



SEEDS Iceland was founded in 2005 as a non-governmental, non-profit volunteer organisation with international scope. Our main activities relate to the promotion of environmental protection and awareness, intercultural understanding and peace, through the work on social, cultural and environmental projects in Iceland.

We aim to empower, inform and expand the horizons of people of all ages, cultures, and backgrounds, to inform them about the world in which we live and to take an active role in its future development.

SEEDS provides opportunities to live, learn, understand and experience, while sharing and cooperating with others from different cultures and backgrounds.

SEEDS Projects & Activities

SEEDS works closely with local communities, local authorities and other Icelandic associations. Jointly we develop projects aimed at fulfilling an identified need or to help in the development of particular actions that are already being undertaken. Projects are designed to be mutually beneficial to all involved: the individual volunteers, the local hosting communities and Iceland as a whole!

By having a diverse array of projects and bringing together people from different backgrounds, creating more opportunities; we try to fulfil our vision and build on our founding ideas.

Activities developed by SEEDS include:

- Voluntary Service
- International workcamps & Exchanges
- Internships and lifelong learning programmes.
- Awareness raising initiatives and campaigns
- Seminars & training sessions
- Cultural, arts and education exhibitions.

Our projects in Iceland are funded and supported by:

- Contributions from participants and volunteers in the projects
- Youth in Action and Lifelong learning Programmes of the European Commission.
- Engagement of our long-term volunteers and interns.
- Additional non-financial contributions in kind from the local hosts of the projects.

We are members of the Icelandic National Youth Council (LÆF), the Icelandic Environment Association (LANDVERND), the Senior European Volunteers Exchange Network (SEVEN) and work actively as partner organisation of the Alliance of European Voluntary Service Organisations (The Alliance), Service Civil International (SCI) and Youth Action for Peace (YAP).

During 2011 we organised 100 different projects located in every corner of Iceland; we hosted 1000 International volunteers from 55 different countries, who performed about 75.000 hours of valuable volunteer work! In this time we increased our work with various environmental protection and conservation projects and we also raised the number of projects related to arts, cultural activities, festivals and sports events.

Volunteers performed different types of tasks, for instance ecological research, removing invasive growth, building hiking trails, cleaning up the coastline, reforestation and erosion control work as well as construction or renovation of heritage monuments or community centres. In the cultural/festival/sport events related jobs, SEEDS came into action helping in their organisation and also taking part actively in the events.

We bring together volunteers and hosts from different nationalities and backgrounds, aiming at building up international understanding and encouraging peace, while working for an identified need within a community.




Many of our participants want to visit Iceland and get to know the country from a different perspective, being able to interact with locals and at the same time dedicating some of their time to support particular projects and addressing specific needs of the hosts.

The rewards for the volunteers, communities and ecosystems are massive, while interacting with Icelanders, volunteers learn about the local culture and have the opportunity to build friendships; additionally, they develop new skills working in challenging and unfamiliar surroundings.

SEEDS Iceland - Workcamps' list for 2012.


For easy browsing and navigation, you can click on the hyperlinks on each project name/location in the table to go directly to the workcamps' description. To return to this table, you can click on each description's title.

<p>* Camp types or themes:</p> <p>AGRI (Agriculture) ARTS (Cultural, arts) CONS (Construction) CULT (Cultural) ENVI (Environment - Nature) FEST (Festival) HERI (Heritage) LANG (Language learning) RENO (Renovation, construction, restoration) SPORTS (Sports events and healthy lifestyle)</p>	<p>Location/Area in the Icelandic map:</p> 
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Code	Name / Location	Dates	Type*	Vols.	Age	Area
SEEDS 001.	Reykjavik Photographic March	05.03 - 16.03	ARTS/ENVI/RENO	10	16+	1
SEEDS 002.	Reykjavik: Design, Renovation & Environment	15.03 - 28.03	ARTS/ENVI/RENO	8	18+	1
SEEDS 003.	Photography & Work in Reykjavik.	19.03 - 30.03	ARTS/ENVI/RENO	10	16+	1
SEEDS 004.	Reykjavik: Easter Photo Marathon	02.04 - 13.04	ARTS/ENVI/RENO	10	16+	1
SEEDS 005.	Photography & Work in Reykjavik.	16.04 - 28.04	ARTS/ENVI/RENO	10	16+	1
SEEDS 006.	Botanic Garden in Reykjavik (1:9)	29.04 - 12.05	ENVI/NATU	6	22+	1
SEEDS 007.	Ísafjarðardjúp: Nature & Fun in the Westfjords (1:4)	04.05 - 18.05	CONS/RENO/ENVI	10	18+	3
SEEDS 008.	Nature & Culture in the South of Iceland (1:3)	12.05 - 26.05	CONS/RENO/ENVI	8	18+	2
SEEDS 009.	Botanic Garden in Reykjavik (2:9)	13.05 - 26.05	ENVI/NATU	6	22+	1
SEEDS 011.	Ísafjarðardjúp: Nature & Fun in the Westfjords (2:4)	17.05 - 31.05	CONS/RENO/ENVI	10	18+	3
SEEDS 012.	Nature & Fun at the feet of Vatnajökull	20.05 - 30.05	ENVI/NATU	10	18+	6
SEEDS 013.	Natural heritage in the far East (1:2)	21.05 - 04.06	ENVI/CONS	8	18+	6
SEEDS 014.	Djúpavík - Where the northern road ends!	22.05 - 03.06	ENVI	8	18+	3
SEEDS 018.	Remote fjords - Where the road ends!	30.05 - 13.06	ENVI/AGRI	8	18+	3
SEEDS 019.	Botanic Garden in Reykjavik (3:9)	28.05 - 09.06	ENVI/NATU	6	22+	1
SEEDS 021.	Nature & Culture in the South of Iceland (2:3)	01.06 - 15.06	CONS/RENO/ENVI	6	18+	2
SEEDS 022.	Meet us - don't eat us (1:6)	04.06 - 17.06	ENVI	12	18+	1
SEEDS 023.	The Highlands North of Vatnajökull glacier	06.06 - 20.06	CONS/RENO/ENVI	8	18+	4
SEEDS 024.	The Highlands of Iceland - The Famous Kjölur Road (1:2)	10.06 - 24.06	CONS/RENO/ENVI	10	18+	5
SEEDS 025.	Botanic Garden in Reykjavik (4:9)	10.06 - 23.06	ENVI/NATU	6	22+	1
SEEDS 026.	As far as it gets in the East fjords!	10.06 - 20.06	ENVI/CONS	10	18+	6
SEEDS 027.	Revegetation in the south of Iceland (1:2)	11.06 - 25.06	ENVI	12	16+	1 & 2
SEEDS 030.	Meet us - don't eat us (2:6)	18.06 - 01.07	ENVI	12	18+	1
SEEDS 037.	Botanic Garden in Reykjavik (5:9)	24.06 - 07.07	ENVI/NATU	6	22+	1
SEEDS 038.	Revegetation in the south of Iceland (2:2)	25.06 - 09.07	ENVI	12	16+	1 & 2
SEEDS 041.	Selárdalur in the Western fjords - Samúel Jónsson	01.07 - 15.07	CONS/RENO	8	18+	3
SEEDS 042.	Meet us - don't eat us (3:6)	02.07 - 15.07	ENVI	12	18+	1
SEEDS 047.	Botanic Garden in Reykjavik (6:9)	08.07 - 21.07	ENVI/NATU	6	22+	1
SEEDS 055.	Meet us - don't eat us (4:6)	16.07 - 29.07	ENVI	12	18+	1
SEEDS 058.	Rey Cup - Football Festival for kids	19.07 - 01.08	FEST / SPORT	16	18+	1
SEEDS 059.	Botanic Garden in Reykjavik (7:9)	22.07 - 04.08	ENVI/NATU	6	22+	1
SEEDS 065.	Meet us - don't eat us (5:6)	30.07 - 12.08	ENVI	12	18+	1

SEEDS 070.	Botanic Garden in Reykjavik (8:9)	06.08 - 18.08	ENVI/NATU	6	22+	1
SEEDS 077.	Meet us - don't eat us (6:6)	13.08 - 26.08	ENVI	12	18+	1
SEEDS 083.	Botanic Garden in Reykjavik (9:9)	19.08 - 01.09	ENVI/NATU	6	22+	1
SEEDS 089.	The Highlands of Iceland - The Famous Kjölur Road (2:2)	26.08 - 09.09	ENVI/RENO	10	18+	5
SEEDS 090.	Natural heritage in the far East (2:2)	27.08 - 10.09	ENVI/CONS	8	18+	6
SEEDS 098.	Ísafjarðardjúp: Nature & Fun in the WestFjords (3:4)	06.09 - 20.09	CONS/RENO/ENVI	10	18+	3
SEEDS 101.	Nature & Culture in the South of Iceland (3:3)	10.09 - 24.09	ENVI/ARTS	8	18+	2
SEEDS 106.	Ísafjarðardjúp: Nature & Fun in the WestFjords (4:4)	19.09 - 03.10	CONS/RENO/ENVI	10	18+	3

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Practical information about our projects:

1. Participation Fees.

Participation/Contribution fees are asked to take part in our workcamps, which helps to support the ongoing work of SEEDS. Please note that your entire fee **might not necessarily** go towards your particular workcamp, the fees collected by SEEDS are mainly used to:

- Bear the administrative expenditures of the association: Salaries, rent, office bills (energy, phone, electricity, insurance, heating), personnel, external representation, mail, website, postage, equipments, supplies, banking costs, legal formalities, etc.
- Provision of financial support and resources to aid develop of some of our other activities (eg. to pay food and/or accommodation in some of the projects, where the hosts do not provide it, co-funding for our long-term voluntary service projects and the development of particular sessions during the camps).
- Cover other costs associated with your workcamp/transportation, e.g. food/accommodation costs, rental/fuel costs, administrative costs and also supporting costs of the long term volunteers and project coordinators.

Most European organisations similar to SEEDS raise funds by sending volunteers abroad, charging outgoing volunteers a registration fee; while we in Iceland face a particular double-folded challenge as voluntary service is not very attractive to Icelanders, additional to the fact that the Icelandic population is quite reduced. Therefore the amount of volunteers sent by SEEDS overseas does not represent a considerable income to run our association.

Furthermore, SEEDS does not receive any governmental funding or financial support from our local, regional or national government. In the meantime SEEDS is taking actions in order to send more Icelanders overseas and to raise funds in different ways to expand our sources of income.

Thanks to the fees contributed by our participants we are able to run the association and to offer the programme of projects all year round. The amount of the fees will be stated in each camp's description.

SEEDS is a non-profit organisation, and all funds go back into improving the quality and service we provide to our volunteers and hosts, expanding the range of SEEDS projects and carrying out projects in areas where funds are not available or to provide food and accommodation to the volunteers.

2. Insurance.

Volunteers need to obtain health and accident insurance for the whole duration of their travel, prior to the arrival to Iceland and bring with them all needed documents, contact numbers, etc.

European volunteers are advised to take with them the European Health Insurance Card (EHIC).

Iceland is part of the European Economic Area (EEA) so volunteers residing in a member country of the EU or of the EEA and Switzerland benefit here from the use of EHIC, having access to the Icelandic Health system as in any European country in the same conditions as Icelandic citizens and will be treated on the same basis as a resident of Iceland.

