



Daily Programme.

Welcome aboard Queen Elizabeth.

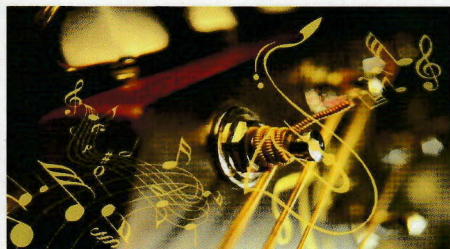
Captain Stephen Howarth.

The Captain, his officers and crew extend a very warm welcome to all our guests embarking today.

We will do our utmost to ensure that you have an excellent voyage with us.



Easy Listening Jazz.



Join the musicians of the Royal Court Theatre Orchestra for easy listening jazz.

**At 5.15pm & 7.15pm,
Commodore Club, Deck 10, Forward**

Welcome aboard quiz.

Give it your best guess in this exciting and challenging quiz. Hosted by a member of the Entertainment Team.



**At 9.00pm,
Garden Lounge, Deck 9, Midships**

Sailaway Sounds with the Everglow Duo.

Join the Everglow Duo for a music celebration as Queen Elizabeth prepares to set sail.

Live music, delicious drink specials, and an unforgettable view is the perfect way to enjoy the sailaway.

At 4.45pm, Garden Lounge, Deck 9, Midships



Music & Dancing with the Queens Room Orchestra.

Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews. Featuring vocalists Jack Kenney and Esther Sabine.

At 7.15pm & 8.45pm, ♀ Queens Room, Deck 2, Midships



Tonight's highlight entertainment.

Be Our Guest,

Featuring the Royal Court Theatre Company.

Join the Royal Court Theatre Company as they gleefully indulge in limitless imagination on the stage with catchy musical numbers, mesmerising choreography, dazzling costumes, and spectacular singing. Presented by Entertainment Director, Sally Sagoe.

**At 8.00pm & 10.00pm,
♂ Royal Court Theatre, Decks 1, 2 & 3, Forward**

Please be aware the Theatre doors will open 30 minutes prior to the performance.

To ensure the well-being of all guests and crew, face coverings are required to be worn throughout the entire performance. Food and beverages are not permitted.



Before we sail.

Please complete the following as soon as possible after boarding:

- Watch the in-stateroom safety video in full on channel 57.
- Locate where your life jackets are stowed.
- Review the emergency notice on the back of your stateroom door.
- Familiarise yourself with our well-being and safety protocol guide.
- Attend your designated Assembly Station and scan your Voyage card.
- Review your evening dining arrangements, which have been confirmed in your stateroom.
- Make reservations for alternative dining via the My Voyage digital planner.

Welcome Aboard Disco with DJ Bobby.

Join our resident DJ in Queen Elizabeth's late night hotspot as he plays a range of music that is sure to get you on your feet.

At 10.45pm, Yacht Club, Deck 10, Forward





Today's activities.

1pm

1.00pm Sports Activities Open

Golf Nets, Shuffleboard, Paddle Tennis, Bowls, Croquet and Table Tennis are available for use. As a courtesy to your fellow guests, we ask that you please sanitise the equipment before and after each use. Our sports venues are located in various areas around Decks 10 and 11.

Games Deck, Decks 10 & 11

4pm

4.15pm Captain's Emergency Procedure Broadcast

All the facilities will be closed for the duration of the Captain's broadcast.

Throughout the ship

4.30pm All Aboard

All guests must be on board by this time. Shortly after, the gangway is raised and Queen Elizabeth will depart Southampton and will sail to her next port of call, Alesund, Norway. The distance from Southampton, United Kingdom to Alesund, Norway is 875 nautical miles.

4.45pm Sailaway Sounds with the Everglow Duo

Live music, delicious drink specials, and an unforgettable view is the perfect way to enjoy the sailaway.

Garden Lounge, Deck 9, Midships

4.45pm LGBTQ+ Social Gathering

Please adhere to the social distancing measures and guidelines.

Commodore Club, Deck 10, Forward

5pm

5.15pm Easy Listening Jazz

Join the musicians of the Royal Court Theatre Orchestra for some smooth rhythm jazz.

Commodore Club, Deck 10, Forward

5.15pm Jewish Sabbath Service

Led by a fellow guest.

Card Room, Deck 3, Port Side, Grand Lobby

5.15pm The EOS Strings

Enjoy the classical and contemporary repertoire of our string trio.

Grand Lobby, Deck 1, Midships

5.30pm First Time Lucky - Welcome Bonus

Fancy trying your luck on the slots but don't know where to start? Let our host show you around and help get you started with a \$5 welcome bonus when you spend your first \$20.

