



University of the Third Age Malta

**ACADEMIC PROGRAMME
2023 – 2024**

Welcome to the University of the Third Age Malta

The first University of the Third Age (U3A), or as we call it in our native tongue, *L'Università tat-Tielet Eta' (U3E)*, was launched in Valletta on 23 January 1993. The Maltese U3A was founded under the auspices of the University of Malta. Although this means that the Maltese U3A is more in accordance with the French U3A model than the British one, it is noteworthy that the range of socio-cultural activities organised by the U3A's Association are central to the institution's ethos as reflected in the institution's mission statement:

The Maltese U3A trusts that as long as one lives, one feels a natural yearning to know more, to explore and to understand. The University of the Third Age is making this possible for everyone. The U3A encourages creativity and will propose several projects for this purpose. The U3A also supports the organisation of special interest groups for pursuing hobbies or other interests.

The objectives of the Maltese U3A are different from those of educational institutions intended to prepare a young person for life and work, or providing adult workers with a new set of skills that are required by the occupational market. The key endeavour of the U3A in Malta is knowledge and learning for its own sake - as an end in itself rather than as a means to improving one's academic credentials. There are no admission requirements and the U3A is open to everyone above the age of sixty, irrespective of any educational or academic qualifications.

The Maltese U3A operates from eight centres, six in Malta - **Floriana, Sliema, Hamrun, Vittoriosa, Birżebbuġa, and Mellieħa** - and two in **Gozo**, one in **Xewkija** and one in **Victoria**.

***Nota bene.* Lectures are delivered in Maltese unless the lecturer is a non-native speaker. No lectures will be held on public holidays, between Wednesday 20th December 2023 and Wednesday 3rd January 2024 (Christmas recess), and between Monday 25th March and Sunday 7th April 2024 (Easter recess).**



Greetings once again from the University of Malta on the commencement of the 2023-2024 academic year for the University of the Third Age (U3A) in Malta. It is a pleasure for me to welcome new members as well as rekindle my relations to past members, some of whom have been attending U3A session for more than two decades. This year marked the 30th Anniversary of the Maltese U3A which was founded in January 1993. These past 30 years have witnessed a number of achievements as the number of both U3A centres and members swelled to unprecedented figures. Indeed, this academic year marks the opening of an additional centre in Gozo, this time in Rabat. The U3A shall also be strengthening the Friday learning opportunities at Floriana by scheduling further films and arts/books clubs. As in previous years, my gratitude goes to Simone Ellul, Joseph Said and Joseph Vella, whose hard and constant work not only keeps the U3A running smoothly but even steering it in uncharted but exciting waters. I wish health, serenity and happiness, and augur you a good academic year. Our doors are always open!

Regards,

Prof. Marvin Formosa

Rector's Delegate for the University of the Third Age (Malta)



Another year has passed by and we will be starting a new academic year which will take us to 2024. After the evaluation sessions we had in the centres where we asked our members what modules they prefer for the year after, we did our best to include what you asked for in this year's programme. We thank you for your commitment towards us and for the various emails sent in summer to keep in touch with us. This summer has made me grow more after an overland trip with my car and my dog. It has taught me that we are not in control of what happens to us but we have to ride the waves as they come. In return, we come out stronger and more ready to face any adversities and challenges. But most of all, I would like to emphasise on how important giving support to each other is. We are not an island. We need each other to cope in this world. I look forward to meeting you in person again soon and to welcome and meet our new members.

Live the moment, tomorrow is not promised!

Simone Ellul



Dear U3A members,

We welcome you all for the academic year 2023 - 2024. One of the biggest benefits of lifelong learning for older persons is that it promotes interactions with others. You may think of education as something that takes place in your youth, but continuing to learn over the entire course of your life is important. Older adults can benefit significantly from learning opportunities by participating and interacting with other individuals. The importance of lifelong learning relates to more than just emotional wellbeing. Continued learning can actually improve physical health, whereas sedentary lifestyle could have serious consequences on both mental and physical health. Hence, let us keep ourselves active by participating in our interesting programme of lectures.

Keep well and see you all,

Joseph Said



I retired from work at the age of 60. At first, I was rather apprehensive, that I will be bored and feel useless, with nothing to do. I had always worked long hours, especially in Summer. Just before I retired, my Neighbour informed me about the University of the Third Age, and explained to me how it functions, and first thing I did when I retired was join the U3A. It's amazing how the U3A solved all my worries. I attended as many lectures as possible, and today I am proud to be part of the team planning the future of the U3A. I am happy that on the whole, last year was a great success, and we will strive to make the coming Academic Year even better.

Looking forward to seeing you all,

Joseph Vella

FLORIANA U3A CENTRE
3rd Floor, Catholic Institute, Floriana
Mondays, Tuesdays and Thursdays 0900hrs – 1100hrs
Wednesdays from 0930 – 1130
Fridays (Film, Art and Book Clubs) 0930 – 1200

Mondays 9 October - 27 November 2023 (Oct: 9, 16, 23, 30 Nov: 6, 13, 20, 27)

L-Etika: Riflessjoni filosofika fuq kif ghandek tghix
Prof. Joe Friggieri

Dan il-kors iħares lejn it-teoriji etiċi ewlenin li twieldu matul is-sekli u jara għadhomx japplikaw għal żmienna. Tgħid jeżistu kriterji oġġettivi li bihom naslu naghżlu t-tajjeb mill-ħażin, jew għandhom raġun dawk li jaħsbu li kull ġudizzju morali huwa soġġettiv? Liema hi dik it-teorija li toffri l-aħjar tweġiba għall-mistoqsija: kif għandi ngħix? Nippruvaw inwieġbu dawn il-mistoqsijiet b'eżempji prattiċi mill-ħajja ta' kuljum.

