

A DIGITAL NOMAD'S GUIDE TO MALTA

MALTA'S
nomad
RESIDENCE PERMIT





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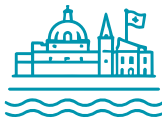
*This guide is intended for general information purposes only.
Details may change over time, and readers are encouraged
to verify any information before relying on it.*

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MALTA AT A GLANCE



Capital City
Valletta



Official Languages
**Maltese
and English**



Population
~589,000



Area:
316 km²
(≈120 mi²)



Currency
Euro (€)



Timezone

Standard time:
**Central European
Time**
(UTC +1)

Daylight saving time
**Central European
Summer Time**
(UTC +2)



Government
**Parliamentary
Republic**



Member of the
**European
Union**



Member of the
**Schengen
Area**



Member of the
**Commonwealth
of Nations**



Geography:
A compact Mediterranean archipelago formed primarily of limestone, featuring low rolling hills, rugged cliffs, and a deeply indented coastline that creates natural harbours. The archipelago consists of three inhabited islands: Malta (the largest), Gozo, and Comino, together with a number of smaller uninhabited islets.

BRIEF HISTORY OF MALTA

Recent discoveries at Latnija Cave suggest that humans may have been visiting Malta as early as 8,500 years ago. These early visitors were skilled navigators, capable of crossing more than 100 kilometres of open sea from Sicily, a remarkable achievement for the time.

Around 5900 B.C.E., Neolithic communities began to settle more permanently on the islands, living in caves, cultivating crops, and farming the land. After a prolonged period of drought, Malta was abandoned for nearly a thousand years. New settlers arrived around 3850 B.C.E., ushering in the Temple Period and constructing extraordinary megalithic monuments such as Ħaġar Qim and Ġgantija, among the oldest free-standing structures in the world and still standing today.

By around 700 B.C.E., Malta came under Phoenician influence. During this period, the islands were not merely a stop along Mediterranean trade routes but hosted an established Phoenician colony, reflecting Malta's strategic and economic importance. Evidence of this legacy includes the Cippi of Melqart, bilingual Phoenician–Greek inscriptions discovered in Malta that played a crucial role in helping scholars decipher the Phoenician language. Malta later fell under the Carthaginians, a dominant Mediterranean power centred on the Phoenician city of Carthage in present-day Tunisia, before becoming part of the Roman Republic in 218 B.C.E. Under Roman rule, Malta was administered as part of the province of Sicily, and Roman governance introduced new administrative systems, infrastructure, and ways of life. It is traditionally believed that Saint Paul was shipwrecked on the islands in 60 A.D., marking the introduction of Christianity to Malta. ▶



8500 BC

First
Humans



5900 BC

Neolithic
Settlers



3850 BC

Temple
Period



700 BC

Phoenician
Malta



218 BC

Roman
Malta



Domus Romana, Rabat

Following the decline of Roman authority, Malta passed through Byzantine rule before coming under Arab control in the 9th century. The Arab period left a profound imprint on the Maltese language and introduced agricultural innovations, including the cultivation of almonds, citrus fruits, and figs, which remain staples of Maltese cuisine today.

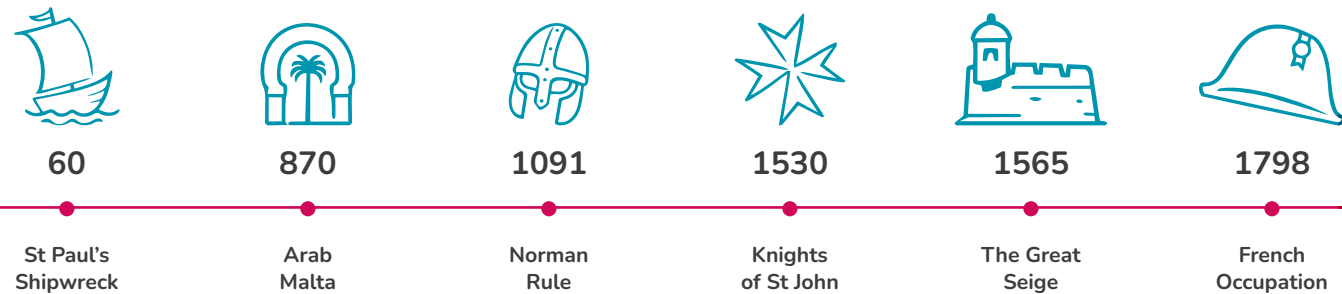


Cippi of Melqart, National Museum of Archaeology, Valletta

In 1091, Malta was taken over by the Normans, who were descendants of Viking settlers that had established powerful Christian kingdoms in southern Italy and Sicily, restoring Christian rule to the Islands. According to legend, Count Roger I granted Malta its red and white colours during this period, colours that later became the national flag. Malta subsequently came under the control of the Aragonese, a strong Mediterranean empire based in what is now Spain, and formed part of the Kingdom of Sicily until it was granted to the Knights of St. John in 1530.

The arrival of the Knights of St. John in the 16th century marked a defining era in Malta's history. With a powerful fleet of galleys, the Knights transformed the Grand Harbour into a vital naval stronghold. They famously defended the islands during the Great Siege of 1565 and went on to construct extensive fortifications, establish new towns and cities, strengthen trade links, particularly with states across the Italian peninsula, and introduced significant medical advancements and new social customs. Most notably, they founded the city of Valletta, purpose-built as a fortified capital, which remains one of Malta's most striking legacies.

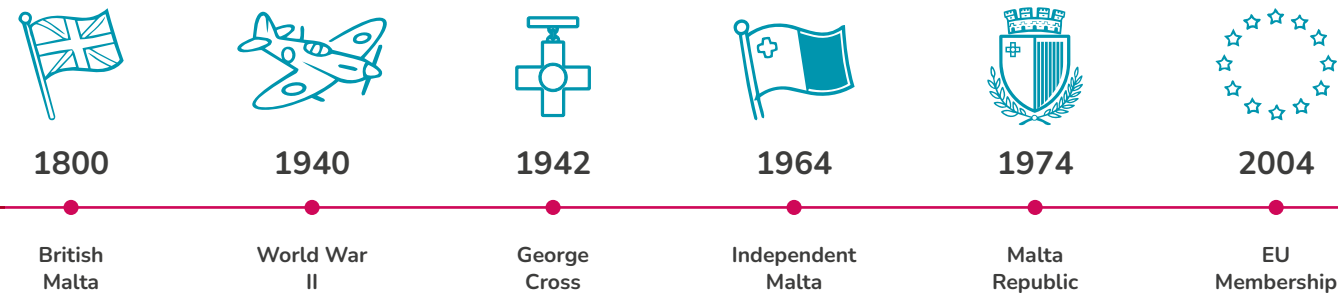
Anno Domini



Grand Master's Armour, Palace Armoury, Valletta

After a brief French occupation in 1798, during which widespread discontent arose due to the looting of churches and religious institutions, the Maltese revolted. Malta became a British protectorate in 1800 and later a Crown Colony. Under British rule, the islands played a crucial role during both World Wars. During World War I, Malta became known as the "Nurse of the Mediterranean" for serving as a hospital base for wounded soldiers. In World War II, Malta endured relentless aerial bombardment, becoming one of the most heavily bombed places per square kilometre in the world. In recognition of the extraordinary bravery of the Maltese people, King George VI awarded Malta the George Cross in 1942, an honour that now appears on the national flag. British naval presence, technological developments, and the impact of the Industrial Revolution left a lasting legacy, while English became one of Malta's official languages, with many English words absorbed into everyday Maltese speech.

