

How to use this book

Use this resource as an activity book

This book consists of seven trails around the Maltese islands. Once you choose the trail you wish to follow, enjoy your time in the selected location. Each trail consists of:

- General information of the area
- Sustainability viewpoint – which gives insight about the sustainability of the location, together with the Sustainable Development Goals tackled
- Learning viewpoint – which covers the learning outcomes of the trail chosen, focusing on the knowledge, attitudes and skills
- The map of the area, which shows the start and end of the trail
- Activities related to the location.

The activities help you think and ponder on features you might not have even noticed before.

Included in this resource, you will find a map of the Maltese islands where you can mark the completed trails by also adding your own photos.

Use this resource as a journal

Once you complete the trail and return home, fill in the last pages of each location by expressing your own thoughts and feelings. A good entry should include information on what you observed, analysed, evaluated and felt during the trail.

Each journal entry includes the following:

- date
- weather conditions
- interesting features
- what did you learn?
- what did you enjoy most/least from the trail?
- other observations



THE TRAILS

Information about the nature of the trail includes:

• **Difficulty**

The difficulty of the trail depends on either elevation, distance or time. However, it might also include a combination of some or all of these factors:

- **Easy** - typically stroller-friendly trails that last up to one hour, with less than 2 kms. Mostly flat land with little elevation.
- **Moderate** - trails that have more inclination than easy trails. These last approximately one to two hours and are over 2 kms, up to 4 kms.
- **Advanced** - contain difficult terrain: irregular, uneven or unpredictable tracks; many inclinations or steep hills; numerous steps. Long trails that last approximately more than two hours, over 4 kms.

• **Terrain**

- No major obstacles, flat land.
- Some obstacles, short steep hills or slopes and occasional steps.
- Many obstacles, steep hills or slopes and frequent steps.

• **Distance**

The approximate distance for each trail is displayed in kilometres.

SKILLS

The activities are varied as they promote various skills as seen below:

- Writing skills
- Artistic skills
- Imaginative skills
- Observation skills
- Analytical skills
- Critical thinking
- Digital skills
- Aural skills
- Collaborative skills

IMPORTANT SECTIONS

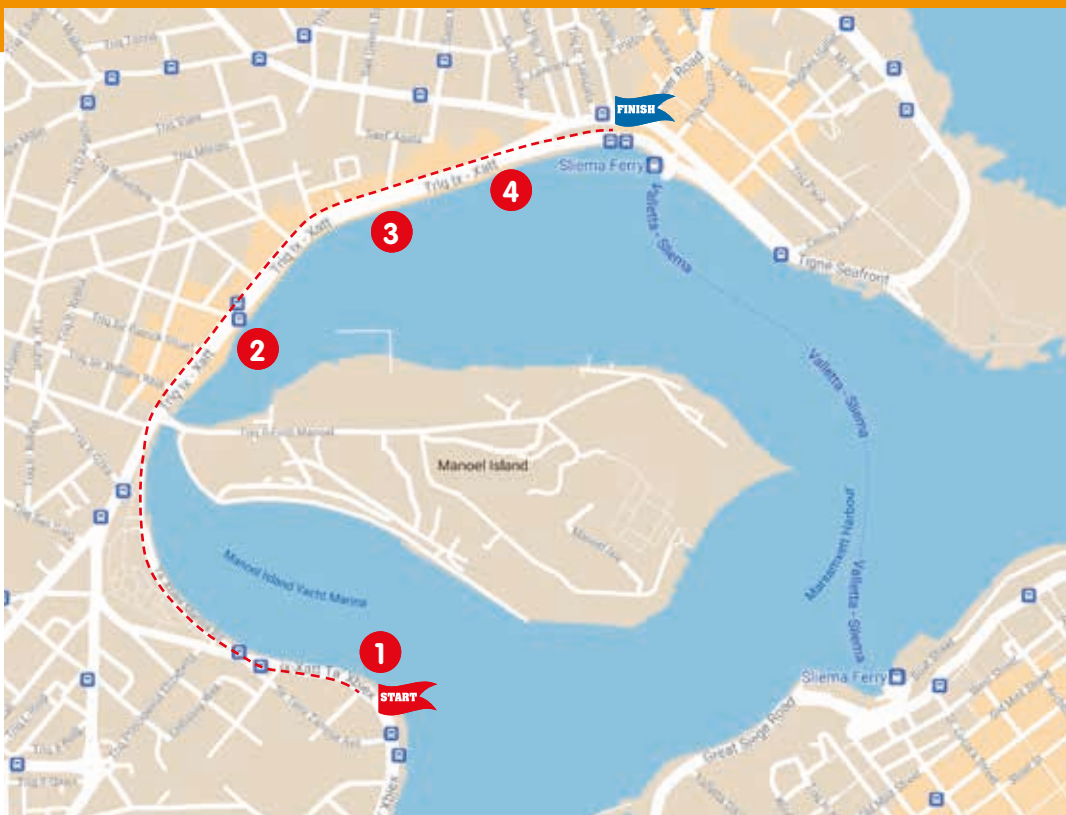
The activities also include some important sections:

