

KNOW BEFORE YOU GO

Cruise Your Way to a Fast Metabolism Set sail and move the scale with Haylie Pomroy

7 – Day Western Caribbean Cruise February 18 – 25, 2024

Do I need a passport and/or visa?

FOR U.S. CITIZENS: It is necessary for all passengers to provide proof of citizenship and photo ID in one of the following forms:

- 1) A current passport that is valid for at least six months after your return date, or
- 2) An original or certified copy of your birth certificate and valid government issued photo ID (driver's license).

FOR NON-U.S. CITIZENS: You must have and carry a passport valid for six months beyond the duration of your travel. Please carefully verify the existing identification requirements for your particular travel situation. **For International passengers, please be sure you have the necessary Visas for travel to all countries listed on the itinerary if applicable.** One online resource to quickly find out about visa requirements is [CIBTvisas](#) 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 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 (**February 18th**) flights should arrive Ft. Lauderdale no later than **12:00 noon** and Miami no later than **11:00 am**. On the day the ship returns (**February 25th**) flights should depart after **11:00 am** from Ft. Lauderdale and after **1:00 pm** from Miami.

Can I purchase transfers from the airport to the ship?

If you are arriving to 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 (FLL) and \$29 from Miami International (MIA). These transfers must be added to your booking by February 2, 2024. 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.

When may I embark the ship?

The *Nieuw Statendam* departs from **the Port Everglades Ship Terminal** at 3:00 pm. **Pier address: 2026 Eller Drive, Ft. Lauderdale, FL 33316. Embarkation begins at approximately 11:00 am, 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.

Air or Hotel Reservations

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. Please contact Lynn at 714-658-9173 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. The 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 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.

Reservation-Only Dining Rooms

As a delicious alternative to the main dining room, you might consider the Pinnacle Grill, Tamarind, Canaletto or Rudi's Sel de Mer Restaurants onboard Holland America's *Nieuw Statendam*. Reservations can be made onboard or in advance online or by calling 800-541-1576. There is a \$39 per person charge for the Pinnacle Grill, \$29 for Tamarind, \$19 for Canaletto and \$59 for Rudi's Sel de Mer.

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.

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.

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 workshop 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 Staterooms and Outside Ocean-view Staterooms**
 - **\$100 Onboard Credit per person – Verandah Staterooms**
 - **\$150 Onboard Credit per person – Signature Suites and Neptune Suites**

* Onboard credit 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
- 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, \$17.50 for suites, \$16.00 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, hairdryer, and a remote-controlled Flat Screen TV. 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 sportscoats 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 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 shipboard 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.