

Living in Hólar, Iceland

Hólar:

The town of Hólar is small, with about 100 – 150 inhabitants (depending on the time of the year). In Hólar there is no store, so you will have to do your grocery shopping in Hofsóss 25 km away or Sauðárkrókur, 31 km away. The community is close knitted, and people find various ways to entertain themselves there. Hólar is an active farm so there are a number of horses in the fields around the town. In the Hólar forest and the mountains around, there are ample opportunities for hiking and running. During wintertime cross-country skiing is an ideal recreation. In Sauðárkrókur there is also a skiing resort. In Hólar there is a nice swimming pool with hot tub a gym-hall and the smallest bar in Iceland. Icelanders like to have festivities, so you might end up in one of those, for example the horse gathering *Laufskálarétt* in September, *Porrablót* in February or the beer festival in Hólar in June.

Housing:

There is a tradition for shared housing among internship students, so most people rent a room. It is also possible to rent full apartments. Housing is usually rented from the Hólar University Student Housing. Requests regarding housing should be forwarded to thjonustubord@holar.is. During your stay you will be responsible, along with roommates in the shared accommodation to keep the housing clean and up to standards. All problems and needs for maintenance should be sent to vidhald@holar.is. You need to report arrival and departure dates to thjonustubord@holar.is well in advance. Prices of housing can be seen in table 1.

Table 1. Hólar University Student Housing – Price list from June 2019 (updated yearly).

Housing	Size/SQM	Price IS Kr	Heating and electricity	Equipment rent	Total
Single room	11	51.057	3.700	500	55.257
Studio apartment	49	86.406	7.200	2.000	95.606
2 room apartment	57	86.406	7.700	2.000	96.106
2 room apartment	67	93.933	8.700	2.000	104.633
3 room apartment	68	120.057	9.200	2.000	131.257
4 room apartment	98	151.738	10.200	2.000	163.938

The rent is paid every month, due on the 1st. You will get a bill via email and it will include information on IBAN, Swift and the ID number of the student housing, which are necessary for transferring money from foreign bank accounts. Please discuss this with your bank before you arrive, as details of such transfer may be country and bank specific.

Transport:

The easiest transport to HU is by bus. There is a public bus service here in Iceland (straeto.is), and to get to HU from Reykjavik you will need to catch bus 57. The bus leaves twice a day from the bus station in Mjódd, 9:00 (arriving in Sauðárkrókur at 13:56) and 17:30 (arriving in Sauðárkrókur at 22:26). You have to be in touch with your internship supervisor regarding a pickup from the bus station in Sauðárkrókur.

Clothing:

Iceland is a country of changeable weather. You may experience this variable weather, both at home and during fieldtrips, and you need to be prepared for this. So we suggest to bring warm clothes, woollen long-john and long sleeved sweater. Warm middle layer, and good rain-proof clothes, both jacket and pants, warm hats and mittens. Warm outdoor clothing (snow suits) are also useful. Good hiking shoes and lighter shoes will also likely be needed. There are sport facilities in Hólar for indoor sports during the wintertime, and in Hólar there is a swimming pool, so bring swimwear. The weather in Iceland can as well be nice (up to 15 – 20°C) so bring summer wear as well if you are staying at that time of the year. In Iceland we do not wear shoes indoors, so it is useful to bring indoor shoes as well.