

## ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



### Mental Health Journey to Iceland

**Reykjavik, Húsafell & Hveragerði**

**8 days/6 nights**

**September 15-22, 2019**

**\$6,699** (Based on double occupancy)

Enjoy the unique culture and traditions of Iceland while you spend time with the locals and meet fellow mental health professionals.

**BOOK NOW 888.747.7501**

#### Iceland Highlights

- ✓ 6 nights / 8-day journey through Iceland
- ✓ **Accompanying guest program** – alternate activities for those who do not wish to attend the meetings.
- ✓ Explore some of the most majestic scenery in the world, including **Gulfoss Waterfall**, UNESCO World Heritage rated **Thingvellir National Park**, and a black sand beach with amazing basalt cliff formations.
- ✓ Optional **post excursion** to continue your explorations to the Northern parts of the country.

#### Community & Cultural Connections

- ✓ Enjoy a private concert and **introduction to Icelandic folk music**, storytelling and history from a local musician.
- ✓ Support local conservation by visiting the **Háafell goat farm** where Jóhanna Bergmann Þorvaldsdóttir has been instrumental in saving the Icelandic goat from extinction.

#### Educational Interaction

- ✓ Meet with medical professionals and mental health practitioners from a variety of settings in Iceland including **local hospitals, clinics and medical societies**.
- ✓ Learn about **mental health policies, education and training** as well as ongoing communication and collaboration.
- ✓ **6.0-8.0 Continuing Medical Education (CME) credits** will be sought for this journey. *\*\*This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.\*\**

#### What's Included:

- 3\* & 4\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from Iceland (gateway city set tentatively out of Minneapolis/St. Paul)
- Local English-speaking guides
- Meals as mentioned

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable





📍 Minneapolis, Minnesota

## DAY 1: Sunday, September 15, 2019

Fly to Keflavik Airport

Depart from Minneapolis this evening and make your way to Reykjavik, Iceland. The stunning beauty and friendly people alone are worth a visit!

📍 Reykjavik, Iceland

## DAY 2: Monday, September 16

Welcome to Iceland

Upon arrival, the group will be met and transferred for check-in at your lovely local hotel. Early check in has been confirmed for your comfort along with breakfast at the hotel this morning.

**Please Note:** *Breakfast is included daily at your hotel.*

**Alda Hotel**, a boutique-style hotel, offers a calm escape in the upper end of Laugarvegur (otherwise known as the quiet part), around a 15-minute walk from the center of the city. It's near shops, cafés, and restaurants but away from the central nightlife area. Guest rooms have a walk-in shower, bathrobe, hair dryer, coffee/tea making area, and free Wi-Fi.

Lunch will be provided at the Messinn Seafood Restaurant, a local favorite.

Enjoy a two-hour **walking tour** this afternoon around the city center. Learn about the history of the region and view the architecture of some of the more prominent landmarks, several of which you will have a few minutes to make a brief visit to. This may include Hallgrímskirkja Church, Arnarhóll Hill, the harbor, National Theatre as well as the main shopping street.

All participants will gather late this afternoon with your national guide and receive a short **welcome briefing** and details on the program activities.

Enjoy a welcome dinner at a nearby restaurant (within walking distance due to the hotel's central location).

**Overnight: Alda Hotel (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Reykjavik, Iceland

## DAY 3: Tuesday, September 17

Professional Program

Professional members of the program will interact with **local mental health professionals** in Reykjavik including the opportunity to learn about mental health policies; diagnostic systems in use today; training, practice, and the role of the psychiatrist in Iceland. A meeting has been requested with officials at the **Icelandic Psychiatric Association** to provide an overview of the mental health system in their country. Founded in 1960 with the aim to promote best practices of psychiatry through education and progress in their field, the association is in place to protect the interests of both patients with mental disorders and their families, as well as those of psychiatrists in Iceland.

Professionals will enjoy lunch at a local restaurant.

**Guest program:** *This morning accompanying guests will visit the Raufarhólshellir Lava Cave. The cave formed as a lava tube during the Leitahraun eruption, which occurred about 5200 years ago. After your return to the city for a foodie walking tour of central Reykjavik with a local guide. Get to know authentic Icelandic restaurants, bars & establishments where to locals go. **As this includes snacking/sampling throughout the afternoon tour, no formal sit-down lunch is included this afternoon for guests.***

Dinner is by individual arrangement.

**Overnight: Alda Hotel (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Reykjavik, Iceland

## DAY 4: Wednesday, September 18

### Professional Exchange

Professional members of the program will interact with your colleagues this morning including the opportunity to visit a **local hospital** or **medical school**.

**Guest program:** *This morning accompanying guests will enjoy a whale watching adventure after a short walk to the harbor. September is great for whale watching, as the wildlife in the bay is at its peak! The Minke whales are at their most abundant, along with White-beaked dolphins, harbor porpoises and the occasional humpback whales, giving you the chance to enjoy and understand them in their natural environment.*

Enjoy lunch at a local restaurant.

This afternoon the group will enjoy a visit to the **Culture House**, where you will be joined by a local musician for a **private concert** and introduction to Icelandic folk music through storytelling and history talk. You will have a chance to tour the museum exhibits and speak to the musician. The Culture House was built in 1906-1908 to house the National Library and National Archives of Iceland and was opened to the public in 1909 as a culture center.

