

Top 10 safety tips when you're travelling abroad

1. **Keep an eye on your belongings.** If you're inclined to take a backpack out with you, make sure you twist the lock so that it's harder to undo; try and keep your wallet or other important travel documents in your front pockets and don't trust anyone who gets a little too close.
2. **Wallets and purses.** It is of utmost importance not to keep your money/travel docs/valuables in your back pocket, no matter how deep it is.
3. **Put it away!** Although you might feel more comfortable carrying your camera or camcorder on your arm or across your neck, don't.
4. **Choose your travel buddy carefully.** Although you may not be much of an adrenaline junkie, your travel buddy might just be; as well as doing some pretty cool things, it might also mean you will be putting your belongings (or life) at risk, unnecessarily.
5. **Insurance.** If you haven't got any already, get some.
6. **Watch this space.** However, if locals/year abroad graduates/friends/guidebooks have warned you not to go to a particular neighbourhood or watch your belongings more closely in some areas, there is bound to be a good reason. Think first, before losing something special.
7. **Scan your important documents.** It's a good idea to get some copies of your travel documents, however many there are and also emailing them to yourself,
8. **Get a health check-up.** If you're going away, check out the FCO's website for travel warnings, news and info, and possibly most important of all, a list of the vaccinations and medicine you may need to go to your dream destination. It's important you get most, if not all, your vaccinations done before hand.
9. **Keep your cash and cards separate.** It's a good idea to invest in a money belt when you go away.
10. **Typing in your personal details online.** If you're planning on sharing your personal details, think well before you hand over your account details or passport number.

Chairperson: Maria Borg

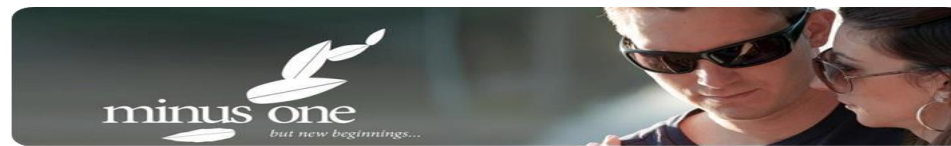
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Awwissu/Settembru 2016

Għezież ħbieb,

Meta tircievu din in-newsletter, is-sajf ikun dahal gmielu imma xorta jibqgħalna xahrejn ta' attivitajiet barra Project House. Kontra kif jigri fi gruppi ohra ahna fis-sajf ma nieqfux, izda l-kumitat xorta jibqa jahdem u jirsisti biex intom tkomplu tiltaqghu u tiehdu gost flimkien. Nispera li l-attivitajiet li għandna għalikom dawn ix-xahrejn joghgbukom u tikkonkorru bi hgarkom għax mingħajr il-prezenza tagħkom ahna ma naghmlu xejn.

Bhalma għamilna fl-ahhar newsletter, għandkom issibu l-attivitajiet ta xahrejn, għalhekk zommu in-newsletter għal Settembru wkoll. Titilfuhiex u thassruhiex mill-email.

Nixtieq infakkarkom li meta tibagħtu xi message biex tibbukkjaw, dejjem għidulna min intom għax ahna ma nafux il-mobile numbers ta kullhadd bl-amment. Dejjem ibbukkjaw mal persuna koncernata. Ikollkom miktub fuq in-newsletter. Grazie

Nixtieq nitlobkom titolbu għal xi membri fil grupp li għandhom xi problem ta' sahha. Tajjeb li niftakru f' xulxin u nagħtu s-sapport u l-inkoraggiment tagħna. Dak huwa l-ghan ewlieni tal grupp.

Is-sajf it-tajjeb mimli serhan u sahha!

Dejjem tagħkom,
Maria

Attivitajiet ghax-xahar ta' Awwissu 2016

Is-Sibt 6 ta' Awwissu: 7.00pm. Illum se mmorru Had-Dingli naraw ix-xemx niezla! Niltaqghu hdejn ir-restaurant 'The Cliffs' minn fejn nistghu naraw l-ispettaklu sabih ta' nzul ix-xemx.. Wara mmorru lkoll flimkien biex naghmlu picnic by night hdejn il-kappella tal Maddalena. Gibu maghkom ikel, xorb, siggijiet, torches, lampi, imwejjed u xi cardigans jew gakketta hafifa. Narawkhom. Titilfuhix!

Il-Gimgha 26 ta' Awwissu: 7.30 pm. Alexandra Hotel Paceville. Illum se mmorru BBQ by the pool fuq il bejt tal Lukanda. Min irid jista jigi ftit qabel u jghum gol pool. Prezz: 20 euro. Parking b'xejn gewwa Portomaso car park bhad-darba l-ohra. Booking ma John Trapani Mob: 99443481

Dak inhar ikollna l-Birthday Celebration tax-xahar ta' Awwissu.

MENU (Includes free flowing supply of wine, soft drinks, juices, mixers and water)
A selection of mouthwatering salads and antipasti, potato salad, spicy rice salad assorted canapés, Tuna Bridge rolls, 3 coloured sandwiches accompanied with Galletti, Pita Bread & Bread Rolls, Timpana & Melon Boats

LIVE COOKING FROM THE BBQ AND HOT STATION

Beef Kebabs in Ginger and Black Pepper
Mediterranean Swordfish Steaks
Marinated Chicken Drumsticks
Grilled Pork with BBQ Sauce
Maltese Sausages
Mini Burgers
Grilled vegetables
Boiled potatoes with parsley and garlic

DESSERTS

A selection of fine desserts from our pastry chefs.
Chocolate ball with passion fruit, mini desserts, and fresh fruit salad

Attivitajiet ghax-xahar ta' Settembru 2016

Il-Gimgha 2 ta' Settembru: Gozo by night. Illum se naqbd u il-Gozo ferry tal 5.15 pm u mmorru Gozo by night. Niltaqghu it-terminal tal ferry fil 4.45pm. Naqbd u il-coach – dawra mac-Cittadella u mmorru ghand Guzeppi fuq is-sur tac-Cittadella, nieklu u nixorbu flimkien. Spettaklu sabih ta' Ghawdex tahtna – Gozo by night. Menu u prezzijiet aktar tard. Lura mal vapur ta l- 10.15pm. Min hu nteressat, se naghmlu transport mill Furjana sac-Cirkewwa. Booking ma Maria: Mob 9927 1981. Mal booking ghidu jekk tridux transport sac- Cirkewwa jew le.

Il-Gimgha 16 ta' Settembru: Illum se niltaqghu Ta Xbiex hdejn il Black Pearl restaurant fis 7.00pm. Naghmlu mixja ta' Xbiex u wara mmorru niehdu xi haga flimkien. Booking ma Catherine Deguara mob: 9927 8570.

Il-Gimgha 30 ta' Settembru: Illum se naghmlu il-birthday celebrations go El Catalan restaurant ix-Xghajra. Dan li gej huwa il-menu. Prezz 20 euros. Niltaqghu hdejn El Catalan fit 7.45 pm. Booking ma Ray Micallef. Mob: 79784537



Starters

Carrot soup or mushroom vol-au-vent or greek salad or ravioli porcini
or penne salmone

Main

Perch fillet or pork collar or half roasted chicken or half bbq ribs or beef burger
(all main courses are served with chips & salad)

Desserts

Profiterols or cassatella siciliana