



NORDPLUS JUNIOR

EXCHANGE WEEK IN HÖFN 29.03.2025 – 4.04.2025



Saturday 29.03.2025

9:15 Arrival from Helsinki	Keflavík airport Finnair	The Finnish group arrives – transfer to Hostel – walk to the centre - free day to explore the capital
23:20 Arrival from Copenhagen	Keflavík airport	The Norwegian group arrives – transfer to Hostel

Sunday 30.03.2025

Time	Place	Activity
8:00	Departure from Hostel	Drive to Höfn
10:30 – 11:00	Skógafoss waterfall	Sightseeing
11:45 – 12:15	Vík	Short stop for wc
13:15 – 14:30	Kirkjubæjarklaustur	Visitor centre of Vatnajökull National Park – lunch
16:00 – 17:30	Glacier lagoon	Sightseeing – meeting up with a ranger – short lecture – students from FAS are coming too
18:30	Arriving in Höfn	Dinner at FAS -
19:30 – 21:00	Meeting up with the students in the lecture hall (Aula)	Getting to know each other – Vaka

Monday 31.03.2025

Time	Place	Activity
8:00	Meeting at FAS	Breakfast
8:30 – 9:00	The school and the building Nýheimar	Sightseeing
9:05 – 10:15	FAS and Höfn	Orienteering game – organised by the Icelandic students
10:15 – 10:30	Break (oatmeal)	The school's canteen

x10:30 – 11:35	Aula	What are we going to do? Introduction to the work next days.
11:45 – 12:15	Aula	Presentation - HeimaHöfn – Eyrún Fríða
12:15 – 12:45	Lunch break	The school's canteen
12:45 – 13:35	Aula	Presentations about Finland and Norway
14:00 – 15:30	Skinney – Þinganes	Presentation – and guided tour in the company -
16:00 – 18:00	Selectively in the afternoon: Swimming pool 16:00 – 18:00 (11) volleyball 17:50 – 19:20 (3) football 18:00 – 19:15 (2) basketball (19:20 – 20:20) (3)	appropriate clothing depending on what is chosen
18:30	FAS	Dinner
19:30 – 21:30	FAS	Movie night – Jahem – Smári

Tuesday 1.04.2025

Time	Place	Activity
8:00	Meeting at FAS	Breakfast
8:30	Aula	Presentation – Importance of nutrition and exercise – Kristján
9:00	Aula Project work	Presentation – Tourism as a resource – Þorri Preparation and planning – define roles and share responsibilities
10:15 – 10:30	Break (oatmeal)	The school's canteen
10:20 – 11:55	Project work	Work with database from each country – analyse and display information graphically
12:15 – 12:45	Lunch break	The school's canteen
12:30 – 15:00	Project work	How is the topic related to SDGs
15:00 – 18:00	Stokksnes and the Viking village	Private cars
19:00 – 19:30	FAS	Dinner
19:30 – 22:00	Þrykkjan	Meeting up with the students in – the youth centre in town – FAS nemendur

Wednesday 2.04.2025

Time	Place	Activity
8:00	Meeting at FAS	Breakfast
8:35 – 10:05	Project work	Use AI for future – predictions by using uploading the database to Copilot
10:05 – 10:20	Break (oatmeal)	
10:20 – 11:55	Höfn – our town with a guide	From past to present – the towns resources – walk to the oldest part in town
12:15 – 12:45	Lunch break	The school's canteen
12:30 – 16:00	Project work	Working on the presentation – develop a future vision
16:00 – 18:00	Free time –	It is possible to go to the swimming pool
19:00 – 20:00	FAS	Dinner
20:00 – 22:00	FAS	The student union is taking care of this event – all students at FAS are invited

Tuesday 3.04.2025

Time	Place	Activity
8:30	Meeting at FAS	Breakfast
8:35 – 10:20	Project work	Working on the presentation – use the information from AI – use pictures – visual maps or even charts for better impact
10:05 – 10:20	Break (oatmeal)	
10:20 – 11:55	Project work	Now you must finish everything and prepare for the presentation
12:15 – 12:45	Lunch break	The school's canteen
12:30 – 14:15	Project presentations	Result of the visit and an evaluation of the project
14:30	Departure from FAS	
19:30 – 20:15	KFC in Selfoss	
After 21:00	Arriving in Konvin Hotel in Keflavík	

Friday 4.04.2025

	Breakfast	Shuttle to the airport – already booked
7:55	Flight to Oslo	
8:45	Flight to Helsinki	