

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE
FREESTYLE CRUISING™

Southern Caribbean Voyage
Saturday, November 20th, 2004
At Sea

9:00AM-CLOSE

Join us at 11:00am and take part in our FREE Gaming Lessons. Receive a FREE \$5 Match Play coupon just for participating. Remember to get your Triple Play Chips! A \$10 buy-in gets you \$15 in table chips! Limit one per person per cruise. Think you can beat the lowest score in our Slot or Blackjack tournaments? Join us for another set of exciting rounds starting at 1:00pm! Just \$10 to enter with multiple entries permitted (receive a beer, wine or soda with each entry). Don't forget to bring your "Spin to Win" entry ticket and try your luck for a FREE 7-day cruise for two!

MAHARAJAH'S CASINO IS OPEN

Maharajah's Casino, Deck 7, Forward

10:00AM

MANDATORY EMERGENCY LIFEBOAT DRILL

All Guests are required to attend this Mandatory Drill. Please retrieve your lifejackets from your Staterooms & assemble at your lifeboat stations. Your Assembly Station is written on your *Spirit* Guest Key Card & posted on the back of your Stateroom door. All services will be temporarily suspended during this drill. Please listen for announcements starting 30 minutes before the drill begins.

Assembly Stations are located on Promenade Deck, Deck 7

10:45AM

SHORE EXCURSION PRESENTATION

The Caribbean has a great deal to offer with its crystal clear blue waters, coral reefs, sailing adventures, beautiful beaches, pirate adventures and much more! Magnificent underwater life is the heart of this tropical paradise. Tours will sell out fast as availability is extremely limited. Don't miss this one time only presentation with your *Shore Excursion Team* to learn about all the tours that will be offered this voyage.

Moulin Rouge, Deck 7, Aft

11:00AM

DIAMOND & GEM SEMINAR

Please see the inside page for details. Prizes to be won, VIP Cards and Gift Certificates also up for grabs!

Picture House, Deck 8, Fwd

11:15AM (Card Sales)

Today we will be giving away \$1,000 in Cash & Free Cruise Raffle Tickets during our first session of Bingo. Learn more about how you can increase your chances of winning the cash with our "Black Boxes."

Galaxy of the Stars, Deck 12, Forward

\$1,000 BINGO

2:00PM

THE BIG PORT AND SHOPPING TALK

Everything you need to know to plan your time in all of our beautiful ports of call, beautiful Barbados! Learn what to shop for & where to find it! Shopping tips & prizes for all that attend! Also, find out about NCL's VIP shopping program, & get your VIP shopping cards! We recommend at least one person per stateroom attend.

Moulin Rouge, Deck 7, Aft

3:00PM (Preview at 2:30PM)

CHAMPAGNE ART AUCTION

DO NOT MISS this high energy, fun and educational event! Join David and Eva at today's Art Auction featuring artists such as Picasso, Dali, Chagall, Rockwell, Max, Tarkay and many, many more as well as Animation Art and Sports Memorabilia. All works fully authenticated and framed. Get in on the FREE RAFFLE for your chance to win a Framed Work of Art valued at over \$500.00! We ship worldwide! Complimentary champagne will be served!

Fine Art Gallery, Deck 7A, Forward

3:00PM-4:00PM

2 FOR 1 BINGO SPECIAL

This fun session you get twice as many cards and twice as many raffle tickets for our Free Cruise Draw! Play our Krack-it Packets, you could win up to \$1000 or a Cruise For Two Instantly!

Galaxy of the Stars, Deck 12, Forward

7:30PM & 9:15PM

NIGHT ON THE TOWN

Norwegian Cruise Line proudly presents the NCL Production Company in "Night on the Town". Join us on our musical journey to some of the most famous cities & 'hot spots' around the world. Photography, audio & video recording are prohibited. Seat reservation is not permitted.

Moulin Rouge, Decks 7 & 8, Aft

10:15PM

NEW YEARS EVE PARTY

Join your Cruise Director's Staff & 60280 for a "Kickin'" New Year's Celebration! Drink Special: Frozen Margarita in Margarita Shaker only \$6.95.

Galaxy of the Stars, Deck 12, Forward

Sunrise 6:21 AM Sunset 5:03 PM

Weather Forecast: Mostly Sunny

(As Per Yahoo Weather)

High: 83F Low: 74F



Suggested Attire: Optional Formal

EARLY CARIBBEAN

The Caribbean Islands were populated in a series of migrations beginning millennia before Columbus set sail for the New World. Of the two major groups of people that inhabited the islands at the time of his arrival, the Tainos and the Island Caribs, only the latter had arrived recently enough to have maintained folkloric traditions of their original origin. Although it is often said the Tainos migrated to the islands, it was their ancestors and other groups who were on the move. Archaeological evidence indicated that the initial discoverers came from two directions. The first migration started around 4000 BC. These prehistoric people, probably originating on the Yucatan Peninsula, occupied the large islands of Cuba and Hispaniola. The second group, a coastal culture that arose in Trinidad, began moving northward through the islands around 2000 BC. They came as far away as Puerto Rico by 1000 BC, settling the Lesser Antilles and the Virgin Islands along the way. As early as 500 BC, a new wave of immigration commenced from the mouth of the Orinoco River in what is now Venezuela. This new group of "immigrants" was the ancestors of the Tainos, the people who inhabited the Bahamas, the Greater Antilles and the northern Lesser Antilles when Columbus arrived in 1492.











PLEASE TURN YOUR CLOCKS FORWARD (1) HOUR
BEFORE RETIRING TONIGHT!

MORNING ACTIVITIES

Channel 15	FREESTYLE MORNING SHOW tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
Continuous	MAHARAJAHS CASINO SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
24 Hours	INTERNET DISCOUNTS Take advantage of our discounted Internet Time Plans and save as much as 47% off the pay as you go rate. Wireless access available. Chat with family or friends online on MSN, AOL, Yahoo Messenger and more! Newspapers at sea! Read your local Newspaper at your leisure. Order forms are available in your stateroom. Internet Manager's Hours: 9:00am-Noon, 1:00pm-5:00pm, & 7:00pm-10:00pm	Internet Café, Deck 12, Fwd
7:00am-7:20am	 Walk A Mile with your <i>Sports Afloat Sunita</i>	Meet: Grand Centrum, Deck 7, Mid
7:30am-8:00am	 Muscle Conditioning	Moulin Rouge, Deck 7, Aft
8:00am-9:30am	 Sports Afloat Staff are available for any health & fitness questions	Universal Gym, Deck 12, Fwd
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate Dining experience in one of our Specialty Restaurants. For reservations please dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid, 8:00am-5:00pm. After 5:00pm please phone the respective restaurant	
8:00am-8:00pm	SHORE EXCURSION DESK IS OPEN 24-Hour Automated Order Machines are available on Deck 7, Midship <i>The Shore Excursion Desk will not be open during the Mandatory lifeboat drill</i>	Deck 8, Fwd
8:00am-8:00pm	 MANDARA'S ROMAN SPA & SALON ARE OPEN (PHONE #7840) Pampering and relaxations is exactly what you will find at the Mandara Spa. We are waiting to pamper you! Tired of bad hair days? Are you happy with your hair or just content with it? Do you want a change? Now is your chance to take advantage of our special: Cut, Color & Blow dry - normally \$125 from today onwards only \$99	Deck 12, Fwd
8:15am-9:15am	 Beginner YOGA - Hatha (\$5 fee)	Moulin Rouge, Deck 7, Aft
9:00am	MAHARAJAH'S CASINO TABLES ARE OPEN	Maharajah's Casino, Deck 7, Fwd
9:00am-9:30am	 Sports Afloat & Fitness Center Orientation	Universal Gym, Deck 12, Fwd
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-11:00am	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
9:30am-10:00am	CRAFT CORNER - Paper boxes with your <i>Cruise Directors Staff</i>	Champagne Charlie's, Deck 8, Mid
10:00am	MANDATORY EMERGENCY BOAT DRILL Listen for announcements. All onboard services will be closed for the duration of this Drill	Promenade, Deck 7
10:00am-11:00am	Bridge Play Seminar with Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
10:15am-10:45am	 Cellulite Secrets Come and consult with our Figure Corrective Specialist and learn the secrets to banishing cellulite forever!	Celebrity Disco, Deck 13, Fwd
10:30am-11:15am	COOKING DEMONSTRATION - with our Culinary Experts	Champagne Charlie's, Deck 8, Mid
10:30am-3:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
10:30am-11:00pm	COLOMBIAN EMERALDS IS OPEN Emerald UNVEILING today at 9:00am. Join us today for complimentary champagne	Grand Centrum, Deck 8, Mid
10:30am-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN INCH OF GOLD! Custom made fine layered fashion jewelry free lifetime Guarantee from a \$1 an inch	Grand Centrum, Deck 8, Mid
10:45am	SHORE EXCURSION PRESENTATION The Caribbean has a great deal to offer with it's crystal clear blue waters, coral reefs, sailing adventures, beautiful beaches, pirate adventures and much more! Magnificent underwater life is the heart of this tropical paradise. Tours will sell out fast as availability is extremely limited. Don't miss this one time only presentation with your Shore Excursion Team, to learn about all the tours that will be offered this voyage	Moulin Rouge, Deck 7, Aft
10:45am-11:15am	 5 Steps to Beautiful Skin Turn back the time with our dramatic anti-aging facial, the best in the world today	Mandara Spa, Deck 12, Fwd
11:00am	 DIAMOND AND GEM SEMINAR with <i>Duncan</i> Join <i>Duncan</i> for this informative talk, learn how to save time and money and money in all ports of call. Here is your chance to get your Gift Certificates & VIP Cards! He will give you all the basics before you take advantage of the incredible diamond and gemstone opportunities our ports of call! Also, get "behind the scenes" information on the jewelry world. Giveaways and Prizes to be won don't miss it!	Picture House, Deck 8, Fwd
11:00am-11:30am	FREE TABLE GAMING LESSONS	Maharajah's Casino, Deck 7, Fwd
11:00am-11:30am	Filipino Language Lesson - with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
11:00am-11:45am	 Learn to Shuffleboard (16 yrs. & older please!)	Shuffleboard Courts, Deck 7, Aft
11:00am-1:00pm	The Navigational Bridge Window will be open for viewing	Galaxy of the Stars, Deck 12, Fwd
11:15am	\$1,000 BINGO This morning we are giving away \$1,000 in Cash and Raffle Tickets for our Free Cruise Draw during this FIRST SESSION of BINGO!	Galaxy of the Stars, Deck 12, Fwd
(Card Sales)	MORNING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
11:30am-Noon	FREE SLOT GAMING LESSONS (Meet at Casino Services Desk)	Maharajah's Casino, Deck 7, Fwd
11:30am-Noon	 Cutting Edge Visit your international stylist for the most up to date styles in Hollywood	Mandara Spa, Deck 12, Fwd

AFTERNOON ACTIVITIES

1:00pm-2:30pm	VICTORY AT SEA SLOT TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
1:15pm-1:45pm	Wine Tasting Seminar with your <i>Sommelier</i> (\$10.00 fee)	Champagne Charlie's, Deck 8, Mid
1:30pm	OFFICER'S MEET & GREET, This is your opportunity to meet your <i>Captain</i> and all of the Senior officer onboard the <i>Norwegian Spirit!</i>	Tivoli Pool, Deck 12, Mid
1:45pm-2:15pm	FRIENDLY FEUD with your <i>Cruise Directors Staff</i>	Galaxy of the Stars, Deck 12, Fwd

2:00pm	PORT & SHOPPING TALK with your Port & Cruise Consultant <i>Duncan</i>	Moulin Rouge, Deck 7, Aft
2:00pm-2:30pm	POOL SIDE FUN with your <i>Cruise Directors Staff</i>	Tivoli Pool, Deck 12, Mid
2:00pm-4:00pm	Bridge Play – with your Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
2:30pm-3:00pm	70's Pub Trivia with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
2:30pm-3:00pm	 The Golden Look Want to look like a star? A 5 minute make over. We can do it! Free make up applications for all who attend	Mandara Spa, Deck 12, Fwd
2:30pm-3:30pm	COMPLIMENTARY RUM PUNCH PARTY	Tivoli Pool, Deck 12, Mid
2:45pm-3:15pm	Sushi Demo with your Sushi making professionals	Shogun, Deck 8, Aft
3:00pm	CHAMPAGNE ART AUCTION (Preview at 2:30pm)	Fine Art Gallery, Deck 7A, Fwd
3:00pm	 AT THE MOVIES "Scooby Doo: Monsters Unleashed" Starring <i>Freddie Prinze Jr.</i> (1 Hour, 32 Minutes)	Picture House, Deck 8, Fwd
3:00pm-3:30pm	Service Club Meeting – for those Guests who need a make-up card	Henry's Pub, Deck 7, Fwd
3:00pm-3:45pm	 Dance Class "Salsa" with your Sports Afloat <i>Holly</i>	Moulin Rouge, Deck 7, Aft
3:00pm-3:45pm	Arts & Crafts Seminar with <i>Leonard Berman</i>	Champagne Charlie's, Deck 8, Mid
3:00pm-4:00pm	2 FOR 1 BINGO	Galaxy of the Stars, Deck 12, Fwd
3:00pm-4:30pm	WAVES OF CASH BLACKJACK TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
3:15pm-4:00pm	 The Ancient Art of Reflexology (\$10 Sign up fee) Learn how the ancient medicine men would cure ailments from the feet! Don't miss this relaxing and one of it's kind treatment	Mandara Spa, Deck 12, Fwd
4:00pm-5:00pm	 Sports Afloat Staff available for any health & fitness questions	Universal Gym, Deck 12, Fwd
4:00pm-5:00pm	 Intro to Pilates (Abdominal Class - \$5 fee)	Moulin Rouge, Deck 7, Aft
4:00pm-6:00pm	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
4:15pm-4:45pm	RYDER CUP GOLF QUALIFIER	Celebrity Disco, Deck 13, Fwd
5:00pm-5:20pm	 Walk A Mile with your Sports Afloat <i>Sunita</i>	Grand Centrum, Deck 7, Mid
5:00pm-5:45pm	 Step Aerobics (Beginner Level)	Moulin Rouge, Deck 7, Aft
5:00pm-6:00pm	Friends of Bill W. Meeting	(Hallway next to Picture House) Board Room, Deck 8, Fwd
5:00pm-10:00pm	FORMAL PORTRAITS (no obligation to purchase)	Grand Centrum, Deck 7, Mid
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:45pm-6:05pm	 Stretch & Relax	Moulin Rouge, Deck 7, Aft
EVENING ACTIVITIES		
MUSICAL ENTERTAINMENT		
Trini-Flavour	Island Favorites	Tivoli Pool Deck 12
11:45am-1:30pm & 2:30pm-6:15pm (Weather permitting)		
Stephan Brenko	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
5:00pm-6:00pm		
Pryme Time, followed by Stephan Brenko	Favorite Standards	Champagne Charlie's, Deck 8, Mid
8:30pm-10:15pm (Pryme Time) & 10:30pm-Close (Stephan Brenko)		
Best of Friends followed by 60280	Great Tunes for Dancing	Galaxy of the Stars, Deck 12, Fwd
6:30pm-7:30pm (Best of Friends), 8:45pm-9:45pm (Tribute to the Beatles with 60280) & 10:00pm-Close (60280)	Guitar Tunes	Henry's Pub, Deck 7, Fwd
Scott Allman		
8:30pm-Close		
DJ O'Neill	Great Dance Music	Celebrity Disco, Deck 13, Fwd
7:00pm-Close	*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm	
ENTERTAINMENT		
7:00pm-7:30pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Decks 7, Aft
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with DJ O'Neill	Celebrity Disco, Deck 13, Fwd
7:00pm-9:00pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
7:30pm & 9:15pm	NIGHT ON THE TOWN! With <i>The NCL Production Company!</i> Join us on our musical journey to some of the most famous cities & 'hot spots' around the world. Photography, audio and video recording are prohibited. Doors open 30 minutes before show times	Moulin Rouge, Decks 7 & 8, Aft
8:30pm-9:30pm	CASINO HOSPITALITY DESK (Buy your Triple Play & Tournament Entries)	Casino, Deck 7, Fwd
8:45pm-9:15pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
8:45pm-9:45pm	Tribute to the BEATLES with 60280	Galaxy of the Stars, Deck 12, Fwd
9:00pm-11:00pm	KARAOKE – Drink, Sing and Be Merry!! Probably in that order!	Celebrity Disco, Deck 13, Fwd
10:00pm	 AT THE MOVIES "The Stepford Wives" Starring: <i>Nicole Kidman</i> (1 Hour, 32 Minutes)	Picture House, Deck 8, Fwd
10:15pm	 NEW YEARS EVE PARTY Join 60280 & the <i>Cruise Director's Staff</i> for a New Years Party that you don't want to miss! Bring your dancing shoes because we are going to Dance the night away Drink Special: <i>Frozen Margarita in Margarita Shaker only \$6.95</i>	Galaxy of the Stars, Deck 12, Fwd
10:30pm	SING A LONG with <i>Stephan Brenko</i>	Champagne Charlie's, Deck 8, Mid
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brand only)!	Celebrity Disco & Galaxy of the Stars
Midnight-Continuous	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
VOLTAGE REMINDER Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts		

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Cuvaison, Chardonnay, Napa Valley, Carneros, CA*
Ferrari-Carano "Fumé Blanc," Sonoma County California

Red: *Merlot Benziger, Sonoma County, California*
Ravenswood, "Vintner's Blend," California

Bottle - \$32.00 Glass - \$6.75
Bottle - \$33.00 Glass - \$7.00

Bottle - \$33.00 Glass - \$7.00
Bottle - \$24.00 Glass - \$5.25

Drink of the Day: "Bahama Mama"
 \$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Banana"
 With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Café de Antoinette" For Only \$4.50

Buy one bottle of Sena Wine and receive two FREE NCL Freestyle Logo Glasses
Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd
As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued
on the morning of debarkation from 7:00am through 9:00am at the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

All Guest Services will be closed at 9:45am sharp & will re-open after the Mandatory Boat Drill is completed. This includes all Food & Beverage services

24-Hour Service Blue Lagoon Room Service Deck 7, Mid Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am	Early Risers	Blue Lagoon, Deck 7, Fwd
7:00am-11:00am	Breakfast Buffet	Raffles Café, Deck 12, Aft
7:30am-9:00am	Continuous Breakfast	Windows Restaurant, Deck 6, Aft
7:00am-9:30am	Continental Breakfast	Raffles Terrace, Deck 12, Aft
7:00am-11:00am	Morning Coffee & Danish	Maharajah's Casino, Deck 7, Fwd

Freestyle Lunch & Afternoon Snacks:

Noon-2:00pm	Luncheon	Windows Restaurant, Deck 6, Aft
11:30am-2:30pm	Lunch Buffet	Raffles Café, Deck 12, Aft
Noon-5:00pm	Bavarian Snacks	Bier Garten, Deck 13, Fwd
Noon-2:00pm	Afternoon Barbeque	Raffles Terrace, Deck 12, Mid
3:30pm-4:30pm	Afternoon Snacks	Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm	International Buffet	Raffles Café, Deck 12, Aft
5:30pm-10:00pm*	Captains Gala Dinner	Garden Room, Deck 6, Mid
	*(Last orders by 9:30pm)	
5:00pm-9:30pm*	Captains Gala Dinner	Windows Restaurant, Deck 6, Aft
	*(Last orders by 9:00pm)	
11:00pm-1:00am	Casino Late Night Snacks	Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience in one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

Noon-2:00pm	Shogun	Sushi, Teppanyaki & Asian Fusion	#7896	Deck 8, Aft
5:30pm-Close	Shogun	Sushi, Teppanyaki & Asian Fusion	#7896	Deck 8, Aft
5:30pm-Close	Taipan Bistro	French Mediterranean	#7894	Deck 7, Mid
5:30pm-Close	Maxim's	Steak House	#7761	Deck 7, Fwd
5:30pm-Close	La Trattoria	Italian Cuisine	#7844	Deck 12, Aft, Port

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm	Buccaneer's Wet & Wild (Parental Supervision Only)	Deck 12, Fwd
24 Hour Service	Internet Café	Deck 12, Fwd
9:00am-Noon	Internet Manager Is Available	Deck 12, Fwd
1:00pm-5:00pm	Internet Manager Is Available	Deck 12, Fwd
7:00pm-10:00pm	Internet Manager Is Available	Deck 12, Fwd
9:00am-11:00am	Library	Deck 12, Fwd
4:00pm-6:00pm	Library	Deck 12, Fwd
9:00am-Close	Maharajah's Casino Tables Are Open	Deck 7, Fwd
8:00am-8:00pm	Mandara Roman Spa & Beauty Salon	Deck 12, Fwd
8:30am-10:00am	Medical Center	Deck 4, Fwd
4:00pm-5:00pm	Medical Center	Deck 4, Fwd
9:00am-Noon	Onboard Credit Desk	Deck 7, Mid
4:00pm-7:00pm	Onboard Credit Desk	Deck 7, Mid
10:30am-3:00pm	Photo Gallery	Deck 8, Fwd
Open 24 hours	Reception Desk	Deck 7, Mid
24 Hours	Shore Excursion Automated Machines	Centrum, Deck 7, Mid
8:00am-8:00pm	Shore Excursion Desk	Deck 8, Fwd
Open 24 hours	Starlight Video Arcade	Deck 10, Aft
10:30am-11:00pm	Tax & Duty Free Shops	Deck 8, Mid
8:00am-8:00pm	Tivoli Pool	Deck 12
8:00am-11:00pm	Hot Tubs	Decks 10 & 12
Open 24 hours	Universal Gym	Deck 12, Fwd

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU.

BAR OPENING HOURS

8:00am-Close	Raffles Terrace	Deck 12, Aft
8:00am- Close	The Café	Deck 7, Mid
9:00am-Close	Bier Garten	Deck 13, Fwd
10:00am-Close	The Bund	Deck 7, Fwd
10:00am-Close	Galaxy of the Stars	Deck 12, Fwd
9:00am-Close	Casino	Deck 7, Fwd
3:00pm-Close	Champagne Charlie's	Deck 8, Mid
4:00pm-Close	Henry's Pub	Deck 7, Mid
9:00pm-Close	Celebrity Disco	Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Optional Formal

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

1.800.327.7030 • www.ncl.com

Freestyle DAILY



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

Southern Caribbean Voyage
Sunday, November 21st, 2004
At Sea

8:00AM-5:00PM

SPECIALTY RESTAURANT RESERVATIONS

Enjoy an incredible dining experience in one of our Specialty Restaurants. For reservations please, Dial 7779 (from 8:00am – 5:00pm) or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid. After 5:00pm please phone the respective Restaurant directly.

9:00AM

MAHARAJAH'S CASINO IS OPEN

Do you like Blackjack but are looking for more chances to win? Try the WHEEL OF MADNESS. A \$1 side bet can earn you up to \$500! Remember to get your Triple Play Chips! A \$10 buy - in gets you \$15 in table chips! One per person per cruise. Feel like a fun challenge? Join us for another set of electrifying rounds of our Slot and Blackjack Tournaments starting at 1:00pm! Just \$10 to enter with multiple entries permitted (receive a beer, wine or soda with each entry). Stand a chance to win \$500 cash in our final session. Another super session of our "Spin to Win" FREE slot pull takes place today, where you have a chance to win a FREE 7 day cruise for two!

Maharajah's Casino, Deck 7, Forward

9:00AM-11:00PM

PHOTO GALLERY SPECIAL

Stop by the Photo Gallery to see your formal photos taken last night. Today, buy any 38x10 portraits and receive a beautiful leather folio absolutely free. Photo of the Norwegian Spirit included. Photos changes daily so stop by often!

2:00PM

FUTURE CRUISE PRESENTATION

With new ships, exciting itineraries and the best crew on the seven seas, it's shaping up to be an exciting future for NCL. We invite you to join the adventure. *Duncan* takes a trip around the world, and explains great benefits like discount pricing code, onboard credits & upgrades!

Moulin Rouge, Decks 7 & 8, Aft

2:00PM (Preview at 1:30PM)

CHAMPAGNE ART AUCTION

Do not cheat yourself out of the full cruise experience! Join *David* and *Eva* for another exciting Live Art Auction featuring *Picasso*, *Miro*, *Erte*, *Tarkay* as well as *Animation Art*, *Sports Memorabilia* and much, much more. All works fully authenticated as well as beautifully framed. Also today, enter our FREE RAFFLE for your chance to win a framed work of art valued at over \$500.00! We ship worldwide, so don't worry about packing. Complimentary champagne will be served!

