

Electives at Landakotsskóli

School year 2025-2026

Electives at Landakotsskóli

In grades 8, 9 and 10 students in both the Icelandic department and the international department choose subjects that suit their interests. The electives are part of the students' compulsory education.

Electives at Landakotsskóli are diverse and provide both theoretical knowledge and practical skills. In their electives, students have the opportunity to learn about new subjects, deepen their knowledge in their chosen field and develop creative thinking.

Increased freedom of choice allows students to personalise their studies and develop their own interests, broadening their horizons and gaining maturity in their studies.

Students keep a diary and portfolio of all electives they take. The emphasis is on students documenting their experiences and communicating them in words and pictures. The portfolios and achievements and artefacts will be presented at an exhibition at the school at the end of the year.

Electives at Landakotsskóli

It is important for students and parents to read carefully and understand what is on offer. There are a wide range of subjects on offer and a different selection of courses are available each year.

It is important that students choose courses carefully based on their own interests. The choice should be based on the interests and needs of each individual.

Teachers from both the Icelandic department and the International department offer elective courses, and students from both departments come together in these electives, mixing across classes and year groups.

Teaching takes place either in Icelandic, English, or both languages.

The school counsellor provides guidance on course selection, and students can also seek advice from their homeroom teachers and school administrators.

Electives (VAL) at Landakotsskóli

Students choose all their electives for the whole year in autumn, VALs are taught in three 10-week sessions over the course of the school year.

Session 1 - 9th September – 14th November

Session 2 - 25th November – 19th February

Session 3 - 10th March – 28th May

Important: Choose carefully. Once submitted, the selection is binding, and it is not possible to change elective subjects after the submission deadline.

VAL I, VAL II, VAL III – Elective categories

Electives are designated as follows:

Category	Structure	Teaching times	Number of electives that should be chosen in each sessionlotu
VAL I	Taught before 14:00	12:40 - 14:00 on Tuesdays and Fridays	Two electives per session. One on Tuesday and one on Friday.
VAL II	Taught after 14:00 in Landakotsskóli	14:10 – 15:30 (day it takes place in course description)	Up to two subjects (9 th and 10 th grade students can only choose subjects taught on Mondays)
VAL III	Activity outside school	Participation in private extra-curricular activities can be counted in elective hours (slide 8)	Up to two activities. Extra curricular activites must be confirmed by the school and replace the Val II options (not needed for 9 th or 10 th grade students see slide 8)

Students in 8th grade must choose four electives in total, two in VAL I and two in VAL II or VAL III

Students in 9th or 10th grade must choose two electives in total, both from VAL I, they may additionally choose on VAL II option that takes place on Mondays

VAL I

Taught 12:40-14:00 on Tuesdays and Fridays,

Each elective is two consecutive teaching periods per week (80min).

Students should **choose two electives from VAL I** for each 10 week session.

VAL II

Taught from kl. 14:10 – 15:30,

One elective is two consecutive teaching periods (80min).

Students in 8th grade **choose up to two electives from VAL II** in each session.

- 8th grade students can choose to replace VAL II with activities that take place outside of school on a regular basis (see slide 8)

Students in 9th and 10th grade **may choose to participate in a Monday VAL II** in each session.

- 9th and 10th grade students are **not required** to participate in VAL II because their extended day for IGCSE studies already covers the required hours.

VAL III (Activities outside school)

Recognition of participation in out of school activities

Students in 8th grade can be credited with up to four teaching periods (160 min) per week in outside school activities – the equivalent of two VAL II classes.

These students do not need to select a VAL II option. They still need to choose two choices from VAL I.

Activities outside school take place after the end of the school day at 14:00. Note that parents and guardians are responsible for any costs related to these activities.

The school must receive confirmation from the person running the activity that the student attends regularly. This form should be completed to confirm this: [Umsókn um val utanskóla — Landakotsskóli](#)

The following may be credited as VAL equivalents:

- Part time work (if applicable)
- Regular participation in
 - Clubs (e.g. scouts)
 - Organised sport
 - Organised voluntary work
 - Organised courses outside the school syllabus, e.g. studying at high school level, art school, performing arts or music school

Electives at Landakotsskóli

Please note that the school cannot guarantee that all students' preferences for electives can be accommodated, but every effort will be made to meet students' wishes where possible.

Students are therefore asked to rank their elective choices in order of first, second, and third preference — for VAL I on Tuesday and for VAL I on Friday. It may be that a student's first choice is full or cancelled, in which case their alternative choices will be considered instead.

- Please note that 10th grade has priority when selecting electives, followed by 9th, and finally 8th.
- **Disclaimer:** The school reserves the right to withdraw an elective course if there is insufficient interest. Care will be taken to ensure that class sizes remain manageable for each subject.

VAL I

Overview of electives 2025-2026

- Art, drawing and design
- Calligraphy – Scriptorium
- Comic Book Creation
- Creative Writing
- Design and Woodwork
- Documentary film making
- Drawing, oil painting and water colour painting
- Electronic music
- First LEGO League
- Garage band

VALI

Overview of electives 2025-2026

- Graphic design – 3D design
- Helping with younger students
- Let's Take París
- Model UN
- Philosophy and Critical Thinking
- Spanish
- Sports
- Video for teenagers' annual party
- Yearbook

VAL II

Overview of electives 2025-2026

- Art, Drawing and Design
- Chess
- Skrekkur – preparations to participate in the Skrekkur performing arts competition
- Maths I
- Maths 2
- Maths 3
- Tækniskóli

VAL I

Art, Drawing and Design

In the first part of the course, students will explore a variety of approaches in art and creativity, examining how to work with different techniques and materials in artistic creation.

In the second part of the course, students will work on a personal project, drawing on what they have previously learned about art, drawing, and design.

Teacher: Cindy Leplar.

Taught: Tuesdays, sessions 1, 2, 3.

Language: Teaching in English and Icelandic

VAL I

Calligraphy - Scriptorium

Participants learn calligraphy (sometimes referred to as decorative handwriting), the art of writing beautifully. Students learn the fundamentals of calligraphy and choose their own style to use in a final project.

Calligraphy forms the basis of Western script and is connected to all forms of lettering, from typography and graphic design to street art.

In this course, students have the opportunity to focus on their own projects, immerse themselves in the subject, and work at their own pace

Teacher: Guy Conan Stewart.

Taught: Fridays, sessions 1, 2.

Language: Teaching is in Icelandic and English.

VAL I

Comic Book Creation

Students learn to work with visual storytelling, develop skills in character creation, narrative structure, and techniques for bringing comics to life.

Using pencil and ink, students create a comic that could be published either in print or online

Teacher: Guy Conan Stewart.

Taught: Fridays, session 3

Language: Teaching is in Icelandic and English

VAL I

Creative Writing

What is an author? How do authors think? How do authors create their stories? In this elective, questions like these will be explored, unlocking creativity and imagination. Character creation, fictional worlds, and suspense will be at the forefront.

We will read, reflect on, and discuss various works of fiction and novel excerpts to better understand the author's thought process and to learn from it. We will also try our hand at writing our own pieces of fiction.

Note: This course will involve a fair amount of writing, whether on a computer or by hand, and extensive reading. We encourage those who enjoy writing stories and who imagine creating entire films in their minds to participate.

And remember: If musicians learn by playing the songs of others, why shouldn't authors learn by writing like their favourite writers? We all start as beginners.

Teacher: Andri Pétur Dalmar Dagnýjarson.

Taught: Fridays, session 3.

VAL I

Design and Woodwork

In this elective, upper-grade students have the opportunity to use their experience and knowledge from the woodwork to design and build their own projects. Under the guidance of a teacher, each student chooses what they would like to design and create.

We place emphasis on encouraging students' initiative and giving them the freedom to turn their own ideas into reality.

Kennari: Friðrik Steinn Friðriksson

Taught: Tuesdays, sessions 1, 2, 3.

VAL I

Documentary Film Making

Documentary filmmaking is a fun and creative way to explore the world around us, understand different perspectives, and view our surroundings through a new lens.

The course will cover various aspects of documentary production, including filming, sound editing, video editing, interview techniques, ethics, and the responsibilities of the filmmaker.

