



Mediterranean

INSPIRATION GUIDE



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THE MEDITERRANEAN

A PRIMER FOR INSPIRATION TRAVELERS

A cruise or tour in the Mediterranean offers an unforgettable time of rejuvenation, unique fellowship and luxury, surrounded by the spectacular history and beauty of Greek islands, Roman ruins, Turkish coasts and magnificent landmarks. We know you're excited and hope you're already praying about our time together.

Preparing for your Mediterranean cruise is one of the main keys to enjoying it. This guide contains a wealth of information about your destination as well as answers to our travelers' most frequently asked questions. Please read carefully through the important details that follow so you can make the most of your travel experience. You'll find even more resources to help you plan at [inspirationtravel.com/resources/mediterranean](https://www.inspirationtravel.com/resources/mediterranean).

Your trip to the Mediterranean will immerse you in a paradise of biblical proportions. From the first-class service and amenities of your cruise ship to significant historical sites, you'll spend your days in mesmerizing study, devotion and Scriptural teaching. You'll have the chance to marvel at spectacular, sunlit seas while reading your Bible in the very places it was lived and written. Use this guide to familiarize yourself with the storied islands and influential cultures you're about to visit, and prepare your heart for what God has in store.

A Christian cruise combines the enriching rewards of travel with a life-informing, illuminative retreat—resulting in spiritual growth in an unforgettable setting. *All aboard!*

Welcome to your upcoming Christian travel experience with Inspiration!



Mediterranean

“YASSOU!”

Greek greeting

“CIAO!”

Italian greeting

WELCOME TO THE MEDITERRANEAN

You're about to visit one of the most dazzling and celebrated places on the planet. Considered the cradle of Western civilization, the Mediterranean has given humanity some of its most famous landmarks, art, architecture and inventions. As you travel from one fabulous port to the next, you'll see places familiar to any New Testament reader. Following in Paul's footsteps, you'll see the world-famous Greek isles. While exploring the early church in Rome, you'll encounter history's most inspiring cathedrals and Renaissance art.

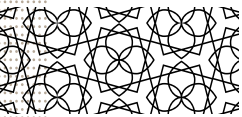


mɛdɪtəˈʒeɪniən

“Mediterranean” comes from the Latin word “mediterraneus,” which means “in the middle of land.” Almost entirely enclosed by three continents, this inland sea lives up to its name.

Even frequent cruisers are taken aback by the striking cerulean hue of the Mediterranean Sea. What gives this crystal-clear water such a brilliant appearance? Its landlocked position limits the sea's nutrients, reducing the quantity of pigmented (green) phytoplankton and allowing its water to take on an unforgettably deep blue color.





15 FASCINATING MEDITERRANEAN FACTS

HOW MANY DO YOU KNOW?

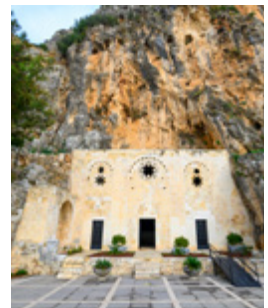


Nº 1

More than 40 million tourists travel to Italy every year, making it the fourth most visited country.

Nº 4

The Church of St. Peter in Antioch, Turkey, was built on a natural cave and was one of the first Christian churches.



Nº 2

Greece is the world's leading producer of olives. Some olive trees that were planted more than 1,200 years ago are still producing.



Nº 5

Santorini's rugged terrain and unique beaches were formed by one of the largest volcanic eruptions in recorded history.



Nº 3

Naples, Italy, produced the world's first pizzeria (Antica Pizzeria Port'Alba) in 1830.

Nº 6

Ancient Ephesus was a seaport, but centuries of silt accumulation set the city back six miles from the shore.





Nº 7

There are more than 360 churches on the island of Malta—one for every 1,000 residents.

Nº 8

Greece has as many as 6,000 islands, but only 227 are inhabited.



Nº 9

Dubrovnik, Croatia, is considered one of the 10 best-preserved medieval walled cities in the world.



Nº 10

One of the oldest cities in Europe, Athens has been inhabited for more than 7,000 years.

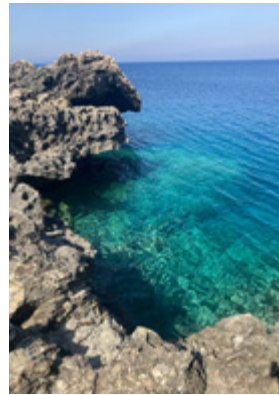
Nº 11

The Colossus of Rhodes (a mega statue) was one of the original Seven Wonders of the World.



Nº 12

The state of Vatican City is a sovereign nation, an absolute monarchy, with the Pope holding full legislative, judicial and executive power.

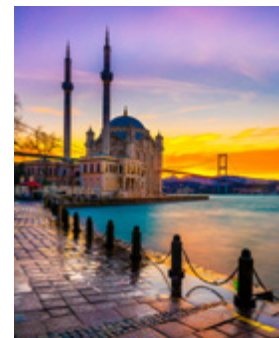


Nº 13

The Mediterranean Sea was the most important route for merchants and travelers, allowing for trade between the people of Europe, Asia and Africa.

Nº 14

30% of the fish consumed worldwide are caught in the Mediterranean, including most of the world's sardines and swordfish.



Nº 15

Istanbul, Turkey, is the only city that spans two continents (Asia and Europe). About 3% of Turkey lies in Europe.





CROATIA

*Adriatic
Sea*

ITALY

MONTENEGRO

SARDINIA

*Tyrrhenian
Sea*

SICILY

MALTA

*Ionian
Sea*




GREECE

*Aegean
Sea*

*Mediterranean
Sea*

Map of the Mediterranean

Key

-  LANGUAGE
-  CURRENCY
-  DRIVING SIDE OF ROAD

Black
Sea

TURKEY

CROATIA



 CROATIAN

 EURO

 RIGHT

GREECE



 GREEK

 EURO

 RIGHT

ITALY



 ITALIAN

 EURO

 RIGHT

MALTA



 MALTESE

 EURO

 LEFT

TURKEY



 TURKISH

 TURKISH LIRA

 RIGHT

MONTENEGRO



 MONTENEGRIN

 EURO

 RIGHT





WHAT TO EXPECT

You're going to the Mediterranean; what can you expect? We want to equip you with key knowledge and with a sense of joyous expectation. You're about to take in one of the world's most beloved regions and *this is going to be one of the highlights of your life!* This is a time to venture a bit outside your comfort zone and make the most of your experience!

BECOMING A WORLD TRAVELER

You are going into all the world (Matt. 28:19) and enjoying the breathtaking beauty God created. You'll have the opportunity to meet the fascinating people of the Mediterranean whose smiles and stories will encourage you. Your life will impact theirs as well—with the light and love of Christ. Don't forget that some of the best parts of your trip are the ones you can't foresee. Embrace the time-honored adage, *plan to be surprised!*

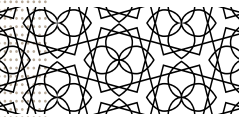
QUICK GLANCE INFO

MED. SEA SURFACE AREA	970,000 SQUARE MILES
MED. SEA AVERAGE DEPTH	4,900 FEET
MED. SEA MAXIMUM DEPTH	17,280 FEET
NUMBER OF ISLANDS	MORE THAN 3,300
POPULATION BY COUNTRY	CROATIA: 4,008,617 GREECE: 10,341,277 ITALY: 58,909,296 MALTA: 534,670 MONTENEGRO: 626,562 TURKEY: 85,713,780
NATIONAL CURRENCIES	CROATIA: EURO GREECE: EURO ITALY: EURO MALTA: EURO MONTENEGRO: EURO TURKEY: LIRA
LANGUAGES SPOKEN	CROATIAN, ENGLISH, GREEK, ITALIAN, MALTESE, MONTENEGRIN, TURKISH
TOP RELIGIOUS MAKEUPS	CROATIA: CATHOLIC, EASTERN ORTHODOX, PROTESTANT GREECE: GREEK ORTHODOX, CATHOLIC, ISLAM, JUDAISM ITALY: ROMAN CATHOLIC, ORTHODOX CHRISTIAN, PROTESTANT MALTA: ROMAN CATHOLIC, ISLAM, EASTERN ORTHODOX MONTENEGRO: EASTERN ORTHODOX, ISLAM, CATHOLIC TURKEY: ISLAM, ORTHODOX CHRISTIAN, JUDAISM
ELECTRICITY	230V/50HZ
TIME ZONES	CROATIA: GMT +1 GREECE: GMT +2 ITALY: GMT +1 MALTA: GMT +1 MONTENEGRO: GMT +2 TURKEY: GMT +2



LAYERS UPON
LAYERS OF
HISTORY, CULTURE,
AND BEAUTY
MAKE UP THE
MEDITERRANEAN—
DISCOVERING IT
IS A VOYAGE
WORTH TAKING.

UNKNOWN



GETTING TO KNOW THE MEDITERRANEAN

Rather than a specific country of destination, the Mediterranean is a broad area that includes Turkey, Croatia and historic, scenic ports in Italy and Greece. Some, like Patmos and Rhodes, are notable for religious and cultural significance that reaches back thousands of years. Marvelous islands like Santorini are noteworthy for their postcard-perfect grandeur—their breathtaking views may be familiar to travelers even if their names are not. And legendary destinations like Venice and Rome need no introduction at all. With a fascinating history dating back to the dawn of Western civilization, the region's antiquity is balanced by charming villages and beautiful landscapes. These wonders combine to make the Mediterranean Sea one of the world's top cruise destinations.



I am not an Athenian or a Greek, but a citizen of the world.

—SOCRATES



3000
B.C.

Athens is one of the world's oldest cities

1&1

The only two independent Mediterranean islands are Cyprus and Malta

40

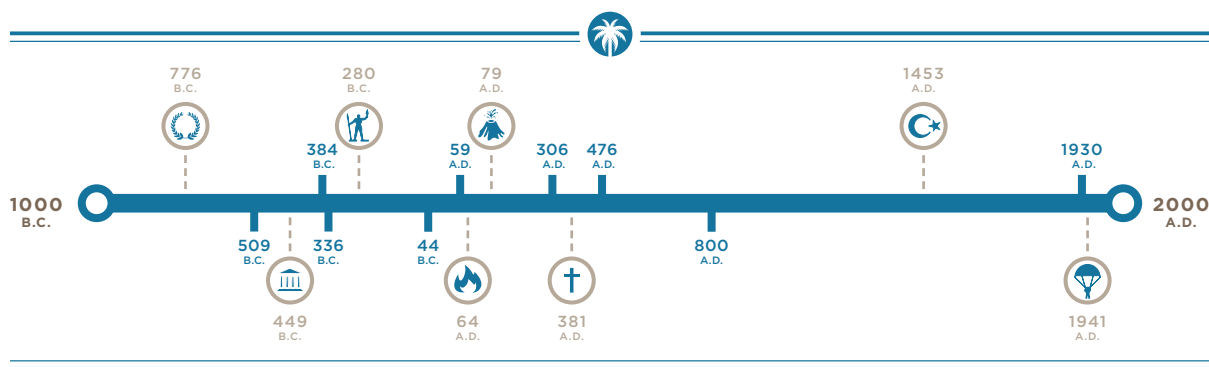
million tourists, on average, visit Italy each year

CULTURAL OVERVIEW

In ancient times, the Mediterranean Sea truly was the center of civilization, touching three different continents and bordering influential civilizations like those of Egypt, Rome and Greece. This large body of water became a central route for the transport and exchange of goods, cultures and religious traditions in human history—including the earliest days of Christianity. From the rise of classical Roman and Greek civilizations to the later Middle Ages to the Renaissance and beyond, this area has been at the center of Western culture for centuries.

Today, the area around the Mediterranean remains a blend of customs and traditions, from the predominantly Muslim residents of Turkey to the Orthodox Christians of Greece to the Roman Catholics of Italy. A cruise through the eastern Mediterranean exposes passengers to a variety of cultures—all wrapped in a fascinating tapestry of history.





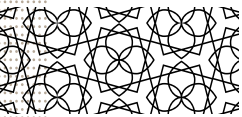
Historical Overview

Once considered the center of the world, life in the Mediterranean began at the dawn of civilization. This bustling region, located at the junction of three continents, is the setting of some of humanity's most notable moments. The ancient Greeks compiled myths about heroes who sailed these waters and the gods who intervened. The Roman Empire grew to dominate the region—along with most of Europe. And, of course, the Mediterranean is central to the history of the Christian faith.

Here, the disciples began to spread the gospel in the centuries following Jesus' resurrection.

- **776 B.C.** The first Olympic Games are held in Olympia, Greece, continuing for 1,176 years. (The modern Olympic Games are reinstated in 1896.)
- **509 B.C.** Rome, long ruled by legendary kings, becomes a constitutional republic ruled by senators.
- **449 B.C.** Construction begins on the Parthenon, Acropolis and other buildings in Athens.
- **384 B.C.** Aristotle is born. He goes on to study under Plato and becomes adviser to Alexander the Great.
- **336 B.C.** Alexander the Great comes to power in Greece and begins to spread Greek culture widely throughout the region.
- **280 B.C.** A bronze statue of the Greek titan Helios is erected over the harbor at Rhodes. Known as the Colossus of Rhodes, it becomes one of the Seven Wonders of the World until a powerful earthquake topples it 54 years later.
- **44 B.C.** Julius Caesar is assassinated in Rome.
- **A.D. 59** On his way to Rome, just before being shipwrecked, the Apostle Paul arrives on the island of Malta.
- **A.D. 64** Rome burns. Nero uses this to further his political agenda on the burgeoning Christian faith by blaming the fire on Christians.
- **A.D. 79** Mount Vesuvius erupts, burying the city of Pompeii and much of the area surrounding Naples in up to 20 feet of volcanic ash.
- **A.D. 306** Constantine becomes emperor. He converts to Christianity in 312, setting in motion the eventual Christianization of the empire.
- **A.D. 381** Christianity is made the official state religion of the Roman Empire by Theodosius I.
- **A.D. 476** Romulus Augustus renounces sovereignty over Rome after a long decline, with experts noting the death of Rome as early as 410.
- **A.D. 800** Ninth-century missionaries from southern Europe bring Christianity (and Latin) to Croatia.
- **A.D. 1453** The Ottoman Turks capture Constantinople, toppling the Byzantine Empire and bringing the area under Muslim influence.
- **A.D. 1930** Less than a decade after the Ottoman Empire gave way to the secular Republic of Turkey, Constantinople is renamed Istanbul.
- **A.D. 1941** The Battle of Crete becomes the first major airborne assault in history, with Allied forces evacuating upon a mass paratrooper invasion by the Third Reich.





COMMUNICATING IN THE MEDITERRANEAN

Due to the international geography of the Mediterranean, cruise passengers may encounter a number of foreign languages over the course of their trip, including Croatian, Greek, Italian, Turkish and Maltese. A few of these languages are among the world's oldest and most influential. The English language has especially prominent roots in classical Greek, with more than 150,000 English words derived from it — including the word “alphabet” (which comes from the Greek words “alpha” and “beta”). Many Italian words have also found their way into modern English, especially among musical, architectural and culinary terms. Meanwhile, you may find the Turkish, Croatian and Maltese languages to be much less familiar.

VOCABULARY GUIDES

While you'll hear a variety of Old World languages throughout the Mediterranean, many of the residents also speak English as a second language. And due to the prominence of tourism, you'll most likely be able to communicate with many locals on a basic level (walking directions, ordering food, etc.) in English. Still, international travelers know it's always a good idea to have a rudimentary understanding of the local language as a basic courtesy. Locals love it when visitors put effort into speaking their language, regardless of the country or nationality. We've designed these handy language guides with interesting words and phrases.

Overheard in the Mediterranean

A hungry bear doesn't dance.



Greek proverb meaning one must get paid if expected to perform.

It's good that you were born.



Turkish for “Happy birthday.”

In the mouth of a wolf.



Italian idiom for “Break a leg.” The proper response is “Crepì il lupo” (*May the wolf die*).

You can't buy heaven with money.



Maltese proverb



CROATIAN

Worldwide, around 5.6 million people speak Croatian and its dialects. These speakers are primarily native to Croatia, Serbia, Montenegro, and Bosnia and Herzegovina (with a few native speakers living in Romania and Italy). Croatian is the official spoken and literary language of Croatia—which has three distinct dialects—and is one of the European Union’s 23 official languages.

There are 30 letters in the Croatian alphabet. It’s based on the Latin alphabet, but doesn’t include the letters q, w, x and y. At the same time, it has additional letters including č, ć, dž, đ, lj, nj, š and ž. Each of these letters represents a single sound. For instance, č = ch, as in “chalk,” and š = sh, as in “shut.”

English words with Croatian origins:

- Vampire
- Cravat
- Dalmatian
- Ban
- Paprika
- Serbian
- Tesla

Croatian Language Guide

HELLO	BOK bohk
GOODBYE	DOVIDENJA doh-vee-JEH-nyah
GOOD MORNING	DOBRO JUTRO DOH-broh YOO-troh
GOOD EVENING	DOBRA VEČER DOH-brah VEH-cher
GOOD NIGHT	LAKU NOĆ LAH-koo notch
SEE YOU LATER	VIDIMO SE KASNIJE VEE-dee-moh seh KAS-nee-yeh
THANK YOU	HVALA HVAH-lah
PLEASE	MOLIM MOH-leem
YOU'RE WELCOME	NEMA NA ČEMU NEH-mah na CHEH-moo
I DON'T SPEAK CROATIAN	NE GOVORIM HRVATSK neh GOH-voh-reem HUHR-vahts-kee
DO YOU SPEAK ENGLISH?	GOVORITE LI ENGLESKI? goh-VOH-ree-teh lee EN-gless-kee
YES	DA dah
NO	NE neh
EXCUSE ME	OPROSTITUTE oh-PROHS-tee-teh
WHAT?	ŠTO? shtoh?
WHEN?	KADA? KAH-dah?
WHERE IS?	GDJE SE NALAZI? gdyeh seh NAH-lah-zee?
HOW ARE YOU? (FORMAL)	KAKO STE? KAH-koh steh
HOW ARE YOU? (INFORMAL)	KAKO SI? KAH-koh see?
I'M FINE	DOBRO SAM DOH-broh sahm
HOW MUCH DOES IT COST?	KOLIKO TO KOŠTA? KOH-lee-koh toh KOHSH-tah
RIGHT	DESNO DEH-snoh
LEFT	LIJEVO lee-YEH-voh
STRAIGHT	RAVNO RAHV-noh
WHERE'S THE BATHROOM?	GDJE SE NALAZI TOALET? gdyeh seh NAH-lah-zee TOH-ah-let?
WHERE'S THE HOSPITAL?	GDJE SE NALAZI BOLNICA? gdyeh seh NAH-lah-zee BOHL-nih-cah
WHERE'S THE RESTAURANT?	GDJE SE NALAZI RESTORAN? gdyeh seh NAH-lah-zee reh-stoh-RAHN
BREAKFAST	DORUČAK DOH-roo-chahk
LUNCH	RUČAK ROO-chahk
DINNER	VEČERA VEH-cheh-rah
ONE	JEDAN YEH-dahn
TWO	DVA dvah
THREE	TRI tree
FOUR	ČETIRI CHEH-tee-ree
FIVE	PET peht
SIX	ŠEST shehst
SEVEN	SEDAM SEH-dahm
EIGHT	OSAM OH-sahm
NINE	DEVET DEH-veht
TEN	DESET DEH-seht
ONE HUNDRED	STO stoh
ONE THOUSAND	TISUĆU TEE-soo-choo





GREEK

Greek has been spoken in this area for at least 3,500 years, making it the oldest Indo-European language. Modern Greek descended from classical Greek, going through a number of linguistic shifts during the process. Today, modern Greek is the official language of Greece and Cyprus. An estimated 13 million people worldwide speak the language, with around 11 million of them living in Greece. The rest live in Greek communities worldwide, including in the United States.

Few languages have had a bigger impact on English than classical Greek and its derivative, Koine Greek. Koine Greek is the original language of the New Testament and some of the earliest Christian theological writing. There are 24 letters in the Greek alphabet, starting with “alpha” and ending with “omega.”

English words with Greek origins:

- Diameter
- Geography
- Astronomy
- Petroleum
- Theology
- Metropolitan
- Sophomore

Greek Language Guide

HELLO	ΓΕΙΑ ΣΟΥ	YAH soo
GOODBYE	ΑΝΤΙΟ	AHN-dee-oh
GOOD MORNING	ΚΑΛΗΜΕΡΑ	kah-lee-MEH-rah
GOOD EVENING	ΚΑΛΗΣΠΕΡΑ	kah-lee-SPEH-rah
GOOD NIGHT	ΚΑΛΗΝΥΧΤΑ	kah-lee-NEEKH-tah
SEE YOU LATER	ΤΑ ΛΕΜΕ	Ta LE-me
THANK YOU	ΕΥΧΑΡΙΣΤΩ	ef-hah-rees-TOH
PLEASE	ΠΑΡΑΚΑΛΩ	pah-rah-kah-LOH
YOU'RE WELCOME	ΠΑΡΑΚΑΛΩ	pah-rah-kah-LOH
I DON'T SPEAK GREEK	ΔΕΝ ΜΙΑΩ (ΚΑΛΑ) ΕΛΛΗΝΙΚΑ	dhen mee-LOH KAH-lah eh-lee-nee-KAH
DO YOU SPEAK ENGLISH?	ΜΙΛΑΤΕ ΑΓΓΛΙΚΑ;	mee-LAH-teh ang-glee-KAH?
YES	ΝΑΙ	neh
NO	ΌΧΙ	OH-hee
EXCUSE ME	ΣΥΓΓΝΩΜΗ	See-GHNO-mee
WHAT?	ΤΙ;	Ti?
WHEN?	ΠΟΤΕ;	Pote?
WHERE IS?	ΠΟΥ ΕΙΝΑΙ;	poo EE-ne-ee?
HOW ARE YOU?	ΤΙ ΚΑΝΕΤΕ;	tee KAH-neh-teh?
I'M FINE	ΚΑΛΑ, ΕΥΧΑΡΙΣΤΩ	kah-LAH ef-khah-rees-TOH
HOW MUCH DOES IT COST?	ΠΟΣΟ ΚΟΣΤΙΖΕΙ;	PO-so ko-STEE-zee?
RIGHT	ΔΕΞΙΑ	dheh-xee-AH
LEFT	ΑΡΙΣΤΕΡΑ	ah-riss-teh-RAH
STRAIGHT	ΕΥΘΕΙΑ	eh-fthee-ah
WHERE'S THE BATHROOM?	ΠΟΥ ΕΙΝΑΙ Η ΤΟΥΑΛΕΤΑ/ΤΟ ΜΠΑΝΙΟ;	poo EE-ne ee too-ah-LEH-tah?
WHERE'S THE HOSPITAL?	ΠΟΥ ΕΙΝΑΙ ΤΟ ΝΟΣΟΚΟΜΕΙΟ;	poo EE-ne to nosoko-MEEOH?
WHERE'S THE RESTAURANT?	ΠΟΥ ΕΙΝΑΙ ΤΟ ΕΣΤΙΑΤΟΡΙΟ;	poo EE-ne to estiaTOH-reeo?
BREAKFAST	ΠΡΩΙΝΟ	proee-NOH
LUNCH	ΜΕΣΗΜΕΡΙΑΝΟ	mesime-reea-NOH
DINNER	ΔΕΠΝΟ	DHEH-pnoh
ONE	ΈΝΑ	EH-nah
TWO	ΔΥΟ	DHEE-oh
THREE	ΤΡΙΑ	TREE-ah
FOUR	ΤΕΣΣΕΡΑ	TESS-eh-rah
FIVE	ΠΕΝΤΕ	PEN-deh
SIX	ΈΞΙ	EH-xee
SEVEN	ΕΠΤΑ	ep-TAH
EIGHT	ΟΚΤΩ	okh-TOH
NINE	ΕΝΝΕΑ	en-EH-ah
TEN	ΔΕΚΑ	DHEH-kah
ONE HUNDRED	ΕΚΑΤΟ	eh-kah-TO
ONE THOUSAND	ΧΙΛΙΑ	KHEE-lee-ah



ITALIAN

Latin is the core language of Western civilization, and Italian is considered the language most similar to it. Worldwide, more than 85 million people speak Italian, including 65 million residents of Italy, San Marino, Vatican City, Malta, and parts of Switzerland, Croatia and Slovenia. Part of the family of Romance languages, Italian has a number of similarities with French, Spanish and Portuguese.

The Italian alphabet uses the familiar Latin alphabet, but only has 21 letters. It lacks j, k, w, x and y. Because Italy's history has had such a profound influence on culture, a vast number of common English words are derived from Italian.

English words with Italian origins:

- Diva
- Piano
- Trombone
- Apartment
- Graffiti
- Mezzanine
- Novel
- Picturesque
- Broccoli
- Espresso

Italian Language Guide

HELLO	CIAO	chau
GOODBYE	ARRIVEDERCI	ahr-ree-veh-DEHR-chee
GOOD MORNING	BUON GIORNO	bouhn JOHR-noh
GOOD EVENING	BUONA SERA	bouh-nah-SEH-rah
GOOD NIGHT	BUONA NOTTE	bouh-nah-NOHT-teh
SEE YOU LATER	CI VEDIAMO	chee veh-DYAH-moh
THANK YOU	GRAZIE	GRAHT-tseh
PLEASE	PER FAVORE	PEHR fah-VOH-reh
YOU'RE WELCOME	PREGO	PREH-goh
I DON'T SPEAK ITALIAN	NON PARLO ITALIANO	non PAHR-loh ee-tah-LYAH-noh
DO YOU SPEAK ENGLISH?	PARLA INGLESE?	PAHR-lah een-GLEH-zeh?
YES	SÌ	SEE
NO	NO	noh
EXCUSE ME	MI SCUSI	mee SKOO-zee
WHAT?	COME?	KOH-meh?
WHEN?	QUANDO?	KWAHN-doh?
WHERE IS?	DOV'È IL?	DOH-veh eel?
HOW ARE YOU?	COME STA?	KOH-meh STAH?
I'M FINE	BENE	BEH-neh
HOW MUCH DOES IT COST?	QUANTO COSTA?	KWAHN-toh KOHS-tah?
RIGHT	DESTRA	DEHS-trah
LEFT	SINISTRA	see-NEES-trah
STRAIGHT	DIRITTO	dee-REET-toh
WHERE'S THE BATHROOM?	DOV'È SONO I BAGNI?	DOH-veh SOH-noh ee BAH-nee?
WHERE'S THE HOSPITAL?	DOV'È L'OSPEDALE?	DOH-veh los-peh-DAH-leh?
WHERE'S THE RESTAURANT?	DOV'È IL RISTORANTI?	DOH-veh eel rees-toh-RAHN-tee?
BREAKFAST	LA PRIMA COLAZIONE	lah PREE-mah koh-lah-TSYOH-neh
LUNCH	IL PRANZO	eel PRAHN-dzoh
DINNER	LA CENA	lah CHEH-nah
ONE	UNO	OO-noh
TWO	DUE	DOO-eh
THREE	TRE	treh
FOUR	QUATTRO	KWAH-troh
FIVE	CINQUE	CHEEN-kweh
SIX	SEI	SEH-ee
SEVEN	SETTE	SEH-teh
EIGHT	OTTO	OH-toh
NINE	NOVE	NOH-veh
TEN	DIECI	DYEH-chee
ONE HUNDRED	CENTO	CHEHN-toh
ONE THOUSAND	MILLE	MEEL-le





TURKISH

Modern Turkish is spoken by around 75 million people worldwide, including native speakers in Turkey, Cyprus, Bulgaria, Macedonia, and parts of Greece and Iran. Along with Greek, Turkish is the official co-language of Cyprus. It derives from the ancient Turkic language family, which may date back as far as 2,500 years ago and originated in East Asia. For this reason, Turkish has a few subtle similarities with languages like Korean and Japanese.


There are 29 letters in the Turkish alphabet, which derives from the familiar Latin alphabet. It does not contain the letters q, w and x but has additional letters in ç, ğ, ö, ş and ü. Like Croatian, each letter represents a single sound. For instance, ç = ch, as in “chair” and ş = sh, as in “show.”

English words with Turkish origins:

- Beg
- Doodle
- Shish kebab
- Mammoth
- Ottoman
- Pastrami
- Quiver
- Yogurt

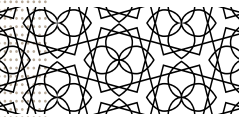
Turkish Language Guide

HELLO	MERHABA	MEHR-hah-bah
GOODBYE	HOŞÇAKALIN	HOSH-cha-kah-luhn
GOOD MORNING	GÜNAYDIN	gew-nahy-DUHN
GOOD EVENING	İYİ AKŞAMLAR	EE ahk-shahm-LAHR
GOOD NIGHT	İYİ GECELER	EE geh-jeh-LEHR
SEE YOU LATER	SONRA GÖRÜŞÜRÜZ	SON-rah gor-USH-ur-uz
THANK YOU	TEŞEKKÜR EDERİM	teh-SHEK-ur eh-der-EEM
PLEASE	LÜTFEN	LEWT-fehn
YOU'RE WELCOME	BİR ŞEY DEĞİL	beer SHEHY deh-YEEL
I DON'T SPEAK TURKISH	TÜRKÇE KONUŞAMIYORUM	TURK-che kon-ush-ah-me-YOOR-uhm
DO YOU SPEAK ENGLISH?	İNGİLİZCE BİLİYOR MUSUNUZ?	een-gee-LEEZ-jeh bee-LEE-yohr moo-soo-nooz?
YES	EVET	eh-VEHT
NO	HAYIR	HAH-yuhr
EXCUSE ME	BAKAR MISINIZ?	bah-KAR MUH-suh-nuhz?
WHAT?	NE?	NEH?
WHEN?	NE ZAMAN?	NEH zah-MAHN
WHERE IS?	NEREDE?	NEH-reh-deh
HOW ARE YOU?	NASILSINIZ?	NAHS-suhl-suh-nuhz?
I'M FINE	İYİYİM	ee-YEE-yihm
HOW MUCH DOES IT COST?	BU KAÇ PARA?	boo kach pah-RAH
RIGHT	SAĞ	SAAH
LEFT	SOL	SOHL
STRAIGHT	DOĞRU	doh-ROO
WHERE'S THE BATHROOM?	TUVALET NEREDE?	TOO-va-let NEH-reh-deh?
WHERE'S THE HOSPITAL?	HASTANE NEREDE?	HAS-tah-neh NEH-reh-deh?
WHERE'S THE RESTAURANT?	LOKANTA NEREDE?	loh-KAHN-tah NEH-reh-deh?
BREAKFAST	KAHVATI	kah-VALI-tuh
LUNCH	ÖĞLE YEMEĞİ	OH-lay YEM-ah-yee
DINNER	AKŞAM YEMEĞİ	ahk-SHAHM YEM-ah-yee
ONE	BİR	BEER
TWO	İKİ	ee-KEE
THREE	ÜÇ	EWCH
FOUR	DÖRT	DURRT
FIVE	BEŞ	BEHSH
SIX	ALTI	ahl-TUH
SEVEN	YEDİ	yeh-DEE
EIGHT	SEKİZ	seh-KEEZ
NINE	DOKUZ	doh-KOOZ
TEN	ON	ON
ONE HUNDRED	YÜZ	YEWZ
ONE THOUSAND	BİN	BEEN



*All that concerns the
Mediterranean is of the
deepest interest to civilized
man, for the history of its
progress is the history of
the development of
the world....*

—EDWARD FORBES
NATURALIST



GEOGRAPHICAL REGIONS

The geography of the Mediterranean is as diverse as one might expect for lands that border such a large body of water. Coastlines are marked by sandy beaches as well as craggy, volcanic cliffs. When land is in sight, mountains and rolling hills are almost always present. Positioned between three continents, the Mediterranean Sea is bordered on the north by Italy, Greece and southern Europe. To the south is the top of Africa, dominated by the desolate Sahara Desert. Some of the countries forming the eastern boundary of the Mediterranean have a rich biblical history, including Israel, Jordan, Syria, Lebanon, Turkey and Egypt.

