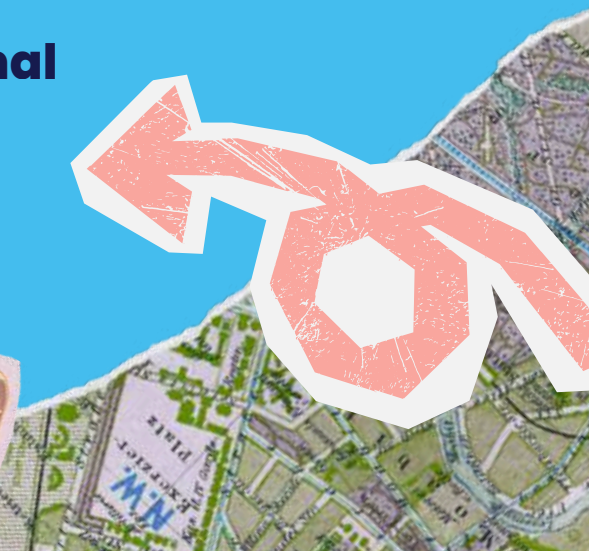
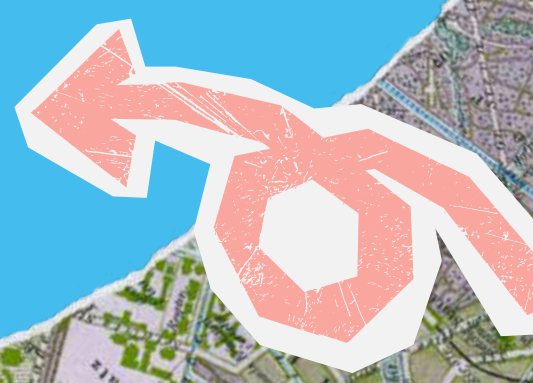
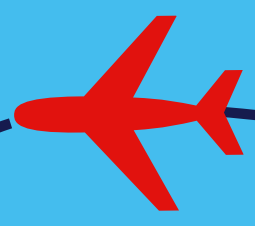
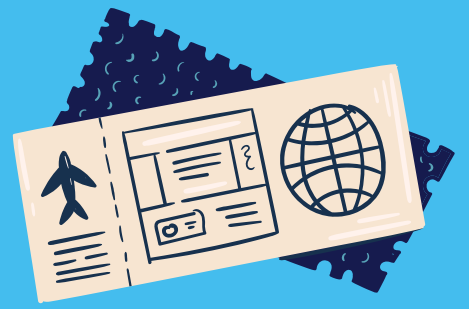




Malta 2026

Challenge Badge





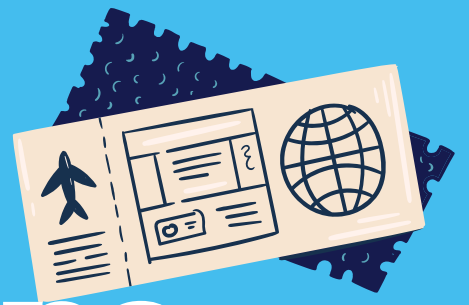
Introduction

This challenge pack is for all ages to have a go at. Created by girls and leaders from all across Anglia Region to support their fundraising for a region International trip to Malta in 2026! Proceeds from the badge sales will help raise the funds for participants to go to Malta.



The islands of Malta, Gozo and Comino are located in the heart of the Mediterranean Sea, just south of Sicily. Their history spans from prehistoric megalithic temples to the strategic influence of the Knights of St. John and the British Empire. Today, the islands offer a lifestyle that combines traditional Catholic village "festas" with a modern, cosmopolitan economy. The landscape is famous for its honey-coloured limestone architecture and dramatic coastal cliffs that overlook crystal-clear turquoise waters.





The sections

Games

Traditional games like Passju (hopscotch) and Brillli (nine-pin bowling) reflect Malta's social past, showing how the islands transformed global influences into a unique Maltese identity. Learn and play these and other games in this section.

Crafts

Malta's crafts are defined by delicate silver filigree and handmade lace, including a centuries-old tradition of intricate pillow lace-making. Choose from a variety of crafts in this section.

Food

Island cuisine is a mix of Sicilian flavours and North African spices with British staples. Explore some of the island's most famous dishes by making one or two of them yourself.

Island Icons

The three islands are defined by rugged limestone cliffs and hidden turquoise coves. Architecturally, nearly every structure, from prehistoric temples to baroque cathedrals, is crafted from the archipelago's signature honey-hued limestone. In this section you can have some fun learning more about Maltese icons.