Casino, Deck 2, Forward

6pm

6.00pm Meet Your Host: Guided Tour

Join our host for a guided tour of the Casino and get exclusive insight into the exciting world of gaming.

Casino, Deck 2, Forward (until 6.30pm)

6.00pm Welcome On Board Portrait

Join our team of friendly photographers and have some fun with our Cunard portrait in the Grand Lobby.

Grand Lobby, Deck 2, Midships (until 9.00pm)

6.15pm Pianist Michal Wroblewski

Commodore Club, Deck 10, Forward

7pm

7.00pm Showcase your Jewellery

Throughout our lives there are many milestones that are often expressed with pieces of jewellery. Our jewellers would like to give you the opportunity to share with us the history and story behind the pieces most special to you.

Fine Jewellery Boutique, Royal Arcade, Deck 3

7.15pm Easy Listening Jazz

Join the musicians of the Royal Court Theatre Orchestra for some smooth rhythm jazz.

Commodore Club, Deck 10, Forward

7.15pm Staple Hill Duo

Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of guitar and vocal harmonies.

Golden Lion Pub, Deck 2, Forward

7.15pm Music and Dancing with the Queens Room Orchestra

Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews. Featuring vocalists Jack Kenney and Esther Sabine.

Queens Room, Deck 2, Midships

7.15pm Wipeout Trivia

The trivia with a twist. Will you keep all your points? Hosted by the Entertainment Team.

Garden Lounge, Deck 9, Midships

7.15pm Pianist Michal Wroblewski

Grand Lobby, Deck 1, Midships

7.30pm Welcome On Board From Clarendon Fine Art

Our award-winning gallery on board Queen Elizabeth is proud to showcase an eclectic range of original and limited edition artwork. Visit the gallery this evening to meet Sam and Gemma and receive a guide to the seminars they will host.

Clarendon Fine Art Gallery, Deck 3, Midships

8pm

8.00pm Tonight's Highlight Entertainment: Be Our Guest

Presented by Entertainment Director, Sally Sagoe.

Royal Court Theatre, Decks 1, 2 & 3, Forward

8.00pm Recorded Ballroom & Latin Music

Queens Room, Deck 2, Midships (until 8.45pm)

8.45pm Guitarist and Saxophonist Atanas Stavrev

Grand Lobby, Deck 1, Midships

8.45pm Music and Dancing with the Queens Room Orchestra

Dance to the Queens Room Orchestra in the majestic setting of our ballroom, under the musical direction of Joel Andrews. Featuring vocalists Jack Kenney and Esther Sabine.

Queens Room, Deck 2, Midships (until 10.30pm)

8.45pm Folk Duo: Cula

Join Brian Walsh and Tommy Keating as they perform a wide range of Irish music and contemporary songs.

Golden Lion Pub, Deck 2, Forward (until late)

8.45pm Piano Entertainer Jacqueline Waugh

A sophisticated blend of popular melodies, jazz standards and the subtle rhythms of Latin America.

Commodore Club, Deck 10, Forward (until 10.30am)

9pm

9.00pm Welcome Aboard Quiz

Give it your best guess in this exciting and challenging quiz.

Hosted by the Entertainment Team.

Garden Lounge, Deck 9, Midships

9.30pm DJ Bobby Spins the Hits

Join our resident DJ in Queen Elizabeth's late night hotspot as he plays a range of music that is sure to get you on your feet.

Yacht Club, Deck 10, Forward

9.45pm Everglow Duo

Agata and Sean Buttigieg perform an exciting mix of contemporary and classic songs.

Garden Lounge, Deck 9, Midships (until 10.45pm)

10pm

10.00pm Tonight's Highlight Entertainment: Be Our Guest

Presented by Entertainment Director, Sally Sagoe.

Royal Court Theatre, Decks 1, 2 & 3, Forward

10.00pm DJ Bobby's Music Quiz

How well do you know your music?

Come and take on DJ Bobby at this music themed trivia.

Yacht Club, Deck 10, Forward

10.45pm Staple Hill Duo

Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of guitar and vocal harmonies.

Queens Room, Deck 2, Midships (until late)

10.45pm Welcome Aboard Disco with DJ Bobby

Yacht Club, Deck 10, Forward (until late)

MAREEL

WELLNESS & BEAUTY

1.30pm Mareel Spa Tour and Giveaway

Join us for an introduction to the range of relaxing therapies offered in the Mareel Wellness & Beauty Spa, and enter our giveaway for a chance to win up to \$500 worth of Spa Credit. Our loyalty package offers terrific discounts. Choose three signature treatments and receive 10% off your first, 20% off your second and 30% off your third.