The Mediterranean Sea covers more than 965,000 square miles and is around 2,300 miles in horizontal width—the approximate distance between Los Angeles and Atlanta in the continental United States.



Time Difference

The Mediterranean is divided among several time zones. Most of our Mediterranean cruises take place in the eastern basin. Ports like Dubrovnik, Croatia, are in the Central European time zone. Ports in Greece and Turkey lie one hour ahead, in the Eastern European time zone. Daylight saving time can make keeping up with these time zones even more complicated. Some cruise ships adopt the time zone of each port, while others maintain a steady “ship time.” It’s important to check and double-check what time your ship observes before going ashore. And, as always, make sure you return to your ship with time to spare.

A CLOSER LOOK AT WEST VS. EAST

While most Mediterranean cruises include one or more stops in Italy, the cruise industry tends to define ports as being either in the “western” or “eastern” Mediterranean. As with the Caribbean, most cruise lines divide their itineraries between the two sides of the sea. Western Mediterranean routes tend to focus on the warm coasts of France, Spain and Monaco, home to some of the best beaches in the world. Eastern Mediterranean routes are more popular with fans of religious history and archaeology, with a focus on Greece, Italy, Turkey, Croatia, and islands like Crete or Santorini.

Regardless of the sailing direction, Italy is a home port for Mediterranean cruises, with most departing from Venice or Rome. Both regions offer cultural diversity, historic sites, lovely weather and a delicious café culture. Every itinerary is as characterized by museums and world-class cuisine as by beaches and scenery. But because our travelers are likely to be interested in the missionary travels of Paul and the earliest days of the Christian faith, most of our itineraries focus on Italy, Greece and the eastern part of the region.



“

21 countries have coastlines bordering the Mediterranean Sea.

”





1 BALKAN PENINSULA

Located between the Adriatic Sea in the west and the Black Sea to the east, this peninsula north of Greece includes the countries of Croatia, Bosnia and Herzegovina, Montenegro, Albania, and Bulgaria—as well as the Republic of North Macedonia and the Macedonian region of northern Greece. It's known for its stunning landscapes and diverse cultures, where a rich and complex history gives way to unique traditions, food, art and hospitality.

During the night Paul had a vision of a man of Macedonia standing and begging him, “Come over to Macedonia and help us.” After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them.

—Acts 16:9-10

Top things to do in the Balkan Peninsula:

- Peruse the medieval charm and 10th-century walls of Dubrovnik, Croatia, or the Roman-era Diocletian's Palace in Split, which dates back to the fourth century.
- Step back in time in Kotor, Montenegro, another UNESCO World Heritage Site and medieval walled city.
- Visit the Cathedral of Saint Domnius in Split, Croatia. Consecrated in the seventh century, it's thought to be the oldest Catholic cathedral in the world that's still in use.
- Walk through the museums and archaeological sites of Thessaloniki, Greece, a port city on the Aegean Sea where Paul helped establish an early Christian church.

2 GREECE

This archipelago of thousands of islands has more than 8,000 miles of coastline and a central place in Western civilization. Visitors love Greece for its combination of breathtaking natural scenery and ancient culture. Its ruins and museums tell a story dating back thousands of years. Its rugged terrain and picturesque islands attract nature lovers and outdoor enthusiasts. And the bold flavors and fresh ingredients of its cuisine tickle the taste buds of all kinds of travelers.

While Paul was waiting for them in Athens, he was greatly distressed to see that the city was full of idols. So he reasoned in the synagogue with both Jews and God-fearing Greeks, as well as in the marketplace day by day with those who happened to be there.

—Acts 17:16-17

Top things to do in Greece:

- In Athens, where Paul preached his famous Mars Hill sermon, see some of the world's most famous ruins, including the Acropolis, the Parthenon and the Temple of Zeus.
- Take in an unforgettable sunset in Santorini, an iconic island whose whitewashed cliffside buildings stand in contrast to the deep blue of the sea.
- Relax on the beaches of Mykonos, another popular island known for its historic windmills.
- Tour the Palace of Knossos on the island of Crete, one of Europe's most significant archaeological sites and home to the once-flourishing Minoan civilization.



3 ITALY

From the cathedrals and Renaissance masterpieces of Rome to the stunning beauty of the Amalfi coast, Italy is home to some of the most memorable cruise ports in the Mediterranean, including Venice, Naples and Rome. The architecture, world-class cuisine and beautiful landscapes—along with its connection to the New Testament and the early Christian church—make Italy a destination that offers something for every traveler.

There we found some brothers and sisters who invited us to spend a week with them. And so we came to Rome...At the sight of these people, Paul thanked God and was encouraged.

—Acts 28:14-15

Top things to do in Italy:

- Surround yourself with history and culture in Rome, the greatest “open-air museum” in the world. You’ll explore landmarks like the Colosseum, the Pantheon and the Vatican—where you can observe world-famous works like Michaelangelo’s Sistine Chapel.
- Stand in prayerful reverence as you visit some of the best-known churches and cathedrals in the world, many of which date back centuries and are still places of Christian worship.
- Immerse yourself in the romance and wonder of Venice, known for its winding canals and stately bridges, as well as landmarks like St. Mark’s Square and Doge’s Palace.
- Dine your way through Italy’s regional cuisine, enjoying the tantalizing flavors and varieties of pasta as well as local specialties like risotto.
- Sample a slice or two in Naples, the birthplace of pizza. Dozens of local restaurants still compete today to serve the best pizza in the city.

4 TURKEY (ASIA MINOR)

Known as Turkey to modern travelers and Asia Minor to the biblical writers, this fascinating nation lies on the border between Europe and Asia, while also straddling the line between Western Europe and the Islamic world. Its capital, Istanbul, spans two continents and is a must-visit destination for anyone interested in history, art or culture.

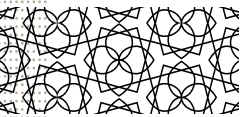
Paul entered the synagogue and spoke boldly there for three months, arguing persuasively about the kingdom of God....This went on for two years, so that all the Jews and Greeks who lived in the province of Asia heard the word of the Lord.

—Acts 19:8-10

Top things to do in Turkey:

- Visit the stunning Blue Mosque and Hagia Sophia in Istanbul, as well as the mix of sounds, aromas and cultures in the city’s legendary Grand Bazaar.
- See some of the most well-preserved ancient ruins in the world in Ephesus, an important city of the ancient Roman Empire and home to an early Christian community.
- Go underground to visit the massive Basilica Cistern in Istanbul, built to supply water for Constantinople in the 15th century.
- Savor the diverse culinary traditions of Turkey, from streetside kebabs and fresh seafood to sweet baklava.





MEDITERRANEAN WEATHER

The climate of the Mediterranean is subtropical. It extends throughout the Mediterranean basin and is very similar to the weather in Southern California. It is characterized by warm to hot, humid summers and cool, wet winters. Changing ocean currents help to moderate the temperatures, ensuring mild winters and some relief during sweltering summers. Areas within this environment receive almost all their precipitation during the winter, fall and spring. Summers may be entirely dry with little to no precipitation.

ATHENS, GREECE			
MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	56°	44°	2.2"
FEBRUARY	57°	44°	1.8"
MARCH	62°	48°	1.6"
APRIL	68°	53°	1.2"
MAY	77°	60°	0.9"
JUNE	87°	69°	0.4"
JULY	92°	75°	0.2"
AUGUST	93°	75°	0.2"
SEPTEMBER	84°	68°	0.5"
OCTOBER	74°	61°	2.0"
NOVEMBER	66°	53°	2.3"
DECEMBER	59°	48°	2.7"

KUSADASI, TURKEY			
MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	54°	45°	5.7"
FEBRUARY	54°	43°	4.1"
MARCH	47°	46°	3.2"
APRIL	64°	52°	1.9"
MAY	75°	59°	1.0"
JUNE	84°	68°	0.4"
JULY	90°	72°	0.2"
AUGUST	90°	73°	0.2"
SEPTEMBER	81°	64°	0.7"
OCTOBER	72°	59°	1.7"
NOVEMBER	63°	52°	3.6"
DECEMBER	55°	46°	6.0"

ROME, ITALY

MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	54°	39°	2.9"
FEBRUARY	56°	39°	2.8"
MARCH	61°	43°	2.4"
APRIL	66°	48°	2.9"
MAY	74°	55°	2.3"
JUNE	83°	62°	1.2"
JULY	88°	67°	0.8"
AUGUST	88°	67°	1.3"
SEPTEMBER	81°	61°	2.7"
OCTOBER	72°	54°	3.6"
NOVEMBER	62°	46°	4.5"
DECEMBER	56°	40°	3.6"

SPLIT, CROATIA

MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	51°	42°	3.0"
FEBRUARY	52°	42°	2.7"
MARCH	58°	47°	2.6"
APRIL	64°	52°	2.6"
MAY	73°	60°	2.4"
JUNE	81°	67°	1.9"
JULY	87°	72°	1.0"
AUGUST	86°	72°	1.7"
SEPTEMBER	77°	65°	2.8"
OCTOBER	86°	58°	3.2"
NOVEMBER	59°	50°	4.2"
DECEMBER	53°	44°	3.7"

VALLETTA, MALTA

MONTH	AVG. HIGH	AVG. LOW	AVG. PRECIPITATION
JANUARY	60°	50°	3.9"
FEBRUARY	60°	49°	2.4"
MARCH	63°	51°	1.7"
APRIL	68°	54°	0.8"
MAY	75°	60°	0.6"
JUNE	84°	66°	0.2"
JULY	89°	71°	0.0"
AUGUST	89°	73°	0.5"
SEPTEMBER	83°	69°	2.3"
OCTOBER	77°	65°	3.3"
NOVEMBER	69°	58°	3.6"
DECEMBER	63°	53°	4.3"

”

There is no such thing as bad weather, only different kinds of good weather.

—JOHN RUSKIN
19TH-CENTURY ENGLISH
ART CRITIC

“



average summer
sea temperature

#1

Zante is the sunniest
Mediterranean island




largest Mediterranean islands:
Sicily, Sardinia, Cyprus,
Corsica & Crete

400

species of fish live in the
Mediterranean Sea





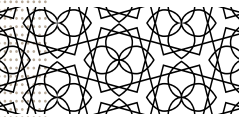
*A journey through
the Mediterranean
is not only inspiring
and stimulating, it
is also humbling.*

—BETTANY HUGHES
ENGLISH HISTORIAN



**IN ALL THINGS OF
NATURE THERE IS
SOMETHING OF THE
MARVELLOUS.**

— ARISTOTLE
ANCIENT GREEK PHILOSOPHER



PAUL'S MISSIONARY JOURNEYS: A CLOSER LOOK

Christianity began in Israel but quickly spread throughout the Mediterranean region. Within just four centuries of the resurrection, Christianity had been instated as an official, even mandated, religion, taking over the polytheism of the Greco-Roman world. This was a far cry from the experience of the early fledgling church and the believers who risked and gave their lives to spread the gospel. As you journey through this region, you will travel some of the same paths as these first Christian missionaries—courageous men like Paul, Barnabas, Silas and Timothy.



Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ.

—EPHESIANS 3:8

SAUL OF TARSUS

The First Christian Missionary

While traveling on the road between Jerusalem and Damascus, Saul of Tarsus encountered Jesus. Saul, a devout Jew, was blinded. After a miraculous healing, Saul accepted Jesus as Savior and his name was changed to Paul. He began preaching Jesus instead of persecuting those who followed Him. For the rest of his life, Paul spread the gospel throughout the Mediterranean under the guidance of the Holy Spirit. Traditionally, 14 of the 27 books in the New Testament are attributed to Paul, who wrote instructional, encouraging and corrective letters to the churches he planted.

CONFUSED FOR GREEK GODS

Paul's First Missionary Journey

As recorded in the Book of Acts, Paul undertook three separate missionary journeys. He was joined by Barnabas during the first, which took him to Cyprus from Antioch, a city in southern Turkey (Acts 13-14). After spending time preaching and performing miracles in Iconium, the two men fled for their lives after unbelieving Jews plotted to kill them. The duo ended up in Lystra, a city in present-day southern Turkey.

In Lystra, Paul healed a lame man during a bold message delivered near the city gates. The people of the city were familiar with Greek and Roman beliefs, and upon seeing the miracle, assumed that Paul and Barnabas were gods themselves. "Barnabas they called Zeus, and Paul they called Hermes because he was

the chief speaker. The priest of Zeus, whose temple was just outside the city, brought bulls and wreaths to the city gates because he and the crowd wanted to offer sacrifices to them” (Acts 14:12-13). Paul and Barnabas reacted in horror, tearing their clothing and proclaiming that the Greek gods were “worthless things” compared to the living God “who made the heavens and the earth and the sea and everything in them” (Acts 14:15).

This powerful narrative shows the pervasiveness of local belief in the deities of Roman and Greek mythology—and how Paul’s passionate missionary work gradually guided the Greeks to worship the one true God.

THE FIRST EUROPEAN CONVERT

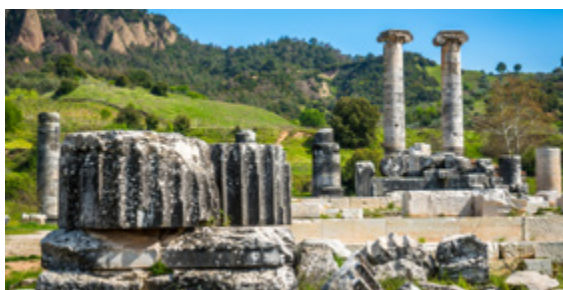
Paul’s Second Missionary Journey

For his second missionary journey, Paul joined with Silas, a leader of the church in Jerusalem. Near Lystra, they met up with Timothy. Along with Luke—the author of the Gospel—the men traveled overland throughout what is now Turkey, preaching the gospel to those who would listen.

During their travels, while they were in Troas, Paul had a vision of a “man of Macedonia,” who begged him to come preach to this area. The missionaries set out at once.

One of their stops along the way was in a Roman colony called Philippi. Paul and his companions encountered a group of women who gathered at a river to pray on the Sabbath. One woman, a merchant who sold purple cloth, was named Lydia. After hearing Paul’s message about Jesus Christ, Lydia “opened her heart” in response to the gospel (Acts 16:14). She and the members of her household were baptized. Lydia became the first European to place her faith in Christ.