Mondays 4 December 2023 - 5 February 2024 (Dec: 4, 11, 18; Jan: 8, 15, 22, 29; Feb 5)

Spiritizmu, Okkult u Sataniżmu
Fr John Vella (OFM Cap.)

Dak li jgħaqqad lil dawn it-tliet suġġetti huwa l-kuntatt tal-bniedem mas-sopranatural. Għalhekk aħna, f'dawn is-sessjonijiet, se naraw kif jaġixxi l-bniedem u għaliex, u anke niflu l-ħsieb tiegħu u nippruvaw insibu r-raġuni għaliex bniedem jagħżel li jikkomunika mas-sopranatural. Neżaminaw it-tifsira tal-ispiritizmu, l-okkult u s-Sataniżmu, u wkoll, x' effetti jibqa' fuq il-bniedem, il-familja u s-soċjetà meta persuna tinvolvi ruħha f'dawn il-prattiċi. Niflu ċerti esperjenzi, li kellhom xi wħud li ltqajt magħhom. Se naraw ukoll kif diversi reliġjonijiet, partikolarment dawk monoteistiċi, jinteressaw ruħhom f'dawn il-prattiċi. Se nidhlu fid-dettall dwar kif ir-reliġjon Kattolika tqis dawn il-prattiċi u x'tagħmel biex tgħin lil dawk mjassra minnhom.

Mondays 12 February - 15 April 2024 (Feb 12, 19, 26; Mar: 4, 11, 18; Apr 8, 15)

Various topics / lecturers

12 Feb: The State of Journalism Today - Profs Carmen Sammut
19 Feb: African Diaspora - Chev. Anthony Coleiro
26 Feb: Chemistry of Matter: Special Reference at Home - Rector Prof. Alfred J. Vella
4 March: Stejjer Personali fid-Dinja tal-Football - Fr Hilary Tagliaferro
11 March: Mindfulness - Ms Petra Spiteri
18 March: Aromatherapy and Herbal Medicine - Ms Magda Magri Naudi
8 April: Beekeeping Prof. David Mifsud
15 April: Il-Proċess tal-Kitba Kreattiva - Mr Trevor Zahra

Mondays 22 April - 10 June 2024 (Apr: 22, 29; May 6, 13, 20, 27; June 3, 10)

Theatre Appreciation - Opera and Plays
Dr Narcy Calamatta

1. Commedia dell'Arte - A Servant of Two Masters by Goldoni - Maltese jargon and Commedia
2. The Barber of Seville by Beaumarchaise and Rossini
3. La Traviata by Alexandre Dumas fils and Giuseppe Verdi
4. La Boheme - Puccini - Based on a play by Henri Murger
5. Madama Butterfly - Puccini based on a play by David Belasco
6. Romeo and Juliet - Opera by Gounod - Shakespeare - Ballet - Film
7. Carmen - Bizet - Opera - Ballet - Film
8. Manwel Manwel - Maltese Musical

Tuesdays 10 October - 28 November 2023 (Oct: 10, 17, 24, 31; Nov: 7, 14, 21, 28)
Arab and Norman Malta
Mr Charles Dalli

The Arab and Norman periods of Maltese history spanned more than three hundred years (870-1194). From the Arab conquest of Byzantine Malta and Gozo to the end of the twelfth century, the Maltese islands experienced a transformation which continued to be felt in later ages. During the Arab period, Malta and Gozo formed part of the Muslim world which included the whole southern Mediterranean. The turning point occurred with the conquest by Count Roger and the expedition led during his son's reign. Norman rule lasted until 1194. The course surveys the main events from the 800s to around 1200 through the available sources, addressing historical debates on these periods and their legacy.

Tuesdays 5 December 2023 - 6 February 2024 (Dec: 5, 12, 19; Jan: 9, 16, 23, 30; Feb 6)
Critical Thinking and Extraordinary Claims
Mr Vanni Pule

Vanni Pulé, an expert on deception and illusion has researched intensively claims of paranormal and psychic phenomena for the last fifty years with the co-operation of the Committee for Scientific Inquiry and S.I.C.E.C. He will give various examples of 'so called' psychic phenomena and will analyse them in depth using the tools of critical thinking. Topics like Apparitions, Astrology, Telepathy and Prediction are taken for granted by the majority of people who do not bother to exercise enough their critical faculties. He will show that anecdotal evidence is not scientific and that 'extraordinary claims require extraordinary evidence'. Attendees will be encouraged to ask questions and discuss topics briefly at the end of each session.

Tuesdays 13 February - 16 April 2024 (Feb: 13, 20, 27; Mar: 5, 12; Apr 9, 16)
Various lectures on Maltese History
Mr Martin Morana/Mr Michael Cassar

13 Feb: Il-Festi u l-Qaddisin fil-Psike tal-Maltin - Kuljum u mit-Twelid sal-Mewt
20 Feb: Idjomi bi Storja - Bosta mill-idjomi li nużaw ta' spiss għandhom tifsira li tmur lura kultant sekli shaħ u jirriflettu parti mill-istorja u l-kultura Maltija
27 Feb: Id-Divertiment f'Malta fi żmien L-Ordni ta' San Ġwann u ż-Żmien Bikri Inġliż (1530 1900)
5 March: Marsa: An Ancient and Industrial Palimpsest - Part II
12 March: Duke of York Avenue: A Photographic Record
9 April: The Manderaggio- The Underground City of Valletta – Part I
16 April: The Manderaggio- The Underground City of Valletta – Part II

Tuesdays 23 April – 11 June 2024 (Apr: 23, 30; May 7, 14, 21, 28; June 4, 11)
Wellbeing and Health
Various lecturers from the Health Promotion and Chronic Disease Unit

This module will focus on what physical and mental health are, on the links between behaviour, nutrition and health, by learning more about healthy eating, physical activity, preventing disease, living with a long-term condition and other self-care skills to keep healthy and active as one gets older. The guidelines on healthy eating and physical activity will be described and ways of using them in everyday life.

