



Antarctic Discovery

Ushuaia – Ushuaia

18th - 28th of January 2026

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 Ernesto Barría Vargas
and his international crew of 73 sailors

Staff Captain:	Nicolas Dameto	[Spain]
Chief Officer:	Sven Holzhausen	[Germany]
Second Officer:	Solina Duguay	[Canada]
Third Officer:	Archer Cultura	[Philippines]
Hotel Manager:	Jeroen William Barnes	[Netherlands]
Asst. Hotel Manager	Niels Schipper	[Netherlands]
Head Chef:	Gaurav Bawa	[India]
Sous Chef:	Edward Nunag	[Philippines]
Sous chef:	Felix Lobo	[India]
Ships doctor:	Geerte Beesems	[Netherlands]
Expedition Leader:	Marcel Paul	[Netherlands]
Asst. Expedition Leader:	Bitao (Jerry) Zhao	[China]
Asst. Expedition Leader:	Pierre Gallego	[Luxembourg]
Expedition Guide:	Alexander Romanovski	[Russia]
Expedition Guide:	Rose Li Hong	[China]
Expedition Guide:	Brian Veltrop	[Netherlands]
Expedition Guide:	Andrea Schwetz	[Germany]
Expedition Guide:	Axel Brandeman	[Argentina]
Expedition Guide:	Luce Moussiere	[France]
Expedition Guide:	Jens Binderup	[Denmark]
Expedition Guide:	Hana Spickova	[Czech Republic]
Expedition Guide:	Jade Heister	[Netherlands]
Expedition Guide:	Valeria Sainz Hererra	[Argentina]
Expedition Guide:	Jodi Gaylord	[US]
Expedition Guide:	Shan Zhou	[China]
Expedition Guide:	Simon Davies	[UK]
Expedition Guide:	Alexis Bellezze	[Argentina]
Expedition Guide:	Yvonne Lin	[China]
Expedition Guide:	Enric Modol	[Spain]
Dive leader:	Michael Green	[UK]
Dive Guide:	Lorenzo Begaud	[France]
Dive Guide:	Siddartha Dewfall	[Gibraltar]

WE WELCOME YOU ON BOARD!

Day 1 – Sunday 18th of January, Ushuaia, Embarkation Day

18h00 GPS Position: 54°48.5 S, 068°17.9 W

Wind: W4 • Sea: Slight • Weather: Overcast • Air temperature: 8°C



Our first day of the expedition began with everyone boarding the ship full of excitement about our journey to Antarctica. After settling into our cabins and making sure our luggage had arrived safely, most of us gathered in the lounge, where tea and coffee were waiting.

Soon, our Expedition Leader, Marcel, called us together to explain ship safety. We took part in a mandatory abandon-ship drill, putting on our life

jackets and learning exactly what to do in case of an emergency. Once the drill was complete, Captain Ernesto welcomed us to the observation lounge with an inspiring speech.

Marcel then told us what we could expect from the adventure ahead, and the expedition team introduced themselves. The team had an impressive range of knowledge, specialties, and education, and together they spoke 13 languages. It was exciting to know we were in such experienced hands.



As we sailed through the Beagle Channel, we spotted our first wildlife. Dolphins followed alongside the ship, and we were lucky enough to see a minke whale. This was an exciting start to the journey.

Before going to bed, we secured our belongings as instructed, knowing we would soon be sailing onto the open sea, into the famous Drake Passage. A

storm was approaching, so the captain decided to run at full speed using two engines. At 16 knots, we successfully outran the storm. The ship rolled strongly, and we could feel every movement, but we were lucky to avoid the worst waves.

It truly felt like the beginning of the adventure — a mix of excitement, sea air, and the pleasant uncertainty of what the next days would bring.

Day 2 –Monday 19th of January, Drake Passage

13h00 GPS Position: 58°20.05'S / 65°45.3'W

Wind: WSW-4 • Sea: Moderate • Weather: Partly cloudy • Air temperature: +5°C

The first day of MV *Hondius*' southbound crossing of the Drake Passage began with a clear sense of anticipation and respect for one of the world's most infamous stretches of ocean. The day before departure, passengers were carefully briefed on the rough weather conditions forecast ahead. As a result, sea-sickness medication was in high demand, and cabins and communal areas echoed with the sounds of gear being secured and loose items stowed. There was a shared understanding that preparation would be key to a comfortable and safe crossing.

When morning arrived, the Drake lived up to its reputation—though perhaps not in the way many expected. Instead of grey skies and chaos, passengers awoke to a beautiful, sunny morning, the ship bathed in crisp southern light. Beneath the calm appearance, however, the ocean was very much alive. Rolling 4–5m swells set the ship into a steady rhythm of pitching and rolling, a gentle reminder that this was no ordinary sea. Despite this, spirits remained high. Most passengers were up and about, navigating corridors and stairways in various states of balance and fitness, bravely adapting to their sea legs.



Wildlife sightings were limited throughout the day, but quality made up for quantity. Two Southern Giant Petrels accompanied the ship almost continuously, effortlessly gliding alongside *Hondius* as if guiding her south. Their impressive wingspans and confident flight drew many observers out onto deck, where they were well appreciated despite the ship's motion.

As the day progressed, the ship's lecture program became a focal point, with attendance steadily increasing as passengers grew more comfortable on their feet. Simon opened the day's talks with an engaging presentation on the albatross species likely to be seen during the voyage, setting the tone for wildlife encounters ahead. This was followed by informative sessions on whales and dolphins by Andi in English and Jerry in Mandarin, ensuring accessibility for the ship's diverse group of travelers.



After lunch, attention turned to upcoming adventures ashore with a mandatory briefing for those planning to participate in Antarctic camping with Brian and Hana. The excitement was palpable as passengers learned what to expect from this unique experience. Later in the afternoon, Jodi (in English) and Rose (in Mandarin) transported listeners back in time with a fascinating lecture on early Antarctic exploration, with particular focus on Jean-Baptiste Charcot's pioneering expeditions in the early 1900s.



By evening, the ship felt noticeably livelier. Most passengers had emerged from their cabins, gathering in lounges and on deck to enjoy the dramatic seascape. Though *Hondius* continued to rock and roll, the conditions were undeniably beautiful, and the shared experience of conquering the Drake on its first day brought a growing sense of camaraderie and excitement for the Antarctic days ahead.

Day 3 – Tuesday 20th of January, Drake Passage

13h00 GPS Position: 63°00.6'S / 061°53.2'W

Wind: WNW-7 • Sea: Moderate • Weather: Overcast • Air temperature: 4°C

The Drake Passage granted us a rare gift for our final day at sea: tranquility. The restless Southern Ocean, infamous for its fury, settled into a gentle sway that allowed for a deep, restorative sleep. We began our day at 8:00 AM, gathering at the buffet to fuel our bodies—a quiet moment of preparation for the monumental days lying just over the horizon.



To help us do justice to Antarctica's haunting beauty, Valeria hosted a specialized photography workshop. She showed us how to outsmart our cameras, adjusting the white balance so the brilliant snow remains pure instead of fading into a muddy grey. We practiced finding scale, using our ship or a lone figure to reveal the true height of the icebergs. Most importantly, we learned wildlife patience.

By mid-morning, the expedition felt tangible as we were fitted for our Muck Boots. These heavy, insulated guardians are more than just footwear; they are our ticket to the ice, designed to keep us bone-dry during wet landings and shielded from the biting polar chill.

After a brief afternoon rest, the tone shifted toward our responsibilities as visitors. At 3:00 PM, we attended the mandatory IAATO and Zodiac briefing to learn the strict protocols of polar travel. This was followed by a biosecurity session. We became a community of cleaners—vacuuming pockets, scrubbing Velcro straps, and inspecting every fold of our clothing. In such a pristine ecosystem, a single stray seed or foreign spore could be a

biological invader. This ritual is our promise to the continent: to leave nothing behind but footprints.

We closed the day in the lounge for our final "Recap." As the expedition team mapped out tomorrow's landing, the air crackled with anticipation. The long wait is nearly over. Tonight, we share one last dinner and a final night of rest at sea, knowing that when we wake, the majestic silhouette of the Antarctic Peninsula will be waiting.

The adventure of a lifetime begins tomorrow.

Day 4 – Wednesday 21st of January - Cuverville and Orne Harbour

13h00 GPS Position: 64°37.9'S / 62°35.5'W

Wind: SW-3 • Sea: Calm • Weather: Partly cloudy • Air temperature: 5°C

Grey skies, mountain peaks wrapped in cloud, glaciers, icebergs, and the slightly rippled surface of the Gerlache Strait — this was how our first morning on the Seventh Continent greeted us. Our first encounter with Antarctica, our first true expedition day. We were mentally prepared, equipped with knowledge and skills, and gazed eagerly at the cold, inhospitable shores — oh, how we longed to set foot on land!

Hondius, our ship and our home for the coming days, dropped anchor near Cuverville Island — a small landmass resembling a mountain rising straight out of the sea, a rugged fragment of land with steep, forbidding shores, here and there covered in eternal ice. The northern coast, however, was relatively gentle and suitable for landing, and that was where we were headed. The main attraction of the island was, of course, the penguins — and not just any penguins, but the largest colony of Gentoo penguins on the Antarctic Peninsula, and perhaps even in the entire world.



After breakfast, we all gathered in the Zodiac boarding area and gradually began making our way ashore. The rules for visiting Antarctica state: “No more than one hundred visitors at a time!” — and there were far more of us than that. So we divided into two equal groups: while one group explored the shore on foot, the other examined the surroundings from the water during a Zodiac cruise, after which we swapped places.

It was the second half of January, so all the penguins had already produced offspring and were tending to their chicks — grey, fluffy, comical, and clumsy little creatures. Bustling back and forth along the shore, the adult penguins were always in a hurry — some heading out to sea to feed on krill, others returning from the water, full and content, to feed their

young. In short, everyday penguin life. We tried to capture every moment, taking photographs and shooting video.

The Zodiac cruise was no less fascinating. We meandered around small icebergs, admiring the bizarre shapes of the ice, and watched penguins darting playfully through the water. The weather was calm — an ideal start to the expedition.

Returning to Hondius, we headed to the restaurant on Deck 4 for lunch. While we satisfied our hunger, the ship was already underway, crossing the waters toward the site of our second activity — Orne Harbour.

A landing at Orne Harbour is more than just a landing; it is an opportunity to step directly onto the Antarctic continent itself. This is one of the key differences between Orne Harbour and Cuverville Island.



Naturally, one of the main attractions here was again the penguins — how could it be otherwise! — but this time they were not Gentoos, but Chinstrap penguins. They are slightly smaller and have a somewhat different coloration.



To see them, we had to undertake a genuine ascent — climbing more than one hundred metres uphill. Penguins, honestly! Of all places, they had chosen to establish their colony at such a height. Didn't they get tired of trekking up and down, back and forth, every single day of their lives?

The climb was no easy task. Out of breath, sweaty, and exhausted, we hauled ourselves up the trail with our last reserves of strength. But at the top, a reward awaited us for our efforts — a breathtaking view of the surroundings. We could see the mountains, the glaciers, the surface of the Gerlache Strait, where humpback whales could be spotted here and there, sending fountains of spray into the air and waving their tails at us. Below, Zodiacs carried those among us who had begun the afternoon program with a Zodiac cruise.

The Chinstrap penguins zealously guarded their chicks, snapping their beaks and shouting at skuas circling overhead. We, in turn, clicked our camera shutters. After taking in the beauty, we descended and, swapping places with the second group, set off on our own Zodiac cruise to get a closer look at the whales.

Upon returning to the ship, we were met by a recap with the expedition team, followed by dinner.

Incredible! And this was only the very first day! It is almost frightening to imagine how many more wonders still await us!



Day 5 – Thursday 22nd of January - Fournier Bay and Neko Harbour

13h00 GPS Position: 64°41.5'S / 62°36.2'W

Wind: SSW-2 • Sea: Calm • Weather: Overcast • Air temperature: 5°C

Today we woke up under bright sunshine — is this Antarctica or the Maldives? Hard to tell just by looking out the window... until a penguin jumps by. Yes, it is really Antarctica.



The expedition team had another full day of activities planned for us. Overnight we arrived at Fournier Bay, and even before launching the zodiacs, we spotted numerous whales around the ship while enjoying breakfast.

We set off on a full-ship zodiac cruise, and the morning was exceptional. Humpback whales surrounded the bay, allowing us to spend several unforgettable hours among them. Some of us were lucky enough to experience incredibly close encounters, with especially curious whales circling around and even swimming beneath our zodiacs.

It was a moment many of us will remember forever. Even some of the guides mentioned that, after working here for many years, they could count on one hand the number of close interactions like the ones we experienced this morning.

Turning back to Hondius wasn't easy, but lunch awaited, and we needed to reposition the vessel for the afternoon's plans.



Later, we arrived at the famous Neko Harbour. Half of us went ashore while the others enjoyed a zodiac cruise, and midway through the afternoon we swapped.

The landing was magical. We climbed a snowy hill to a stunning viewpoint overlooking the impressive glacier front of Neko Harbour. Some of us witnessed loud glacier calving, while others spent time observing the gentoo penguin colony. It was the perfect combo of “antarctiness” : icebergs, penguins, a towering glacier front, and whales in the background.

As the afternoon went on, the wind picked up, just as the team had warned us — a true taste of Antarctic weather. It didn’t stop everyone from enjoying the zodiac cruise, especially when we were surprised by a passing zodiac from the hotel team, offering hot chocolate with rum. A perfect way to warm up as the conditions turn colder.

We then returned to our floating home, where Marcel and the team welcomed us back on board with the daily recap, followed by a buffet dinner. Once again, whales accompanied us as we sailed toward our next destination.

A truly magical expedition day, one we will cherish forever.



Day 6 – Friday 23rd of January – Lemaire Channel, Pléneau Island and Petermann Island

13h00 GPS Position: 65°09.8'S / 64°05.6'W

Wind: N-2 • Sea: Smooth • Weather: Overcast • Air temperature: 5°C

We were gently awakened at 06:45, knowing something extraordinary awaited us. As we stepped on deck, *Hondius* was already approaching the Lemaire Channel, often called the most photogenic passage in Antarctica. Towering mountains and sheer glaciers rose on either side, some reaching hundreds of meters high, their icy faces reflecting in the glassy water. At barely 11 kilometers long and only 1,600 meters wide at its narrowest point, the channel felt intimate and dramatic, like sailing through a frozen corridor carved by time.



After soaking in the scenery, we enjoyed breakfast, still buzzing with excitement. Soon after, we boarded the Zodiacs for a cruise around the iceberg graveyard near Pléneau Island. The area was filled with grounded and drifting icebergs, many glowing deep blue where ancient ice was exposed. These colors formed as air bubbles had been compressed out over thousands of years, turning the ice crystal-clear and intensely blue. Navigating between these giants felt

like drifting through a floating art gallery.

