



**Resilience**  
Lessons from Iceland





# Resilience

*noun*

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



# Personal Introduction



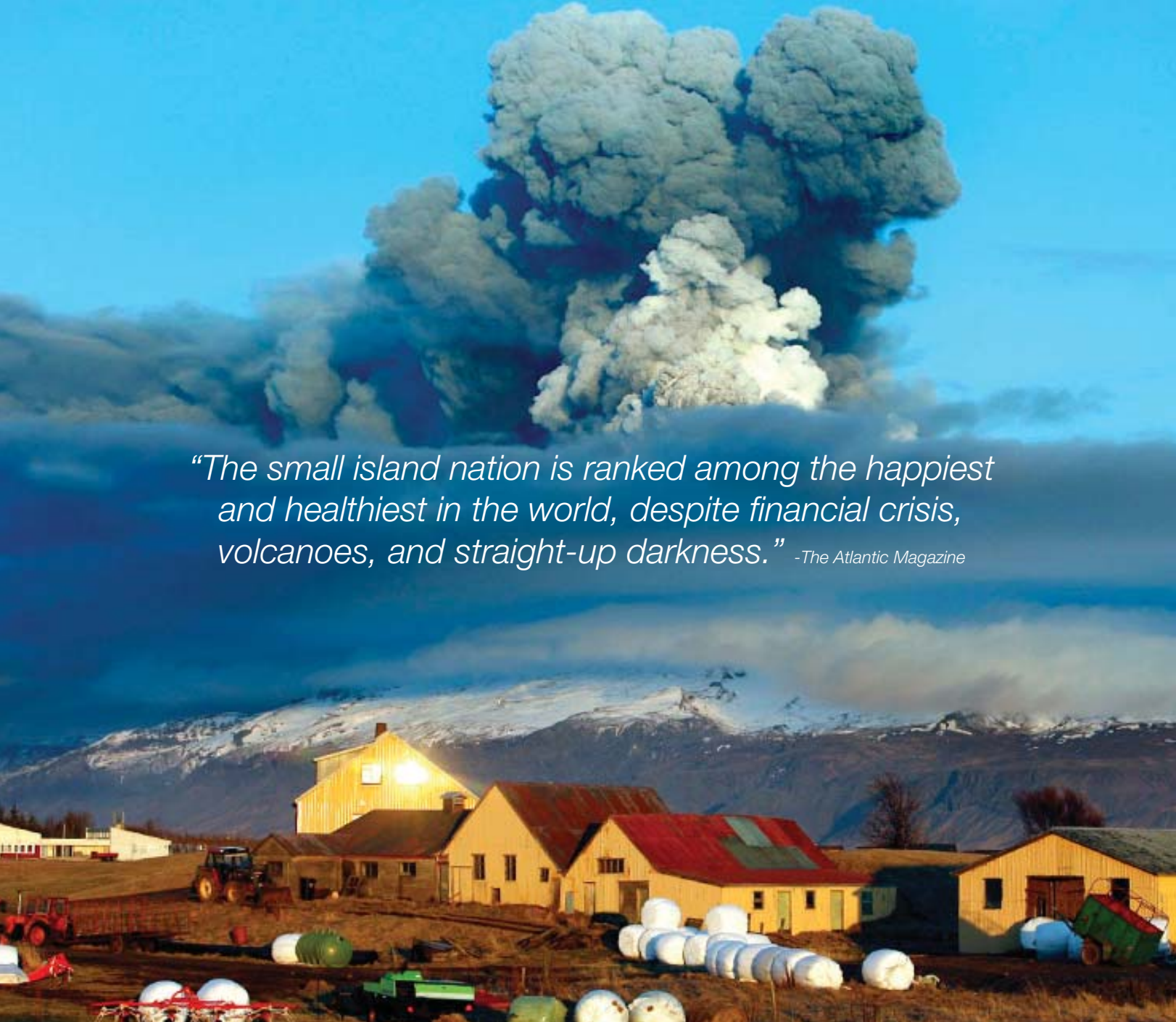
## I ♥ WOOL

My initial interest in Iceland admittedly originated through from 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 it's 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 Resilience?

Communitites 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**.

