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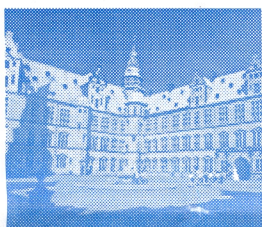
# PRINCESS PATTEN

A daily guide to cruise activities 

HELSINGBORG, SWEDEN • THURSDAY, JULY 20, 2006 • SEA PRINCESS  
Sunrise 4:53am • Sunset 9:59pm • Tonight's Dress: Formal

## Welcome to Helsingborg

Throughout the Middle Ages, Helsingborg was an important Danish town, not only as a military base, but also as an administrative center for the whole of northern Skåne. However, its era of eminence did not last. During the Reformation during the 16th century, the churches and monasteries were demolished and the once proud castle was regarded as antiquated. It could no longer defend Skåne. The decline continued, and the 17th century is a dismal and sad part of the town's history. Denmark and Sweden were often at war, and Helsingborg suffered considerably. The Swedes captured the town six times from the Danes, and lost it to them six times. During the Skåne War (1675-1679), most of the central area of the town was destroyed. Only St. Mary's church and the house of Jacob Hansen were spared. Even the castle was pulled down, and only the mediaeval keep was left standing. It was not until 1710 that Magnus Stenbock finally defeated the Danes. The Battle of Helsingborg is regarded as one of the bloodiest to have been fought on Swedish soil.



### Captain's Circle Membership Enquiries Desk

2:00pm to 4:00pm – *Atrium Plaza, Deck 5*  
"Captain's Circle Members Only" - If you have not received an Invitation to the Cocktail party **tonight**, kindly contact the Captain's Circle desk or Purser's desk. Invitations are required to gain entry and to be eligible for a door prize. See you at the Party!

### Your Dining Hours

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

**LUNCHEON** *Traviata Dining Room, Deck 6*  
12noon-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  
Tea Time 3:30pm-4:30pm  
Light Snack Buffet 3:30pm-6:00pm  
Dinner 6:00pm-11:00pm

### Currency Exchange

- The U.S. Dollar, British pound and Euro are NOT widely accepted in Sweden.
- 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 Swedish Kroner is not available onboard

### Navigational Map

The ship's "Navigational Map" for our current voyage, signed by Captain Julian Burgess and our Bridge Officers, will be auctioned at the Final Bingo Session tomorrow. It will be on display in the Atrium on Plaza Deck 5 beside our beautiful water feature.

### FROM THE NAVIGATOR

Once clear of her berth, tomorrow morning, Sea Princess will begin her outbound transit of the port. Once out of the port, the pilot will be disembarked and we will set a northeasterly course across the sound towards our destination Helsingborg. At approx 06:45 we will embark our local pilot and begin our final approach towards our anchor position, where we expect to be 07:15 and begin our tender service at 07:30.

### WEATHER TODAY

Mostly Sunny skies with gentle breeze from West.  
Temp low 16C/61F • high 25C/77F

### SHIP AGENT'S ADDRESS IN HELSINGBORG

**European Cruise Service**  
St. Tullhuset, Stadsgarden 17  
P.O. Box 15008  
Stockholm, Sweden SE-10465  
Telephone: 46-831-8475  
Telefax: 46-831-8465

### VERY IMPORTANT NOTICE REGARDING UK RAIL TRAVEL

We have received confirmation that there will be a National Rail Strike this coming weekend - commencing midday Friday 21 July, and lasting for 24 hours.

### MEDICAL CENTRE

The Medical Centre is situated on Deck 4, access via starboard forward elevator or stairs near Purser's Desk, Deck 5

Office Hours Today  
10:00am to Noon  
4:30pm to 6:30pm

For routine medical attention please dial 5000. For emergency only please dial 911.



## DAYTIME ACTIVITIES

7:30pm (Approx.) **SEA PRINCESS ANCHORS OFF HELSINGBORG**

**LOCAL AUTHORITIES HAVE REQUESTED ALL PASSENGERS GOING ASHORE TODAY IN HELSINGBORG 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.

