



## Falkland Islands - South Georgia - Antarctica

Ushuaia – Ushuaia

17<sup>th</sup> December 2024 – 4<sup>th</sup> January 2025

On board *M/V Hondius*



M/v *Hondius* was built in 2019, as the first-registered Polar Class 6 vessel in the world, meeting the latest and highest Lloyd's Register standards for ice-strengthened cruise ships. Surpassing the requirements of the Polar Code adopted by the International Maritime Organization (IMO), *Hondius* represents the most flexible, advanced, innovative touring vessel in the polar regions, thoroughly optimized for exploratory voyages that provide you the utmost first-hand contact with the Arctic and Antarctica. *Hondius* complies with the latest SOLAS-regulations (Safety Of Life At Sea). M/v *Hondius* is 107.6 m long, 15.3 m wide and has a maximum draft of 5.3 m, Polar Class 6 (equivalent 1A-Super), 15 knots average cruising speed and has 2 x ABC main engines; total 4,200 kW.



## Captain Hans Söderholm

and his international crew of 57 sailors

Staff Captain:	Jan Dobrogowski
Chief Officer:	Sven Holzhausen
Second Officer:	Nino Cizmic
Third Officer:	Anar Babaiev
Hotel Manager:	Jeroen William Barnes
Head Chef:	Ralf Barthel
Sous Chef:	Donald Rivas Cielo
Ships doctor:	Duncan Gray
Expedition Leader:	Pippa Low
Ass. Expedition Leader:	George Kennedy
Ass. Expedition Leader:	Jerry Zhao
Expedition Guide:	Aitana Vazquez
Expedition Guide:	Andy Perkins
Expedition Guide:	Rose Li Hong
Expedition Guide:	Jess Owen
Expedition Guide:	Juan Berenstein
Expedition Guide:	Gabriela Kolodko
Expedition Guide:	Mark Whiffin
Expedition Guide:	Lucia Romero
Expedition Guide:	Yvonne Lin
Expedition Guide:	Marcelo Tarapow
Expedition Guide:	Zoy Li
Expedition Guide:	Alexander Romanovski
Expedition Guide:	Saskia van der Meij
Expedition Guide:	Jade Heister

## WE WELCOME YOU ON BOARD!

### Day 1 – Tuesday 17<sup>th</sup> December - Ushuaia, Embarkation Day

08h00 GPS Position: 54°48,5S / 068°18.10'W

Wind: W2 • Sea: Calm • Weather: Overcast • Air temperature: +12°C

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At 4pm, after travelling from all over the world, one hundred and sixty of us gathered on the pier in Ushuaia, staring up at what would be our new home for nineteen days, the Hondius. Many of us had been exploring the surrounding area of Ushuaia for a few days, while others had just arrived in from Buenos Aires from their international flights. As we climbed the gangway we were greeted by some of the Expedition team and the hotel department showed us to our cabins.

We gathered in the lounge for a mandatory safety briefing and abandon ship drill, something we have to do before the ship leaves the port. Then we could enjoy the views of Ushuaia and the Beagle Channel as we set sail. We could already see some Giant Petrels and Black-browed albatross flying around.

We were invited to join the staff in the bar for Captain's Cocktails where we toasted to the voyage. Here we met Expedition Leader Pippa and the team of guides and she told us more about what to expect on our journey.

We then went to dinner and in the evening we began unpacking and familiarising ourselves with the ship. It was an exciting day with lots of new information, names, and faces to learn, so some got an early night, while others enjoyed a drink in the bar.





## Day 2 – Wednesday 18<sup>th</sup> December - At sea sailing towards The Falklands

08h00 GPS Position: 53°42.7'S / 063°47.3'W

Wind: W6 • Sea: Slight • Weather: Partial Cloud • Air temperature: +7°C

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We awoke for our first day on the high seas to sunshine, blue skies and a stiff westerly breeze. To our pleasant surprise, Hondius coped well with minimal rolling and pitching and most of us made to breakfast. Some of us did suffer with the movement and spent some time resting in the cabins.

We launched into a busy day of briefings and lectures. First, we learned about getting in and out of the Zodiacs we'd be using to ferry us to and from Hondius. Lifejackets, the seaman's grip, how to disembark on the beach etc. were all comprehensively covered. Jess and Jerry then talked to us about the whales of the Southern Ocean to prepare us for (hopefully) many sightings during the voyage.



We were issued with muck boots to keep our feet dry on landings and then, after lunch, our next task was to clean all our outdoor kit in advance of our arrival in the Falklands. All signs of dirt, food and plant life were meticulously removed. Then Juan gave us his insights into photography with reference to the challenges of the polar environment.

Meanwhile, seabirds wheeled around the port quarter of the ship: Southern Giant Petrels, Cape Petrels and Black Browed Albatross all making the most of the bright sunshine and fair winds.

In the evening, we were invited to our first recap, where Pippa told us the plans for the next day. Andy taught us about the origins of some nautical phrases and even did a sailor's dance for us!



### Day 3 – Thursday 19<sup>th</sup> December – New Island, The Falkland Islands

08h00 GPS Position: 51°43.6'S / 061°17.2'W

Wind: SW6 • Sea: Calm • Weather: Partial Cloud • Air temperature: +9°C

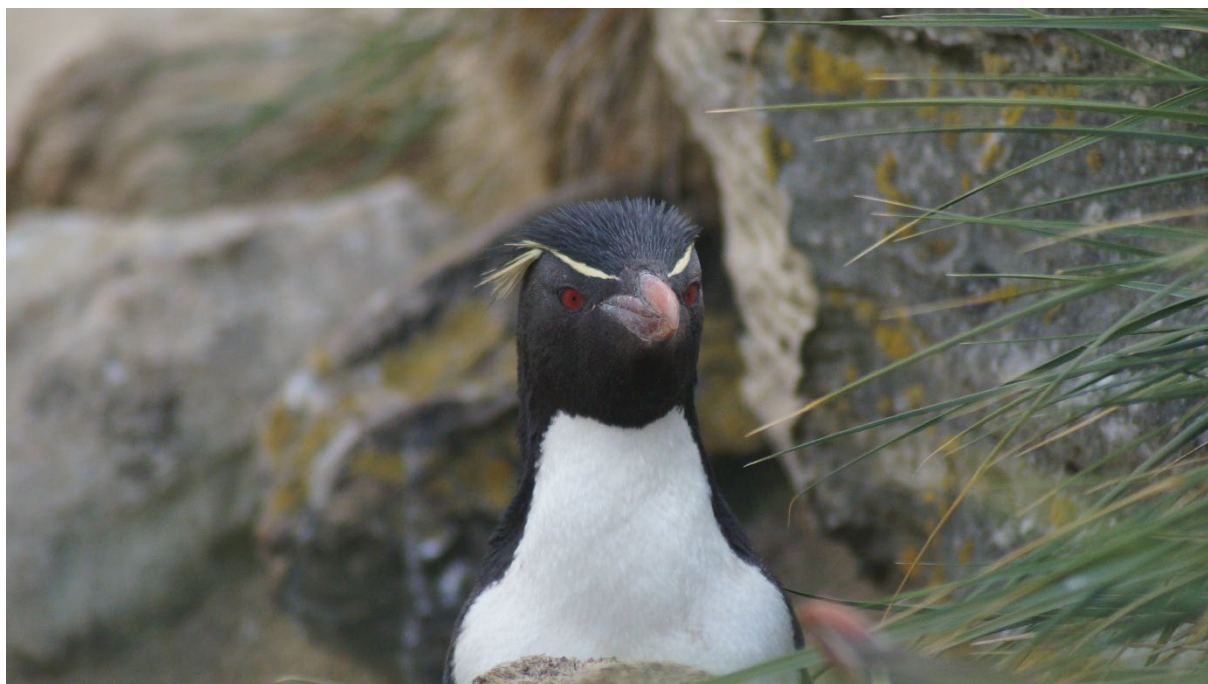
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This morning we woke up excited to experience our first day of operations. The wind was very strong, as it often is the the Falklands, but the expedition team had booked the perfect sheltered place for us to visit in a westerly wind, New Island.

We set off from the ship in the zodiacs wrapped up in our waterproofs and landed on a beach in Coffin Harbour on the South end of the Island. Pippa greeted us and showed us the walking route and the museum.



On the walk we could see many new species, such as kelp geese and their goslings, caracaras, turkey vultures, and long-tailed meadow larks. The finale to the walk was arriving at a spectacular nesting colony which was the temporary home of imperial cormorants, Southern rockhopper penguins, and Black-browed albatross. The birds were nesting on a cliff that we could walk around the edge of. The scenery was incredible, there were impressive waves hitting the shore below and on the far side of the path we could see the Rockhopper penguins jumping from the huge surf and gripping to the rocks with their claws, hopping their way up to their nests.



Seeing the Black-browed albatross on their nests was a very special moment. Many of them had very small chicks that were just a couple of days old. They were grey and fluffy. The Rockhoppers had older chicks that were almost two weeks old and we could just see a few little beaks poking out from under their parents. The wind was fierce up at the colony but that didn't stop us from getting a privileged glimpse into the lives of these magical birds.



As we arrived back at the beach we had the chance to look in the local museum and even purchase some crafts from the local people of New Island. We reluctantly rode the zodiacs back to the ship and washed off our salty clothes that had protected us from the spray.

In the evening recap Pippa told us all the information we needed for visiting the town of Stanley. We were looking forward to learning more about these special islands in the Capital of the Falklands.





## Day 4 – Friday 20<sup>th</sup> December, Stanley, The Falkland Islands

08h00 GPS Position: 51°41.3'S / 057°51.2'W

Wind: SW4/5 • Sea: Calm • Weather: Cloudy • Air temperature: +12°C

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Today was another unforgettable day of exploration as we continued our journey aboard the *Hondius*. In the morning, we docked at Port Stanley, the charming capital of the Falkland Islands. As we stepped off the ship and onto the island, we were greeted by the cool, crisp air and the picturesque landscape. The small town, with its colourful buildings and windswept streets, provided a glimpse into the unique blend of British and Falkland Islands culture. We wandered through the town, visiting its shops and taking in the tranquil beauty of the surrounding terrain. We visited the museum, the local shops and some of us went to the Falklands Distillery for some Gin.



We visited the museum, the local shops and some of us went to the Falklands Distillery for some Gin.

Before we knew it, lunchtime arrived, and we reboarded the *Hondius*, ready to set sail again. As we enjoyed our meals and shared stories of the morning's adventures, the ship began its journey towards South Georgia. The afternoon was marked by a smooth sail through the Southern Ocean, with the vast, open waters stretching in every direction. The excitement for our upcoming stop at South Georgia in a few days was palpable, but there was still more to learn.



Later in the afternoon, we gathered for a fascinating lecture by Marcelo, who provided an insightful overview of the history of the Falkland Islands. His detailed account covered the islands' colonial past, the 1982 Falklands War, and the complex geopolitical dynamics that continue to shape its identity. The lecture was both informative and thought-provoking, offering a deeper understanding of this remote part of the world.

As the day ended, we found ourselves on deck, enjoying the serene surroundings as the *Hondius* sailed toward its next destination. We spotted a few dolphins playing around the ship. The mix of exploration, education, and natural beauty made today truly special, leaving us eagerly anticipating what tomorrow will bring on this remarkable expedition.



## Day 5 – Saturday 21<sup>st</sup> December – At sea, sailing towards South Georgia

08h00 GPS Position: 52°15.6'S / 051°27.7'W

Wind: SSE3 • Sea: Slight • Weather: Partial cloud • Air temperature: +7°C

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We woke up at 7:45, reluctantly peeling ourselves from the warmth of bed. Breakfast was a lively affair—pastries, eggs, noodles and coffee fueled our semi-conscious selves as we prepared for a day packed with excitement. First up was a briefing where we watched a visitors guide to South Georgia documentary narrated by David Attenborough. South



Georgia is a paradise for wildlife enthusiasts and home to more penguins than you could count. The film made us feel so excited and emotional about the island. Fun fact: there are four kinds of penguins that breed here, and the king penguins are famous for being glamorous, photogenic, and prone to attracting attention wherever they go.

Next, Jerry and Mark shared their expertise on penguins in Mandarin and English, giving us some unexpected nuggets of wisdom. Did you know penguins have built-in tuxedos to help camouflage them from predators? White bellies blend in with the sunlight from below, and their dark backs keep them stealthy from above.



After lunch, things got hands-on with Rose's dumpling-making workshop. Imagine a room full of eager cooks, some very experienced in dumpling making and others complete novices, rolling dough, pinching dumplings, and creating what can only be described as "abstract culinary art." Some dumplings were masterpieces; others looked like they'd had a rough day. But by the time someone put on music and turned the room into an impromptu dumpling disco, no one

cared. Between laughs and a surprising amount of skill development, it was clear this workshop was more about fun and bonding than finesse.

Pippa's talk on polar pinnipeds followed. Elephant seals? They're basically the sumo wrestlers of the animal kingdom—massive, lumbering, and surprisingly agile in water. They can dive nearly 2,400 meters deep, holding their breath for over an hour, because apparently, they like to make human divers feel inadequate. Oh, and male elephant seals battle it out for beach real estate, often bellowing loudly enough to wake the neighbors (or scare off rival seals).



As the day was winding down, we gathered for a cozy Christmas movie night. After a delicious dinner, the popcorn machine kicked into gear, chocolate-covered strawberries made the rounds, and we settled in for *Elf*. There's something magical about watching Will Ferrell pour



syrup on spaghetti while your own face is stuffed with sweets. By the time Buddy screamed, "Santa!", we were practically humming *Jingle Bells*. Popcorn flew, laughter echoed, and the Christmas spirit took hold—sealing the day as one we'd never forget.



## Day 6 – Sunday 22<sup>nd</sup> December – At Sea towards South Georgia

08h00 GPS Position: 53°02.0'S / 042°47.2W

Wind: SSW6 • Sea: Moderate • Weather: Overcast • Air temperature: 0°C

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The day began with the ship navigating through rough weather in the Scotia Sea, with high waves making movement on board a challenge. Despite the conditions, the morning started with a hearty and nutritious breakfast, energising everyone for the day ahead.

As the journey continued, an unexpected and thrilling sight awaited—the first iceberg of the voyage came into view. This wasn't just any iceberg but the enormous and famed ICEBERG A76B, a remarkable highlight amidst the dramatic seascape. The encounter added a sense of



awe and excitement, serving as a reminder of the raw power and beauty of the Antarctic environment, as it was also surrounded by feeding humpback whales, and lots of different species of sea birds. This event found us all gathered at the bridge or on the outer decks delighting with the views. A real hint of the wildness that was awaiting ahead for us.

Later in the morning, we gathered for an engaging lecture on the geopolitics of South Georgia presented by George, providing fascinating insights into the region's history and significance. Lunch followed, offering a moment to refuel and reflect on the morning's experiences.



In the afternoon, attention shifted to biosecurity measures. The expedition team conducted a thorough inspection, emphasising the importance of strict protocols to prevent the introduction of invasive species to South Georgia. Every step was taken to ensure the visit would leave no negative impact on this pristine environment.

As the day wound down, the daily briefing brought a surge of excitement. Plans for the next day were unveiled—finally,

arrival at South Georgia! With improving weather, landings and zodiac cruises were on the agenda to explore the region's incredible wildlife and historical whaling station buildings. Anticipation filled the air, and the evening concluded with dinner, toasts, and a warm sense of camaraderie throughout the ship.



## Day 7 – Monday 23<sup>rd</sup> December – Fortuna Bay and Grytviken

08h00 GPS Position: 54°09.0'S / 036°48.6'W

Wind: S4/5 • Sea: Calm • Weather: Partial Cloud • Air temperature: +5°C

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We reached South Georgia! The sun greeted us when we sailed into Fortuna Bay this morning. It felt like we had woken up in heaven. From the decks we saw our first King penguins as well as several fur seals swimming in the clear waters. Looking at the landscape, we were overwhelmed by the beauty of our new destination. We were surrounded by high peaks, glaciers and green rocky outcrops and coves along the shoreline. After our breakfast we got ready to do a zodiac cruise and then step on land for the first time on this amazing island.

South Georgia is notorious for its swell, and we had slightly challenging conditions a head of us on the beach. Arriving at the landing site at Whistle Cove, we saw four expedition guides in waders standing in the water. Our drivers positioned themselves perpendicular to the beach and drove in on the back of a wave, 'parking' the zodiac perfectly on the beach. We quickly had



to get out of the zodiac while some big waves dumped some water over the stern and into the boat. After this first excitement we couldn't believe our eyes. We had landed in paradise.

Everywhere we looked there were king penguins walking around, not bothered by us at all, quite curious. We were instructed to follow the poles to get to their colony. We first had to make our way past some sleepy, farty elephant seals who laid cozily next to and on top of each other in a puddle of water. Then we continued over the grassy plains, where hundreds of fur seals were dotted around. Some only opening their eyes for a moment and others curious to find out what we were and trying to sniff us. But by putting our hands up they would mostly back away. After about 1.5 kilometers we would arrive at the king penguin colony of about 7.000 breeding pairs, plus their fluffy, brown chicks, situated on the outwash plain below the König Glacier in the back. Standing just five meters away from the colony was just unbelievable. So much was going on. And then listening to the squeaky sounds of the chicks and the two different calls of the male and female kings. That mixed with the grunting and sheep-like calls from the baby fur seals calling for their parents was out of this world.

Back on board we enjoyed another delicious lunch while we were relocating to Grytviken, located within King Edward Cove on the western shore of Cumberland East Bay. After the Government officers had checked and cleared us on our biosecurity, we were allowed to be brought to land. It is the place where the South Georgia Government's administrative center is



located and where some scientists live and work for months, and a few even year-round. We stepped into another world again this afternoon and got acquainted with the whaling history that started in the beginning of the 20<sup>th</sup> century and only closed in 1966.



We had a very interesting afternoon. One of the ladies who works in the museum led a short tour through the whaling station and afterwards, we were able to walk around the remains ourselves. We visited the museum, including the small building with a replica of the James Caird, used by Ernest Shackleton during his Imperial Trans-Antarctic Expedition with the 'Endurance'. A toast

with Shackleton whisky was made to 'The Boss' at the cemetery where he was buried on the 5<sup>th</sup> of March 1922.

Back on board we heard the plan for tomorrow, presented by Pippa. Then we were asked to dress warmly and head out to deck 5 at the stern of the ship, where we would have a nice barbecue. When we were done eating the tables and benches were put away and a dance floor was created. We had fun for a little while and then had to go back inside to black out the ship to prevent any bird strikes. What an amazing first day here at South Georgia!



## Day 8 – Tuesday 24<sup>th</sup> December – St Andrew's Bay and Godthul

08h00 GPS Position: 54°26.1'S, 036°10.3'W

Wind: Varied 1 • Sea: Smooth • Weather: Overcast • Air temperature: +0°C

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A profound silence enveloped everything. It was the kind of silence so special, so fragile, that you wouldn't dare break it — so much so that you'd rather stand still, unmoving, no matter how long it lasted. In the pre-dawn gloom, white snowy sheathbills could be made out, flitting above the decks of the Hondius like oversized moths. The sea was calm; the flag at the ship's bow hung limply, lifeless. The ship itself rocked gently on the slow, low, yet powerful swells of the Southern Ocean. The rhythmic heaving of the waves, a distant echo of a storm that had passed by, seemed to take out its fury on the shoreline, hurling enormous breakers onto the sand. Here and there, meeting a cliff or a rocky outcrop, the waves exploded skyward in plumes of spray.



Despite this, St. Andrew's Bay appeared remarkably serene. A valley encircled on three sides by towering mountains carried on with its usual life. To the east, the sky was rapidly turning pink, heralding the sunrise. Like embers in a fire that had smoldered all night, the clouds glowed brighter and brighter with each passing moment. Three o'clock in the morning — or rather, a quarter past three. What an ungodly hour. The start of an endlessly long, and equally endlessly fascinating day.

By 3:55 a.m., the entire expedition team had gathered at the shell door on the third deck. As the heavy, reinforced door swung open, a Zodiac was already waiting, and everyone busied themselves loading the gear needed for the shore landing. Pippa, the expedition leader, commandeered a spare Zodiac to scout ahead. Plans, after all, existed to be revised on the fly.

At exactly 4 a.m., George's voice filled the ship's speakers. That day, he — the first assistant expedition leader — had been tasked with the wake-up call. His warm, resonant tone was ideally suited for the job, pulling everyone from Morpheus's embrace like a fishing net dragging reluctant catch to the surface. Groggy passengers sitting on their bunks struggled to make sense of the world, only to recall that this day, according to the schedule, had an



exceptionally early start. Hastily, they scrambled to get ready and set off in pursuit of adventure.

News soon arrived from the shore: Pippa and a few guides had successfully landed. A positive sign — it meant the landing was feasible! However, the Zodiac cruise had to be canceled; the seas near the shore were too rough. Safety concerns aside, photographers would find such conditions infuriating, as the incessant motion rendered clear shots impossible. Only four Zodiacs remained on the water — enough to ferry everyone ashore and back later.

Meanwhile, the sun climbed higher. It had risen above the horizon, casting its morning light across the world, but the mountains encircling St. Andrew's Bay to the east continued to shield it from view. Fully dressed and ready, we gathered near the shell door, when at last a brilliant ray of sunlight pierced the jagged dragon's-teeth peaks, momentarily blinding us. The world instantly transformed — more vivid, more exhilarating. Yet the moment passed quickly; the sun climbed higher, disappearing behind a thick veil of clouds.



