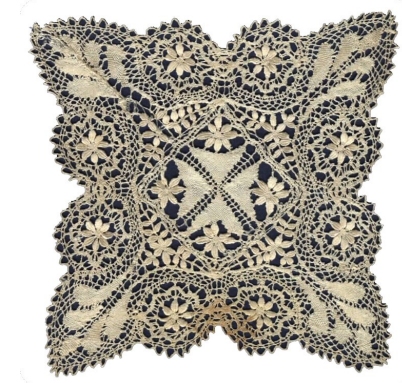
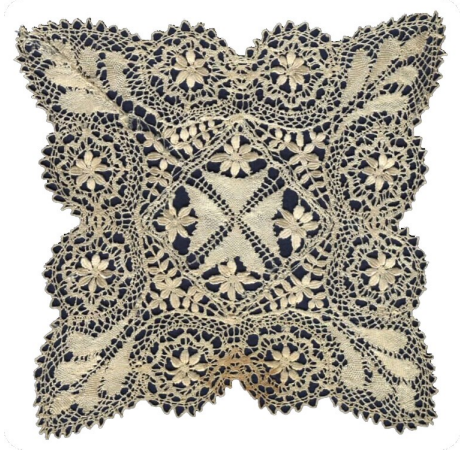


**CULTURAL HERITAGE OF MALTA within
Erasmus+ project
European Citizenship - Cultural Heritage Unites Us
2019 - 2022**



The opinions expressed in this document are the sole responsibility of the authors and do not necessarily represent the official position of the European Union.



UNESCO Heritage Sites

Ġgantija Temples

Ġgantija is a megalithic temple complex from the Neolithic on the Mediterranean island of Gozo in Malta. The Ġgantija temples are the earliest of the Megalithic Temples of Malta and are older than the pyramids of Egypt.



Imqaret



Imqaret are a traditional Maltese dessert that consist of a fried thin sweet pastry filled with a flavourful spiced date and citrusy paste. Imqaret are a popular Maltese dessert

that we inherited from the Arabs.

Gellewza and Ghirghentina

Girghentina is a white-wine grape from Malta. Together with Gellewza it is one of only two indigenous grapes on the island. Wine made from Girghentina is exquisite and fresh.



Gellewza is a dark-skinned grape variety that is native to the island of Malta. Only a small amount of wine is made from this little-planted variety.

Aljotta (Fish soup)

Aljotta, a lemony, herb-rich fish soup, is one of the signature dishes of the Mediterranean island of Malta. Being Malta a devoutly Catholic country, Aljotta is very popular during



Lent, when one could not eat meat. In line with the rustic and frugal Maltese cuisine, this soup requires the whole fish—head and tail included—in order to add flavor to the soup.

Hobz biż-Żejt

The name "Hobz biż-żejt" means in English simply "bread with oil" but there is much more to it than just that. Thick slices of bread are



spread with the beloved sweetish tomato paste called kunserva and topped with capers, olives, garlic, black pepper and a drizzle of olive oil. Sometimes tuna or anchovies are added. It is a great snack as well as an appetizer and is often served as nibbling food in local bars when ordering a drink.

Ħaġar Qim

Ħaġar Qim is a megalithic temple complex found on the Mediterranean island of Malta, dating from the Ġgantija. The Megalithic Temples of Malta are among the most ancient religious sites on Earth, described by the World Heritage Sites committee as unique architectural masterpieces.



Mnajdra temples

Mnajdra is a megalithic temple complex found on the southern coast of the Mediterranean island of Malta. Mnajdra is approximately 497 metres from the Hagar Qim megalithic complex.



Traditional Food

Pastizzi

A pastizz (plural pastizzi) is a traditional savoury pastry from Malta. Pastizzi usually have a filling either of ricotta (tal-ħaxx, pastizzi tal-irkotta, cheese cake) or curried peas (pastizzi tal-pizelli, pea cake). Pastizzi are a popular and well-known traditional Maltese food.



Stuffat tal-Fenek (Rabbit Stew)



A hearty rustic stew that's a mainstay of traditional Maltese cuisine. It is a Maltese family recipes handed down over generations. In essence, rabbit cooked 'the Maltese way' sees the meat

simmering away for around an hour and a half minimum – usually far longer – in a rich wine and tomato sauce infused with bay leaves.

