

TAKING THE WORLD TO ICELAND AND ICELAND TO THE WORLD

ERLENDUR

ISSUE 2

MAGAZINE

101. LIVE
PROMOTES
DIVERSITY
IN MUSIC

Contributors



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cover photo by Cat Gundry-Beck

Meet the team

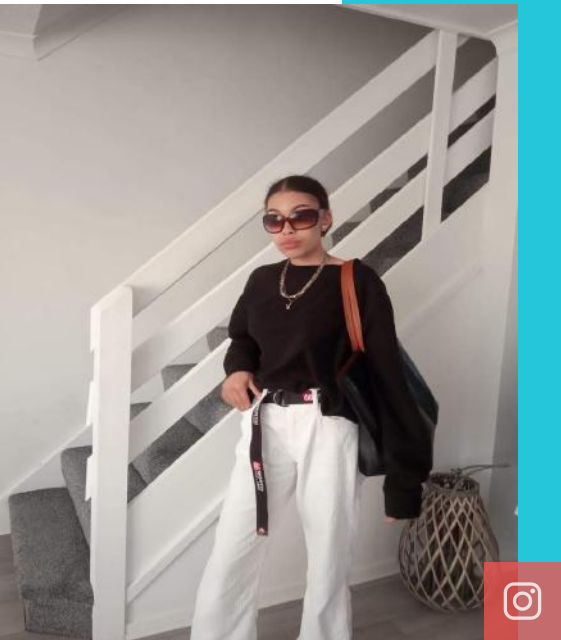
Cat Gundry-Beck Director of Photography

Cat is a photographer and videographer living in Reykjavík. Working on commercial shoots, her passion is helping businesses with imagery for their websites and social media. She is originally from Ireland but did her photography degree in the U.K. and lived in Norway before making Iceland home in 2018.



Bianca Hallveig Sigurdardottir Co-Founder & Creative Director

Bianca is Icelandic; she has a passion for fashion. She is currently studying Art and Design. Bianca is keen to see the young generation Z of foreigners given the opportunity to reach their full potential.



Carlotta Leota Tate Olason Founder & Editor

Carlotta is Jamaican/Icelandic. Her background is in Health Psychology she is a Neuro-Linguistics Practitioner (NLP), Life Coach and transformational therapist. She is passionate about helping individuals who are keen to see lasting, meaningful and successful changes in their lives.



Editor's Note

Welcome to our second issue. I am pleased to announce that we have readers from 40 different countries. As a digital Magazine, we showcase people in their best form; we are on a mission to touch and change lives by allowing individuals to share their stories. We are taking the world to Iceland and Iceland to the world.

In this issue, you will read Mustaphas' story. He is not just helping himself, but he is working towards impacting the lives of others. The editor's pick is Raúl's story; he is a Nurse from the Philippines. Working as a Nurse has become his passport to the world. Also, we were able to interview Logi Pedro, who is an international Icelandic musician, entrepreneur and role model for many young people in Iceland.

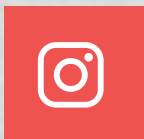


Carlotta Leota Tate Olason
Editor & Founder

Over the past weeks, we have seen the world shaken by Covid-19 then by Racism. I pray that God will give us all strength and wisdom, for these challenging times. We must stay strong, united speak up and speak out about Racism. The team at Erlendur Magazine promotes cultural diversity and inclusion.

As we move out of physical isolation, we have seen travel restrictions between countries lifted. We are pleased to let you know Iceland is open, so come on over.

Enjoy this issue and see you again in August.



Carlotta

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I HAVE A DREAM

Interview with Mustapha Alhassan



www.epoverk.is



I am diligent in my work

When I hear stories of individuals who have pursued their entrepreneurial dreams despite their background and challenges, I get excited.

I had the chance to interview Mustapha Alhassan, The CEO of Epoverk. He was determined to fulfill his dream of starting a business in Iceland.

How did you end up in Iceland?

I moved to Iceland from Malta, where I was living and working. I arrived in Iceland with my partner eight years ago. I also have two children that were born here. My journey to Iceland was not easy; I am from Ghana.

The transition from Africa to Europe was challenging, but the challenges I faced and overcame have made me the man I am today. I have worked hard most of my life. Although there were times when I felt like giving up, I held on to my dreams, knowing better will come one day. It is necessary to have something to keep you motivated, so I kept dreaming of my business.

Tell me about your company; I am keen to know how you started?

My company is Epoverk, and we specialize in epoxy flooring. We work with garages, shops, industrial premises, fisheries, kitchens and much more. I started the company after working for 3 years with another company doing similar work.

I was diligent and learned the trade well. I was working as a plumber before I moved to Iceland, so I know how to deliver good service. I drew on the skills that I learned before and perfected them. It is so funny; I did not know at first how to start a business, but I asked people for help. It took longer than I expected, but I finally did it.



The company is doing well. I get most of my customers through referral; because they know someone incredibly happy with my work and recommends my company. I have noticed that in Iceland it is who you know, and this can be essential to the success of your business or profession, and even your friendships. I also have a company website as you can see, and I am trying to be as professional as I can.

What's your view of Iceland in General?

I find the landscape to be impressive. At times when I am driving my kids to the countryside, I get the feeling of freedom and peace as I gaze at the land and the mountains.

I also like the fact that Iceland is very peaceful. My favourite food is lamb; wow I just love it, when I cook it, it's so soft and tender; however, there are still some areas that need some work, for example, an increase in knowledge regarding people of different ethnic backgrounds and cultures. I can see, after all these years, many people are still not hospitable to those who might look different. For me, a human is a human, no matter where they are from.

The dream is not finished



Now that your dream of starting a business has materialized, what's next?

Dreams can continue. Have you ever woken up halfway in a dream and gone back to sleep to finish it? Well, that is where I am now. The dream is getting bigger. I have great plans for myself, my kids and my fellow Ghanaians; I never forget where I am from, and I want to help the less fortunate back home in Ghana; the dream must continue.