Fine Art Gallery, Deck 7A, Forward

3:00PM

BLACK BOX BINGO SPECIAL

Join us for the excitement of Jackpot Bingo! This session, the "Black Boxes" will be the lowest price of the entire cruise. Check out our Krack-it Packets, you could win up to \$1000 or a cruise For Two Instantly!

Galaxy of the Stars, Deck 12, Forward

7:30PM & 9:15PM

SPOTLIGHT SHOWTIME

Norwegian Cruise Line is proud to present *Wes Epae* on the Main Stage for an evening of Music, Comedy, and Vocal Impressions! Seat reservation, Photography, audio, video recording and smoking are prohibited. We ask that you kindly place your drink order prior to show times!

Moulin Rouge, Decks 7 & 8, Aft

9:00PM & 10:30PM

LATE NIGHT COMEDY

Norwegian Cruise Line is proud to present the Comedy of *Chaz Elstner*. *Chaz* will have the audience laughing from his opening line to his last funny face. He's quick, and he's clever! A show NOT to be missed. Seat reservation is not permitted. Photography, audio and video recording are strictly prohibited

Galaxy of the Stars, Deck 12, Fwd

Sunrise 6:44 AM Sunset 5:40PM

Weather Forecast: Partly Cloudy
(As Per Yahoo Weather)



High: 83F Low: 71F

Suggested Attire: Resort Casual




NEXT PORT OF CALL: BARBADOS

Barbados is a coral island, pushed out of the sea by volcanic activity in a far away time. On the West Coast of Barbados, coral shore beaches of fine white sand stretch along a blue-green sea. Coral reefs fringe the Barbados shoreline to provide excellent snorkeling and scuba diving. Along the East Coast lively surf is blown briskly by the strong and constant trade winds and the waves pound against a rocky shore. The constant breeze of the trade winds gives Barbados a mild and pleasant tropical climate. Geologically, Barbados is unique, being actually two landmasses that merged together over the years. This and other anomalies make Barbados quite phenomenal, and there are geological structures that you will find only in Barbados.

Barbados is a very beautiful island, with lots of art, activities, nightlife, music, history and some of the best restaurants to be found anywhere. But what makes Barbados even more special, and the reason so many visitors keep returning to the island year after year, is the Barbadians, called Bajans, who are warm and friendly souls and always ready to greet you with a sincere smile. Barbadians make you feel welcome and special in this lovely Caribbean island. You'll feel it's your home. And you will want to come back again and again









**DID YOU REMEMBER TO TURN YOUR CLOCKS FORWARD
ONE HOUR LAST NIGHT? (SATURDAY)**

MORNING ACTIVITIES

Channel 15	FREESTYLE MORNING SHOW tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
Continuous	MAHARAJAH'S CASINO SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
24 Hours	WIRELESS ACCESS Your laptop! Connect with our wireless Internet access onboard. There are many advantages to using your own computer to stay current while at sea. Stop by the Internet Café to sign up for wireless today. Don't miss out on today's news! Newspaper delivery available. Order your favorite newspaper from your cabin steward, Front Office or in the Internet Café today! Internet Manager's Hours: 9:00am-Noon, 1:00pm-5:00pm, & 7:00pm-10:00pm	Internet Café, Deck 12, Fwd
7:00am-7:20am	 Walk A Mile with your Sports Afloat <i>Holly</i>	Grand Centrum, Deck 7, Mid
7:30am-8:00am	 Senior Sit & Be Fit	Moulin Rouge, Deck 7, Aft
8:00am-8:45am	 Zumba – High Energy, Low Impact with Latin Flare	Moulin Rouge, Deck 7, Aft
8:00am-9:30am	Sports Afloat Staff are available for any health & fitness questions	Universal Gym, Deck 12, Fwd
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate Dining experience in one of our Specialty Restaurants. For Reservations please Dial 7779 (from 8:00am – 5:00pm) or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid. After 5:00pm please phone the respective Restaurant	
8:00am-8:00pm	 MANDARA'S ROMAN SPA & SALON ARE OPEN Mandara Spa is open for all treatments! Don't forget tomorrow night is Ladies Night, limited availability, book now to avoid disappointment! Phone today #7840	Deck 12, Fwd
8:00am-8:00pm	SHORE EXCURSION DESK IS OPEN 24-Hour Automated Order Machines are available on Deck 7, Midship A 24-Hour Order Drop Box is available at the Shore Excursion Desk, Deck 8, Fwd	Deck 8, Fwd
9:00am	MAHARAJAH'S CASINO TABLES ARE OPEN	Maharajah's Casino, Deck 7, Fwd
9:00am-10:00am	 Morning YOGA (\$5 fee)	Moulin Rouge, Deck 7, Aft
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-11:00am	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers served in a 14 oz mug for only \$4.50	All Open Bars
9:00am-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN Designer Watches: Up to 50% off US Retail prices of all designer names without the designer price. <i>Nike, Fossil, Kenneth Cole, DKNY</i> and many more!	Grand Centrum, Deck 8, Mid
9:00am-11:00pm	COLOMBIAN EMERALDS IS OPEN \$ Save Big on Brands \$. Check out our great selection on high end watches <i>Tag Huer, Tissot, Longines!</i>	Grand Centrum, Deck 8, Mid
9:00am-11:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
9:15am-9:45am	Craft Corner – "Beaded Bandanas" with you Cruise Director's Staff	Champagne Charlie's, Deck 8, Mid
9:30am-10:15am	 "Mt. Norwegian Spirit" Stair Climb Challenge	Meet: Universal Gym, Deck 12, Fwd
10:00am-10:45am	 Secrets to a Flat Stomach Learn all about our European detox, slimming and inch loss treatment	Celebrity Disco, Deck 13, Fwd
10:00am-10:45am	Arts & Crafts Workshops "Needlepoint Pen Case" with <i>Leonard Berman</i>	Champagne Charlie's, Deck 8, Mid
10:00am-11:00am	Bridge Play Seminar with Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
10:30am-11:00am	Pastry Demonstration – with our Pastry Experts	Grand Centrum, Deck 7, Mid
10:30am-11:00am	MORNING PUB TRIVIA with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd
10:30am-11:30am	 KICK START – Weight Training Program (Fee Applies)	Universal Gym, Deck 12, Fwd
11:00am	POOL SIDE FUN with your Cruise Director's Staff	Tivoli Pool, Deck 12, Mid
11:00am-11:30am	JEWELRY TALK (Tanzanite and Ammolite) Join your <i>Colombian Emeralds Specialist!</i> You don't want to miss this!	Champagne Charlie's, Deck 8, Mid
11:00am-Noon	 Reverse the Signs of Aging Learn what happens to your skin as you age, and what you have to do to slow it down and reverse it	Mandara Spa, Deck 12, Fwd
11:00am-2:00pm	 MANDARA'S ROMAN SPA SILENT AUCTION This is your chance to name your price. Take your bid for one of the signature treatments to the Spa Reception now!	Mandara Spa, Deck 12, Fwd
11:30am-Noon	ICE CARVING DEMO (Weather Permitting) Join us for this fabulous demonstration	Tivoli Pool, Deck 12

AFTERNOON ACTIVITIES

1:00pm-1:30pm	AFTERNOON PUB TRIVIA with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd
1:00pm-1:30pm	Military Social – with your fellow Guests & Cruise Director's Staff	Champagne Charlie's, Deck 8, Mid
1:00pm-2:30pm	VICTORY AT SEA SLOT TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
2:00pm	SNORKEL DEMONSTRATION Join your onboard diving instructors from the Shore Excursions team for a fun and informative demonstration on snorkeling techniques	Tivoli Pool, Deck 12, Mid
2:00pm	FUTURE CRUISE PRESENTATION with <i>Duncan</i>	Moulin Rouge, Decks 7 & 8, Aft
2:00pm	CHAMPAGNE ART AUCTION (Preview at 1:30pm)	Fine Art Gallery, Deck 7A, Fwd
2:00pm-2:45pm	RYDER CUP GOLF QUALIFYER	Celebrity Disco, Deck 13, Fwd


2:00pm-2:45pm	MARTINI CLASS (Sign up fee \$10)	Champagne Charlie's, Deck 8, Mid
2:00pm-3:00pm	 Scalp Rituals Indian scalp massages, Japanese pressure point, Franjipani Tahitian retreat, choose one we'll teach you how	Mandara Spa, Deck 12, Fwd
2:00pm-4:00pm	The Navigational Bridge Window will be open for viewing	Galaxy of the Stars, Deck 12, Fwd
2:00pm-4:00pm	Bridge Play – with your Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
2:30pm-3:30pm	 Singles Table Tennis Tournament (16 years & older please)	Table Tennis Tables, Deck 11, Aft
3:00pm	 AT THE MOVIES "League of Extra Ordinary Gentlemen" Starring Sean Connery (1 Hour, 57 Minutes)	Picture House, Deck 8, Fwd
3:00pm	POOL SIDE FUN with your <i>Cruise Directors Staff</i>	Tivoli Pool, Deck 12, Mid
3:00pm (Card Sales)	BLACK BOX BINGO SPECIAL Join us for the excitement of Jackpot Bingo! This cruise the "Black Boxes" are very popular. This session they will be the lowest price of the entire cruise!	Galaxy of the Stars, Deck 12, Fwd
3:00pm	PERFUME SEMINAR join your experts on the latest scents!	Henry's Pub, Deck 7, Fwd
3:00pm-3:45pm	 Dance Class "Rumba" with your <i>Sports Afloat Holly</i>	Moulin Rouge, Deck 7, Aft
3:00pm-3:45pm	 NAIL E R Ever wonder why other people have beautiful long nails? Care is the answer, we'll tell you how!	Mandara Spa, Deck 12, Fwd
3:00pm-4:00pm	NAME THAT TUNE with <i>Stephen Brenko</i>	Champagne Charlie's, Deck 8, Mid
3:00pm-4:30pm	WAVES OF CASH BLACKJACK TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
4:00pm	Mason's Meeting	Henry's Pub, Deck 7, Fwd
4:00pm-4:45pm	Honeymooners Party with your <i>Cruise Director's Staff</i> Join your "Newly Married" fellow Guests and talk about your wedding!	Champagne Charlie's, Deck 8, Mid
4:00pm-5:00pm	 Pilates Matwork (Abdominal Class - \$5 fee)	Moulin Rouge, Deck 7, Aft
4:00pm-5:00pm	Sports Afloat Staff are available for any health & fitness questions	Universal Gym, Deck 12, Fwd
4:00pm-6:00pm	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
5:00pm-5:20pm	 Walk A Mile with your <i>Sports Afloat Holly</i>	Grand Centrum, Deck 7, Mid
5:00pm-6:00pm	Friends of Bill W. Meeting (Hallway to the right of the Picture House)	Board Room, Deck 8, Fwd
5:00pm-6:00pm	 Cardio Combo Class (Cardio & Weight Workout)	Moulin Rouge, Deck 7, Aft
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:00pm-10:00pm	Professional Portraits in the Grand Centrum (No purchase obligation)	Grand Centrum, Deck 7, Mid

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

<i>Trini-Flavour</i> 12:15pm-3:00pm & 4:00pm-5:45pm (Weather permitting)	Island Favorites	Tivoli Pool, Deck 12, Mid
<i>Stephen Brenko</i> 5:00pm-6:00pm	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
<i>Stephen Brenko followed by Best of Friends</i> 3:00pm-4:00pm (Name that Tune) & 8:30pm-10:15pm (<i>Stephen Brenko</i>) & 10:30pm-Close (<i>Best of Friends</i>)	Favorite Standards	Champagne Charlie's, Deck 8, Mid
<i>Best of Friends followed by Pryme Time</i> 6:30pm-7:30pm (<i>Best of Friends</i>), 8:15pm-9:00pm, 9:45pm-10:30pm, & 11:15pm-Close (<i>Pryme Time</i>)	Great Tunes for Dancing	Galaxy of the Stars, Deck 12, Fwd
<i>Scott Allman</i> 8:45pm-Close	Guitar Tunes	Henry's Pub, Deck 7, Fwd
<i>DJ O'Neill</i> 7:00pm-Close	Great Dance Music	Celebrity Disco, Deck 13, Fwd
*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm		

ENTERTAINMENT

7:00pm-7:30pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with <i>DJ O'Neill</i>	Celebrity Disco, Deck 13, Fwd
7:00pm-9:00pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
7:30pm & 9:15pm	SPOTLIGHT SHOWTIME <i>Norwegian Cruise Line</i> is proud to present <i>Wes Epae</i> on the Main Stage for an evening of Music, Comedy, and Vocal Impressions! Seat reservation is not permitted. Photography, audio and video recording are prohibited. Doors open 30 minutes prior to show times	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
8:30pm-9:30pm	CASINO HOSPITALITY DESK (See your Hosts <i>Shannon</i> and <i>Louise</i> for inquiries)	Casino, Deck 7, Fwd
8:45pm-9:15pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Decks 7, Aft
9:00pm & 10:30pm	LATE NIGHT COMEDY <i>Norwegian Cruise Line</i> is proud to present the Comedy of <i>Chaz Elstner</i> . <i>Chaz</i> will have the audience laughing from his opening line to his last funny face. He's quick, and he's clever! A show NOT to be missed. Seat reservation is not permitted. Photography, audio and video recording are strictly prohibited	Galaxy of the Stars, Deck 12, Fwd
9:00pm-11:00pm	KARAOKE – Drink, Sing and Be Merry!! Probably in that order!	Celebrity Disco, Deck 13, Fwd
10:00pm	 AT THE MOVIES "Shrek 2" Voice of: <i>Mike Myers & Eddie Murphy</i> (1 Hour, 32 Minutes)	Picture House, Deck 8, Fwd
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only)!	Celebrity Disco & Galaxy of the Stars
Midnight-Continuous	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
VOLTAGE REMINDER Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts		

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Cuvaison, Chardonnay, Napa Valley, California*
Domaine Larouche, Chablis, Burgundy, France

Red: *Merlot Benziger, Sonoma County, California*
Ravenswood, Zinfandel, California

Bottle - \$32.00 Glass - \$6.75

Bottle - \$26.00 Glass - \$5.75

Bottle - \$33.00 Glass - \$7.00

Bottle - \$24.00 Glass - \$5.25

Drink of the Day: "Fruit Bowl"

\$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Blueberry"

With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Café de Paris" For Only \$4.50

Buy one bottle of Sena Wine and receive two FREE NCL Freestyle Logo Glasses

Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd

As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued on the morning of debarkation from 7:00am through 9:00am at the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service **Blue Lagoon Room Service** Deck 7, Mid Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am **Early Risers** Blue Lagoon, Deck 7, Fwd
 7:00am-11:00am **Breakfast Buffet** Raffles Café, Deck 12, Aft
 7:30am-9:30am **Continuous Breakfast** Windows Restaurant, Deck 6, Aft
 7:00am-11:30am **Continental Breakfast** Raffles Terrace, Deck 12, Aft
 7:00am-11:00am **Morning Coffee & Danish** Maharajah's Casino, Deck 7, Fwd

Freestyle Lunch & Afternoon Snacks:

Noon-2:00pm **Luncheon** Windows Restaurant, Deck 6, Aft
 11:30am-2:30pm **Lunch Buffet** Raffles Café, Deck 12, Aft
 Noon-5:00pm **Bavarian Snacks** Bier Garten, Deck 13, Fwd
 Noon-2:00pm **Afternoon Barbeque** Raffles Terrace, Deck 12, Mid
 3:30pm-4:30pm **Afternoon Snacks** Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm **Freestyle Buffet** Raffles Café, Deck 12, Aft
 5:30pm-10:00pm* **Cocina Latina Dinner** Garden Room, Deck 6, Mid
 *(Last orders by 9:30pm)
 5:30pm-9:30pm* **Cocina Latina Dinner** Windows Restaurant, Deck 6, Aft
 *(Last orders by 9:00pm)
 11:00pm-1:00am **Casino Late Night Snacks** Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining

Time	Restaurant	Cuisine	Phone	Location
Noon-2:00pm	Shogun	Sushi, Teppanyaki & Asian Fusion	#7896	Deck 8, Aft
5:30pm-Close	Shogun	Sushi, Teppanyaki & Asian Fusion	#7896	Deck 8, Aft
5:30pm-Close	Taipan Bistro	French Mediterranean	#7894	Deck 7, Mid
5:30pm-Close	Maxim's	Steak House	#7761	Deck 7, Fwd
5:30pm-Close	La Trattoria	Italian Cuisine	#7844	Deck 12, Aft, Port

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

Time	Service	Location
8:00am-8:00pm	Buccaneer's Wet & Wild (Parental Supervision Only)	Deck 12, Fwd
24 Hour Service	Internet Café	Deck 12, Fwd
9:00am-Noon	Internet Manager Is Available	Deck 12, Fwd
1:00pm-5:00pm	Internet Manager Is Available	Deck 12, Fwd
7:00pm-10:00pm	Internet Manager Is Available	Deck 12, Fwd
9:00am-11:00am	Library	Deck 12, Fwd
4:00pm-6:00pm	Library	Deck 12, Fwd
9:00am-Close	Maharajah's Casino Tables Are Open	Deck 7, Fwd
8:00am-8:00pm	Mandara Roman Spa & Beauty Salon	Deck 12, Fwd
8:30am-10:00am	Medical Center	Deck 4, Fwd
4:00pm-5:00pm	Medical Center	Deck 4, Fwd
9:00am-12:00pm	Onboard Credit Desk	Grand Centrum, Deck 7, Mid
4:00pm-7:00pm	Onboard Credit Desk	Grand Centrum, Deck 7, Mid
9:00am-11:00pm	Photo Gallery	Deck 8, Fwd
Open 24 hours	Reception Desk	Deck 7, Mid
8:00am-8:00pm	Shore Excursion Desk	Deck 8, Fwd
Open 24 hours	Shore Excursion Auto Machines	Grand Centrum, Deck 7, Mid
Open 24 hours	Starlight Video Arcade	Deck 10, Aft
9:00am-11:00pm	Tax & Duty Free Shops	Deck 8, Mid
8:00am-8:00pm	Tivoli Pool	Deck 12
8:00am-11:00pm	Hot Tubs	Decks 10 & 12
Open 24 hours	Universal Gym	Deck 12, Fwd

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

Ships' Registry: Bahamas & Panama ©2004 Norwegian Cruise Line #5403 4/04

BAR OPENING HOURS

Time	Bar	Location
8:00am-Close	Raffle Terraces	Deck 12, Aft
8:00am-Close	The Café	Deck 7, Mid
9:00am-Close	Bier Garten	Deck 13, Fwd
10:00am-Close	The Bund	Deck 7, Fwd
10:00am-Close	Galaxy of the Stars	Deck 12, Fwd
9:00am-Close	Casino	Deck 7, Fwd
3:00pm-Close	Champagne Charlie's	Deck 8, Mid
4:00pm-Close	Henry's Pub	Deck 7, Mid
9:00pm-Close	Celebrity Disco	Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at **1-877-501-5976** or email semshotline@ncl.com



NORWEGIAN CRUISE LINE



1.800.327.7030 • www.ncl.com

Freestyle DAILY



Southern Caribbean Voyage
Monday, November 22nd, 2004
Bridgetown, Barbados

9:00AM-ARRIVAL

7:30PM (Approx)

Hit or stand? Double down or split? For only \$5 our WIN CARD PACK will help you decide what to do on 3 of the most popular table games. (They are yours to keep). Have you heard about our Triple Play Chip Promotion? Buy-in for \$10 and receive \$15 in table chips! That's a FREE \$5 chip to use on any table game! Limit one per person per cruise. Who let the odds out? NCL proudly introduces 3/4/5 X odds on dice. Come on in for an excellent time! "Spin to Win" from 7:30pm-9:30pm and "pull" your way to a FREE 7-Day Cruise for two!

MAHARAJAH'S CASINO IS OPEN MAHARAJAH'S CASINO RE OPENS

Maharajah's Casino, Deck 7, Forward

10:00AM

Join your Assistant Cruise Director *Joleen* and the Bingo Gang for this exciting session of Giant Jackpot Bingo. This morning we'll give you a free chance to play Bingo! Bring your Free Card, or, if you don't have one, we'll give you one! Cash prizes and a lot of fun!

Galaxy of the Stars, Deck 12, Forward

10:45AM

Join your *Food and Beverage Team* with invited *Celebrities* for a READY, STEADY, COOK - OFF like none other, hosted by your Cruise Director *Adrian Lewis*. Don't miss this fun event!

CELEBRITY COOK-OFF

Moulin Rouge, Deck 7, Aft

11:00AM (Preview at 10:30AM)

Do not cheat yourself out of the full cruise experience! Join *David* and *Eva* for another exciting Live Art Auction featuring *Picasso*, *Miro*, *Erte*, *Tarkay* as well as *Animation Art*, *Sports Memorabilia* and much, much more. All works fully authenticated as well as beautifully framed. Also today, enter our FREE RAFFLE for your chance to win a framed work of art valued at over \$500.00! We ship worldwide, so don't worry about packing. Complimentary champagne will be served.

Fine Art Gallery, Deck 7A, Fwd

1:00PM

WELCOME TO BRIDGETOWN, BARBADOS

The *Norwegian Spirit* docks in *Bridgetown, Barbados*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their *Spirit* Guest Key Card & a Photo I.D. **ALL GUESTS HAVE TO BE BACK ONBOARD BY 6:30pm**, as the *Norwegian Spirit* prepares to set sail for *St. George's, Grenada*. Alcohol purchased ashore will be held in bond until the final morning of the Cruise.

7:30PM & 9:15PM

Norwegian Cruise Line proudly presents "ON THE RADIO". A blast from the past paying tribute to the blockbuster radio hits from the 60's through the 90's, featuring the *Norwegian Cruise Line Production Company*. Photography, audio & video recording are prohibited. Seat reservation is not permitted.

Moulin Rouge, Decks 7 & 8, Aft

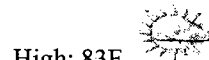
10:15PM-11:15PM

Join your *Cruise Director's Staff* as we go back to the days of polyester bell-bottoms and the Disco Ball! Could it be? Is that really *Gloria Gaynor* & *John Travolta*? Have your cameras ready for a special performance by one of the hottest groups of the 70's, *The Village People*!

Galaxy of the Stars, Deck 12, Forward

Sunrise 6:05 AM Sunset 5:29PM

Weather Forecast: Partly Cloudy
(As Per Yahoo Weather)



High: 83F Low: 71F

Suggested Attire: Resort Casual/70's







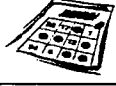



NEXT PORT OF CALL: GRENADA

Grenada was discovered in 1498 by Christopher Columbus. Because of the hostility of the indigenous Carib people, the island remained uncolonized until 1650, when the French founded *Saint George's*. The British captured the island in 1762. It was recaptured by the French in 1779, but was ceded to Britain in 1783. Grenada was administrative headquarters of the British Windward Islands from 1885 to 1958, and from 1958 to 1962 it was part of the Federation of the West Indies.



Grenada, in the southeastern Caribbean Sea, is the southernmost of the Windward Islands. The most important of the attached Grenadines is Carriacou, to the northeast. The country has a total area of 344 sq km (133 sq mi); Grenada Island has an area of 311 sq km (120 sq mi). The capital, largest town, and principal port (located on the southwestern coast) is *Saint George's*. Grenada is of volcanic origin and is mountainous. The highest peak is Mount Saint Catherine (840 m/ 2,756 ft). Valleys interspersed between the mountains are picturesque and fertile, and many contain swift-flowing streams. The island also has hot springs, several mountain lakes, and excellent beaches. The climate is tropical, with an average annual temperature of 28° C (82° F) along the coast. Annual rainfall is 1,500 mm (60 in) on the coast; the rainy season lasts from June to December. Forests in the interior contain teak and mahogany trees.




BECAUSE WE CARE, NCL URGES YOU TO SANITIZE YOUR
HANDS UPON RETURNING TO THE VESSEL.

