

Club 50+ Medley programme at NSTS in Malta is an intercultural experience to be shared among you, a small group of senior citizens from different countries of the world. On arrival *you only have one point in common: you all speak English - some well, others slightly well*. You will be welcomed warmly by all and placed in a small group of like-minded people.

ENGLISH SESSIONS IN THE MORNING

You meet for **4 sessions (3 hours) every morning** at the NSTS-English Language Institute. Your role here *will be an active one*. **English will be your language**. You exchange ideas and information about your own country, hometown, culture and history, work, travel experiences and way of life. Your *professional teacher* will motivate you to speak better English. She will present our vast Mediterranean civilisation and engage you in Maltese heritage, customs, traditions, artefacts, cuisine, crafts and culture which link to your afternoon activities. You will all learn from each other. **You will increase your fluency in English**. You will foster international and intercultural bonds. Upon departure you will all have two points in common: *international friendships* and *improved overall English* communication skills.

ENGLISH ON THE AFTERNOON/EVENING ACTIVITIES

You will go out to enjoy Malta on 4 activities every week accompanied by an English speaking NSTS Customer Relations officer according to the following programme.



TUESDAY, 12.45 to 17.00

ORIENTATION AND FRIENDSHIP WALK

You join other Club 50+ members to casually walk along the Gzira/Sliema promenade, be inspired by the harmony of Sliema Creek and the majestic Valletta bastions and stop at an open-air cafeteria to buy yourself a light lunch. Customer Relations will speak about Malta, the local surroundings, places of interest, personal experiences, the week's programme ahead of you. You proceed with intermittent rests along the Sliema waterfront till you reach St. Julian's where you again stop for a coffee, beer or drink till it is time to bid each other farewell.

TUESDAY, EVENING

Time to strengthen international friendships

You are free to continue making friendships over dinner of your choice at one of the many recommended close by restaurants in St Julian's or Sliema or,

Optional:

Ask to join the activity organised for the other students of English at the school.

WEDNESDAY , 13.30 to 17.30

MALTA, CHRISTIANITY AND THE KNIGHTS THE CONVERSION AD60 AND MORE

You are taken back close to 2,000 years during the Roman rule of Malta from the highest hill of Rabat. Your visit to St Paul's Grotto helps you relate with the conversion of the Maltese after the shipwreck of the Apostle Paul of Tarsus on his way to Rome. After seeing the Church of St Paul, you will experience Christian life under the Romans at St Agata's Catacombs



THURSDAY , 13.30 to 17.30

Optional: Highlights of Valletta

Join up with us on this select visit to Valletta and a panoramic overview of Malta's noteworthy historical moments. You'll cross over by ferry to walk on top of the fortifications to the Malta Experience Show and after along the Harbour Bastions into the City to discover the stately home of a Maltese noble family and the commercial vibe that makes Valletta alive.



FRIDAY , 13.30 to 17.30

COUNTRY WALKS - GIRGENTI BUSKETT - SIGGIEWI (7.7KM)

You start off from Malta's woodland planted during the time of the Knights, catch a glimpse of Verdala Castle and walk eastwards across open country. You will explore unusual country sites as the prehistoric and unexplained cart ruts, punic tombs, Girgenti Palace, sacred niches, wayside chapels and discover indigenous fauna and flora



SATURDAY

Optional: full-day South

You'll have an opportunity to meet and mix with Maltese fishermen and farmers and talk with them on the experiences of their lives at sea or on the farm as you stroll along Marsaxlokk harbour to admire the typical fishing Luzzu and stop curiously at the flea market before sitting at an open-air restaurant on the water's edge to savour very fresh Mediterranean fish.



WEDNESDAY, EVENING

Optional: the Collachio by Night

You trace the travel practices of medieval times, cross the Grand Harbour by boat and skirt the majestic bastions of Fort St Angelo to be welcomed just like the Knights of St John at the City of Birgu. Patiently you will walk through and discover the fascinating Collachio of the Knights with its auberges and hospital before relaxing over wine at an old inn.

THURSDAY, EVENING

GOURMET THURSDAY MALTESE CUISINE

The Mediterranean diet is a healthy one based on salads, vegetables, olive oil, herbs, fish and pasta. Your Club50+ Gourment Thursday is a highlight of the week as it invites you to savour some specially prepared Maltese dishes and to wash them down with Maltese wine at one of the more recommendably genuine restaurants.

