

SUPERADULT

MANUAL GHALL-KBAR
MANUAL FOR GROWN-UPS



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Id-drittijiet kollha huma riservati.

Dan il-ktieb ma jistax jiġi riprodott fi kwalunkwe mezz mingħajr il-permess bil-miktub tal-awturi, l-illustratriċi u l-pubblikaturi.



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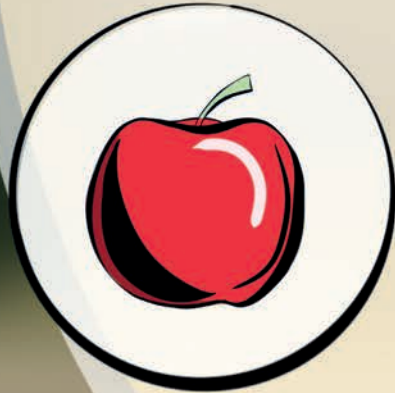
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Dan il-proġett ġie ffinanzjat permezz tal-iskema Small Initiatives Support, amministrata mill-Kunsill Malti għas-Settur tal-Volontarjat f'isem il-Ministeru għall-Inklużjoni u l-Volontarjat. Din il-pubblikazzjoni tirrifletti biss il-veduti u l-ħsbijiet tal-pubblikaturi/awturi, u l-Kunsill Malti għas-Settur tal-Volontarjat ma jistax jinżamm responsabbli għall-kontenut jew għall-użu li jista' jsir minn dan l-istess kontenut.



DAN IL-MANWAL HUWA TA'
THIS MANUAL BELONGS TO





WHAT IS THIS BOOK?

This book is unlike any other adventure or funny book that you might find in the library. This book is more like the one that comes with a new game, a new television or fridge. You know which one I'm referring to, don't you? It is a manual which contains the rules of the game or the instructions to safely operate the equipment you bought, or even better, received as a gift!

But then, if this book is about growing up into the best person you can be, are you born with it? Imagine a stork, flying with a baby in its blanket, and the manual hanging from it... no, no, that is not what I mean!

You receive this manual, because now you are growing up, and it is time that you discover more about yourself, and what you are capable of, in order to make the best decisions in life. It is not always easy to make a decision and when in doubt, you need to consult this book to see if there is any help for the problem you have encountered.



DAN XI KTIEB HU?

Dan il-ktieb mhux bħalma s-soltu ssib f'librerija, bi storja avventuruża jew tad-daħk. Dan ktieb bħal dak li jiġi ma' xi logħba ġdida, televixin jew frigg. Taf għal liema qed ngħid, hux? Dak li fih issib l-istruzzjonijiet ta' kif se tħaddem dak li xtrajt, jew tant aħjar qlajt bħala rigal!

Imma allura jekk dan il-ktieb jgħidlek kif tikber u tkun l-aħjar adult li tista' tkun, dan jitwieled miegħek? Immaġina çikonja għaddejja b'barzakka b'tarbija u dan il-manwal imdendel magħha... u le, le, fejn sejjer b'moħħi!

Dan il-manwal takkwistah, għax issa qed tikber ġmielek u tassew wasal iż-żmien li tkun taf min int u x'hemm bżonn tkun kapaci tagħmel, biex tagħraf tieħu l-aqwa deçizjonijiet f'ħajtek. Mhux dejjem façli tieħu deçizjoni. Meta jiġrilek hekk, bħalma tagħmel meta l-microwave ma jaħdimx sew, fittex f'dan il-ktieb u ara hawnx għajnuna għall-problema li tkun iltqajt magħha.

ENERGY AND WASTE

How many times have you been told to “turn off the lights”? Nobody likes paying high energy bills!

This is why superadults make sure:

- that there are no dripping water taps in their homes
- to switch off the lights in empty rooms
- to unplug any electronic devices when not in use, to minimise damage and waste

Nowadays, in Malta, it is mandatory to separate waste and to take out the correct waste bag for collection as per schedule. In addition, superadults take any bulky waste to designated sites or call their local council to collect bulkier items.

Superadults:

- put aside objects or material that can be reused. This helps to reduce waste
- secure organic waste properly to ensure that it does not end up strewn all over the street by cats or rats, and also to take the trash out on time



L-ENERĠIJA U L-ISKART

Min jaf kemm-il darba qalulek:
"Itfi dak id-dawl għax se ttella' kont kontun!"
Hadd ma jieħu gost jirċievi kont għoli tad-dawl u l-ilma!

Għalhekk is-superadulti jaraw:

- għandhom xi vit tal-ilma jqattar
- li jitfu d-dawl tal-kmamar fejn ma jkun hemm hadd
- li jaqilgħu l-apparat elettroniku mill-plakka biex inaqqsu l-ħsarat u l-ħela

Illum f'Malta huwa obligatorju li kulhadd jissepara l-iskart u johroġ il-borża t-tajba għall-ġbir skont il-ġurnata. Barra minn hekk is-superadulti jieħdu l-iskart goff fis-siti apposta jew iċ-templu lill-kunsill lokali biex jiġi jiġbor l-oġġetti li jkunu kbar wisq.

Is-superadulti:

- ġieli jwarrbu l-materjal minflok jarmuh, biex ikunu jistgħu jerggħu jużawh. Dan jgħin biex innaqqsu l-iskart
- ikebbu sew l-iskart li jista' johroġ mill-boroż u jittiekel mill-qtates jew il-firien, u johorġu l-borża fil-ħin

