



CRUISE COMPASS

Independence of the Seas®

DAY 5

Wednesday, May 21, 2014
Olden, Norway

OLDEN'S LAKESIDE SCENERY AND GLACIAL LANDSCAPE IS SPELLBINDING.

Olden is your window to the Nordfjord, a vision you'll want to record in your memory for years to come. The village of Olden itself has a charming 18th-century church and a few shops as well. Though most people come here for an up-close look at the Jostedal Glacier, the largest of its kind in the European mainland. The Oldedalen valley is just as captivating, dotted with peaceful pastures and rustic farms—a stunning contrast to the glistening glaciers and thundering waterfalls nearby. And in the lake area, you can appreciate all this natural wonder from a unique perspective.

The first tourists ever to experience Olden's stunning lakeside scenery used a rowboat to cross the emerald green waters. As more visitors came to the area, the first steamboat "Victoria" was introduced. Since then, the boats have been modernized, but the views are as thrilling as ever. As you cruise around the lake, take in the sheer splendor of this spectacular mountainous backdrop. And be sure to look out for the glaciers arms, glittering like jewels down the sides of the valley.

Back Onboard

1. Champagne Make Over

You're invited to Olive or Twist on Deck 14 for your chance to win a complete Drab to Fab Make Over, courtesy of the Independence Day Spa. Enjoy \$5 Bellini's and learn about all the latest cosmetic and beauty enhancing treatments available onboard as we await the Drab to Fab make over result. Lots of surprises in store for you at this unique event. Olive or Twist, Deck 14, 4:30 pm to 6:00 pm.

2. 30% off all Guess Bags

This offer from the Shops Onboard is not to be missed; a massive 30% off all Guess handbags and purses. We anticipate this offer to be very popular so ensure you grab the one you love!

3. Summer Breeze

Easy listening pop/rock ballads of the 60's and 70's featured in a short 15 minute Summer Breeze concert performed by the Royal Caribbean Singers Jessica & James. 8:10 pm, Royal Promenade, Deck 5.

4. The Mad Hatter's Ball Parade

Our parade stars your Cruise Director's Staff and Entertainment Team. 10:20 pm, Royal Promenade, Deck 5.

5. The Quest

It's crazy, it's hilarious, it's the wildest game on the high seas - it's Quest. Join in the fun tonight with your Cruise Director, Joff and his Staff. Doors open at 9:45 pm, Quest begins at 10:45 pm, Studio B, Deck 3 Aft.

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

Mostly Cloudy

High Temperature: 68°F (20°C)

Sunrise: 4:38 am

Sunset: 10:49 pm



IMPORTANT THINGS TO KNOW TODAY



Ship's Arrival: 8:00 am.

Expected Ship's Clearance: 8:15 am.

All Aboard: All guests must be aboard by 4:30 pm.

Tonight's Dinner Dress Suggestion

Casual

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. Only cash can be exchanged for Kroner, as SeaPass cards or credit cards can not be accepted. A currency conversion surcharge* is included in all foreign currency exchange rates. * Surcharge subject to change.

General Tips

If you have any Krone currency in the form of coins, try to consume them in port today, as foreign coins can not be exchanged onboard.

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.

Food & Drink 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.

Satellite Connection

Due to our positioning, satellite outage may occur during your cruise holiday while in the Norwegian fjords. This will affect several services, including Internet, telephone, ATM machines, TV broadcasting and daily news. We apologize for any inconvenience.

Important Departure Information

In order to ensure a smooth departure on Sunday, we kindly request that all guests please complete the Departure Information form in your stateroom and return it to Guest Services before noon on Day 5, May 21 (Olden).





EVENTS AND OFFERS NOT TO MISS TODAY !

ACUPUNCTURE FOR HEALTH AND WELLNESS

Acupuncture is the fastest growing movement in Healthcare today because it is natural, safe and effective for treating more than 100 conditions, like back pain knee pain, arthritis, digestive, promoting longevity and more. Find out how at our seminar at 4:00 pm in the Day Spa.

GET A SECOND CHANCE TO WIN BIG

Didn't win Paradise Lotto? Here's your second chance to win some great prizes. Just write your name and stateroom number on the back of your losing Paradise Lotto Ticket, drop it in the raffle box and be present at the nightly 11:15 pm 2nd Chance Draw. Who knows? You may just have a winning ticket after all.

IONITHERMIE WEIGHT LOSS

This unique anti-cellulite and detoxification treatment works with stimuli and algae to reduce cellulite and toxin deposits from the stomach, thighs and buttocks on women and the stomach region on men. Lose 3-8 inches of external toxins in one session. Come to the Day Spa on Deck 12 and join the revolution, call 6982.