1.30pm Meet your On Board Personal Trainer, Paloma

Learn about the range of speciality classes and complimentary seminars available during your voyage, including our most requested classes Yoga and Pilates.

5.00pm Good Feet: Walking in Comfort

Would you like to ease your aches and pains? If you suffer from foot, ankles, knee, hip, lower back, neck or shoulder pain, your footprint may hold the answer.

5.15pm Acupuncture Question and Answer Dr. Zhaoyi Zhang LAc

Find out today how acupuncture can help you relieve pain, improve your health, and return your vitality. Complimentary consultations are available with our licensed Acupuncturist.

5.45pm Advanced Facial Rejuvenation with Dr. Ricardo Paez M.D.

Learn how we can help you look your absolute best with the latest in skin rejuvenation treatments. Consultations are complimentary.

6.30pm Elemis Skin Lab HD Skin Consultations

Look beyond the surface with our new HD Skin Consultation and discover the road to your best skin ever. This powerful tool provides an in-depth analysis of your skin's condition on 6 different levels: spots, wrinkles, pores, brown spots and red areas. Reserve your personal Skin Lab consultation today.

Mareel Wellness & Beauty Spa, Deck 9, Forward



Shipboard information.

Assistive listening devices.

For guests who are hard of hearing, assistive listening devices (headsets and neckloops) are available at the Purser's Office located on Deck 1 in the Grand Lobby. These devices can be utilised in the Royal Court Theatre and Queens Room.

Alcohol policy.

Guests under 18 years of age are not permitted to purchase or consume alcohol on board. Please be aware that proof of age by means of government issued photographic identification, may be requested. Guests under the age of 18 years are also not permitted in the Yacht Club after 11.00pm.

Assembly Station familiarisation.

It is a maritime requirement that all guests attend their assembly station for familiarisation purposes prior to 4.15pm. If you have not already done so, please visit your Assembly Station where your Voyage card will be scanned to record your attendance. Your allocated Assembly Station is as indicated on the back of your stateroom door, boarding pass and Voyage card. There is no need to take your life jacket with you. We ask that all guests watch the Cunard safety video on your stateroom television, channel 57.

Credit or debit card note.

If you are settling your account with a credit or debit card, please ensure the card registered with us is the card you wish to settle your on board account with at the end of your voyage. We accept all major credit and debit cards, however we are unable to accept prepaid debit or foreign currency cards.

Environmental.

In order to ensure that the world's oceans and our many beautiful and unique voyage destinations remain pristine, Cunard Line prides itself on maintaining the highest standards of compliance with regards to national and international laws for the protection of the environment. In order to help save fuel and fresh water, guests are kindly asked to turn lights and televisions off when not in their staterooms and not to leave taps running unnecessarily. This would help us with our Environmental Policy, ISO 14001 and 5001, which requires us to continually improve our environmental management and reduce our carbon footprint.

How to keep healthy on board.

So as to limit your chances of becoming unwell, we recommend you take the following precautionary measures:

- Social distancing should be practiced throughout your holiday.
- Wear a face mask when moving around indoors and when seated in the theatre.
- Wash your hands often and use hand sanitiser when hand-washing facilities are not available.
- Cough or sneeze into a tissue or bent elbow, and not into your hands; throw used tissues in the bin and wash your hands afterwards.
- Avoid contact with anyone you know who is unwell and their close contacts.
- Remain vigilant and report any COVID-19 symptoms to the Medical team by dialling 999 or 911.
- If you are contacted by NHS Test and Trace to self-isolate whilst on board, please contact the Medical team immediately by dialling 999 or 911.

Restricted access.

Please be advised that for operational reasons, some sections towards the rear of the ship are inaccessible. The Fire Screen Doors have been closed and signs placed on these doors. No one is permitted to pass through these areas. Guests are advised that to access areas at the other side of these doors, you should use Decks 2, 3 and 9.

Smoking policy.

Smoking is not permitted in all indoor and outdoor public spaces, apart from designated smoking areas on the starboard side of Decks 3 and 10. Please be aware smoking is also not permitted in your stateroom/suite or on your balcony, including the area/walkway above the canvas canopy linking the port and starboard side. Electronic cigarettes and vaporising devices, including those which do not emit smoke/vapour, are permitted in designated smoking areas only.

My Voyage.

Explore My Voyage, our on board digital planner, and make on board dining reservations, join a virtual queue and access your on board account at any time of the day or night.

Explore My Voyage by simply connecting to 'Cunard_Guest_WiFi' and visiting myvoyage.cunard.com or by opening your device's camera, hovering over the QR code displayed and selecting the pop-up screen.



How to logon to the ship's Wi-Fi.

- Connect to the ship's Wi-Fi network by selecting Cunard_Guest_WiFi, please then type 'login.com' into your internet browser.
- Follow the on-screen instructions, making sure the 'ID Card number' is the final four digits from your Voyage card (stateroom key).
- Keep your details safe by using a memorable username and password.
- Select your satellite internet package and check out.
- Switching off the ship's Wi-Fi, or turning off your device will not terminate your session and your minutes will run out. Simply type logout.com in your internet browser then press go or enter, when you want to disconnect. A summary of the amount of minutes you have used will be displayed. This confirms that you have successfully logged out.

For assistance, visit the Library on Decks 2 and 3, midships during the opening hours.

Mobile phone roaming charges.

If you plan to use your mobile phone or device during the voyage, it is important to know that once we sail away, your phone may go into roaming mode and automatically connect to an at-sea Maritime network provider. Although, when we are near a shoreline or in port, your mobile signal will typically switch to a carrier from the country or island we're visiting. In both instances, roaming charges may apply and are usually costly. To avoid unnecessary and unexpected charges, we recommend you switch off 'roaming' on your personal device.

Queen Elizabeth orientation.

The port side of the ship has even numbered staterooms, while the starboard side has odd numbered staterooms. Numbers begin at the front of the ship and go up the further back they are. Our stairways are lettered: A is forward, B is midships and C is aft. There are maps of the ship as well as directional signs placed near the lifts. We hope this assists you in becoming familiar with our ship.

Safety notice.

As your safety is our prime concern, we would like to remind you of some important precautions you must take while in your stateroom or on your balcony.

- Never use lighted candles, naked flames or any other burning material either in your stateroom or on your balcony.
- Heated electrical items (such as curling irons) used in your stateroom should not be left plugged in and unattended. When finished with the item, ensure it is unplugged.
- The use of irons and non-thermostatically controlled water heaters is strictly prohibited.
- Do not hang clothing out or leave personal items unattended on the balcony.
- Before retiring for the evening bring all personal items inside.
- Do not place any items on top of the light fittings.

Tour office.

Please be advised that any pre-booked tour tickets will be delivered directly to your stateroom. Check your tickets carefully as departure times may have changed.

If you have any questions or would like to know more about the Shore Experiences for this voyage, call the On Board Reservations on 38000, press Option 2 for the Tour Office, check My Voyage digital planner, or visit the Tour Office. Excursions are the best way to make the most of your day ashore.

Dining Times.

Queens Grill (Deck 11, Stairway B).

Lunch: 1.00pm to 2.30pm
Dinner: 6.30pm to 9.00pm

Princess Grill (Deck 11, Stairway B).

Lunch: 1.00pm to 2.30pm
Dinner: 6.30pm to 9.00pm

Britannia Club (Deck 2, Stairway B).

Dinner: 6.30pm to 9.00pm

Britannia Restaurant (Decks 2 & 3, Stairway C).

Dinner:
.....Please refer to the dining reservation card in your stateroom.

Lido Buffet (Deck 9, Stairway B).

Lunch: 1.00pm to 4.00pm
Pizzeria Lunch: 1.00pm to 4.00pm
Dinner: 6.00pm to 9.00pm
Dinner (Port Side): 6.00pm to 9.00pm
Late Night Snack: 10.00pm to 12.00am

Golden Lion (Deck 2, Stairway A).

Pub Lunch: 2.00pm to 5.00pm

Bars & Lounges.

Café Carinthia (Deck 2, Stairway B): 8.00am to 11.00pm
Commodore Club (Deck 10, Stairway A): 4.00pm to 12.00am
Garden Lounge (Deck 9, Stairway B): 1.00pm to 11.00pm
Golden Lion (Deck 2, Stairway A): 1.00pm to 12.00am
Lido Bar, weather permitting (Deck 9, Stairway C):
..... 1.00pm to 7.00pm
Midships Gin & Fizz Bar (Deck 3, Stairway B): 3.00pm to 11.00pm
Yacht Club (Deck 10, Stairway A): 9.30pm to late

Retail and Services.

All facilities will be closed for the duration of the Captain's Emergency Procedure Broadcast.