- **Did you know?** - Any interesting facts associated with the area are delineated.
- **Pre-trail activity** – Any preparations required prior to the actual trail are pointed out.
- **Post-trail activity** - Activities to be carried out at home as a follow-up activity to what was completed during the trail are presented.

*Let's take
steps in...*



Gzira and Ta' Xbiex



Difficulty: ●

Terrain: ●

Approximate Distance: 2 km

Start this trail from Ix-Xatt ta' Ta' Xbiex, where you have the picturesque view of Manoel Island and Valletta in front of you. You may wish to undertake [Activities 1](#) and [2](#) in this location.

Continue walking along the seafront, pass through the public garden and reach the Gzira strand. Observe your surroundings and complete [Activity 3](#).

[Activities 4](#) and [5](#) can be finished off if you carry on walking along the strand towards Sliema.

Sustainability viewpoint

Environment: Despite both being urban towns, Gżira and Ta' Xbiex are located along the coastline of Marsamxett harbour.

Society: The total population of Gżira amounts to circa 8,000 inhabitants, whereas that of Ta' Xbiex is just over 2,000 people.

Economy: The area's economy rests on tourism and recreation, which belong to the tertiary economic sector. Many restaurants offering a wide range of cuisines and some hotels are found along the Gżira

seafront. Yachting and the shipping industry, which form part of the secondary economic sector, are a common sight in the vicinity of Manoel Island.

Culture: Cultural heritage is most prominent on Manoel island since it contains some important landmarks, such as Fort Manoel and the Lazzaretto hospital. Sir Temi Zammit, a leading archaeologist and physician, and Sir Arturo Mercieca, president of the Maltese courts, once lived in villas found in Ta' Xbiex.

When completing this trail, you will learn about the following Sustainable Development Goals:



Learning viewpoint

LEARNING OUTCOMES:

When completing this trail you will learn to:

- evaluate the importance of the flood relief project
- identify the Lazzaretto Hospital on Manoel Island
- describe ways how to promote sustainable health
- recognise how anti-fouling agents impact the marine environment
- plan various measures needed to organise a sustainable boat party
- identify different cuisines along the Gżira seafront
- assess the implications of foreign cuisines on Maltese culture.

KNOWLEDGE:

When completing this trail you will learn to:

- define flooding and its impacts
- recall important facts about the plague
- understand the effects of multiculturalism
- recognise the human effects on the coastal and marine environment.

ATTITUDES:

SKILLS:

When completing this trail you will acquire:

- Observation skills
- Imaginative skills
- Analytical skills
- Creative skills



When completing this trail you will learn to:

- appreciate different health measures available
- value different cuisines
- respect other people and their cultures
- develop concern for the coastal and marine environment.



ACTIVITY 1: Flood in!

The National Flood Relief Project was implemented in three rainwater catchments spreading over twelve different localities which include: Attard, Lija, Balzan, B'Kara, Iklin, Msida, Gżira, Marsa, Qormi, Żebbuġ, Żabbar and Marsaskala.

In Ta' Xbiex, one finds the surface storm water intercepting culverts. Linked with these culverts are also the first flush oil and grit interceptors connected to an underground tunnel, covering approximately 11 kilometres. Their aim is to reduce flooding from Wied Inċita, gathering rainwater from Attard, Naxxar and Mosta. Also, connected to the tunnel in Ta' Xbiex is a reservoir found at the end of Wied Ghollieqa in Gżira. The aim of this reservoir is to collect rainwater that can seep into the aquifer, allowing for its treatment and re-use.

a) What is flooding?

b) Why do you think flooding happens in these localities?

c) Besides this large scale project, what else could be done to reduce flooding in the Maltese islands?

POST-TRAIL ACTIVITY:

Have you ever heard of rainwater harvesting? At home, browse the internet to find out what it means.