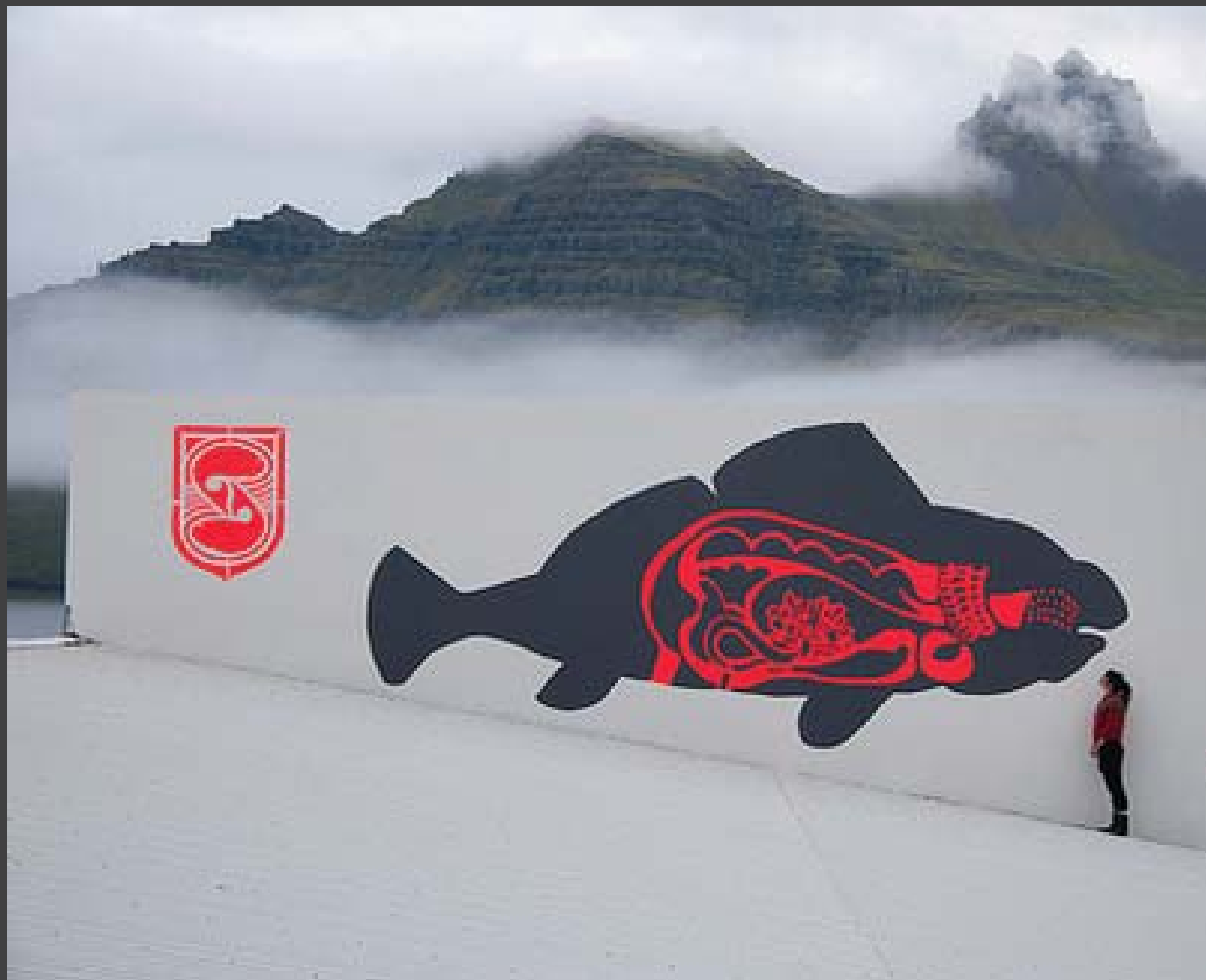
## Why Iceland?

