Welcome to the 2019 Iceland Expedition Team!

August 13 - 20, 2019

We are thrilled to have you join this year's Iceland Expedition Field Team. We have enjoyed the opportunity to review your application, speak with you on the phone, and look forward to many more meetings over the coming weeks. As we continue to construct our dynamic crew for the upcoming expedition, please take some time to review the various details found within this packet. We will be working very closely with you to complete your internship portfolio and prepare the entire team for the research trip. It is critically important for you to familiarize yourself with all the components for the expedition, ask questions throughout the process, and of course get stoked for the upcoming adventure.

At this time, please review the expedition overview information attached to this sheet. It's the first step in learning about where you'll be headed this summer. Then, please complete the Intern Intake Form and return it to our office. Upon receiving your Intake Form, we will continue to move forward with the rest of your portfolio. Please note the information pertaining to your passport and recommended health precautions. The next few months will fly by, so if you are in need of any medical support from your personal physician, please schedule an appointment as soon as possible. Also, to officially reserve your place on the *travel* team to Iceland, please submit a deposit of $250 by visiting your expedition-specific website provided in your email.

After traveling by land and sea with students and families for the past 12 years, we are beyond excited to continue to explore the beautiful mountains and culture of Iceland. Please do not hesitate to call our office or email with any questions, concerns, or logistical detail inquiries. You will be flying into the Keflavic Airport (Reykjavik) in Iceland on **August 13th, 2019** and returning home on **August 20th**. As flight prices tend to meander up and down, you may want to begin monitoring the market right away. We are also happy to help coordinate your flights. A number of times there are certain airlines and flight deals out there, you just need to know where to look. If this is your first time traveling, relax! The week's adventure will be full of fun, learning, laughs, and plenty of opportunities to just take in the moment!

Global Treks and Adventures, LLC
1934 Gilmore Ave. Winona, MN 55987
Office: (507) 301-4667

Global Treks & Adventures

Iceland Expedition Overview

Background

Iceland is known for its deep-rooted Viking heritage, rare Norse language, iconic midnight summer solstice sun, and expansive landscapes dotted with volcanoes, geysers, waterfalls and lava fields. This internship combines exploration of the Icelandic culture, geographical features and academic research with the ultimate goal of publishing a cultural and field guide to the region. The research team organized for this expedition will spend 8 days exploring the culture and faraway regions of southern Iceland traveling by foot and various vehicles to access and document the natural and cultural resources of this breathtaking region. Our academic team coordinates the research project to match each intern's career goals or interests. University instructors and local guides will lead the team throughout the expedition.

Passport

All visitors from the United States to Iceland require an official passport, with 2 available pages to be used for entry/exit stamps. While processing times vary depending on the time of year, passports should be ordered as soon as possible to avoid paying any rush-delivery fees. Tourist Visas are not required for visits lasting under 90 days.

Weather

Temperatures throughout Iceland range throughout the summer months of June and July, depending on the rain and wind. Most commonly, temperatures are between 40 - 60 degrees fahrenheit. While the summer months have around 20 hours of daylight, it can get rainy or drizzly throughout the season.

Global Treks and Adventures, LLC
1934 Gilmore Ave. Winona, MN 55987
Office: (507) 301-4667

Safety and Health Concerns

Currently, the U.S. government reports a low-risk area for crime throughout Iceland. In fact, a majority of law enforcement in Iceland do not carry weapons as violent crimes throughout the nation are almost non-existent. Still, in today's world there is always a risk while traveling, and we will be taking every precaution possible to avoid a problem. We work constantly with both our federal government and local regional contacts to keep updated on the latest security and health concerns. We will provide any updates to our teams, as they become available. As with any type of travel, students are advised to keep all valuables out of sight, walk within groups of 3, and to be alert and aware of their surroundings at all times.

Global Treks and Adventures always registers all travel plans with the U.S. State Department and local Embassy. The State Department will have all contact information to reach the group before entering, while traveling within, and upon leaving Iceland.

To avoid potential damage due to theft or weather, Global Treks recommends all important or expensive jewelry and belongings be left safely at home throughout the expedition.

Healthcare overall is of very high quality, but access to services can be limited in more remote locations. In Reykjavik, where our team will be a majority of the time, access to healthcare is excellent. Please note nonresidents of Iceland are expected to pay their own medical costs as local health care coverage only applies to Iceland's residents.

The CDC provides health and vaccination guidelines for anyone traveling outside of the United States. While there are no current health notices or warnings for travellers to Iceland, you should be up to date on routine vaccinations while traveling to any destination. Students are advised to talk with their physician before attending the travel portion of the internship to update or receive any suggested vaccinations.

Information pertaining to all health recommendations are outlined on the CDC website: http://wwwnc.cdc.gov/travel/destinations/traveler/none/iceland

Personal Prescriptions: Please talk with your healthcare provider about filling all required prescriptions for the expedition well in advance. Access to specific medications are not guaranteed at pharmacies abroad. Please plan ahead.

