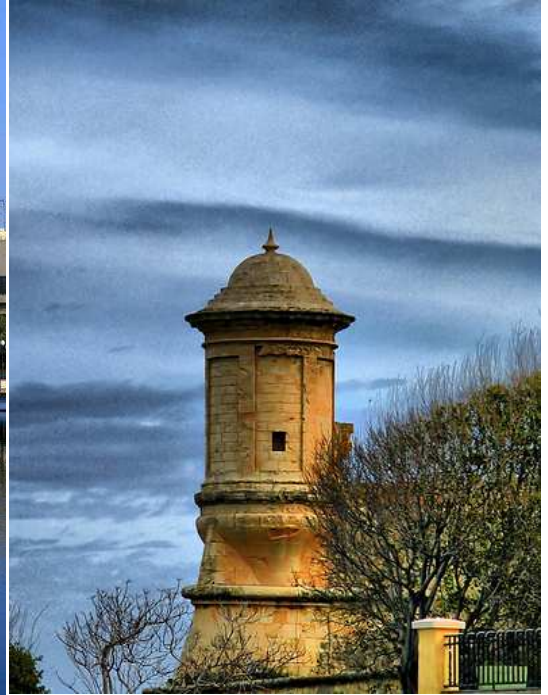


This is Malta.....



## Let us mind your business!

Meeting Point Events is a destination management company that parcels effective competence and hospitality for those who seek first-rate service and innovation.



As a destination management company, we take responsibility for all the land arrangements of business meetings, conferences, congresses, product launches, incentives, and special interest travel. This includes accommodation, transfers, dinners, and a wide range of activities. If needed, we can also help out with flight availability, thanks to one of our sister companies operating in this sector.

The multi-national team of Meeting Point Events is made up of dynamic young people, who dedicate their considerable experience and energy to creating exclusive itineraries of just the right mix of business and pleasure. We take the time to understand what each client wants and to draw up a unique, custom-made programme, which makes the most of the client's budget and meets expectations.

We cater for all group sizes, from ten people upwards, to several hundred, and for all budgets. Our way of working is totally transparent, so clients can see exactly where the money is going, and that it is being well spent.



## Destination Malta

At the crossroads of the Mediterranean, half way between Europe and North Africa lies the Maltese the archipelago consisting of 3 islands.

The Maltese islands have a population of 400,000 inhabitants over an area of 316 sq km. The three inhabited islands, Malta, Gozo and Comino, are small, but beautiful and simply unique, combining idyllic surroundings with all the latest in technological, conference, and accommodation facilities.

As a destination for conference travel, Malta offers irresistible advantages: an all-year-round mild climate, internationally branded four and five-star hotels, state-of-the art infrastructure, and residents who are for the most part fluent in English and Italian, making communications easy. Another plus is the legacy of the archipelago's colourful 7,000-year history: magnificent architectural monuments, surrounded by stunning island scenery and the shimmering blue of the Mediterranean sea- which serve as meeting and entertainment venues today.

What's more, the island is conveniently close-at-hand, no more than two to three hours of flight from most European capitals, served by major airlines and linked to main airports. Getting around is uncomplicated too, given the compact size of the islands, and the fact that they are very safe places to be. This means everything that the islands have to offer – and there is plenty – can be accessed for your event programme.



## Destination > Malta

### Facts and Figures

- Population 402,000
- Religion Roman Catholic 98%, other 2%
- Capital City Valletta
- Official Language Maltese & English
- Time UTC/GMT + 1 Hour
- Int dialing code (+) 356
- Currency € (Euro)
- Electricity 250 Volts A.C., 50 Hz (UK Triple Plug)



### The Weather in Malta

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Average air temperature (°C)	13	13	15	17	20	25	27	28	25	22	18	15
Average sea temperature (°C)	13	13	13	15	17	21	23	25	22	19	17	15
Average rainfall (mm)	96	62	35	27	10	3	0	7	69	69	116	109
Average sunshine hours a day	5	6	7	9	10	11	12	11	9	7	6	5



