



PRINCESS PATTTER

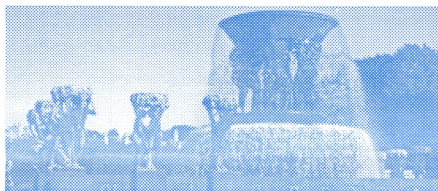
A daily guide to cruise activities 

OSLO, NORWAY • TUESDAY, JULY 18, 2006 • SEA PRINCESS
Sunrise 4:33am • Sunset 10:06pm • Tonight's Dress: Smart Casual

Welcome to Oslo

Oslo is, in area, one of the largest capitals in the world. The island-studded fjord in front of it, the forest-clad hills beyond, the lakes of the hinterland, and a recreational area few capital cities can match all belong to Oslo. The city's inhabitants most certainly do not lack space. Merchants have made their way to Oslo's shores for more than 1,000 years and, as Norway's commercial hub, its harbor is an amalgam of everything from shrimpers to cruise ships. But the scenery doesn't stop at the water's end, as the city is overflowing with parks, trails and breathtaking surroundings.

The oldest of the Scandinavian capitals, it is a blend of 19th- and 20th-century architectural styles. Wood carvings and colorful frescoes decorate the city's buildings, and the parks and public squares are resplendent with works of sculpture.



Captain's Circle Membership Enquiries Desk

3:00pm to 6:00pm – Deck 5, Main Atrium
Today is the deadline to register your number of Days at Sea to be considered one of our Most Travelled Passengers! Jodi, your Captain's Circle Host will be available to answer your membership enquiries.

Your Dining Hours

BREAKFAST

Traviata Dining Room, Deck 6
7:00am-9:00am

LUNCHEON

Traviata Dining Room, Deck 6
Noon-1:30pm

Pizzeria/Café Corniche Dolphin, Deck 8
11:00am-3:00pm,
6:00pm-Midnight

DINNER

Traviata Dining Room Atrium, Deck 6 Midships
First Sitting 6:15pm,
Second Sitting 8:30pm

Rigoletto Dining Room Atrium, Deck 5 Midships
Anytime Dining 5:30pm-10:00pm

BUFFET

Horizon Court, Deck 14
Breakfast 6:00am-11:30am
Lunch 11:30am-3:30pm
Light Snack 3:30pm-6:00pm
Dinner 6:00pm-11:00pm

Currency Exchange

- The U.S. Dollar and British pound are NOT widely accepted in Norway.
 - Please note major Credit Cards and Debit Cards are widely accepted in some ports.
 - When making purchases ashore on your credit card or debit cards, you will be billed and sign for amounts in local currency. This will be exchanged by your banking institution into your home currency as shown on your statement (photo ID will be required at time of purchase).
 - Please note Norwegian Kroner is only available from the Purser's desk on deck 5 at the following times:
7:00am - 11:00am
2:00pm - 6:00pm
- RATES:**
USD to Norwegian Krona
Buy Rate 5.93
Sell Rate 5.68

A nominal service fee of USD \$3.50 is made per transaction. Only US coins are accepted onboard. Non-US coins are not accepted or exchanged.

FROM THE NAVIGATOR

During the night Sea princess continued on her northerly course through the North Sea towards our next port of call, OSLO.

This morning we expect to embark our local pilot at approx. 04:00 and with the aid of his local knowledge we will proceed through the OsloFjorden towards our berth.

Then we will set North westerly course through the Traffic Separation Scheme of the Fjord and shortly after we will pass the island of Nes Jeloya on our Starboard side and altering to starboard and set various northerly courses to make our final approach towards our berth, where we expect to be all fast alongside by 08:00.

