



IFBB ELITE PRO MALTA

11th-12th APRIL 2020

INSPECTION REPORT



The Malta Bodybuilding & Fitness Federation proudly invites all IFBB Elite Pro Athletes to compete in the 3rd edition of the IFBB Elite Pro Malta.

THE MALTESE ISLANDS

The Maltese archipelago lies virtually at the centre of the Mediterranean, 93 km south of Sicily and 288 km north of Africa. The archipelago consists of three islands: **Malta**, **Gozo** and **Comino** with a total population of over 400,000 inhabitants occupying an area of 316 square kilometres. Malta is the largest island and the cultural, commercial and administrative centre. Gozo is the second largest island and is more rural, characterised by fishing, tourism, crafts and agriculture. Comino, the smallest of the trio, has one hotel and is largely uninhabited.

Even though small in size Malta has a surprisingly rich heritage. It has been described as one big open-air museum. What makes it unique is that so much of the past is visible today. Delve into the island's mysterious prehistory, retrace the footsteps of St. Paul or see where the Knights of St. John fought their most famous battles.



Wherever you go, the scenery and architecture provide a spectacular backdrop. The colours are striking, honey-coloured stone against the deepest of

Mediterranean blues but what makes this archipelago special is the people. The Maltese are a warm and welcoming population and hospitality is a long upheld tradition on the island.



THE VENUE



The Oracle Conference Centre-Dolmen Resort Hotel Malta

The Dolmen Hotel Prides with its State-of-the-art "ORACLE CONFERENCE CENTRE" that has a seating capacity for 1,200 delegates.

The Oracle Conference Centre is a purpose-built self-contained business meeting, entertainment and training centre complete with a comprehensive range of secretarial and office support services in addition to state-of-the-art audio visual facilities integral to first class events.

ARRIVALS AND AIRPORT

Saturday April 11th , is the official arrival day. **Malta International Airport** is the primary international airport . More information at: <https://www.maltairport.com/>

ACCOMMODATION

The official hotel of the event is The Dolmen Resort Hotel, Qawra .

Registration & Contest will take place in this Hotel

All athletes, delegates & supporters kindly book your accommodation through www.dolmen.com.mt and use the code DCM2020 (group attendee).

IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE HOTEL'S WEBSITE IN ORDER TO BENEFIT FROM THE SPECIAL RATES!!

There are many other hotels in the vicinities.



PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling, transport from and to the airport and meals, are the responsibilities of the national federations or individual athletes. Check with your National Federation for more information.

CATEGORIES & PRICE MONEY:

Bodybuilding (Open): € 5000

Body Fitness: € 4000

Wellness Fitness: € 4000

Bodybuilding (Open):

1st: € 2500

2nd: € 1000

3rd: € 750

4th: € 500

5th: € 250

Bodyfitness & Wellness:

1st: € 2000

2nd: € 1000

3rd: € 500

4th: € 300

5th: € 200

REGISTRATION FEE:

Registration Fee for athletes will be € 100 and will include the coach's backstage pass. This has to be paid in cash at the registration.

VISAS

A valid passport is required to enter the Republic of Malta. The passport should be valid for at least 90 days following your departure date from Malta and should have at least one blank page for visas.

EU-country citizens do not need to obtain a visa. All other countries should consult the Malta's diplomatic missions in their countries to determine if they need a visa.

Detailed information at:

<https://homeaffairs.gov.mt/en/MHAS-Information/Travelling%20to%20Malta/>

An Official Letter of Invitation will be made available if required.

LANGUAGE

Malta has two official languages: Maltese and English.

TIME DIFFERENCE

UTC/GMT +1 hour (CET - Central European Time Zone)

CURRENCY

The official currency in Malta is Euro (EUR).

ELECTRICAL CURRENT

230 V, 50 Hz. Plugs and sockets of type G (plug has three rectangular prongs).

Better to check at: <http://www.worldstandards.eu>

CORRESPONDENCE AND INFORMATION

Further information can be requested by email addressed to the MFBBF President Mr. Ralph Decelis: ralph.decelis@mfbbf.org

TENTATIVE PROGRAM

Saturday, April 11th

Official Arrival Date

18:00 – Meeting and Registration for all the athletes

Sunday, April 12th

20.00 – IFBB Elite Pro Show

Monday, April 13th

Departures