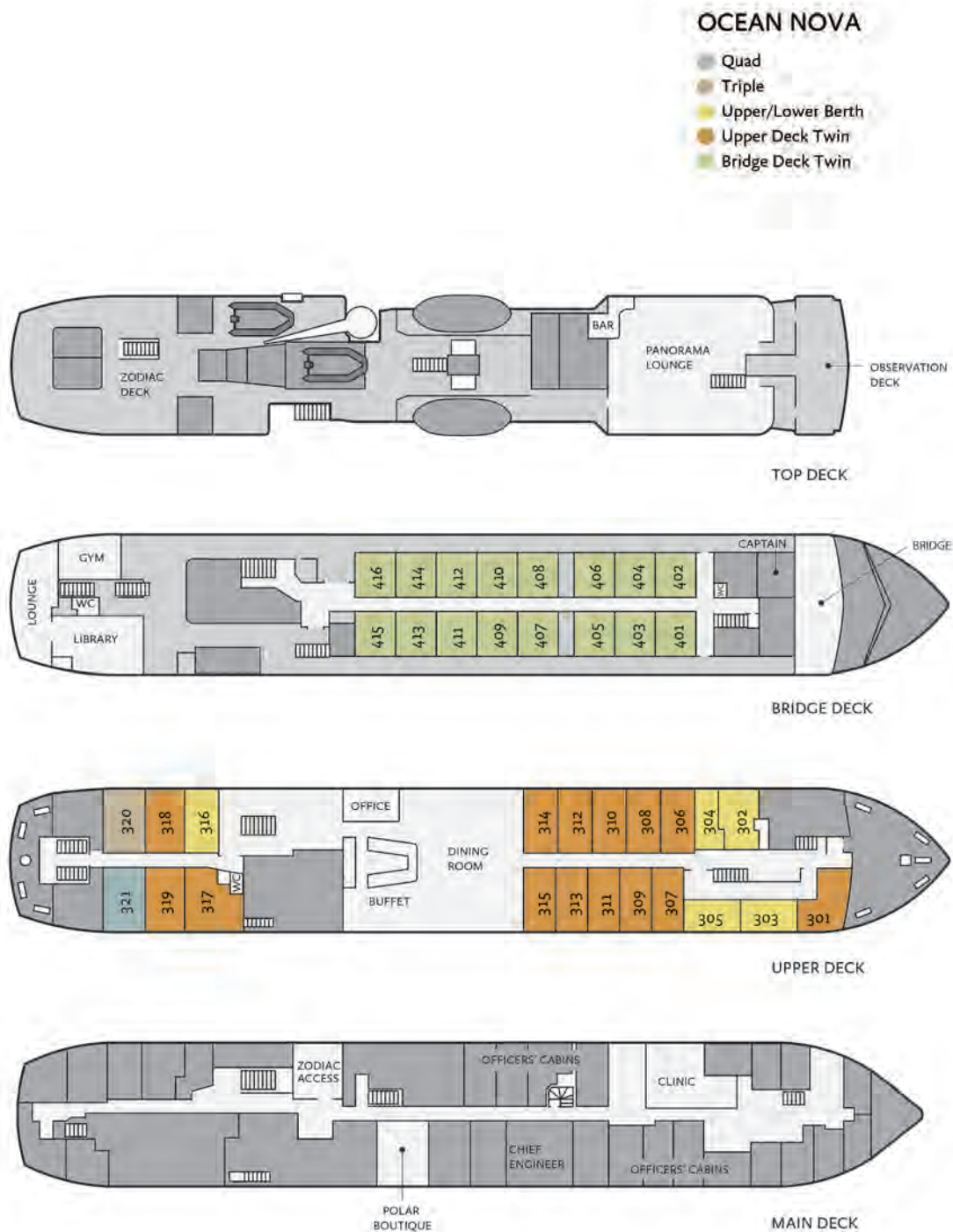


Ocean Nova

 Quark
Expeditions®
The Leader in Polar Adventures



Ocean Nova



Welcome Aboard!

