Answers to Common Questions

1. Who should I contact for more information?

If you have more questions please call or email Sue Kissinger at 715-346-4557 or skissing@uwsp.edu

2. What is included in the trip costs?

The program cost is @$2900 and is all inclusive from the Keflavik Airport, including all lodging and meals in Iceland, transportation in Iceland, admission, tour fees and gear for all scheduled activities.
*Final cost depends on number of participants and the exchange rate between the Icelandic Kronor and the US Dollar, which can fluctuate greatly.

3. What is not included in the trip costs?

The program cost does not include round trip airfare to the Keflavik Airport, alcoholic beverages, souvenirs, personal spending and gratuities (while tipping is not a part of Icelandic culture, we suggest tipping our bus driver who will be with us throughout the entire trip – approx. $50)

4. How do I get there?

Participants will book their own flights. You will be notified when the required minimum of 10 participants have signed up for the program so you can book your flight at that time.

Where will I stay?

- Lodging for 6 nights at Solheimar Ecovillage [http://www.solheimar.is/]
- Overnight stay at Hotel Geirland in Kirkjubæjarklaustur (south coast) [http://en.geirland.is/]
- Overnight stay at Guesthouse Anna in Reykjavik [http://guesthouseanna.is/]
5. How many participants will there be?

The group size will be to 10 – 16 participants. A minimum of 10 participants is required. Space is limited so sign up right away!

6. What are the physical requirements to participant?

All women ages 18 and beyond are welcome but the age range is typically 40-75. Participants should be able to walk on uneven terrain and participate in a wide variety of activities. You must be in good physical and mental health. Contact Sue if you have a concern.

7. What type of currency will I need?

The Icelandic monetary unit is the "króna." All Icelandic banks provide foreign exchange and are generally open on weekdays from 09:15 to 16:00. You can also exchange money at the Keflavik Airport. The exchange rate fluctuates but is currently @122 IKR to $1 US. ATM’s are located throughout the country but may have different exchange rates. Visa and MasterCard are accepted at most stores.

8. What travel documentation will I need?

You will need a passport. Apply at your local post office as soon as the trip has the minimum of 10 participants signed up (we’ll contact you when we receive that 10th registration!) It can take several weeks to receive your passport, so it better to do it early. The passport fee will be $80-100 not including the cost of two head shots which must be submitted with the application.

9. Are vaccinations required?

Vaccinations are not required, but check with your physician for any recommendations they may have regarding your health and international travel.