

Freestyle DAILY



Norwegian Sun

Thursday, June 1, 2006

Today's Forecast

Sunrise

Sunset

Showers
53F / 12C

5:16AM 10:02PM

AIRPORT TRANSFERS In order to ensure a smooth disembarkation procedure in Seattle, we are pleased to offer bus transfers to Seattle Tacoma Airport for \$25/person (flights must be after 1:00PM), charged to your onboard account. Forms are available at the Reception/Shore Excursions desk, in the Atrium, Deck 5. **DEADLINE TO SIGN UP FOR TRANSFERS IS NOON TODAY!**

SPOTLIGHT SHOWTIME

Norwegian Cruise Line presents

"Cirque Pan"

Featuring the Jean Ann Ryan Company in a tribute to Peter Pan

Remain after the show for a grand finale from the Officers,
Staff and Crew of the Norwegian Sun.

STARDUST LOUNGE DECKS 6 & 7 AFT
7:30PM & 9:30PM

WHAT'S ON TAP TODAY!!

WELCOME TO PRINCE RUPERT, BRITISH COLUMBIA at approximately **4:00PM** -Please do not proceed to the gangway until the vessel has been cleared and an announcement has been made. Guests on Shore Excursions, please check your tickets for meeting times and locations. **All aboard will be at 8:30PM.**

COMEDY SHOW - THE LIARS CLUB - Join us for this hilarious show where someone is always telling the truth or definitely lying! Join Comedian *Bill Hildebrandt*, *Shark Bait*, your Host *Jeff Dakin* and your Cruise Director *Darin*, for a show that is surely off the wall! Parents, this show may not be suitable for children! Stardust, Decks 6 & 7, Aft. 10:45PM! (PG16)

DAZZLES DISCO Join your Cruise Staff in Dazzles tonight for two great events. Up first at 8:30PM is Jeopardy. See if you know the right questions to our answers. Then, at 9:30PM, join us for some Karaoke Madness and sing a song with your fellow guests. See you there! **Jeopardy 8:30PM; Karaoke 9:30PM**
Dazzles Disco, Deck 6, Mid

LATITUDES MEMBERS PARTY
Welcome back Latitude's Members! NCL invites all Latitude members to join us for a "members only" party. Kindly bring your invitation for admittance; Doors will open at 12:00PM! Stardust Lounge, Deck 6, Aft. (If you did not receive an invite and have cruised with NCL before, please join us.)

DON'T MISS THIS!

The Sun is proud to have a variety of musicians onboard for your entertainment. Make sure you always check the Music section on page 3 and stop in for a set!

PRINCE RUPERT

The North Coast was one of the last parts of the New World to be explored by Europeans. It was only 160 years ago that fur traders took up residence in this area, soon followed by gold seekers traveling the Skeena River. Northwest Coast nations are best known for their monumental art & you will see numerous towering totems in Prince Rupert & throughout the region. Prince Rupert is the center of some of the world's most remarkable Aboriginal cultures. Nearly half of the population is descended from First Nations, & within a three hour drive are eleven First Nations communities. Many of the most famous Northwest Coastal artists live & work in Prince Rupert & you will find original sculpture, prints & jewelry throughout the region & possibly observe artists at work.

Alaska, Day 6, Prince Rupert, Resort Casual

Did you remember to set your clocks forward one (1) hour before retiring last night (Wednesday)?

A reminder that the Express Walk Off Debarkation Form must be handed in by 10:00AM on Friday.

DEAR CRUISE DIRECTOR

Question - The cruise has been excellent. When can I go again?

Answer - Whenever you want. Well, you do have to buy another ticket first of course. And one of the best ways to do that is through our Future Cruise Consultant Brent. In fact, he has a presentation today all about Future Cruising. But let me give you a couple highlights anyway. Just don't tell him I told you.

There are many advantages to booking your next cruise while onboard. Handpick your room, receive onboard credit and use your travel agent all with a completely refundable deposit! With all that, it's no surprise so many people do book their next cruise onboard. So my question for you is, where would you like to go? The Caribbean? Bermuda? Maybe a nice exotic trip to the Mediterranean? Or South America? Closer to home, how about Canada and New England? The list goes on and on. All with NCL. In fact, NCL is the only large ship cruise line offering inter-island cruising in the Hawaiian islands. So, don't worry about when you can go again. We're ready for you anytime, anywhere. Now go see Brent's presentation and learn even more.

SHORE EXCURSIONS

Last minute decisions on Prince Rupert? Your Shore Excursion team is available at the desk before our arrival. Time is running out. End your vacation with a tour of Seattle, that will conveniently end at Seattle Tacoma Airport. Book it today!

