



Girlguiding Bedfordshire International Trip to Iceland

Iceland 2025

Challenge Pack
For all ages to get
involved.



Welcome to our challenge pack!

We are a group of 17 Young Leaders, Rangers and Guides plus 6 Leaders going to Iceland in July 2025. To help with the costs of the trip, we have made this fun challenge pack for all sections to get involved in Icelandic themed activities.

There are seven categories in this challenge. These categories link to Iceland being the land of ice and fire and having a strong link to the classical elements: earth, air, water and fire as well as ice plus the Northern Lights to represent the long dark days and Polar Nights to represent the long light evenings.

Girls should complete at least one activity from each category. The number of activities and level of difficulty should be appropriate for the girl. Activities can be done at home, in unit meetings or on Rainbow sleepovers, Brownie pack holidays or Guide, Ranger/Young Leader and even Trefoil camps. It is not expected that all the activities you choose will be done in an evening or a weekend away, but they can be done over the course of a term or even the year.

We hope you have fun and welcome feedback for future international trips who may want to produce a pack but also, we would love to see what you have done, so do email us icelandbeds@gmail.com

The categories are:

Earth
Fire
Ice
Water
Wind
Northern Lights
Polar nights

Diameter of badge is 650mm



Branding Matters

06/11/2024

To: Me >

RE: Badge

Hello Dawn,

Sorry for the delayed reply. Thank you for your email and for sharing your updated badge design for Iceland 2025 badge.

I can confirm the updated design meets our refreshed branding requirements. It is OK to produce in Masterbrand (White Trefoil on Girlguiding dark blue Pantone® 2766 C background).

Good luck with the badge and the trip.

Kind Regards
Ruth



Make Icelandic rye bread.

Time: 50 minutes plus rising and proving.
Makes 1 loaf

Ingredients:

200g rye flour plus some for dusting
200g strong white or wholemeal flour
7g sachet of dried yeast
½ tsp salt
1 tbsp honey
250ml warm water



Method:

1. Tip the flours and yeast and salt into a bowl
2. In a jug, mix the honey and warm water. Pour the liquid into the bowl and mix to form a dough. If the dough looks too dry, add more warm water until you have a soft dough.
3. Tip onto a work surface lightly dusted with flour and knead until smooth (about 10 minutes).
4. Place the dough in a well-oiled bowl and cover and leave in a warm place to rise for about 1-2 hours, or until roughly doubled in size.
5. Dust a 2lb/900g loaf tin with flour.
6. Tip the dough back onto the work surface and knead briefly to knock out any air bubbles.
7. Shape into a loaf and put in the tin. Cover with oiled cling film and leave somewhere warm to rise for a further 1-1.5 hours or again doubled in size.
8. Heat your oven to 220c/200c/gas 7. Remove cling film and dust the surface of the loaf with a little rye flour. Slash the top of the loaf a few times across the loaf at an angle. Bake for 30 minutes until dark brown and hollow sounding when tapped. Tip out onto a cooling rack and leave for at least 20 minutes before eating.
9. Serve with butter and topping of choice.

<https://www.bbcgoodfood.com/recipes/rye-bread>

Caramelised potatoes could go with the fish or with a shoulder of lamb and purple cabbage.

Ingredients:

3 medium potatoes
5 tablespoons sugar
3 tablespoons butter

Method:

1. Scrub the potatoes removing any dirt, eyes, etc. into chunks.
2. Bring enough water to cover the potatoes to a boil, lower the heat to medium, and place the potatoes in the pot. Cover and let cook for 20–25 minutes or until tender (able to poke a fork in it) but not mushy like you're making mashed potatoes.
3. Drain and let them sit a colander for about 5 minutes to dry out.
4. Place the sugar in a frying pan and heat it up until it gets all melty. Stir in the butter or margarine when this happens. When this mixture reaches a rich golden colour, remove from the heat and carefully roll the potato pieces in it to fully coat them each in the caramel sauce. Serve and enjoy.

Produce an Icelandic fact file with interesting facts and information about Iceland. What is the most unusual thing you can find out?

Find out about Icelandic folklore and make a poster.

Lava pillars found across Iceland are said to be petrified trolls turned to stone when exposed to sunlight. Collect rocks on a beach and build a rock pillar as high as you can.



Make your own: Hidden folk live in Iceland and often you see their houses near the road. <https://sweetredpoppy.com/how-to-make-sock-gnomes/> <https://awellpurposedwoman.com/how-to-make-diy-sock-gnomes-free-pattern-3/>

You will need a plain sock, some fabric like felt but could be wool or another patterned sock. An elastic band, some rice, filling, glue gun or sewing machine, medium size wooden ball for the nose, some faux fur for the beard.

1. Cut the plain sock about 8 inches from the toe and put enough rice in the bottom so it stands up.
2. Add filling to just below the top of the sock and tie off with an elastic band nice and tight. Cut off any excess from the top of the sock.
3. Make the hat. Either cut a triangle with a rounded bottom edge about 15 inches from bottom to top point or use the patterned sock and turn it inside out and draw a line about two inches from above the heel diagonally across to the toe.



Cut along the line and glue or sew the cut edge then turn it right side out.

4. Fill the hat with stuffing leaving about 2 inches free.
5. On the back of the faux fur, draw a triangle about 5 inches wide and 4 inches high.
6. Glue to the bottom half of the body point down. This is the beard.
7. Add an old chopstick to the inside of the hat to give it shape and push into the top of the body. Glue the edge of the hat to the body so it sits very slightly over the beard, turning under the edge of the hat if it is a raw edge.
8. Add the nose by gluing it just under the bottom of the hat so the hat shapes around the nose and over the top of the beard.



Play a game of beetle drive but with trolls.

1 game sheet per player
1 pencil per player
1 dice per group

Split the group into 4-6 players. Players take it in turns to throw the dice in their group.

Players build their troll by drawing the body part that corresponds to the number they rolled. Each roll gives you one body part e.g. one arm or one horn. Players must draw the body first before they can carry on by throwing a 6. Players must then roll a 5 for the head before they can add facial features or horns, and they must have an arm before they can have the club.

Players compete in their groups for 6 rounds. The winner is the player with the most points for all 6 rounds totalled.

A completed troll will have :

1 body (6)

1 head (5)

2 horns (1)

2 arms (3)

2 legs (3)

1 club (4)

2 eyes

1 hair

1 nose

1 mouth

} facial features (2)



Game	1	2	3	4	5	6	Total
Score							

Fun fact: when construction takes place there is a special spokesperson for the elves. Roads will be diverted around elves' homes.

In Reykjavik there is an Elf school where people learn all about elves and hidden people.

Earth

Have a go at geocaching. Make sure you leave the object behind. Find an app on Google apps or Apple Apps.



