



EXCEPTIONAL EDUCATIONAL JOURNEYS



Iceland

destination **FACTSHEET**

343 Congress Street
Suite 3100
Boston, MA 02210
1-800-888-ACIS
Fax: 617-450-5601
info@acis.com
www.acis.com

- Top 5 Things to Know
- ACIS Trip Services
 - Rooming
 - Meals
 - Tour Manager
- General Information / Travel Tips
 - Flights
 - Passport Requirements
 - Parental Consent
 - Time Difference
 - Electrical Outlets
 - Luggage Restrictions
 - Tipping
- What to Pack
- Healthcare
- Safety and Security
- Other Important Information

TOP 5 THINGS TO KNOW

1

Meals are generally not included on your overnight flight to Iceland. Breakfast will be provided upon arrival.

2

Buses in Iceland may be smaller than on mainland Europe in order to travel on narrower roads. Pack lightly to accommodate for small busses.

3

Daily activities may be rescheduled at short notice due to inclement weather conditions, or may even be cancelled. If that is the case, ACIS will endeavour to substitute other activities; if that proves impossible, the group will be reimbursed upon return.

4

Although the day is full of activities the evenings in Iceland are more low-key. Remember to bring cards, games or other materials to keep you busy at night.

5

Bring plenty of spending money. Most foods and consumer goods have to be imported so food and drink is expensive.



ACIS TRIP SERVICES

Hotels:

We take pride in the type of accommodations we use to ensure the best experience while on the program. Hotels in Hella or Hvolsvollur can be a little more basic due to the location outside any major city.

Rooming

Students are placed in triple or twin rooms only, not quads.

Meals

Continental or buffet breakfasts and dinners are included daily. Breakfast is included on arrival day due to the very early arrival of flights.

Dinners are representative of Iceland cuisine and may offer new experiences to students. Therefore, they should remain open minded. Please note that based on ACIS traveller feedback, the majority of the restaurants have received a 100% excellent rating.






Packed lunches are provided where stated on the itinerary. For a supplement, ACIS would be happy to arrange additional group lunches – either packed lunch, or a hot meal in a restaurant (schedule permitting), if your group leader notifies us at least eight weeks in advance.



Tour Manager

In addition to your ACIS Tour Manager, a local Icelandic guide and bus driver will accompany the group whilst touring in Iceland, and during sightseeing excursions from Reykjavik. They will provide you with insight and commentary on the local environment during the trip. The ACIS Tour Manager will be available to the group during the entire trip and will also make themselves available to the group in the evenings and during free time.



GENERAL INFORMATION / TIPS

<p>Flights</p> 	<p>Most flights to Iceland are overnight. You will arrive very early in the morning.</p>
<p>Passport Requirements</p> 	<p>Passports ARE required for all passengers traveling to Iceland and must be valid for at least 90 days after returning to the USA. Visas are not required for US citizens traveling to Iceland. Non-US citizens should check with the Icelandic Embassy for any specific Visa requirements. In such cases, the passenger will be responsible for obtaining their own Visa. Please make two colored copies of your passport: one for the Group Leader and one to keep in a location separate from your passport.</p>
<p>Parental Consent (if necessary)</p> 	<p>Parental consent letter is not needed to travel to Iceland.</p>
<p>Time Difference</p> 	<p>Iceland is four or five hours ahead of Eastern Standard Time dependent upon the time of year. They do not change their clocks for Daylight Savings Time.</p>
<p>Electrical Outlets</p> 	<p>Electrical sockets in Iceland are standard European electrical socket types C and E. It's advisable to bring an adapter as it will likely be more expensive on the island.</p>

<p>Luggage Restrictions</p> 	<p>There may be luggage fees for checked baggage. Please check with your confirmed airline prior to departure for the most up-to-date baggage policy so you are prepared. Many airlines do charge extra. As an alternative you may want to consider packing lightly with a carry-on bag.</p>
<p>Tipping</p> 	<p>We strongly suggest that groups should tip using the following guidelines: Tour Manager - \$6.00/per person per day Icelandic Local Guide - \$6.00/per person per day</p> <p>The ACIS Tour Manager will tip your bus driver.</p> <p>Tips to Tour Managers and drivers must be in local currency or USD ONLY. They are not able to cash traveler's checks or personal checks. U.S. bank cards can be used at most ATM machines without problems.</p> <p>All meals included in the itinerary also include gratuity so it is NOT necessary to leave an additional tip at meals.</p>



WHAT TO PACK

We advise you to pack in layers. The weather can change quickly and you'll experience a variety of temperatures and climates such as strong Atlantic winds, low temps of a glacier ice cave and the humidity from precipitation and waterfalls. Even in the summer months you will need to pack warm winter clothes and boots. Be prepared for sun, rain, wind and snow.

