



CRUISE COMPASS

Independence of the Seas®

DAY 6

Thursday, May 22, 2014
Ålesund, Norway

WELCOME TO ÅLESUND, A CHARMING CITY REBUILT IN STYLE.

Even if you've never heard of Art Nouveau, there's a distinctive quality about Ålesund that is simply irresistible. The majestic surroundings alone are enough to captivate your attention, with its picturesque harbor, fjords and snow-capped peaks of the Sunnmøre Alps. But it's the architectural style that truly sets this Norwegian fishing center apart. After a devastating fire in 1904, Ålesund was entirely rebuilt in the Art Nouveau style that was popular at the time. While it may have lost the historic look of its Viking past, you'll find it certainly didn't lose any of its charm. A leisurely stroll through the pedestrian zone lets you fully appreciate the decorative details. A myriad of turrets, spires and imaginative ornaments.

Back Onboard

1. Formal Night Photos With Captain Henrik Loy

This is your last chance to have your picture taken with Captain Henrik Loy, Master of the Independence of the Seas.

7:30 pm to 8:00 pm, Royal Promenade, Deck 5 Forward,

2. Go Smile Teeth Whitening

Whiten your teeth up to 6 shades with the fast, effective, pain free and sensitivity free treatment. Cruise special price \$149 saving \$50.

Book today for a free consultation. Day Spa Deck 12. Call 6982.

3. What is botox and how does it work

Did you know BOTOX® has been around for more than 15 years and was used for medical treatments before being used to treat wrinkles. More than three million Britons are having these treatments each year. Join Dr. Andi for this informative seminar to find out how he can help you look younger.

4. Park West Gallery

Park West Gallery is one of the world's largest privately owned art dealers Offering one of the most exquisite collecting opportunities, Park West deals with the Old Masters, the Modern Masters and the who's who of today's art world. This Cruise you have the opportunity to collect works by some of the great Old Masters as well as some of the Current Modern Masters at up to 40% below land gallery prices.

5. The Liars Club Show

Come and meet our specialist panel of so called 'experts'. We will give them a word and then each of them will give their own definition of what they think it means. However only one of them is telling the truth. Can you guess who it is? Do not miss this one. Recommended for adults.

10:30 pm, Pyramid Lounge, Deck 5.

SHORE EXCURSIONS SO MUCH TO DO

So much to see and so little time. But don't worry, we've narrowed it down to the best of the best in every port of call. From fast-paced adventures to cultural tours, you'll find tons of opportunities to discover your destination. To find out about all our fabulous shore excursions available on your cruise vacation, tune into Channel 15 on your stateroom TV for complete details. Have fun planning your adventures.

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! Draw takes place tomorrow at 10:15 pm.

SLOTS PAYOUT

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

TODAY'S FORECAST

Mostly Cloudy

High Temperature: 67°F (20°C)

Sunrise: 4:27 am

Sunset: 10:20 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 3:30 pm.



Tonight's Dinner Dress Suggestion

Formal

Be safe

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

Independent Vendor Rental Advisory

Guests are cautioned against renting personal watercrafts or mopeds in ports of call from vendors not associated with Royal Caribbean International. Unfamiliar environments, questionable personal protection devices, and unknown maintenance of equipment may result in a serious accident. For your safety, we offer trained and experienced instructors through organized shore excursions.

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.

Settling your accounts

If you have elected to settle your account with cash please be informed that there is a \$500 limit before you need to make a payment. In order to avoid lining up at the Guest Services Desk to pay your onboard account you may register a credit card today at the Guest Services Desk.

Lost & Found

If you've lost it, we might have found it. Stop by Guest Services and see.

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 !

10% OFF FASHION WATCHES

This offer is not to be missed, with all Guess, DKNY, Fossil, Diesel and Armani watches with a further 10% off the already tax and duty free prices.

LOOK YOUNGER TODAY

Find out how to smooth away fine lines and get that rejuvenated fresh look. Book your complimentary consultation now with Dr. Andi, our onboard Medispa Physician. Call the Day Spa at 6982 or visit us on Deck 12 forward.

MARGARITA MADNESS

Enjoy two margaritas for the price of one in Boleros and the Schooner Bar between 3:30 pm and 8:30 pm.

WINE TASTING IN VINTAGES

Join us in Vintages on Deck 5 today at 5:30 pm for French Wine Flights and learn all about the best French wines onboard.

TOP WOW TOUR TIPS FOR STAVANGER

So many different ways to explore our private paradise. From total relaxation to high energy thrills you will be captivated by breathtaking land and seascapes. Take advantage of the special packages available onboard. Let us plan your perfect day ashore. The deadline to book onboard is 8:00 pm today. Shore Excursions Desk, Deck 5.

20 20 20 SPECIAL

Tailor make your own spa treatments. Choose any 3 of the below treatments for only \$119. 20 minute back massage, 20 minute hand and arm massage, 20 minute foot and ankle massage, 20 minute back neck and shoulder exfoliation or a 20 minute mini facial. Day Spa Deck 12, Call 6982.

PARK WEST GALLERY

The 30 000 years of art history seminar. Join your onboard art team for an incredible journey through art history, showing 30 000 years of art history and how it has effected us today. Whether you're an art major or would just love to learn more about today's masters in the art world, come and join us for this interesting & educational event.

Time: 3:45 pm, On Air, Deck 3 Midship.

CRUISE DIRECTOR'S PICK OF THE DAY

ONBOARD SHOPPING NORWEGIAN BAZAAR

Tonight we have a range of locally delivered Norwegian souvenirs on display. From Trolls to jumpers, postcards to soft toys, all at tax free prices. Hurry as stock is limited and once its gone, its gone! Don't forget tomorrow's chance to win \$1,000.



ACTIVITIES AND ENTERTAINMENT HIGHLIGHTS

TODAY'S SHOWS

Freeze Frame – An Ice Spectacular

Starring our International Ice Cast
Showtimes: 5:15 pm & 7:45 pm,
Studio B *, Deck 3 aft.

Important note: The entrance to the Studio B ice rink is only at the back of the ship (AFT end) on Deck 3. You'll find it right next to On Air. Doors will open for non-ticket holders 5 minutes prior to showtime to frequent any remaining seats.

Production Showtime

Starring The Royal Caribbean Singers and Dancers & World Class Musicians in...

Center Stage

Showtimes: 9:00 pm & 10:45 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

Another installment of the Morning Show with information on yourday ahead. Remember to send in your Brain Teaser answers, requests, shout out's, dedications and general banter via the RCTV Morning Show Drop Box situated outside Café Promenade, Deck 5. Join your Cruise Director and Activities Manager for the show on Stateroom TV Channel 14, midnight to noon.

Tri-Bond Quiz

Here's a trivia challenge with an interesting twist. With this quiz, you get three clues for each question. The difference is you have to come up with their common denominator. See if you have what it takes to put all the pieces together.
11:00 am, Schooner Bar, Deck 4.

On The Big Screen: Enders Game (PG - 13)

Young Ender Wiggin is recruited by the International Military to lead the fight against the Formics, a genocidal alien race which nearly annihilated the human race in a previous invasion.
1:00 pm & 6:00 pm, Pool Side, Deck 11.

Adult Jewelry Beading workshop

Have you ever wanted to create your own custom made jewelry collection? With the help of your Cruise Director's Staff you will learn to design and produce amazing pieces in a variety of different colors and styles. 4:15 pm, Olive or Twist, Deck 14.

RCTV Radio: A-Z of Artists, Part 1

Join your Cruise Director as he plays all-time hits by artists. It's music to make you feel good — from A all the way to Z. Tonight is the first of a two-part show playing artists A through M. Be sure to tune in to RCTV (stateroom TV Channel 14) from 5:00 pm to 6:00 pm. (The show also repeats from 6:00 pm to 8:00 pm).

EVENING ACTIVITIES

The Double 8:00 pm Quiz

Choose between the 'Songs With Colour' Music Quiz in the Schooner Bar, Deck 4 or The Pub Quiz (Part 2) in the Pyramid Lounge, Deck 5.

Rock-a-Rokie with Rock The Boat

This is your chance to party like a rock star! Perform LIVE with a rock band and live out your fantasies in front of a roaring crowd. Feel free to sign a few autographs after your performance. Adult participants only. 11:15 pm, Pyramid Lounge, Deck 5.



**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)	4:15 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 SeaSM	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)	4:00 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

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

Rock Climbing Wall***

3:30 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.

3:30 pm	Adult Ten Pin Bowling Tournament	
	The Labyrinth	Deck 3
4:30 pm	Adult Longest Drive	
	Golf Simulator	Deck 13
5:30 pm	Adult Table Tennis 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 onlineSM**, 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.

INTRODUCING QUANTUM OF THE SEASSM

Prepare to be Wowed. Royal Caribbean's newest ship takes cruising to an entirely new level, with redesigned staterooms, innovative onboard features, and all-new venues that transform throughout the cruise. Be the first to experience this ship when it sails Fall 2014 from Cape Liberty, New Jersey. Visit the Loyalty and Cruise Sales Desk, Deck 5 or RoyalCaribbean.com/QuantumoftheSeas to learn more.

DAY 6 Thursday, May 22, 2014

Today we are in Alesund, Norway

ACTIVITIES 360 DAY: RELAX

TONIGHT'S DINNER DRESS SUGGESTION:
Formal

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
<i>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.</i>		

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.

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 - CARIBBEAN TEA \$7.50

A perfect mix of Smirnoff Vodka, Bacardi Superior Rum, Gin, sweet blue Curacao and tangy sweet & sour, topped with sprite. Served on the rocks 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
24 hours	Shore Excursions Information Channel 15
24 hours	Destinations Information Channel 22
Until Noon	The Independence Morning Show with your Cruise Director, Joff and Activities Manager, Tim, Stateroom TV 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 Ålesund, Norway
9:00 am	Daily Trivia Sheet Available, Library Deck 7
9:00 am – 11:00 am	50% off Eye-Opener Cocktails, Casino Bar Deck 4
10:00 am	Morning Quiz, Schooner Bar Deck 4
10:00 am – 2:00 pm	Open Play Nintendo Wii, On Air Deck 3
11:00 am	Tri-Bond Quiz, Schooner Bar Deck 4

AFTERNOON ACTIVITIES

1:00 pm	Line Dance Class, Pyramid Lounge Deck 5
1:00 pm	On The Big Screen: Enders Game, Pool Side Deck 11
2:00 pm	Nintendo Wii Tournament: Frisbee Throw, On Air Deck 3
3:00 pm	Non Surgical Facelifts With Dr. Alinsod, Day Spa Deck 12
3:00 pm	Adult Baggo Tournament, Pool Side Deck 11
3:30 pm	All Aboard!
3:30 pm	Adult ten Pin Bowling Tournament (sign up's 15 minutes prior), The Labyrinth Deck 3
3:30 pm	Seminar: Puffy Eyes, Day Spa Deck 12
3:30 pm – 4:30 pm	2-4-1 Margaritas, Boleros & Schooner Bar Deck 4
3:45 pm	Seminar: 30 000 Years of Art History, On Air Deck 3
4:00 pm	Scattergories, Schooner Bar Deck 4
4:00 pm	Complimentary Foot Print Analysis, Fitness Center ... Deck 11
4:00 pm	Seminar: Acupuncture Digestive Ease, Day Spa Deck 12
4:15 pm	Adult Jewelry Beading Workshop - Part 2, Olive or Twist Deck 14
4:15 pm – 7:00 pm	Casino Early Bird (\$), featuring \$1 Blackjack, Casino Royale Deck 4
4:30 pm	Adult Longest Drive (sign up's 15 minutes prior), Golf Simulator Deck 13
5:00 pm	Gravity Reformer Class (\$), Fitness Center Deck 11
5:00 pm – 6:00 pm	RCTV Radio with your Cruise Director, Stateroom TV ... Ch 14
5:15 pm	Freeze Frame - An Ice Spectacular, Studio B .. Deck 3 Aft
5:15 pm	The Afternoon Quiz, Schooner Bar Deck 4
5:30 pm	Adult Table Tennis Tournament (sign up's 15 minutes prior), Outer Deck, Aft Deck 14
5:30 pm – 8:30 pm	French Wine Flights (\$), Vintages Deck 5

EVENING ACTIVITIES

6:00 pm	On The Big Screen: Enders Game, Pool Side Deck 11
6:00 pm – 8:00 pm	RCTV Radio with your Cruise Director (a repeat of the 5:00 pm Show), Stateroom TV Ch 14
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
7:45 pm	Freeze Frame - An Ice Spectacular, Studio B .. Deck 3 Aft
8:00 pm	The Pub Quiz - Part 2, Pyramid Lounge Deck 5
8:00 pm	Music Quiz: Songs with Color, Schooner Bar Deck 4

8:00 pm	Family Flinch, Voyager Room Deck 12
9:00 pm	Production Showtime: Alhambra Theatre Decks 3, 4
10:00 pm – midnight	50% off all drinks for Ladies, The Labyrinth Deck 3, 4
10:30 pm	The Liars Club Gameshow, Pyramid Lounge Deck 5
10:45 pm	Production Showtime: Alhambra Theatre Decks 3, 4
11:00 pm	Paradise Lotto Live Draw (\$), Casino Royale Deck 4
11:15 pm	Paradise Lotto 2nd Chance Draw, Casino Royale Deck 4
11:15 pm	Rock-A-Rokie with Rock The Boat, Pyramid Lounge .. Deck 5

MUSIC AND DANCING

Sail-Away with the Caribbean Sounds of Extra Band

3:45 pm – 4:30 pm Poolside, Deck 11

Dance to the Caribbean Sounds of Extra Band

7:45 pm – 8:30 pm Boleros, Deck 4

10:00 pm – late Boleros, Deck 4

Classic Rock with Rock the Boat

9:45 pm – 10:25 pm Pyramid Lounge, Deck 5

Pub Entertainment with Damian Joyce

9:45 pm – late Dog & Badger Pub, Deck 5

Rock-A-Rokie with Rock the Boat

11:15 pm – late Pyramid Lounge, Deck 5

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 Ålesund

T.R. Shipping Dept

Ålesund Tel: +47 97 53 23 19 .

Nedre Strandgate 1. Fax: +47 22 47 70 09 .

N-6004 Ålesund Aoh +47 97 53 23 19 .

Aoh +47 40 07 36 01 .

Norway Contact Mr. Amund Halsebakke

E-mail - alesund@portagent.no / amund.halsebakke@c2i.net

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.