Wildlife was everywhere. Crabeater seals lounged on the ice, despite their name feeding almost exclusively on krill and being one of the most abundant seal species on Earth. We spotted Weddell seals resting peacefully, perfectly adapted to the cold and capable of diving over 600 meters. A sleek leopard seal appeared, its powerful presence reminding us that it was the top predator among Antarctic seals. Gentoo penguins surrounded us in lively rafts, porpoising through the water with incredible speed, the fastest of all penguins, reaching up to 36 km/h.

Then came the giants. A humpback whale surfaced nearby, its blow hanging in the crisp air before it arched its massive back and disappeared.

These whales migrated thousands of kilometers from tropical waters to feed on Antarctic



krill. Toward the end of our cruise, our hearts raced as a pod of orcas briefly appeared. Their tall dorsal fins cut through the water with silent authority, giving us a fleeting but unforgettable encounter with the apex predators of the Southern Ocean.

After lunch, we headed to Petermann Island. This small, rocky island felt alive with sound and movement. We walked among large colonies of gentoo penguins, watching adults shuttle back and forth feeding their chicks. Most special was seeing the northernmost Adélie penguin colony, with fluffy grey chicks huddled together, still guarded closely by their parents. Adélies are true Antarctic specialists, living only on the continent and nearby islands.



We ended the day with the daily recap and then an unforgettable Antarctic BBQ on deck, warmly dressed and full of excitement. As if the day had not already been magical enough, the orcas appeared once more during our dinner, gliding past *Hondius* and turning our barbecue into a once-in-a-lifetime wildlife spectacle. Their return made the night truly extraordinary and sealed this day as one of the most special of our entire Antarctic journey.

Day 7 – Saturday 24th of January- Wilhelmina Bay, Punta Sucia

13h00 GPS Position: 64°38.1'S / 61°59.6'W

Wind: E-4 • Sea: Slight • Weather: Rain • Air temperature: 0°C

Even had we not been dodging storms, our luck has been very good this trip. Taking into account that we have been playing hide-and-seek with a massive Purple Monster, our luck morphs into the extraordinary. This morning was a prime example. Though we were not able to land at Nansen Island as hoped and snow began to fall, Wilhelmina Bay nonetheless treated us to a glorious abundance of humpback whales. Sleeping whales,



whales having breakfast, whales in pairs and triplets, adult whales, juvenile whales. So. Many. Whales. As a momentary distraction, a waddle of about a dozen chinstrap penguins squabbled on an iceberg. A few of the occupants obviously did not care for the presence of some of the others and tried to force them off the berg, while several penguins in the water tried to leap onto the berg. “Tried” is the operative word here; they did not all succeed, some missing by a rather wide margin. Then it was back to more whales. All the while, rafts of gentoo penguins swam around the zodiacs, eating and bathing. It was a magical morning. It even stopped snowing early on, the sun flirting with showing itself.

Back aboard the *Hondius*, our afternoon break was extended as the weather dictated a further change in plans. Our original destination, Foyen Harbour, had swells and wind that prevented us from being able to safely zodiac cruise, so we sailed on. During the break, Andi gave a fascinating lecture about orca, diving into the different subtypes, sexual dimorphism, and their impressive intelligence. She concluded the lecture with a memorable video demonstrating the hunting techniques orca employ to catch seals. It

was simultaneously thrilling and terrifying. The planning, communication, and coordination required to effectively use these techniques surely put to rest any contention that orca are merely “dumb beasts.”

Arriving near Punta Sucia, the weather had turned expedition-style. Snow had begun to fall, and the swells made boarding and disembarking the zodiacs interesting, but the wind had fallen and whales were again to be found in all directions. We boarded the zodiacs for a full-ship zodiac cruise, and though it was relatively



short at only one and a half hours, most of us were ready to head indoors by the time it was finished. Soaking wet, glad we wore waterproof outer layers, and grinning broadly, we watched whale after whale surface feed, listened to the eerie whistle of their breathing, and cheered every time the leviathans showed their flukes. We could not watch them all; there were simply too many. It seemed that every time one group went under the surface, another group showed themselves. It was, in a word, glorious.

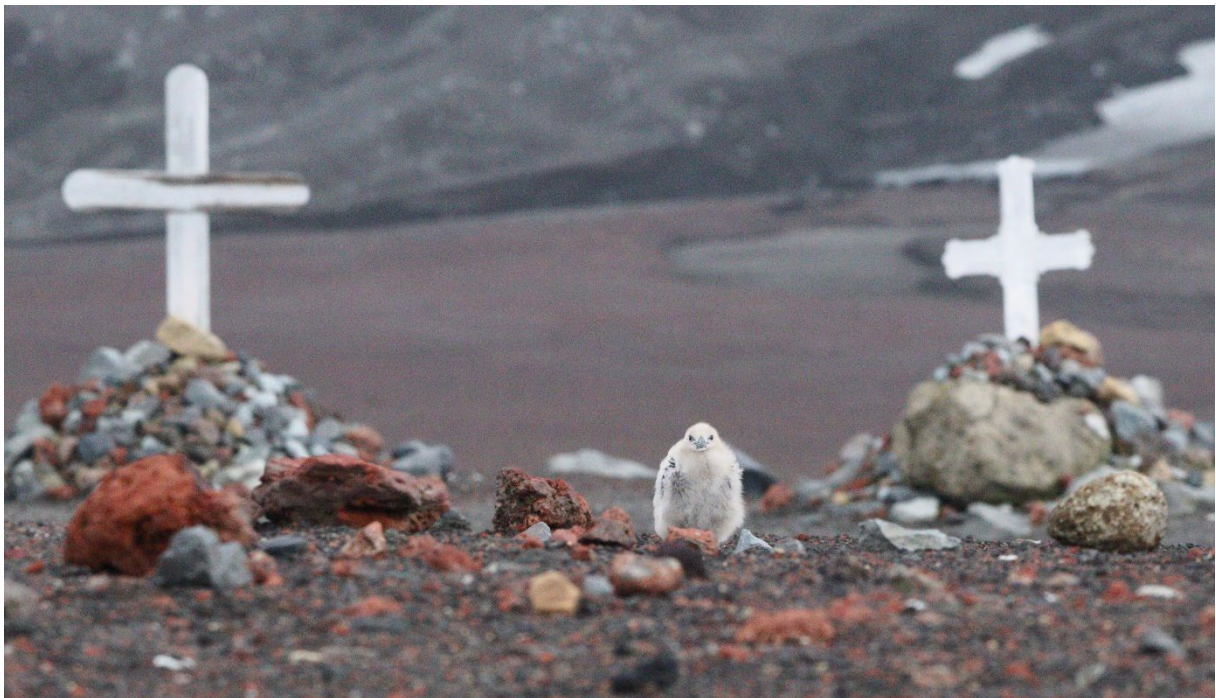
Day 8 – Sunday 25th of January – Whalers Bay, Deception Island

13h00 GPS Position: 62°59.8'S / 060°31.7'W

Wind: NW-6 • Sea: Slight • Weather: Partly cloudy • Air temperature: 5°C

We woke up at 6:45 this morning, knowing today would bring something extraordinary. By 7:00, Hondius was already gliding through Neptune's Bellows, the narrow gap between two towering cliffs that leads into the flooded caldera of Deception Island. As we sailed deeper into the island's core, we stood on deck, mesmerized by the dark, jagged cliffs that rose from the sea like ancient sentinels.

After breakfast, served as the landscape slowly revealed itself, we prepared for our landing at Whalers Bay, one of the most iconic sites in Antarctica. The air was cold, crisp, and filled with the scent of salt and history. Whalers Bay was once the site of a bustling whaling station, where thousands of whales were processed during the early 20th century. The remnants of this station still dot the beach: rusting boilers, decaying structures, and old machinery scattered across the volcanic black sands. It felt surreal



to walk among these silent reminders of the past, knowing that this place was once alive with the sound of industry.

The history of Whalers Bay is a harsh one. The station was established in 1906 by the Compañía Argentina de Pesca, a company that built a large whaling operation in the caldera, drawn by the abundance of whales in these waters. By the 1930s, the station was a key hub in the whaling industry, processing hundreds of whales each year for their oil and meat. But as whale populations dwindled and newer, more efficient whaling technologies emerged, the station eventually closed in 1931. Today, the rusted remnants of the whaling station serve as a powerful reminder of the impact humans had on this delicate ecosystem — and how much has changed since those days.

At the end of the landing, some of us braved the legendary Polar Plunge, jumping into the icy Antarctic waters. It felt ridiculous to strip down in such a freezing place, but the shock of the cold gave way to exhilaration, and we emerged from the water shivering but laughing. It was cold, but it was unforgettable.

Back on board the ship, we warmed up and listened to a fascinating geology lecture. Rose and Enric explained how this volcanic island was formed by eruptions and ice over millions of years, shaping the landscape we had just explored. Standing on a volcano, surrounded by ice and sea, felt even more extraordinary with this new knowledge.



Lunch gave us a chance to thaw out and share our thoughts about the morning's landing. By mid-afternoon, we returned our muck boots to the deck, marking the end of another successful landing. Later, we gathered for a lecture on the Race to the South Pole. Jerry and Jens each shared gripping stories about the early explorers who dared to conquer this frozen wilderness, making us realize just how much history surrounded us.



As the evening approached, we met in the Observation Lounge for the daily recap, watching as Deception Island faded into the distance. The ship began to rock more as we entered open waters, and we were reminded to secure our belongings and move carefully around the ship.

After dinner, we settled into the lecture room for a documentary

about Deception Island's last volcanic eruption, which happened in 1970. As the footage flickered on the screen, showing lava and ash spewing from the caldera, it was impossible not to feel the raw power of the island. We were reminded, once again, that this land is anything but dormant.

Today, we stepped onto the edge of the world, walked through a piece of history, and braved the icy waters — a day we'll all carry with us forever.

Day 9 – Monday 26th of January – Drake Passage

13h00 GPS Position: 59°15.3'S / 062°29.1'W

Wind: NE3 • Sea: Slight • Weather: Clear • Air temperature: 4°C

Our sea day aboard *Hondius* began in the famous Drake Passage. Known as one of the most tempestuous stretches of ocean on Earth—where the Atlantic, Pacific, and Southern Oceans collide—the Drake is often associated with roaring winds and towering waves. Thankfully, on our first sea day, the Drake was kind to us.



The ship rocked and rolled gently, and with our sea legs already found, the observation lounge was full of guests enjoying the view.

In the morning, Pierre invited us to an amazing lecture about humpback whales. He shared incredible underwater footage of these gentle giants, the same whales we were honored to observe during our voyage.

Shortly after, Luce presented her fascinating lecture, *What Is Going on Below the Surface: Antarctic Underwater Habitats and the Food Web*. Through her talk, we experienced Antarctica from a diver's perspective and learned about the hidden world beneath the ice and waves.

Throughout the day, *Hondius* continued to rock gently as we watched giant petrels gliding effortlessly around the ship, often passing very close by.



In the afternoon, Michael Green, the dive team leader, invited us to attend a presentation about whaling and krill. Our guides gave lectures covering topics such as plankton ecology, whaling history, krill, and marine biology. These talks provided valuable scientific background and helped us better understand the voyage.

The day ended calmly, with very little ship movement. Although the wind slowly increased, conditions remained comfortable and well within safe limits for all passengers until midnight. We began preparing for heavier swells expected the next day.

Day 10 – Tuesday 27th of January – Drake Passage

13h00 GPS Position: 55°29.3' S, 065°59.8'W

Wind: NNE-8 • Sea: Rough • Weather: Overcast • Air temperature: 8°C

It was our second day at sea and the famous “Drake Shake” lived up to its name. Heavy swells reached up to 5 meters, with waves crashing as high as the bridge windows. Many of us gathered on the bridge to enjoy the show. Swells were expected to continue through most of the day as we crossed the Drake Passage.



In the morning, our dive guide Sid gave a lecture titled *Life Beneath the Ice*, sharing insights into the hidden world below the frozen surface. This was followed by Hana's lecture, where she introduced us to the incredible world of icebergs.

After lunch, Pierre presented an overview of Oceanwide's other exciting destinations, giving us plenty of inspiration for future voyages. Later in the afternoon, Valeria hosted a mate workshop in the observation lounge. She showed us how to prepare and drink traditional yerba mate, sharing traditions from her home country, Argentina.

In the evening, we celebrated with the Captain's Cocktail and our farewell gathering. We raised a glass of champagne to toast an incredibly successful voyage, together with our captain, Ernesto, who safely guided us through some of the most remote places on Earth. The guide team had been documenting the journey throughout the voyage and surprised us with a slideshow, a special gift to help us carry the memories of this unforgettable adventure.

Day 11 – Wednesday 28th of January - Disembarkation

08h00 GPS Position: 54°48.4' S, 068°18.0'W

Wind: N2 • Sea: Rippled • Weather: Overcast • Air temperature: 11°C

Our last morning came gently as the ship slipped back into the port of Ushuaia. Even before breakfast, suitcases lined the corridors outside our cabins, a quiet reminder that the voyage was ending. Breakfast was relaxed and comforting, filled with calm conversation and shared laughter as everyone revisited their most memorable moments of the journey. Not long after, we went ashore where our luggage awaited us neatly arranged on the pier. Goodbyes echoed through the group as travellers embraced, shook hands, and offered heartfelt thanks to the crew who had cared for us so thoughtfully throughout the expedition. Casting one last look at our dear *Hondius* that had carried us across the Drake Passage and through extraordinary days among the ice, we stepped into the cool Ushuaia morning, taking the memories of Antarctica with us, for life.

Camping experience:

Thirty brave adventurers set out to spend a night camping on the Antarctic ice, surrounded by the vast silence of this magical place. Our original landing site proved too challenging, with heavy swell breaking against the rocks, so we quickly switched to Plan B. Success followed, and after dinner we landed on Melchior Island, ready for an unforgettable night.



Carrying our sleeping bags and warm clothing, we prepared our camp with the help of our guides, Brian and Hana. Using shovels, we dug sleeping pits and built snow walls for shelter from the wind before settling in for the night. The temperature hovered around zero, dropping a few degrees below by morning, but our sleeping bags kept us warm. As *Hondius* moved to a nearby bay, we were left alone with nature—listening to the deep silence, broken only by distant glacier calving as we drifted to sleep.

We woke at 5:15 a.m. to a stunning sunrise, golden light illuminating the blue ice around us. As we packed our gear, *Hondius* returned to collect us—bringing to an end a truly incredible and once-in-a-lifetime Antarctic experience.



Total distance sailed on our voyage: 1715.7 nautical miles

Furthest south: 65°10.6' S (Peterman Island)

On behalf of Oceanwide Expeditions, Captain Ernesto Barría Vargas, Expedition Leader Marcel Paul, Hotel Manager Jeroen William Barnes and all the crew and staff of M/V Hondius, it has been a pleasure travelling with you!