-What message would you like to leave for young men?

I would like to say to all you men in Iceland and across the globe do not let race, gender or geographic location stop you from fulfilling your dreams. To all foreign men in Iceland, try your best to integrate into society, and to make positive contributions. Ask questions if you do not know, and seek help if you feel stressed or depressed. There are days when you might feel alone; don't give up! Finally, have respect.



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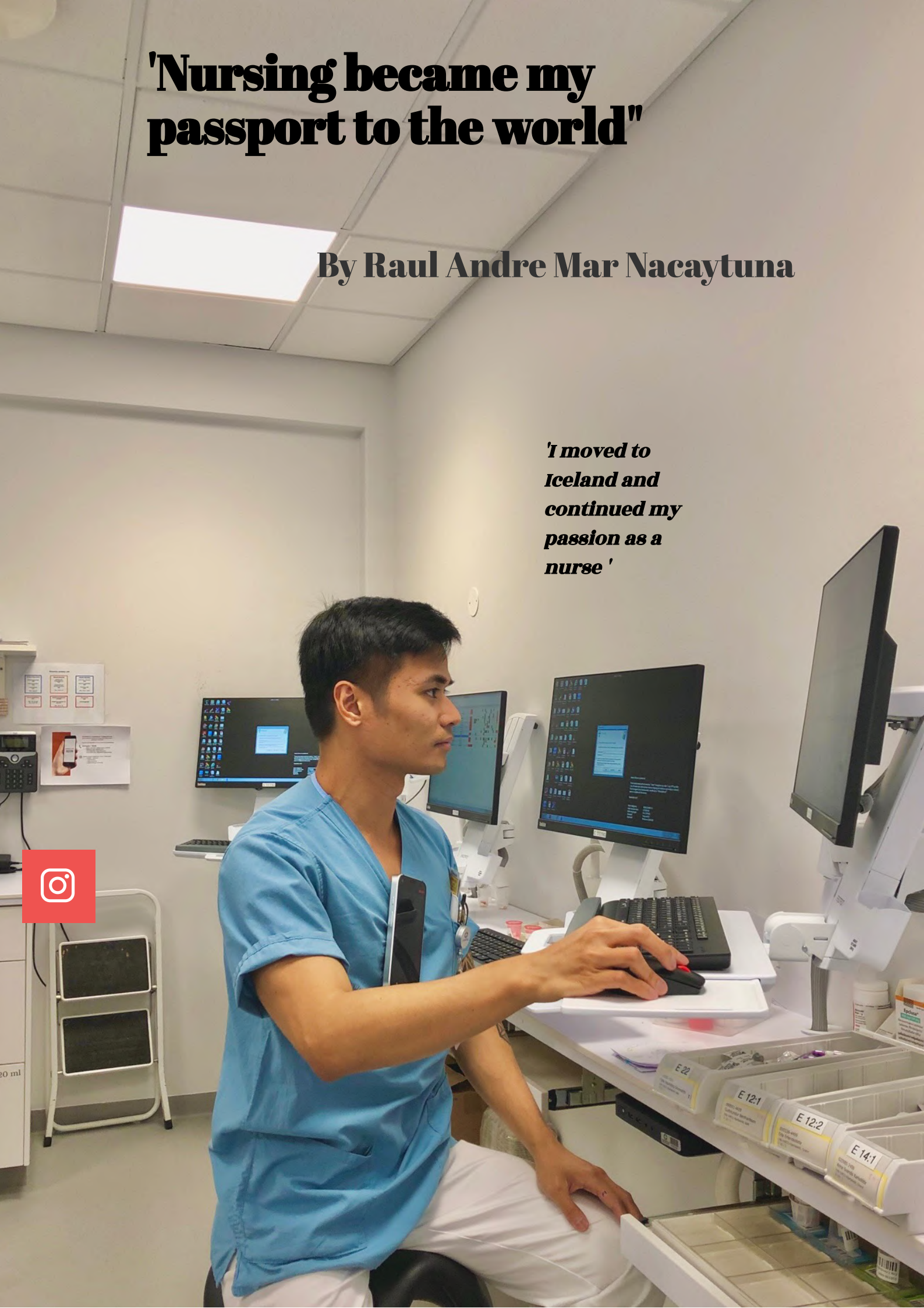
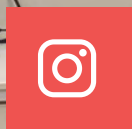
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'Nursing became my passport to the world'

By Raul Andre Mar Nacaytuna

'I moved to Iceland and continued my passion as a nurse'



I knew I was called to travel the world

Growing up in the southern part of the Philippines, I was exposed to the realities of life very early. These realities made me stronger as a person and helped me achieve my goals.

My parents told me that if I want to stay in my province, I should be a doctor or lawyer to have a better life but if I want to move abroad, the easiest way is to take up nursing. They wanted me to stay in my province after I completed my studies, but I told them that I was going abroad.

I have a passion for nursing and travelling, so I knew being a nurse would allow me to move out of the country and pursue my childhood dream of travelling the world; I did it. I graduated from a top-performing nursing school with the skills of being a person of integrity, competence, passion, conscience, and commitment. These principles have been my guiding force ever since.

Nursing became my passport to the world. I have a nursing license in California, But I decided to go to London instead. This opened many doors for me; I worked in various departments but ended up in the Medical High Dependency Unit, where I flourished personally and professionally. My job as a nurse in the UK helped me developed leadership and management skills which I am now able to use in my work in Iceland. I am currently doing a masters program that is focused on integration of health services and dementia care, .



I moved to Iceland and continued my passion as a nurse

I met my Icelandic partner in London, moved to Iceland and got married. In 2018, I started working in the cardiology department of Landspítali. It was one of the best moments of my life. Moving to Iceland gave me a chance to continue my career and also be with my partner despite leaving everything I had in London. I am happy with the discussion I made.