Wednesday 11 October 2023

**One lecture on: Climate change and Global warming: Repercussions for Malta
Ms Elizabeth Micallef**

Wednesdays 18 October – 29 November 2023 (Oct: 18, 25; Nov: 1, 8, 15, 22, 29)

**Global explorations and encounters c.1492-c.1870
Prof. Emanuel Buttigieg**

In 1565, an important event took place, and it was not the Ottoman Siege of Malta. It was the foundation of Manila, in the Philippines, by the Spanish. That act was indicative of a gradual, but steady transformation in the way people across the world interacted with each other. This module offers a bird's eye-view of an exciting and eventful phase in human history, often described as 'the first globalisation', stretching from the late fifteenth century to the last part of the nineteenth century. Starting with the Portuguese ventures along the African coast in the Atlantic and Columbus' 'discovery' of America, we will follow these daring voyages, encounter various civilization, and learn about the brutality that often accompanied these voyages.

Wednesdays 6 December 2023 – 7 February 2024 (Dec:6; Jan: 3, 10, 17, 24, 31; Feb: 7)

**More from Films and Music - The 30s 40s, 50s and 60s
Mr Charles Visanich**

Following part 1 of this module that was successfully held during the last academic year we continue our cinematic journey throughout the golden age of Hollywood in the 30s 40s and 50s and extending it to the 60s, where the major American film studios dominated the production of the best motion pictures of the era. Films of various genres that became classics over time. Our topics shall cover a good number of these major movies, their directors and the legendary 'stars' that carried the movie to be a success with the film goers and at the box office. Another aspect of this module is the music that was popular during these decades and has gained its rising success from a film soundtrack.

Wednesdays 14 February – 17 April 2024 (Feb: 14, 21,28; Mar: 6, 13, 20; Apr: 10, 17)

**Il-Prezidenza Amerikana
Dr George Vital Zammit**

This series of lectures studies the origin and evolution of the American presidency by looking at the main political events and protagonists that shaped it. We examine one of the most important offices in the world by highlighting the principles of the Founding Fathers (declaration of independence) and the idea behind the way these leaders should come to power (electoral college). By dividing the two centuries of the Presidency into five eras, we look at the design of government, presidential leadership and the various doctrines that defined the relationship with the rest of the world. Each President crafts a design of government, statehood and leadership in world affairs. But patterns of behaviour, decisions, policies and conduct, establish conventions and methods that ought to be studied, theoretically and empirically. The Course makes use of audio-visuals and reading material to supplement the material covered in class.

Wednesdays 24 April – 12 June 2024 (Apr: 24 May: 8, 15, 22, 29; June: 5, 12)

**Voices of U3A
U3A Members**

24 April: Kitba Korretta bil-Malti - Mr Saviour Camilleri

8 May: Society for Investigating the Credibility of Extraordinary Claims - Mr Victor Farrugia

15 May: Coastal Fortifications - Mr Ray Cachia Zammit

22 May: Pill Boxes and other Fortifications in WW2 - Mr Ray Cachia Zammit

29 May: Tkabbir ta Pianti Miz-Zerreigha – Mr Rene Zahra

5 June: Slavery in Malta (Part 2) - Ms Joyce D'Amato

12 June: Our Security and Safety at Home - Mr Dione Bugeja

Thursdays 12 October – 30 November 2023 (Oct: 12, 19, 26, Nov: 2, 9, 16, 23, 30)
Malta under British rule (1814-1964)
Prof. Raymond Mangion

The course will deal with the story of infrastructural developments and demographic shifts in Malta under British rule. Il-Ħamrun as a suburb that emerged as a result of the Harbour Area development in the nineteenth and twentieth centuries will be used as a bearing or stage from which the student will be taken through an itinerary consisting in a chequered and multi-coloured history of buildings and people, or the protagonists in what became one of the most densely-populated areas of the country. The subject-matter will be placed within a wider context of developments in the Mediterranean Sea and beyond (the Risorgimento of 1848, the Opening of the Suez Canal in 1869, Two "World" Wars, and so on) and of course local politico-constitutional and socio-economic developments particularly leading to the achievement of two responsible governments in 1921 and 1947 and the attainment of parliamentary democracy in Malta. The lecturer intends to blend institutional and grassroots history and alternate between them to give more colour and more vividness to his lectures.

Thursdays 7 December 2023 – 8 February 2024 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)
Il-ġrajja tal-kitba Maltija fl-aħhar snin tal-Kavallieri
Dr Olvin Vella

Fis-seklu 18 xi ffit awturi Maltin bdew jagħrfu fil-lingwa element ewlieni tal-identità nazzjonali. Uħud riedu jiktbu grammatiki u dizzjunarji imma ma kellhomx fejn jistampawhom u kien ikollhom isiefri biex jippublikaw. Oħrajn kienu jiġbru poeziji u taqbiliet u jzommuhom fil-kexxun għal min jiġi warajhom, jew jikkupjawhom biex jibqgħu jdur u fl-idejn. Dawn il-ġrajjet, meta nsensluhom flimkien, juru interess kulturali fl-isfond ta' tbatijiet li illum ma nirrealizzawhomx.

