



CRUISE COMPASS

Independence of the Seas®

DAY 7

Friday, May 23, 2014
Stavanger, Norway

EXPERIENCE EVERY STAGE OF EXCITING STAVANGER.

Centuries of history coupled with a newfound cosmopolitan vibe make Stavanger one of Norway's most delightful destinations. The city was officially founded in 1125, marked by the grand opening of the main cathedral. Throughout its medieval past, Stavanger flourished as a religious center. Then in the 19th century, a fishing boom transformed the town into a major herring hub. Opportunity altered the city's path once more in the 1960's when oil was discovered in the North Sea. Needless to say, Stavanger became an overnight success and its population skyrocketed. Since then, the city with Viking roots has emerged as a cultural hot spot with an international flavor.

While in Stavanger, a visit to the old part of town is truly a feast for the senses. Whitewashed wooden houses line cobblestone streets, while local artists live and work inside the 18th century structures. Travel even further back in time to the Viking Age with a visit to a nearby Iron Age Farm, now a living museum. Or sail through the Lysefjord to the Pulpit Rock, one of the most iconic natural formations in all of Norway.

Back Onboard

1. \$1,000 Giveaway Tonight!

Don't forget this incredible special offer on for this cruise. With every purchase over \$30 you'll be entered into the prize draw to win a \$1,000 gift voucher. Tonight's draw will take place on the Royal Promenade at 8:15pm; you have to be present to win. Good luck!

2. Day Spa Mix and Match Combo

Choose any two treatments for \$109 saving \$50. 25 minute back massage, 25 minute body exfoliation, 25 minute mini facial, 25 minute reflexology and 25 minute scalp massage. Choose a third treat for only \$40. Day Spa Deck 12, Call 6982.

3. Unlimited Get the Picture Photo package Raffle Draw

Buy the unlimited Get the Picture Photo Package and you will automatically be entered into the raffle draw to win your purchase for free. Draw takes place in the Photo Gallery on Deck 4 at 10:45 pm.

4. Rock Britannia

Join your Cruise Director, Joff and his Staff as The Beatles, British Bobbies, Rock-n-Roll and more are celebrated in this superb dance party in the street Music you can't help but love. 10:30 pm, Royal Promenade, Deck 5.

5. Adult Karaoke Superstar - Round 2

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 - late, On Air, Deck 3.

OUR SHORE EXCURSION GUARANTEE

Convenience, priority departure, peace of mind, expertise and flexibility. Our dedicated team helps you choose the right tour, depart the ship easily and can accommodate changes in plans. Visit the Shore Excursion Desk today and our Destination Experts will help you choose and book your tours for the entire voyage.

WIN UP TO \$2,000 ONBOARD CREDIT

Play the Slots in Casino Royale, earn 25 points and you will receive an automatic entry into our "Wipeout Promotion" draw, to have up to \$2,000 wiped off your onboard account today at 10:15 pm!

SLOTS PAYOUT

This cruise the slot machines in Casino Royale® have paid out more than \$36,000!

TODAY'S FORECAST

Mostly Cloudy

High Temperature: 64°F (20°C)

Sunrise: 4:50 am

Sunset: 10:16 pm



IMPORTANT THINGS TO KNOW TODAY



Ship's Arrival: 9:00 am.

Expected Ship's Clearance: 9:15 am.

All Aboard: All guests must be aboard by 5:30 pm.

Tonight's Dinner Dress Suggestion

Casual

VAT Refund from Norway

Have you made purchases over NOK 315 in any of the Norwegian ports this holiday? Got your Tax Free form from the shop ashore? Today in Stavanger from 3:00 pm to 5:30 pm at Business Services, Deck 6 aft, Representatives from Global Blue will be available to process your tax refunds, either in cash (US Dollars) or to your credit card. Tax free shopping is valid for all residents of countries outside Norway, Sweden, Finland, and Denmark. Please fill in your Tax Free form prior to proceeding to Business Services.

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.

Inclement Weather Advisory

In the event the ship experiences unusual weather or sea conditions causing excessive motion, we advise you to exercise caution. Use available handrails throughout the ship and watch hands and fingers in the doorways. Also, all guests should take extra care when on open decks — there may be strong winds, and/or decks may become slippery when wet. Thank you for your attention in this important matter.

Avoid The Lines

Save time and avoid standing in line. Place a credit card on your SeaPass account today. Guests who are on a cash account will be required to pay at Guest Services, however those with a credit card on their account will be automatically billed. A copy of your SeaPass account will be delivered to your stateroom on departure morning to verify all charges before your credit card is charged.

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.

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 !

SHORE EXCURSIONS

Extend Your Cruise Vacation. We have plenty of activities to keep the fun going. In fact, some excursions include a convenient airport drop-off at the end of the tour! Visit Stonehenge the oldest structure in Europe and the fields that have mesmerized visitors and inspired photographers since the dawn of time. Or travel towards Windsor, the largest fortress of its kind. These tours are available for all guests with departing flights after 4:30 pm. For more details please consult with the Shore Excursions Desk located at Deck 5 Royal Promenade.

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.

\$10 EVENT AT THE SHOPS ONBOARD

Tonight we have the biggest event of the cruise, our Bijoux Turner Blowout! Everything you see is just \$10 each, ranging from bags to watches, sun-glasses to pashminas. Be there early to avoid disappointment because when it's gone, it's gone!

TWO FOR ONE TEQUILA SUNRISES

Enjoy two Tequila Sunrises for the price of one in Boleros and the Schooner Bar from 3:30 pm till 4:00 pm.

SPANISH WINE FLIGHTS

Join us in Vintages on Deck 5 and learn all about the best Spanish wines we have onboard the Independence of the Seas.

SOPHIA FIORI DIAMONDS A GIRL'S BEST FRIEND

Sophia Fiori is an LA based designer, wholesaler and one of Hollywood's favorite designers. Industry leaders in vivid colored diamonds and more specifically Caribbean blue diamonds - one of the single most popular purchases at sea because it reminds everyone of the colors of the Caribbean. Jewelry Boutique, Deck 5. Try on any Sophia Fiori piece today and receive a free petal pendant!

COMPLIMENTARY GOOD FEET ANALYSIS

Do you suffer with back pain? Knee pain? Hip pain? The answer could be in your foot print. Come to the Fitness Center on Deck 11 today for a free foot print analysis and find out if your feet are supporting your body properly.

CRUISE DIRECTOR'S PICK OF THE DAY

SNEAK PEAK

Stop by and preview a few of the artworks available at the upcoming Grand Finale Art Auction. Works by artists such as Gockel, Nixon, Krasnyansky, Glenn, and many more are available for collecting in the Gallery. Don't forget to ask for your complimentary raffle tickets for tomorrow's Final Auction. Time: 6:00 pm - 11:00 pm Art Gallery, Deck 3, midship.



ACTIVITIES AND ENTERTAINMENT HIGHLIGHTS

TODAY'S SHOWS

Headliner Showtime The Bohemians

Internationally Renowned Queen Tribute

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

Community Bulletin Board

Looking for like-minded interests? Friends of Bill W., Bridge players, Service Club members, etc. Check out the Community Bulletin Board, Royal Promenade, Deck 5.

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

Adult Card Making Workshop

Join us for a special card-making workshop, and discover the beautiful art of creating personalized greetings for any theme and any event imaginable. We'll have plenty of premade paper crafting supplies on hand to let your creativity flow.

4:00 pm, On Air, Deck 3

RCTV Radio: A-Z of Artists, Part 2

Tonight we've got even more music to make you feel good. Join your Cruise Director for the second part of The A-Z of Artists, featuring an hour of the very best hits from N to Z. It's all on 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

On The Big Screen: Chicago (PG - 13)

Murderesses Velma Kelly (a chanteuse and tease who killed her husband and sister after finding them in bed together) and Roxie Hart (who killed her boyfriend when she discovered he wasn't going to make her a star) find themselves on death row together and fight for the fame that will keep them from the gallows in 1920s Chicago. 1:00 pm & 7:00 pm, Poolside, Deck 11.

Hits of the Brits Hour

The best of British rock and pop, from the 50's to today through till today. 10:00 pm - 11:00 pm, The Labyrinth, Decks 3, 4.

Rock Britannia

Join your Cruise Director, Joff and his Staff as The Beatles, British Bobbies, Rock-n-Roll and more are celebrated in this superb dance party in the street. Music you can't help but love.

10:30 pm, Royal Promenade, Deck 5.

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 - late, On Air, Deck 3.



OPEN HOURS



DAILY PLANNER

Independence of the Seas®

Art Gallery (Dial 3869)	6:00 pm – 11:00 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 / 5:00 pm – 9:00 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	Closed	Deck 5
Shops Onboard (Dial 3867)	6:00 pm – 11:00 pm	Deck 5
Shore Excursions Desk (Dial 7025)	6:00 pm – 7:00 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***
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.		
	4:00 pm	Adult Closest to the pin
		Golf Simulator Deck 13
	5:30 pm	Adult Football 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.

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 7 Friday, May 23, 2014
 Today we are in Stavanger, 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

11:30 am – 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.

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 - VIKING PUNCH \$7.50
 An incredibly refreshing blend of orange and pineapple juices, hand shaken to combine the subtle hints of vanilla and caramelized sugar found in Captain Morgan's Original Spiced Rum, with a splash of grenadine and blackberry brandy 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	Quiet Zone, Library Deck 7
24 hours	Cards & Games Available, Seven Hearts Deck 14
Until noon	The Independence Morning TV Show with Joff & Tim, Stateroom TV Ch 14
7:00 am	☯ Vitality Stretch, Fitness Center. Deck 11
7:30 am	☯ Fab Abs, Fitness Center Deck 11
9:00 am	Estimated Time of Arrival in Stavanger, 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 – 12:45 pm	Nintendo Wii Open Play: Sports Package, On Air Deck 3
11:00 am	Adult Baggo Competition, Pool Side. Deck 11

AFTERNOON ACTIVITIES

12:45 pm	Nintendo Wii Tournament: Bowling, On Air. Deck 3
1:00 pm	On The Big Screen: Chicago, Pool Side Deck 11
1:30 pm	Red Themed Quiz, Schooner Bar Deck 4
2:30 pm	Adult Killer Darts Tournament, The Labyrinth Deck 3
3:00 pm	Ariel Views Quiz, Schooner Bar. Deck 4
3:00 pm	Seminar: No More Puffy Eyes, Day Spa. Deck 12
3:30 pm	Cartoon Characters Visual Quiz, Pyramid Lounge. . . . Deck 5
3:30 pm – 4:00 pm	2-4-1 Tequila Sunrise's, Boleros & Schooner Bar Deck 4
4:00 pm	Adult Card Making Workshop, On Air Deck 3
4:00 pm	Complimentary Foot Print Analysis, Day Spa Deck 12
4:00 pm	Adult Closest to the Pin (sign up's 15 minutes prior), Golf Simulator Deck 13
4:30 pm	Sudoku Challenge, Schooner Bar Deck 4
4:30 pm	Swollen Feet & Ankle Remedies, Day Spa Deck 12
5:00 pm	Sunset Stretch, Fitness Center Deck 11
5:15 pm	The Afternoon Quiz, Schooner Bar. Deck 4
5:15 pm	Sabbath Service (self led) Jade, Windjammer Deck 11
5:15 pm	Family Bingo (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	All Aboard!
5:30 pm	Adult 4 on 4 Football (sign up's 15 minutes prior), Sports Court. Deck 13
5:30 pm – 8:30 pm	Spanish Wine Flights (\$), Vintages Deck 5

EVENING ACTIVITIES

6:00 pm	Sneak Peak Preview, Art Gallery Deck 3
7:00 pm	☯ Headliner Showtime, Alhambra Theatre. Decks 3, 4
7:00 pm	On The Big Screen: Chicago, Pool Side Deck 11
7:45 pm	The Nostalgia Years Quiz with Pablo, On Air Deck 3
7:30 pm – 9:00 pm	Spa Extravaganza, Royal Promenade Deck 5
8:00 pm	Music Quiz: Movie Love Themes, Schooner Bar Deck 4
8:00 pm	Family Quest (for families with children between 3-11 only), Fuel Deck 12
9:00 pm	☯ Headliner Showtime, Alhambra Theatre. Decks 3, 4
10:00 pm – midnight	\$4 Cosmo Promotions, The Labyrinth Decks 3, 4
10:30 pm	Rock Britannia – Street Party, Royal Promenade Deck 5
11:00 pm	Paradise Lotto Live Draw (\$), Casino Royale. Deck 4
11:15 pm	Paradise Lotto 2nd Chance Draw, Casino Royale Deck 4
11:30 pm – late	Adult Karaoke Superstar – Round 2, On Air Deck 3

MUSIC AND DANCING

Poolside with the Latin Sounds of Bamboleo	
4:30 pm – 5:15 pm	Poolside, Deck 11
5:45 pm – 6:30 pm (Sail-Away)	Poolside, Deck 11
Dining 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
Latin & Pop Dance Music with Bamboleo	
7:45 pm – 8:30 pm	Boleros, Deck 4
11:15 pm – late	Boleros, Deck 4
Rockin' Out with Rock the Boat	
9:45 pm – 10:30 pm	Pyramid Lounge, Deck 5
Schooner Bar Entertainment with Piano Man Simon John	
9:45 pm – late	Schooner Bar, Deck 4
Pub Entertainment with Damian Joyce	
9:45 pm – late	Dog & Badger Pub, Deck 5
Hits of the Brits Hour	
10:00 pm – 11:00 pm	The Labyrinth, Deck 3
Club Hits	
11:00 pm – late	The Labyrinth, Deck 3
British Invasion 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 Stavanger :
 T.R. Shipping Dept Stavanger Tel: +47 48 12 63 20 .
 Nedre Strandgate 11 A Fax +47 22 47 70 09 .
 N-4001 Stavanger Aoh +47 48 12 63 20 .
 Norway Aoh +47 40 07 36 02 .
 Contact Mr. Bjorn Erik Julseth.
 E-mail - stavanger@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.