



A wide-angle landscape photograph of a glacier lagoon in Iceland. The foreground shows a dark, rocky beach. In the middle ground, a large body of water is filled with numerous icebergs of various sizes and shapes, some partially submerged. The background features a range of snow-capped mountains under a blue sky with scattered white clouds.

Resilience

Lessons from Iceland



Resilience

noun

To maintain integrity in the face of challenge, adversity, or destruction.

Personal Introduction

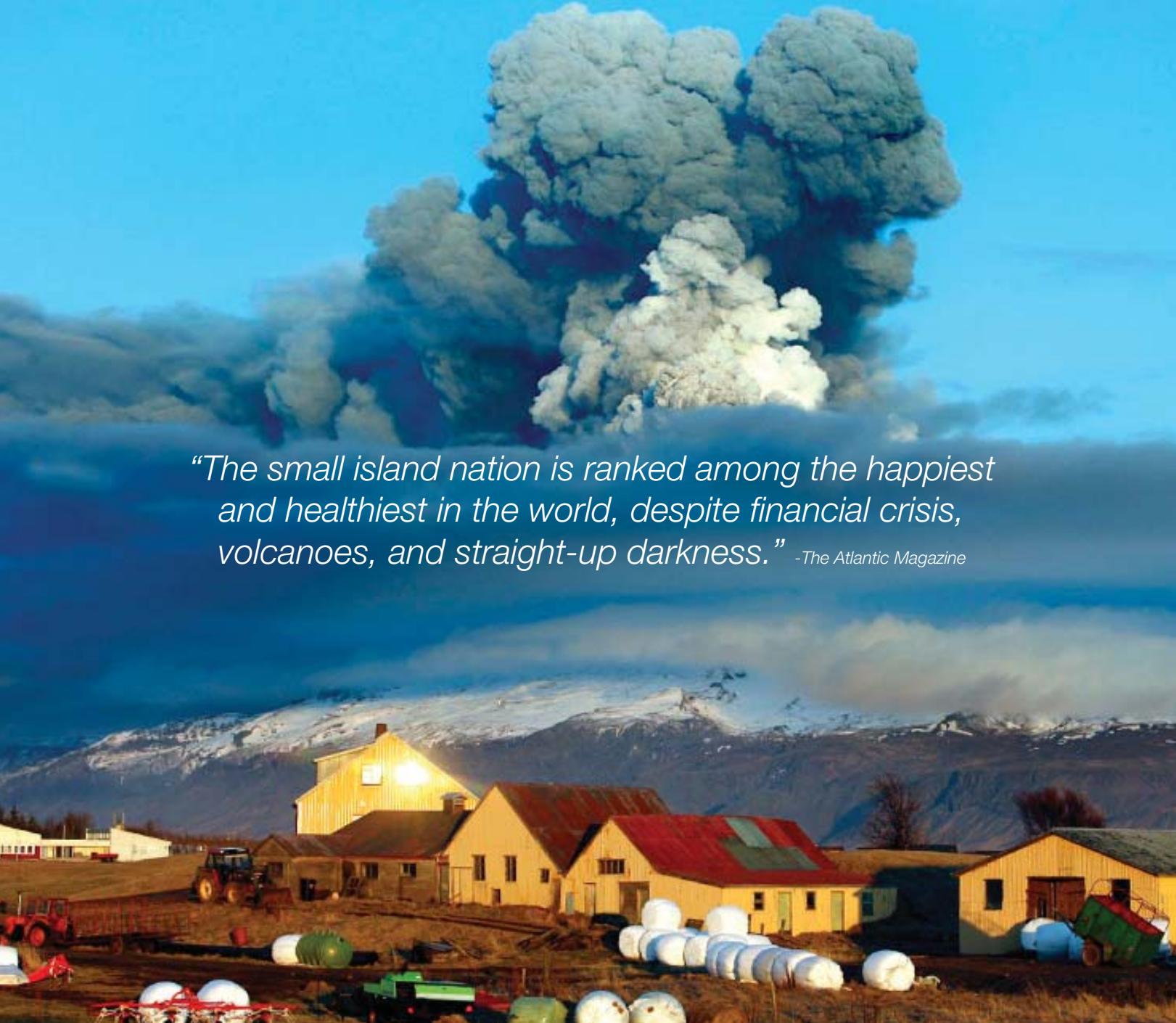


I ❤️ WOOL

My initial interest in Iceland admittedly originated through my love of wool. The process of knitting a Lopapeysa (Icelandic sweater) has drawn me into a state of Icelandic intrigue.

The lopapeysa is an Icelandic knitter's response to utilizing the plentiful native wool. The yarn used, lopi, is made from the wool of Icelandic sheep. Lopi is remarkable in that it is not spun, so it contains more air than spun yarn and as a consequence it has better insulation properties.

This practical adaptation of craft to climate sparked an interest to consider Iceland and its cultural adaptation to environmental contexts.



"The small island nation is ranked among the happiest and healthiest in the world, despite financial crisis, volcanoes, and straight-up darkness."

