

Cultural Activities

Mdina, Citta Vecchia, or Citta Notabile, is the old capital city of Malta. Mdina is a medieval walled town situated on a hill in the centre of the island. Punic remains uncovered beyond the city's walls suggest the importance of the general region to Malta's Phoenician settlers. Mdina is commonly called the "Silent City" by natives and visitors alike. The town is still confined within its walls, and has a population of less than three hundred, but it is contiguous with the village of Rabat, which takes its name from the Arabic word for suburb.



Valletta is the capital city of Malta, colloquially known as Il-Belt (English: The City) in Maltese. It is located in the central-eastern part of the island of Malta. Valletta contains buildings from the 16th century onwards, built during the rule of the Knights of St. John. The city is essentially Baroque in character, with elements of Mannerist, Neo-Classical and Modern architecture in selected areas, though World War II left major scars on the city. The City of Valletta was officially recognised as a World Heritage Site by UNESCO in 1980.

The city is named for Jean Parisot de la Valette, who succeeded in defending the island from an Ottoman invasion in 1565. The official name given by the Order of Saint John was Humilissima Civitas Valletta - The Most Humble City of Valletta, or Citta Umilissima in Italian. The bastions, curtains and ravelins along with the beauty of its Baroque palaces, gardens and churches led the ruling houses of Europe to give the city its nickname Superbissima - 'Most Proud'.



Ta' Qali is a village in Malta, a wide open space in the middle of Malta containing the national stadium, Ta' Qali National Park and a national vegetable market which is locally known as the

Pitkalija.

Shortly before World War II, the area was used to build a military aerodrome and a station for the RAF. During this time the area served as an airfield but has since been transformed into a recreational area. The area is small in scale but considered by some in Malta as an ideal place to go for a picnic and spend weekend afternoons. The National Park also includes an amphitheatre. A number of international concerts were staged at the Park, including artists as diverse as Status Quo, Deep Purple, Fish, Iron Maiden, Demis Roussos, Alannah Myles, Bonnie Tyler and many others. International artists such as Riccardo Fogli have also planted their own trees in the Park.

Ta' Qali still fulfils part of its former role as an air field but the only aircraft that take off from the greatly diminished landing strip are model aircraft, whose owners make part of a club located there. Today, many of the military huts and buildings have been converted into workshops where Maltese craftsmen produce their handwork, and Ta' Qali Crafts Village has become an important tourist attraction. There is also the Malta Aviation museum where one can find different types of aircraft related to Maltese aero history. Before being converted to a recreational park the air strip was used in the first car races ever held by the Maltese, nowadays the Assocjazzjoni Sport Muturi has its offroad tracks where it organizes its annual motorsport championship.



Mosta (or Il-Mosta) is a town situated in the middle of the island of Malta, to the north-west of Valletta. Large volumes of traffic pass through Constitution Street, one of Mosta's main streets which connects the South to the North. Mosta celebrates the feast of Saint Mary the Assumption on the 15th August. This is a very popular feast among the Mostin and tourists alike. Mosta has many legends such as the Mosta Bride (L-Gharusa tal-Mosta) and a lot of historical places such as the Victoria Lines and Medieval chapels. The main attraction in Mosta is the Rotunda - a huge round church with the third largest unsupported dome in the world.

Rabat (or Ir-Rabat) is a village just outside Mdina, Malta. The name of the village is derived from the Semitic word for 'suburb', as it was the suburb of the old capital Mdina. Half of the present-day village core also formed part of the Roman city of Melita, before the latter was resized during the Fatimid occupation. The population of Rabat is 11,462 (Nov 2005). Parts of the film Munich and Black Eagle were shot in Rabat.

St. Paul's Island's (also referred to as Selmunett) is a flat islet lying in St. Paul's Bay on the island of Malta. St. Paul's Island is sometimes split into two islands when the sea is rough. It has been uninhabited since the sole farmer abandoned his tiny dwelling and fields decades ago.

