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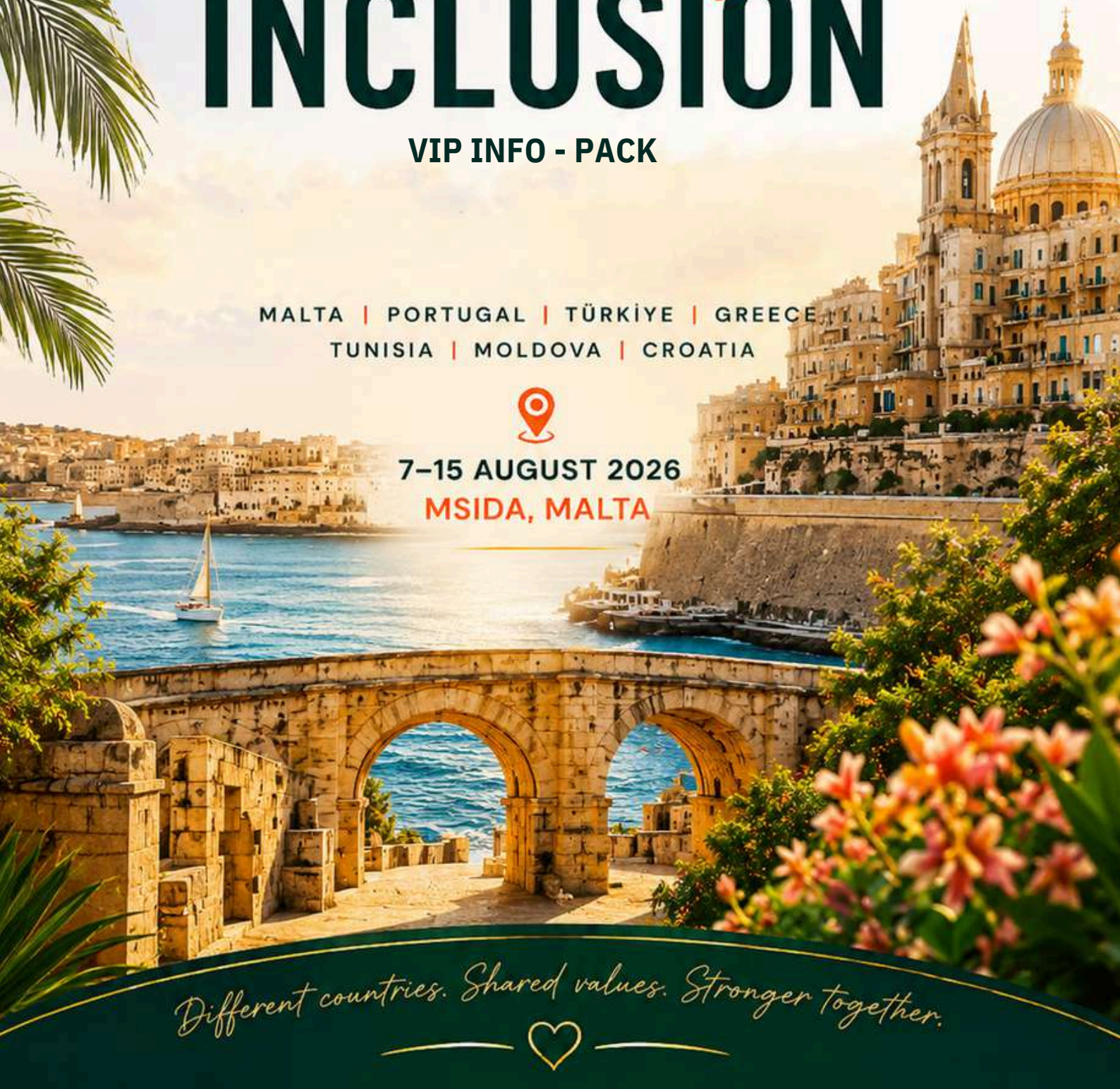
BUILDING BRIDGES
Enhancing
INCLUSION

VIP INFO - PACK



MALTA | PORTUGAL | TÜRKİYE | GREECE
TUNISIA | MOLDOVA | CROATIA

7–15 AUGUST 2026
MSIDA, MALTA

Different countries. Shared values. Stronger together.