FRIDAY, EVENING

Optional: Maltese Night

Come and join the fun with younger learners at the NSTS orange grove to share your week's eclectic experiences with other friends of the international community. Your hosts will prepare delicacies, savouries, wines and beers from Malta as well as popular tunes that render the evening more relaxing and amicable. You will come to unwind in preparation for the week-end.

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TUESDAY , 13.30 to 17.30

ARTS AND CRAFTS

KNEEDING POTTERY

You will get your hands dirty with wet clay as you participate in a hands-on workshop of an ancient craft and model your ideal gift as you enjoy the fruits of your talents. You will be given a paint brush and some paint to further demonstrate your skills with your peers before feeling satisfied with your work of art. Your artefact will then be glazed and fired to take home with you.

MONDAY , EVENING

Time to strengthen international friendships

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Optional:

Ask to join the activity organised for the other students of English at the school.

TUESDAY, EVENING

Optional: Europe Day Concert

An outstanding concert for lovers of Beethoven by the Malta Philharmonic Orchestra to listen to the 9th symphony Ode of Joy in celebration of Malta's Presidency of the European Council, and to Malta's composer Fiorini with his intriguing piece "If"

WEDNESDAY , 13.30 to 17.30

Optional: Country Walk Tas-Silg

Marsascula - Marsaxlokk (6.8km)

Malta is made up of sedimentary compact rock which is soft and easily crafted. You will visit a limestone quarry from which rock was excavated to build the majestic Baroque Churches and Palaces. After watching an instructive video you will be given a chisel and shown how to carve out a pretty limestone figure as a memento



THURSDAY , 13.30 to 17.30

GOURMET THURSDAY

NATURAL PRODUCE AT THE FARM

Farming in Malta is characterised by mini-fields and small farms that create a sense of bonding with the produce. On this occasion you will discuss with your host what it means to be a Maltese farmer and hear about the satisfactions derived from the pains of farming. You may also try some delicacies and buy some for home.



FRIDAY, 13.30 to 17.30

MALTA, CHRISTIANITY AND THE KNIGHTS

THE LANDING 1530 AND FIRST YEARS

Just like the Knights in 1530 you arrive at Birgu by boat and walk up the narrow streets of this early settlement of fishermen, mariners and pirates to reach the Collachio which houses the auberges of the Knights . You will be invited into the Inquisitor's Palace to visualise the cruelty of punishment, pass by the Bakery and Fort St Angelo.



SATURDAY

Optional: Full-day Mosta, Ta'Qali, Mdina

Mosta dome, claimed to be the third largest cupola in Europe, awaits your visit right in the centre of the island. You will then intrigue yourself at Maltese craftsmen industriously at work at the crafts village at Ta'Qali as they blow glass, curl filigree, carve wood, knead pottery, chisel limestone and more before driving up to explore the architectural features of Mdina.



WEDNESDAYS , EVENING

Optional: Mdina by Night

The Silent City gets eerie by night as it becomes more suggestive under the twinkling stars. You are invited to join this Mdina by Night walking tour along the tranquil narrow winding streets under the honey coloured night lanterns and their shadows. You'll hear more of the ancient City as we sit to sip our drink and cherrish our tasty platter in the cool bastion breeze.

THURSDAY, EVENING

Optional: Gourmet Thursday

Italian Cuisine

The Mediterranean diet is a healthy one based on salads, vegetables, olive oil, herbs, fish and pasta. This optional Club50+ Gourmet Thursday dinner takes you to one of the exquisite Italian Pizza, Pasta, Salad and wine restaurants to relish these specialities in the company of your new international friends.

FRIDAY, EVENING

Optional: Valletta by Night

Join up with us for a walking tour of Valletta by Night to admire the suggestively illuminated baroque architecture and absorb the lights of the Three Cities shimmering over the Grand Harbour, to relive the loud social entertainment of the mid-twentieth century and trail times gone by before sitting down for a snack over a glass of Maltese wine or beer.

SUNDAY EVENING

Optional: Theatre Entertainment Night

A take on Beethoven's 9th 'Ode to Joy' inspires a creative and interactive musical event by individuals and organisations irrespective of age, nationality and musical background to celebrate Europe Day in Valletta's open -air theatre. Entertain yourself in this innovative experiment of musical skills and talent that projects the concept of a united and peaceful Europe.