Thursdays 15 February – 18 April 2024 (Feb: 15, 22, 29 Mar: 7, 14, 21; Apr: 11, 18)
Malta Fiz-Zmien ta' Bidla 1775 - 1814
Mr Vincent Zammit

Lejn l-aħhar tas-seklu tmintax, il-gżejjer Maltin kienu għaddejjin minn perjodu ta' taqlib. L-Ewropa stess kienet għaddejja minn dan it-taqlib kollu u wieħed jifhem li minħabba dan, l-istess Ordni kien se jkun effettwat. Jekk kien jiġri hekk, il-gżejjer Maltin u l-poplu Malti kien se jbati huwa wkoll. Ir-Rivoluzzjoni Franciża gābet magħha tibdil li hadd qatt ma kien jistenna. Izda kien hemm ukoll taqlib fil-ħsibijiet ta' l-intellettuali. Aktar tard kien hemm ukoll il-ħsieb tal-Gvern Repubblikan Franciż, li jkabbar l-imperu tiegħu. Minħabba l-ħsieb kien li Franza tavvanza lejn il-Lvant Nofsani, Malta spiċċat fil-mira ukoll. U dan kien il-bidu tat-tmiem tal-kavallieri f'Malta, il-wasla tal-Franciżi, u ffit wara il-qawmien tal-Maltin kontra l-istess Franciżi. Kien hawnhekk li daħlu l-Ingliżi, biex aktar tard spiċċaw biex hādu kontroll ta' Malta taħt idejhom.

Thursdays 25 April – 13 June 2024 (Apr: 25; May: 2, 9, 16, 23, 30; June: 6, 13)
An introduction to Shakespeare and his works
Mr Martin Bugelli

Shakespeare marks a milestone in English literature marking the highlight of the literary renaissance in Britain. His plays were written and performed when the country and its monarchy were still relatively young, and they played an important part in moulding the 'English' character we know today. This course will go through a wide selection of his works including both plays and poems, with a view to giving insight into what made his works so timeless, the insight into human nature and the intertwining with the culture, society and politics of the day.

Friday Clubs

Fridays 0930 – 1200

Kindly note that the Friday clubs will start at 0930 hrs

Fridays Oct: 13; Dec 15; Feb 23; Apr: 12, 26; June 14
Film Club
Various lecturers

13 October: Mr Frans Cassar
15 December: Mr Charles Visanich
23 February: Mario Philip Azzopardi
12 April: Mario Philip Azzopardi
26 April: Mr Jean Pierre Borg
14 June: Mr Peter Paul Ciantar

The Movie Club is centred around watching quality film and having a discussion following the movie. Movies selected are always award winning. The discussions centre around story, symbolism, cinematography and presentation. The title of the films will be sent to you a week before the showing of the movie. Kindly note that the Movie club is open to all members.

Kindly note that the name and the film synopsis will be sent to you a week or two before.

Fridays Nov: 24; Jan: 12; March: 8; May 10, 31
Book Club
Mr Joe Bharwani

A book club is a reading group, usually consisting of a number of people who read and talk about books. It's common for book clubs to choose a specific book to read and discuss at the same time. Such gatherings tend to be more personal and intimate since members have the chance to meet often, face-to-face and they usually have a strong social dimension. The book club will discuss the merits/demerits of the book; background/ plot/storyline/credibility//likes/dislikes of the book, characters/ambience/issues/narratives/`scenes` involved etc., and any other issues/subjects/opinions usually derived from the book with, of course, respect for each other`s opinions. Debate and interaction between attendants are the essence of an enjoyable book discussion. A soft copy of the book to be discussed will be sent to you by email.

NB Bookings for the book club (maximum 20 members) will be open as from Monday 23rd October 2023 onwards via email to simone.ellul@um.edu.mt on a first come first served basis. Once we have 20 members who apply, the other members will be written down on a waiting list.

Fridays Oct: 20; Nov: 10, Jan 26; Feb: 9; May: 24
Art Club - Water Colour Beginners Course
Mr George Farrugia

Art is a creation of words, sounds, colours, lines or forms. This Art Club is focused on painting, something that we actually see. Art is the expression of what a man feels and appreciates about him as it may stimulate the mind and reveal a meaning of familiar things. It enriches a man's life, giving him a broader, deeper, and a more sensitive realization of life.

NB Bookings for the art club (maximum 20 members) will be open as from Monday 24th September onwards via email to simone.ellul@um.edu.mt on a first come first served basis. Once we have 20 members who apply, the other members will be written down on a waiting list.

Kindly note that one cannot book for both the book club and art club together so we will give a chance to other members to participate.

SLIEMA U3A CENTRE
St. Patrick's School (hall downstairs), St. John Bosco Str., Sliema
Thursdays
1700hrs – 1900hrs

Thursdays 12 October – 30 November 2023 (Oct: 12, 19, 26, Nov: 2, 9, 16, 23, 30)
Il-Komunikazzjoni tal-Politika Ambjentali permezz tal-Arti
Mr Clinton Cassar

Fl-ewwel parti ta' dan il-kors, il-partiċipanti se jiġu esposti għal bosta sfidi ambjentali fi żmienna u se jifhmu aħjar kif dawn jinfluwenzaw il-politika kemm lokali kif ukoll internazzjonali matul dawn l-aħħar snin. Fit-tieni parti tal-kors, se jiġi analizzat kif diversi forom tal-arti fosthom il-films, il-kanzunetti u l-komiks jikkommunikaw il-politika ambjentali u huma riflessjoni ta' dak li jkun qed jiġri kemm f'Malta kif ukoll madwar id-dinja. Permezz ta' dan il-kors, il-partiċipanti se jkunu jistgħu jiddentifikaw l-isfidi ambjentali f'Malta u madwar id-dinja. Jiddefinixxu t-terminu 'l-iżvilupp sostenibbli'. Janalizzaw il-fatturi li jikkontribwixxu għall-politika ambjentali. Japprezzaw u janalizzaw diversi forom tal-arti billi jiddibattu fuq il-messaġġ aħħari li jkunu qegħdin jikkommunikaw. Janalizzaw kif dawn il-forom differenti tal-arti jinfluwenzaw il-politika ambjentali.