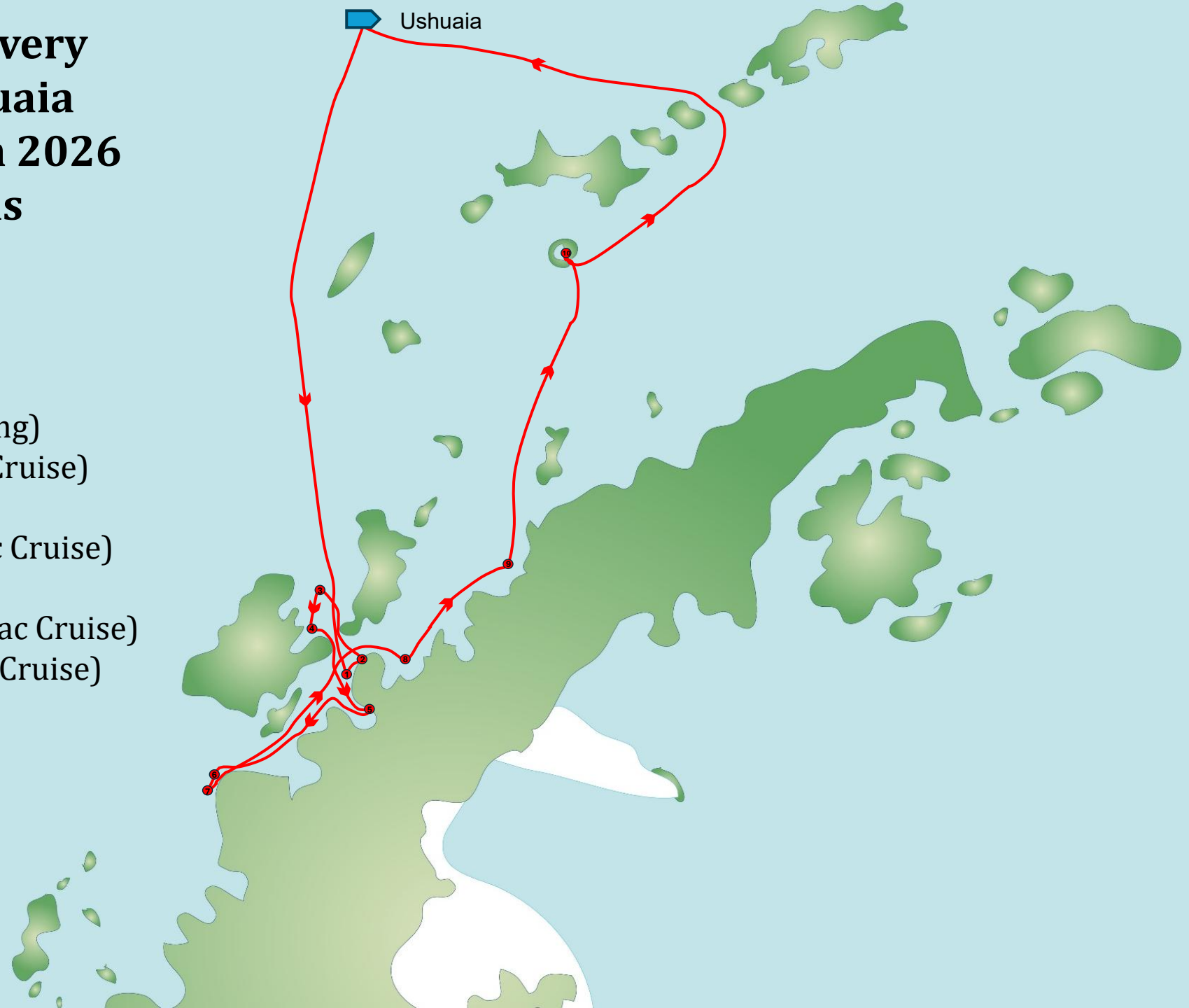
Antarctic Discovery

Ushuaia – Ushuaia

18th - 28th of Jan 2026

M/V Hondius

1. Cuverville Island
2. Orne Harbour
3. Gamme Island (Camping)
4. Fournier Bay (Zodiac Cruise)
5. Neko Harbour
6. Pleneau Island (Zodiac Cruise)
7. Petermann Island
8. Whihelmina Bay (Zodiac Cruise)
9. Punta Charles (Zodiac Cruise)
10. Whalers Bay



Birds and Marine Mammals of the Antarctic region

English	Latin	中文	18-jan	19-jan	20-jan	21-jan	22-jan	23-jan	24-jan	25-jan	26-jan	27-jan	28-jan
King Penguin	<i>Aptenodytes patagonicus</i>	王企鹅											
Adélie Penguin	<i>Pygoscelis adeliae</i>	阿德利企鹅						X					
Gentoo Penguin	<i>Pygoscelis papua papua</i>	金图企鹅/巴布亚企鹅			X	X	X	X	X	X			
Chinstrap Penguin	<i>Pygoscelis antarctica</i>	帽带企鹅			X	X	X	X	X	X			
Magellanic Penguin	<i>Spheniscus magellanicus</i>	麦哲伦企鹅	X									X	
Wandering Albatross	<i>Diomedea exulans</i>	漂泊信天翁										X	
Northern Royal Albatross	<i>Diomedea sanfordi</i>	北部皇家信天翁											
Southern Royal Albatross	<i>Diomedea epomophora</i>	南部皇家信天翁		X								X	
Black-browed Albatross	<i>Diomedea melanophris</i>	黑眉信天翁	X	X	X						X	X	
Grey-Headed Albatross	<i>Diomedea chrysostoma</i>	灰头信天翁									X		
Light-mantled Albatross	<i>Phoebetria palpebrata</i>	灰背信天翁			X								
Northern Giant-Petrel	<i>Macronectes halli</i>	北部巨鹱											
Southern Giant-Petrel	<i>Macronectes giganteus</i>	南部巨鹱	X	X	X	X	X	X	X	X	X	X	X
Southern Fulmar	<i>Fulmarus glacialis</i>	南部暴风鹱			X	X	X		X	X			
Cape Petrel (Pintado)	<i>Daption capensis</i>	花斑鹱/海角鹱			X					X	X		
Antarctic Petrel	<i>Thalassoica antarctica</i>	南极鹱											
Snow Petrel	<i>Pagodroma nivea</i>	雪鹱					X						
Blue Petrel	<i>Halobaena caerulea</i>	蓝鹱		X	X						X		
White-chinned Petrel	<i>Procellaria aequinoctialis</i>	白颊风鹱		X	X					X	X	X	
Sooty Shearwater	<i>Puffinus griseus</i>	灰鹱		X							X	X	
Soft-plumaged Petrel	<i>Pterodroma mollis</i>	柔羽圆尾鹱									X		
Antarctic Prion	<i>Pachyptila desolata</i>	鸽锯鹱			X								
Slender-billed Prion	<i>Pachyptila belcheri</i>	细嘴锯鹱											
Wilson's Storm-Petrel	<i>Oceanites oceanicus</i>	黄蹼洋海燕		X	X	X	X	X	X	X	X	X	
Black-bellied Storm Petrel	<i>Fregetta tropica</i>	黄蹼洋海燕			X						X		
Common Diving-Petrel	<i>Pelecanoides (urinatrix) berard</i>	鹈燕											
Imperial (Blue Eyed) Shag	<i>Phalacrocorax atriceps</i>	蓝眼鸕鹚	X									X	X
Antarctic Shag	<i>Phalacrocorax bransfieldensis</i>	南极鸕鹚				X	X	X	X	X			
Snowy (Pale-faced) Sheatbill	<i>Chionis alba</i>	白面鞘嘴鸥						X		X			
Chilean Skua	<i>Catharacta chilensis</i>	智利贼鸥	X	X								X	X
South Polar Skua	<i>Catharacta maccormicki</i>	南极贼鸥				X	X	X	X	X			
Sub-Antarctic (Brown) Skua	<i>Catharacta lonnbergi</i>	棕贼鸥								X			
Dolphin Gull	<i>Larus scoresbii</i>	豚鸥	X									X	X
Kelp Gull	<i>Larus dominicanus</i>	黑背鸥	X			X	X	X	X	X		X	X

[illegible]

Marcel Paul - Expedition Leader



From his teens Marcel has been a keen traveller. After camping and trekking with friends, he led groups trekking to Austria, Switzerland, England, Wales, and Scotland.

His own travels over the last 30 years brought him to more than 65 countries on all 7 continents.

With his interest in history, ice, cartography, exploration, and as keen hobby photographer, the Polar Regions have always been drawing his attention.

At his first arrival to Svalbard in 2011 and a second trip in 2013, he felt connected with the remoteness of the place and the dynamics of the polar nature. At that time the idea started to grow to become a polar guide and give up a job that was keeping him indoor most of the time.

When the Dutch organised a scientific polar expedition to Edgeøya it seemed the perfect opportunity to gain more knowledge about Spitsbergen, the uniqueness of

the islands and their eco systems by working with the scientists.

He joined the expedition in 2015 as field assistant and participated in various fields of research. In 2016 he spent time in the summer at the Dutch polar station in Ny Ålesund, again as field assistant. From 2017 Marcel has been working as a polar guide in the Arctic followed by Antarctica in 2018.

Today he still spends about half the year onboard with Oceanwide whilst sailing around Spitsbergen, Greenland, Jan Mayen, Antarctica, Falklands, and South Georgia. The rest of the year is spent either at his homes in Holland and Slovakia or traveling with his wife and their dog.

中文

从十几岁起，马塞尔就热衷于旅行。在有了多次与朋友露营和徒步旅行的经历后，马塞尔带领团队徒步前往奥地利、瑞士、英格兰、威尔士和苏格兰。在过去的 30 年里，他的旅行足迹遍及七大洲超过 65 个国家。马塞尔对历史、冰雪、制图、探险有浓厚的兴趣，同时也是一名摄影爱好者，因此，极地地区的风景能同时满足他的所有兴趣爱好。2011 年马塞尔第一次抵达斯瓦尔巴群岛，而在2013年，当他第二次抵达斯瓦尔巴群岛时，他感到自己与这个偏远的大自然有着一一种说不清道不明的联系。那时，马塞尔萌生了成为一名极地向导的念头，并放弃了他所从事的白领工作。当荷兰人组织前往埃奇岛的科学极地探险时，对马塞尔来说，这就是通过与科学家的合作，获得更多关于斯瓦尔巴群岛及其生态系统独特性知识的绝佳机会。马塞尔于2015年作为野外助理加入泛海探险，并参与了各个领域的研究。2016 年夏天，他在新奥勒松的荷兰极地站工作了一段时间，再次担任现场助理。自 2017 年起，马塞尔一直在北极担任极地向导，随后于 2018 年又前往南极洲。

一年中，马塞尔在泛海探险公司几乎要度过大半年的时间，斯匹次卑尔根岛、格陵兰岛、扬马延岛、南极洲、福克兰群岛和南乔治亚岛都留下他航行的足迹。剩下的时间，马塞尔要么在荷兰和斯洛伐克的家中度过，要么与妻子和爱犬一起旅行。

Jerry Zhao – Asst. Exp. Leader



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。

Pierre Gallego – Asst. Exp. Leader



Pierre is a veterinarian specialised in marine mammal medicine. He has been working in the field of marine biology for 18 years and has been organising marine mammal research internships around the world since 2004. He represents the Government of Luxembourg at the International Whaling Commission and CCAMLR, and works with numerous international NGOs to promote marine mammal conservation and to fight cetacean captivity.

He is currently carrying out his PhD with the Oceanology Lab of the University of Liege, Belgium. His PhD thesis deals with pollutants and stable isotopes in humpback whales off Ecuador and Mozambique. He is a keen birdwatcher and enjoys photography. The ocean is his passion, and water is his element!

皮埃尔是一位专注于海洋哺乳动物的兽医。他已经在海洋生物学这个领域工作了 18 年。他曾代表卢森堡政府参加世界鲸类委员会，促进世界海洋哺乳动物保护话题已经反对鲸豚类的囚禁。

他现在正在进修他的博士学位，研究座头鲸和海洋污染的各种关系。同时他喜欢摄影和观鸟。海洋是他的热情，水是他的元素。

Alexander Romanovskiy – Exp.Guide



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。

Rose Li – Expedition Guide



Rose Li is an accomplished expedition professional with a diverse background in interior design, hospitality, and polar guiding.

Originating from China, she graduated from Wuhan College with a degree in Interior Design. Since 2014, her career has been dedicated to immersive travel, beginning on international cruise ships where she honed her skills as an Expedition Guide, VIP Services Executive, and Head Cruise Ambassador across Asia and Europe.

In 2018, Rose transitioned into the expedition industry, where her passion for geology and history became central to her role. She serves as a Polar Expedition Guide & Lecturer, captivating guests with insights into the earth's past and landscapes. Her versatile skill set also encompasses interpretation, Zodiac driving, and Guest Services Management.

An avid adventurer, Rose has visited over 50 countries. Outside of work, she channels her creativity and energy into skiing, and hosting. She is always looking forward to her next adventure and is committed to providing exceptional customer service while sharing the incredible journey of discovery with fellow travelers.

中文

Rose Li 是一位经验丰富的极地探险专业人士，兼具室内设计、酒店服务及极地导览的多元化背景。

她来自中国，毕业于武汉学院，获室内设计学位。自2014年起，她的职业生涯便致力于沉浸式旅行，最初在国际邮轮上担任VIP客户关系主管及邮轮大使主管，穿梭于亚洲欧洲各地，积累了丰富的服务与管理经验。

2018年，李玫瑰正式进入专业探险领域，她对于历史与地质学的热爱在此成为了工作的核心。作为极地探险向导和讲师，她通过讲述地球的过往与地貌的变迁，为旅客带来富有深度的体验。她的综合技能还包括口译、冲锋艇驾驶以及宾客服务管理。

作为一名狂热的探险者，Rose的足迹已遍布全球50多个国家。她始终期待着下一次冒险，并致力于提供卓越的客户服务，与同行旅客分享探索世界的无穷乐趣。

Brian Veltrop – Expedition Guide



This is Brian. He is 30 years young and lives in Heerlen, the Netherlands.

Brian is a true nature enthusiast. In his daily life he can be found regularly in the nature and loves everything that comes with it. Think of hiking and survival in nature. But also being able to identify the flora & fauna.

In 2022, Brian completed the Hike & Survival Instructor, Hike & Backpacking Guide and Canadian Woods Travel and Survival Instructor LVL1. For this he has been in Canada, France and the Netherlands and has been examined here in Map, Compass, GPS, Route Selection, Pathfinding, Canoeing, Hiking, Backpacking, Snow Shoe Hiking, Wilderness Camping, Food Care and Preparation, Equipment Care and Handling, Survival Skills, Bushcrafting, Wilderness First Aid, Wildlife

Tracking, Flora and Fauna Species Identification, Group Management, Leadership and Instructions

In addition, he is trained in winter conditions and has completed the Winter Travel & Survival Level 2 training

in France and followed the training of Bico, Baby It's Cold Outside and Mountain 101 (University of Alberta, Canada) In addition to his rounded studies and training now he is also busy with his training for CSWI LVL 2, outdoor sports instructor and Nature & Wildlife Guide LVL 1.