Groups of ten at a time boarded the Zodiacs, heading for the shore. The high but steady swells carried us smoothly along, aligning with our direction. The real challenge, however, awaited us at the landing site. Simply pulling up to the beach wasn't an option; the Zodiac driver had to catch a wave like a surfer and ride it, letting the surf propel the craft onto the sand. Our guides, to their credit, executed this maneuver flawlessly. Once the Zodiac landed, we needed to disembark without hesitation and move several meters inland. Expedition team members directed us from there, explaining where to go, what to observe, and how to avoid trouble with the territorial fur seals. The Zodiac drivers, meanwhile, rode the next wave back out to sea, ready to repeat the process until everyone had landed.

We took in our surroundings. A sandy beach gave way to a grassy valley, bordered by towering mountains, massive glaciers, and a terminal moraine already overgrown with vegetation. The early morning air was crisp, as invigorating as our excitement.

The beach and valley teemed with wildlife: giant petrels dozing with heads tucked under wings, elephant seal pups weaned by their parents, fur seals scanning their surroundings with haughty vigilance, and, of course, countless king penguins. Their main colony lay beyond the glacial moraine. Cameras at the ready, we began to move forward, eager to immerse ourselves in this incredible scene.



The journey ahead was no short stroll — it even included wading through a lively little river that meandered through the valley, originating from a glacial lake. Our route, or more accurately, our trajectory, was marked by red poles planted by our ever-thoughtful guides.

Moving from pole to pole, occasionally negotiating with the disgruntled fur seals objecting to our presence, we eventually reached the riverbank. To our surprise, the banks were claimed by hundreds of molting penguins. They stood motionless along the water's edge, shedding their old feathers, which drifted away in the current, while sleek, bright new ones emerged in their place. Molting is a grueling process for penguins. During this time, they lose their waterproofing and can't swim, meaning they fast for weeks, standing dejectedly on the riverbank until the ordeal is over. Careful not to disturb them, we crossed the river with the active assistance of our guides. The water wasn't deep, but the current was impressively strong.

A few hundred meters farther, we began ascending the moraine. On one of the slopes, right beside the trail, we stumbled upon a skua's nest. A chick, full of energy, scurried around exploring its surroundings, while the parents watched vigilantly to ensure nothing happened to their offspring. When someone paused to snap a few photos, one of the adults spread its wings menacingly, puffed out its chest, and opened its beak in a display of defiance — a clear signal to move along.

A few more steep steps, another sharp incline, and we reached the summit of the moraine. There, waiting for us, was Mark, our ornithologist, flanked by a couple of guides. Mark's face bore a lopsided grin, hinting that he was privy to a secret and relishing our forthcoming



reaction. The answer to his unspoken riddle revealed itself within moments as we crossed the final few meters. The moraine dropped steeply into the western part of the valley, which spread out before us like a vast tableau. And there — there! Thousands, tens of thousands, no, hundreds of thousands of king penguins. We were standing before the largest colony of these magnificent birds in the world. Transfixed, we stood rooted to the spot, struggling to believe what our eyes beheld. It took a while for us to recover and start noticing the details.



At first glance, the colony was a chaotic riot, underscored by the cacophony of penguin calls — a din so intense we had to raise our voices to converse, though most of us, awestruck, preferred silence. Amid the apparent disorder, certain patterns emerged. “Nurseries” of chicks, absurdly clad in their fluffy brown down, huddled together in groups. The adults were engaged in their routines: some waddled toward the sea, while others lumbered back with stomachs full of krill and fish. Most penguins, however, simply stood still, neither coming nor going.

Alas, our time was limited, and we couldn’t linger for hours on the moraine summit. Before long, we had to retrace our steps, once again skirting hostile fur seals, wading across the river, and weaving between elephant seal pups.

Any seasoned traveler venturing into a remote wilderness knows that the return journey demands as much effort as reaching the destination. Similarly, as we stood on the beach donning life jackets, it was clear that getting back to the ship would require navigating the surf once more in a Zodiac, entrusted to the skill of our guides.

On Pippa’s signal, the driver expertly rode a wave and “beached” the Zodiac. Our task was to climb aboard as quickly as possible — a feat complicated by the waves slamming into the craft’s stern, dousing us in cold, salty seawater mixed with sand and a generous helping of penguin feathers. Brrr.



Reaching the Hondius shell door, we disembarked one by one, braving the pitching of the waves with help from the guides and crew. Back in our cabins, we hung our soaked gear to dry before heading — who would have guessed? — to breakfast. It was astonishing to realize it was only breakfast time; such is the nature of a day that begins at 4 a.m.

After breakfast, a hush fell over the ship. Morpheus, it seemed, had returned to claim his due. Many of us took the chance to nap, though some immediately began editing the photos taken during the landing.

Meanwhile, the weather turned fickle. Low clouds crept stealthily through the mountain passes from the island's southern coast, shrouding the valley. A light snow began to fall, bringing with it a biting chill. It was a relief to already be aboard.

Before long, the captain ordered the anchor raised, and the Hondius set course for the site of our afternoon activity: Godthul Bay. The name, translating from Norwegian as "good valley," was promising. The journey was lengthy, taking about three hours. During that time, everyone, including the guides, had the opportunity for a well-deserved rest.



Godthul appeared to be very cozy, and this impression was not misleading. The water's surface barely rippled, and the oceanic swell hardly reached us; only in a few places was it slightly difficult to approach the shore. The \*Hondius\* dropped anchor, and the expedition team began preparing the Zodiacs so we could explore the shores of the bay and its inhabitants in more detail. The weather was overcast, but there was no rain or snow. Unlike our morning experience, getting into the Zodiacs now was much easier, and in less than half an hour, everyone was divided into boats, heading in different directions but all toward the shore.

Like any other bay in South Georgia, Godthul was framed by high mountains, their slopes covered with tussock grass. A narrow strip of beach was densely occupied by local fauna — fur seals, mostly their pups, elephant seals, mostly their pups, and gentoo penguins. However, a couple of king penguins were also present.

We moved slowly along the shore, observing the animals and their behaviors. Those of us who were interested in ornithology mostly focused on kelp gulls, giant petrels, and listened carefully, hoping to spot the endemic species — the South Georgia pipit. These tiny, sparrow-sized songbirds were on the verge of extinction just a few years ago because the rats brought by whalers to the island ruthlessly devoured both the pipits and their eggs. These birds survived only on neighboring islands, but interestingly, once the island eradication program was successfully completed, they returned and began rapidly multiplying, once again reclaiming their homes from the cursed rats. Some of us were lucky enough to observe a pipit fluttering from rock to rock.

After returning to the ship, we gathered in the observation lounge for the daily recap, where Pippa shared plans for the upcoming day, and William, our hotel manager, delighted us with the news that instead of the usual dinner in the restaurant, we would have a Christmas barbecue on the open deck, with mulled wine provided by the establishment.

We dressed warmly and lined up. Our chefs, engineers, and even the officers on the bridge all participated in grilling the meat over the coals. Tables and benches were set up on the deck. It was wonderful — having dinner with a view of the beauties of South Georgia. No restaurant, even one with three Michelin stars, could compare to this. Music played, we conversed, sipping mulled wine, while the ocean lazily and gently rocked our ship. The twilight deepened, and the world around us gradually lost its outlines. Tomorrow — Christmas.





## Day 9 – Wednesday 25<sup>th</sup> December – Gold Harbour and Cooper Bay

08h00 GPS Position: 54°37.5'S, 035°56.3'W

Wind: N2 • Sea: Calm • Weather: Overcast • Air temperature: +2°C

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We awoke early on Christmas Day to the clattering of hooves, jingling of bells and the gentle thump of thick black boots on the top deck. Wondering what it could possibly be, we ascended the central staircase, poking our head round the door onto deck 8, only to see a sleigh disappearing into the early morning sky, a jolly 'Ho ho ho' echoing across the gentle water. Surely not - It could only have been merry old Saint Nick.



Excited for the day ahead, we returned to the warmth of Hondius, descending to the dining room for another wonderful breakfast from our galley team. Shortly after, we boarded the zodiacs and headed out for our landing and zodiac cruise at Gold Harbour. On the zodiacs, we weaved in and out of the towering cliffs of Gold Heads, in search of fur seals and penguins. We gazed along the never-ending beach, full of life, in the shadows of Bertrab glacier, hanging high from the mountains above. On land, we enjoyed a short walk to the nearby penguins, mesmerized by the hustle and bustle of 50,000 penguins all squeezed onto this beautiful beach.

After our morning activities, we returned, once again, for lunch onboard, as the vessel sailed out of Gold Harbour, heading further south towards Cooper bay. As we entered the bay Hondius took anchor, nestled between Cooper Island and the mainland of South Georgia, surrounded by towering mountains, glaciers and huge tabular icebergs.

After lunch, we donned our waterproof clothing once again to enjoy a zodiac cruise in the Bay, in search of the star attraction – Macaroni Penguins. We cruised between ice and rock, weaving in and out of

kelp beds in search of chinstraps, fur seals, king penguins and, of course, the crested Macaroni's. As the cruise progressed, we were even greeted with beautiful sunlight, beaming down from above, dancing on the rippling water and ice.



After our cruise, we made our way straight to the outer decks as Hondius sailed out through the Cooper Sound into a sea of tabular icebergs which surrounded the Southern tip of South Georgia. For hours we sailed through the ice, the sun setting in the background, enjoying the spectacular views from the outer decks, and then the dining room. As we settled into the festivities of Christmas dinner, we knew we were seated in the most beautiful dining room on earth, views of

the ice and mountains of South Georgia. As the day came to an end, we returned to our rooms, excited for our destination the following day at King Haakon, in the footsteps of Shackelton.





## Day 10 – Thursday 26<sup>th</sup> December – Peggotty Bay, South Georgia

08h00 GPS Position: 54°09.1'S, 037°17.3'W

Wind: Varied 2 • Sea: Calm • Weather: Overcast • Air temperature: +5°C

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The day started with the ship navigating its way into the entrance of King Haakon Bay on the southern side of South Georgia. The bay, named for King Haakon VII of Norway by Carl Larsen who founded the whaling station at Grytviken, forms a 13km long inlet. By the time everyone



had finished enjoying breakfast we were ready to start exploring our first stop on the journey retracing Shackleton's epic voyage from Elephant Island in the South Shetlands to South Georgia. The stark beauty of the scenery surrounding Peggotty Bluff with its towering snow-covered peaks and the Murray glacier at the head of the inlet was

brehtaking. On the beach we were greeted by a hareem of Antarctic Fur Seals along with a couple of territorial males and a small group of King Penguins. Following the marked route through the tussock grass behind the beach we discovered several groups of immature moulting Southern Elephant Seals, all slumbering and peaceful until one wanted to change position, triggering a round of complaining grunts and shuffling. Thinking of Shackleton's arrival here at Peggotty Bluff after their initial landing at Cave Cove at the mouth of the inlet brought to mind the quote by Sir Raymond Priestley about Scott, Amundsen and Shackleton; "For scientific discovery give me Scott; for speed and efficiency of travel give me Amundsen; but when disaster strikes and all hope is gone, get down on your knees and pray for Shackleton". The beach behind the bluff where the men camped in the upturned *James Caird*, now the realm of curious elephant seals, provided panoramic views of Shackleton Gap, the start of the route taken by Shackleton, Worsley and Crean to cross South Georgia to initiate the rescue of Shackleton's men on Elephant Island.



Following the morning's exploration, it was time to return to the ship for a hearty lunch before continuing our journey south through the Scotia Sea towards the Antarctic Peninsula. However, before leaving King Haakon Bay, we were treated to one final sight, that of Cave Cove, the site of Shackleton's initial South Georgia landing following their perilous 17-day journey from Elephant Island to South Georgia. This brought to a close the highly successful South Georgia portion of the expedition.



Before sailing away we had the chance to sail past Cape Rosa which was the first spot where Shackleton landed in the James Cairn before carrying on to Peggarty Bluff. Upon leaving King Haakon Bay we traversed an area of sea littered with small icebergs before finally reaching open water and steaming south.



## Day 11 – Friday 27<sup>th</sup> December – At sea, sailing towards Antarctica

08h00 GPS Position: 57°25.3'S, 039°35.7'W

Wind: SW5 • Sea: Slight • Weather: Fog • Air temperature: +5°C

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Today marked a full day at sea as we continued our journey south toward Antarctica. It gave us time to process and reflect on the incredible experience we had in South Georgia, and a chance to sort through our photographs. The sea was uncharacteristically mild, with gentle waves and a blanket of fog lending an air of mystery to the day.

One of the highlights was sailing impressively close to the enormous tabular iceberg A23a, a frozen giant that loomed on the horizon like a city of ice. The proximity to the iceberg brought an abundance of wildlife, including humpback whales surfacing nearby and an array of seabirds. Cape petrels, Antarctic prions, and other avian companions danced through the fog, adding life to the subdued seascape.



The day onboard was filled with engaging lectures. Aitana told us all about sea ice and glaciers, preparing us for the sites we would see in Antarctica. Pippa and Rose then told us simultaneously about the history of whaling in Antarctica and South Georgia. Sasha then told us about the geography of Antarctica, helping to deepen our understanding of the fascinating environment we were about to travel through.

The evening brought a festive atmosphere with the South Georgia Heritage Trust Auction, which turned out to be a lively event. Opportunities like steering the Hondius, purchasing Shackleton whisky and buying the Hondius flag were some of the most wanted items in the auction. There were plenty of laughs, good-natured bidding wars, and a shared sense of purpose as we raised funds for a meaningful charity that we now had a personal connection with. It was a day of quiet beauty, education, and camaraderie as we sailed ever closer to the White Continent.

## Day 12 – Saturday 28<sup>th</sup> December – At sea, sailing towards Antarctica

08h00 GPS Position: 58°45.4'S, 047°43.9'W

Wind: NW6/7 • Sea: Moderate • Weather: Overcast • Air temperature: +1°C

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Today, we sailed on a captivating journey to explore the mysterious and pristine continent of Antarctica. Every moment was filled with endless possibilities and surprises, immersing us in this extraordinary polar adventure.

The morning sunlight gently poured into the cabin, and at 07:45, the crisp sound of the wake-up call echoed through the air, awakening every traveller and signalling the start of a new day filled with exciting exploration. Afterward, we headed to the restaurant at 08:00 to enjoy a sumptuous buffet breakfast, awakening our taste buds and replenishing our energy for the beautiful moments ahead.

At 09:15, we embarked on a journey through time, delving into the legendary Belgian Antarctic Expedition led by Adrien de Gerlache. The Chinese-language lecture was held in the lecture room, where Rose narrated this thrilling chapter of history. Meanwhile, in the observation lounge, Marcelo delivered the English lecture, sharing the story of this brave and monumental adventure with insight.



Next, at 11:30, Lucia met us in the observation lounge to give a captivating presentation about krill, the key stone species in Antarctica's ecosystem. She revealed the mysteries of these tiny creatures through vivid language, highlighting their crucial role in the Antarctic ecosystem. The lecture was conducted in English with Chinese translation, allowing us to fully appreciate the subtle and grand scale of Antarctica's ecological system.

At 12:30, we headed to the restaurant to enjoy a delicious and meticulously prepared lunch. The exquisite dishes and warm atmosphere provided us with a relaxing moment to recharge before the afternoon's adventures.



At 14:00, to preserve the ecological integrity of Antarctica, we proceeded to the 3rd deck for a mandatory biosecurity check, following the order of deck floors. We brought our cleaned coats, backpacks, waterproofs, boots, tripods, hiking poles, and life vests. Every step we took helped protect this pristine land, and we stayed attentive to the broadcast notifications, ensuring all preparations were in place.

At 16:30, George presented a profound lecture in the observation lounge, exploring the complex relationship between the Antarctic Treaty system and polar geopolitics. He guided us through the international cooperation and conflicts surrounding Antarctica, unveiling the political wisdom and power behind this polar region. The lecture was in English with Chinese translation, allowing us to gain a deeper understanding of the international dynamics in this remote land.

As the evening glow painted the sky, at 18:15, we gathered in the observation lounge for a summary of the day's activities. The expedition team shared their reflections on the exciting moments we had experienced, reminiscing about the journey and helping us capture the profound impressions of this Antarctic adventure.

At 19:00, as night fell, we headed to the restaurant for a sumptuous dinner. In the soft, ambient light, we had the chance to share our experiences and joys of the day with fellow travellers, exchanging stories and the little discoveries we made during the exploration.

At 20:30, the final activity of the day was a photography editing workshop hosted by Juan. This session marked a perfect conclusion to our Antarctic journey. We learned how to enhance our photos with editing techniques, capturing each breathtaking moment and allowing our photographic work to radiate unmatched beauty.



## Day 13 – Sunday 29<sup>th</sup> December – Elephant Island and at sea

08h00 GPS Position: 61°04,5'S / 054°44.3'W

Wind: Varied 1 • Sea: Calm • Weather: Overcast • Air temperature: +1°C

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After two days at sea, we were always going to be excited at the prospect of seeing land again as we approached the South Shetland Islands. The pyramid of Cornwallis Island thrusting skywards from the ocean was dramatic. Mother Nature then ramped up the wow factor even more. A large aggregation of fin whales was a real treat for us all. Over seventy of these giant mammals were feeding on krill around Hondius for over half an hour as we made our way towards Elephant Island. Multiple blows, and fins to be seen everywhere. It was a real privilege to see this wonder of the world, and it was all before breakfast.



On Elephant Island, our goal was to visit Point Wild. It was from here that Shackleton had sailed on the James Caird for South Georgia, leaving most of his crew on this remote and isolated rocky spit of land surrounded by penguins and glacial precipices plunging hundreds of feet into the surging waves. The journey that had just taken us two days from King Haakon Bay on South Georgia took him and the crew 17 days. It was hard to imagine this – even harder to imagine the thoughts of the men left behind, not knowing if they would survive.

We were expecting to just admire Point Wild from the decks of the Hondius, so it was amazing to be able to hear that the expedition team could launch zodiacs and give us a real feel for this remote outpost of humanity. With the zodiacs oscillating up and down over a meter at the shell doors, embarking was a challenge of timing and balance, all achieved with the help of the guides and the AB's. We cruised round the point into calmer waters to see the bust of Captain Luis Pardo, commander of the Yelcho that rescued the 22 men. Surrounded by chinstrap penguins and framed by the backdrop of the glacier cliff behind. It's an awe-inspiring place and again a privilege that few have been lucky enough to experience at close hand.

Returning to the ship, we continued south and west towards Antarctica, entertained and educated in equal parts with lectures on geology, oceanography, the Hondius kitchen and polar clothing. The range of talents amongst the crew is broad and unusual. Next stop: Deception Island!



## Day 14 – Monday 30<sup>th</sup> December – Deception Island

08h00 GPS Position: 62°55,5S / 060°38.6'W

Wind: W3 • Sea: Calm • Weather: Overcast • Air temperature: +3°C

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We arrived early at Deception Island to begin the tricky navigation through what is known as 'The Bellows', a narrow passage into the caldera. Deception Island is a unique landscape, and isn't actually an island at all, it is a submerged caldera created by a volcano.

Our morning activity was at Telephon Bay here we had the opportunity to go for a longer hike than usual. The expedition team set out a route which took us to some beautiful views overlooking lakes and streams made from the melt water of the snow on the hill high about us. Some of us even took the chance to really work off our Christmas dinner by running the route a few times. When the yellow and red groups returned to the ship, Gabi was waiting to give them a lecture all about Jackie Ronne and some others of the famous women in Antarctica. Having received a lecture from Rose about Chinese Research Stations in Antarctica, the green and blue group then set out to Telephon Bay for their landing.



There were some very charming chinstrap penguins we could admire back on the beach and two seals were hauled out on the beach resting, a weddell seal and a young crabeater seal. We enjoyed photographing the steam rising from the shore line, creating very atmospheric pictures.

We returned to the ship for lunch and to warm up. We began mentally preparing

ourselves for the shorter afternoon activity at Pendulum Cove. Here we could see the ruins of a Chilean research station, but the main event happening on the beach was the Polar Plunge!

Many of us bravely jumped, ran, or walked into the sea, and the screams could be heard from the far end of the landing site.

We were welcomed back onboard by Victoria who served us some hot chocolate with an extra treat inside to warm us up.

Many of us rested for the remainder of the afternoon until the daily recap where we were very excited to hear about our plans for the next day. We were delighted to hear that we would be stepping onto mainland Antarctica and enjoyed the fantastic sights of the areas in the Gerlache Strait.

## Day 15 – Tuesday 31<sup>st</sup> December – Cape Tuxon, Petermann Island, Salpetriere Bay

08h00 GPS Position: 65°11,1S / 064°08.5'W

Wind: Varied 1 • Sea: Calm • Weather: Overcast • Air temperature: +6°C

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An hourglass typically captures our attention only when most of the sand has already fallen into the lower chamber. We watch it, mesmerized, waiting for the last grain to fall. The same happens with calendars. We let the river of time carry away days, weeks, and months into the abyss of the past without much thought, yet the final day of the year always holds a special significance. The last day, the last grain of sand. Tomorrow, the count will start anew; at midnight, the clock will be turned over. But that's for midnight — right now...