"MBA ART SEMINAR"

Peter Max, Romero Britto & Yaacov Agam (MBA) are three of the most influential artists of the contemporary art world. Come and find out what makes these three rock stars in the Art World. Art gallery Deck 3, 7:00 pm - 10:00 pm

LOGO GOODS

Visit Seasons Store today, located on the Royal Promenade to find all Royal Caribbean and Independence of the Seas branded goods. Offers including buy two and get a third free on selected items!

SHORE EXCURSIONS

There may still be room on some of the shore excursions in Alesund and Stavanger. Be sure to stop by the Shore Excursions Desk to check remaining availability. Our staff will be on hand to help answer any questions and make your reservations.

SOMEONE IS MISSING YOU

Even though you've only been gone a few days, this is probably true. So e-mail them with royal caribbean online services.

CRUISE DIRECTOR'S PICK OF THE DAY

\$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.



ACTIVITIES AND ENTERTAINMENT HIGHLIGHTS

TODAY'S SHOWS

Headliner Showtime

The Comedy, Magic, Mayhem & Madness of
Andy Leach

Showtimes: 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 is 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

Tune in to the Independence Morning Show

Keep your TV on channel 14 each morning for information on the day ahead, hosted by your Cruise Director and Activities Manager. Plus be a part of the show too with birthday mentions, dedications and shout outs. Leave your requests in the Independence Morning Show box, in the Library on Deck 7.

Nintendo Wii™ Tennis Open Play

Part of the super popular Nintendo Wii Sports package, come join for the fun and challenging game of Tennis. Whether you're young or old, you'll have a blast. 10:00 am - 1:00 pm, On Air, Deck 3.

Sudoku Challenge

Stay sharp with this exciting twist on the mind-bending international sensation. Race against the clock (and fellow cruisers) to solve Sudoku puzzles - and win fabulous prizes.
3:00 pm, Schooner Bar, Deck 4.

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!
4:00 pm, Pyramid Lounge, Deck 5.

EVENING ACTIVITIES

Live Music Tonight

Every evening we have a variety of music for you to enjoy in different lounges around the ship. Enjoy a drink and some live music tonight.

The Fill it In Quiz

Join your Cruise Director Staff Eliot for this fun Quiz. He will give you a sentence to which a word is missing and then ask you, the guest to write down what you think is most appropriate for the missing space. Which ever answer then comes back as the most popular, then gains those teams a point. Fun for the whole family.
8:00 pm, Pyramid Lounge, Deck 5.

Music Quiz: The Beatles

See how you measure up against the other guests with this fun music quiz all about The Beatles. 8:00 pm, Schooner Bar, Deck 4.

Karaoke Superstar: Round 1

Prove to your friends once and for all you CAN sing. Win tonight's competition and you'll qualify for the "Karaoke Stars" finals at the end of the week. The more friends, the more fun and the bigger the laughs
11:30 pm, On Air, Deck 3.

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 / 4:30 pm – 8:30 pm	Deck 5
<i>(Adventures – by appointment)</i>		
Pets At Sea™	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)	5:30 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 – 11:00 am	Boogie Boarding
	3:30 pm – 5:00 pm	Stand up Surfing
	5:00 pm – 6:30 pm	Boogie Boarding
	8:00 pm – 9:00 pm	Teen Boogie Boarding (ages 12-17)

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

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.

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.		
	4:30 pm	Adult Archery Tournament The Labyrinth Deck 3
	5:30 pm	Adult Volleyball Tournament Sports Court Deck 13

**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 15 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™**, 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 5 Wednesday, May 21, 2014
Today we are in Olden, 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 - 1011)	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>(\$5.95 / £4.00 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 - MARGARITA AZUL \$7.50
Enjoy a refreshingly sweet blue Jose Cuervo Gold margarita, hand shaken with triple sec, sweet & sour and blue curacao. 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
Until Noon	The Independence Morning Show with your Cruise Director, Joff and Activities Manager, Tim, Channel 14
7:00 am	Vitality Stretch, Fitness Center Deck 11
7:30 am	Fab Abs, Fitness Center Deck 11
8:00 am	Estimated Time of Arrival in Olden, Norway
9:00 am	Daily Trivia Sheet Available, Library..... Deck 7
9:00 am – 11:00 am	50% off Eyeopener Cocktails, Casino Bar Deck 4
10:00 am – 1:00 pm	Nintendo Wii Open Play: Tennis, On Air Deck 3
10:00 am	Morning Trivia, Schooner Bar Deck 4
11:00 am	Adult Baggo Tournament, Pool Side Deck 11

