

Shaking the Habitual

Newsletter from the project meeting in Reykjavík 13.-15.9. 2017

The last meeting of the Erasmus+ project *Shaking the Habitual* was held in Reykjavík on the 13.-15.9.2017. The theme of the meeting was *How are bodynorms created and recreated in schools and society and how do we counteract the bodynorms in schools?* This theme was reflected in presentations during the meeting.

Present at the meetings: Crister Carlsson (Härryda), Annika Gry (Härryda), Maria Stendahl (Härryda), Erika Grindberg Bentley (Härryda), Heidi Järvelainen (Härryda), Siv Jirblom (Härryda), Lotta Lundqvist (Härryda), Cristian Fabbi (Guastalla), Simone Armini (Gustalla), Lotta Rajalin (Nikolaigården/ Egalia), Ana Rodriguez Garcia (Nikolaigården/ Egalia), Lucas Ternestål (Nikolaigården/ Egalia), Nathalie Blad (Nikolaigården/ Egalia), Jensína Edda Hermannsdóttir (Hjallastefnan) and Kristín Cardew (Hjallastefnan) who wrote this newsletter.

Wednesday, 13th of September. We met at Laufásborg for lunch at 11:30. We were a bit delayed due to late arrivals so we had to change our program slightly. We didn't have time to go through the presentations of the focus theme so we moved that to Friday. Our first presentation at 13:30 was *What is the Hjalli model?* by **Margrét Pála Ólafsdóttir** the manager and author of the Hjalli school model. After a coffee break (15:30-16:00) **Hanna Björg Vilhjálmsdóttir**, pioneer and feminist gave her presentation *The Importance of Gender Equality in Education*. We finished at around 18:00.



Thursday, 14th of September. At 9 o'clock we drove out of Reykjavík to **Sólheimar in Grímsnes** <http://www.solheimar.is/en/solheimar/> Sólheimar is a sustainable eco community founded in 1930 by **Sesselja Hreindís Sigmundsdóttir** (1902-1974). We had a short introduction by Margarita Hamatsu and a tour of Sesseljahús and its permanent exhibition *Clean Energy – A Better World*. After that we had a tour of the village and looked at the workshops. At 11:30 we had lunch at Græna Kannan (The green jug café) where the food was mostly made from ingredients grown at Sólheimar and the bowls and cups made in the workshops.



After our visit to Sólheimar we drove to the valley **Reykjadalur** (Steam Valley) in the vicinity of Hveragerði town. The valley's characteristics is the geothermal activity and its hot river where we

bathed. Dinner at Fjöruborðið, lobstersoup and homemade bread <http://www.fjorubordid.is/> and back to Reykjavík after a long day.

Friday, 15th of September. Pick up at 8:15 at Laufásborg to go to Kristín's home where each partner addressed the key theme *How are bodynorms created and recreated in schools and society and how do we counteract the bodynorms in schools?*



Then **Sigrún Daniélsdóttir**, psychologist and activist had her presentation on *Body respect in youth* at 11:00. After that Simone talked about the book and we decided that all articles should arrive by the end of October. The group talked about our experience with the project in general and how we see the future, i.e. whether we see ourselves going on with it and how.

