

Freestyle DAILY

NCL

NORWEGIAN CRUISE LINE

FREESTYLE CRUISING

Saturday March 18th, 2006Norwegian Sun
Miami, FloridaToday's Forecast
Mostly Cloudy, 78F / 26CSunset
6:30PMSuggested Attire
Resort CasualItinerary
Eastern Caribbean**WELCOME ABOARD THE M/S NORWEGIAN SUN**

On behalf of Captain **Trygve Vorren**, Officers, Staff and Crew, we welcome you aboard the Norwegian Sun for the voyage of a lifetime!

IMPORTANT EMBARKATION INFORMATION

- Your Luggage will be delivered to your cabin as quickly as possible. An announcement will be made once all luggages have been delivered.
- Our "Specialty Restaurants" have limited seating. You can make early reservations upon boarding until 5:00pm in the Grand Atrium, Deck 5, Mid or by phone # 58200
- At 4:15 PM, we are conducting the **U.S. Coast Guard Emergency Boat Drill**. This is a mandatory drill and all guest services will cease at 4:00pm, until the drill is completed. Please familiarize yourself with the safety routine and your assembly station. Also, view our safety video in your cabin on channel 28.

WHERE TO EAT LUNCH

Garden Café, Deck 11, Aft - 11:30AM-4:30PM

Great Outdoor Café, Deck 11, Aft - Noon-3:30PM

Seven Seas, Deck 5, Aft - 12:30PM-2:30PM

SHOWTIME TONIGHT**GREAT ADVENTURE SHOWTIME (ONE SHOW ONLY)**

Featuring: The Jean Ann Ryan Company, world ranked dancers *Olga and Dima* and the fabulous musical entertainment of *Dan Hodge, Harmony & Rhythm, Don Dunn*, and *Twice as Nice*.

Hosted by Cruise Director, **Linda Minnikin****9:00pm Stardust Lounge, Decks 6 & 7 Aft****SHORE EXCURSION**

The best way to explore our ports of call and to maximize your experiences is to take one of our exciting excursions. To Avoid disappointment book your excursions early as many sell out! Did you know you can book a tour 24 hours a day using the kiosk by the Shore Ex desk? Check it out today!

Desk: 1:00PM-4:00PM, 5:00-8:00PMLocation: Atrium, Deck 5, Mid**SUN CLUB CASINO**

Come into the Sun Club Casino from 1:00pm and sign up for your FREE Casinos at Sea player's card! Earn Seabucks which can be used towards your onboard account! 1 hrs after sailing it's the Casino launch party with FREE rum punch! Pay \$10, get \$15 in table chips with Triple Play Chips! Ask about our tournaments today !!!

Hours: 1 hrs after sailing - CloseLocation: Casino, Deck 7, Mid**SAIL AWAY PARTY AND BBQ!!!**

Join *Roots Link* and your *Cruise Staff* for a fantastic time **after the boat drill** at the Poolside, Decks 11 & 12, Mid as we bid farewell to Miami. The music is engaging, our chefs are cooking up a great BBQ, and the drink special "*Bon Voyage*" is ready to quench your thirst.

LATITUDES CHECK-IN

Welcome all Latitudes members. If you are a Latitudes member and did not receive a Welcome Letter to your stateroom, please check in with your Latitudes and Future Cruise Consultant, *Candace* 5:00pm - 6:00pm, to ensure that you are included in the party during the week! Port & Cruise desk, Atrium, Deck 5, Mid Ship

FREESTYLE CRUISING

What exactly is "Freestyle Cruising"? Freestyle Cruising is the Norwegian Way of giving you the choice of how to spend your vacation. Apart from being a cruising vessel, the M/S Norwegian Sun is also a floating resort. When you go to a resort on land, nobody tells you exactly when you can eat, where you can eat, & with whom you can eat. With Freestyle Cruising the choice is yours. We invite you to enjoy the relaxed dress code. Blue jeans, shorts and tank tops are not permitted after 5:30pm in the restaurants except Garden Café, Sports Bar & Great Outdoors

Every night of the cruise you can eat at a different restaurant. Our goal is to give you the variety and freedom that you deserve on your vacation. Not only do we offer you a wide variety of cuisine & places to dine, we also invite you to choose from a variety of excellent entertainment.

With all of these choices, the inevitable question arises. Whom do I tip? On a traditional cruise, you have one Waiter, one Busboy & one Maitre' D. This voyage you can have several different Service Staff Members catering to your every need. A ten-dollar per guest, per day gratuity is added to your Onboard Credit & this amount goes to the entire service team, including your Room Steward/ess, here on the *Norwegian Sun*. For your convenience, all shipboard expenses are charged to NCL's special onboard credit program. Sign up the first day of your cruise with a credit card, traveler's check or cash. If you choose to settle your account with cash, a deposit will be required in advance.

Onboard services

Tonight join your Onboard Services Representatives to make the most of your cruise & learn what we have to offer. **8:45pm** in the
Stardust Lounge, Decks 6 & 7 Aft

AFTERNOON ACTIVITIES

Open 24 hours	Internet Café –E-mail, surf the web, use the wireless Internet	Atrium, Deck 6, Mid
Until 5:00PM	Reservations are being taken for all Specialty Restaurants	Atrium, Deck 5, Mid
11:30AM-4:30PM	Luncheon Buffet is being served. Bon Appetite!	Garden Café, Deck 11, Aft
1:00PM-4:00PM	Shore Excursion Desk – book your exciting tours	Atrium, Deck 5, Mid
1:00PM-continuous	Casinos at Sea players card and tournament sign ups	Casino, Deck 7, Mid
2:00PM	Guided Ship Tour (except Engine Room, Galley and Bridge)	Casino, Deck 7, Mid
3:00PM	Guided Ship Tour (except Engine Room, Galley and Bridge)	Casino, Deck 7, Mid
3:00PM-4:00PM	Island music with <i>Roots Link</i>	Poolside, Deck 11, Mid
4:15PM	Mandatory Lifeboat Drill - All services will cease at 4:00PM!	Public Address System
5:00PM-5:30PM	Youth and Teen Orientation and Registration	Kids Korner, Deck 7, Fwd
5:00PM-8:00PM	Shore Excursion Desk Opens – Tours WILL sell out!	Atrium, Deck 5, Mid
5:00PM-11:00PM	Traveler's Tension massage: 50 Minutes only \$79. Today Only.	Mandara Spa, Deck 11, Fwd
After Boat Drill	Sail Away Party with Live Music and a delicious BBQ!	Poolside Decks 11 & 12, Mid
5:30PM	Texas Hold'em Tournament- 5:15 sign up, 10 players only	Casino, Deck 7, Mid
5:30PM-6:30PM	Waves of Cash Blackjack Tournament	Casino, Deck 7, Mid
5:45PM-6:30PM	Free Play in the Video Arcade	Deck 11, Aft, Port
½ hr after sail	Free Casino Gaming Lessons with your friendly <i>Casino staff</i>	Casino, Deck 7, Mid
1 hr after sail	Sun Club Casino opens with Launch Party (FREE rum punch)	Casino, Deck 7, Mid

EVENING ACTIVITIES

6:30PM-7:30PM	Victory at Sea Slot Tournament	Casino, Deck 7, Mid
7:00PM	Friends of Dorothy Meet	Champagne Bar Deck 7, Mid
7:00PM-7:30PM	Traveling Solo? Sign up for a singles dinner to meet others	Library, Deck 6, Aft
7:00PM-8:00PM	Family Scavenger Hunt with the Kids Crew	Kids Korner, Deck 7, Fwd
7:00PM-8:00PM	Library is open for book selection	Library, Deck 6, Aft
7:00PM-10:00PM	FREE Liquor Tasting: Try Before You Buy	Galleria Shops, Deck 7, Aft
7:00PM-11:00PM	Stop by the Photo Gallery to view your Embarkation Photos	Photo Gallery, Deck 6, Aft
7:15PM-8:15PM	Karaoke Kickoff – Your chance to sing your favorite tune	Dazzles Disco, Deck 6, Mid
7:30PM	Pub Trivia- with your <i>Cruise Director's Staff</i>	Windjammer, Deck 6, Mid
8:00PM-9:00PM	Join <i>Dan</i> as he works his magic fingers at the piano all night	Windjammer, Deck 6, Mid
8:15PM-8:45PM	Dance to the music of the <i>Sun Showband</i>	Stardust, Deck 6, Aft
8:45PM	Onboard services presentation, great information for this cruise!	Stardust, Decks 6 & 7, Aft
9:00PM	Great Adventure Showtime hosted by your <i>Cruise Director</i>	Stardust, Decks 6 & 7, Aft
9:00PM	Teen Program Registration / Orientation	Teen Club, Deck 7, Fwd
9:45PM	Bon Voyage Bash – with your <i>Cruise Director's Staff and H&R</i>	Dazzles Disco, Deck 6, Mid
10:00PM-Close	Great songs on acoustic guitar and vocals with <i>Don Dunn</i>	Las Ramblas, Deck 12, Aft
10:15PM-Close	Get to know <i>Twice as Nice!</i>	Observation, Deck 12, Fwd
11:00PM-2:00AM	Sun Club Casino Bikini Pit	Casino, Deck 7, Mid
11:00PM-Close	<i>DJ Shijoy</i> keeps the party going - 18yrs and older after 11:00PM	Dazzles Disco, Deck 6, Mid

KNOW HOW TO FIND YOUR STATEROOM

1ST Digit = Deck #

1### = deck 11

0### = deck 10

9### = deck 9

2ND Digit = Which side of the ship

#0## = outside room port side

#1## = inside room port side

#2## = outside room starboard side

#3## = inside room starboard side

3RD Digit = Stateroom numbers

##01 to ##25 - forward elevators

##26-Upwards - aft elevators

Nautical Terms: Fwd-(Forward) Front

Aft-Back,

Port - Left Side

Mid-(Midship) Middle

Stbd-(Starboard) Right Side

1Nautical Mile = 1.15 Statue Miles = 1852 Meters = 1.852 Km 1 Knot = 1 Nautical Mile/Hour = 1.15 Statue Mile/Hour = 1,852 Km/Hour = 1 Metric Ton = 1,000 kg; 1 Gallon = 3.785 Liters; 1 Liter = 0.264 Gallon; 1 Cubic Meter = 1.308 Cubic Yards

FREESTYLE DINING

24 Hour-Service Room Service Dial #27/#28

LUNCH

11:30AM-4:30PM	Luncheon Buffet in Garden Cafe	Deck 11, Aft
Noon-3:30PM	Lunch in Great Outdoor	Deck 11, Aft
12:30PM-2:30PM	Lunch in Seven Seas	Deck 5, Aft
After Boat Drill	Sail-Away BBQ by the Poolside	Decks 11 & 12, Mid

SNACKS

Noon-10:00PM	Ice Cream at the Garden Café	Deck 11, Aft
5:00PM-6:00AM	Sports Bar late night Snacks	Deck 11, Aft
5:30PM-10:00PM	Tapas Bar- Las Ramblas	Deck 12, Aft
10:00PM-Midnight	Late Night Snacks - Garden Café	Deck 11, Aft
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid

DINNER

5:30PM-10:00PM	Bon Voyage Buffet in Garden Café	Deck 11, Aft
5:30PM-9:30PM	Bon Voyage Dinner in Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Bon Voyage Dinner in Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights</i> #93	Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza</i> #82	Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza</i> #82	Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West</i> #82	Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio</i> #80	Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro</i> #81	French / Mediterranean	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between the hours of 11:30am-5:00pm. Cover Charges Apply (Includes all food except A La Carte items) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no charge for dining in Pacific Heights or Las Ramblas.

Corkage Fee A \$15 corkage fee applies for all wines not purchased from NCL.

Customer Relations: Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

MUSIC AND DANCING WITH OUR BANDS

Roots Link

Roots Links welcomes you aboard and invites you to begin the party.

Poolside, Decks 11 & 12, Mid:
3:00PM - 4:00PM
&
After the drill to 6:30PM

Enrico

Enjoy some great piano music in the Atrium tonight.

Atrium, Deck 5, Mid

5:15PM-6:00PM

7:00PM-8:00PM

Windjammer, Deck 6, Mid

9:00PM-9:45PM

Dan Hodge

Dan enlivens the night with his piano and vocals.

Windjammer, Deck 6, Mid:

8:00PM-9:00PM

9:45PM-CLOSE

Sun Showband

Join the *Showband* for some great music tonight.

Stardust Lounge, Decks 6 & 7, Aft

8:15PM-8:45PM

Harmony & Rhythm

Harmony & Rhythm welcomes you this evening with some great music.

Dazzles, Deck 6, Mid

8:30PM-9:00PM

9:45PM-11:00PM

Don Dunn

Join *Don* on acoustic guitar and vocals this evening!

Las Ramblas, Deck 12, Aft:

10:00PM-CLOSE

Twice as Nice

Join our Dynamic Duo, *Twice as Nice* and get your cruise started.

Observation Lounge, Deck 12, Fwd:

10:15PM-CLOSE

BAR SERVICES

7:00AM-Close	Java Café Bar	Deck 5, Mid
11:30AM-Close	Sports Bar	Deck 11, Aft
11:30AM-Close	Topsiders Bar	Deck 11, Aft
11:30AM-Close	Great Outdoor	Deck 11, Aft
Noon-Close	Windjammer/Havana	Deck 6, Mid
Noon-Close	Champagne Bar	Deck 7, Mid
Noon-Close	Observation Bar	Deck 12, Fwd
1:00PM-Close	Champ's Bar	Deck 12, Fwd
5:30PM-Close	Las Ramblas	Deck 12, Aft
½ hr after sail	Casino Bar	Deck 7, Mid
7:30PM-Close	Dazzles Bar	Deck 6, Mid

PROMOTIONS

Drink of the Day:	<i>Bahama Rama Mama</i> \$8.00	All Open Bars
Coffee Special:	<i>Hazelnut</i> \$5.75	All Open Bars
Today's Smoothie:	<i>Banana</i> \$9.00 (\$6 non-alcohol)	All Open Bars
Martini:	<i>Peach Beamer</i> \$7 (5:00PM-7:00PM)	Windjammer
Liqueurs:	<i>All Liqueurs served in Love Cup</i> \$5.50	All Inside Bars
Sail away Special:	<i>Bon Voyage</i> served in an NCL Glass	Deck 11 & 12

Unlimited Soda Package – Be sure to try the Unlimited Soda Program. Drink unlimited sodas all week. (Room service beverages excluded) For more details see your bar staff. As well, ask them about the "Bar Hopping" program.

GUEST SERVICES

Open 24 hours	Body Waves Fitness Center	Deck 11, Fwd
1 hr after sail	Casino Opens	Deck 7, Mid
5:30PM-11:00PM	Galleria Tax Free Shops	Deck 7, Aft
6:00PM-11:00PM	Hollywood@Sea DVD rentals	Deck 6, Mid
Noon-Midnight	Hot Tubs open	Decks 11 & 12
Open 24 hours	Internet Café	Deck 6, Mid
Noon-11:00PM	Mandara Spa & Salon - #29	Deck 11, Fwd
4:00PM-5:00PM	Medical Center	Deck 3, Fwd
7:00PM-11:00PM	Photo Gallery / Photo Shop	Deck 6, Aft
Noon-10:00PM	Pools are open	Decks 11 & 12
5:00PM-6:00PM	Latitude & Future Cruise Consultant	Atrium, Deck 5
9:30PM-10:30PM	Port & Shopping Consultant	Atrium, Deck 5
Open 24 hours	Reception Desk	Atrium, Deck 5
1:00PM- 4:00PM	Shore Excursion Desk	Atrium, Deck 5
5:00PM- 8:00PM	Shore Excursion Desk	Atrium, Deck 5
Open 24 hrs	Shore Excursion Self Help Kiosk	Atrium, Deck 5

Emergency Number: The ships emergency number is 911 from any ships phone!

Medical Sharps: Ask your room steward for a sharps container for needle disposal

Environmental Hotline: You may phone hotline at 877-501-5976 or E-mail semshotline@ncl.com Reports are confidential.

Casino: Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule.

Alcohol Policy: Alcoholic beverages purchased on land will be collected & secured in our bonded stores and available for pick up on debarkation morning. Service and consumption of alcoholic beverages requires 21 years of age. With written parental consent, guests 18 years and above may purchase and consume beer and wine.

Smoking Policy: Smoking permitted in designated areas & open decks. Cigar & Pipe smoking are permitted in the Havana club Deck 6, Mid & open decks.

Open Flames: Open flames are prohibited, including candles and burning incense!

ON BOARD SERVICES

MANDARA SPA

Mandara Spa featuring sensory Hot Stone Massage, Slimming Seaweed & French Facial. Don't forget to book your hair / nail appointments for tomorrow's optional formal evening to avoid disappointment! **Traveler's Tension: Relaxing Massage, 50 min. today only for \$79.00**

GALLERIA SHOPS

All your basic sundry items and a variety of goods can be found in the Galleria Shops. Tonight Only: FREE Liquor tasting! Purchase your liquor before Wednesday and be entered to win 50% off your order! Can you spot the fake Emerald Ring? Winners receive \$100 worth of free jewelry.

INTERNET CAFE

Purchase an Internet Time Plan Today and receive up to 20 additional minutes free! Enter the raffle for your chance to win 100 free minutes! Wireless access now available.

Eldon is available from 2:00-5:00PM and again from 8:00-11:00PM

HOLLYWOOD@SEA

Stop by Deck 6 and visit Hollywood@Sea. DVD's available to rent, \$5.95 for 24hrs, or purchase. CD's are also available for purchase. Get an unlimited DVD rental package for the week for just \$32.95. 6:00PM-11:00PM Deck 6, Mid, Atrium

ART GALLERY

Norwegian Sun is proud to have one of the finest art collections on the seven seas. Visit the art gallery on deck 7, Atrium to view everything from the Masters through to sports memorabilia. Watch this space for upcoming auctions with your Art Director Marcus.

PHOTO GALLERY

Embarkation Photos are ready, ask about our Folio Deal, SAVE \$\$\$
Deck 6, Mid

IMPORTANT NOTICE(cont):

Diapers: Diapers are not permitted in the pools or hot tubs by persons of any age!

Dress Code: Blue jeans, shorts and tank tops are not permitted after 5:30pm in the restaurants except Garden Café & Sports Bar.



NORWEGIAN CRUISE LINE

PRESTIGE CRUISING