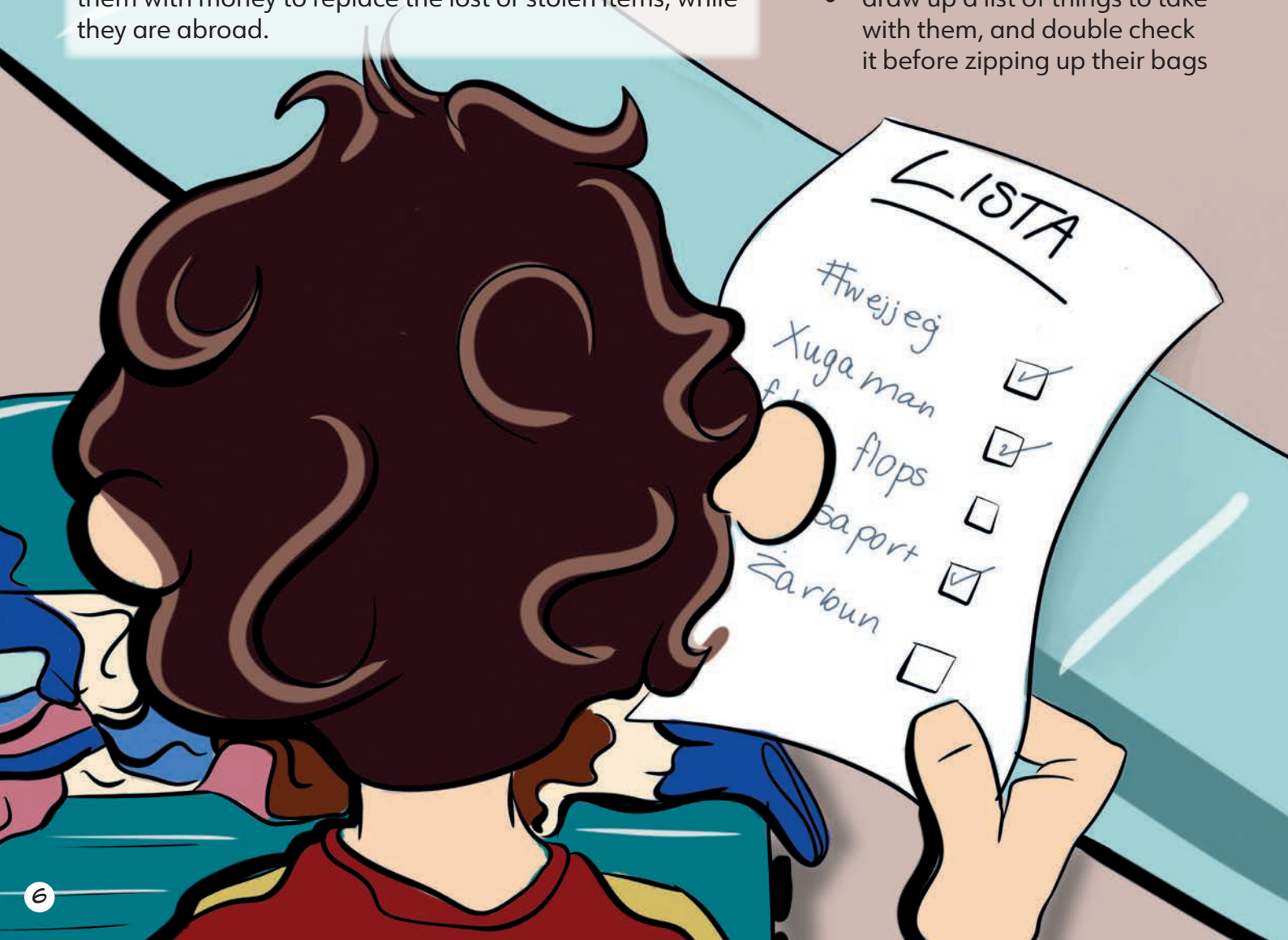


TRAVELLING ABROAD

Before travelling abroad, superadults get travel insurance for peace of mind during their trip. In simple words, they pay an amount of money to an insurance company, so that in case something happens, they can ask for help. Let's say that a suitcase is lost or stolen, the insured superadult can ask the insurance company to provide them with money to replace the lost or stolen items, while they are abroad.

Superaadults:

- research on the internet and seek advice from people who have been to the country, and draw up a travel plan, before travelling
- draw up a list of things to take with them, and double check it before zipping up their bags



Is-superadulti jagħmlu polza tal-assigurazzjoni (insurance) għall-vjaġġ biex ikunu moħħhom mistrieħ waqt is-safar. Fi kliem sempliċi, iħallsu ammont ta' flus lil xi kumpanija tal-assigurazzjoni biex jekk jinqala' xi haġa, jitolbu l-għajjuna ta' din il-kumpanija. Ejja ngħidu li nsterqu l-bagalji - dawk li jkunu għamli insurance jistgħu jkellmu lill-kumpanija biex tagħtihom somma flus jew għajjuna oħra biex jixtru dak li għandhom bżonn waqt li jkunu barra minn pajjiżhom.

Is-superadulti:

- ifittxu fuq l-internet u jistaqsu 'l min diġà mar fil-pajjiż u jfasslu pjan qabel isiefru
- jagħmlu lista ta' x'se jieħdu magħhom u jiċċekkjawha qabel jagħlqu l-bagalji

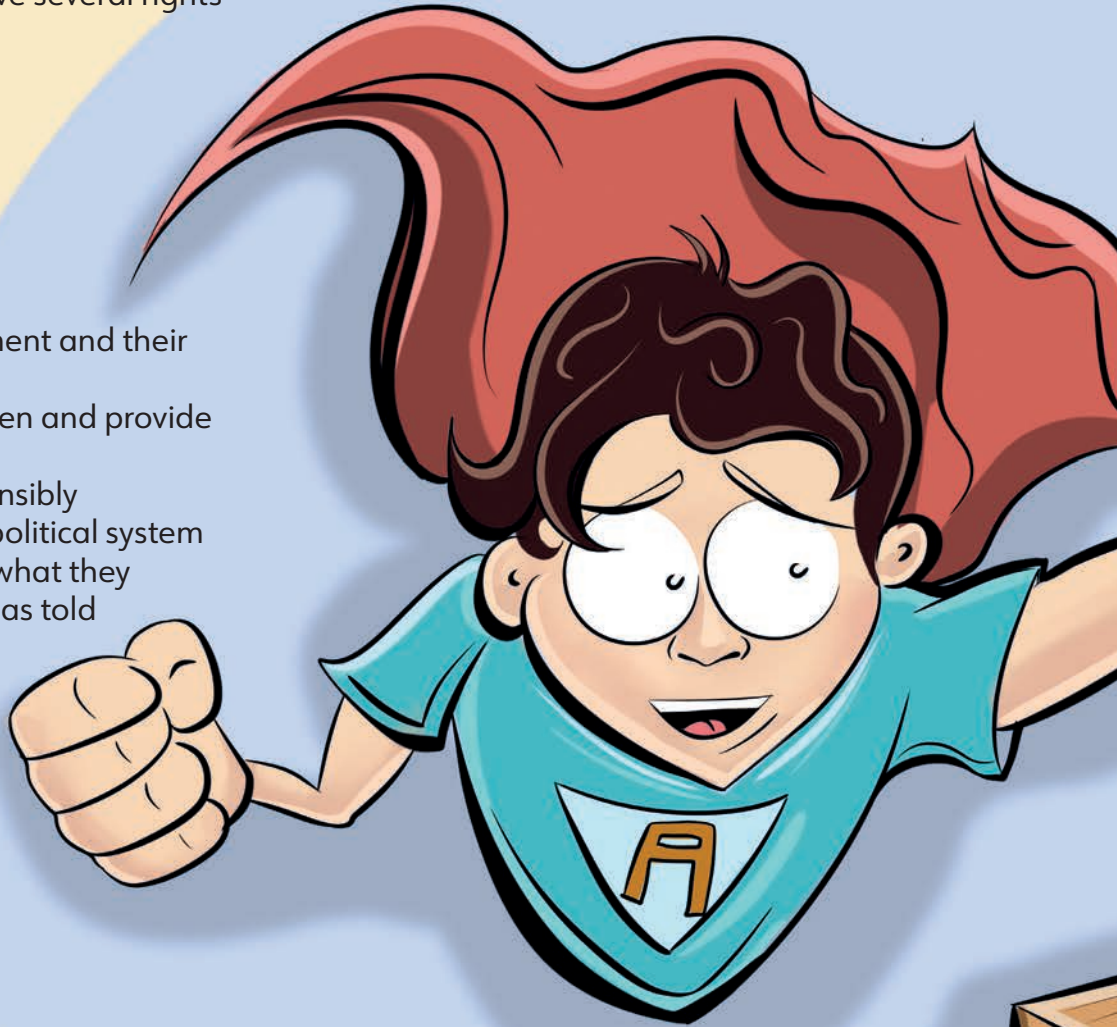


SOCIETY

We are all citizens (members of a country). In our case, we are Maltese citizens. As citizens in a society, we have several rights and duties.

Superadults:

- observe the laws
- look after the environment and their country's heritage
- take care of their children and provide for their needs
- enjoy their rights responsibly
- take an interest in the political system and vote according to what they believe is right and not as told by others



Aħna lkoll ċittadini (membri ta' pajjiż), fil-każ tagħna ċittadini Maltin. Bħala ċittadini fis-soċjetà għandna diversi drittijiet u dmirijiet.