### BOATING OPERATIONS IN HELSINGBORG TENDERING ASHORE

To avoid overcrowding at the tender embarkation area and to avoid discomfort standing in line waiting for a tender to take you ashore, we will be operating a tender ticket system once we have anchored off Helsingborg and received clearance from the Local Authorities. We will make an announcement to invite you to proceed to the Crooner's, Deck 7 Midships where you will be issued a tender ticket. To avoid congestion, only proceed to the tender embarkation area when your tender ticket number has been called.

Tender tickets will be available from approximately 7:00am.

### SAFETY IN THE TENDERS

Today we will be taking you ashore using the ship's tenders. For your own safety please read the Tender Safety Notice at the head of the gangway and familiarize yourself with the contents of the Emergency Instructions Notice posted in the cab of each tender. You are reminded that there must be No Smoking whilst in the tenders and that, to avoid risk of injury, you must keep your hands and arms off the side of the tender as it comes alongside the ship or wharf. It is important that you follow the instructions given by crew members and that you remain seated whilst in the tenders. Do not get in or out of the tenders until instructed to do so by the ship's staff.

- 8-10am BRAINTEASERS**  
You can pick up your daily quiz from the Library. *Library, Deck 7*
- 9am-11pm EXPANDABLE BAG ON WHEELS**  
Stop in Latitude Boutique for your essential Bag on Wheels. Only \$29.95. *Latitudes, Deck 6*
- 9am-11pm PRINCESS EXCLUSIVE!**  
Sea Princess ship models. A perfect souvenir for only \$9.95. *Latitudes, Deck 6*
- 11:00am DECK QUILTS**  
Join your fellow passengers for non-hosted play. *Lido, Deck 14 Aft*
- 11:30am MORNING TRIVIA CHALLENGE**  
Join Anne from the Cruise Staff who asks the questions. Who will win the Bubbly. *Crooners Lounge, Deck 7*
- 1pm-2:30pm POOLSIDE MELODIES (Weather permitting)**  
With our resident Musicians. *Riviera, Deck 12 Fwd.* (will be moved to Horizon Court if weather inclement)
- 12:30-2pm ATRIUM MELODIES**  
With our fine musicians. *Atrium Lobby, Deck 5*
- 1:00pm LAST TENDER LEAVES ASHORE!  
ONCE PASSENGERS ONBOARD SEA PRINCESS  
WILL SAIL SHORTLY AFTER FOR SOUTHAMPTON**
- 1:45pm SHUFFLEBOARD COMPETITION (Adults)**  
Join the Cruise Staff for the fun. *Lido Deck 14 Aft Portside*
- 2:00pm GOLF CHIPPING (ADULT)**  
Join the Cruise Staff for some sporting fun by the Pool. *Riviera Upper Pool, Deck 12*