Volunteers residing outside the (EEA) must seek private medical/travel insurance for the duration of the stay. It is strongly advised that this is obtained before leaving the country of residence, as the cost of insuring in Iceland will be much higher.

Volunteers without insurance will not be allowed to participate in our projects.

3. Transport to Iceland.

We suggest our volunteers to research travel with different airlines/alternatives as fares for different companies may vary significantly according to the dates of travel. There are 3 main airlines flying to Keflavík (Reykjavík) International Airport:

1. Iceland Air: www.icelandair.net
2. Iceland Express: www.icelandexpress.com
3. Scandinavian Airlines(SAS): www.scandinavian.net www.flysas.com www.flysas.is

To check the **map routes** and destinations for **Icelandexpress** and **Icelandair** please click to:

[Icelandexpress route map](#) or [Icelandair route map](#)

Scandinavian Airlines (SAS) might be a good option for volunteers coming from Northern Europe and the Baltic countries (direct flights from Oslo and Stockholm).

Apart from these 3 airlines, there will be few others flying to Iceland during the summer 2012:

- a. **Lufthansa** : www.lufthansa.com
- b. **Germanwings**: www.germanwings.com
- c. **Air Berlin**: www.airberlin.com
- d. **Air Greenland** www.airgreenland.com
- e. **Transavia France** www.transavia.com
- f. **Delta Airlines**: www.delta.com
- g. **WOW Airlines** www.wowair.is
- h. **Norwegian** www.norwegian.no
- i. **EasyJet** www.easyjet.com
- j. **NIKI** www.flyniki.com

Volunteers might find good deals and help with connecting flights and general trip planning at:

www.skyscanner.net
www.ebookers.com

www.dohop.com
www.opodo.com

www.edreams.com
www.kayak.com

Last, if volunteers have plenty of time to spare, the **Smyril Line** operates a ferry service to the east of Iceland. This is a four to seven day sea adventure for travellers and stops off at the Faroe Isles on the way! (www.smyril-line.com)

4. Arrival and Departure dates.

Volunteers participating in our projects **should arrive to Iceland the latest one day before the workcamp** starts, as travel to the project, if arranged by SEEDS (see point 5 below), will leave Reykjavík on the first day of the camp in the morning.

If volunteers choose to go by different means, they might need more than one day to reach the destination by public transportation services. In the same way, volunteers shall not book their **return journey** the day the camp ends, **the earliest one day after the camp finishes**. In this way volunteers ensure they will be able to join the camp for its full length.

Participants in our camps in Reykjavík do not need to arrive one day earlier to Iceland as they can reach the accommodation the same day of arrival.

From former volunteers' feedback you should consider staying longer in Iceland; before or/and after the project. Volunteers may group together and decide to travel the country and visit different areas to those of the project itself.

5. Domestic transport - Minibus.

SEEDS organises shared transport from Reykjavík city to the projects sites for all of the workcamps outside the city. The meeting point will be in Reykjavík on the first day of the camp, in the morning.

The “minibus option” is offered by SEEDS to volunteers in order to provide them a more convenient way to reach the camp, to allow them to meet their fellow volunteers and leaders earlier, and to have a relaxed trip to the camp location, with the opportunity to visit particular sites on the way and stop where possible (e.g. to take pictures or take a short walk).

We try to research all possible transportation to the projects and then offer a fair price for transportation compared with the public transport options available. We recommend that you take the minibus, but please feel free to investigate your own transport.

6. Accommodation in Reykjavík.

Volunteers do not need to book any accommodation for the period of the camp, as SEEDS provides accommodation and food during the project, but you will need accommodation on the days before or/and after the workcamp.

As mentioned in point 4, in order to be able to join the projects on time and fully, volunteers should arrive to Iceland the latest one day prior to the starting date of the camp and leave the country the earliest one day after the camp ends.

SEEDS can organise sleeping bag accommodation in Reykjavík for stays before or after the workcamp; it is a shared sleeping bag accommodation in dorms in a centrally located house in downtown Reykjavík. The house is equipped and volunteers have access to kitchen and washing machine facilities.

The cost per night is:

- From October 15 to April 15 - **€ 13,-**
- From April 16 to October 14 - **€ 18,-**

7. Language.

Icelandic knowledge is not needed in our projects. English is the language used by our leaders and messengers. Therefore, basic knowledge is expected from participants, even though it is not a requirement to fulfil.

8. Age.

We usually host volunteers aged 18 or over, nevertheless in recent years we hosted few teenagers in our projects with very positive results.

Volunteers under the age of 18 need to apply through a slightly different procedure, which involves parental/guardian authorisation. We do not have any upper age limit. So far our youngest volunteer was 15 and the oldest 69!

9. Conditions of Participation.

In order to be fully aware of volunteers' responsibilities during the workcamp, please read carefully the following:

- Volunteers are expected to be active members of the group and contribute to work, housekeeping and free time activities.
- Volunteers are expected to work seven to eight hours per day, five days per week, on a voluntary basis.
- Volunteers are expected to inform the camp-leader in case they want to spend the free time away from the workcamp. However, they should not spend the night away from the camp, nor host other people at the workcamp.
- SEEDS camp-leaders have been trained to run the workcamp; they are responsible for organising work, food, contacts with local authorities and many other things. Do not forget that they are volunteers as well, so try to cooperate with them at work and during free time activities. Camp-leaders are not fully responsible for organising volunteers' free time and they expect their ideas and contribution to do so.
- Smoking is not allowed in the accommodation areas. Use of alcohol should be moderate with consideration and only during free time.
- Volunteers are expected to stay for the whole duration of the workcamp. If you **MUST** leave early or arrive late, you should contact SEEDS in advance.
- Keep in mind that the use of any kind of drugs is strictly forbidden.
- Volunteers without insurance will not be allowed to participate in our projects.
- SEEDS does not accept any kind of discrimination in our workcamps and such cases will be strictly dealt with.

We would like to remind you, that SEEDS is **NOT** an alternative travel agency; our projects are not cheap holidays. Therefore we expect a high level of motivation from every volunteer, cooperation, flexibility and open-mindedness!

Our workcamps are based on self-organisation and self-management and this is also what makes them unique and enriching! Please do not expect the leader to organise everything for the group of volunteers, but be ready to contribute with your own ideas and personality.

10. Study part / Educational Content – Environmental Messengers.

Most of our workcamps have an educational/awareness-raising approach to environmental, nature-protection and sustainable development topics. We will have, apart from the leader(s), a person fully dedicated to organising and developing fun, interactive and educational activities within the workcamp.

This person is called the "Environmental Messenger" and will be in charge of activities aimed at raising awareness about environmental issues both within the local community and among the international volunteers taking part in the workcamps. S/he will be a source of knowledge on specific topics about the environment, nature protection and sustainable development. S/he will encourage workcamp participants to undertake simple but easy-to-implement actions which will affect the way we use our resources and we deal with the environment and the world we live in.

11. Additional information.

For more details and up to date information please visit us at www.seeds.is

Or contact us via email at: seeds@seeds.is

Or at our phone number: [+354-8456178](tel:+354-8456178)

If you want to check some pictures from our projects in the last years, please visit:

<http://seeds.is/galleries>

You can also follow SEEDS on facebook at

<https://www.facebook.com/seedsiceland>

and

<https://www.facebook.com/volunteer.workcamps.iceland>



SEEDS 001. Reykjavík Photographic March

05.03 - 16.03

ARTS / ENVI / RENO

10 Volunteers

Age: 16+

WORK/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organising this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp! The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathons.

SEEDS coordinators will prepare different topics on which the participants will base their entries; those topics will be mostly related to SEEDS work: Environment and intercultural understanding.

Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition.

Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing).

Volunteers' additional work will be at the new SEEDS volunteers' base located in the outskirts of Reykjavík. We will be assisting and giving contributions to the future development of SEEDS volunteering activities. We will help with taking care of the garden in the volunteers centre, painting the house if needed and if weather allows working at the garden and tending the lot.

Volunteers may work with the city of Reykjavík; trying to keep the city and its public areas lively. Tasks may involve painting to cover graffiti tags, tidying up public spaces and face-lifting the city.

ACCOMMODATION: SEEDS volunteers will stay in two different SEEDS volunteers bases, both fully equipped houses; sleeping in shared rooms. Please bring your own sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the duties of preparing and cooking meals. Please do not forget some typical food for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavík is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavík is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

March is the last month when you can see, with a piece of good luck, the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Part of the time the group will stay at Úlfarsfell, or Mountain of Wolves; far enough from the city to enjoy the quality of the country: pure air, nature and tranquillity but close enough to the capital.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: International Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSI).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150.

Excursions (Golden Circle, Blue Lagoon or South Shore) will be organised at discount fares for SEEDS volunteers. Bring warm clothes, hats, gloves & scarves as part of the project takes place outside.

SEEDS 002. Reykjavík: Design, Renovation & Environment

15.03 - 28.03

ARTS / ENVI / RENO

8 Volunteers

Age: 18+

WORK / PROJECT: This particular project will combine different tasks within Reykjavík city with different partners, which ensures diverse daily tasks and various experiences at once for SEEDS volunteers.

The main tasks of the project is to give support to DesignMarch 2012; which takes place on the weekend of March 22th -25th; where volunteers will assist in various tasks connected to the artistic events and supporting the organisers.

Possible tasks may include handing out invitation letters, sorting out information in the office, receiving guests at the airport, driving them and running errands for the festival. In some instances volunteers might get the chance to help artists to put up their exhibitions. As volunteers will have to communicate with the project managers, artists and guest it is required that they have adequate level of English.

DesignMarch is a four day feast for designers, artists, those with an interest in design, the public and tourists alike. The first three DesignMarch programmes 2009-2011, were splendid and diverse, with events reflecting a wide range of design; for more information on the event 2012 [click here](#).

Other tasks during the work camp may include work on the house where we will stay, which is run as a volunteer base and most of the maintenance and renovation is in the hands of volunteers.

We might also assist in the city to keep the public areas lively, attractive, interesting and charming for both the locals and the guests of the city and participate in local events and happenings.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house in Reykjavík; sleeping in shared rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the different cooking and cleaning activities. Equipped kitchen and washing machine are available. Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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March is the last month when you can see, with a piece of good luck, the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language of the camp; **intermediate** level is required.

TERMINAL: Closest international Airport: Keflavik/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 120 (Euros).

Volunteers have to bring warm clothes, hats, gloves and scarves as part of the project takes place outside.

Tours and excursions (Golden Circle, Blue Lagoon or South Shore) will be arranged for SEEDS volunteers at discount fares.

SEEDS 003. Photography & Work in Reykjavik.

19.03 - 30.03

ARTS / ENVI / RENO

10 Volunteers

Age: 16+

WORK & STUDY/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organising this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp! The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon

SEEDS coordinators will prepare different topics on which the participants will base their entries; those topics will be mostly related to SEEDS work: Environment and intercultural understanding.

Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition.

Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing).

Volunteers additional work will be at the new SEEDS volunteers' base located in the outskirts of Reykjavik. We will be assisting and giving contributions to the future development of SEEDS volunteering activities. We will help with setting up the centre for the summer and if weather allows preparing the garden in the volunteers centre and painting the house where needed.

Volunteers may work with the city of Reykjavik; trying to keep the city and its public areas lively. Tasks may involve painting to cover graffiti tags, tidying up public spaces and face-lifting the city.

