

KNOW BEFORE YOU GO

A Mediterranean Dream - Navigating Your Future with Dr. Joe Dispenza October 7-17, 2019

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 Rome Leonardo da Vinci Fiumicino (FCO) 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 (October 7, 2019) flights should arrive into Rome Leonardo da Vinci Fiumicino (FCO) no later than **2:00 PM**. On the day the ship returns (October 17, 2019) flights should depart Rome Leonardo da Vinci Fiumicino (FCO) Airport after **12 noon**.

Can I purchase transfers to/from the ship?

October 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 approximately \$69.00 USD per person. **You must arrive no later than 2:00 PM on October 7th into Rome (FCO) if you choose this option.** It is mandatory that you provide the flight details when you make your transfer reservation.

2) Central Rome to Ship

If you are staying in Central Rome the night before embarkation, **Life Journeys is offering group transfers to the pier on October 7th from Central Rome (location TBA) for approximately \$65.00 USD per person.** Details on the time of departure, and central location, will be advised 3-4 weeks before the cruise. Transportation from your own hotel to the Central Rome (location TBA) will be your own responsibility.

October 17th Transfer from the Ship

1) Ship to Airport

Life Journeys is offering Holland America Cruise Line transfers to the airport on October 17th for approximately \$69.00 USD per person. **It is mandatory that you provide your flight information. Please be sure to schedule your departing flight out of Rome (FCO) Airport after 12 noon on October 17th.** Transfer information back to the airport will be given to you onboard the ship.

2) Ship to Central Rome

If you are staying in Rome after the cruise, Life Journeys offers transfers to our **Central Rome (location TBA)** for approx. \$65 per person. Departure times from the ship for this transfer will be provided to you once onboard. Transportation to your final destination will be your own responsibility; taxi cabs will be readily available at Central Rome (location TBA).

Distance from the Rome Leonardo da Vinci Fiumicino (FCO) Airport to the pier is approximately 60 minutes driving time, and approximate taxi costs are \$120.00 USD. Distance from Central Rome to the Pier is One hour and a half from Central Rome. Approx. taxis costs are upwards of \$145.

The address of the port is: Port of Civitavecchia, 00053 Civitavecchia, Italy.

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 Statendam* departs from the Port of Civitavecchia, 00053 Civitavecchia, Italy at 6:00 pm on October 7th, 2019. **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, Rudi's Sel de Mer, Tamarind or Canaletto Restaurants. The Pinnacle Grill offers a level of elegant sophistication unmatched anywhere. Rudi's Sel de Mer is an intimate seafood brasserie, where classic French dishes are reimagined with contemporary flair. 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, \$49 for Rudi's Sel de Mer, \$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? Advice we 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 ONBOARD CREDIT* INCLUDED WITH YOUR BOOKING** – applicable to the 1st and 2nd guests only.
 - **\$50 Onboard Credit per person – Interior and Ocean-view Staterooms**
 - **\$100 Onboard Credit per person – Verandah Staterooms**
 - **\$150 Onboard Credit per person – All Suites**

* Onboard credit must be utilized onboard the ship and can be applied toward excursions, the spa, specialty restaurants, and more onboard the ship.

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). This will be charged to your onboard account at the end of the cruise by Holland America.

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.**