-The Atlantic Magazine

Why Iceland?

Iceland has experienced powerful and high-contrast shocks - from a recent global financial crisis to volcanic eruptions. The island nation has become a laboratory for social and ecological resilience.

Population
321,857

Area
39,770 Sq. Miles

GDP
\$12 Billion

Currency
Krona

Active Volcanos
30

Why Resilience?

Communities around the world must **prepare** for more extreme weather events, and altered ecological systems—along with the emotional and psychological, as well as social, cultural, and economic stresses—resulting from rising global surface temperatures and the end of fossil fuel dependence.

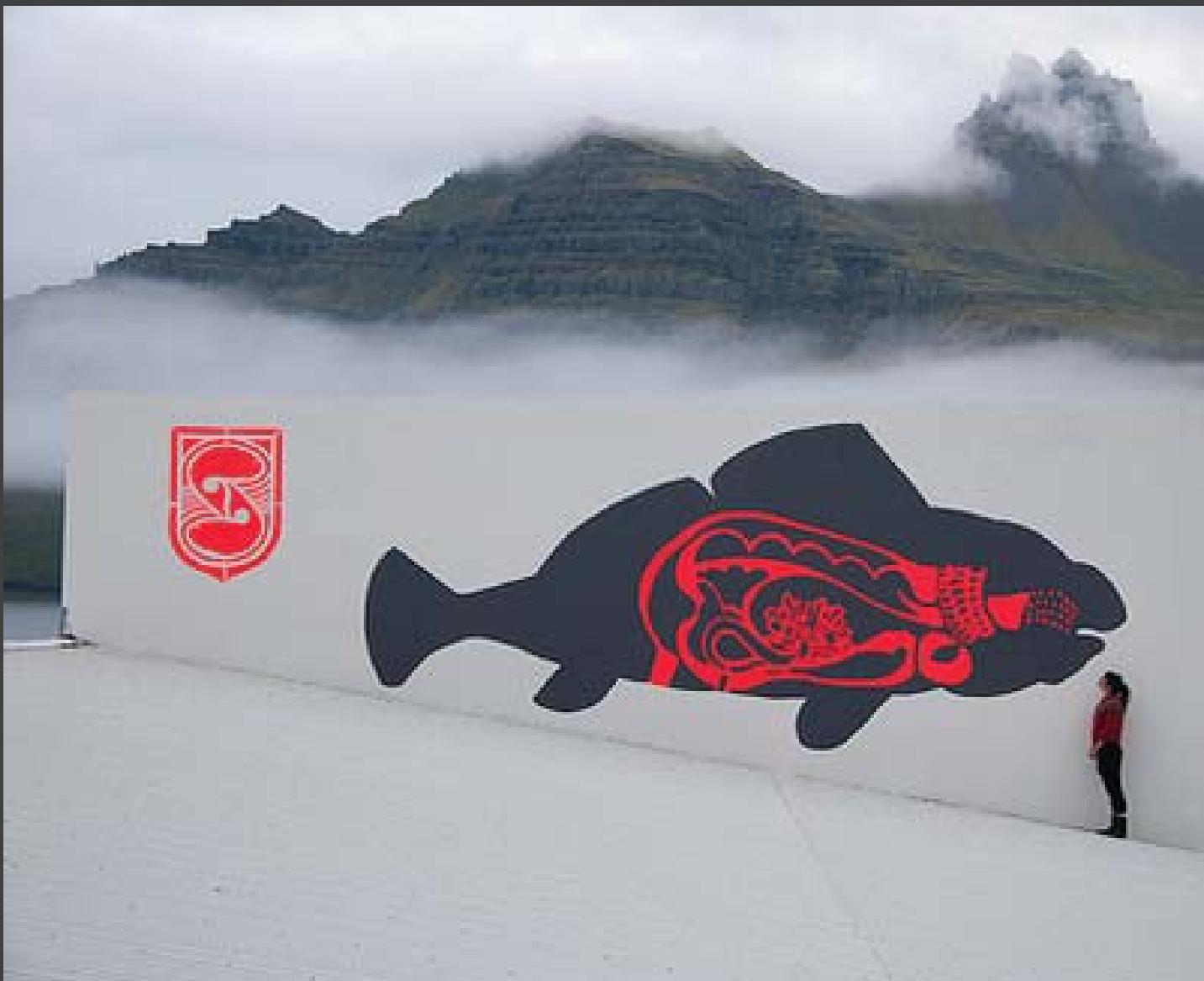
What causes some systems, organizations, and communities to break down and others to **bounce back**? For those that **rebound**, what do they tell us about how to build a secure future?

I'm curious about the lessons that Iceland can teach us about building resilient communities. **Resilience** is urgent because it is motivated by more than romanticism or responsibility; it's about **survival**.



Adaptation

What alternatives are there to Iceland's current energy-aluminum economy? How are Icelanders creating meaningful work and livelihoods in response to economic collapse? Some samples to explore:



A vacant fish factory in Stöðvarfjörður is becoming a vibrant village community space supporting local artists and tradespeople.