ACCOMMODATION: SEEDS volunteers will stay in two different SEEDS volunteers bases, both fully equipped houses; sleeping in shared rooms. Please bring your own sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the duties of preparing and cooking meals. Please do not forget some typical food for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: The project will take place in the city centre and also in the outskirts of Reykjavik: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Part of the time the group will stay in the hills of Úlfarsfell, or Mountain of Wolves. The location is far enough from the city to be able to enjoy the quality of the country life, pure air, nature and tranquillity but close enough to the capital.

March is the last month when you can see, with a piece of good luck, the Northern lights (**Aurora Borealis**) in Iceland. In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: International Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSI).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150 (Euros).

Volunteers have to bring warm clothes, part of the project takes place outside and it can be cold.

Tours and excursions (Golden Circle, Blue Lagoon or South Shore) will be arranged for SEEDS volunteers at discount fares.

SEEDS 004. Reykjavík: Easter Photo Marathon

02.04 - 13.04

ARTS / ENVI / RENO

10 Volunteers

Age: 16+

WORK & STUDY/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organising this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp! The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon

SEEDS coordinators will prepare different topics on which the participants will base their entries; those topics will be mostly related to SEEDS work: Environment and intercultural understanding.

Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition.

Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing).

Volunteers additional work will be at the new SEEDS volunteers' base located in the outskirts of Reykjavík. We will be assisting and giving contributions to the future development of SEEDS volunteering activities. We will help with setting up the centre for the summer and if weather allows preparing the garden in the volunteers centre and painting the house where needed.

Volunteers may work with the city of Reykjavík; trying to keep the city and its public areas lively. Tasks may involve painting to cover graffiti tags, tidying up public spaces and face-lifting the city.

ACCOMMODATION: SEEDS volunteers will stay in two different SEEDS volunteers bases, both fully equipped houses; sleeping in shared rooms. Please bring your own sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the duties of preparing and cooking meals. Please do not forget some typical food for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: The project will take place in the city centre and also in the outskirts of Reykjavík: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Part of the time the group will stay in the hills of Úlfarsfell, or Mountain of Wolves. The location is far enough from the city to be able to enjoy the quality of the country life, pure air, nature and tranquillity but close enough to the capital.

In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: International Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150 (Euros).

Volunteers have to bring warm clothes, part of the project takes place outside and it can be cold.

Tours and excursions (Golden Circle, Blue Lagoon or South Shore) will be arranged for SEEDS volunteers at discount fares.

SEEDS 005. Photography & Work in Reykjavik.

16.04 - 28.04

ARTS / ENVI / RENO

10 Volunteers

Age: 16+

WORK & STUDY/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organising this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp! The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon

SEEDS coordinators will prepare different topics on which the participants will base their entries; those topics will be mostly related to SEEDS work: Environment and intercultural understanding.

Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition.

Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing).

Volunteers additional work will be at the new SEEDS volunteers' base located in the outskirts of Reykjavik. We will be assisting and giving contributions to the future development of SEEDS volunteering activities. We will help with setting up the centre for the summer and if weather allows preparing the garden in the volunteers centre and painting the house where needed.

Volunteers may work with the city of Reykjavik; trying to keep the city and its public areas lively. Tasks may involve painting to cover graffiti tags, tidying up public spaces and face-lifting the city.

ACCOMMODATION: SEEDS volunteers will stay in two different SEEDS volunteers bases, both fully equipped houses; sleeping in shared rooms. Please bring your own sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the duties of preparing and cooking meals. Please do not forget some typical food for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: The project will take place in the city centre and also in the outskirts of Reykjavik: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Part of the time the group will stay in the hills of Úlfarsfell, or Mountain of Wolves. The location is far enough from the city to be able to enjoy the quality of the country life, pure air, nature and tranquillity but close enough to the capital.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: International Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSI).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150 (Euros).

Volunteers have to bring warm clothes, part of the project takes place outside and it can be cold.

Tours and excursions (Golden Circle, Blue Lagoon or South Shore) will be arranged for SEEDS volunteers at discount fares.

SEEDS 006. Botanic Garden in Reykjavik (1:9)

29.04 - 12.05

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 140,- (Euros).

Volunteers have to good working shoes and clothes, even though summer is coming, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 007. Ísafjarðardjúp: Nature & Fun in the Westfjords (1:4)

04.05 - 18.05

CONS / RENO / ENVI

10 Volunteers

Age: 18 +

WORK/PROJECT: SEEDS volunteers will continue working on this project after the excellent results of last years' groups; we will be working there for the 3rd year in a row. We will be working on various projects in this remote location in the Icelandic Western fjords. In general, we will be preparing the area before the summer season, when most tourists and hikers visit the district.

The works may involve cleaning, painting and construction work inside and in the surroundings of the camping area, but also planting vegetables or helping in horse stables. The working plan will be very flexible and it will depend on the needs of our local hosts and the advance of the diverse projects in the area surrounding the valley.

In the evenings and during the free days there will be enough time to explore the surroundings, trekking and walking, as you will be able to rest in the natural hot tubs, bathe in the local swimming pool and discover many other surprises of this beautiful place including horseback riding on the unique Icelandic horses and possibly kayaking in the fjords.

ACCOMMODATION: SEEDS volunteers will be hosted in a local housing; sleeping in beds; bringing a sleeping bag is not necessary for the period of the camp. Food will be provided and a kitchen will be available; volunteers will share the duties of helping in the kitchen and cleaning.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The workcamp will take place in the Westfjords at the north-western part of Iceland. The region accounts for 10% of the country's surface but only about 7200 people live there, so it is one of the least populated areas of Europe. The Westfjords are very mountainous; the coastline is made by dozens of fjords surrounded by steep hills.

The region is bounded by Breiðafjörður in the south, with Gilsfjörður cutting into the land from the west and Bitrufjörður from the east, the two almost severing the ragged peninsula from the main mass of Iceland. The West Fjords are made up of Ísafjarðar-, Barðastrandar-, and Strandir Counties.

In the Westfjords you will be able to explore the whole range of Icelandic flora from the shore and meadows, through birch to mossy moors. On the shore, one can see birds, seals, whales and then an occasional arctic fox around the sheep.

Fishing is traditionally the main industry in the region but tourism started to be more and more important as local and foreign visitors are discovering this region in rising numbers.

The workcamp will take place in a valley covered with birch bushes in Mjóifjörður in Ísafjarðardjúp.

The distances to the next town and villages are 130 km to Ísafjörður and 90 km to Hólmavík. Hiking in this beautiful area is very impressive and an inspection of the coastline by walking or kayaking is an inspiring option. Landline phone connection is available, and the place provides a full variety of opportunities for volunteers and visitors.

LANGUAGE: English will be the official language in the camp, high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF). Domestic airport is Ísafjörður (IFJ).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camp site and vice versa. Apart from being cheaper and more convenient, it allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 140.

The camp is located in a place of extreme beauty and isolation; natural surroundings with hot springs, free access to enjoy the hot tub and the local pool.

Additional free time activities will be organized for SEEDS volunteers, like horseback riding and kayaking around a seal colony.

SEEDS 008. Nature & Culture in the South of Iceland (1:3)

12.05 - 26.05

CONS / RENO / ENVI

8 Volunteers

Age: 18 +

WORK/PROJECT: For the third year in a row we offer this unique project that gives SEEDS volunteers the opportunity to work in very diverse tasks; assisting in a local Icelandic farm, doing construction, renovation, environmental work and helping with traditional farming. The project takes place in an agricultural area in the South of Iceland which is rich in both, culture and history.

The environmental work will consist of collecting drift wood on the beach, cleaning the coast line and the road sides, marking hiking paths, taking care of popular spots which need to be tendered before the busy summer season, when most of the travellers visit the area. Volunteers have to be motivated for easy to medium difficult hikes.

We will work on maintaining an old stone sheep gathering corral and assist the reconstruction of turf houses, a potato storage hut and a shelter used to smoke meat and fish. We will have the chance to build, construct houses & other facilities in the way it was done in Iceland for centuries.

The farming will offer us to get to know the Icelandic farm life by milking the cows, working in the stables and assist with the busy household tasks. We will be part of a family and work hand in hand with them. This is also a busy time in rural Iceland with assisting the sheep giving birth.

We will participate in the birth-process during the day and will be offered to take turns in night-shifts watching over the sheep. The bright nights are magical with almost 24 hours of sunlight and staying awake with the sheep is a unique experience.

ACCOMMODATION: We will stay in shared rooms in a sleeping bag accommodation with access to kitchen and bathroom. Other guests or travellers might be in the house at the same time as it is a guesthouse accommodation. Please bring your own sleeping bag.

The group will be responsible for cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The south of Iceland is one of the most popular destinations for travellers as the landscape offers diverse and breathtaking nature. Rivers and waterfalls, mountains, glaciers and long beaches form a contrast and offer a wide range of experiences. The project takes place in an active Icelandic farm in south Iceland with 35 cattle, there of 8 milking cows, 330 sheep, hens, cat and a puppy so it gives us a good example of rural living in Iceland.

Apart from traditional farming the inhabitants are building up a museum which will weave together history, culture and nature. The farm is on a flat area between Kirkjubæjarklaustur and Vík í Mýrdal and has amazing view to sands, mountains and glaciers in the west and north and to the Atlantic Ocean in the south.

Mýrdalssandur is a sandy area about 700 Km² and its mythical appearance has been an inspiration both in traditional folklore and in modern lyrics and stories today.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 140, (Euros).

Volunteers should have a motivation for working with outdoors and getting to know ways of living in rural areas in Iceland.

Countless opportunities to discover the area by foot or to hike the surroundings; area surrounded by stunning waterfalls, mighty glaciers and black sand beaches.

SEEDS 009. Botanic Garden in Reykjavik (2:9)

13.05 - 26.05

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 140,- (Euros).

Volunteers have to good working shoes and clothes, even though spring and summer is coming, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 011. Ísafjarðardjúp: Nature & Fun in the Westfjords (2:4)

17.05 - 31.05

CONS / RENO / ENVI

10 Volunteers

Age: 18 +

WORK/PROJECT: SEEDS volunteers will continue working on this project after the excellent results of last years' groups; we will be working there for the 3rd year in a row. We will be working on various projects in this remote location in the Icelandic Western fjords. In general, we will be preparing the area before the summer season, when most tourists and hikers visit the district.

The works may involve cleaning, painting and construction work inside and in the surroundings of the camping area, but also planting vegetables or helping in horse stables. The working plan will be very flexible and it will depend on the needs of our local hosts and the advance of the diverse projects in the area surrounding the valley.

In the evenings and during the free days there will be enough time to explore the surroundings, trekking and walking, as you will be able to rest in the natural hot tubs, bathe in the local swimming pool and discover many other surprises of this beautiful place including horseback riding on the unique Icelandic horses and possibly kayaking in the fjords.

ACCOMMODATION: SEEDS volunteers will be hosted in a local housing; sleeping in beds; bringing a sleeping bag is not necessary for the period of the camp. Food will be provided and a kitchen will be available; volunteers will share the duties of helping in the kitchen and cleaning.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The workcamp will take place in the Westfjords at the north-western part of Iceland. The region accounts for 10% of the country's surface but only about 7200 people live there, so it is one of the least populated areas of Europe. The Westfjords are very mountainous; the coastline is made by dozens of fjords surrounded by steep hills.

