

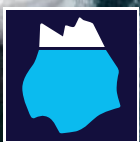
SVVALBARD

Land of the
Polar Bears



11-day wildlife expedition
with master photographer
and founder of Better Moments,
Christian Nørgaard

better
moments



Photography with passion



Christian Nørgaard portrayed together with the chief of a Konyak Naga tribe village in India, on the border with Burma.

Photography may be my first passion, but traveling is a close second. I spent decades exploring the globe with my camera and out of this passion, Better Moments was born in 2011. Since then, I have worked with the world's most renowned photographers to offer high-end workshops and expeditions for photo enthusiasts worldwide.

On our workshops, everyone is welcome. No matter if you have recently discovered your passion for photography or if you are an emerging pro – our workshops cater to everyone's needs and our experts are all experienced teachers that will adapt to your personal skill level.

Our mission is to help you to take your photography to the next level, refine your own style and sharpen your technical skills. Additionally, we want to inspire each other, create lasting memories and enjoy the best moments in life.

Better Moment's exclusive workshops in landscape, travel and wildlife photography take place in unique locations around the world. From the Himalaya region to Africa's deserts, from Scandinavia's fjords to Australia's Outback – we like to travel off the beaten track and work with local agencies as we are always striving to leave only footprints behind.

I am looking forward to meeting you on one of our adventures,

Christian Nørgaard

better moments



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Christian Nørgaard

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CAPTURE THE WORLD

Christian Nørgaard
on travel and portrait photography

better moments
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Our guests love to travel with us – which is why we are lucky enough to welcome them again and again.



LET'S GET SOCIAL

For inspiring experiences, real-time updates, the latest trends or casual conversation, explore our social networks for all things travel.



LinkedIn

YouTube



BETTER-MOMENTS.COM

You can view our current photography workshops on the Better Moments website, where you will find all dates and details – and can reserve a spot for your dream trip.



NEWSLETTER

Stay up-to-date with our workshops, experts, and special offers: sign up to our bi-monthly newsletter – and receive Christian Nørgaard's guide to travel & portrait photography for free.

SIGN UP AND RECEIVE A FREE TRAVEL & PORTRAIT PHOTOGRAPHY GUIDE.

"I think that Better Moments' workshops are some of the best organized, most educational and most inspirational group workshops I have ever worked on. So I would encourage you to join us. Come along and have a great time, learn, be inspired and take great pictures."

Steve McCurry

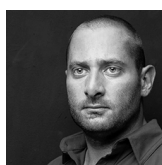
Our passionate experts

We are proud to work with some of the best photographers in the industry who are experts in their field and have years of experience in guiding and teaching photography workshops.



Steve McCurry

National Geographic,
World Press Photo
first place



Marco Di Lauro

World Press
Photo Award



Hamid Sardar-Afkhami

Writer, photographer,
award-winning
filmmaker



Sisse Brimberg

National Geographic
photographer



Tom D. Jones

Hasselblad Master
& European Fine Art
photographer



Arne Hodalič

National Geographic
photographer &
photo editor



Steve Bloom

National Geographic
photographer



Laurent Baheux

Award-winning
wildlife photographer



Andreas H. Bitesnich

Award-winning fine art
photographer



What our guests say about us

"It was a marvelous workshop with a lot of opportunities for great pictures. Obviously, the highlight was the night in Riisitunturi National Park watching the Northern Lights. It was the whole atmosphere having a rustic dinner in the hikers hut after shooting the sunset and waiting for the Northern Light which is staying in my memories."

Bernd Beykirch, Germany



"I found out that one of my favourite photographers, Lars van de Goor, was doing a workshop in the Netherlands so I signed up for the workshop and was introduced to Christian, the founder of the company, and I knew immediately that this would be a great workshop just by talking to him and seeing how incredibly well organized and precise everything was planned out. The hotels were first class, the food was phenomenal, which is important, and more importantly, each day was very well planned out and it has been a really great experience."

Aubra Franklin, USA

"Everybody has something to offer to the group, so we learn from each other, we share things, we have workshops in the evenings where we talk about what went well, what went wrong... and we see a lot of different styles, a lot of different techniques. And that is the good thing about this trip, it is really all about photography!"

Peter Dorr, The Netherlands.