MORNING ACTIVITIES

Channel 15	FREESTYLE MORNING SHOW Tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
Continuous	MAHARAJAH'S CASINO SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
24 Hours	SPEND 5 MINUTES ONLINE - GET 5 MINUTE FREE! You are just a few clicks away from all the news and information you want. Get weather reports at www.weather.com , check your stocks and keep in touch with family and friends back home. Email your digital photos from the Internet Café with our media card reader! Internet Manager's Hours: 9:00am-Noon & 7:00pm-10:00pm	Internet Café, Deck 12, Fwd
7:00am-8:00am	 YOGA - Hatha (\$5 fee)	Moulin Rouge, Deck 7, Aft
8:00am-8:30am	 Power Step	Moulin Rouge, Deck 7, Aft
8:00am-11:00am	SHORE EXCURSION DESK IS OPEN 24-Hour Automated Order Machines are available on Deck 7, Midship A 24-Hour Order Drop Box is available at the Shore Excursion Desk, Deck 8, Fwd	Deck 8, Fwd
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate Dining experience in one of our Specialty Restaurants. For Reservations please Dial 7779 (from 8:00am-5:00pm) or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid. After 5:00pm please phone the respective Restaurant	
8:00am-11:00pm	 MANDARA ROMAN SPA & SALON ARE OPEN Tonight is Ladies Night. Gentlemen this is the perfect opportunity to spoil your loved one! Book your special lady in for two hours of pure indulgence, champagne and chocolate treats, 6:30pm-8:30pm. Call #7840 now!	Spa, Deck 12, Fwd
8:30am-9:30am	 Pilates Matwork (Abdominal Class - \$5 fee)	Moulin Rouge, Deck 7, Aft
9:00am-Arrival	MAHARAJAH'S CASINO TABLES ARE OPEN	Maharajah's Casino, Deck 7, Fwd
9:00am-Arrival & 7:30pm-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN Wish Pearls. Genuine Pearl inside an Oyster with a FREE necklace. Today only \$25 or 2 for \$45	Grand Centrum, Deck 8, Mid
9:00am-Arrival & 7:30pm-11:00pm	COLOMBIAN EMERALDS IS OPEN \$99 Pendants! Come and see our fantastic collection of \$99 pendants Ruby, Sapphire, Emeralds and more!	Grand Centrum, Deck 8, Mid
9:00am-10:00am	 KICK START - Cardio/Abs program (fee applies)	Universal Gym, Deck 12, Fwd
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers served in a 14 oz mug for only \$4.50	All Open Bars
9:00am-1:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
9:45am-10:15am	 California Sunglow Discover beauty in 60 seconds all from one magic pot	Mandara Spa, Deck 12, Fwd
10:00am	 FREE CARD BINGO Join your Assistant Cruise Director <i>Joleen</i> and the Bingo Gang for this exciting session of Giant Jackpot Bingo. This morning we'll give you a free chance to play Bingo! Bring your Free Card, or, if you don't have one, we'll give you one!	Galaxy of the Stars, Deck 12, Fwd
10:00am-10:30am	 Walk A Mile with your <i>Sports Afloat Holly</i>	Grand Centrum, Deck 7, Mid
10:00am-10:45am	Craft Corner: "Beaded Geckos" with your <i>Cruise Director's Staff</i>	Champagne Charlie's, Deck 8, Mid
10:00am-Noon	Bridge Play with your Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
10:30am-11:30am	 Hot Stone Massage Heaven We need volunteers to demonstrate our wonderful Hot Stones Massage Treatment!! Join your experienced Massage Therapists all the way from the Philippines to discover the pure relaxation gained from this amazing treatment! The benefits of this massage will stay with you for 5 days and the memories forever!	Mandara Spa, Deck 12, Fwd
10:45am	CELEBRITY COOK-OFF Join your <i>Food and Beverage Team</i> with invited <i>Celebrities</i> for a READY, STEADY, COOK-OFF like none other, hosted by your Cruise Director <i>Adrian Lewis</i> . Don't miss this event!	Moulin Rouge, Deck 7, Aft
10:45am-11:00am	 Bright Eyes Seminar Last chance to learn how to reduce puffiness and decrease the signs of aging, remember the eyes never lie! Special discount for eye packages for all who attend!	Mandara Roman Spa, Deck 12 Fwd
11:00am	CHAMPAGNE ART AUCTION (Preview at 10:30am)	Fine Art Gallery, Deck 7A, Fwd
11:00am-11:30am	POOL SIDE FUN with your <i>Cruise Directors Staff</i>	Tivoli Pool, Deck 12, Mid
11:00am-11:45am	RYDER CUP GOLF QUALIFYER	Celebrity Disco, Deck 13, Fwd
11:00am-1:00pm	The Navigational Bridge Window will be open for viewing	Galaxy of the Stars, Deck 12, Fwd

AFTERNOON ACTIVITIES

1:00pm	 WELCOME TO BRIDGETOWN, BARBADOS The <i>Norwegian Spirit</i> docks in <i>Bridgetown, Barbados</i> . We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their <i>Spirit</i> Guest Key Card & a Photo I.D. ashore. ALL GUESTS HAVE TO BE BACK ONBOARD BY 6:30pm as we set sail for beautiful <i>St. George's, Grenada</i> . Alcohol purchased ashore will be held in bond until the morning of debarkation. <i>Evian</i> water is available for sale on the gangway	
1:00pm-2:00pm	Meet your Friendly Port and Cruise Consultant <i>Duncan</i> on the Gangway Last chance to get your VIP shopping cards from <i>Duncan</i> ! Don't forget your maps!! <i>Duncan</i> has VALUABLE advice as to where to go shopping in <i>BARBADOS</i> , to save you time and money!	On Gangway
2:00pm-4:00pm	Informal Bridge Play with your fellow guests	Mahjong Room, Deck 12, Fwd
3:00pm	 AT THE MOVIES "13 Going On 30" Starring: <i>Jennifer Garner</i> (1 Hour, 38 Minutes)	Picture House, Deck 8, Fwd

4:00pm-4:30pm	1980'S TV TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
4:00pm-6:00pm	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
5:00pm-6:00pm	Friends of Bill W. Meeting (Hallway to the right of the Picture House)	Board Room, Deck 8, Fwd
5:00pm-6:00pm	POOLSIDE PARTY Join your <i>Cruise Director's Staff</i> and the popular <i>Trini-Flavour</i> band for a Poolside Party full of fun activities and dancing! Poolside Drink Special: <i>Miami Vice</i> \$6.95	Tivoli Pool, Deck 12, Mid
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:15pm-6:00pm	 Fit for Fun! 2 Mile Walk or Run	Meet: Grand Centrum, Deck 7, Mid
5:30pm-6:00pm	 Low Bounce Aerobics	Moulin Rouge, Deck 7, Aft
6:00pm-6:30pm	 Stretch & Relax	Moulin Rouge, Deck 7, Aft

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

<i>Trini-Flavour</i>	Island Favorites	Tivoli Pool, Deck 12, Mid
5:00pm-7:00pm		
<i>Nathan Kelly</i>	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
5:00pm-6:00pm		
<i>Best of Friends</i> followed <i>Pryme Time</i>	Favorite Standards	Champagne Charlie's, Deck 8, Mid
8:30pm-10:15pm (<i>Best of Friends</i>), 10:30pm-Close (<i>Pryme Time</i>)		
<i>Best of Friends, Pryme Time & 60280</i>	Great Tunes for Dancing	Galaxy of the Stars, Deck 12, Fwd
6:30pm-7:15pm (<i>Best of Friends</i>), 9:15pm-10:00pm (<i>Pryme Time</i>) & 10:00pm-Close (<i>60280</i>)		
<i>Scott Allman</i>	Guitar Tunes	Henry's Pub, Deck 7, Fwd
9:00pm-Close		
<i>DJ O'Neill</i>	Great Dance Music	Celebrity Disco, Deck 13, Fwd
7:00pm-Close	*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm	

ENTERTAINMENT

6:00pm-11:00pm	STUDIO PORTRAITS	Grand Centrum, Deck 7, Mid
6:30pm	ALL GUESTS HAVE TO BE BACK ONBOARD The <i>Norwegian Spirit</i> prepares to set sail for beautiful <i>St. George's, Grenada</i>	
6:30pm-8:30pm	 LADIES NIGHT Ladies this is your last chance to take part in Mandara Spa's Ladies Only Night! You will be pampered from top to toe, and served with champagne and strawberries, the highlight of the cruise. Phone # 7840 now, limited space available!	Mandara Roman Spa, Deck 12 Fwd
7:00pm-7:30pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with <i>DJ O'Neill</i>	Celebrity Disco, Deck 13, Fwd
7:00pm-9:00pm	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd
7:00pm-11:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
7:30pm (Approx)	MAHARAJAH'S CASINO RE-OPENS	Maharajah's Casino, Deck 7, Fwd
7:30pm & 9:15pm	ON THE RADIO <i>Norwegian Cruise Line</i> proudly presents "ON THE RADIO". A blast from the past paying tribute to the blockbuster radio hits from the 60's through the 90's featuring the <i>Norwegian Cruise Line Production Company</i> . Photography, audio /video recording are prohibited. Doors open 30 minutes before show times	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
7:30pm-9:30pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
8:00pm-8:30pm	 Sports Trivia with your <i>Sports Afloat</i> Coordinator	The Bund, Deck 7, Fwd
8:00pm-9:30pm	ART GALLERY DESK HOURS with DAVID & EVA They'll be available to answer any questions. You may also preview the art for the upcoming auction. Just for stopping by, collect a free raffle ticket for your chance to win a framed work valued at over \$500	Fine Art Gallery, Deck 7A, Fwd
8:30pm-9:00pm	Friends of Dorothy	Henry's Pub, Deck 7, Fwd
8:30pm-9:15pm	WHO WANTS TO BE A BAZZILLIONAIRE Join your fellow Guests to see who really knows the "final answer"	Galaxy of the Stars, Deck 12, Fwd
8:30pm-9:30pm	CASINO HOSPITALITY DESK (See your Hosts <i>Shannon</i> and <i>Louise</i> for inquiries)	Casino, Deck 7, Fwd
8:45pm-9:15pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
9:00pm	IRISH PUB MUSIC with <i>Scott Allman</i>	Henry's Pub, Deck 7, Mid
9:00pm-11:00pm	KARAOKE - Drink, Sing and Be Merry!! Probably in that order!	Celebrity Disco, Deck 13, Fwd
9:15pm-10:00pm	70's Dance Fever with <i>Pryme Time</i>	Galaxy of the Stars, Deck 12, Fwd
10:00pm	 AT THE MOVIES "Second Hand Lions" (1 Hour, 59 Minutes) Starring <i>Robert Duvall</i>	Picture House, Deck 8, Fwd
10:15pm-11:15pm	 "70'S NIGHT FEVER" DISCO PARTY Join your <i>Cruise Director's Staff</i> as we go back to the days of polyester bell-bottoms! Could it be? Is that really <i>Gloria Gaynor</i> & <i>John Travolta</i> ? Have your cameras ready for a special performance by one of the hottest groups of the 70's, <i>The Village People</i> ! Not to be missed!	Galaxy of the Stars, Deck 12, Forward
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only)!	Celebrity Disco & Galaxy of the Stars
Continuous-Arrival	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd

VOLTAGE REMINDER Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts

DUE TO REPAIRS, TIVOLI SWIMMING POOL WILL BE CLOSED TODAY

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Danzante, Pinto Grigio, Tuscany, Italy*
Fazi-Battaglia, Verdicchio, Marche, Italy

Red: *Colli, Chianti, Tuscany, Italy*
Bertani, Valpolicella, Vento, Italy

Bottle - \$24.00 Glass - \$5.25
Bottle - \$22.00 Glass - \$4.95

Bottle - \$24.00 Glass - \$5.25
Bottle - \$26.00 Glass - \$5.75

Drink of the Day: "Pina Colada"
 \$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Cantalope Melon"
 With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Café De Francais" For Only \$4.50

Buy one bottle of Sena Wine and receive two FREE NCL Freestyle Logo Glasses
Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) – Galaxy of the Stars, Deck 12, Fwd
As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued on the morning of debarkation from 7:00am through 9:00am at the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service	Blue Lagoon Room Service	Deck 7, Mid Dial 7333
Early Riser & Freestyle Breakfast:		
6:00am-7:00am	Early Risers	Blue Lagoon, Deck 7, Fwd
7:00am-11:00am	Breakfast Buffet	Raffles Café, Deck 12, Aft
7:30am-9:30am	Continuous Breakfast	Windows Restaurant, Deck 6, Aft
7:00am-11:30am	Continental Breakfast	Raffles Terrace, Deck 12, Aft
7:00am-11:00am	Morning Coffee & Danish	Maharajah's Casino, Deck 7, Fwd

Freestyle Lunch & Afternoon Snacks:

11:30am-1:30pm	Luncheon	Windows Restaurant, Deck 6, Aft
11:30am-2:30pm	Lunch Buffet	Raffles Café, Deck 12, Aft
11:30am-7:00pm	Bavarian Snacks	Bier Garten, Deck 13, Fwd
11:30am-1:30pm	Afternoon Barbeque	Raffles Terrace, Deck 12, Mid
3:30pm-4:30pm	Afternoon Snacks	Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm	Mediterranean Buffet	Raffles Café, Deck 12, Aft
5:30pm-10:00pm*	Italian Dinner	Garden Room, Deck 6, Mid
	*(Last orders by 10:00pm)	
5:30pm-10:00pm*	Italian Dinner	Windows Restaurant, Deck 6, Aft
	*(Last orders by 10:00pm)	
11:00pm-1:00am	Casino Late Night Snacks	Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. **After 5:00pm please phone the respective Restaurant**

Alternative Dining:

5:30pm-Close	Shogun	Sushi, Teppanyaki & Asian Fusion	#7896	Deck 8, Aft
5:30pm-Close	Taipan Bistro	French Mediterranean	#7894	Deck 7, Mid
5:30pm-Close	Maxim's	Steak House	#7761	Deck 7, Fwd
5:30pm-Close	La Trattoria	Italian Cuisine	#7844	Deck 12, Aft, Port

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm	Buccaneer's Wet & Wild (Parental Supervision Only)	Deck 12, Fwd
24 Hour Service	Internet Café	Deck 12, Fwd
9:00am-Noon	Internet Manager Is Available	Dial 7821
7:00pm-10:00pm	Internet Manager Is Available	Dial 7821
9:00am-11:00am	Library	Deck 12, Fwd
4:00pm-6:00pm	Library	Deck 12, Fwd
9:00am-Arrival	Maharajah's Casino Is Open	Deck 7, Fwd
7:30pm-Approx	Maharajah's Casino Is Open	Deck 7, Fwd
8:00am-11:00pm	Mandara Roman Spa & Beauty Salon	Dial 7840
8:30am-10:00am	Medical Center	Deck 12, Fwd
4:00pm-5:00pm	Medical Center	Deck 4, Fwd
9:00am-Noon	Onboard Credit Desk	Dial 7043
6:00pm-8:00pm	Onboard Credit Desk	Dial 7043
1:00pm-2:00pm	Port & Cruise Consultant	On the Gangway
9:00am-1:00pm	Photo Gallery	Deck 8, Fwd
7:00pm-11:00pm	Photo Gallery	Deck 8, Fwd
Open 24 hours	Reception Desk	Dial 00
24 Hours	Shore Excursion Automated Machines	Centrum, Deck 7, Mid
8:00am-11:00am	Shore Excursion Desk	Deck 8, Fwd
7:00pm-9:00pm	Shore Excursion Desk	Deck 8, Fwd
Open 24 hours	Starlight Video Arcade	Deck 10, Aft
9:00am-Arrival	Tax & Duty Free Shops	Deck 8, Mid
7:30pm-11:00pm	Tax & Duty Free Shops	Deck 8, Mid
Closed	Tivoli Pool	Deck 12
8:00am-11:00pm	Hot Tubs	Decks 10 & 12
Open 24 hours	Universal Gym	Deck 12, Fwd

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT

RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

BAR OPENING HOURS

8:00am-Close	Raffles Terrace	Deck 12, Aft
8:00am-Close	The Café	Deck 7, Mid
9:00am-Close	Bier Garten	Deck 13, Fwd
10:00am-Close	The Bund	Deck 7, Fwd
9:00am-Close	Galaxy of the Stars	Deck 12, Fwd
9:00am-Arrival	Casino	Deck 7, Fwd
7:00pm-Close	Casino	Deck 7, Fwd
3:00pm-Close	Champagne Charlie's	Deck 8, Mid
4:00pm-Close	Henry's Pub	Deck 7, Mid
9:00pm-Close	Celebrity Disco	Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual/70's

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at **1-877-501-5976** or email semshotline@ncl.com



NORWEGIAN CRUISE LINE



1.800.327.7030 • www.ncl.com

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

Southern Caribbean Voyage
Tuesday, November 23rd, 2004
St. George's, Grenada

7:00AM

WELCOME TO ST. GEORGE'S, GRENADA

The *Norwegian Spirit* anchors in *St. George's, Grenada*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their *Spirit* Key Card & a Photo I.D. **The last tender leaves the pier at 5:30pm** as we set sail for beautiful *Castries, St. Lucia*. Alcohol purchased ashore will be held in bond until the final morning of the cruise.

7:00AM

TENDER TICKET DISTRIBUTION

All guests who would like to go ashore before 9:00am and are not on tour this morning, will need to collect a Tender Ticket. A little reminder, once you have collected your Tender Ticket, **please do not proceed to the gangway area until your Tender Ticket number has been called**. Please remain in a public lounge or in your stateroom with your TV on Channel 2 or 3 to hear the announcements. One person may be sent to collect Tender Tickets for the entire group/family. Once the majority of our guests are ashore, we will announce **"On your own service"**. At this time Tender Tickets will no longer be necessary. Your *Spirit* Guest Key Card & a Photo I.D. are required to return to the *M/V Norwegian Spirit*.

Galaxy of the Stars, Deck 12, Forward

5:00PM- 6:00PM

\$500 GUARANTEED BINGO

We will play ONE game of Bingo with a Guaranteed payout of \$500. Check out our Krack-it Packets, you could win up to \$1000 or a Cruise For Two Instantly! Don't miss out!

Galaxy of the Stars, Deck 12, Forward

5:00PM-6:00PM

POOLSIDE FUN PARTY

Join the *Cruise Director's Staff* for a fun filled Poolside Party! Say Good-bye to *St. George's, Grenada* and dance your way to the beautiful island of *Castries, St. Lucia*. Poolside Drink Special: *Golden Margarita* \$6.95.

Tivoli Pool, Deck 12 Midship

6:30PM APPROX

MAHARAJAH'S CASINO IS OPEN

\$70,700 and rising fast! Come into the casino today and play our new Casino's at Sea CASH CONNECTION FLEET WIDE PROGRESSIVE. While betting max coins you will be competing against other guests across the country for *NCL's* largest Jackpot ever! Please see a Casino Host for more details. Did you know you could sign up to \$1,000 per day in Casino Chips or Slot Tokens to your Onboard Credit Account? A Valid Photo I.D. is required. "Spin to Win" FREE slot pull takes place tonight from 7:00pm-9:00pm, where you have a chance to win a FREE 7 day cruise for two!

Maharajah's Casino, Deck 7, Forward

6:30PM-11:00PM

COLOMBIAN EMERALDS IS OPEN

"Ammolite", The Ancient Treasure from the Sea, is one of the rarest gems. The last precious gemstone discovered this past Century. Exquisite designs set in 14k/18k Sterling Silver from as little as \$25. You are invited to our UNVEILING of our Ammolite collection at Colombian Emeralds!

Grand Centrum, Deck 8, Mid

7:30PM & 9:15PM

SPOTLIGHT SHOWTIME

Norwegian Cruise Line proudly presents the Gravity Defying Comedy of *Peter Sasso*. A show not to be missed! Photography, audio/video recording and smoking are prohibited. Seat reservation is not permitted. Doors open 30 minutes before show times.

Moulin Rouge, Decks 7 & 8, Aft

10:15PM

CARIBBEAN NIGHT DECK PARTY

Don't miss the biggest party of the cruise out on deck. Join your *Cruise Director's Staff* and the dance to the beat of *Trini-Flavour*! If you attend one event this cruise, this should be it! Tonight we will crown "*Mr. Norwegian Spirit*", bring your cameras! Exotic Fruit Buffet from 10:45pm (Weather permitting). Drink Special: Cool Runnings served in a Fresh Pineapple only \$6.95!

Tivoli Pool, Deck 12, Midship

Sunrise 6:07AM Sunset 5:38PM

Weather Forecast: Mostly Sunny

(As Per Yahoo Weather)



High 87 F Low 72 F

Suggested Attire: Resort Casual/Caribbean

NEXT PORT OF CALL: ST. LUCIA

One main route encircles all of *St. Lucia*, except for a small portion in the extreme northeast. The road snakes along the coastline, cuts across mountains, makes hairpin turns, takes sheer drops, and reaches dizzying elevations. It takes about three hours to drive the whole loop. Even under ideal conditions, it's a tiring drive, so plan to stop along the way.

The new west coast road from *Castries* to *Soufriere* was completed in 1995. It still has steep hills and sharp turns, but it's well marked and incredibly scenic. South of *Castries*, the road climbs *Morne Fortune*, cuts through a huge banana plantation, and passes by fishing villages. The area north is the island's "fruit basket", where most of the mangos, breadfruit, tomatoes, limes and oranges are grown. In the mountainous region, you'll see *Mt. Parasol* and *Mt. Grime*, *St. Lucia's* highest peak, which rises to 3,117 feet. As you approach *Soufriere*, you'll have several opportunities for spectacular views of the *Pitons*. The landscape changes dramatically between the *Pitons* and *Vieux Fort*, on the southeast tip of the island. The scenery here in *St. Lucia* is sure to be breathtaking. The island's steep coastlines and lovely reefs offer excellent snorkeling and scuba. The rainforest preserves are one of the finest locales for hiking and bird watching. And of course, golf, tennis, sailing and a host of other leisure pursuits are available. Enjoy!

BECAUSE WE CARE, NCL URGES YOU TO SANITIZE YOUR
HANDS UPON RETURNING TO THE VESSEL.

MORNING ACTIVITIES

Channel 15

FREESTYLE MORNING SHOW Tune in to your Cruise Director *Adrian* and your Assistant Cruise Director *Joleen* for information and fun activities happening around the ship today!

24 Hours

INTERNET ACTIVITIES

Upload your photos to a FREE online photo album to share with your friends and family back home. Choose from some of the following fun and exciting websites: www.shutterfly.com, www.photosland.com, www.snapfish.com. A Media card reader is available during Managers hours in the Internet Café. Internet Manager's Hours: 8:00am-10:00am, 4:00pm-6:00pm, & 7:00pm-10:00pm

7:00am

WELCOME TO ST. GEORGE'S, GRENADA

The *Norwegian Spirit* anchors in *St. George's, Grenada*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their *Spirit* Guest Key Card & a Photo I.D. ashore. **The last tender leaves the pier at 5:30pm** as we set sail for beautiful *Castries, St. Lucia*. Alcohol purchased ashore will be held in bond until the last day of the cruise. Towels will be available and *Evian* water will be for sale on Deck 5, Midship



7:00am

TENDER TICKET DISTRIBUTION

Galaxy of the Stars, Deck 12, Fwd, Stbd
All guests who would like to go ashore before 9:00am and are not on tour will need to collect a Tender Ticket to proceed ashore. A little reminder; once you have collected your Tender Ticket, please **do not proceed to the gangway area** until your Tender Ticket number has been called. Please remain in a public lounge or in your stateroom with your TV on Channel 2 & 3 to hear the announcements. One person may be sent to collect Tender Tickets for the entire group/family. Once the majority of our guests are ashore, we will announce **"On Your Own Service"**. At this time Tender Tickets will no longer be necessary. Your *Spirit* Guest Key Card is required for exiting and boarding the *M/V Norwegian Spirit*. Tickets will be distributed in the **Galaxy of the Stars, Deck 12, Fwd on the Starboard Side at 7:00am**

8:00am-8:30am

Meet your Friendly Port and Cruise Consultant *Duncan* on the Pier

On the Pier

For any last minute questions about this beautiful port!

8:00am-5:00pm

SPECIALTY RESTAURANT RESERVATIONS – Enjoy an intimate Dining experience in one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

8:00am-11:00pm

MANDARA ROMAN SPA & SALON ARE OPEN

Spa, Deck 12, Fwd

Check out our Port day specials! Enjoy a luxurious treatment and then relax in our beautiful sauna and steam room. Phone Mandara Spa at #7840 now!

9:00am-11:00am

LIBRARY IS OPEN to check out and return books

Deck 12, Fwd

9:00am-Noon

First Wave - Bloody Marys and Screwdrivers for only \$4.50 served in a 14oz Mug

All Open Bars

10:30am-11:00am

MORNING PUB TRIVIA with your Cruise Director's Staff

Henry's Pub, Deck 7, Fwd

11:00am-1:00pm

The Navigational Bridge Window will be open for viewing

Galaxy of the Stars, Deck 12, Fwd

AFTERNOON ACTIVITIES-

2:00pm-4:00pm

Informal Bridge Play – with your Fellow Guests

Mahjong Room, Deck 12, Fwd

3:00pm

AT THE MOVIES

Picture House, Deck 8, Fwd

"Bobby Jones: Stroke of Genius" Starring *Jim Caviezel* (1 Hour, 56 minutes)

3:00pm-3:30pm

Craft Corner: *"Flower Combs"* with your Cruise Director's Staff

Champagne Charlie's, Deck 8, Mid

4:00pm-6:00pm

LIBRARY IS OPEN to check out and return books

Deck 12, Fwd

4:15pm-4:45pm

Abs & Back Care Basics

Moulin Rouge, Deck 7, Aft

4:30pm-5:00pm

1980'S TV TRIVIA with your Cruise Director's Staff

Henry's Pub, Deck 7, Fwd

4:45pm-5:30pm

Boxercise

Moulin Rouge, Deck 7, Aft

4:45pm-5:30pm

RYDER CUP GOLF QUALIFYER

Celebrity Disco, Deck 13, Fwd

5:00pm-5:45pm

La Therapie for Life

Mandara Spa, Deck 12, Fwd

Come and learn anti aging tricks to keep your skin wrinkle free and silky smooth for life!

