



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 University of the Third Age (U3A), or L-Università tat-Tielet Età, was established in Malta on 23 January 1993 under the auspices of the University of Malta. More than three decades later, it continues to provide older adults with opportunities for lifelong learning, intellectual engagement, social participation and personal development.

At the heart of the Maltese U3A is a simple but enduring belief expressed in its mission:

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 supports opportunities for members to pursue shared interests, hobbies and new areas of learning.

This principle remains as relevant today as when U3A Malta was established. Learning does not cease with retirement or with advancing age. Later life can remain a period of curiosity, discovery, participation and contribution. From a gerontological perspective, opportunities to learn and engage with others can also support agency, identity, social connection and a continuing sense of purpose.

The U3A is therefore different from educational programmes primarily intended to prepare individuals for employment or formal qualifications. Its central purpose is learning for its own sake: the enjoyment of knowledge, discussion, creativity and shared intellectual experience.

There are no formal academic entry requirements. The U3A welcomes all persons aged sixty and over, irrespective of previous educational qualifications or academic experience. Through its programme across Malta and Gozo, it seeks to provide an inclusive and welcoming community in which older adults continue to be recognised as learners, participants and contributors to society.

The Maltese U3A operates from nine centres, seven in Malta – **Floriana, Sliema, Ibraġ, Bormla, 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 Monday 21st December 2026 to Sunday 3rd January 2027 (Christmas recess), and between Monday 22nd March to Sunday 4th April 2027 (Easter recess).



Welcome to the 2026/27 academic year at the University of the Third Age. U3A reminds us that learning has no age limit and that later life remains a time for curiosity, growth, participation and new possibilities. Opportunities to learn, connect and contribute are an important part of ageing well, supporting not only knowledge but also purpose, belonging and social wellbeing. Our U3A is therefore more than a programme of lectures, it is a community in which older adults remain active learners, valued participants and contributors to society. I warmly thank our lecturers, coordinators, volunteers and in particular Simone Ellul, Joe Said, Joe Vella and all those whose commitment makes this possible. Most importantly, I welcome both returning and new members and encourage you to take full advantage of the opportunities ahead. I wish you an engaging, stimulating and enjoyable academic year

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



Welcome to another vibrant year of lifelong learning, discovery, and community with the University of the Third Age (U3A) Malta. Our philosophy remains beautifully simple: we learn purely for the joy of learning. Our upcoming academic schedule reflects the incredible diversity of our members' interests. What truly makes U3A special is that it belongs to you. It is a space built on mutual respect, shared knowledge, and social connection, ensuring that senior citizens remain active, visible, and deeply valued participants in Maltese society. We invite our returning members to reconnect with old friends and welcome all newcomers looking to embark on a new chapter of personal growth. Thank you for your continued dedication to our community, and we look forward to a wonderful, inspiring year ahead together.

Simone Ellul
Administrator



We are back together for another academic year, 2026–2027, and I am sure that this year's programme will be both interesting and rewarding for all our members. We have managed to attract some of our past lecturers, who were very popular with our members a few years ago. Taking into account your comments and suggestions, we have also worked to make the list of subjects as varied and attractive as possible. It is encouraging to see that our lecture programme is becoming increasingly popular. This is reflected in the growing attendance, as well as in the many positive comments and feedback we receive during and after the lectures. More members are joining us, and we are also welcoming an increasing number of newcomers. This is a very positive sign and shows that our programme continues to grow and attract greater interest. We look forward to another successful and enjoyable academic year together.

