

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 14.03.2017 – EMBARKATION MONTEVIDEO



LUNCH BUFFET
TEA, COFFEE & COOKIES
DINNER MENU

RESTAURANT TIMINGS

12:30 – 14:00
15:00 – 17:30
19:00

RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

From 10:00 Check-In

Check in is on deck 3.
Enjoy a coffee or tea in the Café behind the Reception on deck 4.

From 11:30 Do join Expedition Team members in the Panorama Lounge, deck 7 for a welcome drink.

12:15 Mandatory Safety Drill

This will take place in the Panorama Lounge on deck 7, and will finish with a group photo of all passengers on the bow.

Approx. 13:00 MS FRAM

departs from Montevideo. Do join us on deck to enjoy our departure from Montevideo and into the brown waters of River Plate

Shortly after departure we will sail close to the site of the

wreck of the *Admiral Graf Spee*, now completely submerged. Klaus will tell us a little bit about this: listen for announcements.

14:30 Klaus talks about The Battle of the River Plate. This talk will be in German.

16:30 Klaus repeats his talk about The Battle of the River Plate in English.

18:00 Captain's Cocktails. Our Captain Raymond Martinsen would like to welcome you on board and present his officers and the Expedition Team. in the Panorama Lounge, deck 7.

FRAM goes paperless! On your first day you will receive the Daily program in printed version. From tomorrow on you will find the daily information on your cabin's TV

screen as well as in all public spaces. By doing so we avoid unnecessary waste of paper. You will also get all the daily programs at the end of the voyage in digital form. (PDF)

Announcements can be heard in your cabin by choosing channel 1 on your television.

Expedition Jackets will be available for collection over the coming days.

We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery decks. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.

DAILY PROGRAM

WEDNESDAY, 15.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:30
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

09:15 You are welcome to pick up your [Expedition Jacket](#) on deck 2. Please note that we are running short of some sizes, so you may have to take one smaller or larger than normal but we will make sure you are covered.

10:00 Framheim / English
Genna, our ship's photographer, will give you tips to help you take the best photos.

11:30 Framheim / Deutsch
Tom (& Genna, our ship's photographer), will give you tips to help you take the best photos.

14:30 Framheim / English
Please join Jim and Judith for an overview of the voyage ahead and a presentation about the optional excursions.

16:00 Framheim / Deutsch
Please join Jim and Judith for an overview of the voyage

ahead and a presentation about the optional excursions.

17:30 Deck 5 by the elevators
Mile around: Join Pål as he leads a 30 minute, approx. 1 mile (1.6km) long walk around the ship's outer decks, heading from deck 5 up to 8 and back down again.

21:00 Panorama Lounge, deck 7. We invite you to our famous **FRAM - fashion show**, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop on deck 4.

We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 16.03.2017 – AT SEA



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:30
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

09:00 What's outside?

Join Genna on deck 7 aft for spotting – birds, ships, leviathans from the deep... who knows what we might see!

11:00 Framheim / English

Klaus will give a talk on the History of Brazil, including "discovery" by the Portuguese, slavery and development.

12:00 BOOKING DEADLINE FOR EXCURSIONS AND POST PROGRAMMES

14:00 Framheim / Deutsch

Klaus will give a talk on the History of Brazil, including "discovery" by the Portuguese, slavery and development.

15:30 Framheim / English

Please join Jim and Helga for some safety advice for tourists in Brazil and information about our destination for tomorrow, Itajaí.

16:30 Framheim / Deutsch

Join us for safety advice for tourists in Brazil and information about our destination for tomorrow, Itajaí.

17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

19:00 Approximate time of approach to Itajaí.

20:00 Approximate arrival time in Itajaí port. The immigration and customs authorities will come on board and "clear the ship". You are welcome to disembark once we are clear but we recommend against exploring the city on foot after dark.

06:16 Sunrise

18:31 Sunset



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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 17.03.2017 – Itajaí



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:00 - 09:00
12:30 - 14:00
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

08:00 Departure optional
Excursion: *Panoramic Florianopolis Tour*

Judith will call you down to the gangway on deck three once the bus is ready. We recommend you to take a water bottle with you.

09:00 Departure optional
Excursion: *Camboriu Ecological Tour*. Genna and Helga will call you down to the gangway on deck three once the buses are ready. We will provide extra towels in your cabin. Please wear your bathing attire under your clothes. Take with you: hat, sunscreen, sunglasses, insect repellent, closed shoes and a water bottle.

