

PHOTO EXPEDITION GREENLAND

ON BOARD M/S FREYA 14.08-24.08 2018



WILDPHOTO
TRAVEL

BEFORE THE EXPEDITION

Personal details

To make sure you have the best trip possible to Greenland 14–24 August 2018, we ask you to read the information below. It is also important to make us aware of any dietary allergies, health issues or requirements you have.

Health

If you have had any major surgeries in the last two years or chronic illnesses that will affect your comfort on the ship, we should be made aware of it as soon as possible.

Insurance

We strongly recommend you to have insurance covering medical conditions (illness, accidents, death) and evacuation during the period on board the ship. In case of any undesired event we need to have at least the insurance number and emergency telephone number to your insurance company. We do also recommend that you have trip cancellation insurance, but this is not mandatory.

Passport and visa

All visitors to Greenland need to bring a valid passport. Foreign travellers will have to clarify whether they need a visa for Iceland / Greenland (Denmark). Greenland is outside the European "Schengen"-agreement, and if you need passport it has to be clear that you will visit Greenland, not Denmark.

EU and US citizen do not need a VISA, but citizen from China, India etc. must apply for a VISA. Check more information about VISA at: nyidanmark.dk/en-GB/

Currency

The currency in Iceland is Icelandic Krona (ISL), and in Greenland (Scoresby Sound) Danish Kron (DKK).

Currency on board M/S Freya is Norwegian Kroner (NOK), EURO or US Dollars (USD). Credit cards (VISA, MasterCard and AmEx) will be accepted on the ship and in most stores on the island. No traveller's checks or other checks are valid.

Flights to/from Akureyri, Iceland

Flight to / From Reykjavik / Akureyri is not included in the expedition price, and must be ordered separately by every guest. Make sure to book your flight to Reykjavik / Akureyri arriving the day before the start of the expedition.

Recommended flights 13.08 Reykjavik – Akueyri with airiceland (www.airicelandconnect.com):

09:55 Reykjavík – 10:40 Akureyri
12:50 Reykjavík – 13:35 Akureyri
17:30 Reykjavík – 18:15 Akureyri
20:10 Reykjavík – 20:55 Akureyri

Recommended flights 24.08 Akureyri – Reykjavik are:

08:25 Akureyri – 09:10 Reykjavík
11:10 Akureyri – 11:55 Reykjavík
14:05 Akureyri – 14:50 Reykjavík

Buy your tickets as soon as possible.

Lost luggage

Lost or delayed luggage is out of our control. Please pack a small bag with all your essentials, including medicine, and bring it in your carry-on luggage. The most essential photographic equipment should also be carry-on luggage. See the checklist below for packing details.

There are stores in Akureyri selling the most essential things you need, but be aware of their opening hours (usually not open on Sundays).

Transport from the airport

Akureyri is a small town and everyone knows where the dock is (with M/S Freya) and also where to find accommodation. Upon arrival at the airport you can take a cab or the city bus to your hotel

Accommodation in Akureyri

There are several hotels in Akureyri and we recommend to book through Booking.com or direct to one of the hotels.

Transport to the ship

14th August our ship M/S Freya will be in the harbour and we ask everyone to meet at the dock 16:00 at latest. Boarding opens at 16:00 and we expect to leave before 17:00. The easiest way to get to the dock is by cab. We will return to Akureyri (around 23:00 23th August) in good time before disembarking the ship at 09:00 on the 24th August after breakfast. It is also possible to disembark the ship earlier if you have an earlier flight (08:25 flight) from Akureyri.

SHIP INFORMATION M/S FREYA



M/S Freya was originally built at Åsis Yard in Åmål 1981, for the Swedish Maritime Administration as the light house building vessel "FYRBJÖRN". The ship was owned by the Maritime Administration until 2011, when it was taken over by the Swedish Coast Guard. MS Freya is built to Lloyd´s class for unrestricted trade and has the highest ice class 1A. The vessel was rebuilt and extended 5 meters with a tank section at Holms ship yard in Råå 1995.

The ship was refitted as a tourist expedition ship in 2015, with the new name "Freya af Göteborg". 2017 an upgrading was done, with seven large twin cabins and a nice lounge was added.