Pippa's soft voice, our expedition leader, echoed through the public address system of the Hondius slightly earlier than expected. The reason was compelling: our ship was approaching the Lemaire Channel, one of the Antarctic Peninsula's most renowned landmarks. This narrow passage separates Booth Island from the mainland, framed by towering mountain peaks that plunge almost vertically into the water. We all hurried to bundle up and step onto the open decks to admire the view and take some photographs.

The Hondius moved slowly, weaving around icebergs and carefully maneuvering. We stood on the deck, captivated by the true Antarctic scenery — biting cold, glacier-covered mountainsides, icebergs, penguins, and above it all, a gray, overcast sky. Once the Hondius



cleared the narrowest section of the channel, we made our way to the restaurant for breakfast.

The morning plans were ambitious: a continental landing was on the agenda. To achieve this, the Hondius had to travel several more nautical miles south before anchoring near Cape Tuxen. This tiny patch of land, transitioning into a sheer cliff, was too small to accommodate everyone at once, but landing in turns seemed feasible.



Pippa and a few guides headed ashore while we gathered on the third deck near the shell door. The entire morning activity consisted of a Zodiac cruise with the opportunity to step ashore and set foot on the seventh continent. Only two Zodiacs' worth of passengers could

be on land at a time; the rest had to wait their turn.

Naturally, we made good use of the waiting time by exploring the waters around Cape Tuxen. Here and there, we spotted Adélie penguins resting on small icebergs. But the real highlight? From time to time, spouts of water erupted in the distance: whales! A sizable pod of humpback whales was enjoying their morning feast nearby. We approached them quietly in our Zodiacs, marveling at their tails as they dove gracefully into the depths. Our guides demonstrated remarkable Zodiac-handling skills, allowing us to snap plenty of photos. Even without the cameras, simply witnessing the whales' breakfast was an unforgettable experience.

After everyone had taken their turn visiting Cape Tuxen, the Zodiacs were lifted back onto the ship, and the Hondius headed north — our route now strictly northward — to our afternoon destination, Petermann Island. Meanwhile, we headed to the restaurant for lunch.

Petermann Island is modest in size, mostly covered by a glacier, and would be unremarkable if not for the penguins. Here, both Gentoo penguins, common to the region, and the more cold-hardy Adélie penguins nest. We had already seen a few Adélie penguins during the morning Zodiac cruise, but now we had the chance to observe their nests and even tiny, newly hatched chicks.

While some of us wandered along the shore, admiring the penguin chicks, others explored Petermann Island by water, participating in another Zodiac cruise. Icebergs, crabeater seals, sheer cliffs, and snow algae staining the glaciers were the highlights. Midway through the activity, we swapped places.

It seemed the day was winding down — recap, dinner, and the year's end — but no. After dinner, we ventured out again to explore Antarctica. This time, there was no landing, but a Zodiac cruise in Salpetriere Bay was on the agenda. The bay is known to some as the “iceberg graveyard,” while others prefer the term “iceberg garden.” Shallow waters and strong currents cause icebergs to run aground here, creating labyrinths that are thrilling to navigate

— albeit at a safe distance.



We spread out in different directions, but suddenly George, our assistant expedition leader, came over the radio. He had found a section of sea ice in one of the coves where no less than four leopard seals were resting.

We quickly headed there, eager to see these unusual and predatory pinnipeds.

And there they were — huge, toothy, insatiable, spotted, and fearsome. Two were sleeping on the flat sea ice, one had climbed onto a small iceberg to doze, occasionally opening its eyes to survey the surroundings, and one slid into the water, playing around the Zodiacs. It surfaced now and then with a loud snort, taking a couple of breaths before diving again.

After we had our fill of observing these formidable predators, it was time to return to the ship. It was late, and the weather had turned for the worse, making the warmth of the Hondius even more welcoming.

Around midnight, we all gathered in the observation lounge to ring in 2025 with clinking champagne glasses. We could only hope it wouldn't be the last year in human history.



## Day 16 – Wednesday 1<sup>st</sup> January – Orne Island

08h00 GPS Position: 64°33,3S / 062°24.9'W

Wind: N5/6 • Sea: Rippled • Weather: Overcast • Air temperature: +2°C

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After a very very short night we were woken by Pippa's gentle voice in the wake up call. After last night's New Years celebrations, which extended our average bed time by at least three hours, the breakfast at 7.30 was a shock quite similar to a polar plunge. Willmore and his dining room team eased our pain a little with their kind *good mornings* and *happy new years*.

Even though it was really quite early, we were not to waste any of the time in Antarctica that we still had left. Soon thus we stood ready for the very last time to board the zodiacs. The first groups went straight to the landing site on Orne Island and were greeted by colonies of gentoo and Adelie penguin.



It was a nice little walk through the snow to three major colonies. By now we were experienced walking in the deep snow and we knew to stick to the pole-marked paths to prevent any knee-deep holes. As it was our last landing, we enjoyed the gentoo penguins in their little penguin highways for the last times. With perseverance and outstretched flippers for balance, the gentoo penguins managed to climb the steep hills from the water to the colony.



Our experienced eyes were immediately looking for any chicks under the penguins' bellies. The adelic penguins were still on their eggs, but some gentoo penguins already had two chicks to feed. The two species of brush tailed penguins both have pebble nests which they carefully construct. It was a privilege to witness the search for suitable pebbles, followed by the placement. These cheeky penguins are known to steal pebbles from each others nests, to add to their own. It was great fun to observe all these interactions, of which Lucia showed us a video later that day during recap.





The other groups enjoyed a zodiac cruise that was quite shaky and cold. Our Antarctic cold adaptability and layered clothing were seriously put to the test. We cruised the shores of Cuverville island, and found about 15.000 gentoo penguins, a few humpback whales and many large icebergs. It was a fitting end to our time around the Antarctic peninsula, where we had reached further south than we could have hoped for.

With a big storm forecasted on the infamous Drake Passage, we had to leave Antarctica after these last activities. Sailing through the Gerlache strait, with again many humpback whales all around us, we could only think back with happy memories in our hearts. And lovingly we said goodbye to the white continent.

We had an extra-long recap that evening where Pippa spoke about the mate selection in brush tailed penguins, who turn out to be quite like us in that aspect. Marcelo shared an interesting rescue of a passenger vessel stranded near the South Shetlands islands by an ice breaker. With that in mind we were quite happy to be sailing in our dear Hondius with our expert crew.

Jade spoke about how blue- and fin whales are known to interbreed, despite being separate species. She also showed the results of the humpback fluke photos submitted by fellow passengers that she put in the Happy Whale algorithm. We were excited to hear that we contributed four whales which are new to science to the database. Four of the whales that we had seen could be matched to known individuals, one of them was even sighted before in Colombia, its apparent breeding grounds.



To conclude, Juan invited us all to submit their favourite photo's for the onboard photo competition. Which meant for a few of us a night worth of editing and selecting material. But the rest had a more relaxed evening with a viewing of the movie Happy feet, enjoyed with popcorn.

## Day 17 – Thursday 2<sup>nd</sup> January – At sea, sailing to Ushuaia

08h00 GPS Position: 61°22,7S / 062°39.0'W

Wind: NW2 • Sea: Rough • Weather: Overcast • Air temperature: +2°C

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We had no wake-up call this morning!!!! We could finally have a little sleep in, many wishes were accomplished even when nobody asked for that in SASHA's Questions Box!!!!

We sailed almost all day with a course of 348°, 11.1 knots (22 km/h) crossing from the Peninsula to Tierra del Fuego through the "Mar de Hoces" or... "Drake Passage". Most of the time you can hear the later name assigned for this place but... the truth is that Francisco de Hoces from Spain was the first person to sail in this part of the New World in 1526. A storm pushed his ship "SAN LEMES" south towards the Cape Horn. Hoces was part of the Sebastian Elcano expedition at that time.

What about Francis Drake? Well, he was sailing to the "Mar de Hoces" in September 1578, 52 years after Hoces. Authors concluded that he never sailed through the passage that has his name.

In the morning Jess shared with us another of her magnificent lectures. She told us "How whales can save us", teaching in her glamorous way that she has, explaining many unknown things for us.



Later, Saskia and Jerry told us an amazing description about "The Race to the South Pole.

At 11:00 hrs we were sailing close to Latitude: 60° 47'8 South and Longitude: 062° 53',9 West. Winds were blowing from the North West 25 Knots and the swell showed us waves of 3 meters high hammocking our beautiful ship.



After lunch we had the opportunity to hear about the Future of Antarctica. George gave a detailed lecture about the impacts of tourism on the continent and explained about the Antarctic Treaty System and the fishing industry here . Rose gave an excellent lecture to the Madarin speakers about Ocean Conservation with an emphasis on plastic pollution. We were then very impressed to here about the career and life of Sasha. We watched a brilliant documentary about his time in Pyramiden as the keeper of the ghost town.

The last whale was sighted, this time it was a Minke whale that showed us the dorsal fin, almost like it was trying to say goodbye.

And... speaking of farewells, we crossed the parallel 60°00'00" South, exactly at 15 hours 22 minutes 22 seconds in Latitude: 60° (Obviously ; )) and Longitude: 063°14'24" West, leaving behind Antarctica.

At 20:30 hrs "Mermaid Juan" and Andy "The Walrus" led the results of the Photo Competition. A great challenge to all the passengers that demonstrated their high skills as Antarctic photographers.

Slowly, Antarctica was part of our past, but it will remain in our memories for ever.

There is a book titled "ILLUSIONS" by Richard Bach that says "Farewells are necessary for a future reencounter" so, we invite you not to say "Goodbye to Antarctica, just say "See you soon!"



## Day 18 – Friday 3<sup>rd</sup> January – At sea, sailing to Ushuaia

08h00 GPS Position: 56°57,2S / 064°17.0'W

Wind: NW8/9 • Sea: Rough • Weather: Overcast • Air temperature: +4°C

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Today we were woken up by Gabi, who had won the bid to do the wake-up call at the South Georgia Heritage Trust Auction. She played our favourite Happy Birthday song!

The swell of the ocean was between four and six metres and a lot of people were feeling the

effects. Some of us were a little sad that this would be our last full day of our trip. We started to pack and organise our onward travel inbetween lectures.

After breakfast, the first lecture of the day was from Jade who talked us through the History of the Earth with a lecture titled '45 Million Years in 45 Minutes'.

Later on in the morning Gabi and Rose gave simultaneous lectures. For the Mandarin speakers Rose gave a history lecture about the explorer Jean Baptiste Charcot while Gabi spoke about Sir Francis Drake.

In the afternoon Lucia gave us a really engaging lecture about her home country of Argentina.

In the evening we gathered in the lounge for the Captain's Farewell celebration. Here we toasted to our successful trip. We then got to enjoy watching the Slideshow made by Gabi, which really showcased everything we had done on this epic adventure.

We gathered in the restaurant for a final dinner together. Here we got to meet some of the crew who work behind the scenes in the galley, laundry, and hotel departments.

We stayed up late, making the most of the remaining time with our new friends, reminiscing about our time, and sharing photos. We reluctantly peeled away to our cabins to finish packing and sleep, ready for travelling in the morning.



## Day 19 – Saturday 4<sup>th</sup> January – Disembarkation Day, Ushuaia

08h00 GPS Position: 54°48,5S / 068°18.10'W

Wind: NW2 • Sea: Calm • Weather: Overcast • Air temperature: +10°C

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Pippa woke us up for the final time and having packed up our bags we made our way to the restaurant. While we had our final breakfast the expedition team took our luggage down to the pier. We said goodbye to the crew and staff and the new friends we had made and set off. Some of us were heading home and some were moving on to their next travels. Entering the city of Ushuaia was surreal having been in such remote and wild locations for the last nineteen days. We had seen mountains, waves, whales, seals, seabirds, penguins, old whaling stations, beautiful beaches, and been immersed in nature at it most raw and wild. We boarded planes, taxis, buses, and entered hotels, ever changed by this once in a lifetime experience.

*"It seems to me that the natural world is the greatest source of excitement; the greatest source of visual beauty; the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living."* David Attenborough.



**Total distance sailed on our voyage: 3,554 nautical miles**  
**Southernmost position: 65°11.1'S, 064°08.5'W (Cape Tuxon)**

On behalf of Oceanwide Expeditions, Captain Hans Soderholm, Expedition Leader Pippa Lowe, Hotel Manager Jeroen William Barnes and all the crew and staff of M/V Hondius, it has been a pleasure travelling with you.



**Falkland Islands - South  
Georgia - Antarctica Peninsula**

**17<sup>th</sup> Dec 2024 – 4<sup>th</sup> Jan 2025**

**M/V Hondius**

1. New Island
2. New Island (North Harbour)
3. Stanley (Falkland Island)
4. Fortuna Bay (South Georgia)
5. Grytviken
6. St.Andrew's Bay
7. Godthul Bay
8. Gold Harbour
9. Cooper Bay
10. King Haakon Bay (Rosa Point)
11. Iceberg A23a
12. Wild Point (Elephant Island)
13. Telefon Bay
14. Pendulum Cove
15. Lemaire Channel
16. Cape Tuxen
17. Petermann Island
18. Port Charcot (Zodiac Cruise)
19. Orne Island

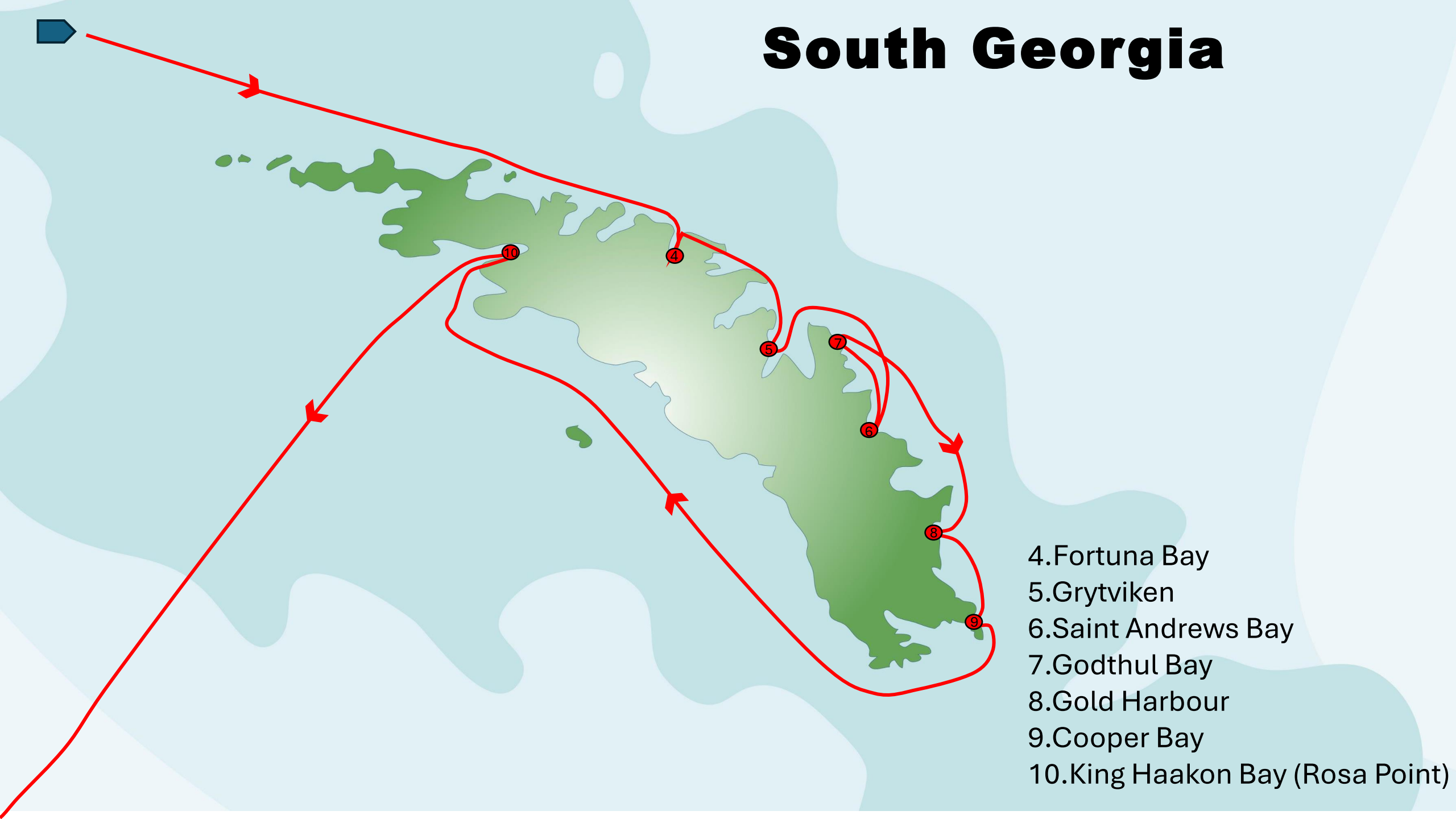


# Falkland Islands



1. New Island
2. New Island (North Harbour)
3. Stanley (Falkland Island)

# South Georgia



4.Fortuna Bay

5.Grytviken

6.Saint Andrews Bay

7.Godthul Bay

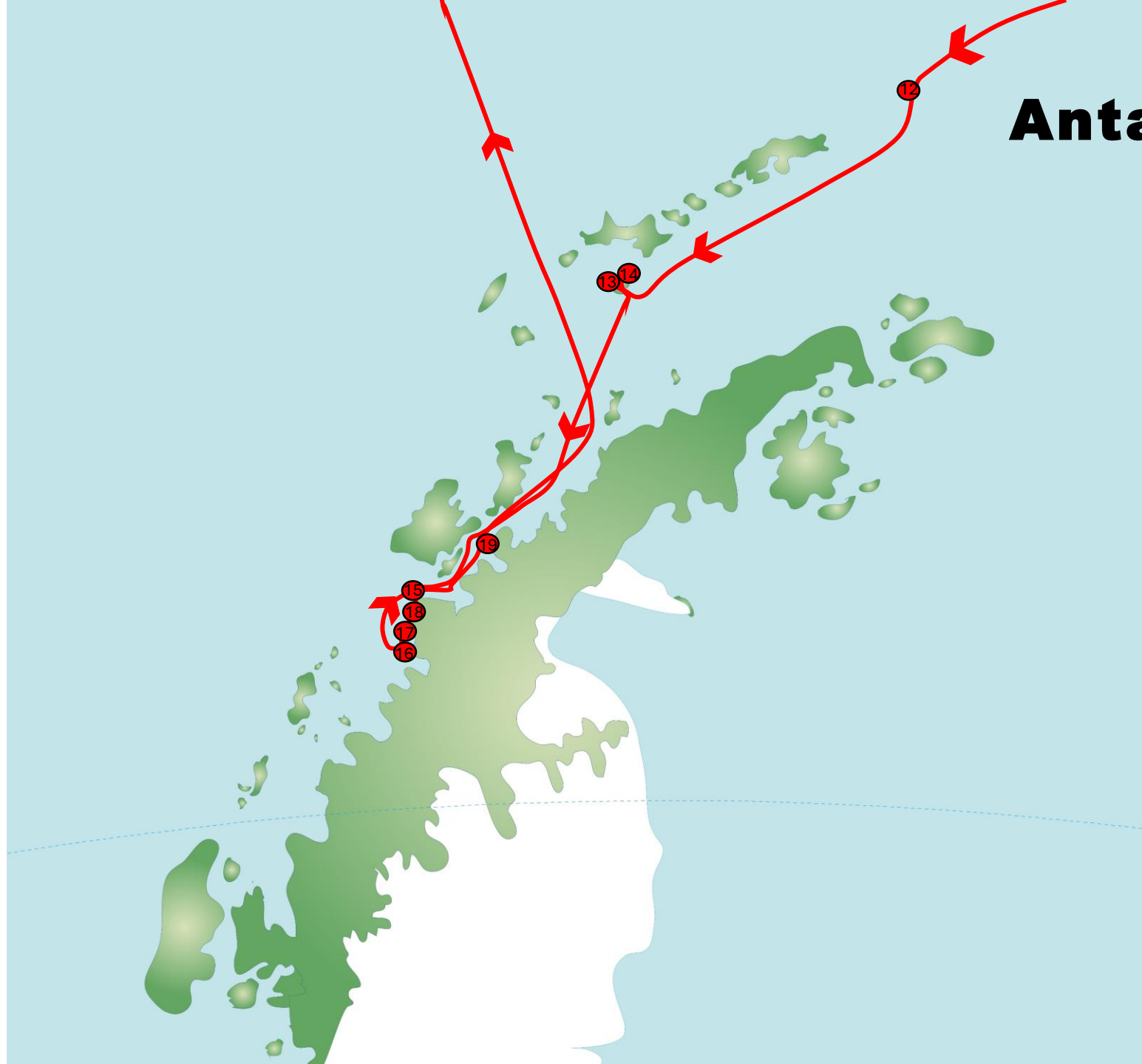
8.Gold Harbour

9.Cooper Bay

10.King Haakon Bay (Rosa Point)



# Antarctica Peninsula



- 12.Wild Point (Elephant Island)
- 13.Telefon Bay
- 14.Pendulum Cove
- 15.Lemaire Channel
- 16.Cape Tuxen
- 17.Petermann Island
- 18.Port Charcot (Zodiac Cruise)
- 19.Orne Island

