

Edda Times



Editorial

This magazine is written by all those who extensively participated in ENSK3fa05 course directed and taught by Sigríður Anna. The magazine has been separated into five components to simplify its look and each article, picture and component has been carefully curated by the editors, directors of art, proof-readers, marketing team and journalists.

The main subject of the magazine was chosen by the students of the course and the theme this time around was School and Student related advice. Not all articles fall under the theme but still comply to the focus which was to inform and to increase the knowledge of those who delve into this magazine.

All students had a specific job in the creation and thus is this magazine a carefully and collectively curated group component where everyone put effort into creating their piece to fit into the puzzle that is the completed version the magazine

As a team we want to give special thanks to everyone who was interviewed during the process and every single person who gave us their time and help to put it all together and create such a marvelous final result for you as reader

Aron & Friðrik
Editors

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What Makes a Good School

written by Berglind Björt Leifs

There are a lot of things that can be taken into account to measure what makes a good school. People define good schools differently but there are a couple of things that can be mentioned and characteristics that make a good school. The most important thing when it comes to a good school is to provide students with a good education and teach effectively. To provide students with a good education, schools have to offer them the things they need to be able to reach academic excellence, achieve goals, perform, and excel in school.



A good school has supportive and qualified teachers. It is very important to have teachers who are qualified for their jobs because they play a very important role in the school's work. It is important that the teachers are interested in teaching and committed to their job. Also, the teachers provide the help that students might need and are passionate that their students succeed academically.

Diverse studies, resources, and opportunities are all very crucial factors for a good school. Diverse studies are important for education and to advance students' skills, knowledge, and growth academically and personally. A good school provides their teaching material in a variety of ways and by that students learn something new and do not only take exams. By doing these various projects students will use different resources such as the internet, podcasts, games, videos, and going outside of the classroom and experimenting with something new. It is also very important that the school give students access to up-to-date equipment, resources, tools, facilities, and the technology that is needed. For example, computers, tablets, libraries, laboratories, or even just upgraded chairs and tables.



A safe, comfortable, and supportive environment is also a key factor when it comes to a good school. School is supposed to be comfortable, supportive, and safe for every student, it is very important because they spend a lot of time there. It is also essential that students feel respected and are with the teachers. With a safe environment, students feel better, have a more positive mindset going to school, and are more comfortable expressing themselves. Attendance is better if students feel well and just their overall performance in schoolwork is better.

Discipline, structure, and hard work are some of the characteristics a good school teaches its students. Structure and discipline are very important things in daily life and by teaching at a young age the kids go into adulthood more mindful of it. It is good for kids and teenagers to have structure and discipline in their lives, and it is less likely for them to go off track if they are provided with so to gain discipline and behave respectfully.



Contributing to life skills development and preparation for the future both academically and socially is also one thing that is important when it comes to a good school. Students must learn life skills and be able to cope and meet the challenges of everyday life. It is important because the students are going into adult life and the working environment. To give them education and the opportunity to explore all of the choices they have and opportunities for the future ahead of them.

Counseling is a very essential part of school life and contributes to work in many ways. Counseling is when someone educated or with more knowledge advises someone who approaches them with a concern for something or just to get advice on something. It can be about personal problems, questions about school work, or just about general information about things in life. Counselors can provide people with information and advise them on how to overcome the problem. The main purpose of counseling in schools is for the students to be able to approach someone who can help them and gain guidance. With counselling students have the opportunity to talk about their problems where they have a safe space to do so without being judged. Counselors can also provide students with information and explore careers on educational paths that may fit them and interest them in the future.

In Fjölbrautaskólanum í Garðabæ there are two counsellors, they are Auður Sigurðardóttir and Dagný Broddadóttir. They work every weekday between 9:00 to 15:00. Students in Fjölbrautaskólanum í Garðabæ can book an appointment with them during school hours or just show up and wait for them to be available.

Their role as counselors is to consult and give students in FG advice about the school, the things that are related to personal matters, students' studies, career choices, and just things that overall involve the school itself. Students should be comfortable to go to them to get advice and seek out their advice. Auður and Dagný have a rule of confidentiality which means that they can not speak to anyone about the things that are spoken about with the students without permission of the student and they can get into big problems doing so.

In a short interview with Auður Sigurðardóttir, she told me that her job is very diverse and she never knows what the day will be like but there is always something waiting for her to do and take care of. Mainly she assists students with everything related to the school and the work that is done there. She said that her work depends mostly on the timing of the semester and what is being done. At the beginning of the semester, she mostly helps with the timetable making and students come to them to get help with adjusting their timetables. She welcomes new students, has meetings with them, and gets them settled at the school. She gives these new students all the information that they might have to know about the school. She gives presentations to the homeroom teachers and in some classes related to that. She attends consultation meetings, such as school council meetings, participates in the health committee, and goes to neighborhood presentations. Later on in the semester she mostly helps students decide which classes to take and when to do so. She helps students decide when to graduate, when and what is required to do, and what their options are after graduation.

She also helps students who are interested in going into distance learning and what are the requirements to do so in that case. In the spring there is a big enrollment of about 200 hundred students each year and she helps with the process and helps the supervising teachers.

Auður and Dagný do not only assist students with school-related stuff but also assist students in all matters related to teenagers and their everyday lives. Auður and Dagný try to do their best to help and solve the problems that a student might have. If they are not able to help they find other ways to solve the problem. They work with nurses, psychologists, school administrators, teachers and parents.



What Makes a Good Student

written by Anney Fjóra

What makes a good student?

Being a good student is more than just getting good grades. It involves a combination of certain personal qualities that the student has to develop through his days of schooling. Of course, the personalities and upbringing of students are different and for some, it is quite easy to become a good student. For others, it takes time to develop and learn the attitudes and habits that contribute to academic success and great personal development. For those, it is important to learn fundamental morals and values, and it is very important to teach those values to children at a young age to give them the best chance to acquire those qualities that will make them good students (Alexandra Jareck, n.d.).

Here are the 10 most important qualities of a good student:



1. Self-discipline:

Self-discipline should be a student's first virtue. When students are disciplined, they comprehend the value of their education. It facilitates their ability to correctly prioritize their tasks and as a result, distinguish between crucial and unimportant ones. These students set their own goals, they don't need encouragement from their parents or teachers (Habio, n.d).

3. Attendance:

Being present is crucial for students, to show up for class and on time. By attending class regularly, the student is more likely to keep up with daily lessons and assignments and take quizzes and tests on time. Also just being present at school the students are learning how to be good citizens by participating in the school community, learning valuable social skills, and developing a broader worldview (Arnecia Moody, n.d).

2. Being organized:

Students have to be organized and have good time management skills. Students have to know how to prioritize their tasks, set goals, and create a study schedule. By staying organized, they can stay on top of assignments, projects, and exams without feeling overwhelmed. Being well-organized and well-planned are the student characteristics that will help them achieve their milestones successfully.

4. Being motivated:

Students who are motivated have a far higher chance of succeeding and realizing their potential. A crucial component of successful teaching and learning is motivation. Students who show more positive behavior will increase their sense of well-being.



5. Being punctual:

Being punctual is very important to be a good student. When a student is punctual, it means that they show up on time for class, lectures, and other academic commitments. This shows respect for their teachers and classmates and it sets a positive impression. Being punctual also helps them to stay organized and prepared. Students don't miss out on important information or instructions and they will have enough time to settle in and get focused.

7. Diligence and hard work:

Being diligent means being dedicated and committed to putting in the effort required to succeed in your studies. Hard work helps to grasp concepts better, retain information, and improve the student's skills. It also shows determination and perseverance, which are key qualities for academic success.

6. Being Goal-driven:

Having goals helps students focus and create a set of achievements during a specific time in school. When a goal is set, students have a clear direction and purpose in their studies. It helps the students to stay focused and motivated and gives them something to work towards. Setting a goal can also give them a great sense of accomplishment and boost their confidence.

8. Respectful:

Showing respect to teachers, classmates, and even yourself, can create a positive and supportive learning environment. Respect means listening attentively, valuing different perspectives, and treating others with kindness and empathy. Being respectful will foster strong relationships, encourage collaboration, and promote a healthy classroom atmosphere. Also when you're respectful you create a positive reputation for yourself and others are more likely to respect you in return.

9. Passionate:

Having a passion for a subject or topic, it ignites your curiosity and enthusiasm for learning. It makes studying more enjoyable and engaging. Passion drives you to explore deeper, ask questions, and seek out additional resources. It also helps you stay motivated and dedicated to your studies, even when faced with challenges. Also when you are passionate about something, it's contagious, it inspires others around you and creates a positive learning environment.

10. Patient:

By being patient one can handle challenges and setbacks with a calm and positive attitude. Learning can sometimes be tough and it takes time to fully understand certain concepts. Being patient can give the student the space and time to grasp the material at his own pace. Patience can help the student to stay focused and persistent, even when things get frustrating.

Having goals helps students stay focused and gives them something to work toward. When students have clear goals,



Gettu Betur

Written by Aron Unnarsson

Gettu betur is an Icelandic team quiz show for upper secondary schools in Iceland. The show is broadcast on the public television channel RÚV. Gettu betur started in 1986 and has been held annually since then. The show has been one of the most popular programs on RÚV since its inception.

The goal of the competition is first and foremost entertainment, but it is also a great competition between upper secondary schools in Iceland. Menntaskólinn í Reykjavík is the most successful school having won the competition 23 times. FG won the competition back in 2018 and hopefully, we can do it again soon.

Each school's team consists of three students. There are also often several deputies and most schools have a couple of coaches. At the beginning of each school year in FG there is a preliminary test for Gettu betur. All students are allowed to take the test and this year there had never been so many people taking the test. Subsequently, there is another test for the students who scored highest on the preliminary test. After the second test then the team is selected.

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TEAM!!!



QUARTER
FINALS
FEBRUARY
15TH VS
MR

The questions in the quiz are very diverse which is why each contestant specializes in a few fields of study or field of interest. For example, one might have literature, art, and science, another one might have history, geography, and politics, and the third one might have music, sports, and mythology.



The competition has changed a lot throughout the years. The main difference is between the questions and how they are set up. In recent years, the competition has started with speed questions for 90 seconds. The speed questions are the easiest, but many schools are getting around 15 correct answers. Next, is the categorial question, but the team with fewer points after the speed questions has three categories to choose from. Both teams then get the same question and write the answer on a paper. Following the category question there are 12 bell questions and two clue questions. Finally, there is the three-picture question.

Another change in the competition is the gender quota, but it was imposed on the contest about ten years ago. Before the gender quota, only one girl had been on a winning team.



Gettu betur always starts in January, with two rounds on the radio. The 16 best schools advance from the first round to the next round. Then they compete again and try to make it to the quarterfinals. The quarterfinals are on TV and there is always a lot of atmosphere and excitement. Next is the semi-finals and finally, the final itself.



In team FG this year are Patrik Dagur Sigurðsson, Aron Unnarsson, and Brynja Sævarsdóttir. Patrik specializes in science, music, and mythology. Aron specializes in geography, sports, and history. Brynja specializes in politics, literature, design, and art. The coaches of FG are veterans Dagmar Íris Hafsteinsdóttir and Kjartan Leifur Sigurðsson. But they were on FG's silver team in 2022. FG has made it to the quarterfinals many years in a row and there was no change in that this year. FG will next compete against MR and that match will be on February 15. We encourage everyone to attend there, it will be a very good atmosphere and a lot of fun.



Gettu betur is very meaningful and instructive. You will learn a lot of interesting things that might benefit you in the future.

Fashion Designing Courses in FG

written by Amanda Sól

FG offers seven different clothing design classes, and you learn different things in each one. In a fashion design class, you must be creative, and it helps to be inspired by something. In the first class, you learn how to make a shirt and pants, and what goes into designing clothes. The students are given a choice of what type of shirt or pants they want to make. Whether the students choose to make jeans or sweatpants, that's when the creative side gets to shine. One of the projects is making a scrapbook. In the scrapbook, you draw all the ideas that come to mind.



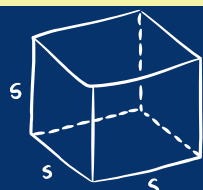
When the product in the making has been finished you have to draw a picture of a person in the clothes that you made. However, before you make the clothes, you need to learn the basics and that is what the first class is all about. You have to create a clothing profile, to do that you measure yourself with a measuring tape and then draw your size on a thin, large sheet of paper and cut it out, the clothing profile is going to be different depending on the type of clothing you are making. When you are done making the clothing profile, you pin the paper to your material and cut the material in the same shape as the paper. When that part is over, that's when the class starts to get even more fun. You get to sew, you learn to use a sewing machine which is, in my opinion, the most fun part because then you get to make the clothing.



When the shirt or pants are finished you have to take a photo of someone in the clothing and put that in a folder with the other things you have made in the class, like the scrapbook and the clothing profile. This is just one of the classes that you can take at FG. In the other classes, you get to make a jacket, learn how to work with fleece, make a dress, and many other things.

In the final class, the school offers the students to participate in a runway, that's when you can show people the clothes you made. You get to have models wear the clothes, and you get to experience how it feels to have the clothes, that you designed, be in a fashion show.

I took the first class with my friend last semester, I found it so much fun. I'm going to take more fashion designing classes and I am so excited about it. Me and my friend went together to buy materials and there were so many different types to choose from. The first assignment was to make a shirt, we looked online on Pinterest and TikTok for inspiration, and I decided to make a black T-shirt, and my friend a white tube top. We drew in our scrapbooks to have a clear idea of what type of shirt we wanted to make, and then we made the clothing profile and cut out our material. When we were done with that we got to sew, it was tricky at first but then we got the hang of it. We finished the shirt but we still had more time and I had more material, so I made a black tube top with the rest and my friend went and bought more material and made a new shirt. I loved this class because you get so much freedom and get a chance to make something you can wear.



$$y = mx + b$$

$$d = \sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$$

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$$ax + by = c$$

$$\frac{x}{a} + \frac{y}{b} = 1$$



$$V = \frac{1}{2} bhl$$



$$V = \frac{4}{3} \pi r^3$$

$$V = s^3$$

$$A = \frac{\sqrt{3}}{4} a^2$$

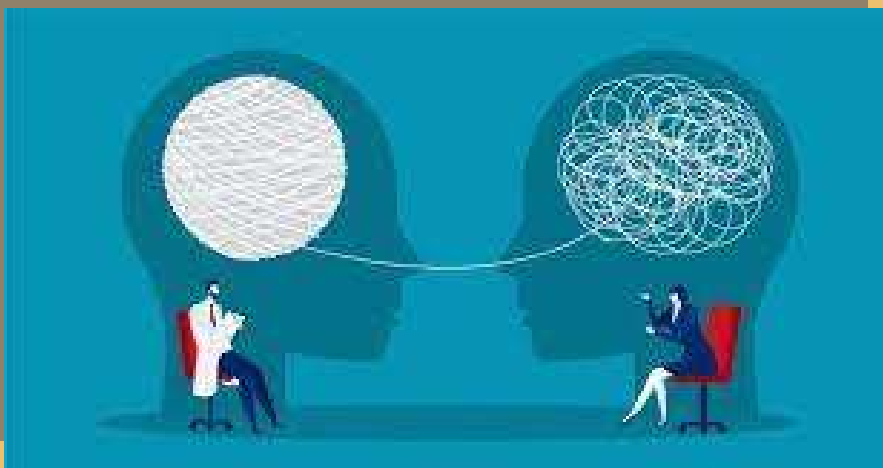
Psychology in FG

written by Guðrún Birna

Psychology is the science of behavior and the mind. Those who study psychology learn about the function of the brain functions, human thinking, emotions, behavior, human development, and personality, and take into account all the different aspects of being a human. As psychology is intertwined with the social sciences, it is classified as a hub science with links to the social sciences, medical sciences, and education.

At Fjölbrautaskóinn í Garðabæ, psychology is a broad field in which one can take five psychology courses. An introduction to psychology, social psychology, mental psychology, and developmental psychology as well as pedagogy which has a lot to do with psychology.

If you are interested in psychology and want to become a psychologist or something related to psychology, I would recommend choosing the social science line where the goal is for students to acquire good general knowledge in the field of social science and humanities. You have to take most of the psychology courses as well as history and sociology, you also have to take other courses but these are the main ones.



An introduction to psychology.

In this course, you will be introduced to the history, development, nature, and research of psychology. You will learn about psychology as a field of study and how to apply it to life. The course emphasizes the many concepts of psychology. You will learn how psychologists work, how they work with people's emotions, thoughts, and behavior, and how they can help them. You must take this course to take other courses in psychology in Fjölbrautaskólinn í Garðabæ.



Social psychology.

The Social Psychology course emphasizes how individuals affect, perceive, and relate to others. In this course, students explore the reciprocal influence of individuals and groups and learn about well-known experiments in sociology and psychology, such as occupational psychology, advertising psychology, criminal psychology, and personality psychology. Basic field theories are also introduced. After the course, you will know the basic idea of sociology and how psychology explains a person's behavior, feelings, and thoughts. Not only will you learn the knowledge of psychology, but you will also view your own and other people's behavior through psychology, which will greatly help you in life and in understanding others.



Development psychology

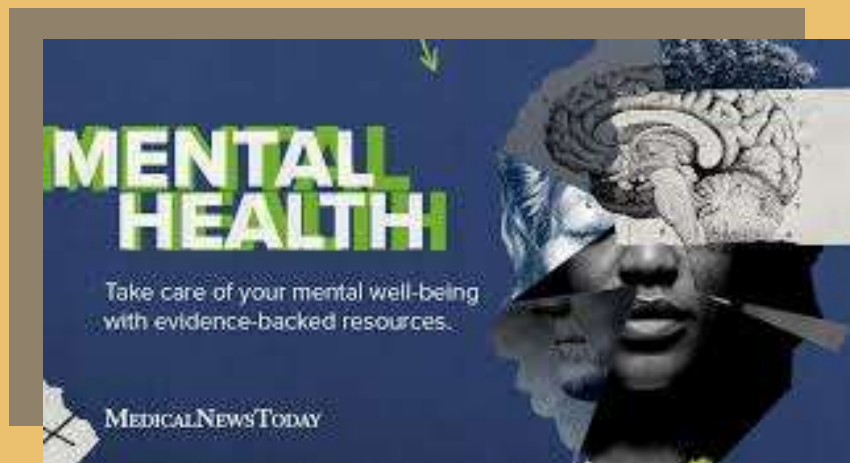
Development Psychology, which is taught in the same course as pedagogy, focuses on the maturation of children and adolescents and their relationships with their parents. The focus of the course is on the development of intelligence, attachment, socialization, and emotions. You will learn what factors influence self-image and practice analyzing the factors that have shaped you in life. You will learn how best to raise a child and what to expect when they grow up. You will be taught some theories from developmental psychology and pedagogy that will help you understand the age phases and behavior of children and adolescents. After the course, you will be able to understand more about human development from the perspective of developmental psychology and pedagogy.



Mental psychology

The mental psychology is an interesting course that deals with the categories of mental disorders. The course emphasizes the classification of mental disorders and helps students understand the interplay of social, biological, and psychological factors in mental disorders. Brain function and nervous system factors in mental disorders are introduced to enhance student's understanding of medical and biological factors. The everyday stress and its effects on a person's mental health will also be discussed. The course will lead students to relate mental psychology to their own well-being and mental health.

I am on the social science line, where I have taken all four psychology courses. In my opinion, it is important to understand psychology in order to look at yourself and the world from a different perspective. If you are interested in criminology, I would highly recommend taking the mental psychology course where you can learn about mental disorders and relate them to many criminals and serial killers. I would say that this course is the most interesting because you learn psychology from a completely different perspective than in the other courses. If you are more interested in the social aspect of psychology, I would recommend Development Psychology and Social Psychology where you learn more about nature or nurture.



People may think that psychology is not a hard subject and that it is just about common sense and talking about your feelings, but it is so much more than that. And you will see that in the psychology courses, where you will see that it is a broad subject with many career opportunities.

There are many types of psychologists, such as experimental psychologists, criminal or forensic psychologists, and sports psychologists. You do not necessarily have to become a psychologist just because you study psychology. You can also work as a customer service representative, criminal investigator, social worker, and in many other professions.

Is an Art course Worth It?

written by Berglind Björnsdóttir

people, it's quite respected whereas for other people it's quite looked down upon. People tend to assume studying this specific field will leave people with fewer opportunities in their lives and a harder time finding a long-lasting job. However, if the artistic field is something that you are interested in and want to pursue, taking an art course is not such a bad idea. Whether an art course is worth it or not depends purely on the individual themselves and their personal values. However, taking an art course will help individuals with skill development, portfolio building, network opportunities, getting feedback and critique, exploring mediums and styles, and having a structured learning environment.

The importance of art

First of all, we'll have to discuss the importance of art. People tend to forget how truly valuable art actually is. Throughout history, art has had a massive impact on culture, shaping societal norms, values, and perceptions in so many ways. It has helped reflect culture, showcasing society's values, beliefs, and ideologies through visual representations. It offers viewers insights into the cultural norms during different historical periods. For example, during the Renaissance era in Europe, art played a big role in religion and showcased the culture happening at that time. Mona Lisa, being one of the most famous pieces made during the Renaissance, is still as popular to this day and is a big part of French history.



It also plays a huge part in identity and diversity. Art has often been used to express individual identity, heritage, and experiences. It celebrates diversity and gives people a sense of belonging by showcasing different cultural perspectives and narratives. Frida Kahlo's self-portraits for example are very known for her expression of identity, ethnicity, and Gender. She expresses her experience as a woman of mixed heritage, using symbols of her culture and traditions in her works.

Lastly, it can be used as a helping tool in inspiring social movements and activism. Art has historically been connected with social movements and activism, serving as a powerful tool for protest and social justice. It highlights marginalized voices, challenges systemic injustices, and encourages change.

The AIDS Memorial Quilt started by Cleve Jones is a bunch of patchwork of fabric panels dedicated to the lives lost during the AIDS epidemic and serves as a reminder of the human toll of the virus. Each panel represents as a tribute to an individual who passed from AIDS, using their name, artwork, and personal mementos.

Art has served as a powerful tool to embrace culture, praise religion, inspire change, and help people develop a new perspective on different topics. The messages in the films you watch growing up shape you as a person, the sculptures around Rome showcase the history of the city, and even the music you listen to can affect how you feel.



What do you study

In FG, students taking an art course will have to take the core classes, like every other student has to. In addition, FG provides students with a variety of different subjects they get to enjoy.

Drawing is the foundational subject taught in an art course. It teaches students many different types of techniques allowing students to improve their skills in drawing for example figure drawings, still life, perspective, and compositions. This class also introduces students to different types of media students can use to make their works. Classes similar to that are also color theory and model drawing. Painting is a similar subject as well where you can explore different painting mediums such as oil paint, acrylic, watercolor, or even gouache. That subject teaches students techniques for mixing colors, brushwork, layering, and creative ways to texture their paintings.

Finally, there is sculpture and photography where sculpture focuses on three-dimensional art forms while photography focuses on learning to produce high-quality photos. Then there is Philosophy, Idea work, Image structure, Career folder, Art history, and Final project. All classes that instead of improving your handmade talents, improve your creativity and view on art itself. This gives students an equal balance of improving their talents and knowledge of art. In addition, the internet can be used as a tool to help you improve. A Skillshare subscription provides useful courses taught by professional artists and YouTube has many videos people can watch for free.



Jobs available

One common assumption people make overtaking an art course is that there aren't that many job opportunities with that kind of degree. However, that is not true. Of course, taking an art course if you don't have much interest or plan on working within the artistic field, taking an art course will make it more challenging for you to maintain a job, but that's how it works with every other course as well.

However, if you wish to work within the art field, the possibilities for a career are endless.

Fine arts jobs are a wide range of professions that follow producing art typically involving drawing, glassblowing, knitting, painting, sculpturing, and weaving. Jobs within this field can be art director, artist, art supervisor, art teacher, creative director, photographer, print manager, production artist, or theater manager. These jobs often require creativity, technical skill, and a deep understanding of artistic principles.

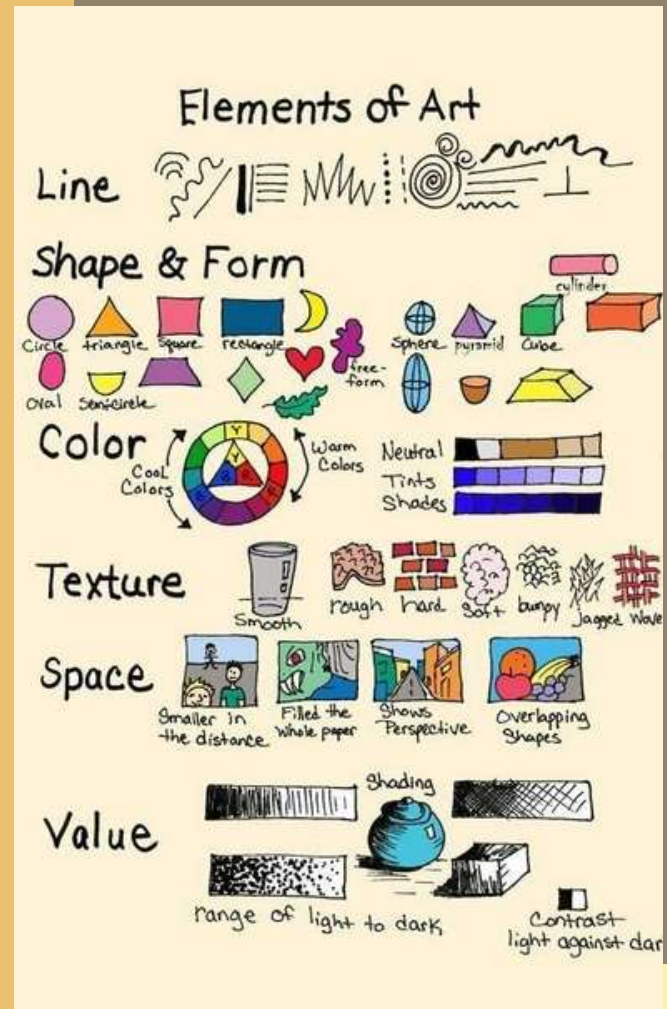
Visual arts jobs focus on the creation and presentation of visual artworks. This includes being a curator, engraver, floral designer, furniture finisher, Illustrator, and interior decorator. sculptor, set manager, or a tattoo artist. These professions focus on expressing creativity through different types of mediums like painting, drawing, sculpture, and mixed media.

Art history jobs study art from different cultures, periods, and artistic movements. They involve researching, documenting, and interpreting the artistic field. If that's something you're interested in, some jobs might suit you such as being an archivist, art agent, art consultant, art framer, art manager, gallery manager, historian, professor, or program coordinator.

Film jobs are also an option for students with an art degree. These jobs may stand out from the other options as they focus specifically on the production of motion pictures.



These jobs are found within the entertainment industry such as Hollywood studios, television networks, independent film production companies, and streaming platforms. Artistic jobs within this field are for example, broadcast technician, communication director, digital content manager, filmmaker, game designer, producer, sound technician, video editor, and videographer. Design jobs create products working for different types of industries like advertisement agencies, design studios, corporate design departments, architecture firms, and technology companies, focusing on meeting their client's needs.

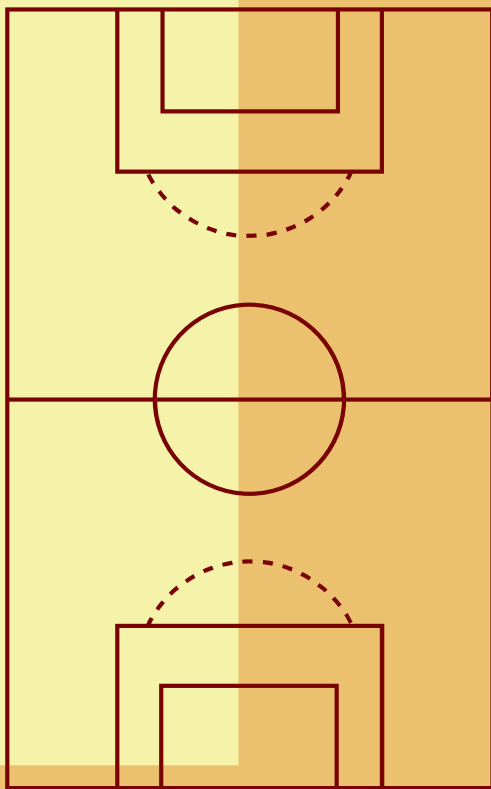


Some of the jobs within the field are being an animator, architectural designer, fashion designer, graphic designer, marketing consultant, product designer, technical designer, user experience designer, and finally a web designer. These are only a small selection of careers someone with an art degree can look into since art has such a big variety of options. Not to mention a lot of artists decide to work independently after graduating, starting small businesses, and becoming their own boss. If this is something you're interested in, taking an art course is definitely something you'll want to look into.

Sports Science

written by Guðrún Bergrós

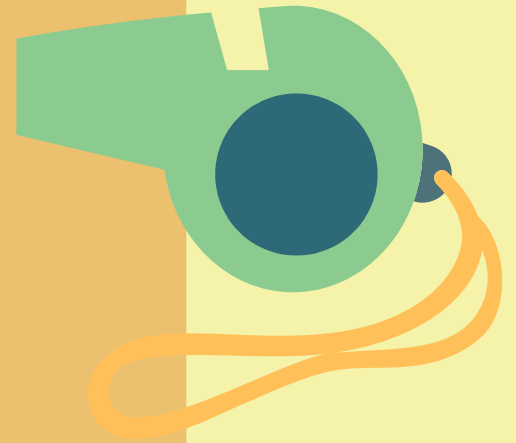
Sports science's primary focus is the connection between exercise and the human body. It focuses mostly on the scientific concept of exercise performance. It mixes different science degrees like physiology, psychology, nutrition and biomechanics with business and management skills opening many options for future careers.



A common career sports science students take up after graduating is sports management, where their business and management skills are brought to use, which they learned doing the sport science course. Sports management jobs are often based in sport clubs and organizations. Sports Science can also be a great foundation for people interested in sports psychology and physiotherapy, but it usually requires further studies. Another possible profession people can pursue is sport nutrition which plays an important role in keeping athletes in top shape. Many students also take up careers as PE teachers, sports coaches, and personal trainers. This is just a small list of possible careers for sports science students



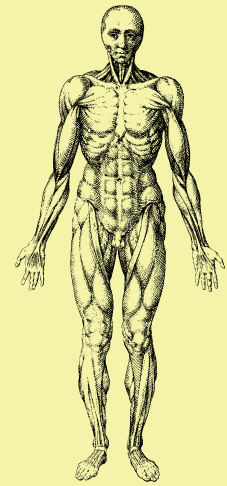
3 main courses in FG fall under sports science; the first one is called “Þjálfun“ which means training. The course emphasizes that the students learn about the role and responsibilities of a coach in sports, particularly when training children between the age of 3 and 12. It focuses on the organization of training, planning and goal setting. The students will gain basic knowledge in the teaching and methodology of sports and training in responding to injuries. Topics such as the diet of athletes and the effect of drugs on performance are discussed. In addition to that, students will learn how to plan training effectively.



The course is equivalent to the ÍSí (The national Olympic and Sports Association of Iceland) coaching course, 1a, 1b and 1c general part. A part of the course discusses social work where the students receive training in meeting duties and learning about the main roles of board members. The students will learn to read organizational charts and how to work according to them. This course is one of a kind, students get to work closely with children and even visit kindergartens where they will teach them sporting lessons



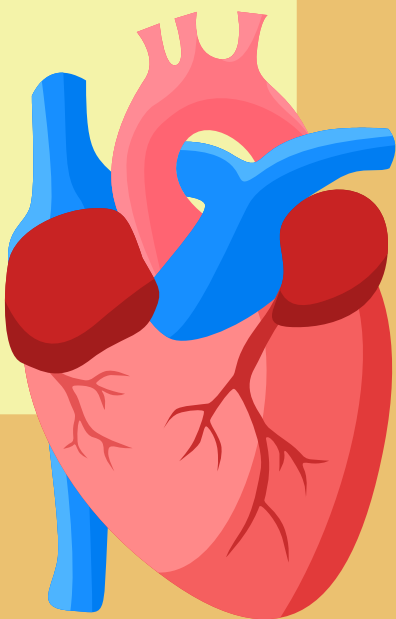
The second one is “líffærafræði og íþróttameiðsl“ which is about anatomy and sports injuries. In order to be able to take this course the first course “þjálfun“ needs to have been taken before. The course is divided into two parts where students will learn about anatomy for the first half of the semester and sport injuries for the second.



In the first half of the semester, the teaching material will focus on the functions of the human body with emphasis on bones and muscles. Special focus will be placed on the organs and organ systems related to the movements of the human body. Various topics will be discussed such as bones, ligaments, joints, joint surfaces, individual muscles and their attachment and function. The concepts and fundamentals of kinesiology will also be discussed. For the second half of the semester, students will learn about correct lifting techniques, work postures and movements during work as well as preventive exercises and different methods of treating sport injuries. This course was very useful and entertaining, especially the sport injury part because most people will relate to having injured themselves somewhere in their life. The teachers have amazing methods and make sure that the students find the subjects interesting.



The third one is called “Lífeðlisfræði og skyndihjálp” meaning physiology and first aid. The course is mostly academic and covers the functioning of the heart and circulatory system, lungs and nervous system, and the type of muscle fibers. It focuses on endurance, power, speed, flexibility, technical training, and goal setting. There will be taught the types of training plans for both short and long term. The course covers the main basic aspects of sports psychology where various stimuli that affects the ability of athletes will be examined. Tension (stress) and the main causes of tension, relaxation and mindfulness are discussed. The students learn the basics of first aid, including basic CPR and the use of a defibrillator, locked lateral recumbency, identifying internal and external injuries, responding to acute illnesses and the transport of injured people. I found this course to be extremely helpful and interesting, especially the CPR part, where the students took a lifelike CPR test on a CPR doll with a measuring device that could tell if the doll survived.



If you choose sports science as a major you will also take other courses related to it including nutrition, biology, chemistry, and various sports subjects. These three courses cover up many diverse topics that can be very useful and open up many different potential career paths for the future, not to mention how fun and interesting the courses are. Therefore, I highly recommended the Sports Science at FG for students to major in, or students that are interested in taking these three courses as a “kjörsvið”

Entrepreneurship Studies

Written by Einar Ernir

**Do you
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In this class, you will learn how to be an entrepreneur, and you get to create a company from a project that you design. In this class, there are endless opportunities for everyone and it is very maturing to start a business from scratch at this age. The phase involves a lot of work, so you can't just do nothing and then start working at the last minute. The class involves working in groups, which can be difficult for some, even though some people love working in groups.

This course will help you a lot for the future and build a great foundation for the future. If the product you design turns out well, you have a chance to win a competition between high school students in different schools who are in the same class. Many ideas have gone far and become very popular. Some students won the competition and got very far with an Icelandic investment app, and many ideas are available for sale in some places.

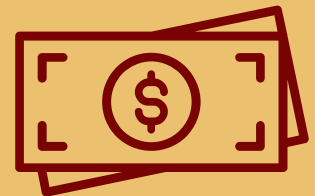
Designing a product in innovation can be complicated because almost everything has been designed. Making all kinds of drinks, clothing brands, and food products is popular with many students. Not all ideas work equally well, some spend a lot of money to produce their product but fail to sell it. It is still very good to learn to lose because there is only one way from losing



Entrepreneurship

You get to know so many new things as you go through this phase. You get your position within the company, which you have to fulfill. You and the group you are working with have to make joint decisions on various things, which can be difficult. There is a lot of experience in organizing production partners for the product. You have to send emails to companies and find out where the best and most profitable place to produce the product is.

To reach this stage, you have to do all the tasks and have good attendance. There are also out-of-school presentations that students must attend. In these presentations, all students in different schools who are participating in this phase go up to the University of Reykjavík. On January 12, the groups went to a presentation at the University of Reykjavík called, "sparkið". Students were welcomed there with presentations about the course. People who won the competition also gave speeches to advise the students about the competition. The president was also there and gave a speech to the students. A big part of the phase is to present your project at a trade fair that takes place in a shopping center in Kópavogur. Students set up a stand for their product to present the product to the public. If students do not attend the product fair, they will be expelled from the course.



It is very good that everyone in the company has something to do because not everyone can do the same thing. At the beginning of the phase, you choose which job you want to handle within the company.

One student can be the Managing Director who is responsible for the day-to-day operations of the company and must follow the policies and instructions of the board in that regard.

In the company, there is only one student who takes care of the company's finances, which is the financial manager. It is good for the financial manager to have a good knowledge of bookkeeping

Then there is a position within the company called design manager. The design manager is in charge of the design and quality management of the product. Makes final decisions regarding the design and appearance of the product. A sales manager who keeps track of orders, sales figures, and payments from customers. Is an intermediary between the company and the customers. You can also choose to be a marketing manager.



Marketing managers are in charge of marketing the product and the company. Communicates the company and draws attention to the company. Responsible for social media and all promotional materials. It's always good to have someone in charge of production. If the raw material is imported, the person takes responsibility for it. Handles all communications with domestic and foreign suppliers. Oversees the production process – takes care of all orders in production. Then there is the communications manager, the person who handles all communications that people have with the company and the company's email.

LGBTQ

written by Helena Jónsdóttir

In this article, I will be writing about LGBTQ, which is an initialism and stands for people who have identified themselves as lesbian, gay, bisexual, transgender, intersex, queer, ace, or questioning.

We were told early in our lives that there were only two genders and that your mother would either give birth to a girl or a boy, who would marry later in life the opposite sex. There is a specific view in this world that only believes that sexuality isn't a spectrum, and some people are stubborn and think that there are only two genders, and that people of the community are going through a phase, or the ridiculous belief that people who are not heterosexuals, will go to hell for their sins. That fact and that way of thinking is heartbreaking and disrespectful, especially to the people who have found their true identity. I am glad to say that there is more to the world than what has been told and that sexuality is a spectrum.



SERRANO

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It turns out that sex and gender are not the same thing, sex is seen as binary male or female, assigned at birth. Gender is what you identify as, and gender is much more diverse. Knowing the difference between sex and gender is crucial for understanding and respecting individuals' identities and experiences. There is also a term called non-binary, which is used to describe genders that do not fall into binary definitions of male or female.

What needs to be acknowledged is that sex refers to biological differences between males and females. We know now that sex is usually assigned at birth, and there are examples when it is assigned later, for example, intersex people.

People are born into the LGBTQ community. You can find out early in your life or late, or rather at any point in your life, that you are a part of the LGBTQ community. Many fear coming out because they think they won't be accepted, coming out refers to the process that people who are LGBTQ go through as they work to accept their sexual orientation or gender identity and share that identity openly with other people. Coming out is a very brave thing to do, and it's extremely personal and different for everyone. It is common to think that their family will disown them or make them think that they need to change, which they do not need. Furthermore, the world population is around 8 billion and that is a lot of people. Every one of these people has their own life and their way of thinking. According to the internet, on average about 80% of people worldwide identified as heterosexual, 3% as gay, lesbian or homosexual, 4% as bisexual, 1% as pansexual or omnisexual, 1% as asexual, 1% as "other", and 11% don't know or won't say.



What should also be known is that sex can be changed, in the case of transsexual people, who are born with the sex characteristics of one sex and gender identity of the other sex, some surgeries are reassignment which includes a change of sex organs and the administration of hormones.

Definition:

Lesbian: Describes a woman who is attracted, emotionally and/ or physically to other women. A woman does not need a specific sexual experience or any sexual experience to identify as a lesbian.

Bisexual: Describes a person who is attracted to both men and women. A person does not need to have specific sexual experiences, or any sexual experience to identify as bisexual.

Intersex: Describes a person born with sex characteristics that are not typical for male or female bodies. Sex characteristics are physical features relating to sex, including chromosomes, genitals, hormones, and other reproductive anatomy, as well as secondary features that emerge from puberty.

Intersex is an umbrella term, and intersex characteristics and traits are not always apparent or identified at birth. The “I” in the longer version of LGBTQ (LGBTQIA+) stands for intersex.

Gay: Describes a person who is attracted, emotionally and/ or physically, to someone of the same gender. The term can be used by men, women, or individuals who

Transgender: describes a person who was assigned a sex at birth but identifies as the other sex, for example, a female sex at birth but identifies as a male. This person may or may not actively identify as trans.

Queer: an adjective used by some people, particularly younger people, whose sexual orientation is not exclusively heterosexual. Queer was once used as a pejorative term and has been reclaimed by some but not all members of the LGBTQ community.

Queer is seen as an umbrella term sometimes used by LGBTI people to refer to the entire LGBTI community.

Questioning: describes a person who is still discovering and exploring their sexual orientation, gender identity, gender expression, or some combination thereof. Using this term enables an individual to identify as part of the LGBTQ community while avoiding other labels and recognizing that their process of self-identification is still underway

Asexual: Describes a person who is not sexually attracted to others and has no desire to engage in sexual behavior. Asexuality differs from celibacy in that a celibate person is sexually attracted to others but chooses to abstain from sex. Sometimes, asexual is abbreviated as “ace.”

Iceland

I am from Iceland and this is a very friendly and LGBTQ+ welcoming country. Iceland's commitment to LGBTQ rights and its inclusive policies contribute to creating a more supportive environment for the community. In Iceland, same-sex marriage has been legal since 2010, and since 2015 the Church of Iceland has performed marriages for people of all genders and sexual orientations.



We have a tradition of having a massive gay pride event of 100,000 people and passing very aggressive LGBTQ+ rights. Reykjavík's Pride parade starts in front of Hallgrímskirkja and has been estimated that more than 30 percent of Icelanders attend Reykjavík's Pride celebrations every year. We are such a small nation, and with that in mind, we always know someone who is part of the lgbtq and if we don't then we are probably the person who is part of the community.

What is so inspiring is that in 2009 Iceland was the home to the world's first openly LGBTQ+ head of government and Iceland's first female Prime Minister, Jóhanna Sigurðardóttir. In Iceland, a country known for its LGBTQ+ inclusivity and progressive policies, significant strides have been made towards legal recognition and societal acceptance. The celebration of LGBTQ+ pride, the legalization of same-sex marriage, and the representation of LGBTQ+ individuals in leadership positions exemplify Iceland's commitment to fostering a supportive environment for all its citizens. By embracing diversity and championing inclusivity, we can create a more compassionate and equitable world for future generations.



In conclusion, we have learned that LGBTQ stands for an acronym for lesbian, gay, bi, trans, queer, questioning and ace. People who are part of the community, did a lot to figure out that they were not heterosexual and should be treated with respect just like everyone else in the world. The journey of self-discovery and acceptance within the LGBTQ+ community is deeply personal and often comes with challenges, including fears of rejection and discrimination. However, embracing one's true identity and coming out can be a profoundly brave and empowering experience. In Iceland, a country known for its LGBTQ+ inclusivity and progressive policies, significant strides have been made towards legal recognition and societal acceptance. The celebration of LGBTQ+ pride, the legalization of same-sex marriage, and the representation of LGBTQ+ individuals in leadership positions exemplify Iceland's commitment to fostering a supportive environment for all its citizens. By embracing diversity and championing inclusivity, we can create a more compassionate and equitable world for future generations.

Is Using AI Cheating?

written by Þórhildur Erna

There is a very thin line between cheating and using AI in writing as a guiding tool. Artificial Intelligence refers to computer systems that can do tasks that typically require human intelligence. It involves creating intelligent machines capable of learning, reasoning, problem-solving, and making decisions. AI aims to simulate human cognitive abilities, such as understanding natural language, recognizing patterns, and adapting to new situations.



Artificial intelligence has taken the world by storm, and what it has particularly affected is the school system. Young people especially think it is an easy way out of learning and finishing assignments. However, there is a right way to use AI in schoolwork. For example, it can be used as a research assistance to sift through given research or understand complex topics, which can then be used as a starting point for a student's work. You could use it to help proofread, create flashcards, practice quizzes, or explain difficult concepts. AI could even be used to learn coding, languages, or other skills through interactive lessons and personalized feedback. In conclusion, using AI is not cheating if it is done right and used carefully. We have to embrace how everything is changing and evolving. Using artificial intelligence is going to be a thing we have to live within our education systems.

STJÖRNUSÓL

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English is Taking Over Icelandic

written by Þórhildur Erna

Do young people think in Icelandic or English? We asked a handful of students within the walls of the school if they did think in English before translating it to Icelandic in day-to-day interactions. With the anglicization of Icelandic culture, it has become clear to many people how hard it is to keep to the roots of the beautiful Icelandic language. There are several reasons for the widespread use of English. First of all, it is the official language of many developed nations with sizable economies, such as the UK, Australia,

New Zealand, Canada, and the United States. English's reach has also been increased by the fact that it has historically been taught as a second language in many nations. English has spread more quickly as a result of globalization and the development of the Internet. With English being the primary language of the internet, it has taken over as the language of the digital era. The ability to speak and understand English has grown in importance in the labor market, providing possibilities and promoting intercultural understanding. But there are also worries about linguistic diversity and possible inequality because of English's dominance.



While other languages are being preserved and promoted, some of the participants showed they were unaware of this and even said that they exclusively think Icelandic. However, when asked about certain topics and their opinions on them, they stammered and had a hard time thinking of what words meant in Icelandic and/or said Icelandic sentences but built like an English sentence. “I exclusively read and watch English - stuff because Icelandic stuff does not have as much fun with the storyline” - Interlocutor 1.

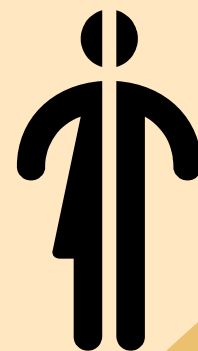
Do you agree that viewing and reading material is better in English than in Icelandic? So maybe the solution to the ever-approaching doom of Icelandic is to make more material for young Icelanders to keep them entertained. Or is there no going back and we should just all talk in English?

Gender Studies

New course for the spring semester!



Do you want to learn more about gender, sexuality and stereotypes?



The Future Relationship Between Icelandic and English

written by Kristján

The number of Icelandic citizens who don't speak a lick of Icelandic has been growing at an exponential rate for the past twenty years or so, but how has this not resulted in disaster for the people that do speak it, and the migrants that don't understand the language? This is a problem that many other countries have faced in recent years but few have managed it as well as Iceland. The main reason for this lack of language barriers can mainly be attributed to the fact that most people that speak Icelandic natively, also speak and understand English almost perfectly as a second language. Most culturally Western countries, whether it's Iceland, Norway, New Zealand, or of course the United States, all use English as a default language when speaking with foreigners since it has become somewhat of a must-know language. People just expect you to know and understand English if you want to be able to communicate or keep up a conversation with anyone who doesn't speak your native tongue.

Even countries that are not traditionally considered "Western-influenced" use English as a default language when speaking with foreigners, even if the foreigners themselves don't speak English natively either (Rohmah, 2005). Iceland is somewhat unique in this sense, since it is so heavily influenced by the United States, culturally. In recent decades the influence has been so noteworthy that most Icelandic people can hardly communicate with each other without using some English in between their Icelandic sentences.



One of the largest reasons for this is the fact that almost all media that Iceland consumes is either made in the U.S. or only available in English translation. This stretches from films, TV shows, music, poetry, literature, and social media. The English language is so incredibly crucial, that if you don't have a basic understanding of the language, you're instantly locked out of most forms of entertainment and media. This as a result has made the Icelandic nation very adept at English, much more than most other non-English speaking nations.

The historical connection between English and Icelandic Most Nordic people see obvious similarities between the Scandinavian languages either when learning about them in school or just by listening to other people speak them. This comes as no surprise since most of the Nordic languages bear the same roots, but why are Icelandic and English often so similar?

Both Icelandic and English belong to the Germanic language family, making them distant relatives. Languages today can all be looked at from a family tree perspective, with the Nordic languages being close relatives and English being a little further up the tree. Though the two languages may differ in many ways, they are also alike in others. The most obvious examples of this can be seen when you compare some keywords from both languages. Words like "Brother" in English, "Bróðir" in Icelandic "Sól" in Icelandic "Sun" in English, and the list goes on and on. Similarities like these can be made with most of the other Germanic languages since they all belong to the same family but many people either don't know the origin of most languages or don't know what languages belong to which family trees. Connections like these make learning either language much more streamlined and straightforward for people who know one of the other languages already, and in some way, brings them together since they come from the same roots.

The Icelandic Michelin Guide

written by Friðrik

Michelin stars are some of the most coveted honors a restaurant can receive. Unlike with other rating systems, one or two stars aren't considered a poor performance; on the contrary, just getting one star is a testament to a restaurant's quality. The Michelin Guide has been published for over a century now and has consistently delivered great commentary on restaurants covering all bases of the dining experience, and in recent decades has become the preeminent culinary award. The Michelin star has a long history in mainland Europe. The record award holder is France with some 626 locations, (because it's France of course), and in the US there are more than 200. In Iceland, the restaurant scene is much smaller but three restaurants have however managed to receive a star, a true showcase of impressive gastronomy, where local culture, years of experience, top-notch service, and innovative approaches come together.

Dill was the first restaurant in the country to receive a Michelin, mixing a strong emphasis on sustainability and local produce, an elegant fusion of traditional ingredients with a modern dining experience. The new Nordic look and the deep colors of the interior provides the restaurant with a sleek and elegant look, almost like you see in cinema, the presentation of each dish is likewise minimalistic, allowing you to just appreciate the ingredients, less is sometimes more and Dill has taken that to heart with their menu.



Dill is the result of a dedicated staff and a world-class chef you have a lot of experience, that kind of talent ensured that kind of talent ensured that dill was on immediately left a mark on Michelin's inspectors, I think it's safe, to say that this restaurant in the heart of town, the recognition is well-deserved.

It seems only fitting that in Iceland there would be at least one seafood place to make it into the Michelin guide and that's Brún. Although the restaurant is quite a new addition to the guide, only actually making it in 2023, Brún feels right at home, with its fun and distinctive character and wide selection of all kinds of ocean delights. The seafood selection is nearly matched by the extensive beverage menu, itself being on a star wine of the year list. The restaurant itself is surprisingly simple in a good way, Michelin

having described it as having a “casual feel” and “pleasingly uncomplicated”, you know what you are getting there and you get it the best it can be, essentially merging a relaxing atmosphere of a bar with a true fine dining experience, always classy but never veering into the pretentious.



My favorite of the three, however, happens to be outside the confines of the big city. It's right next to the Blue Lagoon surrounded by the lava rock that is so famous in the region. It's not hard to see that there is something special about Moss, the decor, the location, the astronomical price tags (yes I'm broke), this place is an experience, and one you won't soon forget. It begins where every gourmet enthusiast dinner does – the wine cellar, from there chef/tour guide, takes you through a culinary journey, multiple courses, and rare vintages with each course. All in all a transcendent experience – and a hangover the next day but hey, it's about the journey, not the destination, and one that gets full marks. The fact about the Michelin guide in Iceland is that it's pretty small, as of now we only have three recognized places, but we're a pretty small country too so we're doing all right, besides I think per capita we might have a pretty high score if you think about it. A Michelin star isn't everything either, there are plenty of great restaurants all over, we should just eat what we like, but if you want an experience or make your friends jealous on Instagram, the Icelandic Michelin guide is just the thing for you.



Interviewing Athletes at FG

written by Hermann Guðmundsson

There are many athletes in FG, who play all kinds of sports. Some examples of these sports are football, handball, badminton, bandy, volleyball, box, and dance. These are just a few of the sports engaged by students in FG. But what is it like to be an athlete and in school at the same time? In this article, I am going to explore that by conducting interviews with two exceptional athletes who study at FG.

The first interview I conducted was with Ása Halldórsdóttir. Ása is an exceptional athlete who plays football at Breiðablik. Ása can play almost everywhere on the pitch and has played professionally for Breiðablik since 2021. She has 41 professional matches for Breiðablik and six goals in total. In addition to that she has played 29 matches for Icelandic national youth teams and scored 9 goals combined.



The second interview I conducted was with Margrét Brynja Kristinsdóttir. Margrét is an exceptional athlete who plays football at FH. Margrét plays as a midfielder and has played professionally since 2020. She has 59 professional matches for both Breiðablik and FH and 11 goals in total. In addition to that she has played 28 matches for Icelandic national youth teams and scored 8 goals combined.



When asked about what the hardest thing is about being a student and an athlete, Ása said that the hardest thing was to keep a good balance between football and school. For example, if there is a late-night football practice and an exam the next day, she sometimes must either sacrifice a good mark on the exam or a good night's sleep. Margrét said that the hardest thing was to do both school and football to the best of her ability, she thinks it is especially difficult when she is abroad with the youth national team. Ása said that the best way to balance school and football in her opinion was diligence, ambitions, and planning well, for example by reviewing the study plan for the course and using a calendar to plan out the week. Margrét said that she tries to write down what she must do especially when she is abroad. But the most effective way to keep a good balance between school and football is to plan well ahead.

Ása also says she has gotten some help from teachers and coaches and that both teachers and coaches are understanding when it comes to school and football. Ása also praised the guidance counselor and says that they have helped her very much in school e.g., by helping her plan easily when it comes to assessment day, so she doesn't have to take 3 exams on that day. In addition to that, she says that her mom has been able to help her a lot. Margrét said that the teachers here in FG are very understanding and helpful when it comes to her situation. For example, they are always ready to help extra if needed and ready to postpone deadlines if needed. She also says that many youth national team coaches are teachers, and they help a lot when they are aboard with the team.

When asked what challenges Ása has overcome when it comes to school and football, she said that first she struggled with all the absences from school because of national team duties but she says she deals much better with the absence now than she did before. She also says that playing football has shredded her school life quite a lot as she has had to skip some balls and missed out on some fun stuff in school. Her answer to the question the other way around is also yes. For example, she would sometimes like to do some extra practice in football, but she is not able to do so as she must go home to study. Margrét said that she tries to start the semester well to be able to relax a bit as the semester progresses.



Margrét also talked about how playing sports has had a really big impact on her school life as she does not participate in the social life, as school and football take up a lot of her time. She also admits she would like to take part in the social life and probably would do so if it wasn't for her situation. In addition to that she had to skip all kinds of school-related events or having to go home early. But this goes both ways as her school life also plays a big part in her football life. For example, she would like to train more after practice but is often not able to do so because she must do homework.



When asked both Margrét and Ása said that they have taken some mentality from sports to school, for example, that they must work hard to achieve success, you should never give up, have faith even at your lowest and be positive even though the situation does not look good.

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Both Ása and Margrét talked about how important planning is when you are a student and an athlete. In addition to that they both talked about that there are some sacrifices when it comes to being an athlete and a student, but these sacrifices are often worth it in the end in their opinion.

Margrét said that the best thing to do when she feels overwhelmed in school is to plan well ahead both when it comes to school but also in life generally. Ása said that the most important thing to do when there is a lot going on in school is to sleep, yes sleep. Because sleep is the foundation of how you do in both school and football. Ása says that when she has a lot to do it is sometimes better to sleep rather than to study all night. I asked Ása and Margrét what course/subject in FG has helped them the most as footballers. They both said that sports science has been very helpful for her as an athlete, especially ÍÞRF3ÍL05. But that course is about sports injuries and has been very helpful to her as an athlete.

The last question I asked them was, do you think FG is a good school for athletes? They both answered yes because they think that the school is very understanding of their situation. The teachers are very helpful, and they can use many of the subjects they learn as they are majoring in sports science which can be very helpful for them as athletes.

Interviewing Davíð

written by Aron Ingi

Davíð Ágúst Kúld Kristinsson is a teacher at the Secondary school of Garðabær and teaches courses related to business such as Marketing, Accounting, and Management. Davíð is also the coach of FG's E-sport team and one of the most respected teachers at the school.

Davíð is a family man and says he is quite homebound. Davíð studied at Verzlunarskóli Íslands from 2004 to 2009 when secondary school was still four years. After graduating he went straight to the University of Iceland to study sociology. After finishing his first semester Davíð felt that he was on the wrong path and decided to quit and started working at Securitas while he was still deciding on what he would like to do. About a year and a half later in 2011 Davíð wanted to go back to school and hence his interest and experience in accounting and marketing from when he was at Verzló he decided to study business at the University of Iceland which ended up being a great choice. Davíð says he loved the program and finished his bachelor's degree in three years but admits that he was a bit "sluggish" with his final essay.



A few years went by and Davíð and his girlfriend planned on going to the University in Lund Sweden to study Business, they both applied but only his girlfriend was able to get into the program. Davíð says that when he looks back, he regrets not putting more effort into his final essay but at the same time he felt he had had enough at the time and just decided to accept it. Even though he did not get in, Davíð still wanted to experience living in a new country so he went to Sweden. However, in the back of his mind, he was always thinking about what he would like to do with his degree in the future.

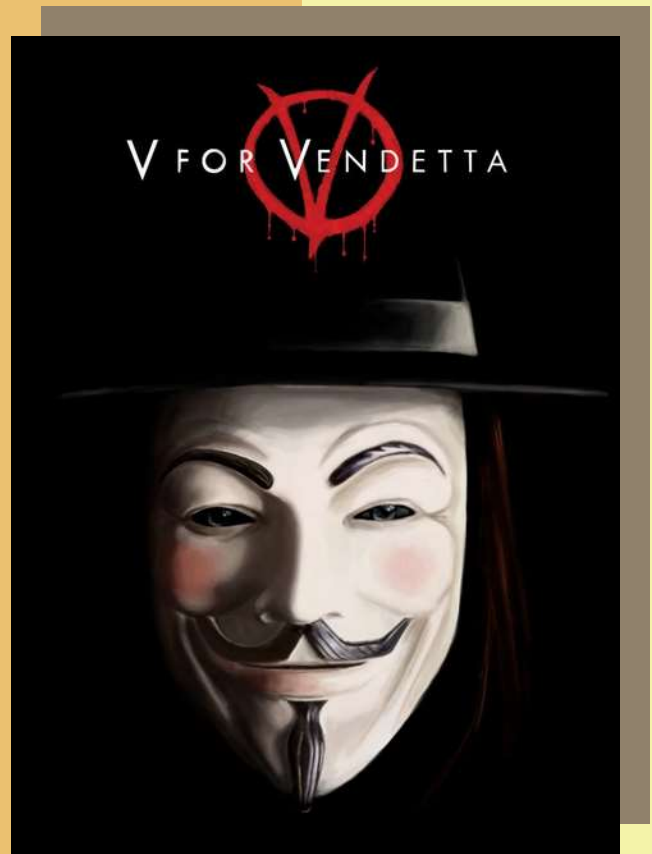
He attempted to work in a bank which was, according to him, horrible and that year was the most boring year of his life. When Davíð came back home he was looking at programs at The University of Iceland and found the Education of upper secondary school teachers' program. The program instantly struck his interest because he had always been more interested in theory rather than the practice of business. Davíð finished the program in two years and then somehow, he managed to end up here in the Secondary school of Garðabær.

As a teacher, Davíð says that he is a happy-go-lucky type and always tries to be cheery and positive towards his job and his students. When I asked him if he tried to model his work after anyone, he said that Tinna who is the head of the business department is someone who every teacher tries to model their work after because she is a great role model. Most importantly she is also a good person. But apart from her, Davíð says that he always tries to learn something new, and if he finds or sees a new approach that he likes he quickly tries to implement it into his work.

When teaching Davíð says that he wants to create an environment where every student in his class feels included. A classroom where nobody feels stupid for not understanding everything straight away. Because, in the past, they have felt ashamed or embarrassed for asking and not understanding. According to Davíð, the key to achieving this is letting students ask questions, and says he wants his students to seek help and information as much as they can and not to feel less for doing so.



To emphasize this Davíð says that this is one of the reasons why he does his job. A big part of Davíð's decision to become a teacher he says that two of his teachers at Verzló sparked his interest. "Both of them gave me space to be myself and were always cheering me on and one of them even said that he thought I would be a great teacher when I was graduating," says Davíð and says they were also great role models when it came to teaching.



Outside of school, Davíð says he has a lot of hobbies, but the problem usually is that he carries them out often enough. His favorite hobbies are watching good movies, playing video games, and playing Padel. His favorite movie is Blade Runner and his guilty pleasure is watching V for Vendetta.



When asked if working as a teacher was what he thought he would do for the rest of his life Davíð says that if so were to be it wouldn't be the worst thing in the world and he would be quite pleased but „you never know“ he says with a smile on his face. In the future, he would like to maybe get a bigger role or bigger responsibility. For now, he has enough on his plate and says he can't complain about being in such a privileged position. His focus is on doing the best he can do now and provide as well as he can for those who he teaches.

What Really Happens at Össur

written by Eyþór Örn



Established in 1971 by Icelandic prosthetist Össur Kristinsson, Össur stands as a prominent global provider of innovative mobility solutions, dedicated to empowering individuals to lead a Life Without Limitations. The company achieved a breakthrough with the development of the Iceross liner, a silicone interface for prosthetic sockets. Expanding internationally in 1986, Össur became listed on the Iceland Stock Exchange in 1999 and has since experienced substantial growth through both organic expansion and strategic acquisitions. With a focus on Prosthetics, Bracing & Supports, and comprehensive patient care, Össur is committed to enhancing people's mobility and quality of life.

The company's existence revolves around the mission of helping individuals overcome limitations. Össur's commitment to innovation is evident through continuous investments in research and development, resulting in an impressive portfolio of over 2,100 patents, award-winning designs, and successful clinical outcomes. Since 2009, Össur has been listed on the NASDAQ Copenhagen Stock Exchange, showcasing its financial stability and transparency. This public listing not only signifies the company's commitment to accountability but also provides an opportunity for investors to be part of Össur's ongoing success in advancing mobility solutions.

With its headquarters based in Iceland, Össur boasts a workforce of over 4,000 employees spread across 36 countries worldwide. The company has established significant operations in the Americas, Europe, and Asia, while also collaborating with various distributors in other markets. Össur derives its name from Össur Kristinsson, an Icelandic prosthetist who, being an amputee himself, pioneered the development of the Icross liner—a breakthrough silicone interface for prosthetic sockets.



Motivated by personal needs and an entrepreneurial spirit, Mr. Kristinsson set the stage for Össur's legacy of innovation. Building upon this foundation, Össur has introduced a range of transformative products to its portfolio. Included in these innovations are dynamic braces such as the Unloader One, which has clinically proven efficacy in relieving knee osteoarthritis pain, and the Power Knee™, recognized as the world's first motor-powered prosthetic knee.



Ulfur Bruno is a 20-year-old young man who has been working in the Icelandic Össur factory for about 7 months. Ulfur started in the factory making silicone prosthetics and quickly got a raise to the mixing area. Ulfur's job is to mix raw materials to create the silicone that is used to make different prosthetics. Ulfur's job is very important to the factory and the company because without him the factory would not have any silicone to produce products. I asked Ulfur what a regular day at work is like for him and he described it like this. I come to work at 7 and get straight to work. I work in an area that handles a lot of dangerous materials so I need to be prepared. I work with 3 other guys who have been very helpful and welcoming since my arrival. I work from 7 until 8:20 and then I get breakfast, then I keep working until 11:20 which is lunchtime, my work hours are from 7 to 3 but I often stay later to get overtime hours.



I also get shorter breaks throughout the day. I asked Ulfur if he was satisfied with his job and he said that he could not be happier. My next question was whether Ulfur used English a lot in his day-to-day life in Össur and he said yes, English is used every day and maybe even more than Icelandic in some parts of the factory. Össur has a lot of different people from all over the world working for them, Ulfur told me that he works closely with a woman from Ukraine and they use English to communicate. Overall Ulfur is very happy at his job and feels good knowing that he is helping create products that help thousands of people

My next interview was with the CFO or chief financial officer of Össur Gudny Arna Sveinsdottir. Arna has been working as the CFO since September 2022 or 17 months. Arna's responsibilities include driving performance, financial planning, resource allocation, funding the company, and reporting Össur finances to the market and investors, but her biggest responsibility is to ensure her team is motivated to deliver on their targets and continuously strive to deliver professional work.



I asked Arna if English is a part of her day-to-day life in the offices in Iceland and she said yes, she has many co-workers that do not speak Icelandic so English is the language that is used most in the office. Össur is a company that has offices all around the world so it is very common for Arna to have Zoom meetings in English. I also wanted to learn more about the financial side of Össur since they are known for buying a lot of companies. I asked about the recent purchase of the German neuroorthotic company Fior and Gentz which was around 100 million euros. " Fior and Gentz, the company Össur acquired, is a leading maker of lower limb neuro orthotic components.



They develop and distribute knee and ankle orthotic joints to create innovative custom-made orthotics for patients with gait impairment due to neurological conditions. Össur has now entered a new but highly complementary product segment, as individuals with certain types of neurological conditions such as stroke, MS, and CP are already served by our primary customer channel, Orthotic & Prosthetic clinics. Össur can now help more people with chronic mobility challenges in a broader context" I asked Arna what she finds most satisfying about working as the CFO, whether it was closing million-dollar deals or just hitting a target and I really liked her answer. "To see my team grow, I have a fantastic team working with me and delivering good results every day. I like seeing my team take on challenging projects and deliver fantastic results and high-quality work."

In conclusion, Össur is a great company that helps thousands of people with their movement. Össur takes very good care of their workers, the ones on the executive board and in the factory. In my opinion, Össur is in great hands, Arna is a great person and is the perfect person to lead the finances of the company. Overall, Össur's legacy of innovation, commitment to employee growth, and global impact on mobility solutions position it as a leader in the field.



Washington Phase

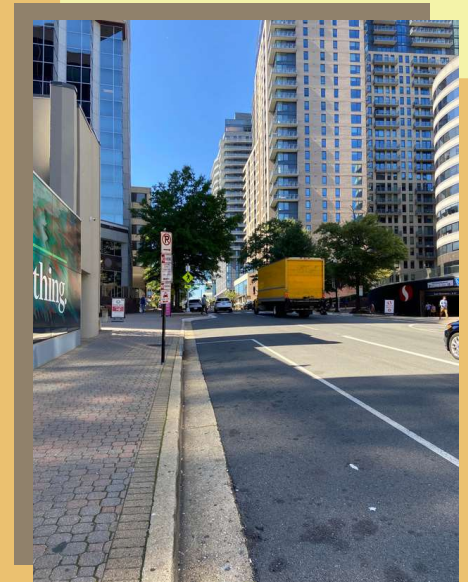
Written by Inga María

In the fall semester in 2023, a group of students and two teachers took a class trip to Washington D.C. The group flew out on a Sunday to Washington D.C. and stayed there for four nights, then flew back home on Thursday but landed in Iceland early on Friday morning.



They had a schedule for each day, so they knew what they would do on each day and when they would have free time to do what they were interested in doing. The trip was very organized and was helpful to students, so they would be prepared for what they would do once they came to Washington D.C. The English class started in August, so they took a few classes in school before they went on the trip.

They did a few projects connected to The United States of America; they were fun assignments and educated them on US history. The students all got ESTA for the trip because you cannot go to the United States without it, so the students who did not have an active ESTA had to apply to get one.



The day they flew to the United States was a short because they landed around dinnertime. They got asked a few questions from the US customs, where they asked people why they were visiting, who they were with and more. The questioning can be a bit stressful, however, it is nothing people should worry about. When all the students had gone through the customs and gotten their bags, the group headed to the bus that was supposed to take them to the hotel in Georgetown. When they arrived at the hotel, every student got their room and got settled in. Some of the students walked to a restaurant and others ordered in, to eat dinner. That was all they did that day because it was getting late, and students stayed in their hotel room and rested after the long flight.

On the second day of the trip, the students went to visit two museums; one was the Smithsonian's National Air and Space Museum, and the other was the Smithsonian's National Museum of Natural History. Then they had free time to walk around Georgetown and do whatever they want to. Then later that day, all the students met in the hotel lobby at a specific time and took the metro together to go shopping at Tyson's Corner shopping mall. Students got to experience what it is like to take the metro in The United States.

On the third day, the students walked to Georgetown University, where they got a tour of the university and got to eat lunch in their cafeteria. One part of the final assignment in the class was to conduct interviews on two Americans, and the campus was a great place to do that. Students walked around campus and asked a couple of students from the university a few questions for the final assignment. Therefore, students got to interact with a few students from the university, which was a fun experience. After the students had done their interviews and eaten lunch at the cafeteria, they had some free time until later in the afternoon when they went to see the Washington monuments.

They visited many monuments in Washington D.C. on the third day. However, they had one project on the trip, which was to choose a group where they prepared a presentation about one monument and presented it in front of the monument. Therefore, each group had one monument to present, so they could all learn a little more about the monument. They had a good time visiting most of the monuments, and the weather was very nice, so it made the visit much more enjoyable.

The White House

The group did not go together to see the White House; however, if students wanted to, they could go see it in their own free time. All the students saw the White House from a distance, and some of them went to see the White House up close. The teacher tried to organize a visit to see inside the White House, but there were only small groups of people allowed inside the White House at a time. Since we were such a big group, we could not get permission to visit the White House. The White House is where the president of The United States of America lives, and the current president is Joe Biden.



Martin Luther King Jr. memorial

Martin Luther King's Jr. Memorial is in downtown Washington D.C. The memorial honours the advocate for racial equality, the oppressed, and the working class. The Memorial also honors Martin Luther King's legacy and the struggle for justice, freedom, and equality. We went to see the memorial, where there were also other schools presenting a presentation about the memorial.

Lincoln

Memorial and the National Mall

The memorial honors Abraham Lincoln, former president of The United States of America, and the memorial is very beautiful. Which is near The National Mall, where we visited and took photos of the monuments. There were quite a lot of people there, visiting the monuments and there were men playing music on instruments on the walking path near the monuments.

On the fourth day of the trip, the group went to visit the Icelandic Embassy in Washington D.C. Where they got to meet, the people who work there, and they got to hear what they do there and what they have been doing over the years at this job. The next destination was the Capitol building, where the security was extreme and there were armed guards which people in Iceland are not used to. When the students got into the Capitol building, they got a tour of the Capitol. Near the Capitol, there was the Library of Congress, where the students also visited. At the end of the day, the group had a group dinner at a restaurant in Georgetown.

Korean War and Vietnam Veterans Memorial

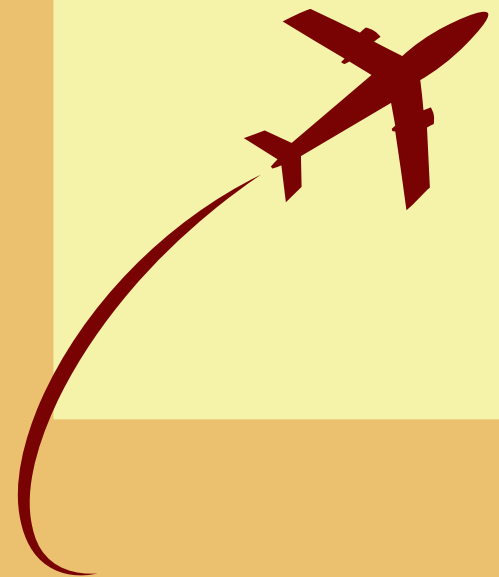
The two Memorials honor veterans who fought for the US Army in Vietnam and Korea. When we visited there were a few men, some in wheelchairs in a shirt, and on the shirt, it said that they were veterans. They are the soldiers who survived the war, we also saw a veteran standing next to one of the walls with all the names of the soldiers who lost their lives in the battles. The veteran was grieving by one of the names on the wall, where the name of a soldier he once knew was written.

On the fifth and final day, the teachers organized a scavenger hunt around Georgetown, where students got to see more of Georgetown. They got to walk around in beautiful weather, and just enjoy the last day of the trip. They visited places on the list and got to see places in Georgetown they had not seen before. Then there was time for the group to go to the airport and go back home. When the students got back home, they attended a few more English classes where they worked on their final assignments about their trip.

Studying Abroad

written by Jóhanna Margrét

There are many benefits to studying abroad. Studying abroad is a great opportunity for people to acquire personal growth. Being on your own and having to make decisions on your own encourages your growth as a person and helps you develop. Going to a new country to study allows you to see and experience a new culture. When seeing new cultures, you will become more open-minded to those in the culture. Moving to a different country and studying there, allows you to access a new and different academic system along with new studies. It can also benefit you and can grant you better career opportunities for your future if you study abroad. Studying in another country gives you a chance to travel to new places around the area where you are studying. When going to a new country and living there for a certain period, you will meet a lot of new people. And the best way to make friends in a new country at school is to join some school clubs and other similar societies. Many people say that they met their lifelong friends when studying abroad.



Going to a new country where you do not know anyone can be scary, but at the same time, you push yourself to come out of your shell and become a more confident person. Living in a new country is a unique experience not everyone can experience in their lifetime. After studying abroad in any country, you always learn something new in the language spoken there. Whether you learn a lot or a little, you always gain the skill to say something in that language.

There are also a lot of things you must make sure of when going abroad to study. It is important to research the safety in the city or town you will be studying in and stay informed with news and other such things while you live there. On the subject of safety, you will also need to check the healthcare system in the country you are moving to. In some countries, special health insurance is needed. You need to look carefully and understand the visa requirements and how the application process is for the country you want to study in. It is important to have all your personal data up to date and in order so that everything goes well when you go to study abroad. You must apply and get approved for a residence permit in most countries to study abroad. Cost can play a big role in studying abroad.

Many things can be done to prevent cost from being the problem. You can apply for a scholarship from the school and then the study is not as expensive. It is a good idea to set up a finance plan, to manage your money spending. You can also apply for a job and work a little with a school if you want. In many countries, there are international offices that you can apply to. It would be ideal to find out if there are international offices where you plan on studying. There are all kinds of things they can help you with and support you while you study there. Housing is important to look into, whether that is to stay with a host family, rent an apartment with other students, or live on campus. It is good to research each option and find the best fit for you, and it can be very different between people.



Studying in Iceland

written by Jóhanna Margrét

Iceland offers seven universities for you to choose from, the University of Iceland, Reykjavík University, the University of Agriculture, Bifröst University, the University of Akureyri, the Iceland University of the Arts, and Hólar University. Three of the universities are located in the capital region, Reykjavík. Two are in the northern part of Iceland. Two of the universities are in the southern part of Iceland. The University of Iceland has the most varied programs to offer.



Studying in Iceland offers high-quality education with a great educational system. Great emphasis is placed on research and innovation in universities in Iceland. Icelandic universities have excellent research in many diverse fields. With good education, comes great opportunities in the future. The Icelandic school system offers students the opportunity to be creative and have the freedom to do so. Each class contains fewer students than in most universities elsewhere in the world. Students often feel more comfortable in smaller classes. Students can also form closer and better relationships with their professors and classmates.

The professor can also adapt their teaching to fit the students best way of learning. The universities in Iceland do not contain as many students as in most other countries, so it is easier for people to get to know each other and make lifelong friends. When studying in Iceland, you are not only getting a great education but also getting to see the beautiful landscape and nature Iceland has to offer. You can travel around the country and visit many different and cool places. You also get to know and see Icelandic culture take place. It may take some time to adjust to Icelandic culture. Most of the universities in Iceland offer students English-taught programs, which makes it accessible for international students to study in Iceland. Having international students in the university increases the diversity, and people also get to know all kinds of people from around the world. It can enhance the chance of the university being rated higher among other schools, by having English-taught programs in the university. Most Icelanders can speak English, which makes it more comfortable for international students to come and study in Iceland.



FG's Trip to Berlin 2023

written by Finnbjörg Auður

Every autumn, FG offers a course where you learn about the Cold War and visit Berlin, Germany. Hilmar Sigurjónsson teaches the course and Berglind Valdimarsdóttir helps manage the group during the trip. Before the trip, we finished five assignments, the ones where all you do is answer the questions and get a 10, honestly it's not a difficult course. I had a friend on the trip, Sara, the two of us didn't sit together on the plane due to the seats being randomly assigned, but if you were lucky you could trade seats with a classmate. Sara and I shared a room on the 17th floor of Park Inn, Alexanderplatz. The hotel has 4 stars, we got free breakfast and I even checked out the spa (I highly recommend it, although the masseuse did not speak English and I did not understand German).

Our group contained 29 students and we were put into pairs of 2-4 people, our goal was to take on a topic on the trip, research it, and film a short educational video. Some examples of topics are the Berlin Wall, Sachsenhausen, life in occupied East Berlin, and the Stasi. Me and Sara took on the Berlin Wall, before the trip we had to make a script, but when we arrived on the trip we kept learning something new, almost every time we filmed, we said something that our tour guide Ryan had just told us. It was hard to find time to film, with a full schedule, we had a few short breaks in between but mostly we had to sneak away and run back to the group.



Our tour guide Ryan Balmer taught me more than any other teacher has in such a short time. He was educational, funny, fun to talk to, and showed us the most amazing places in Berlin, also, he has a Scottish accent which is always a bonus.



On the first day, we had about 30 minutes to get food before we had to meet everyone in the lobby of our hotel, unfortunately, me and a few others went shopping and only had 3 minutes to grab a donut. Ryan showed us around Berlin and we walked for a few hours, stopping now and then to talk about the houses and history around us, among the places we stopped was the Brandenburg Gate, which was beautiful. Afterward, we went to The Reichstag building, their security was like going through a mini airport but it was worth it because the inside was amazing and the view even better.

The next day, me and Sara went down to breakfast and made sure to eat well for the long day ahead of us. Up and early at about nine or ten, we got on a bus to Sachsenhausen, we went through most of the museum/ memorial, and we got to see how the prisoners had to live and work in horrible conditions, we saw their uniforms, how they had to kill and how they were killed. The atmosphere was very dark, even more so when we went to see the crematorium, where inmates (mostly new) were made to think they were getting an exam, but were getting executed, there was an undressing room, gas chamber, doctor's room, execution room, a crematorium, and mortuary. In this part inmates were made to pull out gold teeth and cremate bodies, one of those inmates was Leifur Muller.

After getting to roam free around Sachsenhausen and going back, we did what would cheer us up best, we went shopping. After having walked around all day, we went walking some more, when we stopped at the Memorial to the Murdered Jews of Europe, which is a collection of 2,711 concrete slabs arranged so that you feel more and more enclosed as you walk through them, we were encouraged to try but we were all so tired that most of us just sat down. Lastly, we went to see a bit of the Berlin Wall and checkpoint Charlie before eating together at a restaurant.

On the last day, we went to see more of the Berlin Wall, we went to a train station that had been closed down during the Cold War, we went to the Berlin Wall memorial (gedenkstätte Berliner Mauer), The Chapel of Reconciliation (which has a bomb!), the Stasi Museum and then some of us went on a tour around east Berlin where we walked along the East Side Gallery, an array of art painted on the Berlin wall.

The Stasi museum was the coolest thing I have ever experienced, the Stasi was a spy organization (in more boring terms “secret police”), they were one of the biggest, most vicious secret police forces in history. One in 63 East Berliners collaborated with the Stasi and no one could trust anyone, Stasi Romeos and Juliette married people only for information (2024, Wikipedia). This trip was one of the best experiences of my life but be prepared to walk. On the last day alone I walked 26.298 steps.

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My Erasmus Trip

written by Hjördís Edda

What is Erasmus you might ask yourself. An Erasmus program is made by the European Union to support education, training youth, and sport in Europe. At first, many people thought that the Erasmus program is kind of like exchange students, well it is so much more than that. Young people in Europe have the opportunity to get to know other countries' cultures and about their history.

When I went on my trip to Norway I stayed at a Norwegian person's house for a week and there were many activities throughout the week. In the Erasmus program, there is a certain budget which is €26.2 billion, well that is a lot of money but If you think about it, it costs so much to do all of these activities.



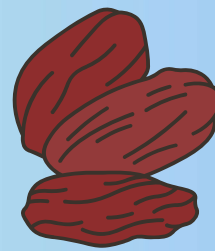
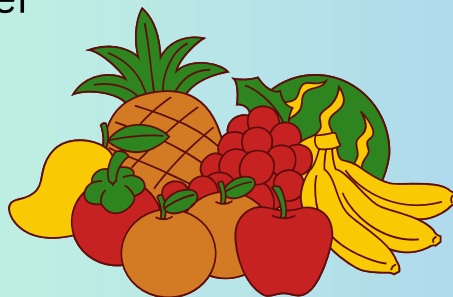


Well, I applied for the Erasmus program when I was in my first year in FG but didn't get in, so I applied again when I was in my second year. I got in and was super excited. There were 2 trips, one for Lugo in Spain and the other one for Lillestrøm Norway. I chose to go to Norway. And on the 21st of January, my trip to Norway started. I woke up at 4 to go to the airport at 5, the flight was at 8 in the morning, and I just knew the day was going to be long.

LUXURIOUS WEEK IN FG

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- Raisins
- Fruit



When we landed, I got so stressed, like I have never been so stressed in my life, I think. You might ask yourself why I was stressed, well I have no clue there was just so much going on and I was overthinking everything. Sofie, the girl I was staying with picked me up at the airport with her dad, we went home, and I settled down in my room.



Later that day the entire group went bowling which was around 5 o'clock, and after bowling I and Sofie got home, and her parents had ordered pizza for dinner. After dinner, I and Sofie went to Marits house, which is Sofie's best friend, and she was also in this Erasmus program and had Thelma staying at her house. We just played some games and had some snacks. It was just a cozy way to end the night.



On Monday the 22nd of January, I woke up at 7 because we had to leave at 8 to go to school. None of the kids in Norway had driver's licenses so we always had to take the bus, walk, or take the train everywhere. We got to school and did some get-to-know-each-other games at first then we were divided into groups to do presentations. and the group included two spanish people, two icelandic and four norwegians. In my group, the topic for the presentation was about sports and athletes, which meant we had to tell everybody about big sports and athletes in our country. The school was only till 15 o'clock, then after school, it was just free time. I Sofie Thelma and Marit went to the strømmen Storsenter mall and after that, we got takeaway sushi for dinner and ate at Marit's mom's.



Tuesday the 23rd of January was a nice day. We went on a scavenger hunt in Oslo and had to take photos of different places in Oslo.



It was a competition between groups which were the same groups as in the presentation. This hunt was only from 9 to 12 so after that, it was just free time. Me and the girls went and got lunch at Olivia which is kind of like an Italian restaurant. After lunch, we went on a little walk around Oslo and did a little shopping. Then we had to take the bus home because we were going to have a little get-together at school in the evening. That was so weird, I thought all of the teachers were going to be there and it would be all planned. But no, there were just plenty of games and we just got around and talked a bunch to all of the kids and just like getting to know each other better.



Thursday 25th of January. This day was a museum kind of day. The day started quite funny because we were going to Oslo and got on a train which Sofie just realized when there was a 2 min till arrival to the airport, we took the wrong train. I just got that as a hint that she wanted me to go home earlier. Well, that was fine. We just took another train back and we were supposed to be there at 09:45 but got there at 10:45 so there were only 15 mins left at the first museum, and then it was just a 2 and a half hour break. Our group got to a sushi place at lunch which was so good, we all love sushi.

Wednesday 24th of January. We went skiing in Hafjell which was amazing. I had only been skiing like 4 times and going skiing in another country was just unbelievable. We woke up at 05:45 because we had to leave the house at 06:45 to go to school. We took a bus from school which took 2 and a half hours. We got there around 10 o'clock and when I got there at first I was just at the children's slope because there was a teacher, when I got the hang of it I went straight into the green slopes, which were a little steeper than the children's slope and it was around 7 km. After many trips to the slopes, we went down and took the bus home which was another 2 and a half hours, but on our way home we stopped at McDonald's to get something to eat.



After that, we kind of just took a little walk around before we had to go to the other museum which was the more boring one. After the museum, it was time to go home because we had to meet at school at 18:00 and there was an hour train and bus ride home. All of the Norwegians brought something to the table at school and my host mom baked focaccia bread and homemade aioli, really good.



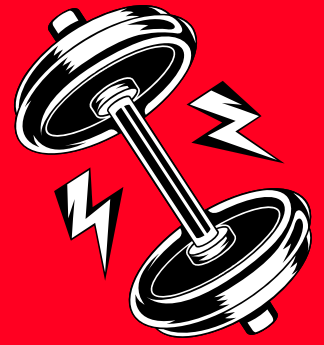
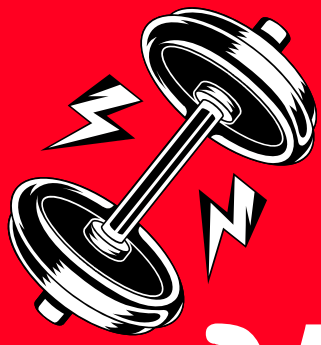
Friday 26th of January. The day we left. I woke up and finished packing then I left my host family and we got to school and had a goodbye time with all of the kids, saying goodbye is always the hardest part in my opinion. I couldn't control my feelings and I just started crying and couldn't stop the entire bus ride. We got to the airport and there my trip ended.

Protein pancakes **16 grams of protein!!!**



I recommend that everybody apply for the Erasmus program, it is so worth it. This is an opportunity to get to know other people from different countries and get to know their countries. When visiting other countries you also have the opportunity to go to schools in that specific country. I made incredibly strong connections with the people there and I am so excited to go in the summer and visit my second family. You mature so much as a person from going on these kinds of trips. So overall if you are open to getting to know other people from different countries you should absolutely apply to the Erasmus program.





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