With a engine power of 1360 hp, the highest ice class and certificates for unrestricted trade, MS Freya is an excellent and very useful expedition ship.

Gross Tonnage: 698 GT

Length: 45,6 Metres

Width: 10,5 Metres

Draft: 3.9 Metres

Passenger Capacity: 20

Zodiacs: 2

Crew: 7-8, led by an experienced Captain

Guides: 2

Iridium Pilote Phone: TBA
Iridium Satellite Phone: TBA

FACILITIES ON BOARD

Cabins

There are 10 passenger cabins on board – 6 single and 4 shared cabins. They are all outside cabins with windows.

Communication

The ship can be contacted via satellite phone. There is no regular Internet access on board.

Please note that you will have no reception on your mobile phone during the expedition.

Electricity

The electrical supply aboard the ship is 220 volts using Scandinavian two-prong plugs. We recommend that you bring an international adapter if needed.

Bridge Visits

There is an open bridge policy on board and passengers are welcome to visit the bridge at all times. Please respect the Captain's orders, especially during difficult ice navigation.

Bar Service

The bar is located in the dining room on the upper deck and carries a selection of alcoholic beverages and soft drinks. Your bar bill will be payable at the end of the expedition.

Laundry

Please note that there are no laundry facilities on board.

Meals

The dining room located on the upper deck seats all passengers in one single sitting. Our chef will serve you three meals a day. Breakfast is buffet style and lunch and dinner will be a combination of buffet style and waiter service. If you have special dietary needs, these must be clearly indicated prior to your departure.

Coffee and tea is available around the clock in the "Saloon".

Medical

There is not a doctor on board. Passengers under regular treatment or requiring special medication should bring sufficient quantities to last the duration of the expedition. The only settlement we plan to visit is Ittoqqortoormiit without any hospital.

Money Matters

The standard currency on board the ship is the Norwegian Kroner (NOK), but we also accept EURO and US Dollar. A tab of your expenses in the bar and shop will be kept throughout the expedition. Your account will be payable at the end of the expedition by cash or credit card (Visa, MasterCard and AmEx). Debit cards are NOT accepted.

Tipping is discretionary, although a rough guideline is \$15 US Dollars per passenger per day.

Shop

The shop offers a limited selection of clothes, postcards, books and souvenirs.

Smoking

A non-smoking policy applies inside the ship. Smoking is only allowed outside on the aft deck in the designated area due to safety reasons. Please note that it is strictly forbidden to throw cigarettes over board.

Water

The water on board is safe to drink.

EQUIPMENT CHECKLIST

During the time you'll be visiting Greenland, the mean temperature is close to 0–5 °C. Due to the wind chill factor, you may experience temperatures a few degrees below zero. There is normally very little rain (snow) in eastern Greenland. When going ashore by Zodiacs, make sure to wear waterproof jacket/trousers and knee-high rubber boots. Below you will find some instructions on how to dress in polar climates, as well as an equipment checklist.

A FEW WORDS ON HOW TO DRESS IN POLAR REGIONS

The key is to dress in three or more layers, which allows perspiration, insulates you from the cold and protects you against the wind. The layering method also allows you to easily adjust your clothing when the weather and temperatures change.

The inner layer

Clothing next to your skin must get rid of perspiration from your body to keep you dry and warm. This layer should be close to your body and should be quite tight. Good materials for this first layer are wool or synthetic materials. Cotton should never be worn close to the body, or preferably not at all.

The middle layer (or layers)

This layer provides insulation and retains body heat without restricting movement. Suitable materials for this layer are polar fleece or wool. This way you control your body temperature, and on a cold day we recommend two or more middle layers. It is better to wear several thin layers than one thick layer. On cold days you may need extra insulation.

The outer layer

The main function of this layer is to offer protection against the wind and water, but also to let out excess body heat. Therefore it is good to have a breathable material here such as Gore-Tex. Impregnated cotton materials are not recommended.

The top

80% of your body heat is lost through your head. Your head is like the body's funnel, and you should always wear a hat. The same principle applies here – preferable materials are synthetic fibre or wool, preferably wind proof.

