



Association of the Members of the **U3E**

NEWSPAPER POST • NO 3/2018 • SETTEMBRU 2018



UNIVERSITY of the third age

LIST OF STUDY UNITS 2018 - 2019

FLORIANA U3A CENTRE

MONDAYS

HREJJEF FILOSOFICI

Prof. Joe Friggieri 15 October 2018
3 December 2018

Folk tales form an integral part of a community's culture. By looking at a number of such stories, mainly from India, China, Africa and Persia, we shall examine the kind of general outlook that gives rise to them, the qualities and principles they uphold, the messages they convey, and the questions they raise in the field of applied philosophy or ethics. The lectures will be in Maltese.

FARSA TAL-KARNIVAL TA' DUN FELIĆ DEMARCO, AWTUR BORMLIŻ TAS-SEKLU 18

Dr Olvin Vella 10 December 2018
11 February 2019

Il-qarçilla hija farsa tat-triq li ssir fi żmien il-Karnival. Wiehed raġel, taparsi nutar, jaqra kitba li taparsi hi kitba taż-żwieġ. Ghalkemm kienet issir kull sena, l-ewwel qarçilla li waslilna għandha valur letterarju kbir. Kien kitbha awtur Bormliż li ftit għadna nafu fuqu. L-Università reġgħet qajmet il-qarçilla minn hames snin 'l hawn. Fil-kors se naqraw il-kitba ta' Dun Felić u qrieçel oħra li ġew warajh, u nispiççaw bil-qrieçel li saru f'dawn is-snin.

ANTHROPOLOGICAL PERSPECTIVES ON CULTURE AND HUMAN DIVERSITY

Dr Jean-Paul Baldacchino & 18 February 2019
Mr Michael Pio Degaura 8 April 2019

Anthropology is the study of cultural difference and sameness. This course is aimed at exploring the ways in which societies resemble each other and the way they differ. The original method of anthropology is 'participant observation' wherein the anthropologist is required to immerse herself in the society being studied and understand the world from an insider's perspective but at the same time the anthropologist must also be able to stand out from the culture in order to draw broader

conclusions viewing the totality of culture as a complex whole. What is an anthropological definition of culture? Experienced anthropologists will address the question of human unity and difference through the use of case studies from societies near and far (The Mediterranean, East Asia, Europe and indigenous groups). Questions we will address throughout the course include: Do people feel and recognise the same emotions across cultures? What is the function of religion in different societies? Is gender conceived of in the same way across the globe? How are illness and healing experienced in different ways?

ASTRONOMY: FROM ASTROLOGY TO TECHNOLOGICAL DISCOVERIES

Mr Victor Farrugia 29 April 2019
10 June 2019

Astronomy is a dynamic science that has evolved over the millennia. In this study-unit we shall start with Ancient astronomy and how it evolved from Astrology (a pseudo-science) until the recent technological advances. Astronomical information is extremely powerful and diverse. The evidence of scientific astronomy is combined with logic and the idea of building theories that explain diverse realities. This unit will cover the reasons for the existence of Astronomy and its practical usefulness. From ancient astronomy we shall progress to the Copernican Revolution that initiated modern astronomy and how space and time shape our knowledge of this Universe that might not be the only one. We shall start from what lies beyond this Pale Blue Dot of our planet and go far, far away exploring all that is known at present in this vast Universe. We shall then travel in time to what actually happened in the Big Bang, how we know that the Big Bang actually occurred and what lies in the future. Lastly, we shall learn about space exploration and the Science and Technology behind Astronomical Discovery. We will look into practical usefulness derived in medicine and everyday use such as solar panels and GPS. Finally, this study-unit will give participants a deeper appreciation of our place in the universe.

Lectures will be held from Monday to Thursday
from 09.00-11.00 am 3rd Floor, Catholic Institute, Floriana

TUESDAYS

DAWRA MA` ASPETTI MHUX

TAS-SOLTU TA` LI-STORJA TA` MALTA

Mr Michael Cassar 16 October 2018
4 December 2018

Michael Cassar jagħti harsa mhux tas-soltu lejn hames aspetti ta` li-storja ta` Malta. Se jibda b`dawra mid-Dwana sal Ponta ta` l-Imgerbeb taħt il-Barrakkka t` Isfel. Ikompli b`harsa lejn il-ferrovija bhala rivoluzzjoni fil-hajja Maltija. Wara jmur sad-Dockyard Creek, is-seher tal-moll tal-Birgu u s-sinifikat tal-baċir Numru Wiehed għal Bormla. Ikompli b`harsa fuq il-konnessjoni tal-kumpania tal-vapuri P&O ma Malta u l-Port ta` Marsamxett. Jagħlaq il-module b`harsa lejn żewġ ritratti ispirata mid-dictum: Every Picture tells a story.