The *Ocean Nova* will be your home away from home during your expedition. This booklet will help you get acquainted with your new home. Give it a read as it does include important information about the facilities available to you and the procedures everyone adheres to while at sea.

The passionate Expedition Team and crew aboard this ship can't wait to show you around and take you to places most people only dream about. Every day presents a new adventure. An early wake-up call may signal the sighting of nearby whales, while an afternoon Zodiac cruise may present you with the intense blues of passing icebergs. Polar travel is unlike any other type of travel, so please take a moment to get to know your ship.

Below you'll find some information about your expedition vessel.

ABOUT THE OCEAN NOVA

Designed to carry travelers in comfort to the most remote corners of the world, *Ocean Nova* was built in Denmark. This ship delivers clean, crisp Scandinavian styling with a reputation as a modern and comfortable ship in the Polar Regions. *Ocean Nova's* ice strengthened hull has enabled the ship to sail the ice-choked waters, carrying a maximum of 78 passengers.

SHIP SPECIFICATIONS

Staff & Crew **40**
 Guests **78**
 Length **240 feet, 73 meters**
 Breadth **36 feet, 11 meters**
 Draft **11 feet, 3.4 meters**
 Propulsion **Diesel Engine, 2,000 horsepower**
 Ice Class **1B (Hull 1A)**
 Cruising speed **11 knots in open water**
 Registered **Nassau, Bahamas**
 Lifeboats **2 fully enclosed**



Ocean Nova

Cabin Information

Cabins and suites are outfitted with the essential amenities you'll need to feel comfortable throughout your voyage. If you need extra items such as extra pillows or towels, please contact the Hotel Manager or your cabin attendant.

CABIN CONFIGURATIONS

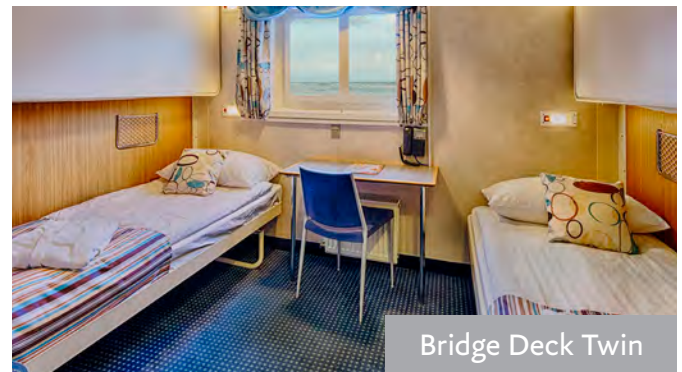
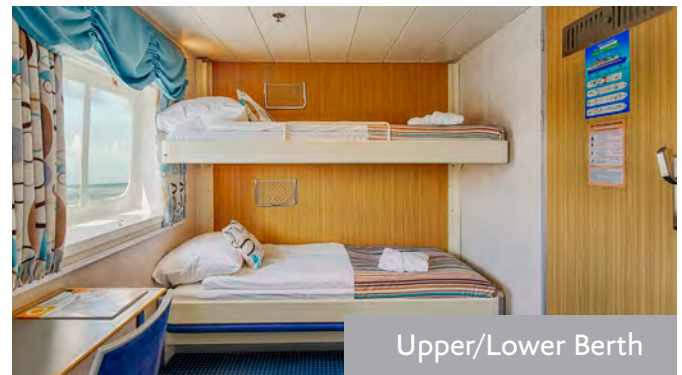
QUAD: At 157 sq. ft. (14.6 sq. m), a Quad Cabin is equipped with four twin beds (two lower berths and two upper berths). Located on the Upper Deck, it has exterior views and private facilities.

TRIPLE: At 145 sq. ft. (13.5 sq. m), a Triple Cabin is equipped with three twin beds (two lower berths and one upper berth). Located on the Upper Deck, it has exterior views and private facilities.

UPPER/LOWER BERTH: From 86 sq. ft. (8 sq. m), an Upper Lower Berth Cabin is equipped with one upper berth and one lower berth bed. Located on the Upper Deck, it has exterior views and private facilities.

UPPER DECK TWIN: From 106 sq. ft. (10 sq. m), an Upper Deck Twin Cabin is equipped with two twin beds. Located on the Upper Deck, it has exterior views and private facilities.

BRIDGE DECK TWIN: From 104 sq. ft. (9.7 sq. m), a Bridge Deck Twin Cabin is equipped with two twin beds. Located on the Bridge Deck, it has exterior views and private facilities.





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Cabin Information

SHOWERS AND TOILETS

Each cabin has a private bathroom with shower, toilet and wash basin. Shampoo and shower gel are provided for your use. The toilet system is very sensitive and can only handle toilet paper. Please do not deposit any tissues, paper towels, feminine products, etc. in the toilet.

ELECTRIC CURRENT

The electrical supply on board is 220 volts, 50 Hz. Passengers coming from the USA and Canada may need to bring a small 220v/110v converter. Before you buy a converter, check your electronics as most modern cameras, computers and devices are already compatible to use 220/110 volts.

The electrical outlets found in your cabin and around the ship accept standard European two round pin plugs, so you may need to bring a travel adapter.

Please be aware that the electricity supply may not be sufficient to power your electronic devices at all times. It is recommended that you check the voltage of your device before plugging it in, as the device may be damaged if the incoming voltage is higher than that for which it is manufactured. Please see www.quarkexpeditions.com/en/terms-and-conditions for more information.

HAIR DRYERS

There is a hair dryer included in each cabin.

BATHROBES

The bathrobes in your cabins are on loan for you to enjoy for the duration of your expedition.

VALUABLES

We recommend you travel with as few valuables as possible. If you've brought anything you need to keep safe, please speak to the Hotel Manager to store your valuables in the ship's safe.

CABIN TEMPERATURE - CLIMATE CONTROL

You may control the temperature and air-flow into the cabin by adjusting the heater controls and vent. If you are sharing a cabin with other travelers, please be considerate of their temperature preferences as well.

SHARED CABIN COURTESY

Many travelers elect to share a cabin with passengers they may not have previously met. All passengers have their own schedules and preferences. Please be courteous towards the needs of your fellow cabin mates.

HOUSEKEEPING SERVICE

Your cabin will be cleaned on a daily basis. Your towels will be changed along with your bed sheets every third day, subject to the length of the voyage and in accordance with Quark Expeditions®' sustainability practices. If you would like your towels changed more frequently, please inform your cabin attendant. Leaving a towel on the rack indicates you will be using it again, while putting a towel on the floor or in the shower or sink means you would like it to be washed.

LAUNDRY

A complete list of laundry fees will be provided on board. Request forms and bags are provided in your cabin. Laundry is collected each morning; please allow 48 hours for your laundry to be returned. Ironing services are also available at a minimal charge. We encourage you to take advantage of the laundry services, as it will mean you can pack fewer articles of clothing.

SPRINKLER SYSTEM

The sprinkler heads located throughout the ship, and in your room, are very sensitive. They can be activated by even the slightest touch. Please do not hang any items from the sprinkler heads, or smoke anywhere on the ship outside the designated smoking area. Guests activating the sprinkler system may be responsible for damages that occur.

CABIN CALLS & EMERGENCIES

Below is the telephone list to contact other cabins or areas of the ship:

Location	Tel. No
<i>Hotel Manager</i>	9205
<i>Clinic/Hospital</i>	9209
<i>Room to Room</i>	Dial 9+ room number

In case of emergency, please alert the Bridge or any Crew or Expedition member immediately. There is an emergency alarm button in your cabin should you require emergency assistance. It is placed near the entrance door. Engaging the alarm sends a signal to the bridge where the officer on watch will summon a crew member to your cabin. You must press 4-5 seconds to activate the alarm (this is to avoid false alarms).





Photo courtesy of Steven G Denver



Ocean Nova

On Board Procedures

WATER

All passengers receive an eco-friendly, reusable water bottle in their cabin upon arrival. The Expedition Team will brief you on the location of filling stations on the ship.

ONBOARD ACCOUNTS

To make things as stress-free as possible, items you purchase from the Polar Boutique, lounge or bar (including drinks) are charged to your ship account. Cabin charges can also include laundry, communication charges and adventure options booked onboard (space permitting). Payments of shipboard accounts are made towards the end of the expedition, at the Hotel Manager's Office. The US dollar is the standard currency onboard. You can use cash, Visa, MasterCard or American Express credit cards to pay your shipboard account. Personal checks are not accepted.

Note: If you are sharing a cabin and would like separate accounts, you must advise the Hotel Manager.

GRATUITIES

Gratuities are included on your behalf for our hotel and expedition team members.

ANNOUNCEMENTS

Announcements in English over the ship's public address system will alert you to wildlife sightings, itinerary changes, and landing instructions for going ashore. Announcements can be heard in cabins and all public spaces.

On some voyages, where non-English-speaking groups travel with us, announcements will be repeated in other languages. Out of courtesy to other travelers, we ask that you remain quiet during all announcements - even those made in languages that are not your own.

BRIDGE VISITS

During your voyage you may be given access to the Bridge, where you can observe how the Captain and officers sail and navigate the ship. However, the Captain and Bridge officers do restrict access during arrivals and departures from port and during times of complicated navigation. As the Bridge is an important working area on the ship, we ask that you keep noise to a minimum to avoid distracting the officers from conducting their jobs efficiently. Understandably, Bridge etiquette includes a 'no eating, drinking or smoking' policy.

ENVIRONMENTAL POLICY

Help us take care of our environment! To keep our land and waters clean, kindly use all trash receptacles on board. Never throw anything over the side of the ship. Due to the complicated process of desalinating sea water for use on board, guests are asked to practice water conservation at all times.

BATTERY DISPOSAL

Please do not throw old batteries in your cabin garbage. Kindly bring them to the Hotel Manager's Office for proper disposal, or use the battery disposal bin located outside the dining room on the Upper Deck.

LOST & FOUND

If you find any misplaced items, please bring them to the Hotel Manager or give them to a member of the Expedition Team. If you lose anything yourself, advise our staff so that they can assist you.

SMOKING

To protect the health and safety of its guests, Quark Expeditions® maintains a no smoking policy in the interior of the ship including cabins, near Zodiacs and on landings. Smoking on the ship is permitted in the designated smoking area only, which your Expedition Team members will be happy to point out for you. Always make sure to extinguish cigarettes properly and dispose of them in the proper receptacle. Please, never throw cigarettes overboard.

DOCTOR

Quark provides an English-speaking doctor onboard who manages a medical clinic stocked with a supply of common prescription medicines and basic first aid equipment. If you are under regular treatment for any ailment, you must bring a sufficient supply of medicine for yourself. We cannot accept responsibility for not having a specific brand or type of drug on board. Should you fall ill, the doctor will refer to the medical forms that you completed and returned to us; therefore it is vital that the information you provide is complete and accurate.



STAYING IN TOUCH WHILE ON BOARD

When you are not busy exploring the natural beauty of the Polar Regions, you may have the ability to make phone calls, check emails and use the internet while on board.

Please note that we travel to some of the most remote parts of the world. As we utilize satellite equipment for our connection, it is possible that occasional degradation or outages of services may occur. Personal communication services are not always guaranteed throughout your voyage. We encourage passengers to disconnect from digital life and reconnect with the natural world.

