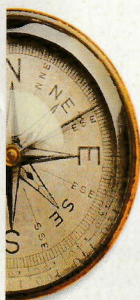




Daily Programme.

From the Navigator.



After following her reciprocal track Narvik in the early hours of this morning, Queen Elizabeth headed back out into the Norwegian Sea. After disembarking the local pilot she followed the Nordland coast south towards Bergen. Later this afternoon, Queen Elizabeth will leave the Arctic Circle, passing the islands and skerries of Traena. These islands have been the site of a number of archeological discoveries, indicating that the island has been populated since the Stone Age.

Time change notice.



Early on Sunday morning at 2.00am, the ship's clocks will be set forward by one hour. Please set your watches forward by one hour before retiring this evening, Saturday, 26 March.

Painting the Town: Banksy and Mr Brainwash

Discover the world of street art and the life and works of two of the world's most exciting street painters, the mysterious Banksy and Los Angeles' finest Mr Brainwash.

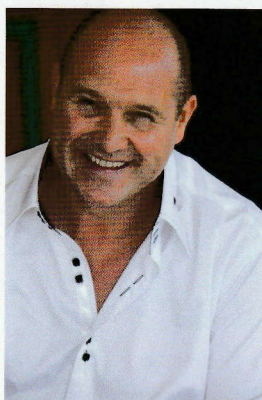
Growing in standing every year this art form has gone from the underground to auction houses worldwide.



At 4.15pm

Queens Room, Deck 2, Midships

Tonight's highlight entertainment. Variety Showtime, An evening of Song, Dance and Comedy Featuring the Royal Court Theatre Company and Sensational Comedian Mike Doyle.



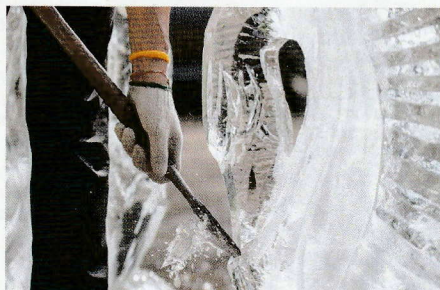
Presented by Entertainment Director, Sally Sagoe.

At 8.00pm & 10.00pm,

Royal Court Theatre, Decks 1, 2 & 3
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.

Ice Carving Demonstration.



Join our talented food artiste on the open deck as he shows you how he create masterpieces out of a simple block of ice

At 11.00am

Lido pool, Deck 9 Aft, Weather permitting

CUNARD INSIGHTS Dr Stephen Musgrave.

At 10.00am
'Into the Tempest.'

Stephen's personal account of saving lives at sea, including an award-winning rescue off the Lancashire Coast.

John Maclean FRAS.

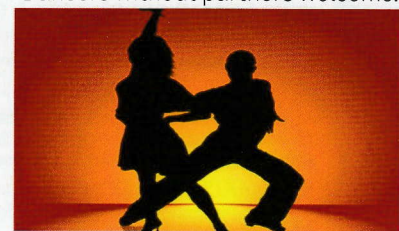
At 11.00am
'Hello? Is anyone out there? (Aliens and ET).'

Are we alone in the Universe or are there other civilizations beyond our Solar System and have we ever been visited by extraterrestrials?

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

Ballroom Dance Class: Bachata

Bachata dance is known for its love stories, and its syncopated rhythm. The dance actually was born of the music in the Dominican Republic during the 1960's. Led by instructor Sergey. Dancers without partners welcome.



At 11.15am,

Queens Room, Deck 2, 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.

At 8.45pm,

Queens Room, Deck 2, Midships



Today's activities.