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	Area	GDP	Currency	Active Volcanos
321,857	39,770 Sq. Miles	\$12 Billion	Krona	30







# 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:

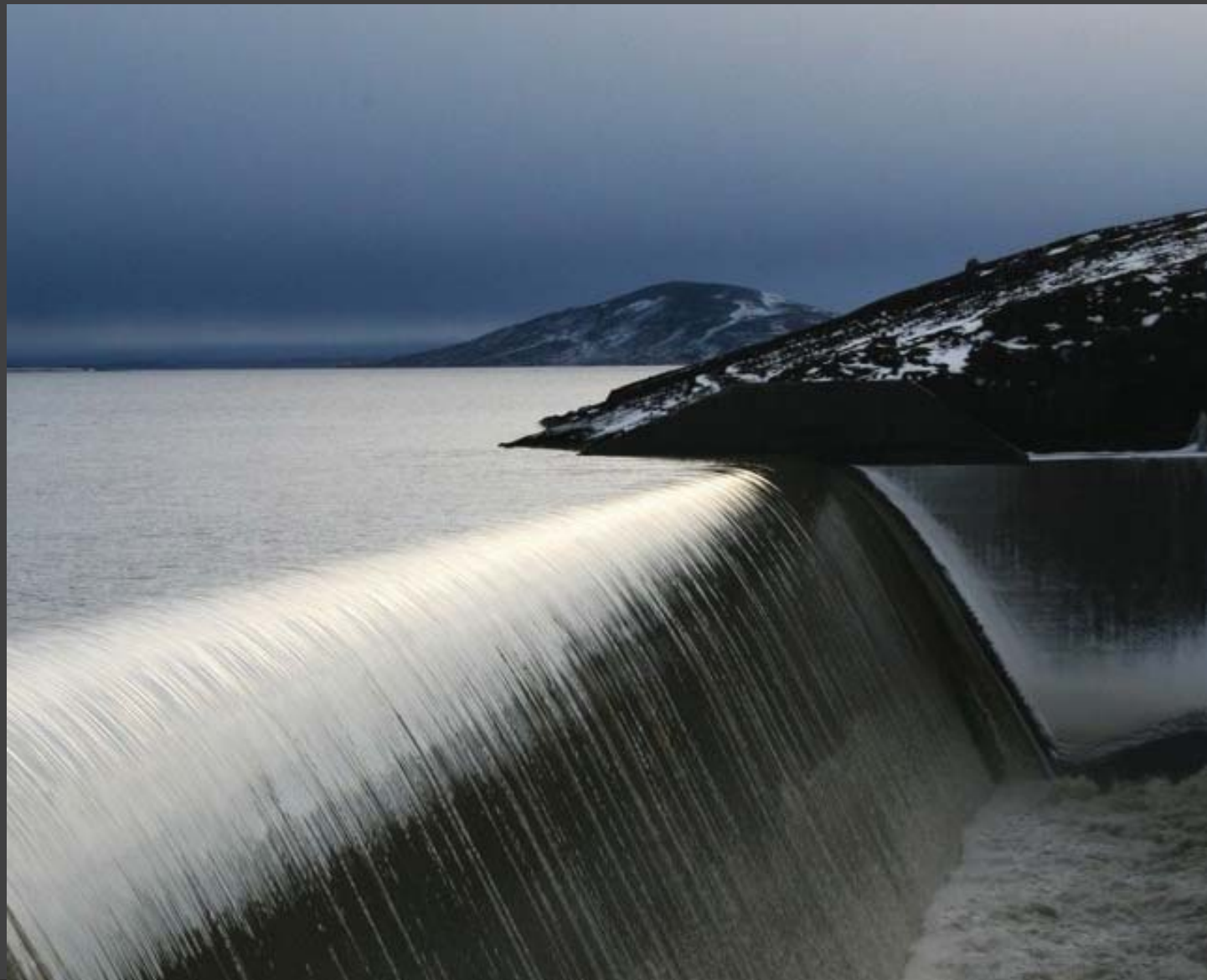
*A vacant fish factory in **Stöðvarfjörður** is becoming a vibrant village community space supporting local artists and tradespeople.*

