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Tvíund Claimed the Gold for the Third Year in a Row

SFHR's Olympic Week 2025

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The annual SFHR Olympic Week took place from September 15th to 20th. As usual, the atmosphere was electric as the school's committees came together to compete in a wide variety of fun and diverse sports. This year, the events included limbo, stinger, bench press, football, pogo, and the classic game of rock, paper, scissors. Excitement ran high throughout the week, and a supportive spirit prevailed among the participants, who showed both competitive drive and great teamwork. Tvíund, the association for computer science and software engineering students, once again secured the victory. This is, no more and no less, the third consecutive year that

Tvíund has emerged as the winner of Olympic Week, proving that they possess both strength and unity! An outstanding achievement and a great honor for the association. The week concluded with a magnificent Olympic Party held on Friday evening at the KR clubhouse. There, the competition continued with various lighthearted events, and the victory was finally confirmed when the trophy was presented to Tvíund. The party reached its peak when Daniil, Aron Kristinn, and DJ Sakki took the stage and kept the energy going late into the night. It was clear to see that the SFHR Olympic Week was once again a resounding success, leaving behind plenty of good memories and smiling faces.



Image from the RU website.



Image from the RU website.



Image from SfHR's Instagram

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A close-up of a woman with dark hair drinking from a can of COLLAB. The can is silver with purple and white text. The background is a blurred geometric pattern.

The First Icelander to Reach the Finals at the World Cup

Interview with Dagur Kári Ólafsson

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Dagur Kári is the first Icelander to reach the finals at the World Gymnastics Championships.
Photo/The Icelandic Gymnastics Federation /Fimleikasamband Íslands.



Dagur has been training in gymnastics since he was five years old.
Photo/The Icelandic Gymnastics Federation /Fimleikasamband Íslands.

It was a major milestone in Icelandic sports history last October when Dagur Kári Ólafsson became the first Icelander to reach the finals at the World Artistic Gymnastics Championships. Dagur Kári trains diligently in gymnastics at Gerpla while also studying at Reykjavik University.

When and why did you start gymnastics?

I think I was five years old when I went swimming with my family at Salalaug, which is next to the Gerpla Gymnastics Club. I remember looking into the gymnastics hall and thinking it was amazing, and I knew it was something I wanted to do.

What kind of gymnastics is it, and in which disciplines do you compete?

It's artistic gymnastics, and the men's apparatuses are floor, pommel horse, vault, parallel bars, and horizontal bar.

What has been your biggest victory so far?

Making it to the finals at the World Championships! I was the first Icelander to achieve that.

What does a typical training day look like for you?

Today, I attended a two-hour training session at 10 a.m., where I warmed up, did some stretching, and performed physiotherapy exercises. Then I go to school and back to training at 4 p.m., where I do more “moments” and “routines” and things like that. That session is three hours long.

Who has had the biggest influence on you as an athlete?

The Japanese gymnast Kōhei Uchimura. He won almost everything for ten years, every competition he entered, and is probably one of the best gymnasts in history. He's likely a role model for most gymnasts my age.

What are you studying and why did you choose to continue your studies alongside your sport?

I'm studying Software Engineering and I'm in my fourth year. I wanted to continue studying and find something I'm interested in. I didn't know that software engineering was for me, but it clearly was, as I find it very enjoyable.

How do you manage to balance training, competitions, and academic demands?

It's just about being organized. Of course, it's very difficult during competition seasons, when I might be abroad competing and have final exams at the same time. Fortunately, the university is considerate, and since I'm in the school's elite athlete program, I can ask for some leeway, get extensions on assignments, or take exams abroad.

Have your studies had any impact on how you think about your sport or your preparation?

Yes, maybe just in terms of organizing myself and breaking tasks down into smaller ones.

Have you had to make any sacrifices in your studies or sports to maintain this balance?

Yes, one hundred percent. Mainly in my studies, but also in my sport. Of course, I'm focusing more on gymnastics at the moment. But the social aspect is perhaps what gets left out the most. I might not attend all the events or field trips, but I still participate in some.

What has surprised you the most about pursuing studies and sports at the same time?

How much they support each other. Both having structure in my studies and the discipline from having trained in gymnastics for a long time helps. I've learned to keep going even when things don't work out.

How do you maintain focus and motivation when the pressure is at its highest?

I think it's just important to remind yourself of your goals, to think about why you're doing this. I'm often tired and might not feel like doing things, but then I just have to remind myself why I'm doing it. I'm doing this to have fun, but also to achieve my goals, like reaching the finals at major championships and winning medals.

What role do diet and sleep play in your performance?

Diet is quite important and something you need to think about. Although I don't think about it obsessively, you always have to keep it in mind. But sleep is the most important thing of all, especially for an athlete, and of course, if you're studying as well. I feel it in training that it doesn't go as well if I don't get enough sleep. Being tired in a sport like gymnastics can be dangerous. I try to sleep for at least seven to eight hours a night.

Do you use any special methods to deal with stress or anxiety before a competition or exam?

What I think about is that I'm doing this because I enjoy it, and I try not to stress too much about how it goes, but rather just try to do my best. I think that's the most important thing, and also to have faith in yourself. I also do a lot of visualizing what I'm going to do, which I think is especially important in gymnastics.

What would you say the sport has taught you that is useful in life in general?

To keep going even when things don't work out, not to give up, and to have faith in yourself.

If you could give one piece of advice to young athletes who are also studying, what would it be?

Do what you find fun, have fun with what you do, and then you'll do it better.

What goals do you have for the next few years in gymnastics?

To continue on the path I'm on and hopefully make it to the finals at more major championships, and of course, it would be amazing to win a medal too. Then the biggest goal is to get to

the Olympics in three years; I think that's the biggest goal for those who practice gymnastics.

Do you see yourself continuing in gymnastics after you finish your studies – or even making it a profession?

Yes, one hundred percent. I've been practicing gymnastics for seventeen years, so I'm not planning to quit after my studies. After I finish my degree, the question is simply what I'll do next. I'm definitely going to keep training, and of course, it would be amazing to be a professional and get paid for it.

Have you thought about using your studies in some way in connection with gymnastics?

Yes, I've thought about that many times. I'm studying software engineering and developing software, and I sometimes wonder if it would be possible to create software for judging in gymnastics or even something that could help me personally. I'd definitely be interested in doing something like that one day.

How would you describe your biggest dream, both in your studies and in gymnastics?

The biggest dream would be to get to the 2028 Olympics and make it to the finals there. Of course, it would also be huge to win a medal at a World or European Championship. Regarding my studies, I think it's to finish my master's degree, or to create software related to gymnastics.

About the World Championships in Indonesia

What competition was this, and how did you do?

This was the World Artistic Gymnastics Championships, and it was held in Jakarta, Indonesia. Of course, it went very well, but there were some things I would have liked to do better; but that's almost always the case. Overall, I'm just very happy with the competition and can't be anything but.

What was the feeling of being the first Icelander to reach the finals at a World Gymnastics Championships?

It was a crazy feeling, I don't quite know how to describe it, but I was just in shock. You somehow still don't believe it because I wasn't expecting it at all. I had a pretty good competition, but there were a few things I would have liked to do better, and in my mind, I thought I needed to have a perfect competition to be able to make it to the finals, but apparently, that wasn't the case. When I realized I had a chance to make it to the finals, I was in shock.

What does this achievement mean to you as an athlete?

A dream. It was always a dream to get to the finals at a World Championships. I didn't know when I was little that this was something that would happen. This means a lot to me to make this happen, and especially to be the first Icelander to do it.

How was the trip to Indonesia? How was the food and the group that went?

The journey kind of sucked; the flight was eleven hours and then six hours, so it was pretty hard to go to practice the next day. We were at a five-star hotel, which was insane; we had just crazy service and amazing food! The group I went with was also very fun; there were six competitors in total.

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Torgið

Brand new idea competition from Reitir and RU

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Torgið is a brand-new idea competition by Reitir and RU, held for the first time in October 2025. It should be noted that Reitir and RU signed a three-year partnership agreement earlier this year. This time, the challenge was to shape the future of Kringlan for the next 20 years, and a total of fourteen teams participated. Reitir, a real estate company, leases commercial properties and manages a diverse portfolio of real estate across the country. Among the well-known properties Reitir manages are Kringlan, the Hilton Hotel, and Holtagarðar. Students were asked to put themselves in the shoes of the management of Kringlan and Reitir, analyze the opportunities and challenges facing Kringlan and retail in Iceland, and—as mentioned before—develop ideas for the future of Kringlan over the next 20 years. Karitas Líf Ríkardóttir and Emilía Nótt Davíðsdóttir won the competition with their team, Funi. As a prize, they received a trip to Copenhagen, where they will visit Reitir's partners and take part in site inspections. The team Die Intelekt, consisting of Aron Kristjánsson and Tómas Bragi Þorvaldsson, received the award for Best Presentation, and the team LP Simplex, consisting of Ísak Örn Elvarsson, Birgir Bragi Gunnþórsson, Haukur Ingi Sigrúnar Jónsson, Arnar Freyr Erlingsson, and Einar Sturla Arinbjarnarson, received the award for Most Original Idea. The award ceremony took place in Sólin at RU on Saturday, October 11, where the awards and prizes were presented.

Photos are from the RU website.



/sys/tur

Association for Women and Non-binary People in Computer Science



Sisters at a conference. Submitted photo.

/Sys/tur is an interest association for women and non-binary people in computer science at RU and plays an important role in empowering them and creating a safe environment within the field. The association organises various events, such as Skvisó, which gives women and non-binary people the opportunity to get to know companies and the industry in a much more personal way, as well as study nights where women, non-binary people, and anyone who wishes can come together, study, and lend a helping hand to fellow students. /Sys/tur is very dear to my heart, as it's where I made my first and closest friends at RU. Being able to learn about the industry through the incredible women working in it is invaluable, as is the chance to ask them questions and get to know them in a smaller group setting like Skvisó provides. The fact that there is a community of women and non-binary people within RU working to increase participation, offer support, and make it easier to connect with others who are, or have been, in the same position is truly precious. It's something I will always be grateful existed during my time at RU.

Telma Ósk Þórhallsdóttir
The author is the Vice President of /Sys/tur

Scientists from RU receive Nordic Women in Tech Awards

Coverage

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Anna Sigríður Isind, a professor at the RU Department of Computer Science, and Bridget E. Burger, a specialist at RU's Research Services, recently received the Nordic Women in Tech Awards. These awards are dedicated to female role models in the tech industry and are presented annually. Bridget received an award in the so-called Women in Tech Ally category, which is awarded to individuals who have had a real impact on increasing the number of women in the tech sector. Bridget says it is a great honour to receive the award and that it underscores the importance of supporting women working in so-called STEM fields. Anna Sigríður received the Liva Echwald Award, which is presented to honour and commemorate Liva Echwald, a Danish entrepreneur and founder of Female Founders of the Future (FFOF). The nominees in this category are female scientists who are considered role models in mentoring young entrepreneurs while showing other women that nothing is impossible. Anna says the award is a great honour for her, especially since she has almost always been in a minority group as a woman in computer science. Anna became the fourth woman in Iceland's history to be appointed a professor of computer science.

The Girls, Non-binary Individuals, and Tech project

The Girls, Non-binary Individuals, and Tech project was launched at Reykjavik University in 2014 as part of an effort to encourage women to study technology subjects. The project is based on an international model called Girls in ICT Day, which is held annually in many places around the world. Girls and non-binary individuals in the 9th grade of primary school are invited to the university and to tech companies. Participants attend workshops with both teachers and students and observe various things, such as video game design and programming. Then, some of the country's largest tech companies welcome the participants; in recent years, companies such as Síminn, Efla, Orkuveitan, and Marel have hosted groups. The goal of the project is to introduce tech jobs and tech education to both girls and non-binary individuals. Last spring, over 1200 girls and non-binary individuals took part in the project, and it will be exciting to see how it goes next spring.



Representatives of Reykjavik University in the project Girls, Non-Binary and Technology. Photo from the RU website.

