

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

MONDAY, 02.01.2017 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

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

06:00 - 07:30  
07:30 - 09:30  
12:00 - 14:30  
15:30 - 17:00  
18:00 1<sup>st</sup> seating  
20:00 2<sup>nd</sup> seating

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

### 09:30 Polhøgda / English

Atle talks about his kajak adventures.

### 11:00 Framheim / English

*My journey into nature* by Stian Aadland

### 14:00 The Campers meet in Polhøgda, deck 4.

14:30 Framheim / English *Join me on a dive in Iceland* by Jónína Ólafsdóttir

### 14:30 Polhøgda / Deutsch

*Smoke under water? – Einführung in den marinen Vulkanismus* by Regina Gehmlich

### 16:00 Framheim / English

Alejandra presents a talk about how you can contribute to science in Antarctica through Citizen Science.

17:00 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!

Afterwards we present the **MV Fram Charity Auction!** The auction supports the Hurtigruten Foundation. On auction are for example the chart of this voyage, the flag of the ship and the captain's jacket.

18:00 & 20:00 Polhøgda / Deutsch, Film: Shackleton – Verschollen im ewigen Eis, Teil 2, ca. 100min

From 19:30 Framheim: We show the slide presentation of **Dominic pictures** of this expedition cruise! **You can order the DVD at the reception until 22:00.**

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. **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 sent to your email address. After 22:00 you can pay cash or with your credit card. Please ensure to read the disembarkation information printed and distributed to your cabin. The flight and transfer lists are posted on the information board near the reception.

Any questions with regards to disembarkation, please contact the expedition desk.

*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

TUESDAY, 03.01.2017 – USHUAIA



EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET

## OVERVIEW OF RESTAURANT TIMINGS

06:00 - 07:00  
06:30 - 08:30

BISTRO, DECK 4  
RESTAURANT, DECK 4

07:00 Arrival in Ushuaia,  
Argentina.

Please check the separate  
disembarkation information sheet  
for more details.

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

Follow the journeys of  
MV FRAM on Facebook:  
[https://www.facebook.com/pages/  
MS-Fram](https://www.facebook.com/pages/MS-Fram)

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



## *The sight of Silence*

*Privileged in our striped cocoon  
we serenely glide whilst icy  
fingers in the swell gently stroke  
our side.*

*Penguins leaping and deftly  
landing before another urgent  
dive. The vital search for food  
being constant strive.*

*Clouds streaming off a glistening  
peak or resting in a valley as  
though shelter they seek.*

*This is a timeless, pure, ethereal  
world seen in awe from an  
armchair - warmly curled.*

*Our senses gain a dimension  
more intense as we realise we  
can feel – and see....The Silence.*

*Written by our passenger Duncan  
Hamilton on this voyage.*