6am

6.00am Good Morning Queen Elizabeth
With Entertainment Director, Sally Sagoe and guests (until 12.00pm). Followed by the movie 'Dear Evan Hansen' which will be repeated continuously throughout the day.
Stateroom TV, Channel 52

6.00am Cunard Insights Talk
An opportunity to see the recent talks presented from the Royal Court Theatre. Enjoy these talks from the comfort of your stateroom on Ch. 50.
Stateroom TV, Channel 50 (repeated continuously)

8am

8.00am 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 (until 8.00pm)

9am

9.00am Card and Board Games for Self-Checkout
Fancy a game to play? You may checkout a deck of cards or one of many board games from our selection from our library personnel. Keep as long as you like, but kindly return when finished playing.
Library, Decks 2 & 3, Port Side, Grand Lobby (until 6.00pm)

9.00am Christian Fellowship Gathering
Yacht Club, Deck 10, Forward

9.15am Line Dancing
Join a member of the Royal Court Theatre Company for some 'Boot Scootin Boogie' fun and learn how to fix an 'Achy Breaky Heart' in this exciting and easy to learn line dancing class.
Queens Room, Deck 2, Midships

10am

10.00am Insights Lecture: Stephen Musgrave
Into the Tempest. - Stephen's personal account of saving lives at sea, including an award-winning rescue off the Lancashire Coast.
Royal Court Theatre, Decks 1, 2 & 3, Forward

10.00am Beginners Bridge Lesson
With Bridge Instructor, Ron Hounsell. We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

10.00am Solo Travellers' Morning Coffee Chat
For all those guests sailing solo, come and join this informal get together and meet your fellow solo travellers.
Britannia Restaurant, Deck 3, Port Side, Aft

10.00am 10 Minute Morning Ritual
We all want to achieve that perfect healthy glow, join us today as our Beauty Specialists share their favourite products that are made with that goal in mind, and discuss the ingredients to look out for that will make you glow.
Beauty Boutique, Royal Arcade, Deck 3

10.00am Social Table Tennis
Led by your fellow guests.
Deck 9, Forward

10.00am Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

10.15am Chairobics
Join Entertainment Host, Charlie for an energetic and fun workout you can do while sitting down. This is a light movement and fitness class, please wear appropriate attire.
Queens Room, Deck 2, Midships

10.15am Morning Team Trivia
Meet new friends and earn bragging rights in this fun and light-hearted quiz. Hosted by the Entertainment Team.
Garden Lounge, Deck 9, Midships

11am

11.00am Cunard Insights Talk: John Maclean
Hello? Is anyone out there? Aliens and ET
Are we alone in the Universe or are there other civilizations beyond our Solar System and have we ever been visited by extraterrestrials? This will be broadcast live on stateroom television, on channel 49.
Royal Court Theatre, Decks 1, 2 & 3, Forward

11.00am Intermediate Bridge Lesson
With Bridge Instructor, Ron Hounsell. Join our talented food artiste on the open deck as he shows you how he create masterpieces out of a simple block of ice.
Lido Pool, Deck 9, Aft, Weather permitting

11.00am Ice Carving Demonstration
Join our talented food artiste on the open deck as he shows you how he create masterpieces out of a simple block of ice
Lido pool, Deck 9 Aft, Weather permitting

11.15am Croquet Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Games Deck, Deck 11, Forward, Weather permitting

11am

11.15am Ballroom Dance Class: Bachata
Bachata dance is known for its love stories, and its syncopated rhythm. The dance actually was born of the music in the Dominican Republic during the 1960's. Led by instructor Sergey. Dancers without partners welcome.
Queens Room, Deck 2, Midships

12pm

12.00pm Navigational Announcement
Information from the Bridge over the public address system

12.00pm Dear Evan Hansen
Film adaptation of the Tony and Grammy Award-winning musical about Evan Hansen, a high school senior with Social Anxiety disorder and his journey of self-discovery and acceptance following the suicide of a fellow classmate. Rating: 12A, Duration: 137 minutes.
Stateroom TV, Channel 52

12.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships (until 1.00pm)

12.30pm Blackjack Tournament
Put your luck against fellow guests in an exhilarating Blackjack Tournament, open to all levels. The top seven scores will compete in the grand finale for a chance to win the cash prize. Purchase your ticket from the casino cashier, it's just \$10.00 to enter.
Casino, Deck 2, Forward (until 12.30pm)

12.30pm Guitarist and Saxophonist Atanas Stavrev
Golden Lion Pub, Deck 2, Forward

1pm

1.45pm A world of art talk: The History of Impressionism
This paved the way for artists today including Britain's leading impressionist and Artist in Residence for Cunard Sherree Valentine Daines, who will also be featured in this talk
Queens Room, Deck 2, Midships

2pm

2.00pm History of Time
Join our Watch Specialist Raees to step into the world of watches and learn what it takes to create a truly iconic timepiece.
ConneXions 2 & 3, Deck 3, Port Side, Midships

2.00pm Quick Hit Music Trivia
Garden Lounge, Deck 9, Midships

2.00pm Shuffleboard Tournament
Hosted by the Entertainment Team. For our guests 18 years or older.
Deck 10, Aft, Port Side, Weather permitting

2.00pm Duplicate Bridge Tournament
With Bridge Instructor, Ron Hounsell. We kindly ask that guests wear masks during the tournament and make use of the hand sanitiser provided. No food or drink permitted.
Card Room, Deck 3, Port Side, Grand Lobby

2.00pm Hobby Corner
Bring your needlework, crafts, projects or even just yourself for a fun and informal get together with your fellow guests. This event is unhosted.
Commodore Club, Deck 10, Forward

2.00pm Watercolour Art Class
All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.
Britannia Restaurant, Deck 3, Starboard Side, Aft

2.00pm Movie: Mulan (2020)
A girl disguises as a male warrior and joins the imperial army in order to prevent her sick father from being forced to enlist as he has no male heir. Rated: 12A, Duration 120 minutes.
Royal Court Theatre, Decks 1, 2 & 3, Forward

3pm

3.00pm Afternoon Tea
Featuring Pianist Michal Wroblewski
Queens Room, Deck 2, Midships

3.00pm Masonic Brethren Get Together
Informal meeting for all lodge members from around the world
Admiral's Lounge, Deck 10, Forward

3.00pm Snowball Jackpot Bingo
Join us for a Bingo extravaganza for your chance to win one of four cash prizes every session. Prepurchase your tickets from the Casino.
Garden Lounge, Deck 9, Midships

3.15pm Killer Darts Tournament
It's last man standing in this winner take all showdown. For our guests 18 years or older.
Golden Lion Pub, Deck 2, Forward

4pm

4.15pm Afternoon Team Trivia
Test your knowledge for bragging rights and great prizes.
Garden Lounge, Deck 9, Midships

4.15pm Painting the Town: Banksy and Mr Brainwash
This paved the way for artists today including Britain's leading impressionist and Artist in Residence for Cunard Sherree Valentine Daines, who will also be featured in this talk
Queens Room, Deck 2, Midships



Today's activities.

4pm

4.30pm Friends of Bill W.
Please adhere to the social distancing measures and guidelines.
Admiral's Lounge, Deck 10, Forward

4.45pm LGBTQ+ Social Gathering
Please adhere to the social distancing measures and guidelines.
Commodore Club, Deck 10, Forward

5pm

5.00pm Social Bowls
Led by your fellow guests.
Games Deck, Deck 11, Forward

5.15pm The EOS String Trio
Enjoy the classical and contemporary repertoire of our resident string trio.
Commodore Club, Deck 10, Forward (until 8.00pm)

5.30pm Solo Travellers Evening Meet Point
Join your fellow solo travellers for an informal chat. (Unhosted)
Midships Bar, Deck 3, Starboard Side, Grand Lobby

6pm

6.00pm Purple Portrait
Join our team of friendly photographers and have some fun with our purple portrait in the Grand Lobby this evening.
Grand Lobby, Deck 2, Midships (until 9.00pm)

6.00pm Recorded Ballroom & Latin Music
Queens Room, Deck 2, Midships (until 7.15pm)

7pm

7.15pm Pianist Michal Wroblewski
Queens Room, Deck 2, Midships (until 8.00pm)

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 Guitarist and Saxophonist Atanas Stavrev
Please adhere to the social distancing measures and guidelines.
Golden Lion Pub, Deck 2, Forward

8pm

8.00pm Tonight's Highlight Entertainment: Variety Show
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

8.45pm 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.
Golden Lion Pub, Deck 2, Forward (until 9.45pm)

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.
Queens Room, Deck 2, Midships (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 12.00am)

9pm

9.00pm Landslide
Quiz fun hosted by the Entertainment Team, where the majority determine the right and wrong answers
Garden Lounge, Deck 9, Midships