***Birds and Marine Mammals of the Antarctic region including Falkland Islands and South Georgia***

English	Latin	German	French	Dutch	17-dec	18-dec	19-dec	20-dec	21-dec	22-dec	23-dec	24-dec	25-dec	26-dec	27-dec	28-dec	29-dec	30-dec	31-dec	1-jan	2-jan	3-jan	4-jan
Emperor Penguin	<i>Aptenodytes forsteri</i>	Kaiserpinguin	Manchot Empereur	Keizerpinguin																			
King Penguin	<i>Aptenodytes patagonicus</i>	Königspinguin	Manchot royal	Koningspinguin							x	x	x	x									
Adélie Penguin	<i>Pygoscelis adeliae</i>	Adéliepinguin	Manchot Adélie	Adélie-pinguin															x	x			
Gentoo Penguin	<i>Pygoscelis papua papua</i>	Eselspinguin	Manchot Papou	Ezelspinguin			x				x	x	x						x	x			
Chinstrap Penguin	<i>Pygoscelis antarctica</i>	Kehlstreifpinguin (Zügelpinguin)	Manchot à jugulaire	Kinbandpinguin									x	x	x		x	x		x			
Macaroni Penguin	<i>Eudyptes chrysolophus</i>	Goldschopfpinguin	Gorfou doré	Macaroniepinguin			x						x				x	x					
Magellanic Penguin	<i>Spheniscus magellanicus</i>	Magellanpinguin	Manchot de Magellan	Magelhaenpinguin	x		x	x															
Wandering Albatross	<i>Diomedea exulans</i>	Wanderalbatros	Albatros hurleur	Grote albatros		x			x	x													
Northern Royal Albatross	<i>Diomedea sanfordi</i>	Nördlicher Königsalbatros	Albatros royal du Nord	Noordelijke koningsalbatros																		x	
Southern Royal Albatross	<i>Diomedea epomophora</i>	Königsalbatros	Albatros royal du Sud	Zuidelijke koningsalbatros			x		x														x
Black-browed Albatross	<i>Diomedea melanophris</i>	Schwarzbrauenalbatros	Albatros à sourcils noirs	Wenkbrauwalbatros	x	x	x	x	x	x						x	x	x	x				x
Grey-Headed Albatross	<i>Diomedea chrysostoma</i>	Graukopfalbatros	Albatros à tête grise	Grijskopalbatros						x						x	x						
Light-Mantled Sooty Albatross	<i>Phoebastria palpebrata</i>	Graumantel-Rußalbatros	Albatros fuligineux	Roetkopalbatros						x							x						
Northern Giant-Petrel	<i>Macronectes halli</i>	Nördlicher Riesensturmvogel	Pétrel de Hall	Noordelijke reuzenstormvogel		x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Southern Giant-Petrel	<i>Macronectes giganteus</i>	Südlicher Riesensturmvogel	Pétrel géant	Zuidelijke reuzenstormvogel	x	x	x	x	x	x	x	x	x	x		x	x	x		x		x	x
Southern Fulmar	<i>Fulmarus glacialis</i>	Silbersturmvogel	Fulmar argenté	Zuidelijke stormvogel													x	x	x				
Cape Petrel (Pintado)	<i>Daption capensis</i>	Kapsturmvogel	Damier du Cap	Kaapse duif		x	x							x	x	x	x	x	x			x	x
Antarctic Petrel	<i>Thalassoica antarctica</i>	Weißflügelsturmvogel	Pétrel Antarctique	Antarctische stormvogel																			
Snow Petrel	<i>Pagodroma nivea</i>	Schneesturmvogel	Pétrel des neiges	Sneeuwstormvogel						x				x									
Blue Petrel	<i>Halobaena caerulea</i>	Blausturmvogel	Pétrel bleu	Blauwe stormvogel						x					x							x	x
White-chinned Petrel	<i>Procellaria aequinoctialis</i>	Weißkinnsturmvogel	Puffin à menton blanc	Witkinstormvogel; Witkeelstormvogel		x			x	x			x	x	x	x	x	x				x	x
Soft-Plumaged Petrel	<i>Pterodroma mollis</i>	Weichfedersturmvogel	Pétrel Soyeux	Donsstormvogel																			
Great-winged Petrel	<i>Pterodroma macroptera</i>	Langflügel-Sturmvogel	Pétrel noir																				
Atlantic Petrel	<i>Pterodroma incerta</i>	Schlegelsturmvogel	Pétrel de Schlegel																				
Kerguelen Petrel	<i>Aphrodroma neglecta</i>								x														
Sooty Shearwater	<i>Puffinus griseus</i>	Dunkelsturmtaucher	Puffin fuligineux	Grauwe pijlstormvogel	x	x			x	x													x
Great Shearwater	<i>Puffinus gravis</i>	Großer Sturmtaucher	Puffin majeur	Grote pijlstormvogel		x			x	x													
Antarctic Prion	<i>Pachyptila desolata</i>	Taubensturmvogel	Prion de la désolation	Antarctische prion					x	x			x	x	x	x	x					x	
Fairy Prion	<i>Pachyptila turtur</i>	Feensturmvogel	Le Prion colombe	Duifprion																			
Slender-billed Prion	<i>Pachyptila belcheri</i>	Belcher-Sturmvogel	Le Prion de Belcher	Dunbekprion		x	x																
Wilson's Storm-Petrel	<i>Oceanites oceanicus</i>	Buntfußsturmschwalbe	Océanite de Wilson	Wilson stormvogeltje		x			x				x	x	x	x	x	x	x	x	x		
Black-bellied Storm-Petrel	<i>Fregetta tropica</i>	Schwarzbauchmeerläufer	Océanite à ventre noir	Zwartbultstormvogeltje					x	x					x	x	x	x					
Grey-backed Storm-Petrel	<i>Oceanites nereis</i>	Graurücken-Sturmschwalbe	Océanite néréide	Grijsrugstormvogeltje						x				x									
Common Diving-Petrel	<i>Peleccanoides (urinatrix) berard</i>	Lummensturmvogel	Puffinure plongeur	Alkstormvogeltje																			
Magellanic Diving-Petrel	<i>Pelecanoides magellani</i>	Magellan-Lummensturmvogel	Puffinure de Magellan	Magelhaen Alkstormvogeltje																		x	
Imperial (Blue Eyed) Shag	<i>Phalacrocorax atriceps</i>	Blauaugenscharbe	Cormoran impérial	Keizeraalscholver; Blauwoogaalscholver	x				x														
Antarctic Shag	<i>Phalacrocorax bransfieldensis</i>	Antarktikscharbe	Cormoran (impérial) antarctique	Keizeraalscholver; Blauwoogaalscholver													x	x	x	x			
Snowy (Pale-faced) Sheatbill	<i>Chionis alba</i>	Weißgesicht-Scheidenschabel	Chionis – Bec en fourreau	Poolkip									x	x			x	x	x				
Chilean Skua	<i>Catharacta chilensis</i>	Chileskua	Labbe du Chili	Chileense skua	x																		
South Polar Skua	<i>Catharacta macormicki</i>	Südpolarskua	Labbe de Mac Cormick	Zuidpooljager															x	x			
Sub-Antarctic (Brown) Skua	<i>Catharacta lonnbergi</i>	Braune Skua (Subantarktiskua)	Labbe brun	Subantarctische Grote Jager							x	x	x						x	x			
Dolphin Gull	<i>Larus scoresbii</i>	Blutschnabelmöwe	Goéland de Scoresby	Dolfijnmeeuw	x		x		x								x	x	x	x			
Kelp Gull	<i>Larus dominicanus</i>	Dominikanermöwe	Goéland dominicain	Kelpmeeuw	x				x			x	x	x	x								
South American Tern	<i>Sterna hirundinacea</i>	Falklandseeschwalbe	Sterne hirundinacée	Zuid-Amerikaanse visdief	x				x														
Antarctic Tern	<i>Sterna vittata</i>	Antarktiseseeschwalbe (Antipoden-)	Sterne couronnée	Zuidpoolstern							x	x	x	x			x	x	x	x			
Arctic tern	<i>Sterna paradisaea</i>	Küstenseeschwalbe	Sterne arctique	Noordse stern																			
Specific to Falkland Islands					17-dec	18-dec	19-dec	20-dec	21-dec	22-dec	23-dec	24-dec	25-dec	26-dec	27-dec	28-dec	29-dec	30-dec	31-dec	1-jan	2-jan	3-jan	4-jan
Rockhopper Penguin	<i>Eudyptes chrysocome</i>	Felsenpinguin	Gorfour sauteur	Zuidelijke Rotspinguin				x															
Rock Shag	<i>Phalacrocorax magellanicus</i>	Felsenscharbe	Cormoran de Magellan	Magelhaenaalscholver	x				x														
Black-crowned Night Heron	<i>Nycticorax nycticorax falklandicus</i>	Nachtreihier	Bihoraux gris des Falkland	Falkland Kwak	x				x														
White-tufted Grebe	<i>Rallandia rolland</i>								x														
Upland Goose	<i>Chloephaga picta</i>	Magellangans	Ouette de Magellan	Magelhaengans																			
Kelp Goose	<i>Chloephaga hybrida</i>	Kelpgans	Ouette marine	Kelpgans																			
Ruddy-headed Goose	<i>Chloephaga rubidiceps</i>	Rotkopfgans	Ouette à tête rousse	Roodkopgans																			
Flying Steamer Duck	<i>Tachyeres patachonicus</i>	Langflügel-Dampfschiffente	Brassemier de Patagonie	Vliegende bootteend																			
Falkland Flightless Steamer Duck	<i>Tachyeres brachypterus</i>	Falkland-Dampfschiffente	Brassemier des Malouines	Falklandbootteend																			
Crested Duck	<i>Lophonetta specularioides</i>	Schopfente	Canard huppé	Andeseend																			
Chiloe Wiglon	<i>Anas sibilatrix</i>	Chilepfeifente	Canard de Chilié	Chileense smient																			
Speckled Teal	<i>Anas flavirostris</i>	Chile-Krickente (Andenente)	Sarcelle tachetée	Chileense taling																			
Silver Teal	<i>Spatula versicolor</i>								x														
Turkey Vulture	<i>Cathartes aura</i>	Truthahngeier	Urubu à tête rouge	Falkland Kalkoengier																			
Red-backed Hawk	<i>Buteo polyosoma</i>	Rotrückenbussard	Buse tricolore	Roodrugbuitzerd																			
Striated Caracara	<i>Phalacrocorax australis</i>	Falklandkarakara	Caracara austral	Falklandcaracara																			
Crested Caracara	<i>Caracara plancus</i>	Schopfkarakara	Caracara huppé	Zuidelijke Kuifcaracara																			
Magellanic Oystercatcher	<i>Haematopus leucopodus</i>	Magellan-Austernfischer	Huitrier de Garnot	Magelhaenscholekster					x	x													



[illegible]

## 欢迎登船！

托运行李将会被直接运送到您的房间，请确认您已收到所有行李。如果您的房间内有任何额外的不属于您的行李 - 请通知工作人员。

**\*\* 在5楼的观景厅有24小时免费提供的茶和咖啡 \*\***

±1715 **登船安全说明会** - 请前往5楼船头观景大厅参加欢迎登船安全说明会，接着是强制性的安全演习说明会和救生艇弃船演习，每个人都必须参加。

### 救生艇弃船演习

说明会结束后会进行弃船演习，紧急集合警铃会响起，您需要回到房间穿保暖衣服以及房间内的橙色救生衣。所有住在**3楼（301-337房间）**的乘客请前往紧急集合点A也就是**4层餐厅**集合。所有住在**4，6，7楼**的乘客请前往紧急集合点B也就是**5楼观景大厅**集合。

±1800 **启航**  
在此期间，驾驶室将关闭。

1830 **探险团队介绍和船长欢迎酒会** - 全体船员邀请您前往**观景大厅（5楼船头）**参加，酒店经理及探险队长将在此向您介绍船上生活须知以及接下来的行程计划，您也将在此与所有探险队员见面。

1930 **自助晚餐（4楼餐厅）**

今晚，我们的船将驶向公海，今晚的船只会比较晃 - 请确保您所有物品放在安全稳固位置并在船上行走时要小心，上下楼梯时注意手扶扶梯。对于晕船的乘客，建议您在船进入公海之前，服用晕船药（需付费） - 晚饭后，医生将在5楼船头大厅提供帮助。

## 今日语录

“冒险只是麻烦的浪漫别称”——罗尔德·阿蒙森



## **WELCOME ABOARD!**

*Luggage will be delivered to your cabin. Please check to ensure you have received all your luggage. If you have any extra luggage in your cabin – please notify a crew member.*

**\* \* Tea and coffee are always available in the lounge on deck 5 \* \***

**±1715**      **Welcome & safety briefing** - Please join us in the **lounge** (deck 5, forward) for a welcome to the voyage, followed by a **mandatory** safety briefing and lifeboat drill.

### **Lifeboat Drill**

All guests accommodated on Deck 3 (Cabins 301-337) will go to MUSTER STATION A, located in the Restaurant on Deck 4

All guests accommodated on decks 4, 6, and 7 will go to MUSTER STATION B, located in the Observation Lounge on Deck 5

**±1800**      **Departure from Ushuaia.**  
The bridge will be closed during these operations.

**1830**      **Expedition Introduction & Captain's Welcome** – Please join us in **The Observation Lounge** (deck 5) for the Captain's toast, a welcome to your new home from the Hotel Manager and an introduction to your Expedition Team.

**1930**      **Buffet dinner** is served in the **Dining Room** (deck 4)

*Tonight, we will sail into open sea and the ship may move – please secure your belongings and be careful when moving around the ship. Take your seasickness medication before we head out into open sea- the doctor will be available in the lounge after dinner to assist.*

*Quote of the day*

*"Adventure is just a romantic name for trouble" – Roald Amundsen*

午餐后，我们将开始对**福克兰群岛的生物安全检查**。请在今晚确保您的外层衣物保持清洁，并检查所有魔术贴、帽子和口袋是否为空。特别注意清除衣物、背包和三脚架/登山杖上的所有种子、草或有机物。接待处提供刷子和回形针，供您清洁使用。

- 0715      叫早广播  
0730      自助早餐（4 楼餐厅）
- 0845      **冲锋舟和生物安全检查讲解（强制性，每个人必须参加）**  
            **中文讲解地点：** 5 楼船尾方向演讲厅  
            **英语讲解地点：** 5 楼船头观景大厅
- 1045      **英文讲座：南极的鲸鱼** – 请与 Jess 一起在 5 楼船尾讲座室参加她的讲座，了解我们希望看到的鲸鱼。此讲座将使用英语进行。
- 1045      **中文讲座：南极的鲸鱼** – 请与 Jerry 一起在 5 楼船头观景大厅参加他的讲座，了解我们希望看到的鲸鱼。此讲座将使用普通话进行。
- 1200      **防水靴领取**- 我们将广播通知您前往 3 楼领取**防水登陆靴**，**请注意听广播通知**。
- 1230      **午餐（4 楼餐厅）**
- 1345      **生物安全检查& 冲锋舟救生衣穿戴（强制性，每个人必须前往参加）**：我们将按颜色分组呼叫您前往 **5 楼船头观景大厅**进行生物安全清洁，请携带所有外套、背包、鞋子以及三脚架/登山杖进行清洁和/或检查。请同时带上您的**冲锋艇救生衣**。请留意广播通知。
- 1630      **摄影讲座** – 请与 Juan 一起在 **5 楼船头观景大厅**参加讲座，学习如何最佳地捕捉您的冒险瞬间。此讲座将使用英语进行。
- 1815      **每日总结** - 请前往 **5 楼船头观景大厅**参加由探险队主讲的当日的行程总结。
- 1900      **三道式晚餐（4 楼餐厅）**，**请准时前往餐厅用餐**。

请在船上慢慢行走，切勿急躁。始终保持至少一只手扶稳船。关门时请确保门完全关紧，避免手指接触门框。



After lunch we will begin our biosecurity check for The Falkland Islands. Please take the time to ensure your outer layers are clean, and that all areas of Velcro, hoods and pockets are empty. Please pay extra attention to removing all seeds, grass or organic material from your clothing, backpacks and tripods/walking sticks. Brushes & Paperclips are available at reception to help with cleaning.

- 0715      **Wake up call** - Good Morning!
- 0730      **Breakfast** is served in the **dining room** (deck 4).
- 0845      **Zodiac & Biosecurity Briefing** - Please join us in the **lounge** (deck 5) for our **mandatory** zodiac operations and biosecurity briefing.
- 1045      **Cetaceans of Antarctica** – Please join Jess in the **Lecture room** for her lecture introducing the Whales we hope to see. *This lecture will be in English.*
- 1045      **Cetaceans of Antarctica** - Please join Jerry in the **Lounge** for his lecture introducing the Whales we hope to see *This lecture will be in Mandarin.*
- 1200      **Muck Boots** - We will call you by deck to collect your Muck boots from the boot room on **Deck 3**. *Please listen for announcements.*
- 1230      **Lunch** will be served in the **dining room** (deck 4).
- 1345      **Biosecurity Check & Zodiacs Lifejackets Fitting** - We will call you by deck to the **lounge on deck 5** to complete your biosecurity check – please bring all your **cleaned** outerwear, backpacks, footwear, and tripods/walking sticks and zodiac lifejackets. **Please listen for announcements.**
- 1630      **Photography** – Please join Juan in the **Lounge** to learn how best to capture your adventures. This lecture will be in **English & translated into Mandarin.**
- 1815      **Recap** – Please join the Expedition team in the **lounge** for our first daily recap and briefing.
- 1900      **Dinner** is served in the **dining room** – *Tonight's dinner will be plated – please make your way to the dining room promptly.*

*Please walk slowly on the ship, never rush. Keep one hand for yourself and at least one hand for the ship. Shut all doors gently but firmly and keep fingers away from door frames.*



Antarctica, South Georgia  
& Falklands Islands  
Thursday 19<sup>th</sup> December 2024

New Island

Sunrise: 0442 Sunset: 2123

0645      **Wakeup call** - Good Morning!

0700      **Breakfast** is served in the **dining room**.

*Today we hope to explore New island.*

*In the morning we hope to land at the Settlement of New Island; home to Rock Hopper and Gentoo Penguins, Black Browed Albatross, several native Falkland Island Birds and, of course, the New Island Museum.*

0800      **Yellow & Red** groups please come to the zodiac boarding area for a landing at New Island– *listen for announcements.*

0830      **Blue & Green** group please come to the zodiac boarding area for a landing at New Island – *listen for announcements.*

1200      **Lunch** will be served in the **dining room**.

*This afternoon we hope to land at the North Harbour of New Island; home to Magellanic and Gentoo Penguins, white sandy beaches and a range of other bird species.*

1330      **Blue & Green** please come to the zodiac boarding area for a landing at New Island – *listen for announcements.*

1350      **Yellow & Red** please come to the zodiac boarding area for a landing at New Island – *listen for announcements.*

1745      **Recap & Briefing** – Please join the Expedition team in the **lounge** for our daily recap and briefing.

1830      **Dinner** is served in the **dining room**.

*Please follow the poles/flags and remember to keep a safe distance from wildlife.*

0645 叫早广播 – 早安 :)

0700 自助早餐 (4 楼餐厅)

今天我们将计划探索新岛

早上，我们希望能按计划登陆新岛当地野生动物的定居点；这里是跳岩企鹅、金图企鹅、黑眉信天翁和其他几种福克兰群岛本土鸟类的栖息地，当然，还有新岛博物馆。

0800 请黄组和红组前往 3 楼登艇区准备在新岛登陆，请您注意广播通知。

0830 请绿组和蓝组前往 3 楼登艇区准备在新岛登陆，请您注意广播通知

1200 午餐 (4 楼餐厅)

今天下午，我们希望能按计划登陆新岛北港；这里有麦哲伦企鹅、金图企鹅、白色沙滩和其他海鸟。

1330 请绿组和蓝组前往 3 楼登艇区准备在新岛登陆，请您注意广播通知。

1350 请黄组和红组前往 3 楼登艇区准备在新岛登陆，请您注意广播通知。

1745 请您前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结和次日行程安排。

1830 晚餐 (4 楼餐厅)

请遵循我们向导用标杆或旗帜标记的路线游览，并与野生动物保持安全距离。



- 0715 叫早广播 – 早安 :)  
0730 自助早餐 (4楼餐厅)

今天早上我们希望参观福克兰群岛的首府——斯坦利港。我们预计在0800左右通过狭道进入斯坦利港。

我们希望带您上岸参观斯坦利镇。请务必随身携带您的房卡，以便进出港口。您可以穿自己的鞋子，但仍需穿戴防水衣物，请确保鞋底、衣物和背包干净，不带泥土、种子等杂物。您可以自由地走在镇上，但请尊重当地的交通规则和居民的住宅(家庭及花园)。

- 0845 请**黄组**和**红组**. 请前往3楼登艇区准备在**斯坦利港**登陆，请您注意广播通知。  
0900 请**绿组**和**蓝组**. 请前往3楼登艇区准备在**斯坦利港**登陆，请您注意广播通知。

第一艘冲锋舟将于 11:30 开始从码头出发。  
最后一班冲锋舟将在13:30从码头离开。

- 1130 第一班冲锋舟返回“宏迪斯”号。  
1330 最后一班冲锋舟返回“宏迪斯”号。

- 1330 午餐 (4楼餐厅)  
1630 福克兰历史 - 请加入Marcelo在**5楼船头观景大厅**的讲座，探索福克兰群岛的历史。  
1815 每日总结 - 请前往**5楼船头观景大厅**参加由探险队主讲的当日的行程总结。  
1900 晚餐 (4楼餐厅)



Falkland Islands, South Georgia  
& Antarctica

Friday 20<sup>th</sup> December 2024

Port Stanley

Sunrise: 0429 Sunset: 2110

- 0715      **Wake up call** - Good Morning!  
0730      **Breakfast** is served in the **dining room**.