In the beginning, working as a nurse using a foreign language was mentally taxing, but I am a quick learner, and now, my Icelandic is improving, and I find learning this language is enjoyable.

Working at Landspítali has been great; I have already accomplished projects that help improve the nursing practice. My interest is in evidence-based practice and the improvement of the standards of care.



My goal is to be a leader that creates change and solutions to problems in clinical practice through an integrative approach.

My first project was on the improvement in the weaning process from non-invasive ventilation machines by using the nasal high flow system. Initiating this project was challenging, but the use of evidence-based practice ensures success in planning and implementation.

Nursing is both art and Science



Just recently, I developed an anaphylaxis kit which can be readily available in emergencies. I believe that apart from excellent leadership skills, creativity is an essential trait that nurses should possess. After all, nursing is both science and art.

I consider compassion an important trait of my profession. I know when I show compassion to patients, my care improves. When there is an improvement in care patients are happier. When I see them happy, I feel a sense of accomplishment.

Thank you to my colleagues at Landspítali, keep up the great work.

**Exclusive
Interview with**

Logi Pedro Stefánsson

Co-founder of 101.LIVE

Diveristy in music



101



[Click here to listen](#)

• LIVE

*101.live The
Radio
station in Iceland
committed to
diversity in
Music*

Most people know Logi Pedro Stefánsson for his musical talents, but he is as diverse as his Icelandic-Angolan background. The co-founder of 101.live he is a record producer, father, entrepreneur and role model.

The range of music on 101.live caught our attention, and it was a pleasure to get to know Logi Pedro a bit more.

(O) . live 



Have you always wanted to be an entrepreneur ?

Well, not really. I have always wanted to work in the arts. When we had success in the arts scene here in Iceland and abroad we gained the means and funds to expand our artistic vision into businesses.

Why was 101.live established?

We felt there was a need to have a more diverse representation of the music for the young people in Iceland to listen to. Also, just the need for more in-depth coverage of the culture and art scene in Iceland. You could rarely hear black artists on Icelandic radio stations. Also, the music of black origin was not getting playlisted on Icelandic radio.

What are some of the key things that have helped you on your success journey?

When I played in Retro Stefson we just had a crazy work ethic. We played a lot of shows, toured a lot, practised so much. It felt exhausting at times, but we were just always putting in that extra work. Also, we became good at what we did because we put in the hours.



'There are moments where I have felt people dismissed my music because it was too black'



Do you feel that you have always had equal opportunity in your line of work?



I have always played black music and felt comfortable regarding my own artistic ventures. There are moments where I have felt that people dismissed my music because it was too black.

The national broadcaster in Iceland didn't playlist my biggest single to date, even though they bought it for a TV series they produced. It sold platinum in Iceland, it got a nomination as the song of the year at the Icelandic Music Awards but still rarely got any airplay on their radio channels.

Check out the Album Litlir svartir strákar Available on streaming services

What changes would you like to see in Iceland?

We need to be more inclusive of foreign individuals, create more safe spaces for immigrants so they can contribute and participate in Icelandic society.

What is your message to humanity?

Everyone who is a parent realizes the core truth that we are all born equal, free of hate and full of love. If you've seen or cared for a toddler, you realize that every human deserves love and violence-free existence. We are taught to hate, to fight and to hurt.





www.volcanoheli.is

Gives you the opportunity to explore Iceland's impressive landscapes from high above



'It's pure freedom, this is priceless'

Interview with

Matthias Vogt

CEO of Volcano Heli



So tell me a bit about yourself?

My passion is flying; I am the CEO of Volcano Heli, a helicopter company focusing on sightseeing tours, film/photo flights, expeditions and flight training. I have BSc in Aviation in Operation & Management and a MSc in International Business.

What made you choose to relocate to Iceland and start a business?

I was working on a project back in 2012 for a short time during the summer in Iceland. I simply fell in love with this beautiful country. I went back home then I keep dreaming of Iceland. I was going through a period of my life, and I had to make many decisions. Finally, I got a job offer at an airline which I turned down in favour of moving to Iceland.

volcanoheli.is

Often, I think back at that decision, and wonder, if my life would have been much easier if I had taken on that job. Well looking at it overall, I would have missed many opportunities.

After completing my studies, I was working part-time. I decided it would be beneficial for me to relocate to develop myself further. As I said earlier, Iceland was always on my mind.

After relocating to Iceland, I was still keen on personal and career development, so I enrolled in a Master's program in "International Business". Once here, I was looking at possible business options. Since I'm a pilot and mechanic and was working with other companies, I felt like there was a market for a helicopter company with smaller helicopters.



Did you have any challenges getting the business started?

Initially, I did plan to set up this business by myself instead of looking for partners. It was somewhat challenging in doing the business all by myself. However, I started slowly, then in 2014, there was the Holuhraun volcano eruption in North-East Iceland. The company is called "Volcano Heli" perfect name and timing.

We were doing sightseeing and especially photo/film trips to the eruption site, almost daily. There were many challenges to start, financing, permissions, and of course being abroad in a foreign country, where you don't speak the language. Besides those issues, I mentioned, I questioned myself if this is what I really wanted to do and if it's worth taking these risks. Well, the answer was yes.



Tell me something that motivates you to continue doing your job, other than money?

Aviation fascinates me in many ways, but especially exploring different landscapes from above never fails to amaze. I would say it is such a privilege to see the earth from above and move in any direction you want to. On the helicopter, you can also basically land at countless spots and don't need any runway (unlike a plane). It's pure freedom and that is priceless.

How do you advertise your service?

We have a website and brochures, but word of mouth is also significant

How has COVID-19 affected your business?