How to complete the badge

To complete this badge we recommend:

Rainbows	Complete 3 challenges from any section
Brownies	Complete 4 challenges from any section
Guides	Complete 1 challenge from each section, plus an additional 1 challenge from any section.
Rangers	Complete 1 challenge from each section, plus an additional 2 challenges from any section.





Ordering the badge

Badges are £1.50 each.

All proceeds from the badge sales go towards the girls and leaders fundraising for their Malta International trip.

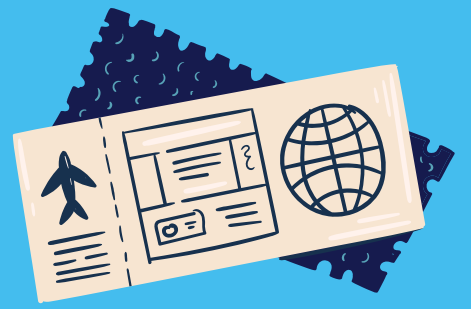


Postage (2nd Class)
0-10 badges - £2.00
11-30 badges - £3.00
31+ badges - £3.50



To order badges, please email
malta26@girlguiding-anglia.org.uk





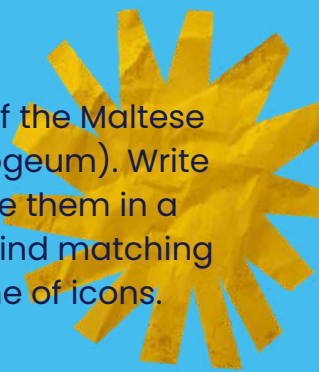
Games

1

In this Maltese twist on the game **Fishes in the Sea**, players are assigned a Maltese island or city (Comino, Valletta, Mosta, etc). When the leader shouts "The ferry is crossing to Gozo!", all the "Gozos" have to run around the circle. If the leader shouts "The Great Siege!", everyone has to run at once. The goal is to race back to your original spot, often while following specific movement commands like skipping or hopping, before the others get there.

2

To play the **Memory Game**, choose 18 place names or icons of the Maltese islands (for example, Mosta, Valletta, Luzzu fishing boats, Hypogeum). Write down each of them on two playing card sized cards. Arrange them in a 6 by 6 square array, all face down. Players take turns to try to find matching pairs. If you're feeling artistic, you could draw some or all the of icons.



3

In the game of **Lupu Lupu**, one player sits in the centre of a circle pretending to stir a pot of boiling water, acting as the "Wolf" (Lupu). The other players walk around the Wolf asking, "Lupu, Lupu, x'inti tagħmel?" (Wolf, wolf, what are you doing?), to which the Wolf replies with various mundane activities—like putting on their shoes or washing their face—until they eventually shout "I'm going to eat you!" and chase the others to catch a new Wolf.
(x'inti tagħmel is pronounced SHIN-tee TAH-mel)





Games – cont.

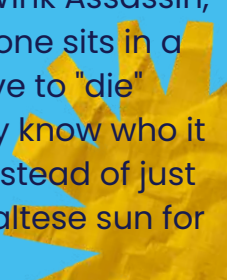
4

This high-energy game of **Corners** can be played with a nod to Malta's geography and language. Instead of numbering the four corners, assign them the names of four beaches, for example: Blue Lagoon, Paradise Bay, Golden Bay and St Peter's Pool. For an extra challenge, the person in the middle doing the countdown can count down in Maltese: (phonetically)

Ash-ra, dis-ha, Tmyeen-ya, Seb-ah, Sit-ta, Hum-sa,
Erb-ah, Tlee-ta, They-n

5

Grandmaster's Ghost. This is a Maltese version of the game Wink Assassin, in honour of the grandmasters of the Knights of Malta. Everyone sits in a circle. One person is the Ghost. If they wink at you, you have to "die" (dramatically!) after a 5-second delay. If someone thinks they know who it is, they can "accuse", but if they're wrong, they are also out. Instead of just falling over, you have to "melt" as if you've been in the 35°C Maltese sun for too long!



6

Il-Fatt is a traditional Maltese game played with coins. Draw two circles, a smaller one inside a bigger one, and place several coins or something similar of varying colours in the middle of the smaller circle. The aim of the game is for each team to get all their tokens from the inner circle into the outer one.

7

Padbol or Padel: Padel tennis has exploded in popularity in Malta. It's very social, easy to learn, and currently the "cool" sport to do with friends.






Games – cont.