*This morning, we hope to visit Port Stanley, the Capital of the Falkland Islands. We hope to pass through the narrows in to Port Stanley ~0800. Upon arrival, we hope to take you ashore for a visit to the town of Stanley. Please make sure to take your room keycard with you to get in and out of the port. You can wear your own shoes, but you must still wear waterproofs. **Please make sure your footwear, clothing and backpacks are clean of any dirt, seeds, etc.***

*Whilst in Stanley, you can walk freely through the town – but please respect the local traffic and peoples' homes & gardens.*

- 0845      **Yellow & Red** - please come to the **zodiac boarding area** (deck 3) –  
              *listen for announcements.*  
0900      **Blue & Green** - please come to the **zodiac boarding area** (deck 3) – *listen*  
              *for announcements.*

*Zodiacs will begin shuttling back to Hondius at 1130 from the pier.*

**Our last zodiac will depart from the pier at 1330 sharp.**

- 1130      **First zodiac** returning to Hondius from the pier  
1330      **Last zodiac returning to Hondius.**
- 1330      **Lunch** will be served in the **dining room**.
- 1630      **History of the Falkland Islands** – Please join Marcelo in the lounge for his presentation exploring the history of the Falkland Islands. This lecture
- 1815      **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900      **Dinner** is served in the **dining room**.



福克兰群岛，南乔治亚岛 和南极洲  
2024 年 12 月 21 日，星期六  
航行至南乔治亚岛  
日出:0311 日落:1954

今天我们将在前往南乔治亚岛的航程中度过。请在船上慢慢行走，切勿急躁。  
保持一只手供自己使用，但至少要有只手抓住栏杆。请牢牢关闭所有门，远离门框，避免手指受伤。

- 0745 叫早广播  
0800 自助早餐（4 楼餐厅）
- 0930 南乔治亚岛宣讲会（强制性，每个人必须参加）  
中文宣讲会：5 楼船尾演讲厅  
英文宣讲会：5 楼船头观景大厅
- 1100 讲座：南大洋的企鹅  
中文讲座地点：5 楼船头观景大厅（讲师：Jerry）  
英文讲座：5 楼船尾演讲厅（讲师：Mark）
- 1230 午餐（4 楼餐厅）
- 1400 饺子制作活动 - 请来到餐厅，一起体验饺子制作的古老技艺！欢迎所有人参加。
- 1630 讲座：南大洋的海豹（讲师：探险队长 Pipa）  
（若需要中文翻译，请自行领取翻译器）
- 1815 每日总结 - 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。
- 1900 晚餐（4 楼餐厅）
- +/-2030 圣诞电影之夜 - 请来到讲座厅观看电影《精灵 Elf》，这部影片讲述了威尔·法瑞尔（Will Ferrel）为拯救圣诞节而展开的冒险！

“亲爱的，我以为你宁愿要一头活驴，而不是一头死狮子。”  
——厄尼斯特·沙克尔顿爵士在决定从离南极点 97 英里的地方折返后写给妻子艾米丽的话。



*We will spend today at sea on route to South Georgia. Please walk slowly on the ship, never rush. Keep one hand for yourself but at least one hand for the ship. Shut all doors firmly and keep fingers away from door frames.*

- 0745      **Wakeup call.** Good Morning!
- 0800      **Breakfast** is served in the **dining room**.
- 0930      **South Georgia Briefing** – Please join the Expedition Team in the lounge (English) and Lecture room (Mandarin) for a mandatory South Georgia briefing.
- 1100      **Penguins of the Southern Ocean** - Please join Mark in the **lecture room (English)** and Jerry in the **Lounge (Mandarin)** for their lectures examining the penguin species we are likely to meet on our journey south.
- 1230      **Lunch** will be served in the **dining room**.
- 1400      **Dumpling Making Workshop** - Please join us in the **dining room** to discover the ancient art of dumpling making! All are welcome.
- 1630      **Seals of the Southern Ocean** – Please join Pippa in the **Lounge** for her lecture exploring the wonderful world of polar pinnipeds. This lecture will be simultaneously translated into Mandarin.
- 1815      **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900      **Dinner** is served in the **dining room**.
- +/-2030      **Christmas Movie Night** - Please join us in the **lecture room** for a screening of 'Elf', the story of Will Ferrel and his quest to save Christmas!

*"I thought, dear, that you would rather have a live ass than a dead lion."  
Sir Ernest Shackleton to his wife Emily, after deciding to turn back 97 miles from the Pole.*

今天是我们前往南乔治亚岛的最后一天航行。登岛前我们还需要进行一次强制性的生物安全检查。

因此，请在下午的检查之前请先清洁好您的外套、背包、防水靴以及三脚架/登山杖。

0745 叫早广播

0800 自助早餐（4 楼餐厅）

0915 **Endurance 坚韧号**-关于沙克尔顿的横穿南极远征的讲座  
**中文讲解：5 楼船尾观景大厅 Jerry**  
**英文讲解：5 楼船头演讲厅 Saskia**

1115 **谁拥有南乔治亚岛？** - 请在观景大厅加入 George 的讲座，探索南乔治亚岛的现代历史。（若需要中文翻译，请自行领取翻译器）

**时区调整：12 点时，时钟会后调一小时。12 点将变成 13 点。**

1330 午餐（4 楼餐厅）

1500 **生物安全检查 (强制性)**：我们将按甲板顺序召集您到 5 楼观景大厅进行生物安全检查。请带上您已清理干净的外套、背包、防水靴和三脚架/登山杖以及救生衣。**请注意广播通知。**

1700 **观鸟活动** - 随着我们接近南乔治亚，请加入 Mark 和探险队员，在 5 层后部外甲板一起观鸟。**\*天气情况允许的情况下进行\***

1815 **每日总结** - 请前往 **5 楼观景大厅**参加由探险队主讲的当日的行程总结。

1900 晚餐（4 楼餐厅）

“‘需要将勇气的足迹放入耐心的马镫。’” - 沙克尔顿



Falklands Islands, South Georgia  
& Antarctica

**Sunday 22<sup>nd</sup> December 2024**

**At Sea to South Georgia**

**Sunrise: 0248 Sunset: 2100**

*Today is our final day at sea towards South Georgia. We will be doing a mandatory biosecurity check before we are allowed to land on South Georgia.*

**Therefore, please clean all your outerwear, backpacks, muck boots and tripods/walking sticks before the check this afternoon.**

- 0745      **Wakeup call.** Good Morning!
- 0800      **Breakfast** is served in the **dining room**.
- 0915      **Endurance** - Please join Saskia in the **lounge (English)** and Jerry in the **lecture room (Mandarin)** for their lectures about Ernest Shackleton's Imperial Trans-Antarctic Expedition.
- 1115      **Who owns South Georgia?** – Please join George in the **lounge** for his lecture exploring the modern history of South Georgia.

**Time change: At 1200 the clocks will change forward. At 1200 it will be 1300.**

- 1330      **Lunch** will be served in the **dining room**.
- 1500      **Biosecurity Check** - We will call you by deck to the **lounge** to complete your biosecurity check – please bring all your **cleaned** outerwear, backpacks, muckboots, and tripods/walking sticks and zodiac lifejackets. **Please listen for announcements.**
- 1700      **Bird Watching** – Please join Mark and the Expedition on the outer decks of Deck 5 aft for some dedicated bird watching as we approach South Georgia.
- 1815      **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.



1900

**Dinner** is served in the **dining room**.

*“Need to put footprint of courage into stirrup of patience.” – Ernest Shackelton*

0615 叫早广播  
0630 自助早餐（4 楼餐厅）

今天早晨我们计划在**福图纳湾**进行登陆和冲锋舟巡游活动。在这里，您将看到王企鹅栖息地、海狗和象海豹，以及许多其他鸟类和野生动物。**蓝组**和**绿组**将首先上岸，**红组**和**黄组**将进行冲锋舟巡游，随后进行交换。

0730 请**蓝组**和**绿组**前往 3 楼登艇区准备在福图纳湾进行登陆。

0800 请**红组**和**黄组**前往 3 楼登艇区准备在福图纳湾进行冲锋舟巡游。

**我们将到达格里特维肯时接受南乔治亚政府的检查！请记得对所有外套、靴子、包和登山杖进行生物安全处理。3 楼甲板将提供吸尘器和工作人员协助。**

1230 午餐（4 楼餐厅）

今天下午我们计划在**格里特维肯**进行登陆。所有小组将一起进行登陆活动。在这里，您可以参观旧的捕鲸站、教堂、墓园，并参观博物馆、商店和邮局。在商店/博物馆内，您可以使用信用卡或现金（英镑、美元和欧元）付款。在邮局只能使用英镑或信用卡支付。  
南乔治亚遗产基金会邀请您参加格里特维肯捕鲸站的导览。我们也邀请您在墓园与沙克尔顿一起喝一杯

+/-1515 请**红组**和**黄组**前往 3 楼登艇区准备在格里特维肯进行登陆

+/-1545 请**蓝组**和**绿组**前往 3 楼登艇区准备在格里特维肯进行登陆

1915 **每日总结** - 请前往 **5 楼观景大厅**参加由探险队主讲的当日的行程总结。

1930 晚餐（4 楼餐厅）

0615 **Wake up call** - Good Morning!  
0630 **Breakfast** is served in the **dining room**.

*This morning we hope to land and zodiac cruise at Fortuna Bay. Here you will see a King Penguin colony, Fur & Elephant Seals, and many more birds and wildlife. The **Blue** and **Green** groups will go to shore first, the **Red** and **Yellow** groups will zodiac cruise; you will swap over on shore halfway through the morning.*

0730 **Blue** and **Green** groups please come to the **zodiac boarding area** for a landing at Fortuna Bay.

0800 **Red** and **Yellow** groups please come to the **zodiac boarding area** for a zodiac cruise at Fortuna Bay.

***We will be inspected by the South Georgia Government upon arrival in Grytviken! Please remember to bio-secure all your outer clothes, boots, bags and poles. There will be vacuums and staff available to assist on deck 3.***

1230 **Lunch** will be served in the **dining room**.

*This afternoon we hope to land at Grytviken. All groups will land together this afternoon. Here you can expect to see the old whaling station, church, cemetery, and visit the museum, shop & post office. You can pay by credit card or cash (GBP, USD & EURO) in the shop/museum only. In the post office you can only use GBP or card.*

*South Georgia Heritage Trust invite you to a guided tour of Grytviken Whaling Station. We will also offer a toast to Shackleton at the cemetery.*

+/-1515 **Red** and **Yellow** groups please come to the **zodiac boarding area** for a landing at Grytviken.

+/-1545 **Blue** and **Green** groups please come to the **zodiac boarding area** for a landing at Grytviken.

1915 **Recap** – Please join the expedition team in the lounge for the daily recap.

1930 **Dinner** will be served in the dining room.



0400 叫早广播

**5 楼船头观景大厅** 将提供糕点和果汁。

今天早晨，我们计划在圣安德鲁湾着陆并进行巡游，圣安德鲁湾以其巨大的国王企鹅繁殖群体而闻名，数量约为 15 万对，是南乔治亚最大的国王企鹅栖息地。圣安德鲁湾的海滩也是观赏海狗、象海豹和被雪山环绕的美丽景色的绝佳地点。

**红组**和**黄组**将首先登陆，**蓝组**和**绿组**将首先进行小艇巡游，然后我们将回到船上享用早餐。早餐后，**蓝组**和**绿组**将登陆，**红组**和**黄组**将进行小艇巡游。

0430 请**红组**和**黄组**前往 3 楼登艇区准备在圣安德鲁湾进行登陆

0500 请**蓝组**和**绿组** 前往 3 楼登艇区准备在圣安德鲁湾进行冲锋舟巡游

0800 自助早餐（4 层餐厅）

0900 请**蓝组**和**绿组** 前往 3 楼登艇区准备在圣安德鲁湾进行登陆

0930 请**红组**和**黄组**前往 3 楼登艇区准备在圣安德鲁湾进行冲锋舟巡游

1230 午餐（4 楼餐厅）

今天下午我们希望在戈德苏尔湾（Godthul）登陆并进行冲锋舟巡游，这是一个美丽、与世隔绝的海湾，曾是一个古老的捕鲸基地，充满了生机。

1515 请**红组**和**黄组** 前往 3 楼登艇区准备在戈德苏尔湾进行冲锋舟巡游

1530 请**蓝组**和**绿组** 前往 3 楼登艇区准备在戈德苏尔湾进行冲锋舟巡游

1830 **每日总结** - 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结。

1900 **特别的南乔治亚晚宴！请穿暖和些！**

0400      **Wakeup call - Good Morning!**

*Pastries & Juice will be available in the lounge.*

*This morning, we hope to land and cruise at St Andrews Bay, which is best known for its huge breeding colony of king penguins, numbering about 150,000 pairs, the largest in South Georgia. The beaches of St. Andrews Bay are also great for viewing fur seals, elephant seals, and mountainous snow-capped surroundings.*

*The **Red** and **Yellow** groups will go to shore first and the **Blue** and **Green** groups will zodiac cruise first, we will then all come back onboard for breakfast. After breakfast the **Blue** and **Green** groups will go to shore and the **Red** and **Yellow** groups will zodiac cruise.*

0430      **Red and Yellow groups** please come to the **zodiac boarding area** for a landing at St Andrews Bay.

0500      **Blue and Green groups** please come to the **zodiac boarding area** for a zodiac cruise at St Andrews Bay.

0800      **Breakfast** is served in the **dining room**.

0900      **Blue and Green groups** please come to the **zodiac boarding area** for a landing at St Andrews Bay.

0930      **Red and Yellow groups** please come to the **zodiac boarding area** for a zodiac cruise at St Andrews Bay.

1230      **Lunch** will be served in the **dining room**.

*This afternoon we hope to offer a full ship zodiac cruise inside **spectacular Godthul**. There is a wealth of wildlife in this site including Fur and elephant seals, King and Macaroni penguins.*

1515      **Red and Yellow groups** please come to the **zodiac boarding area** for a zodiac cruise at Cooper Bay.

1530      **Blue and Green groups** please come to the **zodiac boarding area** for a zodiac cruise at Cooper Bay.

1830      **Recap** Please join our team in the **lounge** for our daily recap.

1900      **Special South Georgia Dinner** will be served! Dress warm!



福克兰群岛，南乔治亚岛和南极洲  
2024 年 12 月 25 日，星期三  
黄金港 & 库珀湾  
节日快乐！



0715 叫早广播 – 早安 :)

**0730 自助早餐 (4 层餐厅)**

今天早晨，我们计划在**黄金港**进行登录和冲锋艇巡游，黄金港是一个繁忙的海滩，王企鹅、象海豹和海狗在贝特拉布悬挂冰川 (Bertrab Hanging glacier) 之下栖息。**蓝组**和**绿组**将先进行登陆活动，**红组**和**黄组**将先进行冲锋艇巡游。活动中途我们将直接在沙滩上交换各组的活动。

0830 请**蓝组**和**绿组**前往 3 楼登艇区准备在**黄金港**进行登陆活动。

0900 请**红组**和**黄组**前往 3 楼登艇区准备在**黄金港**附近冲锋舟巡游。

**1230 自助午餐 (4 层餐厅)**

今天下午，我们计划在**库珀湾**进行冲锋艇巡游，这里是金图企鹅、帽带企鹅、王企鹅和**马卡罗尼企鹅**的家园。库珀湾海岸的海藻森林也是许多海洋生物的栖息地。所有颜色小组都会参加冲锋艇巡游。

1500 请**蓝组**和**绿组**前往 3 楼登艇区准备在**库珀湾**进行冲锋舟巡游。

1515 请**红组**和**黄组**前往 3 楼登艇区准备在**库珀湾**进行冲锋舟巡游。

1815 **每日总结** - 请前往 **5 楼观景大厅**参加由探险队主讲的当日的行程总结和次日的行程安排。

**1900 圣诞晚宴 (4 楼餐厅)**







Falkland Islands, South Georgia  
& Antarctica

Wednesday 25<sup>th</sup> December 2024

Gold Harbour & Cooper Bay

Happy Holidays!



0715 **Wake up call** - Good Morning!

0730 **Breakfast** is served in the **dining room**.

*This morning we hope to land and cruise at Gold Harbour, a bustling beach filled with King Penguins, Elephant and Fur seals in the shadow of the Bertrab Hanging glacier. The **Blue** and **Green** and groups will go to shore first and the **Red** and **Yellow** Groups will cruise first. We will swap on the beach halfway through the morning.*

0830 **Blue** and **Green** groups please come to the **zodiac boarding area**. We will take you ashore at Gold Harbour.

0900 **Red** and **Yellow** groups please come to the **zodiac boarding area**. We will take you on a zodiac cruise around Gold Harbour.

1230 **Lunch** will be served in the **dining room**.

*This afternoon we hope to zodiac cruise at Cooper Bay, home to Gentoo, Chinstrap, King and Macaroni Penguins. The kelp forest shores of Cooper bay are home to many marine species also. All colour groups will go for a zodiac cruise.*

1500 **Blue** and **Green** groups please come to the **zodiac boarding area**. We will take you for a zodiac cruise around Cooper Bay.

1515 **Red** and **Yellow** groups please come to the **zodiac boarding area**. We will take you for a zodiac cruise around Cooper Bay.

1815 **Recap & Daily Briefing** – Please join the expedition team in the **lounge** for our daily recap and briefing.

1900 **Christmas dinner** is served in the dining room. Merry Christmas!



今天早晨，我們希望航行進入南喬治亞島西部的哈康國王灣。我們希望能經過羅莎角(Cape Rosa)，這裡因沙克尔顿及其隊員在從象島艱難跋涉後首次登陸而聞名。

0715 叫早广播 – 早安 :)  
0730 自助早餐 (4 层餐厅)

今天早晨，我們希望在佩戈蒂懸崖(Peggotty Bluff) 附近航行，該地以沙克尔顿及其隊員駕駛詹姆斯·凱爾德號船準備穿越南喬治亞島而著名。我們希望看到繁忙的海灘和滿是野生動物的岩島，以及冰川流入哈康國王灣 (King Haakon Bay)的景象。

0830 请**紅組**和**黃組**前往 3 楼登艇区准备进行登陆活动  
0845 请**藍組**和**綠組**前往 3 楼登艇区准备进行冲锋舟巡游

1230 自助午餐 (4 层餐厅)

今天下午，我們將再次出海，向南駛向南極洲。請妥善摆放房间物品，並準備好暈船藥物。

1600 沙克尔顿讲座 - 聆聽關於沙克尔顿横穿南极远征的故事  
中文讲解：5 楼船头观景大厅 Jerry  
英文讲解：5 楼船尾演讲厅 Saskia

1815 每日总结- 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结。

1900 晚餐 (4 楼餐厅)

*This morning, we hope to sail in to King Haakon Bay on the West of South Georgia. We hope to pass Cape Rosa, famous as the site where Shackleton and his men first landed after their perilous journey from Elephant Island.*

0715      **Wake up call** - Good Morning!  
0730      **Breakfast** is served in the **dining room**.

*This morning, we hope to cruise near Peggotty Bluff, which is best known as the site where Shackleton and his men then took the James Caird to prepare for their traverse across South Georgia. We hope to see busy beaches and rocky islands filled with wildlife and views of the glaciers pouring into King Haakon Bay.*

0830      **Red and Yellow groups** please come to the **zodiac boarding area**. We will take you ashore.

0845      **Blue and Green groups** please come to the **zodiac boarding area**. We will take you for a zodiac cruise.

1230      **Lunch** will be served in the **dining room**.

*This afternoon we will head back out to sea, making our way South towards Antarctica. Please ensure your cabins are secure and you are prepared with any seasickness medication.*

1600      **Shackleton** – Please join Saskia in the **lecture room (English)** and Jerry in the **Lounge (Mandarin)** for their lectures telling the story of Ernest Shackleton's Imperial Trans-Antarctic expedition.

1815      **Recap** – Please join the expedition team in the lounge for the daily recap.

1900      **Dinner** will be served in the dining room.



午夜之后时钟往前调 1 小时

0745 叫早广播

0800 自助早餐（4 层餐厅）

今天早晨的某个时刻，我们将途径 A23a，这是世界上最大的冰山，面积约为 3,800 平方千米（1,470 平方英里），自 1986 年起漂浮至今。一旦我们看到这个巨大的冰山，我们会广播通知大家，让您能亲睹这一令人叹为观止的景象。

1030 讲座：冰

中文讲座地点：5 楼船尾演讲厅（讲师：Jerry）

英文讲座地点：5 楼船头观景大厅（讲师：Aitana）

1230 午餐（4 楼餐厅）

1430 讲座：南极捕鲸史

中文讲座地点：5 楼船头观景大厅（讲师：Rose）

英文讲座地点：5 楼船尾演讲厅（讲师：Pippa）

1600 英文讲座：南极的地理介绍

讲座地点：5 楼船头观景大厅（讲师：Sasha； 有中文翻译）

1815 请前往 5 楼船头观景大厅参加由探险队主讲的当日的行程总结。

1900 晚餐（4 楼餐厅）

2030 南乔治亚岛遗产基金拍卖会—请前往 5 楼观景大厅参加我们探险队为南乔治亚岛遗产基金会主持的有趣又有爱的拍卖募资活动，拍卖金额全部将用于帮助保护南乔治亚岛当地野生生物和维护当地历史遗迹。

**\*\*Clocks go back 1 hour during the night\*\***

0745      **Wake up call** – Good Morning!