Hands and feet

These parts of your body are extra sensitive. It is important to keep hands and feet dry and warm! The same layering method applies here. Use inner gloves made of synthetic fibre, silk or wool and cover with a wind/waterproof mitten. Mittens are much warmer than gloves! Please remember to bring an extra pair of mittens. You should wear inner socks of synthetic fibre and cover with layers of wool or synthetic socks. A pair of solid knee-high rubber boots are the secret weapon when going ashore on the Zodiacs. It is also wise to bring wool insoles.

Suggested equipment for GREENLAND

Luggage:

A Hand luggage (photo bag)	C Clothes on the plane	D Checked bag(s)
B PC-bag		

Clothes

Warm socks D	1 Gore-Tex / down jacket C	Pants D
Cotton socks D	1 Gore-Tex pants D	Sweaters D
Panties/boxers D	2 Wind/water proof gloves D	
T-shirts D	1 Pair of mittens D	
2 Warm underwear upper D	2 Warm hats D	
2 Warm underwear lower D	1 Pair of knee-high boots D	
1 Fleece Jacket D	1 Pair of hiking boots C	
	1 Pair of shoes (on board) D	

Photo gear

2 Camera bodies A	Tripod D	Extra camera batteries A
Telephoto lens 400mm+ A	Polarizing filter A	Battery charger(s) B
70-200/2.8 A	Flash A	CF-cards min. 250GB C
Wide angle zoom(s) A	Batteries flash A	Rain coat for camera D
1,4x + 2x extenders A		Photo «First aid kit» A

Lapptop

13" or 15" laptop B	2 Hard drives (500+ GB) B	CF / SD-card reader B
Power cable B	Software B	

Miscellaneous

Letherman multitool D	PASSPORT !! C	Toothbrush D
Charger cell phone B	Flight tickets C	Shampoo D
Binoculars D	Flashlight D	Sunscreen (SPF 30-50) D
Tape D	Notebook B	Sea sickness pills A
Dry bag !! D	Water bottle D	Sunglasses D
		Any Medicine A

Equipment to do or buy!

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ABOUT PHOTOGRAPHY

Photography is the main activity on this photo expedition. The level of interest, skills and equipment will differ from person to person, but the following may help you to prepare for your upcoming photo expedition.

EQUIPMENT

- **Camera:** Whatever camera you use, be sure to check that it is working properly before you leave home, and perform sensor cleaning (by yourself or an expert). We recommend to bring 2 cameras so you have one back-up if something happens with your primary camera. It's also handy with one camera with a telephoto lens and another with a wide-angle lens.
- **Camera features:** The most important thing with your camera is that it has good low-light capabilities (High-ISO). At least ISO 1600 will in many situations be your desired ISO setting.
- **Lenses:** We recommend a 400+ mm telephoto lens for photographing wildlife. A wide angle zoom lens and 70-200mm is very useful for landscape photography.
- **Batteries:** Bring back-up batteries for your cameras, flash etc. You can recharge your batteries on board. In cold climates the batteries lasts shorter than normal.
- **Memory cards:** The general rule is to bring more memory cards than you expect to need. We recommend at least 250 GB in CF or SD card.
- **Weather:** Your equipment should be weatherproof, or you should bring rain cover for your equipment. A dry bag is strongly recommended when traveling with camera gear in the zodiacs. Rain is not the worst, but it's sea water spray in the zodiacs. Small sand particles on some beaches might also cause problems.
- **Tripods:** Tripods are useful onshore, and also on the boat, but not in the zodiacs. With telephoto lenses larger than 300mm on a tripod on board the ship you have to use fast shutter speeds (like 1/1600 sec) because of the ship's vibrations.
- **Flash:** Use of flash might be useful when photographing birds in flight.
- **Computer:** It's always good to have a laptop with 1-2 back-up disks (min. 500 GB) to store and edit your images. This is also how you can share your photos with others during the expedition.
- **Drones:** To be allowed to fly and photograph using a UAV (Drone) on WildPhoto Travel expeditions you will have to submit proof of a professional permit well in advance of the expedition. It is also important to know that use of a drone on our boat expeditions will only be allowed if approved by the expedition leader and the captain onboard our ship. Out of respect for other passengers that travel to this remote part of our world it is also important that everyone is informed about the use of a drone during the general information briefing, and that any comments will be taken into consideration before taking flight. We do hope that everyone taking a drone will remember that this is a sensitive subject for many and that even though you are allowed to bring your drone there might be situations where you can not fly.

