

SATURDAY, 8 MAY 2010

WEATHER:

SUNRISE: 5.27AM SUNSET: 8.37PM

DRESS CODE: SMART CASUAL

Stylish leisurewear is ideal, such as casual separates for ladies and open-neck polo shirts and casual trousers for men.

horizon



INTRODUCING YOUR CAPTAIN

CAPTAIN ALISTAIR CLARK

Captain Alistair Clark was born in Amersham, Buckinghamshire. Alistair joined P&O S.N.Co in 1974 as a Deck Cadet, initially serving on various cargo, container and bulk vessels before joining his first passenger ship, the SS Arcadia, in 1976. Since then he has worked his way up through the ranks on various ships of the P&O Cruises and Princess fleets until being promoted to Captain in 2000 on the then brand new Aurora. He has since commanded the Victoria, Oceana and Crown Princess. Captain Clark lives in Hampshire with his wife Eileen, whom he met while serving as Chief Officer on Canberra, and two young children. In his spare time he enjoys cooking, gardening and all kinds of DIY projects around the house.

NOTICES

GENERAL EMERGENCY STATIONS DRILL

At 4.00pm today an emergency drill will be held. It is a requirement of law that after boarding the ship, all newly embarking passengers must attend and be instructed in their General Emergency Stations. On commencement of this exercise, broadcasts will be made and alarm bells sounded, calling you to your Muster Stations as indicated on the notice behind your cabin door. Please carry your lifejacket with you, do not wear it and for safety's sake do not allow the belt to trail on the deck. The correct method of wearing a lifejacket will be demonstrated to you at the end of this muster. During this exercise all onboard services will cease. We apologise for any resulting delay in resuming the ship's services and thank you for your co-operation in these matters of our mutual safety.

SHIP'S CLOCKS

Ship's clocks will be put forward one hour at 2.00am tomorrow morning 9 May to GMT +2.

A SELECTION OF TODAY'S HIGHLIGHTS

explore...

Is this your first visit to Norway? Or perhaps you are looking for more information about how to spend your time ashore. Port talks can be viewed simply by the touch of a button on your interactive television – just select 'explore ashore'.

Explorers (Deck 5) Atrium

SHORE EXCURSIONS



indulge...

Join us for a complimentary glass of bubbly and discover all that our award winning spa and fitness facilities have to offer you this cruise. Complimentary tasters of some of our signature treatments will be made available to those that attend.

6.00pm Oasis Spa & Health Club (Deck 16) Forward

CHAMPAGNE SPA TOURS



welcome...

Cruise Director Leon de ste. Croix and the Entertainment Officers will be telling you about the extensive entertainment programme planned for your cruise.

8.45pm & 10.45pm Arena Theatre (Deck 6 & 7) Forward

CRUISE DIRECTOR'S INTRODUCTIONS



amazing...

Mind reader and psychological entertainer who has entertained and amazed audiences worldwide with his award winning performances. His skills are so refined that he was invited to be a guest on the Michael Parkinson show and he has also had his own TV series called 'Marc Paul's Mind Games'.

9.00pm & 11.00pm Arena Theatre (Deck 6 & 7) Forward

MARC PAUL



entertain...

Siobhan has worked alongside some of Britain's top celebrities in theatres throughout the UK. TV credits include channel 4's 'Operatunity' and the Frank Skinner show. Blending her unique voice and comedy, makes this a show you won't want to miss.

9.30pm & 11.00pm The Tamarind Club (Deck 7) Midship

SIOBHAN PHILLIPS



FOR FURTHER INFORMATION ON THE SERVICES AND FACILITIES ON BOARD VENTURA, PLEASE REFER TO YOUR INTERACTIVE TV SYSTEM.

**VENTURA**



-  Family Fun
-  Dancing
-  Quiz
-  Films
-  The Reef
-  Relaxing
-  Active
-  Learn Something New

TODAY'S ACTIVITIES

8 AM 8.00AM-6.00PM METROPOLIS (DECK 18) AFT
DAYTIME ANIMATION

11 AM 11.30AM FORTUNES CASINO (DECK 6) FORWARD
TASTER GAMING LESSONS AND CASINO INFORMATION
DESK
Meet our friendly staff and find out everything the casino has to offer this cruise. Stop by to say hello and you could receive a free bingo ticket! Casino tables located on the Atrium deck 5

4.00PM GENERAL EMERGENCY STATIONS DRILL

4 PM 4.30PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16)
FORWARD
SAILAWAY SOUNDS WITH DJ NEIL
Relax out on deck and wave goodbye to Southampton while DJ Neil plays all of your favourite tunes.

5 PM 5.30PM HEALTH CLUB (DECK 16) FORWARD
SPA RAFFLE
Meet the Oasis Spa therapists as they give you the chance to win Spa treatments worth over £500.

5.45PM HAVANA (DECK 7) AFT
PARENTS' TALK
Come and meet Youth Director Claire Boulby and the Reef Team for an informative talk on all of the exciting activities planned for the children this cruise.

5.45PM-6.30PM RAMBLAS (DECK 7) FORWARD
AMIGO
Pre-dinner music from Amigo on the beautiful Spanish guitar.

i Evening Entertainment: lighting effects may be used throughout performances in Arena Theatre, The Tamarind Club and Havana

6.00PM-LATE METROPOLIS (DECK 18) AFT
LONDON

6.00PM OASIS SPA & HEALTH CLUB (DECK 16) FORWARD
CHAMPAGNE SPA TOURS

Join us for a complimentary glass of bubbly and discover all that our award winning spa and fitness facilities have to offer you this cruise. Complimentary tasters of some of our signature treatments will be made available to those that attend.

6.00PM-6.45PM METROPOLIS (DECK 18) AFT
SOPHISTICATION
Enjoy the great sounds of Sophistication.

6 PM 6.00PM-6.45PM THE RED BAR (DECK 7) MIDSHIP
GREG JARDINE
Join Greg at the heart of Ventura.

6.15PM THE REEF (DECK 16) AFT
ALL YOUTH AREAS OPEN
All youth areas will be open for families to explore and register their children so they are ready to take part in the excellent youth programme.

6.30PM FORTUNES CASINO (DECK 6) FORWARD
STAY AND PLAY
Our slot machines will remain open all night long before any sea day for your gaming pleasure.

6.30PM FORTUNES CASINO (DECK 6) FORWARD
WELCOME ABOARD LOW MINIMUMS
Take advantage of a night of low minimums. Roulette only 25p chip minimum and £1 on all card games.

7 PM 7.00PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE
DIGITAL LIVING Q AND A
Our professional computer and technology tutor will be available to answer your questions on all the different workshops, seminars and product demonstrations scheduled throughout the cruise.

ON YOUR HORIZON...



7
PM

7.45PM-8.30PM RAMBLAS (DECK 7) FORWARD
AMIGO

Enjoy the ambience of Ramblas while listening to Amigo.

7.45PM-8.30PM THE RED BAR (DECK 7) MIDSHIP
GREG JARDINE

Enjoy wonderful piano music in Ventura's spectacular atrium.

7.45PM-8.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP
THE VENTURA QUARTET

Great live music for your listening and dancing pleasure.

8.00PM-8.45PM METROPOLIS (DECK 18) AFT
SOPHISTICATION

Great music with our resident duo.

8.30PM HAVANA (DECK 7) AFT
A NIGHT AT THE MOVIES: DEAR JOHN

Channing Tatum, Amanda Seyfried, Richard Jenkins
Rated PG-13; 105 minutes; 2010

A soldier home on leave falls for a conservative college girl. Instead of returning home to her, he reenlists after the attacks on September 11th, 2001. Time and distance begin to take a toll on the young lovers.
(Repeated at 10.30pm)

8.30PM-10.30PM THE EXCHANGE (DECK 6) FORWARD
THE ELECTRIX

Playing all the classic hits and more.

8.45PM ARENA THEATRE (DECK 6 & 7) FORWARD
CRUISE DIRECTOR'S INTRODUCTIONS
(Repeated at 10.45pm)

9.00PM ARENA THEATRE (DECK 6 & 7) FORWARD
MARC PAUL

(Repeated at 11.00pm)

9
PM

9.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP
SIOBHAN PHILLIPS

(Repeated at 11.00pm)

9.30PM-12.30AM THE RED BAR (DECK 7) MIDSHIP
GREG JARDINE

Wonderful piano music fills the atrium this evening.

9
PM

9.45PM-10.30PM RAMBLAS (DECK 7) FORWARD
AMIGO

More live music in our Spanish theme bar with the sounds of Amigo on the guitar.

9.45PM-12.30AM METROPOLIS (DECK 18) AFT
SOPHISTICATION

Pull up a chair and enjoy an evening with Sophistication.

10.30PM THE EXCHANGE (DECK 6) FORWARD
PUB QUIZ

One of the Entertainment Officers tests your knowledge down at the local.

10
PM

10.30PM HAVANA (DECK 7) AFT
A NIGHT AT THE MOVIES: DEAR JOHN

Channing Tatum, Amanda Seyfried, Richard Jenkins
Rated PG-13; 105 minutes; 2010

10.45PM ARENA THEATRE (DECK 6 & 7) FORWARD
CRUISE DIRECTOR'S INTRODUCTIONS
(Repeated at 10.45pm)

11.00PM ARENA THEATRE (DECK 6 & 7) FORWARD
MARC PAUL

11.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP
SIOBHAN PHILLIPS

11.00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD
SIDE
SYNDICATE QUIZ

Join members of the Entertainment Team for tonight's general knowledge team quiz.

11
PM

11.15PM-12.30AM THE EXCHANGE (DECK 6) FORWARD
THE ELECTRIX

The top sounds of The Electrix.

11.45PM-12.30AM RAMBLAS (DECK 7) FORWARD
AMIGO

Enjoy a late night drink in the Spanish theme bar with Amigo on his guitar.

12
AM

MIDNIGHT-LATE HAVANA (DECK 7) AFT
HAVANA HITS!

Join DJ Neil for some party classics.

SHIPBOARD INFORMATION

CRUISE CARD SECURITY

Your Cruise Card is not only your payment card, it is also your security pass for getting on and off the ship in port. Please look after your Cruise Card and keep it with you at all times. To ensure you have the essential items you need in one convenient place, pop your Cruise Card in the handy wallet with your 'Discover Ventura' guide, both of which are found in your cabin.

RESPONSIBLE SERVING OF ALCOHOL

It is our policy to refuse to serve alcohol to any passenger who we believe to be intoxicated. Whether the ship is at sea or in port, we still abide by the UK legislation on smoking and alcohol age limits. Cigarettes and other tobacco goods and alcohol will not be sold to anyone under 18. Beer, cider or wine may be bought for 16 and 17 year olds to drink with their meal in the restaurants when accompanied by an adult, but they cannot drink alcohol in any of the bars. With this exception, we do not allow anyone under 18 to be in possession of alcohol and we do not allow adults to buy alcohol for anyone under 18 in any of the bars on board. We may therefore ask some passengers to verify their age with formal identification.

HAND WASHING

In a confined environment such as a ship, viruses can be easily transferred. Hand washing is a simple and effective method of reducing the risk of contamination. In addition we ask you to make use of the alcohol hand gel offered to you prior to entering our food service areas.



spa raffle

Meet the Oasis Spa therapists as they give you the chance to win Spa treatments worth over £500.

5.30pm Health Club (Deck 16) Forward

SUDUKO 01 - MEDIUM

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			1			6
7	6		4		9	
	9					8 5

Answers are available at the Library (Deck 5) Atrium. Crosswords are also available at the Library.

TODAY'S DINNER BUFFET

BEST OF BRITISH

A chance to sample a selection of delicious British cuisine.

6.00PM-9.30PM THE WATERSIDE (DECK 15) AFT



TODAY'S PROMOTIONAL DRINKS

COCKTAIL	FUZZY NAVAL	£2.75
MOCKTAIL	CRANAPPLE COOLER	£1.80
COFFEE	CAFE SPECIAL (NON ALCOHOLIC)	£2.55
	ROYAL	£2.90

Please ask your bartender for ingredients and details.



reflect bookings

Reflect is a relaxed, modern style of portraiture that abandons traditional poses and is aimed at creating an artwork for your home that is fun, original and uniquely you. Bookings for your private sitting can be made this evening in the Photo Gallery.

7.00pm-10.00pm Photo Gallery (Deck 7) Aft & The Atrium



welcome aboard low minimums

Take advantage of a night of low minimums. Roulette only 25p chip minimum and £1 on all card games.

6.30pm Fortunes Casino (Deck 6) Forward



sailaway sounds with DJ Neil

Relax out on deck and wave goodbye to Southampton while DJ Neil plays all of your favourite tunes.

4.30pm Laguna Pool & Breakers Bar (Deck 15 & 16) Forward

a night at the movies: Dear john

Rated PG-13; 105 minutes; 2010
A soldier home on leave falls for a conservative college girl. Instead of returning home to her, he reenlists after the attacks on September 11th, 2001. Time and distance begin to take a toll on the young lovers.

8.30pm & 10.30pm Havana (Deck 7) Aft



TODAY'S OPENING TIMES...



RESTAURANT OPENING TIMES

WATERSIDE



Full English Breakfast	6.00am - 9.00am
Lunch	Noon - 2.30pm
Afternoon Snacks	3.00pm - 5.30pm
Noddy's Teas	5.00pm - 6.30pm
Buffet Dinner	6.00pm - 9.30pm
Late Snacks	9.30pm - 6.00am

BEACH HOUSE



Full English Breakfast	6.00am - 9.00am
Lunch	Noon - 3.00pm
Beach House Diner (Starboard Side)	6.30pm - 9.30pm

SAFFRON RESTAURANT



Breakfast	6.30am - 8.30am
Lunch/Afternoon Teas	Closed
Dinner 1st Sitting (with reservations)	6.30pm
Dinner 2nd Sitting (with reservations)	8.45pm

BAY TREE RESTAURANT



Breakfast	6.30am - 8.30am
Lunch	Closed
Dinner 1st Sitting (with reservations)	6.30pm
Dinner 2nd Sitting (with reservations)	8.45pm

CINNAMON RESTAURANT

(FOR PASSENGERS ALLOCATED FREEDOM DINING)



Dinner	6.00pm - 9.30pm
On completion of passenger drills	

FRANKIE'S



Frankie's Grill	1.00pm - 6.00pm
Frankie's Pizzeria	1.00pm - 6.00pm

SELECT DINING (A PER PERSON COVER CHARGE APPLIES)

white room	£25	6.30pm - 10.00pm
east	£20	6.30pm - 9.30pm
Ramblas	£5	7.00pm - 11.00pm

BAR OPENING TIMES

Tazzine	7.30am - Midnight
The Red Bar	Noon - Late
The Exchange	Noon - Late
Ramblas	Noon - Late
Laguna Bar	Noon - 7.00pm
Breakers Bar	Noon - 7.00pm
Beachcombers	Noon - 11.00pm
Terrace Bar	Noon - 11.00pm
Tamarind	6.00pm - Late
Metropolis - LONDON	Noon - Late

Visit the bar this evening as it's virtual wall displays stunning scenes of London.

TODAY'S OPENING TIMES...



DEPARTMENT OPENING TIMES & OFFERS

CHAPTER ONE (DECK 5) ATRIUM NOON-7.00PM

Chapter One is our number one stop for a wide range of books to borrow or buy.

CYB@CENTRE (DECK 5) ATRIUM NOON-LATE

Embarkation special: purchase an Internet Time Plan and receive up to twenty additional minutes. You can also enter the raffle to win up to 100 free minutes. (Parents who wish to disable their children's accounts should see the Internet Manager)

EXPLORERS (DECK 5) ATRIUM 2.00PM-4.00PM & 5.00PM-7.00PM

Welcome onboard Ventura from Explorers, your Shore Excursions team. All pre-booked excursion tickets will be delivered to your cabin this evening. Please check these carefully and notify us straight away of any issues. Bookings close for Bergen at 6pm this evening.

FORTUNES CASINO (DECK 6) FORWARD 6.30PM-LATE

Welcome aboard Low Minimums

PHOTO GALLERY (DECK 7) AFT & THE ATRIUM 7.00PM-10.00PM

Reflect is a relaxed, modern style of portraiture that abandons traditional poses and is aimed at creating an artwork for your home that is fun, original and uniquely you. Bookings for your private sitting can be made this evening in the Photo Gallery.

WHITEWALL GALLERY (DECK 5) ATRIUM 6.00PM-LATE

Whitewall Galleries is a British company. We charge no buyers' premiums, our prices include framing, VAT and duty is already paid. A professional team of Art Consultants await your curiosity and questions about collectability and investment.

Shopping Centre (Deck 6 & 7) Atrium

CHIC BOUTIQUE 5.00PM-11.00PM

Chic is our boutique store, stocking the latest range of ladies' fashion wear from Joseph Ribkoff and a specially selected range of costume jewellery to accessorise with.



EMPORIUM 5.00PM-11.00PM

If you need any essentials such as sun screen, toothpaste or just a bar of chocolate then the Emporium is the place to look.



ESSENCE PERFUME 5.00PM-11.00PM

Visit Essence today to try all your old Chanel favourites and maybe find a new one, our knowledgeable perfumists can help you find your perfect fragrance. Don't forget, all our prices are guaranteed lower than ashore.



ETERNITY JEWELLERY 5.00PM-11.00PM

We have hundreds of pieces of Fine Jewellery displayed for you this evening all at the most unbelievable prices, don't miss out



REGALIA SHOPPING 5.00PM-11.00PM

Take home a memory of Ventura from Regalia: our logo-wear and children's store.



WARDROBE CLOTHING 5.00PM-11.00PM

We have 'Cotton Traders' new on the shelves: a fantastic collection for both men and women starting at only £6.25 for basic t-shirts.



SHIPBOARD SERVICES

Reception (Deck 6) Atrium is open 24 hours a day and can be contacted by dialling 6000 on any of the ship's telephones.

The Medical Centre will be open from 8.00am-9.00am and 5.00pm-6.00pm today. In an emergency dial '999'.