From Philippi, Paul and his group continued on to other locations in Macedonia including Berea and Thessalonica. On their way back to Antioch of Syria, they traveled through Corinth and Athens. They sailed across the Mediterranean Sea and stopped in Ephesus before continuing to Caesarea, Jerusalem and Damascus. Paul proclaimed the gospel everywhere he went.



EPHESUS AND THE TEMPLE OF ARTEMIS

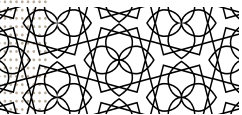
Paul’s Third Missionary Journey

Visiting believers he’d met during earlier travels, Paul returned to Ephesus on his third missionary journey. Ephesus was an ancient Greek city known for the Temple of Artemis—one of the original Seven Wonders of the World. Devoted to the Greek goddess of the hunt, these residents’ polytheistic beliefs did not mesh well with a burgeoning Christian movement in the region.

Still, Paul’s earlier visits had attracted many Ephesian converts to Christianity. As new believers, they confessed their sins and turned from their wicked ways. Sorcerers burned their books of magic. Idol-makers who sold sacrificial wares near the temple had seen their business decline. One of these artisans was a silversmith named Demetrius who gathered his fellow craftsmen together to oppose Paul. Acts 19:26-27 records Demetrius’ tirade. “He says that gods made by human hands are no gods at all,” Demetrius told his colleagues. “There is danger not only that our trade will lose its good name, but also that the temple of the great goddess Artemis will be discredited.”

Refusing to let the growing Christian movement impact their business, the idol-makers began to riot, and the rest of the city was caught up in the chaos. To protect him, Paul’s friends sent him into hiding. The uproar was quelled only after a city clerk quieted the crowd, appealing to “the great Artemis,” and Paul was later forced to leave for his own safety. Despite the heavy presence of idolatry in Ephesus, the efforts of Paul and the city’s early Christians still led to the establishment of a prominent church there. Paul’s letter to the Ephesians contains some of the New Testament’s most prominent passages about Christian unity and spiritual warfare. And the Church at Ephesus was one of the seven cities mentioned in Revelation—an indication of its importance in the early Christian community.





THE BIBLICAL HISTORY OF ICONIC MEDITERRANEAN CITIES

Travel through the Mediterranean and discover its unique cities and mouth-watering cuisine. You'll also unpack the rich biblical history of the region as we follow Paul's footsteps. His three missionary journeys took him throughout Asia Minor, southern Europe and the places we've read about for years: Philippi, Thessalonica, Corinth and more. The prosperity and unity of the region under the Roman Empire facilitated how quickly the gospel spread. The Mediterranean Sea was central to a thriving transport and trade market. Today, the impact of Christianity remains evident in the region's incredible architecture and art.



*The world is wonderful,
because it is a creation
of God.*

—UNKNOWN



SPLIT, CROATIA

While Paul's missionary travels took him into what is now the Balkan Peninsula, it is unclear whether he ever made his way as far north as the Adriatic seaside where Split was founded. This vibrant city dates back to the days of the Roman Empire and is home to countless ancient ruins. Historians know it as the home of a palace built in the early fourth century by the Roman emperor Diocletian—now a UNESCO World Heritage Site and one of the most impressive examples of Roman architecture outside of Rome.

But Split's history didn't end with the fall of the Roman Empire. It remained a center of art and architecture deep into the Middle Ages, including buildings like the seventh-century Cathedral of St. Domnius and the ornate 15th-century churches built after Split was conquered by the Venetian Republic. You'll find no shortage of cultures to explore and histories to ponder in this diverse city.

Top things to do in Split:

- Diocletian's Palace
- Cathedral of St. Domnius
- Riva Promenade
- Marjan Hill
- Roman Ruins



ATHENS, GREECE

So Paul stood in the midst of the Areopagus and said, “Men of Athens, I see that you are very religious in all respects. For while I was passing through and examining the objects of your worship, I also found an altar with this inscription, ‘TO AN UNKNOWN GOD.’ Therefore, what you worship in ignorance, this I proclaim to you.”

—Acts 17:22-23

Athens, Greece’s largest city and its capital, offers an unparalleled glimpse into Greek history while allowing students of the Bible to step into the places where its events unfolded. You may find yourself meandering through 15 of the original columns from the Temple of Olympian Zeus, or reading the dueling inscriptions on Hadrian’s Arch. Stand where Paul did, on Mars Hill, overlooking the breathtaking Acropolis and marveling at the timelessness of the gospel message.

This revered city shines as a sparkling gem in the Mediterranean region. Known as “the city of the Violet Crown,” Athens itself stands as a monument to another world. Here, you will become acquainted with a context for your faith that few other places can offer.

Top things to do in Athens:

- Mars Hill (Areopagus Hill)
- Ancient Agora
- Acropolis
- Parthenon
- Hadrian’s Arch and the Temple of Olympian Zeus



CORINTH, GREECE

And when I came to you, brothers and sisters, I did not come as someone superior in speaking ability or wisdom, as I proclaimed to you the testimony of God. For I determined to know nothing among you except Jesus Christ, and Him crucified.

—1 Corinthians 2:1-2

This ancient port city of great wealth and import, strategically located between mainland Greece and the Peloponnese, was home to the Apostle Paul for a year and a half. Here, he preached to the unsaved, even as he nurtured the fledgling church, yielding us two letters included in the biblical canon. The instructions in First and Second Corinthians helped lift their readers from the degenerate lives they lived in this “sin city,” even as they challenge believers today to unity, the exercise of spiritual gifts and new life in Christ.

People of the modern era still flock to this isthmus to study the clues it offers to life in the ancient world. The region surrounding Corinth is one of striking natural beauty, and it offers many wonderful monuments of historical importance.

Top things to do in Corinth:

- Peirene Fountain
- Corinth Canal
- Ancient Corinth
- Temple of Apollo
- Acrocorinth (its ancient acropolis)





NAPLES, ITALY

While the New Testament doesn't mention Naples by name, Paul stopped in this region while traveling from Jerusalem to Rome as a prisoner. In the ancient village of Puteoli—now known as Pozzuoli—he found a community of Christians. Acts 28 says he spent an entire week with these believers. Peter also traveled in this region, which played a significant role in the spread of Christianity in southern Italy.

Today's travelers find plenty of evidence of that history, particularly in the Catacombs of San Gennaro, where early Christians were buried, and in prominent churches like the Cathedral of Naples. The city is also known for its delicious cuisine—including the world-famous Neapolitan pizza. All these attractions lie in the shadow of Mount Vesuvius: Naples' proximity to Pompeii and Herculaneum attracts visitors from all over the world to see a glimpse of well-preserved first-century life before the volcano's eruption.

Top things to do in Naples:

- Pompeii and Herculaneum
- National Archaeological Museum
- Castel dell'Ovo
- Duomo di San Gennaro and Catacombs
- Royal Palace



SICILY, ITALY

After three months we set sail on an Alexandrian ship which had wintered at the island, and which had the Twin Brothers for its figurehead. After we put in at Syracuse, we stayed there for three days.

—Acts 28:11-12

Splendid natural beauty and a robust classical history are just two of the features that make Sicily a favorite destination for elite travelers. From vineyards and volcanoes to cathedrals and archaeological treasures, Sicily does indeed have it all.

While Paul, the “Apostle to the Gentiles,” spent a mere three days at Syracuse, the island of Sicily is still mentioned in the Book of Acts as a stopover on this tumultuous missionary journey. Legend has it that Paul preached here, introducing the island to Christ. Unlikely as that would have been, his presence and prayers no doubt made an impact. Your time in Sicily, the largest island in the Mediterranean Sea, is sure to impact you.

Top things to do in Sicily:

- Valley of the Temples
- Altar of Hieron II
- Temple of Apollo
- Greek Theatre of Taormina
- Church of the Gesù



ROME, ITALY

But on the following night, the Lord stood near him [Paul] and said, “Be courageous! For as you have testified to the truth about Me in Jerusalem, so you must testify in Rome also.”

—Acts 23:11

Rome, affectionately termed “The Eternal City” and renowned for its stunning frescoes, dramatic sculptures and exquisite mosaics, is familiar to followers of Christ for another reason. The Roman Empire served as an unlikely host for the new and swift-spreading Christian faith, with the Apostle Paul’s letter to the Romans serving as a bedrock of biblical doctrine to this day. Notably, the city served as the final stop in Paul’s quest to bring the gospel to the Gentiles. He was martyred here most probably by beheading and possibly under Nero’s infamous persecution campaign surrounding the Great Fire of Rome.

Spending a day in Rome is an unforgettable experience for the nearly 10 million visitors a year who do so. For those tracing the early days of the Christian Church, Rome offers a touchpoint that will inform and challenge, as they seek to continue spreading the gospel today.

Top things to do in Rome:

- Mamertine Prison
- St Peter’s Basilica
- Arch of Titus
- Tre Fontane Abbey
- Colosseum

”

Rome is not like any other city. It’s a big museum, a living room that shall be crossed on one’s toes.

—ALBERTO SORDI
ITALIAN ACTOR

“

A.D.
1303

Rome’s first university, La Sapienza, was established and is the largest in Europe

€700,000

are tossed into the Trevi Fountain each year and the money is donated to charity

30"

amount of rain the city receives each year

900 / 280

Rome has more than 900 churches and 280 fountains





VENICE, ITALY

There's a reason Venice has a worldwide reputation that has landed it on the bucket lists of travelers all over the world. Its iconic canals and architecture make it a must-visit destination. Experience riding a gondola or savoring delicious gelato as you explore this remarkable city.

And while much of Italy has an abiding connection to the early days of the church, Venice does not. Its history only dates back to the fifth century, long after the events described in the New Testament. But it was a center of commerce and trade, which quickly made Venice a significant player in the history of the Roman Catholic Church. The bustling local economy helped fund magnificent churches throughout the city. You'll gasp in wonder at the mosaics within St. Mark's Basilica, named for the author of the Gospel.

Top things to do in Venice:

- St. Mark's Square and Basilica
- Grand Canal
- Rialto Bridge and Rialto Market
- Doge's Palace and St. Mark's Campanile
- Murano and Burano Islands



VALLETTA, MALTA

When they had been brought safely through, then we found out that the island was called Malta. The natives showed us extraordinary kindness, for they kindled a fire and took us all in because of the rain that had started and because of the cold.

—Acts 28:1-2

Few places on earth boast the charm, natural beauty and unique significance as the tiny nation state of Malta, an island of merely 122 square miles. It nurtures a rare language (Maltese) and a UNESCO World Heritage Site (its capital, Valletta). This Mediterranean gem is so sweetly sunny, it's believed its name may come from the Greek word for honey. Part of the Commonwealth, it even played a vital role to Allied forces in World War II.

Its name will ring a bell to careful readers of the Bible, as its shores hosted Paul's perilous shipwreck and encounter with a venomous snake, which had onlookers first condemn him as a criminal, then revere him as a god (see Acts 27-28). Both biblical and world history will unfold before you as you set foot on its rocky coastline.

Top things to do in Malta:

- Saint Paul's Bay
- The "Great Wall" of Malta
- Blue Grotto
- St John's Co-Cathedral
- Haġar Qim



EPHESUS, TURKEY

Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ.

— *Ephesians 1:1-2*

Boasting one of the most extensive collections of Roman ruins, the renowned city of Ephesus, located on the western coast of Turkey overlooking the Aegean Sea, is a treasure trove to lovers of archaeology and the ancient world. As you stand before its imposing towers, still erect today, you will gain a sense for what it was like to walk through the same streets the Apostle Paul did during his three years he spent there.

Epistles written to the early church located in the Roman city of Ephesus are well known to students of the Bible. But this seaport offers more biblical connections than that. The Gospel of John was also likely written here, and the city represents one of the seven endtime churches addressed in the Book of Revelation. Travel to this ancient port city puts you in the midst of biblical history. Here, you may encounter impressive sites from the history of the Christian faith.

Top things to do in Ephesus:

- Library of Celsus
- Basilica of Saint John
- Cave of the Apostle Paul
- Temple of Artemis (original Seven Wonders of the World)
- A hellenistic theater seating up to 25,000 people



KOTOR, MONTENEGRO

Boasting more than 180 miles of coastline and at least 100 beaches, Montenegro is known for its panoramic views and proud Balkan history. Tucked between Serbia, Croatia and Albania, this small nation of 621,000 people benefits from a diverse landscape, where rugged mountains meet the sparkling blue waters of the Adriatic. Its ancient fortresses call attention to its medieval history, and breathtaking monasteries reference its distinct religious past. Orthodox Christianity has long been its dominant religion, but the conquering Ottoman Empire in the 15th century brought Islam to this region. Today, the nation's religious tapestry remains diverse, with Orthodox Christians and Catholics living peacefully among a smaller community of Muslims.

Cruise travelers will sail through the scenic Bay of Kotor before arriving at Kotor itself, a walled port city with a fascinating history. From there, it's only a short walk to charming cafés and shops in this pedestrian-friendly, well-preserved UNESCO World Heritage Site.

Top things to do in Montenegro:

- Old Town Kotor
- St. Tryphon's Cathedral
- Sveti Ivan Fortress
- Our Lady of the Rocks Church
- Maritime Museum





PREPARING FOR YOUR TRIP



Keep in mind that T-shirts, shorts and tank tops are not permitted in the dining room.

BEFORE YOU GO

It is **extremely important** that you verify the information on your invoice:

- The name on your invoice is your **legal name as it appears on your passport** and is spelled correctly. The name on your passport and your cruise reservation must match exactly (no added hyphens, etc.). Likewise, if you're booking airline tickets through Inspiration, we will use the name on your invoice to make your flight reservation.
- The address on your invoice is correct and complete, including apartment number and postal code.

Cruise documents will be made available to you online. Approximately 30 days prior to the cruise departure date, we will send you an email with a link to the cruise line's online check-in page, where you can complete your immigration information and print your cruise documents.

TRAVEL INSURANCE INFORMATION

One of our top travel tips is to purchase travel insurance to ensure that you are prepared to encounter unforeseen situations, whether faced with illness, unexpected emergencies or other contingencies. Inspiration offers travel insurance through Travelex Insurance Services. If you are already booked with us, log in to your Inspiration account and click on "Add Insurance" to see the choices. For more information regarding rates and coverage, please contact Travelex at 844 204 0942.

PASSPORT & VISA

Passports are required and your passport must be valid for at least six months beyond completion of travel. The full name on your invoice must match the full legal name on your passport. Please notify us immediately if this is not the case. You may be required to present a passport when you dock at a foreign port. The government of each port has the authority to deny you entry into their country without a valid passport.

Visas are sometimes required, especially if you are traveling from a country other than the U.S. If you are from a country other than the U.S., check with your consulate regarding travel requirements for all countries you are visiting and obtain all necessary travel documents, including passports, visas and other documentation that may be required for entry into the country or countries you are visiting.



VACCINATIONS

Inoculations are not required for U.S. or Canadian citizens when traveling to the Mediterranean. If you are from outside the U.S. or Canada, check with your consulate regarding travel requirements and obtain all necessary travel documents.

CONFERENCE SCHEDULE

Around 30 days prior to the cruise, we will send you an email with a link to download your cruise documents along with a tentative schedule of the Inspiration conference events onboard. This gives a first look at the activities planned for your cruise. The final schedule of events will be in your conference book, which will be mailed to your address prior to your trip. Please understand that throughout the cruise, all ports of call, artists, speakers and/or schedules are subject to change.

CELEBRATIONS

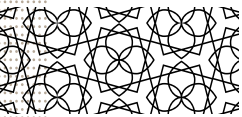
Are you celebrating a special event while onboard? If so, let us know. We love being aware of special celebrations or occasions. Depending on the cruise line, we can sometimes arrange something special for you. There are items available for purchase, such as flowers and cakes, to commemorate special events.