CONSERVATION GUIDELINES

When travelling with WildPhoto Travel you visit places that have been off-limit up until recently. Now, thanks to modern technology, we can visit these remote places. This also means that we have a great responsibility to ensure that the natural environments we visit are not disturbed by our presence. While you are on board our ship, you will find that the principles of conservation are of great importance.

By sharing our environmental concerns as we explore the wonders of nature, we look forward to guiding our guests towards becoming ambassadors for these remote corners of the world.

The following guidelines must be followed by all participants.

LANDINGS

Passengers must be aware of certain regulations involving the Zodiacs in order to ensure safety in our operations:

- The Zodiac driver is in charge of the boat and its operations. Please follow his or her instructions at all times.
- There may be wet landings (these may require getting your feet wet by wading ashore). We would advise passengers to wear appropriate waterproof clothing as protection from sea spray or rain when in the Zodiacs. Passengers should also use a weatherproof bag (or bring along a small plastic bag) to protect non-waterproof items such as cameras and binoculars.
- Always wear the life jackets provided when travelling in the Zodiacs. This is for your safety, and is required at all times while in the Zodiacs, regardless of weather and sea conditions.
- Always accept the helping hands of crew members and Zodiac drivers when stepping into or out of the Zodiacs at the ship's gangway. Keep both hands free for this operation and use the preferred "sailor's grip" (i.e. grip each other by the wrist, because this gives a much stronger grip than just holding hands).
- Minimise the number of separate articles you take along with you when using the Zodiacs. Backpacks are ideal for consolidating such diverse objects as cameras, binoculars, rain wear, extra shoes, etc. It also enables you to have both hands free.
- Personal hand luggage should be given to the boat handlers before embarking or disembarking the zodiac.

RESPECTING WILDLIFE

The main focus on this WildPhoto Travel expedition is photographing wildlife and landscape, and we want to get great images without stressing or disturbing the wildlife too much.

- Watch your step. Keep to established paths when possible. Exercise extreme care among breeding colonies of seabirds. Be aware of ground nesting birds. Follow the instructions given by your guides.
- Approach wildlife very carefully when taking photographs. It is important to remember that your photography is not over when the shutter clicks. Make your retreat from the subject in the same way you approached. The key point to remember is not to cause the animals any distress. Never harass wildlife for the sake of a photograph.
- Take care not to startle or chase any bird from its nest. Your attention to a nesting or moulting bird should never be prolonged when a predator is in the vicinity. Foxes, gulls and skuas are especially adapted to exploiting disruptions by raiding exposed nests and the young.
- Monitor your surroundings and be sensitive to any disruption you may be causing. If an animal shows signs of distress or avoidance, move away carefully.
- Look but never touch. These are wild animals going about the daily business of their lives. We want to observe and photograph natural behaviour in its natural state.
- Avoid repeated trampling of plants. Disruption of the plant cover in wet environments can cause underlying permafrost to melt, leading to a perennial and spreading wound. In cold and dry habitats the recovery of plants is very slow.
- When ashore, stay with the group and/or one of the ship's guides. For your safety, never wander off on your own. Listen to the expedition leader and guides. Do not hesitate to ask your leaders and guides if you are not sure about something.
- Emphasise reading animal signs. The meaning of an animal's track can be as interesting as seeing the animal itself and avoids stressing the animal.

WILDERNESS ETIQUETTE

- In order not to introduce new species into Greenland please wash your boots at home and make sure that no seeds are included in the packaging or clothing (pockets, photo bag, etc.).
- Do not litter! Respect the wilderness, its wildlife and the enjoyment of future visitors. Return all litter to the ship for proper disposal. This includes litter of all types, such as wrappers, plastic bags, food waste and tissues. Leave no evidence of your visit.
- Do not collect natural souvenirs such as shells, rocks, feathers, bones or fossils.
- Keep noise level to a minimum.

HAVE A NICE JOURNEY!
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