

“For a true Icelandic experience, gorge on tubs of ice cream and eat the frostiness away – take that, winter!”

Journalist and Reykjavik resident Guðrún Vaka Helgadóttir tells us how to survive the cold, cold Icelandic winters like a local



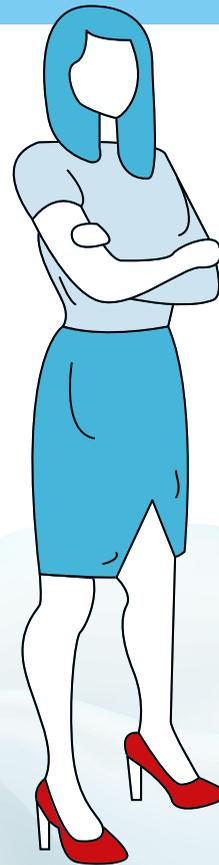
Improbable outlooks

First, look at the forecast and then completely ignore it. Tell yourself that winter won't be too bad this year (it will) and that it'll be over soon (it won't). Then act surprised when the storms come rolling in. Do this annually, forgetting every year that winters in Iceland are volatile, dark and, at least here in Reykjavik, wet and windy. Be sure to wear inappropriate clothing when you leave the house (see over the page). After a while, as if by magic, you'll find yourself wrapped in a snug cloak of denial.

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Inappropriate attire

Dress well, but not necessarily warmly. Opt for woollen coats that in no way protect you from the rain or wind, high-heeled shoes that are slippery as hell, tight pants that do nothing to keep out the cold. Why? Because for Icelanders, winter is the time to be fashionable. Besides, you're only going to be driving to the office, and it's not like your car is going to get stuck on a snowy mountain pass or anything. That never happens... right?



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Inadvisable activities

As the temperatures dip, so do the people of Reykjavik. There's nothing as relaxing as sitting in an outdoor hot tub in the dark (yes, go late in the day), especially if it's snowing. Then drive home in your comfortably-heated vehicle to your geothermally-heated living room, where you can relax and thaw, knowing that the trappings of winter – sleet, hail, blizzards etc – are outside. For a true Icelandic experience, gorge on tubs of ice cream and eat the frostiness away – take that, winter!

✈ Wizz Air flies to Reykjavik