Toppstöðin in Reykjavík is an abandoned coal power plant. The facility is being repurposed as a resource for entrepreneurs as a “power plant of ingenuity and craft.”



Icelandic farmers in **Akur** are building food security on the island by utilizing the bountiful warm water and clean energy to grow produce in greenhouses.

Energy Readiness

Iceland plans to unplug itself from all dependence on fossil fuels by 2050. How can the rest of the world learn from Iceland to develop multi-scale clean energy infrastructures? I'm interested in looking at Iceland's emerging solutions.



*At a national scale, Iceland's primary energy sources are **hydroelectric** and **geothermal**.*



*Iceland is making advances in **hydrogen** and **fuel cell** technology for vehicles.*

*At a city scale, garbage trucks fueled by **methane** clean the streets of Reykjavík.*

Reading the Landscapes

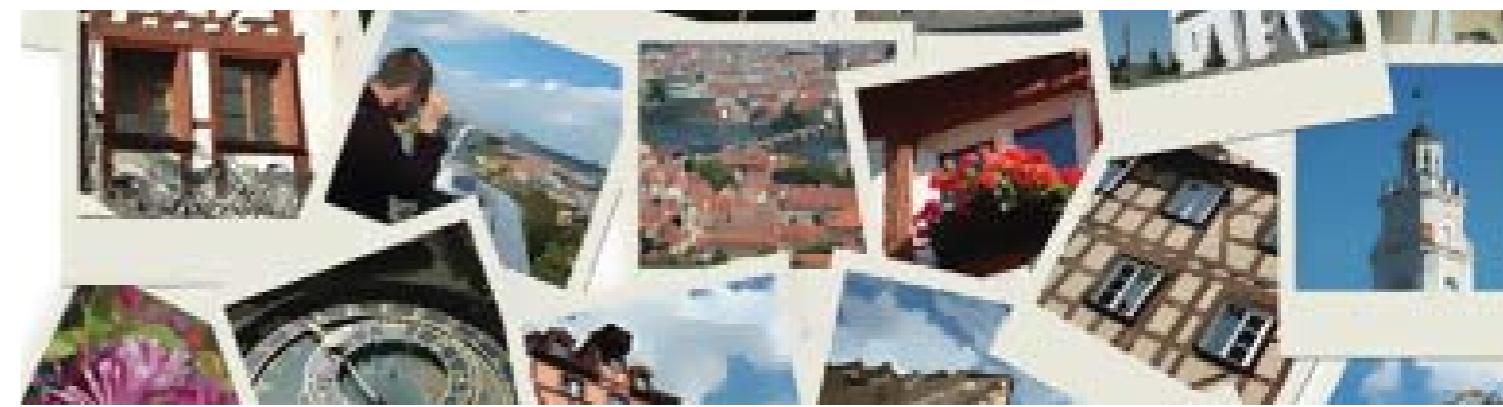
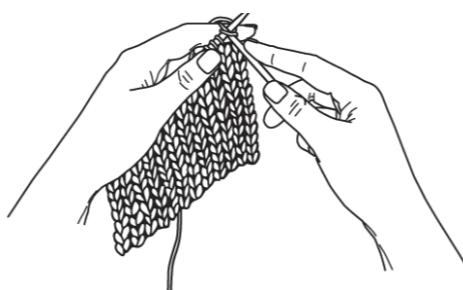
The geological landscapes of Iceland reveal the effects of past actions. By experiencing the landscapes of waterfalls, glaciers, volcanos, craters, lava fields, thermal springs, geysers, and mountains, I'd like to gain an understanding of the processes that formed the country. I hope that these perspectives will enrich solutions for long term resilience.





Methodology

I plan to explore how people in Iceland have fortified themselves with resilience by observing and photographing places, making sketchnotes, writing a travel blog, talking with people and organizations, and of course: knitting local lopi yarn!



TRAVELOGUE

FOR MANY YEARS I've taken travel sketchnotes during my travels as a way to capture the experience of traveling in a deeper way. Travlogue Sketchnotes help me embed my thoughts in a book - both as text and drawings of places or experiences. These sketchnotes have become one of my most treasured and loved creations and possessions.

WHY SKETCHNOTE YOUR TRAVEL EXPERIENCES?
SIMPLE - you forget stuff. Days and experiences can be lost or get all mixed up in your memory overtime. Sketchnotes are also a keepsake for

SKETCHNOTES

TO ENCOURAGE you in sketchnoting your next trip, here are some helpful tips and tricks:

- **PICK A GREAT NOTEBOOK** Having a beautiful, small and well-made notebook encourages sketchnoting and will last over time.
- **CARRY SEVERAL GOOD PENS** There's nothing like using a great pen to sketchnote - even better when you have several for backup.
- **TAKE PHOTOS TOO** Using a camera or your phone, take photos of things you want to sketch later on. It's also not a bad idea to photograph finished sketchnote pages should (God forbid) you lose your notebook along the way.

ENJOY THE PROCESS! Savour the time you put aside to





XRef Iceland