Is-superadulti:

- jobdu l-liġijiet
- iħarsu l-ambjent u l-wirt storiku
- jieħdu ħsieb uliedhom u jagħtuhom dak li jkollhom bżonn
- igawdu d-drittijiet tagħhom b'mod responsabbli
- jifhmu s-sistema politika u jivvutaw skont dak li jemmnu li hu tajjeb u mhux skont x'jgħidilhom ħaddieħor



HOME

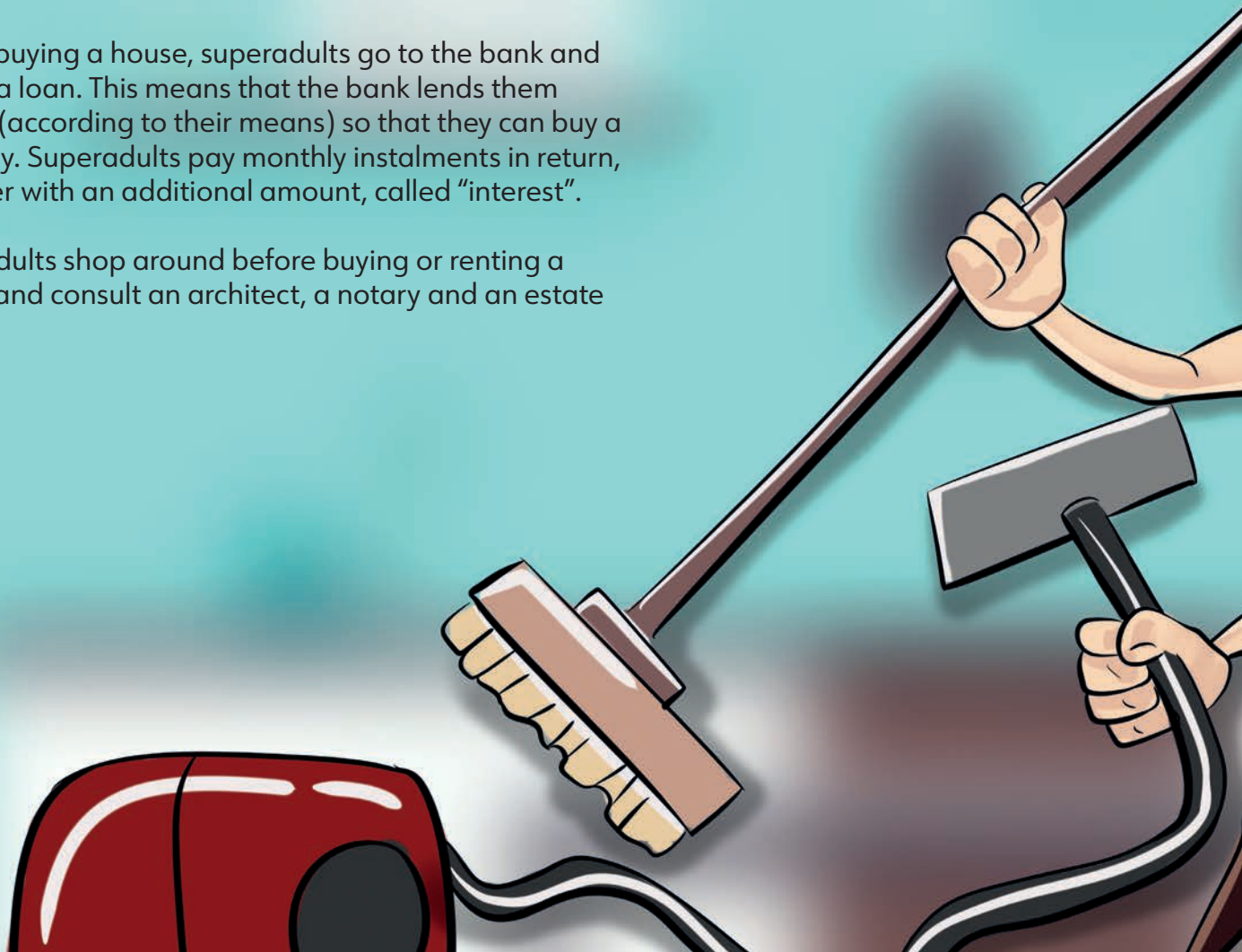
Home is where the heart is. No matter what it looks like, or wherever you are in the world, your home will always be your haven.

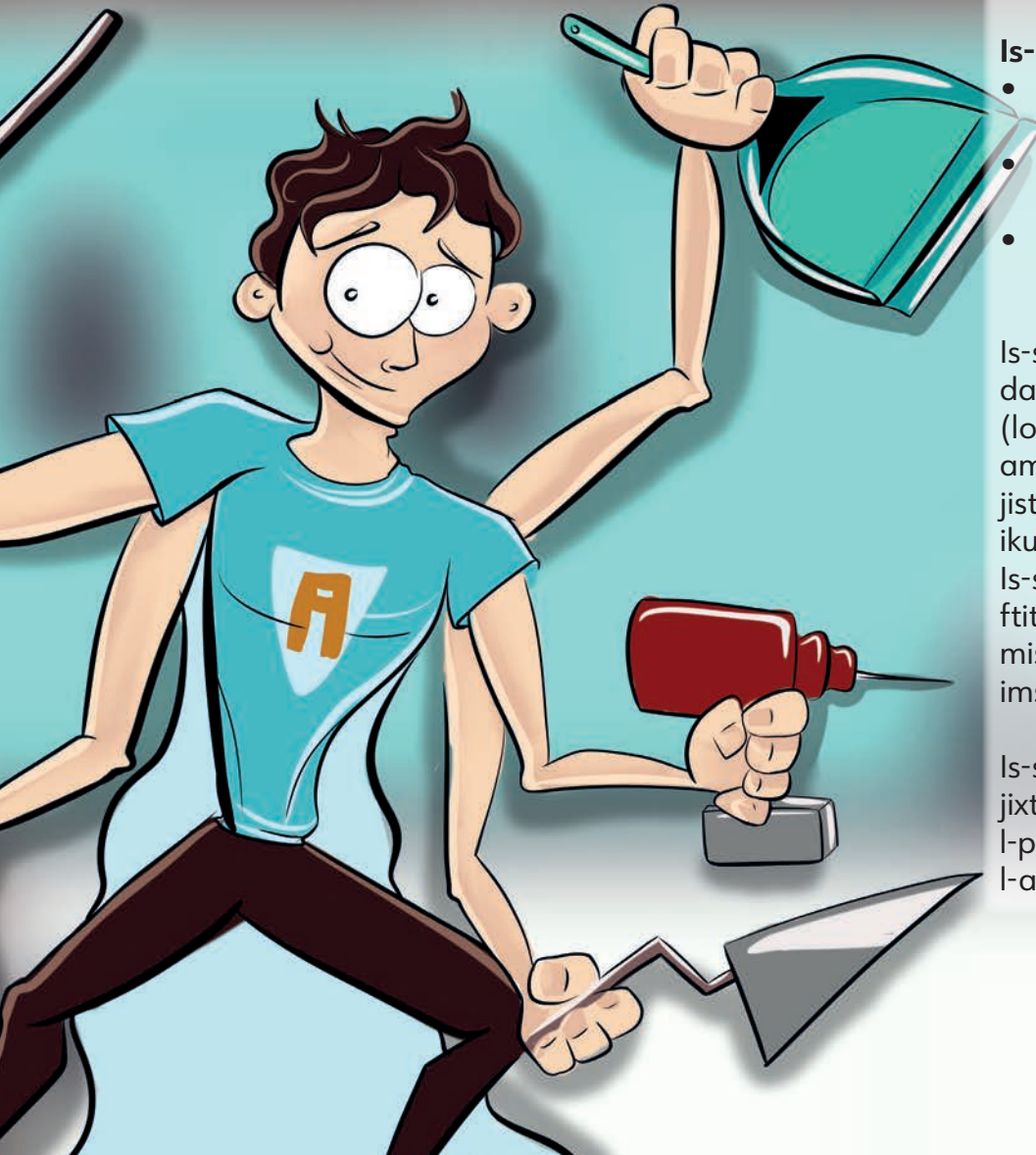
Superadults:

- keep their home clean and tidy
- do their own home maintenance to reduce expenses
- respect their neighbours and refrain from making excessive noise

Before buying a house, superadults go to the bank and ask for a loan. This means that the bank lends them money (according to their means) so that they can buy a property. Superadults pay monthly instalments in return, together with an additional amount, called "interest".

Superadults shop around before buying or renting a house, and consult an architect, a notary and an estate agent.





