

KNOW BEFORE YOU GO

The Mediterranean Well-Being Adventure Cruise

May 29 - June 8, 2008

How much time do I need to allow for embarking and disembarking?

For air arrivals and departures into Rome it is recommended that guests allow adequate time for transfer between the airport and pier, customs inspections and airport security checks. Driving time from the Rome airport to the port is approx. 1½ hours. On the day of departure (May 29) flights should arrive no later than 1 pm into Rome and on the day the ship returns (June 8) flights should depart after 12:00 pm.

Can I purchase transfers to the ship?

May 29th transfer Options

1) If you are staying in central Rome the night before embarkation, Worldview Travel is offering group transfers to the pier on May 29th from several pre-determined locations in central Rome for \$75 per person. Please see the separate "Rome Bus Transfers" document for more details. You must let us know if you require a transfer from Rome to the Pier **no later than April 1, 2008.**

2) If you are arriving on the day of departure we can arrange for a Holland transfer from the airport directly to the pier for \$92 per person. For those using Holland America's transfers from the airport to the pier it is mandatory that you Email us with all flight details **no later than April 1, 2008.**

June 8th Transfer Options

Worldview Travel is offering transfers to the airport on June 8th and to central Rome. Cost: \$75 per person.

It is mandatory that you Email us with your travel arrangements including air flight information to PattiR@worldviewtravel.com prior to April 1, 2008 for any of these transfer options.

In your final cruise documents, which will be sent in late April, instructions and details will be included for all those reserving our transfers. The approximate distance from the Rome airport to the port is 50 miles.

Pre and Post Hotel Options in Rome

Worldview Travel is offering some hotel suggestions in central Rome. Information is listed in the document called "Rome Hotel Info". There are also many good discount internet sites available for booking hotels such as www.kayak.com or www.venere.com offering a variety of different priced hotel options.

When may I embark the ship?

The *m/s Noordam* departs from Rome at 6 pm. **Embarkation begins at approximately 1 pm.** Guests are requested to be on board no later than one hour prior to sailing time.

Making dining room reservations?

You may request one of two dining options—early (6:15 pm) or late (8:00 pm) seating. Holland America will make every effort to honor your request. All dining requests must be made in advance of sailing through Worldview Travel, and will be noted on your confirmation letter. **Table companion seating preferences must be given to Worldview Travel by April 11th.** For a buffet style restaurant you can try the Lido Deck Buffet which is complimentary and attire is always casual.

Reservation-Only Dining Room

As a delicious alternative to the main dining room, you might consider the Pinnacle Grill at the Odyssey Restaurant. This elegant specialty restaurant is by reservation only which can be made onboard or *pre-requested* through Ship Services. There is a \$30.00 per person charge for this wonderful experience. Reservations can be made prior to boarding by calling the Holland America Ship Services at 800-541-1576. Have your confirmation number available and reconfirm once onboard.

Can the dining room accommodate special diets?

Watching your salt, fat or sugar intake? Going vegetarian? Advise us at the time of booking, and we'll be happy to accommodate any special diets. Gluten-free or special medical diets must be pre-ordered a minimum of 60 days prior to sailing. Contact Worldview Travel for these special requests.

We're bringing the kids; any special activities for them?

Absolutely. Holland America's Club HAL®, a special, fully supervised program for children 3 to 17, has lots of cool stuff for kids. For teens 9 to 12 and teens 13 to 17 there's miniature golf, pool and pizza parties, video games, disco, movies and more. Our chefs have even designed a special menu that has all their favorites including pizza, hamburgers, hot dogs, and fish 'n' chips. Club HAL will be open during our Abraham-Hicks seminar times. <http://www.hollandamerica.com/cruise-vacation-planning/ShipboardLife.action>

When can I reserve my Shore Excursions?

You can pre-request your excursions with your booking number up to 10 days prior to sailing at <http://www.hollandamerica.com/cruise-vacation-planning/BookShoreExcursions.action> and click on Shore Excursions or call the shore excursion desk at (888) 425-9376 before sailing, or make your arrangements when you board your ship – based upon availability. Please be prepared with your questions if calling. Pre-booking excursions is highly recommended.

Important Note: On June 5th in Tunisia some special optional group tours will be arranged for the Abraham group. Information will be sent to all participants on these tours in February 2008. An Abraham workshop will begin that day at 3:30 pm.

Stateroom Amenities

All staterooms include: double closets, full length mirrors, extra-deep chest of drawers, safe, hairdryers, refrigerators, multi-channel music system, remote-controlled color TV, and DVD/CD players. Staterooms are equipped with both North American standard 110 volt and European standard 220 volt outlets.

What's included in the Cruise Price?

- All meals, including room service, except in the alternate restaurant - the Pinnacle Grill.
- Most entertainment & activities on board.

What's not included in the price?

- Air Transportation or transfers to the ship
- Shore excursions in the various ports
- On board: sodas, alcoholic beverages and bottled water, telephone calls or internet access service, spa treatments, laundry or dry cleaning, photographs, casino gambling, and gratuities (\$10 per day)

Cruise Attire

Casual wear will be appropriate for days onboard. For evening wear, count on three basic types of attire.

- Casual: dresses, or slacks & blouse for women; sport shirts & trousers for men
- Formal: cocktail dresses for women; suits & ties, or tuxedos for men

There are three formal nights, one informal, and the rest casual. No self service laundry and ironing facilities are available. Full laundry services including pressing are available for a fee.

Ship Contact Information?

Your final documentation packet will contain detailed information including the phone number for your ship and email address. The Internet Café is available for sending and receiving emails. Wireless internet is available from various locations onboard when bringing your own laptop – but not in your staterooms. Charges of approximately 50 cents per minute will apply for this service. The Internet Café is open 24 hours a day with ample computers available at similar rates.

Weather

Expected temperatures range from a low of 70° F (night) to a high of 85° F (day). It is advisable to check the internet for up-to-date weather conditions before departure.



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