Iceland uses the power of the earth to make energy. Geothermal heat is used to heat water, greenhouses to grow vegetables, steam from underground water turns turbines and makes electricity, heats swimming pools and melts snow on roads. This is a sustainable energy source as it will not run out or cause harm.

Earth

Try doing something sustainable. Make a tote bag from a tee shirt no longer worn. Cut the sleeves of just inside the seams, cut a u shape around the neckline unless it is a scoop neckline but make it even back and front. Turn the tee shirt inside out. Cut the bottom of the tee shirt from the hem up for 7cms in strips about 1.5cms apart. Tie the first strip on the front to the first strip on the back all the way along. Next tie the first strip on the front to the next one along on the bottom so they are at an angle – you double tie the strips. Where you have two loose ends, double knot those. Turn the tee shirt the right way again and decorate if you want.

<https://www.youtube.com/watch?v=zgpaM3u2zng>

Earth

Make a reusable wax wrap. You will need: Cotton fabric such as old sheet/pillowcase/duvet, beeswax, cheese grater if your beeswax is in a block, greaseproof paper. Cut a square or circle of fabric (think about how much you need for wrapping up sandwiches) but it needs to be smaller than the width of your greaseproof paper. Lay the fabric on the paper and sprinkle the beeswax pellets or grated wax over the fabric. Sprinkle sparingly. Cover with another piece of paper and iron on medium setting (no steam). The wax will soak into the fabric, and it will look darker in colour. Use the iron to move the wax around and add more wax to dry areas. When done, peel off paper off the top then peel off the fabric while it is still hot. Let it dry/harden.



Fire

Make a volcano from cake and icing and share it with your unit.

Fire

Molten chocolate cake in a mug.

<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>

Ingredients:

4 tablespoons self raising flour	1 egg
4 tablespoons sugar	3 tablespoons milk
2 tablespoons cocoa powder	3 tablespoons oil
3 tablespoons chocolate chips	splash vanilla extract

Method:

1. Add the dry ingredients to a large microwave safe mug and mix well with a fork
2. Add the egg and mix well
3. Pour in the milk, oil and vanilla and mix well
4. Add the chocolate chips
5. Place the mug in a microwave and cook 3 mins on 100 watts
6. The cake should rise over the top
7. Allow to cool for 2 minutes before digging in.



Fire

Make a fire outside and cook Iceland's informal favourite food: hotdogs. Make sure to add lashings of your favourite sauces.

Fire

New Year in Iceland is celebrated with lots of informal firework parties and bonfire. Attend a local firework party on Guy Fawkes night.

Fire

Hold an outdoor campfire with a fire and cook jacket potatoes (part cook them first), or chocolate cake in half a scooped out orange or mini pizzas – all in foil in the embers.



Make your own erupting volcano out of an empty jam jar, cardboard, Sellotape and basic papier mâché, painted like a volcano. When it is all dry you will need:

10ml washing up liquid

10ml warm water

400ml white vinegar

Food colouring (yellow and red to make an orange colour – you'll need more colouring than you think)

½ cup of baking soda

½ cup of water

Instructions:

Mix together the washing up liquid, warm water, white vinegar and food colouring in a jar or jug.

Mix the ½ cups of baking soda and water and mix together to make a paste. This works best with warm water.

Prepare your volcano space as it will be messy. You can do it outside or in a bathroom, or inside a plastic box but cover any surfaces with a plastic sheet like a decorators sheet.

ADULTS BE AWARE: Children have a tendency to try and stick their fingers in the 'lava' during the experiment. This will make an already messy process even messier.

The experiment:

Pour the liquid materials into the volcano first – don't fill it up too high or the explosion will be massive. We settled with half full but could probably have used less.

Slowly pour in the baking soda paste and watch the eruption!



Quick ice cream

Icelanders love their ice cream all year round. Have a go at making instant ice cream. Reduce the size of the ingredients for a quicker freeze.

<https://www.bbcgoodfood.com/recipes/instant-vanilla-ice-cream>

Ingredients:

300ml semi-skimmed milk

1 tablespoon caster sugar

¼ teaspoon vanilla extract

1kg ice (can buy in a bag from a supermarket or make your own)

6 tablespoons rock salt

Toppings of choice

Need 2 medium zip-lock freezer bags

1 large zip-lock freezer bag

Sticky tape

Method:

1. Put the milk, sugar and vanilla into one of the medium zip-lock bags and put this inside the other medium zip-lock bag. Make sure both bags are sealed well and close with sticky tape if necessary.
2. Tip the ice and salt into the large bag then place the smaller bags inside and seal well.
3. Keep the bags moving for 10-15 minutes to freeze the milk. Throw the bag from hand to hand or shake it. You might want to wear gloves for this part.
4. Once the ice cream is ready (frozen), remove it from the bag and scoop into bowls then add your toppings.



Ice

Find out about how animals adapt to live in cold places. Draw some pictures to show how they adapt and where they live.

Ice

Find out about the wildlife in Iceland. What are they? What species do they belong to? Where can you find them in Iceland? What are their habits (food, do they live there all year round for example)? What do they look like? What sound do they make?

Ice

Fill a bowl or bucket with icy water (water and ice cubes) and some plastic animals. In a set time of your choice see who gets the most animals out while blindfolded.

Ice

Become a palaeontologist and freeze some plastic dinosaurs in a bowl of water. Using just an old spoon, how long does it take to excavate them? Have a competition with your friends.

Ice

For the older guides, rangers and young leaders, you could try **ice sculptures**. Freeze water in an old ice cream tub and have a go at an ice sculpture.

Ice

Watch an ice themed movie and eat ice cream.

Ice

Make an ice candle holder. Best done in the winter. You will need greenery from the garden (leaves, grass, twigs, petals, berries), water, coins or marbles, 2 freezer containers (one bigger than the other), tape, tea light and matches or safety lighter.

<https://www.sewhistorically.com/diy-ice-luminaries-tutorial/>

Put some water in the larger container and place the smaller container inside. Use the tape to hold it in place in the middle. Weigh it down with the coins or marbles. Add your greenery to the water and put it in the freezer overnight. Once frozen separate the two containers from the ice (you may have to run the bottom of the containers under a tap. Add your tea light to the ice candle holder. Take it outside and light it.

<https://www.youtube.com/watch?v=AJpPjPcapW8>



Make your own crystals

You will need:

120 ml tap water

120 ml salt (table or Epsom)

One small pan

String

Pencil or lolly stick

Food colouring (if you want)

Jam jar



<https://brotherjohns.wordpress.com/2008/02/17/crystals/>

Method:

1. Heat 120 ml of water in a pan until it bubbles.

2. Add 60–120 ml of salt to the pan and stir until it dissolves. Continue adding salt until no more dissolves and grains start to appear at the bottom of the pan. This is called a supersaturated solution.

