

DAILY PROGRAM

THURSDAY, 30.03.2017 - EMBARKATION MANAUS



HURTIGRUTEN
MS FRAM



LUNCH BUFFET
TEA, COFFEE & COOKIES
DINNER MENU

RESTAURANT TIMINGS

13:30 - 14:30
15:00 - 17:30
18:30

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

WELCOME ON BOARD!

13:00 Check-In

Check-in is on deck 3. If you need help with your luggage just ask!

Booking of excursions in Brazil (Parintins and Santarém): Please return the booking form you received during check-in before 15:00 at the expedition desk. Judith will be on hand a check-in with more details.

14:00 If you would like to join the Expedition Team to explore the forest on the opposite bank by a local boat, please meet at the gangway

at 14:00. The cost of the excursion will be 40 USD per person which you will have to pay directly to the boat driver. **The excursion will only run with the minimum of 10 persons.** Return 16:30. After check in you have time for lunch or to explore the city a little more, or both!



16:30 All on board please!

16:30 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. 17:00 MS FRAM

departs from Manaus. Do join us on deck to enjoy our departure and (if there is any daylight left!) to observe "the meeting of the waters" about 1 hour after departure. This is point where the clear stream of the River Negro meets the brown, muddy waters of the Amazon.

20:30 Captain's Cocktails.

Our Captain Ole Johan Andreassen would like to welcome you on board and present his officers and the Expedition Team. Do join us

Please turn page.

to raise a glass, in the
Panorama Lounge, deck 7.

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.

Work on board: As it is
common with any ship, there
is always maintenance work
taking place while we are
underway.

During this voyage we are
repairing some of the railings
on the outside decks. We
strive to keep the work area
small, and the noise levels
low. There will always be
quiet, work-free areas on the
outer decks where you can
enjoy the views.

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

FRIDAY, 31.03.2017 - PARINTINS



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

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

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

DECK 7, TOP OF STAIRS
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Early Birds: It is wonderful to be up with the sun, some of the staff will be out to join you! Coffee and croissants are served from 6:00 to 7:00 on deck 7.



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
Klaus will give some information about our destination for today, Parintins. Jim will also talk about the procedures you need to follow for using the boats that will take us to shore, and give some safety advice.

10:45 Framheim / Deutsch
Klaus gibt Ihnen Informationen über den heutigen Tag in Parintins. Judith wird Ihnen Hinweise zu den Booten geben, die wir nutzen um an Land zu kommen.

12:00 Approximate arrival time in Parintins. We will give you a call once we have the boats ready and clearance

from the local authorities to take you ashore. Once ashore please leave your lifejacket with the staff member on the pier. We provide an on-demand boat shuttle.

13:00 Departure optional excursion *Parintins by Tricycle*. We will call you earlier to shuttle you ashore. We recommend taking a water bottle with you.

18:45 All on board! Therefore please be at the pier ready for transfer to the ship by **18:30**.

19:00 MS FRAM departs.

20:30 Framheim / English

Please turn page.

Tom will give some information about our landing tomorrow at Santarém.

[21:00 Framheim / Deutsch](#)

Tom gibt Ihnen Informationen zum morgigen Tag in Santarém.

05:49 Sunrise



17:54 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 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

SATURDAY, 01.04.2017 - Santarém



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	BAR, OUTSIDE DECK 7
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	13:00 - 14:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER MENU	18:30	RESTAURANT, DECK 4

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!



Approx. 08:00 Arrival in Santarém.

Today we will dock directly at the pier. Once the ship has been cleared by the authorities you can go onto the pier via the gangway on deck 3. The gangway is open throughout the whole stay.

We recommend visiting the market where river dolphins are fed by the local fishermen. The market also offers a variety of fruits, handicraft and souvenirs. The walk to the

market takes approx. 30 min, but you can also take a taxi from the port to get there.

08:30 Departure optional excursion *Santarém & Alter do Chao.* (Return approx.13:30)

We recommend taking: water bottle, sunscreen, hat, sunglasses, comfortable shoes and a rain jacket.

We would like to offer the opportunity for a kayak

adventure in the scenic Igarapé-Açu channel. Home to lily pads and plenty of bird life. If you would like to take part please sign up at reception before 08:30. This activity will cost 995NOK, includes 2 hours of paddling, small boat ride there and back, starting at 13:30. Please note that we are still awaiting permission from the local authorities for this adventure, a final decision will be made in the morning.

16:45 Brazilian Folklore Show.