To access email or internet, you can purchase a pre-paid PIN card from the Hotel Manager. Data PIN cards can be used to access the internet from personal computers, tablets and smartphones. These cards are based on data used, not time connected, and can be consumed very quickly if you are not careful about what services are running in the background on your device(s). Once purchased, your PIN card will grant you access to network spots found throughout the public spaces of the ship. In some cases the connection will also work from your cabins; however the best connections will be from public areas.

You may also choose to set up a temporary ship-board email account. These special Webmail accounts are specifically geared towards satellite communications and will be a more efficient, lower-cost alternative to data service. Accounts are set up for a small charge. Enquire at the Hotel Manager's Office outside the dining room for details and prices.

Making phone calls from the ship will also require the purchase of a pre-paid PIN Card. Voice PIN cards allow calling from your cabin or guest telephones to shore telephones at various rates per minute - dependent on location and type of phone you are calling (calling mobile phones tends to be more expensive).

Current prices for these optional services will be posted onboard the ship. Please note we cannot provide refunds for unused voice or data cards.

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Public Spaces

POLAR BOUTIQUE

If you forgot any essentials or need a little souvenir from your voyage, the Polar Boutique on the Main Deck is our onboard gift shop. Opening hours will vary based on the daily expedition activities.

Gifts and souvenirs are great to bring home as mementos of your polar expedition. In addition to small souvenirs, our Polar Boutique offers a selection of expedition gear, including base layer clothing, waterproof pants, gloves and more.

LIBRARY

On the Bridge Deck, you will find a small library of polar books, reference materials and general reading material. The library is open 24 hours a day. Whatever your personal interests are, we're sure you'll find something worth reading. The collection includes books in multiple languages covering subjects like wildlife, history, marine biology, ecology and geology. A large collection of field guides, picture books and reference books is also at your disposal.

BAR

You will find the bar in the Panorama Lounge on the Top Deck. In the bar you can buy soft drinks, water, wine, beer, and spirits. You will also find a machine for complimentary hot drinks (coffee/tea/cocoa) where you are welcome to help yourself. Please leave the used cups on the tray. The Bar will be open from 9:30 am until late evening.

CREW AREAS

Please respect the privacy of the designated crew areas. This area is not accessible to passengers.

MEDICAL CLINIC

The Clinic is located on the Main Deck. In case of emergency, the doctor is available 24 hours a day, and can be contacted through the Hotel Manager or any member of the Expedition Team.

LOUNGE AREA

Our large Panorama Lounge on the Top Deck can accommodate everyone onboard, so it serves as our main lecture hall where presentations and movies are provided for your education and enjoyment. The Panorama Lounge also includes a selection of games for your entertainment.

On the Bridge Deck at the very back of the ship you will find the Aft Lounge. The Aft Lounge is accessible from outside on the Bridge Deck or from inside by the aft staircase from the Upper Deck. It offers a spectacular sea view with comfortable chairs and a coffee station.

LECTURES

Lectures are held in the Panorama Lounge and announced in the daily program. The library is occasionally used for small presentations.

GYM

Located on the Bridge Deck, gym hours are posted at the door, with facilities available on a first come, first served basis. Please refrain from bringing glass bottles into the gym. We kindly ask that you take care using these facilities and when you leave, please ensure the equipment is as clean and tidy as when you arrived.

OBSERVATION DECK

The Observation Deck, located on the Top Deck of the ship, is generally open for viewing wildlife and enjoying the open ocean. Our outer decks provide a good deal of open space and are accessible at any time (unless weather/sea conditions deem it unsafe).

HOTEL MANAGER'S OFFICE

A staff member is available at the Hotel Manager's Office to assist you or answer any questions during posted hours. You can purchase internet or email access cards and phone cards here, arrange for a wake-up call or settle your accounts at the end of the voyage.

