the project alone. Group projects may allow for the division of tasks between the individuals, given that the contribution of each member is comparable. The whole group remains, however, responsible for the final product. The penalty for violation of these rules ranges from the grade of 0 for the project to 0 in the course and even to suspension from further studies.

In the Icelandic grading system, grades from 1.0 -10.0 are used

**STUDENT LIVING**

In this chapter you can find information on practical matters concerning student life in Iceland, such as how and where you can make a doctor’s appointment, how to open a bank account, etc.

**Emergency**

In case of an emergency, dial 112 to reach police, ambulance or the fire department. 112 is the emergency number for the entire country.

**Health Care**

Iceland has one of the highest standards of public health care in the world. Iceland’s good health conditions are reflected in its high life expectancy rates: 79 years for men and 83 years for women.

**Health Insurance**

The Icelandic social security system is a residence-based system. To be insured with the State Social Security Institute, (Tryggingarstofnun Ríkisins), a person must have been registered with a domicile in the National Registry for six months. Iceland is a part of the European Economic Area.

**Citizens of the Nordic Countries**

Nordic students are automatically insured and therefore they do not need to take any actions.

**Citizens of EU/EEA Countries**

Students from EU/EEA countries should bring with them their European Health Insurance card. Insured citizens of EEA countries are entitled to benefits which become necessary for medical purposes during a temporary stay in Iceland, taking into account the nature of the benefits and the expected length of the stay.

Each person must be able to present their EHIC, personal identification papers, and documents proving their citizenship (i.e. passport) at the time of the medical visit. A fee, to be paid for each consultation and services rendered, is fixed by a regulation. EEA nationals presenting the EHIC will be charged the same fee as persons insured in Iceland. If these documents are not presented they will be charged the full costs of the treatment according to tariffs.

**Non-EU/EEA Citizens**

A person who is not insured in Iceland or other EEA states can obtain medical assistance but must pay in full. That person can seek reimbursement from his own insurance in the country of origin or from his private insurance plan.

**Doctors and Specialists**

Everyone insured is free to choose his or her own practitioner from amongst the registered health service practitioners. The general practitioner you choose will be the doctor you should go to for routine medical care. His/her practice will be in a local Health Care Clinic (Heilsugæslustöð),



which are located throughout Reykjavik and are generally open Monday-Friday 8:00– 17:00. You need to make an appointment beforehand. Your general practitioner will also be able to advise the best specialist (sérfræðingur) to go to if you have a particular health problem. If you become ill outside normal opening hours you can either go to:

*Doctors On-call Service (Læknavaktin)*  
Smáratorg 1, 201 Kópavogur  
Open 17:00 - 23:30 Monday - Friday  
Open 09:00 - 23:30 Saturday - Sunday  
Tel: 1770

#### **Or you can go to:**

Emergency Room (*Slysadeild*)  
State University Hospital (Landspítali - Háskólasjúkrahús)  
Fossvogur, 108 Reykjavik  
Tel: 543 2000

If you ever become too ill to go to a doctor yourself, you can phone the Doctors-On-Call service. If you need any assistance, please don't hesitate to contact RU International Office or your buddy.

#### **Pharmacies and Prescriptions**

Pharmacies (apótek) are generally open Monday – Friday: 9:00 - 18:00.  
Refer to the following websites if you need service outside normal opening hours: [www.lyfja.is](http://www.lyfja.is), [www.lyfoghellsa.is](http://www.lyfoghellsa.is). Generally the cheapest medicine is at Lyfjaver: [www.lyfjaver.is](http://www.lyfjaver.is).

#### **Dentists**

Check for dentist in the telephone directory yellow pages under the heading TANNLÆKNASTOFUR. The National Health Insurance Plan does not cover dentists' charges, so you will have to pay whatever amount the dentist charges. If you need a dentist outside regular hours contact:

Dentist Emergency (Neyðarvakt tannlækna)  
Tel: 575 0505

#### **Drugs**

All dealings with illegal drugs are strictly forbidden in Iceland. The use of illegal drugs is also against the law and carries heavy penalties.

#### **Cost of Living**

Estimated cost of living in Iceland is about 164.000 ISK per month per person including housing. Students should expect to pay between 55.000 - 70.000 ISK per month for a single room with access to kitchen and bathroom and at least 100.000 ISK for a small studio apartment.