Trip Leaders

All Global Treks and Adventures Guides and Instructors are trained in Wilderness Medicine and have years of professional experience working with university students in academic or research settings. Our guides hail from all over the world and enthusiastically jump at the opportunity to conduct field research living far from the everyday conveniences of home.

Intern Team

Interns are selected from across the United States, each pursuing research in areas ranging from history, language, women's studies, environmental science, biological sciences, anthropology and cultural studies and many more. Interns are selected based on their ability to compose a comprehensive research study pertaining to an individualized project plan created between the intern and the academic team at Global Treks.

Global Treks & Adventures

What to Expect on the Iceland Expedition

Meeting the Team:
Upon landing at the airport, continue to follow the signage through Passport Control for "Iceland Arrivals" and then to baggage claim. After baggage claim, proceed through Customs and continue forward from Customs to the Arrival Terminal. Your team leaders will be waiting for you in the Arrival Terminal area by the Kaffitar Coffee Cafe. *Please do not leave the airport!* Your guides will have a sign for Global Treks and be wearing their Global Treks Guide shirts. Upon meeting your guides and fellow research assistants in the Arrival Terminal, you will have a chance to call/email home, then leave together to head to the research base in Reykjavik (about an hour ride) to get settled.

A Typical Day in the Field:
Honestly, two days are never the same on a Global Treks Expedition. But, every day researchers conduct research and collect data via a number of different formats depending on specific project objectives. Strategies implemented by research assistants include, but are not limited to:

- Participant-observations, pre-arranged AND impromptu informant and resource interviews -- collected each day and documented via field notes, recordings, photography, and/or film
- Visits to relevant points of interest: significant cultural or historical locations and centers, universities, national/wildlife parks, geographic or geological points, local villages, government centers, museums or other institutional facilities, business establishments, tourist attractions, etc.
- Data collection via GPS mapping on/off trails or important points of interest, species identification and/or the collection of samples

Example: The researcher may utilize resources in downtown Reykjavik, interviewing professionals on the impact of tourism on the economy and collecting photography or documentary film footage. Then, the next day the researcher may travel to an outlying national park to collect data points, speak with a local naturalist, and collect footage.

All research assistants are expected to collect and maintain accurate field notes. Each evening, team meetings are held after dinner to review research progress, celebrate success, continue to set and monitor goals, problem-solve any obstacles encountered, collaborate with fellow researchers and participate in various workshops.

Global Treks & Adventures

Communication with your Home University

Many interns need to communicate with their home university throughout the full duration of the internship commitment. To assist with this component, this sheet serves as a navigation guide to coordinate with your school.

Earning College Credit:
Global Treks and Adventures Interns seek college credit in one of two ways:

a) 3 – 6 Internship credits granted by their home university's internship office and academic advisor.
b) 3 – 6 Independent Study Credits, applied for and approved by the student's academic advisor.

Interns requesting any type of college credit need to communicate their intent with the Program Director at Global Treks as soon as possible to begin organizing the necessary paperwork.

Once the Global Treks Program Director provides an intern with the internship description and specific job duties, the intern should present the materials to their academic advisor and internship office for review and obtain all required university paperwork. The Program Director will complete the paperwork to be submitted to the university.

Every university requires a certain number of hours to be completed for the internship. For example, 3 credits would equal 120 semester hours. The required number of hours varies for each university. Some require 100 hours and other require 180 hours. For 6 credits the number of hours would need to be doubled.

Scholarships, Grants and Financial Aid:
Numerous universities provide scholarships and grants to turn unpaid internships into paid internships. Some universities also may provide funds to cover your travel expenses.

A number of interns cover the internship program costs for the travel component by talking with the financial aid office at their university. These funds are typically dispersed after the first week of the semester. For more information or suggestions on obtaining funding, please see our website at Global-treks.com

Project Development

Overview

Interns, working with the academic director at Global Treks, will develop a research topic that aligns the intern's direct interests with the region of focus and career goals. Before going on the trip, all interns complete a preliminary assignment to organize their research questions. They also complete a literature review to familiarize themselves with the region and focus-area for their project. On trip, research assistants talk with guest speakers, visit local organizations and cooperatives, learn field data-collection techniques, and record data while trekking. Upon returning home, interns organize their notes and data collected on trip and write a comprehensive report on their area of study.

Each week, interns talk with the academic team to coordinate findings, brainstorm areas for further study, and answer questions. All research will be reviewed by university faculty and an editing team. All research to be published must be the student's original work and properly cited.

Example of Past Internship Research (3 credits):

- GIS intern collected data using GPS on islands in the Apostle Island Archipelago throughout a one-week trip, hiking the islands and shorelines and tracking routes
- Research assistant organized data and created maps for 22 islands using ArcGIS software.
- All maps were reviewed, edited by the academic team, and revised several times throughout process
- Research assistant furthered her development in ArcGIS editing tools, icon use, and learned several techniques used by GIS professionals
- Total hours spent on project over 3 months: 200 hours

Global Treks and Adventures, LLC
1934 Gilmore Ave. Winona, MN 55987
Office: (507) 301-4667