9.30pm Recorded Music
Yacht Club, Deck 10, Forward (until 2.00am)

9.45pm Guitarist and Saxophonist Atanas Stavrev
Garden Lounge, Deck 9, Midships (until 10.45pm)

9.45pm Pianist Michal Wroblewski
Golden Lion Pub, Deck 2, Forward

10pm

10.00pm Tonight's Highlight Entertainment: Variety Show
Presented by Entertainment Director, Sally Sagoe.
Royal Court Theatre, Decks 1, 2 & 3, 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.
Golden Lion Pub, Deck 2, Forward (until late)

MAREEL

WELLNESS & BEAUTY

Fitness classes.

- 7.00am Sunrise Stretch
- 7.45am Core Assets
- 9.00am Full Cycle (\$)
- 3.00pm Slow Flow Yoga (\$)
- 4.00pm Total Tone Pilates (\$)
- 5.00pm Sunset Stretch

Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward

Well-being seminars.

10.00am Herbs that heal
Herbal therapies are natural solutions to your common health conditions. They can be used to treat back and knee pain, arthritis, digestive problems, stress, weight loss and even sugar cravings. Come along to our free seminar to find out more.

11.00am Secrets to a Flatter Stomach
Ever wonder why we always seem gain weight on our stomach and why this weight is often the hardest to shift? Join our Personal Trainers for a seminar on the tried and tested ways of losing abdominal fat.
Yacht Club, Deck 10, Forward

12.15pm Detox and Figure corrective treatment
Experience the safe and effective, youth-enhancing benefits of targeted wrinkle treatments and instant dermal fillers. Return home looking visibly younger.

12.15pm Lose up to 8 inches
Discover the easiest and fastest way to drop dress sizes in just one hour. Join our seminar and learn how you can lose up to 8 inches in a single session.

2.00pm Relieving Back Pain and Improving Posture
Receive a complimentary footprint analysis to reveal the cause of your back pain and how to make simple changes to alleviate pain.

3.30pm Keratin Protein and Shine
Join your Hair Stylist for this informal presentation about how one of the world's most advanced treatments can eliminate fluffiness, frizziness and flyaway hair. Build protein on to your hair. Add shine, smoothness and strength to limp hair no matter the length, colour, or style. Everyone can benefit.

All seminars will take place in the Mareel Wellness & Beauty Spa on Deck 9, Forward, unless otherwise stated

Norwegian Tax Refund - Bergen.

Please be advised that guests are able to claim a Norwegian tax refund on certain qualifying purchases made ashore in our ports of call in Norway. **Guests are able to claim this refund on board during the afternoon in Bergen, 28 March 2022. This service will be available from 11.30am to 1.30pm in the Grand Lobby, Deck 1, at the Tour Office desk.** Refunds can only be made with a tax refund voucher, given by the individual shops participating in this scheme. These shops are identified by displaying the 'Tax Free Shopping' logo. Not all shops offer a tax refund. Please be sure to get a tax refund voucher as a simple receipt does not qualify for a tax refund.

Purchases must total a minimum of NOK 315.00 in the same shop. To claim your refund, you will need to present your passport, all your tax refund vouchers with your personal details (name address and passport number, etc) already completed on the back of each voucher. Refunds are generally made in cash or via credit card if details are entered on the back of the voucher. It is important to note, claims must be processed with the tax officials and whilst Cunard Line facilitates this process on board, we have no jurisdiction over the tax refund processes and administration carried out by the Norwegian officials. Queen Elizabeth can regrettably not assist with tax refund claims after sailing from Bergen, Norway.

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.

Dining Times.



Log into My Voyage
to make reservations or
join a virtual queue.

OR



Call On Board
Reservations on
38000.

Reservations are only required where indicated (*).

Queens Grill (Deck 11, Stairway B).

Breakfast:.....8.00am to 9.30am
Lunch:.....12.00pm to 1.30pm
Dinner:.....6.30pm to 9.00pm

Princess Grill (Deck 11, Stairway B).

Breakfast:.....8.00am to 9.30am
Lunch:.....12.00pm to 1.30pm
Dinner:.....6.30pm to 9.00pm

Britannia Club (Deck 2, Stairway B).