Malta gained independence in 1964, became a republic in 1974, and joined the European Union in 2004. Today, the many layers of Malta's past remain clearly visible across the islands, from language and architecture to traditions and institutions, reflecting centuries of diverse cultural influence.





CULTURE

Culture, Heritage & Daily Life

Malta's culture is a vibrant mosaic shaped by centuries of influence, ranging from Latin European and British traditions to deep-rooted Semitic heritage. These diverse threads have interwoven over time to form a distinctive national identity that is evident in everything from language and customs to everyday social interactions. This rich blend gives Malta its unmistakable character, where history and modern life coexist.



Ta' Pinu Basilica, Gozo

Religion, Traditions & Community

Religion plays a central role in Maltese society, with more than 80 per cent of locals identifying as Roman Catholic. Across the islands, striking Baroque churches and charming roadside chapels serve as constant reminders of the nation's strong spiritual foundations. Religious festivities and traditions are celebrated with remarkable enthusiasm and devotion, bringing communities together throughout the year. Despite this deep respect for tradition, Malta is far from old-fashioned. Contemporary lifestyles flourish alongside centuries-old customs. In lively urban centres framed by historic architecture, you will find business professionals closing deals, remote workers tapping away on laptops in café terraces, and elderly residents enjoying peaceful moments as they observe the rhythm of daily life unfold around them. ►



Strong family values

Social Life, Family & Communication

Maltese people are known for their warmth and expressive nature, traits commonly associated with Mediterranean cultures. Conversations are often animated, filled with gestures and lively exchanges. To newcomers, this energy may seem intense or loud at first, but it reflects genuine friendliness and openness. This spirited communication style is part of the island's charm and a testament to the close-knit nature of local communities, where people value connection, storytelling, and shared experiences.



Pastizzi

Food, Language & Integration

Food holds a special place in Maltese culture and offers a delicious insight into the island's heritage. The Mediterranean diet thrives here, with olive oil, fresh fish, ripe tomatoes, and pasta forming the foundation of many meals. Traditional favourites include pastizzi, delicate flaky pastries filled with ricotta cheese or curried peas, and imqaret, sweet pastries generously stuffed with aromatic dried dates. One must also experience the iconic ftira biż-żejt, a traditional sourdough bread topped with tomato paste, tuna, olive oil, olives, capers, and other flavourful ingredients. This beloved dish is so culturally significant that it has earned recognition from UNESCO. Local produce further reflects Malta's natural abundance and culinary pride, such as wild-thyme honey, ġbejniet (traditional sheep or goat cheese), and bigilla, a creamy bean dip enjoyed across the islands.



Typical Maltese street name sign in Maltese & English

Language is another powerful expression of Malta's cultural diversity. Maltese, the national language, is unique in Europe, combining Semitic roots with strong Italian, Sicilian, and English influences. English holds official status as well and is widely spoken throughout the country, making communication easy for visitors and expatriates alike. Many locals are also fluent in Italian, a reflection of Malta's long-standing historical and cultural connections with its Mediterranean neighbours.

Family remains at the heart of Maltese life. Relationships are close, with several generations often living nearby or maintaining strong daily contact. Family gatherings are frequent and spirited, usually centred around shared meals, religious occasions, and important celebrations. These moments strengthen bonds, preserve traditions, and create a strong sense of belonging that extends beyond the immediate family to the wider community.



A multicultural society

While Malta remains deeply rooted in its traditions, it equally embraces diversity and progress. People of different faiths, cultures, and identities live side by side, supported by strong civil liberties and a legal framework that promotes equality and personal freedom. Malta is widely recognised as an open and welcoming society for LGBTQ+ individuals, reflecting a broader culture of respect and inclusion. This open-minded outlook is evident in the islands' vibrant communities, where heritage and innovation blend naturally. The balance between preserving the past and embracing the future is one of Malta's greatest strengths, creating a society that honours its history while confidently moving forward. 🇲🇹

THE CLIMATE IN MALTA

What to Expect Year-Round

Malta is known for its outstanding weather conditions, enjoying close to 300 sunny days annually. This consistent sunshine, combined with warm seas and moderate seasonal temperatures, makes the islands appealing to visitors, expatriates, and remote professionals throughout the year. Its central Mediterranean location gives Malta a classic Mediterranean climate, characterised by hot, dry summers and mild winters.

Summer

Long Days and Intense Sunshine

Summer in Malta typically runs from June to September and is marked by high temperatures and minimal rainfall. Daytime temperatures regularly climb into the low 30s Celsius, reaching 32°C (≈90°F) in July and averaging at 33°C (≈91°F) in August. Nighttime temperatures remain warm, averaging 21°C (≈70°F) in July and 22°C (≈72°F) in August. Malta's summers are occasionally punctuated by short-lived heat waves, typical of Southern Europe.

During these months, sunshine can last up to 14 hours per day, creating ideal conditions for beach activities, swimming, and boat excursions. Rainfall is extremely rare, with July averaging 5 mm and August 9 mm. Humidity is relatively lower than in winter, averaging 65–68%, while winds are generally lighter, ranging from 11–12 km/h (≈7–8 mph). Cooling sea breezes help offset the heat, particularly along the coast.

Winter

Mild Temperatures and Occasional Rain

Winter in Malta spans from December to February and is the wettest period of the year, although rainfall typically occurs in short bursts rather than prolonged storms. December records the highest rainfall levels, averaging 90 mm, while January and February follow closely with 89 mm and 83 mm respectively.

Temperatures remain mild by European standards. January sees daytime highs of 16°C (≈60°F) and nighttime lows of 9°C (≈49°F), while February averages 16°C (≈60°F) during the day and 9°C (≈49°F) at night. Humidity levels remain relatively high, ranging between 75% and 78%.

Winds are strongest in winter, averaging 16–17 km/h (≈10–11 mph). Despite this, snowfall and freezing temperatures are virtually unheard of and sunny days are not rare, making Malta a comfortable alternative to colder European destinations during winter. ▶



Dingli Cliffs

Spring

Gradual Warming and Clear Skies

March brings a noticeable improvement in weather conditions. Temperatures start to rise steadily, with daytime highs of 17°C (≈63°F) and nighttime lows of 10°C (≈50°F). Rainfall decreases significantly to 41 mm, and sunshine becomes more consistent.

By April, temperatures increase further to 20°C (≈68°F) during the day and 12°C (≈53°F) at night, while rainfall drops to 26 mm. May signals the transition toward summer, with daytime highs reaching 25°C (≈76°F) and nighttime lows of 15°C (≈59°F). Rainfall becomes minimal at just 9 mm.

Humidity gradually decreases through spring, falling from 77% in March to 71% in May, while wind speeds remain moderate at 15–17 km/h (≈9–11 mph). By late spring, the sea begins to warm, making swimming increasingly comfortable.

Autumn

Warm Seas and Returning Rain

Autumn begins in September and remains warm well into October. September records average daytime highs of 28°C (≈83°F) and nighttime lows of 20°C (≈68°F). Rainfall increases to 68 mm, marking the return of seasonal showers, while humidity rises to 73%.

October brings cooler but still pleasant conditions, with daytime highs of 25°C (≈77°F) and nighttime lows of 17°C (≈63°F). Rainfall averages 76 mm, and humidity increases to 77%. Winds remain moderate at ~13 km/h (≈8 mph).

November marks the transition into winter, with daytime temperatures dropping to 21°C (≈69°F) and nighttime lows of 14°C (≈57°F). Rainfall increases again to 90 mm, while winds strengthen to ~15 km/h (≈9 mph).

Despite the increase in rainfall, autumn still offers many sunny days, and the sea retains much of its summer warmth, making it an excellent season for swimming and water sports.



Special Weather Phenomena

At certain times of the year, Malta experiences the Sirocco wind, a warm, dry airflow originating from the Sahara Desert. This wind can cause sudden temperature spikes and occasionally carries fine dust particles, creating a hazy atmosphere. The Sirocco most commonly occurs during spring and autumn and typically lasts for short periods.



Geographical Influence

As a small archipelago, Malta experiences minimal weather variation between the main island and Gozo. The surrounding Mediterranean Sea plays a crucial role in moderating temperatures throughout the year. In summer, it provides cooling breezes, while in winter it prevents extreme drops in temperature. 🌡️



Nomad Tip

Summer: Light clothing, sunscreen, hats, and sunglasses are essentials. Be prepared for warm winds.

Winter: Pack a light jacket and umbrella for rainy days. You will only occasionally need a heavy winter coat.

Spring/Autumn: Wear layers and light sweaters.



WHERE TO LIVE

Malta vs Gozo: Which Island Suits You?

Malta

The main island is more urban, energetic, and business-focused. It's home to most of the island's infrastructure and industries like tech, iGaming, and finance. You'll find coworking spaces, modern apartments, and a vibrant social scene. Everything is within reach: beaches, nightlife, historical sites, and transport.

Gozo

Gozo offers a slower, more rural lifestyle, with rolling hills, scenic walks, and a deep sense of community. If you're looking for tranquillity, creative inspiration, or a retreat from the hustle, Gozo might be your place. It's ideal for those who want nature, peace, and an authentic local vibe. Plus, it's just a short ferry ride away from Malta and still very well connected via strong internet infrastructure. ▶

Nomad Tip

Spend some time on both islands if you can.
The ferries makes it easy to go back and forth
– why choose just one location?

Top Places to Live in Malta



Sliema



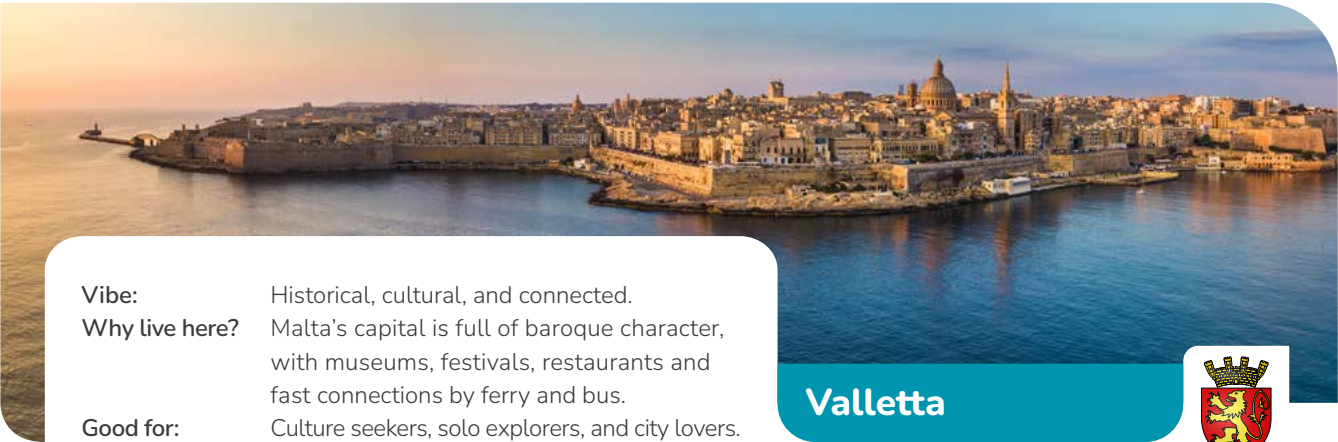
Vibe: Urban, modern, seaside living.
Why live here? Great for coworking, cafes, restaurants, shopping, and walking along the promenade. Very popular with digital nomads.
Good for: Easy lifestyle, sea views, everything within walking distance.



St. Julian's



Vibe: Lively, modern, and social.
Why live here? It's close to nightlife (Paceville), restaurants, and coworking spaces. A bit more modern than Sliema.
Good for: Night owls, social butterflies, and rocky beach lovers.



Valletta



Vibe: Historical, cultural, and connected.
Why live here? Malta's capital is full of baroque character, with museums, festivals, restaurants and fast connections by ferry and bus.
Good for: Culture seekers, solo explorers, and city lovers.



Mellieħa



Vibe: Quiet, scenic, and family-friendly.
Why live here? Perfect for nature lovers and anyone wanting space, sea, and serenity.
Good for: Outdoor enthusiasts, couples, and beachgoers.



Bugibba



Vibe: Holiday town feel.
Why live here? Great for beach lovers, sunset views, and laid-back lifestyle. Popular with both tourists and expats.
Good for: Summer vibes, pubs, working beachside, relaxed living.



Mosta



Vibe: Authentic Maltese town.
Why live here? Less touristy, more local. All amenities nearby, and a good sense of community.
Good for: Living like a local.

Top Places to Live in Malta (continued)



Vibe: Charming seaside town.
Why live here? Peaceful, picturesque, and great for long walks or sea swims. A newer town with a friendly, local feel.
Good for: Slower pace of life and seaside serenity.



Vibe: Historic and soulful.
Why live here? Ideal for those who love cobbled streets, harbour views, and a strong sense of history.
Good for: Culture buffs, creatives, and romantics.

Honourable Mentions



Gżira, Swieqi, San Ġwann, Msida
Close to Sliema/St. Julian's, but more affordable and quieter.



Żebbuġ, Mgarr, Rabat
Inland villages with rustic charm and proximity to nature.

Where to Live in Gozo



Vibe: Central, charming, and peaceful.
Why live here? Gozo's city offers a slower lifestyle but still has all the essentials like cafes, shops, restaurants and services.
Good for: Slower pace with convenience.



Vibe: Coastal and breezy.
Why live here? A seaside town with great seafood restaurants and lovely sunset views.
Good for: Relaxed atmosphere, beachside living and easy-going days.

Nomad Tip

Co-Living: Malta has a growing number of co-living spaces starting at around €600/month, often including pool, gym, and coworking areas. Great for nomads who want both community and comfort

Agents: Real estate agents often offer free tours and take a half-month's rent as a fee. You can find them on Facebook or property sites.

DIY Options: Facebook Marketplace and local expat groups are great for finding private rentals and rooms.

WHERE TO WORK FROM

If you're looking for a change of scene from your home office or simply enjoy working with the energy of others around you, Malta offers a wide range of work-friendly environments perfect for digital nomads.

As the remote work community on the island grows, coworking spaces have flourished, particularly in central hubs like Sliema, Valletta, Gżira, Mosta, and St. Julian's. These fully serviced offices cater to freelancers, entrepreneurs, and digital nomads at every stage of their journey. Options range from hot desks and dedicated desks to private offices and meeting rooms, equipped with high-speed internet and close to essential amenities.

Many coworking spaces offer flexible daily or monthly memberships and some come with added perks such as access to gyms, fitness classes, networking events, free refreshments, and regular social gatherings. Beyond just a place to work, these spaces are also a great way to meet like-minded people and build a professional and social network.

Prefer a more relaxed setting? Malta's cafés, from well-known chains to charming local spots, often provide good WiFi and are great for a few hours of focused work, especially those located in main squares and along central streets.

And if you're someone who enjoys working outdoors or on the go, Malta makes it easy. The island is dotted with free public WiFi hotspots, and thanks to widespread 5G coverage, you can even get things done from a public garden, beachside café, or anywhere else inspiration strikes.



Remote Work Infrastructure

Malta has a solid digital infrastructure that comfortably supports remote work. Fibre internet is available nationwide, with most providers offering high-speed connections typically ranging from around 100 Mbps up to 1 Gbps, making video calls, cloud work, and large file transfers smooth and reliable. Mobile connectivity is equally strong, with 5G coverage available across most of the islands through the main operators, delivering significantly faster speeds than 4G in well-covered areas. In practice, this means you can work effectively from your apartment, a coworking space, or even a seaside café, though, as anywhere, actual speeds may vary only slightly, depending on location and provider. ▶



Community and Networking

Building a sense of community is often what transforms a stay in Malta from a temporary base into a genuinely rewarding experience. For digital nomads and remote workers, the islands offer a welcoming, international environment where professional connections, social life, and meaningful involvement tend to overlap naturally.

With over a quarter of the population made up of non-Maltese residents, Malta has a diverse and outward-looking social fabric. This mix of locals and internationals creates plenty of opportunities to connect, whether through work, shared interests, or community initiatives. One of the country's greatest advantages is that English is an official language and the main language of business and public services, making everyday interactions smooth and accessible from day one. English-language media and government e-services further simplify settling in and engaging with life on the island.

Coworking and coliving spaces play a central role in Malta's digital nomad community scene. Beyond offering flexible work environments, they frequently host networking events, workshops, talks, and informal social gatherings. These spaces often act as social anchors, making it easy to meet like-minded professionals and gradually build a network that extends beyond work. Malta also has an active calendar of events related to tech, startups, and emerging industries, providing additional opportunities to connect in professional yet relaxed settings.

Community involvement in Malta is not limited to professional networking. Many residents choose to engage through volunteering, which is widely seen as another way to connect and contribute. Opportunities exist across a broad range of areas, from social and humanitarian projects to environmental initiatives, animal welfare, culture and the arts, education, and sport. Getting involved in this way allows newcomers to meet people outside their usual professional circles while gaining a deeper understanding of local life. For many, volunteering becomes a meaningful complement to remote work, offering a sense of purpose alongside professional flexibility.

If connecting in person isn't coming easily at first, the online scene in Malta is just as active. There are several helpful Facebook groups and online communities dedicated to digital nomads, expats, entrepreneurs, and remote workers in Malta. These groups regularly organise events and provide a space to ask questions, share tips, or find people with similar interests. A simple message in one of these groups could lead to your next coworking buddy, hiking partner, or dinner invite. Most towns also have their own Facebook pages where residents share information and conversations about daily living in their area.

Ultimately, life in Malta is shaped as much by what happens outside working hours as by work itself. Joining a club, attending a class, participating in a workshop, or contributing to a community initiative can all help create balance and connection. Whether through professional events, volunteering, or shared interests, engaging with the community allows you to build richer relationships and experience the islands in a more grounded and fulfilling way. 🍷

THINGS TO DO IN MALTA

Experiences,
Events and
Entertainment



Malta is more than just a productive remote work base. It's a country bursting with culture, entertainment, nature, and unique experiences. Whether you're looking to immerse yourself in local life, discover historical landmarks, or wind down at the beach, Malta offers something for every digital nomad's downtime.



Music, Nightlife & the Arts

Whether you're into underground beats, soulful jazz, open-air concerts, or contemporary art, Malta offers a surprisingly rich and varied cultural and nightlife scene. You'll find live music echoing from hidden courtyards, energetic clubs in the heart of Paceville, and impromptu performances in historic piazzas.

Every year, major music festivals like Isle of MTV, Earth Garden, Summer Daze and Glitch Festival draw international acts and thousands of music lovers, while smaller events cater to fans of jazz, world music, rock, psytrance, and experimental genres. For a more intimate vibe, bars in Valletta host live jazz sessions under the stars, while beachside venues offer sunset DJ sets and relaxed cocktail nights.

On the arts side, Malta delivers with a full calendar of cultural festivals, theatre performances, indie film screenings, and exhibitions. Catch a play or contemporary dance performance at Spazju Kreattiv, visit pop-up art shows around Valletta, or explore the Malta International Arts Festival, Valletta Baroque Festival, Malta Jazz Festival, and Ritmu Roots Festival.

No matter your taste, Malta's artistic pulse is ever-present, blending Mediterranean flair with global influence to keep your social calendar vibrant and inspiring.

Explore Malta's Cities & Historic Sites

Valletta

Malta's capital and a UNESCO World Heritage Site, Valletta is the island's cultural heartbeat. Visit St. John's Co-Cathedral, the Upper Barrakka Gardens, Fort St. Elmo, and enjoy a meal or catch a drink at Strait Street, one of the city's vibrant venues.



Mdina

Once Malta's capital, and known as the "Silent City," Mdina offers a medieval experience with narrow cobblestone streets, stately palazzos and stunning views from its fortifications.

Marsaxlokk

A fishing village known for its traditional colourful boats and Sunday fish market. Great for fresh seafood, photography and rubbing with locals. ▶



Rabat

Adjacent to Mdina, Rabat is home to Roman ruins and early Christian catacombs.



Megalithic Temples & the Hypogeum

Step into Malta's deep prehistoric past by visiting the Island's incredible megalithic temples, some of the oldest freestanding structures in the world. The Tarxien Temples, Ħaġar Qim, and Mnajdra showcase the architectural ingenuity of Malta's ancient inhabitants, while Gozo's Ġgantija Temples date back over 5,500 years. For an even more unique experience, descend into the Ғal Saflieni Hypogeum, a subterranean burial site carved out of solid rock, offering an extraordinary glimpse into Neolithic ritual life. All are UNESCO World Heritage Sites and essential stops for history lovers.



The Three Cities: Birgu, Bormla and Isla.

Discover Malta's maritime history and authentic charm in these fortified cities. Don't miss BirguFest in October, a candlelit night filled with music, history, and local flavour. Don't miss the Regatta races which are held on 31st March and 8th September in Malta's Grand Harbour. In these historical regattas, rowers compete using traditional boats.



Nomad Tip

In collaboration with Heritage Malta, Residency Malta now offers the **Nomad Heritage Card**, giving permit holders **free access** to many heritage sites across the Maltese Islands, allowing you to truly immerse yourself in our rich culture and history.



There are a limited number of cards available each year so make sure you don't miss yours!



Natural Wonders & Outdoor Activities

- Dingli Cliffs. For stunning sea views and dramatic sunsets, head to Malta's highest point.
- Blue Grotto. An iconic sea cave known for its vibrant blue waters. Explore by boat from Wied iż-Żurrieq.
- Beaches. From sandy shores like Paradise Bay and Golden Bay to rocky swim spots like St. Peter's Pool and Kalanka, Malta offers swimming, snorkelling, and even surf lessons with local coaches.
- Gozo & Comino. Spend a weekend in Gozo exploring the Ċittadella, Wied il-Ġhasri, and hidden beaches. Take a boat to Comino's Blue Lagoon and, if you're up for an adventure, camp overnight after the crowds leave.

Beyond the coastline, Malta's open sea is a natural wonder in its own right, especially for diving enthusiasts. With over 120 dive sites just minutes apart, crystal-clear waters, and visibility often exceeding 35 metres, the islands offer

everything from shallow reefs to dramatic caves and historic wrecks. Whether you're a beginner earning your first certification or an experienced diver exploring natural sites like the Blue Hole and Inland Sea, or the Um El Faroud wreck, Malta's underwater world is as rich and accessible as what lies above. Warm temperatures year-round and a strong network of dive centres make it easy to turn any day into an unforgettable marine adventure.

Whether it's a quiet hike, a spontaneous dive, a food festival, or a history tour, Malta has endless ways to recharge and connect with the world around you. Its small size and sunny climate make it easy to explore everything without losing your work rhythm. One day you're at your desk with sea views; the next, you're kayaking, temple-hopping, or watching the sunset from a cliffside village.

Make the most of every moment. Malta is not just where you work – it's where you live, experience, and grow. 📍

TRANSPORTATION & CONNECTIVITY

Getting around Malta and beyond, is simple and affordable. Whether you're commuting to a coworking space, exploring a beach on your day off, or hopping over to Gozo for the weekend, Malta offers a variety of convenient transport options to suit every lifestyle.



Getting Around by Public Transport

Malta's public bus system is the backbone of the island's transportation network. Operated by Malta Public Transport, buses cover nearly every part of Malta and Gozo, from major hubs like Valletta, Sliema, and Bugibba, to rural villages and lesser-known sites. Despite some delays during peak traffic, buses remain a reliable and cost-effective way to get around especially if you don't plan on renting a car.

Fares are affordable and vary slightly by season:

Winter:	€2.00
Summer:	€2.50
Night/Direct/Special routes:	€3.00

You can pay contactlessly onboard or opt for a Tallinja card, a reloadable travel pass tailored to different needs (including daily, weekly, and monthly options). Cards can be picked up at transport kiosks, major stations, or authorised vendors around the island. ▶

Nomad Tip

Residents including those on the Nomad Residence Permit can **travel for free** with a personalised **Tallinja Card**, on Day Routes, Night Routes and select Special Services.

They can also travel for **free on the ferry** connecting Sliema, Valletta and The Three Cities, and on the Barrakka Lift. The registration fee for a personalised Tallinja card is €25.

Ferries Between Cities & Islands

When time is short or traffic is heavy, ferries offer a scenic and practical alternative to buses especially between coastal cities.



Valletta Ferry Services

Two popular passenger routes connect Sliema–Valletta and Valletta–Three Cities. Ferries typically run every 30 minutes, with frequent departures throughout the day. Standard fares are €3.00 one-way and €4.80 return.



Gozo Fast Ferry

For a speedy connection to Malta's sister island, the Gozo Fast Ferry offers crossings from Valletta and the new Sliema–Bugibba route. It's a passenger-only service, with one-way fares starting at €6.50. Book online, via the app, or at designated kiosks.



Gozo Channel Ferry

The traditional ferry departs from Ċirkewwa in northern Malta and sails to Gozo in about 25 minutes. It operates frequently throughout the day and allows vehicles onboard. Uniquely, you only pay when leaving Gozo, with tickets priced at €4.65 for foot passengers or €15.70 for a car and driver.



Taxis & Ride-hailing Apps

While taxis are available, most locals and nomads prefer using ride-hailing apps. These offer transparent fares, and allow you to schedule pickups in advance. They're particularly useful late at night or when traveling to areas not well covered by public transport.



Walkability

One of Malta's underrated perks is how walkable many of its urban areas are. It's entirely possible to walk from Gżira to Sliema to St. Julian's to Paceville in under an hour, and enjoy the seaside views along the way. Cities and towns are compact, safe, and pleasant to explore on foot. Victoria in Gozo, the island's capital, is also ideal for walking. However, because Gozo's villages are more spread out, you'll likely rely more on buses or taxis there.



Air & Sea Connectivity

Malta is strategically located at the crossroads of Europe, North Africa, and the Middle East, making it an ideal base for nomads who travel frequently. Malta International Airport offers around 100 direct connections to over 35 countries, with daily flights to major European cities. It's perfect for weekend getaways or business travel. 📍

HEALTH & FITNESS IN MALTA



One of the key considerations when choosing a destination as a digital nomad is access to reliable healthcare and opportunities to maintain a healthy lifestyle. Malta scores highly on both fronts, offering a robust healthcare system, alongside a wide range of fitness and wellness options suited to every lifestyle and budget.

Healthcare in Malta

Malta boasts a well-developed and modern healthcare system, with advanced primary healthcare services available across the islands. Primary Healthcare is responsible for delivering over 50 different services nationwide, ensuring accessible care for residents and visitors alike. These services are mainly delivered through strategically located health centres, community clinics and other specialised centres, creating an extensive network that ensures high-quality medical care is never far away, no matter where you are based on the island.

Public Hospitals

Malta's public hospital system is led by Mater Dei Hospital, a state-of-the-art facility and one of the largest medical complexes in Europe. It offers comprehensive services across all major medical specialties and serves as the backbone of the country's healthcare infrastructure.

Other key public healthcare institutions include the Sir Anthony Mamo Oncology Centre, which specialises in cancer treatment and care, Karin Grech Hospital, which provides geriatric rehabilitation services, Mount Carmel Hospital, which focuses on in-patient psychiatric care, and Gozo General Hospital, which serves Malta's sister island with a full range of general medical services.

Public healthcare in Malta is free for Maltese citizens and residents who contribute to the social security system. However, digital nomads on the Nomad Residence Permit are not entitled to free public healthcare.

Nomad Residence Permit holders are required to have comprehensive private health insurance that covers medical risks in the EU (including Malta) and the UK, is valid for the full duration of the permit, and has an overall annual policy limit of at least €100,000. This ensures that you have access to quality healthcare without unexpected expenses during your stay. ▶

Private Healthcare

Malta also offers a strong private healthcare sector and there are several private hospitals and clinics providing high-quality services across a wide range of specialties.

You will also find numerous local clinics scattered around the Island, often attached to pharmacies. These clinics are typically run by private practitioners and offer everything from general consultations to specialised care in areas such as ENT, dermatology, orthopaedics, women's health, psychiatry, psychology and dentistry. Nutritionists and dieticians are also available through private clinics for those looking to optimise their diet and overall wellbeing.

