

Drake Passage

“A journey is a person in itself, no two are alike. And all plans, safeguards, policies, and coercion are fruitless. We find after years of struggle that we do not take a trip; a trip takes us.”

- John Steinbeck

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: ‘**The Biology of Whales**’ with your marine biologist **Jimmy** in the Nautilus Lounge

10:30 **Kayakers** please bring all of your kayak gear down to the Mudroom.

Photo Journal Collection Assistance

Staff will be around to assist you from **10:30-11:30 & 16:00-17:00** in the Photo Journal Area (near Reception)

For all guests who would like to keep in touch with your fellow passengers an **Email Exchange** will be set up in the **Nautilus Lounge** from **10:30-11:30**

11:30 Presentation: “**Editing Antarctica: A Guide to Getting the Most out of Your Pictures**” with your photography guide **Dave** in the Nautilus Lounge

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

14:00 **Flow Yoga** with **Elly** in the Meridian Lounge

15:00 Presentation: ‘**The Swedish Antarctic Expedition**’ with your historian **David** in the Nautilus Lounge

16:00 **Afternoon Tea** is served in the Aurora Lounge

17:00 Presentation: ‘**Climate Change in the Polar Regions: Ecological Consequences of Sea Ice Decline**’ with 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 Test your polar knowledge with our **Antarctic Trivia Night** featuring your host **Ross** in the Nautilus Lounge

GIFT SHOP HOURS: 10:30–11:30 14:00-15:00 16:00-17:00

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