

Referencia: 18

Code: WF79

Year: 2011

Name: HVERAGERÐI-HEALTH AND ENVIRONMENT (C.E. 120 EUROS)

Location: REYKJAVIK

Address:

Url: www.wf.is

Project: ENVI-MANU - Environmental-Manual work

Initial Date: 01/08/2011

Final Date: 15/08/2011

Min Age: 18

Max Age: 30

Places: 1

Description of Workcamp: WF79 Hveragerði & Health and Environment 01/08 & 15/08 ENVI / MANU 8 vol

Project Location: Hveragerði is a small town of about 1,700 inhabitants that lies some 45 km east of Reykjavík. This friendly little community sits on top of a highly active geothermal field, which provides heat for hundreds of greenhouses where fruit, flowers and vegetables are produced throughout the year. Even bananas grow in these greenhouses! The name Hveragerði means "hot springs garden." Geothermal energy is Hveragerði's lifeblood, and you probably won't find such a natural wonder in the middle of a populated area anywhere else in the world. Nearby you will find an even more geothermally active site: Gufudalur, the lovely "Steam Valley" behind the town. This whole valley is full of hot springs, geysers, mud pots, fumaroles and steaming vents.

Our host is the Rehabilitation and Health Clinic, which is a part of the Natural Health Association of Iceland. Every year approximately 2,000 patients and other guests enjoy their diverse rehabilitation programs, which are focused on an approach that builds self-confidence and personal responsibility for the patients' own health. The Clinic has earned a solid reputation, both in Iceland and internationally, since its foundation in 1955 for personal and effective care of patients. It is the oldest and one of the two most important rehabilitation clinics in Iceland.

Work: The Natural Health Association has a horticultural and environmental department, including forestry, gardening, and greenhouses, which is where Worldwide Friends volunteers work most of the time. The nature of the work depends largely on weather conditions, which can change quickly. Volunteers should bring clothes appropriate for outdoor work.

Leisure: Worldwide Friends volunteers have free access to the local geothermally-heated swimming pools. Traditionally, natural pools have played an important social role in Icelandic culture. Most Icelandic pools offer indoor and outdoor swimming, as well as hot tubs and saunas or steam rooms. Hveragerði is known for having great areas for hiking, including a river heated by hot springs.

Accommodation and Food: Worldwide Friends volunteers stay in a fully equipped bungalow consisting of several double rooms. Volunteers need to bring their own sleeping bag, but mattresses are provided. Free wireless internet is available, but volunteers need to bring their own laptops if they would like to connect to it. All meals are provided and cooked by our hosts, the Rehabilitation and Health Clinic. The menu for the project is primarily vegetarian, but two times a week it includes locally-caught fish from Iceland. The food at the Rehabilitation and Health Clinic is known throughout Iceland for its high quality.

Language: A basic knowledge of English is required for this workcamp.

Terminal: Flights arrive at Keflavik International Airport (KEF), just south of Reykjavik, Iceland

Additional Information: There is an extra participation fee of 120,- Euros for this workcamp.