

Reflection of Reykjalundur from a Canadian Occupational Therapy Student

Hi, my name is Christy and I am an Occupational Therapy student from Calgary, Alberta in Canada! I was lucky enough to spend 7 weeks here at Reykjalundur, and it was the most magical experience. I feel so lucky to have spent this time here, and I had so much fun. Iceland has been so beautiful, and the people here have made this experience so fulfilling. The landscape of this country is so unique and is something I will never forget. I plan to come back as soon as possible!

Occupational Therapy in Canada and Iceland share the same fundamental goal – to help people get back to doing what they love. One of the main differences here is the focus on regulating individuals so they can live more in their bodies and less in their heads. I think this can often be overlooked in Canadian practice, as the focus for individuals is often productivity through return to work. Additionally, the emphasis on *doing* and community was also something I have noted. This seems obvious as I type it out, but as Occupational Therapists, our jobs are to ensure that treatment is a two-way street which was a balance I found quite easy to meet here in Icelandic practice. It has been incredibly fulfilling to watch clients find joy in an activity they never thought they would like and for them to see the joy in their faces as they take in a product of their own hard work.

Now that my time here as an Occupational Therapy student is coming to a close, I am so excited to return home and implement all of these fantastic ways of practicing into my own career. Finally, I want to extend a heartfelt thank you to all the wonderful Occupational Therapists at Reykjalundur that spent their time getting to know me as a person and being so hospitable during my stay. This experience was made so worthwhile because of these wonderful women, and I will think about them all often in my own pursuits back home. I also want to say thank you to ALL of the staff here at Reykjalundur. You have all been so warm and welcoming... whether it was a smile in the hallways or inviting us on a hike after work. It is bittersweet to leave a workplace with such fantastic people inside. A piece of my heart will be left behind here in Iceland, and I have every intention to come back and leave a bit more the next time!

- Christy Fehr