Thursdays 7 December 2023 – 8 February 2024 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)
The British colonial period and Maltese identity 60 years after Independence
Dr Charles Xuereb

In 1813, Malta became the only European country ruled by a European power when it was still cavorting with its first aspirations of an independent-minded people. Having refused to clinch a passage to modern 'democracy', the Island resigned itself to serve henceforward as a British naval outpost. The Maltese lost all control over their lives and destiny at least until 1921. Dr Charles Xuereb, author of *Decolonising the Maltese mind, in search of identity* believes that the Maltese still harbour a colonial mentality. Through an objective and mature deliberation with many visuals, he engages in a sociological-historical debate that promotes an identity that represents all 60 years after Malta's Independence.

Thursdays 15 February – 18 April 2024 (Feb: 15, 22, 29 Mar: 7, 14, 21; Apr: 11,18)
60+ is not the end of a journey
Dr Josie Muscat

Although the average life span today is 80+ for females and 75+ for males, we must strive to be among those who are well above 80+. In this series of lectures, we will understand our beautiful bodies, function, problems, prevention and treatments. We will understand the body's likes and dislikes and what hurts it. Understanding its complex structures and physiology will help us comprehend the importance of prevention and how to care for this beautiful treasure inherited from our parents. We will travel through modern technology that is ever striving to make us live healthier, longer, and more meaningful. Living longer and healthy to enjoy the beauty of nature and the fruit of our work.

Thursdays 25 April – 13 June 2024 (Apr: 25; May: 2, 9, 16, 23, 30; June: 6, 13)
Artistic Legacy of the Order of St. John in Malta
Mr Justin Micallef

In this 8-week lecture series, students will embark on a captivating journey through the rich history of the Order of St. John in Malta and its enduring artistic legacy. Beginning with the Knights' arrival during the end of the Renaissance and the beginning of the Baroque, the series explores the societal and political context that shaped their patronage of art. From Caravaggio's impactful sojourn to Preti's Baroque works, each lecture delves into the lives and art of prominent figures like the Erardi Family, Zahra, Buhagiar, and Favray. The final lecture spans centuries, uncovering the evolution of Maltese art while tracing the ongoing influence of the Order's legacy on modern artistic expressions.

HAMRUN U3A CENTRE
Office of the Commissioner for Older Persons
The Oaks Business Centre, Block C, Farsons Street, Hamrun
Wednesdays
0900hrs – 1100hrs

Wednesdays 11 October – 29 November 2023 (Oct: 11, 18, 25; Nov: 1, 8, 15, 22, 29)
On the Future of Humanity
Fr Rene Camilleri

Thirty years ago this year, Author Samuel Huntington had written the classic The Clash of Civilizations and the Remaking of World Order. So much has happened since then and so many questions about 'Civilization' and 'World Order' have cropped up making us all think that the West is against the rest. What is really happening and what remedies is modern day politics applying? Do we have 'modern prophetic voices' nowadays? Are we really taking seriously the issues of immigration, climate change, AI and so many other issues that are changing radically the planet we inhabit? I will be taking as reference work for all this Pope Francis' Letter "Fratelli tutti" (2020).

Wednesdays 6 December 2023 – 7 February 2024 (Dec:6; Jan: 3, 10, 17, 24, 31; Feb: 7)
Development of the Maltese Language; Marriage, Death and Family
Prof. Frans Ciappara

The module consists of seven lectures and will discuss four topics: the development of the Maltese language, marriage, the family, and death. Emphasis will be put on how an unwritten and poor language of the lower classes succeeded to survive and become recognized as the national language. As regards marriage and the family there are many myths to be discarded regarding age at marriage, the nuclear family, premarital pregnancy, betrothals, marriage dispensations, marital relations, fertility, abortion, the place of children in traditional society, etc. Death deserves to be discussed as it was one of the chief characteristics of traditional Malta, the chief of the people.

Wednesdays 14 February – 17 April 2024 (Feb: 14, 21,28; Mar: 6, 13, 20; Apr: 10, 17)
Geology: A discovery to Planet Earth
Dr Sebastiano D'Amico

We are surrounded by geology - it is in everyone's backyard; it is at everyone's feet. This module will introduce materials that make up the Earth as well as the properties and geological processes that contribute on how our environment became what it is, in effect providing a history of the planet. It will also consider geophysics, within the wider rocks, minerals, fossils, processes, cycles, the physical characteristics and features context of plate tectonics, geodynamics, and planetary science.

Wednesdays 24 April – 12 June 2024 (Apr: 24 May: 8, 15, 22, 29; June: 5, 12)
Staying Healthy in Later Years
Ms Sina Bugeja

Not everyone is offered the luxury of growing older! But those of us who get there, owe it to themselves to make the most of this bonus. Getting older involves changes but knowing what is inevitable and what is controllable make all the difference. In this module we will discuss various topics relating to the maintenance of good health (physical, social and psychological) as well as preventive aspects including, amongst others, care of the bones, care of the vital organs, and care of the nervous system. At the end of this module, participants will have learnt how best to take care of their health as well as sharing personal experiences

COTTONERA U3A CENTRE
Cottonera Resource Centre, 1st floor, San Dwardu Str., Birgu
Thursdays
0900hrs – 1100hrs

Thursdays 12 October – 30 November 2023 (Oct:12, 19, 26, Nov: 2, 9, 16, 23, 30)
Il-Knisja ta' San Ġwann: Storja, Arti u Avvenimenti
Mr Vincent Zammit

L-akbar teżor artistiku u storiku li nsibu f'Malta huwa bla dubju ta' xejn il-Kon Katidral ta' San Ġwann. Dan il-post apparti l-użu tiegħu bhala lok reliġjuż, huwa ukoll lok fejn hemm marbuta storja ta' l-arti, storja ta' erojiżmu, storja ta' arkitettura, u storja ta' diversi persuni li rabtu isimhom ma'l-istorja ta' pajjiżna. Aktar milli knisja, hemm id-dettalji li wiehed ma jindunax bihom mill-ewwel. Minhabba il-ħafna dettalji li nsibu forsi mhux kullhadd jinnota u jinduna li hemm dettalji li jkomplu jsebbħu l-istorja kompluta ta' dan il-lok qaddis.