**Frontiers of Health**  
**7-17th October 2011**  
**Ref No:571/1011**

**Hotel in Malta**

**Corinthia Palace in Balzan – 5 star**

Just opposite the Presidential Palace and San Anton Botanical Gardens, set in its own mature and landscaped gardens, the Corinthia Palace Hotel & Spa is the perfect base from where to explore the island. With a 100 year old restored villa as its main dining venue, this boutique hotel is all about warmth, personal attention and old fashioned elegance – a breath of fresh air in today's world of impersonal hotels. Within the hotel's gardens, the Athenaeum Spa by Algotherm offers an escape into a world of bliss and relaxation, with a choice of over 50 different signature treatments and extensive Spa facilities.



**Hotel in Gozo**

**Cornucopia Hotel**

Located on the outskirts of the pretty Gozitan village of Xaghra, on a high ridge with views over the fertile Imrik valley over to Victoria and down to the sea at Marsalforn, the Cornucopia Hotel has been attractively converted from a traditional farmhouse into a 48 room hotel.



## Programme

### Arrival days

5<sup>th</sup>, 6<sup>th</sup> October 2012

Transfers to hotel and check-in

### Day 1

7<sup>th</sup> October 2012, Sunday

- Welcome meeting
- Dinner at the hotel
- Overnight at the hotel

### Day 2

8<sup>th</sup> October 2012, Monday

- Breakfast in the hotel
- Half day Guided Tour to Valletta Half day (incl Cathedral and Museum of Archeology)
- Afternoon & lunch free at leisure in Valletta
- Dinner at leisure
- Overnight at the hotel

### Day 3

9<sup>th</sup> October 2012, Tuesday

- Breakfast in the hotel
- Full day guided Tour to Mnajdra, Hagar qim, Dingli cliffs and Mosta Dome church, including lunch
- Dinner at Rogantinos Restaurant
- Overnight at the hotel

### Day 4

10<sup>th</sup> October 2012, Wednesday

- Breakfast in the hotel
- Half day guided tour to Tarxien Temples and 3 cities including lunch
- Dinner at leisure
- Overnight at the hotel

### Day 5

11<sup>th</sup> October 2012, Thursday

- Breakfast in the hotel, check out of hotel in Malta
- Bus or speedboat transfer to Gozo
- Check in to hotel in Gozo
- Lunch at Tal Furnar Restaurant
- Dinner at leisure
- Overnight at the hotel

### Day 6

#### **12<sup>th</sup> October 2012, Friday**

- Breakfast in the hotel
- Full day guided tour of Gozo including lunch
- Dinner at Il Kartell
- Overnight at the hotel

### Day 7

#### **13<sup>th</sup> October 2012, Saturday**

- Breakfast in the hotel
- Check out of the hotel in Gozo, pickup packed lunch
- Luggage van to hotel in Malta
- Transfer to harbour, speedboat transfer to Malta with stop and tour in Comino
- Check in to hotel in Malta
- Panoramic dinner at the Chophouse stake restaurant
- Overnight at the hotel

### Day 8

#### **14<sup>th</sup> October 2012, Sunday**

- Breakfast in the hotel
- Rest day
- Dinner at leisure
- Overnight at the hotel

### Day 9

#### **15<sup>th</sup> October 2012, Monday**

- Breakfast in the hotel
- Full day guided tour to the Skorba, Hagraat and Ghar Dalam, incl lunch
- Dinner at Sale e Pepe
- Overnight at the hotel

### Day 10

#### **16<sup>th</sup> October 2012, Tuesday**

- Breakfast in the hotel
- Half day guided tour to Hypogeum
- Afternoon rest and final meeting in the evening before dinner
- Dinner at Medina restaurant
- Overnight at the hotel

### Day 11

#### **17<sup>th</sup> October 2012, Wednesday**

- Breakfast at the hotel
- Transfer to the airport and departure

**Arrival days**

**5<sup>th</sup>, 6<sup>th</sup> October 2012**

**Arrival at Malta International airport**

Arrival at airport, where clients are welcomed by our personnel and shown to the respective transportation.  
Transfer to the chosen hotel for check-in.