Frostkastið

New Icelandic podcast produced by RU computer science students

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Frostkastið is a new Icelandic podcast created by students in the Computer Science department at Reykjavik University. The podcast discusses cybersecurity and related topics in an accessible way, with the goal of raising public awareness about the importance of digital security in daily life. The project is a collaboration with the Frostbyte Research Centre and is part of the Defend Iceland research project. The initiative for the podcast came from Jacqueline Clare Mallett, a lecturer in computer science at RU, but the show's host is Vigdís Helga Eyjólfsdóttir, who focuses on communicating education on complex technical issues in Icelandic so that everyone can understand and apply them in practice. The goal of Frostkastið is to bridge the gap between specialized computer science knowledge and general education on cybersecurity. The podcast covers topics that affect everyone, such as how we protect ourselves online, how to use passwords securely, and why two-factor authentication is one of the simplest and most effective ways to improve the security of online accounts. Two episodes have been released at the time of writing. The first episode, titled "Introductory Episode: What is Cybersecurity? | Frostkastið #1," discusses cybersecurity in general and the podcast's goal of making education on these matters accessible in Icelandic, thereby contributing to a safer digital society. The second episode continues in a similar vein. It discusses, among other things, how to choose strong passwords, how to store them securely, and why two-factor authentication (2FA) should be a standard practice, especially for email and other important online accounts. Frostkastið has already garnered attention for its professional approach and its emphasis on using the Icelandic language in cybersecurity education, as such material has often only been available in English. The podcast is therefore an important step in promoting technological literacy and security awareness among the public. The project is also a valuable opportunity for computer science students at RU to connect their academic knowledge with real-world projects, practice their communication skills, and

enhance their collaborative abilities in a creative environment. The episodes are published on Spotify, YouTube, and Apple Podcasts, with a new episode planned for release every two weeks. Guests from various backgrounds, including students, teachers, and experts in the field of cybersecurity, will join the conversation and discuss topics in plain language. In this way, Frostkastið will become a platform where education, curiosity, and entertainment meet, and where cybersecurity is made accessible to all. Overall, Frostkastið is both an educational and a socially important initiative. It combines university work, research, and communication in a way that strengthens the connection between academia and the public and promotes increased security in the Icelandic digital environment. With its focus on the Icelandic language, useful advice, and an innovative approach, Frostkastið has all the potential to become a staple in education and awareness-raising about cybersecurity in Iceland.



The first episode on YouTube. Image from YouTube



Kynntu þér málið

Leggðu góðan grunn fyrir framtíðina

Vissir þú að næst stærsti hópur sjóðfélaga okkar starfar í tæknigreinum og fjarskiptum? Veldu traustan lífeyrissjóð með góða langtímaávöxtun og hagstæð lán fyrir sjóðfélaga.

Hjá okkur hefur þú val um að auka framlagið í séreign án þess að borga meira. Þann sparnað má nýta til kaupa á fyrstu íbúð.

- Góð langtímaávöxtun
- Hagstæð lán og engin uppgreiðslugjöld
- Greiðsluhlé í fæðingarorlofi
- Lágur rekstrarkostnaður
- Áfallatrygging vegna alvarlegra slysa og sjúkdóma
- Makalífeyrir til 23 ára aldurs yngsta barns
- Ábyrgar fjárfestingar fyrir betri framtíð
- Fyrsta flokks stafræn þjónusta

Bókaðu fund með ráðgjafa eða nýttu þér netspjallið ef þú vilt vita meira.



Lífeyrissjóður
verzlunarmanna

Do you want a pay rise?

Information about supplementary pension savings

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Do you want a pay rise?

Yes is probably the answer - who doesn't want a pay rise? Supplementary pension savings are essentially a pay rise, because they increase your income when your working life ends and can even allow you to leave the job market earlier!

Is it mandatory to have supplementary pension savings?

Although everyone is required to pay 4% of their monthly salary into mandatory pension savings throughout their working life, no one is obliged to contribute to supplementary pension savings these are completely optional.

How do these savings work?

By setting up supplementary pension savings, you set aside an extra 2% or 4% of your salary, and your employer adds a matching 2% contribution. However, if you don't have supplementary pension savings, you won't receive this extra 2% from your employer. You could therefore say that you're missing out on a 2% pay rise! Both your contribution (the 2% or 4%) and your employer's contribution go into a locked account, where they can grow.



Image from Getty Images.

➤ If you have supplementary pension savings, you're always better off in the long run.

But when can I get the money from the savings?

It is entirely up to you how you choose to use the savings after you reach the age of 60. The savings can also be used to buy a home or pay down a mortgage, which is very popular among young people. It is also possible to receive payments from the fund in the event of disability.

➤ It's a great idea to use the savings to buy a home.

The payments from the savings can be used tax-free to save for a down payment and pay off loans faster. However, there are some restrictions that apply to this option. It is valid for a maximum of 10 years in total, the maximum allowance for each individual is ISK 500,000 per year or ISK 5,000,000 in total, and you must own at least a 30% share in the property. Take a look at your options for setting up supplementary pension savings - you won't regret it.

Submitted Article

Baby steps in the right direction

Important changes to student loans and the Icelandicc Student Loan Fund (MSNM)



Orri Thor Eggertsson

Recently, Alþingi approved various changes to the student loan system, which will take effect on April 1st next year. These changes are based on a bill from the Minister of Higher Education and make student loans fairer. These are the main changes:

Changes to student grants

Student loans work in such a way that if the borrower completes their studies on time, they receive a certain discount. This discount is in the form of a 30% reduction of the loan, i.e., if you complete your studies on time, you do not have to pay back 30% of your student loan. This amount is called a student grant. This is the current arrangement. It is rather inflexible, since the borrower does not have much leeway to finish their studies later than planned. If a student needs to extend their study period, they lose all entitlement to this grant and must repay the entire student loan. This is being changed.

➤ The new law works so that instead of the entire student grant being calculated at the end, it is calculated every semester.

If a student completes all their credits during the semester, they receive a 20% refund of the loan for that semester. This includes both tuition loans and maintenance support loans. Then, at the end of the studies, the borrower receives a 10% refund of the entire loan if they finish on time. The student grant does not increase under the new system but does offer much greater flexibility.

Changes to the beginning of repayments and changes to the interest system.

As things stand today, a person with student loans begins repaying them 12 months after graduation. This means that the borrower has 12 months after finishing their studies to get settled before they have to start paying. The new law changes this period to 18 months, giving the borrower one and a half years to get settled before repayments begin. This change will give borrowers more leeway.



Alice Morgan / Investopedia / Getty Images.

The interest rate on student loans is based on the government bond rate at any given time. This means the interest can fluctuate greatly from month to month and can be unpredictable. This will be changed so that the interest rate will be based on a three-year average of government rates. This means the interest will no longer change as much from month to month. This change is an important step that makes repayments much more predictable.

Next steps and the role of the Student Loan Fund

These changes are important. They make the student loan system fairer and more just. But this is only a small step in the right direction. Student loans will still be just as bad, maintenance support loans will still not be sufficient for living expenses, and repayments will still be a great burden. SFHR supports the policy of the National Union of Icelandic Students (LÍS), the umbrella organization for student movements in Iceland, regarding the student loan system. We want to see much greater changes than those currently being implemented. Maintenance support loans are insufficient and need to be increased, interest rates need to be lowered, an interest cap needs to be introduced, which is a maximum that interest rates cannot exceed, and the grant system needs significant improvement.

The Student Loan Fund (MSNM) no longer really serves its purpose. It is supposed to be a tool for social equality. This simply means that the role of MSNM should be to equalize the financial situation of all students.

It should not matter who you are, how much you have in your bank account, or who your family is; the Student Loan Fund should equalize your situation so you can pursue higher education without financial hardship. The reality is that this is not working. Icelandic university students are close to setting a world record in the proportion of students who work while studying. A university degree is also decreasing in value, and student loan repayments have severe financial impacts on far too many. MSNM behaves today somewhat like a commercial bank in an open market. Market interest rates are applied to the loans, which simply means that repayments are far too high in a system meant to equalize students' situations. In addition, emphasis is placed on MSNM meeting its financial obligations. This means that all risk is passed on to the borrower, i.e., university students. Previously, the government was responsible, but this was changed about five years ago. We must question why our society no longer collectively supports this equalizing mechanism, but instead, extremely poor students are made to carry the burden.

The Minister of Higher Education says that further changes to the student loan system are needed. These changes are said to be the first step, but even so, they took far too long and will not even take effect this year. The entire student movement must continue to apply pressure and call for further changes. In addition, it is extremely important that the voices of students and their interest groups are heard in this process.

The author is the Director of Committees of SFHR and the representative of private universities on the board of the Student Loan Fund.

The Pink Day

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On Wednesday, October 22nd, “The Pink Day” was celebrated at RU, as in previous years. Students and staff came dressed in pink, and at lunchtime, pink refreshments were served, including pink waffles, cream, and soft drinks. There was also the opportunity to spin the famous wheel of fortune and win all kinds of pink prizes. It was also possible to buy the pink ribbon and pink T-shirts to support the Cancer Society. Finally, everyone dressed in pink was encouraged to come to the stairs in Sólín to take a group photo, and prizes were subsequently awarded to the pinkest RU members.



Image from the RU website



Image from the RU website

600 people celebrated the RU’s International Day!

RU’s International Day 2025



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RU's International Day was held on Wednesday, September 3rd. The day was a great success, with around 600 people, both students and staff, in attendance. The event took place in Sólín, as in previous years, where various booths were set up, giving people the opportunity to learn about student exchanges, postgraduate studies abroad, grants, and other international opportunities. The university's exchange students offered exotic refreshments from their home countries while also presenting RU's partner universities. Among those who attended the event were representatives from embassies and international organizations who presented international opportunities such as postgraduate studies, grants, and languages.

Photos from the RU website.



SKYNVIN

New space for students to take a break from stress

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Reykjavik University has recently opened the room “SKYNVIN,” a quiet and comfortable space intended for all students at the university. The room is specially designed to create a peaceful environment where students can withdraw from busy days and the pressures of their studies. There, they can take a mental and physical break, practice mindfulness, meditate, or simply relax in peace.

The goal of SKYNVIN is to promote improved well-being, concentration, and balance in students' daily lives. In such a space, they can have a moment to themselves, quiet their minds, and gather energy for their continued work and studies. It is, therefore, an ideal place for those who want to rest from the noise, stimuli, and pace of the environment.

To ensure the space is used in the best possible way for everyone, there are certain rules that must be respected. It is important to keep both sound and lighting to a minimum during use, so that peace is maintained for everyone using the room. It is also forbidden to talk on the phone or have conversations inside the space, as this can disturb those seeking peace and solitude. Students should also use common sense and be considerate if others are waiting to use the room.

SKYNVIN is thus an important addition to the facilities at Reykjavik University, demonstrating the university's emphasis on the mental health and well-being of its students.

Sustainability Day 2025



Image from the RU website

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On Wednesday, October 29, the annual "Sustainability Day" took place, where students, staff, and guests enjoyed a diverse program dedicated to sustainability and the circular economy. The event began with presentations in Sólín, where partners such as Landsvirkjun and Landsnet discussed their operations with a focus on circular thinking. Later, a seminar titled "Climate Action: Where Does the Responsibility Lie?" was held, featuring experts from academia and the business sector who explored the roles of companies and the Icelandic government in climate issues. Grants were also awarded for research and doctoral projects related to sustainable development, such as "Pathways of Microplastics" and "Off-grid Hydropower." Overall, the day was a success - a positive step toward increasing awareness and active participation in sustainability efforts at RU.



Landsvirkjun



Nú eruð þið tryggð á meðgöngunni!

Meðgöngu- og foreldravernd er nú innifalin í sjúkdómatryggingu

Graduation from Reykjavik University

Coverage

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Ragnhildur Helgadóttir Ingvaldur Gyða Gísladóttir

On Saturday, October 25th, a total of 104 students graduated from Reykjavik University at a formal ceremony in Silfurberg, Harpa. In total, 89 students graduated from the School of Social Sciences and 15 from the School of Technology. The ceremony was opened by the Director of Communications, Ásthildur Gunnarsdóttir. Katrín Halldóra Sigurðardóttir sang, and Hjörtur Jóhannsson played the piano.