8

UNO: Card games are huge in Malta for "lido" days. Grab a waterproof deck of UNO or Exploding Kittens—it's the go-to way Maltese teens kill time between swims.

9

Malta was once part of the Roman Empire. Romans needed to be skilled in speed, reaction times and accuracy when they were trained for battle and competed in gladiator games. **Create your own gladiator competition or create an obstacle course.**



10

Passju or hopscotch is an early Roman game that was used for training soldiers. Soldiers had to complete the course in full armour and packs to help improve their footwork. Play a game of Passju with your friends! If that's too easy, try balancing something on your head at the same time!

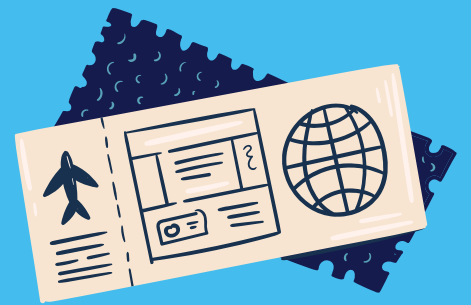
11

Il-Logħba tal-Maktur (The Handkerchief Game): Split your group into two teams, facing each other in line, and each girl gets given a number. A leader stands in the middle holding a handkerchief (maktur). When the leader calls "Number 3!", the "3" from each team must sprint to grab the cloth and run back to their line without being tagged by the other.



er writer and joint bookman

Craft



1

Maltese school children make snakes from paper plates. Make your own **paper plate snake**. You will need: Paper plate, scissors, pens/pencils, materials to decorate. Cut a spiral from the paper plate, starting at the edge and working into the middle.



2

Malta is also known as a fortress island due to the number of forts located there. These have helped in its defence since the 1400s! **Junk - Model a fort** from cardboard boxes and other recycled materials.



3

There is a long tradition of making jewellery in Malta. Known as Filigree jewellery, it features fine wires twisted into unique shapes and patterns. It also uses beads often in gold or silver. **Have a go at making your own jewellery**, using gold and silver beads, or try copying some traditional Filigree designs with wire if you are feeling adventurous!

4

Pottery has been found in Malta dating back to the Bronze age! Maltese pottery often includes geometric designs, repeating patterns and the colour red. **Create your own Malta inspired pot** by painting your design onto a clay pot or decorating a plastic one!



Craft - cont.

5

Malta has a long tradition of weaving, with it being a popular industry until the 19th century. Materials include cotton and sheep's wool with popular items being blankets, rugs and bags. **Have a go at creating your own weaving!**

You will need: straws, selotape, scissors, yarn in various colours

1. Tape 3 straws together, leaving a slight gap between them.
2. Insert your yarn between two of the straws at the taped end, leaving a long tail.
3. Begin weaving the yarn between the straws, making sure the stitches are close together.
4. Once you have reached the end of straws, or the desired length, cut three more pieces of yarn longer than the straws and put them through the straws.
5. Tie the pieces of yarn at the top together, then push the weaving off the straws.
6. Tie the bottom ends together.
7. You could use your weave as a bookmark, or even as a bracelet!



6

Tiles in Malta are still handmade using traditional techniques. They often include floral designs, geometric patterns or the Maltese cross. They became popular around 300 years ago and are all unique! **Have a go at decorating a tile** in the traditional Maltese style! You could use cardboard, foam or ceramic mosaic tiles.

7

The Roman army played an important part in Malta's history, with the island being under Roman rule from 218 BC until the 6th century AD. Roman soldiers would carry shields, which were large and rectangular and usually painted red. They were decorated with symbols for different meanings, such as lightning, for Jupiter, the Roman God of the Sky, or wreaths, meaning victory.

Design your own shield, thinking of what symbols you might want to include.



Craft - cont.

8

Salt pans cover several kilometres of the Maltese coastline. The method of collecting salt this way dates back to pre-Roman times and it is harvested in the summer months. **Carry out some raised salt painting**, you could even take inspiration from the history of Malta!

You will need: cardboard/thick card, pencils, PVA glue, salt, water colours/food colouring and water.

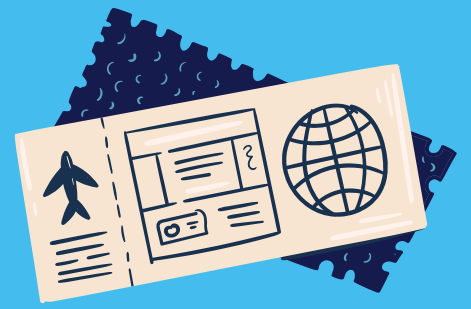
1. Draw your design onto cardboard or thick card in pencil.
2. Go over the design with a line of PVA glue.
3. Cover the glue in table salt and leave to dry.
4. Once dry, paint over the salt using water colours or food colouring mixed with water by lightly touching the salt with the paint. The colours should spread through the pattern.
5. Leave to dry.