Bl-Ingliż ngħidu “Home is where the heart is”, li tfisser li tkun fejn tkun, jew tkun kif tkun id-dar, dejjem tkun il-post fejn thossok l-iktar għal qalbek.

Is-superadulti:

- iżommu d-dar nadifa u bl-aħjar mod
- jagħmlu xogħol fid-dar biex inaqqsu l-ispejjeż
- ma jagħmlux storbju żejjeż u jirrispettaw lill-ġirien

Is-superadulti li jkunu se jixtru dar imorru l-bank u jitolbu self (loan), biex il-bank jagħtihom ammont ta' flus (skont kemm jista' fil-każ tagħhom) biex ikunu jistgħu jhallsu l-propjetà. Is-superadulti kull xahar iħallsu ftit biex iroddu lura l-ammont misluf, u miegħu jhallsu flus iktar, imsejja “interessi”.

Is-superadulti jduru sew qabel jixtru jew jikru d-dar, u jieħdu l-pariri tal-perit, in-nutar u l-aġent tal-propjetà.

MONEY

Money doesn't grow on trees but money talks. Thus, it is important to think ahead and be careful how to spend it.

Superadults:

- save up money in a bank account and make payments electronically
- compare prices of similar goods before purchasing, to make the best deal
- draw up a budget to ensure that the necessary expenses are covered



Il-flus ma jaqgħux mis-sema iżda bil-flus tagħmel triq fil-baħar. Għaldaqstant importanti li l-flus tibza' għalihom u taħseb sew qabel tonfoqhom.

Is-superadulti:

- jifthi kont il-bank biex iġemmgħu l-flus u jhallsu b'mod elettroniku
- iqabblu l-prezzijiet qabel jixtru, biex jagħmlu l-aħjar akkwist
- jippjanaw kif se jużaw il-flus skont l-ispejjeż



MANNERS

Fine feathers make fine birds, which means that appearance is the first thing that you notice about people – you may be attracted or repulsed by what you see.

Superadults:

- behave properly and respectfully when in the company of other people – cover their mouth when they sneeze or cough
- say “please” when asking for something, and “thank you” when they receive it
- apologise when they make a mistake or hurt others
- look into the eyes of the person they are talking to



JEKK
JOG#GBOK



GRAZZI

Bil-Malti ngħidu li l-ewwel ma tiekol l-għajn, jiġifieri l-apparenza hi l-ewwel haġa li tiġbdek jew timbuttak. Jekk xi ħadd ma jużax manjieri tajba, ma tantx tkun trid tagħmilha miegħu/magħha.

Is-superadulti:

- iġibu ruħhom sew quddiem in-nies. Eżempju: jekk xi ħadd jagħtas jew jisgħol, jgħatti ħalqu
- jgħidu "jekk jogħgbok" meta jitolbu xi haġa lil xi ħadd u "grazzi" meta tingħatalhom
- jiskużaw ruħhom meta jieħdu żball jew jagħmlu xi haġa li tista' twegġa' lill-oħrajn
- iħarsu f'għajnejn dak li jkunu jitkellmu miegħu



HEALTH

An apple a day keeps the doctor away, but that is not enough! Superadults visit the doctor for regular check-ups so that if there are any hidden issues or conditions, these can be treated immediately.

Superadults:

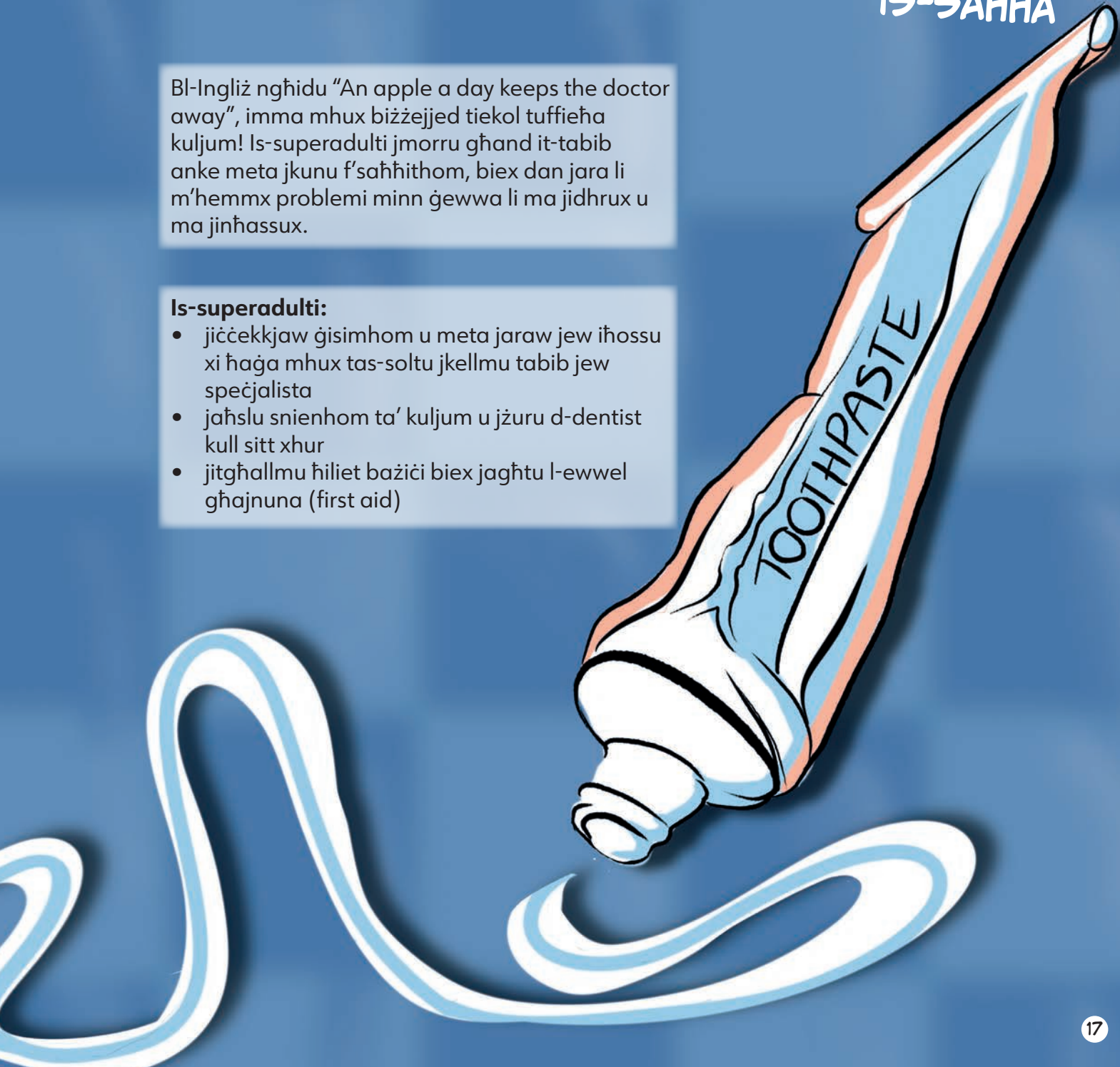
- self-check their own bodies for anything unusual and consult their doctor or specialist, if needed
- brush their teeth daily and visit the dentist regularly (every six months)
- learn basic first aid skills



Bl-Ingliż ngħidu “An apple a day keeps the doctor away”, imma mhux biżżejjed tiekol tuffieħa kuljum! Is-superadulti jmorru għand it-tabib anke meta jkunu f’saħħithom, biex dan jara li m’hemmx problemi minn ġewwa li ma jidhrux u ma jinħassux.