WEATHER TODAY

Sky Mostly Sunny
Wind N 10 Knots Gentle breeze.
Temp High 22C/71F • Low 14C/57F

SHIP AGENT'S ADDRESS IN OSLO

European Cruise Service
Bok 1926 Nordnes, Strandgaten 197
N-5817 Bergen/ Norway
Phone: 47 5590 0780
Fax: 47 5590 0696

ENVIRONMENTAL COMPLIANCE HOTLINE

Dial CLEAN or 25326 or
1-888-290-5105
www.carnivalcompliance.com

MEDICAL CENTRE

The Medical Center is located on Deck 4. Access via the Starboard Forward elevator or stairs near the Purser's Desk, Deck 5.
Office Hours Today: 10:00am to Noon and 4:30pm to 6:30pm
For Routine medical attention please dial 5000. **FOR EMERGENCY ONLY PLEASE DIAL 911.**

DAYTIME ACTIVITIES

8:00am (Approx.) SEA PRINCESS ARRIVES IN OSLO

LOCAL AUTHORITIES HAVE REQUESTED ALL PASSENGERS GOING ASHORE TODAY IN OSLO MUST TAKE THEIR PASSPORT OR PICTURE I.D. WITH THEM.

SHIP'S SECURITY NOTICE

In order to prevent unauthorized persons boarding the ship, you are asked to carry your "Cruise Card" with you when going ashore. You will be asked to produce this at the gangway when you leave and return to the ship.

Please ensure that you also have a picture ID with you before leaving the ship, as you may be required to show this at security checkpoints upon your return.

Please be aware that we have established a secure area around the vessel and our security procedures require that you must be prepared to show your cruise card when entering this area, in addition to showing it to the security staff at the gangway when leaving or boarding the ship.

We kindly ask you not to accept and bring on board any parcels or packages from strangers. Before boarding the ship, you may also be asked by our Security Staff to open parcels or handbags which you are carrying. We are sure that you will appreciate that this security is in the best interest of all concerned.

8am-8pm **SPORTS COURT**
Available all day for Paddle Tennis, Basketball, Badminton and more. *Sports Court, Deck 15*

8am-10:00am **BRAINTEASERS**
Pick up your daily quiz from the *Library, Deck 7*

9:45am **CREW EMERGENCY DRILLS**
At 9:45am this morning, alarm bells may be sounded and broadcasts made as the crew are exercised in their Emergency Duties. During the exercise, limited passenger service will be available. If you should hear the General Emergency Stations Signal, proceeded by the words "For Exercise Only" during the course of this exercise, on this occasion only, no action is required by passengers. For the duration of the crew drill, we kindly request that passengers please keep clear of the outside area of Promenade Deck.

11:00am **CARDS & GAMES GET-TOGETHER**
Meet your fellow passengers for games of Chess, Cribbage and more. *Casino Card Room, Deck 8*

11:30am **MORNING TRIVIA CHALLENGE**
Join Anne of your Cruise Staff who asks the questions. Just for fun. *Wheelhouse Lounge, Deck 7 Fwd*

11:30am **ALLCOMERS SHUFFLEBOARD**
Nautical Sporting action with your fellow passengers (non-hosted). *Lido Deck 14 Portside*

1:45-3:15pm **SAILAWAY MELODIES (weather permitting)**
With The Barnacles. *Riviera Pool, Deck 12 Midships (Will be moved to Horizon Lounge if weather inclement)*

2:15pm **OUTBURST TEAM CHALLENGE**
Join Anne from the Cruise Staff in this popular game of verbal explosions. *Crooners Lounge, Deck 7*

2:30pm **ALL PASSENGER ABOARD PLEASE! SEA PRINCESS WILL SAIL SHORTLY AFTER FOR COPENHAGEN**

Sailing-11pm **WORLD MAP BAGS & ACCESSORIES**
Take an extra 30% off the ticketed price. *Latitudes, Deck 6*

Sailing-11pm **LAST CHANCE TO PRE-ORDER Liquor & Tobacco**
Save up to 65% Off U.S. suggested retails. Buy 3 or more bottles and save an extra 10%. Buy 12 or more bottles and save an extra 15%. *Latitudes, Deck 6*