Quite a lot! From mid-March, all sightseeing flights and projects were cancelled, and it's been very tough ever since. Basically no income from one day to the next. The outlook for early summer was great, but now there is maybe 10-15% of the business initially forecasted.

What are your plans going forward?

I still have many ideas about how to bring the company forward. Besides sightseeing and photo/film flights, we have also been doing some flight instruction. It would be exciting to develop the flight school further. There is no helicopter school here right now; we are the only ones providing this service. As we have such incredible freedom here to fly almost anywhere and at almost any time, this is a great base for a school. Furthermore, the environment can be challenging with weather and terrain; this provides students "real-life" scenarios from an early stage.

Where is your favourite chill spot in Iceland?

I love the area of Vonarskarð / Nyjadalur, right in the middle of the country. It is remote and incredibly beautiful with colourful mountains, hot springs and Vatnajökull beside it. However, there are many more; West fjords, the North... Generally, I enjoy to go out of town and explore the countryside.



Social Media Marketing For Businesses

By Rizza Fay Elíasdóttir

I am a graduate from University of Iceland. I work as an international service manager at Ghostlamp, an influencer marketing platform and I am also a social media consultant at Pipar\TBWA. While I am fairly new to this industry, I have managed influencer campaigns around the world for multinational brands and even consulted with larger businesses on what type of marketing could work for their product, and the best way to reach a certain target audience.



If your business is not on social media right now, you are missing out.

Why? Because the growing generations rely more on social media for nearly everything that they need in their daily lives.

Let's look at a couple of examples:

Is this restaurant any good? They will check the business's social media for reviews.

What about this company that is hiring? Is it worth getting involved with? Millennials, for example, are more likely to use social media to do research and check the social media presence of a business before applying for the job.

SOCIAL MEDIA MARKETING

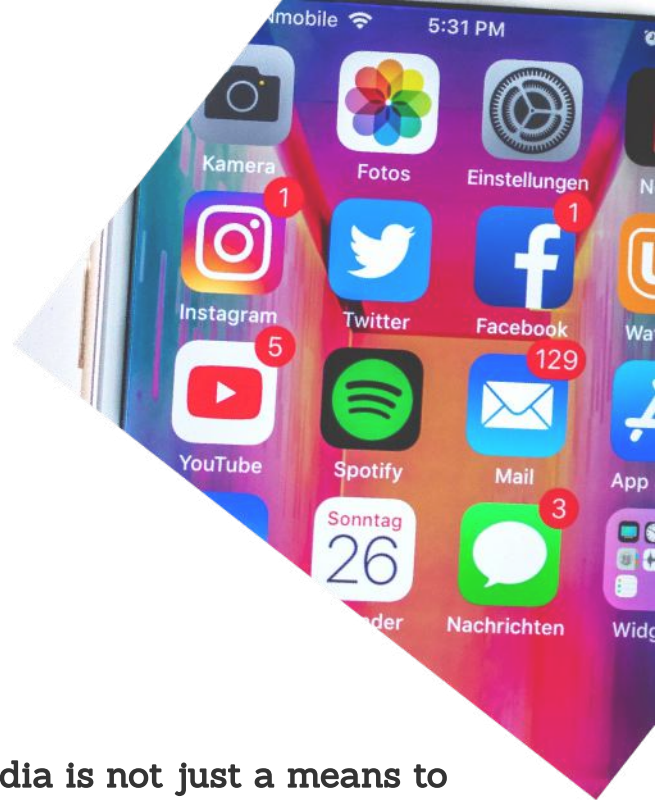
When you take your first steps into the social media world, take your time. You cannot expect to see sales go up within the first month. The first three months from creation will most likely have to be focused on awareness before you see any change in sales. People need to hear your business' tone of voice first, before they can decide if they can give you their trust.

We have the tendency to connect to each other, it is built in us; when a business creates a voice, they become more human and you are more likely to give them a chance. You may not trust the business just yet, but you would be more likely to see what they have to say about their business or product.

Social media is not just a means to connect with customers; it also gives you a lot of freedom to express visually.

Different media will help you catch the attention from different generations. It's always more visual and gives you a lot more space to be creative.

You will have to choose your media wisely, and do some research on other similar businesses tone of voice, but take the risk and start creating to stand out. If all fails, learn from the mistake and try again.





Multilingual Writing in Iceland with

By **Randi W. Stebbins and Beatriz Portugal**

www.ospressan.com



The original group from left to right Randi W. Stebbins, Ewa Marcinek, Angela Rawlings, Mica Allen, Virginia Gillard and Anna Valdis Kro (not pictured Beatriz Portugal, Agata Wisniewska and Juniper Francalanza)



Ós Pressan

Promoting inclusion and creativity

Ós Pressan is an Icelandic literary collective that differs from other Icelandic publishers in that it tries to include writers and artists, established or not, working in Icelandic or not, and coming from marginalized groups or not. By observing how the Icelandic publishing world works and questioning it, Ós decided to challenge the status quo and create something new.

Being creative means so much more than what people think. It's a sometimes messy and frightening process, like moving to a new country. In a unique and new setting, immigrants need to pivot fearlessly to enter new areas and find new networks - to make something out of nothing.

Many times this requires opening new spaces through courage, determination and creativity. That is how nine women, eight of us not from Iceland, created Ós Pressan in 2015. Only one had a background in literary publishing, and many were new to creative writing. Yet, we leapt and starting a nonprofit in Reykjavík and publishing an annual literary journal.

ÆGIR ÞÓR
 ANA MJALLHVÍT DREKADÓTTIR
 ANA SVETEL
 ANNA SCHLECHTER
 ANNALOU PEREZ
 BEATE MARIA KURY
 BIRGITTA BJÖRK BERGSDÓTTIR
 CARLOS TURRUBIARTE
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 SIMON HALINK
 SOFIE HERMANSEN ERIKSDATTER
 SOPHIE FETOKAKI
 THIBAUT SALLÉ
 VALERIYA
 YOAV TIROSH

Ós Pressan has now published four literary magazines and hosted many events and readings to give space for others to share their creativity - words, sounds and images that help perpetuate the cycle of collaboration, network and creativity. This matters Cultures are built and made stronger by what we create and share together. No one thrives in a vacuum.