09:00 If you would like to walk with the companionship of fellow passengers, Pål & Klaus will be escorting an exploratory stroll around city, which you can join or leave as you feel like.

For those passengers exploring independently, you can pick up a town map at reception.



13:45 Everyone to be back on board please!

14:00 Fram departs

16:00 Framheim / **English** Please join Judith for some information about our destination for tomorrow, Santos.

16:30 Framheim / **Deutsch** Please join Judith for some information about our destination for tomorrow, Santos.

17:30 Deck 5 by the elevators
The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

21:00 Fruits & Ice Carving

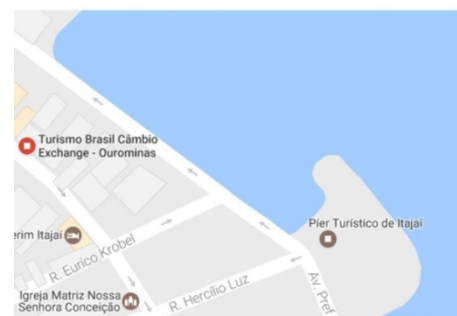
Enjoy the talent of our chefs as they are creating pieces of art out of ice and fruits in the Panorama Lounge on deck 7.

06:17 Sunrise



18:29 Sunset

Closest ATM:



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Please turn page.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SATURDAY, 18.03.2017 – Santos



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:30 - 09:00
12:00 - 14:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Water bottles: Fram likes to be green and we encourage you to reuse and refill your bottles from the water machine in bistro on deck 4 ready for today's outings.

08:00 Approximate Arrival time at Santos

We will berth at *Terminal Marítimo de Passagiros*, a little way from the town and therefore we have arranged a shuttle bus. Pick up a map and time table from reception.

09:00 Departure optional

Excursion: Santos and Orchidarium. Genna and Judith will call you down to the gangway on deck three once the bus is ready.

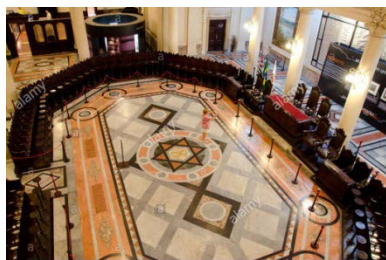
09:15 Departure optional

Excursion: Santos and Street Cars. Pål will call you down to the gangway on deck three once the bus is ready.

09:45 Exploratory stroll through the town with Tom. Together you

take the shuttle bus to downtown and after around 1 h there you will take the shuttle bus again to go to the beach. Enjoy!

For those passengers exploring independently, you can pick up a town map and the shuttle bus plan at reception.



Above: Santos Coffee Exchange

13:45 Everyone to be back on board please!

14:00 Fram departs

If our entry to Santos was too early for you this morning then do enjoy the views during our departure as we wind down the river.

15:30 Framheim / English

What's up in the sky?
With Tom: a talk all about looking skywards: meteorology, Stars and Sand (yes, sand!).

16:30 Framheim / Deutsch Wir beginnen unser 24-Stunden-Polar-Thema mit einer Eisbären-geschichte von Klaus.

17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

21:00 Helga and the Voyages of the Fram / English

Story time with Helga in the Panorama Lounge on deck 7 as she tells all about the explorations of the original Fram.

06:08 Sunrise

18:17 Sunset



DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 19.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Today is a polar themed day where we bring you some of the experiences of the team from their adventures in the far north. Tomorrow we return the focus to the current voyage!

10:00 Framheim / English

Helga presents a talk about her experiences of living in Longyearbyen, Svalbard. At home, high in arctic, with snow, sledge dogs and darkness.

11:30 Framheim / Deutsch

Tom übersetzt Helga's Vortrag über ihr Leben und ihre Erfahrungen in Longyearbyen, der Hauptstadt Spitzbergen's.

10:00 – 12:00 The Captain has offered to open the navigation bridge to passengers. Do drop in, if it gets too busy we may have to ask you come back later. We hope to open the bridge again on other sea days later in the voyage. There are three golden rules on the bridge: no food or drink, keep

the noise down, and please don't touch any of the controls! To find the bridge walk forward on deck six.

15:00 Framheim / English

Pål lived and worked in the scientific station on the tiny Norwegian outpost of Jan Mayen Island: join him as he tells the tale.

