

# VIKING NEWS

YOUR PROGRAM FOR TODAY

Tuesday, August 11<sup>th</sup> 2009

5:30 AM	<i>Viking Sun</i> arrives in Amsterdam.	2:00, 4:00 PM	<b>Free shuttle</b> to Gassan Diamonds. Please pick up a ticket at reception.
6:00-7:00 AM	<b>'Early Bird' Breakfast:</b> Coffee, juice and pastries are offered at the coffee station for early risers.	3:30, 5:30 PM	<b>Shuttle departs back</b> to the ship from Gassan Diamonds.
7:00 AM	<b>Morning Gymnastics:</b> Join your Program Manager in the library for light exercise.	3:30-4:15 PM	<b>Tea Time:</b> Have a cup of tea or coffee and enjoy a variety of cakes or pastries in the Viking Lounge.
7:00-9:00 AM	<b>Breakfast:</b> Start your day with a generous breakfast buffet served in the restaurant.	6:00-7:00 PM	<b>Cocktail Hour:</b> Start your evening with one of our cocktails of the day.
8:30 AM -12:45 PM	<b>Shore Excursion:</b> Guided canal cruise and visit to the Van Gogh Museum.	6:30 PM	<b>Daily Briefing:</b> Join fellow passengers in the lounge for an information briefing by your Program Director Lucia.
12:45 PM	<b>Lunch:</b> Our wait staff welcomes you for lunch in the restaurant. Enjoy!	7:00 PM	<b>Dinner:</b> Chef de Cuisine Andrè and Maître d'Hotel invite you for dinner in the restaurant. Bon appétit!
12:45 PM	<b>Light Lunch Buffet:</b> A light lunch buffet is offered in the Viking Lounge.	9:00 PM	Depending on the weather we will offer for the adventurous ones a <b>Walk to the Red Light District.</b> Please leave your cameras on the ship as picture taking is prohibited there.
2:00-6:00 PM	<b>Optional Excursion:</b> Zaanse Schans.		

Reception: +49 174 346 34 47  
Cruise Manager: +49 174 347 44 23

With Alcohol:  
White Russian 5.00 €  
Without Alcohol:  
Mint Tonic 3.00 €

TODAY'S WEATHER

Partly cloudy

Sunrise: 6:17 AM

Temperature: 15 - 22°C / 59 - 71°F

Sunset: 9:14 PM

Chance of Rain: 10% morning  
5% afternoon  
5% evening

WELCOME TO THE WORLD OF RIVER CRUISES

## Amsterdam

The capital of the Kingdom of the Netherlands, Amsterdam is also the country's commercial, financial and cultural center. By the 13th century, a community named Amsteldamme had emerged on marshland protected by a dam at the mouth of the Amstel River. During the late Middle Ages, the city developed from a small fishing port into a major commercial center. The city became a center of trade – exchanging salt, wood and spices for Flemish cloth, Baltic grain, and fine furnishings. Amsterdam's golden age came towards the end of the 16th century, when it became the chief port of Northwestern Europe, a position it would keep for the next two centuries.

Amsterdam today has Europe's largest preserved city center with some 7,000 designated landmarks, and the city has taken several measures to retain its Old World charm. The heart of the city is a unique museum of restored 17th century narrow, gabled houses, with window boxes and hand-scrubbed stoops. The city is laid out in

concentric rings of canals around the old center, crosscut by a network of access roads and narrow streets radiating out like the spokes of a wheel. Amsterdam is a city with more canals than Venice, more bikes than Copenhagen, and flotillas of houseboats you will not find anywhere else in the world!

Much of Amsterdam's modern image as a bulwark of tolerance, which appears to condone many activities considered thoroughly inappropriate elsewhere, emerged after World War II. Already in the 1950s, progressive movements predating the hippie days appeared on the scene, and a culture of laissez-faire has flourished ever since. Beyond this dubious attraction, that brings young people from all over Europe to the Dutch capital, there is a city of numerous museums, of great cultural institutions, of some of the most elegant and innovative architecture in the world and a bewildering variety of ethnic restaurants.