On behalf of the students, Ingvaldur Gyða Gísladóttir gave a speech. She graduated with a master's degree in Human Resource Management and Occupational Psychology. The Rector of the university, Ragnhildur Helgadóttir, also gave a speech and discussed, among other things, the changes that have occurred and will become more significant in university studies regarding the use of artificial intelligence:

“Those of you graduating today – although it may vary slightly – did not experience the artificial intelligence revolution until the latter part of your studies. But in recent months, universities all over the world, including us here, have been thinking as carefully as we can about its impact on learning and university work in general. We are not thinking about the negative effects on the brain of relying too much on artificial intelligence, but rather how we face a new reality and work with it and within it.”

The next graduation will be on January 31, 2026. Photos are from the RU website.



Events for the next semester!!

This semester has been incredibly fun. The Student Association, its members and sub-associations, and its standing committees have maintained a world-class social life with a variety of events. The semester kicked off with eight freshman parties, one hosted by SFHR for all RU students, followed by one from each member association. Shortly after, the RU vs. HÍ Day was celebrated, where students from the university competed in various games.

Then the “annual ball season” took over, with the member associations holding magnificent celebrations for their members. Let's not forget all the other events held during the semester. These include a fantastic end-of-exams party, two hugely fun Halloween nights, and of course, Gulleggið, the university's largest company visit trip. The next semester will be just as good; if anything, the social life will reach new heights.

Charity Week

SFHR and Birta, the Student Association's Community and Sustainability Committee, will start the semester with a bang with the first Charity Week in three years! Students will work together to support a good cause. Various fun things will happen during the week, with students taking on all sorts of challenges and collecting pledges. The week

Awarded knighthood by the Italian state

Interview with Paolo Gargiulo, Professor in the Department of Engineering

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Mynd frá heimasiðu HR.

Paolo Gargiulo, Professor in the Department of Engineering at Reykjavik University and Director of the university's Institute of Biomedical and Neural Engineering, has been recognized for his groundbreaking contributions to science and technology. His work bridges the gap between engineering and medicine, focusing on clinical imaging, 3D modeling, and printing for surgical planning, neuroscience, and rehabilitation.

At Landspítali University Hospital, Gargiulo has been a pioneer in introducing 3D printing for surgical preparation — an innovation that has helped reduce operating times and improve patient outcomes in numerous procedures across Iceland.

New Knighthood

In recognition of his outstanding contributions to academic and scientific collaboration between Italy and Iceland, Professor Gargiulo has been awarded the title of Knight of the Order of the Star of Italy. The honor highlights his leadership in fostering international partnerships and advancing research that connects technological innovation with clinical practice.

Bridging Science and Society

Gargiulo's research demonstrates how emerging technologies — from 3D modeling to high-density EEG and advanced imaging analysis — can transform hospital workflows, enhance surgical precision, and support patient rehabilitation. His work exemplifies the power of interdisciplinary collaboration in translating research into real-world healthcare solutions.

Looking Ahead

With this distinction, Professor Gargiulo is expected to further strengthen ties between Iceland and Europe, expanding international research networks and creating new opportunities

for innovation in health and engineering. The recognition also shines a spotlight on the projects, companies, and academic initiatives he leads — all poised to benefit from increased visibility and collaboration.

Interview with Paolo

Are you working on any new projects?

At the Institute for Biomedical and Neural Engineering (IBNE), we are currently expanding our work on patient-specific digital twins — computational models and 3d printed models that can mimic the mechanical behavior of real organs. We are also developing the first national-scale database of pathologies and case studies for education and training called the Radio Anatomical Interactive Library.

Has the new acknowledgement changed anything in your work?

Of course, not :) But receiving the title of Knight of the Order of the Star of Italy is an honor and will surely serve to open new doors for joint research and exchange. On a personal level, the title motivates me to keep pushing forward — to connect science, technology, and clinical application even more closely.

Do you have any recommendations for young biomedical engineers who would like to work in your field?

Absolutely. Biomedical engineering is one of the most exciting and rapidly evolving areas today. My first piece of advice is to stay curious and keep learning — not only about med technology, but also about the human body and how clinical environments work. Real innovation in our field happens when engineers and clinicians understand each other.

RU receives the Gender Equality Scale award for 2025

Sara Lind Finnsdóttir
sara24@ru.is

The award ceremony for the Gender Equality Scale initiative took place at the University of Iceland last October, where Reykjavik University received an award. A total of 90 companies, 22 public entities, and 16 municipalities received awards this year. Ester Gústavsdóttir, Director of Human Resources at RU, and Elísabet Þóra Jóhannesdóttir, Human Resources Specialist at RU, accepted the award.

The Gender Equality Scale project aims to encourage the Icelandic business community to become role models for other nations when it comes to gender equality. The Gender Equality Scale annually presents awards to the management of companies that have achieved their goals for equal opportunities for all genders.



Ester Gústavsdóttir and Elísabet Þóra Jóhannesdóttir.
Photo from the RU website.

will culminate in a spectacular charity party at the end. There, students will have fun together and celebrate the week's success.

SFHR's Annual Ball

The fun won't stop, because in February, the Student Association's Annual Ball will be held. For years, the Annual Ball has been the biggest event at RU, and SFHR promises that this year's ball will be the best one yet! The evening begins with a splendid dinner where the masters of ceremonies entertain the guests. The RU musical, the video and song competitions of SFHR's member associations will, of course, be featured, followed by the dance. A top-tier lineup of singers will take the stage, and guests will have the opportunity to party into the night!

SFHR's Ski Trip

The fun continues in March with SFHR's annual ski trip. RU students know this trip well, as it has become a staple of the social scene. SFHR and the member associations head north to Akureyri for a magnificent three-day celebration. We promise a fantastic dance, the pub crawl of the century, and endless fun. However, we want to encourage RU students to pray for snow in Hlíðarfjall, as it was unfortunately missing last year.

Board of the RU Student Association
studentafelag@ru.is

The Importance of Social Life in Your Studies

Studying can be more than just assignments and exams



Særún Björk Jónasdóttir

Reykjavík University has long been known for its strong academics and close ties to the business community, but what makes RU unique is the people and the social life that forms within the university's

walls. The people around you not only make your studies successful, but also enjoyable.

As the President of the RU Student Union, I have seen firsthand how much social life matters for the well-being and success of students. Our member associations, whether it's Atlas, Lögrétta, Markaðsráð, Mentés, Pragma, Tviund, or Technis, create a platform for students to meet and build connections that last long after their studies. There, students get the opportunity to have fun, meet people, and experience that studying is more than just assignments and exams.

It's easy to view social life as something extra or, in other words, something for “when you have time.” But in reality, it is one of the key components of a good student experience. Having good friends and a support network around you can be crucial, especially when the pressure is high. One good friend can make all the difference, encouraging you, listening when life gets challenging, and celebrating with you when you succeed.

At RU, we are fortunate to have an active and diverse social life that invites everyone to participate. These connections make studying enjoyable and rewarding. By stepping into the social scene, you not only gain valuable experience, but you also find people who will support you, encourage you, and make your studies a memorable journey.

Studying should be challenging, but it should also be fun. The social life at RU ensures that we experience both, and I encourage you all to take part!

Photos are submitted.

Særún Björk Jónasdóttir,
President of the RU Student Association (SFHR).



Pragma X Tviund Halloween Party 2024



RU Musical at the SFHR Annual Ball 2025



SFHR Football Tournament 2025



SFHR Olympic Week 2025



SFHR Freshmen Party 2025.

Háskólablaðið's Article Competition

At the beginning of the school year, the editorial board of the University Newspaper encouraged students to participate in a competition that involved writing an article and submitting it for publication. The theme of this year's competition was "Beyond the Books – What Do People Do Outside of Their Studies?" but students were free to write about anything they wanted

The goal was to give students the opportunity to express their thoughts and at the same time strengthen their text writing skills. With the constant development of artificial intelligence, it could be that only computers will write texts in the future, who knows?

The article competition is a revived project that was previously very popular, and we on the editorial board decided to breathe new life into it this year.

The winner of this year's Article Competition is *Gabriel Dagur Kárason*, who wrote about time and its importance. Gabriel's prize is a gift certificate from Domino's and drinks from Ölgerðin.

Gabriel's article stood out from the competition and he achieved a well-deserved victory. The article is below.

The editorial board of the University Paper would like to thank Gabriel for his contribution and congratulate him on his victory!

On the preciousness of time

Most people recognize the vicious cycle that consumes many a university student: wake up, drive to school, sit in class, drive home, scroll on your phone, scroll some more, sleep, and then repeat the process for two to three years for a master's- or a bachelor's degree.

Some ambitious students can fit studying into their schedule in between scrolling, but those become fewer and fewer. In our contemporary society, phone usage is met with a more critical eye, for example, in regard to the classroom, in traffic, and with our elected officials during parliamentary sessions; it's everywhere and affecting almost everyone.

There seems to be pushback against the constant use of screens, particularly from the generation that misses the days when their attention and focus were under their own control. In days past, people could be bored for hours and think nothing of it. Nowadays, few seem to remember when they were bored in years past. It seems to be a phenomenon that has died out, or so people think.

The phone is what we reach for when a moment of emptiness appears: a quietness in the waiting room, the awkward silence on a date, at the movies, at the theatre, and so on and so forth. We try to fill the emptiness, block out the sinking feeling that arrives when we don't have our eyes stuck to the LED-screen. We grab the phone from our pockets at every opportunity. The present moment, the "now", disappears like a candle that's blown out, opportunities fade away like the smoke that follows.

The choice is easy for our brains. Our phone is simply much more fun than studying, the algorithm knows how to feed you content so that you stay on its platform for the longest duration.

We need to raise awareness on how to seek dopamine or other happiness hormones in ways other than by staring at our phones. At school, students mostly use computers, and therefore, it is unavoidable to spend at least a few hours a day staring at a screen. To make matters worse, we then also spend our free time staring at another, smaller screen.

When that empty feeling creeps in, when we want to check our phones, we have a few options: firstly, do nothing and get bored, secondly, fill the empty hours with a dosage of content from the algorithm; the endless dose, or thirdly, the option that seems to pass many by, is to dedicate yourself to a pastime; a hobby.

Dedicating oneself to a hobby builds one's character and can be incredibly rewarding, especially with hobbies that contribute to culture. Hobbies can also contribute to maturity; they can move us and even change our lives, and the lives of others, mentally and physically.

Literature has, in large part, contributed to the person I am today. When I read *Svartarfjaðrir* (Black Feathers) by Davíð Stefánsson a few years back, I fell head over heels for the art of poetry, and from there on was no going back. Many books since have moved me in the same way and have made me look at life in different ways.

Other hobbies that improve oneself can be fitness-related. With fitness, the body is rebuilt through the discipline of the hobby. The practitioner is the stonemason and the stone at the same time, cutting through the stone to reveal the artwork from within. In the same way, poetry drags out the inner parts of ourselves by putting into words that which dwells deepest within ourselves, and so does music.

Music, making it or listening to it, is a hobby that most people seem to enjoy. In

our youth, we are surrounded by music, at kindergarten we sing together, in elementary school we do musicals, and when we grow older, we dedicate ourselves to certain genres of music and go to concerts where our favorite artists play. We form connections through a shared love of music. Some people cherish the moments at the end of the day when they get to play a few notes on their favorite instrument. As my uncle told me once, when something's bothering you, grab your guitar and let your feelings flow through the music.

Whatever the hobby may be, it will inevitably become like a good friend beside you on the journey of your life. Hobbies give you the chance to identify not only with a job title or status, but with something more. That sort of thing is fading fast in a world that profits from you letting it pass you by. As the Icelandic saying goes, „Let time not pass you by empty-handed.“ Don't let it slip through your fingers, and use it well.



Gabriel Dagur Kárason/Aðsend mynd
The author is a 2nd year student at the Law Department at RU

Háskólablaðið would like to thank Gabriel for his contribution to the article competition.
Háskólablaðið would also like to thank everyone who participated this time and hopes they will take part again in the next edition.