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TUESDAY , 13,30 to 17.30

MALTA, CHRISTIANITY AND THE KNIGHTS FROM VICTORY 1565 TO VALLETTA

The Knights' victory over the Ottoman Empire changed the planned course of European history and the Knights' life. In defence and celebration they built Valletta. You will witness the seige at Fort St Elmo and the armoury and weapons used at the time. You will be awed by the splendor of Valletta, the Victory Church, Collegiate Basilica of St Paul and Conventual Church of St John

MONDAY , EVENING

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TUESDAY, EVENING

More quality time spent with new friends

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WEDNESDAY , 13.30 to 17.30

Optional: Arts and Crafts

Curling Filigree

Adorning oneself with precious metals skillfully crafted is an old fashioned habit. Today, you have the opportunity to be a craftsman for a traditional Maltese ornament as you design your own artefact and curl the silver wires to form the delicate tracery of your own hand made jewellery item to take away home with you.



THURSDAY , 13.30 to 17.30

Optional: Viniculture and Wine Sampling

Join us to the vineyards of one of the many grape specialities that blend into making Malta's wines and learn more about the science of grape growing and the influences of the composition of the earth, the sun, the rain. After you turn your attention to the pressing, processing and fermenting stages you will be all eager to taste the different blend varieties the oneologist prepares



FRIDAY, 13.30 to 17.30

COUNTRY WALKS - MAQLUBA

SIGGIEWI - QRENDI (6.6KM)

The church square is an architectural joy from where to start this country walk and wind through the medieval village streets to the open country lanes lined with characteristic rubble walls behind which farmers till their small fields. You will come across curiosities that include the tiny hamlet of Hal-Xluk and the natural sinkhole known as Maqluba.



SATURDAY

Optional: Full-day Gozo

The smaller sister island of Gozo is often described as the land where time stood still. Its original charm that once lured the Nymph Calypso still pervades the air and attractive scenery of the Inland Sea, Fungus Rock and Azure Window, as well as the impressive prehistoric Temples of Ggantija and medieval Citadel surrounded by its quaint suburb of Rabat.



WEDNESDAYS , EVENING

Optional: Maltese Folklore Party Night

Allow your imagination float back to traditional Maltese times when farming and fishing were the people's staple work. Come join this evening in the suggestive setting of an old stone quarry with a display of original building tools, folklore music and dance and sumptuous Maltese food to your heart's content. This is a memorable evening to recall your childhood days.

THURSDAY, EVENING

GOURMET THURSDAY

MALTESE CUISINE

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FRIDAY, EVENING

Optional: The Collachio by Night

Join up with us for a walking tour of Valletta by Night to admire the suggestively illuminated baroque architecture and absorb the lights of the Three Cities shimmering over the Grand Harbour, to relive the loud social entertainment of the mid-twentieth century and trail times gone by before sitting down for a snack over a glass of Maltese wine or beer.

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TUESDAY , 13.30 to 17.30

ARTS AND CRAFTS

YE OLD PRINTING PRESS

A Valletta artist welcomes you to his gallery and traditional printing press. He explains to you the skills and fun of printing and sketching and soon sends you into the back streets of Valletta to try your artistic talent and funnily sketch a live street scene. Back at the gallery you etch your sketch in perspex and roll it under the old press to make yourself a wonderful present of your achievement.

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TUESDAY, EVENING

Optional: Mdina by Night

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WEDNESDAY , 13.30 to 17.30

Optional: Country Walk Windmills

Zurrieq - Safi (8.8km)

On this walk you will explore an old village core with its narrow winding streets, their small limestone houses, but also the stately Palazzo Armeria before reaching a millstone and two close by windmills. Very soon you will find yourself in open country among the fields and farmers and past hamlets on your way to the small village of Safi.



THURSDAY , 13.30 to 17.30

GOURMET THURSDAY

HONEY AND OLIVE OIL

Genuine delicacies of Malta that are not easy to come by. You will be one of the few to witness the busy bees at work in their hives and the delicate process of olive pressing. Your hosts will explain and discuss with you all that it takes while you savour these exquisite and healthy foods and collect a jar and bottle for your loved ones back home.