Time: 10:00AM-Noon; 1:00PM-3:00PM

Location: Atrium, Deck 5, Mid

MANDARA SPA

It's a perfect day to relax & rejuvenate. Mandara Spa will feature some great health & beauty seminars and some great specials while in port (see middle insert for more details):

10:30AM Secrets to a Flatter Stomach Seminar;

12:00PM 3 Minutes Make Over Demonstration

GALLERIA SHOPS

AMBER GRAND UNVEILING! Join us to celebrate the arrival of our new collection of Caribbean Amber. Available in the Photo Gallery Deck 6 Mid. 10AM-arrival, while supplies last. Designer watches up to 50% off U.S. retail prices. Nike, Fossil, DKNY and many more. Shops are open this morning at 9:00AM until arrival, and again tonight.

FUTURE CRUISE

Join Brent and find out how easy it is to reserve your next cruise right here onboard and in addition receive exclusive benefits, like excellent pricing, upgrades and onboard credits. All at a NO RISK 100% money back guarantee. **NOT TO BE MISSED PRESENTATION!**

9:30AM

Stardust Lounge, Decks 6 & 7, Aft

BINGO

Join your Cruise Staff for our **Prize Give Away & Triple Raffle Ticket Bingo Session!** Win some prizes while you play & collect triple raffle tickets for our Free Cruise for 2 to the Caribbean Draw.

10:30AM Stardust Lounge, Deck 6, Aft

Sun Club Casino

Feeling lucky? Will the ball land on your birthday or your lucky number on Roulette? Play maximum bet on any of our *Cash Connections* slots and win the Fleet wide Progressive Jackpot of over **\$150,000**. Did you know that you may sign up to \$2000 a day in gaming chips or tokens on your onboard account? 9:00AM-1:30PM (approx.)

Re-opens: approx. 10:30PM-close

ART AUCTION

Join one of the largest Art Dealers in the world for a fun and exciting live auction at sea. Don't miss the free champagne and everyone in attendance will be eligible to win some of the \$3000 worth of artwork to be given away today!

Time: Preview at 1:30PM

Auction at 2:00PM

Location: Dazzles, Deck 6, Mid

INTERNET CAFE

5 Minutes Free! Spend 5 minutes online and receive your next 5 minutes FREE on your 1st login! Must be used in the same session. Please give your receipt to the Internet Manager so he can credit your account. **Please see internet manager for details.** It's not too late to get a time plan and save up to 47% off the pay as you go rate!

PHOTO GALLERY

Why wait until you reach home to have your photographs developed? We can develop them on board for you at a lower price than most land based operations and with higher quality printing. We have the latest printers and a very experienced lab manager. 25 cents per print (plus an additional \$3 fee for developing film.)

HOLLYWOOD@SEA

Rent a DVD tonight! \$6.95 for 24 hours. CD's and DVD's available for purchase too, as well as mp3 players! Visit tonight and find out more. Deck 6, Mid.

Norwegian Sun

Prince Rupert,
British Columbia

Thursday, June 1, 2006

Distance to Seattle
615 Miles

MORNING ACTIVITIES

- 8:00AM **SA- Circuit Training**
Fitness Room, Deck 11, Fwd
- 8:00AM **SA- Walk A Mile- get your card punched again**
Promenade, Deck 6, Fwd, Strbd
- 9:00AM **Morning Trivia- with your Cruise Staff**
Windjammer, Deck 6, Mid
- 9:00AM **SA- Pathway to Yoga (\$10 per person)**
Fitness Room, Deck 11, fwd
- 9:00AM-11:00AM **Spin to Win FREE Pull Slot Machine**
Casino, Deck 7, Mid
- 9:30AM **Future Cruise Presentation- with Brent**
Stardust Lounge, Decks 6 & 7, Aft
- 10:15AM **Lecture: All About Glaciers!**
Dazzles Disco, Deck 6, Mid
- 10:30AM **Prize Give Away & Triple Raffle Bingo!!**
Stardust Lounge, Deck 6, Aft
- 10:30AM **Cooking Demonstration**
Observation Lounge, Deck 12, Fwd
- 10:30AM **Secrets to a Flatter Stomach Seminar**
Fitness Room, Deck 11, Fwd
- 11:15AM **Crafts: Making Fabulous Fabric Beads**
Borneo/Malaysia Room, Deck 6, Aft
- 11:30AM **Acupuncture & Back Pain- Natural Relief**
Mandara Spa, Deck 11, Fwd
- 11:45AM **German Language Lesson- with Lee Ann**
Windjammer, Deck 6, Mid