The Acts of the Apostles tell the story of how St Paul was shipwrecked in Malta while on his way to Rome to face charges. Traditionally, St Paul's Bay and, specifically, St Paul's Island are identified as the location for this shipwreck. A prominent statue of the saint, erected in 1845, stands on the island.

The Megalithic Temples of Malta are a series of prehistoric monuments in the Maltese archipelago. Archaeologists believe that these megalithic complexes are the result of local innovations in a process of cultural evolution. This led to the building of several temples of the Ggantija phase (3600-3000 BC) and culminated in the large Tarxien temple complex, which remained in use until 2500 BC. After this date, the temple building culture disappeared.



The Ggantija temples were listed as a UNESCO World Heritage Site in 1980. In 1992, the UNESCO Committee further extended the existing listing to include five other megalithic temple sites. These are Hagar Qim, L-Imnajdra, Ta' Hagra, Ta' Skorba and Tarxien. Heritage Malta today protects the sites, while ownership of the surrounding lands varies site-by-site. They are the oldest free-standing structures on Earth.

Zurrieq is one of the oldest towns in Malta and is situated in the South of Malta. The island of Filfla is administratively a part of the town. Zurrieq is situated six point eight kilometres (6.8 km) in a direct line from the City of Valletta, and features a wide collection of ruins and remains dating back to the Bronze and Punic times, through the Roman, Knights and British eras. Structures dating back to the 15th and 16th century are scattered throughout the village.

Marsaxlokk is the traditional fishing village located in the southern part of the island which name is made up from marsa, which means "port" and xlokk, which is the local name for south east. The word is related to the name for the dry sirocco wind that blows from the Sahara, comparable to the equivalent Catalan word, "xaloc". Marsaxlokk is about 35 minutes from Valletta by public bus. The bay is synonymous for the many decorative "eyed" boats, called luzzus. The painted eyes on these luzzus are believed to protect the boats from the evil eye. However, tourists typically shun the town due to its severe litter problem and huge shipyards and a power station which dominate the seaward skyline.

Sport Activities

Watersports

Being an island in the heart of the Mediterranean sea, Malta has calm seas and low gale winds making it an outstanding location for one to try out water sports. Malta is renowned for the water sport activities it offers and sailing / windsurfing are the two most common forms that one would find on the island. All our centres are fully licensed and qualified and are equipped with the latest technology and work to highest levels of safety standards.





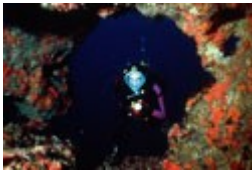
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Diving

Due to various events from a colourful past together with the geographical attributes of the Maltese Islands, temperate climate, vast marine wildlife, war shipwrecks, colourful reefs and many others all add up to the natural beauty of the seabed making Malta one of the top contenders in diving destinations. Contact us for our offers on combined English courses together with diving sports and we promise you an opportunity not to be missed!



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Besides watersports, the Maltese Islands have other forms of sport to offer which include:

- Horse riding
- Golf
- Tennis
- Football
- Volleyball

And many more! Should you wish to combine your English language course with any other form of sport please contact us.

Beaches in Malta

Malta boasts of picturesque beaches ideal for all types of swimmer, as well as sunbathers. Golden sand, red sand, rocks, inlets, blue lagoons and even inland seas are some of the beaches from which the travelling tourist can choose. Malta offers secluded beaches which might seem hard to reach but are definitely worth visiting. Comino's Blue Lagoon is renowned for its clear blue sky waters, a must for the travelling tourist to visit. Popular beaches are also equipped with many amenities for service and convenience such as restaurants, bars, beach houses and public restrooms and with Malta's weather, beach life lasts well past September. Beach shops in the vicinity of the beaches as well as next to the school offer the possibility to rent equipment for windsurfing, jet and water skiing, parakiting and other fun rides that allow you to enjoy your day by the beach.

