## Te mana o te moana and Paul Gauguin Cruises present



## DAY 1: PAPEETE, TAHITI — WELCOME ABOARD!

3:00 PM - 5:00 PM ENROLLMENT MEETING POINT: RECEPTION. DECK 4 Sign up for the program (if space is available) any time from embarkation until 5:00 p.m.

## 5:30 PM - 6:30 PM LIFEBOAT DRILL

The muster station is on your key card. Mandatory for all guests and crew.

### DAY 2: RANGIROA — MARINE MAMMALS

9:30 AM - 10:00 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4 Get an overview of today's activities.

10:00 AM - 11:30 AM MARINE MAMMALS DISCOVERY MEETING POINT: CAPTAIN'S LOUNGE, DECK 7 Learn about these animals through short videos, sounds and board games.

11:30 AM - 12:00 PM DOLPHINS' OBSERVATION MEETING POINT: CAPTAIN'S LOUNGE, DECK 7 Learn about these animals through short videos, sounds and board

1:15 PM - 03:30 PM IDENTIFICATION OF RANGIROA'S **DOLPHINS** 

MEETING POINT: TENDER, DECK 3



and try to recognize everyone from land thanks to the guides' instructions.

Bring water shoes, sunblock, water, a towel, and your room card.

5:00 PM - 5:30 PM REGISTRATION & INFORMATION MEETING POINT: RECEPTION, DECK 4 Come to talk with us about the next day's activities.

#### DAY 3: AT SEA — CORAL REEFS

9:00 AM - 9:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: TENDER, DECK 3 Get an overview of today's activities.

9:30 AM - 10:30 AM CORAL REEF DISCOVERY MEETING POINT: CAPTAIN'S LOUNGE, DECK 7 Games and a short video giving insights into coral reefs.

10:30 AM - 11:30 AM SWIM TEST MEETING POINT: POOL, DECK 8

Required for everyone participating in any snorkeling or swimming activities. We will also discuss water-safety guidelines.

Bring a snorkel, mask, fins, sunblock, a towel, water and your room card.

12:00 PM - 1:00 PM LUNCH WITH THE GUIDES MEETING POINT: LE GRILL, DECK 8 Chat with your naturalist guides as you enjoy lunch together.



## Moana Explorer Program

2:00 PM - 4:00 PM BOARD GAMES TOURNAMENT MEETING POINT: CAPTAIN LOUNGE. DECK 7

Challenge your friends during a Jenga tournament and other board games.

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4* Come to talk with us about the next day's activities.

## DAY 4: HAPATONI, TAHUATA — VEGETATION

8:00 AM – 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4 Get an overview of today's activities.

## $8:45~\mathrm{AM} - 12:00~\mathrm{PM}$ DISCOVER TREES AND FLOWERS OF TAHUATA

MEETING POINT: TENDER, DECK 3

Come and discover the local flora of the Marquesas by taking part in our plant race that will lead you to the sumptuous viewpoint overlooking Hapatoni Bay.

Bring walking shoes, sunblock, water and your room card.

2:30 PM - 4:00 PM TREES AND PLANTS OF POLYNESIA MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Discover the traditional using of plants in the Polynesian culture and learn more about the different species.

5:00 PM - 5:30 PM REGISTRATION AND INFO MEETING POINT: RECEPTION, DECK 4

Come to talk with us about the next day's activities.

## DAY 5: ATUONA, HIVA OA — NAVIGATION

**8:00 AM – 8:30 AM** A NEW DAY, A NEW ADVENTURE *MEETING POINT: RECEPTION, DECK 4*Get an overview of today's activities.

## 8:45 AM - 12:00 PM CREATION OF A VA'A MODEL ON ATUONA BEACH

MEETING POINT: TENDER, DECK 3

Go to Atuona beach and create a floating boat representing ancient Polynesian canoes, out of natural materials. If conditions permit, enjoy a refreshing swim on this black-sand beach!

Bring water shoes, sunblock, water, a towel, and your room card.

## 2:00 PM - 4:00PM DISCOVER TRADITIONAL NAVIGATION MEETING POINT: CAPTAIN LOUNGE, DECK 7

Through games and videos, follow in the footsteps of Polynesian ancestors and discover their navigation secrets.

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4* Come to talk with us about the next day's activities.

## DAY 6: OMOA, FATU HIVA — THE TRADITION OF TAPA

8:00 AM – 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4
Get an overview of today's activities.

## 8:45 AM - 12:00 PM TIKI HUNT MEETING POINT: TENDER, DECK 3

Meet Omoa artisans and learn how they make tapa and umuhei. Take part in the mysterious Tiki hunt and enjoy a walk in the valley to discover the famous petroglyphs of Omoa.

\*The program could be modified according to the weather conditions.

Bring walking shoes, sunblock, water, a towel and your room card.

**5:00 PM** – **5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4*Come to talk with us about the next day's activities.

7:30 PM – 8:30 PM TALES AND LEGENDS

MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Discover Polynesian tales and legends told by your naturalist guides.

## DAY 7: HAKAHETAU, UA POU — ISLAND CREATION

8:00 AM – 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4
Get an overview of today's activities and registrations.

8:45 AM – 12:00 PM VISIT THE HAKAHETAU ARCHAEOLOGICAL SITE

MEETING POINT: TENDER, DECK 3

Come and discover the archaeological site of Hakahetau and immerse yourself in Polynesian culture, full of history and myth.

Bring water shoes, sunblock, water and your room card.





## Moana Explorer Program

2:00 PM - 4:00 PM ISLANDS CREATION

MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Spend the afternoon learning more about islands' creation in the Pacific Ocean.

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4* Come to talk with us about the next day's activities.