AFTERNOON ACTIVITIES

- 12:00PM **3 Minute Makeover Demonstration**
Mandara Spa, Deck 11, Fwd
- 12:30PM **SA- Golf Putting Challenge**
Observation Lounge, Deck 12, Fwd
- 12:30PM **Informal Bridge Play**
Malaysia Room, Deck 6, Aft
- 1:00PM **Arts & Crafts- Balloon Flowers**
Windjammer, Deck 6, Mid
- 1:30PM **Art Auction Preview (Auction at 2:00PM)**
Dazzles Disco, Deck 6, Mid
- 2:00PM **You Can Learn Improv with Bill Hildebrandt**
Observation Lounge, Deck 12, Fwd
- 2:00PM **SA- Indoor Cycling/Spinning (\$10 per person)**
Fitness Room, Deck 11, Fwd
- 2:30PM **SA- Basketball Challenge**
Sports Court, Deck 12, Aft
- 3:00PM **SA- Fit Ball Workout (\$10 per person)**
Fitness Room, Deck 11, Fwd
- 3:00PM-5:00PM **Library is open for book sign out**
Library, Deck 6, Aft
- 3:30PM **Su Doku Challenge- pick yours up today!**
Library, Deck 6, Aft
- 4:00PM (approx.) **Arrival in Prince Rupert, British Columbia**
Have an excellent day!
- 5:15PM **Afternoon Trivia with your Cruise Staff**
Windjammer, Deck 6, Mid

EVENING ACTIVITIES

- 6:00PM **Friends of Bill W. - with your fellow guests**
Bali Room, Deck 6, Mid (enter from Havana)
- 7:30PM **SPOTLIGHT SHOWTIME- Cirque Pan**
Stardust Lounge, Decks 6 & 7, Aft
- 8:30PM **All Aboard the Norwegian Sun**
As we prepare to sail back to Seattle
- 8:30PM **JEOPARDY- with your Cruise Staff**
Dazzles Disco, Deck 6, Mid
- 8:45PM-9:30PM **Cole Porter Tribute with the Sun Showband**
Observation Lounge, Deck 12, Fwd
- 9:30PM **SPOTLIGHT SHOWTIME- Cirque Pan**
Stardust Lounge, Decks 6 & 7, Aft
- 9:30PM-11:00PM **Karaoke Madness- with your Cruise Staff**
Dazzles Disco, Deck 6, Mid
- 10:15PM **Canadian Hour with Shelley O'Brien**
Windjammer, Deck 6, Mid
- 10:30PM-11:15PM **Dixieland Music with the Sun Showband**
Observation Lounge, Deck 12, Fwd
- 10:30PM(approx.) **Sun Club Casino Re-Opens**
Casino, Deck 7, Mid
- 10:45PM **COMEDY SHOW- THE LIAR'S CLUB**
Stardust Lounge, Decks 6 & 7, Aft
- 11:00PM-Midnight **Chocoholic Buffet**
Four Seasons, Deck 5, Mid

MUSIC AND DANCING

- SHELLEY O'BRIEN** Windjammer, Deck 6, Mid
8:15PM-9:00PM
9:15PM-10:00PM
10:15PM-Close
Canadian Hour
- LOS AMIGOS** Las Ramblas, Deck 12, Aft
9:00PM-Close
- SUN SHOWBAND** Observation Lounge, Deck 12, Fwd
8:45PM-9:30PM
10:30PM-11:15PM
Cole Porter Tribute
Dixieland
- FABRIZIO CALIGARIS**
8:15PM-9:00PM
9:45PM-10:15PM
Atrium, Deck 5, Mid
Observation Lounge, Deck 12, Fwd
- DJ ROMMEL** Dazzles Disco, Deck 6, Mid
11:00PM-Close
Over 18 yrs of age after 11:00PM

BAR HOURS

Weather perm.	Champs	Deck 12, Fwd
7:00AM-Close	Java Cafe	Deck 5, Mid
7:00AM-Close	Sports Bar	Deck 11, Aft
8:00AM-Close	Topsiders	Deck 11, Aft
9:00AM-Close	Observation Lounge	Deck 12, Fwd
9:30AM-Close	Champagne Bar	Deck 7, Mid
10:00AM-Close	Great Outdoor	Deck 11, Aft
3:00PM-Close	Windjammer/Havana	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
7:00PM-Close	Dazzles Disco	Deck 6, Mid
½ hr after sail	Casino Bar	Deck 7, Mid

BAR PROMOTIONS

Drink of the Day:	<i>Rum Runner</i> - \$8.00
Coffee:	<i>Kahlua Coffee</i> - \$5.75 (All Inside Bars)
Liqueurs:	<i>Served in Love Cup</i> - \$5.50 (All Inside Bars)
Martini:	<i>Vodka Martini</i> - \$7 (5:00PM-7:00PM)
Smoothie:	<i>Mango</i> - \$9.00(non-alcohol \$6)
First Wave:	<i>Bloody Mary & Caesar</i> \$4.25 8AM-11AM