The most recent cover of the journal

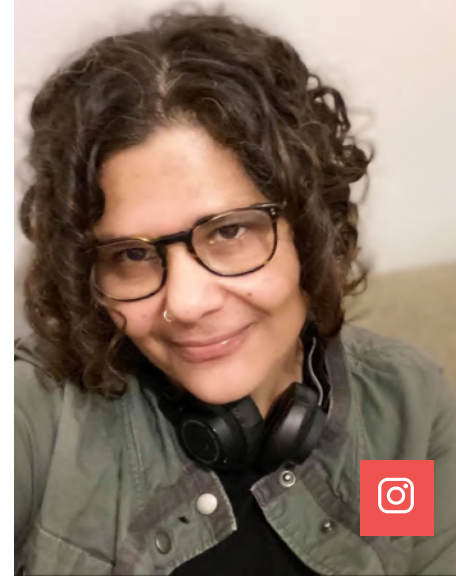
When Ós produced its' third literary journal, for example, the decision was made to allow for more colourful visual work. at times this was outside the budget and did not fit well with the journal's format. Instead of saying no to these innovative pieces, Ós created a combined online and printed edition.

The visual pieces were assigned QR codes that led to electronic versions of the full-colour pieces. In the fourth journal, sound pieces using the same QR code technology were included.

Allowing change stimulates us to think in new ways. Members are not afraid to share ideas, ask for input, give feedback and, maybe most importantly, adjust and compromise. This fluidity allows us to shape things until they take form. Without that, Ós would never manage to come up with fresh ideas, let alone implement them.

Ós continues to observe and question through not using arbitrary standards of literature to deny access to authors. We strive to find creative and open ways of publishing pieces that might otherwise be seen as unpublishable.

United, we speak up about racism



Lisa Franco

It is necessary to speak up against racism. I've been in several situations where I had to speak up for myself or others. I have experienced racism overtly. Now, I am not afraid to stand up and let my voice be heard. I shall not be complicit, and you can count on me, even if my voice shivers when I confront racism head-on.

By Lisa Franco

In Iceland, a racially, culturally and politically diverse group of people came together for the solidarity event. Over 1% of the population of Iceland showed up to hear the Black voices who graced the stage, make a public statement denouncing police-led murder and brutality and hold a mirror to Icelandic society.

The aftermath has provided Iceland with the chance to have an awakening, to bear witness to its own racism and sort out a way to eliminate it, in tandem with providing actionable allyship to those most impacted by it in Icelandic society. I am sure that in my lifetime I will never be a truly perfect ally and neither will you. But make the effort.

By Paula Gould



Paula Gould

Iceland is not unlike the Boston suburb where I grew up. Iceland is predominantly white and, for a long time, in denial about its racism problem. As far as I knew, my family's heritage didn't take part in the African slave trade that built White wealth in America; and I exempted myself from this history.

It wasn't until high school that I began to unravel the intricacies of racism, bias and my own ignorance and blind spots, and those of my household and community.

I learned, especially in college, that if I wanted to live in a world of true equality, I needed to figure out how to become a better ally. I began making an effort for change. You probably would too. Don't wait to be asked and make sure you're collaborating with those most impacted.

We gathered in solidarity against racism

For as long as I can recall, I have had friends from different ethnic backgrounds. As a kid, I didn't think much of it, besides how interesting and fun it was to learn different words, phrases, traditions and foods from my friends. I got to know their parents, some of whom had very thick accents. But all of them were very good to me and were always welcoming. I did not know why or what circumstances brought them from their home countries to America, not that I would even care, but what I had come to learn was that the idea of what America presented was very attractive to them. The idea was that you can self determine a lot in life, your destination in life.

I have always felt my friends were there for me because of who I am, not what I might represent. My friends know me as Jeff, and I know them by their names. So whatever their causes were, or their trials in life, I was there to help my friend Joe, or my friend Ron, just as they would be there for me. We need to see the humanity and individuality to understand the whole of humanity, and we will come to see that being an ally is simply being a friend who is there in your time of need. By Jeffrey Guarino



Jeffrey Guarino



Elizabeth Lay

I am a Chinese-American woman who grew up in White America, and I have my struggles as a minority. Still, the kind of benign racism that I experienced and continue to live with day to day, does not compare to the gross discrimination and mistreatment that Black people have lived with throughout the entire history of the United States. These are the subtle privileges that can no longer be tolerated if there is any chance of demolishing our current oppressive system that drives racism.

This is the reason we citizens of the U.S. living in Iceland organized a peaceful gathering condemning the death of George Floyd. It gives me hope to see the support of the Icelandic community and that they have taken the time to listen. It is also important to continue the discourse here in Iceland and remain vigilant that we safeguard our commitment to the protection of human rights.

By Elizabeth Lay

He should not have to be ashamed that his golden skin turns brown in the sun



Iceland has a timely opportunity to pivot, to acknowledge and genuinely integrate different cultures without making foreigners feel invisible.

Without making biracial/bicultural kids feel invisible, or that half of their heritage is irrelevant. I was told recently that I should stop saying my son is black; that he is mixed, and that he is mostly European anyway.

Considering that his European-ness is fawned over and rewarded every day in white society, and his blackness is something that people say “Oh, you can’t even tell” as if it’s a compliment, I feel it’s important to highlight. I’m mixed and also black. I would never be mistaken for white. His grandmother is black. His ancestors, who spilled their blood for his birth country, are black. Should he feel as if that lineage is worthless, or that he’s lucky he can’t be associated with it by his looks?