#### **Financial Matters**

The Icelandic monetary unit is the króna (plural:krónur). The denominations of coins in use are 1, 5, 10, 50, and 100 krónur. The denominations of the notes in use are 500, 1000, 2000, and 5000 krónur. One Euro (€) is roughly equivalent to 165 ISK. For accurate information on the exchange rate go to [www.sedlabanki.is](http://www.sedlabanki.is) (The Central Bank of Iceland).

#### **Banks and Account**

The leading Icelandic banks are: Landsbanki Íslands, Arion Bank and Íslandsbanki.

Banking hours are generally 9:15-16:00, but some branches are open until 18:30. Banks are closed during the weekends.

Many foreign students choose to keep most of their money, at least to begin with, in a foreign currency account, which is a service provided by most banks. Apart from that, it is recommended to open a bank account with a debit card (debetkort). To open such an account, you will need your ID number and your passport. You should also bring two passport photos. You can pay directly with a debit card in most shops and services and you can withdraw money in banks or at automatic teller machines (ATMs) by using your PIN number.

#### **Credit Cards**

The major credit cards in Iceland are VISA, Eurocard/Mastercard, and American Express. They are widely used and accepted throughout the country, whereas other credit cards are less known. You can also use your credit card to withdraw money on banks and at ATMs if you have a PIN number. In the event that you lose your debit or credit cards, you should contact your bank immediately to have your cards closed. The telephone service provided by the credit card companies outside normal banking hours is:

VISA Tel : 525 2000  
Eurocard/Mastercard Tel: 533 1400

#### **Shopping**

Food  
Iceland has a variety of food stores with different offerings, prices, and opening hours. Food sold in supermarkets is, on the whole, comparatively cheaper than food sold in smaller shops. The main supermarkets are Hagkaup, Nóatún, Bónus and Krónan. Bónus and Krónan are by far the cheapest.

General shopping hours in Reykjavik are:

Monday - Friday 9:00/10:00-18:00/20:00

Saturday: 10:00-18:00

Some shops are open later for example the 10-11 and 11-11 supermarkets are open until 23:00 every night. Few shops are open 24 hours a day.

#### **Shopping Centres**

There are three main shopping areas and centres in the Reykjavik area. The two malls are Kringlan and Smáralind while Laugavegur is an old fashion shopping street in the city centre. In these shopping centres you can find a large variety of both international and Icelandic shops.

Kringlan Mall  
Kringlan 4-12, 103 Reykjavik  
[www.kringlan.is](http://www.kringlan.is)

Smáralind Mall  
Hagasmári 1, 201 Kópavogur  
[www.smaralind.is](http://www.smaralind.is)

## Transportation

### Buses

The most economical way to travel around Reykjavík and to its neighbouring towns is by bus. Reykjavík's buses, yellow in color, can be caught at bus stops marked with the logo "Strætó". They generally run at the following times:

Monday - Friday: 6:45 - 23:00/24:00

Sunday: 9:45 - 23:00/24:00

The buses run at 20-30 minute intervals and a timetable is accessible on the web ([www.bus.is](http://www.bus.is)). You can pay a single fare, buy a sheet of 10 bus tickets, or purchase a Green Card that gives the holder 30 days of unlimited travel. The cards can be bought at Strætó's main changing stations at Hlemmur, Lækjartorg, or Mjódd as well at the information desk in Kringlan mall. If you use coins you must have the exact fare because the driver is not permitted to give change.

If you need to change buses to reach your destination, you should ask your driver for a transfer ticket (skiptimiði), which is available at no extra cost. The transfer ticket is valid for 45 minutes and allows you to change buses once.

If you would like to visit the countryside in Iceland or the Blue Lagoon, there are buses running several times a day from the central bus station (BSÍ). For more information call BSÍ on 562-1011 or refer to [www.bsi.is](http://www.bsi.is).