3. Carefully pour the solution into a clean glass jar. You can put a spoon in the jar before adding the water to prevent it from breaking.

4. Add a few drops of food dye to the solution to change the colour of the crystals.

5. Tie a string to a pencil or lolly stick and place the pencil across the top of the jar so the string dangles in the water. Make sure the free end of the string doesn't touch the bottom of the jar.

6. Place the jar in a cool, shaded, and undisturbed location. Crystals can take a few hours to a week to form, depending on the type of salt used.

Different types of salt produce different results:

Table salt: Takes a few days to grow.

Epsom salt: Grows faster than table salt and forms smaller, needle-like crystals.



Icelandic fish recipe

You can try this recipe at the unit meeting (if you have access to an oven) or as a savoury recipe to try on a hay oven.

Iceland has always been a nation of fishermen, so the most diverse dishes from the country are undoubtedly those with seafood. While fish is prepared and served in a wide variety of ways, perhaps the most palatable to people from all backgrounds is when it is baked in the national tradition. <https://guidetoiceland.is/best-of-iceland/delicious-icelandic-recipes>

Ingredients:

- 1 tablespoon butter
- 6 white fish fillets like cod or coley
- 1 lemon
- salt, pepper to taste
- 200 g Emmenthaler cheese
- 1 tablespoon mustard
- 1 cup cream
- 1/2 cup breadcrumbs

Method:

Preheat oven to 180° C.

1. Butter a baking dish, put the fillets into the baking dish.
 2. Season the fillets with salt, pepper and freshly squeezed lemon juice then cover the fish with grated cheese.
 3. Mix mustard with cream and pour it over fish fillets.
 4. Cover with breadcrumbs.
 5. Bake the fillets for 35 minutes.
- Serve with rice, pasta or potatoes



Water

Cold water dip. Have a go at sitting in a cold water paddling pool. Wear a hat and have a dry robe, big towels at the ready for when you come out. How long can you stay in? Try this in late autumn, winter or early spring. Brrrrr.....

Water

Blue Lagoon. Iceland is famous for its heated springs where people go to swim. Make your own by adding bath salts to a nice warm bath. Add a clay-based face mask and have a pamper session.

Water

Find out about geysers. What are they, how do they happen? What do they look like? Create a wax picture of a geyser. Mark out on a piece of white card (A5 size is good) areas for colouring in. They can be strips of different colours or rounded areas. Using wax crayons, colour the different areas in different colours. When the card is all coloured in, colour over the top in black wax crayon. Lightly scratch your geyser design into the black to reveal the colour underneath.

Water

Sugar icing sea life

You will need packs of different coloured sugar craft icing. Make some fish or a puffin. Pop it on top of an iced cupcake and enjoy. Or try this version with smarties for scales.

<https://www.bettycrocker.co.uk/recipe/fish-shaped-vanilla-cupcakes/>



Tissue paper art.

Draw a fish and add tissue paper scales. Can your unit make a sea life scene?

Water



Make your own lagoon

Ingredients

- 2 x 12g sachets Powdered Gelatine
- 2L Clear Lemonade
- 10g tube Gel Food Colour in Blue
- 100 Cheerios
- 2 strawberry laces
- 3 Smarties
- 6 Matchmakers
- 4 Fox's Party Rings



<https://www.mummymummymum.com/swimming-pool-birthday-cake-swimming-party-ideas/>

1. Make up the gelatine – follow the pack instructions.
2. Meanwhile, mix the lemonade with 2–3 drops of the food colouring and pour into a 2L rectangular dish. When the gelatine has cooled, add the lemonade to the dish and mix well.
3. Chill for 6–8 hrs, or ideally overnight, until set.
4. Thread Cheerios onto the strawberry laces and arrange on the jelly as lane markers. Add Party Ring lifebelts and a banner made from 2 skewers and a ribbon.
5. Add your swimmers to the jelly pool, with Matchmakers for arms and legs and Smarties for heads.

