

# KNOW BEFORE YOU GO

## *Bridging the Mind & the Heart*

### *Caribbean Cruise 2018*

*with Dr. Joe Dispenza and Anita Moorjani*

**March 10 - 17, 2018**

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

For air arrivals and departures into Ft. Lauderdale it is recommended guests allow adequate time for transfer between the airport and pier, customs inspections and airport security checks. On the day of departure (**March 10<sup>th</sup>**) flights should arrive Ft. Lauderdale no later than **1:15 pm** and Miami no later than **12:15 pm**. On the day the ship returns (**March 17<sup>th</sup>**) flights should depart after **11:00 am** from Ft. Lauderdale and after **12 noon** from Miami.

#### ***Can I purchase transfers from the airport to the ship?***

If you are arriving in the Ft. Lauderdale airport on the day of sailing you may add transfers to the ship. The cost of these transfers will be \$19 per person each direction from Ft. Lauderdale and \$24 from Miami International. Flight numbers and details are required for your reservations. Taxis run approximately \$20 from Ft. Lauderdale and are faster and less expensive if more than one is traveling. The approximate cost of a taxi from Miami is \$80. The last transfer from Miami provided by Holland America departs at 12:30 pm.

#### ***When may I embark the ship?***

The m/s Nieuw Amsterdam departs from **the Port Everglades Ship Terminal** at 4:00 pm. **Pier address: 2026 Eller Drive, Ft. Lauderdale, FL 33316. Embarkation begins at approximately 12:00 noon, and you will not be allowed to check in prior to that time.** Guests are required to be on board no later than 90 minutes prior to sailing time. Lunch is served in the Lido Café until 4:00 pm.

#### ***Pier Parking***

Within the port facility there is a parking garage managed by USA Parking. Please check directly with parking lot for rates. Just outside the port facility is Park N' Fly Parking. Park N' Fly offers complimentary shuttles from the lot to the ship's terminal. Phone: (954) 779-1776 or [www.pnf.com](http://www.pnf.com).

#### ***Air or Hotel Reservations***

For those passengers who need airfare from the U.S., the Worldview Travel Air Department can give you a free quote for the best fare and schedule. Please contact Lynn at 800-627-8726 ext. 1226 or email her at [lynn@worldviewtravel.com](mailto:lynn@worldviewtravel.com). Please include requested dates and times with all email requests. There are many good discount internet sites available, such as [www.hotels.com](http://www.hotels.com) or [www.kayak.com](http://www.kayak.com), both offering a variety of different-priced hotel options. A Ft. Lauderdale airport hotel is approx. 10 minutes from the Port Everglades.

#### ***Dining***

Our group will dine at Late Dining (8:00 PM) each evening. This dining time fits our seminar schedule and also allows you to dine with other participants from our group. A casual alternative is the Lido Restaurant where you can choose from the buffet or a made-to-order meal. Room service is also available and is complimentary.

#### ***Reservation-Only Dining Room***

As a delicious alternative to the main dining room, you might consider the Pinnacle Grill, Tamarind or Canaletto Restaurants. The Pinnacle Grill offers a level of elegant sophistication unmatched anywhere. Enjoy the Tamarind for food evoking the rich culinary traditions of Southeast Asia, China and Japan. The Canaletto Restaurant offers an authentic Italian experience. There is a \$35 per person charge for the Pinnacle Grill, \$25 for Tamarind and \$15 for Canaletto. Reservations can be made onboard or online once you have completed check-in. If you would like to speak to someone regarding these dining reservations in advance, you can call Ship Services at 800-541-1576.

#### ***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. These do require a form submission to Holland America directly. Contact Life Journeys to request this form.

#### ***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.

### ***What's included in the Cruise Price?***

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

### ***What's not included in the price?***

- Air Transportation cost 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 (Fee is per person/per day, \$15.00 for suites, \$13.50 for non-suites for the duration of the cruise). This will be charged to your onboard account at the end of the cruise by Holland America.

### ***Stateroom Details***

All staterooms include: Double closets, full length mirrors, extra-deep chest of drawers, safe, hairdryers, remote-controlled Flat Screen TV and DVD players. Staterooms are equipped with both North American standard 110 volt and European Standard 220 volt outlets.

### ***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; sport shirts & trousers for men
- Gala - cocktail dresses for women; suits & ties, or sportcoat and slacks for men

There are two Gala nights for this cruise. No self service laundry or ironing facilities are available. Full laundry services, including pressing, are available for a fee.

### ***Are there any special activities for kids?***

Absolutely! Holland America's Club HAL®, a special, fully supervised program for children 3 (must be potty trained) to 17, has lots of cool stuff for kids. For tweens 8 to 12 and teens 13 to 17 there's miniature golf, pool and pizza parties, video games, disco, movies and more. The chefs have designed a special menu that has their favorites including pizza, hamburgers, hot dogs, and fish 'n' chips.

### ***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.

### ***Ship Contact Information***

Your E-Documentation packet will contain detailed information including the phone number for your ship. The Internet Café is available for sending and receiving emails and is open 24 hours a day. 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 range from a low of 60° F (night) to a high of 85° F (day). It is advisable to check the internet for up-to-date weather conditions prior to sailing.



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