



CRUISE COMPASS

Independence of the Seas®

DAY 4

Tuesday, May 20, 2014
Flåm, Norway

SCENIC FLÅM WILL LEAVE YOU SPELLBOUND

Is it even possible to find a vision as breathtaking as the Sognefjord? Absolutely. It's called Flåm, a picture-perfect Scandinavian village nestled in one of the innermost arms of Norway's longest fjord. Surrounded by steep mountains, deep valleys and majestic waterfalls, Flåm has been enticing visitors since the late 19th century. Cruise ships first arrived with English and German visitors, and shortly after, tourism boomed. Then came the Flåm Railway, a marvel in railway engineering that climbs its way through a wild Norwegian wonderland.

The train journey is one of the best ways to appreciate the sheer splendor of the region. Travel up rocky slopes, through tunnels, past gushing cascades of water.

Back Onboard

1. Perfume Party

Visit us on the Royal Promenade this evening for our most popular promotion of the cruise! Our Perfume Party has best-selling fragrances from brands such as Chanel, Dior, Marc Jacobs and many more, all at wonderfully low Tax and Duty Free prices.

2. Shops Onboard \$1,000 Giveaway

Don't forget this incredible special offer at the Shops Onboard for this cruise. With every purchase over \$50 you'll be entered into the prize draw to win a \$1,000 gift voucher.

3. Look Younger Today!

Find out how to smooth away fine lines and get that rejuvenated fresh look. Complimentary consultations with Dr. Alinsod, our onboard Medispa Physician. Call the Day Spa at 6982 or visit us on Deck 12 forward.

4. The 70's Disco Inferno

Get out those leisure suits and platform shoes; the 70's are back! Join your Cruise Director, Joff, your Cruise Director's Staff & The Macho Macho Men for a funky time. 10:30 pm, Royal Promenade, Deck 5.

5. The 70's After Party

Join DJ Rob for the continuation of the 70's Disco Inferno til midnight followed by nightclub music til late. The Labyrinth, Decks 3, 4.

DESTINATION EXPERTS AT YOUR SERVICE

Let us do the work for you. With so many Shore Excursion opportunities for you and your family, our Destination Experts will recommend the top five tours you can't miss during this cruise vacation! Visit the Shore Excursion team on Deck 5 Royal Promenade, or use your stateroom television to reserve your Shore Excursion. Hurry, spaces are limited!

WIN UP TO \$2,000 OFF YOUR SEAPASS CARD!

Earn 25 points on the Slots and you will receive an automatic entry into our "Wipeout Promotion" to have up to \$2,000 wiped off your Seapass account!

SLOTS PAYOUT

Last cruise the slot machines in Casino Royale® paid out more than \$72,000!

TODAY'S FORECAST

Cloudy with Periods of Rain

High Temperature: 71°F (20°C)

Sunrise: 4:33 am

Sunset: 10:27 pm



IMPORTANT THINGS TO KNOW TODAY



Ship's Arrival: 7:00 am.

Expected Ship's Clearance: 7:15 am.

All Aboard: All guests must be aboard by 5:00 pm.

Tonight's Dinner Dress Suggestion

Casual

SeaPass® Card

Don't forget to bring your SeaPass® boarding card with you today when leaving for Flåm. You will not be permitted off or on the ship without it. A security checkpoint will be setup at the gangway for your safety.

VAT Refund from Norway

Planning any shopping in any of the Norwegian ports this holiday? Make sure to purchase in stores displaying the Tax Free logo whenever your purchase is NOK 315 or more. Ask for a Tax Free form from the shop ashore and fill it in before our last Norwegian port of call. Representatives from Global Blue will be onboard in Stavanger to process your tax refunds. Tax free shopping is valid for all residents of countries outside Norway, Sweden, Finland, and Denmark.

Attention Groups & Families

In order to not get separated, please meet on one of the upper decks and only proceed to the gangway when you are all ready to go ashore. To avoid congestion, please do not meet your parties on the gangway due to limited space.

Shore Visits For Minors

Parents or guardians must not permit any guest in their care under the age of 18 to leave the ship in any port without responsible adult supervision.

Be safe

When going ashore, please ensure that your wallet/purse/handbag is secured at all times.

Foreign Currency

The ports of call on this cruise holiday use the Krone as their currency. Why not beat the rush and get your Kroner today. For your convenience foreign exchange is available at the Guest Services Desk each day, until midnight.

Late Departure Program

Not in a hurry to get home? Extend your cruise holiday right here onboard with the new Late Departure program. Drop off the sign up form at Guest Services no later than Day 5, May 21 (Olden) and enjoy the afternoon with us on your day of departure. Sign up today as space is limited.

Food Advisory

Animal Food such as beef, eggs, lamb, milk, pork or shellfish that is raw or undercooked significantly increases risk to vulnerable and immunodeficient guests.





EVENTS AND OFFERS NOT TO MISS TODAY !

ENJOY A SCENIC DRIVE TO LAKE STRYN

Depart the resort village of Olden and travel along the shore towards the village of Stryn. Continue along the Stryn River, and the calm waters of Stryn Lake to Hjelle. Visit the Shore Excursion team on Deck 5 Royal Promenade until 8:30 pm this evening, there are still spaces available for the Olden shore excursions.

WIN MORE THAN \$730,000

For as little as only \$2, you could be the winner. The Paradise Lotto Jackpot is now over \$730,000. Draw takes place at 11:00 pm every night in Casino Royale. Stop by Casino Royale on Deck 4 and ask our Casino Staff for more details.

ART GALLERY SALE

Tonight's your chance to own a work of art by some of the world's most collected artists. With loads of works to choose from there's sure to be at least one you like.

Time: 7:00 pm - 10:00 pm. Art Gallery, Deck 3 Midship.

TURN YOUR PORTRAITS INTO WORKS OF ART

When a picture just isn't enough, how about turning your favorite vacation moment into art? Visit the Photo Gallery on Deck 4 and ask how you can get your formal night or lifestyle portrait painted on canvas and framed.

BABY DOLL LASHES

You have heard of a face lift, now there is a lash lift. The Baby Doll Lashes Lash Lift is an eyelash procedure that straightens, lifts and shapes natural lashes. Lashes are extended upwards from root to tip creating a longer, lifted appearance that opens up the eyes. Black tint is added to enhance the look. Book your free consult today.

\$1,000 GIVEAWAY

Don't forget this incredible special offer on for this cruise. With every purchase of \$50 or more you make in the Shops Onboard, you'll be entered into the prize draw to win a \$1,000 gift voucher.

APPLETINI HAPPY HOURS!

Visit Boleros or the Schooner Bar on Deck 4 between 3:30 pm and 4:30 pm to enjoy two Appletinis for the price of one.

CRUISE DIRECTOR'S PICK OF THE DAY

ACUPUNCTURE

Time tested medicine that has quickly become one of the fastest growing alternative therapies. It is successful in the treatment of acute and chronic pain, weight loss, sea sickness, sciatica, arthritis, headaches, detoxification, and can also help to quit smoking.

Call 6982 for your free consultation.



ACTIVITIES AND ENTERTAINMENT HIGHLIGHTS

TODAY'S SHOWS

Production Showtime

Starring the Royal Caribbean Singers and Dancers in...

Once Upon A Time

An all singing and dancing show themed around some of the most popular fairytales ever!

Showtime: 7:00 pm & 9:00 pm,
Alhambra Theatre *, Decks 3, 4.

Please be reminded that the saving of seats, flash photography and video taping of shows strictly prohibited. Also, children in the first three rows of the theatre must be accompanied by a parent or guardian.

*Assistive Listening System Available. Obtain receivers at Guest Services Desk.

DAYTIME ACTIVITIES

The Independence Morning Show

It's another great day onboard and what a way to start with a message you, or someone you know. Your Cruise Director and Activities Manager present the daily Morning Show on stateroom TV Channel 14. Challenge Joff to the Yes/No Game live on air or enter the daily teaser. There's information about what's in, what's out, what's hot and what's hotter!

Any requests can be placed in the RCTV Morning Show Box, outside Ca Promenade, Deck 5.

The Morning Quiz

Take a wild guess. Or maybe you really do know random bits of information. How did you ever remember that? Go ahead, wow them with your knowledge.

10:00 am, Schooner Bar, Deck 4.

Nintendo Wii™ Tournament: Canoeing

Part of the super popular Nintendo Wii Sports package, come join us for the fun and challenging game of Bowling. Whether you're young or old, you'll have a blast. 1:30 pm, On Air, Deck 3.

Adult Baggo Tournament

Just how far can you toss? Come test your skills at one of the most classic games of all - the bean bag tossing tournament.

3:30 pm, Pool Side, Deck 11.

70's Line Dance Class

Keep your hips loose and your rhythm steady. Other than that, just let loose and have fun as you learn the fancy footwork of line dancing.

Come join your Cruise Director Staff for all the fun!

4:30 pm, Pyramid Lounge, Deck 5.

EVENING ACTIVITIES

On The Big Screen: 50 First Dates (PG 13) 99 mins

Henry Roth is a man afraid of commitment up until he meets the beautiful Lucy. They hit it off and Henry think he's finally found the girl of his dreams, until he discovers she has short-term memory loss and forgets him the very next day. Stars: Adam Sandler, Drew Barrymore, Rob Schneider. 6:00 pm, Poolside, Deck 11.

The 70's After Party

The best of 70's Disco with DJ Rob.

11:00 pm - midnight, The Labyrinth, Decks 3, 4.

Adult Karaoke

What will you choose to wow your audience with? A love ballad, or a popular song we all know by heart? Come join in the fun.

11:30 pm, On Air, Deck 3.

Late Night Disco

Why not join DJ Rob tonight for a late night dance with all the top tunes. Midnight - late, The Labyrinth, Decks 3, 4.



OPEN HOURS



DAILY PLANNER

Independence of the Seas®

Art Gallery (Dial 3869)	7:00 pm – 10:00 pm	Deck 3
Baby Splash Zone*	8:00 am – 6:00 pm (Portside, Inside the H2O Zone)	Deck 11
Casino Royale (Dial 3171)	5:15 pm – late	Deck 4
Doctor's Hours (Dial 51)	8:00 am – 11:00 am / 4:00 pm – 7:00 pm	Deck 1 aft
Fitness Center (Dial 3816)	6:00 am – 10:00 pm	Deck 11
Foreign Exchange	8:00 am – midnight (Guest Services)	Deck 5
H2O Zone*	8:00 am – 8:00 pm	Deck 11
Independence Day Spa (Dial 6982)	8:00 am – 10:00 pm	Deck 12
<i>(Acupuncture / GO SMILE® Teeth Whitening / Hair & Beauty Salon / Medi-Spa)</i>		
Loyalty & Cruise Sales	9:00 am – 11:00 am / 4:00 pm – 8:30 pm	Deck 5
<i>(Adventures – by appointment)</i>		
Pets At Sea SM	7:00 pm – 9:00 pm (Challengers Arcade)	Deck 12
Photo Gallery & Shop (Dial 3870)	5:30 pm – 11:00 pm	Deck 4
Port Lecturer Desk	6:00 pm – 8:00 pm	Deck 5
Shops Onboard (Dial 3867)	5:00 pm – 11:00 pm	Deck 5
Shore Excursions Desk (Dial 7025)	4:30 pm – 8:30 pm	Deck 5
Sports Court*	24 hours	Open Play Deck 13
FlowRider ***	8:30 am – 9:15 am	Advanced Stand up Surfing
	9:15 am – 10:00 am	Stand up Surfing
	10:00 am	Teen Stand up Surfing (ages 12-17)
	3:30 pm – 5:00 pm	Stand up Surfing
	5:00 pm – 6:30 pm	Boogie Boarding

Golf Simulator* Book at the Rock Climbing Wall (by reservation, \$25 fee)

Rock Climbing Wall***

4:00 pm – 7:00 pm	Open Climbing	Deck 13
7:00 pm	Bouldering	Deck 13

FlowRider and Rock Climbing Wall Notice:

For your safety and comfort, we will close the FlowRider and Rock Climbing Wall when the temperature falls below 10° C (50° F). If you have any questions, please stop by Guest Services. Thank you.

Shuffle Board*	10:00 am – 10:00 pm	Deck 4
Table Tennis (Open Play)	24 hours (Weather permitting)	Deck 14 aft
Sports Pool*	6:00 am – 9:00 am	Lap Swimming Deck 11
Tournaments and Activities - Registration 15 minutes prior.		
4:00 pm	Adult 3on3 Basketball Tournament	
	Sports Court	Deck 13
5:30 pm	Adult Football Tournament	
	Sports Court	Deck 13

Ice Skating, Studio B****

7:00 pm - 7:45 pm	Adventure Ocean Skate (for families with children ages 3-11, please)	
8:00 pm - 8:45 pm	Teen Skate (ages 12-17)	Deck 3 aft

*For rules and restrictions and sign up requirements, please see the staff at the appropriate venue.

**Please remove all jewelry items. Ladies are advised to wear a T-Shirt. A FlowRider® waiver must be completed.

Waiver desk will close approximately 45 minutes - 1 hour before closing time. Minimum height requirement; Boogie Boarding is 52", Stand Up Surfing is 58".

***Trousers/Shorts, socks, and dry clothing are required for participation. A Rock Climbing Wall waiver must be completed. Children must be 6 years of age or older to climb. Parents must be present to sign a waiver for children under the age of 18 and must stay to supervise children under the age of 13 years. Adults must be able to fit into the XXL harness to climb. Sign ups will close 15-30 minutes before closing time.

****Full length trousers, socks, and helmets are required for participation. Each session is 30 minutes in duration and based on a first come first served basis, with a maximum of 40 guests per session. Elbow pads and knee pads are available upon request, at the skate desk, inside Studio B.

The following services and venues are open 24 hours:

Emergency Only (Dial 911) / **Operator** (Dial 0) / **Guest Services** (Dial 0), Deck 5 / **Library**, Deck 7 / **Photo Kiosk**, Deck 4 / **royal caribbean online**SM, Deck 8 / **Selected Swimming Pools and Hot Tubs**, Deck 11 / **Independence Dunes Golf**, Deck 13 / **Table Tennis**, Deck 14.

NOTICES

Discharge Of All Garbage Into The Sea Is Prohibited

The MARPOL Convention and domestic law generally prohibit the discharge of most forms of garbage from ships into the sea. Violation of these requirements may result in penalties. All garbage is to be retained onboard and placed in the bins provided.

CRUISING TO NEW LEVELS OF ENJOYMENT

We're flattered and deeply appreciative. After all, you chose us. If you enjoy cruising, discover the benefits of Crown & Anchor Society membership. Enrollment is free. You'll earn one Cruise Point for every night you stay with us, plus double points when you purchase a suite. See your Loyalty & Cruise Sales Team on Deck 5.

DAY 4 Tuesday, May 20, 2014

Today we are in Flåm, Norway

TONIGHT'S DINNER DRESS SUGGESTION:
Casual

DINING SCHEDULE & AFTERNOON SNACKS

BREAKFAST

6:30 am – 10:45 am	Jade & Windjammer Café	Deck 11
7:30 am – 9:00 am	A la Carte Breakfast, Macbeth Dining Room	Deck 4
7:30 am – 9:30 am	Buffet Breakfast, Romeo & Juliet Dining Room	Deck 3

LUNCH

Noon – 3:00 pm	Jade & Windjammer Café	Deck 11
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DINNER

5:30 pm – 9:00 pm	My Time Dining Option, King Lear Dining Room	Deck 5
<i>Dial 7085 or visit the Dining Reservation Desk from 9:00 am – 4:00 pm.</i>		
6:00 pm	Main Seating, All Dining Rooms (doors close at 6:45 pm)	Decks 3, 4
6:30 pm – 9:00 pm	Casual Dinner, Jade & Windjammer Café	Deck 11
<i>Casual Dinner in Jade and the Windjammer Café is buffet style.</i>		
8:30 pm	Second Seating, All Dining Rooms (doors close at 9:15 pm)	Decks 3, 4

Bare feet and swim wear are not permitted in the Dining Room or Windjammer Café at anytime. In addition, shorts and tank tops are not allowed in any dining venue.

SPECIALTY DINING

6:00 pm	Chops Grille, (9:30 pm - Last Reservations) The Best Steak on the High Seas	Deck 11
<i>\$30 / £20 dining fee per person applies, gratuities included. (Reservations recommended, Dial 3055)</i>		
6:00 pm	Giovanni's Table, (9:30 pm - Last Reservations) Family Style Italian Dining	Deck 11
<i>\$20 / £13 dining fee per person applies, gratuities included. (Reservations recommended, Dial 3035)</i>		

Dress Suggestion: Smart Casual. No short pants please. Cancellations with less than 24 hours notice will be charged a fee of \$10 per person.

SNACKS

24 hours	Café Promenade	Deck 5
24 hours (Dial - 1071)	Room Service	
<i>(\$3.95 service charge will be applied for Room Service light snack orders from 10:00 pm – 6:00 am)</i>		
11:00 am – midnight	Ben & Jerry's Ice Cream (nominal fee)	Deck 5
11:30 am – midnight	Johnny Rockets	Deck 12
<i>(\$4.95 / £3.25 cover charge per person, gratuities included)</i>		
11:30 am – 3:00 am	Sorrento's Pizzeria	Deck 5
3:00 pm – 5:00 pm	Afternoon Snacks, Windjammer Café	Deck 11
3:00 pm – 10:00 pm	Cupcake Cupboard (nominal fee)	Deck 5

BAR OPEN HOURS

A full list of all bar hours and their smoking policies are posted daily by Guest Services Desk and in front of the Pyramid Lounge on Deck 5. The Casino Bar, Boleros, Schooner Bar, The Labyrinth and the Connoisseurs Cigar Club remain open later than other bars.

DRINK OF THE DAY - OCEAN BREEZE \$7.50

A tantalizing and sparkling infusion of Smirnoff Vodka, Pineapple Juice, Soda Water and Sprite, combined with the rich flavour of Pomegranate, and the glass is yours to keep.

MORNING ACTIVITIES

24 hours	Friends of Bill W. and other gatherings, refer to the Community Bulletin Board, Café Promenade... Deck 5
24 hours	Cards & Games Available, Seven Hearts Deck 14
Midnight – Noon	The Independence Morning TV Show with your Cruise Director Joff and Activities Manager Tim, Stateroom TV Ch 14
7:00 am	Estimated Time of Arrival in Flåm, Norway
7:00 am	☯ Vitality Stretch, Fitness Center Deck 11
7:30 am	☯ Fab Abs, Fitness Center Deck 11
8:00 am	☯ Group Indoor Cycle (\$), Fitness Center Deck 11
9:00 am	Daily Trivia Sheet Available, Library Deck 7
9:00 am	☯ Pathway to Yoga (\$), Fitness Center Deck 11
9:00 am – 11:00 am	50% off Eye Opener Cocktails, Casino Deck 4
9:00 am – 1:30 pm	Nintendo Wii Open Play: Sports Package, On Air Deck 3
10:00 am	Morning Quiz, Schooner Bar Deck 4
10:00 am	☯ Body Sculpt Boot Camp (\$), Fitness Center Deck 11
11:00 am	Adduct Ladderball Competition, Pool Side Deck 11

AFTERNOON ACTIVITIES

12:30 pm	The 1970's Quiz, Schooner Bar Deck 4
1:30 pm	Nintendo Wii Tournament: Canoeing, On Air Deck 3
2:30 pm	Oragami Box Making, On Air Deck 3
3:30 pm	Landmarks Visual Quiz, Pyramid Lounge Deck 5
3:30 pm	Adult Baggo Competition, Pool Side Deck 11
3:30 pm – 4:30 pm	2-4-1 Appletini's, Boleros & Schooner Bar Deck 4
4:00 pm	☯ Core Conditioning Pilates (\$), Fitness Center ... Deck 11
4:00 pm	Adult 3 on 3 Basketball (sign up's 15 minutes prior), Sports Court Deck 13
4:00 pm – 7:00 pm	Complimentary Tongue and Pulse Diagnosis, Day Spa Deck 12
4:15 pm	Scrapbooking Catch Up Class, On Air Deck 3
4:30 pm	70's Line Dance Class, Pyramid Lounge Deck 5
5:00 pm	All Aboard!
5:00 pm	☯ Shape Up Firm Up, Fitness Center Deck 11
5:15 pm	The Afternoon Quiz, Schooner Bar Deck 4
5:15 pm	Family Gagaball, Voyager Room, Deck 12
5:30 pm	Adult 4 on 4 Football (sign up's 15 minutes prior), Sports Court Deck 13
5:30 pm – 8:30 pm	Italian Wine Flights (\$), Vintages Deck 5

EVENING ACTIVITIES

6:00 pm	On The Big Screen: 50 First Dates, Pool Side Deck 11
7:00 pm	☯ Production Showtime, Alhambra Theatre... Decks 3, 4
7:00 pm – 1:30 am	Cigar Aficionados, Connoisseur Club Deck 5
8:00 pm	Music Quiz: 70's, Schooner Bar Deck 4
8:00 pm	Pablos' Pub Quiz - Part 1, Pyramid Lounge Deck 5
9:00 pm	☯ Production Showtime, Alhambra Theatre ... Decks 3, 4
10:00 pm – midnight	\$4 Cosmo Promotion, The Labyrinth Decks 3, 4
10:30 pm	The 70's Disco Inferno, Royal Promenade Deck 5
11:00 pm	(\$) Paradise Lotto Draw, Casino Royale Deck 4
11:00 pm – late	The 70's "After Party", The Labyrinth Decks 3, 4
11:15 pm	Paradise Lotto 2nd Chance Draw, Casino Royale. Deck 4
11:30 pm	Adult Karaoke, On Air Deck 3

MUSIC AND DANCING

Pianist Simon John	
3:00 pm – 3:45 pm	Royal Promenade, Deck 5
Poolside Music with Extra Band	
(Relocated to Promenade if inclement weather)	
3:15 pm – 4:00 pm	Poolside, Deck 11
4:15 pm – 5:00 pm (Sail-Away)	Poolside, Deck 11
Hooked on Classics Sailaway	
5:00 pm – 6:00 pm	Poolside, Deck 11
Latin and Pop Dance Music with Bamboleo	
5:15 pm – 6:00 pm	Boleros, Deck 4
7:45 pm – 8:30 pm	Boleros, Deck 4
10:00 pm – midnight	Boleros, Deck 4
70's Hits Rock the Boat	
9:30 pm – 10:25 pm	Pyramid Lounge, Deck 5
70's Classics with DJ Rob	
9:30 pm – 10:30 pm	Royal Promenade, Deck 5
Cocktails and Keys with Simon John at the Piano	
9:45 pm – late	Schooner Bar, Deck 4
Dancing to the Caribbean Sounds to Extra Band	
10:30 pm – midnight	Pyramid Lounge, Deck 5
The 70's After Party with DJ Rob	
11:00 pm – midnight	The Labyrinth, Deck 3
Late Night & Roll with Rock the Boat	
11:10 pm – late	Pyramid Lounge, Deck 5
All Night Hits with DJ Rob	
Midnight – late	The Labyrinth, Deck 3

Entertainers will take periodic breaks.

NOT A MEMBER OF THE CROWN AND ANCHOR SOCIETY?

Fill out an application today and receive benefits on your next cruise vacation. You'll earn one cruise point for every night you stay with us, plus double the points when you book a suite. Points add up to exciting benefits and privileges the more you cruise with us. See your Loyalty and Cruise Sales Team on Deck 5 for more details.

PORT AGENT INFORMATION

Port of Flåm
 T.R. Shipping
 Flåm Utvikling AS Tel: +47 57 63 14 00,
 Pier Area Fax: +47 57 63 14 09
 N-5742 Flåm Aoh +47 93 61 82 19.
 Norway Contact Mrs. Agnes Woodworth
 E-mail - flaam@portagent.no / mail@trshipping.no

Helpful Health Information

Medical experts tell us that the best way to prevent colds, flu, or gastrointestinal illnesses – such as a Norovirus that can be transferred easily through person-to-person contact – is to simply wash your hands thoroughly with soap and warm water after restroom breaks and again before eating anything. Symptoms of Noroviruses include an upset stomach, vomiting and diarrhea. According to the U.S. Centers for Disease Control and Prevention and Public Health Agencies around the world, Noroviruses affect millions on land each year. In fact, the only illness that is more prevalent is the common cold. Should you experience any gastrointestinal illness, you must visit the ship's medical facility for a complimentary consultation and treatment, if necessary.

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