Is-superadulti:

- jiċċekkjaw ġisimhom u meta jaraw jew iħossu xi ħaġa mhux tas-soltu jkellmu tabib jew speċjalista
- jaħslu snienhom ta’ kuljum u jżuru d-dentist kull sitt xhur
- jitgħallmu ħiliet bażiċi biex jagħtu l-ewwel għajjnuna (first aid)



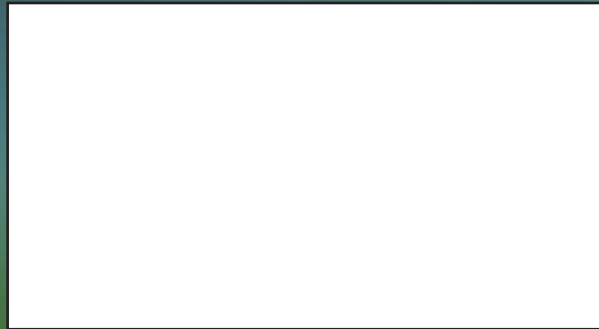
SPORT



Superadults don't attend PE lessons, but they still exercise. They practise their favourite sport alone or with their friends.

Draw or write about the sport you like to practise.

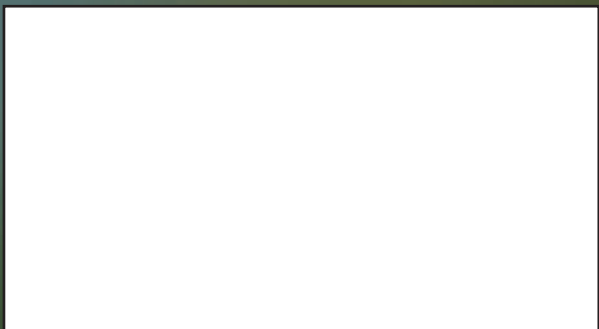
Physical exercise is very important for our health and we must not neglect it.



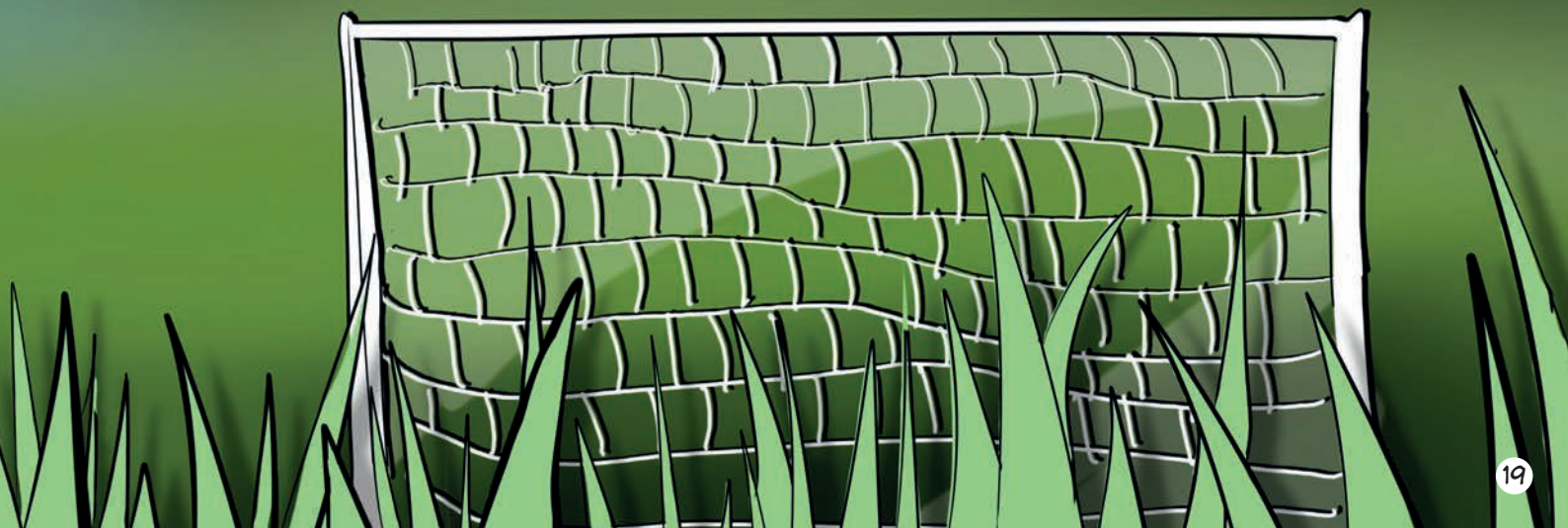


Is-superadulti m'għandhomx lezzjonijiet tal-PE imma xorta jagħmlu eżerċizzju. Is-superadulti jagħżlu l-isport favorit u jipprattikawh waħedhom jew mal-ħbieb.

Piŋgi jew ikteb dwar l-isport li jogħgħbok jew li tipprattika.



L-eżerċizzju fiżiku importanti ħafna għal saħħitna u ma rridux nittraskurawh.



EDUCATION

Education is key to obtain the necessary knowledge and skills to perform your future job.

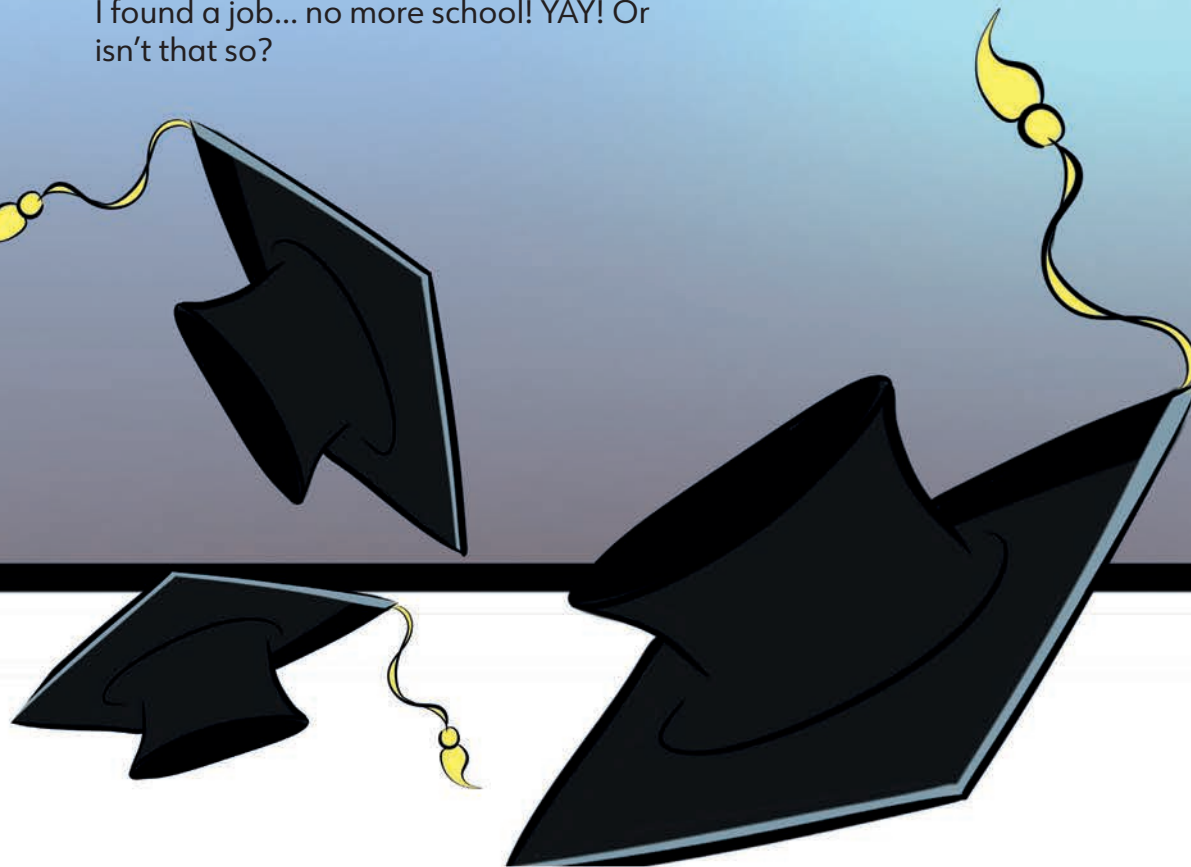
Superadults:

- make informed choices of the subjects and training courses that will lead them to their desired occupation
- strive to complete their studies successfully and then look for a fulfilling job

I found a job... no more school! YAY! Or isn't that so?