2:45pm **FUTURE CRUISE PRESENTATION: EUROPE 2007**
Join Jacqueline and explore Princess Cruises' exciting programme to Europe in 2007 and your exclusive FREE onboard booking benefits. Learn about the Emerald Princess and the Royal Princess, two new ships which will be sailing the Mediterranean commencing April. *Vista Lounge, Deck 7 Aft*

3:00pm **ADULT GOLF CHIPPING COMPETITION**
Join Mendl of the Cruise Staff as you chip into the pool. *Riviera Upper Pool, Deck 12 (Weather Permitting)*

3-5:00pm **CERAMICS@SEA PAINTED CERAMICS**
Last chance to join the Cruise Staff and create your own ceramic work of art (Materials & Fees Vary). *Wheelhouse Corridor Portside, Deck 7*

3:30pm **TODAY'S BIG SCREEN MOVIE: FIREWALL - (A security specialist is forced into robbing the bank that he's protecting, as bid to pay off his family's ransom)**
Starring: Harisson Ford, Virginia Madsen
Duration: 105 minutes, Rated: PG-13 Action/Drama
Princess Theatre, Deck 7 Fwd.

3:30pm **ADULT BASKETBALL SHOOTOUT**
Join Anne from the Cruise Staff. *Sports Court, Deck 15 Aft*

3:30-4:30pm **AFTERNOON TEA**
Tea is served in the *Traviata Dining room, Deck 6*, with the music of Patrice Doucet.

3:30pm **ART AUCTION EXTRAVAGANZA (2:30pm Preview)**
Don't miss this special event with substantial savings of up to 50% off estimated retail prices. Join Paul & Jewel for the fun, excitement and fantastic savings. Fabulous art will be given away! *Wheelhouse Bar, Deck 7*

3:45pm **LINE DANCING**
Join Jason who will put you through your paces with some fun new steps. *Vista Lounge, Deck 7 Aft*

3:45pm **CLOSE UP MAGIC (Adults only around the table please)**
A unique demonstration of sleight of hand by multi-award winning manipulator, Bernard Reid. *Atrium, Deck 5*

4:00pm **ADULT TABLE TENNIS**
Meet Susan from the Cruise Staff who will organize a friendly game. *Riviera Deck 12 Fwd*

4:30pm **SNOWBALL JACKPOT BINGO**
Bingo cards go on sale at 3:30pm. Juan calls the numbers. *Vista Lounge, Deck 7 Aft*

4:30pm **TRIVIA QUIZ**
Jason hosts this fun trivia. *Crooners Lounge, Deck 7*

4:45pm **FRIENDS OF DR. BOB & BILL W. MEETING**
Razzmatazz, Deck 7

5:15pm **HONEYMOONERS GET-TOGETHER**
Come and meet other couples who have just "tied the knot". *Crooners Lounge, Deck 7*

5:30-9:00pm **COCKTAIL MELODIES**
With our talented ship's musicians. *Atrium, Deck 5*

STATEROOM TV

THE PRINCESS CHANNEL (Channel 22)
6-10am Sea-U-In The Morning with Peter
10am-3pm Alexandra Nechita - "Portrait of the Artist"
3pm-7pm Princess Reflections
7pm-onwards Princess Cruises Style (Benefits of Booking Onboard)

PORT CHANNEL (Channel 30)
6am-12am Adventures Ashore Port & Tour Overview

FUN ZONE AND TEENS HOURS

Riviera Deck 12 Aft

8am-5pm Youth/Teens Port Day Supervision
7pm-10pm Youth Activities
7pm-1am Teens Activities

LOTUS HEALTH AND FITNESS PROGRAM

Aerobic Studio, Deck 12 Aft

8:00am Aerobics Oz Style
10:00am FREE SEMINAR - Eat More to Weight Less
4:00pm Pilates

LIBRARY OPENING HOURS

9-Noon and 4:30pm-7:30pm
Librarian Srilekha will be in attendance to sign-out books. Needlepoint Kits from \$7.00. Britain Today & New York Times Fax will be available for reading only once received and printed. *Library, Deck 7*

COMPUTERS@SEA

7pm-9pm **Questions about email or the internet?** Sheryl will be available in the Internet Café, Deck 7 to answer your Internet and email questions.