AFTERNOON ACTIVITIES

1:00 pm	Adult Nintendo Wii Tournament: Table Tennis, On Air..... Deck 3
1:00 pm	On The Big Screen: Getaway, Pool Side..... Deck 11
2:00 pm	Ribbons to Roses, On Air Deck 3
3:00 pm	Sudoku Challenge, Schooner Bar Deck 4
3:00 pm	Seminar: No More Bad Hair Days, Day Spa Deck 12
3:15 pm	Adult Killer Darts, The Labyrinth Deck 3
3:30 pm – 4:30 pm	2-4-1 Rum Runners, Boleros & Schooner Bar Deck 4
4:00 pm	Line Dance Class, Pyramid Lounge Deck 5
4:00 pm	Seminar: Acupuncture For Longevity And Wellness, Day Spa Deck 12
4:00 pm – 6:00 pm	Complimentary Foot Print Analysis, Fitness Center . Deck 11
4:15 pm	Scattergories, Schooner Bar Deck 4
4:30 pm	All Aboard!
4:30 pm	Adult Archery Tournament (sign up's 15 minutes prior), The Labyrinth Deck 3
4.30 pm – 6:00 pm	Champagne Make Over, Olive and Twist Deck 14
5:00 pm	Pathway to Yoga (\$), Fitness Center..... Deck 11
5:00 pm	Adult Ladderball Competition, Pool Side Deck 11
5:15 pm	The Afternoon Quiz, Schooner Bar..... Deck 4
5:15 pm	Family Life Raft Challenge (for families with children between 3-11 only), Voyager Room..... Deck 12
5:15 pm – 7:00 pm	Casino Early Bird, featuring \$1 Blackjack (\$), Casino Royale..... Deck 4
5:30 pm	Adult Volleyball tournament (sign up's 15 minutes prior), Sports Court Deck 13
5:30 pm – 8:30 pm	Pinot Noir Wine Flights (\$), Vintages Deck 5

EVENING ACTIVITIES

6:00 pm	On The Big Screen: Getaway, Pool Side..... Deck 11
7:00 pm	Headliner Showtime, Alhambra Theatre..... Decks 3, 4
7:00 pm – 8:00 pm	Free Wrinkle Consultations, Royal Promenade Deck 5
7:00 pm – 1:30 am	Cigar Aficionados, Connoisseur Club..... Deck 5
8:00 pm	Music Quiz: The Beatles, Schooner Bar Deck 4
8:00 pm	The Fill It In Quiz with Eliot, Pyramid Lounge Deck 5
8:00 pm	Family Disco, Fuel..... Deck 12
8:10 pm	Summer Breeze, Royal Promanade..... Deck 5
9:00 pm	Headliner Showtime, Alhambra Theatre Decks 3, 4
10:00 pm – midnight	\$4 Absolut & RedBull Promotion, The Labyrinth ..Decks 3, 4
10:20 pm	Madhatters Ball Parade, Royal Promanade..... Deck 5
10:45 pm	The Quest, Studio B Deck 3
11:00 pm	(\$) Paradise Lotto Draw, Casino Royale Deck 4
11:15 pm	(\$) Paradise Lotto 2nd Chance Draw, Casino Royale .Deck 4
11:30 pm	Adult Karaoke Superstar: Round 1, On Air Deck 3

MUSIC AND DANCING

Afternoon Serenade with Sounds of Life

2:45 pm – 3:00 pm	Sky Bridge, Royal Promenade, Deck 5
4:15 pm – 5:00 pm	Sky Bridge, Royal Promenade, Deck 5

Poolside Music with the Caribbean Sounds of Extra Band

3:30 pm – 4:15 pm	Poolside, Deck 11
4:45 pm – 5:30 pm (Sail-Away)	Poolside, Deck 11

Dinning Room Music with Sounds of Life

6:00 pm – 6:45 pm	Dining Room, Decks 3, 4, 5
8:30 pm – 9:15 pm	Dining Room, Decks 3, 4, 5

Dancing to the Caribbean Sounds of Extra Band

7:45 pm – 8:30 pm	Boleros, Deck 4
11:00 pm – late	Boleros, Deck 4

Ballroom & Latin Dance Music with Bamboleo

9:15 pm – 10:00 pm	Pyramid Lounge, Deck 5
11:00 pm – late	Pyramid Lounge, Deck 5

Pub Entertainment with Damian Joyce

9:45 pm – late	Dog & Badger Pub, Deck 5
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Michael Jackson Hour with DJ Rob

10:00 pm – 11:00 pm	The Labyrinth, Deck 3
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Easy Listening with Sounds of Life

10:00 pm – 10:45 pm	Olive or Twist, Deck 14
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All Night Hits with DJ Rob

11:00 pm - late	The Labyrinth, Deck 3
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Jazz Cabaret with the Royal Caribbean Singers and The Independence of the Seas Jazz Quintet

11:15 pm – midnight	Olive or Twist, Deck 14
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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 Olden
T.R. Shipping Repr,
Nordfjord Service Tel: +47 57 87 34 15.
Terminal AS Fax: +47 57 87 34 61.
N – 6783 Stryn Aoh +47 91 31 49 25.
Norway Contact Mr. Aslak Lefdal
E-mail post@nst-olden.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.