Superadults:

- pursue further education to stay updated in their field and broaden their knowledge and skills. This will also help them in advancing their careers and obtaining a promotion at work



L-EDUKAZZJONI

L-edukazzjoni importanti hafna biex titharreġ u titgħallem il-ħiliet marbuta max-xogħol li tixtieq tagħmel fil-futur.



Is-superadulti:

- joqogħdu attenti x'suġġetti u korsijiet jagħżlu biex iwassluhom għax-xogħol li jixtiequ
- jistinkaw biex itemmu l-korsijiet b'suċċess u wara jfittxu impjieg għal qalbhom

Fl-aħħar sibt xogħol; daqshekk skola! Jew mhux hekk? Stenna...

Is-superadulti:

- jibqgħu jagħmlu l-korsijiet, biex jitgħallmu iktar jew javvanzaw skont iż-żmien. Illum għal kull xogħol issib korsijiet tajbin li jgħinuk ukoll tikseb kariga oġhla fil-post tax-xogħol.



VOLUNTEERING

Have you ever helped to decorate your hometown for the village feast? Or maybe you're a Scout or Girl Guide? How wonderful it is to lend your time and energy without expecting anything in return! That is a volunteer.

Superadults go to work to earn their livelihood, but they also involve themselves in organisations where they contribute for free... for fun! You might say that you prefer spending your time playing with the Playstation on the couch. Sure... but listen, if you get the opportunity, involve yourself in volunteering. Apart from making many new friends, your heart will be full.

There are almost 2,000 voluntary organisations in Malta! Here are some of them:

- AAA (Association for Abandoned Animals)
- Dar Merħba Bik
- Dr Klown
- Fondazzjoni Sagħtar
- Hospice Malta
- Puttinu Cares

Scan the QR code on the next page. In the box, list the ones that interest you the most.



IL-VOLONTARJAT

Qatt mort iżżejjen għall-festa tar-raħal? Jew forsi int Scout jew Girl Guide? Kemm hu sabiħ tagħti l-hin u l-enerġija tiegħek mingħajr ma tistenna xejn lura! Hekk ikun volontier.

Is-superadulti jmorru għax-xogħol biex jaqilgħu l-flus imma mbagħad isibu l-hin biex jinvolvu ruħhom f'għaqdiet fejn jaħdmu bla ħlas... xogħol għall-gost! Forsi tghid, "Imma jien il-gost tiegħi nintefa' fuq is-sufan nilgħab bil-PlayStation!" Imma isma', meta jiġik iċ-ċans involvi ruħek fil-volontarjat u ibqa' ċert li ma jiddispjaċikx, għax minbarra li tagħmel ħbieb ġodda jkollok is-sodisfazzjon li tajt minn qalbek.

F'Malta hawn kważi 2,000 għaqda volontarja! Dawn xi ftit minnhom:

- AAA (Association for Abandoned Animals)
- Dar Merħba Bik
- Dr Klown
- Fondazzjoni Sagħtar
- Hospice Malta
- Puttinu Cares

Skennja l-QR code biex issib ħafna oħrajn.



Fil-kaxxa niżżel dawk li l-aktar jinteressawk.

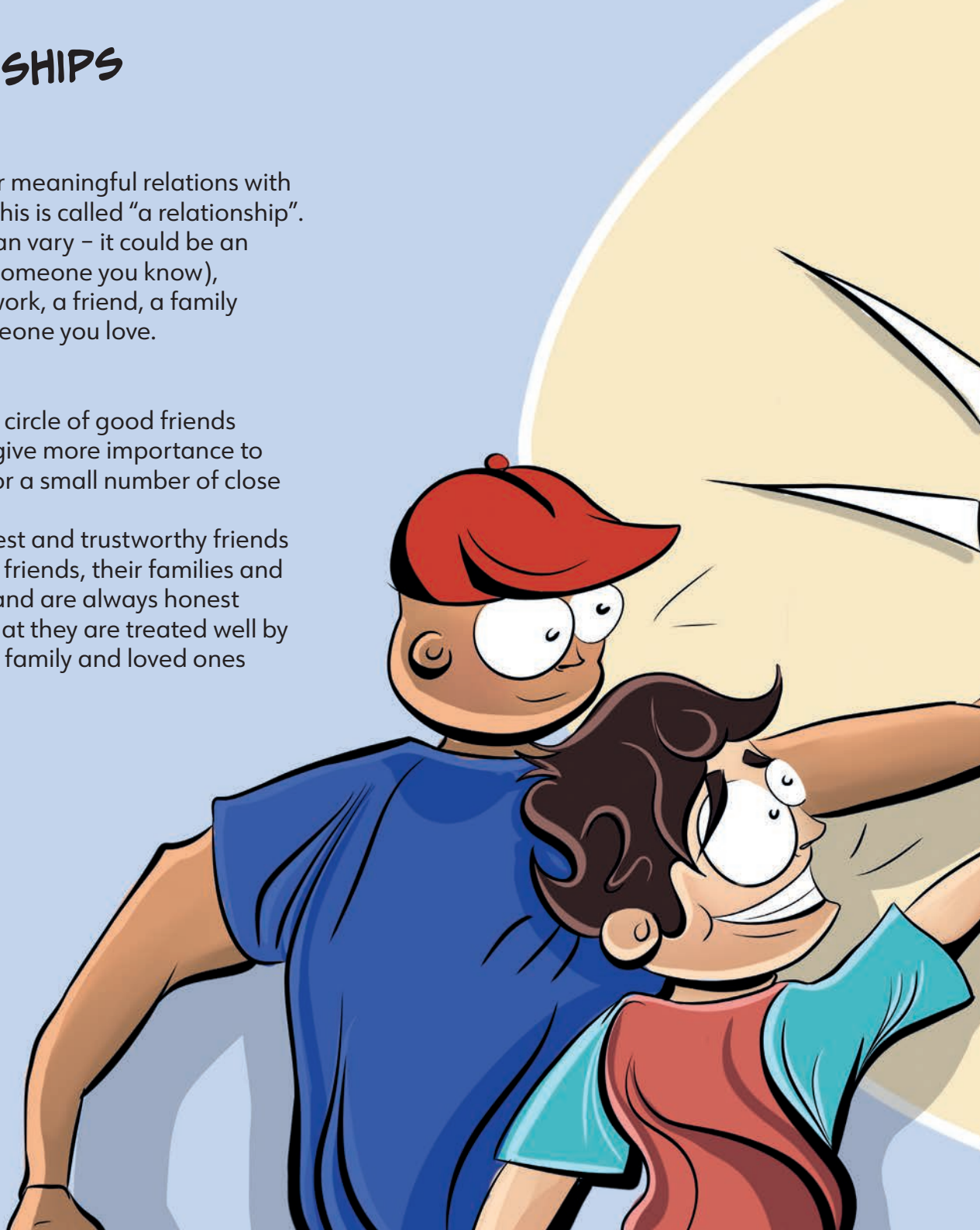


RELATIONSHIPS

Humans look for meaningful relations with other persons. This is called “a relationship”. A relationship can vary – it could be an acquaintance (someone you know), a colleague at work, a friend, a family member or someone you love.

