



Lifelong  
Learning  
Programme

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# European Partnership on Adult Education and Mobility for Social Inclusion (EPAEMSI)

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Lifelong Learning Programme: Grundtvig Learning Partnership

## **Guide For Participants**

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## 1. FINAL AGENDA OF THE ACTIVITY

	2nd March	3rd March	4th March	5th March
9:00	Arrivals	Kennedy hotel: Workshop - goals of the meeting, presentation of MU YA & good practices in social inclusion	Departure to Hagar Qim	Departures
9:30				
10:30		Coffee break	Tour at Hagar Qim	
11:00		SWOT analysis presentation and round-tables	Coffee break	
11:30			Pottery workshop	
13:00		Lunch at Ta'Kris	Lunch at Hagar Qim	
15:00		Departure to Valletta	Departure to Sliema	
16:00			Preparations for conference and International Exhibition Event	
16:30				
17:00		Treasure hunt	Conference on social inclusion and International Exhibition Event	
20:00				
20:30				
21:00		Welcome reception at Kennedy Nova hotel	Dinner at Luciano	

## 2. ACCOMMODATION AND TRANSFERT FROM/TO THE AIRPORT

Accommodation will be provided by all participants at Kennedy Nova hotel <http://www.kennedynova.com/kennedynova/home.aspx>.

The airport transfers (both ways) will be provided to the participants by the hotel as part of the package.

Once in Malta airport, at the arrivals hall, you should look for a person holding a A4 paper with the logo of the Lifelong Learning Programme, the project title and the name of your organisation.

## 3. WHAT WILL THE WEATHER BE LIKE?

The beginning of March in **Malta** can be a bit rainy. Thus, it is advised to have a rain jacket. However, during the day time the temperatures should be around 14-17 degrees and in the evening around 10 degrees. It is wise to take sun cream with you.

## 4. LOCAL TOURISTIC INFORMATION

### 4.1. Most popular touristic attractions

Malta as a whole can be considered as one big city and touristic attraction.

There are 3 UNESCO World Heritage sites in Malta: the capital city Valletta, Hypogeum and the Megalithic temples Hagar Him and Mnajdra.

Our best practice activity will include visiting and exploring Valletta. Another activity will include the visit to the Megalithic temples, giving the participants not only a good idea about our organisation's activities but also an opportunity to visit these remarkable places.

One of the "must visit" place in Malta is Mdina (ancient capital), some 30-40 minutes bus ride away from the hotel.

#### **4.2. Places to go out for a meal**

As the meals will be organised by our organisation and depend on our final programme, the places will be selected accordingly. We can give further information in the mid February.

#### **4.3. Places to go out for a drink**

Good places close to our hotel Kennedy Nova are:

- Medasia (an Asian restaurant, but very popular for drinks only)  
<http://medasia.com.mt/>
- TexMex (a Mexican restaurant, but very popular for drinks only)  
<http://texmexmalta.com/>
- Black Gold <http://allmaltaonline.com/bars/black-gold-saloon/>
- ... and plenty of others

There is a clubs district Paceville some 30 minutes walk away (10 minutes bus ride).

#### **4.4. Average bus, tram, metro and taxi fares**

The bus fares for non-residents (tourists) are:

- 2h ticket - €2.20
- 1 day ticket (from morning till midnight) - €2.60

#### **4.5. "You should not leave .... without going to/doing ..."**

You should not leave **Malta** without **Visiting Valletta (St. John's cathedral), Mdina and the Megalithic temples and Eating pastizzi (traditional Maltese pastry).**

## **5. LOCAL CUSTOMS AND CULTURAL INFORMATION ABOUT THE HOSTING COUNTRY.**

### **5.1. Languages**

Malta as a former British colony has two official languages: Maltese and English. The majority of the population is fluent in English and the tourists should not encounter any difficulties with the language. Many signs and other relevant information for tourists are also provided in English.

### **5.2. Currency**

The currency in Malta is the Euro (€).

### **5.3. 3.3 How is a typical day organised?**

A working day in Malta starts usually around 7:30am or 8am and finishes at around 6pm. It is normal to have early light breakfast and lunch around 12:30 or 13:00. The dinner time varies from 7pm to 9pm. However, it's important to indicate that whereas people at home are having dinner rather earlier (around 7pm), when one goes out for dinner, it's never before 8pm or 8.30pm.

### **5.4. Popular food**

Maltese food is largely based on different influences from the Mediterranean countries (a lot of pasta and pizza).

Traditional Maltese food, however, is rustic and based on the seasons, Lampuki Pie (fish pie), Rabbit Stew, Braġioli (beef olives), Kapunata, (Maltese version of ratatouille), and widow's soup, which includes a small round of Ġbejniet (sheep or goat's cheese). On most food shop counters, one may find Bigilla, a thick pate of broad beans with garlic. The snacks that must be tried are 'ħobż biż-żejt' (round of bread dipped in olive oil, rubbed with ripe tomatoes and filled with a mix of tuna, onion, garlic, tomatoes and capers) and pastizzi (flaky pastry parcel filled with ricotta or mushy peas).

### **5.5. Popular drinks**

Maltese have a good selection of local wine. Wine as a drink is widely used during meal times. They definitely do not mix wine with any soft drinks as this is often considered as uneducated.

There is a local softdrink "Kinnie" is a unique tasting, alcohol-free, natural, refreshing beverage. Its golden amber colour, and the fact that it is made from bitter oranges and a variety of aromatic herbs, lend this beverage a bitter taste which is an excellent thirst quencher. This drink is ideal on its own, particularly with a slice of orange. It also mixes excellently with a number of alcoholic drinks and cocktails.

## **5.6. Tips**

10% tip of the bill is a good standard, but by no means compulsory.

## **5.7. Meeting/greeting someone**

In Malta, it is custom to shake hands when one is not a personal friend or good acquaintance. It's more common to kiss each other on the both cheeks, when people are friends or good acquaintances.

## **5.8. Gestures to avoid**

All the same widely known Western manners also apply to Malta, meaning that it's not polite to swear or show your middle finger.

## **5.9. Stereotypes about your country that you would like to correct, contradict...**

That Maltese are laid back and lazy. Due to long British rule on the island, people in many industries are punctual and hard working. However, because of the Mediterranean mentality there are always those to whom it does not apply.

## **5.10. Sense of humour**

Maltese people in general have a very good sense of humour. People are outgoing and friendly and it's not difficult to make new friends or get help from strangers as a tourist. In fact, many Maltese, when seeing you lost or looking for a place, would help you find it, simply by accompanying you all the way to the right place.

**For more information about interacting with other cultures, you can also check the fasten your seatbelt website: <http://www.fastenseatbelts.eu/en/continent/0/by-Continent>.**