DINING DRESS CODE

The dress advised for cruise dining is classy yet casual. Many men wear khakis and a button-down shirt. Women dress smart yet comfortably—perhaps capri pants and a blouse. Keep in mind that T-shirts, shorts, tank tops, distressed jeans and beachwear are not permitted in fine dining areas. If you prefer more casual dining options, there are plenty of these available on the ship.

You'll have the opportunity to enjoy elegant nights on the ship, which evoke the grand traditions of cruising. Gentlemen dress to impress in a collared shirt and dress pants; some wear a jacket and/or tie. Ladies wear their favorite dress, skirt or slacks. Formal attire such as tuxedos and gowns are not necessary. However, many passengers enjoy the glamorous look; so if that's you, feel free to dress to the nines!





PREPARING FOR YOUR TRIP CON'T

SHORE EXCURSIONS

The constant scenic beauty of a slow-moving panorama can be enjoyed from onboard the ship, but you can make the most of your cruise vacation by getting out into the local ports. From relaxing to exhilarating, shore excursions offer something for everyone. Choose from city tours, culinary explorations, shopping outings, outdoor expeditions, cultural activities and more. Because excursions often have limited capacity and fill up quickly, we recommend you book before departure for the best selection on your cruise.

Once you've booked your Inspiration cruise, check out the customized shore excursion list based on your itinerary. Using your cruise line booking number, you can easily book shore excursions online as early as 60 days before your trip and up to three days before departure (depending on the cruise line). Simply go to the cruise line's website to find information on specific shore excursions.

Carnival

www.carnival.com/shore-excursions

Celebrity Cruises

www.celebritycruises.com/shore-excursions

Holland America Line

www.hollandamerica.com/en/us/shore-excursions

Norwegian Cruise Line

www.ncl.com/shore-excursions

Royal Caribbean International

www.royalcaribbean.com/booked/shore-excursions

Princess Cruises

www.princess.com/ports-excursions

Windstar Cruise

www.windstarcruises.com/voyage-plan/shore-excursions

You may also register for your shore excursions once you are onboard the ship. All shore excursion requests are processed on a first-come, first-serve basis. Waitlisted requests for sold-out shore excursions will be processed prior to requests made onboard.

STAYING SAFE IN THE MEDITERRANEAN

The Mediterranean is one of the world's premier tourist destinations. These countries depend heavily on the travel industry and you can be confident that the residents do their utmost to ensure your experience is a positive one. As with anywhere you travel, there are a few commonsense measures to bear in mind. Review these simple pointers and look forward to enjoying a relaxing and carefree travel experience in the Mediterranean.

- Keep valuables on your person, leaving anything you don't need on the ship or in your hotel room safe. Men: Keep your wallet in a front pocket. Women: Wear your purse strap across your body with the pouch positioned in front of, not behind, you.
- Recognize that when approached by someone on the street raising money for an unfamiliar cause, it's likely a scam in which the money never reaches those in need.
- It's unlikely that you would encounter a stray or wild animal, but if you do, don't approach or feed it.
- Avoid exploring remote areas alone. Remember: There is safety in numbers.
- Guard against sun damage by applying a high-SPF sunscreen every few hours.
- Don't forget to wash your hands frequently and use hand sanitizer on a daily basis.



Packing List

Summers in the Mediterranean are warm, with temperatures reaching the 90s, although cool ocean breezes may lower the temperature at night.

We recommend including the following items as you pack:

- CASUAL, RELAXED CLOTHING**
 - TROUSERS/PANTS, JEANS OR SHORTS
 - T-SHIRTS, COLLARED SHIRTS OR BLOUSES
- LIGHT SWEATER OR JACKET**
- SEMIFORMAL CLOTHES AND DRESS SHOES**
- BATHING SUIT AND A COVER-UP OR WRAP**
- LIGHT RAINCOAT AND/OR COMPACT UMBRELLA**
- COMFORTABLE WALKING SHOES OR SANDALS WITH RUBBER SOLES**
- HAT, SUNGLASSES AND SUNSCREEN**
- TOILETRIES**
(in a sealed clear plastic bag inside your carry-on luggage)
- MINOR FIRST-AID CARE ITEMS**
 - BAND-AIDS
 - HAND SANITIZER

- MEDICATIONS**
(all prescriptions should be in their original containers)
 - PERSONAL PRESCRIPTIONS
 - PAIN RELIEF MEDICATION
 - ALLERGY RELIEF MEDICATION
 - MOTION SICKNESS MEDICATION
- HAIR CARE APPLIANCES**
(see Using Electronics on page 60 for more information)
- SMALL BAG OR BACKPACK FOR PORT DAYS**
(large enough for a small Bible, pen, camera and other personal items)

Remember that your luggage will be delivered to your room several hours after you board the ship, so it's a good idea to pack a change of clothes, toiletries and any medications in a carry-on bag to bring with you.



For more tips and resources on packing for your cruise, see our resources:

inspirationtravel.com/resources/mediterranean





USING YOUR MOBILE PHONE

Today's technology gives you the opportunity to stay connected while traveling—ensuring you get that memorable call, photo or message from your loved ones. On most ships, you should be able to use your cell phone or smartphone to do everything you're used to doing at home by purchasing an internet package. These vary by cruise line, with some lines charging by the amount of time used and others by the day or the entire voyage. Some basic guidelines and tips will help you save money, keep your phone working effectively and stay on time and in touch.



Disable the Data Roaming option on your phone and keep it off until you return home.



BEFORE YOU LEAVE

Contact your cell phone carrier in advance of your trip to ensure you can call friends and family back home without any surprising charges on your phone bill when you return. Let your carrier know your travel plans, including how you plan to use your phone during your tour. Your carrier can provide specific details to ensure you understand any potential charges before you travel.

CHECK WITH YOUR CARRIER FOR INTERNATIONAL DIALING ACCESS

You'll want to check that international dialing access is active on your mobile phone plan. Remember that international and roaming rates will apply to calls placed during your trip (charges will appear on your phone bill). Because roaming rates can be high overseas, it's a good idea to check with your carrier for specific cost details before you leave.

SMARTPHONE TIPS

We know it's difficult to leave your cell phone behind for an hour, much less several days. The following tips will help you save your phone's battery life and get the most out of your cell phone while on your cruise:

Before your cruise, you'll want to disable any applications that give you regular updates, such as sports reports and weather updates.

During your trip, turning on your phone's low battery mode or turning your phone to DND (do not disturb) preserves the charge, causing the battery to drain more slowly.

You'll want to charge your phone every night to ensure you have enough battery life for the next day. Make sure you bring the proper adapter to charge your phone (see inspirationtravel.com/-/resources/mediterranean/help-with-electronics-in-the-mediterranean).

Try to turn off your phone when you're not using it. Leaving your phone on all day drains the battery, so it's a good idea to turn it off while you're touring a site, eating, reading or sleeping.

Disable the Data Enabled or Data Roaming option on your phone and keep it off until you return home. You can also turn off the function for "Automatic" checking of emails and change the email settings to "Manual" to reduce data roaming charges. During your trip, you can check for email messages when you're connected to a free, wireless internet connection, such as in a hotel lobby or internet café.

Use Wi-Fi whenever possible. Wi-Fi is available aboard (for purchase) and in many hotels, as well as in local restaurants and coffee shops. To avoid expensive data roaming rates, we recommend waiting until you have a good Wi-Fi connection before using your smartphone or tablet to check email, use Facebook or Instagram, browse

the web, or even text. Many passengers choose to use apps like FaceTime, WhatsApp, Skype and/or Viber to call home over Wi-Fi rather than traditional phone lines.



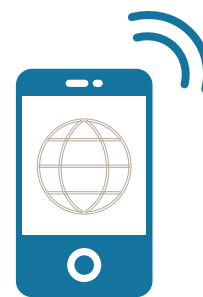
IN-ROOM PHONES & PHONE CARDS

If you choose to not bring your mobile phone, there are various ways to stay in touch with others while on your cruise and in the various ports you visit. Here are three options to consider:

Phone cards purchased at home: An international prepaid phone card bought before you leave will allow you to use it at card-equipped public telephones overseas. However, when purchasing your card, please make sure the card specifically indicates that calls can be made from an international location. If left unspecified, international phone cards will only enable you to call to international locations from your home country.

Phone cards purchased abroad: Most countries' public telephones accept phone cards that can be purchased in various denominations from any post office and at various shops. Using a phone card, you can make international calls from card-equipped telephones or special telephone company offices. If you need assistance, most countries' telephone companies have toll-free numbers.

In-room phones: You'll also find phones in your stateroom. It's a good idea to check the ship-to-shore rates before placing calls to friends and family back home.



Calling Codes

Croatia +385
Greece +30
Italy +39
Malta +356
Montenegro +382
Turkey +90



MONEY AND CREDIT CARDS

As you plan for your upcoming Christian cruise with Inspiration, you may be wondering about using money and credit cards during your travels. Having a bit of cash on hand is necessary in any type of travel situation. When vacationing in a foreign locale, this often requires currency exchange. We've made the following recommendations to help you save money, avoid unnecessary fees and focus on an exceptional travel experience.



While U.S. bills are acceptable, coins may not be.

STEPS TO TAKE

- Consider leaving all unnecessary debit and/or credit cards at home.
- Once you determine which cards you'll bring, remember to **notify each credit card company of your intended travel dates and locations** to ensure fraud alerts and holds are not placed on your accounts.
- For each card, you'll want to store the bank's contact information in a separate, secure location in the unlikely event your wallet or purse is lost or stolen.

EXCHANGE RATES

Almost all Mediterranean destinations accept U.S. credit or debit cards. **If you're planning to use your credit cards, check with each credit card company**

to determine the international exchange fee for each card.

Because the difference of a few percentage points could wind up costing you hundreds of dollars (depending on your purchases), we recommend using cards with lower international exchange fees. Using your credit card for large purchases gives you more protection for the items you buy on your trip (you can look at your credit card statement to verify all your purchases).

However, you may find that, while U.S. bills are accepted, coins may not be; and change may be given to you in the local currency. If traveling with currency other than the U.S. dollar you may exchange money onboard the ship, although we always recommend checking the exchange rate before traveling to a foreign country.



European Union: The euro (€) is the sole currency of the European Union member states (such as Italy, Croatia and Greece). U.S. dollars are not widely accepted in Europe, which is why we recommend ordering euros from your local bank ahead of time. You can exchange your currency at banks, exchange booths and airports. Small amounts of currency can also be exchanged on the ship while on your cruise. Visa and Mastercard are widely accepted.

Turkey: The official currency of Turkey is the Turkish lira (TL). The country's tourism-oriented places and larger businesses typically accept U.S. currency and euros. Visa and Mastercard are also widely accepted.

HELP WITH VALUE-ADDED TAX

In planning your cruise to the Mediterranean, you may have heard or read about a “value-added tax” (VAT) that most European Union countries add to the retail price of merchandise. To help you save money during your travels, we've provided important information about this sales tax.

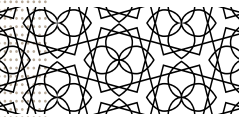
Tax Rate: The VAT rate varies from country to country, the average hovering around 16%-25% of the total price of the item. The tax is usually included in the price rather than added on later at checkout. The specific rate depends on the product category. In some countries, the rate is higher for luxury items such as jewelry and lower for basic items such as food and alcohol.

VAT Refund: In many cases, travelers who live outside the European Union can apply for a VAT refund on items they purchased on their travels. For tourists, the refund doesn't apply to services such as hotel rooms or meals in restaurants. Remember to always ask the store if they participate in the VAT Refund Program.

Qualifying for a VAT Refund: You usually need to spend a minimum of \$100 or the equivalent in local currency in a single transaction; check the specific country's minimum purchase requirements. Look for the “Tax-Free Shopping” logo that most retailers participating in the VAT Refund Program place on their doors for easy identification.

Getting Your Refund: While the process varies from country to country, usually you need to complete a form at the shop and present your passport. The cruise line will assist you with mailing your refund request form from the ship. Another option is to submit the paperwork at the airport before you leave the European Union. Keep all your receipts and leave the items wrapped as they were handed to you from each store. The items must be considered new and unused before submitting the claim.





DEPARTING FOR THE MEDITERRANEAN

Just like anywhere else, travel to the Mediterranean requires certain documentation. Before you leave home, make sure you have the following:

- Your passport.
- A hard copy of your airline e-ticket confirmation or flight itinerary.

Also remember to arrive at your departure airport early. For domestic flights within the U.S. the airlines recommend you arrive at least two hours prior to your departure time. If you are flying internationally, be sure to be at your airport at least three hours prior to your flight.



3-1-1



3.4-ounce or smaller containers of liquids or gels



one quart-sized, clear plastic zip-top bag holding the containers



one bag per traveler placed in the security bin

PACKING TIPS

Make certain your suitcase closes and fastens securely. Mark your luggage and carry-on bag clearly with your name and address so you will be able to distinguish them easily. Your personal luggage tags can be used for this purpose or you may use paper tags available at airline check-in counters. We recommend that you put identification information (name, address and phone number) **INSIDE** your luggage in case the luggage tags on the outside are lost in transit. It is also suggested that you keep your essential toiletries and a one-day change of clothes with you in your carry-on. **Do not pack your passport or travel documents in your luggage.** It is suggested that you keep a color copy of the information page of your passport inside your carry-on luggage in the event that your passport is lost.

Carry-on bags: These are the bags passengers take with them as they board the plane. You are allowed one carry-on bag, plus a personal item (purse, briefcase, small backpack). It is up to passengers to make sure these items fit the size restrictions for your airline and flight. Please use the Transportation Safety Administration's 3-1-1 rule for carry-on luggage: Any liquids must be in **3.4**-ounce containers (or smaller) and must be in **one** quart-sized, clear plastic zip-top bag. **One** such bag is allowed per passenger in your screening bin. Any larger liquids, such as medications, must be declared for inspection. If in doubt, put your liquids in checked baggage. Visit tsa.gov for a detailed list of items prohibited in carry-on luggage.

Checked bags: This is the luggage passengers check in at the airline's ticket counter and will remain inaccessible during the flight. Checked bags will be screened and

should only be locked with a TSA-accepted and recognized lock. Unrecognized locks will be broken in order to access your bag, without reimbursement.

Our “check one, carry one” suggestion: For ease of travel, we strongly recommend passengers check a maximum of one bag per person. With just one checked bag and one carry-on, you’ll find international travel will flow more smoothly. Airline policies, which all differ, enforce fees based on the number of bags and their weight. Please confirm the size and weight restrictions for each airline you are flying on and each destination you are flying to. If given the option at your original point of departure, check your luggage all the way through to your final destination. If not, be sure to retrieve your bags and recheck them at each of your airport connections. Again, please check with your airline directly, and review the travel document you will receive from Inspiration shortly before your trip.

A few other tips for your checked bags:

- Occasionally, checked luggage gets delayed or misplaced. For this reason, do not pack jewelry, cash, medications, computers, electronics or fragile items in your checked bag. Keep these with you in your carry-on.
- Avoid overpacking so the TSA screener can easily reseal your bag after inspection.
- Avoid packing food or drink items in checked luggage.
- Be sure to pack any sharp objects (including scissors or pocketknives) in your checked luggage and not in your carry-on.
- Bags look alike. Make sure your checked bag is labeled with your identification tags both inside and outside.
- Make sure your checked bag fits within the size and weight limitations of your airline’s baggage policy.
- Keep personal toiletry items in clear plastic bags to reduce the chance that a TSA screener has to handle them.
- Visit tsa.gov for a detailed list of items prohibited in airport cabins.