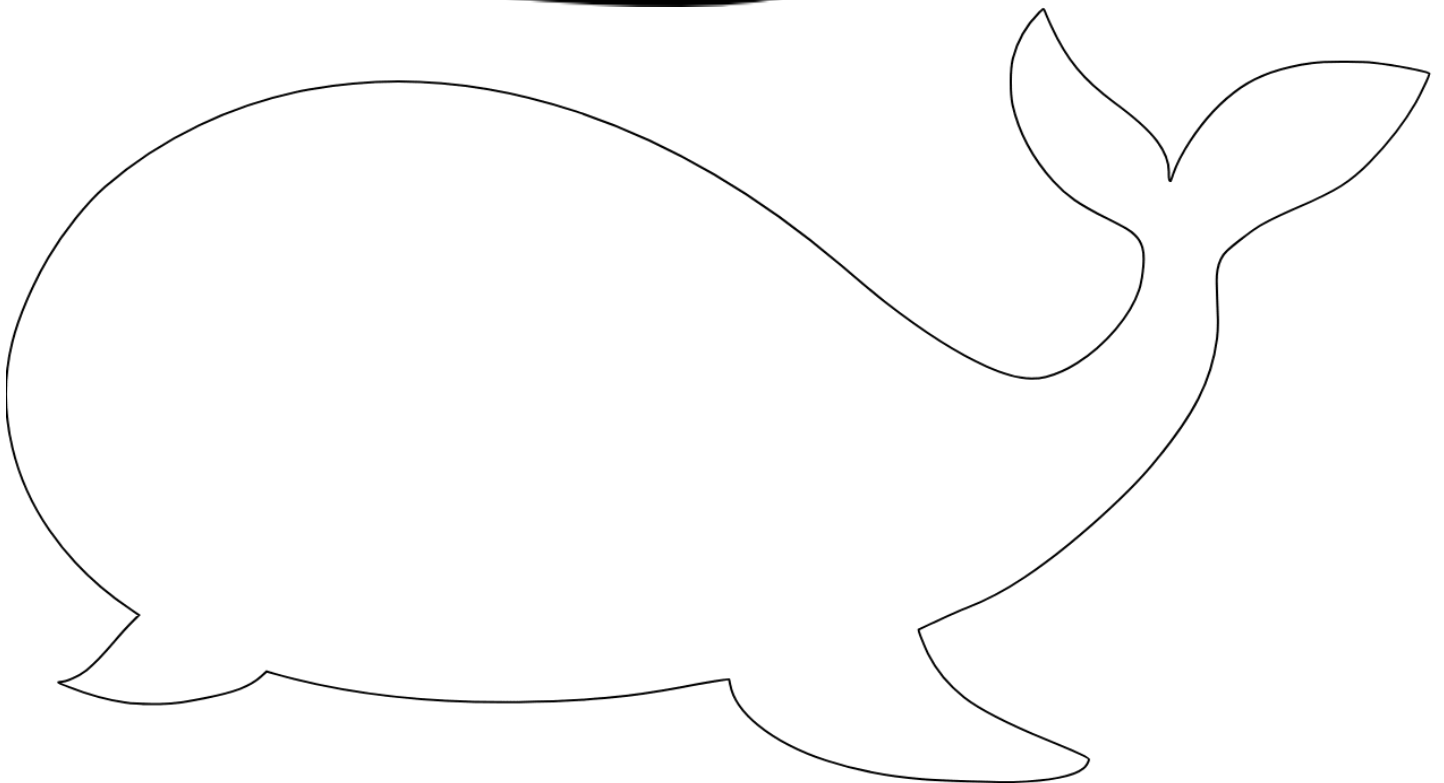
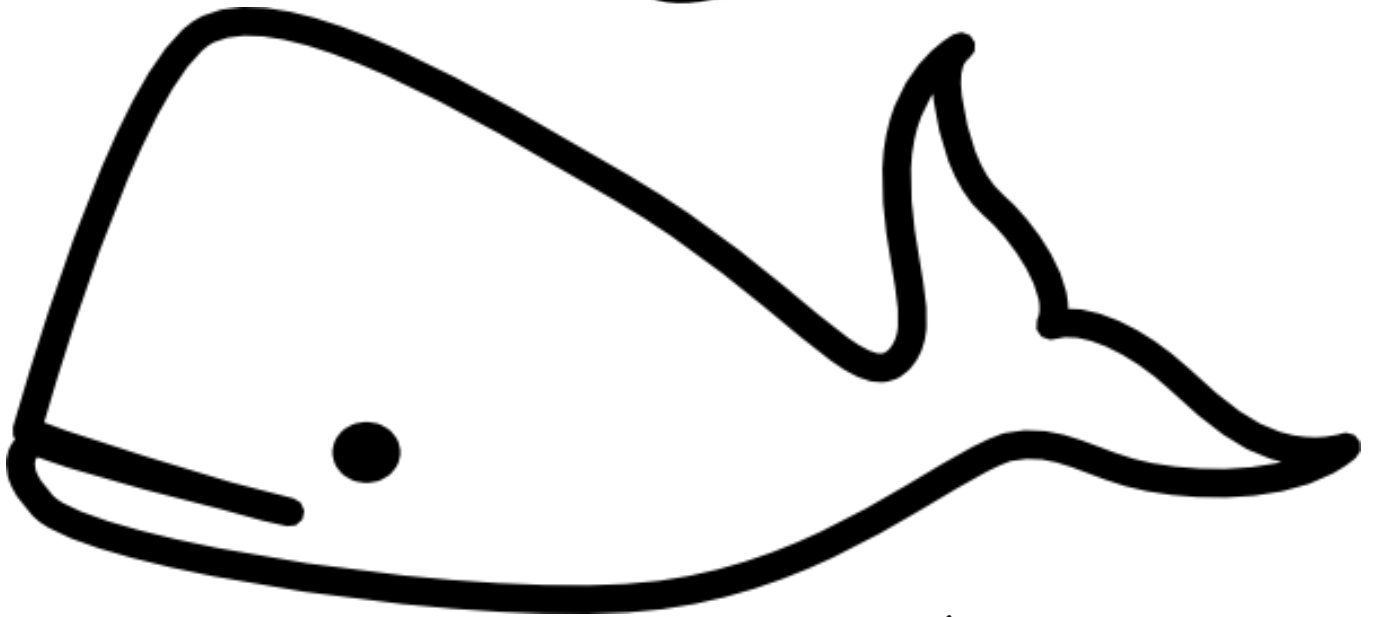
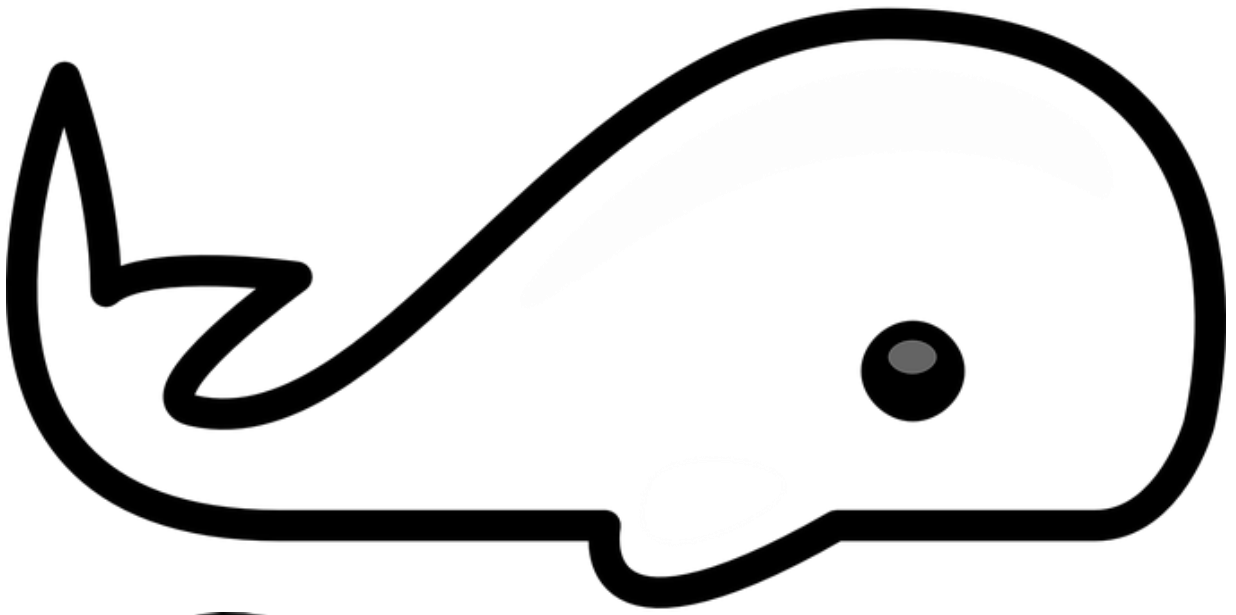
Can be made with half quantities and in a round dish and cheerios could be rocks on the outside or with the laces, a barrier around the outside.

Have a whale race. Cut out the shape of a whale from news paper or magazine, or waste-paper.

With another sheet of paper, fold it to make a flapper and flap your whale across the floor. First across the finish line is the winner.

There are a few options in the next page. You can also try to find out if any of the shapes is better for this activity than the others.





