



40+ Culture & History Programme

This program is designed for students over 40 years of age, wishing to improve their English language skills with peers of a similar age, as well as to experience a colourful and exciting cultural programme:

Week 1

- Welcome Meeting & Welcome Party on the first Monday
- Guided Tour of Mdina - Malta's Old Capital City
- Film Night
- Wine Tasting at Marsovin
- Guided Tour of Gozo - Malta's sister island

Week 2

- Harbour Cruise
- Blue Grotto & Marsaxlokk
- Guided Tour of Valletta – Malta's Capital
- Malta Nights Extravaganza – A Folklore Dinner show – A three course meal at a typical Maltese restaurant with traditional entertainment

Day	Morning	Afternoon	Evening
Saturday/Sunday	Arrivals		
Monday	Lessons	Free afternoon / optional activities	Welcome Meeting & Party
Tuesday	Lessons	Marsovin Wine Tasting	Free evening / optional activities
Wednesday	Lessons	Free afternoon / optional activities	Film Night
Thursday	Lessons	Mdina tour	Free evening / optional activities
Friday	Lessons	Free time / optional activities	
Saturday	Guided Gozo Island Tour		
Sunday	Free Day at Leisure		
Monday	Lessons	The Famous Captain Morgan Harbour Cruise	Free evening / optional activities
Tuesday	Lessons	Blue Grotto & Marsaxlokk	Free evening / optional activities
Wednesday	Lessons	Free time / optional activities	Malta Nights Extravaganza – A Folklore Dinner show
Thursday	Lessons	Guided Valletta Tour	Free evening / optional activities
Friday	Lessons	Free time/ optional activities	
Saturday/Sunday	Departures		



Welcome Meeting & Party

On this first evening we organise a welcome meeting during which we will give out useful information regarding the Maltese Islands plus a detailed explanation of the contents of your activity programme. This is followed by a Welcome Party in the evening where students are given the opportunity to meet the other students and the IELTS Leisure Team in a social atmosphere!

Guided Tour of Mdina – Malta's Old Capital City

The history of Mdina traces back more than 4000 years. Lamp lit by night and referred to as "the silent city", Mdina is fascinating to visit for its timeless atmosphere as well as its cultural and religious treasures.

Mdina has had different names and titles depending on its rulers and its role but its medieval name describes it best – 'Citta' Notabile': the noble city. It was home then, as now, to Malta's noble families; some are descendants of the Norman, Sicilian and Spanish overlords who made Mdina their home from the 12th century onwards. Impressive palaces line its narrow, shady streets. The history of this magnificent city will be explained during a visit to the Mdina Experience show and students will have time to explore the narrow winding streets of the city and enjoy the panoramic views of the island.



Film Night

A new release is shown in school – in English with English Subtitles.

Wine Tasting at 'Marsovin Wine Cellars'

Marsovin is a household name in Malta, synonymous with the production with premium wines. It is one of the best wineries in Malta with beautiful, 350 year old cellars. Tasting of a selection of locally produced wines and appetisers is included in the tour.

Guided Tour to Gozo - Malta's sister island

Your stay in Malta is not complete without visiting the tranquil sister island of Gozo. A place never forgotten with its green terraced fields, picturesque villages, imposing baroque churches and a very laid back lifestyle. This excursion includes many places of interest such as the Gozo Heritage, the Citadel in Victoria, the Inland Sea at Dwejra and Azure Window followed by a visit to Ggantija Temples. These temples date back to the third millennium BC and are recognised as the oldest freestanding temples in the world. This tour also ends with a cultural quiz!



Harbour Cruise

Cruise around the two natural harbours on either side of Valletta: Marsamxetto Harbour & The Grand Harbour. The history of Valletta and the Three Cities are connected with the two Great Sieges of 1565 and 1942. During the cruise you will also see other places of interest including the historical forts, battlements and creeks that can only be admired from the sea. On this cruise, you will enjoy a detailed commentary in English.



Blue Grotto & Marsaxlokk

Visit the stunning caves of the Blue Grotto where the crystal clear waters of the Mediterranean sea turns every shade of blue. (An optional boat ride will take you to explore the caves, weather permitting). Marsaxlokk is a beautiful fishing village on the south coast of Malta famous for its picturesque fishing harbour with colourful boats and seafood. This traditional Maltese village is a must see attraction during your stay on the island! Don't forget your cameras!



Guided Valletta Tour

Valletta, Malta's Capital City, shaped by the Knights and called 'The city built by gentlemen for gentlemen'. This tour will take you to the 'Upper Barrakka Gardens' for a panoramic view of the famous Grand Harbour, the Casa Rocca Piccola which provides unique historical evidence into the customs and traditions of the Maltese nobility over the last 400 years and The Grand Master's Palace with its famous Armory and Tapestries, still in use by the Maltese government. A cultural quiz will be held on this tour with a bottle of Marsovin wine as a prize!



Malta Nights Extravaganza – A Folklore Dinner Show

This fantastic Musical performance tells the tale of the Great Siege of Malta in 1565... It Includes a 3 Course Dinner with wine and soft drinks. Colourful Costumes, Knights in Shining Armour, Magnificent Horses, Fierce real life battles, love and romance....this show has it all!