- ✓ **Bathing Suit and Towel** for geothermal Blue Lagoon. We recommend packing this in your carry-on if your visit is on arrival day so you don't have to go into your larger suitcase
- ✓ **Flashlight** if you are traveling in the winter
- ✓ **Games** for when the sun goes down early
- ✓ **Gloves or Mittens** (waterproof)
- ✓ **Hiking Boots** that are broken in and comfortable (waterproof)
- ✓ **Long sleeve shirts, jackets, vests, etc.** Short sleeves will likely only be worn as an under layer.
- ✓ **Moisturizer/ Lip balm** for the winter months
- ✓ **Sleeping Mask** for the long summer days
- ✓ **Snow/Ski Pants** (waterproof)
- ✓ **Sunglasses/Ball Cap** The sun is strong even in the short winter days
- ✓ **Sunscreen**
- ✓ **Thermal Undershirts and Leggings** that you can wear hiking and walking, especially in the winter
- ✓ **Thermal/wool socks**
- ✓ **Warm Winter Jacket** that is both waterproof and wind resistant. (Even bring this for summer trips!)
- ✓ **Winter Hat/Scarf**
- ✓ **Water Bottle** It's safe to drink the water in Iceland and we want to respect Iceland's sustainable, eco-friendly effort.
- ✓ **Waterproof bags** for valuable items that can't get wet (We recommend bringing a large, plastic garbage bag to cover your luggage just in case).





HEALTHCARE

Visit a local travel doctor or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program or for information on vaccinations needed in each country, we recommend you consult <http://www.cdc.gov/>.

Food

It is very safe to eat all kinds of foods in Iceland. You may want to try something new while in Iceland like shark or puffin.

Water

It is safe to drink the water in Iceland. Beverages such as hot tea, hot coffee or canned or bottled carbonated water or soft drinks are also safe to drink. We recommend you bring a water bottle to refill and sustain the environmentally friendly practices that Iceland embraces.

Local Healthcare

There are medical centers or hospitals in all major cities and towns in Iceland. The 24-hour emergency phone number in Iceland is 112. Pharmacies are called 'Apotek' and are open during normal business hours. See also www.safetravel.is.



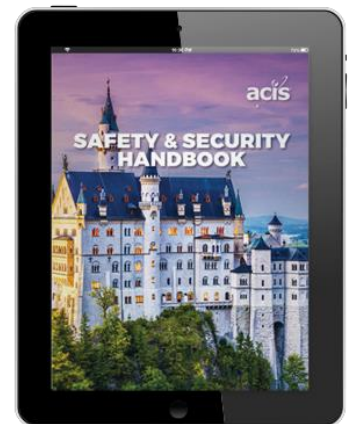
SAFETY AND SECURITY

Should you have any issues at all during your trip, please call ACIS and we will rectify the problem immediately. It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

The 24-hour emergency phone number in Iceland is 112.

ACIS Boston Office 617-236-2051 (10am – 6pm Eastern standard time). If you call this number after hours, it will automatically be forwarded to our answering service/duty officer.

ACIS Emergency number 617-450-5678





OTHER IMPORTANT INFORMATION

Credit Cards/ Currency

The official currency of Iceland is the krónur, but it's not necessary to exchange money before the trip. The major credit cards in Iceland are Visa and MasterCard, although other cards are widely accepted as well. Credit cards are accepted in most shops, restaurants and organizations.

Language

Icelandic is the national language of Iceland although English and Scandinavian languages are widely spoken.

Electricity

Electricity in Iceland runs on 220 volts; 50 Hz AC. Icelandic electrical plugs are of the rounded, European two-pin type. If you plan on bringing U.S. equipment you will need an adaptor and converter. Please note that even with a converter, American hair dryers tend to burn out. Most mid-range and upscale hotels provide hair dryers in their rooms, or it's easy to purchase a hair dryer locally.

Northern Lights

September and October bring cooler temperatures and the beginning of Northern Lights Season while daylight hours are still normal. The season ends in mid-April when the days start to get longer. Northern lights are a natural phenomenon that cannot be guaranteed.

Daylight

Iceland's northern latitude means it experiences big differences between winter and summer daylight hours. From May to August, you won't see much darkness and in the month of June the sun never fully sets in the north. Conversely, in peak winter expect only about four to six hours of daylight but the possibility of seeing the Northern Lights on a clear night. Spring and fall daylight hours are normal.