Wind

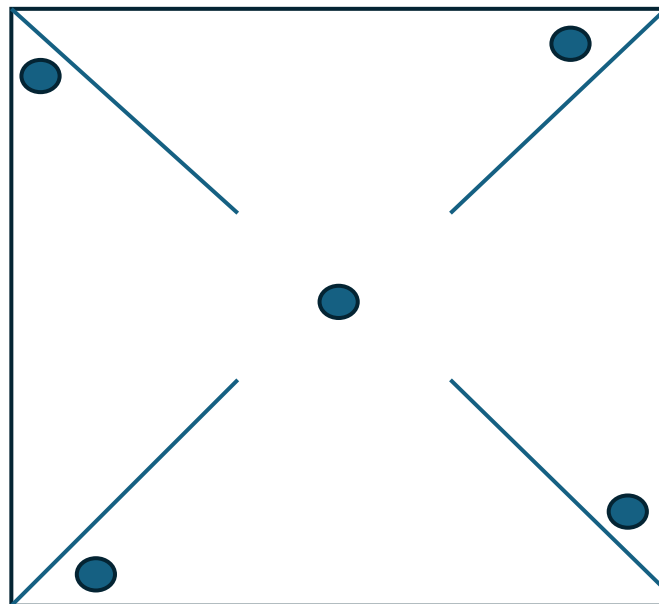
Make a wind turbine that will pick up a paper cup.

<https://www.youtube.com/watch?v=zJyByg2kEnU>

<https://www.youtube.com/watch?v=vmM5kO2PjCo>

Wind

Make a windmill. You need a square piece of paper 16cmx16cm (template next page). Fold it diagonally across both ways then open it up. Put small holes as shown on the diagram.



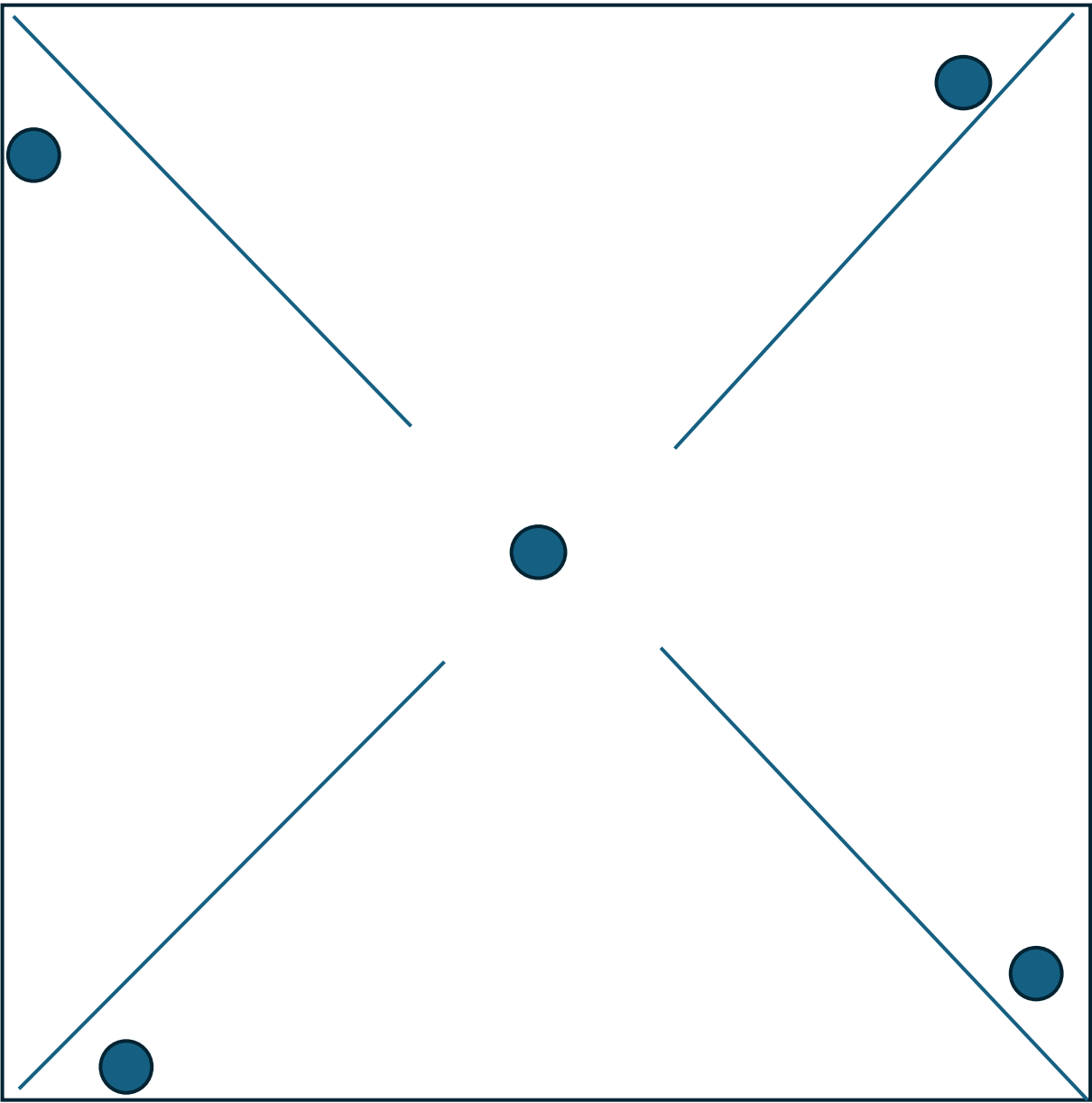
Decorate both sides. Cut along the folds but only as far as the line shows. Pull each corner with a hole into the centre laying one corner over the other then the next so the holes line up and push a paper fastener through to hold it in place then into a straw at the back of the windmill bending back the sides to hold it in place. Take it outside and watch it turn in the wind.

Wind

Make a tissue paper or plastic bag kite. You need a plastic bag or a sheet of tissue, 3 kebab sticks (one is split in half so will need to be done by an adult), some Sellotape and some wool.

<https://www.youtube.com/shorts/zODygJc1kWY>





Wind

Try a wind-based sport this year such as sailing, wind surfing, beach sailing, gliding. You could also have a go at body boarding, surfing, kayaking, rowing.

Wind

Celebrate Fisherman's Day – Sjomannadagur.

Dedicated to Iceland's seamen and women for the important role they have played in Iceland's history, culture and economy. Have an ocean and wind themed evening, visit your local beach or take a trip to a fish and chip shop.

Wind

Blow bubbles. Who can blow the biggest? Can float the longest? Can catch a bubble without it popping? Can blow a soap bubble in their hand?

Wind

The Great Wind Blows

Arrange chairs in a circle, leaving one fewer chair than the number of players. The player without a chair stands in the centre and says, "The great wind blows for everyone who...". Players who relate to the statement stand up and find a new chair

Wind

Watch clouds – do the shaped look like anything to you? Can you name 4 different types of cloud and the weather they are associated with?