**Day 1**

**7<sup>th</sup> October 2012, Sunday**

Welcome meeting

**Optional dinner at the hotel**

**Day 2**

**8th October 2012, Monday**

Breakfast in the hotel

**Half day Guided Tour to Valletta Half day (incl Cathedral and Museum of Archeology)**

Our guided tour through the bustling streets will first allow you to view the Barracca Gardens that command a breathtaking panorama of the Grand Harbour and then to St John's Co-Cathedral, adorned in riches that date back to the Knights of Malta including the world famous Caravaggio painting that is on display in the Oratory of this Cathedral. After we will also visit the Archeology museum and we will view from the outside the Grand Master's Palace and other buildings of historical importance.

**Afternoon and lunch at leisure in Valletta**

After the visit of Valletta enjoy the special atmosphere of the capital city at one of the trattorias preparing you a nice light lunch, and a walk around the city in the afternoon.



Dinner at leisure

Overnight at the hotel Corinthia Palace

**Day 3****9th October 2012, Tuesday**

Breakfast in the hotel

**Full day guided Tour to Mnajdra, Hagar qim, Dingli cliffs and Mosta Dome church, including lunch**

Mnajdra is a complex site consisting of three temples overlooking an oval forecourt. The first and oldest temple is a simple three-apsed building and dates to the Ggantija phase. The small rubble walls are a modern reconstruction but the small uprights, with their pitted decoration, are original. The most impressive of the Mnajdra temples is the third, with its largely intact façade and bench constructed in the early Tarxien phase. This temple is perhaps the finest surviving on the Islands.

**Dingli Cliffs**

The long stretch of the western coastline consists of steep cliffs, which present an impressive sight especially if looked at from the sea. The awesome precipice to the west of Dingli is particularly striking from the high ridge near the roadway. The sloping terrain, dotted with tiny cultivated plots, ends sharply on the edge of steep cliffs which drop straight into the deep sea. The Saint Mary Magdalen Wayside Chapel marks the highest altitude of the Maltese Islands - 250 metres above sea-level. From this spot and from the nearby military post, one can admire the green rugged slope and coastline, as well as the vast expanse of water, and the islet of Filfia in the distance.

**Saint Mary Magdalen Wayside Chapel**

The tiny chapel of St Mary Madgalene perched on the edge marks the highest point on the Maltese Islands, some 250 metres above sea level. Below the cliffs, where the land slopes before plummeting again, farmers have managed over the centuries to cultivate tiny terraced fields. Saint Mary Magdalene is a popular saint. Her story resonates with many people in different cultures. The legends associated with her life go far beyond the simple biblical story of the forgiveness and redemption of a fallen woman. The simple wayside chapel on the wild side of Malta, the Dingli Cliffs is evocative. This chapel was rebuilt in 1646. It is normally closed except Sunday during Holy Week and on the feast day of Mary Magnalene, 22 July when a mass is celebrated at the chapel. On the chapel is a sign typical of wayside chapels in Malta. "Non gode l'immunita ecclesias" means the Right of Sanctuary was revoked for these chapels in 1777. Outlaws can no longer seek shelter and claim protection from arrest and prosecutions in these chapels.

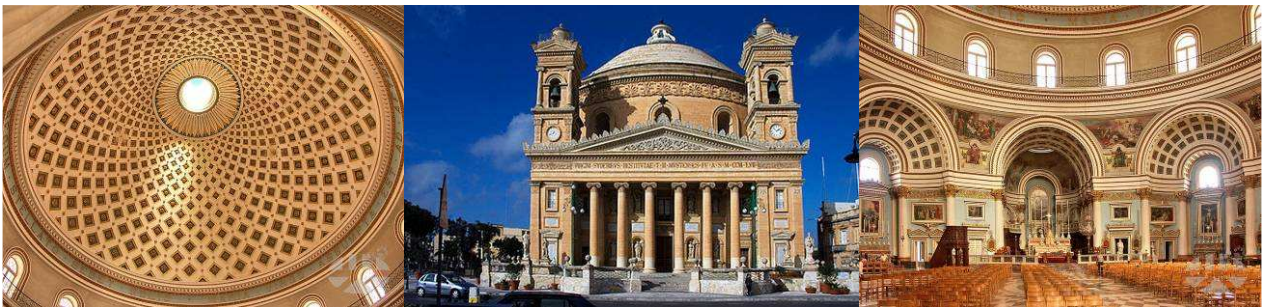


### Mosta Church

The Mosta Rotunda (Church of the Assumption of Our Lady) is an imposing building with walls up to 6 metres deep to support the massive dome. This church is known as the Rotunda because of its round shape

Built on a circular plan and with a neoclassical facade, the Mosta Rotunda has a beautiful, classic style interior with six beautiful side chapels and a huge marble floor. There are some incredible murals by Guiseppe Cali that look almost three dimensional when viewed from several angles

In 1942 the Dome was pierced by a World War 2 bomb which, fortunately, failed to explode. The point of entry can still be clearly seen when looking upwards from the congregation area underneath the Dome. About 300 persons were at Sunday worship when the bomb landed in the aisle of the Sanctuary and then skidded up to the altar. After failing to explode, many considered this to be a genuine miracle. The original bomb was safely destroyed shortly afterwards and the picture above is the replica now on show in the Sacristy



### Dinner at Rogantino's restaurant

The place is magical. It has a lovely flower garden with pool and until October you can dine outside. The building has the typical Maltese farmhouse structure, with little passageways and stairs that lead to hidden roofs and entrances. The chef is the owner himself and the speciality of the house is suckling pig. Menus usually consist of a selection of Maltese anti pasti, followed by suckling pig with fresh vegetables from the surrounding fields and roasted potatoes which is very typical of Malta.



Overnight at the hotel Corinthia Palace

**Day 4****10th October 2012, Wednesday**

Breakfast in the hotel

**Half day guided tour to Tarxien Temples and 3 cities including lunch**

The Tarxien temples, dating from 3600 to 2500 BC, is the most complex of all temple sites in Malta and consists of four megalithic structures. The temples are renowned for the detail of their carvings, which include domestic animals carved in relief, altars, and screens decorated with spiral designs and other patterns. Of particular note is a chamber set into the thickness of the wall between the South and Central temples, which is famous for its relief of two bulls and a sow.

**Vittoriosa**- one of the Three Cities, lies on one of the promontories jutting into Grand Harbour, opposite Valletta. At its tip is Fort St Angelo, perhaps the oldest fortification on the Islands. The strategic position of both fort and city over the millennia has led some to call this area 'the cradle of Maltese history'. Certainly settlers and rulers from the Phoenicians to the British all made use of the defences here. To honour the part played by the city of Birgu, Grand Master La Valette renamed it Civitas Vittoriosa, 'Victorious Town'. Vittoriosa was the first home of the Knights when they arrived in 1530. As such, it contains many important architectural riches.



Dinner at leisure

Overnight at the hotel Corinthia Palace

**Day 5**

**11th October 2012, Thursday**

Breakfast in the hotel, check out of hotel in Malta

Bus or speedboat transfer to Gozo

Check in to hotel in Gozo

**Lunch at Tal Furnar**

A really rustic place, where you can enjoy authentic maltese and gozitan specialities.



Dinner at leisure

Overnight at the Hotel Cornucopia

**Day 6****12th October 2012, Friday**

Breakfast in the hotel

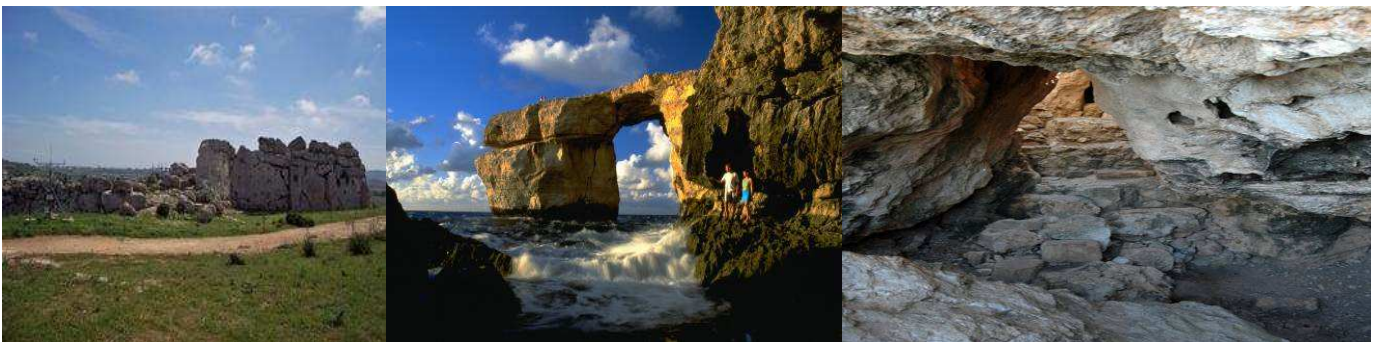
**Ta Pinu Church , Victoria Cathedral , Ggantija and Calypso caves including lunch**

Full day Gozo including visit of Ggantija temples, Victoria ,Dwejra &amp; Calypso Caves.

Gozo is Malta's smaller sister island. After a twenty-minute crossing, on setting foot in Gozo you will notice that although both islands are similar in history and development Gozo has a character entirely of its own. Gozo, which is a three hilled island, is greener and more picturesque than Malta. During the excursion you will visit the pre-historic Ggantija Temples in the small town of Xaghra.

After the visit of the temples, you will discover Victoria. The town of Victoria embraces both the Citadel, the ancient city of the Island, as well as Rabat, the old suburb of the Citadel. There are many places of historical and cultural interest in Victoria and a visit to the Citadel is considered a must. From these fortifications, you can enjoy a superb view of the whole Island.

Then, you will visit the famous Calypso cave. It is situated in Xaghra and overlooks the red sands of Gozo's finest beach, Ramla l-Hamra. This cave is alleged to be the cave referred to by Homer in "The Odyssey". Some are even convinced that Gozo is the Island of Ogygia and the cave to be the one where the beautiful nymph Calypso kept Odysseus as a "prisoner of love" for seven years.

**Dinner by the sea at Il Kartel restaurant**

The restaurant's prime location offers the privilege to dine at the waters edge pampered by the rhythmic sound of the ripples. The cuisine served here is wide variety of freshly made soups, salads, hot and cold starters followed by main courses and desserts.



Overnight at the Hotel Cornucopia

**Day 7**

**13th October 2012, Saturday**

Breakfast in the hotel

Check out of the hotel in Gozo, pickup packed lunch

Luggage van to hotel in Malta

Transfer to harbour, speedboat transfer to Malta with stop in Comino

Check in to hotel Corinthia Palace in Malta

**Panoramic dinner at the Chophouse stake restaurant**

The Chophouse is Malta's newest meat restaurant. Boasting the island's largest open charcoal grill, a great choice of succulent steaks and other meats are grilled daily. The Chophouse also offers a great choice of light starters and favourite desserts. Rabbit and suckling pig to order.

The impressive view of Valletta across the creek from the spacious terrace has repeatedly been described over the centuries as "one of the finest views in Europe".



Overnight at the hotel Corinthia Palace

**Day 8**

**14th October 2012, Sunday**

Breakfast in the hotel

Rest day

Dinner at leisure

Overnight at the hotel Corinthia Palace

**Day 9****15th October 2012, Monday**

Breakfast in the hotel

**Full Day excursion and guided tour to the Skorba , Hagraat and Ghar Dalam including lunch**

Skorba Temples lie in fields overlooking Zebbiegh, a hamlet near Mgarr, in northwest Malta. The site comprises two temple remains, side by side. Skorba, excavated in the 1960s, is one of the most informative sites since it was left untouched during the first two phases of archaeological digs at temple sites in the early 19th and 20th centuries. Ta' Hagraat, lying in a picturesque and evocative setting on the outskirts of Mgarr, is an important temple site. Dating from around 3600 – 3200 BC, it is one of the earliest temple buildings in Malta. Ta' Hagraat is smaller than many of the Islands' temples, at 15m long internally, but it is better preserved.

Ghar Dalam (Cave of Darkness), Malta, where bones of dwarf elephant, hippopotamus, deer, and other species dating back several hundred thousand years were found.

**Casual Mediterranean dinner at Sale e Pepe**

Sale e Pepe, specialising in Mediterranean cuisine, The Restaurant enjoying picturesque view of the award winning Portomaso Yacht Marina. Sale e Pepe is the ideal place for a casual dinner, it has a welcoming warm ambience with terracotta tiles, and traditional lava rock hand painted table tops.



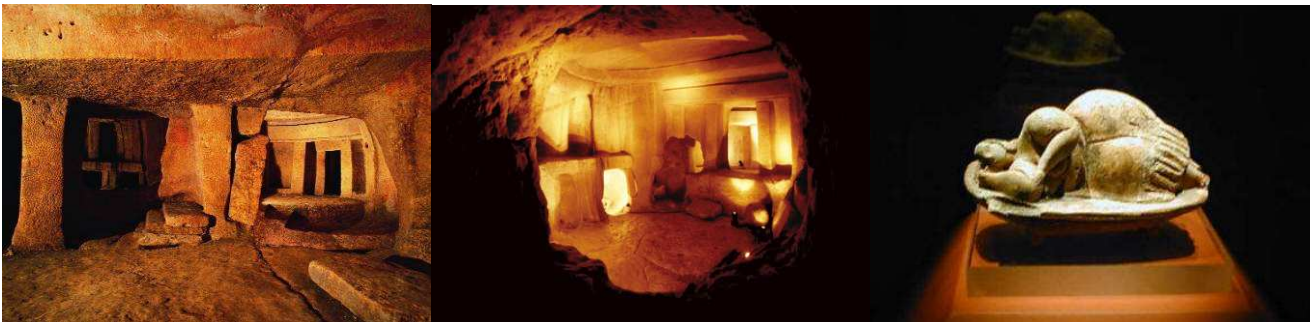
Overnight at the hotel Corinthia Palace

**Day 10****16th October 2012, Tuesday**

Breakfast in the hotel

**Half day guided tour to Hypogeum**

The Hypogeum, or underground cavity, is a unique monument and a splendid example of architecture in the negative. The Hypogeum consists of halls, chambers and passages hewn out of the living rock and covering some 500m<sup>2</sup>. The rock-cut chambers are of a diverse shapes and sizes and finished to different standards of workmanship. The complex is grouped in three levels – the upper level (3600-3300 BC), the middle level (3300-3000 BC), and the lower level (3150 -2500 BC).



Afternoon rest and final meeting in the evening before dinner

**Farewell Dinner in Mdina**

Transfer from hotel to Mdina, walk through the narrow streets at night to the city wall.

This medieval little city which is completely surrounded by bastions built in the 15th century is home to magnificent Palaces and typical houses. This city at night is truly magical and a welcome drink could be organised directly on the bastions with breathtaking views of Malta's East coast.

Medina Restaurant -An original Norman residence hidden amongst the honeycombed streets of Mdina, Malta's medieval capital, the restaurant evokes natural charm and character.



Overnight at the hotel Corinthia Palace

**Day 11****17th October 2012, Wednesday**

Breakfast at the hotel

Transfer to the airport and departure