This mixed public-private healthcare model gives digital nomads flexibility and choice depending on their needs, preferences and budgets.



Fitness and Active Living

Staying active in Malta is easy thanks to the Island's mild climate and diverse fitness offerings. Whether you prefer structured workouts or outdoor adventures, there is something for everyone.



Gyms, Clubs & Personal Training

Malta is home to a wide range of professional sports clubs, modern gyms, fitness studios and swimming pools, both indoor and outdoor. Facilities cater to all fitness levels, interests and budgets, from CrossFit boxes and yoga studios to boxing gyms and functional training centres.

For those seeking a more tailored approach, personal trainers are widely available across the Island. Many gyms offer one-on-one coaching, small group training and customised fitness programmes, making it easy to stay motivated and reach your goals.

Flexible memberships and pay-as-you-go options are common, which is ideal for digital nomads who travel often.

Outdoor Activities

One of Malta's biggest advantages is its natural playground. With its stunning coastline, countryside and year-round sunshine, the island offers endless opportunities for outdoor activities. Popular options include swimming and snorkelling, diving and freediving, hiking, cycling, kayaking, paddleboarding, rock climbing and beach boot camps.

From cliffside walks at sunset to early morning swims, Malta makes it easy to combine work with an active, outdoor lifestyle.



Wellness & Self-Care

Wellness is an important part of life in Malta, and you'll find plenty of options to unwind and recharge. The island offers a growing number of yoga and pilates studios, meditation centres, holistic therapy clinics and wellness retreats. Many hotels and independent spas provide massages, sauna facilities, hydrotherapy pools and beauty treatments.

Whether you're looking to de-stress after a busy workweek, improve flexibility, or focus on mental wellbeing, Malta's wellness scene offers something for everyone.

In recent years, Malta has also seen a noticeable increase in the availability of food options catering to a wide range of dietary preferences and requirements. Vegetarian and vegan

choices are increasingly common across cafés, restaurants and supermarkets, while gluten-free, dairy-free and high-protein options are now widely available. Many eateries clearly label dietary information on their menus, and larger supermarkets stock dedicated free-from and health-focused product ranges, making it easier for digital nomads to maintain specific nutritional routines.

Overall, Malta offers digital nomads the perfect balance between reliable healthcare, diverse fitness options and a strong wellness culture, ensuring you can stay healthy, active and energised while living and working remotely from the Mediterranean. 🇲🇹

COST OF LIVING & BASIC EXPENSES

Malta strikes a sweet balance between European standards of living and Mediterranean island lifestyle; warm weather, historic towns, cafés, beaches, and coworking spaces, all without the sky-high costs of major Western capitals. However, understanding what you'll spend on daily life is essential to budgeting confidently.

Monthly Budget Overview

For most digital nomads, a comfortable monthly budget in Malta falls broadly in these ranges:

Essentials only (thrifty but liveable): ~€1,200–€1,600/month

Comfortable lifestyle (rent + social life): ~€1,600–€2,000/month

Your actual costs will depend on housing choices, how often you eat out or explore, and your lifestyle preferences. Living with locals, choosing less touristy towns or sharing accommodation can reduce costs significantly.

1. Housing: The Biggest Expense

Accommodation is usually the largest monthly cost for nomads.

- 1-bedroom apartment (city centre): ~€1,000–€1,400/month
- 1-bedroom outside city centre: ~€1,000–€1,100/month

Shared flats / coliving spaces: potentially lower per person.

Popular areas like Valletta, Sliema, and St. Julian's tend to be pricier due to location, amenities and demand; quieter towns or nearby villages are generally more affordable.

Nomad Tip

Gozo, Malta's neighbouring island, often has lower rental rates and a relaxed pace if you don't mind a quieter way of living.

2. Utilities and Connectivity

Once you have your place, these are your next regular expenses:

Electricity & water:
~€80–€100/month

Internet (home broadband):
~€30–€35/month

Mobile phone plan:
~€20–€30/month
(depending on minutes/data)

3. Food and Groceries

Your monthly groceries can vary widely with habits:

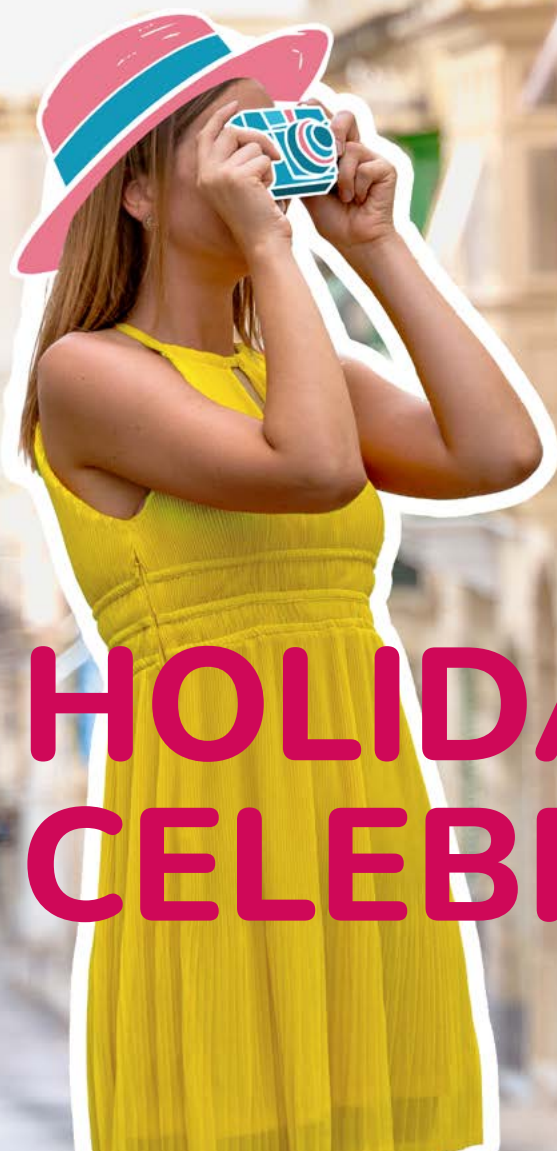
Groceries (weekly basics):
€220–€400/month (single)

Eating out:

- snack and casual meal ~€10–€20;
- coffee ~€2–€3; beer ~€3;
- dining at a bistro €30 - €50 with wine.

Cooking at home and shopping at local markets helps keep costs down, while exploring restaurants, especially around tourist hotspots, will increase your food expenses. 

Even with rising prices in some areas, Malta remains more affordable than many Western European capitals while offering Mediterranean sunshine, safety, and English-friendly culture.



HOLIDAYS AND CELEBRATIONS



Religion plays a central role in Maltese society, with Roman Catholicism deeply influencing the country's annual calendar. As a result, many public holidays are connected to saints' feast days and important moments in the Christian tradition. Alongside these religious observances, Malta also marks key historical anniversaries and hosts a variety of cultural events, giving the year a dynamic balance between heritage and contemporary life.