THE SCIENCE AND HUMANITY OF GEOGRAPHY

Dr Ritienne Gauci 11 December 2018
12 February 2019

So many of the world's current challenges at a global scale and locally are linked to geography. Global warming as it affects countries and regions, food and energy security, the degradation of land and soils, the causes and consequences of migration, and the impacts of economic change on places and communities. These lectures will offer the opportunity to elaborate on how the scientific dimension of geography as a discipline has evolved in many directions to address these challenges, whilst still retaining its roots in the humanities. Specific themes such as cartography, natural hazards, landform evolution, climate change and resources will be explored as evidence of how geography bridges spatial connections of our global systems.

KAPPELLI U KNEJJES ŻĠĦAR

Mr Michael Debono 19 February 2019
9 April 2019

F'Malta għad għandna għadd kbir ta' kappelli jew knejjes żgħar. Hafna minnhom huma miżmuma tajjeb, ohrajn traskurati. Xi kappelli li sa ffit taż-żmien ilu kienu magħluqa, issa reġġu bdew jintużaw peress li fihom qed isiru l-funzjonijiet religjużi għall-abitanti ta' zoni godda li nbnew viċin taġġhom. Ohrajn ġew rinnovati

u qed jintużaw sabiex fihom ikun hemm l-esposizzjoni tas-Sagrament matul il-ġurnata. Zvilupp iehor li seħħ reċenti kien li l-awtorita tal-Knisja Maltija qed tislef whud minn dawn il-kappelli lill-gruppi ta' refuġati nsara sabiex jiltaqgħu fihom halli jkunu jistgħu jagħmlu l-funzjonijiet religjużi taġġhom skont ir-riti taġġhom

MARINE BIOLOGY

Dr Julian Evans 30 April 2019
11 June 2019

This course will give an insight into various aspects of marine biology and its applications, with an emphasis on the Mediterranean Sea and the Maltese Islands. It will cover the main characteristics of the sea that allow it to support life, give an overview of marine species and habitats highlighting those found in local waters, and discuss activities that make use of or have an impact on marine biota. Lectures will be delivered by various academics from the University's Department of Biology.

Note Bene: Some lectures will be delivered in the English language.

WEDNESDAYS

INTRODUCING SOCIOLOGICAL THINKERS

Mr Michael Briguglio 17 October 2018
5 December 2018

This course discusses the following sociological thinkers and perspectives: Marxism, Functionalism, Weber, Symbolic Interactionism, Structuration, Feminism, Postmodernism, and Social Capital.

SIXTIES MUSIC AND POPULAR CULTURE

Dr RMr Charles Visanich & 12 December 2018
Dr Valerie Visanich 13 February 2019

This Unit is designed to introduce students to the study of music in the 1960s and its impact on popular culture – cultural products consumed, liked and enjoyed by the majority of people. It discusses music in relation to a range of socio-economic, historic and cultural conditions during this time. Attention is put on developing an understanding of different genres of popular music and analyse their significance in the construction of identities, audiences, ethnicities and industries. Dr Valerie Visanich, a sociologist and resident lecturer at the Department

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of Sociology, University of Malta, will present, in an introductory manner the sociological processes in the music industry in the 1960s. She will speak about music in popular culture, how it is consumed and used as a tool for the construction of identities. Mr Charles Visanich, an accountant by profession and a radio presenter of music programmes, will give a broad understanding of the music produced within a contextual manner. He will apply his extensive knowledge on different musical genres popular in post war years, focusing particularly on the 'golden' years of the 1960s.

THE SCIENCE OF PSYCHOLOGY: HEALTHY PSYCHOLOGY AND HEALTHY AGEING

Dr Christian Borg Xuereb 20 February 2019
10 April 2019

A general and global increase in average life expectancy implies the question of whether these additional years will be spent in good health and highlights the need for a critical understanding of all facets of health in old age. Health psychology, as the core scientific discipline concerned with human behaviour related to health, is perfectly placed to understand and make considerable contribution to the healthy ageing policy agenda. Health psychology has a solid foundation in theory and evidence, and this foundation should be able to shape the debate and future discourse around healthy ageing. This study-unit will explore approaches that explain how healthy ageing can be promoted and how diseases can be prevented or delayed. These provide starting points for interventions to support adaptation to health-related changes that become more and more prevalent in later life.

