

Jaquie Heggen

<https://www.youtube.com/watch?v=-k0ayxTbS98>

Throughout my time in Iceland, I asked the essential question: How do Icelanders interact with the environment and each other. I learned that Icelanders are more aware of their personal impact as well as the impact the environment has on the community. In my short video essay, I highlight key aspects of Iceland's awareness of surroundings and compare Icelandic culture to the culture at the University of Northern Iowa. Icelandic mindfulness acknowledges the influences natural resources, animals, and people have on the community. The balance of maintaining natural resources while restoring an economy revealed Iceland's core values. The unitization of ecotourism not only saved their economy, but helped to further protect landscapes in the area. Maintaining core values while preserving through adversity was a trait that I personally related to and closely admired in Icelandic CrossFitters like Annie Thorisdottir and Katrin Davidsdottir. My inspiration for the video essay was to capture the 3 main aspects that I admired from Iceland- The preservation of land, the protection of Icelandic horses, and the awesomeness of Icelandic CrossFit athletes. The juxtaposition between Icelandic mindfulness and the lack of recognition at UNI, created a unique opportunity to learn more about historical landmarks on campus, clubs associated with the environment, and the social atmosphere at UNI. After traveling to Iceland and creating the video, I am more aware of my personal impact on the environment and as well as the role I play in the community. I hope to continue the awareness of my surroundings and advocate for the preservation of natural resources in the community.