Translate this phrase "Malta pājīz sabih hafna" without the use of an online translator.

Tie your legs together as you would in a 3 legged race, do this for 7 minutes as you travel to your next location.

Find out who St James is.

Take a picture of something that reminds you of Manchester.

Get a tourist to take a photograph of the both of you. Then get a photograph with this tourist.

Use the randomiser to select a type of tourist. For the next 7 minutes act as these tourists making note of any barriers you encounter.

Observe tourists until you encounter one facing a barrier.

Go to a higher elevation and sketch the Maltese seascape. Focusing on how barriers are being broken.