Cruising the Adriatic: Croatia, Montenegro, Bosnia & Herzegovina

SMALL SHIPS CRUISE TOUR

Plus optional extensions in

Ljubljana, Slovenia; Zagreb, Croatia

2014
MWT/MWA/MW2/MT2/MWP/MBP/MWR/MWS

Grand Circle Cruise Line
Cruising the Adriatic: Croatia, Montenegro, Bosnia & Herzegovina
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1. PASSPORT, VISAS AND TRAVEL DOCUMENTS

Passport Required

U.S. citizens need a valid passport for this itinerary. Please take a moment to check if your passport meets all of these requirements. If it does not, you may be required by that country to return to the U.S. immediately, **which would be at your own expense**.

Your passport should meet these requirements for this itinerary:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled "Visas" at the top. Pages labeled "Amendments and Endorsements" are not acceptable.

Recommended number of blank pages:
Since the consequence of having too few pages can be severe—you could be denied entry into a country—we opt for *a better safe than sorry* policy. We recommend these guidelines.

- **Main trip only:** For the main trip only, you will require 5 blank passport pages.
- **Optional extension to Ljubljana, Slovenia:** you will need 1 more page for a total of 6.
- **Optional extension to Zagreb**, **Croatia:** This extension does not require any additional pages beyond the 5 needed for the main trip.
- **Both the pre- and post-trip extensions:** You will need a total of 6 blank passport pages.

If you need to renew your passport or get extra pages:
Contact the National Passport Information Center (NPIC) at **1-877-487-2778,** or visit their website at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, or for additional pages. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

NOTE: *When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

Visas not Required

Bosnia and Herzegovina, Croatia, Montenegro, and Slovenia—no visa needed: U.S. citizens do not need visas for stays of less than 90 days in these countries. This information is provided by PVS International, a national passport service that we highly recommend.

If you are staying longer in any of these countries, you should check with their embassy for the applicable regulations:

Bosnia and Herzegovina:	(202) 337-1500	Croatia:	(202) 588-5899
Montenegro:	(202) 234-6108	Slovenia:	(202) 386-6601

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. Or, you may contact PVS International directly, who can also assist non-U.S. citizens.

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990
Website: www.pvsinternational.org

Backup Photocopies

The smartest and easiest security precaution you can take is to carry photocopies of the personal information pages of your passport, your air ticket, traveler's check serial numbers (if you're carrying these checks), and your credit cards. Store them separate from the originals. Bring along extra passport-sized photos. Add phone and fax numbers for reporting lost credit cards, for your travel protection plan company if you have purchased one and for your medical emergency network. This can save you immeasurable time, money, and bother if your documents are lost or stolen during your trip. In addition, you can scan these photocopies and email them to your personal email address so that a replacement can be printed out if needed (if/when Internet service is available.) (*NOTE: photocopies cannot be used in place of your passport for border crossings*.)

2. YOUR HEALTH

Keep Your Abilities In Mind

We've worked closely with our local Program Directors and regional associates to identify the aspects of this adventure that you should be aware of, from physical requirements to cultural factors. **Please carefully review the information below prior to departing on this adventure.**

Pacing

- **Zadar to Neum cruise itinerary:** 14 days, with 10 nights aboard M/V Artemis or M/V Athena, and 3 hotel stays, including 3 single-night stays
- **Neum to Zadar cruise itinerary:** 14 days, with 11 nights aboard M/V Artemis or M/V Athena, and 2 hotel stays, including 2 single-night stays

Physical requirements

- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them throughout the trip
- You must be able to walk 3 miles unassisted and participate in 6-8 hours of physical activities each day, including stairs

Climate

- Daytime temperatures range from 32-68°F during cruising season

Terrain

- Travel over uneven walking surfaces, including ruins and archaeological sites, unpaved paths, hills, stairs, and cobblestones

Transportation

- Travel by 45-passenger coach and 50-passenger small ship

Accommodation

- The M/V Artemis and M/V Athena do not have elevators onboard

Cuisine

- Meals will be based on local and international cuisine
- Meals onboard feature a variety of entrée options, including vegetarian

Program Directors

- We reserve the right for our Program Directors to modify participation, or in some circumstances send travelers home if their limitations are impacting the group's experience

Health Check and Inoculations

If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Your trip will take you into remote areas, with no nearby medical facilities. Please notify us in writing about any medical condition that may require special attention. (If your report is normal, you don't need to send it to us.) If you do send us a medical report, we don't use it to determine if you should take this trip, or if you are likely to enjoy it. Those decisions are up to you and your doctor. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip.

If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition. If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations:

Check with the CDC: To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. You can contact them at:

On-line — if you have access to the Internet, we suggest you visit the CDC's Web site at **www.cdc.gov/travel**, where you will find comprehensive information about preventing illness while traveling.

By phone—at the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

Consult your doctor: After checking the CDC's recommendations we strongly suggest that you consult your family physician (at least 6 weeks prior to departure) concerning any vaccinations or medications that you may need on this trip. At the time of print there were no specific vaccinations required for entry into any of the countries on your itinerary (but the CDC and your doctor may have health recommendations specific to you, so please check).

Additional Medications

Also, when you visit your doctor, get a prescription for an antibiotic medication for gastrointestinal illness. In addition, you should ask your doctor for a prescription for a pain medication, such as Tylenol with codeine. You might need this in the unlikely event of an injury in a location where medical attention would be delayed. Our Program Director does not carry prescription medications.

Staying Healthy on Your Trip

Safe Water

Tap water is safe to drink in most areas you go on this trip as well as aboard ship. It may taste different to your normal water, so you may prefer to drink bottled water, which is readily available. Before you buy a bottled drink, make sure the cap is sealed properly. You may wish to carry a bottle of water in your daypack to help stay hydrated.

3. LUGGAGE REGULATIONS

Size, Number and Weight Restrictions

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current **standard** is **50lbs for checked bags** and **15 lbs for carry-on bags**.
Size restrictions	Varies by airline. Measured in linear inches (*length+width+depth*). Generally, **62 linear inches is the checked bag limit**; **carry-on limit is 45 linear inches**.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights. **Note**: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: *Do I feel lucky?* And, even if you answer yes, you should make sure that you have the ability to pay the fine.	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?
Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit then the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, sometimes even on international flights. Others will charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price**; they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the "Air Travel" section of your Important Information booklet.

Luggage Suggestions

Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Consider a daypack or small backpack as your carry-on bag. It will do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back. Packed with daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it will compress to fit the storage space of foreign motorcoaches, and yet still have room for an impulse buy at a local street market.

Tip**:** *Bring a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home – but remember that you may incur extra luggage fees. If you're traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.*

Airport Security/TSA

Restrictions on what can be included in your carry-on luggage may change. To avoid inadvertently packing restricted items in your carry-on, we suggest that you consult the Transportation Security Administration website at www.tsa.gov/public, which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.

Liquids and your carry on: Follow the **TSA's 3-1-1 rule**: Liquids must be in a 3.4 ounce or less (100ml) bottle (by volume); all bottles must be in a 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. The 3.4 ounce (100ml) container size is a security measure. Note that this rule is used increasingly throughout the world.

Locking your luggage:
To reduce the risk of damage to your luggage, *either* do not lock your bags when checking in for flights that originate in the U.S. *or* use TSA-approved locks. (These are locks that TSA screeners can open and relock with a special tool, avoiding damage to your luggage or lock if a physical inspection is required. Look for the words "TSA" or "TSA-approved" on the lock's packaging.) Outside of the U.S., we strongly recommend that you lock your luggage as a preventative measure against theft.

4. WHEN YOU ARRIVE

GCCL Air Travelers

U.S. Departure: If you are among a group of ten or more GCCL travelers who depart the U.S. from your international gateway city, a GCCL Airport Representative will assist you at the U.S. airport with the check-in of your flight. The Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Please Note: *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your motor coach. Your motor coach driver will load your luggage onto your motor coach.*

Arrival in Zagreb—main trip & optional pre-trip extension: When you deplane from your connecting flight to Zagreb, a Grand Circle Cruise Line Representative will meet you at the airport after you exit Customs and assist you with the transfer to your hotel.