Joseph Said
Assistant to the Rector's Delegate



The University of the Third Age is part of a worldwide movement that encourages lifelong learning, social connection and the sharing of knowledge among older adults. There are no examinations or formal qualifications to achieve; we learn for the enjoyment of learning, mental stimulation and the opportunity to remain engaged with others. For several years, I have had the pleasure of volunteering with the administration of U3A, something which has given me a great sense of satisfaction and accomplishment. I also volunteer by singing regularly in care homes for older persons, an experience which I greatly value and look forward to each week. For me, these experiences reflect what U3A is ultimately about: remaining active, connected and involved, sharing what we can with others, and continuing to find enjoyment, purpose and new experiences throughout later life. I wish all our members a warm welcome and a most enjoyable academic year

Joseph Vella
U3A Volunteer

FLORIANA U3A CENTRE

3rd Floor, Catholic Institute, Floriana
Mondays 09.30 – 11.30

Life on Earth – Prof. Victor Axiak

Mondays 12 October to 30 November 2026 (Oct: 12, 19, 26; Nov: 2, 9, 16, 23, 30)

What makes us tick? What is life? This course takes the audience through the fantastic answer to these questions, without the need for any scientific knowledge. 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 unique properties of water essential to life. What is energy and how does it support life? Different types of energy. How do we inherit our characteristics? Origin of Life on Earth. If life started only once on earth, how come all this variety of plants and animals? Evolution and how does it happen. Humans and the environment.

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

Mondays 7 December 2026 to 8 February 2027 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)

1. Ġeoloġija u ġenetika: mnejn ġejjin aħna u l-gżejjer tagħna? fejn sejin?
2. Mill-kenura sal-fibre optic ... kieku ma żviluppawx il-kenura 8500 sena ilu u kieku llum m'għandniex il-cables ta' taħt il-baħar bil-fibre optic jgħaqqduna mad-dinja ... kif l-iżviluppi teknoloġiċi bidlulna ħajjitna
3. Qabel il-Malti u warajh ... x'konna nitkellmu qabel twieled l-ilsien Malti u x'se nkunu qed nitkellmu fis-sena 3025?
4. Port u xejn iżjed." Hekk iddeskriviena Wellington meta-argumenta li Malta m'għandhiex tingħata l-libertà tal-istampa għax hi bażi navali Britannika ...riflessjoni dwar il-pożizzjoni strateġika tagħna kkundizzjonat kull aspett tal-ħajja tagħna ... minn dak ekonomiku, għal dak reliġjuż għal dak politiku – imma Malta llum u għada għadha importanti strateġikament?
5. Nawfragji, invażjonijiet u assedji: żaruna qaddisin u pirati, pesta u ġurati ...
6. Ġejjin u sejin ... il-gżejjer tagħna tul is-snin raw in-nies t'hawn jitolqu u n-nies ta' pajjiżi oħra jiġu 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 mhumix? 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 jaffettwawna u se jaffettwawna iżjed u iżjed

Voices of U3A Members

Mondays 15 February to 19 April 2027 (Feb: 15, 22; March: 1, 8, 15; Apr: 5, 12, 19)

15 Feb	Exotic Gardens – Mr Rene Zahra
22 Feb	Tentufiet mill-Istorja Karkariża u Niesha – Mr Antoine Attard
1 March	The Bee Gees, Vangelis and Hans Zimmer – Mr Manuel Psaila
8 March	Cancer – The Facts – Dr James Degaetano
15 March	Kull meta Tiġini l-Muża.... Nikteb – Ms Carmen George
5 April	Royal Opera House of Malta – Mr Pierre Grech
12 April	Making the most out of your Mobile Phones and Smartphones – Mr Effie Ciantar
19 April	How Computers 'Remember' (Store) your Data (Documents, Photos, Videos, Music) – Mr Effie Ciantar

Creativity in Later Life – Prof. Margaret Mangion

Mondays 26 April to 14 June 2027 (Apr: 26; May: 3, 10, 17, 24, 31; June: 14)

Creativity is a fundamental human ability that continues to evolve throughout life. This programme explores what creativity is and the role it plays in our everyday lives, particularly as we grow older. We consider how life experience, accumulated knowledge and wisdom can enrich our creative potential. Through theory and enjoyable practical activities, participants will discover ways of developing and expressing their own creativity. Ultimately, we ask not whether creativity endures in later life, but how we can continue to cultivate it with intention.

