



Girlguiding Cheshire Border

Malta 2026 Challenge Badge



Girlguiding Cheshire Border Malta 2026

A team of 12 girls and 4 leaders from across the county are excited to take part in an international trip to Malta in August. Here we will be meeting with members of Girlguiding from local Malta units, taking part in conservation work, visiting the national wildlife centre and experiencing the Maltese culture.

This challenge pack has been put together for you to experience a range of activities linked to the different themes of our trip and have lots of fun whilst taking part.

Badges are £1.50 (+p&p if collection from a member of the team is not possible). To pre-order please email malta26@girlguidingcheshireborder.org.uk

Thank you in advance for supporting our fundraising.



Learn about Malta

Malta is a small but fascinating island nation located in the heart of the Mediterranean Sea, just south of Italy and north of Africa. Despite its size—only about 316 square kilometers—it has a rich history and vibrant culture that make it truly unique. Malta is home to around 520,000 people, and its official languages are Maltese and English.



Known for its stunning coastline, crystal-clear waters, and sunny climate, Malta is a popular destination for travelers who love history and adventure. The islands are steeped in heritage, with ancient temples older than the pyramids, medieval cities like Mdina, and impressive fortifications built by the Knights of St. John. Malta's capital, Valletta, is a UNESCO World Heritage Site and a hub of art, architecture, and culture.



Traditional Maltese life includes colorful village festas, where locals celebrate with music, food, and fireworks. Maltese cuisine reflects its Mediterranean roots, featuring dishes like pastizzi (savory pastries) and rabbit stew. The country is also famous for its diving spots, vibrant festivals, and warm hospitality.



Activities

The activities in this challenge badge are split up into the following sections:

- Games and activities
- Crafts
- Food and Drink
- Culture and History
- Nature and the environment

We recommend completing at least one activity from each section but you can also be flexible for what is appropriate for your unit and activities can be adapted.

Games and activities

Island Explorer Quiz

Run a quiz on facts about Malta. This could be completed before or after an introduction into Malta.

Appendix 1 has a multiple choice quiz and answers.

Knight's Quest Obstacle Course

Become a Knight of St. John and complete a quest through Malta inspired challenges. For Brownies this could be simplified with fewer stations and for Guides/Rangers you could add the extra challenge of time limits.

Materials needed:

- Cones or chairs (to mark paths)
- Rope or tape (for “balance bridge”)
- Cardboard shields (with Maltese cross)
- Buckets and sponges (for “water carry”)

Setup & Stations

Castle Gate Crawl

Crawl under a table or through a tunnel (symbolizing entering Valletta’s fortifications).

Balance Bridge

Walk along a rope or tape line without falling (representing crossing a narrow fortress wall).

Shield Dash

Carry a cardboard shield while running around cones (defend your castle!)

Water Carry Challenge

Transport a wet sponge from one bucket to another without spilling (like knights bringing water to the fortress).

Knight's Oath Finish

At the end, say the Knight's motto: *“For courage and service!”* and strike a heroic pose.

How to Play

Time each participant or run as a relay team.

Luzzu Boat Races

Each team makes an origami boat and races these across water (e.g. paddling pool) using straws.

Materials

A4 or square sheets of paper, straws, shallow tray, basin, or paddling pool filled with water



Fold Your Boat

- Start with a rectangular sheet of paper.
- Fold it in half lengthwise, then widthwise to find the center.
- Fold the top corners down to make a triangle (like a hat).
- Fold the bottom flaps up on both sides.
- Open the hat into a diamond shape, flatten it, then fold up again to form a triangle.
- Pull the sides apart gently to reveal your boat.

Instructions for origami in appendix 2.

Decorate Your Boat

- Add Maltese touches: draw a Maltese cross, use red and white colors, or add a tiny “Eye of Osiris” like on a luzzu boat.

Set Up the Race

- Fill a tray or basin with water.
- Place boats at one end.
- Each participant uses a straw to blow air behind their boat to move it forward.

Race Rules

- No touching the boat with hands!
- First boat to reach the other side wins.
- Optional: add a time challenge or obstacle (like floating sponges).



Traditional Maltese Game - Bocci

Bocci (Boch-ee) is a traditional ball game similar to English bowls. This involves players throwing balls closest to the smallest ball (the jack).