9

Malta is home to over 300 churches, many of which contain stained glass windows. Nearly 90% of the population still identify as Catholic, with the religion dating back to around 60 AD. **Decorate a glass jar** in the style of stained glass, either by using glass pens or bits of tissue paper.





Food

1

Maltese cuisine is a reflection of the island's history, blending Mediterranean flavours with North African and Sicilian influences. Find out what the most popular ingredients are in Maltese cooking. Which ones are available where you live? Which ones have you tried? **Choose a sweet or savoury recipe and make it for your family or friends.**

2

In Malta, Ħobż biż-Żejt (a Maltese open sandwich) is the ultimate "picnic" food. It's colourful, healthy, and easy to assemble. Maltese Ħobż bread could be hard to find in the UK, so substitute with sourdough bread. **Practice spreading, topping, and seasoning to create a beautiful sandwich.**

3

Make a pot of Kusksu biż-Żejt for your family. This is a hearty vegetable soup, traditionally made with tiny pasta beads and broad beans (a much-loved Maltese legume!)

4

Malta has many beautiful churches with stained glass windows. **Bake some stained glass biscuits.** Make biscuits with shapes cut out and fill the gap with crushed boiled sweets to represent stained glass. OR decorate a biscuit with a stained glass pattern.





Food – cont.

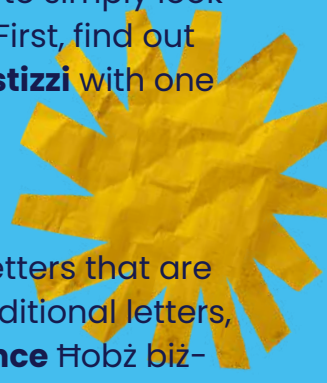
5

Maltese honey rings are called Qagħaq tal-Għasel. Despite the name, they don't actually contain any honey. Honey used to be a luxury, so the recipe evolved to use black treacle (molasses) instead. In the UK, this makes them very easy to bake because you can find black treacle in any supermarket.

Bake some Honey Rings.

6

Pastizzi are savoury pastries filled with either ricotta cheese or curried peas, and can be found almost everywhere in Malta. There is a way to simply look at a pastizzi and tell which filling it has without biting into it! First, find out how this is accomplished. Then, use this method to **make pastizzi** with one of the fillings, using the appropriate technique.



7

As you may have noticed, the Maltese alphabet has some letters that are not in the Modern English (Roman) alphabet. There are six additional letters, some with dots or bars, eg. ġ, ħ and Ż. **Learn how to pronounce** Fobż biż-Żejt, Kusksu biż-Żejt, and some other popular Maltese dishes that use letters from their alphabet.

8

True or False: **create a quiz for your friends or family**, with true or false questions about Maltese food. For example:
Cisk Excel is a flavour of sorbet made from Malta's famous beer – TRUE
The Għasel-Knot (Honey Knot) is a traditional dessert made from leftover pastry dough – FALSE. It doesn't exist! If you ask for a "Honey Knot" at a bakery in Valletta, the baker will probably give you a very confused look or they may give you a Qagħaq tal-Għasel (Honey Ring), which is the real, circular pastry that actually exists.





Island Icons

1

Malta, Gozo, and Comino are all surrounded by water, but you can't drink seawater. However, there are no freshwater rivers or lakes on the islands. So how do Maltese people get drinkable water? Because there are no rivers or lakes, Malta has had to become a world leader in water technology. **Do some research on reverse osmosis** and deliver a presentation to your unit to explain how it works.

2

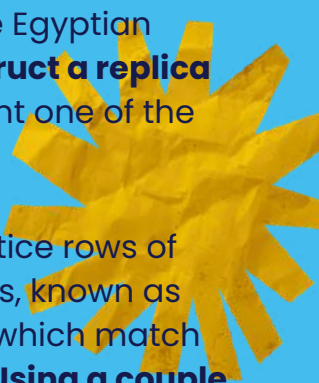
Malta is home to the Ġgantija and Ғaġar Qim temples, which are among the oldest free-standing structures on Earth, predating the Egyptian pyramids. **Use Jenga bricks or other building blocks to construct a replica of one of the temples.** Or, if you're feeling artistic, draw or paint one of the temples.