Art Gallery: 6.00pm to 9.00pm
Bookshop: 6.30pm to 10.00pm
Casino Slots & Tables: 5.30pm to late
Port Shop: 6.30pm to 10.00pm
Royal Arcade: 6.30pm to 10.00pm
The Photo Gallery: Closed
Welcome On Board Portrait - Grand Lobby, Deck 2, Midships:
..... 6.00pm to 9.00pm
Internet Assistance in the Library: 1.00pm to 7.00pm
Library: 1.00pm to 7.00pm
Medical Centre:
..... By appointment only, dial 8880 from 3.00pm to 5.00pm
In case of an emergency dial 999/911.
Mareel Fitness Centre: 1.00pm to 7.30pm
Mareel Spa and Salon: 1.00pm to 9.30pm
Tour Office: 2.00pm to 6.00pm
The Kids/Teen Zone Registration (Deck 10, Stairway B):
..... 2.00pm to 4.00pm & 6.00pm to 8.00pm
Voyage Sales: By appointment only, please dial 33000
Lido Pool, weather permitting (Deck 9, Stairway C):
..... 7.00am to 9.00pm
Lido Jacuzzi (Deck 9, Starboard Side, Stairway C): 7.00am to 9.00pm
Lido Jacuzzi (Deck 9, Port Side, Stairway C): 7.00am to 9.00pm
Pavilion Pool, weather permitting (Deck 9, Stairway A):
..... 7.00am to 9.00pm
Pavilion Jacuzzi (Deck 9, Starboard Side, Stairway A):
..... 7.00am to 9.00pm
Pavilion Jacuzzi (Deck 9, Port Side, Stairway A): Closed
Please be advised that the hot tubs and swimming pools are not supervised.
Sports Equipment Available (open decks): 1.00pm to 8.00pm

What to wear.

Saturday, 19 March Gala Evening Attire (Black & White)*
Sunday, 20 March Smart Attire
Monday, 21 March (Ålesund, Norway) Smart Attire
Tuesday, 22 March Gala Evening Attire (Red and Gold)*
Wednesday, 23 March (Tromsø, Norway) Smart Attire
Thursday, 24 March Smart Attire
Friday, 25 March (Narvik, Norway) Smart Attire
Saturday, 26 March Smart Attire
Sunday, 27 March Gala Evening Attire (Roaring 20s)*
Monday, 28 March (Bergen, Norway) Smart Attire
Tuesday, 29 March Smart Attire

Gala Evenings.

Dinner jacket, tuxedo, or dark suit with regular tie or bow tie for gentlemen. Evening or cocktail dress, smart trouser suit, or formal separates for ladies.

*Guests are welcome to embellish their Gala Evening attire to fit the applicable theme of the evening, for Black & White night, by dressing in simple, monochrome finery, for Red and Gold night, celebrate the best of Cunard, turn up the glamour with your finest red and gold evening wear, and for Roaring 20s night, go all out glamour or adorn a flourish which embraces the spirit of the decade.

Smart Attire.

Gentlemen, every night we request you wear trousers with a collared shirt; jacket and tie is optional. Ladies, blouses and skirts or stylish trousers and dresses are welcome.

Relax.

Feel free to dress casually as you visit any of the following venues: Lido Restaurant, Golden Lion, Casino, Café Carinthia, Garden Lounge and Yacht Club.

Non-ripped jeans are appropriate, but please refrain from wearing shorts, sports attire, swim wear or sleeveless t-shirts outside of the gym, spa and deck spaces.

Activity reward programme.

Simply collect stickers on a Activity Reward log available at any of the events showing this logo and your stickers are then redeemable for prizes of increasing value relative to the number of stickers you accumulate. Easy and fun.

Britannia Restaurant seating enquiries.

The lower level of the Britannia Restaurant on Deck 2 will be open from 2.00pm to 4.00pm for seating enquiries. Kindly note that table assignments have been allocated by the date you booked your voyage. Please refer to your booking terms and conditions.

Internet connectivity.

Please be advised that on our way and during our voyage, we are likely to have intermittent internet connectivity due to the ship's location. We apologise for the inconvenience and thank you for your understanding.

Noise in guest areas.

We kindly ask all guests to be respectful with regards to keeping noise to a minimum. Please try not to slam stateroom doors either into corridors or onto balconies, and be mindful when using the launderette facilities as guests around you may be resting. We are sure you will understand this small courtesy helps all to enjoy a relaxing voyage.

Voyage card.

We kindly ask all guests not to punch a hole in the Voyage card as this will damage the microchip in your Voyage card. There are lanyards available for purchase in the Port Shop on Deck 2, midships.

A cruise ship Vaccination Pass.

Regardless in which country guests have received their vaccination, guests entering Norway on board a cruise ship. Your vaccination pass will be accepted therefore all guests wishing to go ashore during the voyage will not have to be tested prior to our call into any Norwegian ports.