Materials:

- Soft balls
- Small “jack” ball
- Tape to mark a lane

Steps:

1. Mark a safe “court” with tape lines.
2. Roll balls to get closest to the jack; play in teams.

Festa Fun

Host a mini Malta festa (village feast) which involves decorations and music.

Girls can make their own decorations e.g. bunting or flags, listen to music and play games either linked to the challenge pack or other games.



Crafts

Tile Painting

Tile designs can be seen in many different Mediterranean countries including Malta. Use the inspiration in appendix 3 to draw a geometric Mediterranean pattern.

Materials: Card cut into squares, paints or coloured pens.

Mdina Glass Jars

Mdina in Malta is known as the 'Silent City', it is famous for its beautiful medieval streets and traditional glass making crafts that showcase vibrant colours and intricate designs. Replicate these or design your own using paints and a glass jar.

Materials: Glass jar, paints, paint brush or paint pens



Maltese Cross Art

The Maltese Cross is a symbol of courage and service, originally associated with the Knights of Saint John who defended Malta, and today it represents heritage, strength and unity.

Design our own artwork with the Maltese cross, this could be done with any medium e.g. paints, tissue paper or salt dough.

Template in appendix 4.



Festa Firework Collage

Use different coloured chalks on black paper to design a collage of a fire work display as these are an important part of Maltese Festas.

Materials: Black paper, chalks/paints, glitter and glue (optional)

Luzzu Boat Design

Malta has traditional boats called Luzzu boats, Draw a boat structure and cut this out. Paint/colour the boat design. This could be done in traditional Maltese colours.

Inspiration in appendix 5.

Materials: Paper, coloured pens/paints, scissors.

Food and Drink

Please check for allergies throughout these activities.

Maltese Lemonade

Kinnie is a traditional Maltese bittersweet carbonated dink made from bitter oranges and aromatic herbs.

Create your own Maltese lemonade using lemons, sugar and sparkling water.

Lemon juice and sugar can be added in varying quantities suitable for each persons taste.

This could be extended further to design their own Mocktails.



Honey Treats

Malta has been renowned for its splendid honey, create your own honey flapjack treats using the recipe below.

The recipe makes 12 flapjacks.

225g Butter
75g Caster Sugar
4 tbsp Honey
350g Porridge Oats



Step 1

Heat the oven to 180C/160C fan/gas 4. Butter and line a 30 x 15cm rectangle tin with baking parchment. Melt the butter, sugar and honey in a pan over a medium heat, stirring frequently until the butter has melted and the mixture is smooth.

Step 2

Put the oats in a mixing bowl, then pour over the butter and honey mixture. Stir until all the oats are coated. Tip into the prepared tin, and use a spatula or the back of a spoon to evenly spread out the mixture. Cook for 10-15 mins until lightly golden. Leave to cool in the tin, then remove before cutting into squares.

Be aware of any allergies and supervision required when melting butter/cooking flapjack.

Pastizzi Bake-off

Pastizzi are iconic, flaky Maltese savory pastries, usually diamond-shaped filled with creamy ricotta cheese or spiced mushy peas.

Host your own Pastizzi bake off where groups or individuals make there own pastries using pre made puff pastry and stuffed with ricotta cheese.

Further information can be found - <https://nofrillskitchen.com/pastizzi-recipe/>



Mediterranean picnic

Host a Mediterranean picnic to taste new or traditional food found in Mediterranean countries.

This could include: bread, olives, cheese, tomatoes, carrots, hummus etc.



Recipe research and share

Research recipes for traditional Maltese food e.g. Rabbit stew, Kapunata. Produce a short presentation or poster on the recipe.

You could then cook these recipes at home.



Culture and History

Malta Church Model

There are around 365 Churches in Malta, use different materials including cardboard, string, tape, plastic bottles to recreate a model of a Maltese church.



The Maltese language

Learn the Maltese phases below, this could also be used as a quiz.

Bongu- (bon-ju) Good morning

Bonswa-(bɔ'swa) Good evening

Merħba- Welcome

Grazzi- Thank you

Jekk jogħġebok- Please

Taf titkellem bl-Ingliż? - Do you speak English?

Kif int? (keef-int?) - How are you?

Jien tajjeb, grazzi. - I am fine, thank you.

Iva - Yes

Le- No

Malta Research

Research a topic below, this could then be made into a poster or presentation to share with your unit.

- The history of Malta including French occupation and world war two.
- Maltese architecture
- Maltese traditions

Nature and the environment

As an island nation, Malta is significantly impacted by climate change and pollution.

Malta wildlife hunt

Hide the images in appendix 6 around your meeting place. Girls then need to find these images and match them to the name and/or key fact.



Wildlife facts

Use the factsheets (appendix 7) on different animals native to Malta to discuss the habitats they live in and suggest how climate change impacts these species. Share your ideas with your unit.



Sea conservation

Plastics in the ocean has a huge impact on Malta's fish and ocean wildlife.

Discuss the impacts plastic in the ocean has on animals and produce a campaign poster to convince people to clear the oceans and recycle more plastic.



Appendix 1 – Islander Explorer Quiz

1. Where is Malta located?

- a) In the Atlantic Ocean
- b) In the Mediterranean Sea
- c) In the Indian Ocean

2. What is the capital city of Malta?

- a) Mdina
- b) Valletta
- c) Gozo

3. Which two languages are official in Malta?

- a) Maltese and English
- b) Italian and French
- c) Maltese and Spanish

4. What is a luzzu?

- a) A Maltese pastry
- b) A traditional fishing boat
- c) A type of dance

5. What symbol is on the Maltese flag?

- a) A star
- b) A Maltese cross
- c) A dragon

6. What is Malta famous for?

- a) Ancient temples older than the pyramids
- b) Snowy mountains
- c) Rainforests

7. What is a popular Maltese snack made with pastry and ricotta or peas?

- a) Pastizzi
- b) Pizza
- c) Paella

8. What is a festa in Malta?

- a) A type of boat race
- b) A village celebration with music and fireworks
- c) A traditional Maltese dance

9. Which UNESCO World Heritage Site is Malta's capital?

- a) Valletta
- b) Mdina
- c) Rabat

10. Which of these animals can you find around Malta's coast?

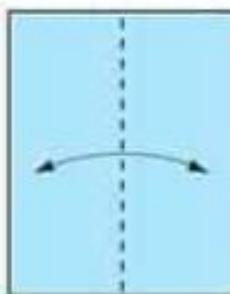
- a) Dolphins
- b) Polar bears
- c) Kangaroos



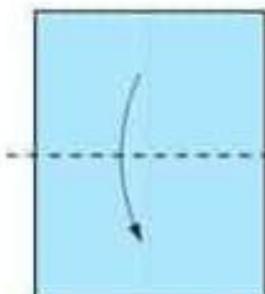
Appendix 1 – Islander Explorer Quiz Answers

1. Mediterranean Sea
2. Valletta
3. Maltese and English
4. A traditional fishing boat
5. A Maltese cross
6. Ancient temples older than the pyramids
7. Pastizzi
8. A village celebration with music and fireworks
9. Valletta
10. Dolphins

