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A day in the life

Hardy tackles the cliffs of Gozo during a fam to the second largest island in the Maltese archipelago with Visit Malta

07:30 I finally manage to get out of bed. My wake-up call came 30 minutes ago! The day is packed with activities so I take a quick shower and put on my LOVE GOZO t-shirt.

08:30 I meet up with some of the group for breakfast. I go for the works: hash browns, egg, bacon, beans mushroom. Guess I'll need all the energy I can get.

09:00 Today we're off to Mgarr Harbour for a private boat tour to Comino. It's a tiny island that separates mainland Malta from the island of Gozo. It is great for swimming, snorkelling, diving and windsurfing. As the temperature rises above 30 degrees some of the group decide it's time for a swim but I can see from their faces it's freezing. Shame I don't have my swim wear. Well, that's my excuse!

11:00 The group gets split into two. Half of us go on a cycling tour to the fishing village of Marsalforn, while the rest of us - including me - go abseiling at Dwejra.



Hardy Jandu

Age: Same as George Clooney

Job title: Senior consultant
Works for: American Express Vacations, based in London
How long in the job: Seven years
How long in travel: 30 years
Hobbies: Cooking and doing a lot of sport
Best thing about your job: My colleagues
Worst thing about your job: The journey into work

11:30 We're given a safety demonstration and then it is down to business. No-one in the group has done this before and it's a unanimous vote that I should be the guinea pig. Great! But once I get over the first couple of terrifying steps, I soon get the hang of it. Later the rest of the group joins me and then it's time for round two. This time we perform like true professionals!

13:00 We return to our hotel, the Kempinski San Lawrenz, for a shower before our cliff-top barbecue lunch at Dwejra on the west coast.

14:00 Stunning, panoramic views across to the Azure Window - an impressive 20-metre-high natural arch made of rock. Better still the Gozitan delicacies, local wine and ice-cold Cisk beer are delicious.



17:00 We've got some free time at the hotel. I check out the gym, steam room, pool and spa. Not sure where all this energy has come from. It must have been that massive breakfast this morning! I still manage an hour soaking up the sun by the pool.

17:30 Dinner is being held at the Zaffiro restaurant in Xlendi Bay, a popular seaside resort and diving site. I've decided that I'm going to work very

hard at the gym when I get back!

22:30 We finish the evening with a night-cap back at the bar. Soon it's midnight and I'm whacked. Time for bed, goodnight.

■ If you are an agent and would like to appear in **YourSpace**, send us your name, agency name, phone number and a few lines about yourself by email to ohemmings@ttglive.com; or post to **TTG YourSpace, First Floor, Ludgate House, 245 Blackfriars Road, London SE1 9UY**

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