The region is bounded by Breiðafjörður in the south, with Gilsfjörður cutting into the land from the west and Bitrufjörður from the east, the two almost severing the ragged peninsula from the main mass of Iceland. The West Fjords are made up of Ísafjarðar-, Barðastrandar-, and Strandir Counties.

In the Westfjords you will be able to explore the whole range of Icelandic flora from the shore and meadows, through birch to mossy moors. On the shore, one can see birds, seals, whales and then an occasional arctic fox around the sheep.

Fishing is traditionally the main industry in the region but tourism started to be more and more important as local and foreign visitors are discovering this region in rising numbers.

The workcamp will take place in a valley covered with birch bushes in Mjóifjörður in Ísafjarðardjúp.

The distances to the next town and villages are 130 km to Ísafjörður and 90 km to Hólmavík. Hiking in this beautiful area is very impressive and an inspection of the coastline by walking or kayaking is an inspiring option. Landline phone connection is available, and the place provides a full variety of opportunities for volunteers and visitors.

LANGUAGE: English will be the official language in the camp, high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF). Domestic airport is Ísafjörður (IFJ).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camp site and vice versa. Apart from being cheaper and more convenient, it allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 160. (Euros).

The camp is located in a place of extreme beauty and isolation; natural surroundings with hot springs, free access to enjoy the hot tub and the local pool.

Additional free time activities will be organized for SEEDS volunteers, like horseback riding and kayaking around a seal colony.

SEEDS 012. Nature & Fun at the feet of Vatnajökull

20.05 - 30.05

ENVI / NATU

10 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will perform diverse outdoors work consisting of:

- Setting up fences to withhold cattle in the field and paint windows of the houses and stalls.
- Garden work which might include planting trees in order to make a sheltered area and help around with the spring tasks in the garden and on the land.
- Painting houses or facilities that need maintenance.
- Possibly making, marking and maintaining walking paths close to Fláajökull glacier tongue.
- Helping with cooking and cleaning activities.

All these projects aim at the benefit of the local society and the nature of this beautiful area.

ACCOMMODATION: SEEDS volunteers will stay in shared rooms in a sleeping bag accommodation with access to kitchen and bathroom. Other guests or travellers might be in the house at the same time as it is a guesthouse accommodation. Please bring your own sleeping bag.

The group will be responsible for cooking and cleaning activities, please do not forget some traditional food/drinks from your home country for the international evening.

LOCATION: The project takes place in an active Icelandic farm in south Iceland placed between the town Höfn in Hornarfjörður and the glacier lagoon Jökulsárlón where big icebergs float. Tourism has been a growing field in the area and the locals are meeting the new demands. By working under an environmental framework they get a yearly certificate from Green Globe.

They focus on keeping the area clean and attractive; reduce waste of resources and pollution by recycling, saving energy and using environmental friendly products. It is important that the nature and cultural heritage is protected and respected but at the same time accessible and interesting for visitors. The project aims at using local products and services as long as it fulfils quality standards. SEEDS volunteers are encouraged to bring in their own ideas on how to develop their environmental guidelines even further.

The south of Iceland is one of the most popular destinations for travellers as the landscape offers diverse and breathtaking nature. Rivers and waterfalls, mountains, glaciers and long beaches form a contrast and offer a wide range of experiences.

The view is spectacular and the biggest national park in Europe with the largest glacier in Europe, Vatnajökull is only few kilometres away. The unique beauty of the nature, unpredictable weathers during winter and local culture have shaped the culture in the area.

The Vatnajökull N.P., stretching from the south coast to the north coast of the island; it is the largest protected wilderness in Europe. It covers around 15.000 km² (15% of the surface of Iceland), including all of Vatnajökull glacier, the former Skaftafell N.P., Jökulsárgljúfur N.P. and surrounding area.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 160- (Euros).

Volunteers should have a motivation for working with outdoors and getting to know ways of living in rural areas in Iceland. Spare time activities will be organized for the volunteers by SEEDS and/or the local hosts free of charge.

SEEDS 013. Natural heritage in the far East (1:2)

21.05 - 04.06

ENVI / CONS

8 Volunteers

Age: 18 +

WORK & STUDY/PROJECT: SEEDS Volunteers will be working in the east at a Nature & Heritage centre, doing different tasks, helping the centre become as sustainable as possible.

SEEDS volunteers have been assisting this project for some years now and our main tasks will be reforestation & soil erosion prevention; we will assist in preparing vegetable gardens, care for pigs, hens, ducks, a cow and a horse – all being a part of the areas sustainability. These projects may also include traditional food and drink preparation, like smoking, curing, cheese making and even ale brewing.

A new task for us will be collecting down from the eider ducks and making bird habitats. Our host is planning to build a barn and we will assist him with that. We might also build shelter and fences for the animals and clean the coastline.

ACCOMMODATION: We will stay within the reserve and will sleep in bunk beds in shared rooms. Please bring your own sleeping bags.

We will receive food and be in charge of the different cooking and cleaning activities. Equipped kitchen and washing machine are available. Please bring some traditional food from your countries for the international evening.

LOCATION: The heritage and nature conservation centre and its reserve are located in a very isolated area in the East of Iceland, far from any urban centre. We have to be aware of the location remoteness, as its extreme natural beauty and wildlife. There are no public transportation services to the closest town and entertainment alternatives are in connection with the gorgeous nature; walking and hiking journeys during the free time and the creativity of the group.

This project is adequate for volunteers enjoying isolated places with splendid nature and looking for peaceful surroundings as the quietness of the area. The sea and High Mountains, reaching up to 600 meters in height, border the area. You can also discover waterfalls, snowfields and reindeer – all within walking distance of the house.

The reserve is managed as a conservation site for environmental education and sustainable tourism; hosting a number of environmentally important flora and fauna including one of Iceland's largest colonies of Arctic Tern (*Sterna paradisaea*), 600m sea cliffs hosting numbers of nesting sea birds (incl. Puffin, Kittiwake and Fulmar), herds of reindeer and it is home to the elusive arctic fox.

Some other bird species include Black-tailed Godwit, Red-necked Phalarope, Golden Plover, Merlin and you may even be lucky enough to observe Europe's largest falcon the Gyr Falcon.

The heritage site is very popular and over last summer the visitors included university students, environmental volunteers, professionals in nature, heritage, academia, food production and arts, hundreds of tourists and a pagan priest to mention but a few.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest international Airport: Keflavik/Reykjavik (KEF). Domestic airport is Egilsstaðir (EGS).

SEEDS organises the "minibus option", a shared transport from Reykjavik to the camp and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS: Participation fee EUR 140,- (Euros).

Free time activities will include making cheese and ale, as well as enjoying the many things the exquisite nature offers us.

Remote places located in natural reserve areas of extreme beauty. The group will have the opportunity to learn about the environment and culture of Iceland through working on the reserve.

SEEDS 014. Djúpavík - Where the northern road ends!

22.05 - 03.06

ENVI

8 Volunteers

Age: 18+

WORK/PROJECT: SEEDS Volunteers will be working on various different things in and around Djúpavík, which is a tiny, small village in the Icelandic Western fjords.

Among the main tasks will be to build and maintain hiking trails and walking paths in the area, alongside the paths we will put up sticks and signs. Other tasks will include cleaning the coast line between Djúpavíkurkleif and Stekkjarnes, collecting driftwood and general gardening work.

In Djúpavík there is an old abandoned herring factory which needs to be kept and we will be assisting in some maintenance and renovation works inside it. The building is used now by artists and to host diverse cultural events.

ACCOMMODATION: Volunteers will be hosted in a local summer house, sleeping on bunk beds. Please bring a sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the duties of preparing and cooking meals. Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Djúpavík is located at the head of Reykjarfjörður on the Strandir coast in the Westfjords region (Vestfirðir), in the municipality of Árneshreppur. Perhaps one of Iceland's most remote areas, it is a sheltered bay in a remote region, largely untouched by modern developments where silence reigns and nature continues to shape a rugged, mountainous landscape. The distance from the capital is around 360 km.

You can hardly get further away from the bustle of the towns to enjoy life in the beautiful and peaceful landscapes of this remote area. The bay Djúpavík is among the least frequented parts of the country. The roads up there are only open during the few months of the short summer; it is one of the remotest corners of Europe, where the coastline is covered with vast expanses of driftwood that originated on the other side of the Arctic Ocean, in Russian Siberia; the region is stunningly beautiful and somewhere to really experience Iceland's wildness.

There has been small farming communities in the district for hundreds of years, but the story of Djúpavík really began in 1915, when Elias Stefánsson started a herring salting station; that worked until 1919 when he went bankrupt; then a herring factory built in 1934 changed the lives of the people for a few years until the last big catches were landed about 20 years later.

Djúpavík is dominated by the huge ruins of its old herring factory and the rusting shipwreck of the 100-year-old former passenger and cargo ship Suðurland. When the herring industry was at its height in the mid-1940s, hundreds lived in this remote location, women salting the fish, men turning the remains into animal meal and oil. The factory went bankrupt in 1954 following a disastrous collapse in fish catches, but the huge costs involved in demolishing the building – once the largest concrete structure in Europe – means that its huge shell remains, reminiscent of a Hollywood set.

Few years ago, world-famous Icelandic band Sigur Rós held a small number of concerts in Iceland. The venues were specially chosen, and the old herring factory in Djúpavík was one of them.

LANGUAGE: English will be the language in the camp; basic conversational skills are necessary.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150. (Euros)

Excursions for SEEDS' volunteers include kayak trips in the fjord with a seal colony, a visit to the area and isolated pool in Krossnes, among other recreation activities.

SEEDS 018. Remote fjords - Where the road ends!

30.05 - 13.06

ENVI / AGRI

8 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in environmental projects in the Icelandic Western fjords. We are working with our local hosts in diverse projects including cleaning the coastline and collecting driftwood.

We will be going out to a small and beautiful island in the fjord where there is an eider nesting ground. We and the local inhabitants will be collecting the eider down, which is the most valuable and best filling for unique eider-down duvets.

If wished, we will be assisting the sheep and locals during the lambing season, which is both fun and very rewarding being a part of receiving new life into the world. In addition we will also be assisting our hosts with putting up fences, clearing old ones and some paint jobs.

ACCOMMODATION: We will be hosted in a local Icelandic family house, sleeping in shared rooms with mattresses on the floor. Please bring your own sleeping bag.

Food ingredients will be provided and a kitchen will be available as well as a washing machine; we will share the duties of cooking and cleaning activities. However, the hosts will most often prepare lunch and dinner in their home for us.

Please do not forget some traditional or typical food from your home country for the international evening.

LOCATION: The West Fjords is one of the most breathtakingly beautiful places in Iceland, with its high mountains of extreme beauty and dramatic fjords cutting deep into the landscape.

The area has a mythological aura and the landscape draws people into the world of elves, trolls and other supernatural creatures. The driftwood has always been one of the main valuables of the people and it has been used for building houses, boats and heating up accommodation. The numerous hiking ways in the area attract many visitors during the summertime to enjoy the beautiful landscape.

Perhaps one of Iceland's most remote areas, it is a sheltered bay in a remote region, largely untouched by modern developments where silence reigns and nature continues to shape a rugged, mountainous landscape. You can hardly get further away from the bustle of the towns to enjoy life in the beautiful and peaceful landscapes of this remote area. This is among the least frequented parts of the country.

