



The World This Week

SUNDAY, 28 JULY TO SATURDAY, 3 AUGUST 2013

| | Sunday 28 | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 |
|---------------------------|--|--|--|--|--|---|--|
| Location | At Sea | Estoril, Portugal Anchor: 08:00hrs | Estoril, Portugal | Estoril, Portugal Depart: 23:59hrs | At Sea | Puerto Banus, Spain Anchor: 09:00hrs | Puerto Banus, Spain |
| Breakfast | Tides | Tides | Tides | Tides | Tides | Tides | Tides |
| Lunch | Tides | Tides | Tides | East | Tides/East | Tides | Tides |
| Dinner | Truly Portraits/ Tides | Tides/East | Tides/East | Portraits Bistro/ Tides | Portraits Bistro/ Tides/East | Marina/East | Marina/East |
| Events | Christian Service: 10:00hrs Witty-Knitters: 10:30hrs Workshop: 11:00hrs Poker: 14:00hrs Book Discussion: 15:00hrs Bridge: 16:00hrs Karaoke: 21:30hrs | Pick up a copy of this month's Book Discussion selection, <i>Black Sea</i> by Neal Ascherson | Ask The World Concierge for details on what Puerto Banus has to offer. Ext. 5250 | Why not visit The World Spa for a massage? Ext. 5300 | Witty-Knitters: 10:00hrs Workshop: 11:00hrs Poker: 14:00hrs The World Plato Society: 14:30hrs | Kiddush: 19:00hrs | Drop by The Study to browse the DVD Collection 16:00hrs-19:30hrs |
| The World Gallery | Exhibition in The World Gallery: Watercolor & Washed Ink on Paper by Christophe Boutin | | | | | | |
| The World Boutique | 10:00hrs-13:00hrs; 14:00hrs-18:00hrs; 20:00hrs-22:00hrs | Closed | Closed | Closed | 10:00hrs-13:00hrs; 14:00hrs-19:00hrs; 20:00hrs-22:00hrs | Closed | Closed |
| Films in Colosseo | <i>Admission</i> | <i>Portugal's Heartland</i> | <i>The Croods</i> | <i>Trance</i> | <i>The Big Wedding</i> | <i>What Maisie Knew</i> | <i>The Numbers Station</i> |
| Dining Info | Breakfast Tides (<i>Resort Casual</i>) 07:00hrs-10:00hrs Lunch Tides (<i>Resort Casual</i>) 12:00hrs-14:00hrs All Day Fredy's (<i>Resort Casual</i>) 09:00hrs-19:00hrs Pool Grill (<i>Resort Casual</i>) 11:00hrs-17:30hrs (weather permitting) | | | Dinner East (<i>Smart Casual, Jackets for Men</i>) 19:00hrs-21:30hrs Tides (<i>Smart Casual</i>) 19:00hrs-21:30hrs Marina (<i>Smart Casual</i>) 19:00hrs-21:30hrs Pool Grill (<i>Resort Casual</i>) 19:00hrs-21:30hrs (weather permitting) | | | |
| | For Reservations, call Ext. 2502 between 07:00hrs and 22:00hrs • In-Residence Dining, call 5100, 24 hours/day. | | | | | | |
| Bars & Lounges | Lobby Bar: <i>Resort Casual until 19:00hrs and Smart Casual thereafter</i> Quantum: <i>Resort Casual throughout the day</i> Regatta Bar: <i>Resort Casual until 19:00hrs and Smart Casual thereafter</i> The Cigar Club: <i>Resort Casual</i> The Pool Bar: <i>Resort Casual</i> | | | Open: 10:00hrs-Midnight Open: 10:00hrs-Midnight Open: 12:00hrs-14:30hrs and 18:00hrs-Midnight Open: 10:00hrs-Midnight Open: 09:00hrs-21:30hrs (weather permitting) | | | |

Check your daily copy of Our World Today for changes to the scheduled itinerary and updates to daily events. All published information was correct at the time of printing.

Residents & Guests acknowledge that the scheduled itinerary is approximate and subject to change due to sailing conditions, unforeseen delays or other circumstances beyond our control.

FEATURED DESTINATION EXPERIENCE



TOMAR AND LUSITANO HORSES (UNESCO)

Monday, 29 July • 08:30hrs-16:30hrs (Estoril)

A scenic drive inland and north from the coast brings you to Tomar, in the heart of the country. Join your guide for a walk around the heart of Old Town. Cobblestone streets lead past whitewashed houses to Praça da República, lined by a cluster of 17th-century buildings.

Our primary focus here in Tomar is the Convent of Christ, designated a World Heritage Site in 1983. Originally built by the Knights Templar in the 12th century, along with a large fortress used as their headquarters during their battles against the Moors, the convent is considered one of the most important edifices in Europe. The church's structure evolved from its earliest "rotondas" style to include Gothic cloisters, a distinctly Manueline, two-story choir and still more cloisters featuring Corinthian and Tuscan columns, a process which continued off and on for five centuries.

After a thorough overview of the convent, enjoy some free time before continuing today's program. After your lunch break, turn back south towards Vila Franca de Xira for a visit to the Companhia das Lezírias Equestrian Centre. Situated between the Tagus and Sorraia rivers, the ranch is a breeding and training facility for Lusitano horses. Closely related to the more familiar Andalusian breed, the highly-prized Lusitanos are also used in prestigious international competitions. Arrangements have been made for those who would like to do some riding during our stay at the ranch. A tour of the facility, short riding demonstration and wine tasting are also planned.

For more information on all Destination Experiences contact The World Concierge on Ext. 5250.



SPORTS & GOLF

Sports & Golf Manager David Janikowski and Damon Allard encourages Residents & Guests to tee-off with an upcoming Golf Excursion ashore.

Tuesday, 30 July (Estoril, Portugal)

Oitavos Dunes

The Oitavos Dunes Golf Course, designed by Arthur Hills, was developed by Quinta da Marinha and opened in 2001. Since then it has been recognized worldwide as one of the best natural links golf courses. Its sand dunes and ocean environment make playing it an experience similar to playing links courses in Scotland.

Oitavos Dunes has hosted the Portuguese Open four times (2005, 2007, 2008 and 2009) and has been recognized by GOLF Magazine as:

"Number One Golf Course in Portugal"

"Number Three Golf Course in Mainland Europe"

"One of the 50 Greatest Courses of the Last 50 years"

For information about the Simulator or daily golf clinics or to book a spot on an upcoming Golf Excursion, contact the Sports & Golf Manager on Ext. 2362.

The World Spa & Wellness Center



PHYT'S

Soin Multi Vita

This is a powerhouse facial for aging skin that needs tightening and lifting. It provides an alchemy of ingredients: Vitamins A, B, C, & E, 14 mineral salts, 16 amino acids and a patented wheat protein ceveble that has the ability to preserve the integrity of collagen and elastin fibers to smooth the skin and slow down aging.

75 min / \$200

FITNESS TIP OF THE WEEK

CALORIES

An average person burns one calorie per kilogram of body weight per hour. There are approximately seven thousand five hundred calories in one kilogram of body fat. One kilogram of muscle will burn approximately one hundred calories per day without doing exercise. Therefore, the more muscle you have the more calories you burn.

For more information, contact The World Spa & Wellness Center on Ext. 5300.



COMPUTER TUTORING WITH

Brian Newman

Until Wednesday, 7 August (Mallorca)

Computer expert Brian Newman joins *The World* once more to conduct workshops and one-on-one sessions for Residents & Guests. Mr. Newman will provide group educational and instructional programs and will even make "house calls", one-on-one sessions, to consult on both PC and MAC formats. Classes are open to all and private sessions will be arranged through advance sign-ups for designated hours of the day. The private sessions will have an hourly cost, while the open classes/workshops are offered at no cost.

Sunday, 28 July • Conference Rooms • 11:00hrs

Windows Basics (Windows 7)

Thursday, 1 August • Conference Rooms • 11:00hrs

Mac Basics (Lion System 10.7)

THE WORLD PLATO SOCIETY

The World Plato Society returns this month with a new itinerary of speakers and presentations, where we discuss the topics of "25 Years from Now."

Thursday, 1 August

Card Room • 14:30hrs

Mr. Geoff Thompson - Geopolitics



TURNING OFF ICLOUD WHILE ONBOARD

To preserve our internet bandwidth while sailing onboard *The World*, Residents & Guests are encouraged to disable the option to back-up to iCloud. Many users of the iPads, iPhones and other Apple accessories have their iCloud automatically switched on without even knowing that in the background, it is backing up your harddrive to iCloud.

An extensive amount of bandwidth is used for this process and in turn, slows down the internet system for all users. *For more information on how to turn off iCloud, contact Reception on Ext. 5000.*

LA MARTINA IN THE WORLD BOUTIQUE

The World proudly welcomes back the latest fashions from *La Martina*. Due to its significant popularity amongst our Residents & Guests we have put together a selection of the latest collections available which are now on display in The World Boutique. *La Martina* is synonymous with the sport of polo and the brand is an internationally recognized trademark for the finest technical polo equipment, luxury casual attire, accessories and all things polo. *La Martina* has been designated the official supplier of the Argentina polo team by the Argentinean Polo Association, as well as the official supplier of The Federation of International Polo at all international tournaments.



FEATURED MUSICIAN

John Lee Sanders

Thursday, 25 July-Wednesday, 7 August

(La Coruña-Mallorca)

Multi-Instrumentalist and Emmy nominated composer, John Lee Sanders rejoins *The World*. Having soaked up the deep roots of the blues through his early years in the Mississippi Delta, Alabama, the Bayous of Louisiana, and The Plains of Texas, Mr. Sanders seems to have a universal gift to reach audiences from any segment of the diverse musical spectrum. His childhood encounters with Elvis Presley and Dr. Martin Luther King are part of the landscape that influenced this gifted performer and composer. Coming from a musical family of great story telling, Mr. Sanders interwove many of those wonderful stories of the deep south devine lyrical content.



BOOK DISCUSSION

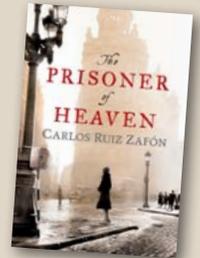
The Prisoner of Heaven By Carlos Ruiz Zafón

Sunday, 28 July • The Garden • 15:00hrs

Barcelona, 1957.

Christmas time and Daniel and his wife have much to celebrate, a beautiful new baby and their close friend is about to be wed.

But their joy is eclipsed after a visit from a stranger who threatens to divulge a terrible secret that has been buried for two decades. This plunges Daniel and his friend into a dangerous adventure that will take them back to the 1940s.



UPCOMING BOOK DISCUSSION

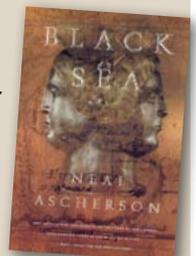
Black Sea

By Neal Ascherson

Sunday, 1 September

In this study of the fateful encounters between Europe and Asia on the shores of a legendary sea, Neal Ascherson explores the disputed meaning of community, nationhood, history and culture in a region famous for its dramatic conflicts. What makes the Black Sea cultures distinctive, Ascherson argues, is the way their component parts came together over the millennia to shape unique communities, languages, religions and trade. As he shows with skill and persuasiveness, Black Sea patterns in the Caucasus, Russia, Ukraine, Romania, Turkey and Greece have linked the peoples of Europe and Asia together for centuries.

For a copy of either book, contact the Enrichment Group Coordinator on Ext. 2369 or pick up a copy in The Study.





Gourmet Weekly

CULINARY HIGHLIGHT

MICHELIN STAR GUEST CHEF

Montse

TRULY CATALONIAN

Sunday, 28 July • Portraits • 19:00hrs

(One seating only)

Chef Montse Estruch will be preparing an authentic mouth-watering Catalan dinner menu. The evening will start off with Chef Montse at 18:30hrs in Quantum for cocktails followed by dinner at 19:00hrs. This unforgettable dining experience will be paired with the wines of René Barbier.

Dress Code: Gentlemen: Tuxedo and Black Tie; Ladies: Formal and Cocktail Attire. Please note that the dress code will be strictly enforced.

Reservations Required: Please call Restaurant Reservations on Ext. 2502. Reservations cancelled less than 24 hours will be charged at \$25 per Guest. Please confirm special menu requests 24 hours in advance to ensure a flawless service.



THIS WEEK'S CULINARY EVENTS

Sunday, 28 July

Wine Tasting with René Barbier

Quantum • 16:00hrs-17:00hrs

Sunday, 28 July

Michelin Star Guest Chef Montse Truly Catalanian / Cocktails with Chef Montse & René Barbier

Quantum • 18:30hrs

Portraits • 19:00hrs (One seating only)

Wednesday, 31 July & Thursday, 1 August

Portraits Bistro

Portraits • 19:00hrs-21:30hrs

Thursday, 1 August

Classic Cocktail Hour

Quantum • 18:00hrs

UPCOMING CULINARY EVENTS

Monday, 5 August & Tuesday, 6 August

Simply Portraits

Portraits • 19:00hrs-21:30hrs

Thursday, 8 August

Pool Breakfast

Pool Deck • 07:00hrs-10:00hrs

weather permitting

Saturday, 10 August

Truly Portraits

Portraits • 19:00hrs-21:30hrs



WINE TASTING WITH

RENÉ BARBIER

Sunday, 28 July • Quantum • 16:00hrs-17:00hrs

René Barbier is the owner of Clos Mogador and a legend in the wine world who revived the *Priorat* to give the region world recognition.

Enjoy a wine tasting with Mr. Barbier in Quantum.

Classic Cocktail Hour

Thursday, 1 August • Quantum • 18:00hrs

Become a cocktail archeologist for an hour. Join *The World's Bartenders* on a journey through the history of cocktails with a glass in hand. Tantalize your taste buds and learn more about the stories, the ingredients and preparation techniques of the Martini, Old Fashioned, Sazerac, Side Car and more.



THE FOOD & BEVERAGE RESIDENT SURVEY

The Food & Beverage Resident Survey is now open until Friday, 30 August. The survey link is posted on *The Navigator* home page or you can call Ext. 2501 for a printed copy. Please provide us your valued feedback on how our Food & Beverage team can serve you better. We appreciate everyone's participation.

PUBLIC HEALTH CONSUMER ADVISORY:

Eating raw, raw-marinated or partially cooked protein foods such as meats, fish and eggs increases the risk of food borne illnesses.