PHOTO BY CHRISTIAN NØRGAARD



PHOTO BY CHRISTIAN NØRGAARD







PHOTO BY CHRISTIAN NØRGAARD

Land of the polar bears

Svalbard is a place of deep fjords, snow-capped mountains, massive sheets of ice, and magnificent polar bears. It is a Norwegian archipelago situated in the Arctic Ocean between the North Pole and Norway. Travel under the midnight sun on board M/S Malmö and experience nature in its purest form.

Polar bears thrive here. Roughly half the estimated 3,000 bears in the Barents Sea population raise their young on the archipelago's isolated islands. Humans are warned not to venture beyond town without a rifle as protection against *ursus maritimus*.

Seabirds migrate to Svalbard in the millions. Five species of seals and 12 kinds of whales feed in the waters off the coast. Atlantic walrus prosper on the rich clam beds along the shallow shelf of the Barents Sea.

On the open tundra of Svalbard's plateaus and valleys, reindeer forage and arctic fox hunt free from predators.



Svalbard Highlights

Better Moments' mission is to deliver exclusive workshops and we want you to explore your passion for photography and work with one of the best photographers, Christian Nørgaard, during your Svalbard expedition.

■ HIGHLIGHTS

- Explore the arctic landscape of Svalbard while having the vessel as base.
- Shoot amazing wildlife photos of whales, seals, birds and polar bears.
- Excursions onto the pack ice in hunt of polar bears or unique ice landscapes.
- Discover the old whaling islands of Danskøya, Amsterdamøya Ytre Norskøy.

■ WHAT YOU WILL LEARN

- You will learn how to approach the unique challenges of wildlife photography at the best place in the world for polar bear and wildlife photography. With private "one to one" workshops and lectures, this

expedition will optimize your photographic skills and take them to the next level.

■ ON LOCATION

- Teaching and training in the best techniques with personal hints and advice.
- Composition and focus on lines, golden section, perspective, foreground.
- Learning about the lenses that optimize your wildlife photography.
- How to handle equipment with care on location.
- Private hands-on lessons that can help to take your photography skills to the next level.

■ IN CLASSROOM

- Expert review and constructive criticism of the images taken during the day.
- Private portfolio Review.



PHOTO BY SISSE BRIMBERG







Christian Nørgaard: Catch the moments with passion



PHOTO BY DAVID TRUD

The first time he held a camera was as a child, and ever since it has been a part of Christian Nørgaard - not a day goes by without a push of the button.