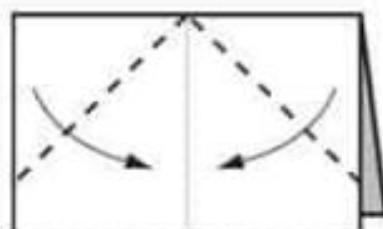
Appendix 2 – Origami boat instructions



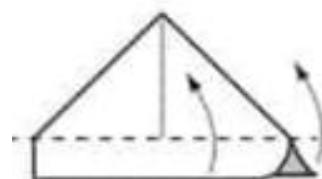
1. FOLD IN HALF



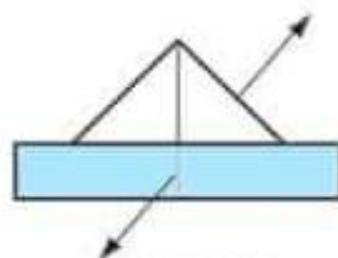
2. FOLD IN HALF AGAIN



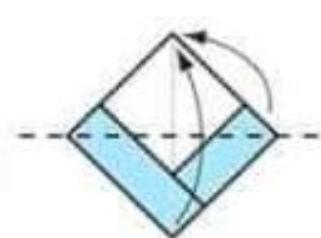
3. FOLD IN CORNERS



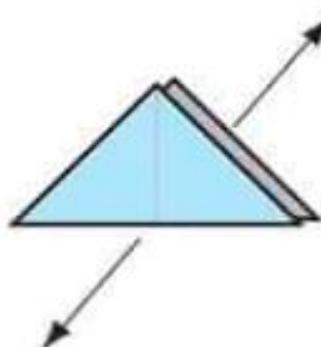
4. FOLD UP EDGES ON BOTH SIDES



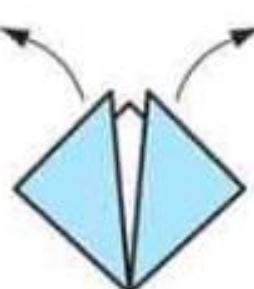
5. PULL THE SIDES OUT AND FLATTEN



6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN

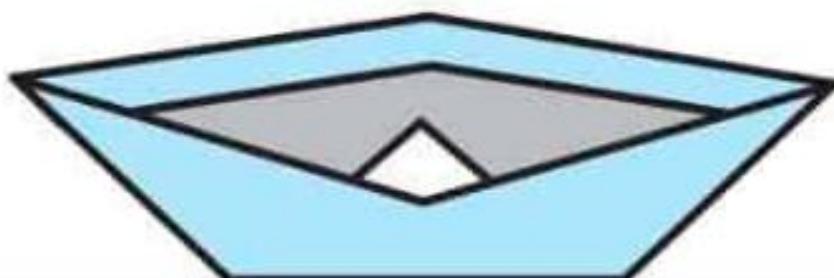


8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

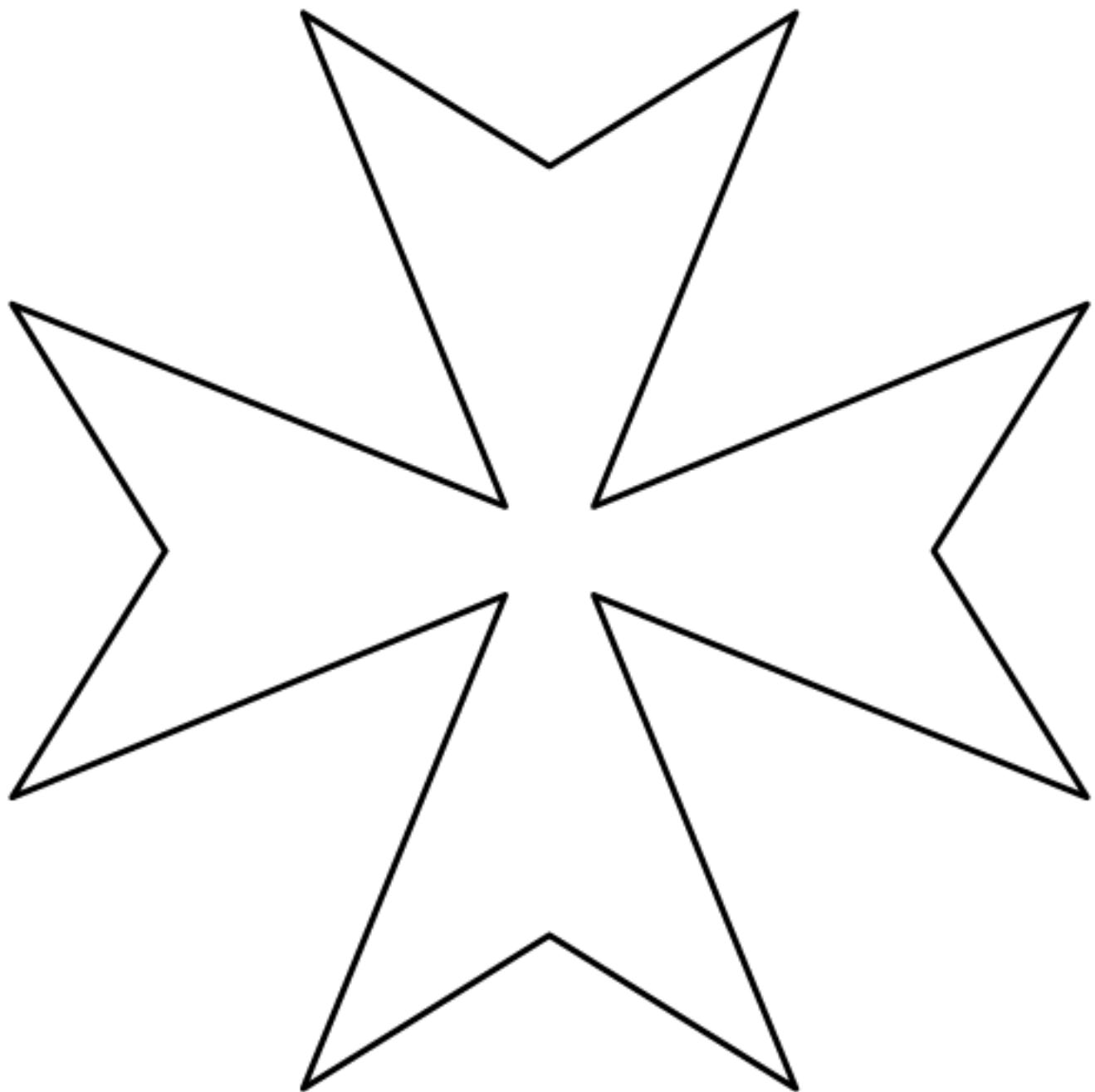
10. TA DAAAI



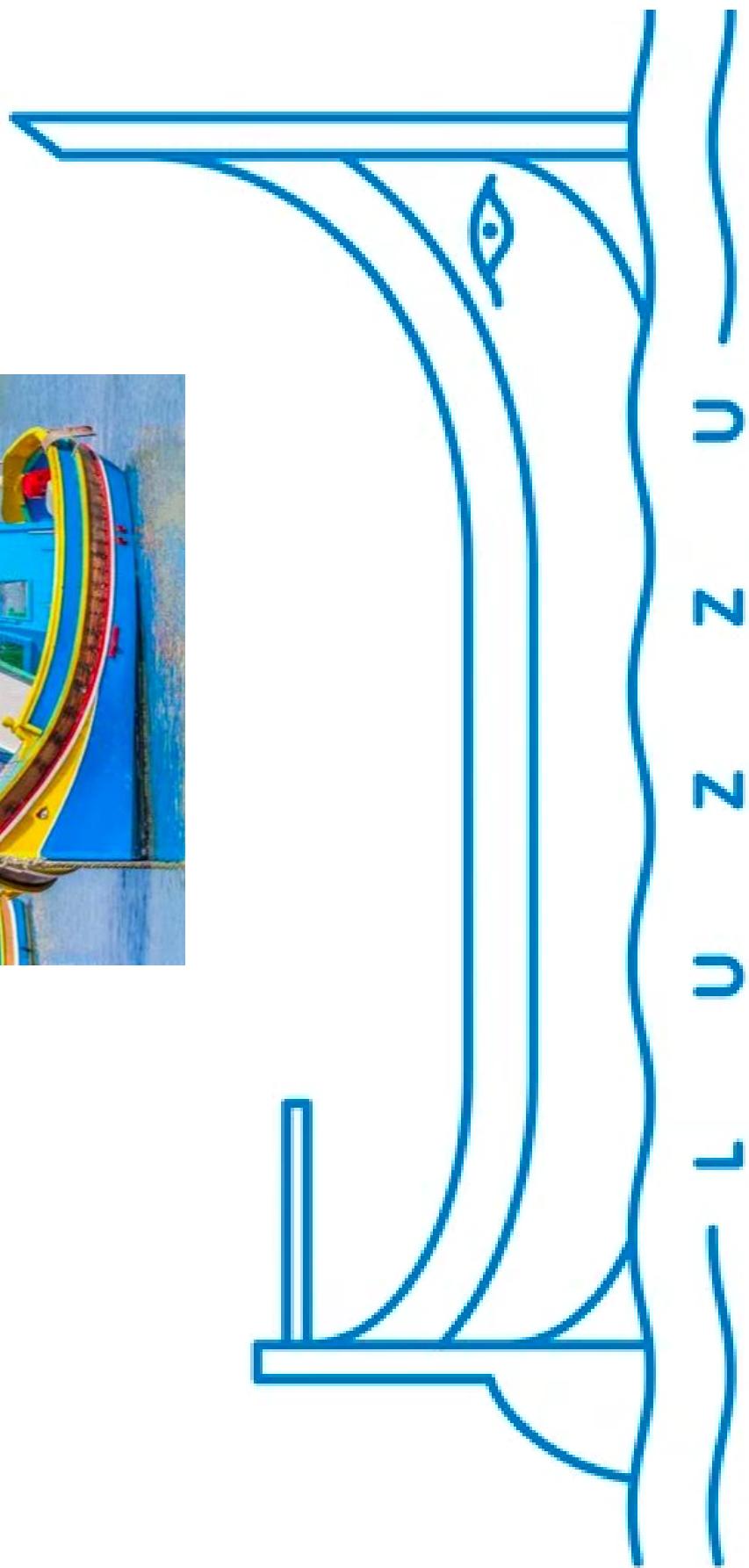
Appendix 3 – Tile Inspiration



Appendix 4 – Maltese cross template



Appendix 5 – Luzzu boat design



Appendix 6 – Malta Wildlife Hunt

	Maltese Wall Lizard	Malta's most iconic reptiles and is found across the islands, especially in rocky areas, stone walls, and coastal cliffs.
	Blue Rock Thrush	Malta's national bird, the Blue Rock Thrush, lives in rocky landscapes, cliffs, and old fortifications.
	Maltese Freshwater Crab	Lives in freshwater streams and valleys, particularly in areas with clean, flowing water.
	Mediterranean Chameleon	They move slowly and have eyes that rotate independently, giving them a 360-degree view of their environment.

Appendix 6 – Malta Wildlife Hunt