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WELCOME

To Malta

THIS VIP INFO PACK CONTAINS USEFUL INFORMATION TO HELP YOU MAKE THE MOST OUT OF THIS TC AND YOUR STAY IN MALTA.

During the coming days, we will learn, share experiences, explore intercultural dialogue, develop new skills, and build meaningful connections with participants from different countries and backgrounds.

Let's build bridges together!



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MEET THE *Trainers*



Samanta Tumpyte is an experienced youth worker. She has been working as a youth worker and facilitating local and international projects on different topics for eight years. Furthermore, she finished her bachelor's Degree in Psychology and Spanish Philology. Following her studies, she is enrolled as a Master in Counseling student. During her practice, she had meaningful experiences with people from different cultures who were facing various psychological problems. She will guide and support the participants in their personal, social, and educational development to help them reach their full potential.



Christian Briffa is a warranted educator who has years of experience in youth work and addressing multicultural audiences. Christian's main profession is that of an architect and civil engineer. Through his skills in design, our youths will be mentored on film, photography, the use of digital tools, and leaflet and poster design for dissemination purposes in the YE activity section. He also worked as a basketball coach and is currently a senior player with Mellieha Basketball Club. His coaching experience equipped him with ample knowledge of training young athletes with mixed abilities. His organizational skills and experience in Erasmus+ projects left Briffa with an everlasting passion to share his knowledge with youth from other countries.



Gerda Turauskaitė is a Junior Project Manager from Lithuania with a passion for international cooperation, intercultural learning, and youth work. She holds a Bachelor's degree in Middle Eastern Studies from Vilnius University and is currently pursuing a Master's degree in Knowledge Management and Leadership. Her academic background and international experiences have strengthened her interest in intercultural dialogue, inclusion, and cooperation between people from different cultural backgrounds. During the project, she will support participants throughout their mobility and help ensure a positive and enriching learning experience.

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BEFORE YOU

Travel

Before travelling to Malta,make sure you are prepared for the warm Mediterranean climate. Here are a few useful tips to help you enjoy your stay safely and comfortably.

WEATHER

- Summer temperatures usually range between 32–35°C (and can feel even hotter).
- Sunshine is very strong, so expect high UV levels.



WHAT TO BRING

- Lightweight, breathable clothing
- Comfortable walking shoes
- Hat or cap
- Sunglasses



- Reusable water bottle
- Swimsuit and beach towel
- SPF 50+ recommended

DON'T FORGET

- Passport or ID card
- Health Insurance Card (if applicable)

PASS

- Personal medication
- A Type G (UK-style, three-pin) power adapter, as Malta uses British electrical sockets