VOICES OF U3A MEMBERS: SHARING EXPERIENCES

Various speakers 8 May 2019
12 June 2019

THURSDAYS

L-ORNITOLOGIJA - L-GĦASAFAR U L-BNIEDEM

Mr Natalino Fenech 20 February 2019
10 April 2019

L-Ornitologija - l-għasafar u l-bniedem Il-bniedem minn dejjem kellu relazzjoni mal-għasafar. L-għasafar servew

bħala sors t'ikel, ir-rix intuza fl-imhaded u tiżjin. L-għana tagħhom paxxa lill bniedem sa mill-eqdem żminijiet. Il-passa tal-għasafar saħħret lill bniedem u holqot ħafna spekulazzjonijiet dwar x'kien qed jiġri minnhom meta dawn kienu jisparixxu fil-ħarifa u jerggħu jidhru fir-rebbiegħa. Meta l-bniedem ta ismijiet differenti lil għasafar, ħa kont tad-dehra, il-kuluri, l-għanja u f'certi każi, l-irwejjah tagħhom. L-għasafar kienu sors ta' ispirazzjoni għall-mużicisti, l-artisti u poeti li kitbu dwarhom. L-għasafar issibhom f'kollox u kullimkien u huma ukoll sors għal studji xjentifici.

ID-DINJA U LIL HINN MINNHA - INTRODUZZJONI GĦALL-ASTRONOMIJA

Mr Alexei Pace 20 December 2018
14 February 2019

Id-Dinja, il-Qamar, ix-Xemx, il-pjaneti, l-istilel ... X'hemm hemm barra fl-ispazju? L-Univers affaxxina l-Bniedem sa minn żmien il-qedem u qajjem mistoqsijiet kbar li whud minnhom għadhom bla twegiba sal-lum. Permezz ta' dan il-kors ser nagħtu ħarsa lejn l-Univers ta' madwarna - nibdew mis-sistema solari tagħna u noħorġu 'l barra mill-galassja. Issir ukoll sessjoni bit-teleskopju sabiex il-partecipanti jkunu jistgħu jaraw dak li nkunu tkellimna dwaru kif ukoll jidraw jorjentaw irwiehhom u jagħrfu l-kostellazzjonijiet fis-sema bil-lejl. Mhux meħtieġ li jkollok teleskopju biex tattendi dan il-kors li ser iservi ta' introduzzjoni bażika għall-astronomija għal kulhadd.

Alexei Pace ilu attiv fl-astronomija għal dawn l-aħħar 25 sena u serva wkoll bħala president tal-Għaqda Maltija tal-Astronomija.

ID-DINJA U LIL HINN MINNHA - INTRODUZZJONI GĦALL-ASTRONOMIJA

Dr Janice Formosa Pace 21 February 2019
11 April 2019

This introductory course shall expose students to the field of Criminology as a Social Science. The most nominal question asked is why do people commit crime? Thus, the main theoretical concepts will be discussed so as to inject the scientific approach to the study of crime. This being said, specific reference shall be made to local research

Lectures will be held from Monday to Thursday
from 09.00-11.00 am 3rd Floor, Catholic Institute, Floriana

in a way that students would be able to understand the dynamics of crime within the Maltese Islands. These studies include research related to offending by youths, phenomena related to crime families and the spatial distribution of crime hotspots.

ART: FROM CAVE TO CATHEDRAL

Dr Christian Attard
2 May 2019
13 June 2019

This module will tackle the story of Art from the very beginning up to Middle-Ages. It will trace the development and possible meanings of those pre-

historic works that could be feasibly defined as art, up to the majestic and monumental works of art and architecture of the first civilizations: Mesopotamian and Egyptian. This module will then follow the great artistic achievements of the Greeks and the Romans and the rise of Christianity. The module will conclude with a discussion on the great cathedrals and accompanying visual culture of the Middle-Ages.

Note: No lectures will be held on public holidays; between 21st December 2018 and 6th January 2019 (Christmas recess); and between 15th April 2019 and 28th April 2019 (Easter recess).

