

# DAILY PROGRAM



HURTIGRUTEN  
MS FRAM

SUNDAY, 25.12.2016 – AT SEA



## OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE  
BREAKFAST BUFFET  
LUNCH BUFFET  
**CAKE BUFFET**  
DINNER MENU  
DINNER MENU

06:00 - 07:30  
07:30 - 10:00  
12:00 - 14:30  
**15:00 - 18:00**  
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

### 10:30 Framheim / English

Lecture: *A beginner's guide to Antarctic weather* by Pål Ranheim

### 10:30 Polhøgda / Deutsch

Lecture: *Antarktis – ein ganz besonderes Fleckchen Erde* von Regina Gehmlich

11:45 Lense cleaning session with our photographer Dom: at the fire place next to reception.

### 14:30 Framheim / English

Lecture: *Antarctica - a very special place on earth* by Regina Gehmlich

### 14:30 Polhøgda / Deutsch

Lecture: *Das Wetter in der Antarktis für Anfänger* von Pål Ranheim

16:30 Meet the Expedition Team for a Recap on our visit of South Georgia.

Feel free to share your experiences and ask questions.

Furthermore we will present the plans of tomorrow.  
Panorama Lounge, deck 7.

### 18:00 & 20:00 Framheim /

English, Lecture: *Leadership lessons from the heroic age of Antarctic exploration* by Jim Mayer

### 21:30 Framheim / English

Film *Shackleton* with Kenneth Branagh, part 1, 100 min

### 21:30 Polhøgda / Deutsch

Film: *Wale – Die Giganten der Meere*, 45 min.

**Evening:** Michael will be playing guitar and piano in the Panorama Lounge.



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. It is very existences 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

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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.