Superadults:

- have a small circle of good friends and usually give more importance to one person or a small number of close friends
- look for honest and trustworthy friends
- respect their friends, their families and loved ones, and are always honest
- make sure that they are treated well by their friends, family and loved ones

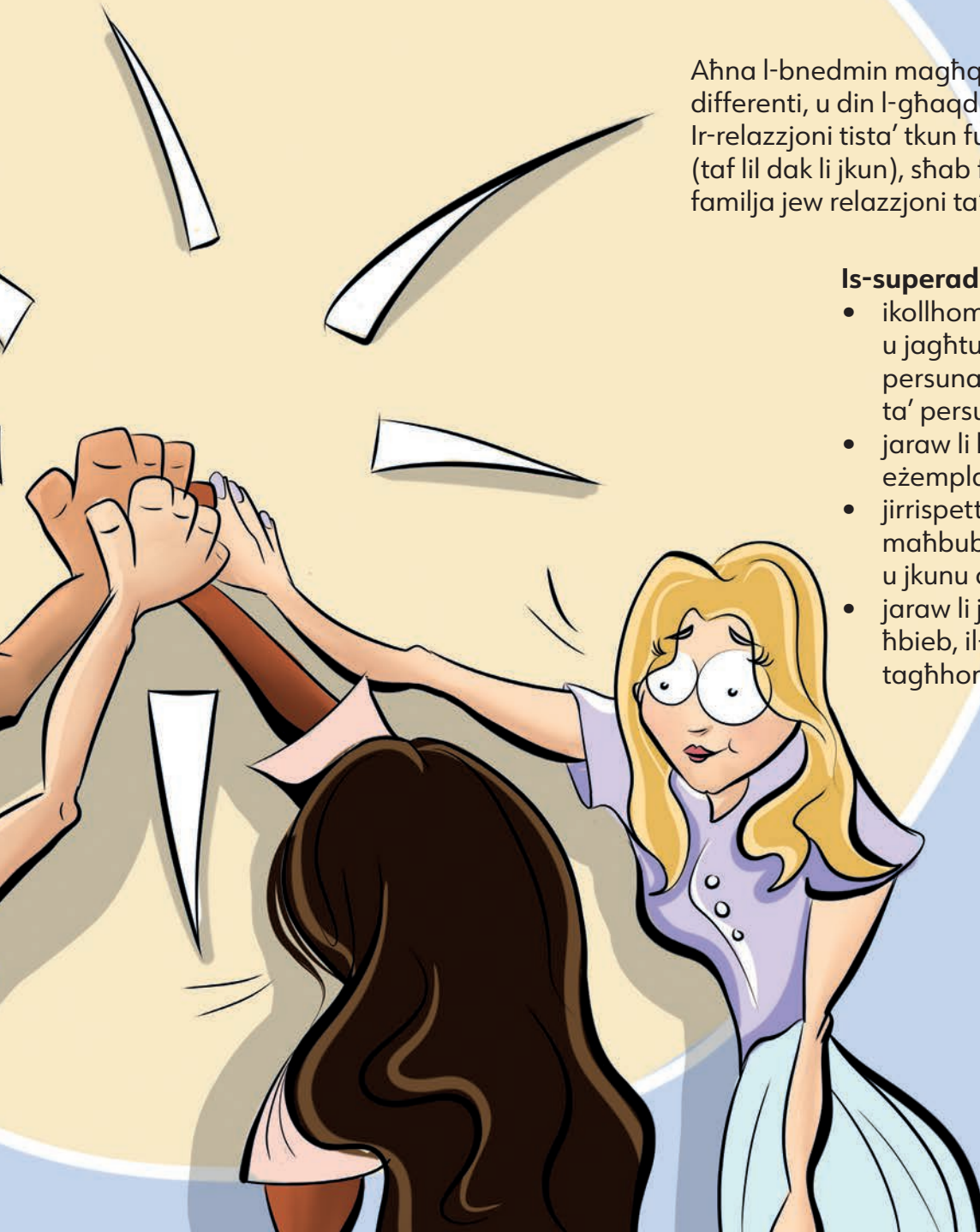


IR-RELAZZJONIJIET

Aħna l-bnedmin magħqudin mal-oħrajn b'modi differenti, u din l-għaqda nsej Hulha "relazzjoni". Ir-relazzjoni tista' tkun fuq bażi ta' konnoxxenza (taf lil dak li jkun), shab fuq ix-xogħol, ħbiberija, familja jew relazzjoni ta' mħabba.

Is-superadulti:

- ikollhom ċirku ċkejken ta' ħbieb u jagħtu iktar importanza lil persuna waħda jew numru żgħir ta' persuni qrib tagħhom
- jaraw li l-ħbieb tagħhom ikunu eżemplari
- jirrispettaw il-ħbieb, il-maħbubin u l-familjari tagħhom u jkunu onesti
- jaraw li jkunu trattati tajjeb mill-ħbieb, il-familjari u l-maħbubin tagħhom



TRANSPORT

Adults need to travel from one place to another, for work, leisure or to run errands. Most adults obtain a driving licence and use a car or motorcycle as a means of transportation. Others choose to use the public transport, a bicycle or by walk.

Superadults:

- observe the highway code when driving, walking or using public transportation. Superadults opt for means of transport that is the safest for the environment. The more people are aware and act in this way, the better our quality of life will be, while protecting our environment and saving precious time! YOU can also contribute towards this goal, by choosing to travel by public transport, by bike or on foot



IT-TRASPORT

Il-kbar ikollhom jivvjaġġaw minn post għal ieħor biex imorru x-xogħol, jixtru jew jiddevertu. Ħafna mill-kbar iġibu l-liċenzja tas-sewqan u jsuqu l-karozza jew il-mutur. Oħrajn jagħzlu mezzi oħra ta' trasport, bħat-trasport pubbliku, ir-rota u l-mixi.

Is-superadulti:

- isegwu r-regoli tat-triq meta jsuqu, jimxu jew jużaw mezz ta' trasport pubbliku, u jippruvaw jużaw mezz ta' trasport li jagħmlu l-inqas ħsara għall-ambjent. Kieku iktar nies joqogħdu attenti għal dan, innaqqsu ħafna mit-traffiku, niffrankaw ħafna ħin u ngħixu kwalità ta' ħajja ferm aħjar. INT tista' tagħti l-kontribut tiegħek billi tagħzel li tivvjaġġa bit-trasport pubbliku, bir-rota jew bil-mixi



EMPLOYMENT

How I wish I could spend my time relaxing on the beach, basking under the blazing sun while sipping on an ice-cold mocktail! Unfortunately, real life cannot be this way everyday.

Superadults:

- go to work daily to earn their living and be able to pay for expenses
- join a union that protects their rights at work and ensure that they are treated justly and fairly
- choose a fulfilling and satisfying job and thus live a happier life

Draw or write about what you would like to be when you grow up.



Kemm nixtieq qiegħed fuq ir-ramel, nixxemmex taħt xemx tisreg u nixrob mocktail kiesaħ silġ! Imma l-ħajja ma tistax tkun kuljum hekk.

Is-superadulti:

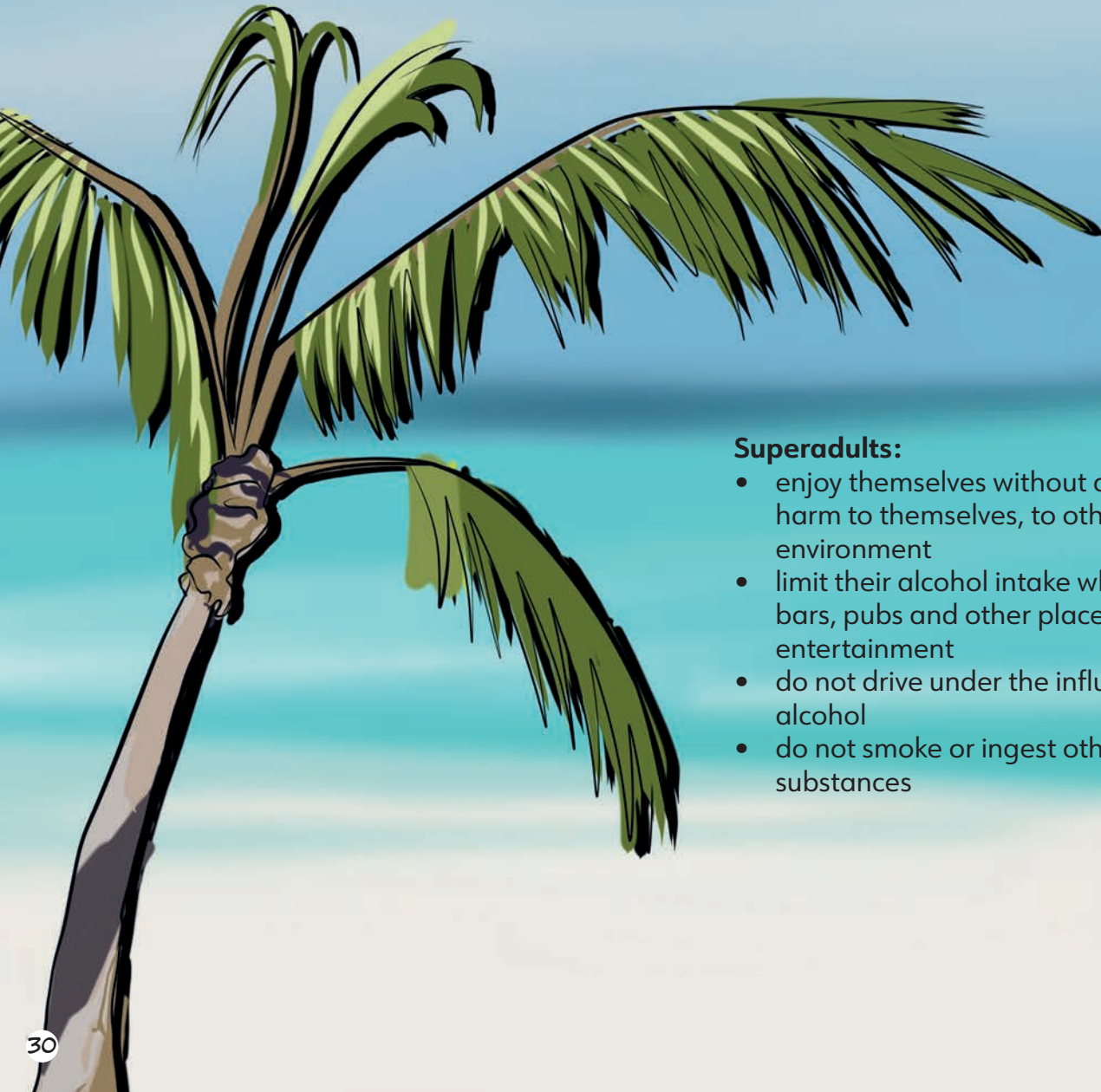
- imorru għax-xogħol kuljum biex jaqilgħu l-flus u jkunu jistgħu jħallsu l-ispejjeż
- jissieħbu f'union li taqbez għall-ħaddiema biex iħarsu d-drittijiet tagħhom fuq ix-xogħol u ma jiġux trattati ħazin
- jaraw li xogħolhom ikun għal qalbhom u b'hekk jgħixu iktar kuntenti

Piġi jew iktab dwar ix-xogħol li tixtieq tagħmel la tikber.



ENTERTAINMENT

Work is of great importance in adult life, but it is equally important to find time for rest, relaxation, and fun.



Superadults:

- enjoy themselves without causing harm to themselves, to others or to the environment
- limit their alcohol intake when visiting bars, pubs and other places of entertainment
- do not drive under the influence of alcohol
- do not smoke or ingest other harmful substances

Ix-xogħol importanti ħafna fil-ħajja adulta, iżda importanti tqassam il-ħin tajjeb u ssib ċans tiddeverti u tistrieħ.

Is-superadulti:

- jieħdu pjaċir bla ma jagħmlu ħsara lilhom infushom, lill-oħrajn jew lill-ambjent
- imorru jieħdu pjaċir f'postijiet tad-divertiment imma ma jixorbux alkoħol żejjed
- ma jsuqux jekk ikunu xorbu l-alkoħol
- ma jpejpux u ma jiħdux sustanzi li jagħmlulhom il-ħsara





Fondazzjoni Saghtar (VO/1824) hija għaqda volontarja indipendenti u awtonoma, mingħajr ebda rabta politika, imwaqqfa bl-iskop ewleni li taqdi funzjoni soċjali u edukattiva fost l-edukaturi u l-istudenti Maltin u Għawdxin.

L-għanijiet ewlenin tal-Fondazzjoni huma li: tikkontribwixxi biex iġġib 'il quddiem l-irwol professjonali tal-edukaturi u l-għarfien tal-istudenti, tipprovdi opportunitajiet għall-iżvilupp professjonali tal-edukaturi, torganizza proġetti u attivitajiet li jipprovdu taħriġ professjonali lill-edukaturi u jgħinu lill-istudenti sabiex jirnexxu, u li tohloq u tippubblika materjal edukattiv.

Fondazzjoni Saghtar (VO/1824) is an independent and autonomous voluntary organisation without any political ties, whose main purpose is to serve a social and educational function among educators and students in Malta and Gozo.

The principal aims of the Foundation are: to contribute to enhance the professional role of educators and the advancement of students, to provide opportunities for the professional growth of educators, to undertake projects or organise activities which provide professional training to educators and help students advance, and to generate and publish educational material.



Saghtarin

Ktieb tal-attivitajiet
għas-snin bikrin

4 **hargiet:** Novembru - Jannar - Marzu - Mejju

Ordnaħ issa!
saghtar.org.mt/hanut



ABBONA
Għas-Saghtar!

8 HARGIET:
MINN OTTUBRU SA MEJJU

SAGHTAR



ORDNAH ISSA!
<https://saghtar.org.mt/hanut>



Qatt hsibt kif tista' tkun superadult?

Kif għandek tonfoq il-flus u x'tagħmel biex tiddeverti...

Kif tieħu hsieb tiegħek innifsek u żżomm relazzjoni tajba mal-oħrajn...

X'għandek tagħmel qabel issiefer...

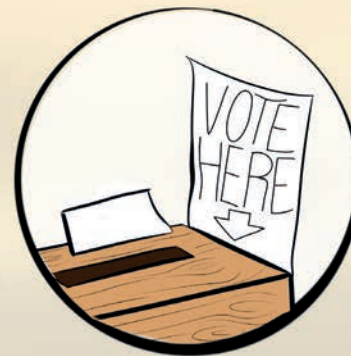
Dan il-manwal se jkun il-ħabib tiegħek biex jgħinek tieħu d-deċiżjonijiet it-tajba kull meta jiġi l-bżonn!



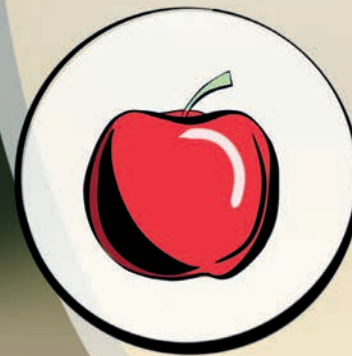
Have you ever wondered how to be a superadult?

How to spend money wisely and how to have a good time...

How to take good care of yourself and maintain healthy relationships with others...



What you should do before travelling abroad...



Consider this manual a friend in need, always there to guide you in making the right decisions!



Dan il-proġett ġie ffinanzjat permezz tal-iskema Small Initiatives Support, amministrata mill-Kunsill Malti għas-Settur tal-Volontarjat f'isem il-Ministeru għall-Inklużjoni u l-Volontarjat. Din il-pubblikazzjoni tirrifletti biss il-veduti u l-hsibijiet tal-pubblikaturi/awturi, u l-Kunsill Malti għas-Settur tal-Volontarjat ma jistax jinżamm responsabbli għall-kontenut jew għall-użu li jista' jsir minn dan l-istess kontenut.