



University of the Third Age Malta

# ACADEMIC PROGRAMME

—

2025 – 2026



**L-Università ta' Malta**  
University of the Third Age

in collaboration with



GOVERNMENT OF MALTA  
PARLIAMENTARY SECRETARIAT  
FOR ACTIVE AGEING

## 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-Universita' 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 improve 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, Cottonera, Sliema, Birżebbuġa, Mellieħa** and **St Paul's Bay** - 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 Friday 19<sup>th</sup> December 2025 to Sunday 4<sup>th</sup> January 2026 (**Christmas recess**), and between Monday 30<sup>th</sup> March to Sunday 12<sup>th</sup> April 2026 (**Easter recess**).



Welcome to the 2025/26 academic year at the University of the Third Age and Fourth Age, Malta and Gozo. U3A/U4A remains a home for curiosity, friendship and purposeful learning. This year we renew our commitment to inclusion, wellbeing, and academic excellence across courses, clubs, and community projects. I thank our tutors, coordinators, and volunteers, whose dedication makes participation possible for all. I especially want to thank Ms. Simone Ellul, Mr. Joe Said and Mr. Joseph Vella, whose energy, commitment, and steady support turn plans into lived experiences. We also extend our sincere thanks to MAPFRE for generously hosting our activities at their premises for free throughout the previous academic year, showing a genuine commitment to placing older people at the forefront of community life and championing lifelong learning. I look forward to meeting you and to another year of discovery, connection, and growth.

**Prof. Christian Borg Xuereb**  
*Rector's Delegate for the University of the Third Age (Malta)*

---



We are thrilled to have you join our vibrant community of lifelong learners. The U3A is dedicated to providing a stimulating environment where you can explore new interests and connect with like-minded individuals. We understand that learning is a journey, not a destination. Let's embark on this adventure together, celebrating the joy of learning at every age. We look forward to a wonderful year filled with discovery, friendship, and growth.

**Simone Ellul**  
*Administrator*

---



Welcome to a new and enriching year at the University of the Third Age. We look forward to another engaging programme of lectures designed to inspire curiosity and foster lifelong learning. At U3A, we believe that as long as we live, the desire to learn, explore, and understand remains a vital part of who we are. We warmly encourage you to take an active part in our lectures, share your experiences, and form new friendships along the way.

Let us also extend a heartfelt welcome to our new members, as together we continue to grow as one big family. Enjoy the journey, embrace the learning, and be joyful!

**Joseph Said**  
*Assistant to the Rector's Delegate*

---



What a year, what an experience, thanks to Mapfre for letting us use their state-of-the-art premises. U3A creates a sense of purpose and belonging, combatting isolation. It encourages participation to remain active, and engaged throughout their later years, helping them to continue growing intellectually and socially.

**Joseph Vella**  
*U3A Volunteer*

## FLORIANA U3A CENTRE

3<sup>rd</sup> Floor, Catholic Institute, Floriana

Mondays 09.30 – 11.30

### **Dementia and Beyond: Caring for yourself and your loved ones – Malta Dementia Society** **Mondays 6 October - 24 November 2025 (Oct: 6, 13, 20, 27 Nov: 3, 10, 17, 24)**

Currently, there are over 8,000 individuals living with dementia in the Maltese islands with this figure destined to increase in the coming years. This module will discuss the general concepts of what dementia is including its impact on individuals living with dementia, their caregivers and society in general.

- 6 Oct: Communicating Better – Ms Nicola Montesin **Opening Ceremony**  
13 Oct: General talk about dementia – Prof Charles Scerri  
20 Oct: Dealing with challenging behaviour – Dr Anthony Scerri  
27 Oct: Living well in our homes and immediate communities – Dr Alexia Mercieca  
3 Nov: Being a caregiver: Policy and service development – Ms Roslynn Vella & Ms Anne Cuschieri  
10 Nov: Dementia Services in Malta: An Overview of Care and Support – Ms Nicola Montesin  
17 Nov: A Place to Be: Psychotherapeutic Support in Dementia – Ms Janette Schembri  
24 Nov: Music and Dance and their benefits - Ms Amy Lewis, Mr Luke Bugeja Lucas & Ms Anne Cuschieri

### **Various topics – Various lecturers**

**Mondays 1 December 2024 to 2 February 2025 (Dec: 1, 15; Jan: 5, 12, 19, 26; Feb: 2)**

- 1 Dec: Health Promotion in Older Adults: Improving Nutrition and correct taking of Medicines – Ms Ines Ripoll  
15 Dec: New discoveries at Latnija Cave and how they change our understanding of Maltese prehistory – Dr Huw S. Groucutt  
5 Jan: An introduction to the benefits of karate to senior citizens - Mr Anthony Zammit  
12 Jan: Sundials of the Maltese Islands – Prof. Frank Ventura  
19 Jan: Reconnecting: Communication and Care After Stroke - Ms Nicola Saccasan  
26 Jan: Cybercrime – Mr James Buhagiar  
2 Feb: Mental Health – Richmond Foundation