Northern Lights

Things to do on cold dark evenings or rainy weekends.

Read a story. Icelanders read a lot. On Christmas eve they give each other a book and snuggle up under blankets in front of fires to read.

<https://www.gutenberg.org/files/67085/67085-h/67085-h.htm> This link takes you to an online book of fairy tales

from Iceland for teenagers and up.

<https://www.scribd.com/presentation/475470618/Bukolla-anna-liljapptx> This is a story for younger readers/listeners.

Northern Lights

Make your own book of fairy tales or a saga in the Icelandic tradition.

Northern Lights

Jólabókaflóð – the Christmas book flood but have this at any time of year. Bring a wrapped story book in that you have finished with. Put it into a box or bag at the unit meeting but don't let on who brought it in. Each girl takes a book that isn't the one she brought in and reads it. Make sure the book is suitable for your age group and not too young or old.

Northern Lights

Puffin corner book-mark. A piece of black square paper 15x15cms, scraps of white and orange paper, glue stick and a black pen. Watch how to make it here

<https://www.youtube.com/watch?v=10XA4n2Wtk4>



Cocoa Soup (Kakósúpa)

This can be made in small groups on the hob, camping gas stove or fire. Or in a larger pot for the whole unit.

This Icelandic dessert is so delicious, that it is very often served as a main course. <https://guidetoiceland.is/best-of-iceland/delicious-icelandic-recipes>

Ingredients

3 tablespoons cocoa powder

3 tablespoons sugar

1/2 teaspoon cinnamon

2 cups of water

3 cups of milk

1 tablespoon potato starch or 1 tablespoon cornstarch
salt, to taste

(Optional: rusks, or go with digestives for a sweeter option)

Method:

Mix the cocoa powder, sugar and cinnamon in a saucepan.

Add the water gradually and stir until smooth.

Bring to boil and simmer for 5 minutes.

Add the milk, reheat to boiling point and simmer for 2-3 minutes.

Mix the potato starch or cornstarch with a little cold water, stir into soup and remove from heat.

Salt to taste and serve. They usually serve it with crumbed rusks.



<https://m.facebook.com/mommumatur.is/photos/pcb.2764255240472491/2764255150472500/?type=3&source=48>



Decipher the Icelandic runes (3 pages)

1 A B C D

E F G H

I/J K L M

N O P Q

R S T U/V/W

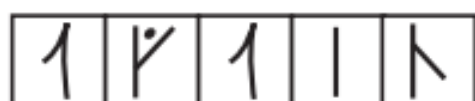
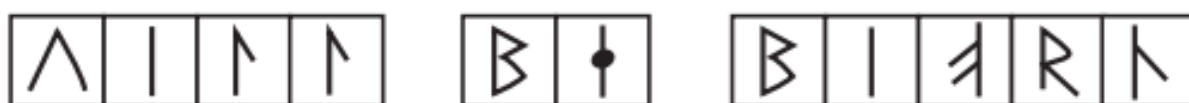
X Y Z



1. Why was the Viking long boat so cheap?



2. Why aren't Vikings afraid of death?



3. Where do Vikings go when they get old?

www.bakerross.co.uk





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Can you write a message for someone to decipher?

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K L M N O P Q R S T

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Write your name



Northern Lights

What would your Icelandic name be? Most Icelanders do not have a family name or surname. Instead, they take on their father or grandfather's name. For example, if the father or grandfather is called Stephen, the daughter is given a first name (e.g. Dawn) and then the father/grandfather's name with an added *sdotir*. The daughter would be called Dawn Stephensdotir. If it is a son, they add *son*. So, a boy called Thomas would be Thomas Stephenson.

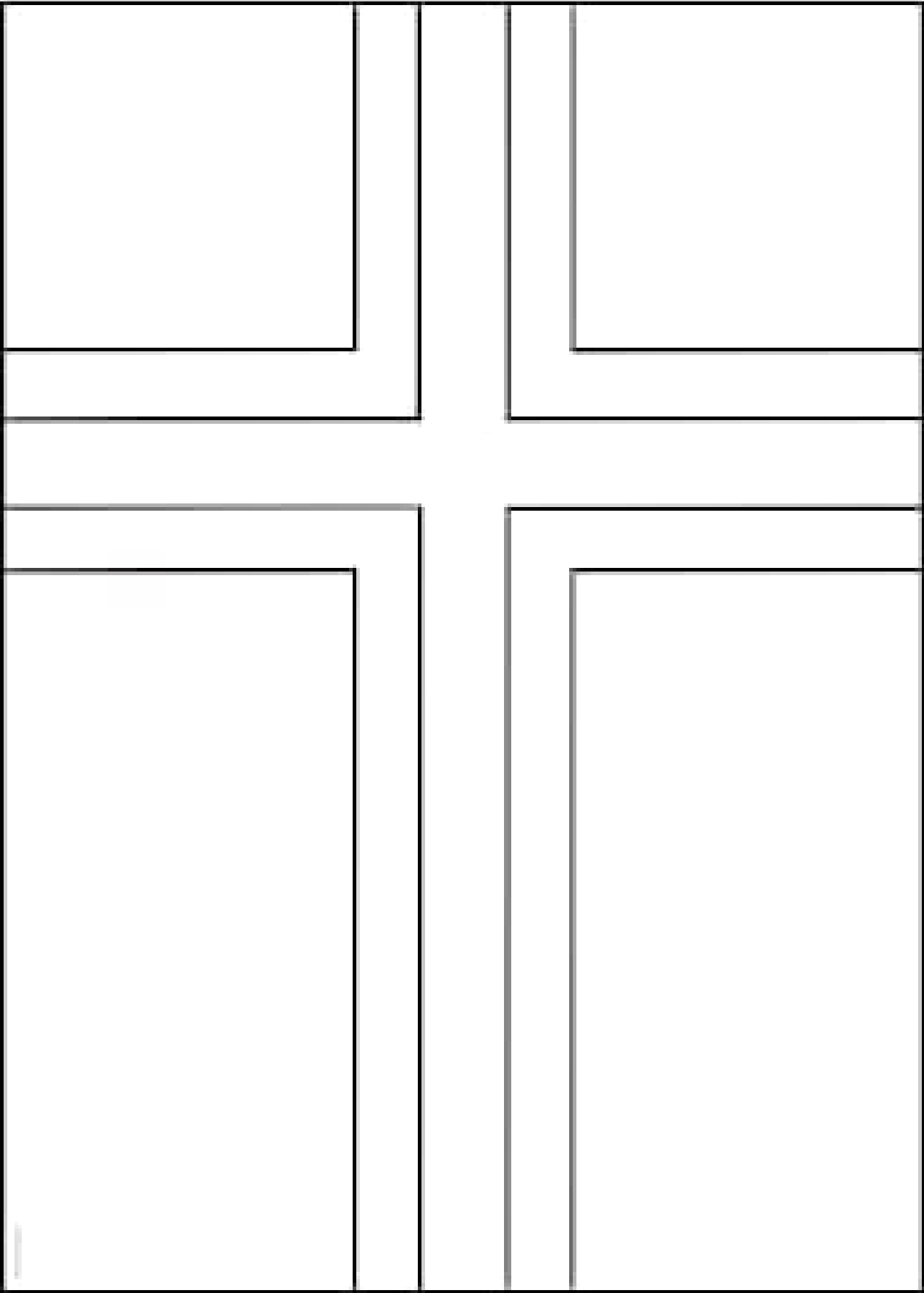
Your first name + your father or grandfather's name + son/sdotir (depending on if you are a boy or a girl) = your last name.