Dinner is by individual arrangement.

**Overnight: Alda Hotel (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Hella, Iceland

## DAY 5: Thursday, September 19

### Golden Circle Tour

Depart Reykjavik this morning after breakfast and head to the countryside. Highlights of the day are noted below but will also include a chance to relax at the Fontana spa before heading to your rural hotel.

Your first stop this morning is to see the majestic waterfall **Gullfoss**, widely considered to be one of the most beautiful in the world.



Stop for lunch at **Friðheimar** to enjoy locally grown produce inside their greenhouse lunch setting.



The renowned **Geysir** geothermal area is not to be missed as you'll walk the path through boiling ground but be on your guard as the geyser Strokkur will erupt when you least expect it.





Your Golden Circle journey will end by treading in the footsteps of the Vikings at **Thingvellir National Park**. You'll walk through the gorges that are being torn apart as the tectonic plates rip away from each other and if you listen closely, you just might hear the echoes of the Vikings deliberating at this UNESCO world heritage site of the first parliament in the world.



Dinner will be provided at the hotel this evening. The property is ideally located to see the local sites and will be opening in May. Guest rooms will have coffee, bathrobes, Wi-Fi, ironing board, desk and a hairdryer.

**Overnight: Landhotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**

📍 Hella, Iceland

## DAY 6: September 20

### South Shore Tour

This day will also be focused on seeing the natural beauty of Iceland. We'll be traveling around the area covered in ash from the Eyjafjallajökull volcano which stopped air traffic all over Europe in 2010.

Some of the amazing locations you will visit today include a walk behind **Seljalandsfoss**, one of Iceland's iconic waterfalls (conditions permitting). The waterfall drops 60m and is part of the Seljalands River that has its origin in the volcano glacier Eyjafjallajökull.

Another amazing waterfall you will visit is **Skógafoss** which is situated on the Skógá River along the cliffs of the former coastline.



Lunch will be provided this afternoon.

Explore **Reynisfjara Beach**, memorable due its black sand beach and amazing basalt cliff formations. Reynisdrangar are basalt sea stacks situated under the mountain Reynisfjall near the village Vík.



Visit a local museum such as the lava center of volcanology in Hvolsvöllur. **The Lava Centre** is an interactive, high-tech educational exhibition depicting volcanic activity, earthquakes and the creation of Iceland over millions of years.

Dinner is on your own this evening, prior to your return to the hotel.

**Overnight: Landhotel (or similar)**

**Included meals: Breakfast & Lunch**



📍 Borgarnes, Iceland

## DAY 7: September 21

### Western Iceland Tour

Check out of your local hotel after breakfast and head west! Today's explorations will focus on history and heritage. Your visits will support local conservation by going to the **Háafell goat farm** where the local farmer Jóhanna Bergmann Þorvaldsdóttir has been instrumental in saving the Icelandic goat from extinction.



Next stop is to visit the former home of the medieval scholar **Snorri Sturluson** who wrote some of Iceland's most cherished sagas and the Prose Edda which tells of the origins of Nordic Mythology.

After a chance to grab lunch (on own) continue to take an adventure that will lead you to the untouched beauty and raw nature of **Langjökull**, Iceland's second largest glacier. Enjoy the opportunity of a lifetime as you journey up the white slopes and go deep inside the man-made ice tunnels leading to the blue heart of the glacier. Ride in modified glacier vehicles specially made to explore the glacier environment and enjoy the view from the top of the ice cap.



Warm up at the **Krauma spa**, which will feel lovely after the chill of the glacier. Krauma offers five relaxing natural geothermal baths, a cold tub to get your blood circulation going, two calming saunas and a relaxation room where you can rest by the fireplace while listening to soothing music.

Head onward to check into the 3\* **B59 Hotel**, a welcoming oasis where quiet luxury meets rugged wilderness on the doorstep of Iceland's iconic natural wonders. *Featuring free Wi-Fi throughout the property, they also have an on-site restaurant. Every room is equipped with a flat-screen TV, minibar & bathroom amenities. Time permitting, you might want to use the spa with its relaxation pool, sauna and hot tub (for a fee).*

Say goodbye as you reflect and share memories over a **farewell dinner** at the hotel.

**Overnight: B59 Hotel (or similar)**  
**Included meals: Breakfast & Dinner**

📍 Borgarnes, Iceland

## DAY 8: September 22

### Depart for home today

Depart early for your two-hour drive back to Reykjavik to the Keflavik International Airport for your flight home this afternoon. Depending on the flight time, lunch is by individual arrangement.

*\*Those on the extension will head north with your national guide this morning for your continued exploration of Iceland.\**

**Included meals: Breakfast**





📍 Reykjavik, Iceland

## Alda Hotel

Laugavegur 66-68  
101 Reykjavik, Iceland

**Telephone:** +354 553-9366

<http://aldahotel.is/>



📍 Hella, Iceland

## Landhotel

851 Hella, Iceland

**Telephone:** +354 558-0550

<https://landhotel.is/>



📍 Borgarnes, Iceland

## B59 Hotel

Borgarbraut 59  
310 Borgarnes, Iceland

**Telephone:** +354 419-5959

<http://www.b59hotel.is/home/>