### **Wirt Arkeologiku tal-Gżejjer Maltin – Mr Vincent Zammit**

**Mondays 9 Feb to 13 April 2026 (Feb: 9, 16, 23; Mar: 2, 9, 16, 23 Apr: 13)**

Il-gżejjer Maltin huma ferm sinjuri fil-wirt arkeologiku li għandhom. Numru minn dawn il-fdalijiet huma rikonoxxuti bħala Wirt Dinji mill-UNESCO. Barra mill postijiet l-aktar magħrufa, hemm ukoll numru ta' fdalijiet li jinstabu mxerdin ma kullimkien. Barra minn hekk, ma nistgħux ninsew il-fdalijiet li jmorru lura għal perjodi tal-Feniċi, tal-Kartaginiżi kif ukoll tar-Rumani. Dawn joffru stampa aħjar ta' kif kienet Malta fiż-żminijiet imbegħda. Barra minn hekk, l-istudju tal-arkeologija għadu għaddej sal-ġurnata tal-lum, u esperti għadhom isibu fdalijiet aktar qodma minn dawk li konna nafu bihom. F'dawn it-taħditiet se jrin nagħtu harsa lejn uħud minn dawn il-fdalijiet biex nifhmu aħjar il-wirt tagħna ilkoll.

### **Il-Komunikazzjoni tal-Politika Ambjentali permezz tal-Arti – Mr Clinton Cassar**

**Mondays 20 April to 8 June 2026 (Apr 20, 27; May 4, 11, 18, 25 June 1, 8)**

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.

## **FLORIANA U3A CENTRE**

### **3<sup>rd</sup> Floor, Catholic Institute, Floriana**

### **Tuesdays 09.30 – 11.30**

---

#### **Voices of U3A Members – U3A members**

**Tuesdays 7 October to 25 November 2025 (Oct: 7, 14, 21, 28 Nov: 4, 11, 18, 25)**

- 7 Oct: Nagħrfu niktbu l-Malti korrett - Mr Saviour Camilleri
- 14 Oct: Nagħrfu niktbu l-Malti korrett - Mr Saviour Camilleri
- 21 Oct: L-Orkidej li jikbru slavaġ fil-Gzejjer Maltin – Mr Rene Zahra
- 28 Oct: The story of plants – Victor Farrugia
- 4 Nov: Paola and the Basilica of Christ the King – Mr Ray Cachia Zammit
- 11 Nov: Sustainability and understanding the systems that control our planet – Ms Elizabeth Micallef
- 18 Nov: National and International Youth Work – Mr Victor Mifsud
- 25 Nov: Workers' Rights and Older Workers' Challenges – Mr Victor Mifsud

#### **L-Eqdem Poeżiji bil-Malti - Dr Olvin Vella**

**Tuesdays 2 December 2025 to 3 February 2026 (Dec: 2, 9, 16; Jan: 6, 13, 20, 27; Feb 3)**

Il-Maltin ta' dari ma kinux jiktbu ħafna bil-Malti u waslulna biss ftit poeżiji. Imma kull waħda minnhom hija interessanti, daqqa minħabba t-tema tagħha u daqqa għax min kitibha kellu ħajja kkulurita. Nghidu aħna nsibu poeżija li tfaħħar lill-mexxej politiku ta' dik il-ħabta, u nsibu kurunella miktuba minn wieħed mill-aqwa predikaturi u li kien maħbub minn kulhadd. Insibu t-taqbil tal-bejjiegħa fit-triq, u nsibu poeżija anonima li fiha l-awtur jishet lil dak u lill-ieħor. Insomma, hemm l-ingredjenti kollha biex nattendu dejjem għall-kors.

#### **The Historical Development of the Maltese Constitution - Prof. Joseph Pirotta**

**Tuesdays 17 February – 14 April 2026 (Feb: 17, 24; Mar: 3, 10, 17, 24; Apr: 14)**

British policy from 1848 until 1921 was designed to ensure that all power was concentrated in British hands due to the Island's fortress status. Maltese demands for a share in local administration were met with constitutions designed to exclude them from wielding power. Limited self-government granted in 1921 was withdrawn in 1933, re-introduced in 1947 and withdrawn again in 1958, only to be reinstated in 1962. Malta became a sovereign State in 1964. Since then, the Constitution has been amended to establish the Republic and to address various home-made problems.

#### **A Journey through Classic Television, Songs and Cinema – Mr Charles Visanich**

**Tuesdays 21 April to 9 June 2026 (Apr: 21, 28; May: 5, 12, 19, 26 June: 2, 9)**

Music, cinema and television are integral parts of popular culture that often weave together pop culture with the historical and social currents of their time. This engaging module explores the golden eras of television, music and film diving into the cultural landmarks that shaped generations. The lectures span from the black and white charm of early television shows (including BBC and RAI productions) to the unforgettable melodies of classic hits and the cinematic masterpieces of Hollywood's most iconic decades. The module delves into the contribution of legendary musicians and singers and the evolution of popular music across the 20<sup>th</sup> century. It also highlights timeless films, star actors and influential directors who redefined cinema. With video clips, audio samples and a lively discussion these lectures offer both a nostalgic experience and critical insight into the lasting impact of classic entertainment. Whether you're reminiscing or learning something new, these lectures promise warmth, nostalgia, and a rich cultural experience.