- 2:00pm CARDS & GAMES GET TOGETHER**  
Anyone interested in playing Whist, Bridge or any other card or board games should meet at this time. *Card Room, Deck 8*
- 2:30pm FINAL ART AUCTION (1:30pm Preview)**  
Don't miss this special event with savings of up to 50% off suggested retail prices. Join Paul & Jewel for the fun, excitement and fantastic savings. Fabulous art will be given away. *Wheelhouse Bar, Deck 7 Fwd.*
- 2:30pm SPECIAL INTEREST LECTURE**  
**Feasting Through the Ages** – A coronation, an inauguration, a birthday or a wake; all occasions that demand a feast. Sarah Edington looks at the food, the guests, the drinks and the entertainment at public and private feasts over the last two thousand or so years. *Vista Lounge, Deck 7 aft*
- 2:45pm PRINCESS PYRAMID**  
Join the Cruise Staff who will host this fun team game. *Crooners Lounge, Deck 7*
- 3:00pm BIG SCREEN MOVIE:  
EIGHT BELOW – The Most Amazing Story of Survival,  
Friendship, and Adventure Ever Told. Brutal cold forces  
two Antarctic explorers to leave their team of sled dogs  
behind as they fend for their survival.**  
Paul Walker, Bruce Greenwood, Jason Biggs  
PG - Drama • 120 min. *Princess Theatre, Deck 7*
- 3:00pm MAITRE D'HOTEL WINE CLUB**  
For only \$25 you can sample 6 prestigious wines accompanied by delicious canapes. For reservation, please call 5503. *Rigoletto Dining Room, Deck 5*
- 3:15pm SODOKU CHALLENGE**  
Join Mendl for today's quiz. *Premiere Cru Bar, Deck 7*
- 3:30pm LINE DANCE CLASS**  
Join Jason as he teaches you some more fun dances. *Vista Lounge, Deck 7*
- 3:30-4:30pm AFTERNOON TEA**  
Will be available accompanied by Wojciech Fieden. *Traviata Dining Room, Deck 6*
- 4:15pm ARTS AND CRAFTS with Denise**  
**A Touch of Tartan Gift Bags** – Create a royal Gift Bag with a touch of British plaids. *Razzmatazz, Deck 7*
- 4:30pm SNOWBALL JACKPOT BINGO**  
Bingo cards go on sale at 3:30pm. Mendl calls the numbers. *Vista Lounge, Deck 7 Aft*
- 4:30pm AFTERNOON TRIVIA QUIZ**  
The Cruise Staff ask the questions. *Crooners, Deck 7*
- 5:00pm MASONS GET TOGETHER**  
The cruise staff will be on hand to effect introductions. *Razzmatazz, Deck 7*
- 5:15pm PASSENGER TALENT SHOW SIGN UP**  
Can you sing, Dance, Tell Jokes / Stories – Join Cruise Director Peter for your ONLY chance to sign up for the upcoming big show. *Vista Lounge, Deck 7 Aft*
- 5:30pm FRIENDS OF DR. BOB AND BILL W. MEETING**  
*Razzmatazz, Deck 7*
- 5:30-9:00pm COCKTAIL MELODIES**  
With our talented ship's musicians. *Atrium, Deck 5*
- 10:30pm CLUB 18 – 21**  
All young adults are invited to meet in the Razzmatazz Disco. The cruise staff will be on hand to effect introductions. *Razzmatazz, Deck 7*
- 11:30pm CHAMPAGNE WATERFALL PARTY**  
Your Maître d'Hôtel Renzo Rotti will be building a cascading Champagne Waterfall. Music by Pantheon String Quartet from 11:00pm. Dance the night away with your Waiters and Cruise Staff. *Atrium, Decks 5, 6 & 7*

### LIBRARY OPENING HOURS

**9-11:00am and 3:00pm-8:00pm**  
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*



## LOTUS HEALTH AND FITNESS PROGRAM

### Aerobic Studio, Deck 12 Aft

7:00am	Walk a mile - Meet under lifeboat 15, deck 7
8:00am	Aerobic Oz Style
3:00pm	FREE SEMINAR - THREE SECRETS TO A FLAT STOMACH
5:00pm	Stretch and Relax

## COMPUTERS@SEA

Join Computer Instructor Sheryl. *Rigoletto Dining Room, Deck 5*  
(There is a charge of \$25.00 per class)

1:00pm	Excel for Beginners
2:00pm	Excel Tips & Tricks
3:00pm	Mail Merge with Word & Excel
4-5:00pm & 7-9:00pm	<b>Questions about email or the internet?</b> Sheryl will be available in the Internet Café, Deck 7 to answer your Internet and email questions.

## STATEROOM TV

### THE PRINCESS CHANNEL (Channel 22)

6am-11am	Sea-U-In The Morning with Peter & Jason
11am-5pm	Alexandra Nechita "Portrait of the Artist"
5m-7pm	Book A Future Cruise with Jacqueline
7pm onwards	Princess Reflections

### THE PRINCESS CHANNEL (Channel 30)

6am-12am	Adventure Ashore Port & Tour Overview
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## FUN ZONE AND OFF LIMITS HOURS

### Riviera Deck 12 Aft

9am-Noon, 2pm-5pm & 7pm-10pm	Youth Activities
9am-Noon, 2pm-5pm & 7pm-1am	Teens Activities

## ADVENTURES ASHORE

Located on Plaza Deck, Deck 5 in the Atrium Lobby

Office Hours: 3:00pm to 5:00pm

### TOUR OFFICE

### TOUR MEETING INFORMATION

Any passenger booked on a shore excursion in Helsingborg, 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 by ships tender.

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.

### AGH - A Sofiero & Helsingborg Introduction

Meet Princess Theatre 8:50am

### AGH - B Denmark: Hamlet's Castle & Elsinore

Meet Princess Theatre 8:20am

### AGH - F Scenic Coastal Sights

Meet Princess Theatre 8:05am

### AGH - H1 Sofiero Gardens

Meet Princess Theatre 8:20am

### AGH - H2 Sofiero Gardens

Meet Princess Theatre 9:20am

Have a Great day in Helsingborg!

### Tour & Guide C.R.U.I.S.E. Service Recognition

This form is to recognize your Tour Guide who provided superior service and made your tour special and memorable. Forms are available now at the Tour Office.

## TONIGHT'S ENTERTAINMENT

This evening's dress code is Formal

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

### PRINCESS THEATRE

Promenade Deck 7 Forward  
Showtimes: 8:30pm & 10:30pm

### CINEMATASTIC

STARRING ELIZA MACKLE & TODD HONEYCUTT  
& THE SEA PRINCESS DANCERS

MC: Cruise Director Peter Roberts

### VISTA LOUNGE

Promenade Deck 7 Aft  
Showtimes: 8:45pm & 10:30pm

Pre-Show Dancing: 8:30pm & 10:00pm

WITH STEVE LEE &

THE SEA PRINCESS ORCHESTRA

### ENCORE VARIETY SHOWTIME

Starring:

**JASON PARSONS**

Comedy Magician

**BERNARD REID**

AND

Internationa Recording Artist

**DAVID MCLAINE**

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

### RAZZMATAZZ

Promenade Deck 7 Midship

Club opens at 10:00pm

(18 years and over only after midnight)

10:00pm to 10:15pm

### 80's MUSIC

10:15pm

### PRINCESS POP STAR (FINAL HEAT)

Have you got what it takes to become the voice of the voyage?

12:00am

### THE CHAMPAGNE WATERFALL PARTY CONTINUES

Join DJ Jojo for some late night dancing.

### MOVIES UNDER THE STARS

Riviera Deck 12 Midships

10:00am FROM RUSSIA WITH LOVE

12:30pm PRINCESS REFLECTIONS

2:30pm NATIONAL TREASURE

4:30pm-6:00pm PRINCESS REFLECTIONS

8:15pm FAILURE TO LAUNCH

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 up to 6:00pm.

Pools and Jacuzzis, Deck 12 will be closed for the late evening programs.

### CROONER'S LOUNGE

Promenade Deck 7 Midship

9:00pm-11:00pm

AN EVENING OF MUSIC WITH  
**DAVID MOORE**

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

at 10:00pm

### GENERAL

**KNOWLEDGE QUIZ**

with Mendl of the Cruise Staff

### WHEELHOUSE BAR

Promenade Deck 7 Forward

Music every evening for your dancing and listening pleasure

5:30pm to 9:00pm

**PETE NILSON DUO**

9:15pm to close

DANCE THE NIGHT AWAY  
TO THE MUSIC OF

**TERRY & MAYA DUO**

### PREMIER CRU BAR

Promenade Deck 7 Midships

5:00pm till late

**ENJOY OUR SELECTION OF FINE WINES**

Pre-order your Caviar and Champagne

### HORIZON COURT

Lido, Deck 14

7:00pm to 9:00pm

Enjoy the classical stylings of  
**PANTHEON STRING QUARTET**





## BOUTIQUES ONBOARD

Emerald Deck 6 Sailing to 11:00pm

### REFLECTIONS FINE JEWELRY SALE!

Save up to **50% off** the original ticketed retail  
Choose from our large selection of Fine Jewelry  
**5 YEAR GUARANTEE**

9am-11pm, Reflections, Deck 6

LIMITED TIME OFFER

### CHARLES WINSTON COLLECTION RESERVE STOCK SALE!

Save up to **85% Off** suggested retail  
Designer Cubic Zirconia Jewelry set in Sterling Silver  
Collection includes one of a kind pieces  
Sailing-10:30pm, Atrium Deck 6

### LLADRO

The finest Porcelain from Spain  
Save up to **20% Off** U.S. suggested retails on selected pieces  
We will match the price on any identical item in Port.



## PHOTO & VIDEO GALLERY

Promenade Deck 7 Aft 1pm-5pm & 10pm-11:30pm

### FORMAL PORTRAITS TONIGHT

FREE PORTRAITS SITTING, NO OBLIGATION TO PURCHASE  
5 Specialty Backgrounds available in the  
Atrium on Decks 5, 6 and 7 between  
5:30pm to 6:30pm • 7:30pm to 8:30pm • 9:30pm to 10:30pm  
plus

GET YOUR PHOTOGRAPH TAKEN AT THE  
CHAMPAGNE WATERFALL TONIGHT

### KEEP WATCHING!

Channel 22 has the latest Reflections Video Updates.  
(check Princess Patter for T.V. times)  
Look for us out on tour today in Helsingborg  
Tour B - Hamlet's Castle & Elsinore  
**15% off** Princess Reflections Souvenir Video  
Check out your Passport to Value Coupon Booklet



## LOTUS SPA & BEAUTY SALON

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

Gymnasium open 7:00am to 10:00pm

### TODAY'S SPECIAL

Back Due To Popular Demand (Book early)

**20 20 20**

Choose any 3 of the following:  
20Min - Back neck and shoulder massage  
20Min - Rejuvenating Facial  
20Min - Foot and ankle massage  
20Min - Indian scalp massage  
20Min - Hand and arm massage  
20Min - Paraffin hand treatment  
20Min - File and polish hands or toes  
**ONLY \$69**

### FREE SEMINAR NOT TO BE MISSED:

3:00pm **Three secrets to a flat stomach** - we've read the books,  
done the research and now here they are - three ways to get  
yourself that flat stomach you have always dreamed of!!  
(Aerobic Studio, Deck 12 Aft)



## 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

**MOJITO \$6.50**

Princess interpretation of this one of the world's most  
popular cocktails

**MARTINI OF THE DAY \$6.00**  
**TROPITINI**

Captain Morgan's Spiced Rum, Coconut Rum and Crème de Banana

### 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.



## FINE ARTS

Wheelhouse Bar, Deck 7 Fwd.

Auction 2:30pm - Preview 1:30pm

### FINAL ART AUCTION

Your final opportunity to bid on beautiful works of art, at up to  
**50%** below estimated retail prices. All art is Tax & Duty Free  
back to the U.S. and the U.K and guaranteed by Princess Cruises.  
Fabulous art giveaway.



## FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Fwd - Tel.: 7305

Office hours: 8:00am-12:00pm & 2:00pm-4:00pm

Only two days left to book your next cruise and gain your onboard  
spending money. Don't wait until the last minute! Ask Jacqueline  
about our special low deposit and ONBOARD CREDIT. \*UK  
passengers do not pay the deposit onboard unless making a  
confirmed reservation.



## MONTE CARLO CASINO

Dolphin Deck 8 Midship

Slot Machines: Open 30 minutes after sailing until the wee hours

Gaming Tables: Open 30 minutes after sailing until the wee hours

### BLACKJACK TOURNAMENT TODAY!

Only \$20 to enter

**WINNER TAKES THE POT!**

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

Final at 10:30pm

Purchase your Tournament Tickets from the Casino Cash Desk  
or your host Chris.

Lots of FUN and Great Prizes to be won!

Enter three times and get a casino Tshirt for free!

**The more that play the more we pay!**

### \$\$ 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.



PRINCESS CRUISES  
escape completely®