JET LAG

Flying across multiple time zones disrupts your natural body rhythms, leading to sleep problems and other symptoms. Learn how to put jet lag to rest using a few of these basic tips:

- Get plenty of rest before your trip.
- If you’re traveling east, consider going to bed a

half hour earlier than usual each night for a few days before departure. If you’re traveling west, head to bed a half hour later.

- Keep well hydrated. The dry circulated air in aircraft cabins can cause mild dehydration, which worsens some of the physical symptoms of jet lag. Avoid caffeine and alcohol, but drink plenty of fluids before, during and after your flight.
- Try to sleep on the plane (a personal pillow, earplugs, headphones and an eye mask can help block out noise and light). If possible, eat meals around the time you would normally be eating at your destination.
- Adjust your watch to the new time before you leave.
- Upon arrival, try to adjust to your new time zone. Eat when the locals eat, and try not to sleep until nighttime, regardless of how tired you are. (If you feel you must sleep, take only a very short nap.)
- Get outdoors, if possible. Sunlight is one of the best ways to regulate your biological clock.

OTHER PHYSICAL IN-FLIGHT ISSUES

Long flights can be physically demanding for many travelers. Those who take daily medication, especially diabetics, should consult with their physicians about dosages when your day will be shortened (traveling east) or lengthened (traveling west).

Some travelers experience swollen ankles during long flights, due to hours of sitting. Being immobile for extended periods of time prevents muscles from draining fluid normally. Here are a few tips for avoiding this:

- Stay well hydrated by drinking plenty of water or fruit juice and avoiding alcohol and caffeine.
- Get up and move around the cabin as often as possible.
- While seated, move your ankles whenever possible, and raise your legs up and down on your toes to help with mobility and prevent stiffness.
- Wear comfortable, loose-fitting clothing.
- Avoid sitting with legs crossed.

UPON ARRIVAL

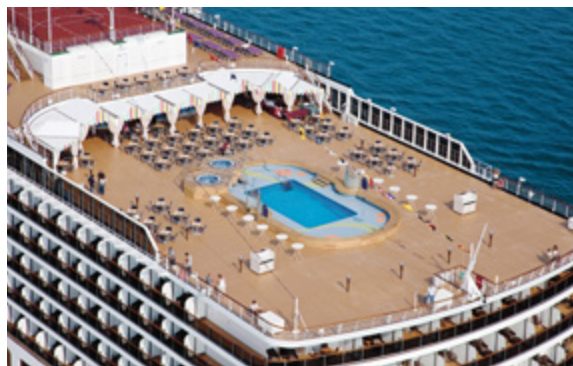
When your flight arrives at the final airport, make your way to Baggage Claim to pick up your checked luggage. Then, depending on the transportation arrangements you have made, either locate the cruise line representative to get your prepaid transfer to the ship or make your way to the taxi queue and let them know which cruise ship you are sailing on.





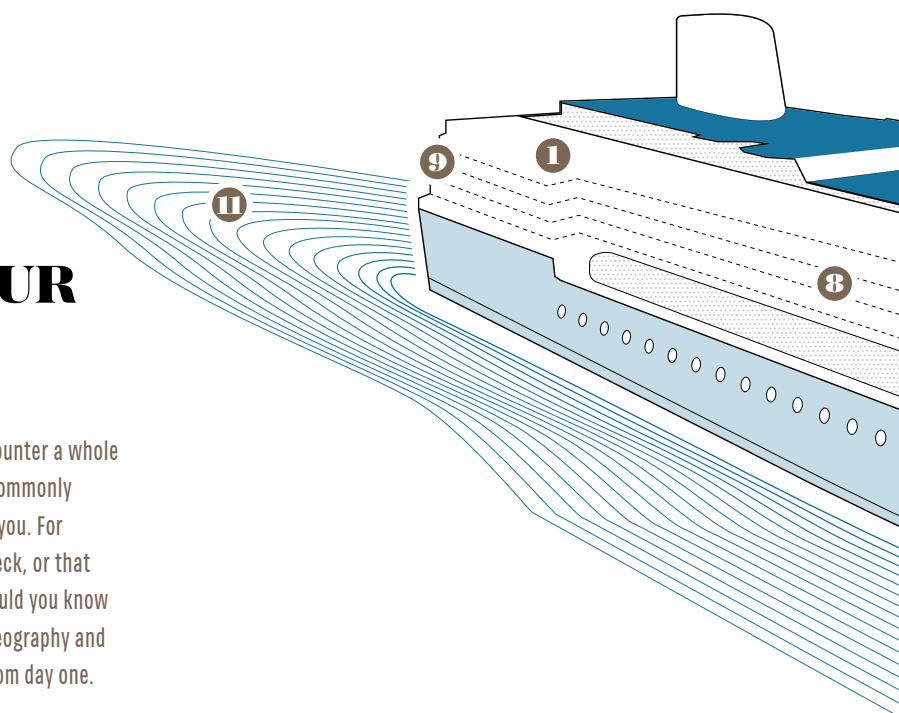
NAVIGATING YOUR CRUISE SHIP

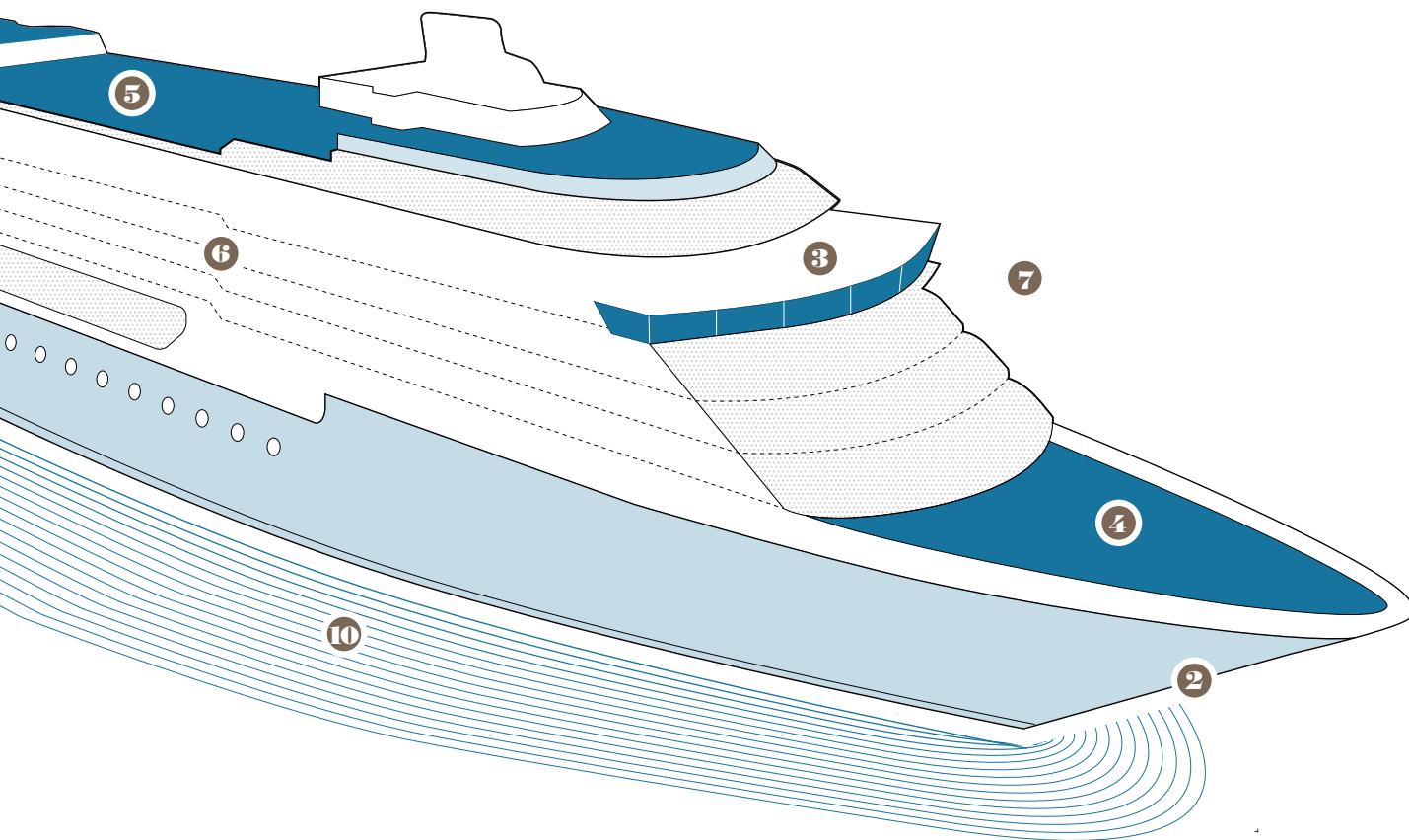
Before you even reach your destination, you will encounter a whole new language onboard your ship. A lot of the terms commonly thrown around on a cruise ship may be unfamiliar to you. For example, if someone says to meet them on the lido deck, or that the piano bar is located in the forward starboard, would you know where to go? We're here with a cheat sheet of ship geography and terminology so you'll be able to navigate like a pro from day one.



ESSENTIAL CRUISE VOCABULARY

- **Cabin:** Also a stateroom, this is your living quarters. Inside staterooms don't usually have a window, whereas ocean view cabins have a porthole or window.
- **Cabin Attendant:** The employee who cleans and services your cabin, occasionally known as a steward or stewardess.
- **Cruise Director:** The cruise line's public liaison with passengers. They might act as an emcee or make announcements.
- **Deck Plan:** Your essential map to getting around the ship showing staterooms by number, restaurants, shops, theaters and other features.
- **Disembarkation:** The process of departing the ship at the end of the cruise.
- **Dock:** When your ship pulls into port at a pier and allows passengers to walk off the ship via a gangway.
- **Embarkation:** The initial boarding process at the beginning of the cruise.
- **Gangway:** The moveable ramp or staircase used to board or exit the ship.
- **Muster Station:** The fixed location passengers are directed to during drills to prepare for the unlikely event of a ship evacuation.
- **Pitch:** The rise and fall of the ship, from front to back, as it moves through the water.
- **Purser:** The cruise line employee who handles all financial transactions during your cruise, typically located at Reception.
- **Roll:** Side-to-side movement of the ship at sea.
- **Sea Day:** A day on the open water as opposed to in port. Often used for special programming and onboard entertainment.
- **Shore Excursion:** An optional tour or guided activity in port, booked through the cruise line but led by a trusted third-party operator.
- **Tender:** When your ship arrives at a port by anchoring offshore. It then transports passengers to the mainland via ferry.

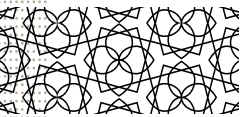




Anatomy of a Cruiseship

- 1 AFT** *The larger, overall back portion of the ship.*
- 2 BOW** *The hull of the ship at the very front.*
- 3 BRIDGE** *The ship's control center housing navigational and steering equipment. Often viewable through a window.*
- 4 FORWARD** *The front of the ship.*
- 5 LIDO** *The upper pool and open sun deck areas used for recreation.*
- 6 MIDSHIP** *The middle of the ship.*
- 7 PORTSIDE** *The left-hand side of the ship when facing forward.*
- 8 PROMENADE** *The open deck around the ship's edge, for walking or jogging.*
- 9 STERN** *The very back of the ship.*
- 10 STARBOARD** *The right-hand side of the ship when facing forward.*
- 11 WAKE** *Trail of waves behind the ship caused by its propulsion through the water.*





EMBARKATION DAY

In cruise lingo, “embarkation” is the process of loading passengers aboard a cruise ship. It involves a passage through security and luggage screening just like at the airport. This process starts around four hours prior to the ship’s departure, and we urge all passengers to arrive as early as possible for embarkation—depending on the cruise line, you must board the ship no later than 2 hours before sailing.



LUGGAGE DROP-OFF & DELIVERY

When you arrive at the pier, a porter (also known as a stevedore) will help you take your baggage from curbside through security and directly to your cabin (you’ll want to be ready to tip them at a customary \$1.25 per bag). **Once you’ve boarded, it may take some time before your bag is delivered to your cabin**, so leave any essentials you’ll need for the next couple of hours—medication, sunscreen, swimsuit—in a carry-on bag. This is usually a great time to explore the ship, enjoy a meal at the buffet or relax near the pool.

CHECK-IN

Similar to checking in to a hotel, you must also check in to the ship. After giving your luggage to the porter, you will be directed to the appropriate line to check in to your stateroom. You will be given a map of the ship and have your picture taken for identification purposes.

STATEROOM KEY CARD

You will be given your stateroom key card when you check in. This card identifies you as a cruise passenger and should be carried at all times on the cruise and kept with you when you go ashore. You will have to show your stateroom key card and photo ID in order to return to the ship. You will be required to show your stateroom key card when you make purchases on the ship as well. For security purposes your stateroom number will not be on the card.

DURING THE CRUISE

Once aboard the ship, you are free to do what you like! Consider it your home. While in port, you are free to leave or return to the ship at any time until it leaves. Because so many passengers leave the ship during days in port, these are often good times to make an appointment at the beauty salon, try out the spa or health club or relax and enjoy the shipboard amenities.

MANDATORY GUEST EMERGENCY DRILL

Before the ship is allowed to leave the dock, all guests must participate in an emergency drill. You will be given clear instructions to follow in the event of an emergency, including how to put on your life jacket, the location of your muster station and other actions to take in an emergency. Please be aware of what time

this safety briefing occurs and prepare for it. The ship will not be able to begin sailing until everyone on the ship has been accounted for during this drill.

SHIPBOARD SCHEDULE

Every evening, you will be given a printed listing of the next day's ship schedule, including port information and details on any public entertainment or activities. Pay special attention to what time your ship arrives and departs from a port. As for activities and events, always feel free to explore the ship on your own time. This helps you discover what interests you the most and where it is happening. If you lose your schedule, Reception will be glad to give you a new copy.

INSPIRATION CONFERENCE SCHEDULE

Your Inspiration Conference Book and Schedule will be mailed to you prior to your event, along with your name badge. Please bring these items with you. See all the special events we have planned with your favorite speakers and musicians. These events are exclusive to our group and you will need your Inspiration name badge in order to join us.

BACKPACKS & TOTES

It is recommended that you bring a backpack or small tote bag. These can come in handy for carrying items around the ship but are also especially useful when exploring off ship. We suggest packing it with these items:

- Camera
- Sunglasses
- Sunscreen
- Swimsuit and cover-up
- Bible and conference book
- Medications and any over-the-counter comfort aids
- A light snack and bottle of water
- Wallet
- Stateroom key card and photo ID (required to get on and off the ship)

This can be the same bag that you use on the first and last days of the trip, when you will need a small bag of essentials while waiting for your luggage to be loaded or unloaded.

PHOTOGRAPHY & VIDEO

We encourage all our passengers to take as many photographs, videos and/or recordings as they wish. We want you to be able to document, remember and share the amazing sites and experiences of your trip once you return home!

However, please remember that any photos or recordings you take during the events on the ship are for your personal use only. Performances by our speakers and musical artists are usually copyrighted. This means they are protected by international copyright laws that apply worldwide and are not for widespread distribution. Should you distribute your photographs or videos for profit—or beyond your own personal use—you may be breaking some copyright laws.

INCLUDED IN THE FARE

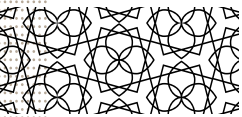
Your cruise is mostly all-inclusive. Included in your fare is travel to exciting ports of call, all your shipboard meals (even extra desserts if you want them!), snacks, room service and late-night buffets. You will also have access to all shipboard facilities, activities and a full range of entertainment. However, a few optional aspects of your cruise will cost extra and are listed below.