Brian is a member of the Wilderness Guide Association and Interpretive Guide Association. In addition to Oceanwide Expeditions, Brian works at two Dutch companies as an instructor and wilderness guide, who offer Wilderness trips to Scandinavian countries, France, Poland, Canada and Spain.

Beside of his work in the outdoor, Brian works as a self-employed person in healthcare. He now has 11 years of experience in this.

布莱恩今年 31 岁，来自荷兰。他是一位真正的大自然爱好者，从小便与自然为伴，并在近年找到了对户外探险的无限热忱。近年来，布莱恩完成了多项户外领域的专业培训：2021 年，他开始了徒步与生存教练、徒步与背包旅行向导、国际荒野向导一级的培训，并在荷兰、法国和加拿大接受训练。他还完成了 BICO（寒冷环境生存）、"Baby It's Cold Outside"（极寒生存）以及 "Mountain 101"（加拿大阿尔伯塔大学山地课程）等课程。完成基础培训后，他进一步专精，获得了荒野向导二级和加拿大冬季旅行与生存三级认证。作为考核的一部分，他曾在零下三十摄氏度的极寒环境中完成 48 小时单人野外生存挑战。此外，布莱恩对动植物识别充满热情，尤其喜欢追踪野生动物痕迹并分享相关知识。除在泛海探险公司担任探险领队外，布莱恩还在两家荷兰公司兼任生存教练和荒野向导，带领团队前往斯堪的纳维亚国家、法国、波兰、加拿大和西班牙开展荒野探险。同时，他还是荒野向导协会和自然解说向导协会的成员。

Andi Schwertz – Expedition Guide



Andi was born in Budapest and grew up in Germany. Andi has always been fascinated by animals and nature, especially marine mammals ever since she was a child. She wanted to be a whale researcher, became a whale expert, without studying at a university, but through passion. She initially graduated in sociology, but then ran her own cocktail bar for 10 years. However, her enthusiasm for sea creatures never left her and she began to travel the world to be close to these fascinating animals and to observe them.

As a scuba and freediver, she was able to get particularly close to many whale species and experience adventures. For example, she has already swum with orcas three times in arctic Norway. She came to Oceanwide because she wanted to share her passion with heart and enthusiasm. She was already able to gain experience as a trainee in Antarctica in the spring of 2023. The polar regions with their special fauna exert a very special attraction on her. She is also interested in landscape photography and has great tips for successful mobile phone photography. Another passion of hers is

yoga, which she also practices as a yoga instructor. She speaks English, German, Hungarian, and a little bit of Spanish and French. Andi is looking forward to more great adventures as a team member of Oceanwide!

中文

安迪出生于布达佩斯，在德国长大。从小，安迪就一直对动物和自然，尤其是海洋哺乳动物着迷。她想成为一名鲸鱼研究员，成为鲸鱼专家，不是在大学学习，而是出于热情。她最初毕业于社会学专业，但后来经营了自己的鸡尾酒吧 10 年。然而，她对海洋生物的热情从未消退，她开始环游世界，靠近这些迷人的动物并观察它们。

作为一名潜水和自由潜水员，她能够特别接近许多鲸鱼物种并体验冒险。例如，她已经在挪威北极地区与虎鲸一起游泳三次。她来到 Oceanwide 是因为她想用心和热情分享她的激情所在。她曾在2023年春天作为实习生在南极洲积累了经验。拥有特殊动物种群的极地对她有着非常特别的吸引力。她还对风光摄影感兴趣，并可以为手机摄影提供很好的建议。她的另一个爱好是瑜伽，她也是一名瑜伽教练。她会讲英语、德语、匈牙利语，还会说一点西班牙语和法语。安迪期待着作为 Oceanwide 团队成员经历更多精彩的冒险！

Axel Brandeman – Expedition Guide



Axel was born and raised in Ushuaia, Tierra del Fuego, and feels very lucky to be born in such special region. During his free time, he enjoys filming, editing, skateboarding, snowboarding, and wakeboarding.

He was always in touch with outdoors, wildlife and enjoyed adventurous activities.

Since being a small child, he has had a closed relation with Antarctica and expedition cruising as he visited Antarctica three times before reaching the size of a penguin. And more than five years ago he learned to drive zodiacs in Ushuaia Bay and the islands of the Beagle Channel, becoming a logistics coordinator for activities and a naturalist.

中文

阿克塞尔出生于火地岛的乌斯怀亚，并在那里长大。他非常幸运能在这样一个独特的地方成长。闲暇时，他喜欢拍摄、剪辑视频、滑板、单板滑雪和尾波滑水。

他从小就与户外、野生动物和冒险活动结下不解之缘。

早在孩提时代，他就与南极和探险邮轮结下了深厚的联系——在身高还不及一只企鹅时，他就已经三次造访南极。五年前，他在乌斯怀亚湾和比格尔海峡的岛屿上学会了驾驶冲锋艇，并逐渐成长为一名活动后勤协调员和自然学家。

Luce Moussiere – Expedition Guide



Luce knew how to swim before she could walk. Originally from Ardèche, a wild and outdoorsy region in the south of France, she has always felt most at home in nature.

She is an Expedition Guide, Polar Dive Guide, Scuba Diving Instructor, lifeguard and Safety Diver for technical diving projects around the world.

She lived in Asia, and Australia and dived all around the world. But after years in tropical waters, it was the challenge of cold environment that truly captivated her. She moved to Iceland to lead expedition in Silfra, the famous fissure in between tectonic plates, in order to train and gain access to the polar regions as a Dive guide.

Not content with just exploring below the surface, Luce expanded her expertise to land and became a full Expedition Guide.

Though not formally trained in science, her curiosity and determination have led her to work in diverse environments — from trekking through Malaysian rainforests and exploring remote coral reefs, to hiking active volcanoes and guiding in the polar regions. There's very little she isn't eager to learn about.

When she's not guiding guests on board, you'll likely find Luce diving, hiking, cooking, or off discovering new corners of the world to explore and learn from.

中文

卢斯·穆西埃（Luce Moussiere）在学会走路之前就知道如何游泳。她是一位年轻的法国潜水教练、游泳教练和徒步向导。在获得神经语言编程学位后，她离开了法国，立志为所有人带来最非凡的体验。

她生活在亚洲和澳大利亚，当她不教授休闲课程时，她参与了多个海洋生物保护项目和珊瑚礁恢复项目，与大堡礁海洋公园管理局合作。她监督勘探活动，调查偏远的未受影响的珊瑚礁系统，然后带队经验丰富的潜水员并与之分享气候变化的影响。她带团私人游艇，邂逅大型海洋生物，如牛鲨、虎鲨、小须鲸和座头鲸。

在热带水域工作了5年之后，随后转向冷水环境，也就是现在她住的冰岛。她训练自己适应并在冰岛的冬季工作，那里几乎没有日光，气温低至零下30摄氏度（-22 华氏度）。她现在正在北美和欧亚板块之间的史费拉（Silfra）清澈的海水中潜水或浮潜。

她专注于技术减压潜水、冰潜、冷潜、深水潜、夜潜、沉船潜水和高氧潜水，并且始终热衷于为自己的职业生涯增添更多技能，以便能够潜越并带队穿越最具挑战性的潜水环境。

当冰岛火山爆发时，她还是一名随叫随到的向导，带队寻找穿过火山地的最佳路线，并安全地带领徒步旅行者目睹这些事件。当她不工作时，你会发现卢斯在峡湾、冰川上徒步旅行，探索冰洞，在北极海藻森林中自由潜水：享受冰岛这片原始土地的巨大游乐场。

Jens Binderup – Expedition Guide



Born on a farm in central Denmark, later working as an air traffic controller in Copenhagen for many years, now living near the coastline on the countryside south of the capital.

A keen interest in wildlife has been a lifelong companion, and the majority of travelling through the years has been to all 7 continents, where animal life- and behaviour was the main focus.

Whether it was swimming with the orcas in northern Norway, dogsledding in Finland, experiencing the abundance of wildlife in southern Africa or enjoying the magnificence of landscapes and animal life in the Arctic and Antarctica.

Jens is a sociable and talkative person, loving to share all the experiences with our guests – and his enthusiasm has made him guiding friends and colleagues on several occasions.

He also possesses a deep interest in the polar expeditions – both to the Arctic and Antarctic – made by the brave men a hundred years ago, exploring the last frontiers by ships, planes, airships and dogsleds.

When not travelling, spare time is used enjoying the massive migration of birds of prey near his home, mountain biking, trekking in the Scandinavian wilderness and flying gliders together with all the predatory birds.

Fulfilling a lifelong dream of being an expedition guide, Jens is looking forward to another season in the Antarctic with passion and enthusiasm, sharing the magnificent experiences that await all on an expedition cruise.

中文

延斯出生于丹麦中部的一个农场，后来在哥本哈根担任了多年的空中交通管制员。他现在住在首都哥本哈根南部乡村海岸线附近。

对延斯来说，野生动物是他一生的挚爱，多年来，延斯的旅行足迹基本涵盖了七大洲，在旅行中，延斯会格外关注当地的野生动物。

多年来，延斯在挪威北部与虎鲸一起游泳，在芬兰体验狗拉雪橇，在非洲南部观测丰富的野生动物，也在北极和南极洲见识了壮丽的风景。

延斯是一个喜欢交际并健谈的人，他喜欢与我们的客人分享他的旅行经历——他的热情感染了一批又一批的探险团队。

延斯还对南北极的探险历史——那些一百年前勇敢开启极地探险的人们和经历有着浓厚的兴趣。曾几何时，探险先驱们借助轮船、飞机、飞艇和狗拉雪橇等方式，探索这些被地球遗忘的大陆。

在旅行季的间歇期，延斯会利用业余时间观测家附近猛禽的大规模迁徙，会骑山地自行车、会在斯堪的纳维亚的荒野中徒步旅行，或者尝试飞行一把滑翔机。

现在延斯，实现了成为一名探险导游的梦想，他正满怀激情地期待着他在南极的第一个旅行季，与大家一起分享探险邮轮上的壮阔经历

Hana Spickova – Expedition Guide



Hana is a chemist who is working the last two years at the University Centre on Svalbard. She comes originally from the Czech Republic and has spent the last 11 years in Norway.

Her love for nature and outdoor life brought her first to Tromsø in Northern Norway where she did her master degree while working as a northern light guide, photographer, dog sledding guide and dog handler. She likes to spend her free time in the mountains skiing, hiking, kayaking and diving. She spent two years traveling to Asia, Africa, South America and Patagonia. She worked as a volunteer in rescue stations for wild animals in Bolivia and Peru and as a humanitarian helper in Iraq, Rwanda and Ethiopia. After finishing her studies, she has been working as an analytical chemist in Norway. Her curiosity and enthusiasm for outdoor life brought her all the way to Svalbard where she enjoys ski touring, dog sledding and exploring new places on a snowmobile. She speaks Czech, English and Norwegian.

中文

汉娜在斯瓦尔巴大学做了两年化学师。她出生于车臣，在挪威生活了11年。

她对自然和户外生活的热爱将她带到了挪威北部的特朗姆森，她在完成硕士学位期间并成为极光领队，雪橇犬领队。她的空闲时间都在山间滑雪，徒步，皮划艇，潜水。她花了两年时间在亚洲，非洲，南美洲旅行。在玻利维亚和秘鲁做野生动物救护的志愿者，在伊拉克，卢旺达和埃塞俄比亚做人道主义救援。在她完成学业后，他在挪威作为化学分析师。她对户外生活的好奇和热情将她带到了斯瓦尔巴并在此享受滑雪，带领雪橇犬和发现新地点。她会说法语，英语和挪威语。

Jade Heister – Expedition Guide



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。

Valeria Sainz Herrera – Exp. guide



Valeria Sainz Herrera is an Argentine photographer. She grew up in Buenos Aires, capital of Argentina. Throughout the years she has found that one of her greatest passions is to travel to the wildest and remotest places around the world. So, traveling as much as she could, she found in the photography, a profession that gives her the freedom to know and live in different locations.

Nowadays she spends her life between “the poles”, working as a guide for Oceanwide Expeditions, and during the rest of the year you could find her in a beautiful island names Ilhabela in Brazil, working in tourism area.

Living in different countries allows her to learn and practice many activities that she enjoys, especially in natural environments, like rock climbing and skiing in the Argentinian Patagonian Andes or camping and hiking in the central region of Argentina and, in Brazil, she learned other kinds of sports like scuba diving, kayaking and sailing.

She is also particularly interested in the history of the expeditions that discovered and mapped some of the places we are about to visit. This gives her the chance to share fascinating stories on board.

The Antarctic and The Arctic were always a dream of her, and now are part of her life.

中文

瓦莱里娅 (Valeria Sainz Herrera) 是阿根廷摄影师。她在阿根廷首都布宜诺斯艾利斯长大。多年来，她发现自己最大的爱好之一就是到世界各地最荒凉、最偏远的地方旅行。因此，在尽可能多的旅行中，她发现摄影是一个能让她自由了解和生活在不同地方的职业。

如今，她在 “两极 ” 之间生活，为 Oceanwide Expeditions 担任向导，其余时间则在巴西一个名叫 Ilhabela 的美丽小岛上从事旅游工作。

在不同国家的生活让她学习和实践了许多她喜欢的活动，尤其是在自然环境中，比如在阿根廷巴塔哥尼亚安第斯山脉攀岩和滑雪，或者在阿根廷中部地区露营和远足，在巴西，她还学习了潜水、皮划艇和帆船等其他运动。

她还对我们即将拜访的目的地的探险史和地图绘制历史感兴趣。这让她有机会在船上分享精彩的故事。

南极和北极一直是她的梦想，现在已成为她生活的一部分。

Jodi Gaylord – Expedition Guide



Jodi grew up in a relatively warm part of the world (Texas, USA), never even seeing a snowfall until she was 21 years old. When she moved to the mountains of Salt Lake City, Utah, to finish her university degree, she fell head over heels in love with the fluffy white flakes that blanketed the region every winter. Since then, she has wanted to spend more and more time in colder and colder climes.

After working in the medical field while pursuing her degree in the history of ancient medicine, she pursued her love of nature and wild animals by becoming a professional wildlife photographer, running her own business for 13 years. It was during her photography travels that she first experienced the polar regions, traveling to the Canadian High Arctic in 2010. She became mesmerized by the icebergs, and was quite surprised to find herself falling for a place without trees – something she had not thought possible before. It was during her first trip to Antarctica in 2017 that the polar bug (disguised as a penguin) finally bit her in an absolutely incurable way. She knew that she had to

share these amazing places with other people, so she decided to become a guide. Throwing herself into learning the history of Arctic and Antarctic exploration, she also studied how to be a safe and effective polar guide, which culminated in her completion of the Expedition Guide Academy's Comprehensive Guide Course in 2023.