FLORIANA U3A CENTRE

3rd Floor, Catholic Institute, Floriana

Tuesdays 09.30 – 11.30

Nourish to Flourish: Healthy, Sustainable Eating in the Senior Years – Prof. Suzanne Piscopo and Dr Karen Mugliett

Tuesdays 13 October to 1 December 2026 (Oct: 13, 20, 27; Nov: 3, 10, 17, 24, Dec: 1)

Healthy sustainable eating is about choosing foods for your health and for the health of our planet. It is also about the enjoyment of food and getting the most nutritional value for your money. As one reaches the senior years there may be certain physical, social, economic and other challenges to ensuring a healthy, sustainable diet. This course will present scientific knowledge and practical guidance on how to choose food and plan tasty meals to help reduce the risk for different health problems and protect nature, plus how to use one's food budget smartly to help improve quality of life

From the Byzantines to the Knights 500 – 1530 – Mr Vincent Zammit

Tuesdays 15 December 2026 to 9 February 2027 (Dec: 15, Jan: 5, 12, 19, 26; Feb: 2, 9)

The fall of the Western Roman Empire in the 6th century brought about a period of considerable turmoil, and Malta was inevitably affected by these developments. The Mediterranean ceased to function as a unified sea, giving way to shifting powers and competing influences. From around the middle of the 6th century until the arrival of the Order of St John, Malta passed under a succession of different rulers, each leaving their mark in one way or another.

This extensive period, spanning roughly a millennium, is known as the Medieval Period. During these talks, I will highlight the salient aspects of this era, focusing on the principal protagonists and the various rulers who shaped the history of the islands.

Malta Island Fortress – Mr Ray Cachia Zammit

Tuesdays 16 February to 20 April 2027 (Feb: 16, 23; March: 2, 9, 16; Apr: 6, 13, 20)

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 an 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.

Introduction to Topics for Elderly Groups: Mr James Buhagiar

Tuesdays from 27 April to 18 May 2027 (Apr: 27 May: 4, 11, 18)

27 April	Small Joys, Lasting Happiness
4 May	How the World Has Changed (and how we've changed with it)
11 May	Emotional First Aid for Life's Storms
18 May	Relationships That Matter Most

Various lectures – Mr Michael Cassar

Tuesdays from 25 May to 15 June 2027 (May: 25; June: 1, 8, 15)

25 May	Manderaggio – The Underground Barrio of Valletta Part 1
1 June	Manderaggio – The Underground Barrio of Valletta Part 2
8 June	To Build a Breakwater for Grand Harbour Part 1
15 June	To Build a Breakwater for Grand Harbour Part 2

FLORIANA U3A CENTRE, 3rd Floor, Catholic Institute, Floriana

Wednesdays 09.30 – 11.30

L-Etika, jew il-Filosofija Prattika – Prof. Friggieri

Wednesdays 14 October to 2 December 2026 (Oct: 14, 21, 28; Nov: 4, 11, 18, 25, Dec: 2)

F'dan il-kors se nagħtu ħarsa lejn kif żviluppat l-etika bħala riflessjoni filosofika matul is-sekli. Neżaminaw bir-reqqa d-differenzi bejn it-teoriji ewlenin li sawru l-ħsieb tal-bniedem fuq kif għandu jgħix, l-importanza taċ-ċirkostanzi storiċi u kulturali li jinfluwenzawh, il-mod kif iħares lejh innifsu u lejn l-oħrajn, u r-relazzjoni bejn l-individwu u s-soċjetà. Huma kollha suġġetti interessanti li jqajmu ħafna mistoqsijiet. Il-kors ifittex li jiddiskutihom b'mod ċar u ordnat.

Archaeology and the Sea in the Maltese Islands – Prof. Timmy Gambin and Various Lecturers

Wednesdays 9 December 2026 to 3 February 2027 (Dec: 9, 16; Jan: 6, 13, 20, 27; Feb: 3)

This course examines Malta's extensive past as revealed through its maritime cultural heritage. Particular attention will be given to the vestiges that lie beyond our shores, ranging from ancient shipwrecks to submerged landscapes, as well as to the methodologies employed by specialists in identifying and investigating these sites.