### Bicycles

It is possible to buy a good second hand bicycle at a low cost, which would certainly save you money in bus fares. Even so, this healthy form of travel is not as popular among students in Iceland as it is with students in most other countries. The weather (often wet and windy) might have something to do with it! Our previous international students recommend this store for a cheap bicycle:

Hjólaspítalinn - Reiðhjólaverkstæði Kópavogs

Auðbrekka 2

Tel: 587 5800

### Taxis

A taxi (leigubíll) can be obtained by phone or on the street. Taxis are clean and reliable, but expensive. Tips are not customary in Iceland as bills always include service charges. There are two main taxi-stations in Reykjavík:

Hreyfill, Tel: 588 5522

BSR, Tel: 561 0000

### Driving

If you buy or rent a car, you may drive with your international driver's license for one year from the date of entry into the country. The roads in Iceland are not always in the best condition, especially in the countryside. In the winter time, they can become very slippery and sometimes they become blocked by snow. For information on road conditions go to <http://www.vegagerdin.is>/English. Icelandic cars are, however, well equipped for these conditions so you shouldn't be afraid to drive. Be sure you never drive your rented car on roads where the car is not insured.

## Telephones and the Internet

Mobile phones are widely used in Iceland and most students have their own phone. Students can bring their own mobile phones to Iceland and purchase a prepaid phone card. The major telephone companies are Síminn, Vodafone, Tal and Nova.

There are two types of public telephones in Iceland: coin-operated and card operated. A telephone card (símakort) can be bought at all post offices and telephone stations. Phone call charges in Iceland vary greatly depending on the time of day, the day of the week, and the distance of your call.

The Internet and e-mail is used extensively in Iceland and have become one of the main communication routes in the past few years. You will be able to access the Internet at RU and make telephone calls for free through [www.skype.com](http://www.skype.com).

If you would like to buy an international calling card, we recommend <http://www.globalcall.is/>. You can buy cards online as well as at gasoline stations and supermarkets.

## Radio and Television

There is a variety of TV and radio stations in Iceland. The National Broadcasting Service (RÚV) is publicly owned and operates one TV channel and two radio stations. You can also listen to BBC in Iceland. Other TV stations are Channel 2, Sýn, and Skjár 1, which broadcast several TV channels including foreign TV stations such as MTV, Eurosport, CNN, Discovery, Sky News and Cartoon Network.

## Newspapers

Morgunblaðið and Fréttablaðið are the daily newspapers in Iceland. Fréttablaðið is free of charge. You can read them online as well at: <http://www.mbl.is> and [www.visir.is](http://www.visir.is). Newspapers in English can be found at: <http://newsfrettir.com/> and <http://www.mbl.is/mm/frettir/english/>. We also recommend: <http://www.grapevine.is/Home/> and <http://icelandreview.com/>.

## Laundry

In all accommodations, students have access to a washing machine.

Dry clean services are easily found in Reykjavík. It is also possible to have your laundry washed for you (charge per kilo) in some washing and cleaning services.

Here is a list of some of the cleaning services:

Fönn, Skeifunni 11, 108 Reykjavík.

Efnalaugin Björg, Álfabakka 12, 109 Reykjavík and Háaleitisbraut 58-60, 108 Reykjavík.

Drífa efnalaug og þvottahús, Hringbraut 119, 107 Reykjavík







## FACTS ABOUT ICELAND

Iceland, which is the second largest island in Europe (103.000 sq.km.), lies in the North Atlantic Ocean. The country is crossed by the Arctic Circle, which passes through the island of Grímsey, Iceland's northernmost point. Geologically, Iceland is a young country. It has about 200 volcanoes of almost every type. Volcanic activity has been frequent since the 1960s. A new island, Surtsey was formed south of the mainland in 1963, and a major eruption took place in 1973 when a volcano in the Westman Islands erupted lava over the town of Heimaey.

Iceland has a modern European economy with strong foundations in fisheries, natural renewable energy sources, and human capital that will allow Iceland to overcome its economic difficulties, like so many other countries around the world.

Iceland is a republic that has a written constitution and a parliamentary form of government. The president is elected by direct popular vote for a term of four years, with no term limit. Most executive power rests with the Government, which is elected separately from the presidential election every four years.

Iceland was the last European country to be settled, mostly by Norsemen in the 9th and 10th centuries. These Norsemen came largely from Norway and elsewhere in Scandinavia, as well as from the Norse settlements in the British Isles, which introduced a Celtic element. The language and culture of Iceland were predominantly Scandinavian from the outset, but there are traces of Celtic influence in some of the ancient poetry, in some personal names, and in the appearance of present-day Icelanders.