GETTING TO

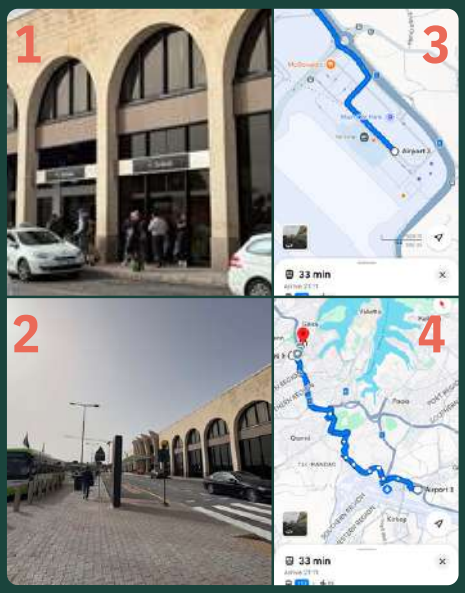
The Venue

Malta International Airport -> NSTS Campus Msida

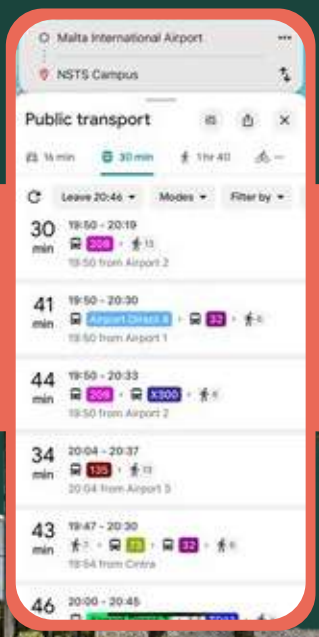
After leaving the Arrivals hall, cross the road in front of the airport terminal to reach the bus stops called Airport 1/3.
Example direct bus routes from Airport 1/3:

- 117 → Qroqq 5
- 135 → Qroqq 5
- 208 → Qroqq 3

From Qroqq 3 or Qroqq 5, it is approximately a 5–10 minute walk to NSTS Campus Residence & Hostel.



* If you are planning to travel around Malta by bus on your extra days or free time during the project, we recommend purchasing a Tallinja Card, which offers better value for multiple journeys. The card can be purchased at Malta International Airport or the Valletta Bus Terminus. *(We will reimburse up to €6 for that card, which covers your bus journeys from the airport to the hostel and from the hostel back to the airport)*. More information is available here on different Tallinja Cards:
-https://www.publictransport.com.mt/
-https://www.publictransport.com.mt/fares-and-tickets/



As different bus routes are available at different times of the day, only two routes are shown below. For the best route, simply search on Google Maps:
"**Malta International Airport**" -> "**NSTS Campus Msida**".
Google Maps will show all available bus routes and recommend the best option based on your arrival time.

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PUBLIC TRANSPORT

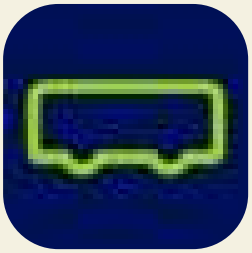
In Malta

GETTING AROUND

- Buses are the main form of public transport in Malta.
- Most routes connect through Valletta, the capital city.
- Buses are modern, air-conditioned, and operate throughout the day.

TICKETS

- A Single Day Journey ticket costs 2.5€ in summer. A single bus ticket is valid for 2 hours from the time of issue, allowing unlimited transfers.
- Tickets can be purchased directly from the bus driver (cash or contactless payment).



TALLINJA
PLAN YOUR TRIP

PLAN YOUR JOURNEY

- Download the Tallinja app for live bus times, routes, and journey planning.
- Google Maps also provides accurate public transport directions in Malta.

GOOD TO KNOW

- To board a bus, raise your hand as it approaches your stop to signal the driver.
- Press the STOP button before your stop to let the driver know you wish to get off.
- During peak hours, buses can be busy and may occasionally be delayed.

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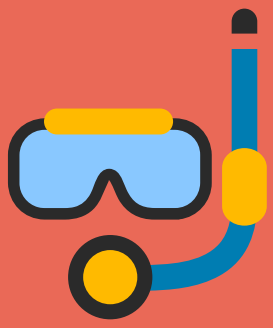
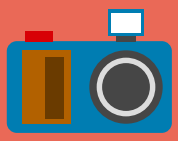
ENJOY

During the Project

SNORKELING

Feel free to borrow snorkeling gear during your free time and explore Malta's beautiful coastline.



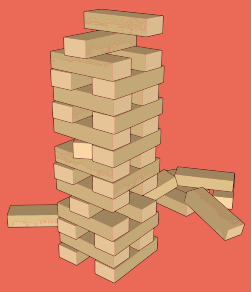


BLACK-AND-WHITE CAMERA

Capture your favourite moments and create lasting memories from the project.

BOARD GAMES

Take a break, have fun,and enjoy board games during your free time.





COMMUNITY PUZZLE

A puzzle of planets (500pieces) will be waiting in the conference room. Add a few pieces whenever you have some free time—we hope to complete it together by the end of the project!