ADVENTURES ASHORE

Located on Plaza Deck, Deck 5 in the Atrium Lobby

Tour office hours: 4:00pm to 7:00pm

TOUR OFFICE

BOOKINGS FOR HELSINGBORG, WILL CLOSE AT 7:00PM TODAY
No refunds or exchanges can be made after this time

Tickets still available - we suggest using the 24 hour drop box. Tickets will be delivered to your stateroom.

TOUR MEETING INFORMATION

Any passenger booked on a shore excursion in Oslo, please read your tour ticket carefully for meeting details. Any tour in which you arrive late cannot be credited so please be on time and remember to check the **MEET** time for your tour.

Tours Meeting in Princess Theatre

If your tour ticket indicates that you are to meet in the Princess Theatre at a designated time **DO NOT arrive late**. We need to gather you as a group prior to taking you ashore.

Upon meeting in the Princess Theatre, you will be assigned a bus number and issued a bus sticker. **Please ensure you gather with your entire party before proceeding to the Princess Theatre.** Bus assignments can not be changed once they have been allocated.

Shore Excursion staff will be present in the Princess Theatre to assist you

OSL-C Open Air Folk Museum & Oslo Highlights

Meet Princess Theatre 7:45am

OSL -K Viking Ship Museum & Glassworks

Meet Princess Theatre 7:45am

OSL-H Introduction to Oslo

Meet Princess Theatre 8:00am

OSL-J Walking Tour of Oslo & City Hall

Meet Princess Theatre 8:00am

OSL-F Norway's Maritime Heritage

Meet Princess Theatre 8:15am

OSL-G EZ Oslo (1st Departure)

Meet Princess Theatre 8:15am

OSL-B Viking Museum & Oslo Highlights

Meet Princess Theatre 8:45am

OSL-A National Gallery & Oslo Highlights

Meet Princess Theatre 9:15am

OSL-G EZ Oslo (2nd Departure)

Meet Ashore on pier 11:00am

Have a Great day in Oslo!

COPENHAGEN SHUTTLE

During our call into Copenhagen, a shuttle service will be operating from the pier to the town. Shuttle tickets are \$5USD per person each way and are only available onboard. Shuttle Tickets are available from the Tour Office, Deck 5, Atrium. Please complete the booking form and place it in the 24hr drop box. Tickets will be delivered to your stateroom. The cost of this will be charged to your shipboard accounts. Shuttle tickets will not be available on the dockside and therefore must be purchased onboard.



TONIGHT'S ENTERTAINMENT

This evening's dress code is smart casual

Audio or video taping is prohibited due to copyright. No saving of seats please. Unaccompanied Children not permitted in the front three rows. Last two rows reserved for passengers with limited mobility.

PRINCESS THEATRE

Promenade Deck 7 Fwd. Showtimes: 8:30pm & 10:30pm

ENCORE SHOWTIME

Starring:

Music and Mayhem from the Pianist with a Twist

JON COURTNEY

MCs: Cruise Director Peter Roberts

Musical Backing: Steve Lee & The Sea Princess Orchestra

VISTA LOUNGE

Promenade Deck 7 Aft

Showtimes: 8:30pm & 10:30pm

Pre-show Dancing: 8:00pm

WITH BARNACLES

SPOTLIGHT SHOWTIME

Starring: Comedian

NICK PIKE

"Dare Devil Acrobat, Juggler will have you clapping and cheering with high energy routines and quick firegags.