The environment in Iceland is truly unique. Iceland is a large country (103,000 km², about the same surface area as Ireland or the State of Virginia), but is sparsely populated, with only 3 persons per km² living mostly along the coast. The interior of the country contains stunning contrasts. It is largely an arctic desert, punctuated with mountains, glaciers, volcanoes and waterfalls. Most of the vegetation and agricultural areas are in the lowlands close to the coastline. (<http://www.iceland.is/country-and-nature/>)

### The Earliest Settlements

The earliest settlements in Iceland, dating from the early eight century A.D., seem to be those of Irish hermits, reputed to have fled the island upon the arrival of pagan Norwegians. The first Norwegian settlement, led by Ingólfur Arnarson, dates from 874 and was located on the site of present-day Reykjavík. The number of new settlers increased toward the end of the century. The earliest settlers came from countries and districts where the Vikings had been dominant for centuries: the west coast of Norway, Ireland, Scotland, Orkney Islands, Shetland Islands, and Hebrides. Danes and Swedes came as well. The settlement of Iceland was followed by the discovery of Greenland and ultimately Vinland (Newfoundland or mainland North America).

### Alþingi – The Icelandic Parliament

Alþingi was established at Þingvellir (about 40 km east of Reykjavík) in 930 A.D., the date that marks the foundation of the Icelandic state. Ever since, Alþingi has been the primary symbol of Iceland's national identity. Alþingi was a national parliament and high court, and adopted a general system of law for the whole country. This oldest code of law was based partly on the laws which were then in force in the Gulaping district of Norway.

### Reykjavík

Reykjavík, which translates to the Bay of smoke, is the capital of Iceland and the northernmost capital in the world. By the turn of the nineteenth century, the inhabitants of Reykjavík numbered 5,000. Due to a great expansion in the period after the two World Wars, the number of inhabitants has risen to approximately 117,000. Iceland's total population is approximately 310,000 of which around 180,000 live in Reykjavík and its neighbouring communities.

Reykjavík is a safe, clean, and cosmopolitan city that will surprise you by its vitality in spite of the size. Our international students are always impressed by two characteristics: the quality of teaching at RU and the unique nature of Iceland.

### Climate and Clothing

Although Iceland lies close to the Arctic Circle it is, despite its name, comparatively warm. Due to the Gulf Stream, the climate during the winter is milder than in many countries in northern Europe.

### The average temperatures for January is -0.4°C and for July 11.2°C.

It often rains, especially during the summer, but usually not for long periods of time. Iceland also tends to be rather windy, with gales being quite common during the winter. Thunderstorms, however, are extremely rare. It does snow during the winter, but the tourist guides tell you that it does not often stay white for long in Reykjavík. Overall, the weather in Iceland is very unpredictable. There are many old sayings such as “If you don't like the weather, wait a minute.” Although arctic-type clothing is not needed in Iceland, one must be prepared for everything. All Icelandic homes and public buildings are very well heated, but one should think about bringing the following: good, strong walking shoes; a warm coat that is wind and rain-proof; a scarf, gloves, and hat; and both lightweight and thick woollen jumpers (sweaters). A swimming suit is also a good idea because there are many well-heated swimming pools throughout the country. The abundance of geothermal heated water makes outdoor swimming a popular year-round activity.

### The Icelandic Language

Icelandic (íslenska) is the native language of Iceland. It belongs to the West Scandinavian group of North Germanic languages. It is the same language spoken by the original Norse settlers from western Norway in the ninth and tenth centuries with, of course, the addition of modern vocabulary. Icelandic borrowed words from Celtic, Latin, the Romance languages, and especially Danish.



The Alphabet

The Icelandic Alphabet consists of 32 letters, 10 of which are uniquely Icelandic:

Á á	like “ <b>ow</b> ” in cow
Ð ð	like “ <b>th</b> ” in brother
É é	like “ <b>ye</b> ” in yes
Í í	like “ <b>ee</b> ” in bee
Ó ó	like “ <b>o</b> ” in no
Ú ú	like “ <b>ou</b> ” in you
Þ þ	like “ <b>th</b> ” in thoughts
Æ æ	like “ <b>i</b> ” in wife
Ý ý	like “ <b>ee</b> ” in bee
Ö ö	like “ <b>i</b> ” in bird
AU au	like “ <b>eui</b> ” in the French word feuille

Icelandic Lesson

This glossary gives you the basic vocabulary you need when a) meeting people and b) you go shopping.

a)	b)
Good morning = góðan dag	Beef = nautakjöt
Good Evening = gott kvöld	Lamb = lambakjöt
Good Night = góða nótt	Chicken = kjúklingur
Good-Bye = bless	Minced meat = nautahakk
Thank you = takk fyrir	Whole milk = mjólk
My name is = ég heiti	Low fat milk = léttmjólk
What is your name? = hvað heitir þú?	Yoghurt = jógúrt
How much? = hvað kostar?	Cheese = ostur
Where is? = hvar er?	Bread = brauð
Cheers = skál	Beer = bjór
Sorry = fyrirgefðu	Soft drinks = gos

TRADITIONS AND CUSTOMS

Icelanders have many traditions and customs. Some are considered very enjoyable by foreigners while others are considered very strange. Here you can find some information on a few of them.

Icelandic Names

Only about 10 percent of Icelanders have family or surnames. These are mostly of Danish origin or adapted from Danish. Others use a system of patronymic. That is to say, instead of a family name, the first name of the father is used with -son or -dóttir suffixed. Thus, Jónsson means the son of Jón, and Jónsdóttir means the daughter of Jón. It is even possible to be called the daughter or son of one’s mother; for example, Vigdísardóttir or Vigdísarson. People always address one another by their first name, as this is their personal identification; the patronymic identifies one’s father. It is even acceptable to address President Ólafur Ragnar Grímsson as President Ólafur Ragnar when speaking to him.

In telephone directories, people are listed by their first names. In libraries, books in the sections devoted to Icelandic authors are arranged under the author’s first name.

Icelandic National Dishes

There are many popular and delicious Icelandic dishes, some of which are very old. The dinner at Christmas may be hangikjöt (smoked lamb), served with pickled red cabbage and potatoes in white sauce. Rjúpur (ptarmigans) are also common on the Christmas table. Svartfugl (guillemot) and Lundi (puffin) are also traditional meals. A favorite form of hangikjöt is cold cuts on flatkökur (rye pancakes) or on seytt brauð (rye bread baked slowly). Harðfiskur (air-dried fish fillet) is also very popular. A milk product from the time of the settlers is skyr and it belongs to the same group as yogurt. Skyr is considered very healthy and is quite popular amongst young people.

Public Holidays

- January 1, New Year’s Day
- Holy Thursday
- Good Friday
- Easter Sunday
- Easter Monday
- First day of Summer, the third Thursday in April
- May 1, Labour Day
- Ascension Day
- White Sunday
- White Monday
- June 17, Independence Day
- First Monday in August, Bank Holiday
- December 25, Christmas Day
- December 26, Boxing Day

Dates of Interest

January 6 is **Prettándinn**: This is the last day of Christmas. On this day, Icelanders take down the Christmas lights, throw out the Christmas tree, and many go to a bonfire where there is singing and dancing. There is an old belief that on this day the elves move to a new place of residence and during that time they can be seen by men.

In Western Christianity, Lent is the period from Ash Wednesday to Holy Saturday (forty days). Although Icelanders don't celebrate Lent anymore, there are three days before Lent starts that are celebrated. These days are **Bolludagur**, **Sprengidagur** and **Öskudagur**. These three days are consecutive, starting with Bolludagur and ending with Öskudagur. Öskudagur (Ash Wednesday) can fall anywhere between February 4 and March 10.

**Bolludagur (Shrove Monday)** is two days before the old traditional lent starts. On this day all the bakeries are full with all sorts of buns filled with jam and whipped cream, which Icelanders eat a whole lot of.

**Sprengidagur (Shrove Tuesday)** is the day before the old traditional lent starts. The tradition requires that you eat salted lamb and beans until you are about to burst.

**Öskudagur (Ash Wednesday)** is the day after Sprengidagur. On this day all the children will dress up in costumes, go from one shop to another, and sing a song in hope of getting some sweets in return.

The first Sunday in June is known as **Sjómannadagurinn (Fisherman's day)**. This day is celebrated in honor of all of Iceland's fishermen. Every town that has a port celebrates with games, barbecues, and there usually is at least one ship that can take people for a short cruise.

June 17 is Iceland's Independence Day. Interestingly enough, Iceland became independent a little before June 17, but it was decided to celebrate independence on this day to in honor of Jón Sigurðsson's birthday, the man that fought the most for Iceland's independence. This day is celebrated all over the country and there are various outdoor entertainment programmes, including concerts, parades, speeches, games etc.

