

## ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



### Mental Health Journey to Iceland

**Reykjavik, Borgarnes & South Iceland**

**8 days/6 nights**

**August 30 - September 6, 2020**

**\$6,399** (Based on double occupancy)

**\$999** (Single Supplement)

*Although elusive and unpredictable, the natural phenomenon of the **Northern Lights** may decide to make an appearance since you're visiting Iceland in September.*

**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 **pre-program excursion** to explore the northern parts of the country and visit the **Blue Lagoon**.

### Community & Cultural Connections

- ✓ Enjoy a private concert and **introduction to Icelandic folk music**, storytelling and history from a local musician.
- ✓ **Talk to the people** you meet on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.

### Educational Interaction

- ✓ Learn about mental health systems in Iceland through **lectures and interactions with psychologists and allied healthcare professionals** including academics.
- ✓ Develop knowledge of the Icelandic systems of health, **methods of medical education**, investigate the **complex nature of mental health** issues they are facing as well as discuss opportunities to work together to improve mental health care.

#### 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 Denver)
- 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





📍 Denver, Colorado

### DAY 1: Sunday, August 30, 2020

Fly to Keflavik Airport

Depart from Denver 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, August 31

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 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 1

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 psychologists in Iceland. A meeting will be requested with mental health staff at **Landspítalinn Hospital** to provide an overview of the mental health system in their country as well as integration of mental health services in their overall healthcare. Visit a local **inpatient clinic and outpatient treatment center** to learn about access to care, diagnosis and support service for families.

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 2

### Professional Exchange

Professional members of the program will interact with your colleagues this morning including the opportunity to meet with **government representatives** or a **local mental health association**. Time permitting, meet with representatives from **deCODE Genetics**, global leaders in analyzing and understanding the human genome. Learn about recent genetic research relevant to mental illness.

**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 since 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.*

After lunch, 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 will be provided this evening.

**Overnight: Alda Hotel (or similar)**

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

📍 Borgarnes, Iceland

## DAY 5: Thursday, September 3

### Western Iceland Tour!

Check out of your local hotel after breakfast and head west! Today's explorations will focus on history and heritage.

Your first stop is to visit **Reykholt**, home of Snorri Sturluson from 1206-1241. He was one of the most influential Icelanders ever and was a saga writer, politician, historiographer and poet. He was also a chieftain and one of the richest men in Iceland during the Sturlung Age. He is perhaps most famous for writing *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 **Langjokull**, 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.

Dinner will be provided this evening.

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

📍 Borgarnes, Iceland

## DAY 6: September 4

### Golden Circle Tour

Depart 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.



Lunch will be provided this afternoon.

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.



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.

Dinner is on your own this evening with a variety of options available in Selfoss area.

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



📍 Selfoss, Iceland

## DAY 7: September 5

### 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.

Enjoy some time to shop in the village of **Vík** this afternoon. Vík is a remote seafront village sitting in the shadow of Mýrdalsjökull glacier. Have a chance to explore with your guide.



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

Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant.

**Overnight: Landhotel (or similar)**

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

📍 Selfoss, Iceland

## DAY 8: September 6

### Depart for home today

Depart early for your hour drive back to Reykjavik to the Keflavik International Airport for your flight home late this afternoon.

Lunch is by individual arrangement.

**Included meals: Breakfast**



📍 Reykjavik, Iceland

### Alda Hotel

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101 Reykjavik, Iceland

**Telephone:** +354 553-9366

<http://aldahotel.is/>



📍 Selfoss, Iceland

### Landhotel

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📍 Borgarnes, Iceland

### B59 Hotel

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