It-taħditiet jagħtu ħjiel ta' dan kollu u aktar, ħalli kull minn iżur il-kon katidral ta' San Ġwann ikun jista' jifhem, jara, u japprezza aktar minn dak li kien jagħmel qabel.

Thursdays 7 December 2023 – 8 February 2024 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)
Il-Politika: Perspettivi Psikosoċjali (Baziċi)
Dr Josette Barbara-Cardona

Il-Politika hija mezz ta' kif pajjiż jkollu tmexxija u governanza biex jkun jista' jiffunzjoni b'ċertu sistema u ordni. F'Malta, hemm tendenza li s-soċjeta' thares lejn il-Politika mill-lenti partiġġjana u elezzjonijiet biss. Filfatt il-Politika mhix biss hekk, imma hemm diversi temi u ħsibijiet li wiehed jista' jidhol fihom speċjalment mill-att psikoloġiku u soċjali. Sintendi, dan il-kors mhux se jħalli lok għall-dibattiti partiġġjani. Dan il-kors se jiddiskuti temi diversi dwar il-politika mill-lenti psikosoċjali, fejn il-partecipanti se jkollhom opportunita' li flimkien jiddiskuti l-ħsibijiet u l-esperjenzi tagħhom.

Wednesdays 14 February – 17 April 2024 (Feb: 14, 21, 28 Mar: 6, 13, 20; Apr: 10, 17)
Iconography Part 2
Fr Tonio Mallia Milanes

The second part of the course aims at discovering the hidden mystery of iconography – a deeper insight. Upon completion of this course, the participants will be able to delve deeper into the symbolic language of this divine art and engage with its transcendent beauty and powerful mystery. The first module intended to provide the basic skills for reading icons. In this second part of the module, deeper insights will be given on this theological art through better comprehension of byzantine culture, in which iconography was born and flourished; in-depth analysis of specific icons and a study on their theological background; the schools of icon painting and their geographical milieu; and finally, the mystical dimension of this artful theological expression.

Kindly note that this module will be held on Wednesdays instead of Thursdays

Thursdays 25 April – 13 June 2024 (Apr: 25; May: 2, 9, 16, 23, 30; June: 6, 13)
Modern and Contemporary Art History
Prof Louis Lagana

We start an analysis and discussion of the Western artistic production of the late nineteenth and early twentieth century, which includes Symbolism, Impressionism, Fauvism, Cubism, Futurism and Abstract Expressionism. Then we will focus on the main developments of contemporary art movements. The lectures are directed to create discussion and debate about the contemporary art scene. The historical development of Minimal Art, Conceptual Art, Op Art, Pop Art and others will be discussed within an art-historical, psychological and theoretical context.

BIRŻEBBUĠA U3A CENTRE
Birżebbuġa Day Centre, Triq Birżebbuġa, B'Buġia
Wednesdays
0900hrs – 1100hrs

Wednesdays 11 October – 29 November 2023 (Oct: 11, 18, 25; Nov: 1, 8, 15, 22, 29)

Literature of Passage

Mr Vincent Vella

This module attempts to heighten the participants' awareness of this particular literary genre. Passage is here understood to mean the progress of someone or something from one situation or one stage in their development to another. Protagonists involved in instances of passage can include anything and anyone from whole states and nations, such as colonies striving for independence; minorities within such larger settings, such as suffragettes and disabled people; and right down to individuals fighting for inclusion and for rights enjoyed by the majority. Such situations are often marked by struggle and conflict and although they feature prominently in the literature of many nations, they also find expression in other branches of art such as theatre, films, music, dance, paintings, sculpture, architecture, and monuments. Although different situations of passage will be touched upon, the main focus will be that of passage to statehood of which Malta is a prime example.

Wednesdays 6 December 2023 – 7 February 2024 (Dec: 6; Jan: 3, 10, 17, 24, 31; Feb: 7)

Malta Island Fortress

Mr Ray Cachia Zammit

Few other places can boast such a rich concentration of fortifications as Malta. To the extent that we often take them for granted. However, they are intrinsic aspect of Malta's history and a key feature of our heritage. This set of lectures is meant to help explain their nature and the context within which they were built. It will cover three distinct historical periods. (i) Malta under the Order of the Knights of St John. (ii) Malta under the British in the Victorian era and (iii) Malta in World War Two. In all these three epochs many fortifications and other defensive works were built, which were part of an overriding scheme that viewed the island as one fortress.

Wednesdays 14 February – 17 April 2024 (Feb: 14, 21,28; Mar: 6, 13, 20; Apr: 10, 17)

Islamic Philosophy

Rev. Dr Joseph Ellul

This module discusses the development of Islamic thought from its origins in religious discourse through its encounter and interaction with Greek and Persian cultures. It also covers the main currents of Medieval Islamic philosophy which includes: The Hellenic heritage and the origins of Islamic Philosophy; The creation narratives in the Qur'an; Prophecy and Political Thought; Religious Discourse and Philosophy.

Wednesdays 24 April – 12 June 2024 (Apr: 24 May: 8, 15, 22, 29; June: 5, 12)

Sixties Music and Popular Culture Part 2

Mr Charles Visanich

This course builds on part one to continue to explore popular music in the Sixties contextualised within the Anglo-American economic, social and political situation. It traces the birth of the beat boom, Beatlemania, psychedelia, the British Invasion and the Flower Power cult amongst others. Discussion is also centred on popular culture during this decade, by referring to the radical change in youth culture in general and shifts in styles and attitude. Reference is also made to film productions and television and radio programmes at that time. These should serve as points of discussion with the intention to obtain a full understanding of this revolutionary decade.