Teacher: Karna Sigurðardóttir.

Taught: Tuesdays, sessions 1 and 2.

VAL I

Drawing, oil painting and water colour painting

Students work independently on their own projects. They receive training in working from specific prompts and in finding personal approaches to interpretation and problem-solving.

Students work with different media, with an emphasis on exploring perspective and investigating the possibilities of various materials and methods in composition. They use different drawing and painting techniques with a range of tools to explore texture and effects — such as pencils, charcoal, markers, pastels, oil paints, acrylic paints, gouache, ink, and watercolours.

Teacher: Louise Harris.

Taught: Fridays, sessions 1, 2, 3.

Language: English

VAL I

Electronic Music

Students learn about the different methods for creating electronic music. We will explore the history of electronic music and the technology behind it, experiment with synthesizers and samplers, and learn how to record and work with sounds from the environment.

Finally, students will learn to use music production software, enabling them to create their own music from scratch.

Teacher: Kristín Anna Valtýsdóttir.

Taught: Fridays, session 2.

VAL I

First LEGO League

This course involves solving challenges and competing in the **First Lego League** on 8th November at the University of Iceland. First Lego League is an international Lego competition involving over 600,000 young people in 110 countries worldwide.

Up to 10 students can participate, with a strong emphasis on teamwork. Each team:

- Designs and programs a LEGO robot to solve that year's challenges in the robotics competition.
- Takes part in an innovation project by exploring and solving real-world problems related to the annual theme.
- Builds strong team spirit and sportsmanship.

The course is suitable for motivated, solution-focused students who wish to experience teamwork, explore new topics, and engage in innovation.

Teacher: Sinead McCarron

Taught: Tuesdays and Fridays, session 1.

Language: Teaching is in English

VAL I

Garage Band

The music scene in Iceland is driven by grassroots bands, which often begin in garages and basements where members learn to play together by performing covers and composing original music.

In this elective, we will come together as musicians to choose songs to cover and experience what it's like to play with others. We will get to know our instruments better, learn to communicate like performers, and try playing additional instruments if there is interest. We will use the instruments available at the school, or students may bring their own. We will also explore software that helps us practise and collaborate.

The focus will be on live performance and staging concerts during the term.

Teacher: Andri Pétur Dalmar Dagnýjarson

Taught: Fridays, session 1.

VAL I

Graphic Design – 3D design

Students gain knowledge in the use of software such as Adobe Creative (Illustrator, Photoshop, InDesign, Animate) and 3D Blender. They acquire basic knowledge and skills in image editing, working with computer graphics, and learning to create 3D drawings on a computer.

Students may also use this course to gain experience in animation and image processing.

They will have the opportunity to visit places such as FabLab in Breiðholt to explore how to develop their own projects using 3D printing, laser cutting, lino-cutting, or other techniques.

Teacher: Sinead Aine McCarron

Taught: Tuesdays, sessions 2 and 3.

Language: Teaching is in English.

VAL I

Helping younger students

Students in the upper grades assist younger students and teachers at the early years classes at Landakotsskóli.

Assistance may involve various tasks assigned by the relevant class teacher, such as participating in games, reading to younger students, accompanying them on field trips, and more.

Students may work with the classes in either the Icelandic Department or the International Department.

Objectives:

- To enable students to become familiar with and take part in the school's work with our youngest learners under the guidance of a teacher.
- To give students the opportunity to enjoy time with children and develop skills in working with preschool-aged children and early primary school students.

Teacher: Homeroom teachers of younger students

Taught: Tuesdays and Fridays, sessions 1 ,2, 3 .

VAL I

Let's Take Paris

This course is for students who have a strong interest in learning more French. Students are expected to be active and engaged in lessons.

It is taught throughout the school year and concludes with a trip to Paris. The course focuses on preparation for the Paris trip. Students will prepare presentations for their classmates on locations that may be visited, such as the catacombs beneath Paris, the iconic Eiffel Tower, Le Marais, and other sites we come up with.

As a reference, we will use the book *“24 heures à Paris, une journée, une aventure”*. We will work on reading comprehension, listening skills (including songs related to the sites or the history of Paris), writing through keeping a travel journal, and speaking practice. We may also correspond with schools in Paris.

The trip is planned for around the last weekend in May or during theme days.

Note: This course includes homework.

Available to: 9th and 10th grades.

Teacher: Solveig Simha.

Cost: 150.000 -170.000 krónur. Fundraising opportunities available (discussed later).

Taught: This is a whole-year val (it takes place in all three sessions) on Fridays

VAL I

Model UN

The Model United Nations (also known as Model UN or MUN) gives students the opportunity to act as ambassadors for different countries.

Participants take on the roles of the United Nations, select countries, represent their positions at an imaginary UN assembly, and seek ways to resolve international issues (topics from the Security Council and the General Assembly are the most popular).

Here, students have the chance to practice debating while also following the rules of a United Nations assembly. How formal the sessions are is up to the students themselves.

<https://una.org.uk/get-involved/learn-and-teach/model-un-portal>.

Teacher: Bekka Lochsa Ashcraft

Taught: Tuesdays, sessions 2, 3.

Language: Teaching is in English

VAL I

Philosophy and Critical Thinking

The aim of this course is for students to understand the importance of critical thinking in relation to environmental literacy, today's flow of information, and our own as well as others' opinions and ideas.

Students learn to use this training to build their own perspective rather than tear down the views of others, and to appreciate the importance of each individual being part of society as a whole and taking responsibility for their own stance and arguments.

We will read short texts from the history of philosophy and place the theories of philosophers in the context of modern times and everyday life.

- Listen carefully, reflect with integrity, ask questions to deepen understanding -

Teacher: Dýrleif Dögg Bjarnadóttir

Taught: Tuesdays, session 3.

VAL I

Spanish

In Spanish, students learn to communicate in simple situations, practise listening skills, and work on pronunciation. They will learn to use the basics of Spanish grammar and acquire a broad vocabulary.

The course also covers Spanish and Latin American culture, including learning about Spain and Latin America, watching Spanish/Latin American films, and exploring Spanish/Latin American music

Teacher: Madeleine Adeline C. Boucher.

Taught: Tuesdays, sessions 1 and 2, on Fridays in session 3.

Language: Teaching is in English (and Spanish).

VAL I Sports

In the sports elective, classes are held at KR (Knattspyrnufélag Reykjavíkur facilities) and in the outdoor area by Landakotsskóli. The emphasis is on general, varied physical exercise. Students learn the basic skills of fitness training for health benefits: improving endurance and strength, gaining knowledge about their own body and abilities, planning and using exercises.

Students learn how to use equipment in the gym, weights, and other related gear, as well as doing exercises in the sports hall and outdoor areas.

The teaching is mostly practical, but the theoretical part takes place in the classroom, where topics related to nutrition, lifestyle, and the body are covered. Students also go on visits, e.g., to the climbing gym (*Klifurhúsið*).

It is necessary for students to come to class wearing appropriate clothing and footwear.

Teachers: Borche Ilievski and Antoine Boris Pierre Méra.

Taught: Fridays, sessions 1, 2, 3.

Language: Taught in Icelandic and English.

VAL I

Video for Teenagers' Annual Party

The aim of this elective is to create a video that will be shown at the school's annual celebration, held in the spring.

Students work together as a team to produce the video. They develop teamwork skills and shape the project collaboratively. Students plan the workflow and assign roles, such as scriptwriting, filming, sound editing, graphic design, and acting in the video.

The aim is to create something together — something fun, original, and memorable that will serve as a lasting memento of their time at Landakotsskóli.

Available only to: 10th Grade students in the Icelandic and International Departments.

Teacher: Sinéad McCarron .

Taught: Fridays, session 2.

Language: Teaching is in English

VAL I Yearbook

Students work on the Landakotsskóli yearbook, collecting and editing articles, photographs, and other engaging content. The yearbook is published in the spring and sold to the school's students.

Students design two editions: one yearbook for the upper grades (Grades 8–10) in both departments, and another for the younger grades, from KG to 7th grade.

With support, students learn to work collaboratively on the production of the yearbook. Yearbook students work in teams on editing, writing, photography, design, and illustration. They gather all information and photographs of every student in the school for the editions, learn to present content and visuals in an organised way, and prepare the book for printing.

Available only to: 10th Grade students in the Icelandic and International Departments.

Teacher: Jennifer Thompson

Taught: Yearbook is a whole-year val (taking place in sessions 1, 2 and 3) and taught on Tuesdays

Language: Teaching is in English

VAL II

Art, Drawing and Design

Students can select this VAL in addition to or instead of the VAL I art classes

In the first part of the course, students will explore a variety of approaches in art and creativity, examining how to work with different techniques and materials in artistic creation.

In the second part of the course, students will work on a personal project, drawing on what they have previously learned about art, drawing, and design.

Teacher: Cindy Leplar.

Taught: Wednesdays, sessions 1, 2, 3.

Language: Teaching in English and Icelandic

VAL II

Chess

Students receive chess instruction, practise playing, and prepare for competitions. In recent semesters, a strong chess culture has developed in school, with the school fielding large and competitive teams in events such as the Reykjavík Schools Chess Tournament.

Teacher: Gauti Páll Jónsson.

Taught: Chess is in each session (1, 2, 3) and taught on Fridays

VAL II

Skrekkur – preparation to participate in the Skrekkur performing arts competition

Skrekkur is an annual talent competition for compulsory school students in Reykjavík, with participants competing as representatives of Landakotsskóli.

Students receive training in improvisation, teamwork, voice projection, physical expression, scriptwriting, music creation, character development, organising their work, exploring the technical aspects of performing arts, and reflecting on their own talents in a spirit of collaboration and creativity.

There is a significant time commitment around the performance, partly outside the regular school timetable. It is important that students attend all rehearsals, including those held outside school hours.

Skrekkur is an after-school elective and takes place once a week from 14:10 to 15:30. Students from both the Icelandic Department and the International Department participate.

Teachers: Solveig Simha og Guy Conan Stewart.

Taught: Session 1.

Languages: Icelandic and English.

VAL II Maths 1

Note – this course is based on the Icelandic curriculum and taught in Icelandic – it is not generally suitable for international students

The course is based on the preparatory textbook *Mathematics 1*, published by Iðnú, which serves as the foundation for mathematics in Grades 8, 9, and 10.

It is suitable for students in Grades 8 and 9 who are strong in mathematics and interested in further challenges by taking a secondary school-level mathematics course next year.

It is also a good option for Grade 10 students who wish to strengthen their skills in mathematics and are willing to commit to more intensive work.

Teacher: Höskuldur Marselíusarson.

Taught: This elective is taught in all three sessions (1,2,3) on Fridays

Language: Icelandic

VAL II

Maths 2

Note – this course is based on the Icelandic curriculum and taught in Icelandic – it is not generally suitable for international students

The course covers the material of the basic mathematics course at Menntaskólinn í Hamrahlíð (MH). The first MH mathematics course, *STÆR2AA05*, is taught over the course of one year and concludes with an exam at MH in the spring. The results can count towards credits for the Icelandic matriculation exam (*stúdentspróf*).

This course is well suited for those who have already completed Mathematics Elective 1, as well as for Grade 10 students with a strong foundation who are prepared to put in a significant amount of work.

Teacher: Höskuldur Marselíusarson.

Taught: This elective is taught in all three sessions (1,2,3) on Fridays

Language: Icelandic

VAL II

Maths 3

Note – this course is based on the Icelandic curriculum and taught in Icelandic – it is not generally suitable for international students

The second mathematics course at Menntaskólinn í Hamrahlíð (MH), *STÆR2BB05*, is normally taught in the spring semester there. At Landakotsskóli, it is taught over the course of one year and concludes with an exam at MH in the spring. The results can count towards credits for the Icelandic matriculation exam (*stúdentspróf*).

It is recommended to have completed Mathematics Electives 1 and 2 beforehand.

Teacher: Höskuldur Marselíusarson.

Taught: This elective is taught in all three sessions (1,2,3) on Fridays

Language: Icelandic