When she is not on ship, she spends her time in a warm place – her home in Hawaii, where scuba diving, snorkeling, and asking “Why am I doing this?!” while participating in triathlons are among her favorite past times

中文

乔迪·盖洛德在世界上相对温暖的地区——美国德克萨斯州长大，直到 21 岁那年才第一次见到下雪。后来，她搬到犹他州盐湖城的群山中完成大学学业，从此深深迷恋上那片每到冬季便被白雪覆盖的世界。自那以后，她就希望能在越来越寒冷的地方度过更多时光。

在攻读古代医学史学位期间，乔迪曾在医疗领域工作。毕业后，她追随对自然与野生动物的热爱，成为一名职业野生动物摄影师，并经营自己的摄影事业长达 13 年。她第一次接触极地地区是在 2010 年前往加拿大高北极地区拍摄时。那次旅行让她被冰山的壮丽所深深吸引，也让她惊讶地发现，自己竟会爱上一片没有树木的土地——这是她从前从未想过的。

2017 年，她首次前往南极旅行，从此彻底被那片土地深深感染，再也无法自拔。她意识到，自己必须把这些奇妙的地方分享给更多人，于是决定成为一名探险领队。她全身心投入学习南北极探险史，并系统掌握极地安全与带队知识，最终于 2023 年完成了“探险领队学院”的综合带队课程。

当她不在船上时，她会回到温暖的家——夏威夷。在那里，她喜欢潜水、浮潜，以及一边参加铁人三项比赛一边笑着问自己：“我为什么要这么做？！”

Shan Zhou – Translator



Shan, from Anhui, China, holds a Master's degree in Sustainable Tourism and worked as an environmental educator before.

With three years of experience in wildlife conservation and environmental education, she has conducted research across major protected areas in China, residing permanently on the frontlines of conservation sites for fieldwork. Shan has participated in the baseline species survey projects and environmental education development initiatives in the Tangjiahe area of Giant Panda National Park and the Dongning area of Northeast China Tiger and Leopard National Park. As a female wildlife conservationist, she blends feminine delicacy with extensive field experience.

Having joined the polar expedition team in 2024, she finds that each successful landing and cruise has deepened her passion for the polar regions. In her role, she always upholds the principles of safety first and nature protection, and her interdisciplinary background in sustainable tourism and ecological conservation allows her to better guide visitors in experiencing the polar beauty and jointly safeguard this pure world.

In her spare time, Shan enjoys traveling and diving, and has a love for all things related to nature and wildlife.

中文版

珊来自中国安徽，拥有可持续旅游硕士学位，是一名环境教育家。

她

有三年野生动物保护与自然教育的经验，足迹遍布中国各大保护区，常驻保护地一线参与野外调研，曾参与大熊猫国家公园唐家河片区和东北虎豹国家公园东宁片区的本底物种调查项目和环境教育建设。作为一名女性野保人，她既有女性的细腻，也有丰富的野外经验。

珊

于2024年加入极地探险行业，每一次的成功登陆与巡游，都加深了她对极地的热爱。在工作中，她始终遵守安全至上与保护自然的原则，而可持续旅游与生态保护的复合背景，也让她能更好地引领访客去感受极地之美，和访客共同守护这一片纯净的世界。

工作之余，珊也很爱旅行和潜水，喜欢一切和自然和野生动物相关的事物。

Simon Davies – Expedition Guide



Simon is a life-long birder and naturalist and after achieving a Masters degree in Ecology focusing on seabirds he has undertaken a broad range of wildlife related contracts around the world.

His career has predominantly been focused on birds (with the only notable 'blip' coming during a year researching Meerkats in South Africa) during which his focus has ranged from research to conservation to guiding and much in between. Most recently he has been working in Scotland and Sweden studying both breeding birds and migratory species through ringing/banding, a wide range of surveys and other tracking methods.

He is an experienced guide, having led bird and wildlife tours in Australia and many tours, walks and talks in his native UK, enthusiastic about sharing the wide range of seabirds in the colonies he loves.

Among the recent studies he has participated in has included putting geolocators on Black Guillemots in

Scotland to find out where they are foraging, fixing satellite transmitters on migratory wading birds in Australia to track their movements as they move up and down the East Asia flyway and affixing geolocators on Great Reed Warblers in Sweden to work out migratory routes.

A large part of his recent work has also been training others in bird ringing/banding and surveying, hopefully inspiring others to a career in research or conservation.

The vast majority of his spare time is also spent birding and wildlife watching and he has undertaken many trips around the world including Australia, Europe, India, Venezuela and the USA, always chasing the next bird!

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中文

西蒙是一位热衷的观鸟者和博物学家，他在获得海鸟生态学硕士学位之后，踏上了遍布全球的研究之旅，探索野生动物的奥秘。他的职业生涯始终以鸟类为核心，从研究到保护，再到指导，涵盖了无数相关领域。

西蒙曾有一年在南非专注研究猫鼬，这一经历成为了他职业生涯中难忘的插曲。近期，他的工作重点放在苏格兰和瑞典，通过环纹/环带、广泛的调查以及其他追踪方法，研究繁殖鸟类和迁徙物种。

此外，西蒙也是一位经验丰富的导游，曾在澳大利亚带领旅行团开启了一场探寻鸟类和野生动物之旅，并在他的祖国英国进行过多次旅行、散步和演讲，热衷于分享他喜爱的栖息地的各种海鸟。

西蒙最近参与的研究包括在苏格兰的黑海鸬上安装地理定位器以找出它们在哪里觅食，在澳大利亚的候鸟涉水鸟上安装卫星发射器以跟踪它们在东亚迁徙路线上来回移动时的活动，在它们在东亚迁徙路线上上下移动时安装卫星发射器以及在瑞典大芦苇莺上的地理定位器用于确定迁徙路线。

西蒙最近的大部分工作也是对其他人员进行鸟类环志/环志和调查方面的培训，希望能够激励其他人从事研究或保护工作。

西蒙的大部分业余时间也都花在观鸟和野生动物观赏上，他曾多次环游世界，足迹遍及澳大利亚、欧洲、印度、委内瑞拉和美国，而他也停不下脚步，插上梦想的翅膀，去追逐下一只鸟！

Alexis Bellezze – Kayak Guide



Alexis Bellezze was born in San Luis, Argentina in 1973. He spent his childhood in the centre of the country, in a rural area, then moved to the city of Mendoza close to the Central Andes and studied in the Army High School where he fell in love with the mountains and the outdoors. Then moved to Cordoba where he spent 3 years in the Air Force Academy.

After that he moved to Italy where he worked and finished a paragliding course, then returned to Argentina to finish his studies as a Veterinarian. In 2006, he did a Residency in the ICU Service of the Large Animal Hospital of the Royal “Dick” Veterinary College in Edinburgh, Scotland. In 2006 and 2008 he did an internship as a veterinarian surgeon at Milano, Italy. Then he moved to Villa La Angostura, an isolated village in the middle of the Patagonian Lake District where he works as a veterinarian surgeon and runs a kayak company in the Nahuel Huapi National Park.

Since 2018 he works as a Polar Kayak Guide and Expedition Guide.

He has guided in the Antarctic Peninsula many times, reached the Antarctic Polar Circle, Fair Island, Jan Mayen, Svalbard, North Spitsbergen into the Pack Ice, circumnavigated Spitzbergen, West and East coast of Greenland, Canada, Iceland, Ibiza (Spain), Telluride (Colorado, USA) and many lakes in Patagonia. He travelled the south and north of Chile and Argentina as a Wilderness First Responder instructor working in different environments like the jungle of Paraguay, the Patagonian mountain range, the windy Patagonian estepa and the desert of Atacama.

Since 2014 Alexis is the owner and Director of endurance kayak expeditions based in Patagonia Argentina, offering multiple day kayak trips in this pristine area. He speaks fluently Spanish, Italian and English.

中文

亚历克西斯于 1973 年出生于阿根廷圣路易斯。他在该国中部的一个农村地区度过了童年，后来搬到了靠近中安第斯山脉的门多萨市，在陆军高中学习，在那里他爱上了山脉和户外。然后搬到了科尔多瓦，在空军学院学习了3年。

之后，他搬到了意大利，在那里工作并完成了滑翔伞课程，然后回到阿根廷完成兽医学业。2006年，他在苏格兰爱丁堡皇家“迪克”兽医学院大型动物医院的重症监护室担任住院医师。2006年和 2008年，他在意大利米兰担任兽医外科医生实习生。随后，他搬到了巴塔哥尼亚湖区中部的一个偏僻村庄 Villa La Angostura，在那里他担任兽医外科医生，并在纳韦尔瓦皮（Nahuel Huapi）国家公园经营一家皮划艇公司。

2018年以来，他一直担任极地皮划艇向导和探险向导。

他曾多次在南极半岛担任向导，也到达过南极极圈、费尔岛、扬马延岛、斯瓦尔巴群岛、北斯匹次卑尔根岛进入浮冰区，环游斯匹次卑尔根岛、格陵兰岛西海岸和东海岸、加拿大、冰岛、伊比沙岛（西班牙）、特柳赖德（美国科罗拉多州）和巴塔哥尼亚的许多湖泊。他曾作为荒野急救员教练游历智利和阿根廷的南部和北部，在巴拉圭丛林、巴塔哥尼亚山脉、多风的巴塔哥尼亚埃斯特帕和阿塔卡马沙漠等不同环境中工作。

自2014年以来，亚历克西斯是阿根廷巴塔哥尼亚耐力皮划艇探险队的老板兼总监，在这个原始地区提供多日皮划艇之旅。他能说流利的西班牙语、意大利语和英语。

Yvonne Lin - Translator



Born in Taiwan, 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 has worked in Taiwan and Australia as a clinical instructor, optometrist, and lens expert in a renowned optical lens company.

An adventurous spirit with a deep curiosity for the world, Yvonne loves exploring local cuisines and sampling beers while immersing herself in different cultures. Since 2009, she has spent over six months each year traveling, visiting more than 150 countries, primarily through solo overland backpacking. Her journeys have also taken her to high peaks and deep oceans—she has scaled summits including Kilimanjaro, Chachani, and Stok Kangri, and reached base camps of iconic mountains such as Everest, K2, Kanchenjunga, Manaslu, and Broad Peak. A certified Rescue Diver, she has also explored diverse marine life worldwide.

Yvonne now shares her passion for exploration by leading adventurous travelers off the beaten path to exotic and often misunderstood destinations such as Afghanistan, Iraq, Turkmenistan, and many others, where history, culture, and adventure come alive.

Her experiences around the world reflect her curiosity and love for adventure—from climbing mountains to diving oceans and immersing herself in vibrant cultures—and she hopes to inspire others to embrace new experiences and discover the beauty and diversity of our planet.

中文

Yvonne 出生于台湾，1990 年随家人移居澳大利亚墨尔本。她拥有验光学学士学位和药理学荣誉理学学士学位，并曾在台湾和澳大利亚担任临床讲师、验光师及知名光学镜片公司的镜片讲师。

Yvonne 是个充满冒险精神、对世界充满好奇的人。她喜欢尝试当地美食、品啤酒，同时沉浸在各种不同的文化里。自 2009 年起，她几乎每年都旅行六个月，独自背包走遍 150 多个国家。她的旅程里不仅有城市探险，还有极限挑战——登过乞力马扎罗、查查尼火山、斯托克岗日峰，也去过珠穆朗玛峰、K2、干城章嘉峰、马纳斯鲁峰和博布拉峰的大本营。作为认证救援潜水员，她还探索过世界各地丰富多样的海洋生物。

如今，Yvonne 还带领勇于探索的旅者踏上偏僻、鲜为人知的目的地，如阿富汗、伊拉克、土库曼斯坦等国家，让历史、文化与冒险在旅途中生动呈现。

她环游世界的经历体现了她的好奇心与冒险热情——从攀登高山到潜入深海，再到沉浸在多彩文化中——她希望激励他人拥抱新体验，去发现这个世界的美丽与多样性。

Enric Sangra Modol – Exp. Guide



“Connecting Science with People” – This is Enric’s mission.

He holds a **Master’s degree in Scientific Communication** from Valencian International University and a **Bachelor’s degree in Geology** from the University of Barcelona. With extensive experience as a science communicator in various research institutes in Spain, he has worked closely with researchers to effectively communicate their discoveries. Enric is passionate about **making Earth Science accessible to the public**. He bridges the gap between researchers and society, transforming complex scientific results into clear and engaging messages. His skills led him to become one of the ten finalists in the national scientific monologue competition in Spain, "Solo de Ciencia," where the country’s top science communicators were selected. Enric’s expertise spans a wide range of Earth Science topics, from geology to environmental issues. **He is really excited about guiding in polar regions**, where the unique geological features, including ancient rock formations, meteorite-rich fields, and glacial

landscapes, offer invaluable insights into Earth’s history. By sharing the fascinating stories of these remote regions, Enric brings the Earth’s geological history to life, making science both accessible and engaging for all audiences. Enric’s hobbies are always outdoor sports, including alpinism, mountaineering, hiking, climbing, trail running, and backcountry skiing. His favorite spots are the Catalan and Aragonese Pyrenees, where he has summited Aneto (3,404 m) during the winter period. **Ask him anything about geology and of “quartz” he will give you the best explanation.**

中文

“连接科学与大众”——这正是恩里克的使命。他持有瓦伦西亚国际大学的科学传播硕士学位，以及巴塞罗那大学的地质学学士学位。作为西班牙多家研究机构的资深科学传播者，他与研究人员紧密合作，有效地将他们的科学发现传递给公众。恩里克热衷于让地球科学变得通俗易懂。他致力于弥合研究人员与社会大众之间的鸿沟，将复杂的科学成果转化为清晰而引人入胜的信息。凭借此专长，他成功入选西班牙国家级科学独白竞赛“科学独白”全国十强，该赛事汇聚了西班牙顶尖的科学传播者。恩里克的专业知识涵盖从地质学到环境议题的广泛地球科学领域。他对能在极地担任向导感到无比兴奋——那里古老的地层、富含陨石的地区以及冰川地貌等独特地质特征，为解读地球历史提供了无价的视角。通过讲述这些遥远之地的迷人故事，恩里克将地球的地质历史生动地呈现出来，让科学对每一位听众而言都变得平易近人且趣味横生。恩里克的爱好始终与户外运动相关，包括阿尔卑斯式登山、登山、徒步、攀岩、越野跑和野雪滑雪。他最钟爱的地点位于加泰罗尼亚和阿拉贡的比利牛斯山脉，并曾在冬季成功登顶该山脉最高峰阿内托峰。

关于地质学的任何问题，尤其是“石英”相关的问题，他都能给您最精彩的解答。

Michael Green – Lead Dive Guide



He began diving in 1980 learning with the Royal Navy in Portsmouth Harbour. Leaving the Navy, he continued to dive mainly around the U.K. dive into the wrecks always looking for a new story to learn.