MELLIEHA U3A CENTRE
Mellieha Day Centre, Triq il-Wied, Mellieha (next to Dar il-Madonna tal-Mellieha Home)

Thursdays
1630hrs – 1830hrs

Thursdays 12 October – 30 November 2023 (Oct: 12, 19, 26, Nov: 2, 9, 16, 23, 30)
Through the Eyes of The Media – How to Face the Cultural Wars of Today
Fr Colin Apap

L-anzjani huma dawk li ffurmaw id-dinja tal-lum: b'ħidmithom, bil-ħiliet tagħhom bl-għerf tagħhom. Imma nħarsu madwarna u naraw li d-dinja qed titbiddel malajr, il-valuri tbiddu u dak li qabel konna ngħidulu "ħazin" issa sar "tajjeb". Kollox tbiddel! Dal-Kors jgħinek biex tifhem ir-Rivoluzzjoni Kulturali tal-lum u mil-lenti tal-aħbarijiet, "l-inews", niddiskutu "issues" jaħarqu u nitgħallmu nakkompanjaw lil uliedna fid-dinja ġdida tal-lum. Iz-żgħażaġh jibqgħu ifittxuna għax "Kliem ix-Xiħ zomm fih". Fr Colin Apap, BA, BD, MA (Leicester) in Mass Communication, ġurnalist, preżenti fil-media lokali, jgħinna nanalizzaw l-isfidi godda tal-lum mill-għajnejn tal-media – l-effetti tal-Media illum, "*Media Effects and Maltese Muslims*", *Media Analysis "Casa de Papel" (Money Heist)*, l-ewtanasija, l-IVF, il-forom differenti taż-żwieġ, is-sess u l-imħabba fit-Tielet Eta', nies bi bżonnijiet speċjali għandhom jgħixu bħal angli jew bnedmin sesswali wkoll? Il-Bdil tal-Kostituzzjoni Maltija: Stat Konfessjonali jew Lajk, Reliġjon Vs Xjenza?

Thursdays 7 December 2023 – 8 February 2024 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)
Bioethics
Fr Ray Zammit

New advances in biotechnology over the last few decades have brought numerous benefits but they have also raised a number of ethical questions as to their appropriate use. As Van Potter has pointed out, human beings today need "knowledge of how to use knowledge". This module will therefore start off with a short history of bioethics, including various definitions of the term, and some groundwork in ethical theory. It will then discuss ethical issues at the beginning and end of life, paediatric ethics, research ethics (including genetics), and organ donation.

Thursdays 15 February – 18 April 2024 (Feb: 15, 22, 29 Mar: 7, 14, 21; Apr: 11, 18)
'Is-Snin tar-Rock n' Roll (1963 – 1979)'
Mr Noel Mallia

Based on the award-winning radio programme 'Is-Snin tar-Rock n' Roll', this course will give an overview of the roots and organic development of rock music, rhythm and blues during the tumultuous sixties and seventies. Reference will be made to political and cultural events during both decades. The cultural impact of rock and rnb on society, particularly in the West will be emphasised.

Thursdays 25 April – 13 June 2024 (Apr: 25; May: 2, 9, 16, 23, 30; June: 6, 13)
Exploring the world's greatest religions
Ms Carmela Grima

The course proposes an introductory presentation of the major religious traditions of our contemporary world. Following an initial exploration of the religious phenomenon in general, attention will be paid on some of the major religions of the world: their historical origin, their chief principles of belief and practice. We will explore the monotheistic, and Asian religions, as well as the Christian theological evaluation of inter-faith dialogue taking into consideration the teaching of Vatican II, in the context of a changing global landscape. We also try to understand and appreciate "what is good and holy" in these religious traditions.

GOZO U3A CENTRE
University Campus, Triq L-Imġarr, Ix-Xewkija
Fridays
0900hrs – 1100hrs

Fridays 13 October - Friday December 2023 (Oct: 13, 20, 27; Nov: 3, 10, 17, 24; Dec 1)
Through the Eyes of The Media – How to Face the Cultural Wars of Today
Fr Colin Apap

L-anzjani huma dawk li ffurmaw id-dinja tal-lum: b'ħidmithom, bil-ħiliet tagħhom bl-għerf tagħhom. Imma nħarsu madwarna u naraw li d-dinja qed titbiddel malajr, il-valuri tbiddlu u dak li qabel konna nġidulu "ħazin" issa sar "tajjeb". Kollox tbiddel! Dal-Kors jgħinek biex tifhem ir-Rivoluzzjoni Kulturali tal-lum u mil-lenti tal-aħbarijiet, "l-inews", niddiskutu "issues" jaħarqu u nitgħallmu nakkompanjaw lil uliedna fid-dinja ġdida tal-lum. Iz-żgħażaġħ jibqgħu ifittxuna għax "Kliem ix-Xiħ zomm fih". Fr Colin Apap, BA, BD, MA (Leicester) in Mass Communication, ġurnalist, prezenti fil-media lokali, jgħinna nanalizzaw l-isfidi ġodda tal-lum mill-għajnejn tal-media – l-effetti tal-Media illum, "*Media Effects and Maltese Muslims*", *Media Analysis "Casa de Papel" (Money Heist)*, l-ewtanasiya, l-IVF, il-forom differenti taż-żwieġ, is-sess u l-imħabba fit-Tielet Eta', nies bi bżonnijiet speċjali għandhom jgħixu bħal anġli jew bnedmin sesswali wkoll? Il-Bdil tal-Kostituzzjoni Maltija: Stat Konfessjonali jew Lajk, Reliġjon Vs Xjenza?

Fridays 7 December 2023 - Friday 9 February 2024 (Dec: 7, 15; Jan: 5, 12, 19, 26; Feb 2, 9)
L-Istatistika reġjonali u l-importanza tagħha fuq temi ambjentali u soċjo-ekonomiċi
Mr Manuel Tabone

Il-kontenut jkopri spjegazzjoni tal-konfini reġjonali fil-qafas tal-istatistika uffiċċjali li jipproduċi u jippubblika l-Uffiċċju Nazzjonali tal-Istatistika. Nmissu ma temi li huma miġbura fil-pubblikazzjoni annwali '*Regional Statistics MALTA 2023 edition*' fejn jkollna l-opportunita' niddiskutu suġġetti varji bħad-demografija, l-edukazzjoni, it-turiżmu, t-trasport, s-suq tax-xogħol u l-ekonomija, fost l-oħrajn. L-għan prinċipali jkun li nispjega b'mod sempliċi u attwali l-iskop u l-importanza ta' dan ix-xogħol.

NB: Kindly note that the 7th December is a Thursday. This lecture will take place instead of 8th December (public holiday)

Fridays 16 February - Friday 19 April 2024 (Feb: 16, 23; Mar: 1, 8, 15, 22; Apr: 12, 19)
On the Future of Humanity
Fr Rene Camilleri

Thirty years ago this year, Author Samuel Huntington had written the classic *The Clash of Civilizations and the Remaking of World Order*. So much has happened since then and so many questions about 'Civilization' and 'World Order' have cropped up making us all think that the West is against the rest. What is really happening and what remedies is modern day politics applying? Do we have 'modern prophetic voices' nowadays? Are we really taking seriously the issues of immigration, climate change, AI and so many other issues that are changing radically the planet we inhabit? I will be taking as reference work for all this Pope Francis' Letter "*Fratelli tutti*" (2020).

Fridays 26 April - Friday 14 June 2024 (Apr: 26; May: 3,10, 17, 24, 31 June:7)
Discovering the Middle Ages
Mr Alexander Farrugia

Often relegated as a dark millennium caught between the Golden Age of Ancient Rome and the Enlightenment, the Middle Ages are all too often misconstrued. These series of lectures begin with exploring how such misconstructions came to be and then probe the question whether we can speak about such a concept as 'the Middle Ages' at all. Combining historical, literary and artistic sources, during the course of the lectures the participants will be taken on a journey to discover the beliefs, ways of life, and the events that marked this period of history, that contrary to perception were centuries of colour, light and imagination.

GOZO U3A CENTRE
Il-Haġar – Heart of Gozo Museum and Cultural Centre, Pjazza San Ġorġ, Victoria
Tuesdays
0900hrs – 1100hrs

Tuesdays 10 October – 28 November 2023 (Oct: 10, 17, 24, 31; Nov: 7, 14, 21, 28)
Understanding Paintings - Themes in art explored and explained
Mr Anthony Caruana

These series of eight lectures are aimed at guiding the students to develop a different way at seeing and evaluating works of art. It will enhance and enrich the students' understanding and appreciation of art, when visiting a church, museum or an art gallery. This course will briefly go through the history of art, giving the students a good background of the development of different art movements which influenced European art history including Malta.

Tuesdays 5 December 2023 - 6 February 2024 (Dec: 5, 12, 19; Jan: 9, 16, 23, 30; Feb 6)
Ghawdex fil- Gwerra
Mr Charles Bezzina

1. L-Attakki fuq Ghawdex u l-vittmi tal-gwerra
2. Ir-Refugjati Maltin f'Ghawdex fis-snin tal-gwerra
3. Ix-Xeltrijiet f'Ghawdex
4. Il-Militar f'Ghawdex
5. Ir-Razzjon u l-Victory Kitchens f'Ghawdex
6. Il-Periklu fil-fliegiu bejn il-gzejjer
7. Il-Ġabra tal-Qamħ f'Ghawdex
8. Il-Mitjar f'Ghawdex fl-Invażjoni ta' Sqallija

Tuesdays 13 February - 16 April 2024 (Feb: 13, 20, 27; Mar: 5, 12; Apr 9, 16)
The Socio-Economic Development of Gozo since Malta accession to the EU
Mr Mario Borg

Dan il-kors qasir ser iħares lejn il-bidliet fit-tessut soċjali Għawdx i li ġew indotti mill-iżvilupp ekonomiku wara d-dhul ta' Malta bħala membru sħiħ tal-UE. Dawn il-bidliet sikwit jew jiġu injorati jew meħuda bħala żvilupp naturali iżda ħafna huma konsegwenza (hemm diretta kif wkoll indiretta) ta' dan l-avveniment importanti fl-istorja riċenti. Dawn il-ftit lezzjonijiet, se jibdeu billi jharsu lejn l-istorja (riċenti) ekonomika (economic history) ta' Għawdex u wara jsegwu biex jgħaqqdu dawn il-bidliet soċjo-ekonomiċi mat-teorija tal-iżvilupp ekonomiku (economic development theory) u jagħmlu wkoll referenzi għal reġjuni u gzejjer oħra f'EU.

Tuesdays 23 April – 11 June 2024 (Apr: 23, 30; May 7, 14, 21, 28; June 4, 11)
Exploring the world's greatest religions
Ms Carmen Grima

The course proposes an introductory presentation of the major religious traditions of our contemporary world. Following an initial exploration of the religious phenomenon in general, attention will be paid on some of the major religions of the world: their historical origin, their chief principles of belief and practice. We will explore the monotheistic, and Asian religions, as well as the Christian theological evaluation of inter-faith dialogue taking into consideration the teaching of Vatican II, in the context of a changing global landscape. We also try to understand and appreciate “what is good and holy” in these religious traditions.

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