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FACTS
About Malta

- Traffic drives on the left-hand side.
- Malta was a British colony until 1964.
- Malta does not have any lakes, rivers and forest.



- Malta consists of three inhabited islands: Malta, Gozo and Comino.
- Ggantija Temples one of the oldest free standing monuments in the world.
- Malta enjoys over 300 sunny days each year.

- Malta has over 360 churches
- The capital city, Valletta, is a UNESCO World Heritage Site.
- Many scenes from Game of Thrones were filmed in Mdina.



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MALTESE PHRASES

We say every day ♥

UWEJJA!
Come on!



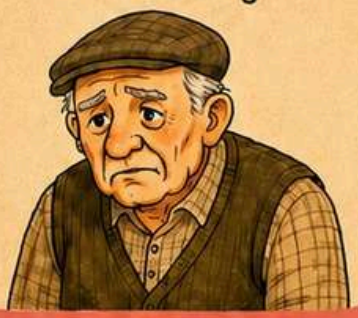
AJMA!
Oh my goodness!



MELA!
Of course! / Exactly!



MISKIN!
Poor thing!



IVA MELA!
Exactly!



ARA VERA!
Really?!



MA JISTAX IKUN!
No way!



X'ĠĚNN!
That's crazy!



TAJJEB!
Alright! / Okay!



Kliemna, il-wirt taghna.

PROUD TO SPEAK MALTESE ♥

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ECO-FRIENDLY

Tips

MUG EXCHANGE





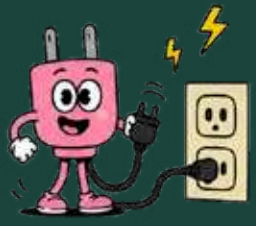


BRING YOUR OWN BOTTLE

REDUCE WASTE BY RECYCLING AND REUSING MATERIALS

AVOID FOOD WASTE





UNPLUG ELECTRONIC DEVICES WHEN NOT IN USE

RATIONAL WATER USAGE





CONSUME LOCAL PRODUCTS

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PLACES TO VISIT

In Malta

VALLETTA

Malta's UNESCO-listed capital, full of history, stunning architecture, and beautiful viewpoints.





MDINA

Known as the "Silent City" and one of the filming locations for Game of Thrones.

BLUE LAGOON (COMINO)

Famous for its crystal-clear turquoise water—perfect for swimming and snorkeling.





POPEYE VILLAGE

The original film set of the 1980 movie Popeye, now a colorful attraction.snorkeling.

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PLACES TO VISIT

In Malta

BLUE GROTTO

Famous for its crystal-clear blue water and impressive sea caves. A popular spot for boat trips and stunning views.





MARSAXLOKK

A traditional fishing village known for its colourful boats and fresh seafood. Perfect for a relaxing seaside visit.



GOLDEN BAY

Golden Bay is one of Malta's most popular sandy beaches, famous for its golden sand and spectacular sunsets.



DINGLI CLIFFS

Malta's highest cliffs, offering breathtaking sea views. One of the best places to watch the sunset.

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TRADITIONAL FOOD

To Try



PASTIZZI

Malta's most famous traditional snack, made of flaky pastry and typically filled with ricotta cheese or mushy peas.



FTIRA

A traditional Maltese sourdough bread, often filled with local ingredients or served as a baked dish.



MQARET

A traditional Maltese sweet pastry filled with dates, often served warm and enjoyed as a dessert or snack.



KINNIE

Malta's iconic soft drink, made from bitter oranges and aromatic herbs, with a unique sweet-bitter flavour.



HORSE MEAT

A traditional Maltese dish, typically slow-cooked and served in local restaurants.



RABBIT STEW

Malta's national dish, a slow-cooked rabbit stew full of rich, traditional flavours.



SNAILS

A traditional Maltese delicacy, usually cooked with garlic, herbs, and tomato sauce.

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Looking forward to seeing you in Malta