3

If you walk around the capitol Valletta or Mdina, you will notice rows of buildings with brightly coloured enclosed wooden balconies, known as Gallarija Maltijas. They are usually painted in bright colours, which match the door of the building, thus creating a "popping out" effect. **Using a couple of empty cereal boxes, decorate one of them to look like a house,** and cut up the other one to create and colour a colourful Gallarija Maltija!

4

Luzzu fishing boats are another Maltese icon, rooted in ancient superstitions and local pride. They are very colourful boats, painted in shades of yellow, red, green, and blue. And perhaps the most famous feature is the pair of eyes on the bow: the Eyes of Osiris". **Take an old pair of trainers or buy a used pair at a charity shop, and paint them to resemble a luzzu fishing boat.**





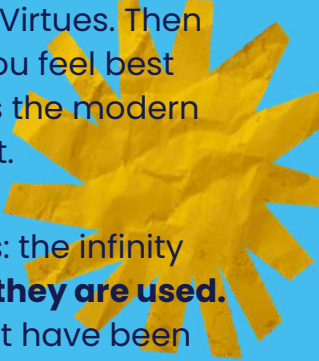
Island Icons – cont.

5

This eight-pointed cross is the most famous symbol of the islands and is called the Maltese Cross. It was the emblem of the Knights of St. John, who ruled Malta for centuries. The eight points are said to represent the eight "languages" (regions) of the Knights and also the eight virtues they were supposed to live by, much like we have the Guide Law. **Research the Eight Virtues of the Maltese Cross and compare them to the Guide Law.**

6

The Maltese Cross is a core icon of the island, **build one to demonstrate your knowledge.** Cut out a large paper Maltese Cross. Assign a colour to each of the 8 points. On the front of each point, write one of the Knightly Virtues. Then fold the point inward. On the inside, write the Guide Law that you feel best matches it. The Outcome: When the cross is folded, it represents the modern Guide; when it's opened, it reveals the ancient Knight.



7

Malta is world famous for something used in blockbuster films: the infinity water tank. **Do some research to learn what these are and why they are used.** What films have they been used in? Then, identify ten films that have been filmed partially or completely on the Maltese archipelago. Print a map of the islands and add the names of these films on the map.

8

Complete the wordsearch on some of the Island's iconic cities. Why not have a go at creating your own wordsearch or puzzle to do with Malta.



Wordsearch

Find the 12 Maltese cities hidden in the grid. Words may go in any direction (horizontal, vertical, diagonal, forwards or backwards).

V G H M D I N A X Q L P O Z G
A J W U M I H A M R U N S A U
L W Q R T Y U M O P A S D F B
L K J O G F D S O Q W E R T B
E Z X C R B N M L S J H G F E
T S L I E M A P O I T Y T R Z
T A Q W E R I Y U I O A A S D
A Q D S T P L K J H G F D S A
V N B V C X Z A B B A R Q W E
F G U R A P O I U Y T R E W R
C K J H G F D M L K J H G F T
X Z X R A X X A N Q W E R T Y
K L B I R K I R K A R A U I O
J H G F D S A Q W E R T Y P O
P O I U Y T R A B A T E W Q Z

Word List:

VALLETTA

MDINA

RABAT

SLIEMA

BIRKIRKARA

MOSTA

QORMI

ZABBAR

FGURA

HAMRUN

NAXXAR

ZEBBUG

Wordsearch - Answers

Y	G	H	M	D	I	N	A	X	Q	L	P	O	Z	G
A	J	W	U	M	I	H	A	M	R	U	N	S	A	U
L	W	Q	R	T	Y	U	M	O	P	A	S	D	F	B
L	K	J	O	G	F	D	S	O	Q	W	E	R	T	B
E	Z	X	C	R	B	N	M	L	S	J	H	G	F	E
T	S	L	I	E	M	A	P	O	I	T	Y	T	R	Z
T	A	Q	W	E	R	I	Y	U	I	O	A	A	S	D
A	Q	D	S	T	P	L	K	J	H	G	F	D	S	A
V	N	B	V	C	X	Z	A	B	B	A	R	Q	W	E
F	G	U	R	A	P	O	I	U	Y	T	R	E	W	R
C	K	J	H	G	F	D	M	L	K	J	H	G	F	T
X	Z	X	R	A	X	X	A	N	Q	W	E	R	T	Y
K	L	B	I	R	K	I	R	K	A	R	A	U	I	O
J	H	G	F	D	S	A	Q	W	E	R	T	Y	P	O
P	O	I	U	Y	T	R	A	B	A	T	E	W	Q	Z