5:00pm-6:00pm

\$500 BINGO Remember the password?

Galaxy of the Stars, Deck 12, Fwd

5:00pm-6:00pm

POOLSIDE PARTY

Tivoli Pool, Deck 12, Mid

Join the Cruise Director's Staff for a filled Poolside Party! Say Good-bye to *St. George's, Grenada* and dance your way to the beautiful island of *Castries, St. Lucia*. Drink Special: *Golden Margarita* \$6.95

5:00pm-8:00pm

All Flavored Martinis served in 10 oz glass for only \$6.50

Champagne Charlie's & Galaxy of the Stars

5:00pm-10:00pm

Professional Portraits in the Grand Centrum (No purchase obligation)

Grand Centrum, Deck 7, Mid

5:15pm-6:00pm

NAME THAT TUNE with *Stephen Brenko*

Champagne Charlie's, Deck 8, Mid

5:15pm-6:00pm

Basketball Free Throw Contest (16 yrs. & older please!)

Basketball Courts, Deck 13, Aft

5:30pm

THE LAST TENDER LEAVES THE PIER

The *Norwegian Spirit* prepares to set sail for *Castries, St. Lucia*!

5:30pm-6:00pm

Towards Tranquility with the Power of Touch

Mandara Spa, Deck 12, Fwd

Allow our Therapists to show their amazing techniques all the way from the Philippines! We need volunteers. Sample the complete relaxation, discounted massages for all who attend

5:30pm-6:00pm

Energy Stretch

Moulin Rouge, Deck 7, Aft



6:00pm-6:20pm



Walk-A-Mile with your Sports Afloat Holly

Grand Centrum, Deck 7, Mid

EVENING ACTIVITIES**MUSICAL ENTERTAINMENT***Trini-Flavor*

5:00pm-7:00pm & 10:00pm-Close (Weather permitting)

Island Favorites

Tivoli Pool, Deck 12, Mid

*Stephen Brenko, & Pryme Time*5:15pm-6:00pm (*Name that Tune with Stephen*), 8:30pm-10:15pm (*Stephen Brenko*) & 10:30pm-Close (*Pryme Time*)

Favorite Standards

Champagne Charlie's, Deck 8, Mid

Pryme Time followed by 60280

Great Dance Music

Galaxy of the Stars, Deck 12, Fwd

7:45pm-8:30pm (*Pryme Time*), 9:30pm-Close (60280)

Guitar Tunes

Henry's Pub, Deck 7, Fwd

*Scott Allman*8:45pm-Close (*Jimmy Buffet Favorites*)

Great Dance Music

Celebrity Disco, Deck 13, Fwd

DJ O'Neill

9:00pm-Close

*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm

ENTERTAINMENT & ACTIVITIES

6:00pm-11:00pm

PHOTO GALLERY IS OPEN

Deck 8, Fwd

6:30pm Approx

MAHARAJAH'S CASINO OPENS

Maharajah's Casino, Deck 7, Fwd

7:00pm-7:30pm

SINGLES SOCIAL – with your *Cruise Director's Staff*

Henry's Pub, Deck 7, Fwd

7:00pm-7:30pm

RHYTHM CLOCK SEMINAR

Champagne Charlie's, Deck 8, Mid

Don't miss this amazing seminar on these beautiful and interesting clocks!

7:00pm-7:30pm

KRACK ITS ARE AVAILABLE

Moulin Rouge, Deck 7, Aft

7:00pm-8:00pm

Friends of Bill W Meeting

Board Room, Deck 8, Fwd

7:00pm-8:00pm

PORT & CRUISE CONSULTANT DESK

Reception Desk, Deck 7, Mid

At the *Port and Cruise Consultant's Desk* this evening is an AMAZING opportunity! See *Duncan* your friendly *Port and Cruise Consultant* to get valuable advice on the beautiful port of *Castries, St Lucia*. Don't miss this opportunity to ask *Duncan* about the NEW itinerary for the *Baltic Capitals, Europe 2005*. Just arrived in, get it here first!

7:00pm-9:00pm

SHORE EXCURSION DESK IS OPEN

Deck 8, Fwd

7:00pm-9:00pm

"SPIN TO WIN" FREE PULL SLOT MACHINE

Maharajah's Casino, Deck 7, Fwd

You could be our cruise for two Winner!

7:30pm & 9:15pm

SPOTLIGHT SHOWTIME

Moulin Rouge, Decks 7 & 8, Aft

Norwegian Cruise Line proudly presents the Gravity Defying Comedy of *Peter Sasso*. A show not to be missed! We kindly ask that guests do not reserve seats. Photography, audio & video recording are strictly prohibited. Doors open 30 minutes before show times

6:30pm-11:00pm

TAX & DUTY FREE SHOPS ARE OPEN

Grand Centrum, Deck 8, Mid

Come and see our display of *Charm in Motion & Pleasing Melodies!* The Magic Motion Clock comes to life! Order your own Rhythm Motion Clock today

6:30pm-11:00pm

COLOMBIAN EMERALDS IS OPEN

Grand Centrum, Deck 8, Mid

"Ammolite", The Ancient Treasure from the Sea, is one of the rarest gems. The last precious gemstone discovered this past Century. Exquisite designs set in 14k/18k Sterling Silver from as little as \$25. You are invited to our UNVEILING of our Ammolite collection at Colombian Emeralds

7:45pm-8:30pm

REGGAE SENSATIONS with *Pryme Time*

Galaxy of the Stars, Deck 12, Fwd

8:00pm-8:30pm

EVENING PUB TRIVIA with your *Cruise Director's Staff*

Henry's Pub, Deck 7, Fwd

8:00pm-9:30pm

ART GALLERY DESK HOURS with *DAVID & EVA*

Fine Art Gallery, Deck 7A, Fwd

They'll be available to answer any questions. You may also preview the art for the upcoming auction. Just for stopping by, collect a free raffle ticket for your chance to win a framed work valued at over \$500

8:30pm-9:15pm

THE WEAKEST LINK

Galaxy of the Stars, Deck 12, Fwd

Join your fellow guests and see who is the "Weakest Link"! Goodbye!

8:30pm-9:30pm

CASINO SERVICE DESK (See your Hosts *Shannon* and *Louise* for inquiries)

Casino, Deck 7, Fwd

8:45pm

JIMMY BUFFET FAVORITES with *Scott Allman*

Henry's Pub, Deck 7, Fwd

8:45pm-9:15pm

KRACK ITS ARE AVAILABLE

Moulin Rouge, Deck 7, Aft

9:00pm-11:00pm

KARAOKE – Drink, Sing and Be Merry!! Probably in that order!

Celebrity Disco, Deck 13, Fwd

10:00pm

**AT THE MOVIES**

Picture House, Deck 8, Fwd

"Minority Report" Starring: *Tom Cruise* (2 Hours, 25 Minutes)

10:15pm

CARIBBEAN NIGHT DECK PARTY

Tivoli Pool, Deck 12, Mid

Don't miss the biggest party of the cruise out on deck. Join your *Cruise Director's Staff* and the dance to the beat of *Trini-Flavour!* If you attend one event this cruise, this should be it! Tonight will crown *"Mr. Norwegian Spirit"*, bring your cameras! Exotic Fruit Buffet from 10:45pm (Weather permitting). Drink Special: *Cool Runnings* served in a Fresh Pineapple only \$6.95

11:30pm-1:00am

"Happy Hour" 2 for 1 drinks (House brands only!)

Celebrity Disco & Galaxy of the Stars

Continuous-Arrival

MAHARAJAH'S CASINO SLOTS ARE OPEN

Maharajah's Casino, Deck 7, Fwd

VOLTAGE REMINDER

Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: Chateau St. Michelle, Johannesberg Riesling, Washington State
Fetzer "Sundial", Chardonnay, California

Bottle - \$24.00 Glass - \$5.25

Bottle - \$22.00 Glass - \$4.95

Red: Robert Mondavi, Pinot Noir, Napa Valley California
Louis Jadot, Beaujolais - Villages, Beaujolais, France

Bottle - \$30.00 Glass - \$6.50

Bottle - \$23.00 Glass - \$5.00

Drink of the Day: "Mai Tai"

\$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Mango"

With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: Café Napoleon For Only \$4.50

Buy one bottle of Sena Wine and receive two FREE NCL Freestyle Logo Glasses

Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd

As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued

FREESTYLE DINING

24-Hour Service Blue Lagoon Room Service Deck 7, Mid Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am **Early Risers** Blue Lagoon, Deck 7, Fwd
6:30am-10:00am **Breakfast Buffet** Raffles Café, Deck 12, Aft
7:00am-11:30am **Continental Breakfast** Raffles Terraces, Deck 12, Aft
7:00am-9:00am **Continuous Breakfast** Windows Restaurant, Deck 6, Aft

Freestyle Lunch & Afternoon Snacks:

Noon-2:30pm **Lunch Buffet** Raffles Café, Deck 12, Aft
Noon-6:00pm **Bavarian Snacks** Bier Garten, Deck 13, Fwd
Noon-2:00pm **Luncheon** Windows Restaurant, Deck 6, Aft
3:30pm-4:30pm **Afternoon Snacks** Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm **Caribbean Buffet** Raffles Café, Deck 12, Aft
5:30pm-10:00pm* **Caribbean Dinner** Garden Room, Deck 6, Mid
*(Last orders by 10:00pm)
5:30pm-10:00pm* **Caribbean Dinner** Windows Restaurant, Deck 6, Aft
*(Last orders by 10:00pm)
11:00pm-1:00am **Casino Late Night Snacks** Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

5:30pm-Close **Shogun** Sushi, Teppanyaki & Asian Fusion #7896 Deck 8, Aft
5:30pm-Close **Taipan Bistro** French Mediterranean #7894 Deck 7, Mid
5:30pm-Close **Maxim's** Steak House #7761 Deck 7, Fwd
5:30pm-Close **La Trattoria** Italian Cuisine #7844 Deck 12, Aft

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm **Buccaneer's Wet & Wild (Parental Supervision Only)** Deck 10, Aft
8:00am-10:00am **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
4:00pm-6:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
7:00pm-10:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
9:00am-11:00am **Library** Deck 12, Fwd
4:00pm-6:00pm **Library** Deck 12, Fwd
6:30pm Approx **Maharajah's Casino Is Open** Deck 7, Fwd
8:00am-11:00pm **Mandara Roman Spa & Beauty Salon** Dial 7840 Deck 12, Fwd
8:30am-10:00am **Medical Center** Deck 4, Fwd
4:00pm-5:00pm **Medical Center** Deck 4, Fwd
7:00am-10:00am **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
5:00pm-7:00pm **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
8:00am-8:30am **Port & Cruise Consultant** On the Pier
7:00pm-8:00pm **Port & Cruise Consultant** Reception Desk, Deck 7, Mid
6:00pm-11:00pm **Photo Gallery** Deck 8, Fwd
Open 24 hours **Reception Desk** Dial 00 Deck 7, Mid
6:30pm-11:00pm **Tax & Duty Free Shops** Deck 8, Mid
7:00pm-9:00pm **Shore Excursion Desk** Deck 8, Fwd
Open 24 hours **Starlight Video Arcade** Deck 10, Aft
8:00am-8:00pm **Tivoli Pool** Deck 12
8:00am-11:00pm **Hot Tubs** Decks 10 & 12
Open 24 hours **Universal Gym** Deck 12, Fwd

BAR OPENING HOURS

8:00am-Close **Raffle Terraces** Deck 12, Aft
8:00am-Close **The Café** Deck 7, Mid
6:00pm-Close **Casino** Deck 7, Fwd
9:00am-Close **Bier Garten** Deck 13, Fwd
3:00pm-Close **Galaxy of the Stars** Deck 12, Fwd
10:00am-Close **The Bund** Deck 7, Fwd
4:00pm-Close **Champagne Charlie's** Deck 8, Mid
4:00pm-Close **Henry's Pub** Deck 7, Mid
9:00pm-Close **Celebrity Disco** Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting. Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual/Caribbean

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE
FREESTYLE CRUISING™

Southern Caribbean Voyage
Wednesday, November 24th, 2004
Castries, St. Lucia

7:00AM

WELCOME TO CASTRIES, ST. LUCIA

The *Norwegian Spirit* anchors in *Castries, St. Lucia*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their *Spirit* Guest Key Card & a Photo I.D. **The last tender leaves the pier at 5:30pm** as we set sail for beautiful *St. John's, Antigua*. Alcohol purchased ashore will be held in bond until the final morning of the cruise.

7:00AM

TENDER TICKET DISTRIBUTION

All guests who would like to go ashore before 9:00am and are not on tour this morning will need to collect a Tender Ticket. A little reminder, once you have collected your Tender Ticket, **please do not proceed to the gangway area until your Tender Ticket number has been called**. Please remain in a public lounge or in your stateroom with your TV on Channel 2 or 3 to hear the announcements. One person may be sent to collect Tender Tickets for the entire group/family. Once the majority of our guests are ashore, we will announce **"On your own service"**. At this time Tender Tickets will no longer be necessary. Your *Spirit* Guest Key Card & a Photo I.D. are required to return to the *M/V Norwegian Spirit*.

Galaxy of the Stars, Deck 12, Forward

5:00PM

BLACK BOX BINGO SPECIAL

Back by popular demand! The "Black Boxes" are the special price again. Come early to get a black box because they are going fast! Check out our Krack-it Packets, you could win up to \$1000 or a Cruise For Two Instantly!

Galaxy of the Stars, Deck 12, Forward

6:30PM APPROX.

MAHARAJAH'S CASINO IS OPEN

Looking to keep the fun going? Come on in to Maharajah's Casino where our friendly International Table Staff are ready to play and our huge varieties of slot machines are ready to pay! Perhaps poker is your game? Our Caribbean Stud Poker progressive jackpot is now over \$34,900 and it could be yours for only a \$1 side bet. Join us for another session of *"Spin to Win"* from 7:00pm-9:00pm for a chance to win a cruise for two!

Maharajah's Casino, Deck 7, Forward

7:30PM & 9:15PM

GREASED LIGHTNING & MEET THE CAST

Norwegian Cruise Line proudly presents *"Greased Lightning"* featuring the *NCL Production Company*. Grab your poodle skirt & spin a few stacks of wax as we take you back to the 1950's. Enjoy some of your favorite Rock & Roll tunes. Join us for a Cast Meet & Greet following the Show. Seat reservation, photography, audio/video recording is strictly prohibited.

Moulin Rouge, Decks 7 & 8, Aft

8:30PM

NEWLYWED/NOT SO NEWLYWED GAME SHOW

Whether you have been married for 1 year, 50 years or what might seem like 100 years, join your Cruise Director *Adrian Lewis* and see how well you really know your mate!

Galaxy of the Stars, Decks 12, Forward

10:15PM

50'S & 60'S SOCK HOP

Join *Joleen*, your *Cruise Director's Staff* and 60280 for our oldies-but-goodies Sock Hop Dance Party featuring the twist & other classics! Slick back those ducktails and put on your saddle shoes. Don't miss a special command performance by the *King of Rock 'n' Roll!*

Galaxy of the Stars, Deck 12, Forward

Sunrise 6:08 AM Sunset 5:33 PM

Weather Forecast: Partly Sunny

(As per Yahoo Weather)



High 91 F Low 81 F

Suggested Attire: Resort Casual/50's/60's

NEXT PORT OF CALL: ANTIGUA

Antigua (pronounced An-tee gah) is a perfect island for vacationers. Christopher Columbus was the first European to land on the island. He named Antigua in 1493. Inhabited by the Carib tribe, the island was not successfully colonized until 1632, when the British established a settlement. Antigua is a generally low-lying island but rises to 470 m (1,542 ft) atop Boggy Peak. Antiguan claim their island has a beach for every day of the year, and travelers fly or cruise into Antigua to get a good glimpse of the necklace of beautiful beaches that surround 80% of the island. These magnificent beaches are complimented by crystal clear, blue water, and from the air the sparkling sea would excite anybody. Columbus discovered Antigua in 1493 during his second voyage to the Caribbean. Although he never came ashore, he did stop long enough to name it after Santa Maria la Antigua of Seville. The local waters are unparalleled for sports and activities – miles of reefs for snorkeling and diving and numerous coves for sailing. Temperatures generally range from the mid-seventies in the winter to the mid-eighties in the summer. Annual rainfall averages only 45 inches, making it the sunniest of the Eastern Caribbean islands. In September 1995 Hurricane Luis tore through the eastern Caribbean, inflicting great destruction upon Antigua. The tropical storm damaged or destroyed more than 75 percent of the island nation's buildings, causing an estimated \$300 million in property damage. The government declared a national emergency and asked the United Nations for financial and technical assistance. According to officials of the United Nations Development Program, development in Antigua was set back by at least 10 years.

BECAUSE WE CARE, NCL URGES YOU TO SANITIZE YOUR HANDS
UPON RETURNING TO THE VESSEL.

MORNING ACTIVITIES

Channel 15

FREESTYLE MORNING SHOW Tune in to your Cruise Director *Adrian* and your Assistant Cruise Director *Joleen* for information and fun activities happening around the ship today!

24 Hours

INTERNET ACTIVITIES

Internet Café, Deck 12, Fwd

You are just a few clicks from all information you need, by asking www.askjeeves.com. Shop online with www.amazon.com. Compare prices online at www.mysimon.com. Bid on an auction at www.ebay.com. Want to read your local newspaper? Order forms and delivery available through your Room Steward
Internet Manager's Hours: 8:00am-10:00am, 4:00pm-6:00pm, & 7:00pm-10:00pm

7:00am



WELCOME TO CASTRIES, ST. LUCIA

The *Norwegian Spirit* anchors in *Castries, St. Lucia*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. All guests must carry their *Spirit* Guest Key Card & a Photo I.D. ashore. **The last tender leaves the pier at 5:30pm.** Alcohol purchased ashore will be held in bond until the last day of the cruise. *Evian* water will be available for sale on Deck 4, Midship

7:00am

TENDER TICKET DISTRIBUTION

Galaxy of the Stars, Deck 12, Fwd, Stbd

All guests who would like to go ashore before 9:00am and are not on tour will need to collect a Tender Ticket to proceed ashore. A little reminder; once you have collected your Tender Ticket, please **do not proceed to the gangway area** until your Tender Ticket number has been called. Please remain in a public lounge or in your stateroom with your TV on Channel 2 & 3 to hear the announcements. One person may be sent to collect Tender Tickets for the entire group/family. Once the majority of our guests are ashore, we will announce **"On Your Own Service"**. At this time Tender Tickets will no longer be necessary. Your *Spirit* Guest Key Card is required for exiting and boarding the *M/V Norwegian Spirit*. Tickets will be distributed in the **Galaxy of the Stars, Deck 12, Fwd on the Starboard Side at 7:00am**

8:00am-9:00am

Meet your Friendly Port and Cruise Consultant *Duncan* on the Pier

On Pier

Last chance to get your VIP shopping cards from *Duncan*! Don't forget your maps!! *Duncan* has VALUABLE advice as to where to go shopping in *St. Lucia*, to save you time and money!

8:00am-5:00pm

SPECIALTY RESTAURANT RESERVATIONS – Enjoy an intimate Dining experience in one of our Specialty Restaurants. For Reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

8:00am-11:00pm



MANDARA'S ROMAN SPA & SALON ARE OPEN

Spa, Deck 12, Fwd

Today's special is the Pick & Mix. Don't be bored on board. Take advantage of this special as it is only for port days. Phone now #7840 to avoid any disappointment

9:00am-11:00am

LIBRARY IS OPEN to check out and return books

Deck 12, Fwd

9:00am-Noon

First Wave - Bloody Mary's and Screwdrivers for only \$4.50 served in a 14oz mug

All Open Bars

10:30am-11:00am

MORNING PUB TRIVIA with your *Cruise Director's Staff*

Henry's Pub, Deck 7, Fwd

11:00am-1:00pm

The Navigational Bridge Window will be open for viewing

Galaxy of the Stars, Deck 12, Fwd

AFTERNOON ACTIVITIES

2:00pm-2:30pm

AFTERNOON PUB TRIVIA with your *Cruise Director's Staff*

Henry's Pub, Deck 7, Fwd

2:00pm-4:00pm

Informal Bridge Play – with your Fellow Guests

Mahjong Room, Deck 12, Fwd

2:45pm-3:15pm

Filipino Language Lesson - with your *Cruise Director's Staff*

Henry's Pub, Deck 7, Fwd

3:00pm



AT THE MOVIES

Picture House, Deck 8, Fwd

"50 First Dates" Starring: *Adam Sandler* (1 Hour, 27 Minutes)

3:30pm-4:00pm

Service Club Meeting – for those Guests who need a make-up card

Henry's Pub, Deck 7, Fwd

4:00pm-4:30pm

Arts & Crafts: "Flower leis" with your *Cruise Director's Staff*

Champagne Charlie's, Deck 8, Mid

4:00pm-6:00pm

LIBRARY IS OPEN to check out and return books

Deck 12, Fwd

4:15pm-4:45pm

Legs, Bums, Tums

Moulin Rouge, Deck 7, Aft

4:45pm-5:30pm

Fat Burner Aerobics (Low Impact)

Moulin Rouge, Deck 7, Aft

4:45pm-5:45pm

RYDER CUP GOLF QUALIFYER

Celebrity Disco, Deck 13, Fwd

5:00pm

BLACK BOX BINGO SPECIAL

Galaxy of the Stars, Deck 12, Fwd

(Card Sales)

Back by popular demand! This session, the "Black Boxes" will be on special!

5:00pm-6:00pm

DIXIELAND - with the *Norwegian Spirit Showband*

Tivoli Pool, Deck 12, Mid

5:00pm-6:00pm

POOLSIDE PARTY

Tivoli Pool, Deck 12, Mid

Join your *Cruise Director's Staff* and the *Norwegian Spirit Showband* for a **Poolside Party** of fun activities and dancing! Poolside Drink Special: *Lava Flow* \$6.95

5:00pm-8:00pm

All Flavored Martinis served in 10 oz glass for only \$6.50

Champagne Charlie's & Galaxy of the Stars

5:00pm-10:00pm

Professional Portraits in the Grand Centrum (No purchase obligation)

Grand Centrum, Deck 7, Mid

5:15pm-5:45pm

Health & Fitness Trivia

The Bund, Deck 7, Fwd

5:30pm

THE LAST TENDER LEAVES THE PIER

The *Norwegian Spirit* prepares to set sail for *St. John's, Antigua*!

5:30pm-6:15pm



The Journey of the Female Fat Cells

Mandara Spa, Deck 12, Fwd

Worried you have put on weight on this cruise? Learn how to increase your metabolism with out sacrifice!

5:30pm-6:30pm

YOGA – Stress Relief (\$5 Fee)

Moulin Rouge, Deck 7, Aft

6:00pm-6:20pm

Walk A Mile with your *Sports Afloat Sunita*

Grand Centrum, Deck 7, Mid

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

Norwegian Spirit Showband 5:00pm-6:00pm Dixieland (Weather Permitting)	Dixieland Music	Tivoli Pool, Deck 12, Mid
Stephen Brenko 5:00pm-6:00pm	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
Pryme Time followed by 60280 7:30pm-8:15pm (Pryme Time) 9:15pm-9:45pm & 10:00pm-Close (60280)	Great Dance Music	Galaxy of the Stars, Deck 12, Fwd
Stephen Brenko followed by Best of Friends 8:30pm-10:15pm (Stephen Brenko) & 10:00pm-Close (Best of Friends)	Favorite Standards	Champagne Charlie's, Deck 8, Mid
Scott Allman 8:30pm-Close	Guitar Tunes	Henry's Pub, Deck 7, Fwd
DJ O'Neill 7:00pm-Close	Great Dance Music	Celebrity Disco, Deck 13, Fwd

*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm

ENTERTAINMENT

6:00pm-6:30pm	 Sole Caress For Soul Distress (Fee \$10) Meet our Pedicure, Foot and Ankle Specialist to learn how to treat your feet to pure heaven in this practical seminar. Bring a partner or come alone!	Mandara Spa, Deck 12, Fwd
6:00pm-11:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
6:30pm Approx	MAHARAJAH'S CASINO TABLES AND SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
6:30pm-11:00pm	TAX & DUTY FREE SHOPS OPEN Inch of Silver! Custom made fine layered fashion jewelry. FREE lifetime guarantee, from \$1 an inch	Grand Centrum, Deck 8, Mid
6:30pm-11:00pm	COLOMBIAN EMERALDS INTERNATIONAL 1 KARAT RINGS ONLY \$299. Emerald, Ruby, Sapphire. Don't miss out!	Grand Centrum, Deck 8, Mid
7:00pm	 AT THE MOVIES "Shrek 2" Voice of: Mike Myers & Eddie Murphy (1 Hour, 32 Minutes)	Picture House, Deck 8, Fwd
7:00pm-8:00pm	Friends of Bill W. Meeting	(Hallway next to Picture House) Board Room, Deck 8, Fwd
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with DJ O'Neill	Celebrity Disco, Deck 13, Fwd
7:00pm-8:00pm	DIAMOND DESK HOUR At the Port and Cruise Consultants Desk this evening is an AMAZING opportunity! See DUNCAN your friendly Port and Cruise Consultant to get your DIAMOND VIP card! Don't miss this opportunity for your VIP shopping cards for St. John's, Antigua. If you have any questions Duncan will be happy to see you at this SPECIAL DIAMOND HOUR! Watch Channel 6 on your stateroom television for updates!	Reception Desk, Deck 7, Mid
7:00pm-9:00pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
7:00pm-9:00pm	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd
7:30pm & 9:15pm	 GREASED LIGHTENING & MEET THE CAST Norwegian Cruise Line proudly presents "Greased Lightening" featuring the NCL Production Company. Grab your poodle skirt & spin a few stacks of wax as we take you back to the 1950's. Enjoy some of your favorite Rock & Roll Tunes. Join us for a Cast Meet & Greet following the Show. Seat reservation is not permitted. Photography, audio/video recording is strictly prohibited	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd
7:30pm-8:15pm	GOLDEN OLDIES with Pryme Time	Galaxy of the Stars, Deck 12, Fwd
8:00pm-8:30pm	OVER 30 SINGLES SOCIAL - with your Cruise Director's Staff	Champagne Charlie's, Deck 8, Mid
8:00pm-8:30pm	 Sports Trivia with your Sports Afloat Coordinator	The Bund, Deck 7, Fwd
8:00pm-9:30pm	ART GALLERY DESK HOURS with DAVID & EVA They'll be available to answer any questions. You may also preview the art for the upcoming auction. Just for stopping by, collect a free raffle ticket for your chance to win a framed work valued at over \$500	Fine Art Gallery, Deck 7A, Fwd
8:30pm	 NEWLYWED/NOT SO NEWLYWED GAME SHOW Whether you have been married for 1 year, 50 years or what might seem like 100 years, join your Cruise Director Adrian Lewis and see how well you really know your mate!	Galaxy of the Stars, Deck 12, Fwd
8:30pm-9:10pm	DANCE TO THE MUSIC of the Norwegian Spirit Showband	Moulin Rouge, Decks 7 & 8, Aft
8:30pm-9:30pm	CASINO HOSPITALITY DESK (Buy your Triple Play chips & Sign up for the Tournaments)	Maharajah's Casino, Deck 7, Fwd
9:00pm-10:00pm	KARAOKE - Join us for your chance to be a singing sensation	Celebrity Disco, Deck 13, Fwd
10:00pm	 AT THE MOVIES "Man on Fire" Starring: Denzel Washington (2 Hours, 3 Minutes)	Picture House, Deck 8, Fwd
10:00pm-11:00pm	TWISTED KARAOKE CHALLENGE Join your Cruise Director's Staff for something truly unique! Find out who will be crowned "Twisted Karaoke Champion" by our special Guest Judges	Celebrity's Disco, Deck 13, Fwd
10:15pm-11:15pm	 50'S & 60'S SOCK HOP Turn back the clock and twist the night away with your Cruise Director's Staff and 60280! Relive the days of the Hula-Hoop & Poodle Skirts! Look for a special appearance by ELVIS!	Galaxy of the Stars, Deck 12, Fwd
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only!)	Celebrity Disco & Galaxy of the Stars
Midnight-Arrival	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd

VOLTAGE REMINDER

Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts.

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: Rosemount, Chardonnay, Hunter Valley, Australia
Fetzer "Echo Ridge", Sauvignon Blanc, California

Red: Syrah, Valley of the Moon, Sonoma County, CA
Marques de Caceres, Rioja, Spain

Bottle - \$25.00 Glass - \$5.50

Bottle - \$22.00 Glass - \$4.95

Bottle - \$29.00 Glass - \$6.25

Bottle - \$26.00 Glass - \$5.75

Drink of the Day "Blue Hawaii"

\$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Strawberry"

With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Di Angelo" For Only \$4.50

Buy one bottle of Sena wine and receive FREE two NCL Freestyle Logo Glasses

Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd

As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued on the morning of debarkation from 7:00am through 9:00am in the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service **Blue Lagoon** Deck 7, Mid
Room Service Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am **Early Risers** Blue Lagoon, Deck 7, Fwd
6:30am-10:00am **Breakfast Buffet** Raffles Café, Deck 12, Aft
7:00am-11:30am **Continental Breakfast** Raffles Terrace, Deck 12, Aft
7:00am-9:00am **Continuous Breakfast** Windows Restaurant, Deck 6, Aft

Freestyle Lunch & Afternoon Snacks:

Noon-6:00pm **Bavarian Snacks** Bier Garten, Deck 13, Fwd
Noon-2:30pm **Lunch Buffet** Raffles Café, Deck 12, Aft
Noon-2:00pm **Luncheon** Windows Restaurant, Deck 6, Aft
3:30pm-4:30pm **Afternoon Snacks** Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm **Oriental Buffet** Raffles Café, Deck 12, Aft
5:30pm-10:00pm* **Presidents Dinner** Garden Room, Deck 6, Mid
*(Last orders by 10:00pm)
5:30pm-10:00pm* **Presidents Dinner** Windows Restaurant, Deck 6, Aft
*(Last orders by 10:00pm)
11:00pm-1:00am **Casino Late Night Snacks** Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

5:30pm-Close **Shogun** Sushi, Teppanyaki #7896 Deck 8, Aft
5:30pm-Close **Taipan Bistro** French Mediterranean #7894 Deck 7, Mid
5:30pm-Close **Maxim's** Steak House #7761 Deck 7, Fwd
5:30pm-Close **La Trattoria** Italian Cuisine #7844 Deck 12, Aft

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming Raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm **Buccaneer's Wet & Wild (Parental Supervision Only)** Deck 10, Aft
24-Hour Service **Internet Café** Deck 12, Fwd
8:00am-10:00am **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
4:00pm-6:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
7:00pm-10:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
9:00am-11:00am **Library** Deck 12, Fwd
4:00pm-6:00pm **Library** Deck 12, Fwd
6:30pm Approx. **Maharajah's Casino Is Open** Deck 7, Fwd
8:00am-11:00pm **Mandara's Roman Spa** Dial 7840 Deck 12, Fwd
8:30am-10:00am **Medical Center** Deck 4, Fwd
4:00pm-5:00pm **Medical Center** Deck 4, Fwd
7:00am-10:00am **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
5:00pm-7:00pm **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
8:00am-9:00am **Port & Cruise Consultant** On the Pier
7:00pm-8:00pm **Port & Cruise Consultant** Reception Desk, Deck 7, Mid
6:00pm-11:00pm **Photo Gallery** Deck 8, Fwd
Open 24 hours **Reception Desk** Dial 00 Deck 7, Mid
24 Hours **Shore Excursion Auto Machines** Grand Centrum, Deck 7, Mid
7:00pm-9:00pm **Shore Excursion Desk** Deck 8, Fwd
Open 24 hours **Starlight Video Arcade** Deck 10, Aft
6:30pm-11:00pm **Tax & Duty Free Shops** Deck 8, Mid
8:00am-8:00pm **Tivoli Pool** Deck 12
8:00am-11:00pm **Hot Tubs** Decks 10 & 12
Open 24 hours **Universal Gym** Deck 12, Fwd

BAR OPENING HOURS

8:00am-Close **Raffles Terrace** Deck 12, Aft
8:00am-Close **The Café** Deck 7, Mid
9:00am-Close **Bier Garten** Deck 13, Fwd
3:00pm-Close **Galaxy of the Stars** Deck 12, Fwd
10:00am-Close **The Bund** Deck 7, Fwd
6:00pm-Close **Casino** Deck 7, Fwd
4:00pm-Close **Champagne Charlie's** Deck 8, Mid
4:00pm-Close **Henry's Pub** Deck 7, Mid
9:00pm-Close **Celebrity Disco** Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual/50's/60's

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 3/4 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

Freestyle DAILY



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

Southern Caribbean Voyage
Thursday, November 25th, 2004
St. John's, Antigua

7:00AM

WELCOME TO ST. JOHN'S, ANTIGUA
The *Norwegian Spirit* docks in *St. John's, Antigua*. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your Tour Tickets for meeting time and location. If you are meeting a tour off the ship, please disembark the ship prior to the meeting time. All Guests must carry their *Spirit* Guest Key Card and a Photo I.D. ashore. **ALL GUESTS HAVE TO BE BACK ONBOARD BY 5:30PM**, as the *Norwegian Spirit* prepares to set sail for beautiful *Tortola*. Alcohol purchased ashore will be held in bond until the morning of debarkation.

NOON-5:00PM

FUTURE CRUISE APPOINTMENTS
Appointment sheets are available at the Future Cruise Desk next to Reception. Come by at your leisure and pick the perfect time for an appointment to book the future cruise of your dreams. Low deposits, hand pick your stateroom, book through your Travel Agent, save up to 60% on your next cruise. There is a 100% cancellation policy.

Future Cruise Desk, Deck 7, Midship

5:00PM- 6:00PM

\$500 GUARANTEED BINGO
We will play ONE game of Bingo with a Guaranteed payout of \$500. Check out our Krack-it Packets, you could win up to \$1000 or a Cruise For Two Instantly! Don't miss out!

Galaxy of the Stars, Deck 12, Forward

5:00PM-6:00PM

POOLSIDE PARTY
Join the *Cruise Director's Staff* for a filled Poolside Party! Poolside Drink Special: Farewell to Paradise \$6.95.

Tivoli Pool, Deck 12 Midship

6:30PM APPROX.

MAHARAJAH'S CASINO OPENS
Who says there are no bargains in the Casino? Buy in for \$10 and receive \$15 in table chips with our Triple Play Promotion. It's 2:00am and you can't sleep? Come to the casino and play your favorite slot machine; they're up too! Try our new Casino's at Sea CASH CONNECTION FLEET WIDE PROGRESSIVE. Over \$70,900 waiting to be won! While betting max coins you will be competing against other guests across the country for NCL's largest jackpot ever! Drop by the Casino for your "Free Spin" you might be the Free Cruise Winner tonight!

Maharajah's Casino, Deck 7, Forward

7:30PM & 9:15PM

SPOTLIGHT SHOWTIME
Norwegian Cruise Line is proud to present *THE GLEASONS* on the Main Stage for an evening of Magic, Comedy and Grand Illusion! Seat reservation, photography, audio/video recording and smoking are prohibited. We ask that you kindly place your drink order prior to show times!

Moulin Rouge, Decks 7 & 8, Aft

10:30PM

SPIRIT CREW PARTY
Join your Officers, Management and the popular band *Trini-Flavour* under the stars for an unforgettable *Norwegian Spirit* Crew Party! Raffles Terrace, Decks 11 & 12, Aft

10:45PM

SHIP N' MALES DANCERS (ADULTS ONLY)
You've heard of the *Chippendales*! You've seen the *Full Monty*! Now meet the *Ship N' Males*. It is the official **Girl's Night Out Party** tonight! Bring some cash to stash in the trunks of our hunks! (Must be over 18 to attend). Drink Special "Love Juice" - \$3.50!

Galaxy of the Stars, Deck 12, Forward

LAUNDRY AND PRESSING PROMOTION

Except leather jackets, fur coats and extremely delicate fabrics

One Full Laundry Bag for only \$25.00

Any amount of clothes that you can fit into a laundry bag will be **WASHED** and **PRESSED**.

Instructions: 1. Leave the laundry bag on the bed with the completed laundry slip today, **Thursday morning until 12:00 noon** and delivery will be on Saturday evening by 6:00pm.

2. This promotion does not apply to DRY CLEANING & EXPRESS SERVICE. Dry cleaning will be charged at the standard prices listed on your laundry slip.

Special Promo valid for THURSDAY only.

Sunrise 6:16 AM Sunset 5:31 PM

Weather Forecast: Mostly Cloudy
(As Per Yahoo Weather)



High: 83F Low: 70F

Suggested Attire: Resort Casual

NEXT PORT OF CALL: TORTOLA

Tortola is the largest of the more than 50 islands comprising the British Virgin Islands. On the southern shore of this 12 by 3 mile island is Road Town, the capital and largest city. Its population is half that of the entire British Virgin Islands.






Christopher Columbus discovered what are now known as the Virgin Islands during his second voyage to the New World in 1493. Faced with the task of christening dozens of quays and islets, he wisely named them in honor of the legendary army of 1,100 virgins who were martyred along with St. Ursula by an angry pagan prince who wanted Ursula to marry him. Though Columbus claimed the islands for the Spanish Crown, Spain's interests lay with the continent's richer colonies.

It took the nefarious Sir Francis Drake to put the islands back on the map. This rowdy English admiral cruised through these crystalline waters in 1595 on his way to plunder Spanish galleons in the area. For a brief period, the islands became a haven for outlaws and pirates. This changed by the end of the 17th century when sugar became big business in the colonies.




When the sugar industry collapsed in the late 18th century, the islands were virtually abandoned, and nature was allowed to restore the island's lush vegetation.

**BECAUSE WE CARE, NCL
URGES YOU TO SANITIZE
YOUR HANDS UPON
RETURNING TO THE
VESSEL.**

MORNING ACTIVITIES

<i>Special Notice:</i>	We request that all passengers who are continuing with us until December 3rd, to please register with the Reception Desk no later than Friday at 6:00 pm	
Channel 15	FREESTYLE MORNING SHOW Tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
24 Hours	INTERNET CAFE	Internet Café, Deck 12, Fwd
	Today only: Buy 2 tours at the Shore Excursion Desk and show your receipt to the Internet Café Manager to receive your second 5 minutes on the Internet for FREE! You can send and receive Cruise-Mail to keep in touch with friends and family. Connect to the Internet with our new wireless service for your laptop Internet Manager's Hours: 8:00am-10:00am, 4:00pm-6:00pm & 7:00pm-10:00pm	
7:00am	 WELCOME TO ST. JOHN'S, ANTIGUA	
	Please remember to carry your <i>Spirit</i> Guest Key Card and a Photo I.D. ashore. If you are on a Shore Excursion, please refer to your Tour Ticket for the meeting time and location. If you are meeting a tour off the ship, please disembark the ship prior to the meeting time. ALL GUESTS HAVE TO BE BACK ON BOARD BY 5:30pm as we set sail for <i>Tortola, BVI!</i> Evian water will be available for sale on Deck 5, Mid	
7:00am-7:20am	 Walk A Mile with your Sports Afloat <i>Holly</i>	Meet: Grand Centrum, Deck 7, Mid
7:30am-8:00am	 Senior Sit & Be Fit (Chair Aerobics)	Moulin Rouge, Deck 7, Aft
8:15am-9:00am	 Boot Camp Circuit	Moulin Rouge, Deck 7, Aft
8:00am-9:00am	Meet your Friendly Port and Cruise Consultant <i>Duncan</i> on the Gangway	On Gangway
	Last chance to get your VIP shopping cards from <i>Duncan</i> ! Don't forget your maps!! <i>Duncan</i> has VALUABLE advice as to where to go shopping in <i>St. John's, Antigua</i> , to save you time and money!	
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate Dining experience in one of our Specialty Restaurants. For Reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid, 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant	
8:00am-11:00pm	 MANDARA ROMAN SPA & SALON ARE OPEN	Deck 12, Fwd
	Mandara Spa is open in port for treatments from 8:00am until 11:00pm. Ionitherme Super Detox Treatment, today \$20 off plus complimentary metabolism test. All Spa manicures and pedicures receive complimentary paraffin wax treatment!	
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers served in a 14 oz mug for only \$4.50	All Open Bars
10:00am	CREW MANDATORY LIFEBOAT DRILL	Promenade Deck 7
	We kindly ask all guests to disregard any alarms or announcements as this is a drill for crew and crew only. Please stay well clear of the Promenade, Deck 7, Starboard & Portside	
11:00am-1:00pm	The Navigational Bridge Window will be open for viewing	Galaxy of the Stars, Deck 12, Fwd

AFTERNOON ACTIVITIES

Noon-5:00pm (Appointment sign-up only)	FUTURE CRUISE APPOINTMENT SHEETS ARE AVAILABLE Future Cruise Desk, Deck 7, Mid	
	Appointment sheets are available at the Future Cruise Desk next to Reception. Come by at your leisure and pick the perfect time for an appointment to book the future cruise of your dreams. Low deposits, hand pick your stateroom, book through your Travel Agent, save up to 60% on your next cruise. There is a 100% cancellation policy	
2:00pm-4:00pm	Informal Bridge Play – with your Fellow Guests	Mahjong Room, Deck 12, Fwd
3:00pm	 AT THE MOVIES	Picture House, Deck 8, Fwd
	<i>"Runaway Jury"</i> Starring: <i>John Cusack</i> (1 Hour, 59 Minutes)	
3:30pm-4:00pm	AFTERNOON PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
4:00pm-4:45pm	Craft Corner "Napkin Folding" with your <i>Cruise Director's Staff</i>	Champagne Charlie's, Deck 8, Mid
4:00pm-6:00pm	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
5:00pm-6:00pm	\$500 BINGO Remember the password?	Galaxy of the Stars, Deck 12, Fwd
5:00pm-6:00pm	POOLSIDE PARTY	Tivoli Pool, Deck 12, Mid
	Join the <i>Cruise Director's Staff</i> for a filled Poolside Party! Say Good-bye to <i>St. John's, Antigua</i> and dance your way to the beautiful island of <i>Tortola, BVI</i> . Drink Special: <i>Farewell to Paradise</i> \$6.95	
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:00pm-10:00pm	STUDIO PORTRAITS	Grand Centrum, Deck 7, Mid
5:15pm-5:45pm	 "Mt Norwegian Spirit" Stair Climb Challenge	Meet: Moulin Rouge, Deck 7, Aft
5:30pm-6:30pm	 Pilates Matwork with <i>Holly</i> (Abdominals Class, \$5 Fee)	Meet: Moulin Rouge, Deck 7, Aft
5:30pm	ALL GUESTS HAVE TO BE BACK ONBOARD	
	The <i>Norwegian Spirit</i> prepares to set sail for beautiful <i>Tortola, BVI!</i>	

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

Trini-Flavour 5:30pm-7:15pm (Weather Permitting)	Island Favorites	Tivoli Pool, Deck 12, Mid
10:30pm-Close (Spirit Crew Party)		Raffles Terrace, Deck 11 & 12, Aft
Best of Friends, Norwegian Spirit Showband & 60280	Great Music	Galaxy of the Stars, Deck 12, Fwd
6:30pm-7:30pm (Best of Friends), 8:15pm-9:00pm & 10:00pm-10:45pm (Norwegian Spirit Showband) & 11:15pm-Close (60280)	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
Stephen Brenko		
5:00pm-6:00pm		
Best of Friends & Pryme Time	Favorite Standards	Champagne Charlie's, Deck 8, Mid
8:30pm-10:15pm (Best of Friends) & 10:30pm-Close (Pryme Time)		
Stephen Brenko	Piano Favorites	Henry's Pub, Deck 7, Fwd
8:15pm-9:00pm & 9:30pm-Close		
DJ O'Neill	Great Dance Music	Celebrity Disco, Deck 13, Fwd
7:00pm-Close	*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm.	

ENTERTAINMENT

6:00pm-6:20pm	 Walk-A-Mile with your <i>Sports Afloat Sunita</i>	Meet: Grand Centrum, Deck 7, Mid
6:00pm-7:00pm	PORT & CRUISE CONSULTANT DESK At the <i>Port and Cruise Consultants Desk</i> this evening is an AMAZING opportunity! See <i>Duncan</i> your friendly <i>Port and Cruise Consultant</i> to get valuable advice on the beautiful port of <i>Tortola</i> ! Don't miss this opportunity to ask <i>Duncan</i> about the NEW itinerary for the Baltic Capitals, Europe 2005. Just arrived in, get it here first! Watch Channel 6 on your stateroom television for updates!	Reception Desk, Deck 7, Mid
6:00pm-11:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
6:30pm Approx	MAHARAJAH'S CASINO IS OPEN	Maharajah's Casino, Deck 7, Fwd
6:30pm-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN Check out our fantastic range of costume jewelry starting for \$5.99	Grand Centrum, Deck 8, Mid
6:30pm-11:00pm	COLOMBIAN EMERALDS INTERNATIONAL Blue Topaz Pendants and matching earrings, 50% off was \$50 NOW \$25 each	Grand Centrum, Deck 8, Mid
7:00pm-7:30pm	KRACK - ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
7:00pm-8:00pm	Friends of Bill W. Meeting (Hallway next to Picture House)	Board Room, Deck 8, Fwd
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with DJ O'Neill	Celebrity Disco, Deck 13, Fwd
7:00pm-9:00pm	SHORE EXCURSION DESK IS OPEN 24-Hour Automated Order Machines are available on Deck 7, Midship A 24-Hour Order Drop Box is available at the Shore Excursion Desk, Deck 8, Fwd	Deck 8, Fwd
7:00pm-9:00pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
7:30pm & 9:15pm	SPOTLIGHT SHOWTIME <i>Norwegian Cruise Line</i> is proud to present <i>THE GLEASONS</i> on the Main Stage for an evening of Magic, Comedy and Grand Illusion! Seat reservation is not permitted. Photography, audio and video recording are prohibited. Doors open 30 minutes prior to show times	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Mid
8:00pm-8:30pm	 Plump and Nourish Your Skin Now Is your skin dry and dehydrated? Learn what causes it and how to get rid of it!	Mandara Spa, Deck 12, Fwd
8:00pm-9:30pm	ART GALLERY DESK HOURS with <i>DAVID & EVA</i> They'll be available to answer any questions. You may also preview the art for the upcoming auction. Just for stopping by, collect a free raffle ticket for your chance to win a framed work valued at over \$500	Fine Art Gallery, Deck 7A, Fwd
8:15pm & 10:00pm	TRIBUTE TO GLENN MILLER & THE BIG BAND ERA With the <i>Norwegian Spirit Showband</i>	Galaxy of The Stars, Deck 12, Fwd
8:30pm-9:30pm	CASINO HOSPITALITY DESK (Buy your Triple Play & Tournament Entries)	Casino, Deck 7, Fwd
8:45pm-9:15pm	KRACK - ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
9:00pm	Friends of Dorothy	Henry's Pub, Deck 7, Mid
9:00pm	TRUTH OR TABLOID with <i>Peter Sasso</i> Urban Legend, Myth or Fact, join <i>Peter Sasso</i> for the truth or tabloid game show in the Galaxy of the Stars!	Galaxy of the Stars, Deck 12, Fwd
9:00pm-11:00pm	KARAOKE - Drink, Sing and Be Merry!! Probably in that order!	Celebrity Disco, Deck 13, Fwd
10:00pm	 AT THE MOVIES "Agent Cody Banks" Starring: <i>Frankie Muniz</i> (1 Hour, 41 Minutes)	Picture House, Deck 8, Fwd
10:30pm	SPIRIT CREW PARTY Join your Officers, Management and the popular band <i>Trini-Flavour</i> under the stars for an unforgettable <i>Norwegian Spirit Crew Party</i> !	Raffles Terrace, Decks 11 & 12, Aft
10:30pm-11:30pm	CHOCOHOLIC BUFFET <i>NCL's Signature Chocolate Buffet</i>	Raffles Cafe, Deck 12, Aft
10:45pm	 SHIP N' MALES DANCERS (ADULTS ONLY) You've heard of the <i>Chippendales</i> ! You've seen the <i>Full Monty</i> ! Now meet the <i>Ship N' Males</i> . It is the official <i>Girl's Night Out Party</i> tonight! Bring some cash to stash in the trunks of our hunks! (Must be over 18 to attend) Drink Special "Love Juice" - \$3.50"	Galaxy of the Stars, Deck 12, Fwd
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only)!	Celebrity Disco & Galaxy of the Stars
Midnight-Arrival	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
VOLTAGE REMINDER Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts		

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: Chateau St. Michelle, Johanesberg Riesling, Washington state
Louis Jadot, Pouilly-Fuisse, Burgundy France

Red: Robert Mondavi, Pinot Noir, Napa Valley California
M. Chapoutier, Côtes-du-Rhône, Rhône, France

Bottle - \$24.00 Glass - \$5.25
Bottle - \$32.00 Glass - \$6.75
Bottle - \$30.00 Glass - \$6.50
Bottle - \$24.00 Glass - \$5.25

Drink of the Day: "Rum Runner"
\$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Papaya"
With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Irish Coffee" For Only \$4.50

Buy one bottle of Sena wine and receive FREE two NCL Freestyle Logo Glasses
Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd
As per NCL Policy, all alcoholic beverages purchased ashore will be secured on board and will be re-issued
on the morning of debarkation from 7:00am through 9:00am at the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service Blue Lagoon Room Service Deck 7, Mid Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am Early Risers Blue Lagoon, Deck 7, Fwd
6:30am-10:00am Breakfast Buffet Raffles Café, Deck 12, Aft
7:00am-9:00am Continuous Breakfast Windows Restaurant, Deck 6, Aft
7:00am-11:30am Continental Breakfast Raffles Terrace, Deck 12, Aft

Freestyle Lunch & Afternoon Snacks:

Noon-2:00pm Luncheon Windows Restaurant, Deck 6, Aft
Noon-2:30pm Lunch Buffet Raffles Café, Deck 12, Aft
Noon-6:00pm Bavarian Snacks Bier Garten, Deck 13, Fwd
3:30pm-4:30pm Afternoon Snacks Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm Mexican Fiesta Buffet Raffles Café, Deck 12, Aft
5:30pm-10:00pm* Thanksgiving Dinner Garden Room, Deck 6, Mid
*(Last orders by 10:00pm)
5:30pm-10:00pm* Thanksgiving Dinner Windows Restaurant, Deck 6, Aft
*(Last orders by 10:00pm)
10:30pm-11:30pm Chocoholic Buffet Raffles Café, Deck 12, Aft
10:30pm-11:30pm Mini Chocoholic Buffet Maharajah's Casino, Deck 7, Fwd
11:00pm-1:00am Casino Late Night Snacks Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

5:30pm-Close Shogun Sushi, Teppanyaki & Asian Cuisine #7896 Deck 8, Aft
5:30pm-Close Taipan Bistro French Mediterranean #7894 Deck 7, Mid
5:30pm-Close Maxim's Steak House #7761 Deck 7, Fwd
5:30pm-Close La Trattoria Italian Cuisine #7844 Deck 12, Aft, Port

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm Buccaneer's Wet & Wild (Parental Supervision Only) Deck 12, Fwd
24 Hour Service Internet Café Deck 12, Fwd
8:00am-10:00am Internet Manager Is Available Dial 7821 Deck 12, Fwd
4:00pm-6:00pm Internet Manager Is Available Dial 7821 Deck 12, Fwd
7:00pm-10:00pm Internet Manager Is Available Dial 7821 Deck 12, Fwd
9:00am-11:00am Library Deck 12, Fwd
4:00pm-6:00pm Library Deck 12, Fwd
6:30pm-Approx Maharajah's Casino is Open Deck 7, Fwd
8:00am-11:00pm Mandara Roman Spa & Beauty Salon Dial 7840 Deck 12, Fwd
8:30am-10:00am Medical Center Deck 4, Fwd
4:00pm-5:00pm Medical Center Deck 4, Fwd
7:00am-10:00am Onboard Credit Desk Dial 7043 Grand Centrum, Deck 7, Mid
5:00pm-7:00pm Onboard Credit Desk Dial 7043 Grand Centrum, Deck 7, Mid
8:00am-9:00am Port & Cruise Consultant Gangway
6:00pm-7:00pm Port & Cruise Consultant Reception Desk, Deck 7, Mid
6:00pm-11:00pm Photo Gallery Deck 8, Fwd
Open 24 hours Reception Desk Dial 00 Deck 7, Mid
24 Hours Shore Excursion Automated Machines Centrum, Deck 7, Mid
7:00pm-9:00pm Shore Excursion Desk Deck 8, Fwd
Open 24 hours Starlight Video Arcade Deck 10, Aft
6:30pm-11:00pm Tax & Duty Free Shops Deck 8, Mid
8:00am-8:00pm Tivoli Pool Deck 12
8:00am-11:00pm Hot Tubs Decks 10 & 12
Open 24 hours Universal Gym Deck 12, Fwd

BAR OPENING HOURS

8:00am-Close Raffles Terrace Deck 12, Aft
8:00am-Close The Café Deck 7, Mid
9:00am-Close Bier Garten Deck 13, Fwd
10:00am-Close The Bund Deck 7, Fwd
3:00pm-Close Galaxy of the Stars Deck 12, Fwd
6:00pm-Close Casino Deck 7, Fwd
4:00pm-Close Champagne Charlie's Deck 8, Mid
4:00pm-Close Henry's Pub Deck 7, Mid
9:00pm-Close Celebrity Disco Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Reserving Deck Chairs is not permitted

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical Center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE



AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT
RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

Southern Caribbean Voyage
Friday, November 26th, 2004
Tortola, British Virgin Islands

7:00AM

WELCOME TO TORTOLA, BVI

The Norwegian Spirit docks in Tortola, BVI. We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Shore Excursion, please refer to your tour ticket for the meeting time and location. All guests must carry their *Spirit* Guest Key Card & a Photo I.D. **ALL GUESTS HAVE TO BE BACK ONBOARD BY 12:30PM**, as we set sail for *Miami, Florida*. Alcohol purchased ashore will be held in bond until the final morning of the cruise.

1:30PM-APPROX.

MAHARAJAH'S CASINO IS OPEN

Did you miss out on the first rounds of our exciting Blackjack & Slot Tournaments? Now is your chance to sign up! Come to the Casino Services Desk from 1:30pm-5:30pm to sign up for our tournaments. Just \$10 to enter with multiple entries permitted (receive a beer, wine or soda with each entry). Stand a chance to win \$500 cash in our final session tomorrow. Join us for another session of "Spin to Win" from 7:00pm-9:00pm for a chance to win a cruise for two!

Maharajah's Casino, Deck 7, Forward

2:00PM (Preview at 1:30PM)

CHAMPAGNE ART AUCTION

This is truly a must see event! Join *David* and *Eva* as they take you through a Fine Art journey featuring world renowned artists such as *Picasso, Chagall, Dali, Rockwell* as well as *Animation Art, Sports Memorabilia* and much, much more. All works fully authenticated as well as beautifully framed. Also today, enter our FREE RAFFLE for your chance to win a framed work valued at over \$500.00! We ship worldwide. Complimentary champagne will be served!

Fine Art Gallery, Deck 7A, Fwd

2:00PM

IMPROVE YOUR MEMORY

Join this afternoon your memory expert *Greg Gleason* to learn how to remember lists, dates and names!

Moulin Rouge, Decks 7 & 8, Aft

3:00PM (CARD SALES)

5 GAME BINGO BONANZA

Join your *Cruise Director's Staff* for the BEST Bingo deal of the entire cruise. Today you can play 5 games of Bingo for as little as \$19! Our winning "Black Boxes" will be available on a first come first serve basis, so get in line early!

Galaxy of the Stars, Deck 12, Fwd

5:00PM-5:30PM

LIVE @ FIVE

We will be broadcasting LIVE to your TV in your stateroom this evening. Prizes to be won in our PHONE IN contest! Come and join our Studio Audience, or have your TV on channel 14!

Champagne Charlie's, Deck 8, Mid

7:30PM & 9:15PM

STANDING ROOM ONLY

Starring the *NCL Production Company*, this tribute to the Great White Way features some of the most memorable show tunes from "42nd St.", "Carousel", "Westside Story" and "A Chorus Line". Photography, audio and video recording are strictly prohibited. Seat reservation is not permitted. We ask that you kindly place your drink order prior to show times! *Remain after the show for a Farewell featuring the Staff and Crew of the M/V Norwegian Spirit.*

Moulin Rouge, Decks 7 & 8, Aft

10:15PM

LATE NIGHT COMEDY - THE LIARS CLUB

It's time to warm up your funny bones with our Celebrity Panel of Liars; Magician *Greg Gleason*, your Comedians *Chaz Elstner* and *Peter Sasso*, with your Cruise Director *Adrian Lewis*. The Emcee for this evening's show is your Assistant Cruise Director *Joleen* who will help you sort through the lies & the rare truth!

Moulin Rouge, Decks 7 & 8, Aft

**PLEASE TURN YOUR CLOCKS BACK (1) HOUR
BEFORE RETIRING TONIGHT!!!**

Sunrise 6:31 AM Sunset 5:45 PM

Weather Forecast:

Partly Cloudy

(As per Yahoo Weather)



High 83F

Low 71F

Suggested Attire: Optional Formal

FUTURE CRUISING

Ever wanted to stand on the Great Wall of China, swim on the Great Barrier Reef in Australia or watch the Russian Ballet in St. Petersburg, Russia?



If one of these destinations is somewhere that you have only dreamed about, always wanted to see, but thought it was a little out of reach, then take another look at what we at *Norwegian Cruise Line* can do to make it happen for you. We can take you to worldwide exotic and exciting locations onboard a luxury cruise ship.

We'll take care of the traveling details whilst you relax and enjoy your vacation. The further you go, the more exciting it gets!








Your friendly Port and Cruise Consultant is *Duncan*. Future Cruise bookings are by appointment only. Appointment sheets are available on the Future Cruise desk next to Reception. He has information covering the globe and of all our exciting itineraries that the different ships in the fleet will be doing. Save up to 60 % on your next cruise. 100% cancellation policy.





**BECAUSE WE CARE, NCL
URGES GUESTS TO SANTIZE
THEIR HANDS UPON
RETURNING TO THE
VESSEL.**

MORNING ACTIVITIES

Channel 15	FREESTYLE MORNING SHOW Tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
24 Hours	END OF CRUISE INTERNET SPECIAL Internet Café, Deck 12, Fwd End of cruise special: Small Internet Time Plans for the remainder of the cruise! 15 minutes for only \$8.25 or 30 minutes for only \$12.00. The Internet Café will close tomorrow night, so lock in your access until disembarkation by purchasing a time plan. Internet Manager's Hours: 8:00am-10:00am, 4:00pm-6:00pm, 7:00pm-10:00pm	
7:00am	 WELCOME TO TORTOLA, BRITISH VIRGIN ISLANDS The <i>Norwegian Spirit</i> docks in <i>Tortola, BVI</i> . We must wait for clearance from local officials before anyone is permitted ashore. Guests on a Tour, please refer to your Tour Ticket for the meeting time and location. All guests must carry their <i>Spirit</i> Guest Key Card & a Photo I.D. ashore. ALL GUESTS HAVE TO BE BACK ON BOARD BY 12:30pm as we set sail for beautiful <i>Miami, Florida</i> . Alcohol purchased ashore will be held in bond until the morning of debarkation. <i>Evian</i> water is available for sale on the gangway	
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate dining experience in one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk on Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant	
8:00am-11:00pm	 MANDARA ROMAN SPA & SALON ARE OPEN Take advantage of our last port day special, Ultimate Wrapture. Phone the Spa #7840	Deck 12, Fwd
8:30am-9:00am	Meet your Friendly Port and Cruise Consultant <i>Duncan</i> on the Gangway Last chance to get your VIP Shopping Cards from <i>Duncan</i> ! Don't forget your maps!! <i>Duncan</i> has VALUABLE advice as to where to go shopping in <i>Tortola, BVI</i> . to save you time and money!	On Gangway
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-Noon	First Wave - Bloody Marys and Screwdrivers served in a 14oz mug for only \$4.50	All Open Bars
10:30am-11:00am	Arts & Crafts: "Ribbon Roses" with your Cruise Director's Staff	Champagne Charlie's, Deck 8, Mid
11:00am-11:30am	Filipino Language Lesson - with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd
11:00am-1:00pm	The Navigational Bridge Window is open for viewing	Galaxy of the Stars, Deck 12, Fwd
11:30am-Noon	MORNING PUB TRIVIA with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd

AFTERNOON ACTIVITIES

Noon-5:00pm (Appointment sign-up only)	FUTURE CRUISE APPOINTMENT SHEETS ARE AVAILABLE Future Cruise Desk, Deck 7, Mid Appointment sheets are available at the Future Cruise Desk next to Reception. Come by at your leisure and pick the perfect time for an appointment to book the future cruise of your dreams. Low deposits, hand pick your stateroom, book through your Travel Agent, save up to 60% on your next cruise. There is a 100% cancellation policy. Watch Channel 6 on your stateroom television for updates!	
12:30pm	ALL GUESTS HAVE TO BE BACK ONBOARD The <i>Norwegian Spirit</i> prepares to set sail for beautiful <i>Miami, Florida</i>	
1:30pm Approx.	MAHARAJAH'S CASINO IS OPEN	Maharajah's Casino, Deck 7, Fwd
1:00pm-11:00pm	PHOTO GALLERY IS OPEN - Ask about our specials	Deck 8, Fwd, Stbd
1:30pm-2:00pm	POOL SIDE FUN with your Cruise Directors Staff	Tivoli Pool, Deck 12, Mid
1:30pm-2:00pm	 Norwegian Spirit "Wild & Wacky Family Olympics"	Basketball Courts, Deck 13, Aft
2:00pm	IMPROVE YOUR MEMORY Join this afternoon your memory expert <i>Greg Gleason</i> to learn how to remember lists, dates and names!	Moulin Rouge, Decks 7 & 8, Aft
2:00pm	CHAMPAGNE ART AUCTION (Preview at 1:30pm)	Fine Art Gallery, Deck 7A, Fwd
2:00pm-2:30pm	AFTERNOON PUB TRIVIA with your Cruise Director's Staff	Henry's Pub, Deck 7, Fwd
2:00pm-2:30pm	 Eat More to Weigh Less Forget Yo-Yo dieting! Stop dieting. Start achieving. Join your Body Correction Specialist and change the way you eat forever!	Celebrity Disco, Deck 13, Fwd
2:00pm-2:45pm	Arts & Crafts Workshops "Welch Guardsman-Christmas Tree Decoration" with <i>Leonard Berman</i>	Champagne Charlie's, Deck 8, Mid
2:00pm-3:30pm	VICTORY AT SEA SLOT TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
2:00pm-4:00pm	Bridge Play - with your Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
2:00pm-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN T-shirt day: Buy 1 for \$14.99 or 2 for \$20. Not to be missed	Grand Centrum, Deck 8, Mid
2:00pm-11:00pm	COLOMBIAN EMERALDS INTERNATIONAL IS OPEN .925 Sterling Silver, with or without Gemstones. 50% off the Entire Selection at the Sterling Silver EXTRAVAGANZA	Grand Centrum, Deck 8, Mid
2:30pm	 AT THE MOVIES "Lord of the Rings: Two Towers" Starring: <i>Elijah Wood</i> (2 Hours, 57 Minutes)	Picture House, Deck 8, Fwd
3:00pm-3:30pm	 Face the World Join your La Therapie Facial Specialists, in an anti-aging educational seminar	Mandara Spa, Deck 12, Fwd
3:00pm-3:30pm	Grandparent's Tea Social - Bring your pictures and Brag!	Champagne Charlie's, Deck 8, Mid
3:00pm-4:00pm	5 GAME BINGO BONANZA play for as little as \$19!	Galaxy of the Stars, Deck 12, Fwd
3:00pm-3:45pm	 Dance Class "Waltz" with your Sports Afloat <i>Holly</i>	Moulin Rouge, Deck 7, Aft
3:15pm-4:00pm	 Fitness Scavenger Hunt	Universal Gym, Deck 12, Fwd
4:00pm-4:30pm	EMERALD TALK join your expert to find out more!	Champagne Charlie's, Deck 8, Mid
4:00pm-5:00pm	 Pilates Matwork with <i>Holly</i> (Abdominal Class - \$5 fee)	
4:00pm-5:30pm	WAVES OF CASH BLACKJACK TOURNAMENT	Maharajah's Casino, Deck 7, Fwd
4:00pm-6:00pm	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
4:15pm-5:15pm	RYDER CUP GOLF QUALIFYER	Celebrity Disco, Deck 13, Fwd





4:15pm-5:15pm	 Shuffleboard Tournament (16 & older please)	Shuffleboard Court Deck 7, Stbd Aft
5:00pm-5:30pm	 LIVE @ FIVE We will be broadcasting LIVE to your TV in your stateroom this evening. Prizes to be won in our PHONE IN contest! Come and join our studio audience, or have your TV on channel 14	Champagne Charlie's, Deck 8, Mid
5:00pm-6:00pm	 Pamper Hour (\$10 Fee) One hour of pure pampering, you will learn tips for hair, nails, and relaxation; you will also do a mini facial on your self while being guided by our skin specialists and all who attend will then receive a free makeover. This one is certainly not to be missed!	Mandara Spa, Deck 12, Fwd
5:00pm-10:00pm	Professional Portraits in the Grand Centrum (No purchase obligation)	Grand Centrum, Deck 7, Mid
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:30pm-6:00pm	EARLY Sports Afloat T-Shirt Redemption (Bring 16 credits!)	Universal Gym, Deck 12, Fwd
5:30pm-6:30pm	 Evening YOGA – Hatha (\$5 fee)	Moulin Rouge, Deck 7, Aft

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

<i>Trini-Flavour</i>	Island Favorites	Tivoli Pool, Deck 12, Mid
12:30pm-2:15pm & 2:45pm-5:30pm (Weather Permitting)		
<i>Stephen Brenko</i>	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
5:00pm-6:00pm		
<i>Best of Friends</i> followed by 60280	Great Dance Music	Galaxy of the Stars, Deck 12, Fwd
6:30pm-7:30pm (<i>Best of Friends</i>), 9:15pm-10:00pm & 10:15pm-Close (60280)		
<i>Stephen Brenko & Best of Friends</i>	Favorite Standards	Champagne Charlie's, Deck 8, Mid
8:30pm-10:15pm (Sing-a-Long with <i>Stephen Brenko</i>), 10:30pm-Close (<i>Best of Friends</i>)		
<i>Scott Allman</i>	Guitar Tunes	Henry's Pub, Deck 7, Fwd
8:45pm-Close		
<i>DJ O'Neill</i>	Great Dance Music	Celebrity Disco, Deck 13, Fwd
9:00pm-Close	*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm	

ENTERTAINMENT

6:00pm-6:20pm	 Walk A Mile with your <i>Sports Afloat Coordinator</i>	Grand Centrum, Deck 7, Mid
6:00pm-7:00pm & 7:00pm-8:00pm	 Partner Teach Couples Massage Workshop (sign up charge) Make your loved ones happy, change the way you feel after work hours. We will teach you how to massage each other, free bottle of aromatherapy oil to start right away. (Sign up \$49 per couple. Limited Space)	Mandara Spa, Deck 12, Fwd
6:15pm	SABBATH EVE SERVICE with your fellow guests	Picture House, Deck 8, Fwd
7:00pm-7:30pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
7:00pm-8:00pm	Friends of Bill W. Meeting	Boardroom, Deck 8, Fwd
7:00pm-9:00pm	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd, Stbd
7:00pm-9:00pm	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
7:30pm & 9:15pm	STANDING ROOM ONLY <i>Norwegian Cruise Line</i> is proud to present the <i>NCL Production Company!</i> This tribute to the Great White Way features some of the most memorable show tunes from "42nd St.", "Carousel", "Westside Story" and "A Chorus Line". Photography, audio and video recording are strictly prohibited. Doors open 30 minutes prior to show time. Remain after the show for a Farewell featuring the Staff and Crew of the <i>M/V Norwegian Spirit</i>	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
8:00pm-8:30pm	 Sports Trivia with your <i>Sports Afloat Coordinator</i>	The Bund, Deck 7, Fwd
8:30pm	SING A LONG with <i>Stephen Brenko</i>	Champagne Charlie's, Deck 8, Mid
8:30pm	COMEDY NIGHT/MISS NORWEGIAN SPIRIT Join your <i>Cruise Director's Staff</i> for fun & games. Have your cameras ready for "A Beauty Pageant to end all Beauty Pageants!" Don't miss this FUN event!	Galaxy of the Stars, Deck 12, Fwd
8:45pm	IRISH PUB MUSIC with <i>Scott Allman</i>	Henry's Pub, Deck 7, Fwd
8:45pm-9:15pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
9:00pm-10:00pm	KARAOKE – Drink, Sing and Be Merry!! Probably in that order!	Celebrity Disco, Deck 13, Fwd
9:15pm-10:00pm	TRIBUTE TO THE LEGENDS with 60280	Galaxy of the Stars, Deck 12, Fwd
9:30pm	CASINO HOSPITALITY DESK (See your Casino Hosts <i>Shannon</i> and <i>Louise</i> for any inquiries)	Maharajah's Casino, Deck 7, Fwd
10:00pm	 AT THE MOVIES "The Alamo" Starring: <i>Dennis Quaid</i> (2 Hours, 16 Minutes)	Picture House, Deck 8, Fwd
10:00pm-11:00pm	TWISTED KARAOKE CHALLENGE Join your <i>Cruise Director's Staff</i> for something truly unique! Find out who will be crowned "Twisted Karaoke Champion" by our special Guest Judges	Celebrity Disco, Deck 13, Fwd
10:15pm-11:15pm	DANCE THROUGH THE DECADES Join your <i>Cruise Director's Staff</i> & 60280 on the dance floor! We'll take you back to the good times and into the new times!	Galaxy of the Stars, Deck 12, Fwd
10:15pm	LATE NIGHT COMEDY – THE LIARS CLUB It's time to warm up your funny bones with our Celebrity Panel of Liars; Magician <i>Greg Gleason</i> , your Comedians <i>Chaz Elstner</i> and <i>Peter Sasso</i> with your Cruise Director <i>Adrian Lewis</i> . The Emcee for this evening's show is <i>Joleen</i> who will help you sort through the lies & the rare truth!	Moulin Rouge, Decks 7 & 8, Aft
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only!)	Celebrity Disco & Galaxy of the Stars
Midnight-Continuous	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd

VOLTAGE REMINDER:

Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: *Cuvaison, Chardonnay, Napa Valley, California*
Antonin Rodet, Chablis, Burgundy, France

Red: *Merlot Benziger, Sonoma County, California*
Ravenswood, Zinfandel, California

Bottle - \$32.00 Glass - \$6.75
Bottle - \$26.00 Glass - \$5.75

Bottle - \$33.00 Glass - \$7.00
Bottle - \$24.00 Glass - \$5.25

Drink of the Day: "Caribbean Freeze"
 \$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Pineapple"
 With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Jamaican Coffee" For Only \$4.50

Buy one bottle of Sena Wine & receive FREE two NCL Freestyle Logo Glasses
Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) – Galaxy of the Stars, Deck 12, Fwd
 As per NCL Policy, all alcoholic beverages purchased ashore will be secured on board & will be re-issued
on the morning of debarkation from 8:00am through 10:00am in the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service **Blue Lagoon Room Service** Deck 7, Mid
 Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am **Early Risers** Blue Lagoon, Deck 7, Fwd
 6:30am-10:00am **Breakfast Buffet** Raffles Café, Deck 12, Aft
 7:00am-9:00am **Continuous Breakfast** Windows Restaurant, Deck 6, Aft
 7:00am-11:30am **Continental Breakfast** Raffles Terrace, Deck 12, Aft

Freestyle Lunch & Afternoon Snacks:

Noon-2:30pm **Luncheon Buffet** Raffles Café, Deck 12, Aft
 Noon-2:00pm **Luncheon** Windows Restaurant, Deck 6, Aft
 Noon-2:00pm **Afternoon Barbeque** Raffles Terrace, Deck 12, Aft
 Noon-5:00pm **Bavarian Snacks** Bier Garten, Deck 13, Fwd
 3:30pm-4:30pm **Afternoon Snacks** Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm **Freestyle Buffet** Raffles Café, Deck 12, Aft
 5:30pm-10:00pm* **Captain's Farewell Dinner** Garden Room, Deck 6, Mid
 *(Last orders by 10:00pm)
 5:30pm-10:00pm* **Captain's Farewell Dinner** Windows Restaurant, Deck 6, Aft
 *(Last orders by 10:00pm)
 11:00pm-1:00am **Casino Late Night Snacks** Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience at one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

5:30pm-Close **Shogun** Sushi, Teppanyaki #7896 Deck 8, Aft
 & Asian Cuisine
 5:30pm-Close **Taipan Bistro** French Mediterranean #7894 Deck 7, Mid
 5:30pm-Close **Maxim's** Steak House #7761 Deck 7, Fwd
 5:30pm-Close **La Trattoria** Italian Cuisine #7844 Deck 12, Aft

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming Raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm **Buccaneer's Wet & Wild** (Parental Supervision Only) Deck 10, Aft
 2:00pm-11:00pm **Colombian Emeralds International** Deck 8, Mid
 24 Hour Service **Internet Café** Deck 12, Fwd
 8:00am-10:00am **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
 4:00pm-6:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
 7:00pm-10:00pm **Internet Manager Is Available** Dial 7821 Deck 12, Fwd
 9:00am-11:00am **Library** Deck 12, Fwd
 4:00pm-6:00pm **Library** Deck 12, Fwd
 1:30pm (Approx.) **Maharajah's Casino is Open** Deck 7, Fwd
 8:00am-11:00pm **Mandara Roman Spa & Beauty Salon** Dial 7840 Deck 12, Fwd
 8:30am-10:00am **Medical Center** Deck 4, Fwd
 4:00pm-5:00pm **Medical Center** Deck 4, Fwd
 7:00am-9:00am **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
 5:00pm-8:00pm **Onboard Credit Desk** Dial 7043 Grand Centrum, Deck 7, Mid
 8:30am-9:00am **Port & Cruise Consultant** Gangway
 1:00pm-11:00pm **Photo Gallery** Deck 8, Fwd
 Open 24 hours **Reception Desk** Dial 00 Deck 7, Mid
 7:00pm-9:00pm **Shore Excursion Desk** Deck 8, Fwd
 Open 24 hours **Starlight Video Arcade** Deck 10, Aft
 2:00pm-11:00pm **Tax & Duty Free Shops** Deck 8, Mid
 8:00am-8:00pm **Tivoli Pool** Deck 12, Mid
 8:00am-11:00pm **Hot Tubs** Decks 10 & 12
 Open 24 hours **Universal Gym** Deck 12, Fwd

BAR OPENING HOURS

8:00am-Close **Raffles Terrace** Deck 12, Aft
 8:00am-Close **The Café** Deck 7, Mid
 9:00am-Close **Bier Garten** Deck 13, Fwd
 10:00am-Close **The Bund** Deck 7, Fwd
 Noon-Close **Galaxy of the Stars** Deck 12, Fwd
 3:00pm-Close **Champagne Charlie's** Deck 8, Mid
 1:00pm-Close **Casino** Deck 7, Fwd
 4:00pm-Close **Henry's Pub** Deck 7, Mid
 9:00pm-Close **Celebrity Disco** Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Reserving Deck Chairs is not permitted

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Optional Formal

No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at your own risk. Decks are slippery when wet. Deck 13 - 5½ laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical Center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail: Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT

RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

Ships' Reservations Department © 2007 Norwegian Cruise Line

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Freestyle DAILY



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING®

Southern Caribbean Voyage
Saturday, November 27th, 2004
At Sea

DID YOU REMEMBER TO TURN YOUR CLOCKS BACK ONE (1) HOUR BEFORE RETIRING LAST NIGHT?(FRIDAY)

9:00AM-CLOSE

MAHARAJAH'S CASINO IS OPEN

The BIG day is here in our Victory at Sea Slot Tournament and the Waves of Cash Blackjack Tournament. Someone will WIN the \$500 cash prize in our finals today and it could be you! Sign ups for either tournament beginning at 12:30pm in the casino! Today is your last chance to hit one of our many jackpots so come in and try our new Casino's at Sea Cash Connection Fleet Wide Progressive. Over \$70,900 waiting to be won! While betting max coins you will be competing against other guests across the country for NCL's largest jackpot ever! Don't forget your Triple Play Chips! Buy-in for \$10 and receive \$15 in table chips! That's a FREE \$5 chip to use on any table game! Limit one per person per cruise.

Maharajah's Casino, Deck 7, Forward

10:15AM

IMPORTANT DEBARKATION TALK

Join your Cruise Director *Adrian Lewis* for an important talk on the Debarkation Procedure in *Miami, Florida*. Important information will be covered such as Duty Allowances, Documentation Inspection and Debarkation Procedures.

ALL GUESTS SHOULD ATTEND THIS VERY IMPORTANT TALK.

Moulin Rouge, Decks 7 & 8, Aft

11:00AM-12:15PM

PROGRESSIVE GIANT JACKPOT BINGO

IT'S OUR TURN! ONE GAME ONLY! Join the *Cruise Director's Staff* in the *Galaxy of the Stars* for the hottest fleet wide progressive Bingo at Sea. The jackpot has been growing and today you could be an instant cash winner of over \$10,000!

Galaxy of the Stars, Deck 12, Forward

2:00PM (PREVIEW AT 1:30PM)

FINAL ART AUCTION

Join us for today's Final Fine Art Auction featuring world renowned artists as well as *Animation Art* and *Sports Memorabilia*. All works fully authenticated as well as beautifully framed. Also today, last chance to enter our FREE RAFFLE for your chance to win a framed work valued at over \$500.00! We ship worldwide, so don't worry about packing. Buyers: don't forget your blue raffle tickets! Complimentary champagne will be served!

Fine Art Gallery, Deck 7A, Forward

3:00PM-4:00PM

FINAL JACKPOT BINGO

This is your final chance to get in on the big game. At this session of bingo the payouts will be very high and all the money must go! Crack-it Packets, you could win up to \$1000 or a Cruise For Two Instantly! Don't miss out!

Galaxy of the Stars, Deck 12, Forward

4:00PM

NORWEGIAN SPIRIT CREW SHOW

This is the event of the cruise you do not want to miss! They have been working for you all cruise long, now come and cheer on your favorite waiter or cabin steward as they display their hidden talents!

Moulin Rouge, Decks 7 & 8, Aft

4:45PM (ONE SHOW ONLY) "STAR SEEKER" TALENT SEARCH SHOW

Sure to be one of the highlights of the cruise! Come support your fellow guests as they compete for a chance to become a Cruise Ship Entertainer! Bring your cameras! Music provided by the *Norwegian Spirit Showband*.

Moulin Rouge, Decks 7 & 8, Aft

7:30PM (ONE SHOW ONLY)

CLOSE UP MAGIC

Norwegian Cruise Line is proud to present an evening of "sleight-of-hand" close up magic with *Greg Gleason*!

Moulin Rouge, Decks 7 & 8, Aft

9:15PM (ONE SHOW ONLY)

FAREWELL VARIETY SHOWTIME


Norwegian Cruise Line is proud to bring back these two talented entertainers, with brand new material, *Peter Sasso* and *Wes Epae*! A show NOT to be missed. Seat reserving is not permitted. We ask that you kindly place your drink order prior to show times. Doors open 30 minutes prior the show times.

Moulin Rouge, Decks 7 & 8, Aft

Sunrise 6:03 AM Sunset 5:06 PM

Weather Forecast: Partly Cloudy

(As Per Yahoo Weather)

High: 83F  Low: 72F

Suggested Attire: Resort Casual

LET US HEAR FROM YOU!

We kindly ask you to fill out the Guest Comment Card that is in your Stateroom and drop it off in the Guest Comment Card boxes located at the Information Desk on Deck 7. Please do not let one comment or situation affect your rating for any departments. Please use the space provided on the back of the Guest Comment Card to give us your feedback. Also, if there is any Crewmember or Staff member you have enjoyed this cruise, please recognize them by writing their names on the back of the comment card too. This is how we do our promotions.

EXCELLENT on the Guest Comment Card means ENJOYABLE, so if you have enjoyed something, please mark excellent!


These are a few of the week's offerings:

- Dining Experience
 - Alternative Restaurants (Taipan Bistro, Shogun, Maxim's, and La Trattoria only)
 - Windows/Garden Room
 - Waiter Service
 - Bar Staff and Service
 - Onboard Programs & Entertainment
 - Cruise Director and Staff
 - Onboard Activities
 - Lifestyles Staff and Service
 - Broadway Production Shows
 - Musicians and Bands
 - Variety/Cabaret Acts
 - Youth & Teen Programs
 - Shipboard Services
 - Pursers and Reception Desk
 - Casino Staff and Games
 - Gift Shop Staff and Service
 - Beauty Salon and Staff
 - Housekeeping Department
 - Towel Folding demonstration
 - Shore Excursions and Dive In
 - Shore Ex Staff and Tour Content
- Excellence is Our Goal! Thank you*

MORNING ACTIVITIES

Channel 15	FREESTYLE MORNING SHOW Tune in to your Cruise Director <i>Adrian</i> and your Assistant Cruise Director <i>Joleen</i> for information and fun activities happening around the ship today!	
Continuous-Close	MAHARAJAH'S SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
24 Hours	LAST DAY INTERNET ACCESS Last chance to purchase discounted time plans before 10:00pm tonight. Time package plans are good until you disembark the ship. Check and confirm your travel arrangements for any last minute changes. Internet Café closes at 9:00am Sunday morning for all guests who have not purchased a time plan. Internet Manager's Hours: 9:00am-Noon, 1:00pm-5:00pm, & 7:00pm-10:00pm	Internet Café, Deck 12, Fwd
7:30am-8:15am	 Step & Weights	Moulin Rouge, Deck 7, Aft
8:00am-8:20am	 Walk A Mile with your <i>Sports Afloat Coordinator</i> .	Meet: Grand Centrum, Deck 7, Mid
8:00am-5:00pm	SPECIALTY RESTAURANT RESERVATIONS Enjoy an intimate dining experience in one of our Specialty Restaurants. For reservations please dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Mid, 8:00am-5:00pm. After 5:00pm please phone the respective restaurant directly	
8:00am-8:00pm	 MANDARA'S ROMAN SPA & SALON ARE OPEN Book your Ionithermie Detox Treatment today. Take advantage of our holistic form of Detox, through complimentary Reflexology. Phone # 7840 for more details	Deck 12, Fwd
8:30am-9:30am	 Morning YOGA (\$5.00 fee)	Moulin Rouge, Deck 7, Aft
9:00am-Close	MAHARAJAH'S CASINO TABLES ARE OPEN	Maharajah's Casino, Deck 7, Fwd
9:00am-9:40am	 "Mt Norwegian Spirit" Stair Climb Challenge	Meet: Universal Gym, Deck 12, Fwd
9:00am-11:00am	"SPIN TO WIN" FREE PULL SLOT MACHINE	Maharajah's Casino, Deck 7, Fwd
9:00am-11:00am	LIBRARY IS OPEN to check out and return books	Deck 12, Fwd
9:00am-Noon	FUTURE CRUISE BOOKINGS by appointment only Appointment sheets are available on the Future Cruise Desk next to Reception	Port & Cruise Office, Deck 8, Fwd
9:00am-Noon	First Wave - Bloody Mary's & Screwdrivers served in a 14 oz mug for only \$4.50	All Open Bars
9:00am-11:00pm	TAX & DUTY FREE SHOPS ARE OPEN Last call on all Spirit Merchandise - PLUS all the promotions will be out again for one final time	Grand Centrum, Deck 8, Mid
9:00am-11:00pm	COLOMBIAN EMERALDS IS OPEN BLOW OUT SALE Anything that you missed and more! Fantastic deals starting from as little as \$25.00	Grand Centrum, Deck 8, Mid
10:00am-10:30am	 Detox for Life Come and visit our Detox specialist and allow her to put together a Detox plan for you to do at home. Complimentary consultations are available!	Mandara Roman Spa, Deck 12 Fwd
10:00am-11:00am	Bridge Play Seminar with Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
10:00am-Noon	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd
10:15am	IMPORTANT DEBARKATION TALK Join your Cruise Director <i>Adrian Lewis</i> for an important talk on the debarkation procedure in <i>Miami, Florida</i> . Important information will be covered such as Duty Allowances, Documentation Inspection and Debarkation Procedures. ALL GUESTS SHOULD ATTEND THIS VERY IMPORTANT TALK	Moulin Rouge, Decks 7 & 8, Aft
10:30am-11:15am	Fruit Carving join your <i>Master Carver</i> for this demonstration	Champagne Charlie's, Deck 8, Mid
11:00am-11:30am	POOL SIDE FUN with your <i>Cruise Directors Staff</i>	Tivoli Pool, Deck 12, Mid
11:00am-12:15pm	PROGRESSIVE GIANT JACKPOT BINGO IT'S OUR TURN! ONE GAME ONLY! Join the <i>Cruise Director's Staff</i> in the <i>Galaxy of the Stars</i> for the hottest fleet wide progressive Bingo at Sea. The jackpot has been growing and today you could be an instant cash winner of over \$10,000!	Galaxy of the Stars, Deck 12, Fwd
11:15am-11:45pm	 Dance Class "Swing" with your <i>Sports Afloat Holly</i>	Moulin Rouge, Deck 7, Aft
11:45am-12:15pm	 Pump up the Volume Let our internationally trained Hair Stylist show you the tricks of the trade to manage your hair and to discover how to prevent bad hair days!	Mandara Roman Spa, Deck 12 Fwd

AFTERNOON ACTIVITIES

Noon-2:00pm	SPIRIT STREET SALE	Grand Centrum, Deck 7, Mid
Noon-1:00pm	 STARSEEKER SIGN-UP Have you ever dreamed about being a Cruise Ship Entertainer? Sign up for our Talent Search contest. Show off those hidden talents. (Limit of 10 Acts only. Must be 18 or older to participate)	Moulin Rouge, Deck 7, Aft
12:30pm	EARLY REGISTRATION FOR CASINO TOURNAMENTS	Maharajah's Casino, Deck 7, Fwd
1:00pm-2:30pm	VICTORY AT SEA SLOT TOURNAMENT Finals approx. 2:30pm	Maharajah's Casino, Deck 7, Fwd
1:00pm-11:00pm	PHOTO GALLERY IS OPEN	Deck 8, Fwd
2:00pm	FINAL ART AUCTION Preview at 1:30pm	Fine Art Gallery, Deck 7A, Fwd
2:00pm-2:30pm	POOL SIDE FUN with your <i>Cruise Directors Staff</i>	Tivoli Pool, Deck 12, Mid
2:00pm-2:45pm	Arts & Crafts Workshops "Magnetic Bookmark" with <i>Leonard Berman</i>	Champagne Charlie's, Deck 8, Mid
2:00pm-2:45pm	RYDER CUP FINAL	Celebrity Disco, Deck 13, Fwd
2:00pm-4:00pm	Bridge Play - with your Bridge Director <i>Phyllis Brown</i>	Mahjong Room, Deck 12, Fwd
2:00pm-4:00pm	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd
2:00pm-5:00pm	FUTURE CRUISE BOOKINGS by appointment only Appointment sheets are available on the Future Cruise Desk next to Reception	Port & Cruise Office, Deck 8, Fwd
2:15pm-3:00pm	LEARN THE ART OF TOWEL FOLDING Today with your friendly <i>Room Stewards</i>	Moulin Rouge, Decks 7 & 8, Aft


2:45pm-3:45pm	 Singles Table Tennis Tournament (16yrs. & older please)	Table Tennis Tables, Deck 11, Aft
3:00pm	NAME THAT TUNE with <i>Stephen Brenko</i>	Champagne Charlie's, Deck 8, Mid
3:00pm	 AT THE MOVIES "Laws of Attraction" Starring <i>Pierce Brosnan</i> (2 Hours, 10 Minutes)	Picture House, Deck 8, Fwd
3:00pm-3:30pm	 Last Minute Make up Demo Come and try our amazing California Sun Glow, you won't regret it!	Mandara Roman Spa, Deck 12, Fwd
3:00pm-4:00pm	FINAL JACKPOT BINGO (CARD SALES)	Galaxy of the Stars, Deck 12, Fwd
3:00pm-4:30pm	WAVES OF CASH BLACKJACK TOURNAMENT (Finals at approx 4:30pm)	Maharajah's Casino, Deck 7, Fwd
3:30pm-4:00pm	 Health & Fitness Trivia	The Bund Deck 7, Stbd, Fwd
3:30pm-4:00pm	 Peel to Reveal The Skin from Within Find out what peels are and how they can help you reveal your beautiful fresh healthy skin from within!	Celebrity Disco, Deck 13, Fwd
4:00pm	CREW SHOW This is the event of the cruise you do not want to miss. They have been working for you all cruise long, cheer on your favorite waiter or cabin steward as they display their hidden talents	Moulin Rouge, Deck 7, Aft
4:00pm-4:45pm	Craft Corner "Luggage Tassels" with your <i>Cruise Director's Staff</i>	Champagne Charlie's, Deck 8, Mid
4:00pm-6:00pm	LIBRARY IS OPEN to return books	Deck 12, Fwd
4:45pm	 STARSEEKER TALENT SEARCH SHOW Sure to be one of the highlights of the Cruise! Support your fellow guests as they compete for a chance to become a Cruise Ship Entertainer! Bring your cameras! Music by the <i>Norwegian Spirit Showband</i>	Moulin Rouge, Decks 7 & 8, Aft
5:00pm-5:45pm	FINAL Sports Afloat T-shirt Redemption (Bring 16 credits!)	Universal Gym, Deck 12, Fwd
5:00pm-8:00pm	All Flavored Martinis served in 10 oz glass for only \$6.50	Champagne Charlie's & Galaxy of the Stars
5:00pm-10:00pm	Professional Portraits in the Grand Centrum (No purchase obligation)	Grand Centrum, Deck 7, Mid

EVENING ACTIVITIES

MUSICAL ENTERTAINMENT

<i>Trini-Flavour</i> Noon-1:45pm & 2:45pm-5:30pm (Weather Permitting)	Island Favorites	Tivoli Pool, Deck 12, Mid
<i>Stephen Brenko</i> 5:00pm-6:00pm	Cocktails and Atmosphere	Grand Centrum, Deck 7, Mid
<i>Stephen Brenko, Best of Friends, & Pryme Time</i> 3:00pm-3:45pm (<i>Stephen Brenko</i>), 8:30pm-10:15pm (<i>Best of Friends</i>) & 10:30pm-Close (<i>Pryme Time</i>)	Favorite Standards	Champagne Charlie's, Deck 8, Mid
<i>60280 & Pryme Time</i> 8:15pm-9:00pm (Tribute to ABBA) & 11:00pm-Close (60280), 9:15pm-10:00pm (<i>Pryme Time</i>)	Great Tunes for Dancing	Galaxy of the Stars, Deck 12, Fwd
<i>Scott Allman</i> 8:30pm-Close	Guitar Tunes	Henry's Pub, Deck 7, Fwd
<i>DJ O'Neill</i> 7:00pm-Close	Great Dance Music	Celebrity Disco, Deck 13, Fwd
*Guests must be 18 years of age or older to be in Celebrity's Disco after 11:00pm		

ENTERTAINMENT

7:00pm-8:00pm	Friends of Bill W. Meeting	(Hallway next to Picture House) Board Room, Deck 8, Fwd
7:00pm-8:00pm	CASUAL BALLROOM DANCING IN THE DISCO with <i>DJ O'Neill</i>	Celebrity Disco, Deck 13, Fwd
7:00pm-9:00pm	ART GALLERY "UNSOLD ART SALE" No bidding required just low, low prices on all unsold art! All fully authenticated and independently valued as well as fully framed. We ship around the world, so don't worry about packing. See you there!	Fine Art Gallery, Deck 7A, Fwd
7:30pm	CLOSE UP MAGIC with <i>Greg Gleason</i> <i>Norwegian Cruise Line</i> is proud to present an evening of "sleight-of-hand" close up magic with <i>Greg Gleason</i>	Moulin Rouge, Decks 7 & 8, Aft
7:30pm-8:00pm	EVENING PUB TRIVIA with your <i>Cruise Director's Staff</i>	Henry's Pub, Deck 7, Fwd
7:30pm-8:00pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
7:30pm-8:30pm	SHORE EXCURSION DESK IS OPEN	Deck 8, Fwd
8:15pm-9:00pm	TRIBUTE TO ABBA with <i>60280</i>	Galaxy of the Stars, Deck 12, Fwd
8:45pm-9:15pm	KRACK ITS ARE AVAILABLE	Moulin Rouge, Deck 7, Aft
9:00pm-10:00pm	KARAOKE - Drink, Sing and Be Merry!! Probably in that order!	Celebrity's Disco, Deck 13, Fwd
9:15pm	FAREWELL VARIETY SHOWTIME (ONE SHOW ONLY) <i>Norwegian Cruise Line</i> is proud to bring back these two talented entertainers, with brand new material, <i>Peter Sasso</i> and <i>Wes Epae</i> ! A show NOT to be missed. Seat reservation is not permitted. Doors open 30 minutes prior to show times	Moulin Rouge, Decks 7 & 8, Aft
9:15pm-10:00pm	MOTOWN LEGENDS with <i>Pryme Time</i>	Galaxy of the Stars, Deck 12, Fwd
10:00pm	 AT THE MOVIES "Secret Window" Starring: <i>Johnny Depp</i> (1 Hour, 34 Minutes)	Picture House, Deck 8, Fwd
10:15pm	JOKER'S WILD with <i>Chaz Elstner</i> Join your Comedian and share some jokes with your fellow guests	Galaxy of the Stars, Deck 12, Fwd
10:30pm	DANCE THROUGH THE DECADES Join your <i>Cruise Director's Staff</i> & <i>DJ O'Neill</i> on the dance floor! We'll take you back to the good times and into the new times!	Celebrity Disco, Deck 13, Fwd
11:30pm-1:00am	"Happy Hour" 2 for 1 drinks (House brands only)	Celebrity Disco & Galaxy of the Stars
Midnight-Arrival	ALL NIGHT SLOTS ARE OPEN	Maharajah's Casino, Deck 7, Fwd
VOLTAGE REMINDER Onboard 110 Volt Plug = 500 Watts Maximum. Please check your personal hairdryers for wattage output. Do not plug any items in the wall outlets marked 220 volts		

FREESTYLE SUGGESTED WINES & BEVERAGE PROMOTIONS

White: Cuvaision, Chardonnay, Napa Valley, Carneros, CA
Fetzer "Echo Ridge", Sauvignon Blanc, California

Red: Niebaum-Coppola "Claret", California
Napa Ridge, Pinot Noir, North Coast, California

Bottle - \$32.00 Glass - \$6.75

Bottle - \$22.00 Glass - \$4.95

Bottle - \$31.00 Glass - \$6.50

Bottle - \$24.00 Glass - \$5.25

Drink of the Day: "Bahama Mama"

\$5.95 served in a Souvenir Glass for you to keep

Fruit Smoothie: "Banana"

With Alcohol only \$6.95 Non-Alcohol only \$5.50

Coffee of the Day: "Kentucky Derby" For Only \$4.50

Buy one bottle of Sena Wine and receive two FREE NCL Freestyle Logo Glasses

Latitudes Members! Enjoy a 20% discount on selected drinks (5:00pm-11:00pm) - Galaxy of the Stars, Deck 12, Fwd

As per NCL policy, all Alcoholic Beverages purchased ashore will be secured on-board and will be re-issued on the morning of debarkation from 8:00am through 10:00am at the Brig Room, Deck 8, Forward, Starboard Side.

FREESTYLE DINING

24-Hour Service Blue Lagoon Room Service Deck 7, Mid Dial 7333

Early Riser & Freestyle Breakfast:

6:00am-7:00am	Early Risers	Blue Lagoon, Deck 7, Fwd
7:00am-11:00am	Breakfast Buffet	Raffles Café, Deck 12, Aft
7:30am-9:30am	Continuous Breakfast	Windows Restaurant, Deck 6, Aft
7:00am-11:30am	Continental Breakfast	Raffles Terrace, Deck 12, Aft
7:00am-11:00am	Morning Coffee & Danish	Maharajah's Casino, Deck 7, Fwd

Freestyle Lunch & Afternoon Snacks:

Noon-2:00pm	Luncheon	Windows Restaurant, Deck 6, Aft
11:30am-2:30pm	Lunch Buffet	Raffles Café, Deck 12, Aft
Noon-5:00pm	Bavarian Snacks	Bier Garten, Deck 13, Fwd
Noon-2:00pm	Afternoon Barbeque	Raffles Terrace, Deck 12, Mid
3:30pm-4:30pm	Afternoon Snacks	Raffles Café, Deck 12, Aft

Freestyle Dinner, Evening & Late Night Snacks:

5:30pm-9:00pm	Mardi Gras Buffet	Raffles Café, Deck 12, Aft
5:30pm-10:00pm*	Chef's Dinner	Garden Room, Deck 6, Mid
	*(Last orders by 10:00pm)	
5:30pm-10:00pm*	Chef's Dinner	Windows Restaurant, Deck 6, Aft
	*(Last orders by 10:00pm)	
11:00pm-1:00am	Casino Late Night Snacks	Maharajah's Casino, Deck 7, Fwd

SPECIALTY RESTAURANTS

Enjoy an intimate Dining experience in one of our Specialty Restaurants. For reservations please Dial 7779 or visit our Reservations Desk in the Grand Centrum, Deck 7, Midship between 8:00am-5:00pm. After 5:00pm please phone the respective Restaurant

Alternative Dining:

Noon-2:00pm	Shogun	Sushi, Teppanyaki & Asian Cuisine	#7896	Deck 8, Aft
5:30pm-Close	Shogun	Sushi, Teppanyaki & Asian Cuisine	#7896	Deck 8, Aft
5:30pm-Close	Taipan Bistro	French Mediterranean	#7894	Deck 7, Mid
5:30pm-Close	Maxim's	Steak House	#7761	Deck 7, Fwd
5:30pm-Close	La Trattoria	Italian Cuisine	#7844	Deck 12, Aft, Port

A Cover Charge of \$12.50 per person applies in Shogun.

A Cover Charge of \$15.00 per person applies in Taipan Bistro.

A Cover Charge of \$20.00 per person applies in Maxim's.

A Fee of \$5.00 per person will be charged for reservations cancelled after 5:00pm.

Note: There is a risk associated with consuming raw Oysters or animal proteins especially if you have a chronic illness or immune disorder. If unsure of a risk, consult a physician.

GUEST SERVICES

8:00am-8:00pm	Buccaneer's Wet & Wild (Parental Supervision Only)	Deck 12, Fwd
24 Hour Service	Internet Café	Deck 12, Fwd
9:00am-Noon	Internet Manager Is Available Dial 7821	Deck 12, Fwd
1:00pm-5:00pm	Internet Manager Is Available Dial 7821	Deck 12, Fwd
7:00pm-10:00pm	Internet Manager Is Available Dial 7821	Deck 12, Fwd
9:00am-11:00am	Library	Deck 12, Fwd
4:00pm-6:00pm	Library	Deck 12, Fwd
9:00am-Close	Maharajah's Casino is Open	Deck 7, Fwd
8:00am-8:00pm	Mandara Roman Spa & Beauty Salon Dial 7840	Deck 12, Fwd
8:30am-10:00am	Medical Center	Deck 4, Fwd
4:00pm-5:00pm	Medical Center	Deck 4, Fwd
9:00am-Noon	Onboard Credit Desk Dial 7043	Grand Centrum, Deck 7, Mid
4:00pm-8:00pm	Onboard Credit Desk Dial 7043	Grand Centrum, Deck 7, Mid
1:00pm-11:00pm	Photo Gallery	Deck 8, Fwd
Open 24 hours	Reception Desk Dial 00	Deck 7, Mid
24 Hours	Shore Excursion Automated Machines	Centrum, Deck 7, Mid
10:00am-Noon	Shore Excursion Desk	Deck 8, Fwd
2:00pm-4:00pm	Shore Excursion Desk	Deck 8, Fwd
7:30pm-8:30pm	Shore Excursion Desk	Deck 8, Fwd
Open 24 hours	Starlight Video Arcade	Deck 10, Aft
9:00am-11:00pm	Tax & Duty Free Shops	Deck 8, Mid
8:00am-8:00pm	Tivoli Pool	Deck 12
8:00am-11:00pm	Hot Tubs	Decks 10 & 12
Open 24 hours	Universal Gym	Deck 12, Fwd

AS A COURTESY TO YOUR FELLOW GUESTS, WE ASK THAT YOU DO NOT

RESERVE CHAIRS OUT ON DECK OR IN PUBLIC AREAS, THANK YOU

BAR OPENING HOURS

8:00am-Close	Raffles Terrace	Deck 12, Aft
8:00am-Close	The Café	Deck 7, Mid
9:00am-Close	Bier Garten	Deck 13, Fwd
10:00am-Close	The Bund	Deck 7, Fwd
10:00am-Close	Galaxy of the Stars	Deck 12, Fwd
9:00am-Close	Casino	Deck 7, Fwd
4:00pm-Close	Champagne Charlie's	Deck 8, Mid
4:00pm-Close	Henry's Pub	Deck 7, Mid
9:00pm-Close	Celebrity Disco	Deck 13, Fwd

Emergencies: Dial 911

Advisory: Consumption of Alcoholic Beverages & Gambling requires the minimum age of 21. No winnings or payment due will be honored for any person or bet in violation of this rule. All Guest credit transactions at the cashier window must be accompanied by a minimum of one valid picture I.D.

Poolside Service: Services & events are weather permitting.

Reserving Deck Chairs is not permitted

Diapers are not permitted in any of the pools or hot tubs.

Evening Attire: Resort Casual No Torn Jeans, Shorts, T-Shirts, Singlets or Athletic Wear are permitted in the Main and Specialty Restaurants after 5:30pm.

Jacuzzis: Glasses & bottles are not permitted

Reception Desk: Motion Sickness Tablets, Faxes, & Band-Aids are available.

Safety: The use of open flame items or any type of heating elements such as Candles, Incense, & Irons are strictly prohibited.

Walking & Jogging: Deck 13 is a walking/jogging track open 24 hours. Deck 7 is a walking track only & jogging is at own risk. Decks are slippery when wet. Deck 13 - 5 1/2 laps = 1 Mile. Deck 7 - 3 laps = 1 Mile. All Sports Play is done at your own risk.

Sharps Containers: If you are in need of disposing any kind of needles, please pick up a sharps container at the Reception Desk, Deck 7, Mid or the Medical center - Deck 4, Fwd.

Smoking Policy: Please do not walk through the ship with lit Cigarettes. Smoking is only permitted in the designated smoking areas and the open decks. All Restaurants and the Moulin Rouge are always non-smoking venues. Pipe & Cigar Smoking are not permitted indoors except in The Cigar Room, Deck 12, Forward.

Tobacco: You must be 18 years or older to purchase Cigarettes & other Tobacco products.

Casino: Must be 21 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule. All guest credit transaction at the cashier window must be accompanied by a minimum of one valid picture I.D. ATM, Quick Cash, Onboard Credit facility available in the casino.

Wake Up Calls: Phone *70. There isn't a voice prompt, just a dial tone. Dial the time you wish to be called by using a 24 hr clock. Hang up. Dial #70 to cancel.

Telephone Voice Mail Dial *77; follow the prompt for the stateroom number, then leave your voicemail message. When finished press 3 to save. Dial *75 to retrieve messages when the message light is flashing.

Vacuum Toilets: Our system is the best for water conservation & protection of the environment. Do not flush cloth, metal, sanitary napkins or plastic, as this will cause blockage with direct results to your toilet & up to 50 other toilets on the same vacuum line!

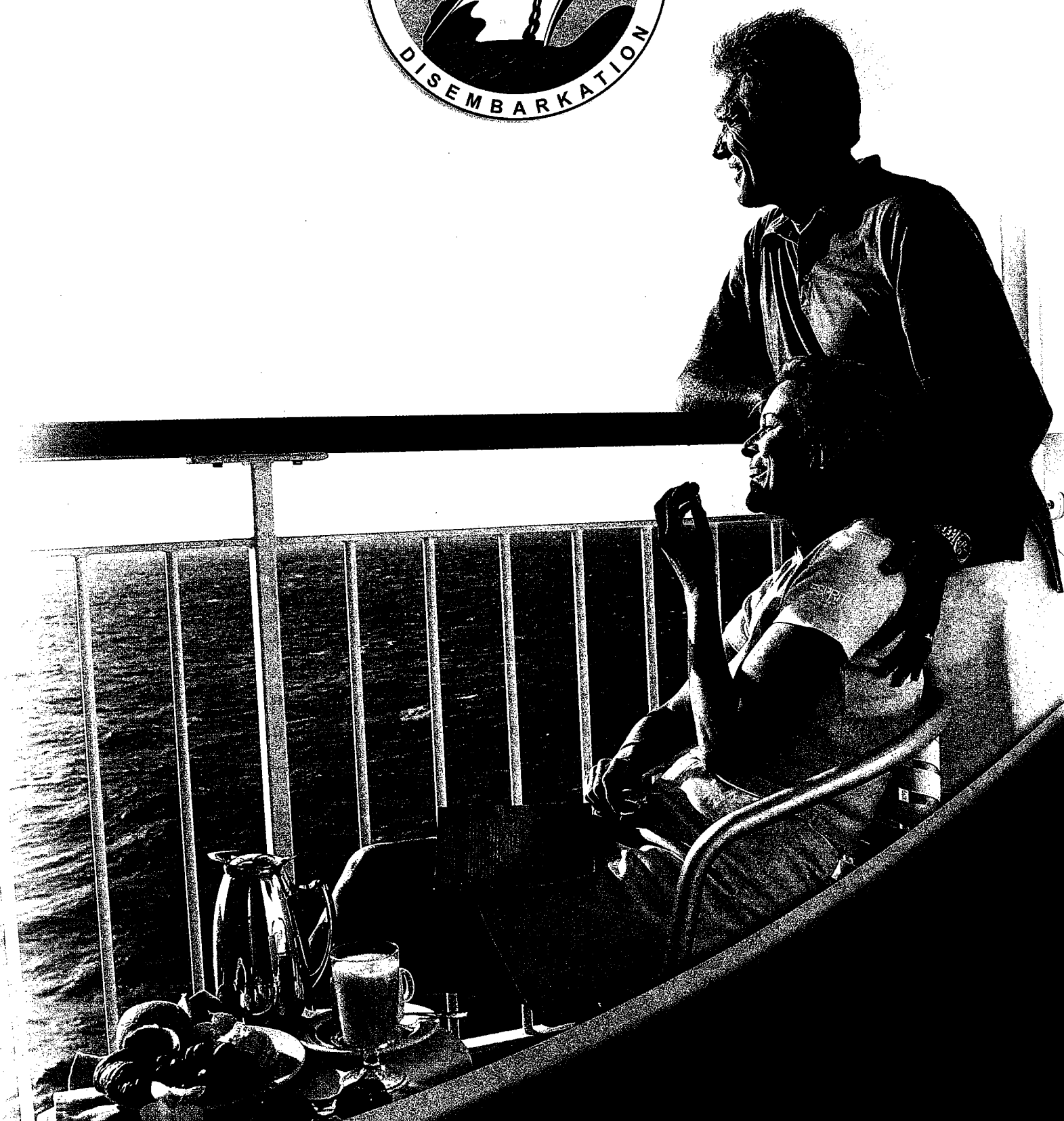
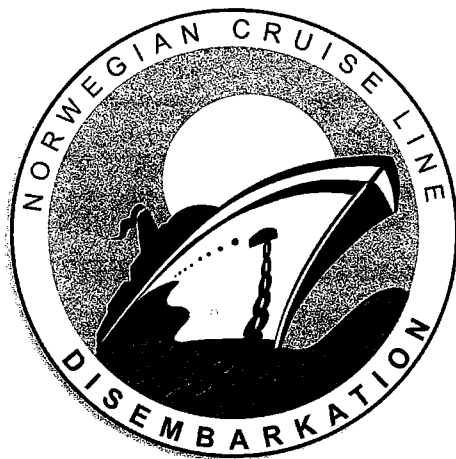
Dumping Policy: NCL is committed to operate in an environmental friendly manner. Please use trash receptacles & never throw anything overboard.

Environmental Hotline: To report incidents or environmental problems, contact the Reception Desk by dialing 00 or phone our hotline at 1-877-501-5976 or email semshotline@ncl.com



NORWEGIAN CRUISE LINE





DEBARKATION INFORMATION

Sunday November 28th, 2004

APPROX. DEBARK TIME	COLOR LUGGAGE TAGS	EXPLANATION
Approx 12:15 PM	DARK GREEN	INDEPENDENT GUESTS WITH FLIGHTS PRIOR TO 4:00 PM
	YELLOW	NCL AIR/SEA GUESTS WITH FLIGHTS BEFORE 5:30 PM
	RED	INDEPENDENT GUESTS - DECK 11
	AQUA BLUE	INDEPENDENT GUESTS - DECK 10
	BROWN	NCL AIR/SEA GUESTS WITH FLIGHTS BETWEEN 5:30 PM & 8:30 PM
	LIME GREEN	INDEPENDENT GUESTS - DECK 9
	PURPLE	INDEPENDENT GUESTS - DECK 8 & 6
	WHITE	INDEPENDENT GUESTS - DECK 5 & 4
Approx 2:15 PM	LAVENDER	NCL AIR/SEA GUESTS WITH FLIGHTS AFTER 8:30 PM & POST CRUISE HOTEL PACKAGE

LUGGAGE HANDLING:

Place your luggage outside your stateroom no later than **2:00am on Sunday** morning. Please remember to keep an overnight bag for the following day. **DO NOT** pack any medication, valuables, breakables (including liquor) and documents (Passport, stateroom keys, etc.).

FILLING OUT YOUR U.S. CUSTOMS FORM

All Heads of Households, regardless of nationality, are required to complete one U.S. Customs Declaration to include those family members traveling with you and reside at the same address.

YOU MUST DECLARE THE TOTAL VALUE OF ALL ARTICLES ACQUIRED ABROAD that you are bringing into the United States, including those items purchase on the ship, in foreign ports and any duty free stores. All purchases, including tax-free items (i.e. artwork, unset precious gemstones, perfume, cosmetics, antiques and U.S. - made products), must be listed on the back of the Customs Declaration Form.

Undeclared merchandise is subject to seizure and/or penalty.

If you have exceeded your duty exemption you will be asked to declare your purchases with U.S. CBP Duty Collection on the pier after disembarking the vessel. We ask that you keep your receipts of all purchases readily available

If declared, your duty exemption includes:

- Purchases up to \$800 per person, including purchases made in the duty free stores or the total of \$800 per person can be spent
- 1 carton of 200 cigarettes - must be 18 years or older

Excess U.S. Cigarettes marked with "U.S. tax-exempt for use outside U.S." or "made for export only" will be seized.

Foreign manufactures tobacco products will be subject to duty and internal revenue taxes.

- 100 Cigars (No Cubans allowed) - must be 18 years or older
- 1 liter of alcohol - must be 21 years or older
- Applicable internal revenue taxes and duties will be assessed on alcohol overages.

Tax Exempt Items: Artwork (including purchases onboard), anything made in the U.S.A., antiques (must have certificate stating over 100 years old), loose gemstones (Rubies, Emeralds, Diamonds & Sapphires).

Prohibited Items: Fruits, nuts, plants, soil, flowers, drugs, narcotics, indecent materials, Cuba cigars, African Ivory, Snake skin, Turtle shell products, guns or weapons.

For guests who are continuing to cruise with us:

All guests continuing with us for another week, regardless of nationality, have to clear with US CBP Documentation Inspection in the Moulin Rouge Theater starting 11:00am on Sunday morning. This inspection is mandatory and the ship will not be cleared for disembarking guests until all guests that will continue with us for another week have been inspected. Please follow the times and guidelines sent to your stateroom.

U.S. Citizens, please bring along your proof of citizenship and duly completed Customs Declaration Form.

Non-U.S. Citizens, please bring along your duly completed Customs Declaration Form. Your passport will be handed to you inside the Moulin Rouge Theater.

LATITUDES
LOYALTY HAS ITS PRIVILEGES

Norwegian Cruise Line offers a special repeat passenger club called Latitudes. Your membership in Latitudes is automatic if you are completing your first cruise with us, on a full, undiscounted fare.

As a member of Latitudes, you'll receive a membership card after you return home. Your membership in Latitudes signifies that you are a valued member of our NCL family, eligible for special courtesies and privileges.

Among these benefits are a free subscription to "Latitudes", an exclusive quarterly magazine mailed to your home and other NCL mailings offering substantial savings on selected cruises. When you sail with us again, you'll experience enhanced on-board recognition, exclusive benefits, savings and reward opportunities that will add a new dimension to your cruise vacation.

For further information about Latitudes, visit us on the web at www.ncl.com.

LUGGAGE INFORMATION

We encourage you to be sure that you have all your pieces of luggage with you when you leave the pier. Should baggage be recovered following your departure, we will have to forward it to your home. Handling fees range from \$15-\$25 depending upon the size of your bag, in addition to the cost of shipping.

**HAVE A PLEASANT
ONWARD JOURNEY!**

Sunday, November 28th – Miami, Florida

Please keep, Grand Centrum, Deck 7, Midship clear. We invite you to relax in your Stateroom or any one of the public lounges until you hear your luggage tag color called. Announcements can also be heard in your stateroom this morning on channels 2 & 3. Please have your identification in hand as well as your **Spirit Guest Keycard** as you disembark the vessel. We anticipate all guests to be ashore by **approximately 2:15pm.**

7:00am-9:00am Settling Your Account

Onboard Credit Desk, Deck 7, Midship

An itemized statement of your On Board Account will be delivered to your stateroom after 4:00am on Sunday morning. This folio should be considered your final folio in the event you have not made any additional purchases during this morning.

If you are settling your account with cash or travelers checks or if you have any discrepancies with your billing they must be taken care of at the Onboard Credit Desk in the Grand Centrum, Deck 7, Midship no later than 9:00am. Refunds cannot be honored after this time.

If you have made arrangements to settle your account with a credit card, your charges will automatically be billed to your credit card and it will not be necessary for you to visit the Onboard Credit Desk.

Accounts cannot be settled until Sunday morning. All accounts must be settled prior to disembarkation.

Debarkation

U.S. CBP (Customs and Border Protection) officials will give the debarkation clearance. We ask you to wait comfortably in the public lounges or your stateroom to avoid congestion at the Gangway. For security reasons, we request that you keep all your hand luggage with you at all times. Once all of the above is in place and the ship has been cleared by U.S. CBP, we will start our debarkation process. We estimate this to start at approximately **12:15 PM.** Gangway location will be announced over the PA system.

Once you hear your color luggage tag being called over the P.A. System, please proceed to the Gangway. As you leave, you will be asked to swipe your **Key Card** (stateroom key) one last time at the gangway. You may keep your Key Card as a souvenir from this voyage.

You will clear U.S. CBP Documentation Inspection and Duty Collection (Immigration and Customs) on the pier and we therefore ask that you have the following documents in your hand when disembarking the vessel:

- Your passport or birth certificate accompanied by a government issued picture ID (i.e. driver's license)
- Your duly completed and signed customs declaration (1 per household)
- Receipts for purchases made on board or in our ports of call should be kept with your hand luggage to be readily presented to U.S. CBP Duty Collection Officers.

Finally, ground transportation will be waiting for you just outside the baggage claim area.

Guests who have parked their vehicles opposite of Pier 3 (where the ship was docked on Friday):

The Port of Miami has requested us to dock at Pier 10 when we return to Miami on Sunday morning. Pier 10 is app. ½ mile from Pier 3 where the ship was docked on Friday and the port will provide a shuttle bus to transfer you from Pier 10 to your parked vehicle opposite Pier 3. This shuttle service will run continuously throughout our disembarkation process. Please look for the shuttle bus sign on the pier once you leave the luggage area.

All Non-US guests are requested to present themselves to the CBP Documentation Inspectors upon arrival to Miami on Sunday morning. This inspection is mandatory and will take place in the Moulin Rouge Theater located on deck # 7, aft. We ask that you follow the time schedule as outlined below:

Deck 11 11:00am
Deck 10 11:10am
Deck 9 11:20am
Decks 8 & 6 11:40am
Decks 4 & 5 11:50am

Important Notice: Please ensure to have your passport in your hand when disembarking the ship as you will need it at the CBP Duty Collection inside the terminal building.

THANK YOU FOR CRUISING WITH NCL

ON BEHALF OF THE CAPTAIN AND ALL THE CREW, WE HOPE THAT YOU HAVE HAD AN EXCELLENT VACATION ON BOARD THE M/V NORWEGIAN SPIRIT. WE LOOK FORWARD TO SEEING YOU ONBOARD ANOTHER NORWEGIAN CRUISE LINE VESSEL. HAVE A SAFE JOURNEY HOME OR WHEREVER YOUR TRAVEL PLANS MAY TAKE YOU.

COMMENT SHEET PRIZE DRAWING

The Management of *Norwegian Cruise Lines* values your comments and opinions in order to improve our operations. We want to make sure your vacation was the best it could be. Please take a few moments to complete a comment card and place it in the Comment Card Drop box located at the Reception Desk, Deck 7, Midship. If you did not receive a card, please inform your room steward/ess or the Reception Desk. A random drawing will be held for ship's prizes and winning names will be announced over the public address system at approximately **9:30am.** Thank you for helping us serve you better.

11:00AM**Sunday, November 28th, 2004****WELCOME TO MIAMI, FLORIDA**

IMPORTANT NOTICE: THE AREA ON DECK 7, MIDSHIP GRAND CENTRUM WILL BE A CUSTOMS SECURED AREA. PLEASE KEEP WELL CLEAR OF THIS AREA UNTIL YOU HEAR YOUR RESPECTIVE COLOR TAG ANNOUNCED OVER THE SHIP'S PUBLIC ADDRESS SYSTEM.

THANK YOU.**INTERNET CAFE**

PRINT YOUR OWN AIRLINE BOARDING PASSES HERE! CHECK-IN ONLINE! Go online and confirm your flights! Save time and avoid long lines at the airport! See your Internet Manager for details

Photo Gallery

Stop on by the Photo Gallery for last minute photos taken this cruise (cash only).

**WHERE YOU CAN EAT**

6:00am-9:00am	In-Stateroom Continental Breakfast Service	Dial 7333
6:00am-7:00am	Early Risers	Blue Lagoon, Deck 7, Fwd
7:00am-10:00am	Buffet Breakfast	Raffles Café, Deck 12, Aft
7:00am-11:00am	Morning Coffee and Danish	Maharajah's Casino, Deck 7, Fwd
7:00am-11:30am	Continental Breakfast	Raffles Terrace, Deck 12, Aft
7:30am-10:00am	Continuous Breakfast	Windows Restaurant, Deck 6, Aft
10:00am-1:00pm	Brunch	Raffles Café, Deck 12, Aft

WHAT YOU MUST DO BEFORE DISEMBARKING

7:00am-9:00am	Settling Your Account - For All Guests NOT settling with a Credit Card On Board Credit Desk, Grand Centrum, Deck 7
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WHAT YOU CAN DO WHILE WAITING TO DISEMBARK

Listen for color luggage tag announcements and relax either in a public area or the comfort of your stateroom.

CONTINUOUS – Arrival Slots are Open Maharajah's Casino, Deck 7, Fwd
This morning is your last chance to hit one of our many jackpots so come in and try your luck. Our new Casino's at Sea CASH CONNECTION FLEET WIDE PROGRESSIVE is now over \$70,200! While betting max coins you will be competing against other guests across the country for NCL's largest jackpot ever!!! Good Luck! Please be sure to cash in your chips and coins before closing.

8:00am-Arrival	Tax and Duty Free Shops are open	Deck 8, Mid
	Last chance to buy NCL's merchandise. Liquor pick up between 8:00am-10:00am from the Brig Room Deck 8, Fwd, Stbd	
8:00am-Arrival	Photo Gallery Is Open (Cash Only)	Photo Gallery, Deck 6, Aft, Stbd
8:00am-8:20am	Walk A Mile with your Sports Afloat	Meet: Grand Centrum, Deck 7, Mid
8:00am-10:00am	Liquor pick up of liquor collected at the gangway	Brig Room, Deck 8, Fwd, Stbd
8:00am-Close	The Café is Open (Cash Only)	Deck 7, Midship
8:30am-9:00am	Stretch & Relax	Moulin Rouge, Deck 7, Aft
9:00am	At the Movies	Picture House, Deck 8, Fwd
	"Eternal Sunshine of the Spotless Mind" starring Jim Carey (1 Hour, 47 Minutes)	
9:00am-9:30am	Morning Trivia with your Cruise Director's Staff	Galaxy of the Stars, Deck 12, Fwd
9:30am	Comment Sheet Drawing	Winners announced over the Public Address System
9:45am-10:30am	Horse Racing with your Cruise Director's Staff	Galaxy of the Stars, Deck 12, Fwd
10:15am-10:45am	Poolside Fun with your Cruise Director's Staff	Tivoli Pool, Deck 12, Mid

WHAT YOU NEED ON HAND WHEN DISEMBARKING

- Passport Or Birth Certificate With Photo I.D.
- U.S. Customs Declaration (1 per household)
- Receipts for all purchases made on board or in any of our ports of call
- Spirit Guest Key Card (one for each member of your family or party)

IN ORDER TO PROTECT THE UNITED STATES AGRICULTURAL BASE:

Please do not remove the following items from the vessel as fines will be imposed by US Customs and Border Protection Officials:

- Plants with soil
- Dairy Products
- Any Foods
- Fresh fruit
- Seedlings of all kinds

M / V NORWEGIAN SPIRIT

1.800.327.7030

www.ncl.com