

Short Message after the ALPS Holiday Cruise

Just as sleep is necessary for our body similarly holidays are important for relaxation and change – they provide relief from the monotony of our daily routine. They are important for our mental and emotional well being.

Holidays! and who does not wait for them? Holidays give us a break from our routine and help us to refresh ourselves and go back to work with renewed energy. During holidays we can live our life as we want. There are no rules for getting up in the morning and having breakfast, having lunch, going out on excursions or during free time stroll along the busy city streets doing window shopping and acquiring some bargains for bringing home to yourself or to your family members and friends. We become our own rulers as we manage our time and that is exactly what the ALPS cruise has meant to all who participated this year aboard the Meinschiff Hertz. between the 23rd to 30th September 2019.

One must not forget the excellent tour leader assigned to our group. His name was Norman Cassar and he is to be highly commended for the manner that he conducted this tour..... After working hard throughout the year, summer holidays are eagerly awaited by everyone. Holidays are particularly enjoyed more by those, who still work , because they bring a change for them. It is indeed true that life without holidays would become boring. “All work and no play makes Jack a dull boy”. The **Association of Lyceum Past Students) ALPS),** has always believed in organizing an annual holiday when a good number of its members can travel together and have a good time. This year was no exception.

The first port of call was in Corsica...then we proceeded to Sardenia and after that to Roma and Napoli...Without any shadow of doubt, we have all enjoyed this last holiday to the full. We have some excellent memories of places that we visited, the time spent together whilst the cruise liner was moving between one port and another....and the wonderful evenings spent in each other's company, sipping a drink or sharing jokes... . or sometimes even sharing a plate of chips in the small hours of the morning (*around one o'clock*)before retiring to our ship cabins...Another great ALPS holiday cruise.