

Freestyle Daily



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

Norwegian Gem

Wednesday, February 16th, 2011
Nassau, Bahamas

Today's Forecast,
Partly Sunny, 71F/22C

Sunrise
6:45am

Sunset
6:03pm

Arrival Time
8:00am

All Aboard
5:30pm

Tip of the day

Every day is a special day to let that person in your life know you care. Roses & Diamonds are a girl's best friend; you can buy both onboard the beautiful Norwegian Gem. Dial # 050 or visit our Reservations Desk in 2 different locations. Garden Café, Deck 12, Mid, 7:00am-11:00am & Deck 7, Starboard Side near the Midship guest elevators from 5:00pm-9:00pm. You can be the one who made a person smile with a single touch of a rose!

Tonight's entertainment

Stardust Showtime: Comedy Juggler Mark Angelo

Norwegian Cruise Line is proud to present Comedy Juggler Mark Angelo. The action packed comedy of world champion Juggler Mark Angelo will surely have you amazed! Flash photography, audio and video recording is not permitted and children are not allowed in the front row.

Time: 7:30pm & 9:30pm, Stardust Theater, Deck 6 & 7, Fwd

NCL's White Hot Party

Feel the bass pumping as you dance the night away in a wonderland of white. Don't miss one of the biggest parties of the cruise. Dress in White and get ready to experience the hottest party at sea.

(Please note the Spinnaker Lounge will close at 10:00pm in preparation for the White Hot Party. We will re-open at 10:15pm completely transformed for tonight's party!)

Time: 10:30pm-Whenever, Spinnaker Lounge, Deck 13, Fwd

What's on tap today

Nassau Arrival: An announcement will be made when the Norwegian Gem is cleared by local officials – please do not make your way to the gangway until that time. Guests on Shore Excursions, please check your tickets for meeting times and locations. Remember when going ashore in any ports of call you will need a photo ID and your Gem Key Card. Due to US agriculture regulations, no fruits or unsealed food is allowed ashore.

All Aboard is at 5:30pm

Safety Advisory: All guests are reminded to maintain a high level of vigilance and to take appropriate steps to increase their security and safety awareness when departing the vessel.

Nintendo Wii™: Challenge Cruise Staff Megan to Sports Resort – who will be the **Winner**?!

Time: 4:00pm-6:00pm

Crystal Atrium, Deck 7, Mid

The Perfect Couple Game Show: This is our crazy comedy couples game show hosted by Sydney - Anything can happen!

Time: 8:30pm (PG-13)

Spinnaker Lounge, Deck 13, Fwd

Karaoke: Your Cruise Staff host an evening of the good, the bad & the tone deaf! Grab some "liquid courage", step up to the mic and sing out!

Time: 9:15pm-10:00pm

Spinnaker Lounge, Deck 13, Fwd

Classic Rock Night with Kenosis: Join your fellow guests in bliss for a rock night with Kenosis. Get there early as you definitely do not want to miss this one time event!

Time: 10:30pm-12:30am

Bliss Ultra Lounge, Deck 7, Aft

Nassau, Bahamas

To the casual observer in Bahamas, the British influence is easy to see. The automobile drivers on the left side of the road, the starched uniforms of the Royal Bahamian Police Force, the changing of the guard ceremony at Government House - these things show that Great Britain has played a big role in the Bahamas. West Africa has shaped this area, too. Among other things, it's evident in the compellingly rhythmic Junkanoo festival, the rousing spirituals at church services and the Bahamian specialty of Johnny cake. Although Bahamas has been influenced by other countries, such as the United States of America and Haiti, its culture is distinctly Bahamian - a unique blend of British and African customs, traditions, and beliefs. The fine harbor of Nassau lies on the 21 mile-long island of New Providence. Tiny Paradise Island protects the Nassau harbor for a three-mile stretch. This sheltered harbor attracted settlers from the early days. Since Nassau is the capital city of The Islands of the Bahamas and has always contained most of the country's population, its history is intricately woven into the country's history.

In case of an emergency:

United Shipping Co. Ltd
Phone: (242) 393 2564
Alfred Dorsett
operations@unitedshippingnasau.com

Don't miss this!

Visit behind the scenes and the workings of a multimillion dollar cruise ship. Take a look at the Bridge, Laundry Facilities, Backstage, Environmental Systems and our Galley. Sign up at the Guest Services Desk (Fee Applies).

Time: Always Open, Guest Services Desk, Deck 7, Mid

Bar Manager's Specials

Drink of the Day: "Blue Lagoon" \$7.95 (Served in a Souvenir Glass) **Coffee of the Day:** "Mexican Coffee" \$6.75

Fresh Fruit Daiquiris and Smoothie: "Peach Bellini" (Served in a Souvenir Cup), Alcohol \$8.50

Sail Away Special: "Caribbean Sunset" \$7.95 **Non-Alcoholic of the Day:** "Tom Cherry" \$4.50

Margarita Madness: \$4.95 in the Tequila Bar, Deck 8, Mid from 5:00pm-6:00pm

Dear Cruise Director,

I want to celebrate with a bottle of wine. What are the guidelines for wine tasting?

Simple, there are 3 steps:

Look

White wines range from green to yellow to brown. More color typically indicates more flavor and age (but a brown wine may have gone bad).

For reds, tilt your glass. A purple edge indicates youth while brown indicates maturity. Now swirl your glass. Size and speed of the streaks or "legs" indicate the wine's body and viscosity.

Smell

Swirl again and smell the aroma, also called the bouquet or nose. Common aromas are fruit, flowers, earth, wood, herbs, and spice.

Taste

Your wine should balance sweetness and acidity. Allow your initial taste to awaken your taste buds, then follow with a fuller taste to sense the wine's body and texture.

Ask your knowledgeable Bar Staff for more information on your favorite wines.

Shore Excursions

No plans yet? We have amazing tours in Nassau from adventures, sightseeing, snorkeling or a lot of different options to have fun! The Shore Excursion Staff is available on the pier upon arrival but the best time will be as soon as possible to accommodate you on what we still have available.

Time: 8:00am-10:00am & 6:00pm-9:00pm
Shore Excursions Desk, Deck 7, Mid

Sneak Peek Art Exhibition

Get a sneak peek at just a handful of the artworks that will be available for bidding at tomorrow's Old & Modern Masters Art Auction. Get up close with museum quality master works by artists Picasso, Chagall, Miro, Mouly & Max.

Time: 6:00pm-9:00pm
Art Gallery, Deck 7, Aft

Trade Routes Boutiques

Join us tonight in the Atrium and choose from our full range of fun and fashion jewelry including cocktail rings from only \$15.95 and genuine gem set jewelry from only \$10.

Time: 6:30pm-Midnight
Trade Routes Boutiques, Deck 7, Fwd

Internet Café

Happy Hour – 50% off Time Charges! Login today, between 8:00am-10:00am to take advantage of this great offer. Pay-As-You-Go users will receive a 50% refund off time. Time Plan users will receive a 50% TIME CREDIT to your plan. One session per user only!

Mgr's Hours: 8:00am-10:00am, 4:00pm-6:00pm & 7:00pm-10:00pm
Internet Center, Deck 7, Mid

Colombian Emeralds International

Philip Stein "the feel good watch" – New assortment just arrived including the limited Oprah edition. Shop with confidence on board the Norwegian Gem at Colombian Emeralds International, a 5 time winner of the best travel duty-free retailer and your number #1 recommended store for shopping!

Time: 6:30pm-Midnight
Colombian Emeralds Int'l, Deck 7, Fwd

Gem Club Casino

Have you earned 1,500 Seabucks this cruise? See your Casino Hosts to receive your Free Drink card which entitles you to free house drinks while playing slots or tables for the remainder of the cruise. Earn 1,000 SB from Casino opening until Midnight and get \$10 Free Slot Play. Just like that!

Time: 6:30pm-Whenever
Gem Club Casino, Deck 6, Fwd

\$100 to Spend this Cruise

Place a \$250 deposit for a future cruise and receive \$100 absolutely free to spend on this cruise. Your deposit is good for any cruise 6 days or more within 4 years. This offer is available only onboard - see Matt today!

Time: 5:00pm-8:00pm
Cruise Consultant Office, Deck 7, Mid

Airport Transfer

Need a Ride? Airport transfers in New York are for sale at the Guest Services Desk for guests with flights after 2:00pm only. The deadline to register for this service is before Thursday at 1:00pm.

Time: Always Open
Guest Services Desk, Deck 7, Mid

Teppanyaki

Japanese Cuisine and a show all in one! Watch the skilled maneuvers of the Chef preparing your food right before your eyes. Lobster, shrimp, filet mignon & chicken are just a few options. Land & Sea is a favorite! (Cover Charge applies)

Time: 6:00pm, 7:00pm, 7:30pm, 8:30pm, 9:00pm and 10:00pm
Teppanyaki, Deck 7, Mid

Ladies Night

Steam and Sauna Detox session, back massage, Indian scalp, neck and shoulder massage, mini facial and a foot and ankle massage - All of the above for only \$109 (80 min). Limited space available! Contact Yin & Yang Spa to book your appointments.

Time: 8:00am-10:00pm
Yin & Yang Spa, Deck 12, Fwd

OSA – Organized Staff Activity (Here it is.....just so you know!)

Stuff for “morning people”...

Morning Show with your Cruise Director Sinan	Stateroom TV Channel 28	All Day
Library is open for Book Check-Out	Library, Deck 12, Fwd	24 hours
Tennis Play with your Fellow Guests (Weather permitting)	Sports Court, Deck 13, Aft	7:00am-10:00am & 5:30pm-7:00pm
Shuffleboard Open Play with your Fellow Guests (Weather permitting)	Promenade Deck 7, Mid, Starboard	7:00am-8:30pm
Stretch and Relax with Richard and James	Aerobics Studio, Deck 12, Fwd	7:30am
OSA – Morning Trivia with your Cruise Staff	Magnums Champagne Bar, Deck 6, Mid	9:30am
Crew Fire & Lifeboat Drill (guests need not attend)	PA & Various Decks	10:00am
Informal Bridge Players Get Together	Card Room, Deck 12, Fwd	10:00am
OSA – Balls of Fury (Ping Pong) with your Cruise Staff	Ping Pong Tables, Poolside, Deck 12, Mid	10:30am
OSA – Digital Scavenger Hunt with your Cruise Staff (bring camera)	Meet at the Java Café & Bar, Deck 7, Mid	11:30am

Add pizzazz to your afternoon...

OSA – Goofy Golf Putting with your Cruise Staff	Magnums Champagne Bar, Deck 6, Mid	1:00pm
Movie Matinee: “Clash of the Titans” (Rated PG-13, 106 min)	Stardust Theater, Deck 6 & 7, Fwd	2:00pm
OSA – Scattergories with your Cruise Staff	Magnum’s Champagne Bar, Deck 6, Mid	2:00pm
OSA – Basketball 3 on 3 with your Cruise Staff	Sports Court, Deck 13, Aft	3:00pm
2 for 1 Bowling Alley Happy Hour	Bliss Ultra Lounge, Deck 7, Aft	4:00pm-5:00pm
Open Nintendo Wii™ Play – Sports Resort with your Cruise Staff	Crystal Atrium, Deck 7, Mid	4:00pm-6:00pm
Music Poolside with Joy Band	Tahitian Poolside, Deck 12, Mid	4:00pm-6:00pm
Line Dancing with your Cruise Staff	Spinnaker Lounge, Deck 13, Fwd	4:30pm
Two for One Bingo	Spinnaker Lounge, Deck 13, Fwd	5:00pm
Friends of Bill W.	Chapel, Deck 13, Fwd	5:00pm
OSA – Progressive Trivia #3 with your Cruise Staff	Magnum’s Champagne Bar, Deck 6, Mid	5:30pm

Everything’s hotter when the sun goes down...

Body Pump with Richard and James	Aerobics Studio, Deck 12, Fwd	6:00pm
Chill Out Martini Music with Celebrity Scratch DJ S-1	Star Bar, Deck 13, Mid	6:00pm-8:00pm
Piano Favorites with Musical Director Sean from The Second City	Crystal Atrium, Deck 7, Mid	6:00pm-9:00pm
Standards & Piano Favorites with Michael	Magnum’s Champagne Bar, Deck 6, Mid	6:15pm-9:30pm
Friends of Dorothy Meet - A Gathering for our GLBT Guests	Spinnaker Lounge, Deck 13, Fwd (portside)	7:00pm
Ballroom Music with Kenosis	Spinnaker Lounge, Deck 13, Fwd	7:00pm-8:15pm
Stardust Showtime: Comedy Juggler Mark Angelo Peachock	Stardust Theater, Deck 6 & 7, Fwd	7:30pm
The Perfect Couple Game Show Hosted by Sydney (PG 13)	Spinnaker Lounge, Deck 13, Fwd	8:30pm
Music with Joy Band Poolside	Tahitian Poolside, Deck 12, Mid	8:30pm-9:30pm
Ballroom Music with DJ Jeperson	Bliss Ultra Lounge, Deck 7, Aft	9:00pm-10:30pm
Karaoke with your Cruise Staff	Spinnaker Lounge, Deck 13, Fwd	9:15pm-10:00pm
Stardust Showtime: Comedy Juggler Mark Angelo Peachock	Stardust Theater, Deck 6 & 7, Fwd	9:30pm
Musical Entertainment with Laurie-Ann Gardner	Magnum’s Champagne Bar, Deck 6, Mid	9:45pm-Whenever
NCL’s White Hot Party with Celebrity Scratch DJ S-1	Spinnaker Lounge, Deck 13, Fwd	10:30pm
Classic Rock Night with Kenosis	Bliss Ultra Lounge, Deck 7, Aft	10:30pm-12:30am
Lotto Draw - Jackpot Over \$376,000	Gem Club Casino, Deck 6, Fwd	Midnight
All Night Slots	Gem Club Casino, Deck 6, Fwd	Midnight-Whenever
White Hot After Party with DJ Jeperson	Bliss Ultra Lounge, Deck 7, Aft	12:30am-Whenever

Ok, we know this looks like a schedule (gasp!) But, remember, you’re free to whatever!

Bar Services

Java Café & Bar Deck 7, Mid	7:00am-Whenever
Topsiders Bar Deck 12, Mid	8:00am-Whenever
Great Outdoors Bar Deck 12, Aft	Noon-Whenever
Bali Hai Bar & Grill Deck 13, Fwd	3:00pm-Whenever
Bar City Deck 6, Mid (Magnums, Shakers Bar)	4:00pm-Whenever
Bar City Deck 6, Mid (Maltings Beer & Whiskey Bar)	5:00pm-Whenever
Spinnaker Lounge Deck 13, Fwd	5:00pm-Whenever
Tequila Bar Deck 8, Mid	5:00pm-Whenever
Star Bar Deck 13, Mid	5:00pm-Whenever
Bliss Ultra Lounge Deck 7, Aft	5:00pm-Whenever

Guest Services

Art Gallery Deck 7, Aft	6:00pm-9:00pm
Body Waves Fitness Deck 12, Fwd	6:00am-11:00pm
Bowling Alley Deck 7, Aft (\$5/person/game, Age 6 & over)	4:00pm-1:00am
Bridge Viewing Room Deck 11, Fwd, Port	Open 24 Hours
Cruise Consultant Deck 7, Mid	5:00pm-8:00pm
Flower Shop Garden Café, Deck 12, Mid	7:00am-11:00am
Restaurant Reservations Desk, Deck 7, Mid	5:00pm-9:00pm
Gem Club Casino Deck 6, Fwd	6:30pm-Whenever
Golf Cage* Deck 13, Aft	8:00am-5:30pm
Gift Shops Deck 7, Fwd	6:30pm-Midnight
Guest Services Desk Deck 7, Mid (#00)	Open 24 Hours
Internet Café Deck 7, Mid	Open 24 Hours
Internet Manager Deck 7, Mid	8:00am-10:00am
	4:00pm-6:00pm
	8:00pm-10:00pm
	5:00pm-8:00pm
	Open 24 Hours

Library Deck 12, Fwd
(Books, Sudoku & Trivia Available)

Medical Center Deck 4, Mid 8:30am-10:00am

Medi-Spa Clinic Deck 12, Fwd 4:00pm-5:00pm

Onboard Credit Desk Deck 7, Mid 8:00am-8:00pm

Photo Gallery Deck 7, Aft 7:00am-11:00am

Ping Pong Tables Deck 12, Mid 5:00pm-8:00pm

Rock Wall* Deck 14, Aft 8:00am-10:00am

Shore Excursions Desk Deck 7, Mid 6:00pm-9:00pm

Shopping Consultant Deck 7, Mid 7:00pm-8:30pm

Sports Court* Deck 13, Aft 10:00am-5:30pm

Tahitian Pool & Jacuzzis* Deck 12, Mid 8:00am-11:00pm

Video Arcade Deck 12, Mid Open 24 Hours

Water Slide* Deck 12, Mid 10:00am-6:00pm

(Guidelines apply, see Attendant)

Yin & Yang Spa & Salon Deck 12, Fwd 8:00am-10:00pm

* Weather permitting

Freestyle Dining

Getting Started

Early Risers Deck 12, Mid	6:00am-6:30am
Garden Café Deck 12, Mid	6:30am-11:00am
Great Outdoors* Deck 12, Aft	7:00am-Noon
Grand Pacific Deck 7, Aft	7:30am-9:30am
The Grill* Deck 12, Mid	7:30am-9:30am

Satisfy your afternoon appetite

Garden Café Deck 12, Mid	11:30am-2:30pm
The Grill* Deck 12, Mid	2:00pm-5:00pm
Grand Pacific Deck 7, Aft	Closed
Great Outdoors* Deck 12, Aft	2:30pm-5:30pm

What are you in the mood for?

Garden Café Deck 12, Mid	5:30pm-9:30pm
Grand Pacific Deck 7, Aft	5:30pm-10:00pm
Magenta Deck 6, Mid	6:00pm-10:30pm

Specialty Restaurants**

Cagney's (\$25) Deck 13, Mid	6:00pm-10:30pm
Le Bistro (\$20) Deck 6, Mid	6:00pm-10:30pm
Orchid Garden (\$15) Deck 7, Mid	6:00pm-10:30pm
Sushi Bar (\$15) Deck 7, Mid	6:00pm-10:30pm
Tequila (\$10) Deck 8, Mid	6:00pm-10:30pm
La Cucina/Al Fresco (\$10) Deck 12, Aft	6:00pm-10:30pm
Teppanyaki (\$25) Deck 7, Mid	6:00pm/7:00pm/7:30pm 8:30pm/9:00pm/10:00pm

For whenever you are hungry

The Grill* Deck 12, Mid	10:00pm-11:00pm
Blue Lagoon Deck 8, Mid	Open 24 Hours

* Weather permitting.

** These restaurants charge a cover and for what you get, you'll find it's well worth it.

Please note that there is a 50% discount in all our specialty restaurants for kids less than 12 years old.

Restaurant Reservations: Specialty restaurants reservations can be made for the entire cruise. To make reservations dial 050 or visit the Restaurant Reservations Desk on Deck 7, Starboard side beside the Midship guest elevator from 7:00am-4:30pm & 5:00pm-9:00pm or Garden Café, Deck 12, Midship from 7:00am-11:00am. To check the availability of the restaurants, you can simply turn on your TV to Channel 25.

Restaurant Cancellations: To ensure that each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so by 5:30pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

Dress Code: Daytime and Garden Café (breakfast, lunch & dinner) Cover-ups, shirts and footwear required.

Dinner: Aft Restaurant and Le Bistro: Smart Casual - Collared shirts and pants or nice jeans with closed-toed shoes for men. Slacks or jeans, dresses, skirts & tops for women. No baseball caps or visors. (Presentable jeans are clean, without holes and tears, not overly faded, worn at the waist or hips and in good condition).

All other Restaurants: Cruise Casual - Khakis, jeans, shorts, casual shirts for men (no tank tops). Ladies - Casual dresses, casual skirts or pants and tops, summer dresses, Capri pants, shorts, jeans.

Sun Chairs & Loungers: Our deck chairs and loungers are yours to enjoy. Please keep in mind, if you leave your belongings alone for more than 30 minutes, we'll take them to the Guest Service Desk (to free up chairs for others to relax in).

Walking & Jogging: Deck 13 is a walking/jogging track open 24/7. Deck 7 is a walking-only track open 9:00am-9:00pm. Remember, all sports play is at your own risk.

Restaurant Cancellations: To ensure that each of our guests receive our best service, we can only hold your dinner reservation for 15 minutes. If you need to cancel, please do so by 5:00pm on the day of your reservation to avoid having the cover charge for up to two guests applied to your account.

Casino: You must be 18 or older (and have ID) to gamble or be in the casino. No winnings can be paid to any person or bets in violation. Slot winnings of \$1200 and above could be subject to W2-G tax withholding. Only cigarette smoking is allowed in the casino.

Announcements: All announcements can be heard on channel 23 from your stateroom television.

Liquor Purchased Ashore: Any liquor purchased in our ports of call will be collected and returned to you at the end of the voyage.



Customer Advisory: There's a certain level of danger to eating raw or undercooked animal products. It's also risky to drink juices that haven't been pasteurized. So if you have any immune system disorders, you should ask your doctor.

Shore-side Food: USPH Regulations prohibit food from shore-side to be brought onboard the vessel.

Customer Relations: Have a service problem? We'll do our best to solve it. Dial '00' while onboard or write Norwegian Cruise Line, 7665 Corporate Center Drive - Miami, Florida 33126.

Environmental Hotline: To report environmental incidents, call 1-877-501-5976, the ship's Guest Service Desk, Deck 7, Mid or via e-mail to EnvironmentalHotline@ncl.com. Reports are confidential.

Safety Equipment: Please do not tamper with any safety equipment onboard (i.e. smoke detectors or fire extinguishers). Please follow safety instructions given by the crew.

Smoking Policy: Smoking is only allowed inside the Casino, staterooms, Corona Cigar Club and designated outside deck areas. Cigars are only permitted in the Corona Cigar Club, Deck 6, Mid.

Sharps Containers: For disposal of needles, please contact the Guest Service Desk, the Medical Center or your Room Steward.

Open Flames: Open flames (i.e. burning candles and incense) are strictly forbidden.