Dining Onboard

DINING ROOM

There is one dining room located on the Upper Deck. If there is one constant at sea, it is that you'll enjoy delicious meals on a daily basis. While meal times may change due to landings and wildlife encounters, you'll always be served three meals a day. Hours of operation will be posted around the ship, and are subject to change based on the activities planned for each day.

BREAKFAST, LUNCH & DINNER SERVICE

There is one seating for all passengers at breakfast, lunch and dinner. The dining room has an open seating policy.

SNACKS AND COCKTAIL HOUR

Assortments of fresh-baked cookies and/or pastries are offered each afternoon. There is also a selection of hot and cold snacks available in the lounge during cocktail hour, expedition activities permitting.

DIETARY REQUIREMENTS & ALLERGIES

If you do not eat meat there is a wide selection of vegetables, pasta, grains and fruit available. Quark Expeditions® is able to cater to most special dietary requests, as long as you clearly indicated your needs on the required expedition forms when you booked your voyage. Menus will be clearly labeled for vegetarian and gluten free options, but please do notify your server of the dietary restrictions you indicated on your form. We regret that kosher food cannot be prepared.

FOOD PREPARATION

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs. Working in a small kitchen, our chefs are able to monitor and control the quality of food being served, ensuring you receive top quality meals during the course of your expedition.

SPECIAL EVENTS

You can arrange something special for an anniversary, birthday or other event by talking to the Guest Services representative ahead of time.

DRESS CODE

The dress code on the ship is casual, though some may choose to dress up a little for the Captain's Welcome Reception.

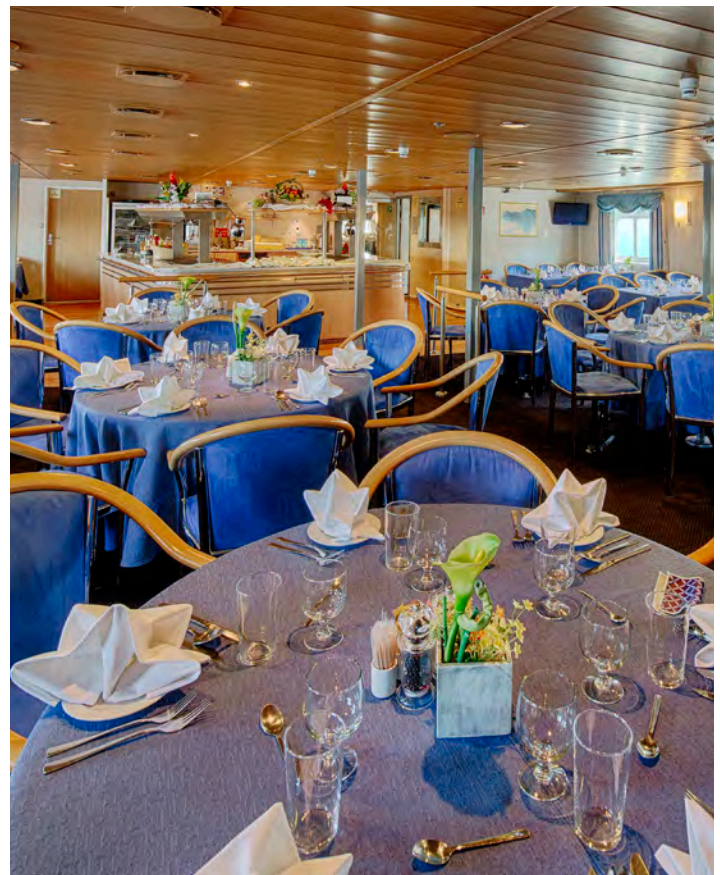
BAR & WINE SERVICE

The well-stocked bar on the ship is open to enjoy with your fellow shipmates in the late morning, afternoon and evening. Soft drinks, juices and water are available at no cost, and beer and wine are offered with dinner. A selection of liquors, spirits, and premium beer, wine and champagne is available and can be charged to your shipboard account.

Please note that it is Quark Expeditions®' policy to not serve alcoholic beverages to persons under the age of 18 years.

PERSONAL ALCOHOL POLICY

Consuming personal alcohol is prohibited anywhere on the ship.



Ocean Nova

Life At Sea

What is life like on an expedition? During days at sea, you'll enjoy lectures and workshops presented by our Expedition Team and spend time on deck looking for seabirds and marine mammals. Other days are packed full with multiple landings, Zodiac cruises and activities. Exhausting or relaxing, smiles abound as do great meals from your onboard chefs!

We have a number of policies and procedures that help make sure things run smoothly on the *Ocean Nova*, so take a look below to help get the most out of your time aboard.

SCHEDULE CHANGES

While the daily program will be posted, sometimes new opportunities present themselves on short notice—so expect the unexpected, and enjoy knowing that staff members are always here to make sure your expedition is as memorable and enjoyable as possible!

SAFETY ONBOARD AND ASHORE

Your safety and security is a top priority for our Expedition Team and crew members. Knowing how to safely move about your ship, act ashore and handle both wet and dry landings will help ensure you have a hassle-free expedition. Please take time to read the instructions in this important safety section.

SAFETY WHILE ON DECK

Be careful while walking around the outer decks, as footing can be slippery. Always use the handrails and wear proper closed-toe, nonslip footwear. Slip-on sandals, slippers or flip flops are neither safe nor suitable for wearing on board.

STAIRS & DOORS

There are high steps in many doorways that lead to the outer decks, please watch your step and proceed with caution. When passing through doorways or walking in your room, do not place your hands around the edges of doors. Be aware that if doors are not closed or latched open properly, they present a danger and can open or close violently and unexpectedly as the ship moves across the sea.

SAFETY BRIEFING & LIFE BOAT DRILL

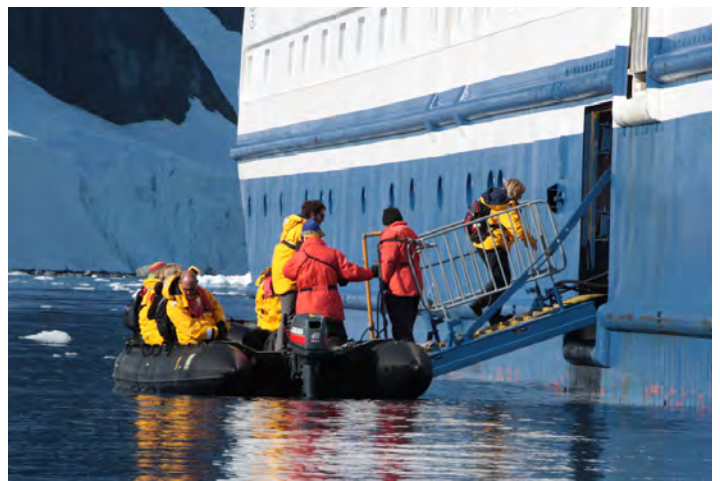
By international maritime law, you must participate in an emergency drill within 24 hours of sailing. Upon embarkation, you will have a safety briefing to outline appropriate behavior on board and emergency procedures. Afterward, a drill will be conducted to familiarize you with your lifeboat, life vest and emergency evacuation route. This mandatory drill will be scheduled as soon as possible by the Expedition Leader. You will be provided with full details after you embark.

LIFE VESTS

There is an orange SOLAS life jacket for every passenger on board, which can be found in the storage bins on the Top Deck. These life jackets are to be used in case of a ship emergency and during emergency lifeboat drills.

CONDUCT ASHORE

- For safety reasons, never walk alone while ashore. Always travel with someone else, or as part of a group.
- If weather conditions deteriorate the Captain will sound the return to ship signal, using the ship's horn. If you hear this, immediately return to the landing area or follow instructions from staff members.
- Do not litter. Take only photos and leave only footprints.
- Be punctual, as on time boarding and efficient landings mean we'll have more time to explore at future landings.







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