Did you know that first names for babies have to be approved by the government?

Northern Lights

Jigsaw flag. Colour in the Iceland flag on a piece of card and make it into a jigsaw by cutting it into shapes. Challenge someone to put it together in the fastest time (see next page for the flag).





Northern Lights

Icelandic ABC. Have a go at saying the alphabet using this guide.

<https://www.youtube.com/watch?v=ayuQwM30GN>

Q

Northern Lights

Word Search

L T I N Q C S V S P G L Z S H
S C E L V B K L O C L E S K O
L R H C W A W J B L A J N Y T
E A J Z T K R A S I C O O R S
D D K H W O C E T C I A W W P
G Q Q E O T N C Y E E L N D R
G E V A S T G I F K R B H O I
E A O R Q X D Y C F J F L E N
Y M M T S S P O P P I A A D G
S T W H H H Q D G U L E V L P
E R H Q T E A E I V F A A I L
R O A U N E R X Q S R F T I K
X L L A D P E M G L X M I E O
B L E K S S O O A Q A F H N W
B S Z E Y W Q P X L E E Z R E

tectonic plate

geothermal

earthquake

troll

hot spring

Reykjavik

volcano

lava

glacier

hot dog

waterfall

skyr

puffin

lakes

geyser

ice

sheep

whale

snow



Word Search

z k r v n w a p y r
v u n f o f h b z p
s h e e p l n a c t
z c u n u g c c l k
w t n w m x s a l e
m o q g k h d v n y
v x b p u f f i n o
m f u d d m l e o i
d y o i c e c p d d
w j t r o l l e p f

volcano

whale

puffin

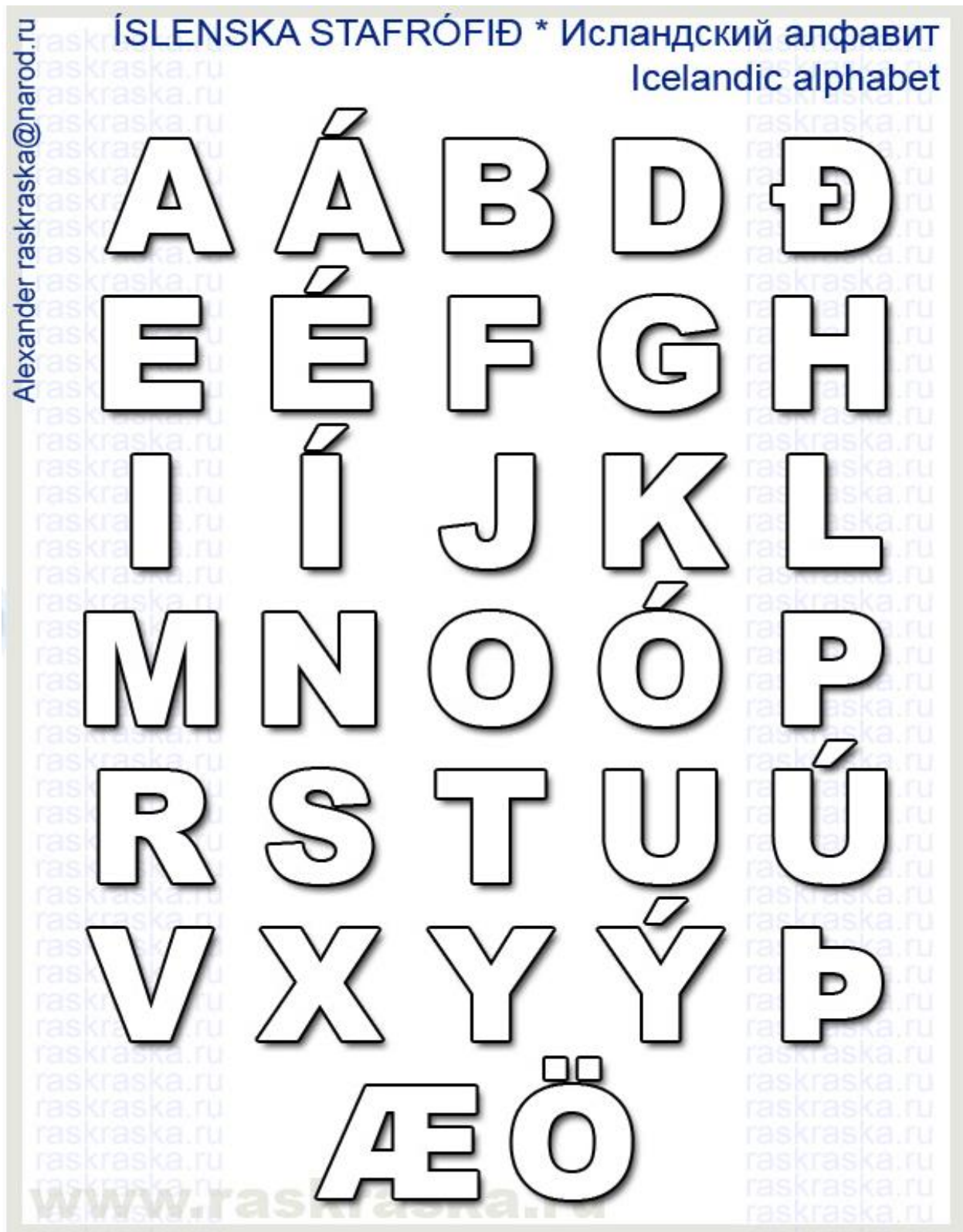
Ice

Sheep

troll



The Icelandic alphabet has 32 letters. Colour them in here.