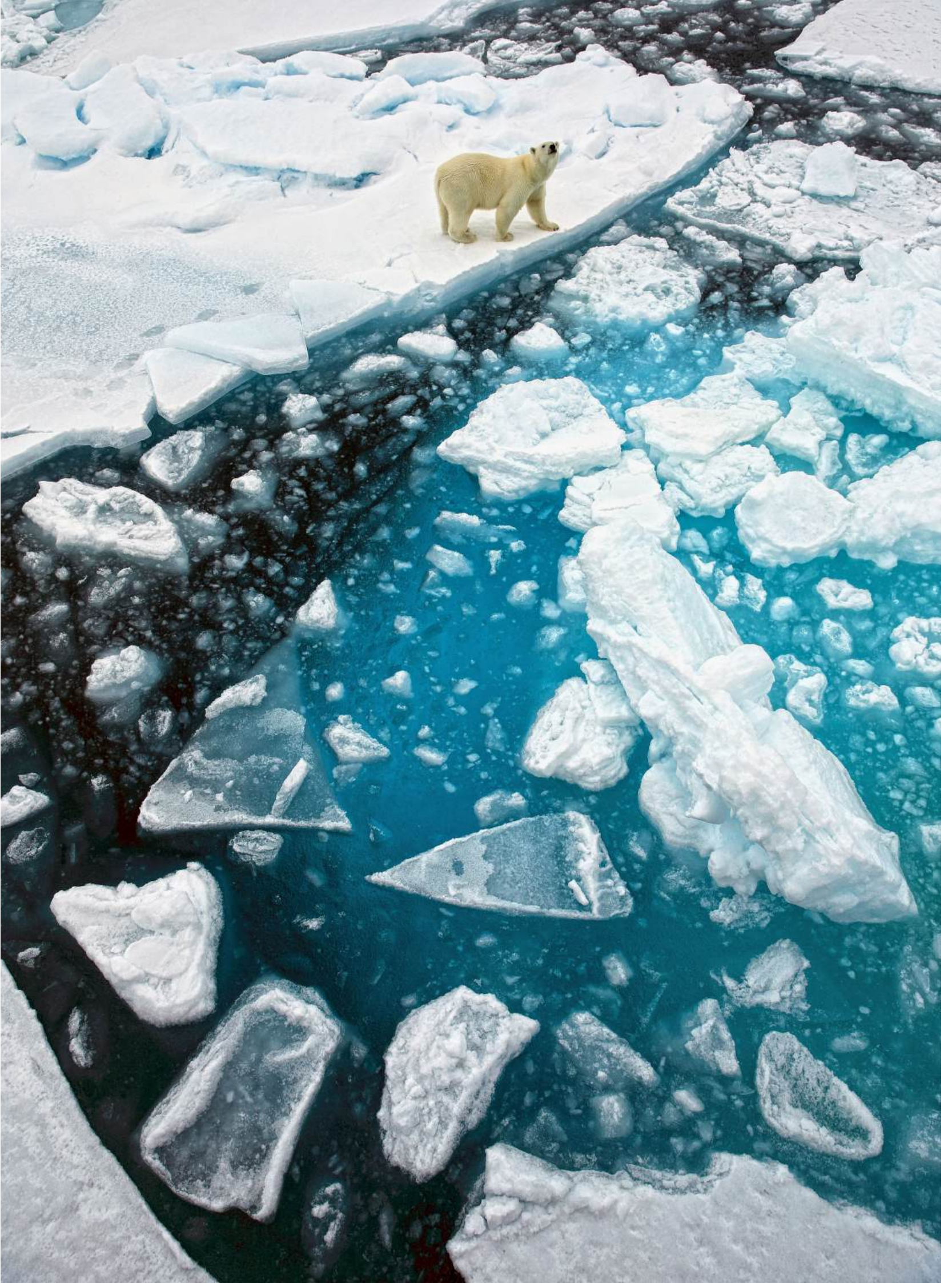
"The most important thing for me is to be inspired - if a natural and spontaneous curiosity and desire to capture subjects with my lens doesn't arise - well, then I simply don't do it." Christian Nørgaard started his career at the Danish newspaper Berlingske Tidende in Copenhagen. Afterwards he travelled around the world and sold his photographs to Danish and foreign newspapers and magazines.

When Christian returned from his travels and settled down in Copenhagen, he started a publishing house focused on travel magazines. In the course of the next few years it grew to become one of the most important publishing houses in Scandinavia.

Today Christian Nørgaard shares his passion for photography with many of Better Moment's guests. Together they have travelled to destinations across the globe including Burma, India, Bhutan, Greenland, Iceland, just to mention a few, and fortunately there are even more destinations planned.

"To me, photography is an art of observation that contains patience, respect, lots of curiosity and to catch and freeze a moments that will stay forever"

Christian Nørgaard



Itinerary

DAY 1

■ GETTING READY

Arrive in Longyearbyen and transfer to your hotel. Settle in and prepare for an exciting journey ahead. In the evening, enjoy an insightful lecture about our upcoming expedition from Christian Nørgaard and our Polarquest guides. Following the lecture, join us for a welcoming dinner and get to know your fellow adventurers.

DAY 2

■ TAKE OFF FOR ADVENTURE

At this time of year, the ice usually allows us to explore the northeastern parts of the archipelago. However, weather and wildlife conditions may necessitate changes to the program. We travel onboard our private vessel, your base for a truly wildlife adventure. After welcome drinks and dinner, Christian Nørgaard will present his first lecture: "How to Travel the World and Capture Unique People and Situations on Your Way..

DAY 3

■ POLAR BEARS

Sailing toward the ice, looking for polar bears. Depending on the ice conditions, this will probably be north of Spitsbergen and Nordaustlandet. During the day, Christian will hold private portfolio reviews and workshops on deck. After dinner, we'll review the day's pictures and Christian will provide constructive criticism to help you refine your shots for the next day.

DAY 4-5

■ WALRUSES

Weather and ice will determine our route, but we plan to sail east toward Storøya, known for its walrus colonies. Each day we'll explore Svalbard with Zodiac Expeditions. From our private Zodiac, we'll get close to the wildlife and make landscape and wildlife photographs. After dinner, Christian will provide feedback on the day's photos.

DAY 6-9

■ INTO HINLOPEN

Sailing south toward Bråsvellbreen and into Hinlopen with walruses and bird cliffs. We'll cross Liefdefjorden with the Monaco Glacier and the northwestern corner of Spitsbergen with walruses, seals, and stunning landscapes. South, we'll pass Lilliehööksfjorden and Kongsfjorden with glaciers, birds, and marine mammals. Each night, Christian will review the day's photos and give lectures on wildlife photography.

DAY 10

■ BIRD CLIFFS

Sailing south to Prins Karls Forland for our last landing with walruses, and in the afternoon, Alkehornet with bird cliffs, arctic foxes, and Svalbard reindeer. Tonight, we'll have dinner with the captain and, as a Better Moments tradition, celebrate the expedition's last evening. Christian will present awards to the top three photographers and personal diplomas to all participants.

DAY 11

■ LONGYEARBYEN

Return to Longyearbyen in the morning, have breakfast, disembark the ship, and prepare for your journey home.

IMPORTANT

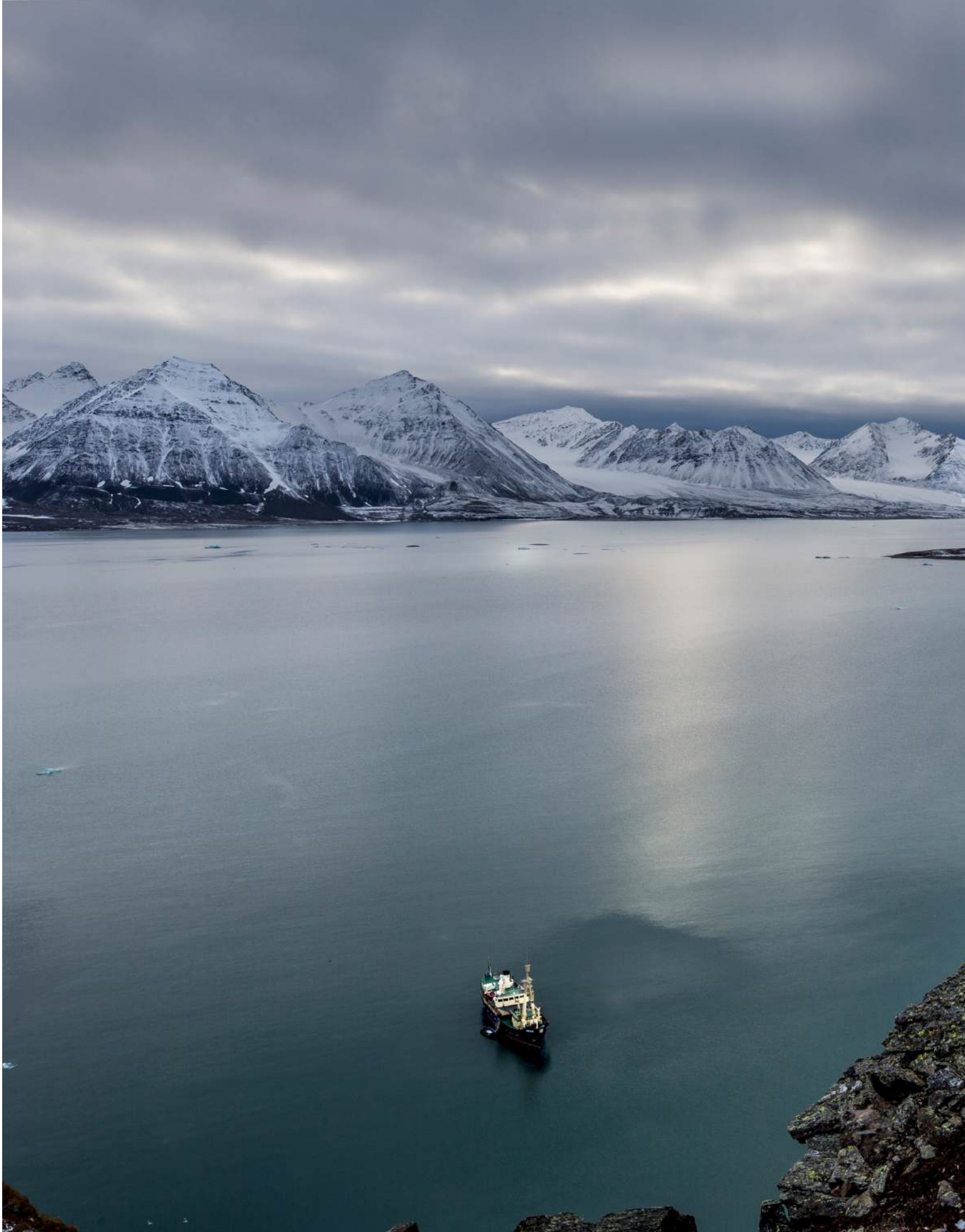
Changes to the program may occur due to weather and wildlife conditions.

AIRPORT PICK-UP

Better Moments arranges one pickup and one return to the airport on the arrival and departure days.



PHOTO BY CHRISTIAN NØRGAARD



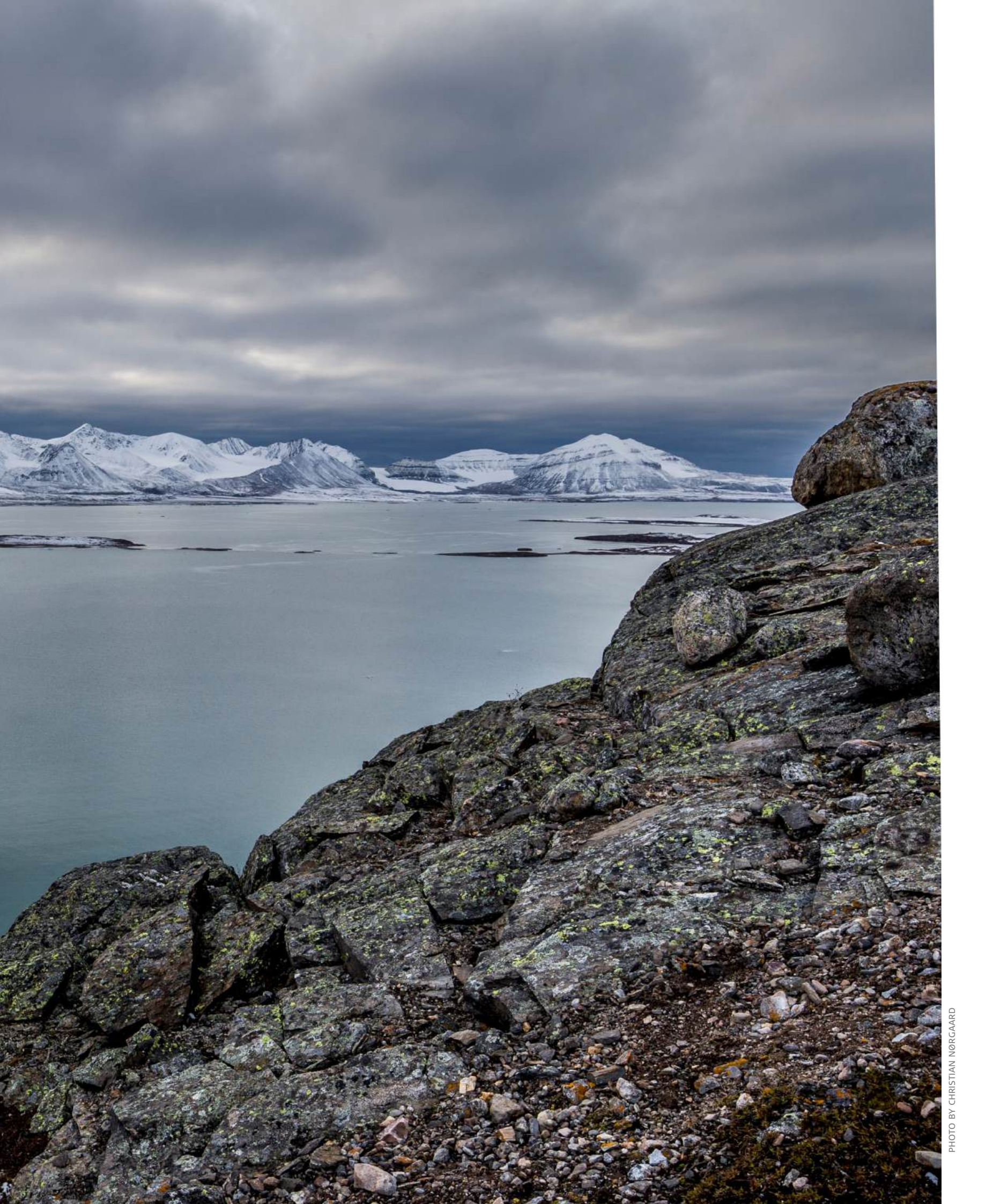


PHOTO BY CHRISTIAN NØRGAARD



Quick guide

We wish you to travel with the greatest possible comfort and to know that you have received as much information as possible.

■ GETTING THERE

Svalbard's only international airport, Longyear Airport in Longyearbyen, is served by SAS with almost daily flights from Oslo and Tromsø in Norway. Flight times are 4 hours from Oslo and less than 2 hours from Tromsø. The airport is located about 5 km (3 miles) from the town of Longyearbyen.

■ VISA

Norway is a member of the Schengen Agreement. Nationals of EU and EFTA (Iceland, Liechtenstein, Norway, Switzerland) countries only need a valid national identity card or passport for entry. All other visitors are required to have a passport valid for at least three months beyond the intended stay, and some will need a visa. Please check with the local embassy.

■ WEATHER

Svalbard has an Arctic climate tempered by the warm North Atlantic Current. Due to the convergence of cold air from the north and mild, humid air from the south, weather conditions can change quickly and often, with occasional strong winds and wind chills. Average daily temperatures in Longyearbyen varies from -17.5°C in January to 5.0°C in July.

■ LANGUAGE

The official language is Norwegian, but almost all Norwegians speak English.

■ CURRENCY

The Norwegian monetary unit is the Krone (NOK).

■ QUICK GUIDE

The Svalbard Museum in Longyearbyen is an impressive, recently inaugurated exhibition space. Themes include the life on the edge formerly led by whalers, trappers, seal and walrus hunters and, more recently, miners. At the gallery in Longyearbyen you can see the Svalbard collection of old maps and books, a slide show from the photographer and composer Thomas Widerberg, and an exhibition of Kåre Tveter's paintings. From time to time there are also sales exhibitions. The Longyearbyen Church is open for visitors every day and there is a service nearly every Sunday. Every Tuesday evening, the church sells coffee and Norwegian waffles. Here you get to know Longyearbyen and the people better. The cable trestles are cultural monuments over the manual driven coal mining in Longyearbyen. At that time, the coal was transported in "kibs" (carriers) on the cable way

to the cleaning plant. The Svalbard Islands are home to seven Norwegian national parks: Forlandet, Indre Wijdefjorden, Nordenskiöld Land, Nordre Isfjorden, Nordvest-Spitsbergen, Sassen- Bünsow Land, and Sør-Spitsbergen. Little known but amazing natural attractions of Svalbard are the diverse springs. Fløtspingo and other Reindalen pingos are the highest pingos in Svalbard and some of the highest open system pingos of the world, up to 42 m high. Hot and thermal springs, for example Jotun Springs, Troll Springs and Tempelfjorden thermal submerged spring. One day trip by boat to the Esmark glacier and Oscar II Land and the Russian mining settlement looms on the side of the mountain above Grønfjorden. During the cruise, the guide will provide useful information about Svalbard.

■ EMERGENCY

Emergency phone number: 112. Svalbard is among the safest places on Earth, with virtually no crime.



Equipment

Whether this is your first trip or your "hundredth" workshop with us, it's always helpful to have a run-down of what items you may want to pack so you have a travel checklist. Bookmark this packing list, because you'll want to refer back to it to make sure you've thought of everything you might want to pack.

■ CLOTHING

- A good plan is to dress "layer-by-layer". You then are well prepared for whatever weather arrives.
- Wind and waterproof jacket
- Wind and waterproof pants
- Rubber boots - with room for extra (wool) socks
- Hiking boots
- Wool underwear
- Fleece/sweater
- Cap
- Gloves
- Waterproof outdoor cushions - nice to sit on when we sail in the arctics or when we sit and enjoy the scenery on land.
- A small backpack
- Binoculars

■ NICE TO HAVE

- Sunscreen
- Sunglasses

■ CAMERA

The camera list is for inspiration, since you know better than anyone what equipment you prefer.

- Bring you own laptop computer and storage medium
- Camera bodie(s)
- Lenses, 24-70mm zoom and 70-200mm zoom or similar lenses are very good
- Bag for all camera gear
- Light bag for easy hiking with camera bodies and accessories
- Cleaning kit for cameras and lenses
- Rain/dust covers for cameras and lenses
- Charger for batteries
- Spare batteries
- Standard power converter
- Raw processing software
- Memory cards and card wallets
- Memory card reader
- USB key to exchange images

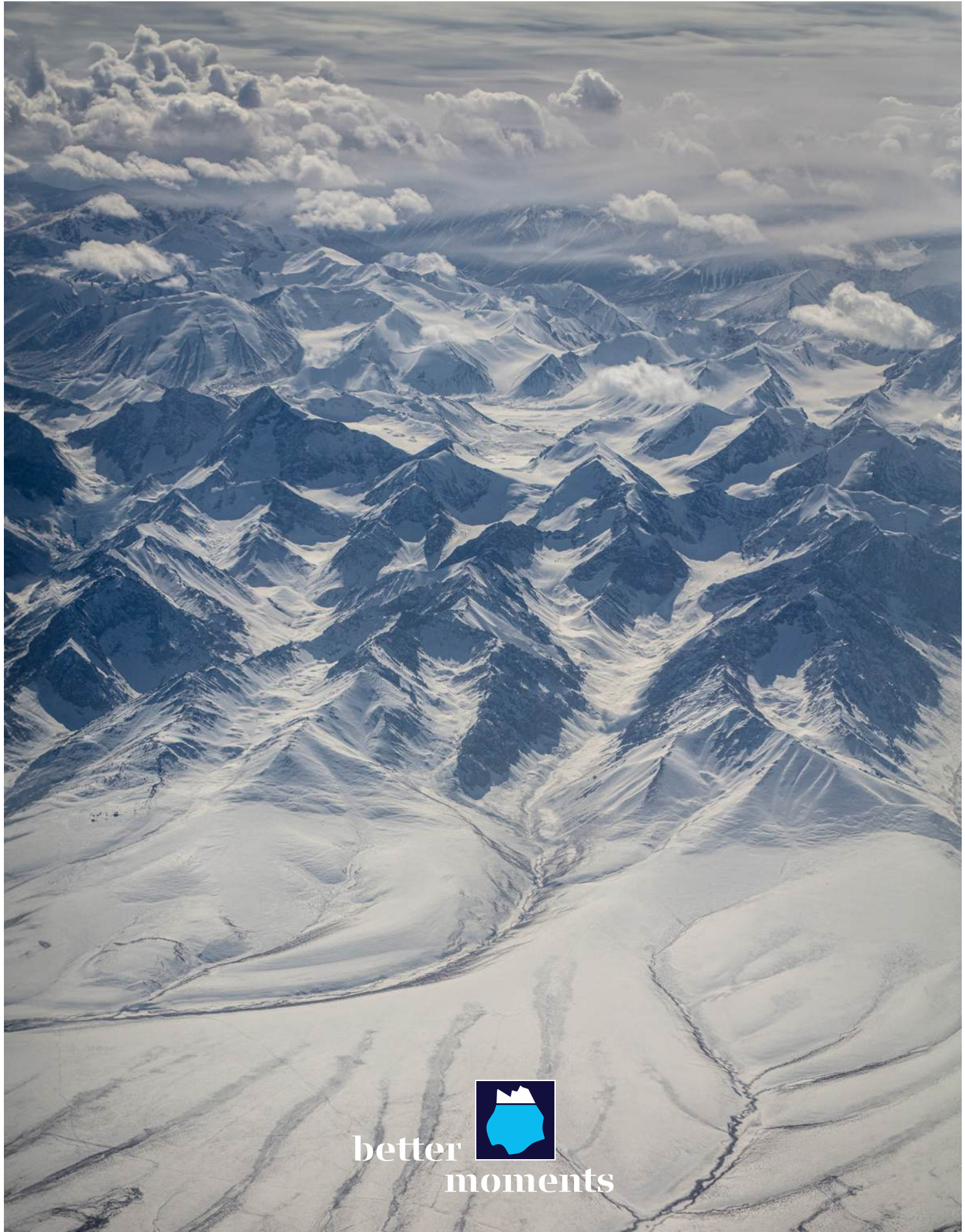
■ NICE TO HAVE

- Tripod
- Lens extenders
- Camera straps for ease of changing from one camera to another
- Graduated filter set
- Filter holder
- High quality polarizing filter
- Lens belt





PHOTOGRAPHY WITH PASSION



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PHOTO BY STEVE MCCURRY