

KNOW BEFORE YOU GO

Dolores Cannon's "Quantum Healing Hypnosis Therapy at Sea" Panama Canal Cruise Oct 19th – Nov 2nd, 2013

Passport & Visa Requirements

Passports are required for all passengers. For U.S./Canadian citizens, no visas are needed for this cruise.

FOR ALL NON-U.S./CANADIAN CITIZENS: It is your responsibility to explore any additional visas or entry requirements needed for any of the countries visited on this itinerary. One online resource to quickly find out about visa requirements is http://www.visahq.com/?a_aid=vaff3381 or you may contact the individual embassy for more info.

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

For air arrivals into San Diego and departures out of Ft. Lauderdale it is recommended that guests allow adequate time for transfer between the airport and pier, customs inspections and airport security checks. On the day of embarkation (**Oct. 19th**), flights should arrive no later than 2:30 pm into San Diego and on the day of disembarkation (**Nov. 2nd**), flights should depart after 11:30 am from Ft. Lauderdale and after 12:30 pm from Miami.

Can I purchase transfers from the airport to the ship?

If you are arriving at the San Diego airport on the day of sailing you may add transfers to the ship for \$19 *per person each direction*. Approximate taxi cost from San Diego Airport is \$12. Departures on November 2nd out of Ft. Lauderdale may add transfers to the airport for \$19 *per person each direction* as well. Approximate taxi cost to the Ft. Lauderdale Airport is \$16. These transfers are provided by Holland America and must be added to your cruise booking by **September 20th, 2013**. Flight numbers and details are required for your reservations. **Most passengers in our groups take a taxi from the airport as it is faster and less expensive.**

When may I embark the ship?

The *ms Westerdam* departs from San Diego at 5:00 pm. **Embarkation begins at approximately 11:30 am.** Lunch is served in the Lido café until 3:45 pm. Guests are requested to be on board no later than 90 minutes prior to sailing time. The pier address is: 1140 North Harbor Drive - B Street Pier, San Diego CA 92101. For those driving, parking is available at PortParking.net (<http://www.portparking.net/port/port-of-san-diego/parking/port-of-san-diego-parking.html>).

Hotel Recommendations

For those arriving prior to October 19th – an airport hotel is approximately 10 minutes from the San Diego pier. For those staying after November 2nd – There are dozens of hotels on the beach in Ft. Lauderdale, all within 15 minutes of the airport. Check websites like www.hotels.com or www.kayak.com for details.

Making dining room reservations?

Our group will be seated in either Early (5:45 pm) or Late (8:00 pm) dining. Your requested dining time will be noted on your confirmation invoice. Holland America will make every effort to honor your request. All dining requests must be made in advance of sailing through Worldview Travel. After the first night we will have open seating within our group tables, which will give you the flexibility to dine with a variety of people from our group. For a buffet style restaurant you can try The Lido Buffet on the Lido Deck which is complimentary with casual attire. Also, room service is available.

Reservation-Only Dining Rooms

As a delicious alternative to the main dining room, try the Pinnacle Grill restaurant. This restaurant is by reservation only, which can be made onboard or online in advance or by calling Ship Services to book at 800-541-1576. There is a \$25 per person charge for this special dining experience.

Can the dining room accommodate special diets?

For those who request vegetarian, pescatarian, vegan, low sodium, carb-free or low fat diets, Holland America's award winning chefs have constructed a variety of menu items to accommodate each of these requests. No special ordering is needed to accommodate them. You need only ask your server once onboard.

Gluten-free, Indian Vegetarian, or special medical diets must be pre-ordered a minimum of 60 days prior to sailing. Advise us at the time of booking, and we'll be happy to accommodate these special diets.

What's included in the Cruise Price?

- All meals, including room service, except in the specialty "reservations-only" restaurant.
- Most entertainment & activities on board.
- The full seminar program and special events for the group.

What's not included in the price?

- Air Transportation or transfers to/from the ship
- 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 (Fee is per person/per day, \$12 for suites, \$11.50 for non-suites for the duration of the cruise).
- Off the Ship: Anything off the ship, including shore excursions in the various ports.

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. The 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 seminar times. <http://www.hollandamerica.com/cruise-vacation-onboard/Activities.action#>

When can I reserve my Shore Excursions?

Booking shore trips are usually available between 120-60 days before sailing. Pre-booking excursions is highly recommended. You can pre-book your excursions with your booking number up to 4 days prior to sailing at <http://www.hollandamerica.com/cruise-destinations/ShoreExcursions.action> or by calling Holland America at 888-425-9376. You may also make arrangements when you board your ship at the Excursions Desk.

Stateroom Amenities

All staterooms include: safe, hairdryers, mini-bar, multi-channel music system, remote-controlled color TV and DVD players. They are all equipped with both North American standard 110 volt and European Standard 220 volt outlets.

May I bring my own liquor On-Board?

Only wine and champagne are allowed. A corkage fee will be charged for wine or champagne brought to the restaurants or bars for consumption.

Cruise Attire

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

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

There are three formal nights 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 E-Documentation packet will contain detailed information including the phone number and email address for your ship. The Internet Café is available for sending and receiving emails and is open 24 hours a day. You are able to buy different minute packages on-board. Wireless internet is available from various locations on-board for your laptop, but not in the staterooms. Charges for internet access will be posted to your ship board account.

Weather

Expected temperatures may 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.