16:30 Framheim / Deutsch

Pål hat einige Zeit in der wissenschaftlichen Station auf Jan Mayen gelebt und gearbeitet. Gerne berichtet er Ihnen darüber.

17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

21:00 Movie Night / Framheim "Lion" (2016, 118 min, English)

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometres from home. He survives many challenges before being adopted

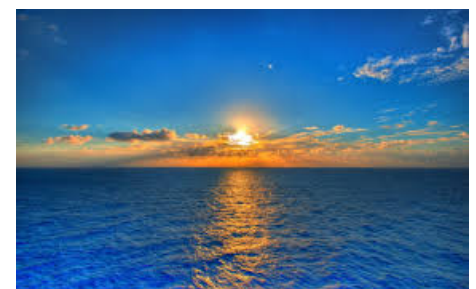
by a couple in Australia; 25 years later, he sets out to find his lost family.

21:00 Filmabend / Polhøgda

"Don Quichote – Gib niemals auf" mit Christoph Maria Herbst (2008, 89 min, Deutsch)

06:08 Sunrise

18:16 Sunset



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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

MONDAY, 20.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

10:00 Framheim / **Deutsch**

Klaus präsentiert Ihnen die *auf dem Land lebenden Säugetiere des Amazonas*.

11:30 Framheim / **English**

Klaus presents a talk about *Land Mammals of the Amazon*.

13:30 Lens Cleaning at the

fireplace, deck 4. Our photographer Genna assist you in cleaning your camera lenses to be ready to go for our next destination.

14:00 Documentary / Framheim /

English *The Blue Planet*, BBC
Documentary about the history of the seas.

14:00 Dokumentarfilm / Polhøgda

Deutsch *Der blaue Planet*, BBC
Dokumentation über die Geschichte der Meere.

15:30 Framheim / **English**

Klaus gives you information about tomorrow's destination: Salvador

16:30 Framheim / **Deutsch**

Klaus gibt Ihnen Informationen über unsere morgige Destination: Salvador.

17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

21:00 We invite you to learn all about **Ropes and Knots** with our AB's. Meet us in the Panorama Lounge, Deck 7.



05:37 Sunrise

17:44 Sunset



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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 21.03.2017 – Salvador de Bahia



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BBQ

06:00 - 07:00
07:30 - 09:00
11:30 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
DECK 7

09:00 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks.

09:45 Framheim / English with German translations

Our ship's photographer Genna offers a photo-related [question and answer session](#) to help improve your photo skills.

From approx. 10:30 Come outside and enjoy the beautiful view of [Salvador de Bahia](#) while the ship takes the pilot on board and sails into the port (arrival approx. 12:00)

At the pier there will be a local guide to assist you in finding the right way, who will also provide city maps.

For those passengers exploring independently we recommend taking the *Elevador* (lift) up to the city center. The *Elevador* costs approx. R\$0,50 per ride and per person. It is safer to take the *Elevador* than to walk around.

12:45 If you would like to walk with the companionship of fellow passengers, Pål & Helga will be escorting an exploratory stroll around Salvador, which you can join or leave as you feel like.

Below: Elevador on the left-hand side



12:45 **Departure optional Excursion: *Historical Tour in Salvador*** Klaus will call you down to the gangway on deck three once the bus is ready. Water will be provided on the bus. Take with you sunglasses, a hat, comfortable shoes and sunscreen.

18:45 Everyone to be back on board please!

19:00 Fram departs

Enjoy the illuminated skyline of Salvador while having **BBQ** on deck 7.

21:00 Pål and Genna's Superquiz

Form teams of 4 – 6 people and test your knowledge of the Amazon, Brazil and the Fram. The winning team gets a prize! Join us in the Panorama Lounge on deck 7.

05:37 Sunrise

17:43 Sunset



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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

WEDNESDAY, 22.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BRAZILIAN BUFFET

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

10:00 Framheim / English

Lecture: Helga presents a talk about *Plastic Fantastic – the plastic pollution in the world's oceans*.

10:00 Polhøgda / Deutsch

Documentary: *Planet Erde – Dschungelwelten* (BBC, 45 min)

11:30 Polhøgda / English

Documentary: *The Living Planet – Jungle* by David Attenborough (BBC, 45 min)

11:30 Framheim / Deutsch

Lecture: Klaus präsentiert einen Vortrag über die *Vögel im Amazonasgebiet*

14:00 Framheim / English

Lecture: Klaus presents a talk about *Birds in the Amazon region*

14:00 Polhøgda / Deutsch

Documentary *Planet Erde – Meereswelten* (BBC, approx. 45 min)

16:00 Polhøgda / English

Documentary *Life in the Undergrowth* by David Attenborough (BBC, 45 min)

16:00 Framheim / English with German translations

Helga und Tom präsentieren *Plastic Fantastic – Die weltweite Verschmutzung der Ozeane durch Plastik*



17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, heading from deck 5 up to 8 and back down again.

21:00 Calvados Tasting

Meet us in the Panorama Lounge, Deck 7.

05:38 Sunrise



17:43 Sunset

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

THURSDAY, 23.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BBQ

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
DECK 7

Today at approx. 05:00 we will reach our furthest East position on the voyage as we round the 'bulge' of Brazil.

10:00 Framheim / English

Lecture: Pål presents a talk about the *Geography of the Amazon*.

10:00 Polhøgda / Deutsch

Documentary: *Planet Erde – Höhlenwelten* (BBC, approx. 45 min)

11:30 Polhøgda / English

Documentary: *The Life of Birds – Finding partners* by David Attenborough (BBC, 45 min).

11:30 Framheim / Deutsch

Lecture: Pål präsentiert die *Geografie des Amazonas*.

14:00 – 16:00 The Captain has offered to open the navigation bridge to passengers once again. Do drop in; if it gets too busy we may have to ask you come back later.

There are three golden rules on the bridge: no food or drink, keep the noise down, and please don't touch any of the controls! To find the bridge walk forward on deck six.

15:00 Framheim / English

Please join Karin for some information about our destination for tomorrow, Fortaleza.

15:30 Framheim / Deutsch

Karin gibt Ihnen Informationen zu unserer morgigen Destination Fortaleza.



16:00 Pål and Genna's Superquiz

Form teams of 4 – 6 people and test your knowledge of the Amazon, Brazil and the Fram.

The winning team gets a prize! Join us in the Panorama Lounge on deck 7.

17:30 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

21:00 Fruit & Ice Carving

Enjoy the talent of our chefs as they are creating pieces of art made of ice and fruits in the Panorama Lounge on deck 7.

10 slides 10 minutes: If you are interested in contributing 10 slides with a 10 minute talk about one of your adventures please sign up at reception. We will program the talks for the day after tomorrow, 25.03. For more details please talk to the ship's photographer Genna.

05:37 Sunrise

17:43 Sunset



Please turn page.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 24.03.2017 – Fortaleza



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BBQ (if weather allows)

06:00 - 07:00
07:00 - 08:30
12:00 - 14:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
DECK 7

07:00 The Fortaleza pilot boards so why not come outside and enjoy the sail into port.

08:00 Approximate alongside time in Fortaleza, home to the eponymous fortress built by Dutch captain Matias Beck in 1649. The location was reclaimed by the Portuguese in 1726. Today we find sandy beaches and thriving handicraft markets here.

08:30 Departure optional Excursion City Tour.

We recommend to wear comfortable shoes and to be prepared for rain showers.

08:30 Departure optional Excursion to Cumbuco Beach.

You will find some extra towels in your cabin tonight. We recommend taking everything with you from bathing suit to rain coat ☺

08:30 First shuttle bus to the city departs, see next page for the full schedule and drop off points.

08:30 If you would like to join Klaus and Tom for a walk of exploration, they will depart on the first shuttle bus.

13:45 All on board

14:00 Sail from Fortaleza



15:00 Framheim / Deutsch Lecture: Klaus präsentiert Fische und Delphine im Amazonas.

15:00 Polhøgda / English Documentary: *Life in the Undergrowth - Supersocieties* by David Attenborough (BBC, 45 min).

16:30 Framheim / English Lecture: Klaus presents a talk about the *Dolphins and the Fish in the Amazon River*.

16:30 Polhøgda / Deutsch Documentary: *Planet Erde – Tiefseewelten* (BBC, approx. 45 min)

17:15 Deck 5 by the elevators The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

From 21:00 Music Themed Quiz & Karaoke Night

The winning team gets a prize! Join us in the Panorama Lounge on deck 7.

10 slides 10 minutes: If you are interested in contributing 10 slides with a 10 minute talk about one of your adventures please sign up at reception. We will program the talks tomorrow, 25.03. For more details please talk to the ship's photographer Genna.

05:37 Sunrise

17:43 Sunset



We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck,

mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can

be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.

Fortaleza Shuttle Bus

08:30 – Port

09:00 – Central Market

09:30 – Praiano Hotel (Meireles beach), Beira Mar Street

10:00 – Port

10:30 – Central Market

11:00 – Praiano Hotel (Meireles beach), Beira Mar Street

11:30 – Port

12:00 – Central Market arrive

12:45 – Central Market depart

13:15 – Praiano Hotel (Meireles beach), Beira Mar Street

13:45 – Port



Central Market

Praiano Hotel for Meireles Beach

MV FRAM

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SATURDAY, 25.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER FILIPINO BBQ

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
DECK 7

09:30 Framheim / Deutsch with English introduction. Klaus starred in a documentary film about the Amazon and we are pleased to have him on board to introduce the film. As you may have noticed we are here in the rainy season and this movie includes footage of how the river changes in the dry season.

11:00 A walking history tour of the FRAM: English / Deutsch
Learn about some of the characters and places associated with our lovely ship and get some exercise at the same time! Meet at the Fram model on deck four.



15:00 Framheim / English & Deutsch, Lecture 10 Slides – 10 Minutes we have two confirmed speakers and may be more will step up!

16:00 Traditional Sea-Day Bingo presented by Jim and Judith, with prizes selected from our shop. We'll play three games; you can have three cards per game. Never played before: come along and try!



Good luck!

17:15 Deck 5 by the elevators
The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

21:00 The legendary FRAM Crew Show

Join us in the Panorama Lounge, still located on deck 7, to be entertained by our talented crew!

Dining with the expedition team.

If you would like to share a table with some members of the expedition team, please sign up at reception. We will send you an invitation; tables will be arranged in your preferred language.

05:37 Sunrise



17:42 Sunset

We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 26.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER SPANISH BUFFET

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

10:00 Framheim / English

Lecture: Helga presents a talk about the tropical rainforest, medicinal plants and deforesting in the Amazon.

11:30 Join Genna and Tom on the outer decks for **cloud spotting**, on behalf of NASA. Genna will fill you in.

13:30 Framheim / English with German translations

Lecture: Helga präsentiert den tropischen Regenwald, Heilpflanzen und die Abholzung im Amazonasgebiet.

15:00 Neptune will come on board to baptise everyone who is crossing the Equator for the first time (and those who did not bring their certificate to prove it.) Follow the noise on deck 5.



17:15 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

In the evening, after dark, we will be at the entrance of the north channel to the Amazon River, which is 200 km wide.

21:00 Judith and Pål's Sing

Along. Join us in the Panorama Lounge on deck 7 and let's sing and swing together.

Our first 10 slides 10 minutes presentation was a great success, so we will have another round of talks coming up soon. If you want to join, please put down your name in the list at the reception.

06:16 Sunrise

18:22 Sunset



We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.

To all passenger and crew on board the MS FRAM

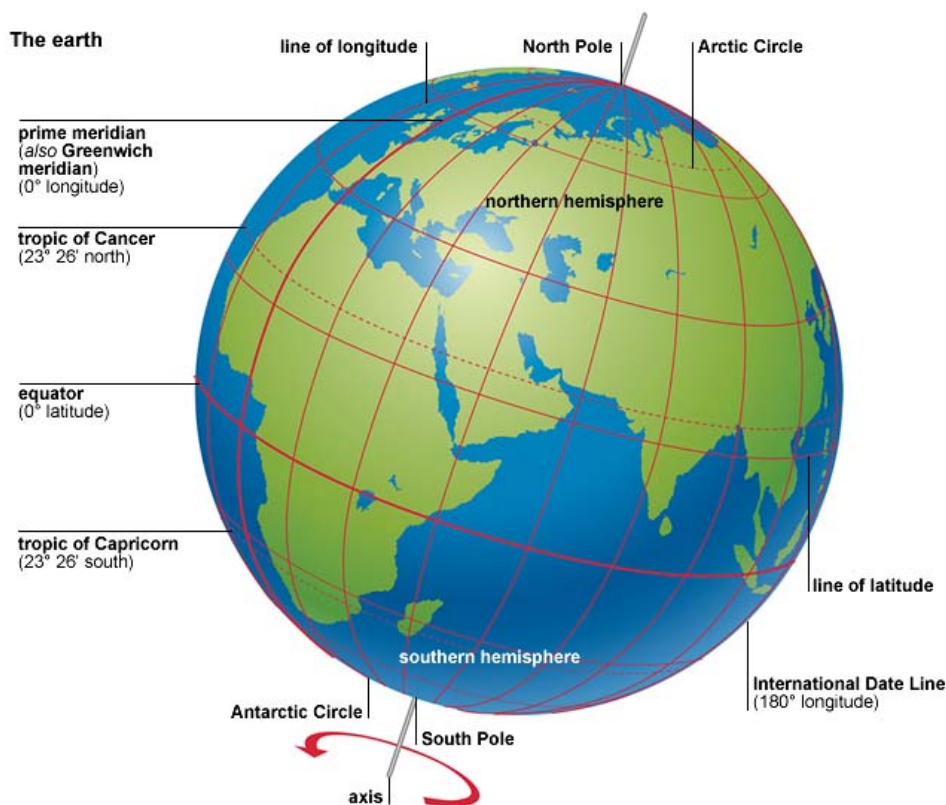
We are now very close to the Equator line (Latitude 00 degrees) and according to old seamen's tradition sailors and others, who can't document that they have crossed the line before, have to be baptized and pay homage to King Neptune and his Royal Court.

