

# At Sea to The Falklands

“Life is either a daring adventure or nothing.”

- Helen Keller

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07:00	Early morning coffee, tea and pastries are available in the Compass Club (Deck 6 midship)
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08:00 – 09:30	<b>Breakfast</b> is served in the Polaris Restaurant (Deck 6 forward)
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09:30	Presentation: ‘ <b>An Introduction to the Seabirds of the Southern Ocean</b> ’ with your ornithologist <b>Fabrice</b> in the Nautilus Lounge (Deck 6 aft)
10:30	<b>Kayakers</b> please come down to the Lobby near Reception (Deck 5) for <b>Gear Distribution</b>
11:30	Presentation: “ <b>Capturing the Experience: An Introduction to Photography</b> ” with your photography guide <b>Dave</b> in the Nautilus Lounge
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12:30 – 14:00	<b>Lunch</b> is served in the Polaris Restaurant (Deck 6 forward)
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14:00	<b>Kayakers</b> please meet in the Aurora Lounge for your <b>Boat Orientation</b> . <i>Be prepared to go outside, wear waterproof pants and bring your sprayskirts &amp; booties.</i>
15:00	<b>Mandatory IAATO &amp; Zodiac Briefing</b> with <b>Shane &amp; Laurie</b> in the Nautilus Lounge (Deck 6 aft). <i>Please arrive on time, as we will be taking attendance at the door.</i>  Following this presentation we will have our zodiac group sign up in Reception. Please make sure to bring your room card with you.
16:00	<b>Afternoon Tea</b> is served in the Aurora Lounge (Deck 7 aft)
16:30	<b>Introduction to the Wellness Program</b> with your yoga instructor <b>Elly</b> in the Meridian Lounge (Deck 9 forward). Wear comfy clothes!
18:00	Join the Expedition Team for a <b>Recap &amp; Briefing</b> in the Nautilus Lounge (Deck 6 aft)
19:00	<b>Captain Denis Radja</b> invites you for <b>Welcome Cocktails</b> in the Nautilus Lounge (Deck 6 aft)
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19:30 – 21:00	<b>Dinner</b> is served in the Polaris Restaurant (Deck 6 forward)
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21:30	Come Join <b>Keith</b> in the Nautilus Lounge for a casual bar talk about his experiences ‘ <b>Paddling Uncharted Rivers in Deepest Darkest New Zealand</b> ’

**GIFT SHOP HOURS:** 10:30 – 11:30 16:00-17:30

**SAUNA HOURS:** 06:00-12:00 14:00-19:00 21:00-23:00 mixed

**Reception** (Deck 5): Phone 5000 **Emergency:** Phone 1000 **Doctor:** contact Reception or Quark Staff