LIST OF STUDY UNITS 2018 - 2019

SLIEMA U3A CENTRE

TUESDAYS

THE ORDER OF ST JOHN AND MALTA

Dr Emanuel Buttigieg
16 October 2018
4th December 2018

Around the year 1070, a group of Benedictines established a hospice in Jerusalem dedicated to the well-being of pilgrims visiting the Holy Land. Over the next decades, this first, unassuming beginning proved to be the seed of an organisation that still exists today and which has a presence across the globe. This is the Order of St John, better known locally as the Order / Knights of Malta. The Maltese archipelago was home to this military-religious-hospitaller organisation (which also had pretensions to sovereignty) from 1530 to 1798. These years so marked both the Order and the islands that even after 1798, the Order remained of Malta and the islands are still the islands of the knights. This study-unit aims to explore this multi-faceted relationship by placing it within the long-term history of the Order and by revisiting what may be familiar historical territory but with the intention of offering a fresh perspective. From Jerusalem to Syria, Rhodes to Malta, Rome to Madagascar, the Order of St John's existence has been guided by its constant (but evolving) mission 'to Serve the Poor and Defend the Faith', as well as by the wider framework within which it

operated. Within this centuries-old story, the Malta years prove to be particularly fascinating.

AN INTRODUCTION TO ORNITHOLOGY

Mr Paul Portelli
11 December 2018
12 February 2019

During the course participants will learn the definition of a bird as well as about bird evolution, bird anatomy and bird behaviour including feeding, reproduction and migration and the role of birds in nature. The course will also cover the history of ornithology and the study of birds by means of direct observations, ringing and satellite tracking. Participants will get to know about the birds of the Maltese islands, their habitats, their protection and conservation as well as the work that is being done to educate young people about nature.

MALTA DURING THE 19TH CENTURY

Mr Vincent Zammit
19 February 2019
9 April 2019

The 19th century is known as the Long 19th Century, as it was to be a century (and another 25 years) to influence the development of modern Europe, the establishment of new European states, the international scenes, and amongst all, the passing of Malta to the British Empire. During this century the islands were to enjoy and

Lectures will be held on Tuesday and Thursday
from 17.00-19.00 at St.Patrick's School, St.John Bosco str., Sliema

suffer during the many turbulent years of this century, according to what the British Empire was passing through. There was an increase in trade, in building, and the great development in and around the Valletta harbours. There was an increase in the population of Malta, but at the same time there was the need to introduce emigration. There were many opportunities for the Maltese but there was the need to fight the British administration for more political freedom. The islands were visited by various foreign personalities, the islands continued to be an important port-of-call for the British navy, but at the same time the population was still passing through difficult times. This module aims to illustrate the main events, protagonists and social development that occurred in Malta during this century.

GOVERNMENT SYSTEMS IN MALTA AND ABROAD

Mr Lawrence Grech 30 April 2019
11 June 2019

The course takes a look at how the government system works in Malta and some other democratic countries, including Britain, Italy, France, Germany and the United States. There will be a brief explanation of the main features of the Constitution of Malta. The separation of powers between the Executive, the Legislative and the Judiciary will be discussed as will the system of checks and balances. Special attention will be given to the workings of the electoral system in Malta, and comparisons made to those used abroad. The course will also explain parliamentary procedures.

THURSDAYS

DANTE ALIGHIERI - LA DIVINA COMMEDIA (PART 2)

Prof. Joseph Brincat 18 October 2018
6 December 2019

The Divina Commedia (1308-1320) is one of the major literary achievements of all time. Based on Dante's own experiences and thoughts, personal, political and spiritual, it depicts all that is bad, normal and good in humanity through a voyage in the after-life where Dante meets famous people from the Bible, the Greco-Roman classics and the Middle Ages. These become emblematic of various aspects of human life. The course will consist of selected readings projected on Power-Point slides,

paraphrased and commented in Maltese. Part 2 will be devoted to Purgatorio and Paradiso.

REVISITING SHAKESPEARE

Dr Krista Bonello 20 December 2018
Rutter Giappone 14 February 2019

In this module, we will look at the rise of Shakespeare as a recognised figure of literary and dramatic stature. We will focus on two plays by Shakespeare – one tragedy, and one comedy: Hamlet and Twelfth Night, selecting particular scenes for closer reading and discussion (including the gravediggers scene in Hamlet, and the letter scene in Twelfth Night), and considering some of the ways these have been played on stage. This module aims primarily to foster a renewed appreciation of Shakespeare.

GEOLOGY: A JOURNEY TO DISCOVER PLANET EARTH

Dr Sebastiano DAmico 21 February 2019
11 April 2019

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 process 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.

LETTERATURA MQARBA - MINN JUANN MAMO U ĠUŻÈ BONNICI SA FRANS SAMMUT U RENA BALZAN

Prof. Adrian Grima 2 May 2019
13 June 2019

Il-letteratura hija dejjem imqarba. Dejjem tisfida l-ideat u r-regoli stabbiliti ta' żmienha. Igggħelna nharsu lejn l-affarijiet b'mod differenti, b'mod li naraw realtajiet li qatt ma nkunu rajna qabel. Ngħidu aħna, Juann Mamo jattakka n-nuqqas ta' edukazzjoni tal-Maltin u l-fissazzjoni tagħhom bil-politika u r-religjon f'Malta tal-bidu tas-seklu għoxrin. Jattakka wkoll il-mit tal-emigrazzjoni u l-istampa tal-Mediterran bħala ġenna tal-art. Bħal Mamo, imma b'lingwaġġ għalkollox differenti,

Lectures will be held on Tuesday and Thursday
from 17.00-19.00 at St.Patrick's School, St.John Bosco str., Sliema

Ġużè Bonnici jehodha kontra r-romantiċizzazzjoni tal-kultura rurali, xi haġa li jagħmel ukoll Frans Sammut fir-rumanzi tiegħu ta' wara l-Indipendenza, waqt li Rena Balzan thares lejn il-ftuħ tal-bliet moderni tal-Ewropa u d-dinjità l-ġdida tan-nisa Maltin fil-letteratura.

Note: No lectures will be held on public holidays; between 21st December 2018 and 6th January 2019 (Christmas recess); and between 15th April 2019 and 28th April 2019 (Easter recess).

LIST OF STUDY UNITS 2018 - 2019

ATTARD U3A CENTRE

WEDNESDAYS

IMMA MIN HU VERAMENT VASSALLI (1764 - 1829)?

Dr Olvin Vella 17 October 2018
4th December 2018

Kull min iħobb ħafna l-Malti, iħobb bilfors lil Vassalli. Il-bqija tan-nies għandhom idea mċajpra tiegħu. Meta tistudja l-volum kbir ta' studji li saru fuqu, bħal taqbad tinfexx għax insibuh darbtejn il-ħabs, ħarab mir-Rikażli, kien iħobb lill-Franċiżi imma ħarab 'l hemm meta Napuljun kien diehel Ruma, stagħna fi Franza, insibuh fqir Malta. Fuq kollox, dan Vassalli mhux għal-lingwa l-aktar li hu magħruf? Mela kif tidhol ir-relazzjoni diffiċli tiegħu mal-Knisja. U għala l-pubbliku mhux maqsum fuqu bħalma hu maqsum fuq Manwel Dimech?

IL-MALTIN TAL-LUM U DAWK TAL-IMGĦODDI

Mr Martin Morana 2 December 2018
13 February 2019

X'jaqqgħad lill-Maltin tal-lum ma' dawk ta' generazzjonijiet u sekli ilu? F'din is-serje ta' lectures ser niflu b'diversi modi l-karattru Malti tal-lum ma' dak li kien fil-passat. It-titli ha jkunu dawn: Ħarsa qasira lejn il-Preistorja ta' Malta; Il-pożizzjoni ġeografika ta' Malta u l-importanza tagħha matul is-sekli; Idjomi u kliem Malti antik li jirriflettu l-istorja u t-taħlit mall-barranin; L-umorizmu Malti u d-divertiment fil-passat u fil-preżent; Malta mitt sena ilu - ħarsa lejn ir-ritratti; Ħarsa lura lejn l-istorja tat-turiżmu f'Malta.

DANTE ALIGHIERI - LA DIVINA COMMEDIA

Prof. Joseph Brincat 20 February 2019
10 April 2019

The Divina Commedia (1308 - 1320) is one of the major literary achievements of all time. Based on Dante's own experiences and thoughts, personal, political and spiritual, it depicts all that is bad, normal and good in humanity through a voyage in the after-life where Dante meets famous people from the Bible, the Greco-Roman classics and the Middle Ages. These become emblematic of various aspects of human life. The course will consist of selected readings projected on Power-Point slides, paraphrased and commented in Maltese. Part 1 will focus on the main episodes of the Inferno.

FRANCE IN THE MALTESE COLLECTIVE MEMORY: PERSPECTIVES, PERCEPTIONS AND IDENTITIES.

Dr Charles Xuereb 8 May 2019
12 June 2019

The collective memory of the Maltese appears to have been manipulated over the past two centuries mostly after the brief French period (1798-1800). This was seemingly caused by the British colonial rulers in collusion with ecclesiastical authorities who have been 'warring allies' for most of the time. As a result, the arrival of Bonapartist republican forces in Malta was deemed negative, consequently influencing the most recent history of the Island. This course attempts to bring evidence to the fore exposing consistent widespread exercises in social forgetting and remembering selective pasts. What makes up Maltese identity today?

Note: No lectures will be held on public holidays; between 21st December 2018 and 6th January 2019 (Christmas recess); and between 15th April 2019 and 28th April 2019 (Easter recess).

Lectures will be held on every Wednesdays
from 9.00-11.00 at Ċentru Parrokkjali, 1st Floor, Triq il-Kbira, Attard

LIST OF STUDY UNITS 2018 - 2019

Cottonera U3A Resource CENTRE

THURSDAYS

INFORMATION AND COMMUNICATIONS TECHNOLOGY (ICT)

Mr Mark Schembri and 18 October 2018
Mr Nicholas Vella 6 December 2018

The course is entitled 'Cavetta Digitali', which consists of 4, 2-hourly sessions about the basic use of internet. The content is intended for beginners and mainly tackles applications which enable communication with the wider society through the Internet. Topics include; how to create an email and Facebook (FB) accounts, how to look up for friend on FB, how to search for content on the internet, YouTube, online purchasing and touch of internet banking. The scope is to get those who have never used the internet to start considering this communication medium by making little steps and get online, so content was purposely kept as simple as possible to encourage engagement. There will be two courses of four lessons each. Maximum number of participants is 12 for each course on a first come first served basis.

IL-MALTIN TAL-LUM U DAWK TAL-IMGHODDI

Mr Martin Morana 20 December 2018
14 February 2019

X'jaqqgħad lill-Maltin tal-lum ma' dawk ta' ġenerazzjonijiet u sekli ilu? F'din is-serje ta' lectures ser niflu b'diversi modi l-karattru Malti tal-lum ma' dak li kien fil-passat. It-titli ha jkunu dawn: Ħarsa qasira lejn il-Preistorja ta' Malta; Il-pożizzjoni ġeografika ta' Malta u l-importanza tagħha matul is-sekli; Idjomi u kliem Malti antik li jirriflettu l-istorja u t-tahlit mall-barranin; L-umorizmu Malti u d-divertiment fil-passat u fil-preżent; Malta mitt sena ilu – ħarsa lejn ir-ritratti (black and white); Ħarsa lura lejn l-istorja tat-turiżmu f'Malta.

ARCHAEOLOGICAL HERITAGE OF THE MALTESE ISLANDS

Mr Vincent Zammit 21 February 2019
11 April 2019

The archaeology of the Maltese Islands is rich and unique. The islands are fortunate to possess a good number of prehistoric monuments that are recognized as unique even by international institutions like UNESCO. Besides the main sites there are a number of other minor sites that provide us with the tools to understand better prehistoric Malta. Following the prehistoric period Malta was occupied by the Phoenicians, Carthaginians and Romans. Dating to this period we have a number of interesting archaeological sites that continue to provide us with information to help us build a better picture of early Malta. The combination of these sites offers us an opportunity to understand and appreciate better the unique and rich heritage that Malta possesses.

FRANCE IN THE MALTESE COLLECTIVE MEMORY: PERSPECTIVES, PERCEPTIONS AND IDENTITIES.

Dr Charles Xuereb 2 May 2019
6 December 2018

The collective memory of the Maltese appears to have been manipulated over the past two centuries mostly after the brief French period (1798-1800). This was seemingly caused by the British colonial rulers in collusion with ecclesiastical authorities who have been 'warring allies' for most of the time. As a result the arrival of Bonapartist republican forces in Malta was deemed negative, consequently influencing the most recent history of the Island. This course attempts to bring evidence to the fore exposing consistent widespread exercises in social forgetting and remembering selective pasts. What makes up Maltese identity today?