**FLORIANA U3A CENTRE**  
**3<sup>rd</sup> Floor, Catholic Institute, Floriana**  
**Wednesdays 09:30 – 11:30**

---

**Problemi Filosofici - Prof. Joe Friggieri**

**Wednesdays 8 October to 26 November 2025 (Oct: 8, 15, 22, 29 Nov: 5, 12, 19, 26)**

Nibdew billi nistaqsu x'inhi l-filosofija. Imbagħad nitkellmu fuq in-natura tal-ħsieb, l-evidenza u l-verita', ix-xhieda tas-sensi, il-lingwa, l-azzjoni umana, il-liberta', u r-relazzjoni bejn l-individwu u s-soċjetà'.

**Various Aspects of Film and Filmmaking – Mr Ino Bonello**

**Wednesdays 3 December 2025 to 4 February 2026 (Dec: 3, 10, 17 Jan: 7, 14, 21, 28 Feb: 4)**

- 1: The Magic of Cinema: Why Films Matter
- 2: Behind the Scenes: How Films Are Made
- 3: The Art Department: Creating Worlds
- 4: Storytelling on Screen (Part 1): The Language of Film
- 5: Storytelling on Screen (Part 2): Short Forms and Advertising
- 6: Malta and the Movies
- 7: The Future of Film: Technology, Streaming, and AI
- 8: Reflections: What Film Teaches Us About Life

**Maltese Historical Gardens – Prof. Joseph Buhagiar**

**Wednesdays 11 February to 15 April 2026 (Feb: 11, 18, 25; March: 4, 11, 18, 25; April: 15)**

Malta boasts some very interesting historical gardens, most with very interesting settings, architectural features and very often botanical diversity. Some date from the Knights period and others from the British Colonial era; some are public and others are in private hands. This module of 8 lectures will initially focus on historical gardens found in Floriana and Valletta such as the Argotti and San Maison mostly set in the bastions and fortifications of the city. We will then pass to visit San Anton Gardens, the historical garden of Balzan and Palazzo Parisio Gardens in Naxxar. We will also have a chance to delve into the gardens, known as 'Tal-Kmand', originally 19 in number, which were set up at the turn of the 19th Century in the main towns and Villages under by Captain Alexander Ball. If time permits, we will also delve into historical records of some long-lost gardens.

**Introduction to topics for Elderly Groups – Mr James Buhagiar**

**Wednesdays 22 April to 10 June 2026 (Apr: 22, 29; May: 6, 13, 20, 27 June: 3, 10)**

- 1: Why We're All Still a Little Quirky – and Why That's a Blessing
- 2: Stress is a Trickster: Calming the Mind at Any Age
- 3: The Art of Letting Go Gracefully
- 4: People Are Funny (Us Included): Finding Humour in Growing Older
- 5: Small Joys, Lasting Happiness
- 6: How the World Has Changed (and how we've changed with it)
- 7: Emotional First Aid for Life's Storms
- 8: Relationships That Matter Most



**FLORIANA U3A CENTRE**  
**3<sup>rd</sup> Floor, Catholic Institute, Floriana**  
**Thursdays 09:30 – 11:30**

---

**On the Future of Humanity – Fr Rene Camilleri**  
**Thursdays 9 October to 27 November 2025 (Oct: 9, 23, 30 Nov: 6, 13, 20, 27)**

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).

***Kindly note that on 16 October we have this lecture: Exotic Gardens – Mr Rene Zahra***

**History of Film and Film Appreciation – Mr Manuel Delia**  
**Thursdays 4 December 2025 to 5 February 2026 (Dec: 4, 11, 18 Jan: 8, 15, 22, 29 Feb: 5)**

History of Film and Film Appreciation is an 8-part lecture series exploring the evolution of cinema from its earliest experiments to the digital age. Through key movements, filmmakers, and technological innovations, the course examines how film has shaped—and been shaped by—culture, politics, and society. Participants will learn to “read” films critically, understand cinematic language, and appreciate the artistry behind directing, editing, and storytelling. Global in scope and rich in visual analysis, the series encourages thoughtful engagement with both classic and contemporary cinema, making it ideal for anyone curious about the history and meaning of the movies we watch.

**Everyday Life through the Eyes of a Scientist - Ms Moira Schembri**  
**Thursdays 12 February to 16 April 2026 (Feb: 12, 19, 26, Mar: 5, 12, 26 Apr: 16)**

In this series of lectures, we will be considering a topic such as some human senses (such as hearing and sight) and discussing them from the point of view of biology, chemistry and physics.

***Module to be confirmed in a later update***  
**Thursdays 23 April to 11 June 2026 (Apr: 23, 30; May: 7, 14, 21, 28 June: 4, 11)**

**FLORIANA U3A CENTRE**  
**3<sup>rd</sup> Floor, Catholic Institute, Floriana**  
**Fridays 09:30 – 12:00**

---

**Film Club – Various lecturers**  
**Fridays Oct 10; Nov 14; Dec: 12 Jan 23; Feb 13**

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 film and the name of the presenter/lecturer 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 first film on **10 October 2025** will be coordinated by **Mr Charles Visanich***

**Discussion Club – Mr Joe Bharwani**  
**Fridays Oct 24; Nov 28; Jan 9; Feb 27; Mar 13**

A discussion club is a gathering of people who meet to exchange ideas and opinions on a preselected topic or theme of shared interest.

**1<sup>st</sup> Session:** Religion and Science: Are they compatible?

The rest of the topics on the following dates will be discussed during each session.

*NB Bookings for the discussion club (maximum 20 members) will be open as from **Monday 6th October 2025** onwards via email to [simone.ellul@um.edu.mt](mailto: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.*

**Art Club – Water Colour course Part 2 – Mr George Farrugia**  
**Fridays Mar 27; Apr: 10, 24; May: 8, 22**

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 19<sup>th</sup> January 2026** onwards via email to [simone.ellul@um.edu.mt](mailto: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.*



## **SLIEMA U3A CENTRE**

**St. Patrick's School (hall downstairs), St. John Bosco Str., Sliema**

**Thursdays 17:00 – 19:00**

**Naprezzaw l-Opra u t-Teatru. It-Tieni Parti – Dr Narcy Calamatta**

**Thursdays 9 October to 27 November 2025 (Oct: 9, 16, 23, 30 Nov: 6, 13, 20, 27)**

Iżjed opra u teatru għax ma x bajniex! Tkompili s-sensiela ta' taħditiet li kien għamel Narcy Calamatta is-sena l-oħra. Dawn is-sessjonijiet intlaqgħu tajjeb minhabba l-istruttura sempliċi tagħhom, it-tagħrif għani u personali li kien fihom kif ukoll is-sens ta' umoriżmu li bihom kienu mwassla.

**Malta Island Fortress – Mr Ray Cachia Zammit**

**Thursdays 4 December 2025 to 5 February 2026 (Dec: 4, 11, 18 Jan: 8, 15, 22, 29 Feb: 5)**

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.

**The Knights of St. John: An Overview over the Centuries – Prof. Emanuel Buttigieg**

**Thursdays 12 February to 16 April 2026 (Feb: 12, 19, 26, Mar: 5, 12, 26 Apr: 16)**

Everyone is familiar with 'the Knights of Malta', yet there is so much more to this institution than meets the eye. This study unit proposes to chart the story of this organisation, and the men who belonged to it, from its humble beginnings in 11th-century Jerusalem to the present day, taking both a chronological and a thematic approach. It is a story that showcases both the best and worst of human nature, where loyalty and courage meet treachery and opportunism. While the focus will be on the Order of St John, this will also serve as a prism through which to understand the wider context around them.

**Kif Sirna: Vjaġġ ta' 8500 sena li għadu għaddej dwar il-Ħajja fil-Gżejjer Maltin – Dr Evarist Bartolo**

**Thursdays 23 April to 11 June 2026 (Apr: 23, 30; May: 7, 14, 21, 28 June: 4, 11)**

1. Ġeoloġija u ġenetika: mnejn ġejjin aħna u l-gżejjer tagħna? fejn se jrin?
2. Mill-kenura sal-fibre optic... kieku ma żviluppawx il-kenura 8500 sena ilu u kieku illum m'għandniex il-cables ta' taht il-baħar bil-fibre optic jgħaqqduna mad-dinja... kif l-iżviluppi teknoloġiċi bidlulna ħajjitna
3. Qabel il-Malti u warajh... x'konna nitkellmu qabel tweled l-ilsien Malti u x'se nkunu qed nitkellmu fis-sena 3025?
4. "Port u xejn iżjed." Hekk iddeskriviena Wellington meta argumenta li Malta mgħandhiex tingħata l-libertà tal-istampa għax hi bażi navali Britannika... riflessjoni dwar il-pożizzjoni strateġika tagħna kkundizzjonat kull aspekt tal-ħajja tagħna... minn dak ekonomiku, għal dak reliġjuż għal dak politiku - imma Malta illum u għada għadha importanti strateġikament?
5. Nawfragji, invażjonijiet u assedji: żaruna qaddisin u pirati, pesta u ġurati ...
6. Ġejjin u se jrin ... il-gżejjer tagħna tul is-snin raw in-nies t'hawn jitolqu u n-nies ta' pajjiżi oħra jigu hawn ... il-Maltin u l-Għawdxin fid-dinja u d-dinja f'Malta u f'Għawdex
7. Tikka f'nofs l-ikħal ... għax aħna stat indipendenti u eluf ta' gżejjer oħra fil-Mediterran mhumieq? kif aħna fost stati żgħar oħra iżgħar minna u ikbar minna fid-dinja
8. Għada min rah? Kif il-bidla fil-klima u l-bidliet ġeopolitiċi qed jeffettwawana u se jeffettwawana iżjed u iżjed.

## **COTTONERA U3A CENTRE**

**Cottonera Resource Centre, Floor 1, San Dwardu Str., Birgu**

**Thursdays 09:00 – 11:00**

---

**Steady and Strong: Fighting Fear of Falling and learning how to fall safely through gentle Judo – Mr Vito Aufieri**

**Thursdays 9 October to 27 November 2025 (Oct: 9, 16, 23, 30 Nov: 6, 13, 20, 27)**

This is a unique program designed to help people build balance, confidence, and resilience in everyday movement. Through gentle Judo-inspired exercises, participants learn how to improve stability, react to loss of balance, reduce the risk of injury and other related topics. The sessions focus on coordination, posture, and safe techniques for getting down and up from the floor, as well as how to fall in a controlled way if a fall cannot be avoided. Accessible to all fitness levels, this empowering approach transforms fear into confidence, making daily life safer and more active.

**James West Space Telescope and its Discoveries – Mr Victor Farrugia**

**Thursdays 4 December 2025 to 5 February 2026 (Dec: 4, 11, 18 Jan: 8, 15, 22, 29 Feb: 5)**

Module starts with the original concept of the most modern space telescope and its scope to discover what there is beyond our present knowledge. It describes space and time not as we normally assume they are. With its powerful infrared cameras JWST can see up to the very beginning of the Universe JWST viewed galaxies, nebulae, stars plus their constituent gases and dust. JWST identified Black Holes and Quasars in galaxies in the early Universe. Module will explain the constant expansion of the Universe from its origin with the Big Bang using the Redshift method among others. PS. Module (with 900 Illustrations) will explain all technical words.

**Mental Health – Various lecturers**

**Thursdays 12 February to 16 April 2026 (Feb: 12, 19, 26, Mar: 5, 12, 26 Apr: 16)**

This study unit explores mental health in older age, focusing on conditions such as depression, anxiety, dementia, and bipolar disorder. It also addresses caregiver burnout, recognising the strain faced by those providing long-term support and the lived experiences of caregivers to improve care and quality of life.

**Medicinal Plants – Prof. Joseph Buhagiar**

**Thursdays 23 April to 11 June 2026 (Apr: 23, 30; May: 7, 14, 21, 28 June: 4, 11)**

The course will start off with an introduction of why plants produce chemicals that are medicinal and how animals (and humans) learn to use them to cure disease and illness. The next steps would be to delve into the history of use of medicinal plants (and non-plants) and differences between Western and Eastern philosophy. A short overview of the types of chemicals found in plants and their properties and terms to describe these properties will be given without going into technical details and similarly how different plant (and non-plant) extracts can be made. The final sessions will be dedicated to examples of medicinal plants and their uses in the Mediterranean, Eastern and Chinese medicine and by the Indigenous North and Meso-American people.



BIRŻEBBUĠA U3A CENTRE



COTTONERA U3A CENTRE



HAMRUN U3A CENTRE



FLORIANA U3A CENTRE







MELLIEHA U3A CENTRE



SLIEMA U3A CENTRE



GOZO HAGAR U3A CENTRE



GOZO XEWKIJA U3A CENTRE



## **BIRŻEBBUĠA U3A CENTRE**

**Birżebbuġa Day Centre, Triq Birżebbuġa, Birżebbuġa**

**Wednesdays 09:00 – 11:00**

**Various subjects – Mr Rene Zahra**

**Wednesdays 8 October to 26 November 2025 (Oct: 8, 15, 22, 29 Nov: 5, 12, 19, 26)**

- 1: L-Istorja tal-Ukranja
- 2: Il-Gwerer ta bejn il-Griegi u l-Persjani.
- 3: L-Orkidej li jikbru slavaġ fil-Gzejjer Maltin.
- 4: Id-differenza ta' bejn il-kaktus u s-sukkulenti l-oħra.
- 5: Il-Bromelji fil-kultivazzjoni.
- 6: Sukkulenti fl-ambjent naturali tagħhom fis-Sud-Afrika.
- 7: L-Aeonium fl-ambjent naturali tagħhom.
- 8: Ġonna eżotici (bil-kaktus u sukkulenti oħra)

**Life on Earth – Prof. Victor Axiak**

**Wednesdays 3 December 2025 to 4 February 2026 (Dec: 3, 10, 17 Jan: 7, 14, 21, 28 Feb: 4)**

What is life? This is a silly question and would therefore get a silly answer(s). It is best to ask: how do we distinguish life from non-life? A brief history: the vital force, a mechanistic view, a philosophical perspective. The basis of life on Earth: levels of complexity; need and flow of energy to maintain such complexity and the information required. From biomolecules to cells to ecosystems. The magic of carbon: a unique element, able to support life. Four types of biomolecules. The wonder of water: life is inseparable from the presence of water. The unique properties of water essential to life. What is energy and how does it support life? Different types of energy. Origin of Life: stardust, or primordial soup? Or a spontaneous flash from non-living matter? If life started only once on earth, how come all this variety of plants and animals? And what about extra-terrestrial life?

**Music Through History – Mr Manuel Psaila**

**Wednesdays 11 February to 15 April 2026 (Feb: 11, 18, 25; March: 4, 11, 18, 25; April: 15)**

- 1: General Information
- 2: The Science Behind Music
- 3: Medieval Music (500 - 1400)
- 4: Renaissance Music (1400 – 1600)
- 5: Baroque Music (1600 - 1750)
- 6: Classical Music (1750-1820)
- 7: Romantic Music (1820 - 1900)
- 8: Modernism / Popular Music (1900 - Present)

**Forensic Sciences - Prof. Sebastiano D'Amico**

**Wednesdays 22 April to 10 June 2026 (Apr: 22, 29; May: 6, 13, 20, 27 June: 3, 10)**

This unit provides a general introduction to the most important concepts, methods and applications related to forensic sciences. In particular, the study unit aims to tackle an introduction and overview of some of the basic fundamental scientific principles and how these may be applied to policing and law enforcement, investigations, archaeology etc. Furthermore, also included are some of the operational and ethical issues facing forensic scientists working at crime scenes. It describes physical principles, campaign procedures and processing, as well as interpretation techniques, while also highlighting new acquisition and data analysis procedures. A large section of the study unit is centred on the applications and discussion of real cases.

## **MELLIEHA U3A CENTRE**

**Mellieħa Day Centre, Triq il-Wied, Mellieħa (next to Dar il-Madonna tal-Mellieħa Home)**

**Tuesdays 17:00 – 19:00**

### **Sixties Music and Popular Culture Part 2 – Mr Charles Visanich**

**Tuesdays 7 October to 25 November 2025 (Oct: 7, 14, 21, 28 Nov: 4, 11, 18, 25)**

This module 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 the 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, 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.

### **Religious Art as Propaganda through the Ages – Mr Justin Micallef**

**Tuesdays 2 December 2025 to 3 February 2026 (Dec: 2, 9, 16; Jan: 6, 13, 20, 27; Feb 3)**

This module invites students to explore how art has shaped faith, power, and culture from antiquity to today. The course traces how temples, cathedrals, frescoes, and icons were used to inspire devotion, teach the illiterate, and reinforce authority. From the grandeur of Rome and the drama of the Baroque to Reformation polemics, colonial missions, and modern media, we will see how religious art communicated messages far beyond words. Using vivid examples and guided discussion, students will gain fresh insight into the persuasive force of images and their role in the history of religion and society.

### **60+ is not the End of a Journey – Dr Josie Muscat**

**Tuesdays 17 February – 14 April 2026 (Feb: 17, 24; Mar: 3, 10, 17, 24; Apr: 14)**

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.

### **The Development of 20th-Century Art in Malta – Dr Christian Attard**

**Tuesdays 21 April to 9 June 2026 (Apr: 21, 28; May: 5, 12, 19, 26 June: 2, 9)**

20<sup>th</sup> century art in Malta might have developed on a different timescale when compared to what was happening on the Continent. It took so long for it to open itself up to the modernist/iconoclastic ideas that were developing abroad. Yet, it still managed to produce some notable and talented artists, Esprit Barthet, Emvin Cremona, Anton Inglott, Antoine Camilleri and Frank Portelli amongst many others. This course analyses the growth of art in Malta within the context of a Malta that was culturally, socially, and politically coming to terms with a world that was changing beyond recognition.



## **ST PAUL'S BAY U3A CENTRE**

**Assisi Hall (opposite Wignacourt Tower), Tower Road, St. Paul's Bay**

**Thursdays 09:00 – 11:00**

---

**L-Importanza tal-Kult Pawlin fil-Kitbiet tal-Awturi l-Qodma Maltin – Dr Olvin Vella**  
**Thursdays 9 October to 27 November 2025 (Oct: 9, 16, 23, 30 Nov: 6, 13, 20, 27)**

Il-kittieba Maltin fl-imghoddi dejjem sabuha bi tqila kif jistghu jiftahru bl-identita' taghhom meta huma bhala Nsara kienu jikkellmu lsien imnissel mill-Gharbi, li hafna sal-lum jorbtuh mal-prezenza tal-Iżlam. Għalhekk hafna awturi, bħall-Konti Ciantar, De Soldanis u Patri Pelagju, li kitbu fuq il-lingwa kienu jirreferu wkoll għall-grajja tan-nawfragju ta' San Pawl għax iż-żewġ elementi kienu jagħżluna mill-Gharab minn naħa u mit-Taljani u l-Isqallin min-naħa l-oħra. Il-Maltin kienu ġens għalihom, bil-lingwa, bl-istorja u b'kultura li tagħżilhom għalihom.

**Theatre Appreciation - Opera and Plays – Dr Narcy Calamatta**  
**Thursdays 4 December 2025 to 5 February 2026 (Dec: 4, 11, 18 Jan: 8, 15, 22, 29 Feb: 5)**

- 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

**Bioethics – Fr Ray Zammit**  
**Thursdays 12 February to 16 April 2026 (Feb: 12, 19, 26, Mar: 5, 12, 26 Apr: 16)**

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.

**In-Nisġa tal-Ħsieb – Prof. Joe Friggieri**  
**Thursdays 23 April to 11 June 2026 (Apr: 23, 30; May: 7, 14, 21, 28 June: 4, 11)**

L-istorja tal-filosofija fil-qosor, kif bdiet, kif żviluppat, il-friegħi ewlenin tagħha, min kienu l-protagonisti, il-problemi li tqajjem u l-metodi li tuża biex issolvihom. Kors introduttorju għal min qatt ma studja l-filosofija u jixtieq isir jaf xi haġa dwarha.

## **GOZO U3A CENTRE**

**University Campus, Triq L-Imġarr, Ix-Xewkija**

**Fridays 09:00 – 11:00**

---

### **Modern and Contemporary Art History – Prof. Louis Lagana**

**Fridays 10 October to 28 November 2025 (Oct: 10, 17, 24, 31; Nov: 7, 14, 21, 28)**

This course begins with an analysis and discussion of Western artistic movements from the late 19th to early 20th century, including Symbolism, Impressionism, Fauvism, Cubism, Futurism, and Abstract Expressionism. It then shifts focus to the key developments in contemporary art, fostering critical discussion and debate about the modern art scene. Topics include the historical evolution of Minimal Art, Conceptual Art, Op Art, Pop Art, and other movements, explored through art-historical, psychological, and theoretical contexts.

Learning Outcomes: Analyse artworks and key movements in modern and contemporary art. Explain various theoretical frameworks for interpreting modern art. Identify and evaluate the formal elements of different art forms. Understand and articulate how artists draw on the unconscious as a source of creativity.

### **Treasures of Gozo – Mr Charles Bezzina**

**Fridays 5 December 2025 to 6 February 2026 (Dec: 5, 12, 19; Jan: 9, 16, 23, 30; Feb 6)**

Fungus Rock, The Gordan Lighthouse, The Brockdorff Circle, The medieval cemetery, The Majmuna Stone, Ta' Pinu Church and other chapels, The Lazzaretto, The Ggantija Temples, The Gozo Coast Towers, The Lunzjata Valley etc; what about them! Learn and discover more about Gozo's Treasures. Be on the lookout about the island's traditions. Learn how the Terramaxxka man who used to roam in Victoria to gain a living by sounding it in squares and narrow old streets? What about l-Ghejun tat-toroq that unfortunately have been all destroyed? What about the past life in Gozo without the TV and modern leisures? What about the role of the church and its influence? How did people live in past times? What were their main troubles? What were their hobbies and children's pastimes? What was the role of mothers in a poor society and in the Gozitan families? What about the kind of shops in the past? And above all discover the colourful peaceful life of the Gozitans in a humble and modest Gozo - the famous street theatre? Try indeed to get to know your homeland better than ever before.

### **Wellbeing and Health - Various lecturers from the Health Promotion and Chronic Disease Unit**

**Fridays 13 February - 17 April 2026 (Feb: 13, 20, 27; March: 6, 13, 20, 27 April: 17)**

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.

### **Explorations in Literature- Mr Martin Bugelli**

**Fridays 24 April to 12 June 2026 (Apr: 24; May: 8, 15, 22, 29; June: 5, 12)**

This seven-lecture series invites participants to rediscover reading through lively, author-focused sessions. Presented in an accessible style, this module will explore a number of works in fiction and literature, exploring various genres like fiction on Malta's Great Siege and authors like George Orwell, Tom Clancy, Mary Shelley's Frankenstein, George Eliot, Jules Verne, Joseph Conrad and Afghanistan's Khaled Hosseini. Each lecture blends background and a guided discussion, highlighting themes, contexts and storytelling techniques, while offering reading lists and prompting a rekindling of a lasting love of books, in a spirit of fun.

## GOZO U3A CENTRE

**Il-Ħaġar – Heart of Gozo Museum and Cultural Centre, Pjazza San Ġorġ, Victoria**

**Mondays 09:30 – 11:30**

---

### **A History of the Church in Gozo – Fr Joe Bezzina**

**Mondays 6 October - 24 November 2025 (Oct: 6, 13, 20, 27 Nov: 3, 10, 17, 24)**

This module attempts a synthetic view of the development of religion in Gozo, from the shrines raised in the millennia prior to the advent of Christianity to those following the evangelization of the islands by St Paul. The process of Christianization was not instantaneous, but it slowly gained ground in the following centuries. From the earliest traces of Christianity in the late Roman period to the present-day rhythms of faith and tradition, the Church has played a defining role in shaping not only spiritual life, but also the island's social structures, cultural memory, and political identity. The church has indeed been a central actor in the shaping of institutions, governance, education, and identity.

*PS Kindly note that this module (only) will start at 10am instead.*

### **Understanding Architecture: Its Element, History and Meaning – Mr Anthony Caruana**

**Mondays 1 December 2025 to 2 February 2026 (Dec: 1, 15, Jan: 5, 12, 19, 26; Feb: 2)**

This semester is about learning to perceive and understand our man-made environment. It is about architecture as a physical vessel, a container of human activity. But since architecture is a social activity, building is also a social statement and creation of a cultural legacy.

### **Can. Agius De Soldanis (1712-1770): His Life and Works - Mr Kurt Cassar**

**Mondays 9 Feb to 13 April 2026 (Feb: 9, 16, 23; Mar: 2, 9, 16, 23 Apr: 13)**

This module abstract runs as follows: Can. Agius de Soldanis is one of Gozo's distinguished sons. This module opens on his private life, his connections and his career. It will also look at his literary works on the history of Malta and Gozo. These works give us a detailed image on Gozo in the 1700s. His works address realities and outlines particular issues that were part of the reality of Gozo under the Knights of St John. He also gives an insight into the social stratigraphy of Gozo during this period.

### **Understanding Climate Change – Ms Carmen Grima**

**Mondays 20 April to 8 June 2026 (Apr 20, 27; May 4, 11, 18, 25 June 1, 8)**

Basic introduction to climate change by examining the causes of today's rapid climate change, such as greenhouse gas emissions and irresponsible consumerism. Explore how modern science can contribute to solving this global issue. Review what Pope Francis said in the *Encyclical Letter Laudato Si'*, published on May 24, 2015, and the apostolic exhortation *Laudate Deum*, published on October 4, 2023. These documents emphasize that everyone has a responsibility to do their part in preserving our planet.

## **UNIVERSITY OF THE FOURTH AGE**

### **Mellieha Home, Triq il-Qalb Imqaddsa, Mellieha**

---

**A Journey Through the Music, Movies, and TV of the Past (A Fun and Friendly Lecture Series for Seniors) - Mr. Charles Visanich**  
**Fridays 17 October to 12 December (Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5, 12)**

Let's take a happy trip back in time and enjoy the music, movies, and television from the 1930s to the 1970s, the golden years that many of us remember fondly. In each session, we'll explore the songs that made us smile, dance, and sing along, from big band swing and smooth crooners to the exciting sounds of rock and roll. We'll also look back at classic movies and famous stars who made us laugh, cry, and dream. And we'll celebrate the golden age of television, a time when families sat together to watch their favourite shows and share special moments. Whether you're remembering old favourites or learning something new, this series is all about joy, memories, and the love of great entertainment.

**A Therapeutic Approach to Connection in the Fourth Age - Mr. Christian Vella**  
**Fridays 9 January to 27 March (Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; Mar 6, 13, 20, 27)**

This module promotes a positive connection for residents in care and nursing homes, particularly those with limited mobility and cognitive function. It aims to foster a strong sense of connection with oneself and the social environment through a range of therapeutic and leisure activities. By engaging residents in participatory arts sessions, this module seeks to enhance their personal awareness of time and space and improve their self-expression. The sessions will be varied to stimulate the mind, body, and soul.

---

## **UNIVERSITY OF THE FOURTH AGE**

### **Central Home, Vjal L-Indipendenza, Mosta**

---

**® Niskata Stejjer – Ms Priscilla Cassar**  
**Fridays 17 April to 26 June (April 17, 24; May 8, 15, 22, 29; June 5, 12, 19, 26)**

A reading group tackling various topics and including Maltese as well as foreign literature. Each topic will be discussed leading inevitably to reminiscence. Personal responses to the read text will be freely shared. Reading is a cognitively stimulating activity. The group also encourages listening skills, attention, memory, concentration, discussion, reflection, communication and reminiscence. This group would also be an opportunity to expose the older adults to local as well as foreign literature. Non-literate adults are welcome. Persons with moderate to severe cognitive difficulties will be unable to maintain attention and follow the session.

**Nota bene. Sessions run by the University of the Fourth Age are open only to older persons residing in the care home where the sessions are taking place.**

## UNIVERSITY OF THE FOURTH AGE

### St Thomas Community Living, Marsascalea

---

**® Niskata Stejjer – Ms Priscilla Cassar**

**Fridays 17 October to 12 December (Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5, 12)**

A reading group tackling various topics and including Maltese as well as foreign literature. Each topic will be discussed leading inevitably to reminiscence. Personal responses to the read text will be freely shared. Reading is a cognitively stimulating activity. The group also encourages listening skills, attention, memory, concentration, discussion, reflection, communication and reminiscence. This group would also be an opportunity to expose the older adults to local as well as foreign literature. Non-literate adults are welcome. Persons with moderate to severe cognitive difficulties will be unable to maintain attention and follow the session.

**Bringing Musical Activities for Residents in Care Homes for Older Persons - Mr. Joe Vella**

**Fridays 9 January to 27 March (Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; Mar 6, 13, 20, 27)**

Music is a powerful tool for expression, wellbeing and quality of life. It can touch our emotions and allows a freedom of communication which needs no words. Music helps those living with dementia by unlocking memories, giving a means to express emotions and feelings when communication is difficult. During the Covid-19 crisis, music may help residents missing face to face contact with loved ones by promoting self-expression, reducing feelings of isolation and supporting their emotional and psychological needs. Music can be incorporated into all aspects of daily life within the care home setting with minimal expense or time commitment.

---

## UNIVERSITY OF THE FOURTH AGE

### Porziuncola by Golden Care, Porziuncola Street, Naxxar

---

**The Power of Memory: Listening, Speaking and Connecting – Ms. Nicola Montesin**

**Fridays 17 October to 12 December (Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5, 12)**

This course helps older adults develop the skills to engage actively in reminiscence therapy, supporting improved communication and social connection. Participants will learn to draw on personal memories, share life stories, and respond to others' experiences, fostering meaningful conversation, self-expression, and stronger relationships. Through practical guidance and interactive activities, attendees will gain confidence in reminiscence-based interactions that enhance cognitive engagement, emotional well-being, and a sense of belonging. The course will be delivered in Maltese and is best suited for participants who are verbal.

**Nota bene. Sessions run by the University of the Fourth Age are open only to older persons residing in the care home where the sessions are taking place.**



# University of the Third Age/L-Università tat-Tielet Età

## CONTACT DETAILS:

### FLORIANA AND SLIEMA U3A CENTRES

Contact: Mr Joseph Said  
Email: joseph.said@um.edu.mt

---

### BIRŻEBBUĠA U3A CENTRE

Contact: Mr Joseph Vella  
Email: jvell31@um.edu.mt

---

### UNIVERSITY OF THE THIRD AGE ADMINISTRATOR AND ALL OTHER CENTRES

Contact: Ms Simone Ellul  
Email: simone.ellul@um.edu.mt

---

[um.edu.mt/u3a](https://um.edu.mt/u3a) | [Facebook page: University of the Third Age Malta](#)



The U3A team | Left to right: Joseph Said, Simone Ellul and Joseph Vella