A local group of dancers and musicians will come on board to entertain you. Don't miss this

Please turn page.

highlight! Join us in the
Panorama Lounge on deck 7.

17:45 All back on board!

18:00 Fram departs.

**20:30 Framheim / English with
German translation: Genna,**
our ship's photographer offers
you a photo workshop to make
sure you will get the best shots
of this voyage.

06:31 Sunrise



18:37 Sunset

(Based on Santarem)

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DAILY PROGRAM

SUNDAY, 02.04.2017 – Amazon River



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 7
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
SEATED DINNER	18:30	RESTAURANT, DECK 4

09:00 Start the day with a mile long powerwalk on our outer decks. It keeps you fit and you get to know the ship even better. Meet Pål on Deck 5 by the elevators.

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

10:00 Framheim / Deutsch

Lecture: Klaus präsentiert *Delphine und Fische des Amazonasgebietes.*

11:30 Framheim / English

Lecture: Klaus presents a talk about *Dolphins and Fish of the Amazon Region.*

13:30 Framheim / Deutsch

Lecture: Klaus präsentiert *Amazonas - ein gigantisches Wassersystem*

15:00 Framheim / English

Lecture: Klaus presents a talk about the *Amazon - a gigantic water system*

16:00 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.

**20:30 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. It is not necessary to be able to understand German to enjoy the documentary.

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.

06:33 Sunrise



18:33 Sunset

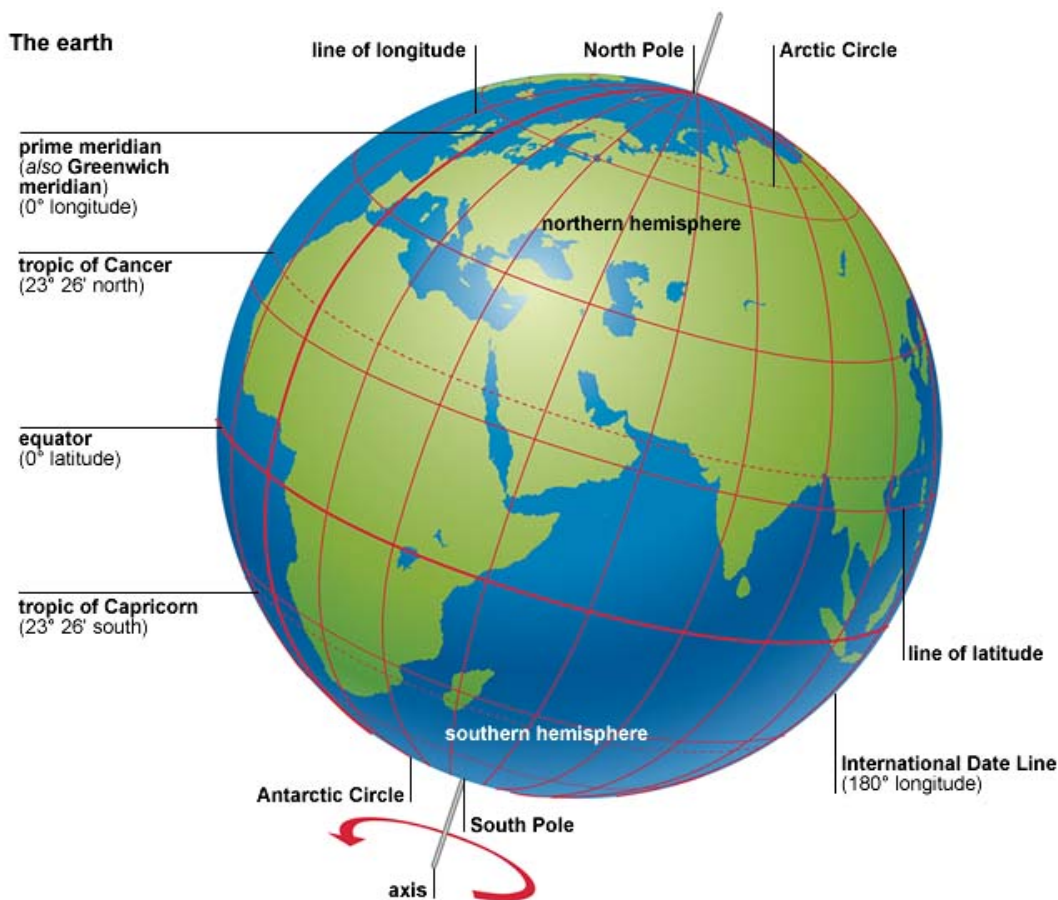
We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings 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 16:00 LT, the 2nd of April, 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!



Good luck!

DAILY PROGRAM

MONDAY, 03.04.2017 – At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
SEATED DINNER	18:30	RESTAURANT, DECK 4

09:00 Start the sea day with a mile long powerwalk on our outer decks. Meet Pål on Deck 5 by the elevators.

10:00 Framheim / English Lecture: Klaus presents a talk about the country *French Guyana and Devils Island*.

11:30 Framheim / Deutsch Lecture: Klaus präsentiert Ihnen das Land *Französisch-Guyana und die Teufelsinsel*.

14:00 Framheim / English & Deutsch / Mandatory Kayak Briefing

We are planning to offer a kayak tour on Devil's

Island. If you want to join or you are not sure and have some questions before you decide, please come to this mandatory kayak briefing with your kayak guide Tom.

15:00 Freshly baked Norwegian waffles are being served in the Panorama Lounge on deck 7.

16:00 Framheim / English Klaus will give you information about tomorrow's destination Devil's Island.

16:30 Framheim / Deutsch

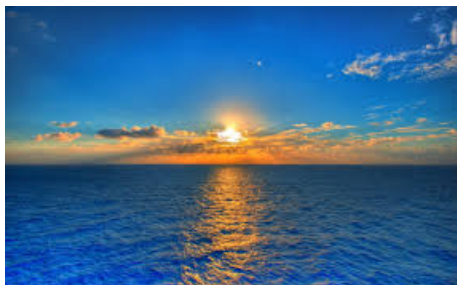
Klaus gibt Ihnen Informationen zu unserer morgigen Destination, der Teufelsinsel.

17:30 Framheim / English Documentary: *The Living Planet - Jungle* by David Attenborough (BBC, 45 min)

17:30 Polhøgda / Deutsch Documentary: *Planet Erde - Dschungelwelten* (BBC, 45 min)

20:30 Pål's Superquiz (English/Deutsch)

Join us in the Panorama Lounge and test your knowledge about Brazil, the Amazon and our ship, the MV Fram. The winner gets a prize!



06:27 Sunrise



18:37 Sunset

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DAILY PROGRAM

TUESDAY, 04.04.2017 - Devil's Island



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	BISTRO, DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	13:00 - 14:30	ON THE ISLAND
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER BBQ	18:30	OUTSIDE, DECK 7

Today we plan to visit Ile Royale, part of the Devil's Island Archipelago, which belongs to French-Guyana.



Approx. 08:00: We will anchor close to the island Ile Royale. With our tender boats we will bring you ashore. Please wait until we call you to deck 2. Put on a life vest and take the cruise card with you. On the island you will find a restaurant, a souvenirs shop (Euros), the prison museum and a natural pool. Our boat

shuttle will be available throughout the whole stay.

You are welcome to roam freely on the island. In addition, we would like to offer you two guided

walks. Both will start at the landing site.

09:00 Walk around the perimeter of the island in search of wildlife and scenic views (approx. 1,5 - 2 h including swimming.

09:00 Walk to the centre of the island (easy way, approx. 1,5 h) to seek out the history. If you prefer this easy walk to see the main highlights of the island, please join Klaus and Genna.

11:00 Kayak Adventure

Meet Tom at the landing site to start your kayak adventure (approx. 2 h). The cost is 495 NOK per person.

If the weather allows, today's lunch will be served on the island close to the landing site.

14:15 PolarCirkel Boat Cruising

for all passengers. After lunch we will take you on a scenic boat cruise around the islands starting from the landing site.

15:45 All back on board!

16:00 Fram departs.

20:30 Framheim / English Documentary: *Papillon - The True Story, Great Escape* (approx. 45min)

20:30 Polhøgda / Deutsch
Documentary: **Planet Erde -
Meereswelten** (BBC, 45 min)

06:27 Sunrise



18:37 Sunset

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DAILY PROGRAM

WEDNESDAY, 05.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER KONTIKIBUFFET	18:30	RESTAURANT, DECK 4

09:30 Framheim / English
Lecture: Helga presents a talk about the tropical rainforest, medicinal plants and deforesting in the Amazon.

09:30 Polhøgda / Deutsch
Documentary: *Planet Erde - Tiefseewelten* (BBC, 45 min)

11:00 Framheim / English with German translations
Lecture: Helga präsentiert den tropischen Regenwald, Heilpflanzen und die Abholzung im Amazonasgebiet, Teil 1.

14:00 Polhøgda / English
Lecture: Klaus presents a

talk about the history of Brazil.