He is qualified as an instructor with BSAC and PADI. Plus, certified to operate Drager Dolphin and Buddy Inspiration rebreather. He has worked for Oceanwide since coming aboard as a guest for the Last eight years. He enjoys spending time giving our guests a safe but enjoyable experience in the Polar Regions. His biggest tip for you is slow down.

Look around you, enjoy these beautiful flames they are amazing. He is looking forward to spending some time with you over the coming days. Please ask any questions you may have as soon as you have them, we are here to help!

中文

他于1980年在朴茨茅斯港随皇家海军学习潜水。离开海军后，他主要在英国周边海域继续潜水，深入沉船遗迹，不断探寻新的故事。

他持有英国潜水俱乐部和国际专业潜水教练协会的教练资格，并获认证可操作德尔格海豚型和巴迪灵感型循环呼吸器。过去八年间，他先是作为客人登船，随后一直为泛海探险工作。他热衷于为我们的宾客在极地区域带来安全而愉悦的体验。

他给予各位最重要的建议是：慢下来。

请环顾四周，欣赏这些美丽的海鞘，它们无比迷人。他期待着在接下来的日子里与各位共度时光。有任何疑问请随时提出，他会在此竭诚为您服务！

Lorenzo Begaud – Dive Guide



Lorenzo grew up in the Champagne region, France, far from the sea.

In 2012, he set off on his first adventure to Patagonia, working for a local tour operator in Puerto Natales, Chile - the gateway to the famous Torres del Paine National Park - guiding hiking and kayaking trips.

That eye-opening experience sparked a passion for exploration & adventure. Since then, he hasn't stopped travelling and over the past 15 years, Lorenzo has worked across the globe - from Africa to Antarctica, through South, Central, and North America, Australia, and throughout the Nordic countries.

His greatest motivation? Meeting new people, adapting to different cultures and lifestyles, and venturing into remote places to enjoy a "simpler" life. Going out of his comfort zone and constantly learning is what keeps him going.

A few years ago, he turned his passions into a full-time career, dedicating himself to outdoor guiding - leading people into the wilderness and helping create

unforgettable moments for his Guests. From snowmobile trips and northern lights hunts in Lapland to guiding dives in Mexico's Sac Actun cave system, Lorenzo's work environment is as diverse as it gets.

Most recently, he worked as an expedition leader aboard the only riverboat exploring the upper Congo River and its tributaries in the heart of the mysterious Congo Basin.

He is currently based in Iceland, guiding tours through stunning ice caves beneath Europe's largest glacier, Vatnajökull.

Life is a journey and you should make sure you make the best of it while having plenty fun on the way.

中文

洛伦佐在远离海洋的法国香槟区长大的。2012年，他踏上了首次冒险之旅，前往智利纳塔莱斯港的巴塔哥尼亚地区，在当地一家旅游公司担任向导，带领徒步和皮划艇行程——那里正是通往著名的托雷斯德尔百内国家公园的门户。这段开阔眼界的经历点燃了他对探索与冒险的热情。自那时起，他的脚步便未曾停歇。过去十五年间，洛伦佐的足迹遍布全球——从非洲到南极洲，遍及南美、中美、北美、澳大利亚以及整个北欧地区。什么是他最大的动力？结识新朋友，适应不同的文化与生活方式，深入偏远之地，享受一种“更简单”的生活。不断走出舒适区并持续学习，正是他前进的源泉。

几年前，他将这份热爱转化为全职事业，全心投入户外向导工作——带领人们深入荒野，为宾客创造难忘的瞬间。从拉普兰的雪地摩托极光追寻，到墨西哥萨克阿克顿洞穴系统的潜水向导，洛伦佐的工作环境可谓丰富多彩。近期，他更在刚果盆地腹地、唯一探索刚果河上游及其支流的河轮上担任探险领队。

目前他常驻冰岛，带领游客穿越欧洲最大冰川——瓦特纳冰川之下令人惊叹的冰洞。

生命是一场旅程，我们理应在途中充满乐趣，尽情活出它的精彩。

Sid Paul Dewfall – Dive Guide



Sid Dewfall is a professional dive instructor and expedition guide with a strong background in marine science and field operations. Originally from Gibraltar, he has built his career around a passion for the ocean and a fascination with remote environments. Sid holds a Master of Science degree in Marine Science and Climate Change and has been involved in research and conservation projects ranging from coral restoration in the Mediterranean to community-based citizen science initiatives.

With thousands of dives completed around the world, Sid has developed his particular expertise in polar diving and the unique demands it brings. Working in challenging conditions has given him a deep respect for safety, teamwork, and careful preparation — qualities he brings to every expedition. His focus is on helping guests explore the polar regions with confidence, while sharing insights into the ecosystems and wildlife encountered along the way.

On board, Sid can often be found supporting dive operations, guiding Zodiac cruises, or assisting guests during landings. He enjoys working closely with people,

making sure each experience is both safe and memorable. His approachable style and enthusiasm for the natural world make him a valued member of the team.

Away from the polar regions, Sid continues to pursue underwater research and outdoor adventure. Whether in the water, on a mountainside, or travelling by motorcycle, he is most at home in environments that demand resilience and curiosity. He believes that time spent in wild places fosters a lasting connection with nature — and he is proud to help guests experience that in the Arctic and Antarctic.

中文

希德·迪尤福尔是一位专业的潜水教练及探险领队，拥有深厚的海洋科学与野外作业背景。他原籍直布罗陀，将对海洋的热爱与对遥远环境的好奇之心融入了职业生涯。希德拥有海洋科学与气候变化硕士学位，并曾参与多项研究与保护项目，范围涵盖从地中海珊瑚修复到社区主导的公民科学倡议。

凭借在全球范围内完成的数千次潜水，希德尤其擅长应对极地潜水及其带来的独特挑战。在严苛环境中的工作经历，使他对安全、团队协作与周密准备怀有深深的敬意——这些品质也被他带入每一次探险之中。他的核心目标是帮助宾客充满信心地探索极地区域，同时分享沿途所见生态系统与野生动物的相关知识。在船上，您常能看到希德协助潜水作业、引导冲锋艇巡游，或在登陆时协助宾客。他享受与人们紧密合作，确保每一次体验都既安全又难忘。其平易近人的风格以及对自然世界的热忱，使他成为团队中备受重视的一员。离开极地区域时，希德仍持续从事水下研究并投身户外探险。无论是在水中、在山坡上，还是骑摩托车旅行，他在需要韧性与好奇心的环境中最为自在。他深信，在荒野中度过的时光能培养人与自然的持久联结——而他为能帮助宾客在南极北极体验这份感受而自豪。

Geerte Beesems – Ships Doctor



Geerte is an emergency physician from Rotterdam in the Netherlands. She grew up in a rural part in the south of the country and went to study in Groningen. Besides her degree in Medicine, she also completed a bachelor in Life, Science and Technology majoring in biomedical sciences. During her study she got the opportunity to do part of her research in the USA. She combined this with traveling for an extended period of time, and this started her love for adventurous traveling all over the world.

After finishing medschool she went on to work as a registrar in the ED in Rotterdam, this sparked her interest in the field of emergency medicine. The possibility of working as an emergency physician all over the world made her decide to pursue this career. She went on to work on the island of Aruba for over a year, then COVID hit. This caused her to return to the Netherlands to work in the ICU department in a hospital in The Hague. Then she started her residency in emergency medicine and has been working as an emergency physician ever since.

Over the years she has faced multiple (medical) challenges, i.e. flooding of a hospital, fire in a hospital, a ransomware attack during shift, and also COVID was challenging on a small island with just 1 hospital. This is when she loves her job the most. Being flexible and creative in finding solutions in before unthinkable situations. Colleagues told her about being a ship doctor for Oceanwide Expeditions and this had been on her mind for years. That is until last year when she finished her first season as a ships doctor in Antarctica with Oceanwide Expeditions. This was a truly remarkable experience and is therefore back for another season.

She is here to help with all your medical issues and is looking forward to meeting you.

中文

吉尔特·贝瑟姆斯来自荷兰鹿特丹，是一名急诊科医生。她在荷兰南部的乡村长大，后来前往格罗宁根大学求学。除了医学学位外，她还获得了生命科学与技术学士学位，主修生物医学科学。在求学期间，她曾有机会前往美国进行部分科研工作，并趁此机会进行了一段长期旅行，这段经历也让她从此热爱上世界各地的探险之旅。医学院毕业后，她在鹿特丹的急诊科担任住院医师，由此激发了她对急诊医学的热情。能够在世界各地从事急诊工作，使她坚定了这一职业方向。之后，她在阿鲁巴岛工作了一年多，直到新冠疫情爆发。疫情期间，她返回荷兰，在海牙的一家医院重症监护室任职。随后，她开始接受急诊医学专科培训，并自此一直担任急诊医生。多年来，吉尔特曾面对过各种医疗与突发挑战——包括医院被洪水淹没、医院火灾、值班时遭遇勒索软件攻击，以及在只有一所医院的小岛上抗击新冠疫情。正是在这些极端情况下，她更加热爱自己的工作——灵活应变、创造性地在前所未有的情境中寻找解决方案。她的同事曾向她提起过在泛海探险担任船上医生的机会，这个想法在她心中萦绕多年。直到去年，她终于完成了在南极的第一个航季，担任泛海探险的船上医生。这段经历令她印象深刻，也促使她再次回归，迎接新的探险旅程。

她将在航程中为大家提供医疗支持，并期待与各位相识。



Antarctica Discovery

Welcome aboard!

Date: 18th January 2026

Day 1: Ushuaia - Embarkation

Please make yourselves at home in your cabins and check you have received all your luggage! Tea/coffee is available in the Observation Lounge located on Deck 5.

17:15+/- Please join the Expedition Leader and Chief Officer for the ship safety briefing, in the Observation Lounge on Deck 5. Attendance to this is **MANDATORY**.

After the briefing the emergency alarm will be sounded, and you will need to go back to your cabin and get your life jacket. All guests accommodated on Deck 3 (Cabins 301-337) will go to MUSTER STATION A which is the Restaurant on Deck 4. All guests accommodated on decks 4, 6, and 7 will go to MUSTER STATION B which is the Observation Lounge on Deck 5.

18:15+/- We would like to invite you to Captains Cocktails in the Observation Lounge on Deck 5. The Hotel Manager and Expedition Leader will do a welcome briefing, to orientate you to life on board and explain the plan for the forthcoming days. You will also meet your Expedition Team.

19:30 Buffet dinner will be served in the Restaurant on Deck 4.

Please note that tonight we will be sailing into the open sea. Take your seasickness medication before you really feel the movements of the vessel, the doctor will be available in the bar after dinner to assist with such matters.

Make sure that all your belongings are put away safely and that doors and drawers in your cabin are tightly closed.

Walk slowly on the ship, always use one hand for yourself and one for the ship and beware of your fingers because of doors slamming.



Antarctic Discovery

Date: 19th January 2025

Day 2: At sea - Drake Passage

07:45 Wake-up call.

08:00-09:00 Buffet breakfast will be served in the Dining Room on Deck 4.

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

09:15 Simon invites you to the Observation Lounge for his lecture about Birds of the Southern Ocean, this will be translated into Chinese.

11:15 Andi invites you to the **Lecture Room** for her lecture in **English**, An introduction and Identification of the whales we may see on this voyage.

11:15 Jerry invites you to the **Observation Lounge** for his lecture in **Mandarin**, An introduction and Identification of the whales we may see on this voyage.

Throughout the day, please take some time to clean all your clothing and equipment that you plan to take ashore. Tomorrow we will be completing our mandatory IAATO Biosecurity check, and your equipment needs to be cleaned before. Please pay special attention to the mesh on backpacks, pockets, and Velcro. We will have brushes and paperclips available to borrow at library and if you have any questions please ask a member of the expedition staff.

12:30-13:30 Buffet lunch will be served in the Dining Room on Deck 4.

15:00 All passengers who have pre-booked camping for this voyage please join the camping guides for your **mandatory camping briefing** in the lecture room.

16:30 Jodi invites you to the Lecture room for her history lecture, Charcot Antarctic expedition **in English**.

16:30 Rose invites you to the Observation Lounge for her history lecture, Charcot Antarctic expedition **in Chinese**.

18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap, this is a daily event where we go through what we have seen during the day and plans for tomorrow.

19:00 Plated dinner will be served in the dining room on deck 4.

"A sure cure for seasickness is to sit under a tree." - Spike Milligan.



Antarctic Discovery

Date: 20th January 2026

Day 3: Approaching Antarctica – Drake Passage

- 07:45 Wake-up call.
- 08:00-09:00 Buffet breakfast will be served in the Dining Room on Deck 4.
- 09:30 Valeria invites you to the Observation Lounge for a Photography Workshop! This workshop will be given in English and translated into Mandarin.
- 11:30 The Expedition team will hand out your rubber boots. You will be called, deck-by-deck to the boot room on **deck 3**, so please listen to announcements. Bring your thick socks to find the best-sized boots for you!
- 12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.
- 15:00 The Expedition Team invites you to deck 5 for the **MANDATORY IAATO and Zodiac Briefing**. Attendance will be checked. English will be in the lecture room, and mandarin in the Lounge.
- 16:30 During the afternoon we will call you deck by deck for the **MANDATORY IAATO Biosecurity** on Deck Five. When called, please bring all your outer garments, bags, boots, life jackets, tripods etc. that you plan to use in Antarctica for the Expedition Staff to check.
- Please ensure your equipment is clean **BEFORE** proceeding to the Lecture room and ensure you sign the self-declaration form once you have been approved by the Expedition Team.
- 18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap.
- 19:00 Dinner will be served in the Dining Room on Deck 4.

"By endurance we conquer." - Ernest Shackleton:



Antarctic Discovery

Date: 21st January 2026

Day 4: Cuverville and Orne Harbour

07:15 Wake-up call.

07:30-08:30 Buffet breakfast will be served in the Dining Room on Deck 4.

This morning, we hope to offer a landing and zodiac cruise at Cuverville Island, one of the largest Gentoo Penguin colonies on the Peninsula.

08:30 We would like to invite the **RED** group to board the zodiacs at deck 3 for a landing at Cuverville island.

09:00 We would like to invite the **BLUE** group to board the zodiacs at deck 3 for a Zodiac cruise around Cuverville island.

Please note that halfway through the morning the zodiac cruisers will go ashore, and the landing passengers will go for a cruise.

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

Orne Harbour is a scenic, mile-wide cove on the west coast of Graham Land, known for its stunning views of glaciers and towering mountain peaks. It is a popular landing site as it has a large nesting colony of chinstrap penguins, which can be reached via a steep but safe hike up from the beach. Orne harbour is also a continental landing!

14:00 We would like to invite the **BLUE** group board the zodiacs at deck 3 for a landing at Orne harbour

14:15 We would like to invite the **RED** group board the zodiacs at deck 3 for a zodiac cruise around Orne harbour

18:15 Please join the Expedition Team in the Bar for daily recap.

19:00 Dinner will be served in the Dining Room on Deck 4.

21:00 +/- Campers please make your way to board the zodiacs at deck 3. Please listen for announcements.

