

WORKSHOP 1:

Nordic active citizenship: strategies for building resilient communities

WORKSHOP DESCRIPTION:

It would focus on the role of active participation as citizens and members of communities. It would show how active citizenship is vital in Iceland as a democracy and within communities in Iceland as well. I would like to include language in it as well, but I still have not fully developed its role within the workshop. I will continue to work on it in coherence with the theme and goals of Nordic Point.

In recent times, it has never been more important to be active members of our society than today. With new and unpredictable events and challenges, it is imperative that people actively face what lies ahead.

Active citizenship is an essential part of democracy. Democracy builds on the active participation of its citizens, who have an active role in shaping it. Like in the Nordics, active citizens have a significant role on a national and a local level to shape democracy and positively impact their communities.

This workshop will cover what being an active citizen means in the Nordics, particularly Iceland. Some questions that will be answered in the workshop are: What is active citizenship? What does it look like in the Nordics? And what can we learn from it?

The workshop will actively engage students and focus on their knowledge and input on the topic. The goal is for students to better understand active citizenship in the Nordics and how to use the tools learned from the workshop in their local or national contexts.

Duration: 60-90 minutes | Max. number of attendants: 25 persons

Lecturer:

Friðrik Helgi Guðmundsson

Ungir umhverfissinnar | The Icelandic Young Environmentalists

BIO: As a previous board member of AFS Iceland which specializes in Intercultural Learning and Global Active Citizenship, he has conducted numerous workshops related to cross-cultural learning and taught exchange students from all around the world about Icelandic culture and language. Furthermore, Friðrik did his Erasmus+ in Krakow last year and fully immersed himself into both Polish culture and language.

WORKSHOP 2:

Words, Voices, and Collaboration - The Connection Between Icelandic, Music, and Choral Culture

WORKSHOP DESCRIPTION:

This creative, participatory workshop invites students to explore the relationship between the Icelandic language, choral tradition, and emotional expression. Rooted in the idea that everyone has a voice, the session draws inspiration from Icelandic community choirs—where singing is not only a musical act but also a means of connection and cultural expression.

Participants will engage with the Icelandic language through sound, storytelling, and song, even with little or no prior knowledge. Using word cards and vocabulary aids, they will reflect on the emotional and phonetic qualities of Icelandic words, build simple sentences or narratives, and collaboratively shape melodies inspired by language. Vocal exercises and guided improvisation will help each group create and perform a short musical piece, supported by the instructor with live accompaniment when needed.

The workshop emphasizes creativity, inclusivity, and the shared experience of music-making. It concludes with a group reflection and performance, encouraging participants to consider how language and sound shape understanding—and how music can transcend barriers. All participants are welcome to document their process through recordings, photos, or notes, fostering a playful and memorable exploration of Icelandic culture.

Duration: 60-90 minutes | Max. number of attendants: 25 persons

Lecturer:

Helga Margrét Marzellíusardóttir (helgamarz.com)

She is an Icelandic choral conductor, composer, and vocalist from Ísafjörður. Helga began studying piano and singing at an early age, later earning a B.Mus in singing and choral conducting from the Iceland University of the Arts, followed by postgraduate studies in *Innovative Rhythmical Choir Leading* at the Royal Academy of Music in Denmark.

With a background rooted in choral music—growing up as the child of a choir director— Helga has led and performed with numerous choirs, and participated in masterclasses in conducting, composition, and vocal arrangement. Since its founding, they have served as the artistic director of the Hinsegin Choir and have composed music for a range of Icelandic and international choirs, vocal groups, and orchestras, working across genres with a focus on rhythm and expression.

WORKSHOP 3:

Music, Empowerment and Collective Creativity

This hands-on workshop explores how music, sound and technology can be used to empower individuals, build community and foster collective creativity and connection across cultural and social boundaries (and even time). Through shared experimentation with sound, voice, and accessible technology, participants will co-create a unique audio piece while learning methods that can be adapted and repeated in their own communities or settings.

Auður will also give insights into how she has employed similar approaches to music, creativity and technology in various contexts, from working with children and youth in rock camps and workshops, all the way to an academic classroom as part of a university course.

The exact format of the workshop will be adapted to the group size in each place, but it will be a sound-based workshop that invites participants to record everyday sounds, natural and environmental sounds, and their own voices, and collaboratively transform these sounds into a soundscape using simple online tools and smartphones.

The workshop concludes with group reflection and discussion on the collective creative process, emotional impact, and potential for applying these methods in new contexts. No prior musical experience is required—only curiosity and a willingness to explore.

Duration: 60-90 minutes | Max. number of attendants: 25 persons

Lecturer:

Auður Viðarsdóttir

A musician and a folklorist. She is currently working on her phd at university of Iceland. Her masters thesis was about experiences of women using technology in making music, and she is one of the founders of Stelpur rokka! (now Læti!), a volunteer-run, non-profit organization that works to empower youth through music (here is the website, also available in part in Polish: [Læti! / Stelpur rokka!](#)).

She has been teaching a folklore music course this semester, which is an academic course that deals not only with folklore and the past but also how music is a common and fundamental human activity in the present.

	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			