Researcher’s Night Event at Laugardalshöll

Coverage

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On September 27th, Researchers' Night was held in Laugardalshöll, which is a kind of science harvest festival in Iceland. The festival is open to everyone, and visitors can learn about science in a lively and fun way.

Visitors get the opportunity to talk to our leading people in science and learn about the sciences and their importance in all corners of society.

As in previous years, there was an exciting offering from Reykjavik University at the festival, where representatives from the university presented some of the projects and research that the university is working on, both in studies and in professional work.

The festival was well attended this year, with around 7,000 visitors.



Here you can see boys playing the popular computer game Minecraft.
Photo from the RU website.



Guests got to take part in various measurements. Here, you can see a jump measurement being conducted by the Department of Sport Science.
Photo from the RU website.

Wakes up at 5 AM For Morning Practice

Interview with Veigar Hrafn Sigþórsson

Tristan Thoroddsen
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Veigar competing in 200 meters freestyle swimming at the Games of the small states of Europe 2025



Icelandic Championships in April 2024

Veigar Hrafn Sigþórsson is multiple Iceland Champion in swimming. He practices with Sundfélag Hafnarfjarðar, but besides that he studies engineering at RU.

When did you first start swimming, and what attracted you to the sport?
I started swimming when I was five years old. What attracted me most about it was that you can see the results so easily and how much you’ve improved. The company is also good; it’s fun to be around people who swim with me.

What has been your biggest victory so far, and if anything, what did you learn from it?
My biggest victory was last year when I won the Icelandic Championship in freestyle swimming. It wasn't my first Icelandic Championship, but there was just something about this tournament. It was right before the exam season last year, so it was really tough. The day before the tournament was really tough; I don't think I've ever been this tired in a tournament before. Then it all started coming together on Sunday. I completed *the last two steps*, improved, and won. It really taught me a lot about trusting in what I've done and my results.

What does a typical training day look like for you?
I usually wake up at 5 am and go to morning training just before 6 am. That training is about an hour and a half, but I usually leave the pool earlier to get to school on time. Then school is from 8:30 am to 4 pm, then I go back home. The next training session starts at 4:45 PM, and it's strength training, then swimming from 6 to 8 PM, and then the day is over.

How many times do you train per week?
There are morning training sessions every single day and four times a week in the afternoon.

How do you manage to keep it up?
It's just because everyone else is doing it. Sometimes I feel like skipping the training session a little bit, but the next person isn't doing it, so I show up too. That's how my training partners keep me going.

Who has had the biggest influence on you as an athlete?
Just my coaches and the people around me. They've always supported me and given me goals.

Why did you choose to continue your studies alongside sports?
I felt like I still had something in swimming, and it just made sense. There are a lot of people who continue swimming; most of them go abroad, but I decided to stay here in Iceland, which is not very common.

How do you manage to balance training, competitions, and academic requirements?
It goes up and down like this; sometimes it goes well and sometimes not so well. Sometimes I feel like my studies and swimming work

against each other. Sometimes I feel like I'm not doing as well as I could in my studies, and the same with swimming, so it affects each other. I don't always have enough time for both.

Has the study had any impact on how you think about the sport or preparation?
The study has mainly encouraged me can make the most of my time and what is important to consider before a competition. The main thing is to rest well before a competition. Rest is very important, and not being stressed in life in general, but you tend to get stressed out at school.

Have you had to sacrifice anything in your studies or sports to maintain balance?
Not yet, I'm still studying full-time and attending practices. Sometimes I have to skip practices to study for exams or something like that, but I'm really thinking about the possibility of reducing my studies and taking three courses instead of four. I know other athletes are doing this, so that would definitely be the sacrifice I would have to make.

What has surprised you the most about studying and sports at the same time?
Just how difficult it is and how much time it takes. It's amazing how hard it is to study after you're tired after an incredibly hard workout; it's really hard to focus on your studies then.

How do you stay focused and motivated when the pressure is at its highest?
I try to remind myself that it's just me and I shouldn't be comparing myself to anyone else, just take the little things you do every day and celebrate them.

What role do diet and sleep play in your performance?
They play a huge part. Diet is very important, I really feel it both during workouts and at school if I haven't eaten anything. Then nothing works, and everything becomes much more difficult. And sleep is also very important. I feel that if you don't sleep enough, it's harder to do well at workouts and focus at school.

How do you like the food from Málið?
I think the food here is just great; it's definitely a good option. The problem is that it costs a lot, so I don't buy food. I don't think I've ever bought food this semester.

Do you bring a packed lunch with you?
Yes, or just don't bring anything because I'm showing up at odd times. Sometimes I start at 12 am, and other days I'm done at 12 am.

Do you use any special methods to deal with stress or anxiety before a competition or exam?
Not necessarily, I just breathe in and out and make sure I get enough sleep. Before an exam, I like to exercise if I feel anxious because exercise helps with the anxiety a little; otherwise, I don't do anything special.

Do you notice a difference in your academic performance on those days when you exercise or when you don't exercise?
Although I save a little time by skipping exercise, it's not particularly useful. I get busy thinking about missing a workout, then I feel bad, and it takes my attention away from studying.

What would you say that sport has taught you that will be useful in your life in general?
To organize myself and make the most of my time. To study between classes and whenever I can, because when you are always in the pool, you don't have time to study.

If you could give young athletes, who are also studying, one piece of advice, what would it be?
I would say that they need to know what they want to do and know their goals. And also know that it is okay to take their studies a little slower; it doesn't have to be that difficult, it can be quite enjoyable.

What goals do you have for the next few years in sport?
My goal is to qualify for the European Championships in December; that is really my only goal for the rest of the year. And maybe also to find the joy in this sport again, to feel that it is fun.

Do you see yourself continuing in sports after finishing your studies or even making it a career?
I think it is quite unlikely. You never know if you will continue to improve and make a big leap forward. But if I were to do a master's degree, I don't see myself practicing with it.

How would you describe your biggest dream, both in studies and sports?
The biggest dream in sports would be to compete at the World Championships and at the Olympics. In studies, it's mainly just to finish this degree.

If you look ten years into the future, where do you see yourself?
I see myself working somewhere. I definitely won't be swimming – but who knows? It would still be fun to continue swimming or some other sport.



Veigar won bronz medal in relay raze at the Games of the small states of Europe.

Opinion

Want to save a million?

Let's have funding follow the student

Orri Thor Eggertsson,
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Photo from the Facebook page of the Viska union

Did you know, dear RU student, that the government considers you to be less worthy than students of other universities? Did you know that of all the more than 20 thousand university students in Iceland, the government places you in last place? Did you know that the government supports the studies of all other university students in the country more than yours?



Orri Thor Eggertsson

Certain study programs, which are expensive to run or considered important, receive higher contributions than others etc. However, one special rule applies only to Reykjavík University. The rule is that the teaching contribution for each student in RU is only about 75% of the contribution other schools receive. This means that all other universities receive one-third more for each student than RU does. The consequences of this policy are very simple: RU students pay the difference through higher tuition fees.

Many find these rules to be wrong. The policy is downright unfair. Why does the government accept discriminating specifically against RU students simply for choosing to study here? RU students are no less important than students at the University of Iceland, the University of Akureyri, or any other school. The education of RU students contributes no less to society than education in other schools, and one could even argue that RU sends better-prepared individuals into the job market than some other schools. Despite these facts, the government says our education should not receive the same contributions because we study at a private school that charges tuition fees.

The fact is that the government discriminates against students depending on which school they choose, i.e., it discriminates against RU students for choosing Reykjavík University rather than other schools. Icelandic universities are largely funded with public money. This money is allocated to universities in the form of, among other things, contributions to teaching. Detailed rules state what each university receives for each student.

Without RU, the university system would collapse

This policy has no logical foundation. The government has shown that it is willing to fund private universities just as much as public ones. For example, the University of the Arts and Bifröst University. The problem simply appears to be the tuition fees. The state claims it cannot provide RU with equal contributions because students pay more to study there. Yet they ignore the fact that without Reykjavík University, the university system would collapse. The other universities could not absorb the nearly 4,000 people who study for their degree here, which means that without RU, fewer people would pursue higher education. Additionally, they have no issue providing full, undiscounted contributions to universities that charge a registration fee, which is nothing more than tuition fees in disguise.

This policy is yet another example of how the government is perfectly content to have students pay for the underfunding of the university system. The government simply does not allocate enough funding to this sector and sends the bill directly to students in the form of high tuition fees and ever-increasing registration fees.

Are some more equal than others?

But what can we do about this, and what should change? RU students have previously called for the policy “funding follows the student,” which, in short, means that the government provides an equal contribution for each student regardless of where they study. This calls for changing the contribution model so that it does not depend on which university a student attends.

Each undergraduate student at HR currently pays 634,000 kr. in annual tuition fees and thereby nearly two million total for a three-year B.Sc. or B.A. degree (assuming tuition fees remain unchanged). All other university students in the country, in comparison, pay 75,000 kr. registration fee for the year, which may rise to 100,000 kr., if the minister’s proposed changes go through, bringing the total cost of a three-year degree to 225,000 kr. If the government provided RU with full and undiminished contributions for each student, tuition could be reduced by more than half! The average RU student would then save a full million kr. over three years of undergraduate studies.

Will the minister keep his promises?

The government does not seem to have the courage to implement these changes, nor the courage to truly stand with university students. The Minister of Higher Education has spoken extensively about the need to support the university system and students. In the campaign for the last parliamentary elections, he said, verbatim: “I am passionate about equality across ages, across generations, regardless of residence,” but apparently not regardless of university. He also said: “There are various things in Icelandic society that we must fix... we need to ensure access to education for everyone.” He said this, and then did the opposite. He has not supported ensuring access to education for all. On the contrary, he has restricted access to education by maintaining unnecessarily high tuition fees in the second largest university in the country and by proposing increases to registration fees in the other universities. The same applies to the Prime Minister. Before the elections, she said in a video: “We intend to make it easier for you to be in university,” and added that the university system should be such that “people do not have to pay so incredibly much.” The will seemed to be there before the elections, but not after.

Increased funding for the national theatre, but not for schools

The problem is not a lack of money. The Minister of Higher Education recently approved increased funding for the National Theatre of about two billion krónur. The minister said of this two billion króna increase: “Not a large amount when you look at the big picture.” For comparison, this amount is larger than the real increase in funding for all universities in the national budget. It is noteworthy that the government considers two billion krónur to be insignificant, yet is unwilling to invest it in the future of the nation.

The demand is truly very simple. The government should fund studies at RU equally to other universities. Even if this current policy saves money now, it loses more in the long run. The shifting of costs onto students must stop. The current situation is nothing but artificial cost-saving for the government. Fewer people have the opportunity to pursue higher education, and those who do are worse off financially. Let us secure equality and fairness by ensuring that funding follows the student immediately.

Dear RU student

Whether you are a new student taking your first steps in this environment or further along in your studies, these last few weeks are challenging for most. It is important to remember that it is normal to sometimes feel that the assignments are too many and that time is too short.

During exam season it is easy to compare yourself to others, whether it is grades, speed, or organization. But comparison rarely helps. You are on your own journey, with your strengths and challenges. Focus on what you can control, your own progress.

Mistakes and challenges are not a sign that you lack the ability; they are a part of the process. With a growth mindset, you look at difficulties as an opportunity to learn and grow stronger. Ask yourself: “What can I learn from this?” instead of thinking “I can’t do this”.

When the pressure increases, it is easy to forget the fundamentals, but they are the key to success and well-being. Pay attention to your sleep, because the brain needs rest to learn and remember. Exercise is our natural antidepressant, that is why it is important to keep it up precisely during

difficult moments, like exam season. Nutrition is no less important because nutritious food gives us long-term energy.

Remember that you are doing good things. Being a university student is a big undertaking and you are already showing resilience and ambition. Allow yourself to breathe, take a break, and remember that this is a journey - not a sprint.

Best regards,
RU Student Counselling

P.S. We are here for you! It is simple to book an appointment, whether it is with student and career counselors or psychologists, and we also have plenty of educational material on our website. Please check it out by scanning our QR code.



With this code, you can access the student counsellor's homepage. The page can also be found at:

www.ru.is/namid/nemandinn/namsradgjof



From the left: Stella, Auður, Hildur, Jóhanna og Eva. *Aðsend mynd.*

Good Study Tips



University studies can be exciting, but they also come with plenty of challenges. They require self-discipline, good organization, and the ability to stay focused when deadlines start piling up. With a few simple strategies, studying can become both more efficient and more enjoyable.

1. Organization is Everything

Start by creating a realistic study plan. Break large assignments into smaller tasks and set clear goals for each day or week. Use calendars, apps, or even simple handwritten notes to keep track of deadlines. Seeing your tasks laid out clearly can reduce stress and give you a better overview.

2. Learn in the Way That Suits You

Everyone learns differently. Some people remember best by reading and writing, others by listening or discussing the material. Try different study methods to figure out what works best for you. Once you find your style, use it consistently.

3. Take Breaks and Move Around

Your brain absorbs information better when it gets regular rest. Try the Pomodoro technique: study for 25 minutes, then take a 5-minute break. Get some fresh air, stretch, or walk around a bit. Even a small amount of movement can boost your focus and energy.

4. Reduce Anxiety

Feeling anxious about assignments or exams is completely normal, and there are many ways to ease that stress. Preparation is your best tool, knowing you’ve put in the effort makes it easier to stay calm. Try deep breathing, meditation, or simple breathing exercises before you sit down to study. And remember: one grade does not define you or your abilities.

5. Take Care of Yourself

Sleep, good nutrition, and social connections are just as important as studying. Your well-being directly affects your performance. Be kind to yourself, give yourself time to recharge, and remember that feeling stressed is normal, it just means you care about what you’re doing.

Snjallræði Supports Innovation and Social Impact Solutions

16 week university accelerator

Tristan Thoroddsen
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Snjallræði is a 16-week university accelerator that helps teams develop their ideas into real solutions for the challenges of today. Projects tackle issues such as healthcare, education, equality, welfare technology, and environmental matters, all to support the United Nations Sustainable Development Goals.

Snjallræði is a collaboration between the University of Iceland, Reykjavík University, and the University of Akureyri, with Marel and the City of Reykjavík as key partners. The program was founded by the Höfði Peace Centre in 2018 and has been held seven times since then.

The accelerator is run in cooperation with MITdesignX, an innovation program at the Massachusetts Institute of Technology (MIT). Experts from MIT travel to Iceland to lead workshops where participants receive training, guidance, and mentorship from both Icelandic and international specialists in innovation and social development.

Snjallræði aims to create a platform for social-impact startups, giving entrepreneurs space and support to turn their ideas into viable solutions. The focus is on sustainability and on nurturing projects that have a positive impact on society.

The third Snjallræði workshop took place at Reykjavík University on October 17–18. Ásgeir Jónsson, a faculty member at RU’s School of Business and Economics, guided participants through a series of activities centered on vision-building, business models, and teamwork. The workshop, titled Envision, followed the MITdesignX methodology.

The emphasis was on helping teams align around a clear strategy, develop a sustainable operating model, and collaborate effectively. Cooperation and constructive feedback are essential parts of the process, and participants learn not only from mentors but also from one another.

The workshop wrapped up on a fun note with a refreshing swim in Nauthólsvík, a lively ending to a challenging and insightful weekend.

Snjallræði continues to be a leading platform for innovation and social development in Iceland, a place where ideas take shape, solutions are created, and the future is built through collaboration and creativity.

Life is now!

Bracelets made for young people with cancer

Coverage

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On Thursday, November 6th, both students and staff sat down together to make beaded bracelets for the support organization Kraftur. The organization provides advocacy and support for young people who have been diagnosed with cancer, as well as their families. The beads in the bracelets spell out the phrase “Lífið er núna” (“Life is now”), meant to remind us to stay present and appreciate life while we can.

Rakel Gunnarsdóttir, project manager at the Communications Division, said that the event was a welcome break, especially with the assessment period approaching for students, making it the perfect time to sit down and unwind through beadwork:

“We’ve done similar activities before with puzzles and mindfulness, but this time we wanted to do something good at the same time and make bracelets for young people with cancer. So we invited Kraftur to join us — and now we challenge the other universities to do the same!”

Eva Sigrún Guðjónsdóttir, Kraftur’s Marketing and Communications Manager, points out that the Lífið er núna bracelets are a major part of the organization’s fundraising. It’s worth noting that the organization is funded solely through donations from individuals and companies, as well as sales from Kraftur’s online store. In the webshop, you can buy scented candles, card decks, jewelry, water bottles, and clothing, among other items. The students and staff made several hundred bracelets for sale, and all proceeds go directly to Kraftur.

We at the University Magazine’s editorial team encourage everyone to learn about and support Kraftur.



Students and teachers made beaded bracelets in Sólin. *Photo from the RU website.*

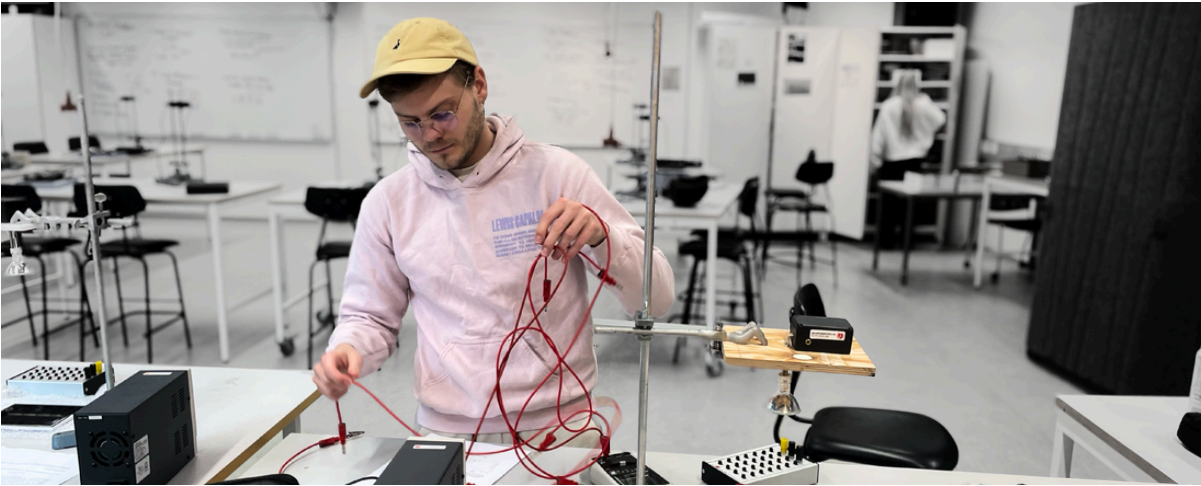


Life is now! *Photo from the RU website.*

On the Honor Roll Six Times in a Row

Interview with Jói Kjerulf

Silja Haraldsdóttir
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Jói working in the physics lab

Jóhann Jörgen Kjerulf is in his fourth year at RU. He is completing two degrees, one in engineering and the other in computer science, and is doing well. He has been on the Honor Roll since he began his studies and has also worked as a physics teaching assistant.

What are you studying?
I'm studying biomedical engineering and computer science.

Both?
Yes, both. Two degrees, and I'm in my fourth year.

How are you managing to do two at once?
It's really just extra courses. I started on the engineering path, but while I'm finishing my engineering degree, I'm taking extra courses in computer science.

So you're taking more courses than a standard, full-time schedule?
Yes, I'm taking five to six courses during the twelve-week term.

How long have you been on the Honor Roll?
I've been on the list every semester at the university. So that's six times.

What do you think has had the biggest impact on your academic success?
I think the biggest impact comes from other people. I met some really great people right in my first semester.

So, studying with people works well?
Yes, being surrounded by people you can count on and who are reliable. Being able to discuss the material and so on, I found that helped a lot.

How do you handle pressure and stress in your studies?
Stress and pressure are kind of just swept under the rug, and then I have a good crash over Christmas, haha. But no, seriously, you kind of have to find something else to do. In my case, I tried starting to learn the guitar when I was about halfway through my

first degree. Just to give my brain something else to do, something more creative and not just endless assignments and hassle. That has worked very well. A bit of an escape.

Did you come here straight from secondary school, or did you do something in between?
I did something in between. This might be a bit of a complicated answer in my case. I first went to secondary school and dropped out, then I went back and dropped out again, so I tried a few times, and I was working in between, and then technically I came almost straight from secondary school when I finally managed to finish it.

How do you manage to stay focused on projects you're less interested in?
That's where the people come in again, perhaps. The projects that aren't exciting for me are usually projects where it's nice to just have people around you to spread the boredom a little. With the fun projects, it's naturally easy to stay focused on those.

Do you have any specific study methods besides just being around people?
No, not really. Nothing that I've identified and written down. But I kind of just bang my head against the problems until they work.

Do you prefer studying at the university or somewhere else?
That also varies a lot and depends on the projects. For some projects, it makes sense to be at a whiteboard at the university, and for other projects, it makes sense to be in Sólín with lots of people. Other projects are such that you just need to be at home and lock in a bit. There's no single good answer there, I think.

Do you feel that being in this program has changed you in any way?
It perhaps gives me a certain ambition and a vision for what I want to do in life, to some extent. I would perhaps say that I'm a bit more responsible and open to different perspectives on things from people.

What are your plans after your studies?
I plan to continue with a master's degree, probably right away. I really want to go into neuro-prosthetics and work with people who are struggling with the difficulty of having lost limbs, having a birth defect, or something like that. I feel that's an issue we should be able to solve or aim to try to solve. We should all get a chance to live life on our own terms.

Has any particular person had a special influence on you? For example, a teacher or someone else you feel has shaped your academic performance and career?
It's perhaps hard to choose between people, but I would say Siggí, the physics teacher. He is, of course, incredibly solid and has both helped me a lot and been a certain role model. Then I also have to say Haraldur Auðunsson, the physics teacher. If everyone could be like Haraldur, the world would be a slightly better place.

If you could influence the development of the curriculum at the university, is there anything you would change?
Well, I would like to see a bit more oversight, or, oversight is perhaps a strong word, of how courses are set up, how assessment is structured, and how they are taught. I sometimes feel there's a huge difference between courses and teachers. Although most of them are usually good, you've still encountered some tedious courses where you just think, "yeah, okay, if Ingunn had come and organized this course, it would have been much better."

If you could give new students one piece of advice, what would it be?
The program is very demanding and can be anxiety-inducing, so I would say: Be kind to yourself, don't say things to yourself that you wouldn't say to your friends, and be proactive in seeking help if you need it. Shoutout to the Pieta-organisation – I wouldn't be where I am today if it weren't for them.

Did you celebrate in any way when you first made the Honor Roll, or just in general when you received the recognition?
I've always gone out to eat with my mum, grandma, and grandpa on the day I receive the award. So that has become a certain tradition.

Opinion

Icelanders vs. snow, who wins?

Can't people from Reykjavík drive or can't the City of Reykjavík clear snow?

Unnur Guðfinna Daniélsdóttir
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On October 28th, 27 centimeters of snow fell in Reykjavík. It is believed to be a new record for the month of October, although that record was broken again the following day (40 cm). It seemed as if no one had seen it coming, and the residents of the city were suddenly forced to drive out into the snow, most of them still on summer or all-season tires.

There were quite a few traffic incidents that day, and soon people began debating whether Reykjavík's residents simply don't know how to drive in snow anymore, and whether the capital of "ice" land shouldn't be better prepared.

Proud people from the countryside laughed at photos of stuck cars or groups of Reykjavík residents trying to push a city bus up Arnarneshæð, insisting that "this would never happen where they live."

I must confess I'm not from Reykjavík myself – I'm from Ísafjörður, where it sometimes snows in May. I don't say this out of rural arrogance, but rather out of curiosity: Is there actually some truth to the claim that Reykjavík's residents have forgotten how to drive in snow?

Life keeps going, even when it snows. Most people had no choice but to throw themselves into the storm and drive to work or school. We are Vikings, right? We make fun of tourists for wearing parkas in July, and we take pride in living on an island with completely unpredictable weather.