	Mediterranean Killfish	Brackish water fish found in the Mediterranean coastal area; in Malta, it is mostly found in saline marshlands.
	Maltese Rock Centaury	It was declared the National Plant in 1971 due to its rarity and importance as a flagship species, and is legally protected.
	Sandarac Gum Tree	A rare tree species, of which about 100+ individuals occur in the wild, all on the island of Malta.
	Maltese Honey Bee	This species is an essential pollinator of many of Maltese wild plants and crops and is also highly adapted to Malta's hot arid summer.

Appendix 7 – Wildlife Factsheet

Maltese Wall Lizard

The Maltese Wall Lizard is one of Malta's most iconic reptiles and is found across the islands, especially in rocky areas, stone walls, and coastal cliffs. It thrives in sunny spots where it can bask and hide among crevices. This lizard mainly eats insects, spiders, and small invertebrates, helping control pest populations. A key fact is that it has several subspecies unique to Malta, including one found only on Filfla islet, making it an important part of Malta's biodiversity.



Blue Rock Thrush

Malta's national bird, the Blue Rock Thrush, lives in rocky landscapes, cliffs, and old fortifications. It prefers high vantage points for nesting and singing. Its diet includes insects, small invertebrates, and berries, which it finds among rocks and shrubs. Known for its striking blue feathers and melodic song, this bird symbolizes Malta's natural heritage and is protected by law.



Maltese Freshwater Crab

This rare crustacean lives in freshwater streams and valleys, particularly in areas with clean, flowing water. It feeds on plant material, algae, and small aquatic organisms. The Maltese Freshwater Crab is considered a vulnerable species due to habitat loss and water scarcity, making it an important indicator of healthy ecosystems in Malta.



Mediterranean Chameleon

The Mediterranean Chameleon is a fascinating reptile found in rural areas, gardens, and scrubland across Malta. It is famous for its ability to change color to blend with its surroundings. Chameleons eat insects such as flies, grasshoppers, and beetles, catching them with their long sticky tongue. A key fact is that they move slowly and have eyes that rotate independently, giving them a 360-degree view of their environment.



Badge Order Form

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Unit Name:.....

County:.....

Email:.....

Phone Number:.....

Address where the badges should be sent too:

Number of badges required at £1.50 per badge.....

Postage:

5 badges or less - £1.00

More than 5 badges - £2.00

Payment should be made via BACS to:

Girlguiding Cheshire Border

Sort Code: **16-31-13**

Account Number: **10012462**

Reference: **MaltaBadge *Your unit name***

Please send badge order form via email:

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