Consideration will also be given to the processes by which maritime heritage is documented, safeguarded, and managed, as well as to the various means through which it is presented to the public in the present day. The course provides a comprehensive overview of the maritime dimension of Malta's history, highlighting the evolving approaches through which the island's connection with the sea is studied and valorised.

The Maltese Corsairs between 1747–1800 – Mr Liam Gauci

Wednesdays 17 February to 21 April 2027 (Feb: 17, 24; March: 3, 10, 17; Apr: 7, 14, 21)

Morte o Fortuna is a voyage through the turbulent waters of the 18th century Mediterranean, where Malta stood as a crossroads of commerce, war, and ambition. At its heart lies the story of the corsair: the commerce raider, whose world straddled legality. Far from the caricature of the pirate, these men were entrepreneurs of risk, driven by opportunity, faith, and politics. The course charts how Malta, under the Order of St John, became both a staging ground and a prize in a wider contest of empires. Through court records, notarial contracts, and forgotten personal accounts, the narrative reconstructs the lives of captains, sailors, and merchants who risked all on voyages that promised either death (morte) or fortune (fortuna). Students will be drawn into tales of sudden violence at sea, the uncertainty of prize adjudications, and the fragile threads of diplomacy that commerce raiding strained but never severed.

AI Għal Kulħadd – Mr Dylan Sechell

Wednesdays 28 April to 16 June 2027 (Apr: 28; May: 5, 12, 19, 26, June: 2, 9, 16)

This eight-week course shows you how to use artificial intelligence for the things you already do. Writing a clear letter, planning a trip, understanding a form or a bill, preparing questions before an appointment, or taking up something new. It is built on Malta's national AI literacy programme AI Għal Kulħadd, developed by the University of Malta with the Malta Digital Innovation Authority, and assumes no technical knowledge. You will learn what AI is, where it gets things wrong, how to protect your information and how to spot the scams that now use it. AI suggests and explains. You decide. The thinking stays yours.

FLORIANA U3A CENTRE, 3rd Floor, Catholic Institute, Floriana

Thursdays 09.30 – 11.30

A History of Democracy: From Ancient Experiments to Modern Struggles – Mr Manuel Delia **Thursdays 15 October to 3 December 2026 (Oct 15, 22, 29; Nov: 5, 12, 19, 26; Dec: 3)**

This course traces the history of democracy as a dynamic, often contested idea, shaped by conflict, contradiction, and change rather than by steady progress. Beginning with the basic question of what democracy means, it explores early experiments in ancient Athens and Rome, before examining how power was limited and contested in medieval and early modern Europe, including the English Civil War. The course then turns to the great revolutions of the eighteenth century, highlighting both their ideals and their contradictions, particularly regarding slavery. The nineteenth and twentieth centuries are approached through the struggles for inclusion, from abolition and civil war to emancipation and civil rights, alongside the rise of mass politics and the threats posed by authoritarian regimes. The final sessions consider the rebuilding of democratic systems after 1945 and the challenges they face today. Throughout the course, the emphasis is on key questions about power, participation, and the meaning of citizenship in democratic life.

Various topics – Various Lecturers Part 1

Thursdays 10 December 2026 to 11 February 2027 (Dec: 10, 17; Jan: 7, 14, 21, 28; Feb: 4, 11)

10 Dec	Decision Making under Uncertainty and under Risk – Prof Frank Bezzina
17 Dec	How a Master Violin Is Made by Hand – Mr Charlo Xuereb
7 Jan	How Phenomena of Inspiration and Interpretation have their Roots in the Bible – Dr Joseph Ciappara
14 Jan	The Use of Herbs in Everyday Cooking – Ms Joyce Muscat
21 Jan	Cremation – Rene Camilleri
28 Jan	Healthy Ageing – Ms Francesca Micallef
4 Feb	The Malta Railway Part 1 – Mr Paul Galea
11 Feb	The Malta Railway Part 2 – Mr Paul Galea