MCs: Cruise Director Peter Roberts & Deputy Cruise Director Jason Parsons

9:30pm

COUNTRY & WESTERN

HOE DOWN

Come and join Jason, the Cruise Directors Staff and the sounds of the Barnacles for a high slapping, toe tapping time with dancing fun and prizes. . . .

RAZZMATAZZ

Promenade Deck 7 Midship
Club opens at 10:00pm
(18 years and over only after midnight)

10:00pm to 10:30pm

ROMANTIC HOUR

In a Mellow Mood

11:00pm

REQUEST EXPRESS

11:45pm

70'S NIGHT FEVER

Join DJ Jojo and the Cruise Directors Staff as they take you back to the Era of Flares, Glitter & Glam Rock

MOVIES UNDER THE STARS

Riviera Deck 12 Midships

10:00am SPIDERMAN

12:00pm BRIDGET JONES - THE EDGE OF REASON

3:15pm SPIDERMAN

5:00pm PRINCESS REFLECTIONS

8:15pm MEMOIRS OF GEISHA

For your convenience and enjoyment, a personal wireless unit and ear phones have been placed in your stateroom for you to enjoy the daily programming after 6:00pm. Pools and Jacuzzis, Deck 12 will be closed for the late evening programs.

WHEELHOUSE BAR

Promenade Deck 7 Forward

Music every evening for your dancing and listening pleasure

5:30pm to 9:00pm

TERRY & MAYA DUO

9:15pm to close

DANCE THE NIGHT AWAY TO THE MUSIC OF

PETE NILSON DUO

PREMIER CRU BAR

Promenade Deck 7 Midships
5:00pm till late

ENJOY OUR SELECTION OF FINE WINES

Pre-order your Champagne & Caviar

HORIZON COURT

Lido, Deck 14
7:00pm to 9:00pm

Enjoy the music of
PATRICE DOUCET

CROONER'S LOUNGE

Promenade Deck 7 Midship

9:00pm until late

AN EVENING OF MUSIC WITH
DAVID MOORE

Playing your requests while you enjoy one of our signature Crooners' Martinis

10:00pm

GENERAL KNOWLEDGE TRIVIA

With the Cruise Staff



BOUTIQUES ONBOARD

Emerald Deck 6 Sailing-11:00pm

LOOSE GEMSTONES EVENT

Pink & Blue Topaz, Paraiba Topaz, Citrine, Amethyst, Peridot, Garnet
Starting at \$10 per carat
Set pieces in 14K White & Yellow Gold
Sailing - 9pm, Atrium Deck 6

CONTEMPORARY WATCH EVENT

Guess, Fossil, DKNY, Kenneth Cole, Seiko & Citizen
Save an extra 10% Off
When you buy 3 or more Tax & Duty Free Watches
Take up to 50% off selected styles of watches
(cannot be combined with other promotions)
Sailing - 10pm, Atrium, Deck 6

INCH OF GOLD & SILVER

Starting at \$1.49 per inch
Purchase 21" or more & receive a pendant for only \$9.99
LIFETIME GUARANTEE
Sailing - 10:30pm, Atrium, Deck 6

We Will match The Price On Any identical Item In Port!



FINE ARTS

Wheelhouse Bar, Deck 7 Fwd.

Auction 3:30pm - Preview 2:30pm

ART AUCTION EXTRAVAGANZA

Another opportunity to bid on beautiful works of art, at up to 50% below estimated retail prices. All of the art onboard is guaranteed by Princess Cruises, shipped directly to your home and tax & duty free back to the U.S and U.K.
Fabulous Art giveaway today!



FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Starboard Side - Tel.: 7305

Office hours: 8:00am-9:30am & 4:00pm-7:00pm

Book your next cruise vacation with Jacqueline while onboard the Sea Princess! FREE shipboard credit and only £75* or US\$100 deposit per person! Can't decide which cruise? Leave it open for 4 YEARS and receive the same benefits! *UK passengers do not pay the deposit onboard unless making a confirmed reservation.



