

At Sea to Antarctica

“Some of us are over the seasick stage and no longer want to die.”

- Hartford after 10 days on the ‘Nimrod’ with Shackleton in 1907

07:00 Early morning coffee, tea and pastries are available in the Compass Club

08:00 – 09:30 **Breakfast** is served in the Polaris Restaurant

09:30 Presentation: ‘**Snow & Ice Processes**’ with your glaciologist **Cam** in the Nautilus Lounge

10:30 **Climbers Gear Fitting** with your guides **Keith & Pete** in the Aurora Lounge.

10:30 **Flow Yoga** with **Elly** in the Meridian Lounge

Photo Journal Collection Assistance

Staff will be around to assist you from **10:30-11:30** in the Photo Journal Area on Deck 5 beside Reception
Deadline for Falklands & South Georgia Photos is 18:00

11:30 Presentation: ‘**Seals of Antarctica**’ with your marine biologist **Jimmy** in the Nautilus Lounge

12:30 – 14:00 **Lunch** is served in the Polaris Restaurant

14:00 **Mandatory IAATO Refresher Video & Biosecurity.** *Please arrive on time, as we will be taking attendance at the door.*

This presentation will be followed by biosecurity checks, which include gear cleaning and signing an IAATO declaration. **Please listen for announcements**, and we will call you in groups to bring your gear to the Nautilus Lounge.

Remember that all outerwear that has been worn before will need to be inspected and cleaned. This includes all jackets, backpacks, waterproof pants, hats, gloves, boots, camera bags, tripods and walking poles. Please do your own checks before you bring your gear to the Nautilus Lounge.

16:00 **Special Afternoon Tea** in the Aurora Lounge. Featuring a **Live Cooking Station** serving Ukrainian pancakes with **Olga** our Chief Purser accompanied by our very talented Head Housekeeper **Lyudmyla** playing classical music on the piano

17:00 Presentation: ‘**Penguins: A Natural History**’ with your ornithologist **Fabrice** in the Nautilus Lounge

18:00 **Flow Yoga** with **Elly** in the Meridian Lounge

19:00 Join the Expedition Team for a **Recap & Briefing** in the Nautilus Lounge

19:30 – 21:00 **Dinner** is served in the Polaris Restaurant

21:30 **Jeopardy!** Our special hosts **Ryan & Dave Trebek** have arrived for a special polar jeopardy game- Come join us in the Nautilus Lounge for this special event!

Clocks will go back one hour tonight (Dec 5th)! Before you go to bed don't forget to change them!
GMT-2 to GMT-3

GIFT SHOP HOURS: 10:30–11:30 16:00-17:00 18:00-19:00

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