Various topics – Various Lecturers Part 2

Thursdays 18 February to 22 April 2027 (Feb: 18, 25; March: 4, 11, 18; Apr: 8, 15, 22)

18 Feb	Sacrosanctum Concilium: Key Liturgical Emphases by Pope Leo XIV – Fr Michael Bugeja
25 Feb	The History and Development of Information & Communication Technology in Malta – Mr Mario Aloisio
4 March	Interior Freedom and Teresa's Interior Castle – Fr Colin Apap
11 March	The Orientations of the Neolithic Temples of Malta – Prof. Frank Ventura
18 March	The Potential Risks Related to Falls Amongst the Older Population – Ms Mary Iris Zammit
8 April	Spirituality and the Ages of Life: The Gift of Years – Rev. Dr Jimmy Bonnici
15 April	Nagħrfu niktbu l-Malti korrett – Mr Saviour Camilleri
22 April	Nagħrfu niktbu l-Malti korrett – Mr Saviour Camilleri

James Webb Space Telescope and its Discoveries – Mr Victor Farrugia

Thursdays 29 April to 17 June 2027 (Apr: 29; May: 6, 13, 20, 27, June: 3, 10, 17)

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.

FLORIANA U3A CENTRE, 3rd Floor, Catholic Institute, Floriana
Fridays 09.30 – 12.00

Film Club

Various lecturers

October 23; Dec 11; Apr 23; June 11

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 23 October 2026 will be coordinated by Mr Charles Visanich

Discussion Club

Mr Joseph Bharwani

November 13, 27; April 9; May 14, 28

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

*NB Bookings for the discussion club (maximum 20 members) will be open as from Monday 26th October 2026 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.*

Art Club: Acrylic Painting for beginners

Ms Madeleine Vella Satariano

January: 8, 22; February: 12, 26; March: 12

Ms Vella Satariano will be exploring the importance of observation and how light and colour give shape and form to the subject. She will be explaining the use of colour and how one can use only three pigments throughout the whole painting. These topics will be discussed and explained by demonstrating how it is done. These interesting sessions will be a form of interaction by discussing difficulties and queries.

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 14th December 2026 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*

SLIEMA U3A CENTRE

St. Patrick's School (hall downstairs), St. John Bosco Str., Sliema
Thursdays 17.00 – 19.00

The Beauty of Science Around Us – Ms Moira Schembri

Thursdays 15 October to 3 December 2026 (Oct 15, 22, 29; Nov: 5, 12, 19, 26; Dec: 3)

In this module we will be discussing various scientific topics in a way that will be understood by all whether you are a complete beginner or a seasoned scientist. The topics covered will include:

Body Organs (Namely the Eye, Ear, Skin and The Heart)
Adaptations And Survival Within Animals and Plants
Space And the Universe; Global Warming and Plant Growth
Food And Nutrition; Some Basic Properties of Different Elements,
The Science of a Sneeze; Different Types of Forces,
Pressure And Evaporation; What Makes Objects Stable

Introduction to topics for Elderly Groups – Mr James Buhagiar

Thursdays 10 December 2026 to 11 February 2027 (Dec: 10, 17; Jan: 7, 14, 21, 28; Feb: 4, 11)

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

Discover Karate-Do – A Gentle Way to Better Health – Mr Anthony Zammit

Thursdays 18 February to 22 April 2027 (Feb: 18, 25; March: 4, 11, 18; Apr: 8, 15, 22)

Discover how traditional Karate-Do can help you enjoy a healthier, more active lifestyle. These senior-friendly classes are specially designed to improve balance, coordination, flexibility, strength, posture, and confidence in a safe, supportive, and non-competitive environment. Participants will learn simple movements, basic self-defence skills, and techniques adapted to their individual abilities. Beyond the physical and mental benefits, the classes offer an enjoyable opportunity to meet new friends and stay socially active. Led by Anthony Zammit, 7th Dan Shotokan Karate Instructor, with over 50 years of experience in practising and teaching traditional karate.