When days like these arrive, you need to respond quickly and/or be properly prepared. The main streets of the city were still full of snow at 9 AM when everyone was heading to work, and there was no oversight regarding whether people were driving cars suitable for those conditions. Realistically, constant monitoring isn't possible, so we have to rely on common sense – but at the



Photos: Visir / Anton Brink

same time, people need to get to work and may not know exactly what the road conditions are when they leave home in the morning.

But shouldn't we want to be proud of how we handle snow? (Or is that just the rural gene in me talking, insisting that we should take pride in snow-clearing?) It's such a big part of our national identity that it almost feels embarrassing that we can't handle it better. While Reykjavík was nearly paralyzed for several days, Mosfellsbær and Selfoss were cleared within two. Then came sleet and slush, which froze overnight into solid ice. In such conditions, it becomes nearly impossible for normal cars to drive.

We Icelanders – the Vikings – also want to brag about knowing how to handle ourselves in the snow, don't we? So whether the streets are well cleared or not, the Icelandic driver should be able to make it to work without crashing into a pole or getting stuck on the highway. Still, Reykjavík only has an average of 45 fully white snow days per year.

That's not a lot of time to practice, so it's completely understandable that people aren't particularly skilled at driving in snow if they rarely get the chance. But Icelanders should at least be able to assess conditions and take other precautions.

This isn't a deep or tragic issue – some vehicles were damaged, but as far as I know, everyone made it safely to their destinations, and the snow melted after four days. But the fact remains: even though we've lived on this island for hundreds of years, the first snowfall of every winter still catches us by surprise, and we end up in the same mess as last year.

Do we ever learn?

Submitting Policy Proposals in European Communities

A discussion on NeurotechEU and the European Student Assembly (ESA)

Like most other universities in Europe, RU is part of a university alliance, NeurotechEU. NeurotechEU's goal is to establish a leading network in the field of brain research and neurotechnology to increase Europe's competitiveness in education, research, and innovation. The alliance aims to enhance interdisciplinary collaboration, promote student and staff mobility, and provide comprehensive education and training in neuroscience and technology at all levels of university studies. NeurotechEU offers all kinds of opportunities for students of the partner universities, such as summer and winter schools at one of the partner universities, hackathons, workshops, and much more. I first got to know Neurotech through one such project. I came across an advertisement from NeurotechEU at RU that was advertising for applications to be one of Neurotech's representatives at the European Student Assembly, also known as ESA. ESA is a European project organized annually by the European Universities Community, where about 250 university students from all over Europe and from all European university

alliances come together to formulate and submit policy proposals on various issues in European communities. Students are divided into panels, each with its own topic to develop ideas on, but students are also assigned to two other panels as a kind of observer, thus getting the opportunity to comment on the proposals of the other panels before they are presented at the assembly itself. The project runs from about January to April/May and ends with a three-day event in Strasbourg, France, where the proposals are finalized, university students meet and debate them, and finally, the proposals are voted on. The trip is paid for by Neurotech. Those proposals that are approved by the assembly, which requires a simple majority, are then forwarded to stakeholders within the European Union, such as the European Parliament itself. I personally found ESA to be a fantastic experience, as the event introduced me to the European university alliances and the opportunities they offer. I got to learn a lot about how proposals are formulated and submitted, just like they are at the European



Submitted photo.



Submitted photo.

Parliament and the European Union. The most valuable thing I got out of the project, however, were the friendships I formed with my group members in Panel 8, which dealt with the future of biomedicine. In my group, there were people of different ages and from different backgrounds who were studying different things. For example, one was studying law, another was studying medicine, and a third was studying engineering. It was not a requirement that we come into the project as experts on the topic our panel dealt with; on the contrary, our varying levels of knowledge led to us being able to debate various things and bring different perspectives, which resulted in even better ideas and

policies. At the assembly, we submitted six proposals concerning the future of biomedicine. For example, one idea was about developing a common European artificial intelligence that could act as a first stop for patients to assess their symptoms and where best to seek help. The friendships I formed and the opportunity I got to both influence the future policymaking of Europe and strengthen my own network are invaluable, and I am still in touch with my group members today.

Telma Ósk Þórhallsdóttir

The author is on the NeurotechEU student council at RU, as well as being the Synapse Manager for NTEU at RU and a representative of the university alliance in ForEU4All, which is a university alliance of European university alliances.



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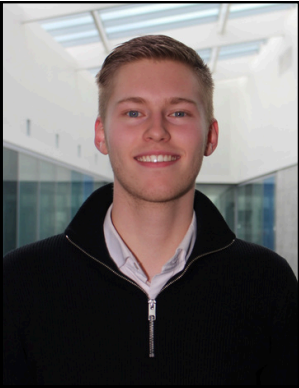
Is Málið Still Worth It?
Enormous Price Hikes in Málið



<https://www.ru.is/namid/nemandinn/adstada>



Orri Thor Eggertsson



Rúnar Gauti Gunnarsson

Let us imagine a typical student at Reykjavík University. He arrives very early in the morning to get a good parking spot and then jumps into the school. Next, he grabs an ice-cold Collab in Krambúðin and goes to class. Around eleven o'clock, his stomach begins to growl embarrassingly in a lecture, and right after class, he can think only about the lunch ahead. He has had enough of cold sandwiches, so he decides to head to Málið. There he waits dutifully in line for a good meal and pays, at the newly inflated price, 1,990 kr. for the dish of the day. He repeats this daily throughout the whole school year, and when all is said and done, Málið has taken 338,300 kr. from his wallet. One may therefore wonder whether the interests of students are really the priority here or whether Málið is overpriced compared to similar services.

It is worth praising Málið for the bulk discount available when purchasing 10-meal cards, which now cost 17,910 kr., making each meal 1,791 kr. Likewise, Málið introduced self-service this spring, allowing students to serve themselves, and it can be expected that food waste has consequently decreased significantly. Despite some hiccups at the start of self-service, when everything went rather slowly, Málið has resolved this well, and the service is now smooth and good.

The No Málið Day

The year is 2014. November has arrived, and the students of Reykjavík University have organized “The No Málið Day,” where students were encouraged to bring their own lunch instead of buying from the cafeteria due to poor service and sky-high prices. Over 600 students brought lunch on November 7th in protest. The day attracted media attention and received extensive coverage, which subsequently resulted in lower prices on selected dishes and products. Shortly afterward, in March 2015, the price list in Málið was as follows: a 10-meal card cost 8,900 kr., and on the first Tuesday of March, those cards were on special offer at 8,000 kr. The regular price of a meal card in Málið in March 2015, calculated at today’s real value, becomes 13,800 kr. The meal cards have therefore increased 28% above inflation during this period. With this information in mind, one may wonder whether there is a

need for another protest due to high prices this school year. It is also worth pointing out that if one visits Málið’s website, malid.ru.is, price lists are nowhere to be found. Is Málið ashamed of its high prices, or is the reality that students at HR are being overcharged for profit?

The purpose of this article is to draw attention to and encourage discussion about the service at Málið in recent times. Málið does many things well, but there is always room for scrutiny. Therefore, the authors hope that the operators will see the article and evaluate whether there is room for price reductions or other improvements.

Price comparison

Sharp-eyed students likely noticed the price increases at the beginning of the semester. All dishes increased sharply in price on the very first day of school. Prices rose by up to 20% and the increases were far beyond inflation. The tables to the side show an overview of these price increases.

The tables also show a price comparison of the cafeterias of the three largest universities in the country, i.e., the University of Iceland (UI), Reykjavík University (RU), and the University of Akureyri (UNAK). The difference in prices is striking, and RU sets records in every category. The dish of the day, oatmeal, and the salad bar are most expensive at Málið. If we again consider the example from the beginning of the article, i.e., the student who buys the dish of the day daily, but now assume he directs his business to Háma or Kaffi Borg, the difference is enormous. A year’s worth of purchases at Háma would cost the student 278,000 kr. and 306,000 kr. at Kaffi Borg. The students of these schools are therefore saving tens of thousands just on lunch. It is worth noting that students at UI and UNAK are not paying 634,000 kr. annually in tuition fees. RU is clearly the most expensive school in more ways than one.

Orri Thor Eggertsson, Director of Committees of SFHR
Rúnar Gauti Gunnarsson, Director of Communications of SFHR

Price Comparison at Málið - Courses 15 August - 18 August			
Courses	August 15th	August 18th	Increase
Meal of the day	1.850 kr.	1.990 kr.	8%
Oatmeal	400 kr.	480 kr.	20%
Salad bar	2.950 kr.	3.150 kr.	7%

Price Comparison at Málið (HR), Háma (HÍ), and Kaffi Borg (HA)			
Price Comparison at Málið, Háma, and Kaffi Borg			
Courses	Málið	Háma	Kaffi Borg
Meal of the day	1.990 kr.	1.640 kr.	1.800 kr.
Oatmeal	480 kr.	/	200 kr.
Salad	3.150 kr.	2.890 kr.	1.500 kr.













The Football Corner

Results from November 4th

Premier Leauge

The English football season is well and truly underway and things are starting to take shape. The Gunners seem poised to run away with the league, as they've never had a stronger squad. Right behind them are City with Guardiola's total football musings, and alongside them are the Pool, with 300 million worth of new players on the bench, as none of them seem to be able to kick a ball in the red shirt. It's shaping up to be an exciting title race if Arsenal starts to slip up.

Standings

	1	Arsenal	10	8	1	1	18-3
	2	Manchester City	10	6	1	1	20-8
	3	Liverpool	10	6	0	0	18-14
	4	AFC Bournemouth	10	5	3	3	17-14
	5	Tottenham Hotspur	10	5	2	2	17-8
	6	Chelsea	10	5	2	2	18-11
	7	Sunderland	9	5	2	2	11-7
	8	Manchester United	10	5	2	2	17-16
	9	Crystal Palace	10	4	4	4	14-9
	10	Brighton	10	4	4	3	17-15

La liga

Spanish football is underway, and as in recent decades, after 11 games, Real and Barca are in the top two spots, shocking. The Madrid team seems to be off to a slightly better start, while the Barcelona team has been struggling with injuries, and the young star Lamine Yamal is getting carried away by the fame. The Madrid team is incredibly strong with Mbappé and Bellingham in top form. It's worth keeping an eye on the situation there.

Standings

	1	Real Madrid	11	10	0	1	26-10
	2	Barcelona	11	8	1	2	28-13
	3	Villarreal	11	7	2	2	22-10
	4	Atletico Madrid	11	6	4	1	21-10
	5	Real Betis	11	5	4	2	18-12
	6	Espanyol	11	5	3	3	15-13
	7	Getafe	11	5	2	4	12-13
	8	Deportivo Alaves	11	4	3	4	11-10
	9	Elche	11	3	5	3	12-13
	10	Rayo Vallecano	11	4	2	5	12-14

Serie A

Italian football has rarely been more exciting, with only one point separating the top four places. The league has seldom been this weak, so not much is expected from the Italian teams in the Champions League. On the other hand, many Icelanders are playing in Italy and are doing well with mixed success. Albert has been injured but seems to be finding his way into the Fiorentina team, who are in second-to-last place in the league. Hopefully, Albert will get them going.

Standings

	1	Napoli	10	7	1	2	17-9
	2	Inter	10	7	0	3	16-11
	3	Milan	10	6	3	1	19-8
	4	Roma	10	7	0	3	21-12
	5	Bologna	10	5	3	2	13-10
	6	Juventus	10	5	3	2	16-12
	7	Como	10	4	5	1	13-10
	8	Udinese	10	4	3	3	14-11
	9	Cremonese	10	3	5	2	12-13
	10	Sassuolo	9	4	1	4	11-15



The Sudoku corner

8		5		3				
			5		8	6	2	1
		9		6	4			
	4						1	8
5					9		6	7
	9		8		1		5	3
	5	8				1	3	
4	3		9	1	5	8		
	1	6			5	4	2	

1

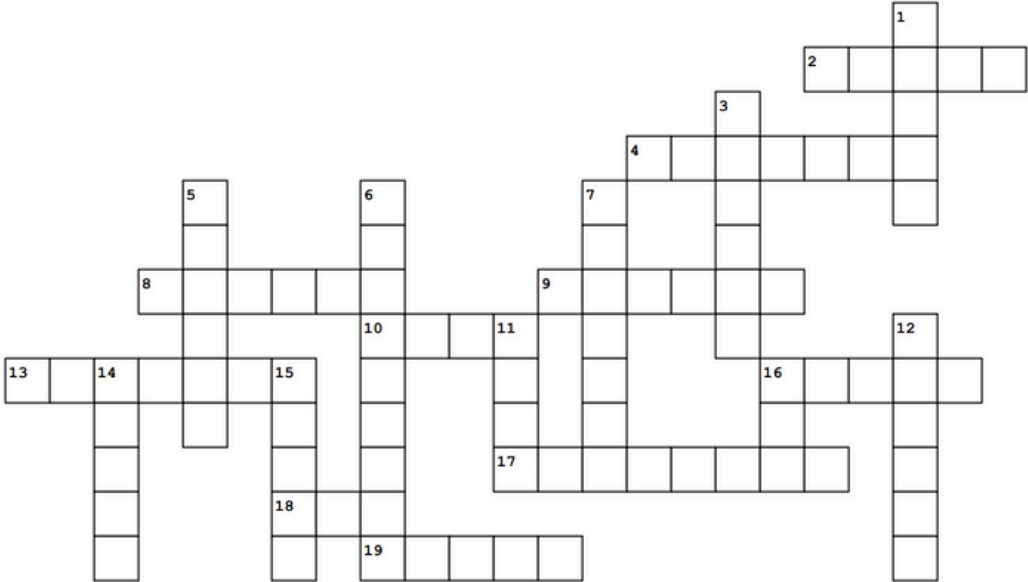
	1		4			5		
			9					
		4		8				
	4	5		7	1			2
7	2		3					
8				6		3	7	
		9	1	3		6		
	3			6		2		1
1				9	8			3

2

6		8						
2			8			4		
	1				2	5		
	3				1	9		
	2			7			4	
	4				9		3	
	6	3	1				7	
					8		6	

3

Crossword



Across

- 2. Brilliance, fame
- 4. Speak softly or secretly
- 8. Safe place for ships
- 9. Swift hunting bird
- 10. Network of paths or passages, demon in Lucifer
- 13. To throw about in various directions
- 16. Glowing coal from a dying fire
- 17. Volcanic glass
- 18. English trash
- 19. Claw of a bird of prey

Down

- 1. To torment oneself with or suffer from disturbing thoughts
- 3. Graceful tree often found near water, Will Smith's daughter
- 5. Common crystal mineral
- 6. Existing perpetually
- 7. Smaug, Mushu, Sisu, Toothless
- 11. Repeated sound
- 12. Open grassy field
- 14. Prize
- 15. Rugger
- 16. Time period

Rhymings

This poem was born during a quiet afternoon in the lab, when the hum of machines felt like a lullaby and the results finally started to make sense.

The world outside turns slowly, unaware
Of tiny truths uncovered in a tube;
We chase the data, tender, bright, and rare,
a universe concealed in something crude.

This was written after yet another "quick" team meeting that ended with one doing everything themselves—academic tradition, I suppose.

We met at noon to plan our great design,
but half the group forgot the meeting time.
The rest agreed the draft looked “mostly fine,”
which means I’ll rewrite everything at nine.

This limerick arrived while listening to a lecturer who spoke at triple speed; by minute ten, I’d surrendered to fate.

A lecturer famous for speed
talked faster than students could read;
We filled up our notes,
with guesses and quotes—
None matched what we actually need.

This poem came to me while watching a friend sprint between deadlines fueled solely by rapidly cooling tea—proof that caffeine and sheer willpower can, in fact, write a thesis.

A grad student living on tea
submitted her thesis at three.

She cried with delight—
then slept for a night...
or possibly two years. We’ll see.

Inspired by the eternal optimism of students who think crunch time is a study plan.

A student declared with a grin,
“I’ll study when finals begin!”
But the night before two,
he panicked clear through—
and vowed never ever again.

This one came to mind after waking up at 3 a.m. for the fourth time that week, heart racing over some imaginary deadline.

There’s a panic that suddenly wakes me at three -
Did I miss an assignment? An exam? Hard to see.
No, I didn’t. But still, I can’t sleep.

Then at noon, in the seminar, someone will ask
for the reading we all knew was yesterday’s task.
I nod wisely and sink in my seat, breathing deep.

This one came to mind after watching a student try to fix a broken experiment with optimism alone—a method bold, ineffective, and universally admired.

She stared at the data in dread,
“Perhaps it’s a typo,” she said.
But after a sigh,
she gave it a try
and the error was hers, as she’d read.

The Editorial Borad of the University Paper
haskolabladid@ru.is

Word search

C	I	N	E	M	A	L	O	S	A	D	J
O	W	N	X	L	S	V	Z	T	A	O	G
D	E	L	E	L	U	K	U	S	M	M	E
S	G	V	J	W	E	S	U	P	F	I	V
A	I	K	H	C	T	R	A	M	E	N	H
S	X	L	I	E	U	O	K	P	Y	A	A
L	I	B	R	A	R	Y	N	L	R	N	N
N	E	K	T	E	C	S	I	H	O	T	G
P	W	B	O	G	E	Y	O	C	T	V	A
C	O	L	G	A	T	E	Z	A	C	W	S
I	B	E	S	N	L	W	E	O	A	S	A
V	U	S	M	C	C	A	K	C	F	W	L

- He discovered the laws of gravity and motion
- The famous black cookies with white cream
- In spanish it’s called *biblioteca*
- *The Cheesecake.....*
- A small guitar with four strings
- Gardfields’s favorite dish
- The zodic sign for April 20th to May 20th
- A sleepy animal that eats leaves
- A score of one stroke over par at a hole in golf
- Having power and influence over others
- A company that produces toothpaste
- They produce the 501 jeans
- Teacher, trainer or manager
- A place where you sit down and eat popcorn
- Verse, rhyme or song
- A type of Japanese noodles, often topped with a boiled egg
- The greatest of all time

The answers are here upside down

1	2	3
8 6 5 1 3 2 7 9 4	6 8 7 9 1 5 3 2 4	6 9 8 5 4 7 3 2 1
3 7 4 5 6 8 2 1	5 8 7 9 1 5 3 2 4	5 7 8 9 2 1 3 4
5 8 3 4 6 9 2 1	6 8 7 9 1 5 3 2 4	6 9 8 5 4 7 3 2 1
1 2 9 7 6 4 3 8 5	2 5 4 6 8 3 1 7 9	2 5 7 8 1 3 4 9 6
7 4 1 8 6 9 5 2 3	3 4 5 6 8 7 1 9 2	3 4 6 9 8 1 5 2 7
2 9 6 8 3 1 7 4 5	4 3 7 6 5 2 1 8 9	4 8 5 6 9 2 7 1 3
9 5 8 7 1 3 2 4 6	5 8 7 9 1 5 3 2 4	5 7 8 9 2 1 3 4
6 3 1 7 2 4 8 5 9	6 8 7 9 1 5 3 2 4	6 9 8 5 4 7 3 2 1
4 3 2 9 1 5 8 7 6	7 2 1 8 6 9 5 2 3	7 3 4 6 9 8 1 5 2
1 7 6 9 5 2 3 8 4	8 6 9 5 2 1 7 4 3	8 6 3 1 5 4 2 7 9
9 8 5 1 3 2 7 4 6	9 5 8 7 9 1 5 3 2 4	9 8 7 9 1 5 3 2 4

J	D	G	O	N	A	L	O	S	A	D	J
E	L	E	U	K	U	S	M	E	M	E	
S	G	V	J	W	E	S	U	P	F	I	V
H	N	E	C	S	I	H	O	T	G		
A	V	A	M	E	N	H					
S	X	L	I	E	U	O	K	P	Y	A	A
L	I	B	R	A	R	Y	N	L	R	N	N
N	N	L	R	A	R	Y	N	L	R	N	N
G	T	E	C	S	I	H	O	T	G		
V	A	A	H	N	N	L	R	A	R	Y	N
A	V	A	M	E	N	H					
S	X	L	I	E	U	O	K	P	Y	A	A
C	O	L	G	A	T	E	Z	A	C	W	S
S	M	C	C	A	K	C	F	W	L		
A	S	A	D	J							

- Across
- 1. Worry 3. Willow 5. Quartz 6. Permanent 7. Dragons 11. Echo 12. Meadow 14. Award 15. Rugby 16. Era
- Down
- 2. Glory 4. Whisper 8. Harbor 9. Falcon 10. Maze 13. Scatter 16. Ember 17. Obsidian 18. Bin 19. Talon

Horoscope

Aries: (21. March - 19. April)

Aries is entering a new period that is chock-full of new opportunities. It can be difficult to face new challenges, but believe me, you will tackle them just like everything else you do. Christmas is your time and you will enjoy the holidays with your very best people.

Taurus: (20. April - 20. May)

Changes can be difficult, especially for a Taurus. In the end, however, we are like chameleons and adapt to the circumstances. You may feel like you are losing your grip to some extent, but there is so much more and something bigger waiting for you. Sometimes you just have to take the plunge! Be unafraid to stand by your opinions and don't let others influence you.

Gemini: (21. May - 20. June)

You are such a social person, and of course, that takes its toll. You have to be careful not to give everything of yourself, because you would if you could. January will be an exceptionally good month for you. If I were to give you one piece of advice, it would be to relax a little; you can't be everything to everyone! Even if you want to be. Who knows, maybe love will pay a visit at the beginning of next year.

Cancer: (21. June - 22. July)

My dear Cancer, my home-loving, clever, and shy Cancer, you have been under a lot of stress these past few weeks, but Christmas is just around the corner. The big problem you are still struggling with (you know what I'm talking about) is about to end, and you won't have to think about it anymore when the new year begins. Enjoy the holidays with your favorite people, but be careful not to overeat as you tend to do.

Leo: (23. July - 22. August)

Leos enter the new year full of confidence, you'll probably buy yourself a planner that you'll use for 2 weeks. No, just kidding! Try to keep your life organized even if you don't want to. Your autumn was great and now you have to keep putting in the effort in your studies because in the end, you reap what you sow!

Virgo: (23. August - 22. September)

Dear Virgo, not everything has to be perfect! You and Capricorn have in common that you're both a bit of a perfectionist, even though you wouldn't admit it. You are so ambitious, which is great, but you have to remember that it's not the end of the world if things don't go the way you wanted.

Libra: (23. September - 22. October)

Keep up the good work, many a little makes a mickle! Life has a way of throwing obstacles at you, but that's just to see how you tackle them. This obstacle that life gave you this autumn is something you can tackle. With new times and a new year, everything will be better. Remember to smile!

Scorpio: (23. October - 21. November)

You have been in a bit of a dispute with a family member, but that seems to be fizzling out. Remember that the wiser head gives way. What characterizes you is this strong sense of justice you have and, of course, your stubbornness. Use that stubbornness for something smart! The new year will be very good to you, and a new job or a promotion is in the cards for you.

Sagittarius: (22. November - 21. December)

Dear Sagittarius, you have to start living more in the now and stop thinking about the past. I know you miss the good old days, we all do. We need to learn to appreciate what we have and enjoy the moment. It can be difficult to adapt to new circumstances and the last few weeks have probably been tough. Open your mind and be broad-minded, dear Sagittarius. If you smile at the world, the world will smile back at you.

Capricorn: (22. December - 19. January)

You feel like you have no time, you're always busy and it's taking a toll on your mental health. You have to make sure to prioritize things and put yourself first. You, about you, from you, to you! I know the dark winter days get to you, but it always brightens up in the end, and before you know it, May will be here with its bright summer nights!

Aquarius: (20. January - 18. February)

You should find a new hobby, try something new like yoga, meditation, painting, or singing. We all need to cultivate our inner selves and especially find the child within us. There is no shame in losing yourself and playing. There is a big journey ahead next year that you need to start preparing for sooner rather than later.

Pisces: (19. February - 20. March)

Dear Pisces, you have to stop thinking about what others think. Hold your head high and stop worrying about others. If you really want this, then you know what you have to do! Be bold, don't be shy! Christmas Eve will be rather cozy and good, and New Year's will be even better.

Chocolate chip cookies

Recipe



Picture from Pinterest

Ingredients:

- 220g all purpose flour
- 1tsp salt
- ½ tsp baking soda
- 185g brown sugar
- 85g sugar
- 210g brown butter
- 1 tbsp vanilla extract
- 1 egg + 1 egg yolk
- 60g chocolate chips
- 20g dark chocolate (70%+)

Optional:

- Contents from one vanilla pod
- Flakey sea salt for garnishing

Methods:

1. Get a medium sized light-colored pot and set it on medium high heat. Place all of your butter in the pot and stir continuously. Keep stirring until your butter turns golden brown and develops a nutty aroma. When browned, immediately remove your pot from the heat and transfer the butter into a heat-safe container to stop the cooking process and store in the fridge until it reaches room-temperature
2. Note: It is extremely easy to burn the butter so make sure to make sure to still constantly and never take your eye off the pot while cooking.
3. Combine all your dry ingredients into a large mixing bowl.
4. Slowly add in your cooled, brown butter. When all the butter is incorporated, add in your egg, egg yolk and vanilla extract. Here you would also add in your vanilla beans.
5. Once everything is well mixed, gently fold in your chocolate chips.
6. Finely chop your dark chocolate into small shards and gently fold them into your cookie dough.
7. Shape your dough into even balls, around 40-50g each.
8. Let the cookies rest until you are ready to bake them. We recommend letting them rest in a cool space for an hour.
9. Heat your oven to 180°C on a fan setting.
10. Place your cookies in the oven and bake for 12-15 minutes, depending on the size of the cookies.
11. Once baked, let the cookies cool for at least 15 minutes before enjoying.
12. Additional: We recommend sprinkling some flakey sea salt on the cookies immediately after removing them from the oven for a nice salty crunch.

What does your department say about you?

Tristan Thoroddsen

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Háskólagrunnur HR

If you're in College Prep, you somehow balance study sessions and social life like a pro. You can write an essay at midnight and still make it to a party by twelve-thirty. Your backpack is full of highlighters and energy drinks. You study hard, and party harder. Between caffeine highs and late-night laughter, you're preparing for college in your own way, one test, one project and one party at a time.

Law Department

If you're in the Law Department, you could probably argue with a traffic cone if you thought it was parked illegally. You have a strong sense of justice and love dramatic courtroom reenactments, even if the "courtroom" is just the cafeteria. In your free time, you enjoy opposing everything and quoting legal terms that probably don't exist. You always dress sharply, with the best sense of style, and no one can ever beat you in an argument. However, your deep need to be right makes you an easy target for a bit of rage bait.

Department of Sport Science

If you're in the Department of Sport Science, you live for movement, teamwork, and good energy. You're equally passionate about physical fitness and well being, and you believe that balance between mind and body is the key to success. You're a true team player in everything you do, always encouraging others and spreading positivity. For you, sport isn't just a hobby, but a lifestyle that teaches perseverance, discipline, and joy.

Psychology department

If you're in the Psychology Department, you probably know most of your friends' secrets, everyone seems to trust you with them. You love gossip and are naturally drawn to it, but only because people naturally confide in you. You turn drama into analysis and coffee chats into experiments. You're a good friend who knows how to listen, understand, and give solid advice. You're also an Owala warrior, never going anywhere without your trusty water bottle. You study the mind, sip your water, and somehow keep everyone around you emotionally balanced.

Department of Technology

If you're in the Department of Technology, you think in systems, codes, and solutions. You're a logician at heart, believing in science over superstition. You love all kinds of podcasts, and if you weren't studying this, you'd probably have your own. Fueled by coffee and driven by precision, with just a hint of competitiveness, you're always ready to fix, improve, or find a smarter solution. You're the one everyone calls when something breaks — and you always show up with both a solution and a good sense of humor.

Computer Science Department

If you're in the Computer Science Department, you're probably awake at ungodly hours, a Monster Energy in hand. Sleep is optional, but solutions are essential. You use AI for everything, from coding to deciding what's for dinner. You think in logical order, speak in commands, and find beauty in a perfectly written program. You live for new tools, fresh ideas, and constant challenges. You're not just a computer science student, you're a creative mind powered by caffeine.

Department of Engineering

If you're in the Engineering Department, you love anything with wheels, engines, or electricity. You could spend hours debating why cars were better before computers took over, and you often lose yourself in the smallest details. You're a perfectionist, nothing can be "almost done" , it has to be perfect. You only use pencils, because good ideas need to be erasable and redrawn. And, of course, your competitive streak is always there, whether it's a group project or a heated car debate, you're determined to win, calculations in hand.

Department of Business and Economics

If you're in the Business and Economics Department, you're everyone's worst nightmare in Monopoly. You see opportunity on every corner and negotiate deals like a pro. You're incredibly hardworking and determined, always pushing toward your goals — whether that's acing an exam or building a future empire. Beyond the numbers and Excel sheets, you're a true dog person — loyal, reliable, and always ready to lend a hand. You mix ambition and humor into the perfect formula for success.



Do good this Christmas and give an extra gift that brings joy

About the Give an Extra Gift project

Sara Lind Finnsdóttir
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Kringlan's gift collection, Give an Extra Gift, has begun! Just like in previous years, a giant Christmas tree has been placed in the middle of Kringlan, where people can do good and leave a gift underneath.

The Mothers' Aid Committee, the Family Aid of Iceland, and Kringlan's Relief Fund are then responsible for distributing the gifts to families in need in Iceland who require assistance.

The tree is located on the first floor of Kringlan in front of Lyfja, where you can wrap and label gifts. The gifts are labeled with the appropriate gender and age for which the gift is best suited.

A few years ago, Kringlan decided to make it possible to give an extra gift through the Kringlan website. It works by selecting an amount to donate, and Kringlan's so-called Christmas elves take care of buying gifts for the amounts collected, wrapping them, and finally delivering them.

This online option gives more people the opportunity to give an extra gift, as you don't have to be there in person or worry about what to buy.

Donations are accepted under the tree and at kringlan.is until St. Thorlak's Day. We, on the editorial board of Háskólablaðið, encourage everyone who can to give an extra gift this year.



Photo/mbl.is/Arnþór Birkisson

The best gifts in 2025!

Emilia by Ragnar Jónasson
From FORLAGIÐ
7.290 kr.

Coco Colada Shea sugar scrub
From HAGKAUP
3.499 kr.

Bose SoundLink Flex II mini speaker
From ELKO
25.895 kr.

Gjafasett BEFORE SLEEP
From EPAL
7.900 kr.

Jodis Lexi shoes
From KAUPFÉLAGIÐ
24.995 kr.

Jodis Denise by Andrea Röfn
From KAUPFÉLAGIÐ
24.995 kr.

Cake plate- Fountain white
From EPAL
14.500 kr.

Owaka bottle
From AKKURAT
5.900 kr.

Ooni Koda gas pizzaoven
From ELKO
59.994 kr.

Farmers Market - Barðastaðir socks
From DÚKA
3.500 kr.

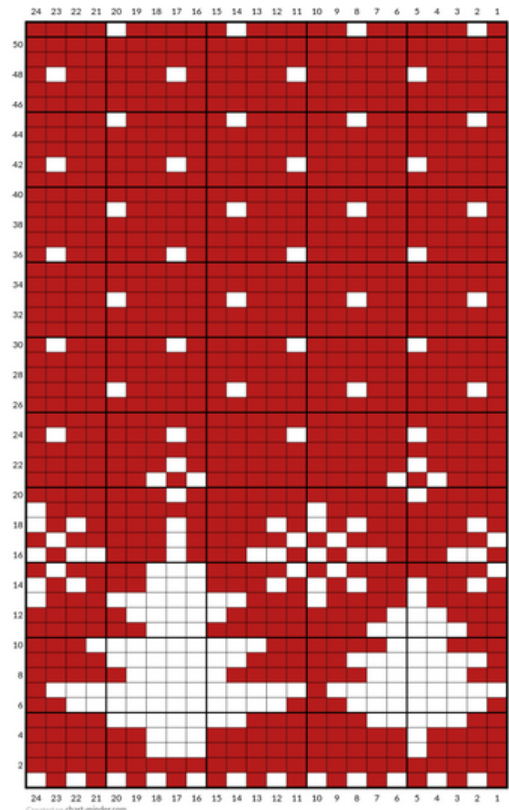
RAVEN purse
From FELDUR
20.500 kr.

Pöbbkviss 5
From HAGKAUP
6.999 kr.

Silva Strive 10 runners vest
From FJALLAKOFINN
19.995 kr.

Pick up your knitting needles this Christmas

Give a homemade Christmas gift



There are few things cozier than using the quiet moments of the Christmas holidays to knit, whether it's to relax, create something beautiful, or delight someone with a handmade gift. A homemade hat is the perfect Christmas present; warm, personal, and unique, just like the person who receives it.

This knitting pattern is simple and fun to follow. By choosing finer or coarser yarn, you can easily adjust the size of the hat to your taste and needs, making a smaller hat from thin yarn or a thick and warm one for the coldest winter days.

The pattern also works well in other projects, such as sweaters. This way, you can play around with it and create your own version of a classic winter pattern that will stay with you long into the new year.



Yarn: Sandnes - Smart, superwash
Needle size: 3 and 3.5, either short circular needles or 5 double-pointed needles.
This hat used 1.5 skeins of red and just under half a skein of white.

Method:
Using white yarn, cast on 120 stitches on size 3.5 needles. Knit 5 rounds in stockinette stitch. Switch to size 3 needles and knit 12 rounds in ribbing (or as desired). Knit one round in stockinette stitch with red yarn and then begin the pattern. Knit the pattern until the hat measures 18 cm, including the ribbing. Divide the hat into four equal parts, with 30 stitches in each quarter. Decrease at the joints between the parts. In each round, knit three stitches together as follows: Slip the middle stitch in front of stitch 2 so that the middle stitch always lies on top and in the center of these three, which are then all knit together. This way, 8 stitches are decreased in each round. Continue until 8 stitches remain (e.g., 2 on each needle), then pull the yarn through all of them and fasten off. Weave in the ends, wash, and let the hat dry flat.

Christmas events:

Emmsjé Gauti's Julevenner
The IR hall
Tix.is

Brunaliðið - Christmas Concert
Harpa
Tix.is

Bubbi's St. Thorlac's Day Concert
Multiple locations
Tix.is

Baggalítur's Christmas Concert
Háskólabíó
Tix.is

Come for Christmas
Harpa
Tix.is

The Three Wise Men 3 2025
Harpa
Tix.is

Ari Eldjárn: New Year's Comedy
Multiple locations
Tix.is

Christmas with Létsveitinni
Langholtskirkja
Tix.is

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<https://sfhr.is/haskolabladid/>

Ensk útgáfa blaðsins
English version of this paper



Framtíðin er mótuð úr hreinu áli

Hjá Norðuráli horfum við alltaf fram á veginn. Við vinnum með málmi sem er bæði sterkur og sveigjanlegur – og þannig lítum við líka á mannauðinn okkar. Til að takast á við áskoranir framtíðarinnar þurfum við fólk með fjölbreytta hæfni, ólíkan bakgrunn og ný sjónarhorn.

Við vitum að það er ekki starfsheitið sem skilgreinir þig, heldur hvað þú kannt og hver þú ert. Fjölbreytt hæfni, sveigjanleiki og ólíkar aðferðir til að leysa verkefni gera okkur sterkari – og það er einmitt það sem framtíðin krefst.

Þess vegna leggjum við áherslu á að rækta hæfileika, gefa pláss fyrir skapandi hugsun og hvetja fólk til að vaxa í starfi. Í því felst meðal annars að styðja við nýja kynslóð háskólamenntaðs fólks sem vill hafa jákvæð áhrif í heiminum. Því framtíðin er ekki föst í titlum – hún byggir á hugviti, seiglu og samvinnu.