I can’t imagine someone telling a white Icelander “oh, you shouldn’t say you’re a Viking”, or that “you’re lucky you don’t look like one” (which is ironic, if you compare our histories) In a culture that seems to want a free pass on using racist terms (among other racist habits), it’s of utmost importance that my son understand this intrinsic part of himself and his family.

He should not have to hear someone call their own darkest child their “nigga” and have to laugh or approve in any way. He should not have to hear his peers use that word and have to laugh or approve in any way. He should not be ashamed that his golden skin turns brown in the sun, or that his hair curls the moment it grows past 5 centimetres. His lineage is rich and strong, and not just because he’s part Icelandic.

By Dori Levitt Baldvinsson

Hey Black Child

*"This poem is in
memory of Mary
Constable aka Nana who
showed me that I was a
loved Black child."*



By Asantewa Feaster

I see you
Tell me who you are and I will believe you
We need you
Learn who you are, no matter your culture
No matter your shade
You are a Black child and that is enough
You will be loved, valued, and honored
We need you, Black child
There is no replacing you
You are unique
There is no galaxy too far, no ocean too deep
that you can not reach

You will create, manifest and dream
You will conquer challenges that enter your
path
You are strong, intelligent and beautiful
Your feelings are deep, they are full and they
are authentic
We need you, Black child
You are our future and it is so beautiful
Depend on us, learn from us, listen to us
Talk to us, teach us, guide us

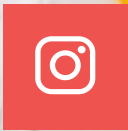
You define who you are
You are perfect in every shade and every
size
You are always summer
Nobody can take your finesse, courage or
depth
You are perfect
I see you

Studying Icelandic As A Second Language

By Derek Allen



"I HAD NO CLUE ABOUT THE CRAZY WORLD OF STUDENT POLITICS"



I was very Focused

Not many 16-year-olds in the United States sit at home teaching themselves Icelandic, but I felt compelled to do so after learning a bit about the land of fire and ice. I remember thinking that it seemed like a cosy place and that I would like to attend University there (something that American teenagers have to think about that age). As a language “dabbler”, I started picking up some Icelandic not expecting to get very far. Over time though, my skills and interest in the language improved significantly, leading to me becoming well-connected with many Icelanders before my arrival.



One thing led to another, and I ended up relocating to Iceland in August of 2016, moving in with the person that I had been in a long-distance relationship with for a few years at that point. That same month, I commenced my studies in Icelandic as a second language.

My first year in University, I was very focused on my studies. I kept my head down in the books. By January 2018, things were about to change, when I was asked to be apart of the student association Vaka.

I had no clue about the crazy world of student politics, so to suddenly be put at the forefront of it was a massive shock to my system. However, I adapted quickly and became a tremendous asset to Vaka as well as the Student Council as a whole by way of reaching out to international students.



All of my hard work over the years has resulted in me being offered both the positions of Equality Representative of the National Union of Icelandic Students, and Editor of Vaka.

I never thought that I would earn the trust of my fellow students to such a high degree. It's not at all been easy to this point; I'm hoping that my story can serve as an inspiration to my fellow immigrants, because as cliché as it sounds, anything is possible when you put your mind to it.

I graduated with a first-class grade, and was admitted into a Master's program in translations

I spent time translating our documents to be more accessible to them/us, helping them directly as the president of the Student Council's International Committee, and representing all students in Iceland as the secretary of the Aurora Student Council, a transnational network. Oh, it was exciting!

Amidst all of this, I still kept my head in the books. I was about to see the time I spent sitting at home in the Pacific Northwest gray making conjugation tables, and vocab lists pay off. I ended up graduating with Icelandic as a second language with a first-class grade and got admitted into a Master's program in translations. Yes, I did it.

Once I became a Master's student, I still managed to keep my head above water amongst all of the demands of both graduate school as well as Student Council. My fellow studies helped me to improve my craft as a translator and therefore work even harder translating (among other things) for the Student Council.

Simple Short Stories In Icelandic For Adults

By Carlotta

Interview with
Karítas Hrundar Pálsdóttir

karítas has first-hand experience when it comes to adapting to new cultures, languages and systems. She has written a book for people studying Icelandic as a second language.



I just love Karítas' vibes, she is positive and has a genuine love for people and culture and maybe umbrellas.



Tell me a bit about yourself?

My name is Karítas Hrundar Pálsdóttir and I have a BA in Icelandic with a minor in Japanese and an MA in Creative Writing. As long as I remember, I've had a passion for languages and cultures. I've lived abroad for several years: In Denmark the first five years of my life, in Minnesota in the United States for two years as a teenager, in Japan as a 21-year-old and recently 4 months in Spain.

- Why did you choose to write this book?

Literature in simple language has been very useful to me in my language learning. When I taught Icelandic as a second language, I felt there was a demand for such literature in Icelandic. So, I decided to write short fictional stories for adults in simple Icelandic. The book is called “Árstíðir – sögur á einföldu máli” and is composed of 101 stories. The stories are marked according to their level of difficulty, on a 1 to 5 scale, and are all in the level A2 to B1 according to the European Framework of Languages.

- You have lived in so many countries, was it hard for you to adjust?

It's always challenging to adapt to a new country and learn a new language. I felt welcome and eventually at home in the places I've lived in, but of course, I experienced some hardships too. At times I felt uncomfortable being different and felt like I couldn't blend in because of my accent or skin-colour. But overall, my experience has been positive, and I am grateful for all the friends I now have around the world.

'Reading books in Icelandic, as that is a fun way to practice your language skills'



What advice would you give to individuals who have now made Iceland their home, but are still finding it challenging to learn the language and adjust to society?

I would recommend going to fun events, there are for example diverse events, free of charge at the city library Borgarbókasafnið, Vigdís Finnbogadóttir Institute of Foreign Languages, and the local churches, including the International Congregation in Breiðholtskirkja – because that is a good way to meet new people and make friends.

