



Friðrik Jónsson, Ambassador

Professional Experience

- Ambassador of Iceland to Poland, 2024-
- Minister-Counsellor at the Directorate of International Affairs and Policy MFA, 2023–2024
- Desk Officer for the OSCE, Poland, Ukraine, the Caucasus and Central-Asia, MFA, 2023-2024
- President of the Icelandic Confederation of University Graduates, 2021-2023. Concurrently member of the National Economic Council, chaired by the Prime Minister of Iceland.
- Director General for GRÓ, Centre for Capacity Development, Sustainability and Societal Change, 2020-2021
- Senior Arctic Official to the Arctic Council, 2019-2021
- Director for Development Evaluation fall 2019
- Iceland's Representative to NATO's Military Committee 2014–2019, the last year as the Dean, the first civilian to hold that title
- Iceland's representative to the Echelon of National Military Representatives at SHAPE HQ, in Mons, Belgium, 2014-2019
- Advisor to the Executive Director for the Nordic and Baltic Countries on the Board of the World Bank in Washington DC, 2011-2014
- International Security Assistance Force (ISAF) for 12 months, as Deputy Director Development in the stabilization unit (12 months), followed by 6 months as Development Coordinator with the United Nations Assistance Mission Afghanistan (UNAMA), Afghanistan, 2009–2010
- Director, Strategic Planning and Exercises, Iceland Defense Agency, Iceland, 2008-2009.
- Deputy Chief of Mission, Embassy of Iceland, Copenhagen, 2002-2006
- First Secretary and Defense Counsellor, Embassy of Iceland, Washington, 1998-2002
- Ministry's Political, Defense, Trade and Development Directorates, 1996-1998 and 2006-2008



Other Activities

- Chairperson of the MFA Staff Interest Board, 2019-2021 and 2023 -
- Serves as a staff confidant, 2023 -
- During leave from Foreign Service 2021-2023, regular media commentator on national economic issues and the full-scale invasion of Ukraine
- Lead singer of cover band 'Friðrik & friends'

Education

- Post-graduate studies at the Universite Libre de Bruxelles, Belgium, 1994-1995
- Master of Arts Degree in International Relations and Strategic Studies, Boston University Overseas Program for the US Military, 1993
- MBA in International Business, Schiller International University, Heidelberg, Germany, 1992
- BA in International Relations and Diplomacy, Schiller International University, Heidelberg, Germany, 1991

Personal Information

- Married to Mrs. Elinborg Thora Thorbergdottir. They have four children, two grandsons and two hound dogs.
- Born May 8, 1967, in Reykjavik, Iceland. Icelandic citizen. Fluent in Icelandic, English and Danish and has a working knowledge of German.
- Mr. Jónsson counts singing, strumming his multiple guitars, reading, cycling and walking his dogs as his favorite past-times.