FRIDAY, 13.30 to 17.30

ARTS AND CRAFTS

SOCIETY OF ARTS

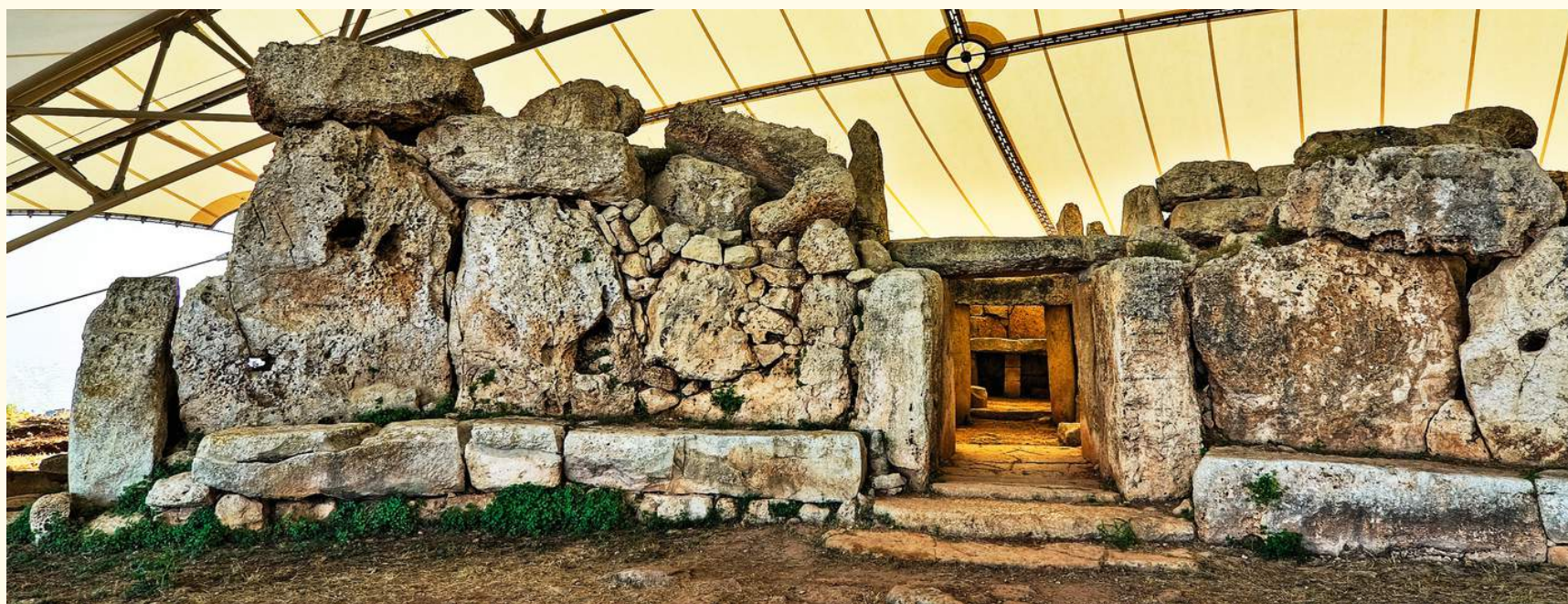
Malta's promotion of Arts and Crafts goes back to 1852 to contribute towards the development of innumerable artists, musicians, sculptors, craftsmen of all genres. You will discuss this heritage during your visit to the Malta Society of Arts as you roam around the outstanding Valletta Palazzo to admire the regal building and the artefacts on display.



SATURDAY

Optional: Full-day Round Malta Sightseeing

You will visit most of the heritage places that you must not miss when on a visit to Malta, driving past the beaches and the countryside to reach the hill-top of Mdina and its suburb Rabat for an interesting stop before heading along the south coast onto the neolithic Temples of Hagar Qim past rural villages and fields to return past Valletta and the Harbours back home.



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WEDNESDAYS , EVENING

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THURSDAY, EVENING

Optional: Gourmet Thursday

Italian Cuisine

The Mediterranean diet is a healthy one based on salads, vegetables, olive oil, herbs, fish and pasta. This optional Club50+ Gourmet Thursday dinner takes you to one of the finest Italian fish restaurants with exquisite antipasti, pasta, fresh fish and wine to relish in the company of your new international friends.

FRIDAY, EVENING

Optional: Maltese Night

Come and join the fun with younger learners at the NSTS orange grove to share your week's eclectic experiences with other friends of the international community. Your hosts will prepare delicacies, savouries, wines and beers from Malta as well as popular tunes that render the evening more relaxing and amicable. You will come to unwind in preparation for the week-end.

*CLUB50+ Sample concept promotional programme 2017.
Actual programme may differ according to conditions
prevalent at time of execution.*