Have a go at saying the alphabet

Vowels Pronunciation in English

A sounds like “a” in father

Á sounds like “ou” in house or “ow” in making vows

E sounds like “e” in bed

É sounds like “ye” in yesterday

I / Y sounds like “i” in little

Í / Ý sounds like “ee” in seeing

U sounds like the French “eux” but bit shorter

Ú sounds like “ooh” in pooh

Æ sounds like “i” in the pronoun I

Ö sounds like “un” in sun, or “ö” in German aufhören or “eu”
sound like neuf in French

Consonants Pronunciation in English

G sounds like “g” in golf, gate, gift etc. but it can also be softer
like the German “ch” in mache

J sounds like “y” in yesterday

R Always rolled as in French

S Always pronounced as the letter “s”, never as the letter z

Ð / ð sounds like “th” in weather

Þ / þ sounds like “th” in thin

Compound letters Pronunciation in English

Au sounds like “öj” like the oy sound in soy

Ei / Ey sounds like “a” in tame and like “ay” in way

Hv sounds like the hard sound of “kv”, but in certain dialects
much softer with a gamma sound.

ll sounds like “dl” together



Have a go at learning some words and phrases. Try them out on each other.

- Góðan daginn: A polite greeting that translates to "good day" in English. It is pronounced "go-than-n die-in".
- Halló: Means "hello" in Icelandic pronounced hah-low or Hi. Hae is more common and said Hae Hae.
- Bless: Means "goodbye" in Icelandic.
- Vinsamlegast: Means "please" in Icelandic pronounced vin-saam-leh-gast
- Takk: Means "thank you" in Icelandic. Pronounced tah-k
- Afsakið: Means "sorry" or can be used for excuse me in Icelandic. pronounced "af-sah-kith"
- Að leggja höfuðið í bleyti: Means "lay your head in water" and is used to indicate that you need to think about something more.
- Að finna einhvern í fjöru: Means "find someone on the beach" and can also mean to settle matters or beat someone up.
- Gluggaveður: Means "window weather" and refers to weather that looks nice when viewed through a window but is actually cold.
- Reyk: Means "smoke".
- Staðir: Means "a place".
- Tún: Means "a field".
- Vegur: Means "a road".
- Vogur: Means "a cove, bay, or inlet".
- já / nei = yes/no
- Where is? Hvar er? kva-r- eh-r
- Toilet Klósett / Salerni k-low-seht / sah-l-eh-r-nih
- Einn cappuccino, takk
- Eitt coca cola takk
- Heiti: Means my name is pronounced ye-gh hey-tee
- hvað heitir þú? Means what is your name
Pronounced kvadh-ayta-thoo



True or False Run around Game

You will need someone to call out the statements 😊 Find a space and mark one end "true" and the other "false". If you don't want to run around you can make two cards to hold up, one saying "true" and the other saying "false"

You need to decide whether each statement is true or false, and either run to the appropriate end of your space, or hold up the appropriate card. Score one point for each correct answer (your caller will also need the answer sheet - don't peek before you play!)

- 1 Iceland has a postal system that's so good they can deliver a letter with no address but with a map on the front
- 2 Iceland is covered in snow and ice all year round
- 3 Iceland is the only country with 100% of the population on the internet
- 4 Half the country is covered in forests
- 5 There is hardly any crime in Iceland
- 6 In 1975, 90% of the women went on strike protesting about equal rights and Iceland ground to a halt!
- 7 There is a volcanic eruption roughly every 10 years
- 8 Iceland is called the land of Fire & Ice
- 9 The first known parliament was established in around 828AD by the Vikings
- 10 There are no McDonalds in Iceland
- 11 Game of Thrones, Tomb Raider, Star Wars- Force Awakens and Lord of the Rings were all filmed in Iceland
- 12 The most popular food in Iceland is hotdogs
- 13 Iceland's population is just over 337,000 with 60% living the capital Reykjavik
- 14 Everything is so expensive that it cost up to 4 times as much for food e.g. a loaf of bread will cost £2.50 and a fast food meal will cost about £10 per person
- 15 Skyr Icelandic dairy product is sold as a type of yogurt



ANSWERS

1. True
2. False
3. True
4. false
5. True
6. True
7. False
8. True
9. False 930AD
10. True
11. True
12. True
13. True
- 14 True
- 15 True



Northern Lights

Make paper lanterns: You need sheets of white A4 scrap paper, pencil crayons or felt pens, tissue paper and glue. Colour in a sheet of A4 in lots of different colours. Fold it in half then in half again along the long side. Cut out shapes along the folds. Open it up and cover holes with coloured tissue paper if you like. Then join the long sides together in a cylinder shape with glue or Sellotape and add a handle.

Northern Lights

Chalk art: Create your version of the northern lights using chalks. Either on large sheets of black paper or outside (if you have permission).

Northern Lights

Make a snow globe: You will need a jam jar with a lid, purple, blue or green glitter, glycerine, artificial snow and water. You could make a volcano out of coloured air-dry clay and glue it to the lid.

Create your own Aurora Borealis: Follow these instructions from NASA to create your own colourful aurora with pastels.

<https://spaceplace.nasa.gov/review/pastel-aurora/PastelAuroraDirections.pdf>



Polar Nights

Ga-Ga ball: you will need a large clear space (ideal as a wide game), 4 cones or markers, 2 soft balls.

Using cones for each corner, mark out a large square box big enough to fit everyone in.

Everyone stands inside the square. One of the balls is rolled inside. Everyone has to roll the ball away from themselves with their hands but to try and get it to touch someone else below the knee. If they are touched they are out. After a minute, the second ball is rolled inside.

You cannot use your feet, you cannot pick up the ball, you cannot lift the ball up with your fingers to move it. Last one in is the winner.

Polar Nights

Rock painting: Using acrylic pens, paint an Icelandic landscape on a rock or large pebble. If you are doing this as a unit, spray with suitable varnish to protect from the weather.

Polar Nights

Decorate a biscuit/cookie (homemade perhaps) with the Icelandic flag. This could be a timed activity and the most beautiful/accurate wins.



Icelandic pancakes with skyr (Pönnukökur)

You could try making these outdoors.

<https://www.arlafoods.co.uk/brands/arla-skyr/articles/seven-easy-icelandic-recipes-for-brave-beginners/>

Ingredients for 12 pancakes:

2 eggs

100g of plain flour

1/2 teaspoon salt

300l milk

Butter

1 tablespoon skyr per pancake

Berries and fruits

Method:

1. Whisk the eggs, milk and salt in a bowl until well mixed and frothy.
2. Gradually whisk in the flour to form a smooth batter
3. Heat a frying pan and add some butter, let it melt but not go brown.
4. Pour in a small plate size of mixture and swirl it around so it thinly coats the bottom of the pan. Let it cook for about half a minute then flip it over and cook the other side.
5. Repeat until the mixture is finished.
6. Serve each pancake with a dollop of skyr and some berries and fruit of choice.

Have a hot dog evening. Hot dogs are the unofficial national food in Iceland. Light your own fire and cook them over it.

