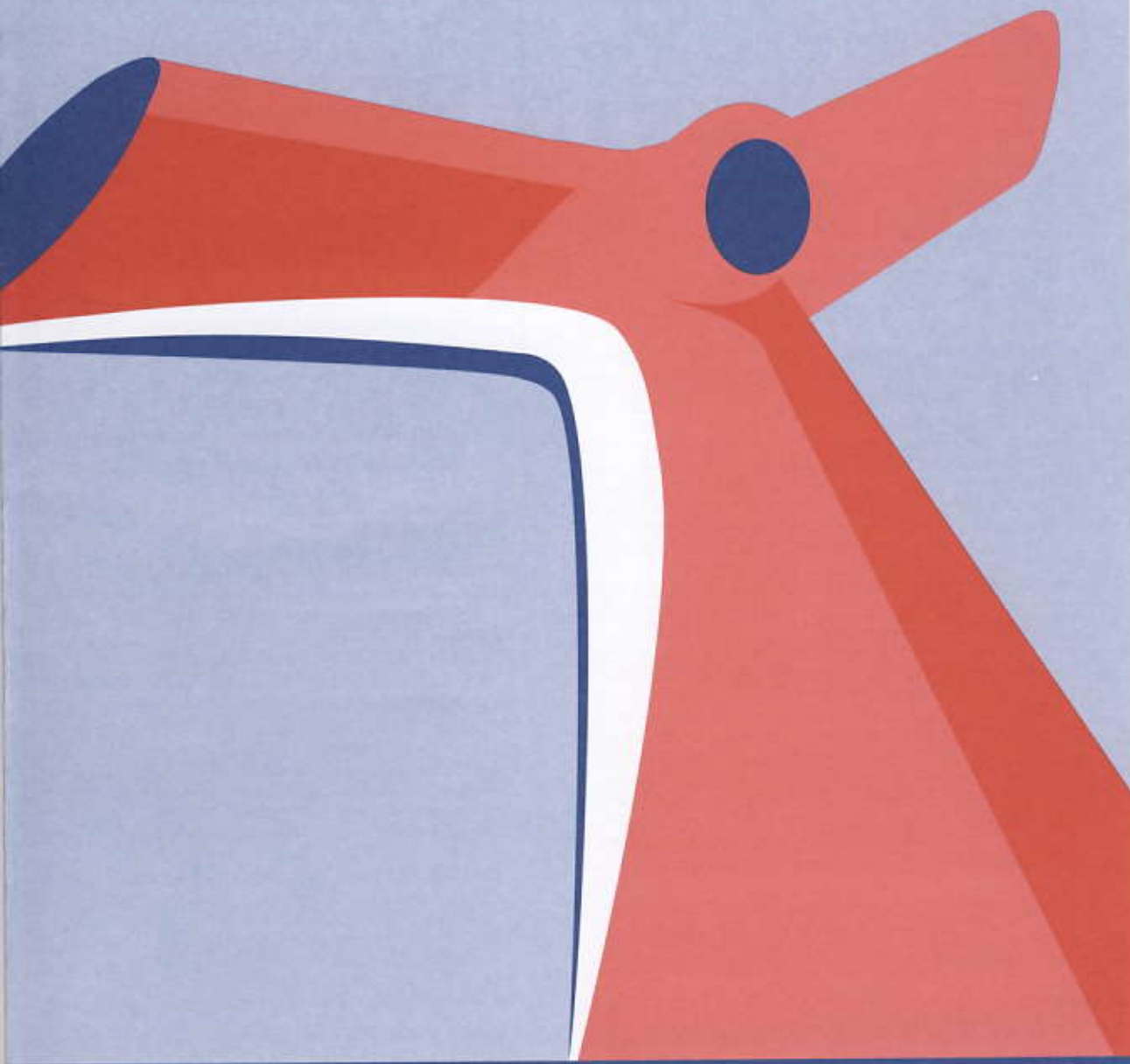


Carnival **Capers**

Your daily guide to FUN.



Captain Agostino Fazio, the Officers, Staff, Crew and all of
Carnival Cruise Lines Welcome you aboard the Carnival "Fun Ship"

CARNIVAL VALOR

Sunday, January 25th, 2009

Sunrise 7:08am/Sunset 5:58pm

Hotel Director: Dave Drier

Cruise Director: Chris Jefferson

CARNIVAL VALOR sets sail at approximately 4:00pm.

Remember that you are on a moving ship. Please take extra precautions. Use the handrails and watch your step to avoid unnecessary injury to yourself or others. Ship's Command.

LIFEBOAT DRILL prior to sailing MANDATORY FOR ALL GUESTS

PHOTO GALLERY (Deck 4 Fwd)

We have everything you need, including: frames, albums, disposable cameras, digital cards & Olympus Digital Cameras all at a very low price! The gallery will be open today from: 6:00pm - 11:00pm. Come and ask for the Welcome on Board **SPECIAL Casual Portraits** will be taken on Decks 3 and 5 from: 7:15pm - 8:30pm & 9:30pm - 10:30pm. *Personal photography & video are not permitted at our locations*

"FUN SHIP" FILMS (Souvenir DVD)

Our TV crew will be there to film all the special moments taking place during your cruise. These can be compiled into great souvenir videos for you to take home with you. Be sure to reserve your copy at the Shore Excursions Desk.

FUTURE CARNIVAL VACATIONS

Book your next Carnival vacation onboard and receive up to \$200 On Board Credit on your future cruise. Take advantage of this exclusive on board promotion and speak to a Loyalty & Cruise Expert located Promenade mid-ship (coffee shop deck 5).

FORMALITIES

Tux rentals available. Don't forget to order some flowers, a bottle of bubbly, or even have your stateroom decorated for that special occasion. Double pampering: 20% discount on treatment in spa when you purchase a champagne package priced \$60 and over in Formalities. Check with Formalities Assistant or Spa Receptionist for details.
2:00pm - 6:00pm & 7pm - 11pm.....Deck 5 Fwd

PARKWEST GALLERY

Find the Art Gallery for \$500? Each person who finds the Art Gallery tonight will receive 5 free raffle tickets to go into our \$500 bid credit draw. Simply come in to claim your free tickets and admire some of our master works that will be up for auction tomorrow. We feature over 100 different artists and have original works by Picasso, Rembrandt, Chagall & Peter Max, plus sports and animation art.
7:00pm - 9:00pmJohn Paul Jones Deck 3 Fwd

THE FUN SHOPS

6.30pm - 11.00pm Promenade Deck

TONIGHT ONLY

FREE LIQUOR

TASTING

STARTS AT 6.30 PM

FIND OUT HOW TO WIN FREE LIQUOR!

GREAT DEALS ON ALL PERFUMES AND COSMETICS! ASK IN THE STORE FOR DETAILS.

WELCOME ON BOARD COLORED DIAMOND SALE ALL DIAMONDS 40% OFF PLUS AN EXTRA 25% OFF FREE GIVEAWAY AT 10.00PM

THE ON BOARD FUN SHOPS OFFER YOU THE BEST GUARANTEE AND WILL NOT BE BEATEN IN PRICE!

Shogun Club Casino

Full Casino opens shortly after sail

LOW LIMIT GAMING

\$3 MINIMUM BETS ON MANY TABLE GAMES

Free Poker Pro Demo @ 7:00pm.

Come along and learn to play our new automatic Texas Hold'em table.

PokerPro[®]

\$1 - \$2 NO LIMIT

TEXAS HOLD'EM POKER

Meet at: 7:00pm ~ 9:00pm ~ 11:00pm

5:30pm - Gaming lessons

Guests under 18 years are not permitted in the Casino. Non - Smoking sections available.

SHORE EXCURSIONS

You will find a Shore Description sheet containing excursion information in your stateroom today. You may order your tours directly through your stateroom's television with INTERACTIVE-TV! Be sure to check Channel 17 for Nassau Tour Info.
1:00pm - Boat Drill & 5:30pm - 8:30pm Inquiries & bookings.....Deck 3 Fwd

CARNIVAL GOLF.COM

Golf Excursions in Nassau and St. Thomas, private lessons, and tax-free Nike golf equipment for sale! Contact your golf pro at 32197. 2-Way Radios for rent, contact the information or shore ex desk for more information.

Available at the Shore Excursions Desk

2:00pm - Boat Drill & 5:30pm - 8:30pm

DESTINATION SHOPPING SPECIALIST

Catch Rudi you Destination Shopping Specialist on Channel 24 to find out all about Carnival's amazing Tax & Duty Free shopping ashore program. An incredible life time shopping opportunity, coming up in the largest shopping ports in the world
7:30pm Ivanhoe Theatre..... Nassau Shopping Info

CARNIVAL SEA MILES

Start cruising on Carnival, or ANY other cruise line, for FREE!! Sign up today and you will receive 5000 BONUS Sea Miles Free Colorful Carnival Tote bag PLUS \$25 Spa Coupon* for just signing up. Visit Bozidar and Bernadette. Sea Miles desk located on Deck 5 by the Casino. *\$25 OFF on Elemis Aroma Stone Therapy. Desk Hours.7:00pm - 10:30pm

THE WEB INTERNET CAFE

Purchase an Internet Time Plan TODAY; receive up to 20 additional minutes FREE and save 47% off the pay as you go rate! RAFFLE Giveaway! Register for your chance to win Free Internet for the Week (maximum 500 minutes). Laptop Users! Wireless Access available in most public areas. Internet Café is Open 24 hours.

NUEMAGE TEMPORARY BODY ART

Become part of the latest craze! It's daring, it's thrilling, it's fun...and it's only temporary! Check out your NuEmage Airbrush Artist Located on the Lido Deck 9 just behind the Main Pool! 2:00pm to 8:00pm

ACTIVITIES

Ship Tour of guest areas.

(Please note Galley will be later in the cruise. Due to heightened security measures the bridge and engine rooms are not included in this tour.) 2:00pmIvanhoe Theatre

Welcome aboard trivia.

It's time to get to know the Fun Patrol. Join us on Lido Deck for a Brain Teaser to start off the vacation!

3:00pm Lido Deck

Sail Away Party

Catch the sail away of a lifetime and dance to the cool sounds of "Caribbean Ecstasy"!

5:00pm Lido Deck

The Valor Hunt

This is part scavenger hunt, part ship's tour. You'll get the clues and we'll provide the prizes!

7:00pm Coffee Shop

Bingo: \$500.00 Prize Sponsored by the Art Team

We play ONE game of bingo, for a jackpot of \$500.00 Get to the lounge early for a good seat for the Show.

8:00pm & 10:00pm Ivanhoe Theatre

CARNIVAL YOUTH EXPERIENCE

Camp CarnivalSM (2 - 11 Yrs) Deck 12 Fwd

Attention Parents. Please attend this very important meeting where you will register your children, meet the youth staff and gain valuable information about the program.

12:30pm Camp CarnivalSM open for viewing... Deck 12 Fwd

7:30pm Orientation Disco, Deck 5 Aft

8:00pm Welcome Aboard Party Disco, Deck 5 Aft

9:00pm Camp CarnivalSM open for viewing... Deck 12 Fwd

Rentals: Strollers, game boys, etc.....Camp CarnivalSM

Circle "C"SM (12 - 14 Yrs) Deck 4 Fwd

7:30pm Meet & Greet..... Circle CSM

9:00pm Welcome Aboard Party.....One Small Step Disco

Club O₂SM (15 - 17 Yrs) Deck 5 Midship

8:00pm Roll Out.....Club O₂SM

9:00pm Welcome Aboard Party.....Club O₂SM

Register with Clair at 8:00pm tonight to get your Club O₂SM guide to fun for the week.

Spa Carnival[®]

Spa opens from 11:30 am - 11:00 pm
Deck 11 Fwd - Call #1199

Win up to \$600 in our Fantastic Spa Raffle

Ask for your free raffle ticket at the spa reception desk - Up to \$600 worth of Spa treatments to be won!!!

RAFFLE DRAWING @ 5:15pm - IN THE SPA

Free Spa, Salon & Gym tours:
2:00pm until Boat drill

Also meet Shawn your onboard
Acupuncturist and watch him while
he does live demonstrations!!!

Main Show

WELCOME ABOARD SHOW

Meet your Cruise Director
Chris Jefferson

Starring the
**Carnival Valor
Singers & Dancers**

With live music by
**Charlie Garrett
& The Valor Orchestra**

Featuring Top Entertainer

Eddie Capone

8:00PM.....\$500 JACKPOT BINGO

8:30PM.....SHOW TIME (EARLY SEATING)

10:00PM.....\$500 JACKPOT BINGO

10:30PM.....SHOW TIME (LATE SEATING)

Ivanhoe Theatre Decks 3, 4, & 5 Fwd

Get there early as we kindly ask that you do not save seats! The Ivanhoe Lounge is a non-smoking lounge!
Video taping & photography of tonight's show is not permitted. Thank you!

MUSIC AND DANCING

Welcome Aboard Music with *Ocean Dream*

11:45am - Boat Drill American Lobby

Music on Deck with *Caribbean Ecstasy*

1:00pm - 3:00pm Lido Deck

Bon Voyage PARTY! with *Caribbean Ecstasy*

After the Boat Drill Lido Deck

Cocktail Piano Music with *Clare*

2:00pm - Boat Drill Coffee Bar

9:30pm - 11:30pm American Lobby

Dance Music with *Take Two*

5:15pm - 6:00pm... Winston's

7:15pm - 8:15pm... Winston's

9:00pm - 12:00am... Winston's

Rockin' Party Music with *Jeff*

7:30pm - 8:30pm Casino Bar

9:15pm - 12:45am Casino Bar

Dance & Party Music with *Music Asia*

8:30pm - 1:00am Paris Hot Lounge

Karaoke with *Nina*

9:30pm - 12:45am Eagles Lounge

Piano Bar Fun with *Paul*

9:30pm - Late Lindy Hop Piano Bar

Party Music with *DJ Shan*

11:00pm - late (18 & Over) One Small Step

THINGS TO KNOW For general information, please see your stateroom directory or visit Guest Services. For television and movie listings, please refer to your TV & Movies guide found on channel 34.

Sail & Sign® Card

Please keep your room key with you at all times. It is used to purchase shore excursions, drinks, photos, casino coins & chips, laundry service, tuxedo rentals, infirmary services and gift shop items. It can also be used to purchase goods and services at art auctions, Formalities, Internet café, & Spa Carnival. Additionally, your Sail & Sign® card is your "boarding pass" to exit and reboard the ship while in port. Again, please keep it with you at all times.

Guest Services

Feel free to visit us throughout your cruise for general information, questions or to report lost and found items.

Open 24 hrs Lobby, Deck 3 Fwd

Medical Center Hours

In case of emergency – please dial #911. Over-the-counter items such as Tylenol & Band-Aids are available at Guest Services and from Room Service. Services are charged to your Sail & Sign® card.

Center Open 5:00pm - 6:00pm Deck 0 Fwd

Phoning Home

We're now featuring even lower satellite calling rates. Calls to the U.S., Canada and the Caribbean are only \$6.99 per minute! International calls are only \$9.99 per minute. You can call anywhere in the world directly from your stateroom. Consult your stateroom directory for dialing instructions.

Luggage

Luggage is delivered to your cabins throughout the day and could be up to approximately 3hrs after we set sail. If you find luggage in your cabin that does not belong to you, please contact your Stateroom Steward or Guest Services (dial 7777) immediately.

Wake Up Calls

Want some help waking up? You can set a wake up call from your stateroom. Dial 37 and listen to instructions.

Cell Phones

Cell phone service is available throughout the ship. International roaming rates will apply.

Guest Hallways & Corridors

As a consideration to your fellow guests, please be quiet in the hallways. Some guests may like to sleep late, take a nap, or go to sleep early

Swimming Pools/Whirlpools/Adult Deck

"No Lifeguard on duty, swim at your own risk"

8:00am - 10:00pm Main Pool, Fwd Pool & Whirlpools

8:00am - 12:00am(Adults Only) Pool Lido Deck Aft

8:00am - 11:00pm(Adults Only) Whirlpool Lido Deck Aft

Carnival's Twister Waterslide 1pm - 5pmSports Deck Fwd

Our over 21yrs Adult Deck is located on Deck 12 Midship in front of the funnel.

Energy Conservation

Please turn your lights out when leaving your staterooms.

Room Service

24hr room service is complimentary. It is, however, customary to extend a gratuity upon service.

Carnival Valor Public Areas are Non-smoking except for...Casino, Casino Bar, Paris Hot, Lindy Hop, One Small Step Disco, Sports Bar and Open decks on Stbd side only. The Jogging Track is non-smoking. Cigar smoking only permitted on Open Decks stbd side & the Winston's Bar.

Sports Equipment

Basketballs, Volleyballs, Mini Golf & Ping Pong Equipment may be obtained from the towel hut at the midship pool on Lido Deck with your Sail & Sign® card left as a deposit. Please return all equipment by 6pm. Note that the Basketball courts will close at 6pm.

Scarlett's Steak House

Thick juicy USDA Prime Steaks grilled just the way you love 'em, loaded baked potatoes, Jumbo Shrimp Cocktail, 12 oz Lobster Tail and much more! All served by our friendly staff at an unbelievable price!

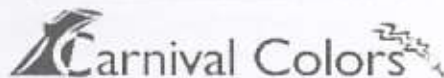
Open for reservations from 10am - 10pm

Call # 1078 now!

Dress Code: Cruise Casual

Men: dress pants and collared shirts

Ladies: cocktail dress; dress pants/skirts; elegant tops. Jeans, Flip Flops, Shorts, Sportswear etc not permitted.



How is the game played? It's Simple!

Every guest will be divided into 2 teams:

Red Team - Odd Numbered Cabins

Blue Team - Even Numbered Cabins

Throughout the cruise take part in as many fun activities as you can and win points along the way.

Carnival Colors is all about getting to know your fellow guests. Let the Games Begin!

CARNIVAL'S

SEA SIDE THEATRESM

We are very proud to provide you with one of the largest outdoor big screens to enjoy wonderful entertainment during your cruise.

Today's Events:

5:00pm - Sail Away Party

6:00pm - Music Video:Acoustic Alchemy:

..... Sounds of St Lucia

8:30pm & 10:30pm Welcome Show Live

CARNIVAL LEGENDS SHOW

Calling all Rock Stars and Wanna Be Rock Stars!

We want you to Star in one of our big Shows along side the Valor Dancers and Singers, backed by the Ivanhoe Orchestra. Auditions will be held in the Eagle's Lounge during Karaoke sessions throughout the week.

Check your capers daily for all the details.

Carnival Cruise Lines Environmental Compliance Hotline For all concerns related to Carnival please contact 1-305-406-5863 (International); 1-888-290-5105 (North America); or 4ENV (From your ship phone) / Environmental Compliance web site www.carnivalcompliance.com Carnival Cruise Lines is proud to be at the forefront of Safety and Environmental Protection. You will never see any crew member throw anything overboard, and to help to continue to protect YOUR oceans and seas, we ask guests to also refrain from doing so. You must never throw a lit cigarette overboard, or flick hot ash overboard as this could blow back into the ship and start a fire.

Food & Drink Showcase

Sunday - Welcome Aboard

Lido Lunch-11:30am - 3:30pm

Taste of the Nations: A featured cuisine from around the world each day. Today's Feature: Italian

Lido lunch & salad bar	Rosie's Restaurant
Seafood Fare	Fish & Chips Deck 10
Pan Asian	The Oriental
Mongolian Line	Rosie's Restaurant

For your pleasure & convenience

11:30am - Boat Drill	The Grill	Deck 9 Aft
11:30am - 6:00pm	The Fwd Grill	Fwd Grill Poolside
11:30am - 11:00pm	The Deli	Rosie's Restaurant

Evening Meal

For a full dinner service dining experience, please join us in our main restaurants. Check your Sail & Sign® card to find your time & place to dine. "Cruise Casual" is the recommended attire for this evening's meal. (no tank tops)

All three restaurants are smoke free environments.

Main Seating 6:00pm

Washington Dining Room	Lobby Deck 3 Aft
Lincoln Dining Room	Lobby Deck 3 Fwd

Late Seating 8:15pm

Washington Dining Room	Lobby Deck 3 Aft
Lincoln Dining Room	Lobby Deck 3 Fwd

Seaview Bistro

5:30pm - 9:30pm	Rosie's Restaurant
Mongolian Line	Rosie's Restaurant

Late Night Bistro

11:00pm - 1:00am	Rosie's Restaurant
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Togo Sushi Bar

5:00pm - 8:30pm	Promenade Deck, Midship
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Available 24 hours

Pizzeria	Deck 9 Aft
Coffee/Tea/Ice Cream	Rosie's Restaurant

The United States Public Health Service has determined that eating uncooked or partially cooked meat, poultry, fish, seafood or eggs may present a health risk to the consumer particularly those that may be more vulnerable.

BEVERAGE SERVICE

You must be at least 21 years old to be served alcohol on board. Proper identification with birthdate is required.

Fountain Fun Cards

Enjoy unlimited soft drinks and juice for your entire cruise for one low price (15% gratuity not included).

Children's *Fountain Fun Cards* - \$28.00 each.

Adults *Fountain Fun Cards* - \$38.50 each.

Ivanhoe Theatre Bar Service

Bar Service will only be available on Deck 3. We invite you to bring a drink with you if you choose to sit on the Balcony Levels, Deck 4 & 5.

TODAY'S DRINK SPECIAL

"Fun Ship" Special

Only \$4.50 regular glass or \$6.95 with Souvenir Glass!

Wine & Cheese

Jeanne's Wine Bar 5:00pm - 9:00pm

*Purchase a Fun Ship Card and enjoy a variety of tropical daily specials at a 20% discount. Ask Bar Servers about this terrific offer.

Java Cafe' Coffee Shop Company

Introducing the Coffee Shop Company for gourmet coffee! We also have tasty pastries, milkshakes & ice cream sundaes. All for a nominal charge.

12:00pm - 1:00am

12:00pm - 5:00pm

Purchase a Coffee Card and enjoy a 20% discount on your Daily Joe.

Stop by and see your Barista to take advantage of this offer.

Cruise The Vineyards

Wine Packages are now available! Deluxe and Premium Package are up to 25% discount off the regular wine list price. For details visit the formality shop on Promenade deck; our wine specialists located at the Cruise the Vineyards table located on Lido & Lobby deck or see your dining room service staff at dinner tonight.

Today-At-A- Glance

Sunday - Welcome Aboard

- 24 Hours The WEB Internet Cafe Atlantic Deck 4
11:45am Welcome Music Atrium
12:00pm Spa & Gym open Spa Deck 11
1:00pm Island Music on Deck Lido Deck 9
Shore Excursions Desk Lobby Deck 3
1:30pm Internet Information Atlantic Deck 4
Spa Tours Spa Deck 11, fwd
2:00pm Cocktail Piano Music Promenade Deck 5
Formalities Shop Promenade Deck 5
NuEmage Body Artist Lido Deck 9 Main Pool Area
Golf Desk Open Lobby Deck 3
Ship's Tour Meets Ivanhoe Theatre
3:00pm Welcome Aboard Trivia Lido Deck
4:00pm Mandatory Lifeboat Drill (approx. time)
After Boat Drill...
4:30pm Carnival Valor Sails for Nassau!
5:00pm BON VOYAGE Sail Away Party! Lido Deck 9
5:15pm Spa Raffle Spa Deck 11
5:30pm Paint Like Picasso Deck 5 Midship
Gaming Lessons Shogun Club Casino
Shore Excursions Desk open Deck 3
Golf Desk Open Lobby Deck 3
6:00pm Photo Gallery open 'til 11pm Atlantic Deck 4
6:30pm Valor Gift Shops Open Promenade Deck 5
7:00pm The Valor Hunt Coffee Shop
Poker Pro Demo Shogun Club Casino
Formalities Shop Promenade Deck 5
Art Gallery Open John Paul Jones Room
Sea Miles Desk Open Deck 5 Fwd
7:15pm Casual Portraits Lobby & Promenade Decks
7:30pm Nassau Shopping Info Ivanhoe Theatre
Party Music Casino Bar
8:00pm \$500 Jackpot Bingo! Ivanhoe Theatre
Friends of Bill W Lindy Hop
8:30pm Welcome Aboard Show Ivanhoe Theatre
Dance & Party Music Paris Hot Lounge
9:15pm Party Music Casino Bar
9:30pm Cocktail Piano Music American Lobby
Casual Portraits Lobby & Promenade Decks
Piano Bar Opens.. Lindy Hop Piano Bar
Karaoke Party Eagles Lounge
10:00pm \$500 Jackpot Bingo! Ivanhoe Theatre
Liquor Raffle Gift Shop
10:30pm Welcome Aboard Show Ivanhoe Theatre
11:00pm Welcome Aboard Dance Party One Small Step

MEET YOUR FELLOW GUESTS

- OVER 18 Singles Meet & Greet**
10:00pm & 11:30pm Casino Bar
OVER 35 Singles Meet & Greet
10:00pm & 11:30pm Lindy Hop Piano Bar
SENIORS Singles Meet & Greet
10:00pm & 11:30pm Paris Hot Lounge
NOT SO Singles Meet & Greet - Everyone Welcome!
11:30pm One Small Step Disco
Friends of Dorothy
10:00pm & 11:30pm Jeanne's Wine Bar