



**Pacific Island Countries
Fisheries Knowledge Exchange**

**Reykjavik & Akureyri, Iceland
October 22 - November 2, 2023**

Logistics & Guidance Note

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Logistics:

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. In October and November, the daily average temperature sits around 3-4°C. The lowest temperature expected is 0-2°C and a high of 5-6°C. By the end of October, the average length of the day is 11 hours. Reykjavik is one of the cloudiest and coldest capitals of any nation in the world.

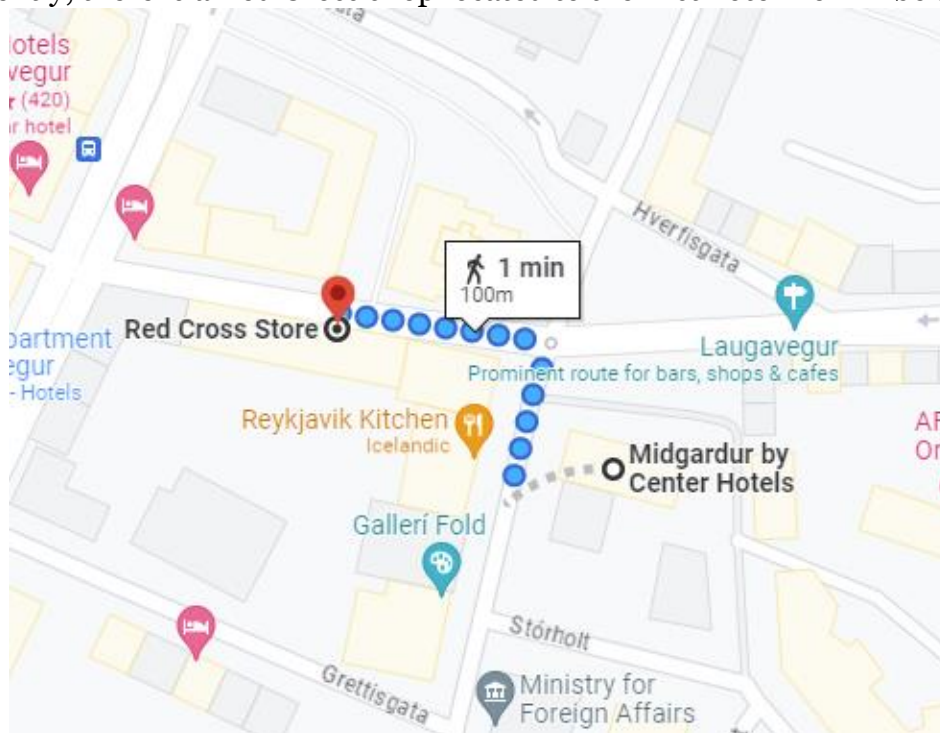
Weather in Akureyri

The northern 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. The lowest temperature expected is 0°C and a high of 2°C. By the end of October, the average length of the day is 9 hours.

Warm Clothes

Clothes in Iceland should be planned in two or three layers. When inside, all houses and buildings are well heated thanks to geothermal heating, so something light is required. But outside, you will need a warm coat that covers you well. Additionally, it is important to have a hat, gloves, and sturdy footwear with good grips for when the weather turns icy, and the roads and pathways become slippery. In case of snowfall, supermarkets in Iceland sell crampons, which can improve mobility on snow and ice. In the event that you have arrived in Iceland and find yourself in need of additional warm clothing, we highly recommend visiting the second-hand clothes shops operated by the Icelandic Red Cross.

Conveniently, there is a Red Cross shop located to the first hotel we will be staying at:



Swim Culture in Iceland

In addition to warm clothes, we also suggest bringing some swim wear. Iceland is privileged with many natural resources and geothermal water is one of them, filling the natural hot springs, nature pools, swimming pools and baths all around the country. Ever since the earliest settlement, Icelanders have enjoyed bathing in geothermally heated warm water pools all year round and that is still a big part of the weekly or even daily routine for many Icelanders.

There are swimming pools situated all around Reykjavik and most open until 10pm. More information regarding swimming pools here:

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

Time Difference

Reykjavik/Akureyri is:

- 12 hours behind Suva, Fiji
- 12 hours behind Tarawa, Kiribati
- 9 hours behind Koror, Palau
- 12 hours behind Majuro, Republic of Marshall Islands
- 13 hours behind Apia, Samoa
- 11 hours behind Honiara, Solomon Islands
- 13 hours behind Nuku'alofa, Tonga
- 12 hours behind Funafuti, Tuvalu
- 11 hours behind Port Vila, Vanuatu

Electricity/Voltage

Iceland uses Northern European electrical standards of 50Hz/200 volts. Some appliances such as chargers for laptops or mobile phones may already be compatible with multiple voltages and may just need a travel adapter.

Iceland uses the standard Europlug socket with two round prongs as seen below:



Facts and Information about Iceland

Iceland is Europe's westernmost country, situated midway between Europe and America. The island is 103,000 square kilometres. Glaciers are one of Iceland's most distinctive features and cover more than 11% of the country. The fishing industry is the cornerstone of Iceland's economy and operates on the principles of sustainability and strict concern for the environment. Icelandic seafood is unrivalled for its quality and the North Atlantic Ocean has been named "The Icelandic Silver Mines" for its rich resources of cod, haddock and herring, as well as shrimp and shellfish. On land, crystal clear waters and streams yield salmon and trout that are second to none. Since 2018 the economy is based on the fishing and tourist industries.

Water is one of Iceland's precious natural resources. Whether for drinking, swimming, relaxing in natural spas or to generate clean and environmentally friendly hydroelectricity. In Iceland electricity is produced using hydropower or geothermal steam. Geothermal water is also used to heat most of the homes in Iceland.

The population of Iceland is approximately 370,000. In the Reykjavik area with its neighbouring communities, the population is around 200,000 and offers an interesting mix of cosmopolitan culture and local community roots. About 125,000 live in the capital Reykjavik.

Reykjavík means "Smoky Bay", so named by the first settler in the 9th century because of steam rising from geothermal hot springs which today heats homes and outdoor swimming pools throughout the city. This is a pollution-free energy source that leaves the air outstandingly fresh, clean and clear. A salmon-fishing river runs through the city, and on its outskirts, there are many beautiful places to visit.

Reykjavík offers historical sites, natural beauty, interesting buildings, museums and galleries, public parks, a wide range of leisure activities, hotels, restaurants and a remarkably lively artistic scene. There are many theatres and galleries and one can go to symphony concerts, ballet or opera. Fishing, horse riding, walking or playing golf are popular recreations.



Accommodation:

Details

Accommodation 1: October 22 to 26 Hotel Miðgardur, Reykjavik Langavegur 120, 101 Reykjavik, Iceland +354 595 8560	Accommodation 2: October 26 to 31 Hotel Norðurland, Akureyri Geislagata 7, 600 Akureyri, Iceland +354 462 2600	Accommodation 3: October 31 to November 2 Fosshotel Reykjavik Þórunnartún 1, 105 Reykjavik, Iceland +354 531 9000
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Payment of Your Hotel Room

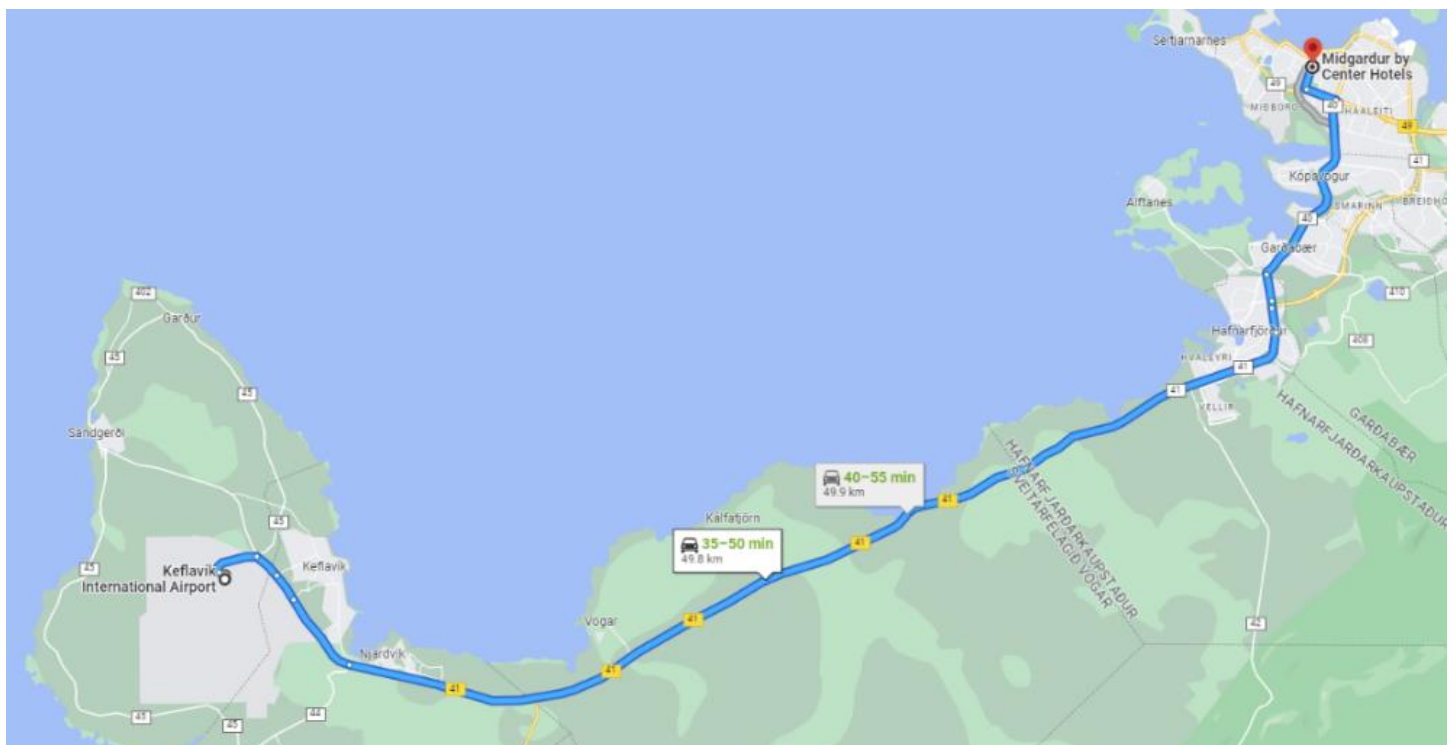
Please be aware that your hotel rooms have already been paid for in advance. However, any additional expenses such as room service, mini bar charges, and extra amenities will need to be paid for personally when checking out. You can conveniently use your Per Diem card to cover these expenses.