For digital nomads based in Malta, these holidays are worth factoring into daily planning. Public offices, banks, and some businesses may shut or reduce their hours. At the same time, leisure spots such as beaches, restaurants, and town centres often become busier as residents take advantage of their time off. ▶

Public Holidays

Below is the official list of public holidays recognised nationwide:

1 January	New Year's Day
10 February	Feast of St. Paul's Shipwreck
19 March	Feast of St. Joseph
March/April	Good Friday and Easter – <i>(dates change yearly)</i>
1 May	Workers' Day
7 June	Sette Giugno
29 June	Feast of St. Peter and St. Paul (Imnarja)
15 August	Assumption of Our Lady
8 September	Victory Day
21 September	Independence Day
8 December	Immaculate Conception
13 December	Republic Day
25 December	Christmas Day



The Village Festa

Anyone visiting Malta between late May and early September is almost guaranteed to encounter a village festa. These celebrations honour each town's patron saint and offer one of the most immersive ways to experience local life and community spirit.

The tradition dates back to the late eighteenth century and remains closely tied to Catholic customs. Each village celebrates for an entire week, leading up to the main

celebrations on Sunday. The centrepiece is the procession, where a statue of the patron saint is carried through streets decorated with lights and banners, accompanied by brass bands, cheering locals, and the sound of church bells echoing through the town.

Despite their religious roots, festas are anything but quiet. They are lively social occasions filled with music, fireworks, street food, and large gatherings of friends and families.



What to Expect at a Village Festa

As the week progresses, the atmosphere gradually builds. Evening band marches become more frequent, streets are fully decorated, and cafés and bars grow increasingly busy. On the main feast day, church services take place throughout the day. In the evening, the procession begins, drawing crowds who line the streets to watch the statue pass by.

Most festas conclude with a large fireworks display. Villages such as Mqabba and Ħal Lija are particularly famous for their impressive pyrotechnic shows, which attract visitors from across the island.

Food, Atmosphere & Local Flavours

Food stalls are a major part of every festa. This is the ideal opportunity to sample Maltese sweets such as mqaret (date-filled pastries) and qubbajt (nougat). While international fast-food options are available, it is the traditional treats that truly capture the spirit of these celebrations.

A Maltese festa engages all the senses and remains one of the most memorable ways to experience the islands' cultural identity. ▶

Nomad Tip

Expect higher noise levels in the evenings during festa week. If you work remotely, schedule important calls or focused tasks earlier in the day.

Other Celebrations

Carnival

Held in February just before Lent, Carnival is one of Malta's most vibrant annual events. Valletta hosts the largest celebrations, where streets fill with colourful floats, costume parades, live entertainment, and dance performances.

For a contrasting experience, Nadur in Gozo is known for its dark humour and satirical, adult-themed costumes. Ghaxaq offers a quieter, more traditional village-style carnival. Each location has its own character, ranging from family-friendly to wildly irreverent.



Holy Week & Easter

Holy Week is one of the most significant periods in the Maltese religious calendar. On Maundy Thursday, churches display ornate altars that attract visitors throughout the evening. Good Friday is marked by elaborate solemn processions in many towns, with participants reenacting scenes from the Bible.

The atmosphere shifts completely on Easter Sunday, as joyful marches celebrate the Resurrection. Statues of Christ are carried, and in some towns even run, through the streets, with crowds cheering and following behind.

Freedom Day & Victory Day Regattas

Twice a year, the Grand Harbour hosts one of Malta's oldest sporting traditions. On 31 March (Freedom Day), marking the departure of British forces in 1979, and on 8 September (Victory Day), commemorating the end of the Great Siege of 1565, rowing teams from various towns compete in traditional boats.

Spectators gather along the Valletta and Three Cities waterfronts, cheering loudly as the races unfold. The atmosphere is energetic, competitive, and unmistakably Maltese.



Year-End Festivities

December in Malta blends religious observance with festive celebrations. Across the islands, families display detailed nativity cribs in their homes, while towns host Christmas markets, light installations, pantomimes, and seasonal events. 🎄



DOING BUSINESS IN MALTA

Malta has earned a strong reputation as a business-friendly jurisdiction with forward-looking policies and an economy that consistently performs beyond what its size might suggest. For entrepreneurs, founders, and internationally oriented professionals, the islands offer a stable, well-regulated environment that actively welcomes foreign investment and innovation.

With a diversified economic base and a long-standing openness to international business, Malta has positioned itself as a competitive location for operating across multiple sectors. These include iGaming, financial services, fintech, life sciences, aviation, maritime, manufacturing, and digital technologies, supported by targeted incentives and a clear operating framework.

While tourism and financial services are often the most visible pillars of the economy, manufacturing continues to play a key role, particularly in high value-added areas such as pharmaceuticals, medical devices, and precision engineering. This balance between established industries and emerging sectors contributes to Malta's resilience and overall competitiveness.

Companies engaged in international trade are supported by Trade Malta, which facilitates both incoming and outgoing trade flows and assists businesses looking to expand beyond the Islands.

Setting Up a Business

Establishing a business in Malta is generally a straightforward and transparent process. Many entrepreneurs work with corporate service providers who assist with company registration, banking introductions, compliance requirements, and recruitment, helping founders focus on operations rather than administration.

To streamline engagement with public authorities, Malta Enterprise operates Business First, a single point of contact designed to support investors and established companies in their interactions with government departments.

Skills, Talent, and Infrastructure

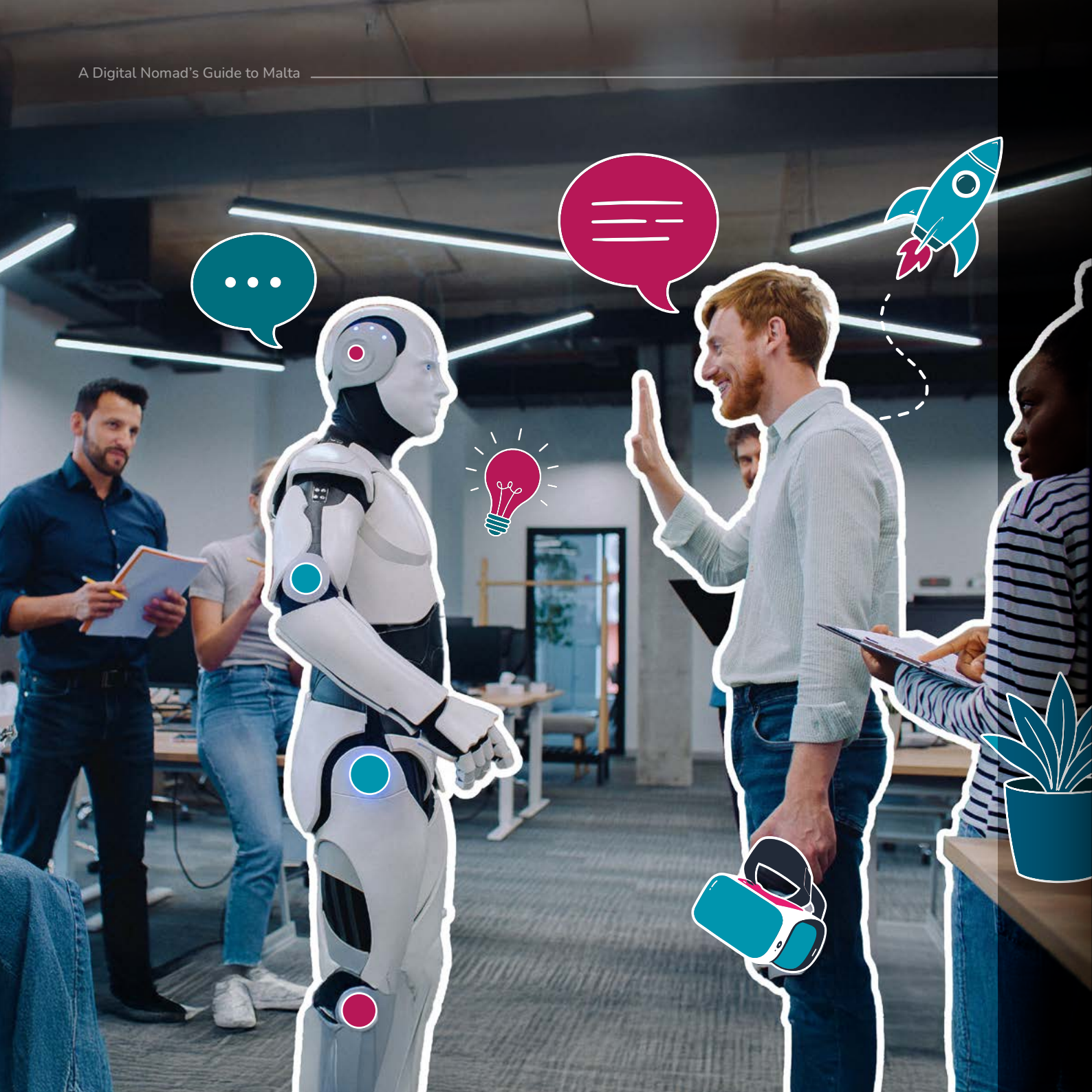
With limited natural resources, Malta has long invested in education and skills development. The result is a bilingual, internationally experienced workforce often described as adaptable, innovative, and solution-oriented, well suited to high value-added and knowledge-based activities.

Businesses also benefit from purpose-built infrastructure, including industrial estates and innovation hubs such as the Kordin Business Incubation Centre and the Malta Life Sciences Park. Sector-specific developments, such as the Safi Aviation Park, further support long-term economic growth.

Tax and Regulatory Framework

Malta operates a transparent, fully onshore tax system that complies with EU legislation and is supported by an extensive network of double taxation agreements. While robust and well regulated, the system remains competitive and continues to be an important factor for internationally active businesses.

This framework is reinforced by a mature financial services sector and a strong regulator, ensuring clarity, credibility, and access to high-quality professional advice. ▶



Startups, Innovation and the Malta Startup Residence Programme

Malta's startup ecosystem continues to evolve, supported by public initiatives designed to encourage innovation, entrepreneurship, and sustainable growth. Start in Malta plays a central role in strengthening this ecosystem by connecting founders, investors, accelerators, and public institutions, while promoting collaboration, visibility, and regulatory improvements.

Startups operating from Malta may benefit from a range of support measures offered through Malta Enterprise. These include access to funding and non-dilutive assistance such as grants, repayable advances, training support, research and development incentives, and guidance for internationalisation, helping early-stage ventures move from idea to execution.

For non-EU entrepreneurs intending to establish and actively operate a startup from Malta, the Malta Startup Residence Programme provides a dedicated residence pathway. Run jointly by Residency Malta and Malta Enterprise, the programme grants a 3+5-year residence permit that allows founders, co-founders, core employees, and their immediate family members to reside in Malta while launching or scaling their business.

Together, these initiatives offer a structured and supportive framework for entrepreneurs who wish to build, grow, and anchor their startup in Malta, while benefiting from access to European markets, international talent, and a stable environment.

Why Entrepreneurs Choose Malta

Entrepreneurs are drawn to Malta for both practical and lifestyle reasons. The islands' strategic location between Europe, Africa, and the Middle East, English as an official language, and the language of doing business, reliable digital infrastructure, and a time zone that aligns well with global markets all contribute to ease of doing business.

Malta's compact size also enables agility, faster access to decision-makers, and a highly connected business environment. At the same time, it offers a fully developed market, making it an effective test base for new products and services. [i](#)

Nomad Tip

The Nomad Residence Permit is designed for professionals who work remotely for employers or clients based outside Malta. If you intend to set up or actively operate a business in Malta, or provide services (directly or indirectly) to Malta-based companies or individuals, this would fall outside the scope of the permit's eligibility criteria. In such cases, residency would need to be granted under another residence programme, and the Nomad Residence Permit would be revoked.



Designed for location-independent professionals who want a European base without disrupting their existing work arrangements, Malta's Nomad Residence Permit enables non-EU digital nomads and remote workers to live on the islands while continuing to work for clients or companies based abroad.

The permit is aimed at individuals whose careers are fully portable: remote employees, freelancers, consultants, and business owners who rely on telecommunications rather than physical presence. It offers the opportunity to reside in Malta for an extended period, while remaining professionally and economically connected to international markets.

Who Can Apply

You may be eligible to apply for the Nomad Residence Permit if you meet the following core criteria:

- You are a third-country national (non-EU, non-EEA, and non-Swiss).
- You can work remotely using telecommunications.
- You earn a minimum gross annual income of €42,000.
- You are a person of good conduct.

Applicants must also demonstrate that they fall under one of the following professional categories:

- Remote employees working for an employer registered outside Malta.
- Business owners or partners conducting activities for a company registered abroad.
- Freelancers or consultants providing services to clients whose permanent establishments are outside Malta.

It is important to note that individuals contracted by a foreign company but providing services to a Maltese subsidiary are not eligible under this programme.

Duration & Renewals

The Nomad Residence Permit is issued for one year at a time.

It may be renewed annually, subject to compliance with the eligibility criteria, for a maximum stay of four years.

This structure offers flexibility for digital nomads who wish to experience life in Malta beyond a short stay, without requiring long-term relocation commitments.



How to Apply

The application process is fully online and designed to be clear, structured, and transparent. Applicants are strongly encouraged to familiarise themselves with the official FAQs and document checklist before applying.

1. Prepare Your Application

Applicants are required to complete the online application form and upload supporting documentation demonstrating identity, income, professional status, and good conduct. At this stage, the focus is on eligibility and background checks. Proof of accommodation in Malta and comprehensive health insurance are only required after approval in principle.

2. Submit Online

Applications are submitted exclusively through the dedicated online portal. All documents must be uploaded electronically; physical submissions are not accepted. The portal also provides step-by-step guidance to assist applicants throughout the process.

3. Review & Due Diligence

Applications are reviewed in collaboration with relevant authorities, including background and eligibility checks. The standard processing time is 30 working days, provided that a complete and correct application has been submitted. Delays may occur if documents are missing, inconsistent, or unclear. Applications may be refused if eligibility criteria are not met or if issues relating to good conduct arise.

4. Approval & Final Steps

Successful applicants receive an Approval in Principle letter with instructions to finalise the process. At this stage, applicants must submit proof of accommodation in Malta and valid health insurance covering the full duration of the permit. Once completed, the Nomad Residence Permit is issued. 



Nomad Tip

The single most effective way to ensure a smooth application process is simple: carefully review the FAQs and the official document checklist and submit a complete and accurate application from the outset.

When you're ready to take the next step, full details and the online application portal can be found at ***nomad.residencymalta.gov.mt***.

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