"Penguins are extraordinarily like children, these little people of the Antarctic world, either like children, or like old men, full of their own importance and late for dinner, in their black tail-coats and white shirt-fronts and rather portal withal" – Aspley Cherry-Garrard, British Explorer



Antarctic Discovery

Date: 22nd January 2026

Day 5: Fournier Bay and Neko Harbour

06:45 Wake-up call.

07:00-08:00 Breakfast will be served in the Dining Room.

In the morning, we hope to zodiac cruise in Fournier Bay. Beautiful landscapes all around and hopefully some seals and whales.

08:00 We would like to invite the RED group for a Zodiac cruise in Fournier Bay.

08:15 We would like to invite the BLUE group for a Zodiac cruise in Fournier Bay.

12:00-13:00 Buffet lunch will be served in the dining room.

During our reposition, please take a moment to go to reception to check your name on the list for the bus on our disembarkation day if you want to take the bus directly to the airport.

This afternoon, we hope to land and cruise at Neko Harbour, where we can enjoy beautiful glaciers, ice and Gentoo Penguin colonies. The first group will go to shore first; the next group will zodiac cruise – we will swap halfway through the afternoon.

14:45 We would like to invite the BLUE group for a landing at Neko harbour

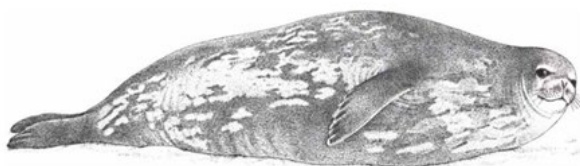
15:00 We would like to invite the RED group for a Zodiac cruise at Neko harbour.

19:00 Please join the Expedition Team in the Observation Lounge for daily recap.

19:30 Dinner will be served in the Dining Room.

"I am just going outside and may be some time."

Captain L. E. G. Oates of the Inniskilling Dragoons. In March 1912, returning from the Pole, he walked willingly to his death in a blizzard to try to save his comrades, beset by hardship.





Antarctic Discovery

Date: 23rd January 2026

Day 6: Lemaire channel, Pleneau and Peterman Island

06:45 Wake-up call.

This morning, we hope to transit the spectacular Lemaire Channel, considered by many as Antarctica's most photogenic passage. Please be on deck to enjoy the towering glaciers and wildlife as we transit through this narrow passage at 07:00

08:00-09:00 Breakfast will be served in the Dining Room.

The weather for tomorrow looks challenging and we have to assess the situation in the morning. Please listen to announcements when we keep you informed of our plans.

12:30-13:30 **Buffet lunch** will be served in the dining room on Deck 4.

This afternoon we aim to land at Petermann Island, a small, rocky island off the west coast of the Antarctic Peninsula, near the southern end of the Lemaire Channel. It is known for its colonies of Adélie and gentoo penguins and is a common landing site for Antarctic research and tourism.

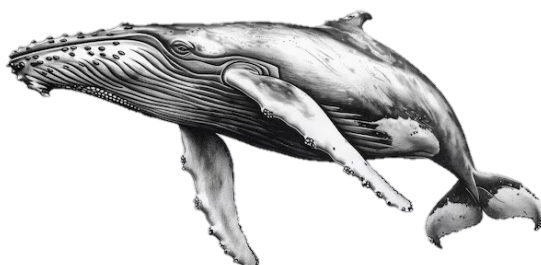
13:30 +/- We would like to invite the **RED** group for a landing at Peterman Island.

13:45 +/- We would like to invite the **BLUE** group for a zodiac cruise at Peterman Island.

18:30 Please join the Expedition Team in the **Observation Lounge** for **daily recap**.

19:00 **Antarctic Dinner** will be served on deck 5 aft. Dress warmly! 😊

*"With friends like these, one might endure, I would say, under any circumstances" –
Andre Solomon, Swedish Expeditioner*





Antarctic Discovery



Date: 24th January 2026

Day 7: Wilhelmina bay and Foyen Harbour

07:15 Wake-up call.

07:30-08:30 Buffet breakfast will be served in the Dining Room on Deck 4.

This morning, we are exploring the Wilhelmina Bay. It will be proper Antarctic exploration, and we will keep you informed about the possibilities for a landing or a zodiac cruise.

TBC We would like to invite the **red** group to board the zodiacs – please listen to announcements.

TBC We would like to invite the **blue** group to board the zodiacs – please listen to announcements.

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

In the afternoon, we hope to take you to Foyen harbour for a zodiac cruise. One of the most unusual attractions, is the shipwreck of the Norwegian factory ship, Guvernøren. In 1915 the captain intentionally ran the ship aground to save his crew (and whale oil) after a fire broke out on board.

14:30 We would like to invite the **blue** group for a zodiac cruise at Foyen harbour.

14:45 We would like to invite **red** group for a zodiac cruise at Foyen harbour.

18:15 Please join the Expedition Team in the Observation Lounge for daily recap.

19:00 Dinner will be served in the Dining Room on Deck 4.

“Victory awaits him who has everything in order – luck, people call it. Defeat is definitely due for him, who has neglected to take the necessary precautions – bad luck we call it.” – Roald Amundsen



Antarctic Discovery

Date: 25th January 2026

Day 8: Deception island and South Shetlands

06:45 Wake-up call.

07:00 Captain will sail Hondius through the Bellows into Deception island..

07:30-08:30 Buffet breakfast will be served in the Dining Room on Deck 4.

In the Morning we hope to land at Whalers Bay, Deception Island. This island is the caldera of an active volcano and previously held one of the largest whaling stations.

*At the end of your landing this morning, we also hope to offer the chance for you to enjoy a **Polar Plunge**. For this please wear your bathing suit under your expedition clothing. We will bring the towels so please do NOT bring the towels from your room.*

08:30 We would like to invite the English speakers for a landing at Whalers Bay.

09:00 We would like to invite the Mandarin speakers into the lounge for a geology lecture by Rose.

10:30 We would like to invite the Mandarin speakers for a landing at Whalers Bay.

11:30 We would like to invite the English speakers into the lecture room for a geology lecture by Enric.

12:30-13:30 Buffet lunch will be served in the dining room on Deck 4.

15:30 We will call you deck by deck to return your muck boots to deck 3.

16:00 Jerry invites the mandarin speakers into the Observation Lounge for his lecture on the Race to the South Pole.

16:00 Jens invites the English speakers into the lecture room for his lecture on the Race to the South Pole.

18:30 Please join the Expedition Team in the Observation Lounge for daily recap.

19:00 Dinner will be served in the Dining Room on Deck 4.

20:30 We invite you to the Lecture room for a documentary movie about the last eruption of deception island.

This afternoon, we'll be heading into open sea. To avoid seasickness, take your medication before you feel any motion. The doctor will be in the bar after lunch for assistance. Please secure your belongings and ensure cabin doors and drawers are tightly closed. Move slowly on deck, always using one hand for yourself and one for the ship and be mindful of slamming doors.



Antarctic Discovery

Date: 26th January 2026

Day 9: At sea - Drake Passage.

We could be in heavy swells in the drake passage tomorrow. If you are feeling unwell, we recommend staying in your cabin. And if you are up and about the ship, please remember to always have one hand for the ship. Listen for announcements about outside decks, if we need to close them it will only be for your own safety, but we will try to keep them open when possible.

This is the last day the souvenir shop will be open.

No wake-up call 😊.

08:00-09:00 Buffet breakfast will be served in the Dining Room on Deck 4.

09:15 Pierre invites you to the Observation Lounge for his lecture about Humpback Whales! This lecture will be given in English and translated into Mandarin.

11:15 Luce invites you to the Observation Lounge for her lecture about What is going on below the surface: Antarctic underwater habitats and food web. This lecture will be given in English and translated into Mandarin.

12:30-13:30 A buffet lunch is served in the Restaurant, Deck 4.

16:00 Michael Green the dive team leader, invites you to the Observation Lounge for a presentation about Whaling and Krill. This lecture will be given in English and translated into Mandarin.

18:15 Please join the Expedition Team in the Observation Lounge for Daily Recap. There will be some important information given by the Hotel Manager about disembarkation, settling accounts etc. therefore, we encourage at least one person from each group to attend.

19:00 Dinner will be served in the Restaurant, Deck 4.

"The Sea, once it casts its spell, holds one in its net of wonder forever."
— Jacques Cousteau



Antarctic Discovery

Date: 27th January 2026

Day 10: At sea - Approaching South America.

We expect heavy swells in the drake passage for most of the day. If you are feeling unwell, we recommend staying in your cabin. And if you are up and about the ship, please remember to always have one hand free for the ship.

*Please listen for announcements about the outside decks.
It is likely they will be closed for the day.*

No wake-up call. Wake up at your leisure

08:00-09:00 Breakfast buffet will be served in the Restaurant, Deck 4.

After breakfast you will be able to settle your accounts at reception, please ensure your account is settled **before 17:00 at the latest.**

09:15 Sid invites you to the Observation Lounge for his lecture about Life beneath Ice! This lecture will be given in English and translated in Mandarin.

11:15 Hana invites you to the Observation Lounge for her lecture about Ice! This lecture will be given in English and translated in Mandarin.

12:30-13:30 A buffet lunch is served in the Restaurant, Deck 4.

14:00 Pierre invites you into the lecture room for an overview of other voyages and destinations Oceanwide can offer. This short presentation will be given in English and translated into Mandarin.

16:00 Valeria invites you to the Observation Lounge for her Mate workshop. This will be given in English and translated into Mandarin.

18:00 Please join the captain and the Expedition Team in the Observation Lounge for Captain's cocktails, plans for disembarkation and the premiere of our voyage slideshow compiled by Valeria and Jodi. You will receive a copy of the slideshow after the voyage via email. Make sure you signed up for this by scanning the QR code.

19:00 Dinner is served in the Restaurant, Deck 4.

"The quality I look for most is optimism: especially optimism in the face of reverses and apparent defeat. Optimism is true moral courage". – Sir Ernest Shackleton



Antarctic Discovery

Date: 28th January 2026

Day 11: Ushuaia

07:15 Wake-up call.

Please ensure your luggage is outside your room by 7:30 before going to breakfast.

07:30-08:30 Breakfast buffet will be served in the Restaurant, Deck 4

PLEASE NOTE: Upon arrival in Ushuaia, please wait in lounge until the ship is cleared by the port agent and you are free to disembark. We will provide a free bus to the airport for **morning flights** only, at 08:30-09:00 a.m.

Please identify your luggage on the pier and put it on the bus if you would like this service. For the Guests with afternoon flights, we will transfer your luggage to the drop-off center, and you will need to pick up your luggage before 14:00 hrs.

*Please identify your luggage on the pier and put it into the **luggage truck** if you wish to do this. For guests who have their own transportation or planning to stay in Ushuaia, please identify your luggage on the pier and take it with you.*

08:45+/- We invite all other guests to disembark.

From all the Expedition Team and Crew on board the MV Hondius, we wish you safe onward travel. Thank you for sharing this incredible voyage with us and we look forward to sailing with you again in the future.



南极发现之旅 欢迎登船!

日期: 2026 年 1 月 18 日

第 1 日: 乌斯怀亚-登船

请在您的房间检查您已收到所有的行李! 5 层观景厅有 24 小时免费提供的茶水/咖啡.

17:15+/- 请到 5 层观景厅参加强制性的海上安全讲座及弃船演习, 我们会在此进行签到登记。

安全讲座后, 紧急集合警铃将会响起, 您需要回到您的房间拿上弃船用的救生衣。住在 3 层的乘客 (房间 301-337) 请前往紧急集合点 A 即 4 层餐厅。住在 4, 6, 7 层的乘客请前往紧急集合点 B 即 5 层观景厅。

18:15+/- 我们邀请您前往 5 层观景厅参加船长欢迎酒会。酒店经理和探险队长将在此向您介绍船上生活须知及活动计划。您也会在此与全体探险队员见面。

19:30 4 层餐厅享用自助晚餐。

请注意, 今晚我们将驶入开阔海域。在明显感受到船体晃动前, 请提前服用晕船药。晚餐后, 医生将在酒吧为您提供相关协助。

请确保所有随身物品妥善收好, 客舱内的门和抽屉均已紧闭。

在船上行走请放慢脚步, 至少一只手扶船体, 保持身体平衡; 注意门的突然关闭, 以免夹伤手指。



南极发现之旅 欢迎登船!

日期: 2026 年 1 月 19 日

第 2 日: 航海日-德雷克海峡

07:45 叫早, 早安

08:00-0900 4 层餐厅享用自助早餐

请注意: 在船上缓步慢行, 至少一只手扶好扶手。请不要将手放在门与门框之间以防夹伤

09:15 Simon 邀请您前往 5 层观景厅参加关于**南大洋鸟类**的知识讲座有中文翻译。

11:15 Andi 邀请您前往 5 层演讲厅参加关于**鲸类识别**的讲座-英文

11:15 Jerry 邀请您前往 5 层观景厅参加关于**鲸类识别**的讲座-中文

今天, 请您花时间清理您准备登陆使用的装备。明天我们将完成强制性的 IAATO (国际南极旅游组织协会) 强制性要求的生物清洁。你需要在接受检查前将装备清洁完毕。请特别注意背包上的网眼, 衣服口袋, 袖口魔术贴位置。在图书馆有刷子, 曲别针等工具可以借用。如果您有问题可以找到探险队员咨询

12:30-13:30 4 层餐厅享用自助午餐

15:00 请前往 5 层演讲厅参加南极露营说明会, 此说明会对想参加露营活动的乘客为**强制性参加**的说明会。

16:30 Jodi 邀请您前往 5 层演讲厅参加她关于探险家沙可的讲座-英文

16:30 Rose 邀请您前往 5 层观景厅参加她关于探险家沙可的讲座-中文

18:15 请前往 5 层观景厅参加每日回顾, 在此会回顾当日见闻并说明第二天计划

19:00 4 层餐厅享用三道式晚餐.