U.S. Return: At the end of your vacation, you'll be transferred by motor coach to the airport for your return flight to the U.S. If you are among a group of ten or more GCCL travelers who return to the same U.S. gateway city, a GCCL Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCCL Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Please note: *If you plan on booking your own international flights or arranging with our air department to arrive/depart on an earlier/later date than standard for your program, airport transfers will NOT be included in your program price. Transfers must be purchased separately, as an optional add-on, and are subject to availability. To learn more, or purchase airport transfers, please call our Traveler Support team at 1-800-321-2835. For more information, please see your Important Information booklet.*

5. MONEY MATTERS

How to Carry Your Money

The European financial infrastructure is as developed and modern as America's – sometimes even better developed. Currencies vary and banks have different names, but most are allied with global institutions and offer the same services you use daily. You can expect to have ready access to ATMs (to get local currency from your account), to have major credit cards accepted at most popular tourist sites, restaurants, and major stores, and to exchange US dollars for local currencies. There will be localized exceptions and perhaps some limitations on availability and amounts, and don't forget the fees. However, a little forethought can make juggling currencies a fairly painless process.

While there is no need to obtain local currency before your trip, many travelers do exchange $50 to $100 or so into the currency of their first destination. This can smooth your arrival should you run into closed banks/exchanges or broken ATMs. Otherwise, rely on a mix of credit/debit cards and ATM use (for ready access to cash) as the best way to manage your money as you travel. U.S. cash should be mixed into the blend, but it's wise to minimize how much you carry. Just as at home, carrying large amounts of cash can be risky. It's generally wise to have spending money in the local currency rather than to rely on American dollars.

You can exchange money at banks, some hotels, and money exchange offices (to do so, you'll likely need your passport). Be aware, however, that torn, dirty, or taped U.S. bills will ***not*** be accepted for exchange. **New** (in terms of use *and* issue date – post 2004) and large bills ($100) will *usually* be accepted by banks and onboard ships; **old** $100 bills (again, in age and condition) will ***not*** be accepted. Money in smaller denominations is much more universally accepted, but even there, new bills are preferred. Note that U.S. currency is not an accepted form of currency in Europe.

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage over traveler's checks. Cash is more readily exchanged and accepted, and sometimes commands a better exchange rate.

Credit Cards

Though major American credit cards (American Express, Visa, and MasterCard) are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify your credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Please be aware that credit cards might not be accepted for small purchases or in some restaurants or stores. Note that the Discover credit card is not widely accepted outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

***TIP**: Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges from another country. To avoid an accidental security block, it is a good idea to notify your credit card company or bank that you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure.*

You should also double-check what phone number you should call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1-800 numbers don't work outside of the U.S.!

IMPORTANT NOTE: European countries have been phasing in a new type of credit card technology, called a "smartcard" or a "chip-and-PIN" card. These cards have an embedded computer chip instead of a magnetized strip, and the card owner authorizes a purchase by entering a four digit numerical PIN (Personal Identification Number) instead of signing a slip. Some businesses in Europe have already switched to the new system completely; some can process both smartcards and regular cards; and some haven't switched at all.

This new technology is not common in the U.S., so occasionally there may be machines that can't read U.S. cards. Or the machine can read the card, but asks for a PIN. Although it is not common for U.S. credit cards to have PINs (and some providers will not even be able to provide one at all), requesting one prior to your departure is recommended. In some shops you will still be able to sign a slip as usual if you inform the vendor at the point of sale. And if the shop in question requires a smartcard, you can always try a different form of payment, like a debit card or cash. (U.S. debit cards usually have a PIN, so sometimes they work when credit cards don't.) Since there is no way to predict in advance what each shop will do, we recommend that you bring more than one type of payment when you go shopping. For example, a mix of a couple different credit cards, a debit or ATM card, and some cash is ideal—you'll be prepared for anything.

Debit cards: Debit cards are very popular in Europe, and are widely accepted, but will *almost always* require a PIN. Many U.S. banks offer a combined ATM and debit card. Check your ATM card, and if it has a Visa or a MasterCard logo, ask your bank if it can be used as a debit card in Europe. (If there's no logo, then you probably can't use it as a debit card, but your bank will know for certain). If it can be used as a debit card, all you'll need is the same PIN you use at the ATM.

ATMs

When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns. Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account, and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

Note on ATM use: Many banks have begun imposing a fee ranging from $1 to $5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.

Optional Tour Payments & Shipboard Expenses

During your trip you will be able to book optional tours directly with your Program Director. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, Discover Card, or American Express credit cards only. (We also accept debit cards with the logo of one of these credit card companies, but it must be a card that allows you to sign for purchases.)

In order to process these charges, there can be a delay of 2-3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2-3 months following your return. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "**OPT Boston**" (depending on your credit card company).

Shipboard Expenses: Credit card payments are accepted for shipboard expenses. Debit cards, including debit cards with credit card functionality (i.e. those with a Visa, MasterCard, etc. logo) cannot be used for payment onboard ship.

Currency By Destination

For current exchange rates, please refer to our website, your bank, or the financial section of your newspaper.

In Bosnia-Herzegovina

The basic unit of currency in Bosnia is the Konvertibilna Marka (KM), also known as the convertible mark. It is divisible into 100 Feninga. Banknote and coin denominations are as follows:

- Banknotes: 10, 20, 50, 100, 200, 500, and 1,000 Marka
- Coins: 10, 20, and 50 Feninga; 1, 2, and 5 Marka

U.S. dollars are **not** widely accepted for payment; local currency is preferred.

In Croatia

The basic unit of currency in Croatia is the kuna (Kn). Banknote and coin denominations are as follows:

- Banknotes: 10, 20, 50, 100, 200, 500, and 1,000 Kuna
- Coins: 5, 10, 20, and 50 Lipa; 1, 2, 5, and 25 Kuna

U.S. dollars are **not** widely accepted for payment in Croatia; local currency is preferred.

In Montenegro and Slovenia

The euro is the monetary unit of Montenegro and Slovenia. Euro banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, 50, 100, 200, and 500 Euro
- Coins: 5, 10, 20, and 50 cents; 1 and 2 Euro

U.S. dollars are not widely accepted for payment in these countries; euros are preferred.

Shopping

There is **no** requirement to make a purchase during stops at shops or markets, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Cruise Line cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop or gold dealer will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

Crafts & Souvenirs

On the Dalmatian coast, shop for **agave thread lace from the island of Hvar and silk embroidery from Dubrovnik region**, products made from the local limestone, wines, brandies, art, tapestries, embroidery, filigree jewelry, and other locally-made items. You can find good deals on handicrafts at the central market in Zagreb. Typical Croatian souvenirs include gingerbread hearts (Licitar), lavender oil, olive oil, red coral jewelry (note that red coral is illegal import into the U.S. but allowed if in jewelry,) neckties, vegetable spices, Zagrebački melem ointment, and ballpoint pens.

Handicraft shops in Slovenia feature locally made ceramics, woolens, wood carvings, embroidery, tapestries, filigree jewelry, pumpkin seed oil, hand painted beehive panels, honey brandy, and handmade carpets. Idrija lace and Rogaska crystal are Slovenian specialties.

Your purchase decisions are very personal. Use your best judgment when deciding whether an item is worth the price being asked, and some research before you depart can be very helpful.

Bargaining

Bargaining is not appropriate in Croatian shops, where prices are set, but some bargaining is acceptable at open-air markets. Croatia has a long tradition of tourism, so don't be surprised that vendors can be quite adept at judging at first glance how much money you are ready to spend.

On the rest of your trip, some shops have fixed prices. In other places, merchants enjoy negotiating prices. If this is your first experience at bargaining, don't worry—you'll quickly find your own style. Your opening offer should be well under the asking price. The only rule is that, if you make an offer, you should be prepared to buy at that price. And remember, whatever price you pay is okay, as long as the item is worth that price to you.

U.S. Customs Regulations and Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, **www.cbp.gov** has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511.**

The top three points to know are:

- At time of writing, your personal duty-free allowance is $800 for items brought with you. Items totaling more than $800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S**. Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the *export* duties—not door-to-door shipping or payment of the *import* duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. **1-877-227-5511**
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.

To Tip or Not to Tip

Sometimes *that* is the question. Of course, whether you tip, and how much, is always at your own discretion. For those of you who have asked for tipping suggestions, we offer these guidelines. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Do not use personal or traveler's checks for tips.

GCCL Program Director: It is customary to express a personal "thank you" to your GCCL Program Director at the end of your trip, especially if he or she has provided you with individual service. As a guideline, many travelers give $7-$10 per person per day.

Included Meals: Your Program Director will tip waiters for included meals. If you order something extra, a small additional tip is appreciated, but is not strictly necessary.

Shipboard: Shipboard gratuities to the cruise personnel are not included in the cost of your cruise. The ships' tipping guidelines recommend a flat tip of $10-$12 U.S. per person, per day, which will be pooled equally among all cruise staff. For your convenience tips for the crew can be paid in U.S. cash or in local currency.

Drivers: $3-$4 per person, per day

Local guides: $3-$4 per person, per day

Housekeeping staff at hotels: $1-2 per room, per night

6. PACKING FOR YOUR TRIP

In General

Travel light: The top two comments we hear from travelers about packing are "I wish I had brought less" and "I wish I had double-checked the weather." In an effort to help you bring less, we offer these lists, which have been compiled from suggestions by Program Directors and former travelers. Meant as only jumping-off points—the lists offer recommendations based on experience, *not* requirements. You might also want to refer to the climate charts in this handbook or online weather forecasts before you pack. And finally, remember the *Golden Rule of Traveling Light:* gather what you think you need, and then leave half the clothes homes and take twice the money.

Pack casual clothes: Comfortable, informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, sportswear, everyday dresses/skirts, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Our list suggests several layers of clothing, so you can adjust to warmer and cooler conditions. Most of your clothing can be cotton or cotton-synthetic blends. If you like to hand-wash your clothes, bring socks, underwear, and even shirts and pants made of synthetics or cotton/synthetic blends that will dry overnight. You can also buy clothing specially designed for travel. European winter temperatures can be quite cold: check local weather before you depart.

Croatia and Slovenia are modern societies, and casual clothing is acceptable in most situations for both men and women. However, when we visit churches or mosques we ask that you dress according to local traditions—with clothing that covers the knees and arms. During those visits, we recommend that men wear long pants and long-sleeved shirts. Women will feel comfortable in moderate-length loose skirts or loose fitting or flowing pants with long-sleeved tops, to cover their knees and arms. If women do wear short sleeves, they can cover their arms with a scarf. On days touring other sites, basic pants, short-sleeved shirts, everyday skirts and slacks, jeans, and shorts are perfectly acceptable.

Comfortable, supportive walking shoes are essential: You'll be on your feet and walking a lot, sometimes over rough and slippery surfaces, so choose your footwear carefully. The soles of your shoes should offer good traction. You can find especially supportive or light hiking shoes designed for walking.

Light rain gear is recommended: Regardless of when you travel, rainfall is a possibility. While it may not rain on your trip, we suggest you bring a waterproof shell or coat, preferably with a hood. This is usually a better choice than a folding umbrella, which is less effective in wind.

Clothing Options

The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.

Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

Travel Gear Suggestions

Though it's fun to do things the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a daylong trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

Our hotels/ships provide basics like soap and shampoo, but if you are sensitive to fragrances or new products, you may wish to bring your preferred brands. Most hotels do *not* provide a washcloth, so you may wish to pack one.

What not to pack: do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Don't Forget: Emergency photocopies of your passport, air itinerary, and prescriptions, a list of your credit card numbers and phone number to reach the credit card company or bank to report loss or theft.

General Clothing Recommendations

- ❑ Shirts: A mixture of short- and long-sleeved shirts. No matter what time of year, you'll want a few of both. Light rain jacket/windbreaker with hood
- ❑ Trousers and/or jeans: Comfortable and loose-fitting so you can easily walk and be active.
- ❑ Shoes and socks: Comfortable, sturdy, highly supportive walking shoes and walking sticks are recommended. Also recommended is a pair of water-tolerant footwear in case of snow, rain, or for nature walks (Krka Falls or Lake Bled)
- ❑ Light cotton or wool sweater. During colder times of year, this is useful for layering. During hotter times of year this can still be useful because the air-conditioning on the bus or on the ship can be cold.
- ❑ Some sort of rain gear—a raincoat, a waterproof jacket, an umbrella, etc.
- ❑ Underwear and sleepwear

Seasonal Clothing Recommendations

For winter (December-February)

- ❑ For 95% of the trip, you'll want long, warm jeans or trousers, and not shorts.
- ❑ You'll mostly want long-sleeved shirts, but might want a couple short sleeves for days on the coast.
- ❑ Snow is common this time of year, so factor that into your footwear choice.
- ❑ Warm outer gear is a must. This means a winter coat, hat, and gloves.
- ❑ Bring clothing you can layer (sweater, fleece, jacket, etc.); thermal or long underwear adds warmth without bulk and doesn't take up much room in your luggage.
- ❑ If you are taking an extension to Zagreb or Ljubljana, it is cold in winter time —at freezing or below freezing.

This trip does not run in the spring or summer.

For fall (October-November)

- ❑ As the season progresses, you'll want to lean more towards long sleeves and long trousers, but still keep a few lighter things for the coastal part, where it could still be warm.
- ❑ Snow can occur as early as late October in the central part of Croatia or during the extension in Slovenia, so factor that into your footwear choice.
- ❑ Layers (sweater, fleece, jacket, etc.) are key for this season, so you can adjust to the varied weather. As the season progresses, the more warm layers become useful.
- ❑ November is a transitional month into winter.
- ❑ If you are taking optional extensions, keep in mind that Lake Bled and Zagreb or Ljubljana will be cooler than the Adriatic coast. Lake Bled in particular gets cold early—winter starts in November.

Medicines

- ❑ Your own prescription medicines
- ❑ Vitamins
- ❑ Cold remedies: Sudafed/Dristan
- ❑ Pain relievers: Ibuprofen/naproxen/aspirin
- ❑ Laxatives: Senokot/Ex-Lax
- ❑ Antihistamine: Benadryl
- ❑ Stomach upset: Pepto-Bismol/Mylanta
- ❑ Anti-diarrheal: Imodium
- ❑ Band-Aids
- ❑ Moleskin foot pads
- ❑ Antibiotic: Neosporin/Bacitracin
- ❑ Motion sickness medicine

Consider …

- ❑ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- ❑ Spare eyeglasses/contact lenses and your prescription
- ❑ Sunglasses and a neck strap
- ❑ Sunscreen, SPF 15 or stronger.
- ❑ Insect repellent with DEET
- ❑ Compact umbrella
- ❑ Pocket-size tissues
- ❑ Moist towelettes and/or anti-bacterial "waterless" hand cleanser
- ❑ Flashlight, extra batteries/bulb
- ❑ Passport, air ticket, credit card photocopies
- ❑ Extra passport-sized photos
- ❑ Moisturizer, lip balm
- ❑ Travel money purse, worn under your shirt or jacket; money belt

Optional Gear

- ❑ Travel alarm or watch with alarm
- ❑ Compact binoculars
- ❑ Hanging toiletry bag with pockets
- ❑ Hair dryer (provided in all hotels)
- ❑ Washcloth, handkerchiefs
- ❑ Basic sewing kit
- ❑ Hand-wash laundry soap (Woolite), clothespins/travel clothesline/stopper
- ❑ Electrical transformer & plug adapters—see “Regional Electricity” below
- ❑ Travel journal/note pad/reading material
- ❑ Home address book
- ❑ Photos, small gift for home-hosted visit
- ❑ Phrase book
- ❑ Collapsible walking staff
- ❑ Pocket calculator for exchange rates

7. REGIONAL CLIMATE INFORMATION

We can't predict the weather you'll have on your travels – our local weathermen are lucky to get tomorrow right! So, as your departure nears, it's a great idea to visit the *My Account* feature of **www.gct.com** for a current 10-day forecast of temperatures and conditions at your destinations. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts and tweak your wardrobe accordingly. You'll find historical averages and general information on local climates below – but, given recent weather extremes, it's even more important to consult up-to-the-minute resources.

The coastal region of Croatia has a Mediterranean climate. Inland Croatia (including Zagreb) has a more continental climate typical of Eastern Europe. However, it can be quite cold in winter. Rain can come at any time and with it the temperature can drop dramatically. Water temperatures are warm enough for swimming June-September, but are too cold the rest of the year.

Dubrovnik: Dubrovnik boasts a pleasant Mediterranean climate characterized by mild, wet winters and hot, dry summers. A winter wind, the *bura*, is the strongest wind along the Adriatic coast and it can be very cold. A warm jacket is a must.

Zagreb: Because it is located further north and inland, Zagreb has a continental climate. Winters can be cold and snowy, autumn can be rainy and changeable, and spring can be unpredictable. In late fall, winter, and early spring, it is noticeably cooler in Zagreb than along the Adriatic seacoast. December and January temperatures average in the mid-thirties Fahrenheit. A warm coat is definitely required.

Climate Charts

The following charts reflect the average *climate* as opposed to *weather* conditions. This means they serve only as general indicators of what can reasonably be expected. As your departure approaches you may wish to monitor current weather conditions online. Here are the data from the weather observation stations at or closest to our destinations:

MONTH	DUBROVNIK, Croatia			SPLIT, Croatia		
	Temp. High-Low	% Relative Humidity (am-pm)	Avg. number of days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Avg. number of days with Rainfall
JAN	52-41	66-62	14	52-38	70-58	12
FEB	53-41	65-60	13	53-39	67-54	12
MAR	57-45	68-60	14	58-43	72-55	12
APR	62-50	66-58	14	63-48	70-54	13
MAY	70-57	66-58	12	71-56	69-54	12
JUN	77-64	60-55	9	79-63	63-49	10
JUL	82-69	52-49	6	85-67	58-42	5
AUG	82-69	55-51	6	84-67	62-44	7
SEP	76-64	62-56	8	78-61	73-51	8
OCT	69-56	69-62	12	69-54	76-59	12
NOV	59-48	70-64	14	60-46	73-60	13
DEC	54-43	68-65	14	54-41	72-60	13

MONTH	ZAGREB, Croatia (main trip & extension)		LJUBLJANA, Slovenia (extension)		
	Temp. High-Low	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Avg. number of days with Rainfall
JAN	37-30	2.0	36-23	91-77	14
FEB	43-32	1.9	40-25	90-65	14
MAR	52-39	2.2	50-31	91-57	15
APR	61-46	2.7	57-37	88-52	17
MAY	70-54	3.2	67-45	86-52	18
JUN	75-59	3.7	73-52	87-55	19
JUL	79-63	3.1	77-55	87-53	16
AUG	77-61	3.1	77-55	90-53	14
SEP	70-55	3.1	69-49	95-60	13
OCT	61-48	3.7	58-41	95-68	15
NOV	48-39	3.4	44-31	93-78	15
DEC	39-32	2.6	37-26	92-84	16

Please note: The data cited here reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree ***average*** high temperature means that days may be as warm as 80 or as cool as 40 – but it's most likely you'll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY

In General

Smartphone, tablet, digital camera/camcorder, MP3 player: travel today can involve technology that didn't exist even five years ago. The usefulness of digital devices is enormous: smartphones can keep you connected and offer up-to-the-minute information via your cell plan or a local Wi-Fi connection. With a tablet (or smartphone) you can store multiple country guidebooks, access maps and connect to the internet in a small, lightweight device. (***Tip****: you can download* ***this*** *document from the Grand Circle Travel website and import it into your tablet or e-reader, many of which can display PDF files.)*

Compact and lightweight, digital camcorders and cameras take high definition movies and still images of the people you meet and places you visit. For robust use a laptop may be effective; for occasional use it's wiser to rely on Internet cafes or a tablet and hotel Internet access rather than shoulder the heft and size of a laptop.

To use these devices you should first consider the services available at your destinations. You'll encounter a range of electrical standards, varied plug configurations to access the local current, erratic availability (electricity and internet access), and differing technological standards.

You'll need to assess your power and data storage needs, and the accessories required to recharge/connect/use these devices. Finally, it's smart to read the owner's manual *before* you depart. Pay particular attention to electrical, power and storage requirements to ensure that you understand exactly what you need. Thorough preparation is the best guarantee that your devices will work up to their potential.

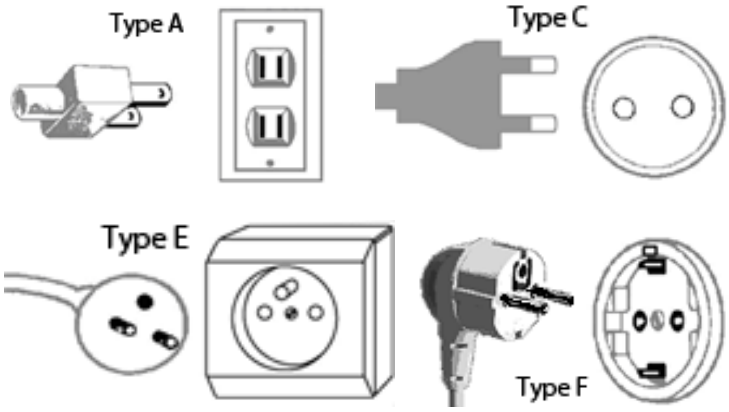
Regional Electricity

The standard U.S. electrical system — 110V 60Hz current and flat two- or three-pronged polarized plug system — is rare elsewhere. The overwhelming choice for the rest of the world is 220-240V and 50/60Hz current with a variety of plug shapes, sizes, and configurations. Some plugs will work with multiple receptacles, while others won't. Europe is largely standardized to the Type C "Europlug."

Plugging a 110V U.S. appliance into 220/240V 50/60Hz service will ruin the motor. We suggest that you bring *dual* voltage appliances (widely available) that work on both 110 and 220/240 voltage. Dual voltage appliances are inexpensive and need only plug adapters.

If you bring 110V appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or shaver, you'll need a transformer (to halve the 220/240V current) in addition to plug adapters. Regional transformer/adapter kits can often be found at hardware or online stores but transformers tend to burn out, so it might be better to leave those larger items at home.

On board our small ship, you will find both American outlets (plug Type A; running 110 volt electricity) and Western European outlets (plug Type C; running 220 volts). A hair dryer is provided in the cabin. Electricity in Croatia and Slovenia is 220 volts, 50 Hertz, and electrical sockets vary. Albania, Croatia, Montenegro, and Slovenia tend to use plug Type C or F, Greece uses Types C, D, E, and F.



Because you'll need various plug types on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you *might* also find them for sale at the airport when you arrive at your destination.

If you use multiple digital devices—cell phone, digital camera, MP3 player, etc. – it's handy to have a travel power strip, perhaps with surge suppressors and a USB port for charging cell phones, MP3 players or e-readers without carrying device-specific plugs.

Smartphones

It will require some effort to get the most out of your smartphone when you travel. Even with an international roaming plan, costs can add up quickly – those handy apps often pile up download fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of the apps via available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn international roaming back on and your phone will work as usual – albeit at some cost. If your phone doesn't support international roaming (most smartphones do), some carriers offer loaners.

Cell Phones

If you want to use a standard cell phone while traveling overseas, be sure to check with your service provider (www.verizon.com, www.t-mobile.com etc.) to see if your phone will work outside the U.S. or whether you're better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. Or, consider buying an inexpensive local phone for your stay.

Phone Calling Cards

If you don't carry a phone, you can use a prepaid calling card to call the U.S. with minimal additional charges. Besides the prepaid long distance charges, you might have a local fee of a few cents and possibly a connection fee if you are using your card at a hotel. Check with the reception desk prior to using it to avoid unexpected charges.

Calling cards purchased locally are usually less expensive than those purchased in the U.S. and are more likely to work with the local system. Note that dialing a U.S. 1-800 number outside the continental United States will incur costly long distance fees, since 1-800 does not work outside the U.S.

Photo Gear

For many people, capturing the highlights of their travel experiences in photographs or movies and sharing them is one of the most enjoyable aspects of the journey. Remember, however: some individuals and cultures and are less tolerant of photography than others. It's always best to respect local customs. And in some places you may be charged for photography at specific sites, or restricted from any photography at all.

Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders can capture HD movies and high quality still photos; cameras the size of a deck of cards are great for snapshots and casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

But you must remember the batteries. Recharging batteries is sometimes impossible, cameras can drain batteries *very* quickly, and replacements may be unavailable. Whether you need standard or proprietary batteries, it's good to have spares. Be sure your charger will work with the local electrical system, and bring more than enough memory cards—they may be hard or impossible to find. Memory cards are small, thin and light: you can never have too much storage.

Compact cameras are impractical for distant subjects. Some models have a zoom lens of up to 120mm, which is good for middle distances. For distant subjects a *megazoom* (with a zoom lens of at least 300mm) or a single lens reflex (DSLR) camera with up to a 300mm telephoto lens are good choices. With a DSLR you can use multiple lenses, though your gear can quickly get complex, weighty and cumbersome. Cameras or lenses that need a tripod are impractical for travel photography. A single mid-range telephoto lens coupled with a small, fast prime lens (for low light/no flash situations) is an effective, flexible and compact kit. Consider mirrorless interchangeable lens cameras (MILC), which combine small bodies and multiple, small lenses with high quality for both still and HD movie images.

If you use a DSLR or MILC camera, protect the lenses with a UV filter and bring lens caps, covers, cleaning paper and a waterproof bag (a heavy duty Ziploc-style bag is good) to protect your gear. Be sure your camera has a flash that you can turn off, and if it's detachable, remember to pack it. (At many sites and museums, flashes are ***not*** permitted.)

Consider disposable cameras, as well. They are inexpensive and capable of acceptable photos as long as the light is not too dim *or* bright. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

9. GRAND CIRCLE CRUISE LINE'S SMALL SHIP CRUISES

M/V *Athena* and M/V *Artemis*

Owned, operated, and staffed by Grand Circle Cruise Line, these ships were designed exclusively for our travelers. On the main deck, you'll find our reception area and the ship's library. For relaxation, the lounge/bar features inviting leather couches and soft chairs. Topside, a sun deck has classic wooden deck chairs for admiring the scenery. When it's time for meals, our large dining area at the stern features a single seating policy. While cruising, we'll enjoy daily breakfast and lunch buffets; sit-down dinners feature international and local specialties paired with regional wines.

Included features of the M/V *Athena* & M/V *Artemis*:

The Ship:

- Restaurant with single open seating
- Open Sun Deck for prime viewing
- Shipboard activities
- Smoke-free environment
- All shipboard announcements made in English

All Cabins:

- All outside cabins
- Layout of 150-163 square feet (24 doubles) and 120-135 square feet (2 singles)
- Private bath with shower, hair dryer
- Color TV with movies, and a bow camera for ship-front views
- Ample closet and dresser space
- Direct-dial telephone

An important word: While our ships feature larger-than-usual cabins, please keep in mind that these ships are coastal vessels, not large ocean cruise ships. Coastal cabins, in comparison, are relatively small, and ship amenities, in general, are comfortable but not lavish.

Your GCCL Program Directors

During your exclusive Grand Circle Cruise Line River Cruise, you'll have reliable assistance available at all times from your Grand Circle Cruise Line Program Directors. Your Program Directors are fluent in English and can give you an inside perspective on your destinations. They are supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Cruise Line Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle Cruise Line, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Directors will provide personalized walking tours, assist you with travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of a Program Director throughout your cruise (and during the optional Vienna, Bruges, or Prague land extensions if you take them).

Shore Excursions

Included during your cruise are many sightseeing tours. Other optional tours are available for purchase. Your Program Director will provide information on these optional excursions on your arrival. Please note that optional tours can only be purchased with a credit card (and debit cards as noted under *Optional Tour Payments & Shipboard Expenses*, above.

Onboard Activities

During your cruise you'll enjoy exclusive Discovery Series events, including group activities that relate to the region, theme dinners, organized discussions, and talks on upcoming ports of call. (All fees and prices onboard are in US dollars.)

Dining

You'll enjoy fine cuisine and excellent views in your ship's dining room, featuring a warm decor of dark woods, rich carpeting, floor-to-ceiling windows, and white-linen and china table settings. Your ship's daily service includes breakfast and lunch buffets, and a more formal dinner. Our professional chefs will create unique menus for you that feature regional specialties. Included with dinner are two complimentary drinks (choose from house wine, draft beer, or soft drink)
per guest, per dinner. In addition, a selection of other fine wines and beer is available for purchase. Passengers may also bring a bottle of their own favorite wine to dinner to enjoy at their table. Should you care to avail yourself of this service, there will be a corkage fee of approximately $5 per bottle, charged to your passenger account.

Please note that if you bring your own alcohol aboard, it can only be consumed in the dining room as described above, or in your cabin. Consumption of alcohol purchased outside the ship is not permitted in the lounge or public areas. We also offer complimentary coffee and tea throughout the day, available in the lounge.

Open-table, single seating for all meals: Each meal is open seating—reservations of any kind are not accepted. Dinner has only one designated time for its open seating, announced each day aboard ship.

Dining times: Dining times for all meals may vary depending on the day's sightseeing and sailing schedule, but in general, meal times are as follows:

Early riser breakfast: 7:00 -7:30 am
Breakfast: 7:30-8:30 am
Lunch: 1:00-2:00 pm
Dinner: 7:00 pm

Special diets & celebrations: Special diets, such as low-cholesterol or vegetarian, can be accommodated, as well as the recognition of an anniversary or birthday. Please call Grand Circle Cruise Line to submit your request no later than 45 days prior to departure. Religious dietary regimens, such as kosher or halal meals, cannot be prepared aboard ship.

Dress code: The dining-room dress code is casual, though most travelers dress nicely for the Captain's Welcome Reception and Farewell Dinner.

Non-smoking policy: The entire dining room is non-smoking at all times.

Embarkation/Disembarkation

On the day of disembarkation, your cabin will no longer be available after breakfast. You may sit in the ship's lounge or on the Sun Deck until disembarkation.

Onboard Facilities

Headsets

During your base trip, complimentary headsets will be provided on all of your included and optional tours, so that you can better hear your Program Director or local guide.

Wi-Fi Access

Limited complimentary Wi-Fi service is available in select common areas on board the M/V *Artemis* or the M/V *Athena*. Wi-Fi service is not available in individual cabins, restaurants or other common areas. If you want to use the Wi-Fi connection you'll need to bring your own device (laptop/tablet/netbook) — ships do **not** rent or loan these devices. Shipboard access is subject to the challenges of travel: ship location, signal availability, and usage volume on board will affect connectivity and speed. The ship's Internet connection demands a strong 3G-cell phone signal, which is unavailable in many of the areas we visit, and connectivity can be limited. You can expect disruptions of both long and short duration. You may be able to take advantage of available shoreside Internet cafes, or hotel access if available.

Laundry and Linen Service

Laundry service is available for a fee. Please note that neither self-service laundry facilities nor dry cleaning services are available. Bed linens are changed once a week (twice during the 14-night cruise); towels are changed daily.

Recreational Facilities

These include a fitness center, sun deck, lounge, library, bar and dance floor. The fitness center is equipped with an exercise bike and treadmill. The bar is open from 9:30 am to 1 am, with soft drinks, beer, wine, and liquors for sale. Prices are in Euros

Medical Care

Our entire fleet adheres to stringent European safety standards. Ships feature fully staffed reception desks for most of the day (from 7:00 AM to 10 PM) and each cabin is equipped with an emergency call button available to alert the Captain.

Drinking Water

Tap water aboard ship is safe for drinking. Bottled water is also available for purchase. There is one ice machine onboard.

Telephone Services

To make telephone calls from the ship, you will be charged on your shipboard account on the last day of the cruise. Phone calls are directly from your cabin and through satellite, and ***are charged per minute without regard to whether or not it is a local, international or Calling Card based call***. We advise you to use it only for an emergency, as this is a satellite connection and a very expensive service (for example, calls will cost about $10.00 per minute).

Smoking/Non-Smoking Policy

All cabins are non-smoking. Smoking is permitted only outside on the sun deck. Smoking is not allowed anywhere else on the ships.

Ship Specifications

The ships are of Malta registry with international crews and feature the following specifications:

	Entered service	*Length*	*Width*	*Passenger capacity*	*Crew members*	*Decks*	*Cabins*	*Elevator*	*Chairlift*
M/V *Athena & M/V Artemis*									
	2008	193	35	50	21	3	26	no	no

10. ABOUT YOUR DESTINATIONS

We’re including some handy practical details and a brief introduction to the places you’ll visit on your Small Ship Cruise Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you’re interested in, an Internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Cruise Line Program Director or Hotel Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.

Dubrovnik in Brief

City Layout and Details

Dubrovnik is situated along the shore of the Adriatic. The rim of its medieval Old Town, known as Stari Grad, begins along the shore and circles around to the north, and is protected by fairly massive walls and stone fortifications. A jetty and small harbor offer views of the coastal area.

Stradun, many centuries old, is the Old Town's main street and the popular promenade of residents and visitors alike, narrowing as it extends away from the sea. You'll find an assortment of cafés, boutiques, and intriguing little shops along this ancient city lane. Most of the alleys of the Old Town are outlined by high walls and their pattern may seem complicated, but this historic walled section covers a fairly small area, making it easy to become familiar with the few main roads. Automobiles are not allowed, so you can thoroughly enjoy your strolls here and take your time browsing. You can even walk along the wall for an unparalleled perspective of the area's layout and architecture. You can gain entrance to this walkway at either end of the Stradun, at the Pile Gate on the western wall and beneath the City Bell Tower. Inside the Old Town you will find the historic old cathedral dating back to the 13th century, the graceful Sponza palace, and a Franciscan monastery that includes a museum. Beyond the walls of the Old Town is the New Town section of Dubrovnik. Walking these streets you will find more modern shops and more restaurants with fresh local cuisine.

There are many historic sites in Dubrovnik, and part of the intrigue of this city is happening upon some of the lesser-known ancient structures as you walk the city lanes. One of the more renowned sites is the Franciscan Monastery, one of the oldest functioning pharmacies in the world. Its apothecary shop dates back to 1391, and the building also holds very old musical scores and manuscripts, along with the works of local painters and jewelers.

The artistic life of Dubrovnik is celebrated at various festivals throughout the year, and many buildings house examples of the creative spirit of the residents. A small museum at the Dominican Monastery displays a good collection of 16th-century religious art done by local artisans. The Luza Art Center is one of many art galleries worth browsing, and the courtyard of the Sponza Palace often holds exhibits of contemporary art. The Sponza Palace is certainly worth visiting for its own merits. This graceful and ornate building combines both Venetian Gothic and Renaissance styles of design, and was once a customs house and mint.

One of the symbols of Dubrovnik is the impressive Minceta Fortress. This circular bastion along the city's walls was completed in 1464 according to plans detailed by the Renaissance architects Juraj Dalmatinac (of Croatia) and Michelozzi (of Italy). Another structure that draws much interest is the Onofrio Fountain, created in 1444 just inside the Pile Gate.

Near Luza Square, once the center of medieval Dubrovnik, stands the 18th-century baroque Church of St. Blaise. A statue of an armored knight stands on guard nearby, known as Orlando's Column. It was erected in the 1400s as a tribute to freedom. Government rulings were proclaimed here, and the right arm of Orlando became the state's standard of measure for length (the Ragusan cubit).

If you're seeking a museum to visit, Dubrovnik has several to offer. In addition to the museum of the Dominican Monastery mentioned above, there is also the gothic Rector's Palace, also known as Duke Palace, exhibiting baroque artwork, historical items of the region, and furnished rooms depicting medieval trappings and décor, housing more than 15,000 exhibits of cultural and historical significance. The Rupe Ethnographical Museum displays traditional occupations, architecture, and costumes of the nation. The museum itself is carved out of rock, the structure formerly used as underground storage units for grain, to protect food supplies during periods of siege. In addition, the Maritime Museum is situated in the fortress Sveti Ivan (Fort of St. John), along with the Aquarium of the Institute of Biology for those interested in the marine species of the region.

Attractions in the vicinity of Dubrovnik: With a little planning, there are sites of interest just outside of the city's environs if you wish to venture further afield. As mentioned earlier, a short boat ride from Dubrovnik brings you to the lovely Island of Lokrum, said to be where Richard the Lionhearted was shipwrecked. Boat lines can also take you offshore to Sipan, Kolocep, or Lopud.

Cuisine

In Croatia, you can sample fresh seafood, including oysters, accompanied by local wines. The Zinfandel grape originated here, so you may want to try a local wine made from it. Croatia also has a stronger alcoholic beverage, *rakija*, in several differently flavored or spiced varieties, such as *travarica*, which has added herbs is one regional specialty. In Dalmatia, local dishes include *pasticada* (stuffed beef cooked in wine), a black risotto, and *prsut*, a distinctively flavored smoked ham. For a sweet treat in Dubrovnik, order the caramel cream called *rozata*.

Local Transportation

Dubrovnik is a compact city and it is a delight to explore on foot, especially since Stari Grad (the Old Town) does not allow motor vehicles. If you want to roam further, there are many regular buses that can take you throughout the New Town and to destinations outside of Dubrovnik. You can buy bus tickets from the bus driver (exact change please) or from a local newspaper kiosk.

You can also take advantage of the marine mode of transportation and relax on a boat for a short ride to Lokrum Island. This isle is a nature park complete with the medieval ruins of a Benedictine Monastery, a botanical garden, and rocky beaches where you can walk or just find a quiet spot to sit and take in the ocean vistas.

You enter the old town through Pile Gate, where you can obtain tourist information (open Mon-Sat 8 am to 8 pm and Sundays from 8 am to 3 pm). Here you can buy maps of the city and get information on local buses.

Zagreb in Brief —Base and Optional Extension

City Layout and Details

Zagreb's historic central area consists of two sections: the Upper Town (*Gornji Grad*), which as the name implies is on a hilltop, and the Lower Town (*Donji Grad*). Ban Jelacic Square, the city's central public space, is on the border between the Upper and Lower Towns. It's called *Trg Bana Jelačića* in Croatian; Trg means "city square." In the upper town, winding streets lead to the Croatian Parliament building. The city's central open-air market (*Dolac*) is here, as well as the charming, pedestrian-only street *Tkalčićeva*. On the hill named Kaptol what was once a religious town merged in 1850 with secular Gradec to create the core of modern Zagreb. You can explore Gradec by following the major street Ilica from Ban Jelacic Square, then turning up Tomiceva where a funicular takes you up the hill.

The streets of the Lower Town were laid out in a neat grid in the late 19th century. In broad outline they form a "U" shape known as "the Green Horseshoe" that encompasses many of the city's main cultural institutions and public buildings. These include the Croatian National Theater, the Arts and Crafts Museum (featuring crafts from the Baroque period to the 20th century), and the Mimara Museum—highly recommended for it outstanding collections of textiles, paintings, sculpture, and ceramics. Here there are also a Technical Museum, the city's Botanical Garden, and the Strossmayer Gallery of Old Masters with works by famous Italian and Dutch painters.

Local Transportation

Zagreb has an extensive bus and tram system that can get you around at minimal expense. You can purchase tickets from street kiosks (slightly cheaper) or onboard; be sure to get your ticket time-stamped when you first board at tram. Regular tickets are good for one and a half hours; all-day tickets are also available. The tram system can get you as far as Sljeme on the outskirts of town for a popular excursion to the heights of Mt. Medvednica. Taxis are also readily available in central Zagreb and are metered at a regulated rate.

Slovenia in Brief—Optional Extension

Cuisine

If you care to sample typical foods of Slovenia, head for a local *gostilna* (inn or tavern). Soups include *jota* (sauerkraut and beans with pork) and *goveja juha* (beef broth with egg noodles). *Struklji* are dumplings stuffed with fillings that come in many varieties, some sweet and some savory. A variety of fillings are also used in preparing the festive dessert called *potica*. Other dishes served in Slovenia show the influences of neighboring countries: *rizota* (like Italian risotto), *zavitek* (like Austrian strudel), and *golaz* (like Hungarian goulash).

11. DEMOGRAPHICS, HISTORY AND CULTURE

We encourage you to learn about the regions of the world you will soon be exploring before your departure. The ancient and contemporary cultures of this area are rich and complex. Even a small amount of background reading can help you make sense of the kaleidoscope of facts and impressions that will come your way. Having some knowledge in advance can complement and enrich what you can learn from your expert Program Director.

Croatia at a Glance

Area: 21,851 square miles
Capital: Zagreb
Government: Presidential/parliamentary democracy
Language: Croatian (Hrvatski), with Italian, German, and English also spoken by some.
Location: Croatia is situated between the Pannonian Plain and the Adriatic Sea in southeastern Europe. irregularities of its Adriatic coastline have created over 1,000 islands. The region in the north of Croatia is a highland area with a mountainous climate.
Geography: Croatia is located in Southeastern Europe, bordering the Adriatic Sea, between Bosnia and Herzegovina and Slovenia. The terrain of Croatia is geographically diverse; flat plains along Hungarian border, low mountains and highlands near Adriatic coast, coastline, and islands.
Population (2013 estimate): 4,475,611
Ethnic groups: Croat 89.6%, Serb 4.5%, other 5.9% (including Bosniak, Hungarian, Slovene, Czech, and Roma)
Religion: Catholic Roman Catholic 87.8%, Orthodox 4.4%, other Christian 0.4%, Muslim 1.3%, other and unspecified 0.9%, none 5.2%
Time zone: Croatia is on Central European Time, which is six hours ahead of U.S. EST. Daylight Saving Time is in effect from the last Sunday of March until the last Sunday of October.

Holidays

01/01	New Year's Day
01/06	Epiphany
04/21	Easter Monday
05/01	Labor Day / May Day
06/19	Corpus Christi
06/22	Day of Antifascist Struggle
06/25	Statehood Day
08/05	Homeland Thanksgiving Day
08/15	Assumption of Mary
10/08	Independence Day
11/01	All Saints
12/25	Christmas Day
12/26	St Stephen's Day

History

The Croats are believed to be a purely Slavic people who migrated from present day Poland and settled in present-day Croatia during the 6th century. After a period of self-rule, Croatians agreed to the Pacta Conventa in 1091, submitting themselves to Hungarian authority. By the mid-1400s, concerns over Ottoman expansion led the Croatian Assembly to invite the Habsburgs, under Archduke Ferdinand, to assume control over Croatia. Habsburg rule proved successful in thwarting the Ottomans, and by the 18th century, much of Croatia was free of Turkish control.

In 1868, Croatia gained domestic autonomy while remaining under Hungarian authority. Following World War I and the demise of the Austro-Hungarian Empire, Croatia joined the Kingdom of Serbs, Croats, and Slovenes (The Kingdom of Serbs, Croats, and Slovenes became Yugoslavia in 1929). Yugoslavia changed its name once again after World War II. The new state became the Federal Socialist Republic of Yugoslavia and united Croatia and several other states together under the communistic leadership of Marshal Tito.

After the death of Tito and the fall of communism throughout Eastern Europe, the Yugoslav federation began to crumble. Croatia held its first multi-party elections since World War II in 1990. Long-time Croatian nationalist Franjo Tudjman was elected President, and one year later, Croatians declared independence from Yugoslavia. Conflict between Serbs and Croats in Croatia escalated, and one month after Croatia declared independence, war erupted.

The United Nations mediated a cease-fire in January 1992, but hostilities resumed the next year when Croatia fought to regain one-third of the territory lost the previous year. A second cease-fire was enacted in May 1993, followed by a joint declaration the next January between Croatia and Yugoslavia. However, in September 1993, the Croatian Army led an offensive against the Serb-held Republic of Krajina. A third cease-fire was called in March 1994, but it, too, was broken in May and August 1995 after Croatian forces regained large portions of Krajina, prompting an exodus of Serbs from this area. In November 1995, Croatia agreed to peacefully reintegrate Eastern Slavonia, Baranja, and Western Dirmium under terms of the Erdut Agreement. In December 1995, the Croatian, Serbian and Bosnian governments signed the Dayton peace agreement, making a commitment to a permanent cease-fire and the return of all refugees.

The death of President Tudjman in December 1999, followed by the election of a coalition government and president in early 2000, brought significant changes to Croatia. The government, under the leadership of Prime Minister Ivica Racan, progressed in implementation of the Dayton Peace Accords, regional cooperation, refugee returns, national reconciliation, and democratization.

Theses changes, along with the November 23, 2003 national elections, which ushered in Prime Minister Ivo Sanader, lead the European Commission to report favorably on the country's development, and to encourage Croatia to apply for EU (European Union) membership. Negotiations began in 2004 but were slowed down by resistance from Slovenia, due to concerns about the designation of their border with Croatia. In September 2009, when Jadranka Kosor took over as Croatia's Prime Minister, she reached an agreement with the Slovenians that ended the blockade, allowing negotiations to continue. Croatia officially became a member of the EU in July 2013.

Montenegro at a Glance

Area: 5,332 square miles
Capital: Podgorica
Population: 653,474 (2013 est.)
Ethnic groups: Montenegrin 43%, Serbian 32%, Bosniak 8%, Albanian 5%, other (Muslims, Croats, Roma (Gypsy)) 12%
Languages: Serbian 63.6%, Montenegrin (official) 22%, Bosnian 5.5%, Albanian 5.3%, unspecified 3.7%
Religions: Orthodox 74.2%, Muslim 17.7%, Catholic 3.5%, other 0.6%, unspecified 4%
Time zone: Montenegro is on Central European Time, six hours ahead of Eastern Time. Summer hours operate from the last Sunday in March until the last weekend in October.
Geography: Montenegro is in Southeastern Europe, between the Adriatic Sea and Serbia. The country is only 13,812 sq km, which means it is roughly the same size a Connecticut, yet it borders on five countries: Albania, Bosnia-Herzegovina, Croatia, Kosovo, and Serbia. The country is mostly rugged high limestone mountains and plateaus that dip down to costal plains.

Holidays:

01/01 New Year's Day
01/06 Orthodox Christmas Eve
01/07 Orthodox Christmas Day
04/18 Orthodox Good Friday
04/21 Orthodox Easter Monday
05/01 Labor Day
05/09 Victory Day
05/21 Independence Day
07/13 Statehood Day

Bosnia-Herzegovina at a Glance

Area: 19,767 square miles
Capital: Sarajevo
Population: 3,875,723 (2013 est.)
Ethnic groups: Bosniak 48%, Serb 37.1%, Croat 14.3%, other 0.6%
Bosniak has replaced Muslim as an ethnic term in part to avoid confusion with the religious term (an ethnic Muslim is not necessarily an adherent of Islam).
Language: Bosnian, Croatian, Serbian
Religion: Muslim 40%, Orthodox 31%, Roman Catholic 15%, other 14%
Time zone: Bosnia-Herzegovina is on Central European Time, which is six hours ahead of U.S. EST: when it's noon in New York, it's 6 pm in Sarajevo. Daylight Saving Time is in effect from the last Sunday of March until the last Sunday of October.
Geography: Bosnia (as the country is commonly known) is located in the western Balkans, bordering Croatia to the north and southwest, and Serbia and Montenegro to the east. The country is mostly mountainous, encompassing the central Dinaric Alps. The northeastern parts reach into the Pannonian basin, while in the south it almost borders the Adriatic. The country has only 12 miles of coastline, around the town of Neum in the Herzegovina-Neretva Canton, although it's enclosed within Croatian territory.

Holidays:

01/01 New Year's Day
01/06 Orthodox Christmas Eve
01/07 Orthodox Christmas Eve
04/18 Orthodox Good Friday
04/21 Orthodox Easter Monday
05/01 Labor Day
05/21 Independence Day
07/13 Statehood Day

Slovenia at a Glance

Area: 7,827 square miles
Capital: Ljubljana
Population: 1,992,690 (2013 estimate)
Ethnic groups: Slovene 83.1%, Serb 2%, Croat 1.8%, Bosniak 1.1%, other or unspecified 12%
Languages: Slovenian is the official language.
Religions: Catholic 57.8%, Muslim 2.4%, Orthodox 2.3%, other Christian 0.9%, unaffiliated 3.5%, other or unspecified 23%, none 10.1%
Time zone: Slovenia is on Central European Time, six hours ahead of Eastern Time. Summer hours operate from the last Sunday in March until the last weekend in October.

Holidays:

01/01 New Year's Day
02/08 Prešeren Day
04/20 Easter Day
04/21 Easter Monday
04/27 Day of Uprising Against Occupation
05/01 Labor Day/May Day
05/02 Labor Day
06/08 Whit Sunday
06/25 Statehood Day
08/15 Assumption
10/31 Reformation Day
11/01 Remembrance Day
12/25 Christmas Day
12/26 Independence and Unity Day

History
In ancient times the region was inhabited by the Illyrian and Celtic tribes. In the 1st century B.C. they fell under the Roman provinces of Pannonia and Noricum. The region was settled in the 6th cent. A.D. by the South Slavs, who set up the early Slav state of Samo, which in 788 passed to the Franks. At the division of Charlemagne's empire (843) the region passed to the dukes of Bavaria. In 1335, Carinthia and Carniola passed to the Hapsburgs. From that time until 1918 Slovenia was part of Austria and the region was largely comprised in the Austrian crownlands of Carinthia, Carniola, and Styria.

In 1918, Slovenia was included in the kingdom of Serbs, Croats, and Slovenes (called Yugoslavia after 1929), and in 1919 Austria formally ceded the region by the Treaty of Saint-Germain. In World War II Slovenia was divided (1941) among Germany, Italy, and Hungary. After the war, Slovenia was made (1945) a constituent republic of Yugoslavia and received part of the former Italian region of Venezia Giulia. In early 1990, Slovenia elected a non-Communist government and stepped up its demands for greater autonomy with the threat of possible secession. In February 1991, the Slovenian parliament ruled that Slovenian law took precedence over federal law. Slovenia declared independence on June 25, and federal troops moved in, but after some fighting withdrew by July.

The European Community and the United Nations recognized Slovenia, along with Croatia, as an independent country in 1992. Milan Kučan was elected president of Slovenia in 1990 and continued as president of the independent republic; he was reelected in November 1997. Slovenia became a member of NATO and the European Union in 2004, and adopted the Euro in 2007. In 2008 and 2009, Slovenia actively blocked the EU membership bid of Croatia due to disputes about its borders, but a compromise was reached by the end of 2009.

Cultural Interaction

Accommodations

The hotels featured on this itinerary may offer air conditioning on a seasonal basis only. Also, please note that most European hotel rooms are smaller than what you may be used to in the U.S.

Language Barrier

You can have some great “conversations” with local people who do not speak English, even if you don’t speak a word of the local language. Indeed, this non-verbal communication can be a highly rewarding part of travel. To break the ice, bring along some family photographs, or a few postcards of your hometown. If you want to meet kids, bring a puppet or other interactive toy. Your Program Director can help get the ball rolling. Your attire is a key part of your non-verbal presentation.

Taking Photographs

The etiquette of photographing most people is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph an older person. If you want to shoot a great portrait, show interest in your subject, try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK. Your Program Director can help.

Safety & Security

Common Sense and Awareness

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people. Carry a one-day supply of cash in your pocket. Carry most of your money, and your passport, in a travel pouch or money belt under your shirt. Replenish your pocket supply when you are in a safe and quiet place, or in our vehicle. You don't need to carry your passport every day; a photocopy, along with your driver's license, is sufficient.

Do not leave valuable items unattended in your room. Almost all of our hotels offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set a personal pin number). Please utilize them.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful. Con artists sometimes target travelers.

12. ADDITIONAL RESOURCES

Books, Maps and Movies

If your local store or library doesn't stock the books or movies below, the Internet offers a wide variety of options for finding older or rare stock – try AbeBooks (abebooks.com), Alibris (albris.com), Amazon (amazon.com) or Barnes & Noble (bn.com) — or any of the smaller websites. Of course, this selection is not meant to be comprehensive, and is offered as a starting point for your research.

General:

Black Lamb and Gray Falcon: A Journey Through Yugoslavia by Rebecca West (History) This description of a journey through Serbia and Montenegro (then Yugoslavia) in 1937 is widely recognized as a masterpiece. The landscape and people of Yugoslavia, its history, cultures, religions, and politics are brilliantly observed.

Central Europe: Enemies, Neighbors, Friends by Lonnie R. Johnson (History) A panoramic history of Central Europe. Stands out from other history books about the region because the author compares the underlying similarities between the different countries instead of just dividing them into East (Soviet Bloc) and West.

The Balkans, a Short History by Mark Mazower (History) Published in 2002, this book provides a concise survey of the region's complex history and modern nation-building.

The Impossible Country: A Journey through the Last Days of Yugoslavia by Brian Hall (Travel Narrative) As Yugoslavia was deteriorating in the mid-1990s, the author was touring the region by bicycle, allowing him a unique chance to document the people, politics, and mood of the times.

Yugoslavia, Death of a Nation by Laura Silber and Allan Little (History) A well-presented account of the breakup of Yugoslavia and its consequences.

Bosnia & Herzegovina:

Death and the Dervish by Mesa Selimovic (Literature) The sad tale set during the Ottoman rule in 18th-century Bosnia. Selimovic was a bestselling Bosnian Muslim author in the 1960s, this is considered a classic in Bosnia.

How the Soldier Repairs the Gramophone by Sasa Stanisic (Literature) Powerful and funny, Stanisic's devastating tale shows the calamity of war through the eyes of a young Bosnian refugee.

People of the Book by Geraldine Brooks (Literature) Offered a coveted job to conserve a priceless book known as the Sarajevo Haggadah, rare-book expert Hanna Heath discovers a series of tiny artifacts in the volume's ancient binding that reveal its historically significant origins. By a Pulitzer Prize-winning author.

Croatia:

A Taste of Croatia by Karen Evenden (Food) This engaging memoir of a three-year sailing odyssey includes 100 easy-to-use recipes.

April Fool's Day by Josip Novakovich (Literature) The razor-sharp and darkly humorous story of Ivan, a Croatian born on April Fool's Day in 1948 who must survive Tito, a labor camp, and a civil war.

Croatia, a History by Ivo Goldstein (History) Focuses on the history of Croatia from the Middle Ages to the present day.

Croatia, Travels in Undiscovered Country by Tony Fabijancic (Travel Narrative) The author, who left Croatia when it was still part of Yugoslavia, writes with insight on his return. Organized geographically, he focuses on the coastal regions with chapters on Dalmatia, Dubrovnik, and Istria.

Dubrovnik, A History by Robin Harris (History) A scholarly but readable history of Dubrovnik from its origins in the 7th century until the collapse of the Republic in 1808. Recommended for the history buff.

Montenegro:
Montenegro, A Novel by Starling Lawrence (Literature) Romance, intrigue, and the adventures of a reluctant British spy set in turn-of-the-century Montenegro.

Slovenia:
After Yugoslavi*a* by Zoe Bran/Zoe Schramm-Evans (Travel Narrative) An account by a Welsh novelist comparing two journeys through Slovenia, Croatia, and Bosnia, before and after the breakup of Yugoslavia, that paints a vivid picture of both the land's beauty and the consequences of war.

Flavors of Slovenia, Food and Wine from Central Europe's Hidden Gem by Heike Milhench (Food) An overview of the country's cuisine, folklore and legends. Recipes range from traditional favorites to Milhench's own savory creations.

Guidebooks:
Your Program Director will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

Culture Smart! – Focuses on local customs and etiquette instead of sights, dining, etc.
DK Eyewitness – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.
Fodor's – A classic guidebook with strong information on activities, shopping, and dining. Good mix of upscale recommendations and budget suggestions.
Frommer's – A comprehensive guide series that is known for its restaurant recommendations.
Insight – Offers more information on history and culture than usual, nice visuals, good maps.
Lonely Planet – Practical guides geared towards a more adventurous traveler on a budget.
National Geographic – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.
Rough Guides –For the independent traveler on a budget. Particularly known for their maps.

Maps:
Most hotels will provide maps free of charge at the reception desk or in your room. These maps are usually sufficient for our travelers, but if you plan on any independent exploration, you may wish to consider purchasing a map before your departure. This can be especially useful in a country that doesn't use the Roman alphabet as the hotel maps may only be printed in the local language.
Some recommended map series include: Rand McNally international maps (especially the StreetWise series), Insight's FlexiMaps, and Rough Guide's destination maps. We suggest that you visit your local bookstore or library to get a better sense of which type of map is best for your needs before making a purchase.

Suggested Movies

Here are few of our favorite movies that are about, or set in, or from the region you'll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be harder to find, but they are usually available online.

What is a Man Without a Mustache? starring Leon Lucev and Zrinka Cvitesic (2005, color) A Croatian comedy about a young widow who falls for the village priest and his tough decision between her and the church. In Croatian with subtitles.

The Duel (also found under the title Anton Chekhov's "The Duel") starring Andrew Scott and Fiona Glascott (2010, color) An American production of a Russian novella starring Irish actors in Croatia turns out to be a complex and interesting period piece. Beautifully shot.

Witness starring Leon Lucev and Alma Prica (2005, color) In the 1990s a Serbian villager is killed by Croatian soldiers. Is it an act of ethnic hatred, a crime of opportunity, or something more? This story unfolds as each villager adds their own information and perspective. This film won several international awards for its unusual use of viewpoint (which moves from character to character) and its unflinching look at violence. In Croatian with subtitles.

Josip Broz Tito (1987, color) and *Slobodan Milosevic* (2005, color) Part of A&E's noted "Biography" TV series.

Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer good travel information:

Grand Circle Travel Store
www.grandcircleshop.com

Electric current and plug types
www.kropla.com/electric2.htm

Foreign exchange rates
www.oanda.com/converter/classic

ATM locators
www.mastercard.com/atm for Cirrus ATMs
www.visa.com/pd/atm for PLUS ATMs

Tourist information
www.croatia.hr **Croatia**
www.visit-montenegro.com/ **Montenegro**
www.bhtourism.ba/eng/ **Bosnia-Herzegovina**
www.slovenia-tourism.si/intro/ **Slovenia**
visiteurope.com/ **Links to countries**

Travel books
www.amazon.com
www.barnesandnoble.com

World weather
www.intellicast.com
www.weather.com
www.wunderground.com

Foreign languages for travelers: basic terms in more than 80 languages
www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.
www.travelite.org

Net café guide: 100s of locations around the globe
www.cybercafes.com

U.S. Customs & Border Protection: traveler information
www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency that screens luggage in U.S.
www.tsa.gov/public

National Passport Information Center (NPIC): for passport information
www.travel.state.gov