In my experience, putting time and effort into learning the language of the new country really pays off. It is the key to adjusting.

There are several opportunities in the capital area to meet up and practice speaking Icelandic, for example, Café Lingua at the library, Practice Makes Perfect at the Red Cross, and Icelandic classes at SÍK. I would also recommend watching Icelandic television shows, following the news and reading books in Icelandic, as that is a fun way to practice your language skills and learn more about Icelandic customs and traditions.

Men do Seek Therapy

By Wieslaw Kaminski

www.psychotherapy.is

I am an integrative psychotherapist, couples' therapist with Lausnin fjölskyldumiðstöð ehf. I graduated from Professional School of Psychotherapy at Institute of Health Psychology (a rigorous 4-year comprehensive programme for professional mental health therapists), Warsaw University Institute of Applied Linguistics, Uniworld Business College - Sydney and 2-years in Warsaw University Post-Graduate Programme in Therapy and Group Training. My interests include Emotionally Focused Therapy, couples' counselling, integrative therapy, healing trauma, and managing change. I provide psychotherapy to individuals and couples in English and Polish.



Gone are the days when it was shameful to seek counselling as a male. In modern society, everyone embraces counselling and therapy. More males are now self-reflecting, and most are becoming aware there might be various things blocking them in their careers, relationship, and well-being, so they are keen to seek help.

Now we see more males reaching out to overcome the blocks as well as dare to break the loneliness. Why do male clients come to talk to me? Some just want assurance that they are going to make great fathers, supportive partners, and overall good people. Also, I am asked questions relating to the feeling of self-worth, which extends beyond traditional roles as well as questions that challenge one's beliefs and self-esteem.

In today's multicultural society, we can now choose various ways of expressing ourselves; living in a foreign country does come with its challenges that can affect one's progress and development.

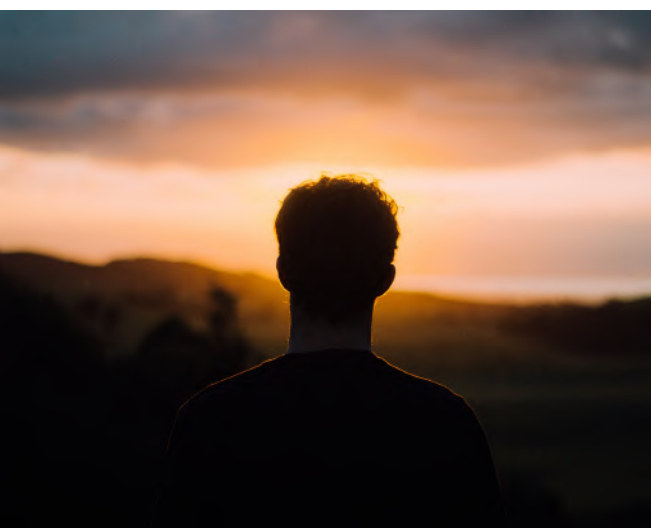
Most of these challenges take courage, although my client base can't serve as a statistical sample. I feel that there are more men these days who are willing to make themselves vulnerable and seek help. They see this as an asset, which it certainly can be.

After all, by being vulnerable, you can experience yourself and others in more depth, which can be both beneficial and a little scary at first. It's brave to admit to yourself and others how you feel, it's brave to seek help, it's brave to trust in yourself and do things that you think are non-masculine, it's brave to express your affection to those you care for and those who care about you. Ultimately this courage adds to your sense of self-worth and life satisfaction.



Being emotionally responsive and expressive does not mean that you have to talk feelings all the time; how emotionally expressive each person is different. It can be worked on to some extent if you feel it will make your life better. Some men find it comforting to hear; sometimes, it is about expressing assertively and responsibly. Some feel the need for distancing, which allows them to have time just for themselves to new situations.

Personal and emotional development is not always easy, but it is satisfying, and maybe this is why males seek counselling too. After all, we all want to feel better, cope better, be better and become a better version of ourselves.



LET'S TALK ABOUT FASHION

"Fashion is much more than a style or what is trending- it is also physical and psychological"

By Bianca Hallveig
Sigurdardottir



Fashion expresses your personality



Tinna Von Þorisdóttir

Colours can affect your feelings

Another exciting aspect of fashion is colour. Did you know your clothing can affect your mood and emotions? Studies have shown that different colours affect your feelings and trigger certain moods- for instance, bright colours such as red, yellow and neon green often make you feel more energized rather than dark colours.

Fashion is much more than just style or what is trending; it is also physical and psychological.

Our clothing has developed from being a practical asset to a social statement. It now affects the way we see ourselves. For some young people, their personal style can affect their mood and behaviour, as well as the behaviour of others.

Tinna Von Þorisdóttir



Jóhanna Kristjánsdóttir

Colours can trigger certain moods

Most people wear blue or black, usually, because it's a comfort zone and it's comfortable to wear-it goes with anything. However, in Iceland, I hardly see people wear yellow, when yellow is considered an energetic colour, and is often associated with laughter, cheerfulness and is a dynamic colour with a mild effect.



Wearing an outfit with an accent of yellow can make you feel more energized and put you in a cheerful mood. It's also eye-catching for those who want to stand out. Another fantastic colour that can affect your vibe is green. I love green- it has a calming, healing effect on the mind and it also reduces anxiety. It helps with awareness and is also a reason why it is great to get out and a take a walk through nature.



The clothes we choose to wear are sending out subliminal messages

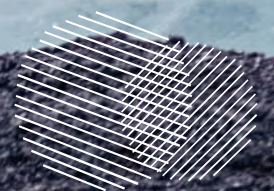
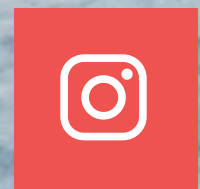
In Iceland, dark navy, charcoal, dark brown and the most popular, black is mostly worn. I see black clothing as a canvas; most Icelanders can add their personal touch to bring an outfit out of the ordinary to life with a bit of colour.