## DAY 8: TAIOHAE, NUKU HIVA — SANDS AND THE EROSION

8:00 AM – 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4 Get an overview of today's activities.

# 8:45 AM – 12:00 PM DISCOVERY OF TEMEHEA SITE AND BEACH GAMES

MEETING POINT: TENDER, DECK 3

Visit the archaeological site of Temehea and discover the famous Polynesian's tikis. Enjoy some beach games in one of the only one Marquesas' white sand beach.

\*The program could be modified according to the weather conditions.

Bring water shoes, sunblock, water, a towel and your room card.

# 2:00 PM - 4:00 PM DISCOVERY OF THE DIFFERENT SANDS OF FRENCH POLYNESIA

MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Pink, green, or white sand? Come and learn more about the different types of sand and how they are formed, through games and other activities. Learn more about the impact of the erosion.

# 5:00 PM - 5:30 PM REGISTRATION & INFORMATION MEETING POINT: RECEPTION, DECK 4

Come to talk with us about the next day's activities.

**6:30 PM – 8:00 PM** PIZZA, POPCORN & MOVIE NIGHT *MEETING POINT: CAPITAIN'S LOUNGE, DECK 7* Enjoy pizza and popcorn while you watch a marine-themed movie.

\*A minimum of 4 participants is required for this activity. If not, some modifications could be made.

#### DAY 9: HATIHEU, NUKU HIVA — MARINE BIRDS

8:00 AM – 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4
Get an overview of today's activities.





2:00 PM - 4:00 PM MARINE BIRDS

MEETING POINT: CAPTAIN LOUNGE, DECK 7

Learn more about marine birds of French Polynesia through games.

5:00 PM - 5:30 PM REGISTRATION & INFORMATION

MEETING POINT: RECEPTION, DECK 4

Come to talk with us about the next day's activities.

## DAY 10: AT SEA — PLASTIC POLLUTION

**09:00 AM – 09:30 AM** A NEW DAY, A NEW ADVENTURE *MEETING POINT: RECEPTION, DECK 4*Get an overview of today's activities.

09:30 AM - 11:00 AM PLASTIC POLLUTION
MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Plastic overuse is having a devastating effect on marine wildlife. Learn more about this issue through games and videos.

2:00 PM - 3:30 PM BOARD GAMES TOURNAMENT

MEETING POINT: CAPTAIN LOUNGE, DECK 7

Challenge your friends during a Jenga tournament and other board games.

3:30 PM – 4:00 PM MEET THE CAPTAIN OF THE SHIP MEETING POINT: CAPTAIN LOUNGE, DECK 7

Go behind the scenes of the ship's navigation with the person in charge of it all: the captain.

5:00 PM - 5:30 PM REGISTRATION & INFORMATION

MEETING POINT: RECEPTION, DECK 4

Come to talk with us about the next day's activities.

7:30 PM - 8:00 PM STAR NIGHT

MEETING POINT: POOL, DECK 8

Watch stars and constellations through the southern sky.

## DAY 11: FAKARAVA — FISHES KINGDOM

8:00 AM - 8:30 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4

Get an overview of today's activities and registrations.

8:45 AM - 12:00 PM SNORKELING MEETING POINT: TENDER, DECK 3

Discover the beautiful corals and fishes of Fakarava during a snorkeling session.

Bring a snorkel, mask, fins, water shoes, sunblock, water, a towel and your room card.

# Moana Explorer Program

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4*Come to talk with us about the next day's activities.

## DAY 12: BORA BORA 1 — SHARKS AND RAYS

**09:00 AM – 09:30 AM** A NEW DAY, A NEW ADVENTURE *MEETING POINT: RECEPTION, DECK 4*Get an overview of today's activities and registrations.

**09:30 AM – 11:00 AM** SHARKS AND RAYS DISCOVERY *MEETING POINT: CAPTAIN'S LOUNGE, DECK 7* Through short videos and games, discover more about these amazing fishes.

2:00 PM – 3:00 PM THE WATER CYCLE

MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Learn more about water and its importance with your guides and games.

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4*Come to talk with us about the next day's activities.

#### DAY 13: BORA BORA 2 — MOTU QUEST

8:30 AM – 9:00 AM A NEW DAY, A NEW ADVENTURE MEETING POINT: RECEPTION, DECK 4
Get an overview of today's activities and registrations.

1:00 PM – 4:00 PM MOTU QUEST PRIVATE BEACH MEETING POINT: TENDER, DECK 3
Enjoy beach challenges with your team such as rope pulling, survivor race and much more.

Bring a snorkel, mask, fins, water shoes, sunblock, water, a towel, and your room card.

**5:00 PM – 5:30 PM** REGISTRATION & INFORMATION *MEETING POINT: RECEPTION, DECK 4*Come to talk with us about the next day's activities.

## DAY 14: MOTU MAHANA, TAHA'A — REEF QUEST

**8:30 AM – 9:00 AM** A NEW DAY, A NEW ADVENTURE *MEETING POINT: RECEPTION, DECK 4*Get an overview of today's activities and registrations.

9:00 AM – 10:30 AM ON THE TRAIL OF SEA TURTLES MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Explore the world of sea turtles, these emblematic animals so useful to the lagoon.

1:30 PM - 4:00 PM REEF QUEST MEETING POINT: MOTU MAHANA

Observe underwater life and see how many species of coral and fish you can identify.

Bring a snorkel, mask, fins, water shoes, sunblock, water, a towel and your room card.

5:45 PM - 6:45 PM FAREWELL PARTY

MEETING POINT: CAPTAIN'S LOUNGE, DECK 7

Feedback on the cruise through funny games, creations, videos and a surprise!

Your Te mana o te moana naturalist guides look forward to exploring French Polynesia with you and your family!

Itinerary may vary on select departures. Schedules are subject to change.