**Toppstöðin** in Reykjavik 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.

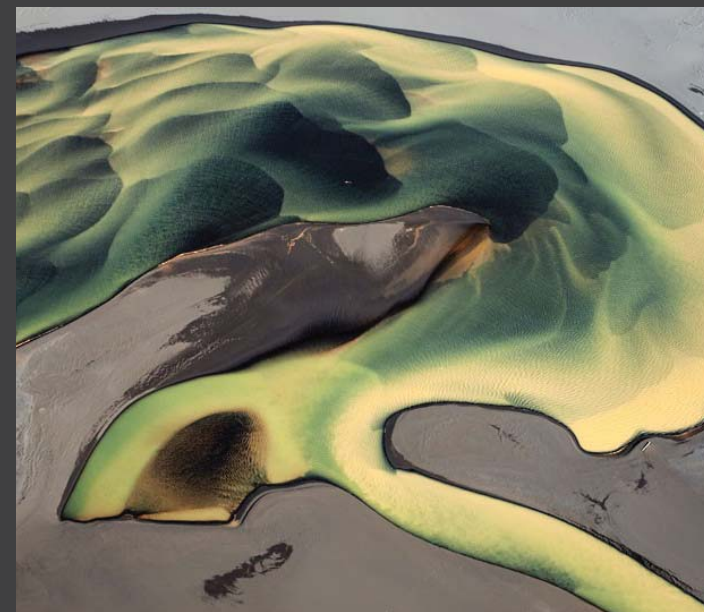
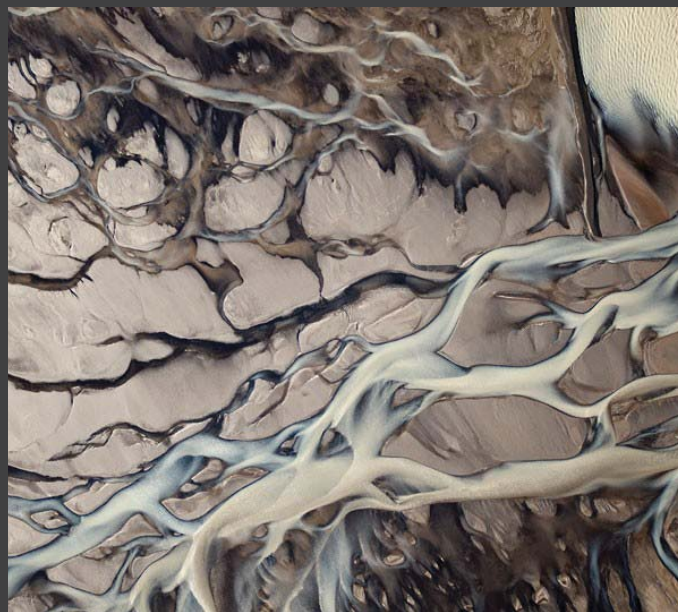
*At a national scale, Iceland's primary energy sources are **hydroelectric** and **geothermal**.*



