

2011

MS Fram

SPITSBERGEN HANDBOOK



Hurtigruten ASA
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SPITSBERGEN



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HURTIGRUTEN

Dear Guest,

Congratulations on booking an extraordinary voyage in Spitsbergen aboard our vessel the MS Fram.

The Norwegian explorer Roald Amundsen's success as an explorer is often explained by his thorough preparations before departure. He once said "...Adventure is just bad planning".

Being true to Amundsen's heritage with good planning we encourage you to read through this handbook. It will provide you with good advice, practical information and some small inspiring pieces of inside information that will make your voyage even more enjoyable.

And yes – we promise to keep some adventure in – in the positive sense of the expression.

Welcome aboard for an adventure of a lifetime.



Captain Rune Andreassen



Captain Arild Hårvik

Hurtigruten – The Original Coastal Voyage since 1893

ABOUT SPITSBERGEN

Spitsbergen has more than 3000 Polar bears and fewer than 3000 people.

Remote, mysterious and extreme, the island of Spitsbergen is the crown of Arctic Norway; a land forged by ice and wind, ocean and snow that presents us with a spectacular range of unforgettable adventures. With its location right on the edge of the ever frozen Arctic Ocean, the warmer currents of the Gulf Stream meet the cold air and water from the north.

This Archipelago holds fascinating histories of the Polar Heroes of the north, and cultural heritage from the coal mining era

as well as the history of exploration, hunting and whaling. Wildlife is rich, both at sea and on land; whales, seals, reindeer, polar fox and a rich variety of birds. And of course the king of the Arctic – The Polar Bear. You can leave your watch in your cabin. North of the Arctic Circle the day has no beginning or end. The Midnight Sun gives magic colours to the surrounding landscape. The soft rays of the low-hanging sun bathe it all in a wonderful palette of pink, purple, yellow and orange and create unforgettable memories.



Photo: Rinie van Meurs



Photo: Nina Bailey

FACTS AND RECOMMENDATIONS

Population and settlements

The population of Svalbard is approximately 2.800. Longyearbyen is the largest settlement in the islands and also the seat of the governor. The town has a hospital, primary and secondary school, university, sports centre with a swimming pool, library, cultural centre, cinema, bus transport, hotels, a bank and several museums. The newspaper Svalbardposten is published weekly. Spitsbergen is among the safest places on Earth, with virtually no crime. Barentsburg is the second largest settlement in Svalbard with about 500 inhabitants, almost entirely Russian and Ukrainian. The Russian-owned Arktikugol has been mining coal here since 1932, and during the cold war Barentsburg was a hotbed of activity.

Ny-Ålesund is one of the world's northernmost settlements, inhabited by a permanent population of approximately 30-35 people who work for one of the research stations or the logistics and supply company "Kings Bay AS", which 'owns' and runs the research village. In the summer the activity in Ny-Ålesund is greatly increased by up to 120 researchers, technicians, and field assistants.

Climate

Despite its northerly location (74° to 81° north) Spitsbergen has a relatively mild climate. Due to the Gulf Stream, Spitsbergen's west coast is the world's most northerly ice-free area. The average summer temperature is 6° C and the coldest winter month of March has an average temperature of minus 14° C. There is little rain, but the moist air from the sea can cause a light drizzle and fog during the summer.

Seasons

From April 19th till August 23rd Longyearbyen has midnight sun. From October 26th till February 16th it is dark, and from November 14th till November 29th it is what we call polar nights which means that it is still dark but the sun is lower than 6° below the horizon.

History

Since Willem Barentz' discovery of Svalbard in 1596, several nationalities have explored, hunted and managed industries in the northern hemisphere. The Svalbard treaty dated 1920, signed by 40 member countries, gives Norway sovereignty over Svalbard.

Nature and wildlife

In order to preserve nature and wildlife on Svalbard, 65 % of the Archipelago is protected through national parks, nature reserves and bird sanctuaries. There are only three land mammals on Svalbard: polar bear, Svalbard reindeer and the Arctic fox. In the sea however there are walrus, ring seals, bearded seals, Greenland seals, hooded seals, white-nose dolphins, narwhales, white whales and killer whales. There is a rich bird life on the island and more than 100 species have been registered. Surprisingly the flora is very diverse for somewhere this far north.

Polar bear and safety

The polar bear is probably the foremost symbol of Svalbard's wildlife and it is an exhilarating experience to watch them in their natural habitat. The polar bear does not usually attack humans but it can be lethal. On all our voyages and activities safety is maintained by experienced guides carrying weapons, and giving warning shots if necessary. The authorities on Svalbard, together with a joint-travel industry, advise



Photo: Andree Kaiser

travellers to take part in organised activities in order to protect both visitors and the polar bear. If you are going outside Longyearbyen on your own it is recommended that you take a weapon because of the polar bear danger. On organised trips the guide will always be responsible for safety and will carry a weapon and equipment.