Breakfast:.....8.00am to 9.30am
Lunch:.....12.00pm to 1.30pm
Dinner:.....6.30pm to 9.00pm

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

Breakfast:.....8.00am to 9.30am
Lunch:.....12.00pm to 1.30pm
Assigned Dining:.....6.00pm (doors close 6.15pm)
*Open Dining:.....7.45pm to 9.00pm

Queens Room (Deck 2, Stairway B).

Afternoon Tea:.....3.00pm to 4.00pm

Lido Buffet (Deck 9, Stairway B).

Continental Breakfast (Centre Buffet):.....6.00am to 7.30am
Breakfast:.....7.30am to 10.30am
Lunch:.....11.30am to 2.30pm
Pizzeria Lunch:.....12.00pm to 4.00pm
Dinner:.....6.00pm to 9.00pm
Afternoon Tea (Centre Buffet):.....3.00pm to 4.30pm
Indian Dinner (Port Buffet):.....6.00pm to 9.00pm
Late Night Snack (Centre Buffet):.....10.00pm to 12.00am

*Steakhouse at The Verandah (Deck 2, Stairway B).

Lunch:.....12.00pm to 1.30pm
Dinner:.....6.00pm to 9.00pm
Cover charges apply, \$25 per person for lunch and \$45 per person for dinner.

Bars & Lounges.

Café Carinthia (Deck 2, Stairway B):.....7.00am to 11.00pm
Light snacks served throughout the day.
Commodore Club (Deck 10, Stairway A):.....10.00am to 12.00am
Garden Lounge (Deck 9, Stairway B):.....9.00am to 11.00pm
Golden Lion (Deck 2, Stairway A):.....10.00am to late
Traditional Pub Lunch:.....12.00pm to 2.30pm
Lido Bar, weather permitting (Deck 9, Aft):.....11.00am to 6.00pm
Midships Gin & Fizz Bar (Deck 3, Stairway B):.....5.00pm to 11.00pm
Yacht Club (Deck 10, Stairway A):.....9.30pm to late

Retail and Services.

Art Gallery:.....10.00am to 9.00pm
Bookshop:.....9.00am to 9.00pm
Casino Cash Desk:.....10.00am to late
Casino Tables:.....11.00am to late
Port Shop:.....9.00am to 9.00pm
Royal Arcade:.....9.00am to 9.00pm
The Photo Gallery:.....9.00am to 9.00pm
Grand Lobby Portrait (Deck 2, Midships):.....6.00pm to 9.00pm
Internet Assistance in the Library:.....9.00am to 6.00pm
Library:.....9.00am to 6.00pm
Medical Centre:.....By appointment only, dial 8880
.....from 8.00am to 11.00am & 3.00pm to 5.00pm
In case of an emergency dial 999/911.

Mareel Fitness Centre:.....7.00am to 7.30pm
Mareel Spa & Salon:.....7.30am to 9.30pm
Tour Office:.....9.00am to 6.00pm
Voyage Sales:.....By appointment only, please dial 33000
The Kids/Teen Zone:.....10.00am to 12.00pm,
.....2.00pm to 5.30pm & 6.30pm to 11.00pm
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):.....8.00am to 8.00pm

What to wear.

Sunday, 27 MarchGala Evening Attire (Roaring 20s)*
Monday, 28 March (Bergen, Norway).....Smart Attire
Tuesday, 29 MarchSmart 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.

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.

Smoking Policy.

In response to customer feedback we have recently updated our smoking policy. All public spaces are designated as non smoking areas within the ship, with the exception of our designated smoking areas, on the starboard side of Decks 3 and 10. Please be aware smoking is not permitted in the area/walkway above the canvas canopy linking the port and starboard side. Smoking is not permitted in your stateroom/suite or on your balcony. Electronic cigarettes and vaporising devices, including those which do not emit smoke/vapour, are permitted in designated smoking areas only. This change has been made for the safety and comfort of our guests and means that all guests will be able to enjoy full use of all areas of the ship, and their private balconies. Churchill's is a lounge dedicated to cigar and pipe smokers only. Thank you for your cooperation.

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.

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.

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.