MONTE CARLO CASINO

Dolphin Deck 8 Midship

Slot Machines: Open 1 hour after sailing until the wee hours
Select Gaming Tables: Open 1 hour after sailing until the wee hours

SLOT MACHINE TOURNAMENT

IN YOUR CASINO THIS EVENING!

Winner takes the pot.

Only \$ 20 to enter.

Play anytime from 8:00pm - 10:15pm

Finals at 10:30pm.

PRIZES FOR ALL FINALISTS.

Enter Three Times and receive a Free casino T-Shirt

Purchase your ticket at anytime from the Casino Cash Desk or Your Tournament Host.

Ask your friendly Casino Staff for details

\$\$ SNOWBALL JACKPOT BINGO \$\$

All bingo tickets are charged to your shipboard account. Tickets on Sale outside the Vista Lounge 1 hour before each session

TODAY'S SPECIAL:

Casino T-shirt for every Bingo game winner!!!!

PLEASE NOTE THAT THE MINIMUM AGE FOR ANYONE ALLOWED IN THE CASINO IS 18 AND PHOTO I.D. WILL BE REQUIRED.

If you have registered a credit card at the Purser's Desk then you may charge your casino chips or Slot tokens to your shipboard account (up to \$1,500 per day, \$5,000 per cruise). A 3% surcharge will be included. Cigar and pipe smoking is not permitted in the casino.



PHOTO & VIDEO GALLERY

Promenade Deck 7 Aft 3:00pm - 11:00pm

PHOTO SPECIALS

BUY ANY 5 PORTRAITS AND RECEIVE 1 MORE FREE

SOUVENIR SALE

PURCHASE BOTH OF YOUR RESTAURANT PHOTOS AND RECEIVE A LARGE SOUVENIR FRAME OR LARGE LINEN FOLIO FREE!

PRINCESS REFLECTIONS

Look for us out on the following tour
Oslo Viking Museum & City Highlights

Enjoy Princess Reflections from the comfort of your stateroom. Watch Channel 22 for the latest update (check Princess patter for T.V. times)

15% off Check out your Passport to Value Coupon Booklet



LOTUS SPA & BEAUTY SALON

Riviera Deck, Deck 12 8:00am to 10:00pm, Tel:12724

Gymnasium open 7:00am to 10:00pm

TODAY'S SPECIAL

20 20 20

Choose any 3 of the following for only \$79

- 20Min - Back neck and shoulder massage
- 20Min - Rejuvenating Facial
- 20Min - Foot and ankle massage
- 20Min - Indian scalp massage
- 20Min - Hand and arm massage
- 20Min - Parrafin hand treatment
- 20Min - File and polish hands or toes

HAIR SALON SPECIAL

TOTAL REVAMP

Cut, color or high lights and finishing off with blow dry ONLY \$99

.....AND DON'T FORGET OUR CRUISE SPECIAL
GENTLE TOUCH TEETH WHITENING

\$199, Couples Special \$175-each



FLOWERS

Atrium Lobby, Deck 5 3:00pm to 7:00pm

SAY IT WITH FLOWERS

Spoil someone today by buying flowers.
Pop by and see Gerry and Roger, our on board florists.



BAR NEWS & INFORMATION

Please check your "Quick Reference Card" for the hours of operation of the bars on board. This card can be found in your stateroom.

SIGNATURE COLLECTION

QUENCH YOUR THIRST WITH THESE PREMIUM COCKTAILS

RASPBERRY MARTINI \$6.50

A Martini with Raspberries? Is there anything better?

MARTINI OF THE DAY \$6.00

SOUR APPLE MARTINI

Absolut Vodka and Pucker Apple Schnapps.

SHIPBOARD BEVERAGE POLICY

Passengers under 18 years of age will not be served alcoholic beverages. Please understand that you may be requested to show identification indicating date of birth.



PRINCESS CRUISES

escape completely®