0800      **Breakfast** is served in the **dining room**.

*During the morning, we will be passing A23a, the largest iceberg in the world measuring about 3,800 sq km (1,470 sq miles) and has been afloat since 1986. Once we are in sight of this huge iceberg, we will announce it so you can enjoy this breathtaking spectacle. Our lecture program will be changeable based on iceberg viewing.*

1030      **Ice Ice baby!** – Please join Aitana (in English) in the lounge and Jerry (in Mandarin) in the lecture room for their lecture all about the crystalline world of the cryosphere.

1230      **Lunch** will be served in the **dining room**.

1430      **History of Antarctic Whaling** – Please join Pippa (in English) in the lecture room and Rose (in Mandarin) in the lounge for their lecture about the history of Antarctic whaling.

1600      **Geographical Introduction to Antarctica** – Please join Sasha in the lounge for his lecture exploring the unique geography of our southern continent. This lecture will be in English and translated into Mandarin.

1815      **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.

1900      **Dinner** is served in the **dining room**.

2030      **South Georgia Heritage Trust Auction** – Please join the expedition team in the lounge for an evening of fun and fundraising – all in aid of helping preserve the beauty and history of South Georgia.

- 0745      叫早广播
- 0800      自助早餐（4层餐厅）
- 0915      **比利时探险队** – 聆听他们关于由Adrien de Gerlache领导的比利时南极探险的讲座。  
中文讲座地点：5楼船尾演讲厅（讲师：Rose）  
英文讲座地点：5楼船头观景大厅（讲师：Marcelo）
- 1130      **"Krilling me Softly"** – 请加入Lucia在观景大厅，聆听她关于南极生态系统关键物种——**磷虾**的讲座。该讲座将以英语进行，并提供中文翻译。
- 1230      **午餐（4楼餐厅）**
- 1400      **生物安全检查（强制性）**：我们将按甲板楼层顺序召集您到3楼进行生物安全检查。请带上您**已清理干净**的外套、背包、防水靴和三脚架/登山杖以及救生衣。**请注意广播通知。**
- 1630      **南极地缘政治** – 请加入George在5楼观景大厅，聆听他关于南极条约体系和极地地缘政治的精彩讲座。此讲座将以英语进行，并提供中文翻译。
- 1815      **每日总结** - 请前往**5楼船头观景大厅**参加由探险队主讲的当日的行程总结
- 1900      晚餐（4层餐厅）
- 2030      **摄影编辑工作坊** – 请加入Juan在讲座室，学习如何充分发挥您的照片编辑潜力。



- 0745      **Wakeup call** - Good morning!
- 0800      **Breakfast** is served in the **dining room**.
- 0915      **Belgica Expedition** – Please join Marcelo (in English) in the lounge and Rose (in Mandarin) in the lecture room for their lecture about on the Belgian Antarctic Expedition led by Adrien de Gerlache.
- 1130      **Krilling me Softly** – Please join Lucia in the lounge for her lecture on the lynchpin species of the Antarctic ecosystem, Krill. This lecture will be in English and translated into Mandarin.
- 1230      **Lunch** will be served in the **dining room**.
- 1400      **Biosecurity:** We will call you by deck to complete our biosecurity check on Deck 3 – please bring all your **precleaned** outerwear and backpacks to be checked. We will have a wash station for your muckboots and tripods/walking sticks. ***Please listen for announcements.***
- 1630      **Antarctic Geopolitics** – Please join George in the Lounge for his lecture exploring the wonderful world of the Antarctic Treaty system and polar geopolitics. This lecture will be in English.
- 1815      **Recap** – Please join the Expedition team in the **lounge** for our daily recap and briefing.
- 1900      **Dinner** is served in the **dining room**.
- 2030      **Photo Editing Workshop** – Please join Juan in the Lecture room to learn how to get the most out of your photos.



福克兰群岛，南乔治亚岛 和南极洲  
2024 年 12 月 29 日，星期日  
前往南极的海上航行及象岛

0745 叫早广播！早安！

0800 早餐.

今天早上，我们希望可以抵达象岛。这里是沙克尔顿和他的人在冰上过冬之后驾驶救生艇第一次登陆的地方。我们希望能将母船尽可能靠近维尔德点，这里是沙克尔顿启程前往南乔治亚寻求救援的起点。

在我们前往象岛的途中，请注意海面上的鲸喷气的气柱！这片水域是很多大型鲸类的聚集地，越多人寻找瞭望，我们看到他们的机会就越大！

1230 午餐.

1430 **地球是否有心脏**—Aitana 在演讲厅给您带来关于南极海底水层结构的英文讲座  
**南极地质** – Rose 在观景厅给您带来关于南极地质的中文讲座

1630 **宏迪斯的厨房**— 主厨 Ralph 在观景厅给您带来在宏迪斯厨房背后的故事.

1815 每日总结 – 在观景厅加入探险队的每日总结.

1900 晚餐.

2030 **极地时尚** – Andy 在演讲厅带来关于极地服装演化的故事.



Falkland Islands, South Georgia  
& Antarctica  
**Sunday 29<sup>th</sup> December 2024**  
**At Sea to Antarctica & Elephant Island**

0745      **Wakeup call!** Good morning!

0800      **Breakfast** is served in the **dining room**.

*This morning, we hope to reach Elephant Island. The location where Shackleton and his men first stepped foot on land after enduring months on the ice and in their lifeboats. We hope to take the ship close enough to see Point Wild. Point Wild is where Shackleton set off on his perilous journey towards South Georgia in the James Caird.*

*As we sail towards Elephant Island, keep your eyes peeled for whale blows! These waters can be home to many large cetaceans, the more eyes looking out for them, the better our chance of spotting them!*

1230      **Lunch** will be served in the **dining room**.

1430      **Does Planet Earth have a heart?** – Please join Aitana in the lecture room for her lecture about Antarctic Bottom Water Formation. This lecture will be in English.

**Antarctic Geology** – Please join Rose in the lounge for her lecture about the geology in Antarctica. This lecture will be in Mandarin.

1630      **Hondius Kitchen** – Please join Chef Ralph in the lounge for his talk about the inner workings of the Hondius kitchen.

1815      **Recap** - join the expedition team in the **lounge** for our daily recap.

1900      **Dinner** is served in the **dining room**.

2030      **Polar chic** – Please join Andy in the lecture room for his talk on the evolution of polar clothing.



今天早晨，我们希望前往欺骗岛 (Deception island)，这是一座可以驶入火山口的活火山，我们计划航行进入。我们希望在大约 0700 时，穿过火山口的狭窄入口，海神的风箱。

0645 叫早广播  
0700 自助早餐 (4 层餐厅)

今天早晨，我们希望在电话湾 (Telefon Bay) 进行登陆和徒步旅行。电话湾位于欺骗岛火山口的深处。在徒步旅行中，我们希望欣赏到火山和火山口的美丽景色。我们将进行分组登陆，不会进行冲锋舟巡游。**红组**和**黄组**将首先上岸，而**蓝组**和**绿组**则在船上听讲座。接着，上午时分我们会交换组别。

0815 **红组**和**黄组** - 请穿好你的装备前往 **3 楼登艇区**，准备在电话湾登陆  
0845 **蓝组**和**绿组** - 请与 Rose 在 **5 楼讲座室**集合，参加她关于“中国科考站”的讲座。  
1015 **蓝组**和**绿组** - 请穿好你的装备前往 **3 楼登艇区**，准备在电话湾登陆。  
1100 **红组**和**黄组** - 请与 Gabi 在 **5 楼讲座室**集合，参加她关于“杰基·罗恩”的讲座，内容是关于第一位在南极洲作为探险队成员工作的女性的生平。  
1230 午餐 (4 楼餐厅)

我们希望带您前往摆钟湾 (Pendulum Bay) 进行**极地冰泳**！我们将一次带一个小组上岸。如果您不参加**极地冰泳**，欢迎在您的颜色组别中前来观看。  
参加**极地冰泳**的朋友们，请准备好在衣服下面穿好泳衣。不要带客舱的毛巾，我们将在岸上提供毛巾。

1400 **蓝组**和**绿组** - 请穿好你的装备前往 **3 楼登艇区**，我们将带您前往摆钟湾进行**极地冰泳**。  
1445 **红组**和**黄组** - 请穿好你的装备前往 **3 楼登艇区**，我们将带您前往摆钟湾进行**极地冰泳**。  
1800 **每日总结** - 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结。  
1900 晚餐 (4 楼餐厅) .

**趣味问答竞赛** – 晚餐后，请加入 William 和 Victoria 在观景大厅主持的趣味问答。

*This morning, we hope to visit Deception Island, an active caldera volcano, which we hope to sail in to. We hope to sail through Neptune's Bellows, the narrow entrance to the caldera, around 0700.*

0645      **Wakeup call!** Good morning!  
0700      **Breakfast** is served in the **dining room**.

*This morning, we hope to offer a landing and hike at Telefon Bay. Telefon Bay lies deep inside the Deception Island caldera. On our hike we hope to enjoy views of the craters and caldera. We will be doing a split landing only, no zodiac cruise. The **Red** and **Yellow** groups will come to shore first, while the **Blue** and **Green** receive a lecture onboard. We will then swap halfway through the morning.*

0815      **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you ashore at Telefon Bay.  
0845      **Blue & Green groups** – **Chinese Research Stations** – Please join Rose in the **lecture room** for her lecture.  
1015      **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you ashore at Telefon Bay.  
1100      **Red & Yellow groups** - **Jackie Ronne** Please join Gabi in the **lecture room** for her lecture about the life of the first woman to work as part of an expedition team in Antarctica.  
1230      **Lunch** will be served in the **dining room**.

*We hope to take you ashore at Pendulum Cove to offer a polar plunge!  
We will take one group at a time to shore. If you are not plunging, you are welcome to come and watch in your colour groups.  
Polar plungers – please come prepared with your swimmers under your clothing. Do not bring the towels from your cabin – we will provide towels onshore.*

1400      **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you ashore for a polar plunge at Pendulum Bay.  
1445      **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you ashore for a Polar Plunge at Pendulum Bay.  
1800      **Recap** – Please join the expedition team in the lounge for our daily briefing and recap.  
1900      **Dinner** will be served in the **dining room**.

**Pub quiz** – After dinner, please join William & Victoria in the Lounge for an evening of fun trivia.

0645 叫早广播  
0700 早餐

今天早上，我们预计在早上 8:00 穿越勒梅尔海峡 (Lemaire channel)，这个位于南极半岛的美丽狭窄通道被称为“柯达间隙”(指值得照相留念的珍贵画面)，我们将在穿越勒梅尔海峡时进行广播通知。

早上晚些时候，我们希望能带您在图克森角进行一次南极大陆登陆活动和冲锋舟巡游。我们希望能看到大量的冰、金图企鹅、海豹和鲸鱼。

1000 **蓝组**和**绿组**-请您前往 **3 楼登艇区**，准备在图克森角进行南极大陆登陆和冲锋舟巡游。  
1015 **红组**和**黄组**-请您前往 **3 楼登艇区**，准备在图克森角进行南极大陆登陆和冲锋舟巡游。  
1230 午餐

今天下午，我们希望在皮特曼岛 (Petermann Island) 进行登陆和冲锋舟巡游。这是我们此次探险的最南端。佩特曼岛是阿德利企鹅以及金图企鹅的栖息地，这是我们此次旅程中唯一能有阿德利企鹅栖息地的登陆点。

1500 **红组**和**黄组**-请您前往 **3 楼登艇区**，准备在皮特曼岛进行登陆活动。  
1515 **蓝组**和**绿组**-请您前往 **3 楼登艇区**，准备在皮特曼岛进行冲锋舟巡游。  
我们将在沙滩上进行活动交换，每组都有登陆和巡游活动

1845 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结。  
1900 晚餐

今天晚上，我们希望能带您在普勒诺岛 (Pleneau Island) 和萨尔佩特里尔湾 (Salpetriere Bay)进行冲锋舟巡游。普勒诺岛是金图企鹅的栖息地，而萨尔佩特里尔湾是一个巨大的冰山墓地，也是观鲸和看海豹的绝佳地点。

2100 **蓝组**和**绿组**-请您前往 **3 楼登艇区**，准备在普勒诺岛和萨尔佩特里尔湾进行冲锋舟巡游。  
2115 **红组**和**黄组**-请您前往 **3 楼登艇区**，准备在普勒诺岛和萨尔佩特里尔湾进行冲锋舟巡游。

返回船上之后，我们希望与您一起迎接 2025 年，诚挚邀请您与我们一同举杯庆祝新的一年。



Falkland Islands, South Georgia  
& Antarctica

**Tuesday 31<sup>st</sup> December 2024**  
**Cape Tuxen, Petermann Island**  
**& Salpetriere Bay**

0645 **Wakeup call!** Good morning!  
0700 **Breakfast** is served in the **dining room**.

*This morning, we hope to transit through the Lemaire Channel at around 0800. A beautifully scenic narrow passage on the Antarctic Peninsula known as the 'kodak gap'.*

*Later in the morning, we hope to take you on a zodiac cruise and continental landing at Cape Tuxen. We hope to find lots of ice, Gentoo Penguins, Seals and Whales.*

1000 **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise and continental landing at Cape Tuxen.

1015 **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise and continental landing at Cape Tuxen.

1230 **Lunch** will be served in the **dining room**.

*This afternoon, we hope to land and zodiac cruise at Petermann Island. Petermann Island is home to Adelie Penguins – our only Adelie colony of our trip - as well as Gentoo Penguins.*

1500 **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you ashore at Petermann Island.

1515 **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise at Petermann Island.

**We will swap on shore halfway through the afternoon.**

1845 **Recap** – Please join the expedition team in the lounge for our daily briefing.

1900 **Dinner** will be served in the **dining room**.

*This evening, we hope to take you on a zodiac cruise at Pleneau Island and around Salpetriere Bay. Pleneau Island is home to a Gentoo penguin colony, and Salpetriere Bay is a large iceberg graveyard and a great place to spot whales and seals.*

2100 **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise around Salpetriere Bay.

2115 **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise around Salpetriere Bay.

*Once we return to Hondius, we would like to ring in 2025 year together. Please join us to toast in the New Year.*



0715 叫早广播

0730 早餐

今天早晨，我们希望在奥恩群岛 (Orne Islands) 登陆并进行冲锋舟巡游。奥恩群岛是帽带企鹅栖息地。美丽的冰川景观环绕着奥恩群岛，我们在这里巡游，经常可以看到鲸鱼和海豹。

0830 **黄组**和**红组**请穿好你的装备前往 3 楼登艇区，准备在奥恩群岛登陆

0845 **蓝组**和**绿组**请穿好你的装备前往 3 楼登艇区，准备在奥恩群岛巡游

我们将在岸边上进行活动交换，每组都有登陆和巡游活动

1230 午餐

今天下午，我们将航行穿过帕尔默群岛和梅尔基奥尔群岛 (Palmer Archipelago and Melchior Islands)。随着我们向北前进，我们希望能看到一些鲸鱼，并请您享受我们最后一次的南极景观。

1800 **每日总结** - 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结。

1900 晚餐

今天下午/晚上，我们将向北航行，驶向开阔的海域，前往德雷克海峡和乌斯怀亚。请确保您的个人物品和客舱安全，并准备好任何晕船药物。



Falkland Islands, South Georgia  
& Antarctica

Wednesday 1<sup>st</sup> January 2025

**New Year's Day**

**Orne Islands & Palmer Archipelago**

0715      **Wakeup call!** Good morning!

0730      **Breakfast** is served in the **dining room**.

*This morning, we hope to land and zodiac cruise at Orne Islands. Orne Islands is home to a Chinstrap Penguin colony. Beautiful glacial landscape surrounds Orne Islands, and we often spot whales and seals on the zodiac cruise here.*

0830      **Red & Yellow groups** - please come to the **zodiac boarding area**. We will take you to shore at Orne Islands.

0845      **Blue & Green groups** - please come to the **zodiac boarding area**. We will take you on a zodiac cruise at Orne Islands.  
**We will swap on shore halfway through the afternoon.**

1230      **Lunch** will be served in the **dining room**.

*This afternoon we will sail through the Palmer Archipelago and Melchior Islands. We hope to spot some whales and please enjoy our last sights of Antarctica, as we make our way North.*

1800      **Recap** – Please join the expedition team in the lounge for our daily briefing and recap.

1900      **Dinner** will be served in the **dining room**.

*This afternoon/ evening we will make our way North and back out to open sea towards the Drake Passage and Ushuaia. Please ensure your belongings and cabins are secure, and you are prepared with any seasick medication.*

没有叫醒服务 – 祝您有个难忘的航海日！  
早餐

0800

0900-1000 **摄影比赛** – 请前往**图书馆**的咖啡机旁，提交您的最佳照片给 Juan 和 Lucia。

*所有摄影比赛照片将展示在 5 楼船头观景大厅，您可以在这里投票选出您最喜欢的照片。*

1000 讲座：鲸鱼是如何拯救我们的  
(主讲人：Jess; 地点：5 楼观景大厅；有中文翻译)

1130 **中文讲座：南极点探险竞赛（主讲人：Jerry; 地点：5 楼讲座厅）**  
英文讲座：南极点探险竞赛（主讲人：Saskia; 地点：5 楼观景大厅）

1230 **午餐**

1330 **防水靴和租赁装备归还** – 我们将分楼层广播通知您，将防水靴和任何租赁装备归还到 3 甲板的冲锋舟登艇区门口。

1500 **中文讲座：海洋保护（主讲人：Rose; 地点：5 楼讲座厅）**  
英文讲座：南极未来的历史（主讲人：George; 地点：5 楼观景大厅）

1700 讲座：怎么来的南极  
(主讲人：Sasha; 地点：5 楼观景大厅；有中文翻译)

1815 每日总结 – 请前往 5 楼观景大厅参加由探险队主讲的当日的行程总结和次日行程安排。

1900 **晚餐**

2030 **摄影比赛获奖者公布** – 请加入 Juan 在 5 楼观景大厅一起揭晓比赛获奖者。

*请在船上走路时慢慢行走，切勿急躁。时刻保持一只手为自己，但至少要有有一只手扶稳船。  
关门时请确保门完全关紧，避免手指接触门框。*

- No wake up call – enjoy!**
- 0800 **Breakfast** is served in the **dining room**.
- 0900-1000 **Photo competition Submissions** – Please meet Juan and Lucia in the library with your photo competition submissions.
- 1000 **How whales can save us** – Please join Jess in the **Lounge** to find out more about whales as ecosystem engineers. This lecture will be in English, translated into Mandarin.
- 1130 **Race to the South Pole** – Please join Saskia (English) in the **Lecture room** and Jerry (Mandarin) in the **Lounge** to hear the stories of Scott and Amundsen's race to race the South Pole.
- 1230 **Lunch** will be served in the **dining room**.
- 1330 **Muck boot & Drybag Collection** – We will call you by deck to the **zodiac boarding area** to collect your muck boots, drybags and rental gear. Please listen for announcements.
- 1500 **Future History of Antarctica** – Please join George in the **Lounge** for his lecture exploring the future challenges facing Antarctic and the treaty system. This lecture will be in English.  
**Ocean Conservation** – Please join Rose in the **Lecture room** for her lecture about the threats facing the Antarctic marine ecosystem. This lecture will be in Mandarin.
- 1700 **How to get to Antarctica** – Please join Sasha in the **Lounge** to hear of how he found himself in Antarctica. This lecture will be English and translated into Mandarin.
- 1815 **Recap** – Please join the expedition team in the **Lounge** for our daily briefing and recap.
- 1900 **Dinner** will be served in the **dining room**.
- 2030 **Photo Competition** - Please join the team in the **lounge** to reveal the competition winners.

*Please walk slowly on the ship, never rush. **Keep at least one hand for the ship.** Shut all doors firmly and keep fingers away from door frames.*



0745      **特别叫醒服务**

0800      自助早餐（4 层餐厅）

早餐后，您将在客舱内收到账单。我们将按甲板顺序通知您前往接待处付款，  
**请留意广播通知。**

0930      **45 分钟了解 45 亿年的历史** – 请加入 Jade 在 5 楼观景大厅参加她的讲座，探索地球上生命的演化。此讲座将使用英语进行。有中文翻译

1130      **英文讲座：成为弗朗西斯·德雷克爵士** – 请在演讲厅加入 Gabi，了解这位因其恶名昭著的航程而得名的人的故事。  
**中文讲座：让·巴蒂斯特·夏尔科 (Jean Baptist Charcot) 的生平故事**  
请加入 Rose 在观景大厅，听这位著名探险家夏尔科的故事。

1230      午餐（4 楼餐厅）

1400      **船长讲座** – 请加入船长汉斯的讲座，了解在极地水域航行的知识。此次讲座将以英语进行，并提供中文翻译翻译。

1600      **阿根廷** – 请加入 Lucia 在 5 楼观景大厅，了解我们启航的南美国家。此讲座将使用英语进行，并提供中文翻译

1815      **告别祝酒仪式与旅行幻灯片放映** – 请加入船长和探险团队，在 5 楼船头观景大厅为我们的南极海洋之旅举杯庆祝，并观看我们探险的幻灯片。

1900      晚餐（4 楼餐厅）

*请在船上走路时慢慢行走，切勿急躁。时刻保持一只手为自己，但至少要有  
一只手扶稳船。关门时请确保门完全关紧，避免手指接触门框。*

0745      **Special Wake-up call** – This morning Gabi will wake you up!

0800      **Breakfast** is served in the **dining room**.

*You will receive your bill in your cabin during breakfast and throughout the day, we will call you by deck to complete your payments at reception – **Please listen for announcements.***

0930      **4.5 billion years in 45 minutes** – Please join Jade in the Lounge for her lecture exploring the evolution of life on Earth. This lecture will be in English and translated into Mandarin.

1130      **Becoming Sir Francis Drake** – Please join Gabi in the Lecture room to learn more about the man behind the notorious passage's name. This lecture will be in English.

**Jean Baptist Charcot** -Please join Rose in the Lounge to hear the stories of the renowned explorer, Charcot. This lecture will be in Mandarin.

1230      **Lunch** will be served in the **dining room**.

1400      **Captain's Presentation** – Please join Captain Hans for his talk about navigating in Polar waters. This lecture will be in English and translated into Mandarin.

1600      **Argentina** – Please join Lucia in the Lounge to learn more about the South American country we sail from. This lecture will be in English and translated into Mandarin.

1815      **Farewell Toast & Trip Slideshow** - Please join the Captain and the expedition team to toast our voyage through the Southern Ocean and watch the trip slideshow.

1900      **Dinner** will be served in the **dining room**.

*Please walk slowly on the ship, never rush. **Keep at least one hand for the ship.** Shut all doors firmly and keep fingers away from door frames.*

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# Pippa Low – Expedition Leader

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Pippa has worked as a marine guide and skipper for 15 years, primarily in Scotland, Australia, New Zealand and the polar regions. A marine scientist specialising in marine mammal research and conservation, she splits her time between the hemispheres, and loves showing the public the marine world and all it has to offer.

Growing up on the coast of the incredible Moray Firth sparked a love for the marine world and its inhabitants. Spending every spare minute in, on or under the water; professional life reflected this love from a young age, becoming an instructor in various marine disciplines and going on to study Marine biology at university in Scotland, then later, Australia.

Upon completion of her degree, Pippa has worked as a marine mammal observer, scientific diver and research assistant on various research projects; including photo ID, migration, distribution and behavioural studies on a range of marine mammals. She has developed a keen interest in marine mammal conservation through outreach and research.

After working in the Ross Sea region of Antarctica as a research assistant, she fell in love with Antarctica. Pippa now works as a full-time guide and Expedition Leader in both the Arctic and Antarctica. In-between seasons, she still finds time to work on research projects – most recently completing a masters research degree specialising in Humpback Whale physiology.

## 中文

琵琶·洛 (Pippa Low) 担任海上向导和船长已有 15 年，主要在苏格兰、澳大利亚、新西兰和极地地区。作为一名专门从事海洋哺乳动物研究和保护的海洋科学家，她将时间分配在半球之间，并喜欢向公众展示海洋世界及其所提供的一切。

在令人难以置信的马里湾海岸长大，激发了她对海洋世界及其海洋生物的热爱，她把每一分钟的空闲时间都花在水上或水下；职业生涯从年轻时就体现了这种热爱，成为各种海洋学科的讲师，并继续在苏格兰大学学习海洋生物学，后来又在澳大利亚继续攻读。

完成学位后，琵琶曾担任海洋哺乳动物观察员、科学潜水员和各种研究项目的研究助理；包括对一系列海洋哺乳动物的身体独有特征的照片ID、迁徙、分布和行为研究。通过推广和研究，她对海洋哺乳动物保护产生了浓厚的兴趣。

在南极罗斯海地区担任研究助理后，她爱上了南极洲。琵琶现在在北极和南极担任全职探险队员和探险队长。在非极地工作时间，她仍会抽出时间从事研究项目——最近完成了座头鲸生理学专业的硕士学位。

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# George Kennedy – Asst. Exp. Leader

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George is an Australian social scientist specialising in polar geopolitics. He completed a Masters of International Development Practice at Monash University in 2016 and a Graduate Diploma in Antarctic Governance at the Australian Institute for Marine and Antarctic Science in 2021. Since completing his studies, George has worked within the policy office of the Australian Antarctic Division, collaborating with other Antarctic Treaty Parties to develop sustainable tourism policy, as well as representing Oceanwide at the IAATO general meetings.

Alongside polar geopolitics, George has worked as an ALS paramedic for over a decade, and is now in the final stages of completing his Doctorate of Medicine at Deakin University where he hopes to specialise in Remote Medicine.

George has a passion for travel, boats, and motorcycles. Over a three-year period, he rode a motorcycle from Patagonia to Mexico, exploring Latin America on two wheels. It was during his time in

Patagonia that his passion for the Polar Regions developed, working closely with conservation organisations in Tierra del Fuego and visiting Antarctica for the first time in 2017. George has been guiding in Antarctica and the Arctic since 2019, sharing stories of its incredible wildlife, landscapes and, of course, its unique politics!

## 中文

乔治是一名澳大利亚社会科学家，专门研究极地地缘政治。他于2016年在莫纳什大学获得国际发展实践硕士学位，并于2021年在澳大利亚海洋和南极科学研究所获得南极治理研究生文凭。完成学业后，乔治在澳大利亚南极司政策办公室工作，与其他南极条约缔约国合作制定可持续旅游政策，并代表 Oceanwide 参加国际南极旅行社协会（IAATO）大会。

在从事极地地缘政治研究的同时，乔治还从事了十多年的ALS辅助医疗工作，目前正处于迪肯大学医学博士学位的最后完成阶段，他希望在该校专攻远程医学。

乔治对旅行、船只和摩托车情有独钟。在三年的时间里，他骑着摩托车从巴塔哥尼亚到墨西哥，用两个轮子探索拉丁美洲。在巴塔哥尼亚期间，他与火地岛的保护组织密切合作，并于2017年首次访问了南极洲。自2019年以来，乔治一直在南极洲和北极地区担任向导，分享其令人难以置信的野生动物、地貌，当然还有其独特政治的故事！



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# Jerry Zhao – Asst. Exp. Leader

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Jerry has been in love with nature and wildlife and traveling all his life. Soon after completing his degree in Business Administration at Drexel University in Philadelphia, Jerry began a career in the travel industry. Jerry first started as an international travel consultant and tour leader and led exclusive small high-end groups throughout Europe.

He then became partner in an international traveling consulting firm and focused on route planning and employee training.

As he searched for more adventure, He collected skills and knowledge while he traveled around to world. Finally, his step stopped at Polar regions, and joined Oceanwide Expeditions as Expeditions Guides, He has guided expeditions to the North Pole, Svalbard, Greenland, Antarctic Peninsula, South Georgia many times.

Along the way as he spent more time in polar regions, learns more about polar regions, he is more interested in polar regions. He has self-studied the geography,

wildlife and history of the Polar regions. He is beginning to learn wildlife photography.

When he is not in polar regions, he likes to spend his time in the forest, dessert, and plains in Northwestern part of China. He loves nature, wildlife, and he loves to share all that he knows to everyone who comes across.

## 中文

Jerry 一直都很喜爱自然野生动物和旅行。从美国 Drexel University 毕业后，开始从事旅游业。开始作为高端客户旅行顾问和领队走遍了欧洲。然后作为一家旅行社的合伙人，主要从事路线规划和员工培训。为寻找更多的冒险，Jerry 去往世界各地学习所需技能，足迹踏遍 7 大洲 4 大洋，然后在 2015 年作为探险队员加入 Oceanwide 探险队。他曾多次前往北极点，北极斯瓦尔巴地区，和南极地区，在这期间他自学关于极地的地理，野生动物和环境知识。他热爱大自然和野生动物并喜爱与人分享他的故事。

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# Aitana Forcén-Vázquez – Exp. Guide

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Aitana is a passionate oceanographer and adventurer, bringing a wealth of knowledge and experience to her role as a polar guide. Originally from Spain, she spent 12 years in New Zealand, where she earned her PhD in Physical Oceanography— focusing on unravelling the mysteries of how the ocean moves.

Her expertise extends to large-scale currents, waves, ice and water mass formation, and climate, with an unwavering enthusiasm for discussing these topics. Aitana's conversations can seamlessly transition from the intricacies of oceanography to her love for endurance sports and the art of knitting. With a strong background in ocean-going fieldwork, Aitana served as the Principal Investigator for the Ross Sea Outflow Experiment, a groundbreaking initiative examining the export of cold water from the Ross Sea. She made history as one of the most junior-ever physical scientists to assume the role of voyage leader on the R V Tangaroa, New Zealand's esteemed research vessel, during an oceanographic voyage to the Southern Ocean.

Aitana's career has been as diverse as the marine environments she has explored. From driving a weather boat for two editions of the America's Cup as a meteorological technician to transitioning into the private sector, where she provided vital marine forecasts for port operations and Defence exercises. In these roles she has been a key player in ensuring the safety and efficiency of maritime operations. When adventure allows it, Aitana shares her knowledge with university students as an associate lecturer, fostering the next generation of marine scientists. In her free time, Aitana is an avid open water swimmer, a dedicated communicator and content creator, and a seeker of unconventional road trips off the beaten path.

## 中文

艾塔娜是一位充满热情的海洋学家和冒险家，她为我们的团队带来了丰富的知识和经验。她来自西班牙，在新西兰生活了 12 年，并在那里获得了“物理海洋学”博士学位，专注于揭开海洋运动的奥秘。艾塔娜的专业知识延伸到大规模洋流、海浪、冰和水团的形成以及气候等领域，且对这些问题研究的热情从未消散。如果你听了艾塔娜的学术演讲，她可以游刃有余的在错综复杂的海洋学及她热衷的耐力运动和编织艺术之间自由切换。

凭借在远洋实地考察方面的丰富经验，艾塔娜正担任“罗斯海流出实验”的首席研究员，这是一项开创性的研究，旨在检查罗斯海寒流的出口。艾塔娜搭乘著名的研究船坦伽罗号前往南大洋，并在这次海洋学航行中担任航海领队。艾塔娜就此也创造了一个新的记录，她成为了新西兰最年轻的物理科学家之一。和变化多端的海洋环境一样，艾塔娜的职业生涯也同样丰富多彩。从作为气象技术员，驾驶气象船参加两届“美洲杯”帆船赛，到转入公司，为港口运营和国防演习提供的海洋天气预报，在这些职位上，她一直扮演着确保海上作业安全和效率的关键角色。在探险季的空余时期，艾塔娜作为大学副讲师与学生们分享她的知识，培养下一代海洋科学家。

在空闲时间，艾塔娜是一位狂热的开放水域游泳运动员、一位不走寻常路的非常规公路旅行的追求者和视频博主。她会在旅途中耐心解答游客的任何问题。

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# Andy Perkins – Expedition Guide

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Andy Perkins is an IFMGA mountain guide living in Chamonix at the foot of Mont Blanc, western Europe's highest mountain. He has been climbing and skiing since he was a teenager and has worked as a qualified mountain guide for over twenty years.

His "normal" work is as a guide in the European Alps. In the summer he guides climbing and mountaineering clients from all over the world. In winter he works with off piste skiers in and around lift-served ski resorts and by using ski touring equipment to access more remote spots. It's in that capacity that he discovered the magical combination of mountains and ocean, initially through ski sail trips in Arctic Norway. He has pursued that fabulous formula with trips to Iceland and Greenland over recent years.

Here are three highlights from his mountain experience:

1. 17 days on Cerro Kishtwar's north face in the Indian Himalaya . Intensity of experience is his goal in personal climbing, and this one had it in spades.

2 .rescues on Denali, the second of which earned him the Denali Pro Award and an Award for Bravery from the US Department of the Interior.

3 Skiing in Arctic Norway with his wife Lise, 60 years after his dad was pioneering there in the 1950's. Mountains run in the family!

He speaks fluent English and French and basic German and Italian.

His aim as a guide is to share his love of the wild places of the world and to maximise his clients' potential - to exceed their expectations of what they're capable of. This often means taking on new skills as well as sharpening existing ones. The big grins when someone finally "gets it", whether skiing or climbing, makes his job as a guide a real joy.

## 中文

安迪-帕金斯 (Andy Perkins) 是一名 IFMGA 登山向导，居住在西欧最高峰勃朗峰脚下的霞慕尼。他从十几岁起就开始登山和滑雪，作为一名合格的登山向导已经工作了二十多年。

他的 “正常 ” 工作是在欧洲阿尔卑斯山担任向导。夏季，他为来自世界各地的攀岩和登山客户提供向导服务。冬季，他在有缆车服务的滑雪胜地及其周边地区为非滑雪道滑雪者提供服务，并使用滑雪旅行设备前往更偏远的地点。最初，他通过在挪威北极地区的滑雪帆船旅行，发现了高山与海洋的神奇结合。近年来，他又前往冰岛和格陵兰岛，继续探索这一奇妙的组合。

以下是他登山经历中的三个亮点：

– 在印度喜马拉雅山 Cerro Kishtwar 北坡攀登 17 天。高强度的体验是他个人攀登的目标，而这次攀登则充分体现了这一点。

– 在德纳利山进行了两次救援，其中第二次救援为他赢得了德纳利专业奖和美国内政部颁发的勇敢奖。

– 上世纪 50 年代，他的父亲在挪威北极地区开荒，60 年后，他和妻子莉萨一起在那里滑雪。山区是他的家族传统！

他能说流利的英语和法语，以及基本的德语和意大利语。

作为一名向导，他的目标是与客户分享他对世界荒野的热爱，最大限度地挖掘客户的潜能——超越他们对自己能力的期望。这往往意味着要掌握新的技能，同时磨练现有的技能。无论是滑雪还是登山，当有人终于 “领悟 ” 时，他都会咧嘴大笑，这让他的向导工作充满了乐趣。

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# Rose Li Hong – Expedition Guide

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Originally from China, Rose Li Graduated from Wuhan college with a major in Interior Design. She has worked on well-known international cruise ships since 2014 as an expedition guide and in Asia as a VIP services shift leader and Head cruise ambassador on a Mediterranean cruise line.

She has worked in the polar regions since 2017, as expedition guide, Zodiac driver, Chinese interpreter and guest services manager.

She has many talents such as dancing, drawing, skiing, hosting, and loves creating new activities. Her two academic passions are history and geology.

During her spare time, she has continued to develop her passion for traveling, and has visited more than 40 countries and looks forward to visiting many others in the near future.

## 中文

罗斯李来自中国，毕业于武汉学院室内设计专业。自 2014 年以来，她一直在知名国际游轮上担任探险导游，并在亚洲的地中海游轮上担任 VIP 服务值班领队和首席游轮大使。

自2017年起，罗斯一直在极地工作，担任探险导游、冲锋舟司机、中文翻译和宾客服务经理。

罗斯多才多艺，她拥有舞蹈、绘画、滑雪、主持等多项才能，并且乐于开发新爱好。此外，她还喜欢钻研历史和地质两门学科。在业余时间，罗斯继续培养对旅行的热情。截至目前，她已经访问了 40 多个国家，并期待在未来访问更多国家。



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# Jess Owen – Expedition Guide

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Jess is from England and has recently been living on the Isle of Skye in Scotland. Since graduating from a degree in Wildlife and Media, Jess has been working in environmental research and education roles with wildlife conservation charities in the UK, with a focus on marine mammals and birds. Jess is a passionate science communicator, wildlife guide, and nature enthusiast. She has delivered lectures, workshops, tours, school lessons, and training courses to a wide variety of audiences on subjects such as birds, insects, marine mammals, marine and terrestrial conservation, citizen science, and gardening for wildlife. She is particularly passionate about citizen science and helping inspire people to become connected to wildlife and active in its conservation.

Jess now specialises in whales, dolphins, and porpoises, having worked as a marine mammal surveyor and whale watching guide since 2015. This work has taken her to the Bay of Biscay, the West Coast of Scotland, the Southern Ocean, the Falkland Islands, South Georgia, Svalbard, Greenland, and the Antarctic Peninsula. She is very excited to be returning to work with Oceanwide

Expeditions for another season in the polar regions.

When she is not out at sea, Jess spends her time gardening, reading, making films, snorkelling, and bird watching. She loves to spend time with her nieces and nephew and likes travelling in her beloved campervan.

## 中文

杰西来自英格兰，目前住在苏格兰斯凯岛。从野生动物和媒体专业毕业后，杰西一直在英国野生动物保护慈善机构从事环境研究和教育工作，重点关注海洋哺乳动物和鸟类。

杰西是一位充满热情的科学传播者、野生动物导游和自然爱好者。她特别热衷于公民科学，举办了包括鸟类、昆虫、海洋哺乳动物、海洋和陆地保护、公民科学和野生动物园艺等不同主题的讲座和研讨会，通过学校课程和培训课程，帮助并引导人们建立人类与野生动物和谐共生的关系，并积极参与野生动物保护。

现在，杰西专注于研究鲸鱼、海豚和鼠海豚，自 2015 年以来一直担任海洋哺乳动物测量员和观鲸导游。这项工作让她的足迹遍布比斯开湾、苏格兰西海岸、南大洋、福克兰群岛、南乔治亚岛、斯瓦尔巴群岛、格陵兰岛和南极半岛，她非常高兴能够重返泛海探险并和我们重新开启极地地区新的旅程

杰西的兴趣爱好广泛，当不在海上时，她会花时间花在园艺、阅读、拍摄微电影、浮潜和观鸟上，同时，杰西还喜欢与侄女和侄子共度美好时光，也喜欢乘坐她心爱的露营车旅行

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# Juan Berenstein – Expedition Guide

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Juan is a professional photographer and drone pilot born in Ushuaia, Argentina and is a Zodiac driver, expedition and photography guide.

He is a young and highly motivated person, who loves enjoying the outdoors and being in the mountains. His hobbies are hiking, FPV drone flying and photography.

His passion for nature started at an early age with his family, who enjoyed the weekends camping at the end of the world and travelling around the country on holidays.

He studied photography in Buenos Aires and decided to return to his hometown to start his career and develop an independent way of life.

Juan has been working in the polar regions for several years now, including Antarctica, South Georgia, Falkland Islands, Svalbard, Greenland, and the Great Lakes in North America.

## 中文

胡安·贝伦斯坦（Juan Berenstein）是一位出生于阿根廷乌斯怀亚的专业摄影师和无人机飞行员，也是冲锋舟驾驶员、探险队员和摄影向导。

他是一个年轻且积极进取的人，喜欢享受户外活动和山里的时光。他的爱好是户外徒步、FPV 无人机飞行和摄影。

他对自然的热情源于从很小的时候，他的家人给他的户外启蒙，他们喜欢周末在世界的尽头露营，并在假期环游全国。

他在布宜诺斯艾利斯学习摄影，但最后决定回到他的家乡开始自己的职业生涯并发展独立的生活方式。

胡安多年来一直在极地地区工作，包括南极洲、南乔治亚岛、福克兰群岛、斯瓦尔巴群岛、格陵兰岛和北美五大湖。

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# Gabi Kolodko – Expedition Guide

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Having been exposed to the pristine wilderness of Alaska, Canada, and Lapland before turning ten, Gabi developed a deep-rooted passion for cold climates and the great outdoors. Each summer, she devoted herself to sailing, and in 2012, her adventures included crossing the Baltic Sea from Poland to Scandinavia and back aboard the *Zawisza Czarny*, a historic 42-meter vessel originally built in 1952.

With a Master's in Fine Arts and a fascination for art, culture, and history, Gabi's curiosity led her to explore the unique human-animal relationships in polar regions, combining her interest in zooanthropology with the stories of Antarctica's early exploration and modern conservation. Her first journey to Antarctica in 2019 only deepened her connection to the continent's striking landscapes and rich history.

Gabi's enthusiasm for the cold extends beyond her travels; she actively practices the Wim Hof method and regularly takes on ice baths, walrusing, and cryotherapy throughout the year. A memorable encounter with a herd

of Musk Oxen in 1993 at Herschel Island off the Canadian Arctic coast sparked her love for Arctic wildlife, with the Gentoo Penguin now topping her list of favorites in Antarctica.

She loves being part of life-changing voyages, rediscovering the polar regions with each new group of guests. Driven by a passion for adventure and a genuine desire to share the wonders of the poles, Gabi aims to inspire awe and respect for these breathtaking and fragile landscapes, offering others a transformative glimpse into the natural world.

## 中文

盖比在十岁之前就去过阿拉斯加、加拿大和拉普兰的原始荒野，因此她对寒冷气候和户外活动有着根深蒂固的热情。每年夏天，她都会全身心地投入到帆船运动中，2012 年，她乘坐 *Zawisza Czarny* 号帆船横渡波罗的海，从波兰到斯堪的纳维亚，再从斯堪的纳维亚返回。

盖比拥有美术硕士学位，对艺术、文化和历史非常着迷，她的好奇心促使她探索极地地区独特的人与动物的关系，将对动物人类学的兴趣与南极洲早期探索和现代保护的故事结合起来。2019年，她首次踏上南极大陆，这加深了她与南极大陆壮丽景观和丰富历史的联系。

盖比对寒冷的热情不仅限于旅行，她还积极练习维姆-霍夫（Wim Hof）方法，并在一年中定期进行冰浴、冰敷和冷冻疗法。1993 年，她在加拿大北冰洋沿岸的赫歇尔岛遇到了一群麝牛，这次难忘的邂逅激发了她对北极野生动物的热爱，如今巴布亚企鹅已成为她在南极洲最喜爱的动物。

她喜欢成为改变生活的旅程的一部分，每次与新的游客群体一起重新发现极地。盖比被冒险的热情和分享极地奇观的真诚愿望所驱动，旨在激发对这些令人叹为观止且脆弱的景观的敬畏和尊重，为其他人提供对自然世界的变革性一瞥。

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# Mark Whiffin – Mountain Guide

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Mark holds a Master's Degree in Conservation Biology and is an ornithologist and birder with extensive field experience. His passion for birds and travelling started from a very young age in East Sussex, England and expanded from there.