The clothes we choose to wear are sending out subliminal messages that can be used to interpret our personalities.

Some people unconsciously judge others by what they are wearing. My advice is don't worry about other peoples' opinions. Just wear what makes you feel confident, happy and bold. Finally, just feel free to express yourself through fashion.



**ICELAND IS OPEN
COME ON OVER**





ICELAND IS OPEN

By
Cátia Ferreira

Iceland opened its borders on June 15th; this is excellent news! If you are like me, I'm sure you are eager to come and explore Iceland with all of us who live here.

March was the turning point when flights were getting cancelled; eventually, the day came that zero people were entering the country, and it was very strange. Imagine a country that was receiving 2 million people a year, and then in just a matter of days, there were only residents, a total amount of around 360,000 people. Fortunately, the Icelandic government and the citizens have been doing a great job by respecting all the restrictions which are being lifted slowly. This means that Iceland is ready to open to the world.

www.merakiceland.com

We are hopeful that tourism will recover soon. One thing I've learned from Icelanders is that everything will be as it needs to be. Given this, I believe that in times when people are getting more anxious to be able to travel again, it's essential to bring new things to them, and that is why fellow operators are improving their tours, and I have been using my free time to work on my project, Meraki Iceland.



Cátia Ferreira

Iceland has conquered my heart

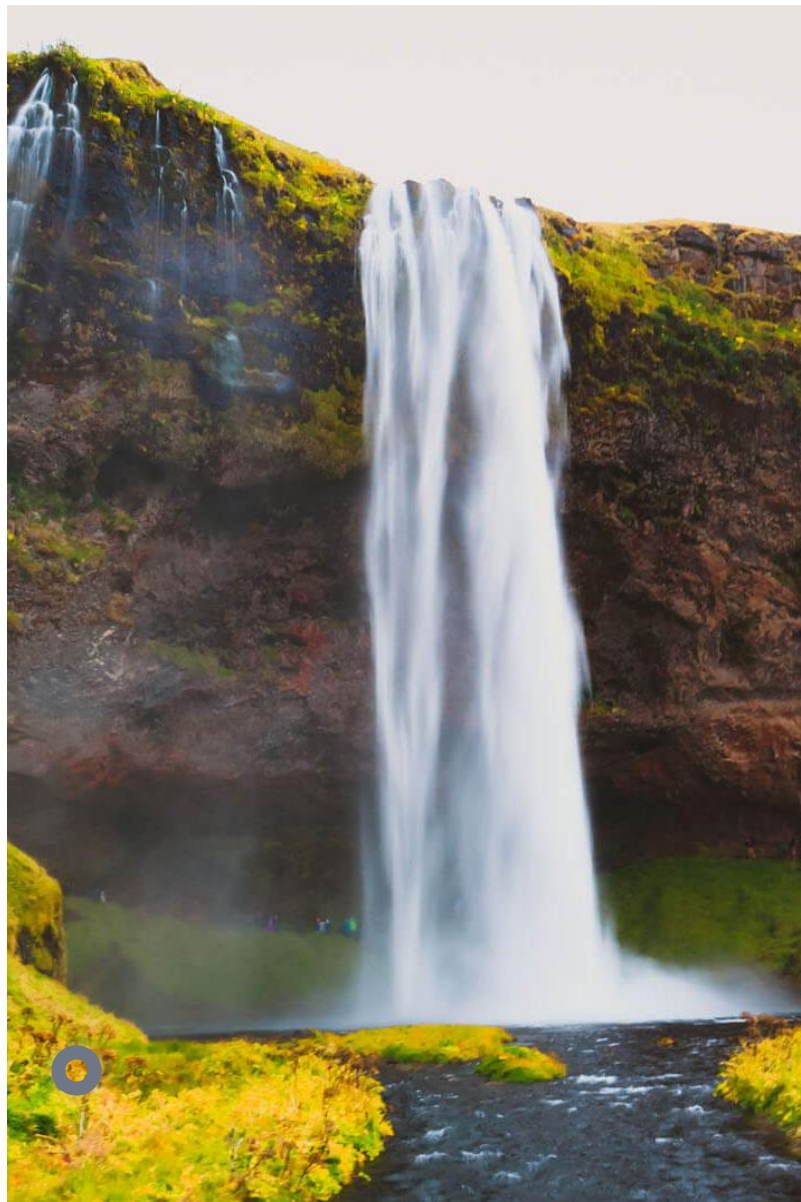
Before I tell you what Meraki Iceland is, let me just present myself to you: my name is Catia. I am Portuguese, and I live in Iceland. I have been working in tourism, and my main tasks are making sure that tours are running as planned and arranging itineraries. Iceland conquered my heart as soon as I moved here, and since this is my home now, I decided to share Iceland with all of you; this is why I launched Meraki Iceland.

Every day I come across the same questions about Iceland, which has given me the idea that people look at Iceland as a beautiful country to visit but very complicated when planning a trip. There are still people who think that the Northern Lights are possible to see during summer and that the Midnight Sun happens during winter and this could not be more wrong!

Hidden gems of Iceland!

The fact that I'm not an Icelander gives me this side of being able to look at Iceland with tourist's eyes, so it is easier to understand what people are looking for. Given this, the purpose of Meraki Iceland is to make things easier and help you organize your trip. You will also be able to find tours with tour operators who can take you to great locations and some hidden gems! Meraki Iceland is also a place where locals can have a voice, and they can share their preferred places in Iceland.

If you are reading this article, I want to thank you; tourist or local, you are all invited to check out Meraki Iceland. Remember, Iceland is now open to the world and Meraki Iceland likewise. I hope we will see you in Iceland soon!





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