Critical Thinking and Extraordinary Claims – Mr Vanni Pulé

Thursdays 29 April to 17 June 2027 (Apr: 29 May: 6, 13, 20, 27 June: 3, 10, 17)

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.

📍 **FLORIANA U3A CENTRE**



BOOK CLUB



FILM CLUB



📍 **BIRŻEBBUĠA U3A CENTRE**





📍 MELLIEHA U3A CENTRE



📍 SLIEMA U3A CENTRE



📍 GOZO HAGAR U3A CENTRE



📍 GOZO XEWKIJA U3A CENTRE

IBRAĠ U3A CENTRE

Parish Centre, Tal-Ibraġ Road, Tal-Ibraġ, Swieqi

Tuesdays 09.30 – 11.30

Britain's Path from the Fifties to the Swinging Sixties – Mr Charles Visanich

Tuesdays 13 October to 1 December 2026 (Oct: 13, 20, 27; Nov: 3, 10, 17, 24, Dec: 1)

This module gently guides participants through the sounds and stories of Britain's musical journey from the 1950s into the golden era of the 1960s. Together, we explore how everyday life changed after the war—from rationing and rebuilding to a new sense of freedom, confidence and creativity. We look at how popular music became a shared cultural experience: the songs people listened to on the radio, danced to in clubs, bought on records, and enjoyed with friends. By connecting the music to the social, economic and historical changes of the time, we discover how Britain rose from post war austerity to become a world leader in music and youth culture. By the end of the module, participants will understand not only the music itself, but also the exciting cultural shift that shaped a generation and influenced the world.

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

Tuesdays 15 December 2026 to 9 February 2027 (Dec: 15, Jan: 5, 12, 19, 26; Feb: 2, 9)

1. Ġeoloġija u ġenetika: mnejn ġejjin aħna u l-gżejjer tagħna? fejn sejin?
2. Mill-kenura sal-fibre optic ... kieku ma żviluppawx il-kenura 8500 sena ilu u kieku llum m'għandniex il-cables ta' taħt 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 m'għandhiex tingħata l-libertà tal-istampa għax hi bażi navali Britannika ...riflessjoni dwar il-pożizzjoni strateġika tagħna kkundizzjonat kull aspett tal-ħajja tagħna ... minn dak ekonomiku, għal dak reliġjuż għal dak politiku – imma Malta llum u għada għadha importanti strateġikament?
5. Nawfraġji, invażjonijiet u assedji: żaruna qaddisin u pirati, pesta u ġurati ...
6. Ġejjin u sejin ... il-gżejjer tagħna tul is-snin raw in-nies t'hawn jitolqu u n-nies ta' pajjiżi oħra jiġu 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

Wellbeing and Health – Various Lecturers from the Health Promotion and Chronic Disease Unit

Tuesdays 16 February to 20 April 2027 (Feb: 16, 23; March: 2, 9, 16; Apr: 6, 13, 20)

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.

Islamic Philosophy – Fr Joseph Ellul

Tuesdays 27 April to 15 June 2027 (Apr: 27; May: 4, 11, 18, 25, June: 1, 8, 15)

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

BORMLA U3A CENTRE

Ċentru Sagra Familja, Triq Wiġi Rosato, Bormla
Fridays 09.30 – 11.30

Various lectures – Mr Rene Zahra

Fridays 16 October to 4 December 2026 (Oct: 16, 23, 30)

16 Oct	Exotic Gardens
23 Oct	Herod the Great
30 Oct	St Paul's Shipwreck in Malta

Il-Maltin – Aħna Min Aħna – Aħna Min Konna – Martin Morana

Fridays 6 November to 4 December 2026 (Nov: 6, 13, 20, 27, Dec: 4)

6 Nov	Storja U Kultura Ta' Żewġ Gżejjer – