While trans people in Iceland enjoy legal protections, social acceptance is a whole other story. Can voices of hate be resisted before they come to power?
Like many of the Nordic countries, August is Pride season in Iceland. It’s unclear to me why it falls so late in the year, compared to the US for instance, which celebrates Pride Month in June, although it’s not entirely surprising that Icelanders might leave things to the last minute.

This year’s Pride events, however, can not come soon enough. A bewildering and concerning tide of queers and transphobia has reared its ugly head in recent months, shocking those of us who deeply wished to believe that in 2022 we are living in a tolerant and egalitarian society. But for the LGBTQ+ community this did not come as a surprise. In particular, trans people have been flagging the scorn, disgust and hatred aimed at them via ‘opinion’ pieces in certain media outlets for years now, desperately trying to tell their so-called ‘allies’ that everything isn’t all rainbows and unicorns just because some banks stick a Pride flag on their Facebook profile once a year. For those who are the targets of this wave of hatred it is just the tip of the iceberg of the multiple aggressions—both major and minor—that they face in a society that is still entirely designed around straight, cis people.

Like our (happily holidaying) editor-in-chief, Valur Grettisson, pointed out in his last editorial, the backlash has in cases been violent and extreme, with two people killed and a further 21 injured in a shooting during an LGBTQ+ festival in 2022. As Josie Anne Gaitens, author of our cover article, which features interviews with members of the National Queer Organisation (Samtökin ’78) to raise concerns about growing widespread harassment of queer people.

All-in-all, things feel a little bleak. But there are reasons to be hopeful: the National Church, long seen as holding backwards views on LGBTQ+ people, has aligned itself with the queerphobic actions has strong, vocal, and angry, and allies across the country are asking themselves: ‘what can we do better?’ For those looking for answers to that question, our cover article, which features interviews with members of the trans community, offers some ideas about where to start.

We often hear the phrase “Pride is a protest,” to the extent that it has become cliché. This year’s Pride should serve as a reminder that this protest is needed more than ever, and that bigotry, in any form, can never be tolerated.

Josie Anne Gaitens
Acting Editor-In-Chief

Be Loud, Be Proud
Summer is here
What Are Icelanders Talking About?
You’ve got the time, we’ve got the headlines

Words: Andie Sophia Fontaine
Photos: Emma Ledbetter & Wikimedia Commons

As this is being written, Icelanders are all talking about earthquakes and volcanoes. This is because we’re in the midst of a swarm of tremors extending from just southwest of Reykjanes peninsula and up through Fagradalsfjall. Over one hundred quakes of a magnitude of three or greater were recorded over the first weekend of August in this region alone, with some reaching as high as four or five. One point of interest: a 4.7 that struck on August 2nd at 02:27 was so close to Reykjavík (and to the surface of the earth) that it shook Hallgrímskirkja, briefly ringing its bells.

If all of this sounds familiar (except maybe the church part), it’s also sounding familiar to our country’s geologists. Well, familiar preconditions became familiar results when Meradalir erupted in the afternoon of August 3rd. This is because we’re in the midst about earthquakes and volcanoes. Whether to move the airport or keep it where it is comes up in the discourse every few years or so, and this time, it’s because someone did the math and figured out that it’s actually cheaper to park a private jet at Reykjavík Airport than it is to park a car downtown. Fortunately, this seems to be one issue that Icelanders all over the country can agree on—i.e. that it absolutely should cost more to park a plane than a car—but downtown airport opponents are also using this fact as yet another reason to move the airport out to the suburbs somewhere.

By contrast, people living in the countryside love having the airport where it is, because wherever they are in Iceland, they can pop right into the centre of town, which is virtually unheard of in any other European city.

In this issue! The Reykjavík domestic airport is back in the public discussion again. For the unfamiliar: people who live in Reykjavík generally loathe having a giant airport right in the middle of the city, as it’s loud and takes up a lot of real estate that could be used to alleviate our town’s housing shortage somewhat, if developers were allowed to build there.
The taste of Icelandic lamb is unrivaled. Our pure bred lambs graze free in the pristine wilderness of Iceland, eating luscious green grass, berries and wild herbs such as red clover, Arctic thyme, sedge, willow, thrift and angelica. The end result is a tender fine-textured meat that is both naturally rich in Omega-3 and iron and infused with the flavor of nature. Icelandic lamb is a taste experience beyond compare.

www.icelandiclamb.is
Music Sickness?

If you’re looking for an Icelandic meal to give you food poisoning this summer, boy do we have the article for you! A piece ran in RÚV recently with the headline “Six Sickly Icelandic Summer Plates,” so we can only imagine what kind of recipes the national news is recommending. Maybe some svíð (boiled sheep head)? Or a little hákarl (fermented shark)?

But wait! Why is this article filed under RÚV’s “Tonlist” or “Music” section? Why would anyone want to listen to “sickly plates”? Did RÚV mix up when categorising the article—or did Google Translate mess up once again?

Fortunately for those of us with weak stomachs, the article has nothing to do with food sickness and everything to do with great albums. Damn it Google! We thought we could trust you this time.

The phrase “sumarplötur” actually means “summer albums,” not summer plates. This resolves the article categorisation confusion. While Google was correct that “sjúklegar” means “sick,” it was incorrect with the usage. Google believed the author is saying the summer album has an illness or is sickly. In reality, the author is saying the album is cool or rad.

Turns out RÚV just wanted to share some sick summer albums for our listening pleasure. Feel free to check out these recommendations or better yet, bypass the translation confusion and check out the Grapevine’s own music recs, already corrected.

Here We Go Again!

Yet another volcano

All through the last week of July and the first week of August, southwest Iceland began experiencing a series of earthquake swarms clustered around Fagradalsfjall and Reykjanesbrygg, both of them on fault lines and the former of which, as you likely know, is already the site of a volcanic eruption.

These quakes began to increase in both frequency and intensity as the first week of August drew on, giving many people, including Iceland’s earth scientists, the impression that another volcanic eruption was coming.

And then, in the afternoon of August 3rd, Meradalur erupted in a curtain of lava.

There’s a lot that’s the same about this eruption and the previous one at Fagradalsfjall. For one, it’s also a fissure eruption, meaning a curtain of some very pretty lava is spewing into the air, but with little to no ash (fortunately). What makes it different is that there’s a lot more lava than there was at Fagradalsfjall.

What does this mean for us? Well, the good news is it’s far away from infrastructure and residences, so no one is in any immediate danger. The bad news is, more lava means more gas—deadly gas, like sulphur dioxide, which even at non-lethal levels is not good for your lungs and very irritating. Not much of a problem when there’s wind—and if there’s one thing Reykjanes Peninsula has a lot of, it’s wind—so long as you’re upwind of the volcano.

That said, Civil Defence is advising people that no matter how pretty the volcano is, it is still a dangerous, potentially deadly site. Caution is very much advised.

So dress warmly, head out early, bring food and a fully-charged phone. And when you approach the site, stay upwind and a bit further away than you would think might be absolutely safe (which, frankly, is probably further away than you’ll see a lot of people being).

The wonder and majesty of a volcano is indisputable, but there have already been injuries there, and the eruption is barely 24 hours old at the time of this writing. Live to enjoy the memories. Do it for us.

SMASHED BURGERS

AND NASHVILLE-STYLE

HOT CHICKEN

IN DOWNTOWN

REYKJAVIK

HAFNARSTÆTTI 101 REYKJAVIK

STEL

Six sick Icelandic summer albums

Sex sjúklegar íslenskar

sumarplötur
In December 2010, a newly minted beverage company called Gosverksmiðjan Klettur launched Klettagos, an Icelandic soft drink that looked and tasted much like internationally-available dark colas like Coke or Pepsi. They boasted being able to sell the soda for less than Coke or Pepsi, and their bottle came with hip labelling, featuring young Icelanders singing, laughing and playing guitar.

By August 2011, the factory shuttered its doors. By December of that same year, they were officially ruled bankrupt in Reykjavík District Court, with losses totalling some 330 million ISK.

What the heck happened? To understand that, you need to understand Ölgerð Egils Skallagríms and Vífilfell, two Icelandic beverage giants, who control domestic distribution of Pepsi and Coke, respectively. These two companies not only sell soft drinks. They make contracts with bars and restaurants for the rights to sell them, and they have agreements with shops dictating how much shelf space they get for their products. As such, Ölgerð Egils Skallagríms and Vífilfell are pretty much the only game in town, producing a lot of other more localised Icelandic beverages—such as the ubiquitous Applesin—and subsuming others.

This is exactly what Gosverksmiðjan contended was their demise, and the Icelandic Competition Authority agreed. In a 2020 ruling, the Competition Authority found that Ölgerð Egils Skallagríms and Vífilfell deliberately took up an inordinate amount of shelf space and set their own products more prominently, in some instances dispatching their employees to remove Klettagos bottles altogether.

In the end, Ölgerð Egils Skallagríms paid 20 million ISK in fines, and Vífilfell paid 17 million ISK. A far cry from the 330 million Gosverksmiðjan lost, but the real loss is still felt to this day by the Icelandic people. Klettagos didn’t just die; it was murdered. Where for about 8 months, we had our own Icelandic cola

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**Laufey**

**Everything I Know About Love**

Release date: August 26th

Laufey is back with her debut full-length album, “Everything I Know About Love.” This new output shows a more fleshed out character, a young woman developing both musically and emotionally—and all the better for it. With “Everything I Know About Love,” Laufey has taken another step firmly in the direction of superstardom. Watch this space.

**JG**

**Jelena Rome**

**Rome**

Release date: August 26th

Rich with emotion and powerful vocals, this song is giving us major sad girl vibes. It’s like if you crossed any of the softer ABBA songs from “Mamma Mia!” with your favourite indie pop band. Steep a cup of tea, stare out the rain-streaked window, and have the main character moment you deserve.

**EL**

**GusGus (ft. John Grant)**

**Bolero EP**

Release date: August 5th

The irrepressible GusGus are at it again with their infectious brand of 80s-influenced techno/electro/dance delights. This time they have teamed up with Michigan-born, Reykjavík-based John Grant for a curious little three-track EP. The synths are heavy, the vibes are strong. It’s some serious all-nighter party stuff, the kind of music that only hits just right at 3am when everything feels possible.
Breaking The Wave: Transphobia in Iceland

While trans people in Iceland enjoy legal protections, social acceptance is a whole other story. Can voices of hate be resisted before they come to power?

On June 25th, a man walked into the London Pub in Oslo, Norway, pulled out a gun, and started shooting. He would repeat this at two other locations, killing two people and wounding 21 before being arrested. He was expressly motivated by his hatred of queer people.

A few days later, Iceland’s queer community and allies gathered in front of Parliament to hold a rally in solidarity with the survivors in Norway. Many speakers talked about the need for education to prevent such an act from happening in Iceland.

However, Norway is, like Iceland, one of the most queer-friendly countries in the world. In both countries, same-sex marriage is legal, hate speech and discrimination against queer people is forbidden,polls show most people support queer rights, and queer education can be found in many levels of schooling.

That said, Iceland and Norway also share in common a disturbing trend: a rise in anti-trans rhetoric, in print and in broadcast media, which is making life decidedly more dangerous for trans people in these countries.

It is clear that the law can only go so far in protecting marginalised people. As one example, the United Kingdom has also legally enshrined many of the same protections for queer people that Norway and Iceland have, but the virulent and repeated anti-trans sentiment—printed in columns, splashed across headlines, broadcast over national television—is already leading to a rise in violence against trans people in the UK.

With this in mind, the Grapevine spoke with the president of Iceland’s largest trans organisation, an academic, an activist, and a lawmaker to ask: what effect is Iceland’s media having on general public attitudes towards trans people? Where is transphobia most and least prevalent in Icelandic society? And, most importantly, what can people do to stop hate in Iceland before it reaches more dangerous levels?

What is Icelandic transphobia like?

While there have always been people in Iceland who hate trans people, it has not been until the last few years that hate for trans people has ramped up.

For example, there does indeed exist an Icelandic branch of the anti-trans hate group LGB Alliance, now calling itself Samskíni 21, which formed a few years ago, albeit in small and nebulous numbers. In addition, disgraced former Prime Minister and current chair of the Centre Party Sigmundur David Gunnlaugsson has recently had a sudden interest in what a woman is.

Within the media, both Morgunbláðið and Visir have printed anti-trans columns under the guise of “opinion” pieces, nationally broadcast television show Island Í Dag hosted Jordan Peterson to hold forth on many, many falsehoods about trans people, and last May news magazine Stundin published an ill-conceived “exposé” on health care for trans youth with so many inaccuracies that former Trans Island director Uglá Stefánia Kristjónsdóttir Jónsdóttir’s rebuttal had a word count that rivaled the original (which, to the magazine’s credit, was also published by Stundin).

What gives?

The double-edged sword of visibility

Viima Lampinen, president of Trans Iceland, believes visibility plays a part in this backlash.

“In my personal opinion, I feel like because trans topics are now everywhere, more than they were even just four years ago,” they tell us. “The raised awareness is, in my opinion, functioning in a twofold way. One is that it’s likely that more people are now aware of trans trends, topics, and issues. This also includes nonbinary topics.

“Most people are positive, at least when encountering trans and nonbinary people in person. But when it comes to what they may personally think, in the comfort of their own homes, and especially online, when they don’t have to actually see people eye to eye, they don’t have that emotional accountability that they would need to always have when you’re encountering another person.

“So, in general, I feel like there is more awareness and therefore, people are more used to trans and nonbinary people, but at the same time, those harsher, more negative views of transphobia are also more common now. Because more people are aware of these issues, to keep things as they are, we only want access to everything, like stuff that you all hold dear. We don’t want to change all that much.”

Where is transphobia most (and least) prevalent?

When asked which sectors of society harbour the most, or the least, transphobia, the answers couldn’t be more varied.

“I don’t feel safe in the healthcare system,” says Elínborg Hörpu-eg Ónundarbar (Eli for short), an activist who is trans themselves. “I wonder if these are people that actually care about my well being or if they just think I’m a freak, in a way. Or if they don’t take me seriously. And it doesn’t help when you’ve had all this leaked information from the doctors group.”

Here Eli refers to screenshots leaked earlier this summer from a closed Facebook group, for classes where she had shared an article advocating “detransitioning” trans people. This article was “liked” by over 20 doctors in Iceland’s health care system, with numerous doctors in the comments thanking the poster for sharing it.

“It’s probably a really big portion of doctors working in Iceland [who feel the same],” Eli says. “So that makes you feel really unsafe.”

Viima also cites the healthcare system, and emphasises the importance of education on trans health issues as a means to help assuage the situation.

“When it comes to the individual working there, the attitudes are also changing,” they say. “But we’re at a point where the health care providers basically need more education on trans healthcare. It’s 2022, we have so much more research and information on what trans people want and what it is like, when it comes to our health care; what needs to be considered.

“It’s not their fault, in a way,” Viima continues. “They’re not given enough means to do their best. I think in that
The role of the media

As mentioned earlier, a lot of the transphobic voices in Iceland are finding a platform in its national media outlets, more often than not under the guise of “opinion” pieces rather than news stories. As with media outlets in many other countries, what constitutes an “opinion” follows a very broad definition. Rather than being solely a matter of subjective taste or personal speculation where evidence is lacking, an opinion piece in the Icelandic media can also include expressing beliefs based on misinformation or even falsehoods. This is especially the case when it comes to the subject of trans people, for example by contending—despite scientific evidence to the contrary—that it is impossible to change one’s gender, and that only two exist. This is especially the case when it comes to the subject of trans people, for example by contending—despite scientific evidence to the contrary—that it is impossible to change one’s gender, and that only two exist.

Iceland is often cited as an example of a nation that has embraced various queer rights, sometimes well ahead of countries many times its size. This history of queerness acceptance is the backdrop to the growing anti-trans rhetoric in Iceland and may make the increased vocal intolerance towards trans and other LGBTQIA+ people seem perplexing. However, as our feature shows, legally encoded rights for marginalised people do not necessarily lead to automatic acceptance. That said, this history can also provide hope. Iceland is a country with tolerance as a core value, and that is a powerful tool for fighting hate.

Words: Andie Sophia Fontaine

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A Timeline Of Queer Rights In Iceland

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The Reykjavík Grapevine

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trans people in the media doing something other
than being trans.

“I don’t feel like there’s a lot of representation of
trans people in the media doing something other
than being trans.”

“Best of Reykjavik - Grapevine
2022

Best Newcomer*
Best Seafood*
Best Brunch*
Choose Wisely

'A Study Of Choices' Wins The RVK Fringe Grapevine Award

Reykjavík Fringe is over for another year: the hubbub around Tjarnarbió has died down, the flurry of wrist-banded guests marching around 101 have dispersed. Multitudes of posters advertising shows flap impotently in 110. But even with the dust settled, there is still one last act to make a song and dance about: the winner of the 2022 Reykjavík Fringe Grapevine award!

This year, said award was presented to 'A Study Of Choices,' a performance piece that predominantly features contemporary dance, but is so much more than that. We caught up with Swedish creators Linda Wardal and Gustav Lejelind to find out more about their award-winning show.

"The idea was basically to make instructions and place three dancers on stage hearing those instructions for the first time, and for the audience to see these three dancers simultaneously," Linda says, explaining the basic concept behind their work. "We realised during the process that what we were working on was choices."

The piece unfolds as thus, with the dancers—who are completely naive to the process that what we were working on was choices."

"That all chooses Gustav and Linda ultimately made was to try the other knee if they prefer. They are invited to touch their knee, on stage, observing the audience as the words are the same but the motions are different. "Don't be afraid, you do you, bestie."

"Maybe that's where I also question my choices all the time. So then, this way of giving choices in a different light, ” Gustav says. "It was completely collaborative," adds Linda, of their process. "We met every Wednesday evening over a long period. We have really had the time to think about this for a long time."

At some point during this lengthy creative origin, the artists realised that they were constantly being faced with different choices, both within and outside of their work. "We kept sitting down and trying to decide different things, how should this be, et cetera, and then we started seeing these choices in different light," Gustav says. "Suddenly, we start asking, should we do this, or that? Should we have some dinner now? Or should we do something else? We started seeing everything through the lens of choices."

"You question yourself so much as a dancer, asking yourself, 'is this enough?'' Linda adds. "Maybe that's where I also question my choices all the time. So then, this way of giving the instructions quite fast [in the show] is also a way of saying it doesn't matter, that this doesn't have to be your best choice, but just make a choice now. There's something about that, I think, that is important."

The outcome of the choices Gustav and Linda ultimately made play out for audiences in 'A Study Of Choices'—until the lens finally switches to focus on the audience themselves. The dancers sit on stage, observing the audience as they are invited to touch their knee, or to try the other knee if they prefer. Nervous suppressed giggles reveal the slight awkwardness of the crowd, but the atmosphere is warm. Once again, Linda's voice rings out: "there is no way to fail."
The most special coffee from specialists in speciality coffee.

Coffee & Sandwiches
Hafnarstræti 11 © kaffi_o_le
Spot The Sunset!

If you’re blessed with good weather, here’s where to watch the midnight sun

Words: Emma Ledbetter  Photos: Emma Ledbetter

Sunsets in Reykjavík offer something otherworldly to the beholder, whether you’re a die-hard sunset chaser (like me) or simply can’t adjust your sleep schedule to the extended daylight hours (also like me). Of course, the nights don’t actually get dark during Icelandic summers, but if you’re willing to stay up until midnight and adjust your plans to the unpredictable weather, you’ll be rewarded with a long-lasting flare of color reflected over the beautiful North Atlantic.

We’ve compiled a few of the best places in Reykjavík to watch the sunset—perfect for solo adventures, gatherings with friends, or a romantic rendezvous.

Grótta Island Lighthouse

This is a popular spot any night of the week, so don’t expect solitude. However, it’s popular for a reason—you’ll be treated to a sweeping westward view of the ocean and far-out peninsulas, plus Mount Esja and the city skyline over your shoulder. Be warned that the island is closed for most of the summer for bird breeding, and even when the path is open, you need to be aware of the tides so you don’t get stuck. Don’t let this discourage you, though, because the view from the parking lot is still quite lovely.

Viðey Ferry Terminal

For the people-averse among us, the ferry terminal may offer the solitude you crave. Situated at the northeast end of Reykjavík’s shore walk, you’ll find an unobstructed view of the ocean, pockmarked only by the occasional boat. Mount Esja is to your right, hovering over Viðey. If you want to get closer to the water, a staircase leads to a small beach (Skarfaklettur) with a whale-sized boulder. If you’re more inclined to see a city skyline, this is not the place—but other than that, this spot is pretty perfect.

Red Steel Pyramid Bridges

Far from downtown, this spot gets less traffic than others on this list. Park at the Geirsnef dog park and walk along the path toward the ocean. You won’t have a full view of the horizon, but the two red steel pyramid bridges by Teiknistofan Tröð add some man-made drama to the landscape. Lupines, in season through early summer, accent the shoreline. This isn’t your traditional sunset viewing spot, but it’s still worth a trip.

Perlan

Situated on a hill overlooking downtown Reykjavík and the waters beyond, Perlan offers a panoramic view of the sunset, though it feels rather distant when you aren’t right by the shoreline. Head behind the iconic dome and you’ll find a network of walking trails, some leading to mysterious underground bunkers. Standing just above them you’ll spot the University of Iceland, Hallgrímskirkja, and several looming construction cranes. For you visiting city folk, this is probably as close to a metropolitan sunset as you’ll get.
Valdís Steinarsdóttir

Valdís Steinarsdóttir is an experimental designer from Reykjavík. Winner of the 2020 Formex Nova award—Nor- dic Designer of the Year—Valdís is best known for her projects repur- posing organic materials. Among her most acknowledged works are food packaging made of animal skin and bones, and jelly clothing made of natural liquid material. Valdís loves all things design, so it's no wonder her perfect day includes many of the cultural and artistic delights Reykja- vík has to offer.

Slow morning pancakes

I usually start my mornings by drink- ing coffee in bed and answering emails. On days where I have more free time I love to treat myself by making pancakes and baking Kry- ddrabrauð (a traditional spiced bread, usually sweet) in the morning.

Time to work

After breakfast, I go to my studio at Bæstöndin, which is at Hlemmur. Bæstöndin has become a creative space for a versatile mix of creatives. My studio is on the top floor and on the first floor there’s a kitchen where we sometimes eat lunch together, talk about design, gossip and drink way too much coffee.

Exhibition break

I would go to Reykjavík Art Museum Kjarvalsstaðir to have a nice lunch and see the current exhibition Spor og Þrærðir, or Stitches and Threads—a display of embroidery works by con- temporary Icelandic artists.

On a perfect afternoon, I would have nothing else on my agenda than to jump between different art and de- sign exhibitions all day. I would, for ex- ample, start by going to Hafnarhúsið and small urban gallery, i8.

Dance-off and natural wine

I would love to go out to dinner with all my friends to Matur og Drykkur. Af- terwards, we would all go to Samla Bó were Bjartar Svaitur would be playing. Half of the group would go on stage to play and the other half would start a dance battle on the floor. When the boys are done playing we’d all go to Mikki Refur for a winding down drink.

Hot tub relax

I’d like to end my perfect day in a swimming pool, preferably Árbæjarlaug—but not to swim. I just go to relax in a hot tub to reflect on the day’s events.
Dining

1. Le Kock
Tryggvagata 14

The craft burger bar has never been better. No one toasts potato buns to crisp perfection like they do, or cooks patties to such medium rare goodness. Everything is made from scratch, including the condiments! This is gourmet fast food, with all of the attention to detail and none of the sacrifice on fun and flavour.

2. Flatey
Grandagarður 11

Educating a country beyond their diet of pizza-chain pies is no small feat, but that’s exactly what Flatey sought to do when they burst onto the scene, and for that we applaud them. The Margherita continues to be a panel favourite, who can argue with milky mozzarella and tomatoes?

3. Fine
Rauðarstrégur 33

A panel favourite. Fine is a no nonsense, no frills, Sichuanese Chinese restaurant that steadfastly opens Reykjavik’s mind’s and palates to the regional cuisine. The Mala Chicken is a tingling explosion of flavour, literally, thanks to the sichuan peppercorn. For something simple yet exciting, we recommend the Hot and Sour Potatoes.

4. SONO matseljur
Samundargata 11

Sono overlooks a wild-flower meadow and a spectacular view of the Reykjavik skyline. Languorous and stately, the menu too is shaped with a luscious sauce. Their tasting menus are a great way to try the best Icelandic waters have to offer, from Atlantic cod served Japanese style, to harissa wolf-fish. The sushi platter makes for a light lunch while their fish of the day is usually a generous pan-fried dish with a luscious sauce.

5. Laundromat
Austurstraeti 9

Laundromat offers a cool ’50s diner-meets-maximalist-library vibe, decorated with bright furnishings, maps and colour-coded books. It’s great for families in general, but teens in particular like the fun décor, burgers and milkshakes. We especially love their vocal support for breastfeeding, as well as the fact that you can actually do laundry here!

6. Deig Workshop
Tryggvagata 14

Deig’s poor man’s offer is as good as it gets on this alarmingly expensive island. For 1100 ISK, you can choose from a handmade bagel with a filling of your choice, any doughnut or pastry from their selection, and a simple drink (coffee, juice or kokosmjölk, basically). Even better, they open at 7 a.m., and the offer is valid every weekday, as for long as the bakery is open.

7. Sushi Social
Pingholtsstræti 5

If you are a group of friends looking for a fun night out, Sushi Social is the ideal place for sharing — although, who’d want to share something as delectable as langoustine tempura. Order one—or several—of those colourful drinks with names that recall a tropical holiday to make a fun night even more festive.

Drinking

12. Röntgen
Hverfisgata 12

This place has it all. “It’s crazy how it’s continued to dominate the bar scene in Reykjavik,” one panelist raved. “But it’s just got so many elements it works for every vibe, which is rare for a bar!” Despite only opening on the downtown scene a few years ago, the place has already cemented itself among the nightlife legends.

13. Jungle Cocktail Bar
Austurstraeti 9

“Jungle’s vibe naturally caters to an early-night crowd. It’s stylish and airy, and, of course, they have the most innovative and delicious cocktails in the city,” enthused one panel. “It’s the obvious choice,” said a panellist. “Who doesn’t have some crazy story from closing time in the smoking area at Kaffirin?”

11. Priur Frakkar
Baldursgata 14

This cosy, tucked-away restaurant has not let anything sway them from tradition—you’ll spot everything from foal, to blackbird, to cod throats in their menu. Opened in 1989, the restaurant has been run by Jens Ólafur Eyjósfons and his family ever since. A visit to this place underlines that good-fooding Icelandic cooking can be all kinds of memorable.

10. Óðinstorg
Vatnagardur 12

Meets-maximalist-library vibe, as a reminder that good vegan food does it all. “It’s crazy how it’s the obvious choice,” said a panellist. “Who doesn’t have some nonsense. An unpretentious and, of course, they have the most dedicated regulars. At night, you’ll find the crowd gets rowdy, the convo getting interesting and the dance floor gets sweaty in the most wonderful way. “It’s the obvious choice,” said a panellist. “Who doesn’t have some crazy story from closing time in the smoking area at Kaffirin?”

9. Borgartín
Borgartún 29

This is one of the most comfortable food halls to be at, with a wide variety of choices to please most anyone. “Almost every place makes small plates, which is excellent for sharing,” observed one panelist. She’s right, one can choose from such as Timami, to burgers at Yuzu, to grilled meats at 84, to healthy skyr bowls at Švília.

8. Sumac Grill + Drinks
Laugavegur 28

Sumac is one of the few places that kissed with smoke and licked by Sumac is one of the few places that kissed with smoke and licked by

7. Sushi Social
Pingholtsstræti 5

If you are a group of friends looking for a fun night out, Sushi Social is the ideal place for sharing — although, who’d want to share something as delectable as langoustine tempura. Order one—or several—of those colourful drinks with names that recall a tropical holiday to make a fun night even more festive.

6. Deig Workshop
Tryggvagata 14

Deig’s poor man’s offer is as good as it gets on this alarmingly expensive island. For 1100 ISK, you can choose from a handmade bagel with a filling of your choice, any doughnut or pastry from their selection, and a simple drink (coffee, juice or kokosmjölk, basically). Even better, they open at 7 a.m., and the offer is valid every weekday, as for long as the bakery is open.

5. Laundromat
Austurstraeti 9

Laundromat offers a cool ’50s diner-meets-maximalist-library vibe, decorated with bright furnishings, maps and colour-coded books. It’s great for families in general, but teens in particular like the fun décor, burgers and milkshakes. We especially love their vocal support for breastfeeding, as well as the fact that you can actually do laundry here!

4. SONO matseljur
Samundargata 11

Sono overlooks a wild-flower meadow and a spectacular view of the Reykjavik skyline. Languorous and stately, the menu too is shaped with a luscious sauce. Their tasting menus are a great way to try the best Icelandic waters have to offer, from Atlantic cod served Japanese style, to harissa wolf-fish. The sushi platter makes for a light lunch while their fish of the day is usually a generous pan-fried dish with a luscious sauce.
A new restaurant just dropped a stone’s throw away from Srapevine’s office, and it’s a true gem. Tres Locos is a vibrant Mexican restaurant offering over 50 types of tequila and mezcal, along with traditional Mexican dishes—quesadillas, tacos, tostadas, and fajitas. The menu also features Icelandic ingredients, so you’ll find delicacies like arctic char tostada on offer. Tres Locos is a bit pricy, but everyone deserves a day of spoiling themselves with delicious margaritas and nachos! 😍

Lucky Records is the one-stop-shop for anything Icelandic music. They’ve got it all; new titles, CDs, rarities, vinyl, cassettes, second-hand 12”, 7” sections, you name it! Notably, the store is very in touch with the local underground. Basically any Icelandic style—no matter how big or small—will be sold there, and trust and believe, their shopkeepers will know them ins and out.

Lucky Records is a favourite with everyone from downtown artists to suburban folk.

**Shopping**

20. Yeoman
Laugavegur 7

2021 saw Yeoman being donned by international celebrities while also continuing her reign as the primary fashion tastemaker for Reykjavik women. “To talk about modern Icelandic style is to talk about Yeoman,” one panel member said.

21. Lucky Records
Bauðhúsidagarður 10

Lucky Records is the one-stop-shop for anything Icelandic music. They’ve got it all; new titles, CDs, rarities, vinyl, cassettes, second-hand 12”, 7” sections, you name it! Notably, the store is very in touch with the local underground. Basically any Icelandic style—no matter how big or small—will be sold there, and trust and believe, their shopkeepers will know them ins and out.

22. Hringekján
Pórúnartún 2

Similar to a consignment shop, Hringekján is a space where people can rent out spaces to sell their own clothes and accessories. It’s the most eco-friendly way to keep your closet fresh, which, in light of our current world, is something we should all be thinking about. “I don’t know how they get such chic people to sell their clothes there,” laughed one panel member. If you want something groovy this is the place to go.”

23. Apótek Atelier
Laugavegur 16

Apótek Atelier is quite new on the scene, but this small boutique has already made quite a splash. Created by designers Fríða Brattardóttir, Hafþóra Sigríður S. Ólafsdóttir and Sævar Markús Óskarsson, Apótek Atelier blurs the line between studio and store, functioning as both the designers’ workspace, as well as the place where one can purchase their wares.
The title of una schram's new EP, "mess mixtape," perfectly describes the collection of emotions the 22-year-old sings about. Half break-up album and half soul-searching coming-of-age revelations, una lets us in on her emotional journey. Iceland's own Amy Winehouse-inspired pop R&B artist may have just released the musical version of emotional empowerment we always needed.

Hard break-ups, good music
Reeling from her first major heartbreak, una dealt with her emotions in the only way she knew how: songwriting. Starting at only 10 years old, una has been writing music for the greater part of her life. Always performing and singing, it seems natural that the easiest way for her to deal with emotional pain is through song.

"I always had fun with it. It was also a way for me to express what I was feeling, which I think a lot of musicians can relate to," una shares. "Some people just have a way of being able to put their feelings into words that rhyme."

Fortunately for us, una has that talent. In "mess mixtape" she weaves a tapestry of emotion that carefully explores young heartbreak and finding yourself. In doing so, una manages to pinpoint these common and deeply human experiences, articulating them with refreshing accuracy.

Growing pains
Between studies at the British and Irish Modern Music Institute, the pandemic, personal life, and the process of songwriting, the album took three years for una to finish. Even though heartbreak and moving on are timeless topics, una can tell she has progressed from this period in her life.

"It's quite interesting for me to be releasing it now," una says, adding, "all of the situationships and feelings are long gone, so it's weird that now I'm getting out all of these feelings that I'd kind of forgotten I'd had. I'm trying to relate back to my old self to release the work. She was worried about the public's reaction to her personality, fearing that people would conflated the emotions in songs with her present self.

"It's sometimes very difficult when you release music because it's so personal. I feel like when you let people in like that they will make assumptions and have opinions about you, which are not necessarily an accurate representation of where my head is at now," una shares, explaining her understanding of her personal growth.

"There was also sort of a battle with myself whether or not to release the project," she adds. "I was a little bit afraid that it would come across juvenile or adolescent because it's a younger me that's being represented in this mixtape. But I have a lot of love for my past self, so I thought, 'fine, I can let people just take it where they want it.' I have no control over what people think anyway."

We’re all the same
Ultimately, una realised that while she may no longer be in the same emotional place as she was three years ago when she first started writing "mess mixtape," the emotions she felt at the time are shared by everyone.

I don't necessarily relate to the lyrics that I wrote anymore, but some [people] will because we all have these very similar experiences when it comes to relationships and love," una says thoughtfully.

"I think it's a beautiful thing to be able to give yourself away to someone, but you also need to put yourself first," she continues. "I hope [people] relate, but more on a level that is in hindsight. They listen and think of situations they've had that are kind of similar, where they've also come out of it with a different outlook and more control."

The road ahead
Back living in Reykjavik with a BA under her belt, una clearly has a long and invigorating road ahead of her. She's hoping to experiment more with her music, including potential songs in Icelandic, genre shifts, and untraditional vocal techniques. If "mess mixtape" is any indicator of the future, we are dying to hear the next musical emotional journey una has in store for us.

"I'm very excited to just explore my musical identity, I guess, and see where I can go," una finishes hopefully.
Music and Events

**Upcoming Events**

Send details of your event to: events@grapevine.is

This month packed with so many great events that we can’t possibly fit them all! Check them out on events.grapevine.is and don’t hesitate to add yours!

**Friday August 5th**

- **The Rocky Horror Picture Show - Sing-a-long Party Screening!** 21:00 Bio Paradis
- **Apocalypsysck Pride Edition show** 20:00 Sæta Svínið
- **DJ Loona** 22:00 Sírúr
- **Opening Reception: Your Silent Radiance** 20:00 Harpa
- **Holdila Þ Völgil Í Bitrublóggil** 20:00 Þjóðleikhúsið

**Saturday August 6th**

- **Pride Party feat. Drag Royalty** 20:00 Sæta Svínið
- **Simon Ruxdardin** 23:00 Kaffibarinn
- **Organ Summer Concert** 22:00 Hallgrímskirkja
- **Film screening** 20:00 Kaffibarinn
- **Museum Summer Concert** 20:30 Sigurjón Gíslason Faxaflojum

**Sunday August 7th**

- **Pride Movie Night (BD MAKEUP screening)** 20:00 Sæta Svínið
- **Die Ilovel** 16:00 Hallgrímskirkja
- **Organ Summer Concert** 17:00 Hallgrímskirkja
- **Married Bliss** 13:00 Harpa
- **Hóllabjörg Jónsdóttir** 16:00 Harpa
- **Seiga Festival's Final Recital** 20:00 Harpa

**Monday August 8th**

- **Summer Music Concert** 20:00 Sigurjón Gíslason Faxaflojum
- **Minimal Monday X Tada Ersha** 21:00 Þjóðleikhúsið

**August 5th—September 1st**

**Music and Events**

**Reykjavík’s annual Jazz festival slump, another get out of our post-**

**24,000 ISK August 13 - August 19 - Harpa & other - 7,990 to 14,990 ISK**

- Founded in 2012 by the Icelandic Schumann Society, this annual classical music festival is centred around ‘Left and chamber music with emphasis on bringing a wide array of classical music to the city. The festival takes place at Harpa and if you’re not sure about attending the full festival, tickets for individual shows can be purchased as well. KW**

- **Takíkri** (Live) & Vibes (DJ sets)** 21:00 Bravó

- **The Mario Kart Tournament** 21:00 Þjóðleikhúsið

- **Moderate: Summer Music Concert** 20:30 Sigurjón Gíslason Faxaflojum

- **Organ Summer Concert** 22:00 Kaffibarinn

- **DJ BenSöl** 21:00 Kaffibarinn

- **Evening Walks: The Shore** 20:00 Harpa

- **Extreme Chill: Schwedisch** 20:00 Sirkus

- **Falda: Sounds from Childhood** 21:00 Harpa

- **The Women Who Ride Away** 20:00 Harpa

- **Klaki (concert)** 20:00 Þjóðleikhúsið

- **Arild Andersen Group (NO)** 20:00 Harpa

- **Skúli Sverrisson** 21:00 Harpa

- **DJ Hotmail & Dj G-Mail** 21:00 Sirkus

- **Sifurs** 21:00 Sirkus

- **Recommended Stop: Music and Events** 21:00 Sirkus

- **Islandic Sagas - The Greatest Hits** 20:00 Harpa

- **Organ Summer Concert** 20:00 Gaukurinn

- **Radical Kitchen Strikes Back!** 18:00 Armys

- **Organ Summer Concert** 17:00 Hallgrímskirkja

- **简历 Quartet** 12:00 Jörgensen

- **Museum Summer Concert** 20:30 Sigurjón Gíslason Faxaflojum

- **MIT Showcase** 20:30 Skuggabaldur

- **Monday August 15th**

- **BERG (US)** 17:00 Radjús

- **Reykjavik Jazz Jam 22** 20:30 Skuggabaldur

- **Karaokes Night** 20:00 Gaukurinn

- **BÖSS** 20:00 Sirkus

- **Organ Summer Concert** 20:00 Sirkus

- **Hallelujah Junction** 13:00 Harpa

- **JG** 20:00 Sirkus

- **Hilary Baird Piano Concert** 21:00 Harpa

- **Friday August 26th**

- **Wix Collina (PL) All Nighter** 23:00 Kaffibarinn

- **Drag-Súgur: Swan Song** 21:00 Þjóðleikhúsið

- **Ikarus (CH)** 21:15 Harpa

- **Organ Summer Concert** 21:15 Harpa

- **Radical Kitchen Strikes Back!** 18:00 Armys

- **Organ Summer Concert** 21:00 Gaukurinn

- **Organ Summer Concert** 22:00 Gaukurinn

- **Organ Summer Concert** 21:00 Sirkus

- **Due to sold out tickets, the final tickets for this event were 100% sold out!**

- **Organ Summer Concert** 21:00 Sirkus

- **DJ Yamaho** 21:00 Þjóðleikhúsið

- **Festival of Andorra** 21:00 Sirkus

- **Klára (under) 20:00 Þjóðleikhúsið

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"Who belongs to the Icelandic nation?" the opening page of ‘A Rainbow Thread’ asks. The pamphlet is the physical version of a guide created by the National Museum of Iceland in collaboration with Samtökín ’78, The National Queer Organisation of Iceland. In seeking to answer that first question, it offers a queer reading of the museum’s permanent exhibition, ‘Making of a Nation—Heritage and History in Iceland.’

“It opened in 2018, for the fortieth anniversary of Samtökín ‘78,” Anna Leif Auðar Elídóttir, who is in charge of the museum’s education programme, explains. “It was an idea that came from the grass-roots of the organisation.”

**Strong language**

“A Rainbow Thread,” which in addition to the booklet is available as a free downloadable audio guide, seeks to challenge the incorrect assumption that queer identities are only a feature of modern life. With thoughtful and questioning text, the guide encourages visitors to re-examine the artefacts and exhibits in front of them from a post-heteronormative perspective.

“It’s interesting because the National Museum is an institution—it’s part of the establishment,” Anna says. “But the guide uses very courageous words.”

“A Rainbow Thread' serves to remind us that queer people have always played a role in history

*Words: Josie Anne Gaitens  Photos: Emma Ledbetter*

**“Silence”**

The guide traces Icelandic queer history from the beginning of settlement, right up to present day. However, there are significant and notable absences, and unlike other readings of the past, ‘A Rainbow Thread’ confronts them head on. A section of the guide is simply called “Silence,” and it discusses how a lack of research and representation mean that little is known about queer lives and identities between the middle ages and the 19th century.

“There were centuries where the creators of the guide didn’t have anything to talk about,” Anna says. “But they didn’t want to leave a gap, they wanted to acknowledge the silence. It also speaks to the absence of queerness as a decision of governments in some countries.”

**A gay national hero?**

Also mentioned in the guide is the fact that some evidence suggests that one of the first curators of the museum, Sigurður Gumbmundsson, was himself queer. Sigurður was a hugely influential figure in Icelandic culture, and is responsible for designing the Icelandic national costume. Despite his respected position in society, there were always rumours that he was effeminate and possibly attracted to men.

“They don’t have definite proof that he was gay,” Steindór says. “But there are signs. He sent drawings of a penis in a letter to his friend, for instance. He was into dresses and known for not being a particularly masculine man—he was in touch with his feminine side.”

“We don’t know for sure how he identified,” Anna adds. “This is based on rumours. Perhaps he was just ahead of his time,” she laughs.

**Starting a conversation**

Both Anna and Steindór are delighted with the response they have received to the exhibition so far, and hope to see the project continue and develop over time.

“This is just the start of something,” Steindór says enthusiastically. “We will probably add to it—hopefully Samtökín ‘78 will come back to us with fresh ideas and updates.”

But we are also looking forward to other kinds of collaboration,” adds Anna. “Not only with people from this organisation but from different groups in society too.”

“It’s very important,” she continues. “And that’s what museums are for—to be a part of the community that we live in. A neutral place for conversations.”
Art Picks

**Art Exhibitions**

Gallery openings, happenings, showings and pop-up exhibitions all around the capital region.

Send details of yours to: events@grapevine.is

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**August 5th—September 1st**

**Ongoing**

**REYKJAVÍK ART MUSEUM - HAFNARFJARÐARSAFNNIS**

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**Erró: The Power of Images**

Erró is undeniably Iceland’s best-known visual artist. The Reykjavík Art Museum is custodian of nearly 4,000 pieces of the artist’s work after he began donating them in the 1980s, and this exhibition of more than 300 of them is the most extensive showing of Erró’s works ever seen in Iceland. Videos, graphics, and collages—with larger works in public spaces, and paintings of all kinds—show Erró’s eclectic appropriation of imagery from every possible domain.

- Runs until September 29th

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**WESTJORDUR**

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**JÖRð G. 4 Umhverfing**

“Academia Skyggnaturinn”, which can be translated to “Academy of Perception”, is hosting their fourth edition of their annual “Umhverfing” art journey. The aim of the project is to promote local culture through art in both traditional and unconventional ways and spaces, stimulating discussions about art and life with the help of GPS points. More information about the diverse programme can be found on their website.

- Runs until August 27th

**MUSEUM OF DESIGN & APPLIED ART**

**Bathing Culture**

The outdoor geothermal pool is the most interesting public space in Iceland. A place where strangers share paths and shadows. As a result, it is a source of wellbeing and a major part of everyday life in Iceland. The exhibition traces the development of Icelandic bathing culture, showing how architects and designers, pool staff and the public have shaped the story.

- Runs until September 25th

**Virtual waters**

Taking a philosophical approach to the Iceland bathing culture, Hrönd Ásgeirsson dives into water as entering another dimension full of contradictions. In connection with the museum’s current exhibition ‘bathing culture’ exhibition, this work challenges viewers to dive into this dimension through virtual reality and experience the effect water can have on perception.

- Runs until October 23rd

**KEYLAGNAR ARBÍTJARG**

**Orbit/ellipse**

Gabriela Fridriksdottir and Bjorn Both approach the world of colouring books from a philosophical and creative perspective, musing on whether having to draw within the lines influences a child’s creativity negatively. The artists created their own colouring book that doubles as the exhibition catalogue and is available as a numbered art work. Breaking free from having to draw within the lines, they present their own coloured-in versions to explore the impact of this process on them.

- Runs until November 13th

**IR GRANIR**

In Relation To The Sun

Iceland is a new exhibition space, the unique concept of which is to focus on year-long shows by single artists. The exhibition allows the viewer on a literal journey through art, culture and nature with the help of GPS points. More information about the diverse programme can be found on their website.

- Runs until August 27th

**Mostly known as a visual artist, musician, poet, thinker, and trailblazer, Jeanne Cohen’s solo exhibition explores the effect colours and shapes can have on our spatial experience. While each piece is a stand-alone work of art, she uses the exhibition space to stimulate a collaborative dialogue between them.

- Runs until September 28th

**HÖRÐURSAL**

**Kjarvalstadas**

Stitches and Threads

Local artists explore and confront social issues, the poetry of everyday life, and the tenderness of nostalgia through the art of needlework. The exhibition focuses on this sub-discipline within textile art, and where honouring its heritage traditionally, others approach modernism with mixed media experiments.

- Runs until September 18th

**Heads from Clouds**

Jónas S. Kjarl, one of Iceland’s most beloved painters, is known for his portraits and artistic interpretation of Icelandic nature. He started his career in 1923 and won the heart of the nation when he started depicting the “common people”. The connection he establishes between his portraits and Icelandic nature is something he is still known for today.

- Runs until September 28th

**HAFARBORG**

In the Depths of Your Own Awareness

This retrospective exhibition features works spanning Gunnar Ólm Gunnarsson's almost 40-year career. His first exhibition raised existential questions regarding modern society and set the precedent for what would be his lifelong inspiration: human consciousness. This retrospective marks the occasion where works spanning his career, embodying the artist's spiritual search.

- Runs until November 20th

**HAFNARSALUR**

**Mathilde / To Join Margéí H. Blónndís’s exhibition honours her work and there will use Ásmundarsafn, the museum building itself, as a sculpture.**

- Runs until October 2nd

**JÖRð G. 4 Umhverfing**

**JÖRð G. 4 Umhverfing**

**Light Space - Shadow Space**

Esther Jónasdóttir’s work explores how abstract forms and shadows can be transformed into clearer, graspable imagery through photography and the use of natural light. The exhibition displays her photographs of buildings, shot both inside and outside at different times of day, exploring the relationship between opposites as darkness re-traces its own increased natural light.

- Runs until August 18th

**GERÐARSAFNNIS**

**We can talk**

This exhibition marks the end of a collaboration between prominent cross-disciplinary festivals and institutions located in few Nordic countries, initiated by Platform SAT! film artists showcase their work, re-focusing on what it means to be part of the Nordic Region and exploring both the positive and the negative aspects of a shared identity.

- Runs until September 4th

**ALD**

**ALD**

**Ad Hoc Museum**

Challenging the boundaries between visual arts and dance, ALD draws upon the history of women’s collective physical labour through repetitive movement and song in order to initiate an intimate conversation. ALDA is the result of a collaboration between choreographer Katrin Gunnarsdottir designer Eva Sigur Berger, and Baldir Kj Magnússon.

- Runs until September 4th

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**Until August 31st - Verksmiðjan - art, culture and nature with the origin**

The exhibition, curated by SPI, takes you on a journey. The concept of desire paths in the context of Queen ecology. The exhibition references to Myers’ waterfront pier’s poplularity among the queer community of the 70s as origin, and the old factory in Hjalteyri as destination, the artists explore how their practices are linked to ‘criss-crossing’ by reclaiming spaces through wandering and showcasing different mediums of work such as drawings, paintings, writings, readings, and walking as a dialogue with the space. The show’s ultimate intention is to launch discussion and research, exploring the place of outskirts within today’s society, and the perception of public spaces related to the queer community and women, referencing SPI’s waterfront community of the 70s as archetypal for investigating artistic expression.

**Visit**

Until September 18th - Bláhúsið

Bláhúsið is a new exhibition space located on NATOstræti 33b in downtown Reykjavík. Berghall are Olga Bergmann and Árna Haliin and their recent collaboration includes video work called “New Wilderness” accompanied by various sculptures and drawings. “voyages” aims to inspire an active dialogue between art and its environment.

Open on Sundays.

**Some Recent Work**

Until October 2nd - National Gallery of Iceland

The museum showcases a selection of new works that were gifted over the past four years, reflecting the complexity of contemporary Icelandic art. While many topics are explored through various media, systems and approaches, the selection’s guiding principle.

**Until September 10th - Hverfisgallerí**

The gallery’s founding member Edda Snesadottir displays 50 framed pictures created over the last two years. With paper, watercolour and pencil, she experiments with how drawing the same image can have different outcomes and hide different meanings when touched by repetition, emotion and everything else life has to offer.

**REYKJAVÍK MUSEUM OF PHOTOGRAPHY**

**Light Space - Shadow Space**

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- Runs until September 4th

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“No Makeup”
Exploring Characters On And Off Stage

Monika Konarzewska film debut ‘No Makeup’ highlights the lives of foreign-origin characters in drag culture.

“People and system restrictions,” says film director Monika Konarzewska about her main sources of inspiration. Straddling the line between documentary and performance, her debut film ‘No Makeup’ takes a close look at queer life in Iceland through the eyes of the capital drag queens and kings. The film was named Best LGBT Documentary at the Berlin Documentary Film Festival, and Monika has received the Best Director, Documentary award at the Berlin Indie Film Festival, and Monika has the ‘Best LGBT Documentary’ at the Berlin Documentary Film Festival, and Monika has received the ‘Best LGBT Documentary’ award at the Berlin documentary film festival, and Monika has received the ‘Best Director, Documentary’ award at the Berlin Indie Film Festival for her work.

Freedom of expression

“I was so moved by how easily drag artists can talk about private traumas and then completely turn the topic into something funny,” Monika explains. “Drag gives a space to express all secrets with no shame, through different mediums and in an exaggerated way.”

‘No Makeup’ guides viewers through intimate stories of local drag performers—Faye Knus, Morning Star, Hans and Gala Noir. Each of them has different reasons for why they ended up in drag, and different meanings for the performance itself. Monika agrees that it was key to show diversity. “It’s a documentary about foreign people living in Iceland and finding their place to express themselves in the way they want,” she shares. “The way they felt like they should act but couldn’t do so in their homeland.”

Every drag is different

An immigrant herself, Monika believes that Iceland is a country that welcomes people from all places and backgrounds, allowing them to be themselves. “Including me,” she says. “Since childhood, I was taught that God loves everyone unconditionally. But then you hear that some people are more equal and some less deserving to be loved.” Monika shares her story of growing up in Poland, a country where religion still plays an important role in people’s mentality.

“I think most of the hatred comes from the lack of knowledge,” she says. “That’s why in this documentary I wanted to share people’s stories to ‘un-taboo’ harm stereotypes about them.” One of ‘No Makeup’s’ goals is to give people who don’t know anything about drag culture a chance to see it through the characters behind the stage makeup.

“That’s why ‘No Makeup’ was made—to show that we all have similar struggles and at the same time we are very different and that’s okay,” says Monika. “We know drag mostly as entertainment, but there is no single definition of what drag is, it’s above any rules.”

First-time challenges

Shooting the documentary was quite a process, Monika says. In total, it took two years with breaks, followed by an extra year of post-production. “It wasn’t easy because at the same time I was working three jobs in Reykjavik and the project was made without any financial support,” she says, adding that because of Covid-19, getting funding in Iceland became impossible.

When asked what was the most challenging part of making ‘No Makeup’, Monika is confident it was post-production. “In documentaries, you don’t write a script,” she says. “It’s not the same as plot-based films because you have to deal with the footage you have; you can’t plan it. It was hard but at the same time one of the best moments in my life.”

Going forward

Without disclosing many details, Monika says her next movie will talk about someone who is on the autism spectrum. “I strongly believe that when you are doing something from the position of your heart, you will be heard,” she says. “It’s just the beginning of my directing path and I hope it will be easier after ‘No Makeup’.”

‘No Makeup’ is screening at Gaukstað on August 7.
Culture

Emma Ledbetter

Fighting back with feminism

ON THE ULTIMATE FLYING RIDE

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As participants leave their first feminist self-defense workshop, there is a palpable shift in the room as quiet strangers become empowered individuals, united by their autonomy, knowledge, and strength. This is the mission of Slagtog, a women- and queer-led feminist self-defense organization dedicated to combating gender-based violence with tools participants can use in any situation.

“When I did my first Slagtog workshop before becoming a member, I remember I was standing so tall and I felt so grounded,” says Meeri Mäkinen, one of the organization’s newest trainers. “I really wish everyone could experience that.”

Reversing the stigma

Elínborg Hörpu- og Önundarbur, a self-defense trainer and one of Slagtog’s founders, says they had previously tried self-defense classes aimed at women that were anti-feminist because they perpetuated the stigmas surrounding gender-based violence. Instructors told women what not to do, such as don’t go to parties alone or get in a car with strangers. While these seem like reasonable suggestions, and Elí encourages people to approach situations with logic, basing self-defense training on platitudes like this takes away a women’s agency.

Slagtog instead equips people with tools for any situation they may find themselves in. “Our focus is on empowering the participant in all senses of the word, starting by reinforcing the basic knowledge that our body is ours, and we have the right to bodily integrity and autonomy,” Elí says.

Violence does not happen because of something a victim does, but rather because of the person who acts violently toward them. Slagtog teaches participants that they can respond in a number of ways to de-escalate the situation: removing themselves, responding verbally, or fighting back physically. Self-defense is often advertised as martial arts, but physical techniques are only part of what participants learn in feminist self-defense, says Mariam Arnedo Moreno, a trainer and one of Slagtog’s founders. “We also talk a lot about how we are socialised in this world as women, so it puts gender-based violence in that context,” Mariam explains. “But the physical parts are very accessible. It’s about defending yourself through any means, not about mastering a technique.”

Starting from “no means no”

The idea to found Slagtog came from a French book called “Non C’est Non,” or “no means no.” The author, Irene Zeilinger, has been teaching feminist self-defense for 30 years and now equips trainers.

After being in contact with Irene, Elí says they wanted her to come to Iceland to teach the principles of feminist self defense. The founders of Slagtog, in cooperation with a Romanian youth organization, received a grant to bring the program to their respective countries.

The process of becoming a trainer is intensive, usually lasting eight hours a day for two weeks with six months in between sessions so trainers can practise what they learned. Trainers not only practice physical manoeuvres, but they also learn theories behind violence, trauma, and feminist pedagogy. Trainers also choose a specialization, allowing them to work with girls and transgender youth, migrant women, or the LGBTQ+ community.

The emotional toll

Trainers invite participants to share their success stories of defending themselves. “Any type of story where people managed to stop the violence or get away from it is a success to us,” Mariam says.

Despite the success stories, training can be emotionally difficult. Most of the trainers were activists before starting on their feminist self defense journey, Elí says. Thus, they have some coping skills to work with vulnerable and marginalised populations, but Slagtog also hopes to provide more formal therapy for their trainers soon.

“Sometimes someone will open up about a difficult situation that they are in, and there’s not much you can do. You can refer them to organizations where they can get help or try to give advice if they want it, but in the end you don’t control what they do and you know they might be going back to a really violent situation,” Elí says. “This is one of the most challenging parts of being a trainer.”

Everything is worth it. “The success stories, the trainers agree, when they see participants leave with their heads held high.

“Every time I’ve been part of a training, the participants have been so happy. There’s a lot of emotions, and sometimes there’s crying and anger, but at the end I feel like everyone walks out feeling quite strong and powerful,” Elí explains. “They really are strong. They’ve now had the opportunity to explore that and feel it in the unique way feminist self-defense has to offer.”

Words: Emma Ledbetter

Photo: Emma Ledbetter

The Reykjavík Grapevine

Issue 08 — 2022
Info
Laufey’s star is rising so fast we can barely keep up. From being lauded by Billie Eilish to performing on “Jimmy Kimmel Live!”—all at just 23 years old—it’s fair to say that the singer-songwriter has made quite an impact since bursting onto the scene with her first single in 2020. With her debut album, “Everything I Know About Love” set for release this month, we sat down with Laufey to find out what love’s got to do with it. Here’s how she describes the album, track by track.

Fragile
I grew up very protected and sensitive to love. I often felt like I lived in a case of glass. Fragile is the story of the first time someone shattered that case around me. I was very influenced by cinematic scores and Bossa Nova in this song.

Beautiful Stranger
Beautiful Stranger is about a handsome man that I saw on the tube in London. We glanced at each other a couple of times but never spoke. I came to my stop and stepped off the train, went home and wrote this song.
A selection from Every Happy Hour in Rekjavík

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Empowering Children Through History

Nína Björk believes every child has potential to change the world

The Icelandic sagas tell the stories of the strong and courageous people who settled on the inhospitable shores of this island. But for author Nína Björk Jónsdóttir, the women of history always seemed to be overshadowed by their husbands and fathers, even though their stories are just as daring and dramatic. She wants children to know that, in reality, women played a powerful role in settling and shaping the country we know today and that they, too, can shape history.

"History is often taught through the men," Nína Björk says. "We learn that the first setter was Ínghild Arnarsdóttir, and Hallgeir Frödal is just referred to as his wife, if she's mentioned at all. There's a statue of him downtown where he overlooks the centre of Reykjavík, but she was there as well. There's only a small street named after Hallgeir that leads off a bigger road with Ingólfur's name."

This was the motivation behind Nína Björk's children's book, "Daughters of Iceland," which was recently published in Icelandic and as an abridged English version. She felt Iceland was lacking a book like this one that chronicles the lives of not just the most well-known Icelandic women, but other important "firsts" in Icelandic history.

Written with children, for children

Nína Björk is herself a woman marked by the Icelandic spirit—full of ideas she is compelled to put into words, and with a passion for gender equality that manifests both in how she writes and how she raises her children.

She has lived abroad for almost a third of her life but always values coming home to Iceland. Nína Björk has two children, and when they lived abroad with her, she felt it was important to teach them about Icelandic history since they weren't learning it in school.

"Both of my children have been with me throughout this journey," Nína Björk says, of writing "Daughters of Iceland." "They had some ideas and suggestions; when my son was learning about history, he came home and said, 'mom, I learned about a really strong woman today!'"

Nína Björk hopes the stories in the book will empower her children and others to be anything they want to be, knowing there were many powerful Icelandic women that paved the way for them.

Uncommon accounts

Of the 44 women featured in the original Icelandic book—cut to 23 in the English version—Nína Björk says she could not choose a favourite. "I love them all dearly," she explains. "There are many more that I would have loved to include.

Nína Björk says she wanted to cover women from a variety of backgrounds and regions, especially ones that aren't often covered in the media, so she read dozens of books, magazine articles, and historical accounts. Her descriptions delve beyond the surface of these women's lives, telling how they grew up and achieved great things.

"I was trying to focus a bit on their childhood, to show kids that we all start small," Nína Björk says. "Everybody who is famous or doing great things today was a child at one point. For example, Björk went to the same school as my kids today; I thought that was empowering for children.

Tattoo artist and illustrator Aubur Yr Elísbetardóttir created the images for the book, which feature the daughters dressed in period-specific clothing, holding items they likely would have used in their daily lives.

"I think the pictures bring the book to life," Nína Björk says. "There's a lot of respect for the women, but they're also sweet and have a bit of humour."

Where no woman has gone

When Nína Björk was only five years old, Vigdís Finnbogadóttir became the fourth president of Iceland, and the first female head of state in the world. Nína Björk says this impacted her generation and every generation after as more women assumed leadership roles in parliament and other sectors.

"It made me think, 'what could I be that no woman has done or been before?'" Nína Björk says. "Just to have the liberty to think that it's allowed and okay to think so big, that's what she gave to Icelandic children.

Nína Björk says her book is not just for Icelanders. Everyone can learn something from "Daughters of Iceland." "These Icelandic women have a message for the whole world," Nína Björk explains. "You can be anything. Everybody starts somewhere. If you have big dreams and you pursue them and don't stop at the first obstacle, you can achieve whatever you set your mind to."

Daughters of Iceland is available for purchase in our online store: shop.grapevine.is
Think Icelandic cookery is all sheep heads and fermented shark? Think again!

Books

Cook to impress—the Icelandic way

Think Icelandic cookery is all sheep heads and fermented shark? Think again!

Words: Asha Edmondson, Emma Ledbetter and Josie Anne Gaitens

Taste of Iceland
Author: Úlfar Finnbjörnsson and Lárus Karl Ingason

Created by famous and award-winning Icelandic chef Úlfar Finnbjörnsson, “Taste of Iceland” feels like a coffee table photography book that just happens to include recipes. The cover features photos of flowers, wildlife, and some of the delicious looking dishes you can make. Each recipe is accompanied by a professional photo that looks straight out of a 5-star restaurant. Don’t let the pictures and daunting names fool you, though, the impressive images come with simple instructions that can transform even the most novice cook into an accomplished chef.

Icelandic Food and Cookery
Author: Nanna Rögnvaldardóttir

This one’s for real food nerds. The Slippurinn cookbook is a delicious deep dive into the incredible ingredients Iceland—Vestmannaeyjar in particular—have to offer. Chef Gísli Matt’s name has become synonymous with cutting edge cookery in Iceland, and his first cookbook teaches readers that much can be achieved with simple ingredients as unassuming as moss and seaweed, if one treats them with curiosity and proper technique. Beautifully presented, this tome can function solely as a source of inspiration and appreciation. But for those armed with a trusty dehydrator and the enthusiasm to give Gísli’s recipes a try, we wholeheartedly salute you.

Simbahöllin Cookbook
Author: Janne Kristensen and Isobel Grad

When Janne Kristensen and Isabel Grad first bought Simbahöllin in Þingeyri the building was little more than a run down shell. After extensive renovation it is now a cozy community-focused cafe, famous for its homemade jams, waffles, and warm welcome. With their cookbook, visitors can now take a piece of the Westfjords home with them, with easy-to-follow, homey recipes that are simple to replicate. Full of beautiful pictures of both the food as well as the scenery around Þingeyri, “Simbahöllin” makes for a lovely gift or memento of a special trip.

Find all these books and more in our online shop: shop.grapevine.is

Tres Locos

Mexican Fiesta

Tres Locos is a new fun & lively Mexican restaurant located in Hafnarstræti 4, Reykjavík

We’re loco about tacos, tostadas, fajitas, quesadillas and other Mexican delicacies, made with fresh Icelandic ingredients.

We love Margaritas and tropical cocktails and offer a crazy selection of Tequila and Mezcal - over 50 types.

Enjoy an explosion of flavors at Tres Locos
Óx has been quietly pushing the envelope of fine dining since its opening five years ago; its efforts have now been recognised globally with a Michelin star.

Your first taste of things to come at Óx might be their website that—like many fine dining restaurants—doesn’t really reveal a menu, but sets the tone for what to expect. An other-worldly, whimsical site full of magical creatures that seem to belong to land, sea and sky all at once, scampers and disappears along the moss-green landing page. References are made to adventures, travels and leaving the familiar behind.

Since its opening, the restaurant has risen from quiet obscurity—nestled as it is at the back of Sumac, chef/owner Þráinn Freyr Vigfússon’s other venture, in a black timber house. Replete with a salvaged kitchenette that Þráinn’s grandfather built, Óx is the clear realisation of a long held dream. Now, it boasts of being the Nordic White Guide’s only Global Master restaurant in Iceland, and a recently awarded Michelin star at the 2022 Nordic awards furthers its glocal standing.

Who’s coming to dinner?

You walk into Óx through Sumac, and the bustling market-like hubbub of the latter is drowned out as the black door opens and chef Þráinn Freyr warmly welcomes you into his truly humble abode. A high, omakase style bar wraps around an old, lovingly restored kitchen, and just 11 seats await expectant diners. To complete that picture of homely nicety, the chefs in their crisp white jackets stand smiling, like the genial hosts they are.

Once seated, you have a perfect view of the entire room. Multiple mise en place abound on the countertops below—there are hand-carved walnut platters cradling secret ingredients, whisper-thin blown glass bowls by Carissa Baktay that mysteriously merge with Icelandic lava stone, and creamy ceramic cups and plates. Wines are

Eat your greens, kids!

Not sure what this is, but it’s probably delicious

Looks good enough to eat!
made hangikjöt tartalettur", arrive as dainty hors d’oeuvre of nickel-sized discs of intensely smoked lamb. They pair wonderfully with the champagne, and also set the tone for the evening—updated Icelandic culinary traditions, without being too New Nordic-y.

**Hits and highlights**

Unlike a traditional restaurant setting, the omakase style theatre allows the chefs to truly engage with the room, as if we are in their home, and dinner progresses as it might in our own kitchens. Head chef Rúnar Pierre Hervieux and sous chef Agne Petkeviciute are particularly adept at introducing dishes interspersed with fun behind-the-scenes nuggets and easy to understand technical know-how.

Over 16 courses, and with drinks to match several dishes, the progress at Óx is expertly tempered.

Small, flavour-packed dishes lead to generous bites that allow for breathing room to take in the expanse of culinary alchemy in front of you. One particular favourite on this occasion is a fennel pollen speckled fabric of beet, draped over cubes of grown-up gummy-bear-like rehydrated chewy beets, beet paté and a bar—Ammadon, named after the chef’s grandmother, that will serve both classic and experimental cocktails. I was lucky enough to be shown around the new property, and I’m happy to share that the new location will echo that walk-and-find Óx vibe, mixed with the easy convivial vibe, that alone, Michelin star notwithstanding. It is worth dining here for its who’s-coming-to-dinner mystery of an intimate dinner party at home. The Reykjavík Grapevine is expertly tempered.

**Old spirit, new location**

Honest theatre of this kind is a recurring theme at Óx. The wine flows freely, the conversation ebbs and flows course after course, and the chefs prepping and plating the dishes adds another layer of action. Getting a table at Óx has always been tricky, given their 11-seat constraint. Chef Þráinn reveals his plans for a new location, a stone’s throw away from Sumac, for an Óx 2.0 that will seat 18.

In the spirit of keeping things personal yet exclusive, the new Óx will be fronted by a bar—Ammadon, named after the chef’s grandmother, that will serve both classic and experimental cocktails. Óx manages to walk that fine line of daring with the rambunctious dining experience one finds at Óx. You walk in expecting it to be a staid, fine-dining affair, but you walk out exhilarated by the conversations and the cross-section of people you just met, with everything held together by the dishes that span the lands and waters of Iceland. Óx manages to walk that fine line of daring with its who’s-coming-to-dinner mystery vibe, mixed with the easy conviviality of an intimate dinner party at home. It is worth dining here for that alone, Michelin star notwithstanding.
Across the waters of Faxafloi Bay from Reykjavik resides Esjan—the dark, often cloud-covered mountain considered the quintessential Icelandic hike. Esjan is often visible as we leave Grapevine headquarters, prompting us to say, “We’re going to be on top of that mountain...one day.” Spoken in existence, the intern gang vowed to climb the mountain, and the appointed day could not have been more beautiful—or so we thought.

The uphill and our downfall

Spirits were high as we made our way from the parking lot to the trailhead at 21:00. The weather was about as good as you can get for Iceland—sunny, clear skies, and so warm you almost didn’t need a jacket—and we were very pumped about the hot dogs and hot chocolate we brought along to enjoy at the top.

However, it didn’t take long for our spirits to drop. We majestically underestimated the steepness of the trail—though we probably should have known, as Esja stands 914 metres tall—and even though we like to think we’re decently in shape, Esja made us think otherwise.

Luckily, we had beautiful views of Reykjavik and the promise of some great food and drink to keep us going up the daunting trail. We quickly fell into a groove of joking, complaining, and gasping at the view.

Unfortunately, our luck quickly ran out. As is typical of Icelandic weather, it changes minute-to-minute, and what was once a clear, sunny evening became foggy and cold. Slowly our view dwindled and we could only see our feet and a few rocks in front of us.

Truth be told, we considered giving up a few times. Motivating yourself to continue climbing the steepest path you’ve ever seen at 23:00 when it’s cold, raining, and so foggy you can’t even see the view you came for is very difficult. Still, we trudged on, almost entirely motivated by the promise of hot dogs.

As much as we hated ourselves for this self-inflicted torture, it wasn’t entirely a bust. It provided our little intern group some quality bonding time before three of us depart Iceland for our respective homes. We discussed all topics ranging from grocery stores to joking memes to goofy songs from our childhoods. Physically we may have been in pain, but our hearts were happy.

Hot dogs and hot chocolate

We never thought a random boulder could bring us joy, but the mid-sized rock with a “steinn” plaque marking the end of our hike was met with much relief and joy. Despite the thick fog, cold winds, and rain, we took out our small Coleman grill and prepared our celebratory feast.

Several failed attempts to boil water later, we each had a cup—or bowl—of hot chocolate, making the weather slightly more bearable. We cooked some famous Icelandic hot dogs—while teaching our Ukrainian intern the Mickey Mouse Clubhouse theme song—and devoured them before signing the guestbook and making our venture back down the trail at midnight.

We can all say we’ve been to the top of Esjan now, but we still have absolutely no clue what the view is like, as our only vista was thick fog and a Coleman grill.

The downhill and resurrection

We decided—wisely—to take the same path down as we had used on the way up, even though the other half of the loop was more direct. Sitting at the top socked in by fog, the path was unclear, and a midnight tryst through a 900-metre high boulder field seemed like a quick way to get lost. Despite being cold, damp, and a little crabby that we didn’t get to enjoy any sort of view, the collective mood lightened as we made our way back down the steep southern face of Esjan.

Hiking uphill reveals each person’s endurance and resolve to reach the top. Downhill hiking, on the other hand, shows who is most likely to trip and fall into oblivion—and who is willing to catch them. You can tell a lot about a person’s character while scrambling down a mountain with them in thick fog as darkness looms.

As one of our party members wisely remarked, it’s not about the journey itself, but the friends you make along the way. We were all nodding our agreement to this sentiment when we suddenly dipped below the cloud line and saw the lights of Mosfellsbær and distant Reykjavik. Screw friendship, this is why we came.

The sun had long ago set on a horizon that was still obscured by the hulking frame of Esjan. But the city lights and dark waters of Faxafloi Bay reminded us of why we came to Iceland in the first place, whether we knew it or not: to reconnect with nature, to be reminded of our own insignificance in the vast wilderness, and, yes, to make friends who would, perhaps literally, carry us up a mountain.
of the harbour. Captaining tugboats only half of the package. The captain
smoothly.
help make sure everything runs
tugboats. Reykjavík Harbour boasts
four tugs, and these busy-beavers
often forget the harbour’s biggest
each year, but we
Hundreds of boats come into Rey-
however, the actual tugboat is
by

At 19, Júlíus started working on
fishing vessels and eventually
to working the pass-
senior ferry to Akranes. When the
Hvalfjörður Tunnel was built, Júlíus
was left without a job which led him to
start captaining tugboats. Switching
for fishing vessels and ferries to tugboats required Júlíus to learn some new rules. "When you’re on a different boat, if you are
too close there is danger of collision
you have to do something about it," says Júlíus. "But in a tugboat, you are mainly hitting other vessels
and pushing them."

Bigger is better
Even though tugboats stay relatively
away. Tugboat sailing is still a
dangerous job. "If you’re on a small-
boat and make a mistake, it is easy
to capsize the boat," Júlíus explains.

Knowing that bigger boats are
safer, Júlíus has been an advocate,
encouraging the harbour to pur-
chase more large tugboats. "I’m
most proud of being the leader and
spokesperson for encouraging the
port to buy bigger and better tug-
boats, more equipment, and new
technology," says Júlíus. Thanks to
Júlíus’ campaign, Reykjavík pur-
chased the port’s newest—and big-
gest—tugboat, Magni.

Friends and family
One of the reasons Júlíus likes tug-
boat sailing is he is able to stay close
to home. "It gives me a lot of oppor-
tunity to have a normal family life," says Júlíus.

Júlíus met his wife while partici-
pating in the nightlife at sailing
and navigation school. The couple have
two sons, but he says neither of them
are interested in following in his sail-
ning footsteps. "I am very happy they
chose another path," laughs Júlíus. "Working on the ocean is very dan-
gerous and I would always worry."

The bond between captains and
their crew runs strong and Júlíus
says that his friendships with his col-
leagues are likely deeper than peo-
ple in other professions have with
their colleagues. "Even the retired
people maintain those connections," says Júlíus. "You can often see them
around the harbour!"

“We see everything!”
Unsurprisingly, working on the har-
bour at all hours of the day, Júlíus
has some tales to tell. "We see eve-
rything!" exclaims Júlíus. "Some of
the things we see are not possible
to print!"

After hearing some of the sto-
rías, we have to agree with Júlíus.
Some things that happen at sea were
meant to stay at sea…

Bigger is better
Even though tugboats stay relatively
close to shore, tugboat sailing is still a
dangerous job. "If you’re on a small-
boat and make a mistake, it is easy
to capsize the boat," Júlíus explains.

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technology," says Júlíus. Thanks to
Júlíus’ campaign, Reykjavík pur-
chased the port’s newest—and big-
gest—tugboat, Magni.

Why are you all trying to
move here?
You asked, so we answered—but not in
a nice way. Although, we did have
to ask you to ask, so maybe we should stop
doing that.

How will international flights to
Akureyri affect North Iceland?
These newly-announced flights surely
make it easier for silentningar (that’s
"foreigners," for any non-Íslendingar
reading this) to access the Land of Fire
and Ice. But do you remember why
Iceland is called that? It’s because of
our unpredictable volcanic activity and
already melting glaciers. Giving tourists
another entry point probably couldn’t
make this environmental disaster any
worse, right? Oh wait, airplane fuel is
contributing to greenhouse gas emis-
sions? Hmm.

What is the housing situation like in
Iceland?
If you have to ask this, you probably
don’t want to live here. And if you
already know the answer, you still prob-
ably don’t want to live here. That’s right,
folks, it ain’t pretty. If you want to live
in one of the most expensive cities in
Europe, move to Reykjavík. That is, if
you can find a place to stay.

What is the best way to learn
Icelandic online?
So you’re trying to learn the language
of the country you’re visiting instead of
assuming everyone will speak English?
Good for you. Seriously. We have a
YouTube video about learning Icelandic,
but you should probably just watch
Icelandic movies with subtitles. You’ll
pick it up eventually. In the meantime,
just say “þetta” a whole bunch, and you
should be fine.
“I think it’s a beautiful thing to be able to give yourself away [to someone], but you also need to put yourself first.”

Una Schram on her album “mess mixtape.” P18

“Any type of story where people managed to stop the violence or get away from it is a success to us.”

Mariam Arnedo Moreno, a trainer and founder of feminist self defense organisation Slagtog, speaks on the power of defending yourself. P23

“History is often taught through men.”

Rína Björk Jónsdóttir, author of “Daughters of Iceland,” on the importance of teaching children about the role women played in settling and shaping the country. P25

The wonder of our water

Thirty years ago, we began researching Blue Lagoon Water. Today, we have unlocked its secrets. Harnessed its powers. Explored its possibilities. We have created a universe of radiant wellbeing.