14:00 Framheim / English with German translations
Lecture: Helga präsentiert den tropischen Regenwald, Heilpflanzen und die Abholzung im Amazonasgebiet, Teil 2.

16:00 Polhøgda / English
Documentary: *The Life of Mammals - Social Climbers* by David Attenborough (BBC, 45 min)

16:00 Framheim / Deutsch
Lecture: Klaus präsentiert Ihnen die Geschichte Brasiliens.

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 We invite you to our famous FRAM - fashion show in the Panorama Lounge, deck 7. Some of the officers and the expedition team will show a selection of the clothing we have in the on-board shop on deck 4.

REMINDER: If you would like to join the excursion on the Cape Verde Islands, please book at the expedition desk on deck 4. Turn page for more information.

Please turn page.



Approximate:
06:01 Sunrise

18:17 Sunset



fishing community, white sand beach within a volcanic bay, fantastic views from a cliff and tiny

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villages where



SANTIAGO - THE OFF ROAD ADVENTURE

Ready for breath-taking nature? Then take a seat in one of our 4x4 vehicles and get to know the island. Your excursion through the nearly untouched nature starts driving along a fantastic site over the most remote places in this island. This Safari is an amazing experience to feel the true beauty of Santiago. Visiting a small

people live from breeding cattle and very basic agriculture will carry you away.



will not be reached.

**Language: English
Duration: approx. 4 h
Walking Information: Easy - driving some stops
Excursion Code: E-PRA4
Price: 995 NOK per person
Minimum number: 10 (4 persons per jeep)
Please note that we might have to cancel the tour in**

Please turn page.

DAILY PROGRAM

THURSDAY, 06.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER BBQ	18:30	DECK 7

10:00 Framheim / English

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

10:00 Polhøgda / Deutsch

Documentary: *Wale, die Giganten der Meere*, ca. 45 min

14:00 Polhøgda / English

Documentary: *Life on Earth - The Conquest of the Waters* by David Attenborough (BBC, 45 min)

14:00 Framheim / Deutsch

Lecture: Was passiert am Himmel? Tom spricht über Meteorologie, Sterne und Sand (ja, Sand!)

16:00 Framheim / English

Lecture: Jim presents a talk about the tides and the effect they have on our planet, and he hopes you can help him solve a mystery.

16:00 Polhøgda / Deutsch

Documentary: *Unser blauer Planet - Im Banne von Ebbe und Flut*, ca. 45 min



17:30 Join in on our mile

around the ship. Meet Pål on Deck 5 by the elevators.

20:30 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.

Booking Deadline: If you would like to join the excursion on the Cape Verde Islands, please book at the expedition desk on deck 4 before 22:00 tonight.

Approximate:
05:43 Sunrise

18:00 Sunset



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DAILY PROGRAM

FRIDAY, 07.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER BBQ	18:30	DECK 7

Today is our **Antarctica-themed Seaday**.



10:30 Framheim / Deutsch Lecture: Tom präsentiert Ihnen die spannende Geschichte der Antarktis.

10:30 Polhøgda / English Documentary: *Penguin Post Office - Port Lockroy* by BBC (approx. 60 min)

11:30 Microscope Session, deck 4: Genna assist you in identifying the samples of our voyages.

14:00 Framheim / English Lecture: Jim presents a talk about Shackleton and Poetry, based on his book, which is available in our on-board shop.

14:00 Polhøgda / Deutsch Documentary: *Endurance - Verschollen im Packeis* (approx. 90 min)

15:45 Framheim / English Documentary: *Penguin Safari with Nigel Marven* (approx. 65 min)

15:45 Polhøgda / Deutsch Documentary: *Die Reise der*

Pinguine by Luc Jacquet (approx. 80 min)

17:15 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 Helga will tell you the exciting *Story of Otto Nordenskjöld* and his expedition to Antarctica from 1901 to 1903. Panorama Lounge on deck 7 in English.

Approximate:
06:23 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

Please turn page.

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

SATURDAY, 08.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER BBQ	18:30	DECK 7, if weather allows

09:30 Framheim / English

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

09:30 Polhøgda / Deutsch

Documentary: Unser blauer Planet - Im offenen Meer (BBC, approx. 45 min)

11:00 Framheim / English with German translation

Lecture: Helga und Tom präsentieren *Plastic Fantastic*, die weltweite Verschmutzung der Ozeane durch Plastikmüll.

11:00 Framheim / English

Documentary: The Blue Planet - Open Ocean (BBC, approx. 45 min)

15:00 Tom takes you on an art walk and points out the interior design and art pieces of our ship (English & German). Meet Tom in front of the elevators on deck 7.

16:30 Join Genna and Tom on the outer decks for cloud spotting, on behalf of NASA. Genna will fill you in.

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 Judith and Pål's Sing Along. Join us in the Panorama Lounge on deck 7 and let's sing and swing together. Pål accompanies with his guitar.

Approximate:
06:10 Sunrise



18:30 Sunset



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DAILY PROGRAM

SUNDAY, 09.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER ASIAN BUFFET	18:30	RESTAURANT, DECK 4

09:30 Framheim / Deutsch

Lecture: Klaus präsentiert die Geschichte und Geografie der Kapverdischen Inseln.

10:00 - 12:00 The Captain has offered to open the navigation bridge to passengers. Do drop in whenever you want.

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.

13:30 Framheim / English

Lecture: Klaus presents the history and geography of the Cape Verde Islands.

14:30 Framheim / English

Documentary: The Life of Birds - Fishing for a Living (BBC, approx. 45min)

14:30 Polhøgda/ Deutsch

Documentary: Unser blauer Planet - Leben im Meer (BBC, approx. 45min)

15:30 Framheim / English

Klaus and Judith present the plan for tomorrow's destination: Cape Verde

16:30 Framheim / Deutsch

Klaus und Judith präsentieren den morgigen Plan für die Kapverdischen Inseln.

17:30 Join in on our mile

around the ship. Meet Pål on Deck 5 by the elevators.

20:30 Traditional Sea-Day Bingo

presented by Jim and Tom, 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!



INFORMATION: We are offering another tour tomorrow to the **UNESCO World Heritage Site Cidade Velha**, the former capital of Santiago.

The tour starts after lunch (13:15) and includes a 30 min transfer by minibus to Cidade

Please turn page.

Velha where Klaus will take you on a little stroll or you explore the town on your own. At 15:45 you will be back at the ship. The price per person is 295 NOK.

If you want to join please fill out a booking form at the Expedition desk on deck 4.



Approximate:
05:55 Sunrise



18:17 Sunset

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DAILY PROGRAM

MONDAY, 10.04.2017 – PRAIA, CAPE VERDE ISLANDS



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER MOROCCAN BUFFET	18:30	RESTAURANT, DECK 4

08:00 Arrival in Praia, Santiago, part of Cape Verde Islands. After the ship has been cleared by the authorities you can go ashore by using the gangway on deck 3. We provide a shuttle bus which takes you from the pier to the centre and back between 08:30 and 15:30. You can pick up a map, the shuttle bus times and some extra information at the expedition desk.

08:30 Departure optional excursion *Off-Road Adventure*. You will be back at the ship around 12:30.

13:15 Departure optional transfer to *Cidade Velha*. Klaus will join you and if you

like you can go on a little stroll with him or you walk around on your own. The minibus will pick you up again at 15:15.

15:45 All back on board!

16:00 MV FRAM departs.

Sometimes whales can be seen around the islands, so please keep your eyes open!

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

From 20:30 Music Themed Quiz & Karaoke Night
The winner gets a prize (for the quiz, not for singing 😊).
Join us in the Panorama Lounge on deck 7.

Approximate:
06:22 Sunrise
18:47 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

TUESDAY, 11.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
SEATED DINNER	18:30	RESTAURANT, DECK 4

10:00 Framheim / Deutsch

Lecture: Klaus präsentiert den Vortrag *Wale - Giganten der Meere*.

11:00 Fireplace next to Reception / English with German translations

Genna and Tom's question and answer session about photography. Moreover they will show you how to clean your camera lens properly.

13:30 Cloudwatching with Genna and Tom as a satellite passes over us. Lets meet on deck 7.

15:00 Framheim / English

Lecture: Klaus presents a talk about *whales - the giants of the oceans*.

16:00 Polhøgda / English

Documentary: *Grandma - The oldest Albatross* (approx. 55min)

16:00 Framheim/ Deutsch

Documentary: *Wild Water World - Schwertwale* (approx. 35min)

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 Helga (English) tells the story of the three expeditions of the original MV Fram. Get to know the characters and places which are closely related to our ship. Panorama Lounge, deck 7.



Approximate:
06:22 Sunrise



18:47 Sunset

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, 13.04. For more details please talk to the ship's photographer Genna.