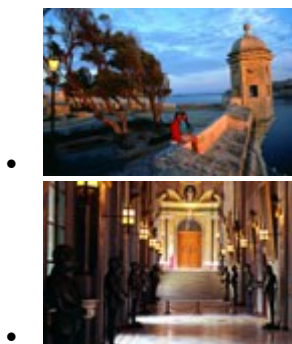


Beaches in Malta are distributed all around the island from North to South and East to West. The main sandy beaches are in northern part of Malta with the most popular ones being Mellieha Bay, Ghajn Tuffieha and Golden Bay. Other bays in the North such as Paradise Bay, Little Armier / Armier, Gnejna Bay, Anchor Bay offer a more relaxed environment compared to the others however they still retain the natural beauty of the Maltese sandy beaches. The South offers beaches such as Pretty Bay or St.Peter's Pool, St. Thomas Bay. The West side of the island is quite rocky and steep and the naturally formed inlets offer spectacular breath taking but hard to get beaches such as Fomm Ir-Rih located just under the village of Bahrija. Gozo offers the spectacular beach Ramla I-Hamra, which as its name states (in Maltese language) is a large beach of unusual red sand nestling by countryside. Ramla I- Hamra also offers some historical insight and which you can learn about on your Gozo tour which can be booked at the school's office.

Tours and Activities

Valletta - We will visit:

- City Gate Main Entrance
- Bastions
- Foundation Stone / Opera House
- Auberge de Castille & Square
- Upper Barakka Gardens
- Grand Harbour View
- Free time to explore Valletta





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Mdina - We will visit:

- Rabat - Suburbs of Mdina
- Tour around the fortified City
- Panoramic View of Malta (from Bastions)
- Main Gate and Greek Gate
- Free time to explore Mdina
- Coffee & Cake Stop (optional)



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Gozo Island Tour - We will visit:

- Mgarr Harbour
- Fortified Citadel
- Rabat Suburbs
- Ramla Bay
- Dwejra
- Azure Window - Cliff formations
- Inlet formations



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Malta By Night - We will visit:

- Gardjola Gardens (panoramic view of the Grand Harbour)
- Vittoriosa Walk around
- Drive though Cospicua
- Freetime at Valletta Waterfront
- Drive around City Bastions



Sightseeing tours - These sightseeing tours are conducted by open top busses that offer you the possibility to have a panoramic tour of either the Northern or the Southern part of the Island. They offer multilingual facilities.

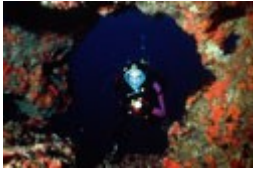
Journey Back in Time - We will visit:

- Tarxien Temples (pre historic era)
- St. Laurence Parish Church
- St. Laurence Museum
- View Mosque - Arab Era
- Freedom Monument
- Vittoriosa walk around (Knights and French)
- Bighi British Hospital
- Gardjola Senglea Point
- Roman Silos
- End of Cold War Monument

Horse Riding - Tour consists of 1 hour horse riding with horse trainer for assistance together with riding helmets. Transport to and fro the school is included.

Diving - Tour consists of Scuba diving equipment assisted by professional PADI instructor. Transport to and fro the school is included.





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Country Side Walk - We will visit:

- Siggiewi - traditional Maltese Village
- Dingli Cliffs
- Fawwara CountrySide
- Girgenti



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Highlights of Malta - We will visit:

- Sliema to Valletta Ferry Service
- Bastions and Fort St. Elmo
- Malta Experience
- MarsaXlokk fishing Village
- Blue Grotto
- View of Hagar Qim Temples
- Dingli Cliffs
- Buskett Woodland

Sunday Special - We will visit:

- Valletta Sunday Market
- Cruising into all creeks of the Grand Harbour & Marsamxetto Harbour
- Horse Race Track
- Cold Buffet Lunch

Wine tasting tour will take us to a wine bar that has been built in a 200 year old cave. A wine lecturer will explain the varieties of Maltese wines together with Maltese appetizers and delicacies. Transport to and fro the school is included.