*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.*



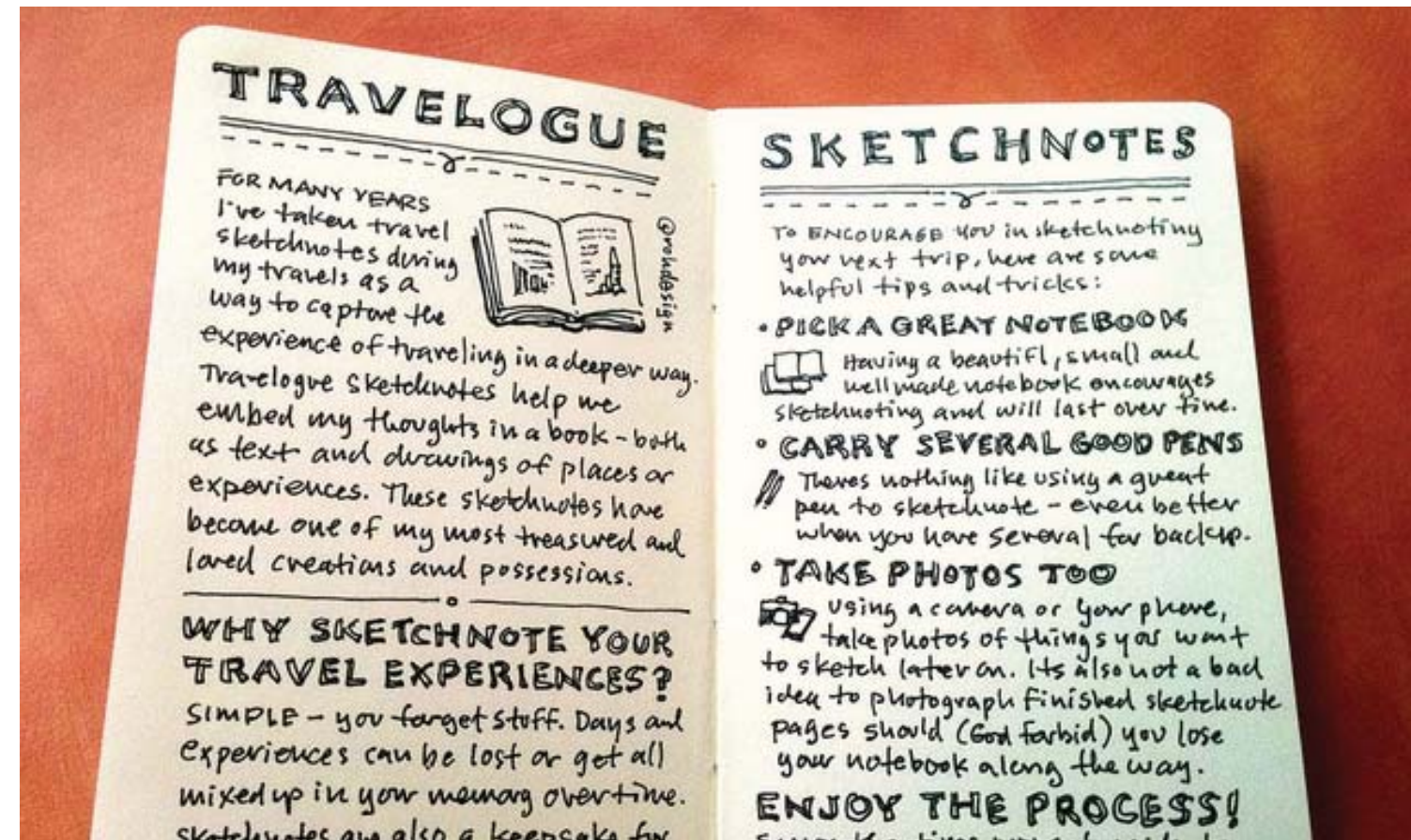
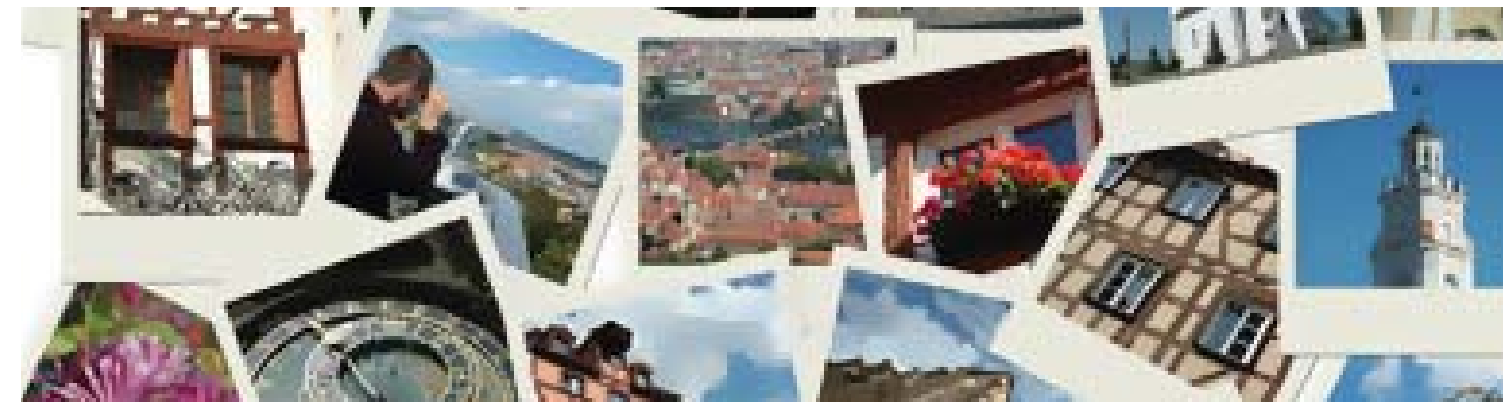


# Reading the Landscapes

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!