Tourism on Svalbard

"You are welcome to return to Svalbard when no-one has noticed you have already been here". Svalbard's nature is very vulnerable, especially due to the permafrost. All vegetation is protected and all traces of human activity up until 1945 protected and regarded as part of the cultural heritage.

Medical emergencies and medication

In case of a medical emergency outside Longyearbyen the only means of evacuation is by helicopter to Longyearbyen Hospital. If any condition cannot be treated here, the patient is sent to the mainland. This is very expensive and dependent on favourable weather conditions, therefore, comprehensive travel/health insurance is essential.

Shoes

On Svalbard it is a tradition to take off your shoes when entering private houses, hotels and certain shops and public offices. On board the ships as well as in the hotel we advise you to bring a pair of shoes to use indoors. It is important that the shoes have good grip (no slippery sole).

Shopping/payment

Svalbard is a tax-free area which means that many commodities are cheaper here than on the Norwegian mainland. Longyearbyen has a variety of shops selling everything from perfumes to outdoor- and sports equipment, gifts and souvenirs. Norwegian Kroner (NOK) is used all over Svalbard, also in the Russian settlement Barentsburg. Credit cards are accepted in Longyearbyen as well as on board MS Fram (Visa, American Express, Diners, EuroCard, and MasterCard). Please note credit cards payments will all be processed in NOK on MS Fram. There is also a cash dispenser in the centre of Longyearbyen. In Barentsburg they only accept cash in Norwegian Kroner (NOK), USD or Euro. We do recommend our guests bring cash in NOK.

Mobile phone

Mobile phones (GSM) can be used in Longyearbyen and Barentsburg only. There is no coverage for mobile phones during the voyage at sea. We have contact with MS Fram with satellite telephones. If your family back home need to get in touch with in an emergency, please give them the telephone numbers to Spitsbergen Travel, tel. +47 79 02 61 00, or Radisson BLU Polar Hotel Spitsbergen, tel. +47 79 02 62 34 50. Via these numbers they can deliver urgent messages that will be forwarded to you.

Customs regulations

At "Nordpolet" visitors can buy a certain amount of tax-free alcoholic drinks. Tourists have to show their airline ticket when shopping and are allowed to buy in total:

- 2 bottles containing more than 21% alcohol
- 1 bottle of wine containing 14-21% alcohol
- 24 cans/bottles of beer

Wine (up to 14%) can be bought without producing an airline ticket.

Not all of the above can be taken tax-free to the mainland. Each person is only allowed to 2 litres, e.g.:

- 1 litre of alcohol (more than 21%) and 1 litre wine (14 to 21%) - or
- 2 litres of wine (14 to 21%) - or
- 2 litres of wine (less than 14%)

It is possible to buy more but you will have to pay duty on it. In total, visitors are allowed to shop for NOK. 6.000 of goods without paying taxes.

Reading about Svalbard

If you would like to read about Svalbard before you start your journey, we can recommend

"Birds and mammals of Svalbard"

Kovacs, K.M. & Lydersen, C. (Eds.), 2006

"The Place Names of Svalbard"

Norwegian Polar Institute, 1991

"No man's land"

Conway, Martin, 1995

"Svalbard - Arctic Land"

Hermansen, Pål, 2003

"Flowers of Svalbard"

Gjærevoll/Rønning, 1999

"Svalbard - Nature and History"

Hisdal, Vidar, 1998

"Geology of Svalbard"

Hjelle, Audun, 1993

ENVIRONMENTAL COMMITMENT

Hurtigruten's MS Fram and her skilled crew offer life-affirming experiences close to nature's most spectacular landscapes, genuine cultures, exceptional people, and amazing wildlife. Preserving these resources in their natural, unspoiled condition is our priority - you will always experience the highest environmental awareness on board and ashore.

IAATO and AECO

Hurtigruten is a full member of the International Association of Antarctica Tour Operators (www.iaato.org), which promotes safe and environmentally responsible travel to Antarctica. In addition, Hurtigruten is a full member of the Association of Arctic Expedition Cruise Operators (www.aeco.no) which is an international organisation ensuring that tourism in the Arctic is carried out with the utmost consideration for the vulnerable natural environment, local cultures and cultural remains, as well as the challenging safety hazards at sea and on land.

Fram and the ARKTOS network

On some of our longer voyages in the Arctic we provide Fram as an expedition ship to a network of marine biologists. In 2008 two teams sailed with Fram to Thule, Greenland taking samples from the seafloor underway, in 2009 a team did field research of giant sea weed in the high Arctic using MV Fram as the scientific platform. Hurtigruten is a member of the steering committee of an EU funded research project called the Arctic Tipping Point. Also in the future MV Fram will be offered as an expedition ship for the scientific community.

Both organisations provide Hurtigruten as an operator and you as a visitor with guidelines we are committed to follow.



Hurtigruten's priority is to preserve nature in an unspoiled condition



IMPORTANT INFORMATION

Itinerary changes

Weather, wind and other operational conditions will determine our programme and our schedule. Safety is always the priority and the ship's Captain will decide the final itinerary during the voyage, therefore every voyage is unique and all published routes are only indicative.

Every day the expedition team prints and distributes a daily programme with a list of port calls, landings, lectures, meals and activities on board. As this is an Explorer voyage it will be your Expedition Leader and Captain who decide the final route, depending on factors such as weather (tempera-

tures, rain, wind) and other unforeseeable events, and we cannot guarantee a specific route or landing. All our published plans are subject to change.

Weather conditions can also make any landings with Polarcirkel boats more difficult or sometimes impossible. Remember that unforeseen twists often turn out to be the highlight of a trip. We invite you to be open to unexpected experiences, and flexibility is important on our Explorer cruises.

We are also subject to written and unwritten laws like assisting vessels or people in need. Such situations are subject to natural laws and therefore are not within our liability.

FREQUENTLY ASKED QUESTIONS

Do I have to be in good health to participate in this journey?

It is important you are in good health; the journey can be long and tiring. Please note that in remote areas there is no immediate access to modern medical facilities.

An Explorer voyage is not recommended if you have a life-threatening disease or illness that requires expensive medical care.

To be able to participate on landings you must be able walk on uneven or slippery surfaces and to climb on and off the small Polarcirkel boats used for landings.

How much time do you spend on land?

All landings depend on factors such as the weather, the distance between the landing sites, and the ice conditions. The Expedition Leader and the Captain will arrange the daily route to ensure the best possible experience. At the latitudes we are in there is more daylight in the period from

July- August and we can make landings early morning or late evening and the light is still great. We normally stay a couple of hours ashore at the various landing sites in Spitsbergen.

Are there any restrictions on activities on land?

As environmental protection is a concern there are regulations for the protection of wildlife, the environment and the cultures we encounter, which must be followed. Your Expedition Leader will provide necessary information on how to behave on land.

Will there be rough seas on the trip?

It is not possible to predict exact weather conditions. The Captain will do everything he can to make the voyage as comfortable as possible. If you are prone to seasickness we suggest you bring your preferred medication.

ESSENTIAL INFORMATION

Hurtigruten have been the original coastal voyage in Norway since 1893 and offer knowledge and expertise on voyages that frequently exceed our guests' expectations. Life aboard Hurtigruten has its own special rhythm. From the deck or the observation lounge you can observe the breathtaking scenery while we silently glide through the water.

For Nansen, Amundsen and Sverdrup, Fram was a vessel for world exploration – let MS Fram be the same for you. You can journey to some of the most ecologically fascinating and scenically diverse landscapes. Each of these spectacular adventures is a voyage of discovery; through pristine environments and in the meeting of people from different cultures.

Announcements

To hear all announcements in the cabin, the TV has to be set to a certain channel number. Check your cabin folder for this specific channel number once onboard. Important updates to our programme will be announced to the cabins via separate speakers.

Address and contact information for the ship

All cabins are equipped with a telephone. In order to call from the ship a card has to be purchased at the reception desk. To call the ship simply dial the number below.
Phone : +47 51 40 64 40
E-mail: fram@hurtigruten.com

Depending on the carrier company with which you have subscribed, mobile phones will function in some areas. Check with your supplier for more details. Guests may use their own GSM telephones on board the ship at all times at an international price level. The price will vary depending on

which mobile operator you use. If there is no local reception the MCP Satellite System may be available. Please check with your supplier for rates and to ascertain if your subscription is valid on this.

Artworks

Local artists from the Arctic have contributed to making the MS Fram a modern masterpiece. There is a permanent exhibition of original artefacts used by Nansen and Amundsen.

Bar service

The ship has a bar with a wide selection of spirits, wines, beers and soft drinks at moderate prices, and a lounge with coffee service. Please note that according to Norwegian Law you are not permitted to consume drinks bought on shore on the ship. If you wish to purchase local alcohol on shore to take home this will be kept in storage and returned to you upon disembarkation.

Cabins

Please note that check in at the reception may open before the cabins are ready for use. You will be informed at check-in when your cabin will be ready. All cabins have private bathrooms with 220V/50Hz sockets. In addition the suites have one 110V socket for razors. The sockets are continental two pin, please bring an adapter/converter as applicable. Each cabin is fitted with air conditioning, heating and a fire detector. There is a TV system on board showing ship's and cruise related information only. Live TV channels are not available.

Cruise card

A cruise card will be issued upon arrival on board as part of the check-in procedure in accordance with ISPS regulations. All our guests are requested to wear this card when disembarking in all ports of call and landings

as it serves as a control system on the gangway enabling us to know which of our guests are on board or ashore at any time. This card, in addition to being the key card for your cabin, is also to be activated as your payment card on board. The card is the only means of payment for the on board facilities. To activate the cruise card account Visa and MasterCard are accepted on board. Please note that when using your credit card on the ship your account will be debited in Norwegian kroner (NOK). The rate of exchange will be the one validated by your credit card company. Indicative rates are given on board but are not fixed. The evening before the cruise ends the account will be added up to be settled on board and a receipt brought to your cabin. We regret that there are no cash withdrawal or money exchange facilities on board.

Disabled guests

The ship is suitable for wheel-chair users. Heavily disabled persons or those in need of special assistance must travel with a companion. For further information please contact our reservations team /your travel agency. Please note that the ships gangway must be used in order to embark/disembark wheelchairs. In ports where tidal conditions or other circumstances require use of portable gangway, or during landings with Polarcirkel Boats, there is no possibility to use/take wheelchairs. This means that in order to travel with MS Fram in Greenland, you need to get in and out of the Polarcirkel boat in order to participate in the voyage.

Electricity

The ship has 220V/50hz.

Environment

All waste is stored on board until it is deposited for treatment ashore. We never discharge waste into the sea and we ask you not to leave any litter ashore except in the containers provided, adhering to strict guidelines and supporting local communities. Please respect the saying: "Leave nothing but footprints, take nothing but pictures!"

Excursions ashore

We offer a selection of excursions which can be pre-booked and only remaining places will be sold on board the ship. (Exception: Helicopter flight to the Icefjord. This excursion can only be booked on board). The staff will inform you of your options. Unfortunately, most excursions are not adapted for disabled persons.

The excursions have to be booked well in advance due to deadlines on shore. Please consider which excursions you would like to participate in and note that registration is binding. The Expedition Team will inform you about deadlines when booking onboard. The excursions will have English speaking guides. German and Scandinavian cannot be guaranteed. The excursions are subject to cancellation depending on the number of participants and weather conditions.

Expedition Team

The on board Expedition Team is composed of an Expedition Leader, a Trip Coordinator and several lecturers. Your Expedition Leader will regularly update you on the progress of the trip as well as the different points of interest and wildlife sightings that might occur. Biographies of the Expedition Team can be found on the Information bulletin board located close to their information desk. At the expedition desk you will be able to find information regarding the trip and book optional excursions.

Lecturers

The Ship has experienced lecturers with in-depth knowledge of the areas we sail in. They will conduct, on a regular basis, lectures on topics such as biology, history and geology throughout the course of the trip. The lecturing schedule will be announced every day in the on board daily programme. Do not hesitate to contact our Expedition Team for any questions or concerns you have.

Fitness room and sauna

A fitness room and a sauna are available.

Green navigation

Our Captains take pride in route planning that minimises the load of the engines and reduces emissions.

Gratuity Policy

Hurtigruten ASA has learned that many of our guests wish to give a special thanks to our service crew on board. It is at your discretion if you wish to reward service by the crew in bars, restaurant and cabins.

As a guideline we recommend 50 NOK (approx 6 Euro, 8 USD) per passenger per day as an average gratuity. Whatever amount you have decided to give, please fill in the form you will find in your cabin and give it to the purser two nights before the end of the cruise. The amount will then be debited to your cruise account.

Internet

There is limited Internet access, which may be purchased on board. Wireless access is only available on deck 4 - reception area - no connection from cabins/suites. Please note that the connection is a 512 MB line and both internet and telephones will be out of range from time to time due to the vessel's location. We kindly ask our guests not to use live streaming media while on internet like video calls via skype, Youtube etc , all share the same limited band width, and live streaming occupies large parts of the capacity.

Jacuzzi (whirlpool)

Remember to bring your swimsuit so you can enjoy one of our two Jacuzzis outside on deck.

Landings

Polarcirkel Boats shuttle you efficiently and safely from ship to shore where they are required.

Language

The language on board is English. Announcements, lectures and written information are also given in German and Scandinavian.

Laundry

Laundry service is available on board for a small fee. No dry cleaning is possible.

Library

The ship has a limited selection of books.

Life saving equipment, life vests and safety on board

The ship complies with all safety requirements and is classified as a polar vessel suitable for sailing in icy waters. Upon arrival aboard all passengers will be instructed in safety procedures and the use and location of the safety equipment. A mandatory passenger mustering will be held within 24 hrs of arrival aboard. There is a safety plan situated on the inside of the cabin door. We stress the importance of becoming acquainted with the ship's safety plan!

Special security regulations will apply to landings with the Polarcirkel Boats (RIB's). Please follow the instructions given by the Expedition Leader and crew/staff. Special lifejackets for use during landings will be handed out to all passengers upon arrival. This will be yours for the whole cruise so please ensure it fits you properly and bring it to all landings. A mandatory briefing regarding the safety guidelines will be given.

Medical emergencies and medication

There is an English-speaking doctor and nurse on board. The ship has a small hospital with the necessary equipment and drugs to handle some emergencies. In serious emergencies the nearest hospital will be contacted. There is a charge for medical consultations as well as medicines. The price for a consultation is approximately 285 NOK. If you are taking medication

remember to bring sufficient to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage, properly labelled and with clear instructions for its use. If you depend on vital drugs, please inform the ship's doctor. Illness on board can lead to quarantine and orders from the ship's doctor and captain must be followed.

All guests must have travel/health insurance which includes the cost of repatriation.

Passport/Visa

Make sure you have a valid passport that extends more than six months after you return to your home country. It is the responsibility of each guest to ensure that they comply with the passport and visa requirements applicable at the time of travel. At check-in on board your passport will be collected by the vessel in order to clear immigration and customs. Passports will be kept throughout the whole voyage and returned at the end of the trip. Please bring a copy of the passport with you.

Mail

You can hand in your mail at reception. The amount paid for each item includes a service fee and postage. We will forward the mail in every port where it is possible. The delivery time may be relatively long. Hurtigruten is not able to accept responsibility for mail which goes astray.

Restaurant

Our spacious restaurant has an ocean view from every table. Our menu has a Scandinavian base with an international touch. On board we serve a buffet breakfast and buffet lunch. Dinner may be a buffet, a set meal or a barbeque as announced in the daily programme. Our head waiter will assign tables and your table number and meal times will be in your cabin upon arrival. Please provide information regarding special requests for seating arrangements to your sales office/

travel agent. If you have special dietary requirements, like vegetarian, diabetic or celiac diet, please inform your sales office/travel agent as early as possible, and contact the head waiter when on board. The chefs will do their utmost to meet your dietary requirements.

Beer, wine and soft drinks are sold in the restaurant during lunch and dinner.

Room service

The cabins are cleaned daily. We regret that meals or drinks cannot be served in the cabins.

Seasickness

Seasickness pills are available at the reception at a low cost. If you are prone to seasickness please bring pills you are familiar with. You may also buy a "sea band" onboard.

Shop

A limited assortment of warm clothes, local souvenirs, handicrafts and postcards are for sale in the shop on board. In addition we stock a small selection of soap, toothpaste and other personal effects.

Smoking

Smoking is only permitted in designated areas on the outside decks. Please do not smoke in your cabin, if you choose to ignore this a fine will be levied. To show respect for the environment please use the provided ashtrays. Throwing cigarette ends overboard is strictly prohibited.

Special diets

If you have special dietary requirements please inform your travel agent/operator as early as possible and the chefs will do their utmost to meet them.

Vaccinations

Check with your local health authorities regarding recommended vaccinations.

Water

The tap water in your cabin is potable but we recommend buying bottled water.

Walking aboard

We kindly remind you to be careful walking on board the ship while at sea, especially venturing out on deck, surfaces may be slippery and wet. Be aware the doors toward the outer decks on 5, 7 and 8 can be potentially dangerous in windy conditions; please adhere to the signs and announcements when it is not advised to go outside. While walking inside; hold on to railings but not to door frames.

Weather conditions

The planned itinerary may change due to weather and local conditions. Hurtigruten ASA reserves the right to make changes due to this.

Welcome meeting

Upon arrival onboard, there will be a mandatory passenger drill, followed by a welcome meeting where security information as well as practical information about the cruise will be given.



Photo: Hilde E. Strom

RECOMMENDED CLOTHING & EQUIPMENT

Indoor Clothing

The dress code aboard the ship is relaxed and casual and you are not expected to dress formally for meals.

Outdoor clothing

All guests will receive a wind and water resistant jacket as a memento (sizes XS to XXXXL). Depending on the weather several layers should be worn underneath. We suggest several layers as the temperature may vary quite a lot during the day.

- Wind and water resistant trousers are a necessity at sea
- Warm cap or headband
- Scarf/fleece tube and gloves/mittens
- Long underwear (we recommend wool)
- Warm woollen sweater or fleece sweater/jacket
- Warm Socks
- Swimsuit for use in our on deck Jacuzzis
- Sun protection and sunglasses

Our on board shop carries a collection of warm clothes in various sizes.

Back pack

Please bring with you a small waterproof back pack, which is necessary for carrying essentials on excursions and trips ashore. Be aware that water spray is to be expected during transfers between ship and shore on board our Polarcirkel Boats, which may damage unprotected camera equipment.

Shoes/footwear

Aboard the ship you may wear ordinary shoes or tennis shoes. Shoes with good soles are recommended for use outdoors on deck and for excursions ashore. You may rent a pair of high quality boots for a low cost (120 NOK) to wear during landings and hikes. These boots will be kept on the ships tender deck, and you will have your private

pair during the whole voyage. On landings in Polarcirkel boats guests are expected to wear rubber boots.

Binoculars

We recommend you bring a pair of good binoculars.

Camera

During your voyage you will have the opportunity to photograph wonderful nature and unusual scenery so we strongly recommend that you bring camera equipment that will allow you to capture this unforgettable experience. We recommend the use of a UV or skylight filter and lens hood. We advise you to bring extra batteries for your camera as battery life is shorter in cold areas. Bring a memory card with a large capacity. There are sockets in the cabins to re-charge photo equipment. We suggest that you bring sufficient video films, as the ship's shop only carries limited stocks.

Medicine

Remember to bring sufficient medication to last through any unforeseen delays. We also recommend that you keep your medication in your hand luggage properly labelled and with clear instructions for its use. If you depend on vital drugs please inform the ship's doctor on embarkation.

Passport

Please remember to bring your passport and a copy of it.

OUR TEAM ON BOARD

The experience of a place is based on a combination of things. Our Expedition Team is carefully picked for their local knowledge, specific expertise in fields of relevance and most important of all; their enthusiasm, curiosity and love for the areas we choose to spend time in on any one of our expeditions. Some of our team members are like the Arctic Tern, they migrate towards summertime at both poles, north and south. The role of the Expedition Team is to interpret observations of wildlife and landscapes, point out things of interest, give educational lectures on topics like biology, geology and history – in addition to being hosts together with the rest of the crew aboard MS Fram.

Our resident photographer will invite you to photography workshops and practical sessions out on deck – this will enable you to take the best possible pictures and videos during your voyage. You can also choose to order the Voyage DVD, tailor-made for each voyage.

THE FOLLOWING EXPEDITION TEAM MEMBERS HAVE SPENT CONSECUTIVE SEASONS WITH HURTIGRUTEN:

Anja Erdmann - Expedition Leader

Anja is from Germany and holds a degree in Tourism Management. She started working in Greenland in 2000, and has been addicted to the polar areas ever since. Anja has worked for Hurtigruten since 2001, and says she has



Anja Erdmann



Karin Strand

found her dream job. The reason for that is the combination of being privileged to see the most remote areas of the planet, enjoying life on board and travelling all the time. She says that Greenland has to be experienced in order to understand the beauty and serenity.

Karin Strand - Expedition Leader

Born in Norway, Karin grew up among the Norwegian fjords in Jølster, before moving to Bergen in 1991, where she studied law for 5 years. Karin joined the Hurtigruten fleet on the Norwegian coast in 1998, and has worked on various ships as Expedition Leader. Since 2001 Karin worked as Chief Purser and she joined the voyages of MS Nordnorge in Chile & Antarctica in the first season, in 2002-03. One fascinating aspect about Greenland, is that this is one of the few places left on the planet where humans and nature are closer intertwined in every day life.

Peter Erdmann - Trip coordinator

The cruise business is his passion. For more than 15 years Peter has been involved in the development of cruise concepts. Formerly working for 3 cruise companies in Hamburg, Peter is today familiar with more than 90 cruise vessels. His focus is on the organisation and the distribution of expedition- and event cruises. Actually Peter is working as a self-employed trainer and cruise consultant and carries on his extensive knowledge of the cruise business to the travel industry.

Tessa van Drie - Trip coordinator

She has her master's degree in Physical Geography and in teaching Geography. After working for four years she decided to travel and do voluntary work for two years in Central- and South-America. She enjoyed travelling so much that she got a job as a tour leader for a Dutch company. For three years she guided Dutch groups through several countries in Central- and South-America. Since last year she has lived in Norway and is really enjoying the outdoor life like cross country skiing, kayak paddling and hiking in the mountains. Tessa has just concluded a education programme called Arctic Nature Guide, hosted in Spitsbergen, Norway.



Peter Erdmann



Tessa van Drie

Ralf Westphal/Lecturer

Ralf grew up close to the west-coast of northern Germany near the Danish border and began his career in outdoor education working as a teaching assistant at a

Norwegian folk high school (Olavskolen, Folkehøgskole). His academic degrees are in Physical education, Biology and outdoor education (Friluftsliv). Over the years he has practiced outdoor education in Germany, Scotland, Norway, Switzerland, Spain and Svalbard in diverse positions such as: National park ranger, Outward Bound instructor, sailing instructor at OB sea-school, programme director for winter outdoor schemes for schools, six seasons as trekking and seakayak guide on Svalbard. He has been a designated research associate for ethnographical research on the Norwegian sail training vessel M/S Statsraad Lehmkühl conducted by University of Edinburgh (June 2007). He is primarily based in the outdoor education section at the University of Edinburgh, and has been affiliated as a lecturer with the outdoor department at the Norwegian School of Sport Science (NIH) in Oslo. Recently he has submitted his doctoral thesis on comparative aspects of character development through the outdoors in the UK and Norway.

Andrew Wenzel - Lecturer/Biology

Andrew is Canadian and resides in Vancouver British Columbia "the most beautiful city in the world" according to him. His varied naturalist, guiding and photography experience includes; nine years with the ORES Centre for Coastal Field Studies as a field director conducting whale research and photographing whales, underwater stills photographer on the T.V. shows The Last Frontier and Danger in the Sea, tour leader in Ecuador and the Galapagos, eight seasons on small ships in Antarctica and the Arctic as a lecturer and expedition leader. Four seasons as a naturalist for Holland America in Alaska. Naturalist at the Vancouver Aquarium Marine Science Centre. His photographs are sold regularly all over the world for all manner of purposes. Andrew has lots of stories about encounters with wildlife. Ask him about the time a whale grabbed his hand.

Manuel Marin – Lecturer/Ornithology

Manuel Marin – Lecturer / Ornithology A Chilean Born Ornithologist, he received his PhD from Louisiana State University in Zoology/Ornithology. He was formerly Director of Research of the Western Foundation of Vertebrate Zoology in California, now currently living in central Chile. Besides being a researcher on neotropical birds, Manuel also leads bird-watching trips through Chile. Manuel publishes regularly in many ornithological journals. For the last 25 years he has been travelling extensively through many countries on ornithological research and explorations.

Vadim Prudnikov – Arctic impassioned mathematician

Vadim was born on the eastern border of Europe in Russia, has lived in France, on Svalbard and now resides in St Petersburg, where he works for the Russian State Museum of Arctic and Antarctic. He's been impassioned by nature from the childhood and very logically ended up by coming to Svalbard, where "the polar bug" beat him. Now he comes to Svalbard every summer to guide both on the

cruise vessels and on land, always ready to share his Arctic experience. Otherwise Vadim holds a position within an expedition company which arranges helicopter and ski-expeditions to the North Pole via the ice-base Barneo in the middle of the Arctic Ocean, where he takes part in the expedition team himself. Somewhere in between his expeditions Vadim, being educated as a mathematician, got his PhD degree in statistics.

Steffen Biersack – Lecturer

German geologist, born and raised in Berlin, where he obtained both a Master degree in Administration Management and - later on - in Geology. Before joining Hurtigruten, he has gained a long experience as a field trip guide in many European countries, Northern America and Southern Africa. In his opinion, geology and the complex "System Earth" is a most intriguing and important subject. So his particular aim is to convey this fascination of geology to a wider public. For this reason he is also founder of the German Association for the Active Promotion of Geology (GeoLogica).



Photo: Spitsbergen Travel

LANDINGS BY POLARCIRKEL BOAT

Please see more information about landings in Polarcirkel boats below, the crew will show you what to do and as long as you follow their instructions after a few days it will become second nature.

Much of the success depends on correct handling and proper use of the motor-driven Polarcirkel boats. These are ideal for landings as they can land in otherwise inaccessible places. They have a shallow draught and are extremely stable and sustainable. For each landing with Polarcirkel boats special security measures are taken.

Pay special attention to the following guidelines:

1. The boat drivers are responsible for the boats and their landings. You must always follow their instructions.
2. All passengers must always wear appropriate life jackets regardless of weather and sea conditions.
3. When embarking and disembarking you should always accept help offered by the driver or the crew. The "sailor's grip", in which one holds each other's forearms, is the strongest and most secure grip.
4. Always keep both hands free when embarking and disembarking. Give hand luggage to the helper for him to place it on board for you. Keep your hands inside the boat at all times.
5. Please limit your personal equipment on board the Polarcirkel boats. Small backpacks and belt bags are ideal for transporting cameras, binoculars and for rain protection. Backpacks can be purchased in the on board shop.
6. Always wait for instructions from the driver before embarking or disembarking. Use waterproof bags to protect binoculars or cameras. You should also wear waterproof clothing to protect against splashes. The Polarcirkel boats are equipped with tools, lights and a first-aid kit.

MARITIME EXPRESSIONS

Stern	Rear of the ship
Bow	Front of the ship
Starboard	The right side of the ship
Port	The left side of the of the ship
Bridge	The area from which the ship is navigated
Refuel	Replenish fuel at ports
Cruise Card	Onboard payment card
Gangway	Walkway between land and sea
To hoist	To raise flag or banner
Ballast	Water system used to maintain ship stability
Clearing	Rules when entering and departing from the ship
Knot	Speed of the ship, nautical mile (1.852 km) per hour
Galley	Ships kitchen
Leeward side	Downwind
Windward side	Upwind
Pier	Dock from which the ship will leave
Nautical mile	Distance measure: 1 nautical mile = 1.852 km
Stabilisers	Ship equipment to to counteract roll caused by wind or waves

IMPORTANT PHONE NUMBERS

CONTACT LIST / EMERGENCY NUMBERS

Address and contact information for the ship

Phone: +47 51 40 64 40 E-mail: fram@hurtigruten.com

Emergency – Police, Ambulance, Fire

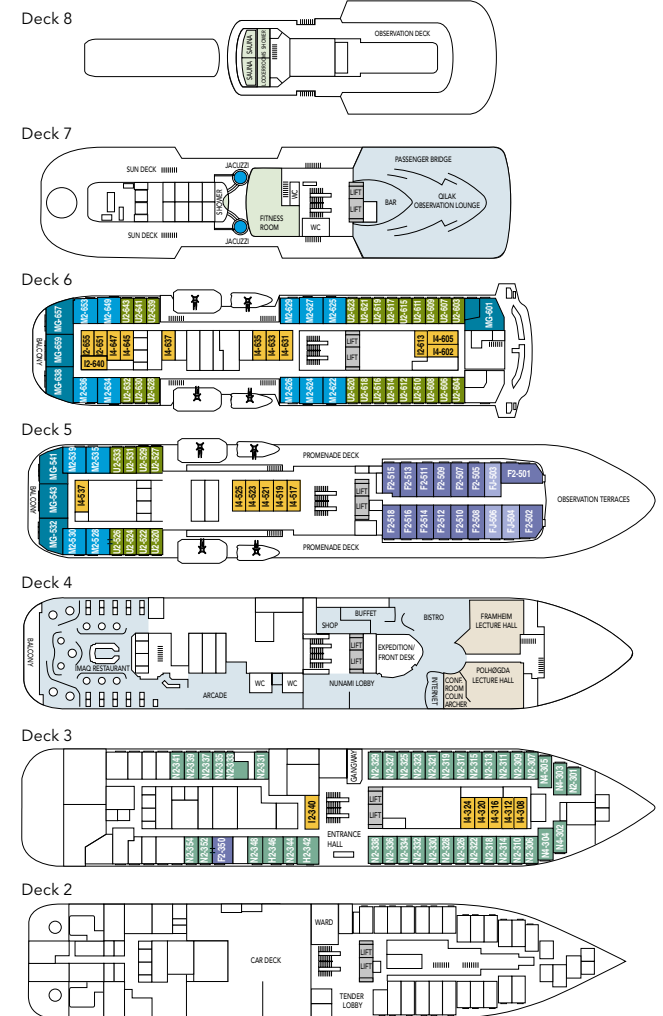
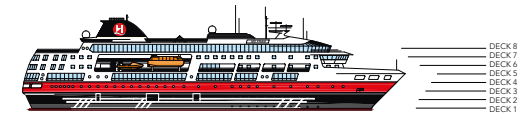
Phone: 112

Hurtigruten ASA reserves the right to make changes.

MS FRAM

MS Fram carries on the heritage of the original Fram, taking the most advanced technology making it extraordinarily suited for expedition voyages in polar regions. Fram means forward – lifting expectations of the voyage at hand. Of the 127 comfortable cabins a number are superior and named after Norwegian polar heroes. The spacious outside decks include accessibility to the very front of the ship – a great place to observe marine wildlife. We are very proud of the art commissioned for MS Fram – local artists from the Arctic have contributed to making her a modern masterpiece. After dressing up for shore side excursions and expedition landings you meet at our “tender pit” where we safely embark our sturdy Polarcirkel boats that take you safely and efficiently from ship to shore.

Ship yard:	Fincantieri, (I)
Year of construction:	2007
Gross tonnage:	11 647
Passengers:	318
Cabins:	127
Overall length:	114 m
Beam:	20.2 m
Iceclass:	1A/1B
Service speed:	13 knots



MG	Outside grand suite	Sitting area, TV, minibar, double bed, shower/wc. Some have private balcony. MG 601 with separate sleeping area.	Deck 5, 6
M	Outside suite	One room, sitting area, TV, minibar, double bed, shower/wc.	Deck 5, 6
F	Outside superior cabin	Sitting area, TV, minibar, double bed, shower/wc.	Deck 3, 5
U	Outside cabin	One bed, one sofa bed, table, refrigerator, TV, shower/wc.	Deck 5, 6
N	Outside cabin	One bed, one sofa bed, table, refrigerator, TV, shower/wc.	Deck 3
FJ	Inside superior cabin	Sitting area, TV, minibar, double bed, shower/wc, limited or no view. FJ 503 with twin bed.	Deck 5
I	Inside cabin	One bed, one sofa bed, refrigerator, TV, shower/wc.	Deck 3, 5, 6
H	Outside cabin	Cabin for disabled. One bed, one sofa bed, table, refrigerator, TV, shower/wc.	Deck 3

Subject to change.