Traditional Maltese Boats

The colourfully decorated boats that can be seen floating around the shores of the Maltese islands have become a symbol of local identity and an icon of interest to visitors to the island. The bright shades of red, yellow, blue and green symbolize the land, the sun, the sea and the green fields, representing a fisherman's home village.

These iconic boats offer a fascinating voyage into the long history of the island, dating back at least three centuries and having already been used during the Knights of St. John's rule in Malta. The boats were built of timber and designed taking into consideration the unique characteristics of the Mediterranean Sea.

The Luzzu (Il-Luzzu)



The Luzzu is essentially a wooden hulled fishing boat, built from strong timber and painted in traditional bright colours. The history of the luzzu dates back to the early 20 century, and it is believed to have evolved from the Ital-

ian gozzo boat. During the Phoenician times, the luzzu was quite considerably smaller than it is today and it also used to be equipped with sails.

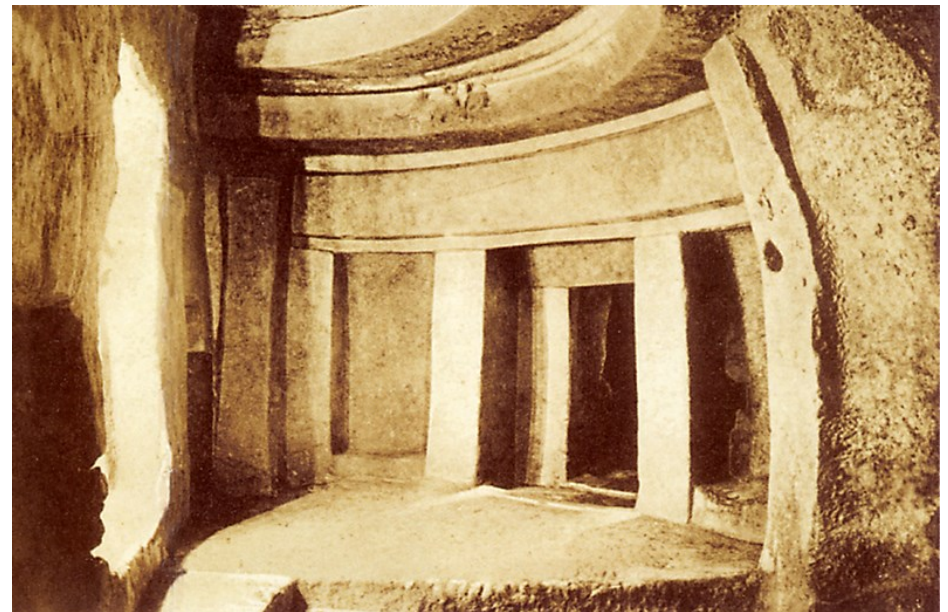
The Firilla (Il-Firilla)

The firilla is one of the earliest types of fishing boats in Malta. Originally used as a passenger boat between Birgu and Senglea, the firilla also became popular amongst local fishermen in the late 19th century.



Hypogeum Ħal Saflieni

The Hypogeum of Ħal Saflieni is a Neolithic subterranean structure dating to the Saflieni phase in Maltese prehistory, located in Paola, Malta. It is often simply referred to as the Hypogeum, literally meaning "underground" in Greek.



Valletta

Valletta (or Il-Belt) is the tiny capital of the Mediterranean island nation of Malta. The walled city was established in the 1500s on a peninsula by the Knights of St. John, a Roman Catholic order. It's known for museums, palaces and grand churches. Baroque landmarks include St. John's Co-Cathedral, whose opulent interior is home to the Caravaggio masterpiece "The Beheading of Saint John."



TRADITIONS, MUSIC AND FOOD

Xemx

Xemx by The Tramps has to be Malta's unofficial anthem !

It was released in 1975. Its lyrics and music were written by vocalist Dominic Grech. Xemx has remained popular ever since.

It is a soothing, nostalgic track praising the beautiful Maltese sun.

https://www.youtube.com/watch?v=_N3-75Qhaa4