Note: No lectures will be held on public holidays; between 21st December 2018 and 6th January 2019 (Christmas recess); and between 15th April 2019 and 28th April 2019 (Easter recess).

Lectures will be held on every Thursday
from 9.00-11.00 at Cottonera Resource Centre, San Dwardu Str., Birgu

LIST OF STUDY UNITS 2018 - 2019

GOZO U3A CENTRE

FRIDAYS

GĦERF MISSIRIJETNA: RIFLESSJONIET FILOSOFIĊI FUQ IL-PROVERBII MALTIN

Prof. Joe Friggieri 12 October 2018
23 November 2018

Proverbs are interesting for a number of reasons, sociological, psychological, as well as linguistic and philosophical. They are the vehicle through which the beliefs, customs and traditions of the community are transmitted orally from one generation to the next. These lectures will look at a number of Maltese proverbs, particularly those related to character, social position, money and wealth, time and age, health, opinion and taste, luck, and the weather. Some of the proverbs are still in use, but there will be quite a few surprises. The lectures will be in Maltese.

UNDERSTANDING PAINTINGS - THEMES IN ART EXPLORED AND EXPLAINED

Mr Anthony Caruana 30 November 2018
1 February 2019

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 art mainly in Europe, including Malta. Main topics for this course will cover subjects like, art in religion, myth and allegory, portraiture, landscapes, still life and abstract paintings. The course will conclude with an overview of materials and different techniques, used during the medieval and renaissance periods and the early oil paintings, to the modern era.

ĠIRJA ĦAFIFA MAL-ISTORJA TA' GĦAWDEX

Rev. Dr Joseph Bezzinat 21 February 2019
22 March 2019

Għawdex – gżira żgħira bi storja kbira. Madwar 27 miljun sena ilu, din il-gżira telgħet flimkien ma oħrajn qrib tagħha minn qiegħ il-baħar u hekk iffirma ruħu dak

li 'l quddiem kellu jissejjah l-arċipelagu Malti. Għaddew ħafna miljuni oħra ta' snin u, madwar 7000 sena ilu, Għawdex kien mgħammar għall-ewwel darba mill-bniedem, minn Neolitiċi ta' Sqallija. Għaddew mat-tliet millennji u nholqot il-kultura tat-tempji Neolitiċi. Lejn is-725 QK, Għawdex għadda taħt l-influenza tal-Feniċi u tal-Kartaġiniji u fis-sena 216 QK taħt ir-Rumani. Fi żmienhom, fis-sena 60 WK, San Pawl ippriedka lil Kristu f'Malta. Lejn is-sena 535 WK, l-arċipelagu għadda taħt l-influenza tal-Bizantini, sakemm fit-870 inhakem mill-Għarab Aglabidi. Dawn twarrbu min-Normanni fis-sena 1127 u l-arċipelagu komplew taħt l-influenza tan-nazzjonijiet Ewropej: l-Iżvevi, l-Angojjini, u l-Aragoniji. Fis-sena 1530, bdiet il-hakma tal-Kavallieri ta' San Ġwann, warajhom il-Franċiżi għal ftit xhur, u l-Ingliżi fis-sena 1800. Fl-1964, Malta u Għawdex saru indipendenti. Matul din il-ġirja tal-istorja, niflu u nifmu l-wirt li hallew dawn il-popli kollha fuq Għawdex.

MINDFULNESS-BASED COGNITIVE THERAPY

Ms Monica Borg Debrincat 29 March 2019
24 May 2019

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally" (Kabat-Zinn). It is a secular application of Eastern meditative traditions that have been proved to help alleviate stress, tension, and anxiety and thus qualitatively transform our way of living by shifting it from the "doing" to the "being" mode. Mindfulness is not only about meditation. It is a skill that can be applied to anything we do by introducing a sense of presence in all our actions. We become awake to living life fully, appreciating the beautiful moments in a profound way and being able to respond with more awareness in difficult times. Mindfulness does not solve or eliminate our problems but, with constant practice, it gives us the skills to manage them better. We are better able to live life instead of striving to survive.

Note: No lectures will be held on public holidays; between 21st December 2018 and 6th January 2019 (Christmas recess); and between 15th April 2019 and 28th April 2019 (Easter recess).

Lectures will be held every Friday
from 9.00-11.00 at University Campus, Triq L-Imġarr, Ix-Xewkija