The correspondence between Captain and King Neptune is posted on the notice board. A list of persons that shall be baptized has already been sent to the deeps. I expect Neptune and his Royal Court to arrive the vessel at 15:00 LT tomorrow the 26th, however we are in Neptune's hands as far as these arrangements go.

If you, dear passengers, are a Land Crab and need to be baptized, simply be there in time and show some respect to King Neptune and his Royal Court. Remember to put on clothing that can tolerate water!

There are also five or six crew who need to be baptized, and Neptune demands a higher price from those who make their living on the sea....

Good luck!



DAILY PROGRAM

MONDAY, 27.03.2017 – At Sea



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

This morning we expect land to be in sight – early birds we will join you on deck at about 6am!

At around 08.00 we will make a stop at Macapá in order to undertake the clearance process to enter the Amazon and collect our pilot. This could take a couple of hours.



Our lecture programme may be interrupted by sightings and viewing opportunities today: stand by for announcements!

10:00 Polhøgda / English
Lecture: Genna presents a talk all about *Citizen Science*: Small

acts of research and data collection you can undertake and, crucially, receive feedback on your efforts afterwards!

10:00 Framheim / Deutsch / Lecture: Helga präsentiert den zweiten Teil über den *tropischen Regenwald, Heilpflanzen und die Abholzung im Amazonas-gebiet.*

11:30 Framheim / Deutsch
Lecture: Tom presents the *Citizen Science* talk in German.

15:00 Framheim / Deutsch
Tom präsentiert Santarém und unseren morgigen Plan.

16:00 Framheim / English
Tom will give you an introduction to Santarém and our plans for tomorrow.

17:15 Deck 5 by the elevators
The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

21:00 Question and Answer session with our senior officers
Join us in the Panorama Lounge on deck 7 where Captain, Chief Engineer, Chef and Hotel Manager will take your questions about what goes on behind the scenes to keep our ship running.

06:33 Sunrise



18:36 Sunset

We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 28.03.2017 – Santarém



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER SEAFOOD BUFFET

06:00 - 07:00
07:30 - 09:00
11:30 - 13:30
15:00 - 17:00
19:30

BAR, OUTSIDE DECK 7
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Enjoy this morning on the Amazon River surrounded by pristine rain forest. For those early birds searching for coffee and a croissant, an early bird snack trolley will be in the bar between 06:00 & 07:00. We will join you on deck at about 06:00!

09:00 Deck 5 by the elevators

The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.



09:30 Lens Cleaning with Genna.

If you want to get your cameras ready for the stay in Santarém, please join Genna at the "fireplace" on deck 4.

At approximately 10:00 we will sail through *A Meeting of the Waters*, that is the confluence of the brown, sediment rich waters of the River Amazon with the darker, sediment-free Tapajós River. It is a good photo opportunity so do be on deck to enjoy it!"

Approx. 12:00 Arrival in Santarém, a city with a great waterfront promenade and breezy parks. We expect to find a number of handcraft and souvenir stalls close to the pier.

12:30 Tom and Klaus will meet you on the pier to walk together to the two boats (Group A and B) for the optional Excursion: Maicá Lake. Water and fruits will be served on board. We recommend sunscreen, sunglasses, hat, mosquito repellent, rain coat.