“坐在树下是治愈晕船的良药” --- 史派克. 米利根



发现南极之旅

日期：2026 年 1 月 20 日

第 3 天：驶近南极洲——德雷克海峡

07:45 叫早，早安

08:00-09:00 4 层餐厅享用自助早餐。

09:30 Valeria 邀请您前往 5 层观景厅参加**摄影工作坊**！本次工作坊将以**英语进行**，并提供中文翻译

11:30 探险团队将发放防水靴。我们将按甲板逐层通知，请留意广播。
请携带厚袜子，以便试穿到最合适尺寸的靴子。
地点：3 层甲板冲锋艇登艇区。

12:30-13:30 4 层餐厅享用自助午餐

15:00 探险团队将在 5 层观景厅和报告厅欢迎大家，进行**强制性的 IAATO (国际南极旅游组织协会) 与冲锋舟 (Zodiac) 安全简报**。
将进行签到检查。报告厅使用英语讲解，观景厅使用普通话讲解。

16:30 下午我们将按甲板逐层通知进行**强制性的 IAATO 生物安全检查**，地点在 5 层观景厅。被叫到时，请携带 **(仅需携带检查，请勿穿戴)** 所有计划在南极使用的外套、包、靴子、救生衣、三脚架等物品，供探险团队检查。

请在前往报告厅前确保所有装备已清洁，

并在获得探险团队批准后**签署自我声明表**。

18:15 请前往观景厅参加探险团队的每日总结

19:00 晚餐将在 4 层的餐厅供应。

“以坚韧不拔的毅力，我们终将胜利。”——欧内斯特·沙克尔顿



发现南极之旅

日期：2026 年 1 月 21 日

第 4 天：库弗维尔岛 (Cuverville Island) 与奥恩港 (Orne Harbour)

07:15 叫早，早安

07:30-08:30 4 层餐厅享用自助早餐

今天上午，我们计划在库弗维尔岛进行登陆及冲锋艇巡游活动。库弗维尔岛是南极半岛地区最大的金图企鹅栖息地之一。

08:30 我们邀请红组前往 3 层甲板集合，前往库弗维尔岛进行登陆活动。

09:00 我们邀请蓝组前往 3 层甲板集合，进行库弗维尔岛周边巡游活动。

上午活动进行到一半时，参加冲锋艇巡游的客人将登陆，而原先登陆的客人将转而进行冲锋艇巡游。

12:30-13:30 4 层餐厅享用自助午餐

奥恩港是位于格雷厄姆地 (Graham Land) 西海岸的一处风景优美、宽约一英里的海湾，以壮观的冰川和高耸的山峰景色而闻名。这里是一个非常受欢迎的登陆点，拥有大量帽带企鹅的筑巢群落。从海滩出发，经由一条陡峭但安全的步道即可抵达企鹅栖息地。奥恩港同时也是一次真正的南极大陆登陆！

14:00 我们邀请蓝组前往 3 层甲板，在奥恩港进行登陆活动。

14:15 我们邀请红组前往 3 层甲板，参加奥恩港的巡游活动。

18:15 请前往五层休息大厅，与探险队一起参加每日回顾

19:00 晚餐将在 4 层的餐厅供应。

21:00 +/- 露营活动的客人请前往 3 层甲板登上冲锋艇。请留意船上广播通知。

“企鹅与孩子有着异乎寻常的相似之处——它们是南极世界里的小角色：要么像孩子般天真可爱，要么又像自以为举足轻重、却总是赶着吃晚饭的老头子。它们身着黑色燕尾服、白色衬衫前襟，肚腹微隆，神态十足。”

——阿斯普利·切里-加勒德 (Aspley Cherry-Garrard)，英国探险家



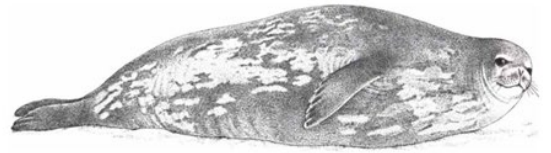
发现南极之旅

日期：2026 年 1 月 22 日

第 5 天：富尼耶湾（Fournier Bay）与尼科港（Neko Harbour）

07:15 叫早，早安

07:30-08:30 4 层餐厅享用自助早餐



上午，我们计划在富尼耶湾进行冲锋艇巡游。这里四周景色壮丽，期待能看到海豹，甚至还有鲸鱼出没。

09:00 我们邀请红组前往 3 层甲板参加富尼耶湾的冲锋艇巡游活动。

09:15 我们邀请蓝组前往 3 层甲板参加富尼耶湾的冲锋艇巡游活动

12:00-13:00 4 层餐厅享用自助午餐

在我们进行航线调整期间，如果您希望在登船日乘坐大巴直接前往机场，请抽空前往前台接待处，确认您的姓名是否已列入大巴名单。

下午，我们计划在尼科港进行登陆及冲锋艇巡游活动。在这里，您可以欣赏到壮观的冰川、浮冰以及金图企鹅的栖息地。第一组将先行登陆，另一组进行冲锋艇巡游；下午活动进行到一半时，两组将进行轮换。

14:00 我们邀请蓝组前往 3 层甲板，在尼科港进行登陆活动

14:15 我们邀请红组前往 3 层甲板，在尼科港参加冲锋艇巡游活动。

18:15 请前往五层休息大厅，与探险队一起参加每日回顾

19:00 晚餐将在 4 层的餐厅供应。

“我只是出去一下，可能会需要一些时间。”

—— L.E.G. 奥茨上尉（Captain L. E. G. Oates），英军因尼斯基林龙骑兵团军官。

1912 年 3 月，在从南极点返程途中，为了减轻同伴的负担、争取他们生存的机会，他在暴风雪中毅然走向死亡。



发现南极之旅

日期: 2026 年 1 月 23 日 日落时间: 22:48 日出时间: 3:54

第 6 天: 勒梅尔海峡 (Lemaire channel 别名: 利马水道)、普雷诺岛与彼得曼岛 (Pleneau and Petermann Island)

06:45 叫早, 早安

今天早上, 我们将航行通过壮观的**勒梅尔海峡**, 这里被许多人认为是南极最上镜、最具摄影魅力的航道之一。

请于 **07:00** 到甲板上欣赏两侧高耸的冰川和可能出现的野生动物, 我们将穿行于这条狭窄而震撼的通道中。

08:00-09:00 4 层餐厅享用自助早餐

明天的天气状况看起来较为严峻, 我们需要在早晨对情况进行评估。请留意广播通知, 我们会随时向您通报当天的计划安排。

12:30-13:30 4 层餐厅享用自助午餐

今天下午, 我们计划在**彼得曼岛**登陆。这是一座位于南极半岛西海岸、靠近勒梅尔海峡南端的小型岩石岛屿。这里以**阿德利企鹅**和**巴布亚企鹅**的栖息地而闻名, 也是南极科考和探险旅游的常用登陆点。下午活动进行到一半时, 两组将进行轮换。

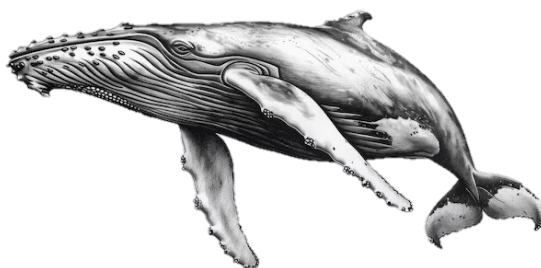
13:30 +/- 我们邀请**红组**前往 3 层甲板参加彼得曼岛进行登陆活动

13:45 +/- 我们邀请**蓝组**前往 3 层甲板参加彼得曼岛冲锋艇巡游。

18:30 请前往五层观景大厅, 与探险队一起参加每日回顾

19:00 南极烧烤晚餐将在五层船尾甲板举行, 请穿暖和些! 😊

“有这样的朋友相伴, 我想, 在任何情况下都能坚持下去。”
—— 安德烈·所罗门, 瑞典探险家





发现南极之旅



日期：2026 年 1 月 24 日 日落时间: 22:37 日出时间:4:02

第 7 天：威廉明娜湾 (Wilhelmina Bay) 与福因港 (Foyen Harbour)

07:15 起床

07:30-08:30 自助早餐

今天上午，我们将探索威廉明娜湾。这将是一次真正的南极探险活动，我们会根据情况随时向您通知是否可以进行登陆或冲锋艇巡游

待定 我们将邀请**红组**登上冲锋艇——请留意广播通知。

待定 我们将邀请**蓝组**登上冲锋艇——请留意广播通知。

12:30-13:30 自助午餐

下午，我们希望带您前往福因港进行冲锋艇巡游。这里最特别的景点之一，是挪威捕鲸工厂船总督号”（Guvernøren）的沉船遗址。1915 年，在船上发生火灾后，船长为了拯救船员和船上的鲸油，故意将船驶上岸搁浅。

14:30 邀请**蓝组**参加福因港冲锋艇巡游。

14:45 邀请**红组**参加福因港冲锋艇巡游。

18:15 欢迎前往观景休息室参加探险队的每日回顾。

19:00 晚餐

“胜利属于一切准备就绪的人——人们称之为运气；失败必然降临于那些忽视必要准备的人——我们称之为霉运。”

—— 罗阿尔德·阿蒙森



发现南极之旅

日期: 2026 年 1 月 25 日 日落时间: 22:18 日出时间: 4:12

第 8 天: 欺骗岛(Deception Island)与南设得兰群岛(South Shetlands)

06:45 叫早, 早安

07:00 船长将驾驶 **宏迪斯号** 穿过海神的风箱进入欺骗岛

07:30-08:30 自助早餐将在 4 层甲板餐厅供应

我们希望能 *在 Whalers Bay (捕鲸湾) 登陆欺骗岛*。此岛是一个活火山的火山口, 曾经拥有南极最大的捕鲸站之一。在登陆活动结束后, 我们希望为大家提供**极地冰泳**的机会。请将**泳衣穿在外套里面**。我们会提供浴巾, **请不要**从房间自带毛巾。

08:30 我们邀请**英语**的客人前往捕鲸湾登陆

09:00 我们邀请**中文**的客人前往观景厅, 参加由 **Rose** 主讲的《地质学》讲座

10:30 我们邀请**中文**的客人前往捕鲸湾登陆

11:30 我们邀请**英语**的客人在讲座室参加 **Enric** 的《地质学》讲座

12:30-13:30 自助午餐将在 4 层甲板餐厅供应

15:30 请将您的靴子送回 3 层甲板, 在归还前请确保靴子已清理干净。我们将按甲板顺序通知大家。

16:00 Jerry 邀请您前往观景休息室, 参加普通话讲座: 《**奔向南极点的竞赛**》

16:00 Jens 邀请您前往讲座室, 参加英文讲座: 《**奔向南极点的竞赛**》。

18:30 请前往观景厅参加探险团队的**每日总结**。

19:00 4 层餐厅享用自助晚餐。

20:30 我们邀请您前往讲座室观看关于《**欺骗岛最后一次火山喷发**》的纪录片

温馨提示: 今天下午我们将驶入公海。为避免晕船, 请在感到船体摇晃前服用晕船药。午餐后医生将在观景厅提供帮助。请妥善固定重要物品, 并确保舱门和抽屉紧闭。甲板上请缓慢行走, 一只手扶船体, 并注意船上舱门猛然关闭, 容易夹伤或碰撞。



发现南极之旅

请注意，纪念品商店将于今日营业结束时关闭。

如您希望购买最后的纪念品，请务必及时前往选购。

日期：2026 年 1 月 26 日

第 9 天：海上航行——德雷克海峡

明天我们可能会在德雷克海峡遇到较大的涌浪。如果您感到身体不适，我们建议您留在自己的客舱内休息。如果您在船上活动，请务必记住始终**一手扶船**以确保安全。

请留意关于外部甲板的广播通知：如果我们需要关闭甲板，这完全是为了您的安全考虑，但在条件允许的情况下，我们会尽量保持开放。

今天不提供叫早服务 ☺

08:00-09:00 自助早餐将在 4 层甲板的餐厅供应

09:15 Pierre 邀请您前往**观景厅**，参加他关于《**座头鲸**》的讲座！
讲座将以英语进行，并配有普通话翻译。

11:15 Luce 邀请您前往**观景厅**，参加她的讲座：《**水面之下正在发生什么：南极水下栖息地与食物网**》
讲座将以英语进行，并配有普通话翻译。

12:30-13:30 自助午餐将在 **4 层甲板餐厅**供应

16:00 潜水团队负责人 Michael Green 邀请您前往**观景厅**，参加关于**捕鲸与磷虾**的讲座。讲座将以英语进行，并配有普通话翻译。

18:15 请加入探险队，在观景厅参加**每日回顾 (Daily Recap)**。
酒店经理将提供有关下船、结算账目等重要信息，因此我们强烈建议**每个团队至少派一位代表参加**。

19:00 晚餐将在 4 层甲板的餐厅供应。

“海洋一旦施展它的魔力，便会将人永远困在它奇妙的网中。”

—— 雅克·库斯托



发现南极之旅

日期：2026 年 1 月 27 日

第 10 天：海上航行——德雷克海峡

今天大部分时间预计德雷克海峡将有**强烈涌浪**。如果你感到身体不适，我们建议你留在船舱内休息。如果你需要在船上活动，请务必记住：**始终空出一只手扶稳船体**。

请留意有关户外甲板的广播通知。今天户外甲板很可能全天关闭。

今天无叫早，睡到自然醒 😊

08:00-09:00 自助早餐将在 4 层甲板的餐厅供应

早餐后，请前往前台结清个人账目。请务必在今天 17:00 之前完成结账。

09:15 Sid 邀请你前往观景厅，参加他的讲座《冰层之下的生命》
讲座将以英语进行，并配有**普通话翻译**。

11:15 Hana 邀请你前往观景厅，参加她的讲座《冰山》
讲座将以英语进行，并配有**普通话翻译**。

12:30-13:30 自助午餐将在 4 层甲板餐厅供应

14:00 Pierre 邀请你前往观景厅，参加他的讲座《Oceanwide 可提供的其他航线和目的地概览》
讲座将以英语进行，并配有**普通话翻译**。

16:00 Valeria 邀请你前往观景厅，参加她的讲座《马黛茶 (Mate) 》体验工作坊
讲座将以英语进行，并配有**普通话翻译**。

18:00 请加入船长和探险团队，在观景厅参加：
- **船长鸡尾酒会**
- 下船安排说明
- 本次航程幻灯片首映（由 Valeria 和 Jodi 制作）
航程结束后，你将通过电子邮件收到这份幻灯片。
请确保你已**扫描二维码完成登记**。

19:00 晚餐将在 4 层甲板的餐厅供应。

我最看重的品质是**乐观**：尤其是在遭遇挫折和看似失败时依然保持乐观。**乐观才是真正的道德勇气**。—— 欧内斯特·沙克尔顿爵士



发现南极之旅

日期：2026 年 1 月 28 日

第 11 天：乌斯怀亚 (Ushuaia)

07:15 起床

请在前往早餐前，于 07:30 之前将您的行李放置在客房外。

07:30-08:30 早餐自助餐将在 **4 层甲板餐厅** 供应

请注意：

抵达乌斯怀亚后，请在休息室等候，直到港口代理完成清关手续并通知您可以下船。
我们将仅为早班航班的客人提供免费机场巴士服务，发车时间为上午 **08:30–09:00**。如需使用
此服务，请在码头识别并确认您的行李，然后将行李放上巴士。

下午航班的客人：我们将把您的行李转运至行李投放中心，您需要在 **14:00** 之前前往领取。

如需此服务，请在码头识别并确认您的行李，并将其放入行李运输卡车。

自行安排交通或计划留在乌斯怀亚的客人：请在码头识别并确认您的行李，并自行携带离开。

08:45+/- 我们将邀请其余所有宾客下船。 .

Hondius 号上的全体探险团队与船员祝您旅途平安。感谢您与我们共同分享这段非凡的航程，期待未来能再次与您一同航行。