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DAILY PROGRAM

WEDNESDAY, 12.04.2017 – At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER PHILLIPINO BUFFET	18:30	RESTAURANT, DECK 4

Today is our Arctic-themed sea day where we bring you some of the experiences of the team from their adventures in the far north.

09:30 Framheim / English Lecture: Helga presents a talk about her experiences of living in Longyearbyen, Svalbard. She is at home high in the Arctic with snow, sledge dogs and winter darkness.

09:30 Polhøgda / Deutsch Documentary: *Der weisse Planet* (81 min)

11:00 Framheim / Deutsch Lecture: Tom übersetzt Helga's Vortrag über ihr Leben und ihre Erfahrungen in Longyearbyen, der Hauptstadt Spitzbergen's.

11:00 Polhøgda / English Documentary: *The Secrets of the North* (85min)



14:00 History tour of the MV FRAM: English / Deutsch
Learn about some of the characters and places associated with our lovely ship. Meet at the Fram model on deck four in front of the restaurant.

15:00 Framheim / English Lecture: 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 Lecture: Pål hat einige Zeit in der wissenschaftlichen Station auf Jan Mayen gelebt und gearbeitet. Gerne berichtet er Ihnen darüber.

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 The legendary MV FRAM Crew Show
Join us in the Panorama Lounge to be entertained by our talented crew!

Approximate:
06:09 Sunrise
18:42 Sunset



Please turn page.

Please check the transfer lists for Casablanca on the information board on deck 4 and let Judith know if you have any questions.

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, 13.04. For more details please talk to the ship's photographer Genna.

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DAILY PROGRAM

THURSDAY, 13.04.2017 - At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER ITALIAN BUFFET	18:30	RESTAURANT, DECK 4

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 / Deutsch

Lecture: Tom präsentiert den Vortrag *Fram hinter den Kulissen* und lüftet einige Geheimnisse.

14:00 Our chef Karin makes an exception and invites you to see the **FRAM-Galley (English/Deutsch)**.

15:00 Framheim / English / Deutsch: We present 10 slides 10 minutes. We hope for some spontaneous talks about your interests, your favorite book or trips and adventures.

16:00 Framheim / English

Documentary: *The Living Planet by David Attenborough - Baking Deserts* (BBC, approx. 45 min)

16:00 Polhøgda / Deutsch

Documentary: *Planet Erde - Wüstenwelten* (BBC, 45 min)

17:30 Join in on our mile around the ship. Meet Pål on Deck 5 by the elevators.

20:30 We invite you to learn all about **Sailor's Ropes and Knots** with our AB's. Meet us in the Panorama Lounge, Deck 7.

Approximate:
05:51 Sunrise
18:32 Sunset



Please check the transfer lists for Casablanca on the information board on deck 4 and let Judith know if you have any questions.

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DAILY PROGRAM

FRIDAY, 14.04.2017 – At Sea



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:00	DECK 4
BREAKFAST BUFFET	07:00 - 09:00	RESTAURANT, DECK 4
LUNCH BUFFET	11:30 - 13:30	RESTAURANT, DECK 4
TEA TIME	15:00 - 17:00	PANORAMA LOUNGE, DECK 7
CAPTAINS DINNER	18:30	RESTAURANT, DECK 4

09:00 Join in on our **mile around the ship**. Meet Pål on Deck 5 by the elevators.

10:30 Framheim / English / Deutsch / Lecture: Genna and Tom present a talk all about Citizen Science: Small acts of research and data collection you can undertake and, crucially, receive feedback on your efforts afterwards!

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

17:00 Framheim / Deutsch Klaus und Judith präsentieren unsere morgige Destination Casablanca 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.

Approximate:
06:40 Sunrise
19:27 Sunset



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.

Please turn page.

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.

The **lists for transfers** 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

FRIDAY, 15.04.2017 - CASABLANCA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET

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

BISTRO, DECK 4
RESTAURANT, DECK 4

Approx. 10:00 Arrival in Casablanca.

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

Please leave your cabins before 10:00.



The transfers do NOT start at the ship, because of the safety regulations of the port and also taxis are generally not allowed to come to the ship.

Therefore all passengers leave together with the Expedition Team and some Crew Members as soon as the ship is cleared (approx. 10:30). We will walk together approx. 15 min to the customs and immigration office. Our crew will assist with your luggage.

Your transfers will be waiting at the Moroccan side of the customs and immigration office. Departure is 11:00.

Those of you who did not book a transfer can get a taxi at the entrance of the port. We will take you in the transfer bus to the entrance.

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 more here from end of April onwards:

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

Please turn page.