The roads up there are only open during the few months of the short summer; it is one of the remotest corners of Europe, where the coastline is covered with vast expanses of driftwood that originated on the other side of the Arctic Ocean, in Russian Siberia; the region is stunningly beautiful and somewhere to really experience Iceland's wildness.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: International Airport: Keflavik/Reykjavik (KEF). Closest Domestic Airport: Ísafjörður (IFJ).

SEEDS organises the "minibus option", a shared transport from Reykjavik to the camp and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 160,- (Euros).

Volunteers applying for this project should be motivated for working outdoors and getting to know ways of living in rural areas in Iceland

Spare time activities will be organized for the volunteers by SEEDS and/or the local hosts free of charge; this may include sightseeing, hiking, swimming pool visit, boat rides, fishing etc. Place of extreme beautiful natural surroundings with countless opportunities to hike and discover it by foot.

SEEDS 019. Botanic Garden in Reykjavik (3:9)

28.05 - 09.06

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150,- (Euros).

Volunteers have to good working shoes and clothes, even though spring and summer is coming, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 021. Nature & Culture in the South of Iceland (2:3)

01.06 - 15.06

CONS / ENVI / RENO

6 Volunteers

Age: 18 +

WORK/PROJECT: SEEDS volunteers will be working on environmental and nature oriented tasks in this project, based on an Icelandic farm in the South of Iceland. Our tasks will mainly be focused on improving the environment and making it ready for summer.

We will assist in garden work, fix a roof that got damaged, work on removing fences and fix other. We will help with painting walls and maintaining houses and facilities for the animals.

We will have the opportunity to live and work with an Icelandic family and also participating in the diverse tasks that they are involved in their daily lives. This is a unique opportunity to get to know and to experience first-hand how a family in the countryside lives. The farm is big, with sheep, cows and horses, have their own produce and we will have the opportunity to learn about that.

The working plan will be flexible and it will depend on the needs of our hosts, the advance of the diverse projects in the area and of course on the weather conditions.

We will help to preserve the local environment and explore the surroundings enjoying our free time.

ACCOMMODATION: We will be hosted in a farmhouse, sleeping on mattresses on the floor.

Please bring your own sleeping bag. The house is a fully equipped home, with access to a kitchen, a bathroom and a washing machine.

We will share the different duties of cooking and cleaning. As the hot water is heated with electricity the water for the shower is sometimes limited, so people have to take short showers on different times of the day. There is a hot Jacuzzi by the house which volunteers are free to use.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The work camp is in the beautiful south lowlands of Iceland. We will be able to explore and enjoy the south Icelandic lowland, which is made out of sand and rock sediments delivered by the river Þjórsá during the last centuries. The land is covered mostly by green grass and the closeness of the ocean can be felt in the air. The Southern district is known by its geothermal activity which helped to develop important greenhouse agriculture.

The south of Iceland is one of the most popular destinations for travellers as the landscape offers diverse and breathtaking nature. Rivers and waterfalls, mountains, glaciers and long stretches of beach form a contrast and offer a wide range of experiences. The project takes place in an active Icelandic farm in south Iceland.

In this area you will find some of Iceland's most beautiful places, like Þórsmörk, Tindfjöll, Eyjafjallajökull, Skógarfoss, Seljalandsfoss (a waterfall you can walk behind) and Paradísarhellir (Paradise Cave) in addition to finding unique natural and geological heritage sites and relics of a centuries-old forest.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS: Participation fee EUR 150 (Euros). Volunteers need to be motivated to work outdoors and be willing to take part in all the diverse projects connected with the work camp.

SEEDS and/or our hosting partner will organise free time activities in the area for the volunteers. This might include horse-back riding, sight-seeing, hiking etc.

Extreme beautiful natural surroundings with countless opportunities to hike and discover it by foot.

SEEDS 022. Meet us - don't eat us (1:6)

04.06 - 17.06

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

The purpose of this project is to raise awareness among tourists (and locals) that by tasting whale meat in Icelandic restaurants they encourage whaling. The truth is that most Icelanders have never tasted whale meat and do not intend to do so. In a survey made by Gallup in 2007, 86% of those asked had not purchased whale meat in the last 12 months; however 67% were in favour of commercial whaling. This seems obscure, but explanations can be found in the nation's heritage.

In Iceland we have the saying 'Hvalreki' or 'Beached-Whale' meaning 'Jack-pot'. When a whale beached, the whole community had food for long time, and had indeed hit the jack-pot. Later Icelanders started whaling for the oil, that at one time was used for lighting street-lamps in cities such as Paris. This created work and foreign currency and improved life in the country at that time.

Iceland was also one of the first countries in the world to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavík is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavík is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 023. The Highlands North of Vatnajökull glacier

06.06 - 20.06

CONS / ENVI / RENO

8 Volunteers

Age: 18+

WORK / PROJECT: SEEDS Volunteers will work in the midland, East of the beautiful Mývatn lake and North of the Vatnajökull glacier. Our workcamp base is situated in the highlands - 469 meters above the sea level.

This area has been inhabited since the early times of the settlement and some of the highest farms in the country are in the area. As small-scale farming has turned more difficult in recent times, some of the locals have decided to combine the work with the new tourism services and push forward alternative ways of income for the region. The extreme beauty of the area draws more and more visitors every year; especially after the Vatnajökull national park was enlarged in 2008.

Past farming work has taken its toll in the pristine landscape, we will support local farms in removing elements and machinery used in the past (e.g. old tires, old corrugated iron, fences, etc.), that have been left unattended and need to be removed in order to restore the natural and historical heritage of the region.

We will also work repairing an old turf building, restoring it to its previous "form", so it looks similar to the several other turf buildings in the surroundings.

Additional work for us will be turfing, fixing and maintaining walking paths and making a new trail.

ACCOMMODATION: We will be lodged in a house at one of the farms, sleeping on mattresses on the floor; please bring a sleeping bag.

We will receive food ingredients and be in charge of the different cooking and cleaning activities. Equipped kitchen and washing machine are available.

Please do not forget some traditional food from your home country for the international evening.

LOCATION: Located in the North-eastern part of the country and in the vicinity of the largest national park in Europe, the Vatnajökull National Park, which is now around 12.000 square-kilometers. It is expected the national park will enlarge even further within the next few years. The region of the park is unique; one can find glaciers, volcanic activities, glacier bursts, eruptions and geothermal heat plus extremely rare landscape; for example untouched vastness.

With the establishment of Vatnajökull National Park, Icelanders waded into the largest nature conservation project ever taken on in Iceland. It is one of the largest developments the authorities have undertaken in this region and has created many jobs. The land within the park is mostly owned by the government, but a few privately owned districts are a part of the national park.

The farms in the area are surrounded by untamed nature of supreme beauty; most of the area is unspoiled and undisturbed. Some farms have been inhabited already since the early settlement.

Under its ice-cap, the glacier hides seven volcanoes and most of them are active. Underneath there is an ice cavern system several Km long. Vatnajökull covers about 8% of the country, and is about 1000 m thick at its thickest point. Mount Herðubreið, the queen of Icelandic mountains and one of the most famous in Iceland is located in the area.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and back again, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee is EUR 150 (Euros).

Remote places located in natural areas of extreme beauty. Outdoor activities, like hikes will be arranged for SEEDS volunteers and there is the possibility of horse riding during the project.

SEEDS 024. The Highlands of Iceland - The Famous Kjölur Road (1:2)

10.06 - 24.06

CONS / ENVI / RENO

10 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will be working on few different projects for the general preparation of the area before summer: The main focus will be to clear old fences in the area that no longer serve their purpose. Those fences are old and are now weathered down and can easily be a danger hazard for hikers and travellers in the area.

We will also be working on hiking paths, building new ones and maintaining those already in place; we will put up signs, markings and descriptive information charts around them. We will be cleaning up litter, doing maintenance and construction work on the houses and the area for summer. The work is physically demanding and the landscape is raw, but also quite rewarding.

ACCOMMODATION: We will be hosted in a local mountain house; sleeping on mattresses on the floor; please bring your own sleeping bag.

We will receive food ingredients and be in charge of the different cooking and cleaning activities. Please do not forget some traditional food from your home country for the international evening.

LOCATION: The Icelandic highlands, or "the interior", are a true pearl to all nature lovers and outdoor people. It is accessible on 4WD cars and most routes involve crossing un-bridged rivers.

If you really want to get away from it all, the interior of Iceland is like nothing you have ever experienced. The mountainous centre of the island, with its rocky deserts, craggy mountain peaks, ice caps, volcanoes, hidden valleys and hot springs, is an awesome and untouched wilderness. Lake Hvitárvatn on the Kjölur highland road glints icy-blue at the foot of the Langjökull glacier, and in the black sands of Sprengisandur - the arctic river.

The interior was long all but inaccessible. Outlaws hid out for years at a time in the highlands, rustling sheep and keeping away from law-abiding citizens, while folklore tells of both natural and supernatural beings who lay in wait for unwary highland travellers.

Travellers between north and south sometimes had to cross the highlands: for instance for the assembly of Alþingi (parliament) each summer, delegates had to ride from every corner of the country to Þingvellir in the southwest, journeys across the interior were never undertaken lightly; such travel was risky and lives were often lost. Today the interior is crossed by two mountain roads, via Kjölur and Sprengisandur, which are only open in summer, after the snow has thawed in spring.

We will be staying close to the glacier Hofsjökull and near to the rivers Hvítá and Þjórsá. The mountains in the area that reach up to 1500m were formed during a volcanic eruption in the later part of the ice age. The area is still dynamic and great geothermal activity takes place in the surroundings. The environment is very diverse, both in shape and colour. The mountains are very weathered and have very little continuous growth, as the forces of nature, like glaciers, water flow, ice bursts etc. have been fast working in these mountain highlands.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

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EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

Remote and very isolated site located in natural areas of extreme beauty.

Volunteers need to be prepared for physical work, free time activities are mostly outdoors, like hikes in the area.

Countless opportunities to discover the area by foot or to hike in the surroundings: Stunning mountain landscape, mighty glaciers and geothermal activity.

SEEDS 025. Botanic Garden in Reykjavik (4:9)

10.06 - 23.06

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150,- (Euros).

Volunteers have to good working shoes and clothes, even though spring and summer is coming, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 026. As far as it gets in the East fjords!

10.06 - 20.06

ENVI / CONS

10 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in environmental projects and perform diverse outdoors work consisting of:

- Marking and maintaining walking paths, putting up signs with information and images
- Setting up fences
- Collecting driftwood and chopping driftwood
- Laying fishing nets for salmon and trout
- Setting up fences to withhold cattle in the field and paint windows of the houses and stalls
- Painting houses or facilities that need maintenance
- Planting vegetables
- Other projects around the area such as farming, working with horses etc.

All the projects undertaken will be for the benefits of the local society and the nature of the area.

ACCOMMODATION: SEEDS volunteers will stay in shared rooms in a sleeping bag accommodation with access to kitchen and bathroom. Other guests or travellers might be in the house at the same time as it is a guesthouse accommodation. Please bring your own sleeping bag.

The group will be responsible for cooking and cleaning activities and please do not forget some traditional food from your home country for the international evening.

LOCATION: The work camp will take place in the area of Borgarfjörður Eystri, in the East fjords with beautiful mountain and valleys scenery, with peaks such as Dyrfjöll, Staðarfjall, Geitfell and Svartfell to name a few. This area is by some called a hiking haven, with a good number of marked trails in an area of extreme beauty.

The project base is in a farm off the beaten tourist track 60 Km north of Egilsstaðir in north-east Iceland between the two glacial rivers, Jökulsá á Brú and the Lagarfljót. The farm offers endless opportunities for excursions to discover Iceland's untouched nature.

The area is a paradise for nature lovers with 30 different species of birds, lush vegetation and seals that can be seen in their natural habitat, it gives an opportunity to enjoy almost complete peace and quietness to absorb the land and nature - during the day or the light summer nights.

Ever wanted to spot seals in their nature habitat, have a close encounter with a red-throated diver, and get attacked by the great Skua? If so, this is the project for you!

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF). Domestic airport Egilsstaðir (EGS).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 150 (Euros).

Volunteers should have a motivation for working outdoors and getting to know ways of living in rural areas in Iceland; opportunity to get to know the Icelandic horse and the Icelandic farm life.

We will have horseback riding as a spare time activity, fishing in the river is also possible.

Other free time opportunities will be organized for the volunteers by SEEDS and/or the local hosts free of charge.

SEEDS 027. Revegetation in the south of Iceland (1:2)

11.06 - 25.06

ENVI

12 Volunteers

Age: 16 +

WORK/PROJECT: Since 2007, SEEDS has been working with few other NGOs devoted to the re-vegetation of eroded soils in the south west part of Iceland. The aim of the project is to halt the downward spiral of erosion and to strengthen the ecosystems by enhancing its natural vegetation.

By using organic waste materials for fertilizing we aim for a double dividend. The soils, poor in plant nutrients, are enriched while the amount of materials in need for a waste treatment is substantially decreased. The south west is part of the volcanic belt of Iceland envisaged by vast lava fields and easily erodible volcanic soils. On top of that the area has suffered from overgrazing of sheep for a long time. Consequently the ecological condition is rather poor and some areas are stripped entirely of top soil.

Close to 70% of the total population lives in this part of Iceland with the capital Reykjavík and neighbouring municipalities making up the bulk of the population. Different kinds of organic waste materials are being generated in and from the urban environment, substantial quantities every year. In the long run stuff like horse manure, garden waste and the likes are the best revegetation means available. We work to make way for these materials as a revegetation medium.

In this project we combine professionalism with idealism. The results so far can already be seen at a number of sites in the area and since 2007 with an important contribution from SEEDS volunteers.

In 2012 SEEDS volunteers will basically perform three different types of work: a) Revegetation and erosion control, b) Monitoring the survival and growth of tree plantations of former years. c) Tree planting. Volunteers will likely be working hand-in-hand with Icelanders of similar age.

ACCOMMODATION: Volunteers will be lodged in a house with basic facilities in one of Reykjavík's neighbouring towns, Hafnarfjörður. We will sleep on mattresses and shall bring a sleeping bag.

Food ingredients will be provided, a kitchen will be available, we will share the duties of cooking and cleaning. Do not forget some traditional food from your country for the international evening.

LOCATION: The work will take place in the vicinity of Reykjavík, and the groups will touch upon more than one project in more than just one place. The main emphasis will be on erosion control on the banks of Kleifarvatn, the big lake of the Reykjanes peninsula; Vatnsskarð, Bolalda, Sandskeið and Bláfjöll.

The Reykjanes, peninsula at the south-western end of Iceland is located near the capital and most travellers to Iceland land in the area: As the Reykjanes coastline draws closer and the plane prepares to land at Keflavík Airport, the peninsula is marked by active volcanism under its surface, and large lava fields allow little vegetation. There are numerous hot springs and sulphur springs in the southern half of the peninsula, around the Kleifarvatn Lake and the Krýsuvík geothermal area. The Peninsula is envied for its long & short hiking trails that zigzag through the region with colourful landscapes. Amazing ocean cliffs, (up to 70 m high) are nested by numerous bird species, often a wonderful spot for bird and whale watching.

There is also a geothermal power station at Svartsengi, where a pool has been installed using the hot and mineralized water coming down from the station; it is known as the "Blue Lagoon". The Leif the Lucky Bridge spans the Álfagjá rift valley (60 feet wide and 20 feet deep) near Grindavík that marks the boundary of the Eurasian and North American continental tectonic plates, named after Icelandic explorer Leif Eriksson who travelled from Europe to America 500 years before Columbus.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180.

Excursions to the Blue Lagoon, South of Iceland and a weekend stay away from the project (likely to the largest National Park in Europe: Skaftafell/Vatnajökull National Park) will be organised.

SEEDS 030. Meet us - don't eat us (2:6)

18.06 - 01.07

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

The purpose of this project is to raise awareness among tourists (and locals) that by tasting whale meat in Icelandic restaurants they encourage whaling. The truth is that most Icelanders have never tasted whale meat and do not intend to do so. In a survey made by Gallup in 2007, 86% of those asked had not purchased whale meat in the last 12 months; however 67% were in favour of commercial whaling. This seems obscure, but explanations can be found in the nation's heritage.

In Iceland we have the saying 'Hvalreki' or 'Beached-Whale' meaning 'Jack-pot'. When a whale beached, the whole community had food for long time, and had indeed hit the jack-pot. Later Icelanders started whaling for the oil, that at one time was used for lighting street-lamps in cities such as Paris. This created work and foreign currency and improved life in the country at that time.

Iceland was also one of the first countries in the world to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavík is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavík is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 160 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 037. Botanic Garden in Reykjavik (5:9)

24.06 - 07.07

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 160,- (Euros).

Volunteers have to good working shoes and clothes, even though it is summer, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 038. Revegetation in the south of Iceland (2:2)

25.06 - 09.07

ENVI

12 Volunteers

Age: 16 +

WORK/PROJECT: Since 2007, SEEDS has been working with few other NGOs devoted to the re-vegetation of eroded soils in the south west part of Iceland. The aim of the project is to halt the downward spiral of erosion and to strengthen the ecosystems by enhancing its natural vegetation.

By using organic waste materials for fertilizing we aim for a double dividend. The soils, poor in plant nutrients, are enriched while the amount of materials in need for a waste treatment is substantially decreased. The south west is part of the volcanic belt of Iceland envisaged by vast lava fields and easily erodible volcanic soils. On top of that the area has suffered from overgrazing of sheep for a long time. Consequently the ecological condition is rather poor and some areas are stripped entirely of top soil.

Close to 70% of the total population lives in this part of Iceland with the capital Reykjavík and neighbouring municipalities making up the bulk of the population. Different kinds of organic waste materials are being generated in and from the urban environment, substantial quantities every year. In the long run stuff like horse manure, garden waste and the likes are the best revegetation means available. We work to make way for these materials as a revegetation medium.

In this project we combine professionalism with idealism. The results so far can already be seen at a number of sites in the area and since 2007 with an important contribution from SEEDS volunteers.

In 2012 SEEDS volunteers will basically perform three different types of work: a) Revegetation and erosion control, b) Monitoring the survival and growth of tree plantations of former years. c) Tree planting. Volunteers will likely be working hand-in-hand with Icelanders of similar age.

ACCOMMODATION: Volunteers will be lodged in a house with basic facilities in one of Reykjavík's neighbouring towns, Hafnarfjörður. We will sleep on mattresses and shall bring a sleeping bag.

Food ingredients will be provided, a kitchen will be available, we will share the duties of cooking and cleaning. Do not forget some traditional food from your country for the international evening.

LOCATION: The work will take place in the vicinity of Reykjavík, and the groups will touch upon more than one project in more than just one place. The main emphasis will be on erosion control on the banks of Kleifarvatn, the big lake of the Reykjanes peninsula; Vatnsskarð, Bolalda, Sandskeið and Bláfjöll.

The Reykjanes, peninsula at the south-western end of Iceland is located near the capital and most travellers to Iceland land in the area: As the Reykjanes coastline draws closer and the plane prepares to land at Keflavík Airport, the peninsula is marked by active volcanism under its surface, and large lava fields allow little vegetation. There are numerous hot springs and sulphur springs in the southern half of the peninsula, around the Kleifarvatn Lake and the Krýsuvík geothermal area. The Peninsula is envied for its long & short hiking trails that zigzag through the region with colourful landscapes. Amazing ocean cliffs, (up to 70 m high) are nested by numerous bird species, often a wonderful spot for bird and whale watching.

There is also a geothermal power station at Svartsengi, where a pool has been installed using the hot and mineralized water coming down from the station; it is known as the "Blue Lagoon". The Leif the Lucky Bridge spans the Álfagjá rift valley (60 feet wide and 20 feet deep) near Grindavík that marks the boundary of the Eurasian and North American continental tectonic plates, named after Icelandic explorer Leif Eriksson who travelled from Europe to America 500 years before Columbus.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200.

Excursions to the Blue Lagoon, South of Iceland and a weekend stay away from the project (likely to the largest National Park in Europe: Skaftafell/Vatnajökull National Park) will be organised.

SEEDS 041. Selárdalur in the Western fjords - Samúel Jónsson

01.07 - 15.07

RENO / CONS

8 Volunteers

Age: 18+

WORK/PROJECT: SEEDS Volunteers will be working for the fourth year on this particular project at the artworks of Samúel Jónsson, an Icelandic artist, who lived at Selárdalur. We will be working on restoring an old church made by the artist himself.

We will be working hand in hand with a well know sculpture artist; who has dedicated several years to this project. The restoration work will both be carpentry work, concrete wall building and more light maintenance work inside the church, like oiling the wood, etc.

SEEDS volunteers will continue supporting the project, as the buildings have been rapidly decaying after the artist's death.

ACCOMMODATION: We will be hosted in a local house, in sleeping bag accommodation with mattresses on the floor. Please bring you own sleeping bag.

Food ingredients will be provided and a kitchen will be available, volunteers will share the different duties of cooking and cleaning.

Please do not forget some traditional/typical food from your country for the international evening.

LOCATION: This work camp is on the west side of Arnarfjörður, located in the Icelandic Western Fjords, which are too often missed by visitors due to its distance (real and perceived) from Route 1, the circle road, and from other population centers.

The West Fjords are a mass of fjords, mountains and isolated villages on spits of lands surrounded by water and mountains. The area includes its own glacier, the magnificent, remote Hornstrandir and Europe's westernmost point at Látrabjarg, where millions of birds nest, a must for bird watchers.

The artist who lived there was not able to really practise his art until he retired from his job and then he began building palaces and sculptures. He started adding to his home and then he built a museum for all his artwork, sculptures as well as paintings with carved frames which he made during the winter. Samúel built a grotesque but charming resemblance to the lion's fountain in the Alhambra-palace in Granada, Spain, and many sculptures showing seals and other animals as well as figures from Icelandic history like Leif the lucky who found America.

Iceland's most famous hermit Gísli Gíslason lived in this area. He lived alone on a farm named Uppsáalur, almost without any communication with other people. He was famous for living in total harmony with nature, not having to use any money or modern facilities such as electricity, machines or vehicles. Now there are plans to make a museum out of his former home.

The distance from Reykjavik is about 500 km (7-8 hours drive) by the Whale Bay tunnel; it is perhaps one of Iceland's most remote areas and a very peaceful and beautiful place to enjoy.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavik to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200 (Euros).

Place of extreme beautiful natural surroundings with countless opportunities to hike and discover it by foot.

SEEDS and/or our hosting partner will organise free time activities in the area for the volunteers. This will include sightseeing, hiking, swimming in natural hot pots, etc.