**Culture night** is celebrated on the Saturday that falls closest to Reykjavik city's "birthday", which is August 18. Culture night commences when the Mayor starts the Reykjavik Marathon early in the morning. The day is packed with all sorts of entertainment scheduled across the city with the grand finale being an amazing fireworks display in the evening.

**Advent** begins four Sundays before Christmas. Upon commencement, the tradition is to take out the Advent candlesticks and light one candle each Sunday until Christmas. During Advent, Icelanders get into the Christmas cheer. They decorate their houses (some decorate more than others), buy Christmas presents, and bake Christmas cookies.

Christmas is celebrated by most Icelanders. Although **Christmas Eve** is not a holiday, this is the main day when celebrating Icelandic Christmas. On Christmas Eve, Icelanders enjoy good food with their families and later in the evening open all the Christmas presents. On **Christmas Day** and **Boxing Day** most Icelanders visit their extended families.

It is always fun to be in Iceland on **New Year's Eve**. After enjoying a nice meal, Icelanders go outside to light some firecrackers for the kids. Around ten o'clock everyone gets back inside to watch a comedy on TV, where Icelandic comedians make fun of everything that has happened in the past year. When the comedy is finished, everyone goes back outside to light some more firecrackers and for a few hours. At midnight the sky lights up as everyone lights their biggest rockets all at once.

## CULTURAL SPECIALITIES – SURVIVAL HINTS

Icelanders are usually very informal and easy going. However, there are a few unwritten rules you need to keep in mind when you come to Iceland.

### To shake or not to shake hands...

When you meet your peers (e.g. another student) it is not custom to shake hands, however, if you are going to meet someone over business (e.g. at a job interview) or if you find yourself in a formal situation with someone, you should shake hands with that person.

### Don't be late

When you are going to work or school, be on time! It is considered impolite to be late on those occasions. However, Icelanders are a little bit more relaxed in the social arena and it is not considered impolite if you are fashionably late.

### Don't smoke

Smoking is not allowed in public areas. There are some cafés that allow smoking in certain areas, however, the number of restaurants and cafés that ban smoking all together is increasing. If you are in someone's home, it is custom to go outside to smoke.

### Take your shoes off

Icelanders normally don't wear their shoes in their homes, especially during winter. A general rule is to start taking off your shoes until you are told not to do so.

### Pay for yourself

Due to high prices in restaurants and pubs, Icelanders pay their own way when going out for a meal or a drink.

### Tipping

**TIPS ARE NOT CUSTOMARY IN ICELAND AS THE BILL ALWAYS INCLUDES SERVICE CHARGES.**







## LEISURE ACTIVITIES

There is plenty to do while you are in Reykjavik and no one should get bored. Here you will find some information on what you can do during your stay.

### Information Centres

A good way to start finding out about where to go and what to do is to inquire at a local Tourist Information Centre. Visitor guides, maps, special activities, and other pertinent information are available at these centres. You can of course also look for information on the Internet.

#### The Tourist Information Centre (Upplýsingamiðstöð ferðamanna)

In Reykjavik, The Tourist Information Centre is located at Aðalstræti 2. Tel: 590 1550, Fax: 590 1551. For further information, go to the website: [www.tourinfo.is](http://www.tourinfo.is)

#### The Intercultural Centre - Alþjóðasetur

The Intercultural Centre offers various services regarding easing the transition into Icelandic culture and helping all to enjoy the benefits of the Icelandic multicultural society. The Intercultural Centre is located at Garðsendi 13, 109 Reykjavik. Tel: 530 9300

#### The Nordic House - Norræna húsið

In the Nordic House you will be able to find exhibitions, a library and a café. The Nordic House is located at Sturlugata 5, 101 Reykjavik. Tel: 551 7030.

### Pubs, Cafés and Restaurants

The number of cafés and pubs in Reykjavik is increasing. They are usually open on weekdays until 01:00. On weekends, many are open until at least 03:00. Restaurants in Iceland are rather expensive. However, in the last few years, many restaurants offering oriental food have opened and provide good food at low prices. There are also vegetarian restaurants that are inexpensive.

### Galleries

National Gallery of Iceland (Listasafn Íslands)  
Fríkirkjuvegur 7, Tel: 515 9600

Labour Unions Art Gallery (Listasafn ASÍ)  
Ásmundarsalur, Freyjugata 41, Tel 511 5353

The Living Arts Gallery (Nýlistasafnið)  
Laugavegi 26, Tel:551 4350

Reykjavik Art Gallery  
Hafnarhúsi, Tryggvagötu 17, Tel: 590 1200

Gerðarsafn  
Hamraborg 4, 200 Kópavogur, Tel: 570 0442

Hafnarborg  
Strandgata 34, 220 Hafnarfjörður  
Tel: 585 5790

Listasafn Akureyrar  
Kaupvangsstræti 12, 600 Akureyri  
Tel: 461 2610

In addition, a number of galleries are located on Skólavörðustígur in downtown Reykjavik near Hallgrímskirkja.

### Theatres and Culture

The National Theatre (Þjóðleikhúsið)  
Hverfisgata 19, Tel:551 1200

The City Theatre (Borgarleikhúsið)  
Listabraut 3, Tel: 568 8000

lðnó theatre/restaurant  
Vonarstræti 3, Tel: 562 9700

The Icelandic Opera (Íslenska Óperan)  
Gamla bió, Ingólfsstræti 2a, Tel: 511 4200

Gerðuberg Cultural Centre  
Gerðuberg 3-5, Tel: 575 7700

Iceland Symphony Orchestra  
(Sinfóníuhljómsveit Íslands) Háskólabíó,  
Hagatorg, Tel: 545 2500

Nordic House (Norræna húsið)  
Sturlugata 5, Tel: 551 7030

Salurinn  
Hamraborg 6, 200 Kópavogur, Tel: 570 0400

### Museums

Ásgrímur Jónsson Museum  
Bergstaðastræti 74, Tel: 515 9625

Ásmundur Sveinsson Museum  
Sigtún, Tel: 553 2155

Einar Jónsson Museum  
Njarðargata, Tel: 551 3797

Kjarvalsstaðir  
Miklatún, Tel: 517 1290



National Museum of Iceland  
(Þjóðminjasafn Íslands)  
Suðurgata 41, Tel: 530 2200

Sigurjón Ólafsson Museum  
Laugarnestangi 70, Tel: 553 2906

Árni Magnússon Institute  
Árnagarður, Suðurgata, Tel: 525 4010

Natural History Museum  
(Náttúrugripasafnið)  
Hlemmur 5, Tel: 590 0500

Reykjavik Photographic Museum  
(Ljósmyndasafn Reykjavikurborgar)  
Tryggvagötu 15, Tel: 563 1790

Árbær Open-Air Museum  
Árbæjarsafn - Minjasafn  
Kistuhyl 4, Tel:411 6300

Museums often offer free entrance one day a week.

### Cinemas

There are numerous cinemas in Reykjavik, all with several screening rooms showing current films. The entertainment section in the newspaper provides information about films being shown.

### Libraries

The National and University Library of Iceland (Landsbókasafn Íslands – Háskólabókasafn) is in a building called Þjóðarbókhlaðan, which is adjacent to the University of Iceland campus, Arngrímsgata 3, 107 Reykjavik, Tel: 525 5600. Opening hours can be seen at: <http://landsbokasafn.is>

The City Library (Borgarbókasafn Reykjavíkur) has many branches in Reykjavik. The main library is located at Tryggvagata 15, 101 Reykjavik. For further information [www.borgarbokasafn.is](http://www.borgarbokasafn.is)

### Swimming

The Icelandic swimming pools have been used throughout the years as community centres. If you go for a swim, you can see Icelanders sitting in the hot tubs discussing politics, culture, or life in general. Going for a swim is a cheap and healthy exercise and is a great way to meet new people. All public swimming pools are heated as the water comes from natural hot springs. Many pools have hot tubs and saunas available as well.

Closing time means that admission closes, but guests may remain in the pool for another 30 minutes.