Information: Unfortunately the planned walk to the market will not take place. Our local agent has

just informed us that the dolphins are only present in the morning (when the market is open and they are fed). However, there are chances to see dolphins on the boat excursion!

18:30 Brazilian Folklore Show.

A local group of dancers and musicians will come on board to entertain you. Don't miss that highlight! Join us in the Panorama Lounge on deck 7.

19:45 All back on board!

20:00 Fram departs.

06:40 Sunrise



18:46 Sunset

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

WEDNESDAY, 29.03.2017 – At River



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:00
07:30 - 09:00
12:00 - 13:30
15:00 - 17:00
19:00

DECK 7
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

For our early birds coffee and croissants will be available on deck 7 between 06:00 & 07:00. Enjoy this morning on the Amazon River surrounded by pristine rain forest.



Our lecture programme may be interrupted by sightings and viewing opportunities today: stand by for announcements!

09:00 The Mile around: Join Pål for our regular leg stretch on the ships outer decks, if the weather allows.

10:00 Framheim / English Lecture: Tom presents the talk *Fram Exposed* and reveals what is

going on behind the scenes of the ship.

11:30 Framheim / English / Deutsch We present the second part of 10 slides 10 minutes. Interesting talks of your fellow passengers are waiting for you.

14:00 Galley Tour with the chefs. Sign up at the reception. If we have more than 20 people signing up we will do a second group later on.

15:00 Framheim / Deutsch Lecture: Tom präsentiert den Vortrag *Fram hinter den Kulissen* und lüftet einige Geheimnisse.

16:00 Framheim / English Klaus is presenting tomorrow's destination Manaus including disembarkation information.

17:00 Framheim / Deutsch Klaus präsentiert unsere morgige Destination Manaus sowie Informationen zur Ausschiffung.

18:00 Captain's farewell cocktail, Panorama Lounge deck 7. Our Captain would like to take the opportunity to thank you for travelling with us, and invite you for a cocktail in the bar. **Welcome!**

From 20:30 Framheim: We will show continuously the slide presentation of Genna's pictures of this cruise!

You can order the Photo-DVD at the reception until 23:00, available for collection the next morning.

05:48 Sunrise



17:54 Sunset

(Based on Parintins, which is between Santarém and Manaus)

Please turn page for more information!

INFORMATION

Passports: During the day you may collect your passports from reception.

You have received a **tipping form** in your cabin, if you wish to give gratuities to the crew, please fill it out and deliver the form to reception. This will be charged to your Cruise account.

You could also give **cash tip**, please use an envelope and put it in the "tip box" on the right hand side of the Reception. Thank you!

Kindly note that the **first bill** you receive is a preliminary one, for you to check.

Cruise accounts will be settled after 22:00 with the credit card information given, you will be charged automatically and a receipt is send to your email address.

After 22:00 you can pay cash or with your credit card.

The **lists for post-programs** are are posted on the information board near the reception. Any questions with regards to disembarkation, please contact the expedition desk.

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DAILY PROGRAM

THURSDAY, 30.03.2017 – MANAUS



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET

06:00 - 07:00
07:00 - 09:00

BISTRO, DECK 4
RESTAURANT, DECK 4

08:00 Arrival in Manaus.

If you have purchased the **Photo DVD** of the Expedition Photographer Genna, you can pick it up at the reception before disembarkation.

09:00 Departure post program *City Tour Manaus.*

Please take your luggage to the bus on the pier. We will assist you on the gangway. After the excursion you will be dropped off at Manaus airport approx. 13:00.

09:00 Departure post program *Amazon Experience.*

Please take your luggage to the transfer bus on the pier. We will assist you on the gangway. The bus transfer to the Anavilhanas Jungle Lodge takes around 3,5 h.

Passengers with individual travel plans please leave the ship before 09:00.

There is a shuttle bus from the ship to the passenger terminal of the port. When you go through the terminal you will find a taxi stand on the other side.

We recommend being at the airport 2 to 3 hours before flight departure.

Safe travels!



The Captain and Crew of MS Fram bid you farewell and a safe journey home!

Follow the journeys of MV FRAM on Facebook:

<https://www.facebook.com/pages/MS-Fram>

Find the daily programs, the biographies of our Expedition Team, the chart of the trip, the group picture and much more here from mid-April onwards:

<https://www.hurtigruten.com/practical-information/voyage-portfolio/>