SEEDS 042. Meet us - don't eat us (3:6)

02.07 - 15.07

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

The purpose of this project is to raise awareness among tourists (and locals) that by tasting whale meat in Icelandic restaurants they encourage whaling. The truth is that most Icelanders have never tasted whale meat and do not intend to do so. In a survey made by Gallup in 2007, 86% of those asked had not purchased whale meat in the last 12 months; however 67% were in favour of commercial whaling. This seems obscure, but explanations can be found in the nation's heritage.

In Iceland we have the saying 'Hvalreki' or 'Beached-Whale' meaning 'Jack-pot'. When a whale beached, the whole community had food for long time, and had indeed hit the jack-pot. Later Icelanders started whaling for the oil, that at one time was used for lighting street-lamps in cities such as Paris. This created work and foreign currency and improved life in the country at that time.

Iceland was also one of the first countries in the world to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavík is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavík is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 047. Botanic Garden in Reykjavik (6:9)

08.07 - 21.07

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180,- (Euros).

Volunteers have to good working shoes and clothes, even though it is summer, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 055. Meet us - don't eat us (4:6)

16.07 - 29.07

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

The purpose of this project is to raise awareness among tourists (and locals) that by tasting whale meat in Icelandic restaurants they encourage whaling. The truth is that most Icelanders have never tasted whale meat and do not intend to do so. In a survey made by Gallup in 2007, 86% of those asked had not purchased whale meat in the last 12 months; however 67% were in favour of commercial whaling. This seems obscure, but explanations can be found in the nation's heritage.

In Iceland we have the saying 'Hvalreki' or 'Beached-Whale' meaning 'Jack-pot'. When a whale beached, the whole community had food for long time, and had indeed hit the jack-pot. Later Icelanders started whaling for the oil, that at one time was used for lighting street-lamps in cities such as Paris. This created work and foreign currency and improved life in the country at that time.

Iceland was also one of the first countries in the world to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 058. Rey Cup - Football Festival for kids

19.07 - 01.08

FEST / SPORT

16 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will be part of the team organising Rey Cup again, an International football festival for kids in 4th and 5th grade. The festival is 5 days long and will be organised in Reykjavik, between July 25 and 29. The festival has been growing every year since it was first held in 2001 and this year it will include international teams from Finland, Canada and Faroe Islands and referees from Germany, Denmark and Switzerland.

Rey Cup is a great adventure in the eyes of the young taking part, participants and volunteers take home precious memories about the days and nights they spent in Laugardalur and the neighbourhood. We will team up with the local Icelandic volunteers, young people interested in outdoor activities and sport, the parents of the participants and others. This festival is run mainly by volunteers and the support SEEDS is giving to the event is well appreciated.

We will share all types of tasks related to the festival and the group will be split according to the needs and to give everyone the chance to try out different assignments. We might be working during the weekends, but free days will be given accordingly to the working days. Volunteers are an integral part of creating an international atmosphere in Reykjavik. The input of us the volunteers will make a big difference in making the festival an impressive multicultural event.

Before starting the festival we might be helping with preparing the area for the festival, cleaning, painting and doing light maintenance work. During the festival we will be keeping the football fields clean, helping with closing the fields in the evenings, helping with preparing breakfast for the teams, help with the clearance of the area after the tournament and a wide variety of many different duties before, during and after the festival. We will have great change to mix with the locals and get to know Icelandic culture.

ACCOMMODATION: We will be lodged in a local house or school in Reykjavik. We will sleep on mattresses, so please bring your own sleeping bag. Food will be provided and cooking, cleaning or common tasks will be shared fairly among the participants.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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July is the month of white night, when the sunsets are late, sunrises are early and darkness is never complete. In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

The population of the city is over 200.000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavik is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

LANGUAGE: English will be the language in the camp, and good conversational skill are required.

TERMINAL: Closest International Airport: Keflavik (Reykjavik), KEF.

SPECIAL REMARKS / EXTRAS: Participation fee EUR 200, (Euros)

We will have free passes to the biggest geothermal outdoor pool in Reykjavik during the project.

We will be invited to the final barbeque party in the Reykjavik Zoo. Excursions (Blue Lagoon, Golden Circle, South shore, etc) will be arranged for SEEDS volunteers at discount fares.

SEEDS 059. Botanic Garden in Reykjavik (7:9)

22.07 - 04.08

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides.

The population of the city is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers.

Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200,- (Euros).

Volunteers have to good working shoes and clothes, even though it is summer, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 065. Meet us - don't eat us (5:6)

30.07 - 12.08

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, preparing the local communities for port visits from the research boat, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

The purpose of this project is to raise awareness among tourists (and locals) that by tasting whale meat in Icelandic restaurants they encourage whaling. The truth is that most Icelanders have never tasted whale meat and do not intend to do so. In a survey made by Gallup in 2007, 86% of those asked had not purchased whale meat in the last 12 months; however 67% were in favour of commercial whaling. This seems obscure, but explanations can be found in the nation's heritage.

In Iceland we have the saying 'Hvalreki' or 'Beached-Whale' meaning 'Jack-pot'. When a whale beached, the whole community had food for long time, and had indeed hit the jack-pot. Later Icelanders started whaling for the oil, that at one time was used for lighting street-lamps in cities such as Paris. This created work and foreign currency and improved life in the country at that time.

Iceland was one of the first countries to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavik/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 070. Botanic Garden in Reykjavik (8:9)

06.08 - 18.08

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

SEEDS volunteers will be doing general garden work in the garden, attending the flowers, trees and other plants. Volunteers will assist in organising and carrying out special events that might be planned with a short notice but they will all be related to the general aim and work of the garden. The project starts early every week day, working hours are from 7:30 - 15:05, so volunteers have to be motivated to work early in the morning.

ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200,- (Euros).

Volunteers have to good working shoes and clothes, even though it is summer, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 077. Meet us - don't eat us (6:6)

13.08 - 26.08

ENVI

12 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will take part in a whale-awareness and protection project run in cooperation with [IFAW](#) (International Fund for Animal Welfare). This mainly consists of distributing information, conducting a survey, preparing the local communities for port visits from the research boat, having people fill out postcards that will be taken to the government at the end of the work camp, talking to people and having fun in Reykjavík!

The group will take turns wearing a whale costume and walk around downtown Reykjavík. One part of our project is also to let pedestrians try on the costume and take pictures. This project is fun loving, friendly and peaceful. We encourage each volunteer to come prepared with some ideas of awareness rising for this project, to discuss with the group and implement.

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Iceland was one of the first countries to ban commercial whaling. We can help Iceland to make a positive decision again, by educating the growing number of people who eat up to 40% of the whale meat consumed in the country, but at the same time say they are against whaling.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities. Equipped kitchen and washing machine are available.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: Reykjavík is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavik/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200 (Euros).

SEEDS will provide volunteers with passes to go on free whale watching trips.

Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares.

SEEDS 083. Botanic Garden in Reykjavik (9:9)

19.08 - 01.09

ENVI / NATU

6 Vols.

Age: 22+

WORK/PROJECT: For the second year in a row SEEDS offers projects in the Botanic Garden in Reykjavik. The Botanic Garden is an outdoor collection of living plants, founded in 1961 and celebrated its 50th anniversary in 2011. The gardens main role is to conserve plants for education, research and delight. It conserves some 5000 plant species in eight plant collections. The collections give an idea of the enormous diversity of vegetation in the northern temperate zone. In summer there is a variety of events in the Botanic Garden and group receptions are available throughout the year.

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ACCOMMODATION: We will stay in a fully equipped house in Reykjavik; sleeping in shared rooms. Please bring your own sleeping bag (and pillow if you need one).

Food ingredients will be provided and a kitchen will be available in the accommodation. We will share the duties of preparing and cooking meals, while lunch will be provided sometimes at the working site during working days.

Please do not forget some typical food and/or drinks for the international evening, where others can try and taste some specialities from your home countries.

LOCATION: Reykjavik is the capital of Iceland, often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene.

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Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. In the summer, you can sit by the harbour at midnight and watch the sun dip slightly below the horizon before it makes its way up again.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavik/Reykjavik (KEF).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200,- (Euros).

Volunteers have to good working shoes and clothes, even though it is summer, it might still be cold and hats and gloves might be necessary.

Tours and excursions will be arranged for SEEDS volunteers at discount fares.

SEEDS 089. The Highlands of Iceland - The Famous Kjölur Road (2:2)

26.08 - 09.09

ENVI / RENO

10 Volunteers

Age: 18+

WORK/PROJECT: SEEDS volunteers will be working on few different projects for the general preparation of the area before winter: The main focus will be to clear old fences in the area that no longer serve their purpose. Those fences are old and are now weathered down and can easily be a danger hazard for hikers and travellers in the area.

We will also be working on hiking paths, building new ones and maintaining those already in place; we will put up signs, markings and descriptive information charts around them. We will be cleaning up litter, doing maintenance and construction work on the houses and the area for winter. The work is physically demanding and the landscape is raw, but also quite rewarding.

ACCOMMODATION: We will be hosted in a local mountain house; sleeping on mattresses on the floor; please bring your own sleeping bag.

We will receive food ingredients and be in charge of the different cooking and cleaning activities. Please do not forget some traditional food from your home country for the international evening.

LOCATION: The Icelandic highlands, or "the interior", are a true pearl to all nature lovers and outdoor people. It is accessible on 4WD cars and most routes involve crossing un-bridged rivers.

If you really want to get away from it all, the interior of Iceland is like nothing you have ever experienced. The mountainous centre of the island, with its rocky deserts, craggy mountain peaks, ice caps, volcanoes, hidden valleys and hot springs, is an awesome and untouched wilderness. Lake Hvitárvatn on the Kjölur highland road glints icy-blue at the foot of the Langjökull glacier, and in the black sands of Sprengisandur - the arctic river.

The interior was long all but inaccessible. Outlaws hid out for years at a time in the highlands, rustling sheep and keeping away from law-abiding citizens, while folklore tells of both natural and supernatural beings who lay in wait for unwary highland travellers.

Travellers between north and south sometimes had to cross the highlands: for instance for the assembly of Alþingi (parliament) each summer, delegates had to ride from every corner of the country to Þingvellir in the southwest, journeys across the interior were never undertaken lightly; such travel was risky and lives were often lost. Today the interior is crossed by two mountain roads, via Kjölur and Sprengisandur, which are only open in summer, after the snow has thawed in spring.

We will be staying close to the glacier Hofsjökull and near to the rivers Hvítá and Þjórsá. The mountains in the area that reach up to 1500m were formed during a volcanic eruption in the later part of the ice age. The area is still dynamic and great geothermal activity takes place in the surroundings. The environment is very diverse, both in shape and colour. The mountains are very weathered and have very little continuous growth, as the forces of nature, like glaciers, water flow, ice bursts etc. have been fast working in these mountain highlands.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows you to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 200 (Euros).

Remote and very isolated site located in natural areas of extreme beauty.

Volunteers need to be prepared for physical work, free time activities are mostly outdoors, like hikes in the area.

Countless opportunities to discover the area by foot or to hike in the surroundings: Stunning mountain landscape, mighty glaciers and geothermal activity.

SEEDS 090. Natural heritage in the far East (2:2)

27.08 - 10.09

ENVI / CONS

8 Volunteers

Age: 18 +

WORK & STUDY/PROJECT: SEEDS Volunteers will be working in the east at a Nature & Heritage centre, doing different tasks, helping the centre become as sustainable as possible.