Opening time for many pools is:  
Monday - Friday: 7:00 - 21:30  
Saturday - Sunday: 8:00 - 19:30

Laugardalslaug (50m)  
Laugardalur, Tel: 411 5100

Sundlaug Vesturbæjar (25m)  
Hofsvallagata, Tel: 551 5004

Sundhöll Reykjavíkur (25m)  
Barónstíg, Tel: 551 4059

Breiðholtslaug (25m)  
Austurberg 3, Tel:557 5547

Árbæjarlaug (25m)  
Fylkisvegur, Tel: 411 5200

Grafarvogslaug (25m)  
Dalhúsum 2, Tel: 510 4600

Sundlaug Seltjarnarness (25m)  
Suðurströnd, 170 Seltjarnarnes  
Tel: 561 1551

Klébergslaug  
Grundarhverfi, 116 Reykjavik  
Tel: 566 6879

Sundlaug Kópavogs (50m)  
Borgarholtsbraut, 200 Kóp., Tel: 570 0470

Suðurbæjarlaug  
Hringbraut 77, 220 Hafnarfirði  
Tel: 565 3080

### Skiing

There are few ski resorts in Iceland. Bláfjöll and Skálafell are a short thirty minute drive from Reykjavik. There is also a nice ski resort in Akureyri - North Iceland. There are ski rentals at the resorts. It is important to check if the resorts are open before you travel. You can find further information on <http://www.skidasvaedi.is>.





Other Activities

Tennis - Badminton

Gnoðavogur 1, Tel: 581 2266

The Botanical Garden (Grasagarður Reykjavíkur)

The Botanical Garden is open during the Summer and is situated in

Laugardalur. It is a beautiful park with plantings of all trees and flowers found growing in Ice-land.

The Family Park (Fjölskyldugarðurinn)

The Family Park is open during the Summer and is located in Laugardalur.

It offers all kinds of opportunities for play and recreation.

Farmyard Animal Zoo (Húsdýragarðurinn)

The Farmyard Animal Zoo is connected with the Family Park and there are Icelandic farm animals in natural surroundings,  
Tel: 575 7800.

The Skating Rink (Skautasvellið)

The Skating Rink is located in Laugardalur and is open in winter only.

Tel: 588 9705.

Guided Trips in Iceland

Two touring clubs are very active in organising both short and long hiking excursions and tenting for members. Visitors are invited to come along when there is a place available.

Touring club of Iceland (Ferðafélag Íslands)

Mörkin 6, Tel: 568 2533

Outdoor Life and Touring Club (Útivist)

Laugavegi 178, Tel: 562 1000

You can also sign up for weekly hikes at: <http://www.mountainguides.is/>

The following website gives information about other companies and associations that offer hik-ing/trekking/mountaineering trips and guiding service: <http://outdoors.is/guided-trips>

Youth Hostels Association

If you are member of the Youth Hostels Association in your own country, then you automatically become a member of the International

Youth Hostel Federation and have access to the many youth hostels in Iceland.

Icelandic Youth Hostel Association (Bandalag íslenskra farfugla), Sundlaugarvegur 34,

Tel: 553 8110. [www.hostel.is](http://www.hostel.is)

Important Sources of Information

Institution	Phone number	E-mail
Reykjavik University	599 6200	ru@ru.is
The State Social Security Institute	560 4400	tr@tr.is
Immigration Office	510 5400	utl@utl.is
Internal Revenue Office	563 1100	rsk@skattur.is
National Health Service	560 4400	upplýsingar@tr.is
Statistical Bureau	528 1000	upplýsingar@hagstofa.is
University Bookstore	570 0777	boksala@boksala.is
Police - Ambulance - Fire alarm	112	

Useful websites

Travelling

Icelandic Tourist Board - <http://www.visiticeland.com>

BSÍ bus tours - [www.bsi.is](http://www.bsi.is)

Destination Iceland - <http://www.dice.is/>

Hostelling in Iceland - <http://www.hostel.is/>

Iceland - <http://www.interknowledge.com/iceland/>

Iceland Explorer - <http://www.explorer.is/>

Icetourist - <http://www.icetourist.is>

NAT.is - travel guide - <http://nat.is/>

Rent a Car in Iceland - <http://www.travelnet.is>

Reykjavik Excursion - special interest tours - <http://www.re.is/>

Things to do in Reykjavik

Reykjavík - practical information and events - <http://www.visitreykjavik.is/>

Reykjavik - practical information and events - <http://www.reykjavik.com>

What's on in Iceland - <http://www.whatson.is/>

The Reykjavik Grapevine - <http://www.grapevine.is>

Daily News from Iceland - Iceland Review - <http://icelandreview.com/>

Other useful websites

National and University Library of Iceland - <http://www.bok.hi.is/>

Reykjavik University - <http://www.reykjavikuniversity.is/>

Weather Forecast for Iceland - <http://www.vedur.is/>

Road Conditions and Weather - <http://www.vegagerdin.is/english>

