

FREESTYLE DAILY

NCL NORWEGIAN
CRUISE LINE®

TODAY'S FORECAST Partly Cloudy, 61°F/16°C

SUNRISE 6:59a

SUNSET 7:23p

TAKE A SEA DAY FOR YOURSELF

Here you are invited to feel free, which means having the freedom to do what you want, how you want, each and every day. Discover a restaurant or bar, or blow off some steam in the spa. Then turn your action filled day into a party filled night. Whether you're hitting the slots or dancing the night away, there's something for everyone around every corner of our ship.

TIP OF THE DAY: All the public announcements can be heard on Channel 23, on your stateroom TV & in all public areas.

NORWEGIAN JEWEL
DAY 5
FRIDAY
SEPTEMBER 21
At Sea

TRY SOMETHING NEW

Expand your gastronomical horizons with our fun and interactive cooking demonstrations and spirit, wine and beer tastings. Let us inspire your inner chef with our cooking demonstrations. Our expert Culinary Team is sure to keep you entertained during your days at sea. Refer to page three of your Freestyle Daily for specific times and locations.

SIP, SHARE, SOCIALIZE

Check your Freestyle Daily for times and locations of these upcoming tastings:

- Progressive Wine Tasting
- Whiskey & Beer Pairing
- Mojito Tasting
- Margarita Tasting
- Martini Tasting

NORWEGIAN JEWEL BY THE NUMBERS

- Gross tonnage 91,740 GT
- Length 294.13M / 964.98Ft
- Height 60 M / 195 Ft
- Draft 8.23M / 27Ft
- Maximum Speed 25 knots / 28 MPH

JEWEL TV CHANNELS

- Channel 21 Onboard Information
- Channel 22 Navigational Information
- Channel 23 Bow Cam/Announcements
- Channel 24 Safety Information
- Channel 25 Shore Excursions & Cruise Rewards
- Channel 27 Guest Activities / Jewel Today
- Channel 28 Fox News
- Channel 29 MSNBC
- Channel 31 CNBC
- Channel 32 BBC News
- Channel 34 CCTV 4
- Channel 35 Popular Television
- Channel 36 & 37 Movie Channels
- Channel 38 Sports 24

HEALTH REMINDER

Wash your hands often, especially after using the restrooms and before & after meals. Sanitizing dispensers are located outside all restaurants and in public areas for your use. We discourage handshaking for your health and safety. Report signs of gastroenteritis (diarrhea or vomiting) to the Medical Center.

TODAY'S HIGHLIGHTS

LECTURE SERIES: FORENSICS: DNA DECODED

Time: 9:30a

Place: Stardust Theater, Decks 6 & 7, Fwd

LE BISTRO COOKING DEMONSTRATION

Time: 10:30a

Place: Crystal Atrium, Deck 7, Mid

TEST YOUR KNOWLEDGE WITH CRUISENEXT

Time: 11:30a

Place: Fyzz Lounge, Deck 7, Fwd

PROGRESSIVE TRIVIA: ROUND 2

Time: 1:00p

Place: Spinnaker Lounge, Deck 13, Fwd

ENGINEERING CHALLENGE: EGG DROP

Time: 2:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

LAST CALL: GUEST TALENT SHOW SIGN-UPS

Time: 3:00p

Place: Stardust Theater, Decks 6 & 7, Fwd.

AFRO- FUSION DANCE CLASS WITH MEGAN

Time: 3:00p

Place: Spinnaker Lounge, Deck 13, Fwd

Important Numbers: Emergency: Dial 911 | Guest Services: Dial 00

WHISKEY AND MARGARITA TASTINGS

Our educated staff will direct you through the aspects of the craft spirit, and how to prepare the perfect Margarita. Join one of our tastings this afternoon in the Magnum's or Malting's bar. (fee applies)

GET THE GOOD TIMES GOING.

TODAY'S ENTERTAINMENT LINEUP

SHOWTIME : Divas3

Straight from Las Vegas, Divas3 is a group of three female singers with powerhouse voices singing the biggest hits of the greatest divas in music history. This vibrant show spans four decades, the 1960's through the 1990's, with hits by Aretha Franklin, Carole King, Celine Dion, Whitney Houston ABBA and many more! Photography, audio or video recording of the show is not permitted and, please, no reserving of seats. Doors open 30 minutes prior to Showtime .

Time: 7:15p & 9:15p, Stardust Theater, Decks 6 & 7, Fwd

AFTERNOON MOVIE MATINEE: VICTORIA & ABDUL

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favour with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity

Time: 3:00p, Stardust Theater, Deck 6 & 7, Fwd

ROMANCE & DANCE WITH SONATA

Join your party band, Sonata, with an evening of love songs for dancing with your loved ones, holding them tight, and enjoying a romantic conversation over drinks.

Time: 8:15p, Spinnaker Lounge, Deck 13, Fwd.

ACTIVITIES FOR FAMILIES

GUPPIES (AGE: 0-2): BACKYARD FUN

Let's jump into our imaginations and play in our own backyard! Filled with toys and excitement.

Time: 5:15p-5:45p, Splash Academy, Deck 12, Mid

SPLASH ACADEMY (AGE 3-12): PIRATE PLUNDER

Yarrrrrr matesy! Join us in Splash Academy as we go into a pirate adventure in search for treasure!

Time: 7:00p-10:30p, Splash Academy, Deck 12, Mid

SPECIAL EVENTS

CARDIO DANCE CLASS WITH CRUISE STAFF

Throw on your dancing shoes and join one of your Cruise Staff as they take you through this fun and fast paced dance workout. Make sure to bring water because you are going to sweat it out.

Time: 9:00a, Fyzz Lounge, Deck 7, Fwd

LECTURE SERIES: FORENSICS: DNA DECODED

Join our guest lecturer, and forensic scientist, Gary Koverman, for a fascinating talk on DNA testing. How do the forensic scientists do it? The technology of Forensic DNA testing is explained in everyday layman's language including automated DNA analysis now in use by crime laboratories.

Time: 9:30a, Stardust Theater, Decks 6 & 7, Fwd

OLDIES BUT GOODIES WITH SOUL INSPIRATION

Spend an afternoon with the soft duo vocal harmonies of Soul Inspiration, as they play classic rock and country songs for you from such artists as Roy Orbism, The Eagles, Elvis and The Everly Brothers.

Time: 2:00p, Fyzz Lounge, Deck 7, Fwd.

CANVAS BY UI PAINTING CLASS

Capture your creativity with our unique "Canvas by UI" painting class. Join our artistic Cruise Staff as they guide you step by step through your one of a kind, painting experience. Space is limited and a fee applies. Sign-ups are available in the Library, Deck 12, Fwd for future sessions.

Time: 1:00p, Java Conference Room, Deck 6, Fwd

BUY 1 GET 1 BINGO

Join your bingo bunch this evening for their special bingo offer. Buy any package and get another one for free. Also, receive some win-a-cruise raffle tickets with any package purchase. Card sales begin 30 minutes before the game starts.

Time: 4:00p, Spinnaker Lounge, Deck 13, Fwd

70'S LINE DANCE CLASS

It's time to take to the dance floor with your Norwegian Jewel Production Cast dancers. to learn some 70'sdance moves. This class is a fun way to burn calories.

Time: 6:45p, Fyzz Lounge, Deck 7, Fwd

MUSIC EVERYWHERE

The Music Duo Soul Inspiration
7:00p-10:00p, Crystal Atrium, Deck 7, Mid
High Energy Music with Fire & Ice
9:00p-9:45p, Fyzz Lounge, Deck 7, Fwd
Guitar Classics with Leo
9:15p-Close, Magnum's, Deck 6, Mid

WHAT'S HAPPENING TODAY.

DAY 5
FRIDAY
SEPTEMBER 21

◀ TEAR HERE

◀ FOLD HERE

MORNING

All Day	Morning Show with Cruise Director Dan
All Day	Trivia, Sudoku & Crosswords Available
7:00a	Morning Stretch
7:30a	Fab Abs
8:00a	Walk-a-Mile (Meet in Fyzz Lounge)**
8:00a	Pure Form Pilates *
8:00a-10:00a	Adult Tennis Open Play **
9:00a	Cardio Dance Class with Cruise Staff
9:00a	Digital Camera Helpdesk
9:00a	Trilogy Bootcamp *
9:00a-10:00a	Bible Study with Fellow Guests
9:00a-10:30a	Knitters & Stitchers Gathering
9:30a	Forensic Science Lecture: DNA Decoded
9:45a	Morning Trivia with Cruise Staff
10:00a-3:00p	Cards Available & Open Bridge Play
10:00a	Up To \$500 Slot Tournament *
10:00a-5:00p	Sports Court Open Play**
10:30a	Le Bistro Cooking Demonstration
10:30a	Origami Creations: Butterfly
10:45a	Acupuncture for Pain Management
11:00a	Basic Mandarin Language Class
11:00a	History of the Wrist Watch
11:00a	Binoculars Helpdesk
11:15a	Ping Pong Tournament**
11:30a	Test Your Knowledge With Cruisnext
11:30a	Secrets to a Flatter Stomach

AFTERNOON

12:00p	Texas Hold'em Tournament *
12:30p	Rapid Fire Art Auction
12:30p	Non Surgical Face lift
1:00p	Canvas By UI Painting (Registered Guests) *
1:00p	Progressive Trivia
1:30p	Up To \$500 Blackjack Tournament *
2:00p	Oldies But Goodies with Soul Inspiration
2:00p	Engineering Challenge: Egg Drop
2:00p	Acupuncture for Insomnia Presentation

(*) Denotes a fee for these activities

** Weather Permitting

AFTERNOON (CONT.)

Channel 27	2:00p	Improving Your Posture Analysis	Aerobic Studio
Library	2:30p	Paragon Jewelry Introduction	Tradewinds
Aerobic Studio	3:00p	Movie Matinee: Victoria & Abdul	Stardust
Aerobic Studio	3:00p-4:30p	Afternoon Karaoke with Cruise Staff	Fyzz Lounge
Promenade	3:00p	American Whisky Tasting *	Malting's
Aerobic Studio	3:00p	Last Call: Guest Talent Show Sign Ups	Stardust
Sports Court	3:00p	Paradise Lotto Draw *	Jewel Casino
Fyzz Lounge	3:30p-4:00p	Bingo Card Sales *	Spinnaker
Photo Gallery	4:00p	Buy 1 Get One Bingo	Spinnaker
Aerobic Studio	4:00p	Magarita Tasting *	Magnum's
India Room	5:00p	Evening Stretch	Aerobic Studio
Shakers Bar	5:00p-6:00p	Friends of Bill W. Meet	Chapel
Stardust	5:00p-9:00p	Professional Portraits	Crystal Atrium
Fyzz Lounge	5:15p	Sailing Solo Social (18+)	Fyzz Lounge
Cagneys	5:15p-5:45p	Guppies: Backyard Fun (For Ages 0-2)	Guppies Room
Jewel Casino	5:45p	Evening Trivia with Cruise Staff	Fyzz Lounge

NIGHT

Magnums	6:00p-6:45p	Relaxing Piano Melodies with Ji	Crystal Atrium
Spinnaker	6:00p-9:00p	Piano & Vocals with Dana	Magnum's
Tradewinds	6:30p	LGBTQI Gathering	Malting's
Photo Gallery	6:45p	70's Line Dance Class	Fyzz Lounge
Deck 12, Mid	7:00p	Self- Led Sabbath	Chapel
Fyzz Lounge	7:00p-10:00p	The Music Duo Soul Inspiration	Crystal Atrium
Aerobics Studio	7:00p-10:30p	Pirate Plunder (For Ages 3-12)	Splash Acad.
	7:15p	Showtime: Divas 3	Stardust
	8:00p-8:45p	Pop Hits with Fire & Ice	Fyzz Lounge
	8:15p-9:00p	Romance & Dance with Sonata	Spinnaker
Jewel Casino	9:00p-9:45p	High-Energy Music with Fire & Ice	Fyzz Lounge
Azura	9:15p-Close	Guitar Classics with Leo	Magnum's
Magnums	9:15p	Showtime: Divas 3	Stardust
Java Room	9:15p-10:00p	Requests with DJ Onyx	Spinnaker
Spinnaker	10:00p-11:00p	Dance Party with Sonata	Spinnaker
Jewel Casino	10:00p-10:45p	Music with Fire & Ice	Fyzz Lounge
Fyzz Lounge	11:00p-Close	Party Continues with DJ Onyx***	Spinnaker
Spinnaker	11:00p-Close	Karaoke Blast	Fyzz Lounge
Magnums	11:00p	Paradise Lotto Draw *	Jewel Casino

***Spinnaker Lounge is an 18 and over adult-only venue after 11:00p

DRINK OF THE DAY

Signature Mai Tai
Brugal Anejo Rum, Almond Syrup, Fresh Lime, Pineapple, Cinnamon
\$8.95 plus 20% gratuity

WATER PACKAGE

6 large bottles \$14.95, valued at \$33
12 large bottles \$27.95, valued at \$66
24 large bottles \$44.95, valued at \$132
Available in all bars.

*A 20% gratuity will be added to your check for your convenience.

◀ TEAR HERE

◀ FOLD HERE

GOOD TO KNOW.



TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

Garden Café, Kid's Corner	Early Riser Breakfast	6:00a-7:00a
Garden Café	Buffet (Deck 12, Mid)	7:00a-10:30a
Great Outdoors**	Buffet (Deck 12, Aft)	8:00a-12:00p
O'Sheehan's Bar & Grill	Breakfast (Deck 8, Mid)	6:00a-11:00a
Tsar's Palace	Breakfast (Deck 7, Aft)	8:00a-10:00a

AFTERNOON

COMPLIMENTARY

Chin Chin	Noodle Bar (Deck 7, Mid)	12:00p-1:30p
Garden Café	Scandinavian Lunch (Deck 12, Mid)	12:00a-2:30p
Additional Seating - La Cucina	(Deck 12, Aft)	
Great Outdoors**	Snacks (Deck 12, Aft)	2:00p-5:00p
O'Sheehan's Bar & Grill	Lunch (Deck 8, Mid)	11:30a-5:00p
Topsider's Grill**	Lunch (Deck 12, Mid)	11:30p-5:00p
Tsar's Palace	Lunch (Deck 6, Aft)	12:00p-1:30p

DINNER

COMPLIMENTARY

Azura	Dining Room (Deck 6, Mid)	5:00p-9:00p
Chin Chin	Asian Fusion (Deck 7, Mid)	5:30p-9:30p
Garden Café	Dinner (Deck 12, Mid)	5:00p-9:30p
O'Sheehan's Bar & Grill	Mixed Grill (Deck 8, Mid)	5:30p-8:30p
Tsar's Palace	Dining Room (Deck 7, Aft)	5:00p-9:30p

CHARGE APPLIES

Cagney's (A La Carte)	Steakhouse (Deck 13, Mid)	5:30p-9:30p
Le Bistro (A La Carte)	French (Deck 6, Mid)	5:30p-9:30p
La Cucina (A La Carte)	Italian (Deck 12, Aft)	5:30p-9:30p
Moderno (\$24.95)*	Brazilian (Deck 13, Mid)	5:30p-9:30p
Sushi Bar (A La Carte)	Japanese (Deck 7, Mid)	5:30p-9:30p
Teppanyaki (\$29.95)*	Teppanyaki (Deck 7, Mid)	5:30p, 7:00p 8:30p & 10:00p

*Please note that these charges are per person. A 20% gratuity will be added to your check.

**Weather permitting

FOR THE ANYTIME APPETITE

Garden Café	Late Night Snacks	10:00p-11:00p
O'Sheehan's	Late Night Snacks	12:00a-4:00a
Room Service*	Stateroom Delivery	Always Open

*Room Service: \$7.95 will be added to all food orders from 10:00a until 6:30a.

Restaurant Cancellations: Dinner reservations at specialty restaurants must be cancelled 24 hours in advance, otherwise a cancellation fee will be charged to your account.

Dress Code: Resort casual and shorts are allowed in all dining venues after 5:00p, except in Tsar's Palace Dining Room and Le Bistro where a dress code is applicable and which posted at the entrance.

Cruising Toward a Sustainable Future: To help reduce plastic waste in our oceans, Norwegian has eliminated the use of plastic straws on board and will no longer serve beverages with straws. Plastic waste, including millions of plastic straws, is harmful to marine wildlife like sea turtles and whales. Norwegian is working to preserve our oceans for future generations through our Sail & Sustain program. Help us create a sustainable future for our oceans and skip the straw with your next beverage.

SAFETY INFORMATION: Open flames (candles/incense) are strictly prohibited. To avoid injury, keep hands/fingers clear of doors and/or door frames. Please take special care when walking around the ship. Use handrails and wear appropriate footwear as necessary. Also please be aware of raised thresholds and wet decks. Running on decks is prohibited (except the Jogging track). Observe safety signs in your stateroom and throughout the ship. **SAFETY EQUIPMENT:** Please do not remove or meddle with any safety equipment onboard (such as smoke detectors, life vests or fire extinguishers). Please follow all safety instructions from the crew. **ENVIRONMENTAL HOTLINE:** You can report environmental incidents by calling 1-877-501-5976; 1-305-436-4003; the ship reception desk at 00, or via email to environmentalhotline@ncl.com. The environmental hotline should be used only to report actual or potential environmental incidents, spills and concerns. All reports are confidential. **MARPOL:** The discharge of all garbage into the sea is prohibited. The International Convention for the Prevention of Pollution from Ships (MARPOL) and various domestic laws prohibits the discharge of garbage from ships into the sea. Violation of these requirements may result in penalties. All garbage is to be retained on board and placed in the bins provided. **CONSUMER ADVISORY:** Please be advised that food onboard may contain nuts. If you have any questions please contact our Restaurant Management staff. **CASINO:** You have to be 18 years old to gamble or be in the casino. Video recording is strictly prohibited. All jackpots of \$1200 and above are subject to IRS reporting and a W/2G will be issued. Wins less than \$1200 are not taxes mandated by the IRS. **VIDEO ARCADE:** All guests including children can play the games in the video arcade by using their Freestyle card. We recommend parents monitor their children's onboard charges. **SMOKING POLICY:** Smoking in public areas is only permitted in designated spaces of open decks (Deck 7, Port side by the wall-hung ashtrays and at the Port side seating area of at the Sky High Bar, Deck 13), Cigar Bar or in the Casino while playing. Smoking of any kind is prohibited in staterooms and balconies. Electronic cigarettes are governed by the same standards as regular cigarettes. **SUN LOUNGERS:** Reserving lounge/sun chairs is prohibited. If any chair is unattended for longer than 60 minutes, the items will be removed and handed in at Guest Service Desk, Deck 7, Mid. **WALKING & JOGGING:** Deck 13 is a walking/jogging track open 24/7. Deck 7 is a walking-only track from 9:00a. Remember, all sports play is at your own risk.

24 HOURS OF OPERATION

BAR SERVICES

Fyzz Lounge Bar, Deck 7, Fwd	5:00p-Close
Java Café, Deck 7, Mid	7:00a-Close
Jewel Casino Bar, Deck 6, Fwd	9:00a-Close
Magnum's Champagne & Wine Bar, Deck 6, Mid	1:00p-Close
Maltings Beer & Whiskey Bar, Deck 6, Mid	3:00p-Close
O'Sheehan's Bar & Grill, Deck 8, Mid	11:00a-Close
Sake Bar, Deck 7, Mid	5:00p-Close
Shakers Martini & Cocktail Bar, Deck 6, Mid	11:00a-Close
Spinnaker Lounge, Deck 13, Fwd	10:00a-Close
Sugarcane Mojito Bar, Deck 13, Mid	5:00p-Close
Sky High Bar, Deck 13, Fwd**	10:00a-Close
The Great Outdoors, Deck 12, Aft**	10:00a-Close
Topsiders Bar, Deck 12, Mid	8:00a-Close

GUEST SERVICES

Art Gallery, Deck 7, Aft	7:00p-11:00p
Bridge Viewing Room, Deck 11, Fwd	Open All Day
CruiseNext Office, Deck 7, Mid	10:00a-1:00p

Entourage Teen Club, Deck 12, Mid

Golf Cages, Deck 13, Aft (Golf clubs available at Towel Station)	8:00a-5:00p
Guest Service Desk, Deck 7, Mid	Always Open
Guppies Playroom, Deck 12, Mid	9:00a-9:00p
Internet Café, Deck 7, Aft	Always Open
Internet Manager's Hour	9:00a-12:00p

Jewel Casino, Deck 6, Fwd-Tables	8:00a-5:00p
Jewel Casino, Deck 6 Fwd-Slots	Continuous
Karaoke Private Rooms, Deck 7, Fwd*	6:00p-Close
Library, Deck 12, Fwd	Always Open
Library Book Check Out, Deck 12, Fwd	9:00a-11:00a
(Trivia, Sudoku & Crosswords Available All Day)	2:00p-4:00p
Mandara Spa, Deck 12, Fwd	8:00a-10:00p
Medical Center, Deck 4, Mid	8:00a-9:30a
(Medical Services are subject to charge)	6:00p-7:30p
Onboard Credit Desk, Deck 7, Mid	9:00a-12:00p

Perspectives Photography Studio	5:00p-8:00p
Photo Gallery, Deck 7, Aft	7970 for an app.
Ping Pong Tables, Deck 12, Mid**	9:00a-5:00p
Portraits Atrium Deck 7 Mid	8:00a-8:00p
Port Shopping Information Desk - Crystal Atrium, Deck 7, Mid	5:00p-9:30p
Pulse Fitness, Deck 12, Fwd	6:00p-8:00p
Sapphire Pool & Hot Tubs, Deck 12, Mid**	6:00a-11:00p
Shore Excursion Desk, Deck 7, Mid	7:00a-10:00p
Shuffleboard, Deck 7, Starboard Side & Deck 13, Port Side**	9:00a-8:00p
Splash Academy, Deck 12, Mid	8:00a-8:00p

Splash Academy Late Night Fun Zone, Deck 12, Mid*	9:00a-12:00p
Sports Court, Deck 13, Aft**	2:00p-5:00p
Tradewinds Tax & Duty Free Shop, Deck 7, Aft	7:00p-10:30p
Video Arcade, Deck 12, Mid *	10:30p-1:30a
Waterslide Hours, Deck 12, Mid**	8:00a-5:00p
	9:00a-11:00p
	Always Open
	10:00a-6:00p

* Denotes a fee for this program

**Weather Permitting

In-stateroom phone rate:

Call home from the comfort of your stateroom. Rate \$4.99/min

SAVE NOW, SAIL LATER WITH CRUISENEXT

Cruising with Norwegian again in the next 4 years? Bringing friends and family with you? Sailing on back to back cruises? Make sure you take advantage of exclusive onboard savings of up to \$500 with CruiseNext deposits. See the CruiseNext team and check out Channel 25 for more details. This offer is available only onboard. Don't miss out. Time: 10:00a-1:00p & 2:00p-4:30p, CruiseNext Office, Deck 7, Mid