If you are arriving earlier/departing later than the formal Event days, you should have received hotel reservation details via email. If you require any clarification regarding your hotel reservations, please direct your inquiries to Annie.

Transportation To-and-From the Airport

Transfer to and from the airport in Reykjavik has been arranged. The taxi drivers will have a sign reading “**GRÓ-FTP**” at the exit.

Directions from Keflavík International Airport to Hotel Miðgardur:



Currency/Per Diem Card:

The official currency of Iceland is the Icelandic Krona (ISK). Banknotes are available in denominations of 500, 1000, 2000, 5000, and 10,000 ISK. However, it is important to note that Iceland is predominantly a cashless society, with most transactions being conducted through credit cards, debit cards, and mobile payments. Due to this cashless nature, each participant will be provided with a Per Diem card for the entire duration of the trip. The full amount of money allocated for the trip will be stored on this card. The card can be conveniently added to your phone wallet. We highly recommend doing so, as in the unfortunate event of misplacement or loss of the card, the World Bank will not be issuing replacement cards.

The formal duration of the event is from October 22 to November 2. During this period, each participant will receive an equivalent of USD \$1,258 in Icelandic Krona (1 USD = 140 ISK). The exact amount on each participant's card may vary slightly due to differences in the length of stay caused by flight availability/visa transits, etc. If you would like to know the exact amount on your card, please contact Annie directly.

The per diem card can be used for all transactions, including when checking out of your hotel. At the end of the trip, any remaining funds on the card can be withdrawn as cash at the Arion Banki cashier branch in Akureyri. We will reserve some time for participants to withdraw their cash during our visit to Akureyri.

Expenses/Reimbursements during Travel:

Please ensure that you retain all receipts for expenses incurred during your connection stops to and from Iceland. These expenses may include transportation costs, visa fees, health insurance costs, food, and other related expenses. These expenses can be claimed back for reimbursement after you return home. However, in order for the reimbursement to be processed, it is essential that you provide valid receipts as proof of the incurred expenses.

During your stay in Iceland, there should not be any reimbursement claims, as you will be provided with the Per Diem card to cover all your expenses. The Per Diem card will be responsible for covering your daily expenses during your time in Iceland, eliminating the need for reimbursement claims for that period.

Folktale:

Folktale will be a platform used throughout the Knowledge Exchange to document everyone's experiences and effectively showcasing the true value of the trip, through highlighting what lessons have been learnt and how everyone's newfound knowledge will shape their work upon returning home.

Participants will receive email invitations containing a link that grants them access to create "Stories" on the Folktale platform. These Stories will consist of short videos, wherein participants will record brief clips of themselves responding to the question presented on the screen. Additionally, participants have the option to incorporate relevant photos and videos from their camera rolls to further emphasize the topic of their conversation.

We strongly encourage all participants to actively engage in this exercise, as it will enable you to fully maximize your experience during the Knowledge Exchange and serve as memorabilia you can take home and share.

Throughout the visit, there will be specific Stories that correspond to the timeline of events, including:

- **Pre-travel:** This Story will serve as an introduction, allowing participants to provide background information about themselves, such as their origin, professional occupation, and the significance of their work.
- **Day of departure:** In this Story, participants will share details about their destination and express their anticipation for the upcoming experiences.
- **Reflections throughout Iceland:** These Stories will repeat every couple of days throughout the visit and provides an opportunity for participants to share any intriguing insights or observations they have made during their time in Iceland. Participants are encouraged to discuss how these discoveries may potentially impact their work upon returning home.
- **Final reflection:** The Final reflection Story serves as a concluding piece, where participants can summarize their overall experience and share any final thoughts or insights gained from the trip. This is an ideal platform for participants to discuss how the Knowledge Exchange program has influenced their professional endeavors and how they plan to apply their newfound knowledge and experiences in their respective fields.

Key Contacts:

All contactable via WhatsApp.

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Emergency Contacts

Dial 112 for police, ambulance, fire, or other emergency services in Iceland.