

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 01.01.2017 – AT SEA



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

OVERVIEW OF RESTAURANT TIMINGS

06:00 - 07:30
07:30 - 10:00
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

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

11:00 Framheim / English
Lecture: *Colonialisation of Patagonia* by Adrian Rubio

11:00 Polhøgda / Deutsch
Lecture: *Wale und Delphine – Weltenbummler der Meere* by Regina Gehmlich

14:30 Framheim / English
Lecture: *Whales – Giants of the Antarctic* by Jónína Ólafsdóttir

14:30 Polhøgda / Deutsch
Lecture: *Die Kolonialisierung von Patagonien* by Adrian Rubio

16:30 Framheim / English
Shackleton – a Life in Poetry, a talk by Jim Mayer, based on his book

18:00 & 20:00 Framheim
English, Film: *The Blue Planet* by BBC, several episodes

18:00 & 20:00 Polhøgda / Deutsch, Film: *Shackleton – Verschollen im ewigen Eis*, Teil 1, ca. 100 min

21:30 We invite you for a [Question and Answer](#) round with the Captain and some of MV Fram's officers in the Panorama Lounge on Deck 7.

Human eyes did not see [Antarctica](#) until 1820 yet it had been known to exist since the time of Aristotle. Although it has been on our maps and charts and satellite photos for less than two hundred years, it survived in our imaginations for two thousand years before that. Among all the mythical and magical places of the world Atlantis, El Dorado, the Fountain of Youth - Antarctica is the only one we have found so far. Its very existence is a proof of magic. The history of Antarctica is however one of

resource rape; first the seals and then the whales. Will there be a third era? We encourage you to keep Antarctica a part of your life always. The people who visit Antarctica may be the continent's best hope for its pristine survival, as they become advocates and emissaries.

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.