SEEDS volunteers have been assisting this project for some years now and our main tasks will be reforestation & soil erosion prevention; we will assist in preparing vegetable gardens, care for pigs, hens, ducks, a cow and a horse – all being a part of the areas sustainability. These projects may also include traditional food and drink preparation, like smoking, curing, cheese making and even ale brewing.

A new task for us will be collecting down from the eider ducks and making bird habitats. Our host is planning to build a barn and we will assist him with that. We might also build shelter and fences for the animals and clean the coastline.

ACCOMMODATION: We will stay within the reserve and will sleep in bunk beds in shared rooms. Please bring your own sleeping bags.

We will receive food and be in charge of the different cooking and cleaning activities. Equipped kitchen and washing machine are available. Please bring some traditional food from your countries for the international evening.

LOCATION: The heritage and nature conservation centre and its reserve are located in a very isolated area in the East of Iceland, far from any urban centre. We have to be aware of the location remoteness, as its extreme natural beauty and wildlife. There are no public transportation services to the closest town and entertainment alternatives are in connection with the gorgeous nature; walking and hiking journeys during the free time and the creativity of the group.

This project is adequate for volunteers enjoying isolated places with splendid nature and looking for peaceful surroundings as the quietness of the area. The sea and High Mountains, reaching up to 600 meters in height, border the area. You can also discover waterfalls, snowfields and reindeer – all within walking distance of the house.

The reserve is managed as a conservation site for environmental education and sustainable tourism; hosting a number of environmentally important flora and fauna including one of Iceland's largest colonies of Arctic Tern (*Sterna paradisaea*), 600m sea cliffs hosting numbers of nesting sea birds (incl. Puffin, Kittiwake and Fulmar), herds of reindeer and it is home to the elusive arctic fox.

Some other bird species include Black-tailed Godwit, Red-necked Phalarope, Golden Plover, Merlin and you may even be lucky enough to observe Europe's largest falcon the Gyr Falcon.

The heritage site is very popular and over last summer the visitors included university students, environmental volunteers, professionals in nature, heritage, academia, food production and arts, hundreds of tourists and a pagan priest to mention but a few.

LANGUAGE: English will be the language of the camp; high proficiency is not required.

TERMINAL: Closest international Airport: Keflavik/Reykjavik (KEF). Domestic airport is Egilsstadir (EGS).

SEEDS organises the "minibus option", a shared transport from Reykjavik to the camp and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS: Participation fee EUR 180,- (Euros).

Free time activities will include making cheese and ale, as well as enjoying the many things the exquisite nature offers us.

Remote places located in natural reserve areas of extreme beauty. The group will have the opportunity to learn about the environment and culture of Iceland through working on the reserve.

SEEDS 098. Ísafjarðardjúp: Nature & Fun in the West Fjords (3:4)

06.09 - 20.09

CONS / RENO / ENVI

10 Volunteers

Age: 18 +

WORK/PROJECT: SEEDS volunteers will continue working on this project after the excellent results of last years' groups; we will be working there for the 3rd year in a row. We will be working on various projects in this remote location in the Icelandic Western fjords. In general, we will be preparing the area before the summer season, when most tourists and hikers visit the district.

The works may involve cleaning, painting and construction work inside and in the surroundings of the camping area, but also planting vegetables or helping in horse stables. The working plan will be very flexible and it will depend on the needs of our local hosts and the advance of the diverse projects in the area surrounding the valley.

In the evenings and during the free days there will be enough time to explore the surroundings, trekking and walking, as you will be able to rest in the natural hot tubs, bathe in the local swimming pool and discover many other surprises of this beautiful place including horseback riding on the unique Icelandic horses and possibly kayaking in the fjords.

ACCOMMODATION: SEEDS volunteers will be hosted in a local housing; sleeping in beds; bringing a sleeping bag is not necessary for the period of the camp. Food will be provided and a kitchen will be available; volunteers will share the duties of helping in the kitchen and cleaning.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The workcamp will take place in the Westfjords at the north-western part of Iceland. The region accounts for 10% of the country's surface but only about 7200 people live there, so it is one of the least populated areas of Europe. The Westfjords are very mountainous; the coastline is made by dozens of fjords surrounded by steep hills.

The region is bounded by Breiðafjörður in the south, with Gilsfjörður cutting into the land from the west and Bitrufjörður from the east, the two almost severing the ragged peninsula from the main mass of Iceland. The West Fjords are made up of Ísafjarðar-, Barðastrandar-, and Strandir Counties.

In the Westfjords you will be able to explore the whole range of Icelandic flora from the shore and meadows, through birch to mossy moors. On the shore, one can see birds, seals, whales and then an occasional arctic fox around the sheep.

Fishing is traditionally the main industry in the region but tourism started to be more and more important as local and foreign visitors are discovering this region in rising numbers.

The workcamp will take place in a valley covered with birch bushes in Mjóifjörður in Ísafjarðardjúp.

The distances to the next town and villages are 130 km to Ísafjörður and 90 km to Hólmavík. Hiking in this beautiful area is very impressive and an inspection of the coastline by walking or kayaking is an inspiring option. Landline phone connection is available, and the place provides a full variety of opportunities for volunteers and visitors.

LANGUAGE: English will be the official language in the camp, high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF). Domestic airport is Ísafjörður (IFJ).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camp site and vice versa. Apart from being cheaper and more convenient, it allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

The camp is located in a place of extreme beauty and isolation; natural surroundings with hot springs, free access to enjoy the hot tub and the local pool.

Additional free time activities will be organized for SEEDS volunteers, like horseback riding and kayaking around a seal colony.

SEEDS 101. Nature & Culture in the South of Iceland (3:3)

10.09 - 24.09

ENVI / ARTS

8 Volunteers

Age: 18+

WORK/PROJECT: For the third year in a row we offer this unique project that gives SEEDS volunteers the opportunity to work in very diverse tasks; assisting in a local Icelandic farm, doing construction, renovation, environmental work and helping with traditional farming. The project takes place in an agricultural area in the South of Iceland which is rich in both, culture and history.

The environmental work will consist of collecting drift wood on the beach, cleaning the coast line and the road sides, marking hiking paths, taking care of popular spots which need to be tendered before the busy summer season, when most of the travellers visit the area. Volunteers have to be motivated for easy to medium difficult hikes.

We will work on maintaining an old stone sheep gathering corral and assist the reconstruction of turf houses, a potato storage hut and a shelter used to smoke meat and fish. We will have the chance to build, construct houses & other facilities in the way it was done in Iceland for centuries.

The farming will offer us to get to know the Icelandic farm life by milking the cows, working in the stables and assist with the busy household tasks. We will be part of a family and work hand in hand with them.

We will also have the chance to participate in "Réttir" (the annual sheep round-up in the area). Réttir is one of the most beautiful Icelandic traditions. The annual round-up of sheep and horses is very popular and people come from the city and to take part in the activities. Réttir is a tradition which goes back a thousand years to the Viking settlement.

ACCOMMODATION: We will stay in shared rooms in a sleeping bag accommodation with access to kitchen and bathroom. Other guests or travellers might be in the house at the same time as it is a guesthouse accommodation. Please bring your own sleeping bag.

The group will be responsible for cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The south of Iceland is one of the most popular destinations for travellers as the landscape offers diverse and breathtaking nature. Rivers and waterfalls, mountains, glaciers and long beaches form a contrast and offer a wide range of experiences. The project takes place in an active Icelandic farm in south Iceland with 35 cattle, there of 8 milking cows, 330 sheep, hens, cat and a puppy so it gives us a good example of rural living in Iceland.

Apart from traditional farming the inhabitants are building up a museum which will weave together history, culture and nature. The farm is on a flat area between Kirkjubæjarklaustur and Vík í Mýrdal and has amazing view to sands, mountains and glaciers in the west and north and to the Atlantic Ocean in the south.

Mýrdalssandur is a sandy area about 700 Km² and its mythical appearance has been an inspiration both in traditional folklore and in modern lyrics and stories today.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180, (Euros).

Volunteers should have a motivation for working outdoors and living in rural areas in Iceland.

Countless opportunities to discover the area by foot or to hike in the surroundings: Stunning waterfalls, mighty glaciers and black sand beaches.

Good chances to see the Northern Lights (**Aurora Borealis**) if the sky is clear & conditions right.

SEEDS 106. Ísafjarðardjúp: Nature & Fun in the West Fjords (4:4)

19.09 - 03.10

CONS / RENO / ENVI

10 Volunteers

Age: 18 +

WORK/PROJECT: SEEDS volunteers will continue working on this project after the excellent results of last years' groups; we will be working there for the 3rd year in a row. We will be working on various projects in this remote location in the Icelandic Western fjords. In general, we will be preparing the area before the summer season, when most tourists and hikers visit the district.

The works may involve cleaning, painting and construction work inside and in the surroundings of the camping area, but also planting vegetables or helping in horse stables. The working plan will be very flexible and it will depend on the needs of our local hosts and the advance of the diverse projects in the area surrounding the valley.

In the evenings and during the free days there will be enough time to explore the surroundings, trekking and walking, as you will be able to rest in the natural hot tubs, bathe in the local swimming pool and discover many other surprises of this beautiful place including horseback riding on the unique Icelandic horses and possibly kayaking in the fjords.

ACCOMMODATION: SEEDS volunteers will be hosted in a local housing; sleeping in beds; bringing a sleeping bag is not necessary for the period of the camp. Food will be provided and a kitchen will be available; volunteers will share the duties of helping in the kitchen and cleaning.

Do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The workcamp will take place in the Westfjords at the north-western part of Iceland. The region accounts for 10% of the country's surface but only about 7200 people live there, so it is one of the least populated areas of Europe. The Westfjords are very mountainous; the coastline is made by dozens of fjords surrounded by steep hills.

The region is bounded by Breiðafjörður in the south, with Gilsfjörður cutting into the land from the west and Bitrufjörður from the east, the two almost severing the ragged peninsula from the main mass of Iceland. The West Fjords are made up of Ísafjarðar-, Barðastrandar-, and Strandir Counties.

In the Westfjords you will be able to explore the whole range of Icelandic flora from the shore and meadows, through birch to mossy moors. On the shore, one can see birds, seals, whales and then an occasional arctic fox around the sheep.

Fishing is traditionally the main industry in the region but tourism started to be more and more important as local and foreign visitors are discovering this region in rising numbers.

The workcamp will take place in a valley covered with birch bushes in Mjóifjörður in Ísafjarðardjúp.

The distances to the next town and villages are 130 km to Ísafjörður and 90 km to Hólmavík. Hiking in this beautiful area is very impressive and an inspection of the coastline by walking or kayaking is an inspiring option. Landline phone connection is available, and the place provides a full variety of opportunities for volunteers and visitors.

LANGUAGE: English will be the official language in the camp, high proficiency is not required.

TERMINAL: Closest International Airport: Keflavík/Reykjavík (KEF). Domestic airport is Ísafjörður (IFJ).

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camp site and vice versa. Apart from being cheaper and more convenient, it allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

The camp is located in a place of extreme beauty and isolation; natural surroundings with hot springs, free access to enjoy the hot tub and the local pool.

Additional free time activities will be organized for SEEDS volunteers, like horseback riding and kayaking around a seal colony.