GUEST SERVICES

1 ½ hr after sail	Casino Opens (approx.)	Deck 7, Mid
8:00AM-Noon	Credit Desk	Deck 5, Mid
2:00PM-4:00PM	Credit Desk	Deck 5, Mid
9:00AM-arrival	Galleria Shops	Deck 7, Aft
½ hr after sail	Galleria Shops (close 11PM)	Deck 7, Aft
9:00AM-11:00AM	Hollywood@Sea Open	Deck 6, Mid
2:00PM-3:30PM	Hollywood@Sea Open	Deck 6, Mid
9:00PM-11:00PM	Hollywood@Sea Open	Deck 6, Mid
5:30PM-6:00PM	International Desk	Deck 5, Mid
9:00AM-Noon	Internet Manager	Deck 6, Mid
2:00PM-5:00PM	Internet Manager	Deck 6, Mid
9:00PM-11:00PM	Internet Manager	Deck 6, Mid
9:00AM-10:00AM	Library	Deck 6, Aft
3:00PM-5:00PM	Library	Deck 6, Aft
8:00AM-10:00PM	Mandara Spa - #29	Deck 11, Fwd
8:30AM-10:00AM	Medical Centre	Deck 3, Fwd
4:00PM-5:00PM	Medical Centre	Deck 3, Fwd
10:30AM-Noon	Port & Cruise	Deck 5, Mid
2:00PM-4:00PM	Port & Cruise	Deck 5, Mid
9:00AM-arrival	Photo Gallery Shop	Deck 6, Aft
9:00PM-11:00PM	Photo Gallery Shop	Deck 6, Aft
10:00AM-12:00PM	Shore Excursion Desk	Deck 5, Mid
1:00PM-3:00PM	Shore Excursion Desk	Deck 5, Mid

IMPORTANT NOTICE:

Emergency Number: The ships emergency number is 911 from any ships phone!

Medical Sharps: Ask your room steward for a sharps container for needle disposal

Environmental Hotline: You may phone hotline at 877-501-5976 or E-mail semshotline@ncl.com Reports are confidential.

Casino: Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule.

Customer Relations: Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

Alcohol Policy: Alcoholic beverages purchased on land will be collected & secured in our bonded stores and available for pick up on debarkation morning. Service and consumption of alcoholic beverages requires 21 years of age.

FREESTYLE DINING

24 Hours	Room Service available	Dial #27/28
BREAKFAST		
6:00AM-10:30AM	Early Riser- Las Ramblas	Deck 12, Aft
7:00AM-10:30AM	Garden Café	Deck 11, Aft
7:00AM-10:30AM	Waffles - Pacific Heights	Deck 11, Aft
7:00AM-10:30AM	Omelets - Las Ramblas	Deck 12, Aft
8:00AM-11:00AM	Great Outdoor Café	Deck 11, Aft
7:30AM-9:30AM	Continuous- Seven Seas	Deck 5, Aft
LUNCH		
11:30AM-1:30PM	Sushi - Ginza (charges apply)	Deck 12, Aft
11:30AM-3:00PM	Great Outdoor Café	Deck 11, Aft
Noon-1:30PM	Continuous - Seven Seas	Deck 5, Aft
Noon-2:00PM	Pasta- Pacific Heights	Deck 11, Aft
Noon-2:00PM	Sandwiches- Las Ramblas	Deck 12, Aft
Noon-3:00PM	Lunch Buffet - Garden Café	Deck 11, Aft
Noon-4:00PM	Pizza- Pacific Heights	Deck 11, Aft
SNACKS		
11:00AM-10:00PM	Ice Cream- Garden Café	Deck 11, Aft
3:00PM-5:30PM	Snacks - Great Outdoor	Deck 11, Aft
5:30PM-10:00PM	Tapas in Las Ramblas	Deck 12, Aft
5:30PM-5:30AM	Late Night - Sports Bar	Deck 11, Aft
11:00PM-Midnight	Chocoholic Buffet- Four Seasons	Deck 5, Mid
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid
DINNER		
5:30PM-10:00PM	Oriental Buffet - Garden Café	Deck 11, Aft
5:30PM-9:30PM	Farewell Dinner- Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Farewell Dinner - Seven Seas	Deck 5, Aft

SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights #93</i> Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza #82</i> Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza #82</i> Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West #82</i> Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio #80</i> Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro #81</i> French /Med	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between 8:00am-5:00pm. Cover Charges Apply (Includes all items except A La Carte) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no cover charge for dining in Pacific Heights or Las Ramblas.

Smoking Policy: Smoking permitted in designated areas & open decks. Cigar & Pipe smoking are permitted in the Havana club Deck 6, Mid & open decks.

Sports Info: Golf Clubs are available through Topsiders Bar, Deck 11, Aft, each day from 8:00AM to 6:00PM. The volleyball net will be up each day on the Sports Court, Deck 12, Aft, from 9:00AM-Noon.



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING