

Oceania Club

OLife™



WINTER 2022

HAPPINESS
*What it Means
in Countries
Across Europe*

JACQUES PÉPIN'S
*Childhood Favorites
& Cooking Rituals*

14 UNIQUE
EUROPE VOYAGES
Not to Miss in 2023

WELCOME
BACK

*A Look at our First
Cruises in Photos
& Reflections*

HAPPINESS ON A PLATE

BY EXECUTIVE CULINARY DIRECTOR AND MASTER CHEF JACQUES PÉPIN



There is joy in cooking and there is joy in planning meals too. Our family has made the tradition of keeping books filled with illustrated menus of big family dinners and special occasions. We have been doing this for more than 50 years now. I have 12 large books of menus, a testimonial to our life in the last half-century. I can look in those books and see what my daughter, Claudine, had when she was four, which is remarkable. It's a great tradition to have because it creates a keepsake that keeps growing and evolving. We are adding more each year that passes. I invite you to find joy in planning the special dinners and meals in your life by sharing a few of my favorite courses from France, Spain, Italy and New England that are special to me.

my favorite dishes

JACQUES PÉPIN-CURATED MENUS FROM FRANCE, SPAIN, ITALY AND NEW ENGLAND

On Jacques' childhood favorites, culinary philosophy and cooking rituals over the years

For me, there is no greater pleasure than gathering around the table for a homecooked meal. Fresh and seasonal ingredients, time-honored flavors and savoring the rituals of the table – to me that is happiness on a plate. Cooking in this way never goes out of style. The cuisines that I love the most are the ones that are meant to simply be savored with those you are with, gathered around the table – whether in your kitchen or at sea.

DISHES FROM CHILDHOOD: HOME, HAPPINESS & COMFORT

Food and cooking shaped my childhood and have created my path in life. The dishes that you have as a child are more than just food. There is a quote by the Chinese philosopher Lin Yutang that I really love – “What is patriotism but the love of the food one ate as a child?” And that is true. The dishes you have as a child, regardless of the culture you come from, are very visceral, very profound. They are more than just the energy you get from the food. Years later as young adults and later even when we are much older, what do you dream of when you are away from family or are in new and unfamiliar situations? It is mother's clam chowder, mother's fried chicken or maybe your father's lobster roll – whatever it may be that you ate when you were a child. It is at that point that these dishes become so much more; they are home, they are comfort, they are happiness for so many.

For me, the food that means childhood is a simple roasted chicken with cream sauce and tarragon that my mother prepared. I come from a part of France called Bourg-en-Bresse, and chicken in this part of the country is like the French flag – white feathers, blue feet and red comb. It is very good, quite expensive and well-known, and this simple recipe lets it stand on its own. The cheese fondue that my father used to do is another one that always reminds me of home. The fromage we mix with garlic, white wine and cream, and it is really nice and rich with country bread. I missed these dishes when I first came to the United States from France – but not for very long because then I learned to reproduce them! And this is what I encourage people to do...carry on the recipes of their families and that lineage of cooking. It is a powerful thing.

MY RITUALS FOR COOKING

During the past year or so, I have found that it's always those simple things that we return to that bring meaning and joy to our days. For me, of course, it's rooted in

cooking, and I have found myself in the kitchen countless times with Claudine, Rollie and Shorey preparing the evening's meal. We fall into familiar rhythms – washing, chopping, stirring and sautéing at the stove. There's something reassuring and so pleasurable about this. When a meal is prepared with care and attention, cooking it and sitting down to enjoy it is no longer a routine but a ritual. Food has a way of bringing people together no matter what is happening in the world.

In fact, I have many rituals and techniques that have become part of my cooking style over the years. I grew up in a family that cooked according to what was in season and that has stayed with me. The ingredients for what I cook are determined by what's in season and what's fresh in my garden. Culturally, many are coming back to this in the United States and it's a beautiful change to see. It has a way of making meals more precious, making you appreciate the changes throughout the year – you can have country apple galette year-round, but if you're making it in the spring, why not make a delicious rhubarb galette instead?



Chef Jacques Pépin and his daughter, Claudine

Going to the market is probably my favorite ritual. I like to look at the food, taste it, smell it, touch it – all the senses are part of the experience for a chef. When traveling, we always eat at the market. It is a wonderful way to get to know the people and traditions. I love to see what the local people and chefs are buying, what they are cooking with today.

SIMPLIFYING CREATES JOY

Many know that I also like to simplify things. I find that this invites more people to cook and it creates space to appreciate the moments of joy in cooking. This has been a guiding principle over the years. For this reason, I always prefer to make recipes simpler and get to the essence of the dish. That is what I aim to do in many of my cookbooks. I tell people to use the supermarket to your advantage – it can be your prep cook. Don't be afraid to buy pre-cut vegetables, boneless chicken, prewashed lettuce or spinach, or other shortcuts if they are likely to encourage you to cook. Some find chopping meditative, while others might not have the time. Find what works for you and make your own rituals. What matters is that you get in the kitchen and cook.

Most important, do not worry if you make a mistake in the kitchen – drink a glass of wine and keep going! I look forward to seeing you back on board soon and, of course, in the beautiful markets of Spain, Italy, France and so many of the other wonderful places we explore together.

About Executive Culinary Director & Master Chef Jacques Pépin

Oceania Cruises' Executive Culinary Director since 2003, Master Chef Jacques Pépin has long inspired our culinary team and our culinary passions. An internationally renowned chef, author of more than 30 cookbooks and host of 13 PBS television series, he served as personal chef to three French heads of state, including Charles de Gaulle, and is also the recipient of countless awards, including the American Public Television's Lifetime Achievement Award and La Légion d'Honneur, France's highest civilian honor. In 2016, Master Chef Pépin and his closest family founded the Jacques Pépin Foundation to share Jacques' passion for cooking and mastery of technique with economically disadvantaged individuals in order to encourage them to seek pathways of success through culinary professionalism.

FRANCE

I have a soft spot for French favorites... for lunch I often choose a Salade Niçoise with a glass of rosé – is there anything better? For dinner, I warm things up a bit with onion soup and the classic French seafood stew. Those that know me know how much I love fish and seafood – freshly grilled fish, stewed fish, gravlax, tartare – I love it all and I could really eat it every day, so that is why I always come back to bouillabaisse.

Escargots à la Bourguignonne
traditional baked snails with Burgundy garlic butter

Gratinée à l'Oignon
onion soup with a Gruyère cheese crust

Bouillabaisse
Mediterranean fish and lobster stew with saffron broth and rouille sauce

Baba au Rhum
freshly poached pastry in aged French island rum

Wine Pairing
Joseph Drouhin Chablis 1er Cru, Burgundy, France

Try these courses on board at Jacques.

SPAIN

Many people might not know how much I adore Spain, but it is one of my favorite places in Europe to spend time. I never get tired of paella with its perfectly cooked “crust,” or socarrat, with different types of shrimp and chorizo. And tapas are always a happy affair...whether they are the main act or the opening show. It's quite easy to see why the Spanish are so full of life when you spend some time dining in Spain.

Tapas Selections
croquetas (serrano ham and cheese croquettes) | pulpo a la Gallega (Galician-style octopus) | pimientos de Padrón (fried sweet chili peppers)

Paella
saffron-infused rice with pork, chicken, shrimp, mussels and squid

Valencia Orange Tartlet
creamy citrus filling with shortbread crust

Wine Pairing
sangria | Spanish wine with brandy, orange liqueur and seasonal fruit

Try these courses on board at Terrace Café during a Spanish Chef's Market Dinner.

ITALY

In Italy, there is such a great array of pasta and you really can't go wrong if you choose a small, family-owned restaurant. You have the linguine cioppino all along the coast, linguine with clams and black mussels and shrimp, and then there is the gnocchi. I have to admit, the gnocchi with pesto at Toscana is just out of this world – the best that I've ever had. All I can say is that it's an embarrassment of riches...in a very beautiful way.

Carpaccio di Manzo
aged Parmigiano Reggiano and arugula with thinly sliced beef carpaccio drizzled with extra virgin olive oil

Gnocchi di Patate al Pesto
hand-rolled potato dumplings in a creamy pesto sauce

Tiramisù
mascarpone cream, ladyfingers soaked in espresso, amaretto and aged brandy

Wine Pairing
Azienda Agricola Di Meo Greco di Tufo DOCG, Campania, Italy

Try these courses on board at Toscana.

NEW ENGLAND

I really enjoy the classics when I'm on the East Coast – fresh shrimp cocktail, great steak, lobster tail. And you know, the surf & turf at The Grand Dining Room happens to be one of my favorites – you can't find it done better in any of the restaurants in New York.

Chilled Shrimp Cocktail
colossal chilled shrimp trio with spicy cocktail sauce

Grilled Surf & Turf
Maine lobster tail and filet mignon

Classic Apple Pie
granny smith apple pie filling with crumb topping

Wine Pairing
Cardwell Hill Cellars Estate Pinot Noir, Willamette Valley, Oregon

Try these courses on board at The Grand Dining Room and Polo Grill.



Happiness

What it Means in Countries Across Europe

Hygge, joie de vivre, dolce far niente – there are so many ways to describe happiness and a sense of contentment in languages around the world. The pursuit of happiness may be universal, but the ways in which different cultures understand and experience happiness are much more nuanced, with language offering a fascinating glimpse into this rich and varied element of life.

Even within Europe, the multitude of distinctions sheds light on how closely tied the experience of happiness is to cultural elements such as a country's societal values, customs, relationship to cuisine, lifestyle and the way people spend their leisure time. Scandinavian countries have a reputation for being some of the happiest places in the world and often score highest on the World Happiness Report, which is an annual survey conducted by the United Nations Sustainable Development Solutions Network. But what does happiness look and feel like in Denmark and Norway compared to other parts of Europe, such as Greece and Italy? The subtleties are intriguing – and inspiring, for they reveal yet another beautiful layer of culture that travel puts us in touch with, enriching our lives long after the adventure has ended. Who wouldn't want to benefit from experiencing an exquisite afternoon reveling in the Italian art of doing nothing or discovering more about the refined French appreciation for the smallest of details?

We traveled around Europe via the lens of the language to understand what happiness looks and feels like in several Mediterranean and Scandinavian countries. For some unique and one-of-a-kind ideas on how to experience each country's particular brand of bliss, see the article to the right.

HYGGE | Denmark

A crackling fire, thick socks, a hot cup of tea, laughter. Hygge, considered a defining characteristic of Danish culture, refers to a sense of coziness, a relaxed ambiance and general feelings of conviviality and contentment – whether you are inside or outdoors. While it's most commonly explained in the context of the long, cold winters Denmark experiences, during warm-weather months it might mean strawberries and ice cream in the park with close friends or a bike ride on nature trails with family. It's the very Danish way of enjoying quality time with friends and family. You'll sense it everywhere you travel in Denmark, whether it's a canal-side café, private home, garden or even a street festival.

JOIE DE VIVRE | France

The joy of living, the celebration of life – translate it how you will, the enviable French art of joie de vivre is all about savoring the small moments and details that imbue life with color and vibrance. Not surprisingly, it's oft intertwined with France's relationship with cuisine, and it almost always involves an emphasis on simplification and quality over quantity. Whether it's growing herbs on your patio, going to the local market or simply enjoying a cup of freshly brewed coffee, joie de vivre is around every corner, if you know how to cultivate it.

IL DOLCE FAR NIENTE | Italy

Where else could “the sweetness of doing nothing” be embraced so beautifully but Italy? Leave it to the Italians to be masters of letting bliss come to them rather than seeking it out. Dolce far niente centers on quieting the noise around us, letting life happen and taking advantage of opportunities to simply “be.” Idle at the café a bit longer than you normally would, revel in the view from a window or balcony, enjoy a glass of wine in your garden and listen to the birds, and yes, take that nap – even the Italian way of il pisolino is sweeter.

EUDAIMONIA | Greece

Tracing back to the ancient Greek philosopher Aristotle, the concept of eudaimonia means to live well or flourish as a human being. That is, happiness is finding fulfillment



through living up to your true potential. This connects to the very Greek mindset that everyone deserves to enjoy a fulfilling and pleasurable life, regardless of their circumstances, without guilt and without postponement. Whether in Athens or on one of the many captivating Greek Isles, there are so many ways you can experience

this sense of flourishing and living well – at the table enjoying a fresh Greek meal, learning about the strong sense of local heritage and traditions, the deep sense of pride in history at the incredible archaeological sites. And Greek hospitality? It simply doesn't get any better – except, perhaps, aboard our ships.

FRILUFTSLIV | Norway

Reconnecting in the fresh Nordic air, hiking in fjord country, berry picking, appreciating clouds mirrored on the surface of a lake...in Norway, it's all considered friluftsliv. Roughly translated as outdoor life, the word friluftsliv is a blend of the Norwegian words for free, air and life. Understood as embracing life outdoors, friluftsliv is a deep-rooted philosophy and a way of life that is ingrained in Norwegian culture and tied to the national identity. Norway has a Friluftsløven law, which includes the right to roam on uncultivated land and you can even pursue a bachelor's degree in friluftsliv. And, it just so happens to be what most Norwegians point to time and again when their country rises up in the happiness charts.

The cultural subtleties of happiness are intriguing – and endlessly inspiring, for they reveal yet another layer of humanity that travel connects us with.

PATHS TO BLISS ACROSS EUROPE

One-of-a-Kind Excursions That Connect You with the Local Joys

Wherever you travel, our original and in-depth destination experiences offer the chance to make the most of your time in port. Whether you opt for a Go Local Tour, a Food & Wine Trails Tour, a Wellness Discovery Tour by Aquamar or one that immerses you in nature or history, each has been crafted with the seasoned traveler in mind and offers an imaginative, memorable exploration. Below is a curated selection of excursions in several Mediterranean and Scandinavian destinations that invite you to delve into the cuisine, traditions, history and natural beauty to experience the local life, and yes, the local way of bliss.



GO LOCAL TOUR

A Day with a Dane | Aarhus, Denmark

What better way to experience hygge and everyday life in Denmark than by following a local resident around Aarhus? You will start by meeting a ReThinker, one of the volunteers whose goal is to positively influence visitors to the city. You will further realize the depth of the citizens' commitment to helping others at Dokk1, a vibrant community center with a library, playground and study area

for students. While walking along the canal, your host will describe what it was like to grow up in Aarhus. The city was founded around what is now the Latin Quarter, where you will enjoy lunch before continuing on to see how Aarhus has changed over the years. Later, you will visit your host's home, where you can talk about anything you wish, such as Danish customs and culture.



promenade, perhaps stopping at one of the colorful shops and cafés to select a memorable souvenir or a cooling gelato. Cap off your truly memorable outing with locally made wine and traditional Genoese bread, baked with olive oil and salt, served during your leisurely cruise back to Portofino.

Hiking Bymarka Trondheim, Norway

Experience the natural beauty of the Bymarka region outside Trondheim on a hike to a forested hilltop that delivers spectacular views of the region and invites you to fully embrace Norwegian friluftsliv. The farther west you go, the more rural the terrain quickly becomes. A stop at Sverresli viewpoint offers sweeping views of the city, its fjord and its neighboring bucolic farmland – and that's just the beginning of the inspiring scenery in store. You'll step off the coach in the heart of Bymarka, a serene green belt where Trondheim locals get away for recreation. Crisscrossed by hiking and biking trails and dotted with gorgeous tree-lined lakes, this is the glorious landscape you'll hike through. Your eventual destination is Gråkallen Hill, which at 1,700 feet elevation is Bymarka's highest point. If the day is clear, expect outstanding views of the fjords and islands just offshore, along with the mountains that form the border between Norway and Sweden.

SHORE EXCURSIONS

Cruising the Italian Riviera Portofino, Italy

Do nothing more than soak in the beauty and leisure that is the Italian Riviera on this excursion that takes you on a carefree cruise along the gorgeous Ligurian coastline with a relaxing stop at a quintessential seaside village. Sail into a tiny, forest-lined inlet to discover the Abbey of San Fruttuoso tucked away in this remarkable setting. Continuing on, you'll reach the small fishing village of Camogli, which is renowned for its brightly painted houses, expansive waterfront promenade and small fishing harbor. Revel in leisure time to stroll along the harbor and

FOOD & WINE TRAILS TOUR

Le Domaine de Fontenille & Lourmarin Provence (Marseille), France

Savor gustatory delights and joie de vivre in Provence through an inspired wine tasting and lunch at Le Domaine de Fontenille before independently exploring the fashionable village of Lourmarin. An introductory tour will reveal the estate's exquisite qualities, just as the white wine apéritif tasting will present the unique characteristics of the terroir. Additional wines thoughtfully paired with a lunch of seasonal, locally sourced ingredients further cements Fontenille's reputation as a true treasure of Provence. How appropriate that Lourmarin is only minutes away, as the medieval village is the perfect complement. During free time, you might meander its twisting cobbled streets, admire the honey-hued architecture and browse the boutiques. Lourmarin has been officially declared one of the Most Beautiful Villages in France, a designation that transcends its physical appearance.



WELLNESS DISCOVERY TOUR BY AQUAMAR

Greek History & Culinary Habits Katakolon, Greece

This dynamic excursion checks all the boxes for exploring the Greek concept of eudaimonia, combining ancient history, local traditions and delicious Greek cuisine. Starting in 776 BC, the Festival of Zeus, which included the Olympic Games, was held in Olympia every four years. As you meander through the ruins of this UNESCO World Heritage site, you will see the remains of the Olympic stadium, rows of Doric columns from the gymnasium, the Temple of Hera and, of course, the Temple of Zeus – one of the Seven Wonders of the Ancient World. At nearby Magna Grecia, you will discover their organic methods and traditional means of growing olives, grapes and vegetables according to their farm-to-table philosophy. The highlight will be tasting the difference that organically grown ingredients make by sampling a variety of dishes while watching a folkloric dance performance.

Explore more paths to bliss at [OceaniaCruises.com/shore-excursions](https://www.oceaniacruises.com/shore-excursions).

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Ephesus



MEDITERRANEAN MAGNIFICENCE

BARCELONA to ATHENS | 17 days
Apr 24, 2023 – *RIVIERA*

Featuring visits to Barcelona, Valencia, Alicante, Ibiza, Palma de Mallorca, Provence, Monte Carlo, Saint-Tropez, Portofino, Florence/Pisa/Tuscany, Rome, Amalfi/Positano, Syracuse, Argostoli, Chania, Rhodes, Ephesus and Athens



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Kristiansund



VIKINGS, FJORDS & LEGENDS

OSLO to LONDON | 10 days
Jul 1, 2023 – *MARINA*

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Taormina



ADRIATIC & AMALFI COAST JEWELS

VENICE to MONTE CARLO | 10 days
Jul 27, 2023 – *SIRENA*

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FREE Beverage Package
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Rome



A TASTE OF THE MEDITERRANEAN

BARCELONA to BARCELONA | 10 days
Apr 10, 2023 – *SIRENA*

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FREE Beverage Package
FREE \$600 Shipboard Credit

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Paris



IBERIA, FRANCE & BALTIC HAVENS

LISBON to COPENHAGEN | 22 days
May 23, 2023 – *MARINA*

Featuring an overnight in St. Petersburg with visits to Lisbon, Oporto, La Coruña, Bilbao, Bordeaux, Lorient, Saint-Malo, Paris, London, Bruges, Amsterdam, Oslo, Aarhus, Berlin, Helsinki, Tallinn, Stockholm and Copenhagen



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St. Petersburg



NORWAY & BALTIC EXPLORER

OSLO to COPENHAGEN | 22 days
Jul 1, 2023 – *MARINA*

Featuring an overnight in St. Petersburg with visits to Oslo, Skagen, Kristiansund, Haugesund, Molde, Kristiansund, Trondheim, Nordfjordeid, Kirkwall, London, Gothenburg, Kiel, Karlskrona, Stockholm, Helsinki, Tallinn, Visby, Gdansk and Copenhagen



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FREE Beverage Package
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Kotor



JEWEL-BOX MEDITERRANEAN HARBORS

ROME to BARCELONA | 23 days
Aug 2, 2023 – *NAUTICA*

Featuring an overnight in Venice with visits to Rome, Sorrento/Capri, Catania, Valletta, Gythion, Igoumenitsa, Kotor, Korcula, Split, Zadar, Tirana, Argostoli, Taormina, Amalfi/Positano, Portofino, Monte Carlo, Saint-Tropez, Provence and Barcelona



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Cádiz



IBERIAN & FRENCH CHARISMA

BARCELONA to BILBAO | 12 days
Apr 20, 2023 – *SIRENA*

Featuring an overnight in Bordeaux with visits to Barcelona, Seville, Portimão, Lisbon, Oporto, Santiago de Compostela, Gijón, Santander, Bordeaux (Le Verdon), Biarritz and Bilbao



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FREE Beverage Package
FREE \$600 Shipboard Credit

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Air Upgrade Available*



Stockholm



SCANDINAVIA & BALTIC ALLURE

AMSTERDAM to COPENHAGEN | 12 days
Jun 2, 2023 – *MARINA*

Featuring an overnight in St. Petersburg with visits to Amsterdam, Oslo, Aarhus, Berlin, Helsinki, Tallinn, Stockholm and Copenhagen



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FREE Airport Transfers*
plus choose one:
FREE 6 Shore Excursions
FREE Beverage Package
FREE \$600 Shipboard Credit

Premium Economy
Air Upgrade Available*



Santorini



GREEK ISLES & BLACK SEA EMPIRES

ATHENS to ISTANBUL | 10 days
Jul 7, 2023 – *SIRENA*

Featuring an overnight in Constanta with visits to Athens, Mykonos, Santorini, Bodrum, Izmir, Odessa, Nessebar and Istanbul



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FREE Beverage Package
FREE \$600 Shipboard Credit

Premium Economy
Air Upgrade Available*



Istanbul



Portofino



RADIANT SPAIN & ITALY

BARCELONA to ROME | 10 days
Apr 24, 2023 – *RIVIERA*

Featuring visits to Barcelona, Valencia, Alicante, Ibiza, Palma de Mallorca, Provence, Monte Carlo, Saint-Tropez, Portofino, Florence/Pisa/Tuscany and Rome



2 for 1 Cruise Fares
FREE Roundtrip Airfare*
FREE Airport Transfers*
plus choose one:
FREE 6 Shore Excursions
FREE Beverage Package
FREE \$600 Shipboard Credit

Premium Economy
Air Upgrade Available*



Copenhagen



RESPLENDENT BALTICS & NORWAY

STOCKHOLM to LONDON | 20 days
Jun 21, 2023 – *MARINA*

Featuring an overnight in St. Petersburg with visits to Stockholm, Tallinn, Helsinki, Riga, Kiel, Copenhagen, Gothenburg, Oslo, Skagen, Kristiansund, Haugesund, Molde, Kristiansund, Trondheim, Nordfjordeid, Kirkwall and London



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FREE Airport Transfers*
plus choose one:
FREE 12 Shore Excursions
FREE Beverage Package
FREE \$1,200 Shipboard Credit

Premium Economy
Air Upgrade Available*



Venice



MEDITERRANEAN CONNOISSEUR

ISTANBUL to MONTE CARLO | 20 days
Jul 17, 2023 – *SIRENA*

Featuring an overnight in Venice with visits to Istanbul, Mitilini, Ephesus, Nauplion, Katakolon, Tirana, Monopoli, Dubrovnik, Umbria, Split, Kotor, Igoumenitsa, Argostoli, Taormina, Amalfi/Positano, Rome, Porto Vecchio, Portofino and Monte Carlo



2 for 1 Cruise Fares
FREE Roundtrip Airfare*
FREE Airport Transfers*
plus choose one:
FREE 12 Shore Excursions
FREE Beverage Package
FREE \$1,200 Shipboard Credit

Premium Economy
Air Upgrade Available*



London



EPIC EUROPEAN ODYSSEY

COPENHAGEN to ATHENS | 56 days
Sep 14, 2023 – *RIVIERA*

Featuring an overnight in London, Amsterdam, Bordeaux, Venice and Istanbul with visits to Copenhagen, Berlin, Kalundborg, Gothenburg, Oslo, Kristiansund, Paris, Bruges, Saint-Malo, Brest, La Rochelle, Bilbao, Ferrol, Oporto, Lisbon, Seville, Málaga, Barcelona, Valencia, Alicante, Ibiza, Palma de Mallorca, Provence, Saint-Tropez, Monte Carlo, Portofino, Florence/Pisa/Tuscany, Rome, Amalfi/Positano, Messina, Valletta, Katakolon, Corfu, Dubrovnik, Koper, Split, Bari, Kotor, Kavala/Philippi, Izmir, Heraklion and Athens



2 for 1 Cruise Fares
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FREE Airport Transfers*
plus choose one:
FREE 32 Shore Excursions
FREE Beverage Package
FREE \$3,200 Shipboard Credit

Premium Economy
Air Upgrade Available*

TERMS & CONDITIONS: Visit OceaniaCruises.com for current pricing. Premium Economy Air Upgrade is only available when air is purchased through Oceania Cruises. It applies to intercontinental flights only and is priced per person, each way, on select voyages from select gateways, open to all categories for Europe embark and disembark ports only and based on availability. Not all amenities will be available on all carriers. Free Internet amenity does not include streaming and includes one login per stateroom, except Owner's, Vista & Oceania Suites, which receive two logins per suite. Visit OceaniaCruises.com/Internet for more details. Life Choice amenities are per stateroom, based on double occupancy and subject to change. Life Choice free shore excursions vary by voyage and exclude Oceania Select, Oceania Exclusive, Executive Collection, Food & Wine Trails, Wellness Discovery Tours by Aquamar, Go Local, and Culinary Discovery Tours. Voyages up to 9 days receive 4 free shore excursions; 10-13 days receive 6 free shore excursions; 14+ days receive 8 free shore excursions. If shore excursion amenity is selected, all excursions must be chosen at least 14 days prior to sailing. Life Choice beverage package amenity is House Select. Guests in the same stateroom must choose the same Life Choice amenity, and amenity must be chosen by final payment. Not all promotions are combinable. 2 for 1, Life Choice and Cruise-Only Fares are based on published Full Brochure Fares; such fares may not have resulted in actual sales in all suite and stateroom categories and do not include optional charges as detailed in the Guest Ticket Contract, which may be viewed, along with additional terms, at OceaniaCruises.com. Cruise-Only Fares do not include Life Choice amenities or airfare. All Fares include government fees & taxes. "Airfare" includes ground transfers, and offer applies to coach, roundtrip flights only from the following airports: ATL, BOS, CLT, DCA, DEN, DFW, DTW, EWR, IAH, IAD, JAX, LAX, LGA, MCO, MDW, MIA, ORD, PHL, PHX, SAN, SAV, SEA, SFO, TPA, TOL, TUL, YVR, YZ. Oceania Cruises reserves the right to assign gateways based on availability for JAX, LGA and MIA. Gateways are subject to change at any time. Free Roundtrip Airport Transfer offer is only available when Life Choice Airfare is purchased through Oceania Cruises. Roundtrip Airport Transfer is included only from the above gateways. Airfare is available from all other U.S. and Canadian gateways for an additional charge. "Airfare" includes all airline fees, surcharges and government taxes. Airline-imposed personal charges such as baggage fees may apply. The privacy and protection of personal data is very important to us, and we collect, use, share and secure that data as described in our privacy policy, which is available on our website at OceaniaCruises.com/legal/privacy-policy. Oceania Cruises reserves the right to correct errors or omissions and to change any and all fares, fees, promotions and surcharges at any time. Ships' Registry: Marshall Islands. DEC212044

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IN CONVERSATION

with Guest Entertainer & Classical Pianist Panos Karan

On His Greek Childhood, Most Inspiring Destinations and Quest to Use Music to Make the Future Happier and More Hopeful

As long as Panos Karan can remember, he has been magnetized by the raw energy of the stage and was stunned by the sound of music at the very first orchestral concert he attended. Soon, the Crete-born pianist was exhilarated by performing for others and went on to study at the Royal Academy of Music in London and perform in esteemed venues around the world such as Queen Elizabeth Hall, Carnegie Hall, Boston Symphony Hall and the Sydney Opera House. Throughout his education and early in his career, Panos often mused over a fundamental “why” of music and what it was really capable of doing. It was this that spurred him to pack an electric keyboard and generator and sail down the Amazon River in Ecuador and Peru after performing three solo recitals at Carnegie Hall in New York City. The rest, as they say, is history.

In 2009, Panos joined Oceania Cruises as a Guest Entertainer and has been sailing the world with us and enchanting guests with his virtuoso talents ever since. You can experience his passion for the piano live aboard *Insignia*, *Nautica*, *Marina* and *Riviera* in 2022. We caught up with Panos to learn more about his work with his Keys of Change organization, some of the places in the world that have brought him the most happiness and more.

How did your childhood affect your path and career in music?

I was born in Crete and grew up in Athens in the '80s and '90s. There were few opportunities to attend live concerts, so I had to rely on recordings. Back then, trying to listen to a piece of music required time and effort and felt like searching for a treasure. There was a great satisfaction when I would be able to get hold of a particular recording or have a chance to listen to a specific piece of music in a concert. This feeling of effort and reward became engraved in my mind from very early on. Without it, I wouldn't have been able to be a pianist.



I try to share this message with my music students all over the world: the more effort they put, the better the results. This is something entirely within our control.

Tell us about what inspired you to establish your Keys of Change organization.

During my music education, while I learned so many things about the music I am playing, the most fundamental question of “Why do we play music?” was never answered. In 2011, in search of an answer to this important question, I started leaving behind the concert halls and traveling as far away as possible, trying to reach audiences living in extraordinary circumstances in life. I can say with certainty now that classical music belongs as much in a schoolyard in the Amazon or a slum community in India as it does on the stage of Carnegie Hall in New York or Queen Elizabeth Hall in London. This was the beginning of what would soon become Keys of Change, an organization that uses music to inspire young people around the world and give them tools to improve their lives.

What are some of the happiest and most inspiring moments you've experienced in your work with the organization?

I feel very proud of our young musicians all around the world when they achieve something that they didn't think was possible before. Like the players of the Fukushima Youth Sinfonietta that performed a symphony of Tchaikovsky for a packed Queen Elizabeth Hall, or the young musicians in Mexico that performed the first movement of Beethoven Symphony No. 5 and for the first time were seen as musicians and not children from the slum.

What are some of your favorite experiences when you're on board an Oceania Cruises ship?

They say that in music it is the rests, what is between the sounds, that give music its value. I could say the same is true for me when I am on board Oceania Cruises. It is the discussion over dinner between Barcelona and Monte Carlo, the afternoon teatime between Rio and Buenos Aires, the performance between Ho Chi Minh and Bangkok, that I remember the most. It is because of the guests, my audience, whom I had a chance to meet, befriend, learn from and share our passion for traveling together.

Coming aboard an Oceania Cruises ship for me is like coming home. It means seeing old friends again and also making new ones. It means overnights in exciting ports. It means an audience keen to explore, enjoy, share. Music and travel are my biggest passions, and I can cultivate both on board Oceania Cruises. For a musician, the audience is the reason they breathe and live. I crave this magical connection that happens during a live performance, when the time stops, when the minds and hearts of the musician and the audience are synchronous. Indeed, it is very rare that musicians and audiences have a chance to meet. Performing on Oceania Cruises as a



Guest Entertainer has given me this unique opportunity, not only to meet my audience but, in many cases, become lifelong friends.

As a traveler who has experienced more than 130 countries, what are the top three places you've found to be most inspiring?

Cape Town is at the top of the list, a city of unimaginable natural beauty, refined cuisine, delicious wines and exciting culture, and a place where, in the same day, one can go cage diving with sharks, climb an emblematic mountain and visit a vineyard.

Santorini is next. This is an island that mesmerizes its visitors with the views from above. At the same time, it offers refinement and luxury in a unique, traditional Greek style, where one can spend a few quiet minutes of peace and calmness, perhaps next to a loved one with a glass of wine in hand, while the eternal natural elements take over the senses.

And I cannot forget the city I have called home for more than twenty years, the entertainment capital of the world, a city with immense cultural diversity, and a place that, as the saying goes, when a man is tired of it, he is tired of life. This is London.

Panos will be a Guest Entertainer aboard the following voyages:

Nautica: May 15, 2022

Riviera: June 15 and June 25, 2022

Marina: November 1 and December 18, 2022

Insignia: November 15, 2022

Visit [PanosKaran.com](https://www.panoskaran.com) to learn more about Keys of Change, upcoming public concert details and more.

THE BLISS OF SEA-INSPIRED TREATMENTS at Aquamar Spa + Vitality Center

How do you chart a path to enduring happiness? While the answer to that differs from person to person, for seasoned travelers the experience of unique travel adventures certainly elicits joy and wonderment – the excitement of immersing yourself in diverse cultures, local cuisines and historical treasures inspires the mind, uplifts the soul and invigorates the body. What better way to complement your passion of exploring the world than by mirroring that sense of fulfillment on board at Aquamar Spa + Vitality Center? Here you can enjoy a range of enlightening programs and services dedicated to your well-being and vitality, from delicious Aquamar Vitality Cuisine and wellness presentations to fitness classes and revitalizing treatments that are sure to leave you feeling refreshed – and happy. Find your bliss next time you're on board as you enjoy a selection of rejuvenating therapies inspired by the endless beauty of the surrounding sea.



Marine Detox Wrap

Let your thoughts drift away while the body is enveloped in a comforting wrap of marine algae and detoxifying juniper and lemon. Active ingredients help reduce fluid retention and inflammation while a de-stress scalp and foot massage soothes the mind and body.



Musclease Ocean Wrap

The finest seaweeds are blended with an infusion of pine and rosemary oils to relieve tension and relax the mind. The body is cocooned in a warm sea algae wrap to eliminate toxins and ease muscle pain. A de-stress scalp and foot massage transports the mind and body to a deeper state of relaxation.



Caviar Firm & Lift Facial

Caviar and collagen form a power duo for a combination of deep, moisture-rich hydration and luxurious refinement that lifts and firms. This facial feeds skin the essential vitamins while a caviar mask regenerates skin to increase elasticity, leaving a radiant and silky smooth complexion.



Sea Lavender & Samphire Mineralizing Wrap

This nourishing duo exfoliates and hydrates. A luxurious sea salt polish gently buffs to reveal softer, more radiant skin. The scrub emulsifies into a rich foam that leaves skin delicately scented. Nutrient-rich extracts from sea lavender and samphire smooth parched skin. The body is drizzled with a moisturizing macadamia nut oil and cocooned in a warm wrap to allow thirsty skin to replenish.



Restorative Salt Stone Massage

Warm Himalayan salt stones are bathed in aromatics to contour the body, reduce stress and alleviate muscle tension, completed by a re-energizing scalp massage for a truly uplifting experience.

Explore more at [OceaniaCruises.com/wellness](https://www.OceaniaCruises.com/wellness).
Travel well, live well and be happy.



Clockwise from top left: Panos sharing the power of music with children in the Peruvian Amazon (photo by Eloise Campbell); with the Fukushima Youth Sinfonietta at Tokyo Opera City attended by Her Majesty Michiko, Empress of Japan (photo by Ryusei Kajima); rehearsing in Teatro Sucre in Quito, Ecuador (photo by Miko Tanaka); with flautist Zacharias Tarpagos working with students in a minority elementary school in Xanthi, Greece (photo by Miko Tanaka).

WELCOME BACK

to your home at sea

A look at our first cruises in photos and reflections

Since *Marina* set sail on August 29, 2021, our reunions on board have been joyful, emotional and momentous. More than anything, we have been so incredibly happy to welcome you back on board to your Oceania Cruises family. We look forward to sharing many more unforgettable travel experiences together. Here's a glimpse of the happy moments so many of you have been enjoying on board.



"In a million years I couldn't explain how wonderful this has been...from the emotional moments on the gangway, where the General Manager, Thierry, had gathered some of my dear friends, and the lineup of staff as everyone embarked, to the daily visits to my "office" in Baristas, to the impeccable warm smiles (you can see it all in the eyes) to the remarkable food and the comfort of knowing I am back in my happy place! The embarkation was smooth and felt secure, the protocols are firm but not onerous, and everyone was so happy to be back on board! I feel alive again!"

-Evie



"It was simply a thrill to return to cruising on Oceania. The thing that we found most exciting was to see that so many of the officers, staff and crew had returned. It truly made it feel like we had come home again! Sure, the experience on board was somewhat different due to COVID, but doing some of our favorite activities such as participating in cooking classes in The Culinary Center made it all feel almost normal."

-Linda & Larry



"Seeing the happy smiling faces of the crew to welcome everyone back was wonderful on our Grand Voyage on *Marina*. Information for requirements in ports and countries was constantly changing, but *Marina* was fantastic about letting us know ahead of time what was required to go ashore. We felt extremely safe on board *Marina* and also in the ports and on shore excursions. It was fabulous seeing all the crew, many of whom we haven't seen in years. We can't wait to join *Riviera* to see more wonderful crew that we know."

-Cathy & Brian



"We were ecstatic to be one of the first guests back on Oceania Cruises and were pleased to discover firsthand that they've not missed a beat. The outstanding service and cuisine we know and love, combined with enhanced sanitation and safety protocols, reduced number of guests on board, on excursions and in the ports made our voyage a uniquely wonderful experience. We actually feel now is the ideal time for us to travel so we booked another Oceania Cruises voyage just two and a half weeks after disembarking!"

-David & Shirley

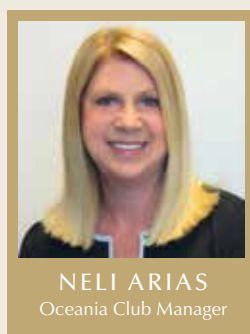


OCEANIA CLUB

news

Being on board our ships surrounded by our wonderful guests is my happy moment – or perhaps moments is more apt since there are so many. What brings me the greatest joy is watching our guests as they step on board. The look on everyone's faces is priceless... it's the look of pure joy. A look that says I'm home and ready to begin my new adventure with my family at sea.

It's a wonderful feeling to know that I am part of a big, global family and one that is truly welcoming and embracing. That feeling has withstood the test of time and is emblematic of



NELI ARIAS
Oceania Club Manager

the loyalty and support we have seen from all of you. Our return to service with *Marina*, followed by *Riviera* and *Insignia*, was a momentous event and one I was thrilled to see come to fruition. I believe joyful travel experiences and unforgettable moments at sea will be in abundance as we look ahead to 2022 and 2023. With that, I invite you to hear

from guests aboard our first cruises back at sea, discover the happy places of our Oceania Club Ambassadors, read more about special 2022 and 2023 Signature Sailings and get inspired to plan your next great adventure.

Claudine Pépin Cruise

Nordic Trailblazer | 12 Days
Sirena | July 23, 2022
Edinburgh to Edinburgh

Hosted by *Sirena's* godmother, Claudine Pépin, this special voyage invites you to enjoy signature menus, talks, culinary demonstrations and other unique opportunities as you explore stunning ports in Norway, Sweden and Denmark as well as under-the-radar destinations in the Faroe Islands and the Shetland Islands.



2022 & 2023 Reunion Cruises

Northern Realms | 10 Days
Marina | August 7, 2022
Copenhagen to Stockholm

Stunning sights such as the UNESCO-protected Curonian Spit near Klaipeda and the lavish gardens of Peterhof Palace outside St. Petersburg will only be further enhanced by special cocktail receptions and exclusive shore excursions.

Mayan & Miami Montage | 10 Days
Riviera | Feb 20, 2023
Miami to Miami

This celebratory tropical getaway reveals bliss on the shores of Cozumel and the Bahamas, adventures in Belizean jungles, fascinating Mayan ruins and much more as you enjoy special cocktail receptions and exclusive shore excursions.

2022 Jacques Pépin Cruise

Emblematic East Coast | 11 Days
Insignia | September 10, 2022
New York to Montreal

Hosted by Oceania Cruises' Executive Culinary Director and world-renowned Master Chef Jacques Pépin, this perfect culinary escape features special signature menus, talks, culinary demonstrations and other exclusive opportunities as you experience the beauty of Nova Scotia, French-influenced Quebec City along with relaxing days on the blissful isles of Bermuda.



Our Oceania Club Ambassadors are excited to continue welcoming you back on board. Each of them has a deep-seated passion for travel and loves to share their insights and expertise. Inspired by our happy return to cruising, each of our Oceania Club Ambassadors has shared their favorite places in the world – their happy place – along with an expert tip for experiencing it. When you're back on board, know that they stand ready to answer your Oceania Club questions and help you plan your next dream cruise, so be certain to stop by the Oceania Club desk or office and say hello.

MY HAPPY PLACE

Around the World with our Oceania Club Ambassadors

Jennifer Faust

Home City & Country:
Anaheim, California, USA

My Happy Place:

The Lost City of Petra in the Kingdom of Jordan

My Expert Tip:

When visiting the Lost City of Petra for the first time, give yourself plenty of time, wear comfortable walking shoes and prepare yourself for the wonderment and awe of experiencing one of the most historical UNESCO sites on earth. Take as many photos as possible – depending on the time of day and the angle of the sun, the vibrant colors may actually change during your visit. It's a must-see for the intrepid traveler.



Iwona Goodman

Home City & Country:
Kraków, Poland

My Happy Place:

Kobe, Japan

My Expert Tip:

Our ships often spend two days here and an overnight in Kobe is wonderful because it also gives you an opportunity to visit the metropolitan areas of the cities of Kyoto, Osaka and Kobe. If you are a fan of Chinese and Japanese cuisine and you would like to have a sample of Kobe beef, I would recommend stopping by the street food market – this is where you will find me if we cruise together in Japan!



Holly Bevan

Home City & Country:
Portsmouth, UK

My Happy Place:

French Polynesia

My Expert Tip:

When I think of French Polynesia, I get butterflies. These islands bring back wonderful memories – I could go 1,000 times and never be bored. Visit a local pearl farm to "dive" for your own rare Polynesian pearl and bring home a wonderful keepsake jewelry piece that you personally farmed. Take a gentle hike up the lush and scenic mountains of Moorea to the incredibly rewarding and breathtaking views and relax on the sand of the most untouched and crystal beaches on any of the islands. In Bora Bora, swim with sharks and stingrays and reward yourself with a cocktail with sand beneath your toes at the famous Bloody Mary's restaurant. Pass the day in a luxurious resort full of floating bungalows, private beaches and astounding views.



Sioux Shelton

Home City & Country:
Alicante, Spain

My Happy Place:

Amazon River, Brazil

My Expert Tip:

Everyone should experience the Amazon at least once – or, if you are like me, as often as you have the opportunity. It's a fascinating place with so many exciting experiences: pink dolphins, piranha fishing, meeting of the waters, the children so proud of their homes in small villages...I could go on for days.



Rosanna De Ria

Home City & Country:
Kauai, Hawaii, USA

My Happy Place:

Jerusalem, Israel

My Expert Tip:

There's a kind of magnetism in this place. Walking the old, cobbled streets in Jerusalem, my senses tingle: the fragrant food, the sounds around me, the changing beauty at every corner. One thing you will need, especially if you've never been here before, is an experienced guide. Luckily, every guide I ever came across in Israel was fantastic and each one has been so different.



Michael De Sadeleer

Home City & Country:
Halifax, Canada

My Happy Place:

Cozumel, Mexico

My Expert Tip:

The best way to see Cozumel is to rent a jeep or scooter and circle around the whole island to see the rugged natural east side, the beautiful beaches of the west side, snorkel, stop for fish tacos and shop local in downtown San Miguel. I have visited Cozumel countless times and always feel at peace and happy there – it's tranquil, beautiful, fun, friendly and full of things to do and see. Tulum, which is one of my favorite ancient ruins, is a day trip away and is perched on a cliff with spectacular vistas.



Kristina Milutinovic

Home City & Country:
Belgrade, Serbia

My Happy Place:

Istanbul, Turkey

My Expert Tip:

Wander inside Topkapi Palace, be mesmerized by the Basilica Cistern, enjoy bargaining at The Grand Bazaar, shop for spices and souvenirs at the Spice Bazaar – there is so much to do and see in Istanbul. Fortunately, we often overnight here so you have more time to take it all in. I also recommend strolling through the historic neighborhood of Bebek and taking a boat tour – the view of the Maiden's Tower is gorgeous.



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WINTER 2022

“HAPPINESS IS NOT A
STATE TO ARRIVE AT, BUT A
MANNER OF TRAVELING.”

-Margaret Lee Runbeck

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