

FREESTYLE DAILY



TODAY'S FORECAST Partly Cloudy, 60°F/16°C SUNRISE 7:43a SUNSET 8:00p ARRIVAL Approximately 7:00a ALL ABOARD 5:30p

TAKE IN THE SIGHTS OF SEWARD

Best known for its beautiful parks and mountain scenery, Seward, Alaska is not to be missed. There is nearly endless variety of outdoor activities to enjoy in Seward, from mountain biking and climbing, to rafting, sea kayaking, and dog-sledding, and even skiing, fishing or white water rafting. Explore scenic hiking trails or have a picnic among the pristine landscape. There's no shortage of enjoyable pastimes in Alaska's City of Seward.

TIME CHANGE: Don't forget to set your clocks back 1 hour tonight (after 2:00a – September 23, 2018).

NORWEGIAN JEWEL
DAY 6
SATURDAY
SEPTEMBER 22
Seward, Alaska

IMPORTANT INFORMATION

ARRIVAL INFORMATION

The Ship must be cleared by local officials upon arrival. Guests on a Shore Excursion please check your ticket for the meeting time & location. Please take your Norwegian Jewel keycard and any valid government issued ID when going ashore.. Due to public health regulations food of any kind (hot, raw or unpacked/packed) will not be allowed to be brought on board or taken off the ship at any time. Water bottles are allowed to be taken ashore, however no beverages will be allowed to be brought onboard.

COMPLIMENTARY SHUTTLE SERVICE

Complimentary shuttle service to town will run continuously throughout our stay in Seward is available at the terminal.

TOP SHORE EXCURSIONS IN SEWARD

- Kenai Fjords Wildlife Cruise
- Alyeska Resort Tram Ride & Wildlife Center
- Kenai Fjords National Park Tour
- Exit Glacier & Alaska Sealife Center

HOW TO BOOK A SHORE EXCURSION

It's not too late to book a tour ashore. Here's how:

- Visit the Shore Excursions Desk
- Use the digital touchscreens
- Use the 24 hour Drop Box for completed order forms

PORT AGENT

Cruise Line Agencies Of Alaska-Western - Seward
Amy Haddow, Seward Agent | Tel: +1 - 907 362 3787
Robert Arts, V.P. Western Alaska | Tel: +1 907 223 9713
Email: swdops@claa.com | office@swd.claa.com

IMPORTANT NOTICE ON ELECTRONIC DEVICES

Fire prevention is always a priority on board, therefore we kindly ask our guests to unplug all electronic devices before leaving their stateroom. These devices could include but are not limited to cell phones, cameras, electric shavers, and hair dryers. Your stateroom attendant has been instructed to disconnect any electronic device that has been left unattended.

TODAY'S HIGHLIGHTS

WHAT TO DO ON BOARD

Staying on board the ship today? Take advantage of all the incredible experiences Norwegian Jewel has to offer. Relax in our award winning thermal suite or unwind with a hot stone massage in the Mandara Spa.

CHARADES WITH CRUISE STAFF

Time: 12:00p

Place: Fyzz Lounge, Deck 7, Fwd

AFTERNOON TRIVIA WITH CRUISE STAFF

Time: 12:00p

Place: Fyzz Lounge, Deck 7, Fwd

VISUAL TRIVIA: FUN FILM TRIVIA

Time: 3:00p

Place: Fyzz Lounge, Deck 7, Fwd

EVENING TRIVIA WITH CRUISE STAFF

Time: 5:00p

Place: Fyzz Lounge, Deck 7, Fwd

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

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.

GET THE GOOD TIMES GOING.

TODAY'S ENTERTAINMENT LINEUP

COMEDY OF DON BARNHART

Award-winning comedian Don Barnhart appears nightly in Las Vegas at Jokesters Comedy Club at The D. Barnhart's stand up comedy show is fresh, funny and intelligent. He brings social awareness to light with thought provoking insights that are as hysterical as they are poignant. The Las Vegas Review Journal called Don Barnhart's show one of their "Best Bets". Video/audio recording or photography of the main show is not permitted. We kindly ask that no one under the age of 18 sits in the first row and please, no reserving of seats. Doors open 30 minutes before show time.

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

TRIBUTE TO THE BIG BAND ERA

Enjoy a night with the Jewel Showband as they Delight you with the sounds of the big band era such as Glenn Miller, Duke Ellington, Count Basie, Benny Goodman and many more. Don't forget your dancing shoes.

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

KARAOKE BLAST WITH CRUISE STAFF

If you haven't stepped up to the stage yet then tonight is your chance to impress your friends & family. A solo, a duet or a group song is bound to be a crowd pleaser.

10% Talent + 90% Courage = 100% Fun.

Time: 10:00p-Close, Fyzz Lounge, Deck 7, Fwd

LATE NIGHT PARTY WITH DJ ONYX

Feel the hype, beat and vibe, DJ Onyx is ready to spin the hottest tracks to keep the party going until the early hours of the morning. Request your favorite songs tonight and party in the Spinnaker Lounge like you've never done before. Make new friends and show them your killer dance moves.

Time: 10:45p-Close, Spinnaker Lounge, Deck 13, Fwd

ACTIVITIES FOR FAMILIES

GUPPIES (AGE 0-2): TRANSPORT FUN

The Guppies room is open all day! Come play with all our resources, today's theme is: Transport!

Time: 9:00a-10:00p, Guppies Playroom, Deck 12, Mid

SPLASH ACADEMY (AGE 3-12): GAMESHOW MANIA

Join the fun with your youth staff as we play a gameshow packed with action!

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

SPECIAL EVENTS

TRIVIA, SUDOKU & CROSSWORDS

These are available for you all day, every day in the Library.

Test your knowledge or just kill some time. We're also giving you the answers so you can check how well you did.

Enjoy and relax.

Always available, Library, Deck 12, Fwd

NINTENDO Wii™: BOWLING

It's time for some Wii fun. This is your chance to get interactive with your fellow guests and show that you have what it takes to be a Wii champion.

Time: 10:00a-11:00a, Fyzz Lounge, Deck 7, Fwd

SOCCER TOURNAMENT

Whether you call it soccer or football it's the game taking the world by storm. Join your Recreation Staff and see if you have what it takes to go pro. (Weather permitting)

Time: 10:30a, Sports Court, Deck 13, Aft

PING PONG TOURNAMENT

The stakes are high and the competition is heating up.

Come and participate in our ping pong tournament. Do you have what it takes to be the master of the paddle?

(Weather permitting)

Time: 11:15a, Deck 12, Mid

BACHATA DANCE CLASS

It's time to learn some new dance moves from your Cruise Staff. They will teach you the basics of bachata dance that you can show off to your family and friends. Alone or with a partner, this class is fun for all

Time: 6:00p, Fyzz Lounge, Deck 7, Fwd

MUSIC EVERYWHERE

Relaxing Guitar Melodies with Tomas
9:15p-10:30p, Crystal Atrium, Deck 7, Mid
Guitar & Vocals with Leo
6:00p-9:00p, Magnum's, Deck 6, Mid
Pop Classics with Fire & Ice
8:00p-8:45p, Fyzz Lounge, Deck 7, Fwd

WHAT'S HAPPENING TODAY.

DAY 6
SATURDAY
September 22

◀ 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	TRX Suspension Training *
8:00a-10:00a	Adult Open Tennis Play**
8:00a-5:00p	Golf Equipment Available**
8:00a-8:00p	Ping Pong Open Play**
9:00a	Free Foot Print Analysis
9:00a-10:00p	Guppies (0-2) : Transport Fun Open Play
9:00a-10:00a	Check Out a Book
9:15a-9:45a	Morning Trivia with Cruise Staff
10:00a-11:00a	Nintendo Wii™: Bowling
10:00a-2:00p	Quiet Zone
10:00a-4:00p	Go-Smile Teeth Whitening Consultations
10:00a-4:00p	No More Puffy Eyes Consultations
10:30a	Soccer Tournament**
11:00a-2:00p	Sports Open Play**
11:15a	Ping Pong Tournament**

AFTERNOON

12:00p	Afternoon Trivia with Cruise Staff
1:00p	Origami Creations with Cruise Staff
1:30p	Bean Bag Toss Tournament
2:00p	Arts & Craft: Mandala Coloring
2:00p-4:00p	Soccer Play**
2:30p	Ladder Toss Tournament
3:00p	Visual Trivia: Fun Film
3:30p	Ring Toss Tournament
4:00p	Informal Bridge Play with Fellow Guests
4:00p	Pictionary with Cruise Staff
4:00p-5:00p	Check Out a Book
5:00p	Evening Trivia with Cruise Staff
5:00p	Evening Stretch
5:00p-6:00p	Friends of Bill W. Meet

AFTERNOON (CONT.)

TV Channel 27	5:00p-7:00p
Library	5:00p-7:00p
Aerobic Studio	5:30p
Aerobic Studio	
Aerobic Studio	
Sports Court	
Towel Station	
Deck 12, Mid	
Aerobic Studio	
Guppies Rm.	
Library	
Fyzz Lounge	
Fyzz Lounge	
Spinnaker	
Mandara Spa	
Mandara Spa	
Sports Court	
Sports Court	
Deck 12, Mid	

NIGHT

6:00p	
6:00p-8:30p	
6:00p-9:00p	
6:00p-10:00p	
6:00p-9:00p	
6:30p	
6:30p	
6:30p	
6:30p	
6:30p	
7:00p-10:30p	
7:00p -10:00p	
7:00p-7:45p	
7:15p	
7:15p-8:00p	
8:00p-8:45p	
8:15p	
9:00p-9:45p	
9:15p-9:45p	
9:15p-10:30p	
9:15p	
9:15p-Close	
10:00p-10:45p	
10:00p-Close	
10:30p	
10:45p-Close	
11:00p	

Anti-Aging Free Consultation	Mandara Spa
Tongue and Pulse Analysis	Mandara Spa
Trilogy of Bootcamp *	Aerobic Studio
Bachata Dance Class	Fyzz Lounge
Professional Portraits	Crystal Atrium
The Music Duo Soul Inspiration	Crystal Atrium
Art on Metal Exhibition	Crystal Atrium
Guitar & Vocals with Leo	Magnum's
Opal Jewelry Introduction	Tradewinds
Swarovski Exhibition	Tradewinds
Friends of Dorothy Gathering (LGBTQI)	Malting's
Sailing Solo Social (18+)	Spinnaker
Gameshow Mania (3-12)	Splash Acad.
Ladies Night *	Mandara Spa
Variety Music with Fire & Ice	Fyzz Lounge
Comedy of Don Barnhart	Stardust
Latin Music Hits with DJ Onyx	Spinnaker
Pop Classics with Fire & Ice	Fyzz Lounge
Tribute to the Big Band Era with Showband	Spinnaker
Party Music & More with Fire & Ice	Fyzz Lounge
Ballroom & More with the Showband	Spinnaker
Relaxing Guitar Melodies with Tomas	Crystal Atrium
Comedy of Don Barnhart	Stardust
Piano & Vocals with Dana	Magnum's
The Music Continues with the Showband	Spinnaker
Late Night Karaoke with Cruise Staff	Fyzz Lounge
Jungle Rave (For Ages 13-17)	Entourage
Late Night Party with DJ Onyx***	Spinnaker
Paradise Lotto Draw *	Jewel Casino

(\$) Denotes a fee for these activities

** Weather Permitting

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

DRINK OF THE DAY

Daydreamer's Daiquiri
Atlantico Platino Rum, Fresh Lime Juice, Agave Nectar
\$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.



7 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	5:30p-Close
Magnum's Champagne & Wine Bar, Deck 6, Mid	5:00p-Close
Maitings Beer & Whiskey Bar, Deck 6, Mid	4:00p-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	4:00p-Close
Sky High Bar, Deck 13, Fwd**	4:00p-Close
Spinnaker Lounge, Deck 13, Fwd	4:00p-Close
Sugarcane Mojito Bar, Deck 13, Mid	5:00p-Close
The Great Outdoors, Deck 12, Aft**	11:30a-Close
Topsiders Bar, Deck 12, Mid	8:00a-Close

GUEST SERVICES

Art Gallery, Deck 7, Aft	6:00p-10:00p
Bridge Viewing Room, Deck 11, Fwd	Open All Day
CruiseNext Office, Deck 7, Mid	9:30a-11:00a
	4:00p-8:00p
	7:00p-12:00a
Entourage Teen Club, Deck 12, Mid	8:00a-5:00p
Golf Cages, Deck 13, Aft (Golf clubs available in Towel Station)	Always Open
Guest Service Desk, Deck 7, Mid	9:00a-9:00p
Guppies Playroom, Deck 12, Mid	Always Open
Internet Café, Deck 7, Aft	8:00a-10:00a
Internet Manager's Hours	5:00p-6:00p
	7:00p-9:00p
	6:00p-Close
	6:00p-Close
	Always Open
	9:00a-10:00a
	4:00p-5:00p
	8:00a-8:00p
	8:00a-9:30a
	6:00p-7:30p
	7:00a-10:00a
	5:00p-8:00p
	7970 for an appt.
	6:00p-11:00p
	6:00p-7:00p
	6:00a-11:00p
	7:00a-10:00p
	7:00a-10:00a
	8:00a-8:00p
	(For safety reasons, the shuffleboard facing the gangway will be closed)
	9:00a-10:30p
	10:30p-1:30a
	8:00a-5:00p
	6:30p-11:00p
	Always Open
	10:00a-6:00p

Jewel Casino, Deck 6, Fwd	
Karaoke Private Rooms, Deck 7, Fwd*	
Library, Deck 12, Fwd	
Library Book Check Out, Deck 12, Fwd	
(Trivia, Sudoku & Crosswords Available All Day)	
Mandara Spa, Deck 12, Fwd	
Medical Center, Deck 4, Mid	
(Medical Services are subject to charge)	
Onboard Credit Desk, Deck 7, Mid	

Perspectives Photography Studio, Deck 12, Fwd	7970 for an appt.
Photo Gallery, Deck 7, Aft	6:00p-11:00p
Port Shopping Information Desk - Crystal Atrium, Deck 7, Mid	6:00p-7:00p
Pulse Fitness, Deck 12, Fwd	6:00a-11:00p
Sapphire Pool & Hot Tubs, Deck 12, Mid**	7:00a-10:00p
Shore Excursion Desk, Deck 7 Mid	7:00a-10:00a
Shuffleboard Open, Deck 7, Starboard Side & Deck 13, Aft**	8:00a-8:00p
(For safety reasons, the shuffleboard facing the gangway will be closed)	
Splash Academy, Deck 12, Mid	9:00a-10:30p
Splash Academy Late Night Fun Zone, Deck 12, Mid*	10:30p-1:30a
Sports Court, Deck 13, Aft**	8:00a-5:00p
Tradewinds Tax & Duty Free Shops, Deck 7, Aft	6:30p-11:00p
Video Arcade, Deck 12, Mid *	Always Open
Waterslide Hours, Deck 12, Mid**	10:00a-6:00p

* Denotes a fee

**Weather Permitting

In-stateroom phone rate:

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

SAVE UP TO \$500 TODAY WITH CRUISENEXT

It is never too soon to start planning your next dream vacation. Receive up to \$500 in savings with CruiseNext Deposits. Deposits are valid for 4 years, transferable for free, combinable with other promotions and can be used by your preferred travel professional. Visit the CruiseNext desk in the Atrium for additional details and check out Channel 25. Don't miss out.

Time: 9:30p-11:00a & 4:00p-8:00p, CruiseNext Office, Deck 7, Mid

TODAY'S DINING OPTIONS

MORNING

COMPLIMENTARY

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

AFTERNOON

COMPLIMENTARY

Garden Café	Lunch (Deck 12, Mid)	11:30p-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)	12:00p-5:00p
Tsar's Palace	Lunch (Deck 7, Aft)	12:00p-1:30p

CHARGE APPLIES

Sushi Bar (A La Carte)	Japanese (Deck 7, Mid)	12:00p-1:30p
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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, Fwd)	5:00p-9:30p
O'Sheehan's	Seafood Pie (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
La Cucina (A La Carte)	Italian (Deck 12, Aft)	5:30p-9:30p
Le Bistro (A La Carte)	French (Deck 6, Mid)	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 Snack	10:00p-11:00p
O'Sheehan's Bar & Grill	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 W2G 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.