

KNOW BEFORE YOU GO

Empowering the Empath from the Inside Out

Mediterranean Cruise with Anita Moorjani

September 7-19, 2020

What documents will I need to Travel?

It is necessary for all passengers to provide proof of citizenship in the form of a **passport that is valid for at least six months beyond the completion of their trip. Please note that both the airline and/or the cruise line may deny you boarding if your passport is not valid for at least 6 months after your return date.** It is your responsibility to check on **any 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 www.visahq.com or you may contact the individual embassy for more info. **No visas are needed for US or Canadian passport holders.**

Minors under age 18 traveling to foreign countries with only one parent must have a Parental Consent Letter signed by the parent not traveling. If the minor is travelling with someone who is not a parent or legal guardian, Customs and Border Protection (CBP) require that the Parental Consent Letter is signed by the parent(s) and is notarized.

Failure to present the necessary documents at the pier could result in denied boarding.

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

For air arrivals into Venice Marco Polo Airport (VCE) 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 departure (September 7, 2020) flights should arrive into Venice Marco Polo Airport (VCE) no later than **12:00 noon**. On the day the ship returns (September 19, 2020) flights should depart Rome Leonardo da Venice Marco Polo Airport (VCE) after **11:00 AM**.

Can I purchase transfers to/from the ship?

September 7th Transfer to the Ship Options

1) Airport to Ship

If you are arriving on the day of sailing we can arrange for a Holland America Cruise Line transfer from the airport directly to the pier for \$34.00 USD per person. **You must arrive no later than 12:00 PM on September 7th into Venice Marco Polo Airport (VCE) if you choose this option.** It is mandatory that you provide the flight details when you make your transfer reservation.

September 19th Transfer from the Ship

1) Ship to Airport

Holland America is offering group transfers to the airport on October 17th for \$34.00 USD per person. **It is mandatory that you provide your flight information. Please be sure to schedule your departing flight out of Venice Marco Polo Airport (VCE) after 11:00 AM noon on September 19th.** Transfer information back to the airport will be given to you onboard the ship.

The distance between the Pier and the Venice airport is approximately 30 minutes driving time, and approximate taxi costs are \$45 USD.

The address of the Venice Pier is Venezia Terminal Passegeri , Marittima Fabbricato 248, 30135 Venezia.

Pre and Post Hotel Options

For those passengers who need airfare from the U.S., the Travel Edge Air Department can give you a free quote for the best fare and schedule. Contact Lynn at 714-540-7400 ext. 1226 or email her at lynn.horton@traveledge.com. Please include requested dates and times with all email requests. There are many good discount internet sites available, such as www.hotels.com or www.kayak.com, both offering a variety of different-priced hotel options.

When may I embark the ship?

Holland America's *Nieuw Amsterdam* departs from the Venice Pier, **Venezia Terminal Passegeri , Marittima Fabbricato 248, 30135 Venezia** at 4:00 pm on September 7th, 2020. **Embarkation begins at approximately 1:00pm.** Guests are required to be onboard no later than 90 minutes prior to sailing time.

Dining room arrangements

Our group will dine at Late Dining (8:00 PM) each evening in the Main Dining Room. This dining time fits our workshop 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.

Reservations-Only Specialty Restaurants

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 Vegan? Advise us at the time of booking and we'll be happy to accommodate any special diets. Holland America offers vegetarian options at each meal and also has a separate vegetarian and vegan menu in the Dining Room. Special medical diets must be pre-ordered a minimum of 60 days prior to sailing. These require submission to Holland America directly. Please use this link to communicate your medical dietary request once your booking has been confirmed: book.hollandamerica.com/specialServices.

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.

Stateroom Details

All staterooms include: Double closets, full length mirrors, extra-deep chest of drawers, safe, hairdryer, and a remote-controlled Flat Screen TV. 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 specialty "reservations-only" restaurants.
- Most entertainment, onboard activities, supervised kids programs and fitness center.
- The full seminar program and special events for the group.
- **FREE SIGNATURE BEVERAGE PACKAGE** – applicable to the 1st and 2nd guests only. This beverage package is valued at \$620.00 per person on this cruise.
 - The Signature Beverage Package allows you to select from a variety of wine, beer, spirits, cocktails (including non-alcoholic), sodas, bottled water (sparkling 330ml or still 500ml) & coffee! Includes any beverage priced at \$11.00 or lower (up to 15 beverages per day). Participants may order only one drink at a time and must be 21 years or older. Sharing is not permitted. Excludes Mini Bar, Honor Bar, Chocolate Seduction, In-Room Dining, Freestyle Coca-Cola and any self-service draft beer. Packages are not transferable or refundable.

What's not included in the price?

- Air Transportation cost or transfers to the ship
- Shore excursions in the various ports
- Meals in the Specialty Reservations-Only Restaurants
- Onboard: 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, \$16.00 for suites, \$14.50 for non-suites for the duration of the cruise). Gratuities will be charged to your onboard account at the end of the cruise by Holland America.
 - **exceptions are covered by Signature Beverage Package outlined above.

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 sport coat, ties 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. It is always wise to dress conservatively when visiting the cathedrals of Europe.

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 www.hollandamerica.com/ShoreExcursions 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 has workstations available for sending and receiving emails and is open 24 hours a day. Wireless internet is available throughout the ship and guests may use their laptop computer or other wireless internet enabled device to purchase and connect to the wireless internet service onboard. Different priced plans are available to accommodate individual needs. 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 80° F (day). It is advisable to check the internet for up-to-date weather conditions prior to sailing.



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***If necessary, the enclosed information is subject to change and will be updated.**