After finishing studying at university, he participated in, and led numerous expeditions and scientific research projects to remote areas of the world in search of birds with a particular emphasis on threatened and endemic species.

Mark first visited Antarctica in 2018 employed by the British Antarctic Survey, and subsequently spent five years living and working on Bird Island, South Georgia as a Zoological Field Assistant working with the penguins and petrels. He developed a deep love for the Southern Ocean, its scenery and the birds that call it home, “seeing the first Cape Petrels on any trip always gives a feeling of arriving home”.

In his free time Mark enjoys trekking, running or cycling. He is also a keen photographer and videographer who enjoys documenting and sharing his passion for birds, travel and wild places, his images have been used various NGOs, employers, newspapers and online. He looks forward to sharing your expedition with you.

## 中文

马克·微分 (Mark Whiffin) 拥有生态保护学硕士学位，是一名鸟类学家和观鸟者，拥有丰富的实地经验。他对鸟类和旅行的热情从很小的时候就开始，始于英格兰东萨塞克斯郡，此后，内心的喜欢从那里不断扩展。

大学毕业后，他参加并数次带队前往世界偏远地区进行科学项目研究，寻找鸟类，特别是受威胁和当地特有的物种。

马克于2018年受雇于英国南极调查局首次访问南极，随后在南乔治亚的鸟岛生活和工作了五年，担任动物学现场助理，与企鹅和海燕一起工作。他对南大洋产生了深深的热爱，当地独特的景观和海鸟称此为家，“在任何一次旅行中看到的第一只花斑鹱总是给人一种回到家的感觉”。

在闲暇时间，马克喜欢徒步、跑步或骑行。他也是一位热心的摄影师和摄像师，喜欢记录和分享他对鸟类、旅行和野外的热情，他的作品已被各种非政府组织、雇主、报纸和网络平台使用。他期待与您一起分享您的探险旅程。



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# Lucia Romero – Expedition Guide

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Lucia is an extroverted and curious person always looking for new challenges and experiences worldwide.

Born and raised in Puerto Madryn, a small town of Argentinian Patagonia coast, she grew up surrounded by marine wildlife and outdoor lifestyle. This led her to choose her career, with a bachelor degree in hospitality and tourism and becoming a professional tour guide and kayak guide.

She loves sharing her passion for exploration, learning, discovering, conservation and wildlife.

With over 12 years of experience on leading groups around Patagonia, she is now focusing on the wonders and biodiversity of the polar environments.

## 中文

露西娅·罗梅罗（Lucia Romero）是一个外向的且充满好奇心的人，总是在世界各地寻找新的挑战 and 经历。

她在阿根廷巴塔哥尼亚海岸的一个小镇马德林港出生和长大，在海洋野生动物和户外生活方式的包围下长大。这促使她选择了自己的职业走向，获得了酒店和旅游学士学位，并成为一名专业导游和皮划艇向导。

她喜欢分享她对探索、学习、发现、保护和野生动物的热情。

她拥有超过 12 年带队巴塔哥尼亚旅行的经验，现在专注于极地环境的奇观和生物多样性。

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# Yvonne Lin - Translator

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Born in Taiwan in 1978, Yvonne moved to Melbourne, Australia, with her family in 1990. She holds a Bachelor's degree in Optometry and a Bachelor of Science with Honors in Pharmacology, and pursued a PhD in Vision Sciences, specializing in myopia research, from the University of Melbourne. Fluent in both Mandarin and English, she has worked in Taiwan and Australia as clinical instructor, optometrist, and lens expert in a renowned optical lens company.

An adventurous spirit with a deep curiosity for the world, Yvonne enjoys local cuisine and beer while immersing herself in different cultures. Since 2009, she has spent more than six months traveling each year, visiting over 150 countries, primarily through solo overland backpacking. Her overland journeys include the Silk Road, South America, East Africa and West Africa. Her adventures have also taken her to great heights and into the depths of the ocean. Yvonne has scaled peaks such as Kilimanjaro (5895m), Chachani (6057m), Stok Kangri (6153m), and has ascended to the base camps of some of the world's highest mountains, including Everest (Cho

La Pass 5643m), K2 (Gondogoro Pass 5585m), Kanchenjunga (5143m), Manaslu (Larkya La Pass 5106m), and Broad Peak (4900m). Additionally, she is a certified Rescue Diver, exploring diverse marine life worldwide. Her experiences in both the mountains and the ocean reflect her passion for adventure and discovery.

Driven by her interest in polar regions, Yvonne has undertaken four expeditions to the Arctic and Antarctica, where she has witnessed breathtaking beauty of these remote landscapes. She is eager to share her travel discoveries and her love for the wonders of the polar regions, inspiring others to explore and appreciate the unique environments our planet has to offer.

## 中文

1978年出生于台湾，Yvonne于1990年随家人移居澳大利亚墨尔本。她毕业于墨尔本大学，获得验光学学士学位和药理学荣誉理学学士学位，并攻读了视光科学博士学位，专攻近视研究。她精通中文和英文，曾在台湾和澳大利亚担任临床讲师、验光师以及知名镜片品牌的讲师。

Yvonne是一个充满冒险精神且对世界充满好奇的人，同时也热爱享受各地美食啤酒及体验当地风俗民情。从2009年起，她每年旅行超过六个月，以背包独旅的方式探访了150多个国家。她喜欢长途的陆路旅行，足迹遍及丝绸之路、南美洲、东非和西非。她的冒险旅行还包括了极具挑战的高山徒步与心肺潜水。Yvonne曾攻顶过吉力马扎罗山（5895公尺）、查查尼山（6057公尺）、斯托克康格里山（6153公尺）和科托帕希火山（5897公尺），也参加过世界上几座八千高峰的基地营健行，如珠穆朗玛峰（Cho la垭口，5643公尺）、K2峰（Gondogoro垭口，5585公尺）、干城章嘉峰（5143公尺）、马纳斯鲁峰（Larkya la垭口，5106公尺）以及布洛德峰（4900公尺）。此外，为了探索世界各地的丰富海洋生物，她还考取了救援潜水员执照。她在山脉与海洋中的丰富经历，充分展现了她对冒险与探索世界的热情。

因为对极地的兴趣，Yvonne进行了四次北极和南极探险，她亲眼见到了极地中令人叹为观止的美景，使她更热衷于分享自己在旅行中的发现和对极地奇观的热爱，激励他人去探索并珍惜我们地球上这些独特而珍贵的自然宝藏。

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# Marcelo Tarapow – Expedition Guide

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Marcelo Tarapow has a Master's degree in Social Sciences, specialized in History from the National University of Quilmes, retired Rear Admiral of the Argentine Navy, Honorary Professor at the Nikola Vaptsarov Academy (Bulgaria) and Graduate in Naval Systems.

He participated in twelve expeditions to Antarctica between 1988 and 2017, occupying different roles until being the leader on his last two occasions, spending around 900 days in Antarctic activity.

He has also carried out studies in Environmental Preservation, Climate Change, Energy Efficiency and Tourism.

He has been a professor in pre-Antarctic courses taught in Argentina, Colombia and Bulgaria, especially on navigation, meteorology, the Antarctic Treaty and the Madrid Protocol.

He is the President of the Academy of Antarctica, a lecturer and researcher especially on topics related to the White Continent, having presented on historical

Antarctic expeditions in Argentina, Belgium, Bulgaria, Colombia, France and Romania.

He is a member of the Council at Polar Educators International for the 2024-2025 biennium.

His main hobbies are swimming, cycling, tango, reading, an enthusiastic collector of ancient objects linked to Antarctic history and an amateur photographer.

Always ready to learn from other cultures, listen to stories, passionately share their experiences and care for the environment.

## Nederlandse (2e taal hier in Merriweather, maat 14, vet)

马塞罗·塔拉波 (Marcelo Tarapow) 拥有基尔梅斯国立大学社会科学历史学硕士学位，阿根廷海军退役少将、尼古拉·瓦普萨罗夫学院（保加利亚）名誉教授和海军系统毕业生。

在1988年至2017年间，他参加了12次南极探险，担任过不同的职务，直到最后两次担任了探险队长，在南极的活动时长大约900天。

他还进行了对环境保护、气候变化、能源效率和旅游方面的研究。

他曾在阿根廷、哥伦比亚和保加利亚担任南极行前课程教授，特别是航海、气象学、南极条约和马德里议定书方面的课程。

他是南极学院院长，也是讲师和研究员，特别是与白色大陆相关的主题，曾在阿根廷、比利时、保加利亚、哥伦比亚、法国和罗马尼亚介绍过历史上的南极探险活动。

他是 2024-2025 年双年度极地教育者国际理事会成员。

他的主要爱好是游泳、骑行、探戈、阅读，还是与南极历史有关的文物收藏家，也是一名业余摄影师。

随时准备学习其他文化，聆听故事，热情分享他们的经验并关心环境。

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# Zoy Li - Translator

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Originally from China and major in tourism management with bachelor's degree.

Worked for a high-end tailor-made travel agency in China which focused on operating groups to polar region since 2014. There she had several job functions: travel consultant, product planning, sales-support, tour operation & tour leader, and got many chances to lead groups to Arctic, Europe, Central America, Galapagos, South America till Antarctic. In 2019, she started to join the expedition cruises, worked as Interpreter & Expedition guide on board, and had experienced a multiple of wildlife expeditions in various remote areas in this world, and so fascinated by every element from nature, she has great passion on sharing the most breathtaking scenes with every distinguished passenger for the polar region.

## 中文

来自中国湖南，本科学历，旅游管理专业；

从 2014 年开始，在中国的一家高端定制旅行社工作，主要负责极地地区的团队运营。在那里，她身兼数职：旅游顾问、产品规划、销售支持、出团操作和出行领队；曾带领团队前往北极、欧洲、中美洲加拉帕戈斯群岛、南美洲和南极；

2018年转邮轮行业，在船上担任歌诗达邮轮亚洲航线的旅游经理；从2019年开始转探险邮轮，在船上担任翻译和探险向导。多次参与野生动物探险活动的经历，足迹遍布世界各个偏远地区，逐渐增强了她对大自然各种元素的迷恋，尤其热衷于极地，每年就像动物迁徙一样夏季回到北极，南半球的夏季回到南极。



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# Alexander Romanovskiy – Exp.Guide

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Aleksander Romanovskiy comes from Saint-Petersburg, the Northern capital of Russia. He was born in 1981. After having graduated from the boarding school Alexander entered Saint-Petersburg State University, where he spent 5 years studying physical geography, ecology, regional geography and international tourism. Afterwards he was working on his PhD thesis in Herzen State Pedagogical University of Russia, doing geoeological researches.

In the year of 2011 however, Alexander decided to pause his scientific career and start doing something completely different, which means working in tourism and traveling the world. He spent 2 seasons working as a trekking guide in Fann mountains (Tajikistan), 1 season on Novolazarevskaya Antarctic scientific station (Queen Maud Land, Antarctica) working as a member of a guesthouse crew.

Since February of 2012 most part of the year he spends on Svalbard. For five seasons in a row Alexander has been living and working as a guide in a ghost town of

Pyramiden. In 2016 a new page in Alexander's guiding career was opened: he started working as a naturalist guide on cruise ships in polar regions of the world – Svalbard and Antarctica.

3 to 4 months a year Alexander dedicates to his main passion – traveling the world. No public transport, no hotels, only hitch-hiking and staying overnight with locals or sleeping in a tent. This way he has already visited almost all Soviet republics, Middle East (Iran, Turkey), Asia (China), South America (Argentina, Chile, Paraguay), and it is hopefully far not the end! The world is big, friendly and interesting to explore!

## 中文

亚历山大·罗曼诺夫斯基来自俄罗斯北部首都圣彼得堡，他出生于1981年。从寄宿学校毕业后，亚历山大进入圣彼得堡国立大学，5年中，他学习了包括自然地理学、生态学、区域地理学和国际旅游在内的许多课程。随后，他在俄罗斯赫尔岑国立师范大学攻读博士学位，涉足地质生态学研究。

然而 2011 年，亚历山大决定暂停他的科研生涯，开始从事一些与研究完全不同的事情——环游世界。他在范恩山脉（塔吉克斯坦）担任了两个季节的徒步向导，在 Novolazarevskaya 南极科学站担任了一整个冬季的酒店工作人员。

自 2012 年 2 月起，亚历山大一年中的大部分时间都在斯瓦尔巴群岛度过。其中，亚历山大连续五个冬季都在皮拉米登，这个被俄罗斯政府废弃的城市生活和工作。2016年，亚历山大的导游生涯翻开了新的一页，他开始在世界极地地区——斯瓦尔巴群岛和南极洲的游轮上担任博物学家和导游。

每年，亚历山大有3 到 4 个月的时间仍致力于他的主要爱好——环游世界。没有公共交通，没有酒店，只能搭便车，与当地人一起过夜或睡在帐篷里，就这样他已经走遍了几乎所有的前苏联加盟共和国、中东（伊朗、土耳其）、亚洲（中国）、南美洲（阿根廷、智利、巴拉圭），但他的旅程还远没有结束，对亚历山大来说，世界很大，很友好，也很有趣，他将继续他的探索之旅。

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# Saskia van der Meij – Exp. guide

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Saskia is an enthusiastic girl born in The Netherlands. With a huge national park in her backyard, she felt at a young age how great it is to be active in & part of nature. Multiple-day hikes in the Andes or the Himalayas, kayaking around remote islands in Canada or camping on mountain tops overlooking Alaska's glaciers.

Saskia has a background in tourism and hospitality. For almost twenty years she was a product manager for a nature-oriented tour operator. She travelled to develop interesting products in Alaska, Canada, Argentina, Chili, Southern Africa, Australia and New Zealand. In that time, while co-guiding a trip in Iceland, she knew she wanted to be a nature guide. In 2019 she worked for three months in Namibia as an assistant hotel manager in two different private game lodges. Two fantastic years followed while spending her time in North Norway, Spitsbergen and the Baltic Sea as a hotel manager on a three mast Barque (Tallship).

But her heart told her to go guiding. She spent almost every season in Spitsbergen and became an expedition guide on several ships. She called Antarctica home for three months last winter/summer. As a camping guide she took guests out for a night on this amazing continent. She has a wide interest and understanding, from animals and landscapes to ice and history with its interesting explorer stories.

Hospitality lies in her core and her ongoing 'sunshine' is what guests remember Saskia by. She welcomes you on board and likes to share her knowledge and enthusiasm for these breathtaking destinations.

## 中文

萨斯基亚·凡·德尔·梅杰 (Saskia Van Der Meij) 是一位出生在荷兰的热情女孩。她的后院有一个巨大的国家公园，她从小就感受到活跃在大自然中并成为大自然的一部分是多么美好。

在安第斯山脉或喜马拉雅山脉进行多日徒步旅行，在加拿大的偏远岛屿周围划皮划艇，或在俯瞰阿拉斯加冰川的山顶露营。

萨斯基亚拥有旅游和酒店业背景。近二十年来，她担任一家专注自然体验的旅行社的产品经理。她前往阿拉斯加、加拿大、阿根廷、智利、南部非洲、澳大利亚和新西兰开发有趣的旅行产品。在当时，在与他人一起带队冰岛旅行时，她知道自己想成为一名自然类向导。

2019年，她在纳米比亚的两家不同的私人游猎酒店担任酒店经理助理三个月。接下来的两年的美妙时光在挪威北部、斯匹次卑尔根和波罗的海的一艘三桅帆船上担任酒店经理。

但她的内心告诉她要去做向导。她几乎每个北极季都在斯匹次卑尔根岛度过，并成为多艘探险船只的探险队员。去年冬天/夏天，她在南极呆了三个月。作为露营向导，她带客人登陆并在这片神奇的大陆上度过一个难忘的夜晚。

她有着广泛的兴趣和了解，从动物和景观到冰和历史以及及其有趣的探险家故事。热情好客是她的核心特质，她持续的“阳光”是客人对她的深刻印象。她非常期待大家的到来，并迫不及待地想与大家分享她对这些令人惊叹的目的地的知识与热爱。

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# Jade Heister – Expedition Guide

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Jade is a science communicator from the Netherlands. She is currently working as a tv editor, where she writes for different tv programs for a family audience on public channels. She is mostly involved in programs that show earth's biodiversity, as she strives to make all (Dutch) children and adults love and understand nature.

Jade is a nature lover herself. She loves to hike, ski and explore on horseback. She has always been fascinated with the polar regions, and she feels right at home in cold climates. Back home in the Netherlands, she enjoys practicing improvised theatre and taking up new DIY projects such as woodworking. Which she admits to not always finish, caught up with the new creative idea already.

She has a degree in molecular life sciences, with a master's in science communication and education. She will always geek out on any biological or chemical phenomenon, with a special interest in genetics and evolution. She has been a primary school science teacher for two years and she has performed in a

scientific theatre show that has aired for two seasons across the Netherlands.

Her love for the ocean and all marine life – big and very small – continued to grow. This resulted in a summer spend assisting in multiple citizen science and outreach ocean conservation programs in South Africa. In addition, she has been a whale watching guide in Plettenberg Bay, South Africa, before she joined Oceanwide as an expedition guide.

## 中文

杰德是来自荷兰的科学传播者。她目前是一名电视编辑，为公共频道的家庭观众写作不同的电视节目。她主要参与展示地球生物多样性的节目，致力于让所有荷兰的儿童和成人都热爱和理解大自然。

杰德本身是一个热爱大自然的人。她喜欢徒步旅行、滑雪和骑马探险。她一直着迷于极地地区，在寒冷的气候中她感觉像在家里一样。回到荷兰，她喜欢参与即兴剧场表演，并尝试新的DIY项目，如木工。尽管她承认自己并不总能完成项目，但她往往会被新的创意点子吸引。

她拥有分子生命科学学位，并获得科学传播与教育的硕士学位。她总是对任何生物或化学现象感到兴奋，尤其对遗传学和进化学有着特别的兴趣。她当过两年小学科学教师，还在一个科学戏剧节目中表演了两季，这个节目在荷兰各地播出。

她对海洋和所有大小生物的爱不断增长，这促使她在南非参与了多个公民科学和海洋保护的外展项目。此外，她在加入Oceanwide作为探险领队前，曾在南非普利滕贝格湾担任过观鲸导游。



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# Duncan Gray – Ships Doctor

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Duncan is an Emergency Medicine Doctor from Scotland. He worked as a Consultant in Glasgow for 18 years and is also registered as a General Practitioner (Family Doctor).

He has extensive experience as an expedition doctor, in desert, jungle, mountain and polar areas. He regularly teaches on expedition medical courses for doctors and believes that some humour is essential for good learning.

He is keen on outdoor sports, in the winter goes ski touring in the Cairngorm mountains near his home, and in the summer, sea kayaking on the west of Scotland. He enjoys wilderness journeys, with four self guided hut to hut ski trips in Norway and four self guided canoe river trips in the Yukon.

Almost as a hobby, he attends many courses and collects qualifications, including advanced sea kayak leader, winter mountain leader, powerboat and VHF radio operation, rafting guide, chain saw operation, numerous jungle survival courses and even basket weaving! He is a level two (BASI) alpine ski instructor

and Coastal Skipper (Yachting).

He has worked as a ski patroller in Canada, for the Flying Doctor Service of Australia and on the Helicopter Emergency Medical Service in London.

He has been to the south pole as a doctor four times, including the south pole marathon, has taken part in two himalayan mountaineering trips and a transatlantic yachting race. He has skied across Svalbard and South Georgia.

He was a doctor in the British airborne forces, including the Iraq war in 2002.

## 中文

邓肯是来自苏格兰的急诊科医生。他在格拉斯哥担任顾问 18 年，还注册为全科医生（家庭医生）。

他作为一名探险医生，在沙漠、丛林、山区和极地地区工作经验丰富。他经常在探险医生的医学课程上授课，并认为幽默对于良好的学习至关重要。

他热衷于户外运动，冬天去家附近的卡林戈姆山滑雪，夏天在苏格兰西部划皮划艇。他喜欢荒野之旅，在挪威进行了四次小屋间滑雪自助游，在育空地区进行了四次独木舟河流自助游。

几乎作为一种爱好，他参加了许多课程并获得了资格证书，包括高级海上皮划艇领队、冬季登山领队、摩托艇和甚高频无线电操作、漂流向导、链锯操作、众多丛林生存课程，甚至还有篮子编织！他是二级（BASI）高山滑雪教练和沿海船长（游艇）。

他曾在加拿大担任滑雪巡逻员，为澳大利亚飞行医疗服务队和伦敦直升机紧急医疗服务队工作。

他曾四次以医生的身份前往南极点，包括南极点马拉松，参加过两次喜马拉雅登山旅行和一次横跨大西洋帆船比赛。他曾滑雪穿越斯瓦尔巴群岛和南乔治亚岛。

他曾是英国空降部队的医生，参加过 2002 年的伊拉克战争。