NOT INCLUDED IN THE FARE

A few things cost extra and are not included in your cruise fare, depending on the cruise or tour package you purchased. These include services at the spa and salon, shore excursions, and personal items such as stamps, souvenirs, laundry services, onboard shopping, ship-to-shore calls, and email and internet access. Medical and dental services are also a separate charge. Many ships have higher-end specialty restaurants that will cost extra, and all carbonated and specialized beverages will be added to your shipboard account. However, most cruises offer a beverage package that includes unlimited soft drinks and other paid beverages at a single price per day—these can often provide significant cost savings rather than buying a drink at a time.

With all charges, as in a hotel stay, these costs will be applied to your room and must be settled financially at the end of your cruise.

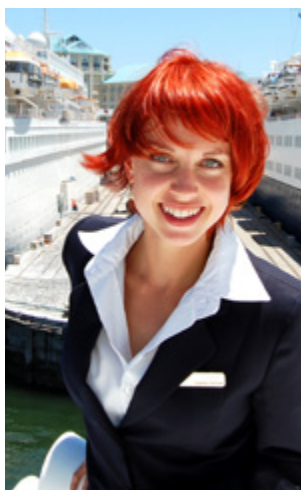




CRUISE SHIP STAFF

Not only will you be cruising to exciting destinations, you'll find your cruise ship to be a vacation in and of itself. We'd like to introduce you to the roles that the service personnel onboard will play in making your travel experience exceptional.

Learn your steward's name and get to know them.



CABIN STEWARD

Your stateroom will be assigned a Cabin Steward, whose job is to take care of your cabin by cleaning it each day, delivering towels or other needs, and be at your service throughout your voyage. Your steward will even turn down your bed at night. Learn your steward's name and get to know them.

RECEPTION (FRONT OFFICE)

This is the administrative and guest relations center of the ship. If you have questions on room issues, billing, lost and found, or about the ship in general, this desk is the best place to go. The staff here are very knowledgeable and will be able to answer any cruise question you may have.

CRUISE DIRECTOR & STAFF

Your Cruise Director is the voice of the ship. They emcee events like the Captain's Reception or deck parties and make announcements. The event staff lead passengers in a variety of entertaining activities throughout the day.

DINING ROOM STEWARD

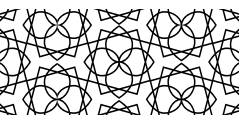
This is the primary member of the waitstaff assigned to your table in the main dining room for the duration of your cruise. You will interact with them, as well as their assistant, during every dinner, and they will get to know your name and personal tastes. These are often some of the hardest-working members of the cruise staff.

PORT SHOPPER

Living and working aboard cruise ships, Port Shoppers give frequent talks and seminars about the shopping opportunities passengers will enjoy at each port of call. They are also available to help guests make decisions on luxury purchases.

INSPIRATION TRAVEL COORDINATORS

Travel Coordinators from Inspiration Cruises & Tours usually accompany our groups to ensure our travelers have an exceptional travel experience. These Inspiration employees will be at every Inspiration event on the ship and can be identified by their white-and-blue name tags—and they would love to meet you. Feel free to approach them with your questions or needs at any point during your cruise.



ONBOARD SERVICES

PHOTOGRAPHIC EXPERIENCES

One fun aspect of a cruise is the fact that there are professional photographers roaming throughout the ship, starting when you board and continuing throughout your travel experience. You never know when a staff photographer may take a candid picture of you, so keep smiling! Portrait sessions for individual or group photos are also available. These may be scheduled by appointment (for a nominal fee), or will be set up at various times and locations during your cruise. These photos will be displayed in a certain area of the ship and made available for you to purchase.

SAFES & SAFE DEPOSIT BOXES

Most ships have personal safes inside each stateroom. These lock using a numbered keypad and allow you to set the code. The ship cannot accept responsibility for any articles that are lost, stolen or misplaced while onboard, so we suggest you take advantage of these. In addition to the in-cabin safe, locked safe deposit boxes are also available through Reception.

SPA, SALON & HEALTH CLUB

Your cruise includes a professionally staffed spa and salon. These services—including manicures, pedicures and massage therapy—cost extra and require appointments. Make these early during your cruise to secure the most convenient times. Use of the exercise equipment in the ship's health club or gym is complimentary.

SHORE EXCURSIONS DESK

Make the most of each port of call by booking an excursion at your ship's Shore Excursions Desk. These preplanned experiences cover a variety of activities unique to each port of call, from shopping and beach trips to more adventurous hiking, kayaking and snorkeling tours. Reserve your place early, as many limit the number of participants. Unless otherwise specified, all shore excursions are an additional cost.

ONBOARD RETAIL SHOPS

From luxury jewelry to high-end clothing and duty-free gift shops, your cruise experience includes excellent onboard retail stores for

your shopping convenience. Any shopping you do aboard the ship will be charged to your account and settled at the end of your cruise.

INTERNET CAFÉ & WI-FI SERVICE

Your cruise features one or more Internet Cafés onboard your ship. The ship's satellite uplink allows passengers to browse the web and check email in real time for a fee. Wi-Fi connectivity is also available in most public lounges and possibly in your cabin. A variety of plans and packages are available.

FULL-SERVICE LAUNDRY

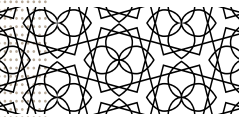
For your comfort and convenience, cruise lines offer full laundry and dry cleaning services during your cruise. Once aboard, check your stateroom closet for pricing lists and laundry bags. Coin-operated, self-service laundrettes are also available on some ships. Check with the cruise line before you leave to plan for your laundry needs.



For even more info on how to plan, visit our online resources:

[inspirationtravel.com/
resources/mediterranean](http://inspirationtravel.com/resources/mediterranean)





CRUISE SHIP FOOD EXPERIENCES

Discover one of the preeminent luxuries of cruising as you experience wonderful culinary options—wherever and whenever you wish. On your Mediterranean cruise, choose from a myriad of food and dining options that are sure to woo any palate. Check out just a few of the many offerings available on your exceptional travel experience.

BUFFET

From the breakfast buffet filled with tantalizing dishes sure to start your day off right to a lunch or evening buffet of chef-prepared cuisine, this popular dining choice offers the convenience of eating what you want when you want it. The always available buffet of fresh, expertly prepared dishes gives foodies the opportunity to sample exotic gourmet dishes while the not-so-adventurous can enjoy comfort foods of home. And you can always look forward to a few surprises, like a barbecue buffet on the outside deck featuring foods inspired by the various ports of call.

ELEGANT

Imagine sitting down to a candlelit table set with silver-rimmed china flanked by crystal flutes and savoring a five-course dinner in a five-star restaurant.

On most cruise ships, you can book a dinner reservation at one of the elegant restaurants onboard to celebrate a special occasion, or simply dine in the main dining room for an equally wonderful experience. Choose from chef-inspired appetizers and entrees. Then finish off the evening sharing a decadent dessert. The choice is yours. Just remember to take time to revel in the ambiance and the experience of a lifetime.

PRIVATE VERANDA


Greet the sunrise on your private balcony with breakfast delivered to your room. Or plan a quiet evening in and call room service. Choose from diverse menus of foods that won't disappoint and take in oceanic views that rival any indoor dining experience. This enjoyable option—unique to cruises—offers the ultimate in convenience. On a cruise, the options are endless.

GROUP DINING

Part of the Inspiration experience is to eat with the other Christian travelers on your event. On most of our cruises, your group will have a specified time for dining that allows you to participate in all group events as well as the performances on the ship. Because your group will be dining at a specified time, it will not be necessary for you to check in with the maitre d'. Your table assignment has been prearranged by Inspiration and will be printed on the cabin key card you receive during check-in at the pier. Some cruise lines operate under a "freestyle cruising" structure, which means no standard dining times or preassigned seating. In these cases, passengers will eat at their leisure and at the table setting and/or location of their choice.

SPECIAL DIETARY NEEDS

Many cruise lines are happy to accommodate special dietary needs like gluten-free concerns or food allergies. They understand that many people today have specific diet requirements and want to make sure your cruise is enjoyable. Simply let us know of your needs in advance so we can inform the cruise line.



*Olive oil is
the cornerstone of
Mediterranean cuisine.
This tree is the thread
from which the tapestry
of the Mediterranean
has been woven.*

—CAROL DRINKWATER
BRITISH WRITER AND
FILMMAKER

DINING IN THE MEDITERRANEAN

One of the best parts of traveling is sampling new foods from foreign places. The history and personality of a region is experienced in its flavors, and this is especially true in the Mediterranean, where the area's traditional diet has become known worldwide for its health benefits. Based on plenty of vegetables, fruits, whole grains, olive oil and seafood, it offers countless tastes to please the palate. Below is a helpful overview of popular foods you'll encounter as you cruise your way through the Mediterranean.



TIPS FOR AN AUTHENTIC CULINARY EXPERIENCE

- Eat where the locals eat. When in doubt, ask a local where they enjoy eating.
- If the menu is not in English, that's even better. It is likely more authentic.
- Avoid asking hotels or cruise lines for recommendations—they often have partnerships with certain restaurants and are incentivized to recommend these places to tourists.
- Get out of your comfort zone. This is not the time to stick with your usual meals. Be adventurous and try new things.

The birthplace of Western civilization, the Mediterranean was home to sophisticated ancient civilizations. This rich history, plus the region's close proximity to warm ocean waters, greatly influenced the way its inhabitants ate. To this day, the region's blend of cultures (and world-famous climate) contribute to a diverse cuisine. Get to know these cultures by introducing yourself to their most classic recipes.



Tzatziki Sauce

- 2 c plain Greek yogurt
 - 1 c diced cucumber (seeds/liquid removed)
 - 2 Tbsp fresh-squeezed lemon
 - 2 garlic cloves, minced
 - 2 Tbsp finely chopped dill
 - Sea salt and pepper, to taste
- Stir until well combined. Chill before serving. Serve alongside grilled meat or fish, or add to your favorite sandwich or wrap.

NOW YOU CAN RE-CREATE
THIS EASY, CLASSIC GREEK
SPECIALTY AT HOME!

A Taste of the Mediterranean

TOP 10 DISHES YOU MIGHT ENCOUNTER

Greek Salad

A lettuce-less salad with tomatoes, cucumbers, onion, feta and Kalamata olives drizzled with olive oil.



Balik Ekmek

A popular street food, these fried-fish sandwiches come from the Turkish words for fish (“balik”) and bread (“ekmek”).



Menestra

This traditional stew-like dish, native to Dubrovnik, blends savory ham and sausages with cabbage, kale and potatoes.



Margherita Pizza

One of the most popular pizzas in Italy! Served on a Neapolitan-style crust with fresh basil, it's a vegetarian's dream.



Risotto

Northern Italy's classic rice dish, it requires constant stirring until reaching the perfect creamy consistency.



Spaghetti

Cooked al dente, this Italian staple is lightly sauced so the pasta is the star. Spaghetti alle vongole (clams) is also popular.



Souvlaki

Greece's favorite “fast food” includes pork, chicken or lamb on a skewer, or wrapped in pita with tzatziki.



Gyros

Pita-wrapped beef or lamb cooked on a vertical rotisserie-style broiler and shaved off as you wait.



Baklava

A classic Greek dessert, this layered delicacy contains nuts, butter, sugar and flaky phyllo, drenched in honey or syrup.



Tomatokeftedes

Popular in Santorini, these crispy, vegetarian tomato fritters contain flavors of mint, tomato and onion.



COFFEE CULTURE

Americans love coffee. Italians love coffee. But there are several distinct differences between an Italian “caffè” bar and the typical American experience at a corporate chain offering mass-produced beverages. In fact, while there’s talk of Starbucks attempting to edge its way into the country, it’s unlikely you will encounter any American coffee chains in Italy.

The biggest difference is in the style of coffee. When North Americans hear the word “coffee,” they think of drip coffee. When Italians say “caffè,” they’re talking about espresso. Rather than letting hot water drip through ground coffee “American-style,” espresso machines force pressurized water through coffee grounds in order to produce a thicker, more concentrated beverage—with a foamy brown crema on top. Espresso, which is more concentrated but has less caffeine, is served in a 1-2-ounce miniature ceramic mug.

ORDERING IN ITALY

When traveling, it’s important to adapt—as much as possible—to the host culture. This is especially true of having coffee in Italy. There is, after all, a reason most words we use for coffee are in Italian. Rather than a shot of pure espresso, there are several espresso-based drinks you might want to order.

Espresso-Based Drinks



cappuccino
combines espresso with steamed and foamed milk



macchiato
espresso with a trace of milk



caffè con latte
creamier and uses mostly steamed milk



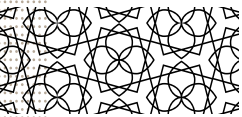
latte
milk, with espresso



TIPS FOR AN AUTHENTIC ITALIAN COFFEE EXPERIENCE

- Traditionally, milk-based espresso drinks are only consumed in the morning. You might get a funny look if you ask for a cappuccino in the afternoon.
- Simpler is better. This isn't Starbucks, so most baristas won't make you "a skinny, mint-flavored soy latte with extra foam."
- In some places, customers are more likely to drink while standing at a coffee bar rather than sitting down. Be advised: You're not likely to be served a disposable cup because most espresso drinks are consumed immediately.
- Because Italians drink so much of it, coffee is still relatively inexpensive in Italy. Expect to pay only around €1.50 for an espresso.
- Say "*un caffè*" when you order, rather than asking for an espresso. (Espresso is the default.) If you want a double shot, ask for "*un caffè doppio*."
- If you'd prefer something reminiscent of home, ask for an "*americano*"—a shot of espresso diluted by hot water. As its name suggests, it is considered "espresso for Americans."
- If it's a hot day and you'd like an iced coffee, ask for "*un granita di caffè*." These delicious drinks taste like a coffee-flavored slushy. The Tazza D'Oro near the Pantheon in Rome is known worldwide for theirs.
- If you want a decaf drink, ask for "*caffè bag*."





TRAVEL ETIQUETTE

A cruise vacation is one of the most convenient and economical ways to explore the Mediterranean. There will be many involved in serving your travel needs—ensuring you enjoy one of the most refreshing weeks of your life. Here are some suggested pointers on how to show gratitude to others during your exceptional travel experience.

POLITE CRUISING

Punctuality is appreciated, as always. Be sure to arrive for events early so that others aren't held up. The schedule in your conference book and daily program can help you plan your time.

“Dressing for dinner” is one of the niceties of cruising. Most look forward to the air of refinement a dress code offers. If you're not in the mood to dress up, find a more relaxed dining venue, or order food to your cabin.

Close your cabin door gently—without letting it slam. There are many cabins within earshot of one another. Especially at night, your shipmates will thank you for the peace and quiet.

Stay sanitized. When you sneeze, do so into a tissue (or your elbow as a last resort). And to keep yourself germ-free, be liberal with hand sanitizer, which is usually available in hand-sanitizing stations all over the ship.

Be a gracious giver. The waitstaff you'll encounter work hard and long hours. If you find yourself in a position to tip them, be generous. The funds will likely go toward family expenses.

TIPS ON TIPPING

A Mediterranean cruise vacation gives you the opportunity to explore multiple locations without the hassle of checking in and out of hotels, packing and unpacking, and spending valuable time trying to find quality restaurants—all with excellent service dedicated to enhancing your exceptional travel experience.

There will be many involved in serving your travel needs—ensuring you enjoy one of the most refreshing weeks of your life. Each cruise line makes it easy for you to reward the excellent service you'll receive onboard. A gratuity of \$16-\$25 per day (depending on the cruise line and cabin category), per guest for dining and stateroom services will be automatically added daily to your shipboard account. The cruise line also will automatically add a 15% service charge to beverages purchased through your onboard account. The gratuity extends to the many staff members making your cruise experience an exceptional one. Prior to the end of the cruise, the Cruise Director will address more specific questions regarding tipping procedures.

If you decide to take a taxi to the pier, it's common to simply round up to the next dollar when paying your tab. The cab drivers appreciate this and it is considered part of their income.

When you arrive at the ship on embarkation day, we suggest tipping the porters at the pier \$1.25 per bag when they take your luggage to place it on the ship.

When visiting restaurants off the ship and during shore excursions, many hotels and restaurants in the Mediterranean will add a service charge to the bill and an additional tip is unnecessary. But if no service charge has been added, a 10%-15% tip for restaurant service workers is appreciated.

A scenic view of a coastline. In the foreground, the water is clear and blue, showing intricate patterns of light and shadow on the seabed. To the right, a large, gnarled tree with dense green foliage grows on a rocky cliffside. In the background, a range of mountains stretches across the horizon under a clear blue sky. The overall atmosphere is serene and natural.

**THE OCEAN STIRS
THE HEART, INSPIRES
THE IMAGINATION,
AND BRINGS ETERNAL
JOY TO THE SOUL.**

—ROBERT WYLAND
AMERICAN ARTIST



SOUVENIR SHOPPING

Shopping is a fun way to enjoy the various ports you'll visit. We encourage you to go beyond the trinket and T-shirt shops to discover souvenirs that are made by locals and authentic to Mediterranean ports. Bring home a taste of this region with handmade keepsakes you can treasure for years to come. Here are some of our top suggestions for souvenirs and how to pack them.

SOUVENIR PACKING TIPS

- 1 If you plan to buy a good amount of souvenirs, be sure your suitcase isn't full when you leave home. Allow extra room to be filled with newfound treasures.
- 2 Bring Bubble Wrap for fragile items. This will keep everything from pottery to knickknacks safe in transit.
- 3 Secure any liquids, such as olive oil, in a sturdy zip-top bag to prevent leakage. Remember: Containers larger than 3.4 ounces must travel in checked luggage.
- 4 Any expensive items should always stay on your person. Don't pack valuables in checked luggage. Instead, leave room for them in your carry-on.
- 5 Pad souvenirs with clothing and place them in the center of your suitcase to help absorb the impact of the bumpy plane ride home.



CERAMICS & POTTERY

The Mediterranean is known for a rich tradition of pottery. In fact, some of the world's most ancient artifacts come from this region. In almost every port, you'll find terra cotta planters, vases and figurines to be popular souvenirs. Hand-painted ceramics—like Italy's colorful majolica plates—are also in high demand. Decorative bottles for storing olive oil and vinegar can be found throughout cruise ports in Greece and Italy.



TEXTILES

From tapestries to quilts to delicate lace, the Mediterranean has a rich tradition of textile artistry. Turkey is renowned worldwide for its beautiful rugs, which feature exceptional craftsmanship, exquisite designs and rich cultural heritage. In Italy, Venice and the island of Burano, you'll want to focus on lace production. You can also find amazing lacework in Mykonos, Greece, and parts of Croatia and Slovenia. Embroidered textiles, from tablecloths to clothing, are also popular in ports like Split, Dubrovnik and Kotor. Each region has unique styles and techniques. Always look for signs of wear or loose threads before buying, and remember, the highest-quality items may not be the closest to the cruise port.



HANDCRAFTED OLIVE WOOD

The natural beauty and durability of olive wood makes it a popular souvenir, especially for travelers to Greece. When shopping for handmade bowls, utensils, cutting boards or decorative items, be sure to look for wood that's free from cracks or blemishes. Prominent cruise ports like Crete and Santorini will sell plenty of olive wood souvenir options, and visitors to Athens will also find many vendors of these products. Bargaining is common here, so don't be afraid to negotiate prices on an item you love.



FLOKATI RUGS

These soft, thick rugs common to Greece may be on your shopping list, and rightly so. Made with heavy sheep wool, this unique and beautiful souvenir makes an excellent addition to the home. They come in a variety of sizes and can be heavy, so purchase with care or consider having your rug shipped home. Be sure to look for the "Flokati" tag, which ensures authenticity. Some sellers may try to pass off synthetic, lower-quality imitation. Almost always white, Flokati rugs require special care and cleaning. Reputable sellers will be glad to offer tips for washing and drying your rug.



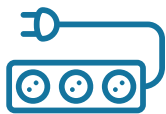
FOOD

Italian cuisine is known all over the world, and every region has a specialty. You and your taste buds will no doubt find countless types and shapes of pasta to take home. Look for high-quality pasta made from durum wheat, which maintains a firm texture when cooked. As one of the largest producers of olive oil in the world, Italy also offers many varieties of this cooking staple. Be sure to choose oil made from locally grown olives and bottled in dark glass. Jars of truffle paste, locally made cheese wedges, dried herbs and Italian coffee can also travel home without much fuss.



USING ELECTRONICS

Wondering what you'll need to bring on your upcoming Christian cruise? We've provided the following information for using your electronic appliances like blow-dryers, phones, laptops, etc. while traveling abroad.



Bring an extra power strip to charge your electronic devices. Ship cabins have limited plugs.

110V-
120V/
60Hz

The standard voltage used aboard most cruise ships.



Bringing a small fan can help to increase airflow in your stateroom.



We know how nice it is to have the conveniences of home when traveling on a cruise. Bringing your own electronics and hair appliances can enhance your overall travel experience. While every cruise ship has plugs that accept U.S. and continental European devices, you will need to bring plug adapters if staying at a hotel before or after your cruise. Here are some things to know about your electronics before you pack them.

PHONES, LAPTOPS, CAMERAS & VIDEO CAMERAS

Most small digital devices have chargers that will fit in the plugs on a cruise ship.

BLOW-DRYERS, CURLING IRONS & STRAIGHTENERS

Each stateroom has a hair dryer for your personal convenience. If you prefer having your own hair appliances, you may want to consider purchasing or borrowing more compact and travel-friendly appliances.

POWER STRIP

We highly recommend bringing a power strip when you travel with multiple electronics so you're able to charge and operate several items at once.



***Traveling is the
best education.***

—ANCIENT GREEK PROVERB

DISEMBARKATION PROCESS

A few days before your cruise ends, your ship's Reception will request your departure arrangements, including your airline schedule and hotel information. This allows them to prepare for an organized and efficient disembarkation upon reaching the port of departure. Disembarkation usually takes place two to four hours after arrival at the port. The cruise line does their best to make this process as seamless and streamlined as possible. Here are a few of the most important steps.



1 DISEMBARKATION TALK

On your last day at sea, your Cruise Director will hold an optional meeting to discuss the entire process. (If you miss the meeting or don't wish to go, you can also watch the meeting on the television in your cabin throughout the day.) A disembarkation packet will be delivered to your cabin and will include the time of your disembarkation, your luggage tags and any immigration papers you might need.

2 TIPPING & FINALIZING YOUR BILL

A printed list of your onboard account—including any extra drinks, purchases and excursions—will be delivered to your cabin on the last night of your cruise. Those paying with a credit card should review the total and make sure everything is correct. If this is the case, then you need not do anything else—your charges will be put on the credit card you gave during check-in. Any discrepancies, however, should be reported to Reception. Those paying with cash or traveler's checks will also need to visit Reception. To avoid long lines at the end of the cruise or any surprises, we recommend checking your account earlier in the cruise to keep tabs on your spending.

While experienced cruisers may remember the days of cash tips distributed in envelopes at the end of a cruise, cruise lines have now gone cashless. As noted above, tips are automatically added to each passenger's account. You may raise or lower these amounts as desired by contacting Reception.

3 LUGGAGE

You will be given color-coded tags and assigned to specific groups related to your disembarkation time—which itself is assigned based on the information you give to Reception early in the week. Place these tags on your luggage. Timing varies per cruise line, but most ships will require passengers to leave their bags outside their stateroom the night before disembarkation. Crew members will pick up your bags overnight, and you will then reclaim your luggage at the cruise terminal. This means you need to leave out anything you require for that last night and the next day—clothing, toiletries, medications, etc.—making sure it fits in your carry-on. Rarely does any theft occur, but cautious passengers should not place valuables in tagged luggage, and may want to use TSA-approved locks during this process.

4 CUSTOMS & IMMIGRATION

Before anyone can leave the ship, customs officials must first clear the ship. You will be given customs forms to complete and be required to display your passport in the cruise terminal. You will also need to declare any souvenirs or other purchases made in other countries during your cruise.

5 AIRPORT TRANSFERS

If you have not made other arrangements, you will have the opportunity before disembarking to purchase an airport transfer onboard your ship. Taxis are available at most ports, but these lines can be long.

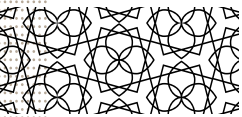


Before anyone can leave the ship, customs officials must first clear the ship. You will be given customs forms to complete and be required to display your passport in the cruise terminal.

6 AT THE AIRPORT

Please follow the same basic procedures you followed upon flying to your port city. Check in with your airline as soon as possible using your smartphone or when checking bags at the airport. Keep your ID, passport and other travel documents handy, and make sure you have placed any larger liquids or prohibited items in your checked luggage rather than in your carry-on. We recommend arriving at your airport two hours before domestic flights and three hours prior to international flights.





U.S. GOVERNMENT WEBSITES OFFERING TRAVEL INFORMATION

U.S. GOVERNMENT OFFICIAL WEB PORTAL

800-FED-INFO (333-4636)

Whatever you want or need from the U.S. government, it's here. You'll find a rich treasure of online information, services and resources. As the U.S. government's official web portal, usa.gov makes it easy for the public to get U.S. government information and services on the web. usa.gov

U.S. DEPARTMENT OF STATE TRAVEL

2201 C Street NW Washington, DC 20520
202-647-4000

Specific information about documentation (passport, visa requirements and applications), travel restrictions, embassies and consulates, additional travel tips, health issues, tips for traveling abroad, tips for travelers with disabilities, and all things travel for U.S. citizens. travel.state.gov

DEPARTMENT OF TRANSPORTATION

1200 New Jersey Avenue SE Washington, DC 20590
202-366-4000

SafeTravel provides the traveling public with expertise gathered from the travel industry and the government on topics such as packing and transport. This is to help ensure you enjoy a safe and incident-free trip. transportation.gov

DEPARTMENT OF TRANSPORTATION FEDERAL AVIATION ADMINISTRATION

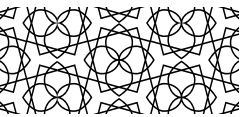
800 Independence Avenue SW Washington, DC 20591
866-835-5322

FAA has a huge amount of information relevant to those who fly, including two sections entitled "Frequently Asked Questions from Passengers" and "Frequently Asked Questions About Security Procedures." You can find information under the headings "Travelers," "Preparing to Fly," "Flying Safe" and "Flying with Children," as well as a section that instructs you on how to report travel problems, concerns and complaints. faa.gov

DEPARTMENT OF HOMELAND SECURITY/TRANSPORTATION SECURITY ADMINISTRATION

TSA HQ, TSA 2
ATTN: 49 CFR 1503.3 REPORTS
601 South 12th Street
Arlington, VA 22202-4220
866-289-9673

Log on to tsa.gov/travel to check out specific information regarding 3-1-1 for carry-ons, prohibited items, traveling with food, and travelers with disabilities and medical conditions. dhs.gov and tsa.gov



SELECT AIRLINE INFORMATION

U.S. CONTACT INFORMATION			
AIRLINE CODE	AIRLINE	PHONE NUMBER	WEBSITE
AF	AIR FRANCE	800-237-2747	AIRFRANCE.COM
AS	ALASKA AIRLINES	800-252-7522	ALASKAAIR.COM
AA	AMERICAN AIRLINES	800-433-7300	AA.COM
OS	AUSTRIAN AIRLINES	800-843-0002	AUSTRIAN.COM
BA	BRITISH AIRWAYS	800-247-9297	BRITISHAIRWAYS.COM
DL	DELTA AIRLINES	800-455-2720	DELTA.COM
LY	EL AL ISRAEL AIRLINES	800-223-6700	ELAL.COM
F9	FRONTIER AIRLINES	800-432-1359	FLYFRONTIER.COM
HA	HAWAIIAN AIRLINES	800-367-5320	HAWAIIANAIRLINES.COM
IB	IBERIA AIRLINES	800-772-4642	IBERIA.COM
AZ	ITA AIRWAYS	877-793-1717	ITA-AIRWAYS.COM
B6	JET BLUE AIRWAYS	800-538-2583	JETBLUE.COM
LH	LUFTHANSA	800-645-3880	LUFTHANSA.COM
WN	SOUTHWEST AIRLINES/AIRTRAN	800-435-9792	SOUTHWEST.COM
SR	SWISS AIR	877-359-7947	SWISS.COM
TK	TURKISH AIRLINES	800-874-8875	TURKISHAIRLINES.COM
UA	UNITED AIRLINES	800-864-8331	UNITED.COM
VS	VIRGIN ATLANTIC AIRWAYS	800-862-8621	VIRGINATLANTIC.COM



FOUR WAYS TO TRAVEL FURTHER WITH US



1 WELCOME TO THE INSPIRATION ELITE TRAVELER PROGRAM

Since our stellar travel events are too good to remain “once-in-a-lifetime” experiences, we invite you to become a repeat traveler. From your first day of travel with us, you are automatically enrolled in our generous rewards program. We appreciate loyalty, and are happy to have you become part of the Inspiration family. Keep traveling, and book your next exceptional travel experience at inspirationtravel.com!

Find out about your membership
inspirationtravel.com/elite

2 CONNECT WITH OUR TRAVEL FOUNDATION

Would you like to give back to Christians in the places you’ve traveled to and been impacted by? Over the years we’ve built relationships with and supported Christ-centered organizations around the world. We created the Inspiration Travel Foundation to empower passengers to join us in meeting the real-world needs of our Christian brothers and sisters.

See how you can give back
travelthatgives.org



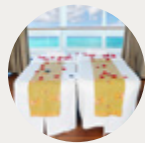


4 CATCH UP ON THE CHRISTIAN TRAVEL BLOG

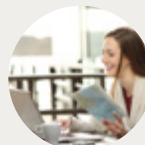
Discover expert travel tips, gorgeous photos and personal stories from our top ministry leaders and travel partners when you sign up for our free e-newsletter, *SOJOURNER: The Christian Travel Journal*. You'll find even more articles on the blog. We've included a few posts below to get you started. These handy online resources will get you excited about your upcoming travel experience.



7 STEPS TO A STRESS-FREE AIRPORT EXPERIENCE



11 INSIDER CRUISE TIPS YOU NEED TO KNOW



6 WAYS TO ENJOY YOUR VACATION BEFORE YOU TAKE IT

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inspirationtravel.com/subscribe

3 SHARE YOUR OWN TESTIMONY

Get inspired by stories and highlights from Christian travelers who have journeyed exactly where you're about to go. Not only will you be blessed by the amazing ways God has changed the lives of our passengers, but after you complete your journey, you'll have your own testimony to share! So be sure to stop back and tell your story after you return.

Hear what past travelers are saying
inspirationtravel.com/testimonies

“Best vacation ever! This was cruise No. 7 for Roger and me, but the first coordinated by Inspiration. Now that we know what we’ve been missing, it will be hard to consider any cruise opportunities without a spiritual emphasis.”

—RACHEL M.







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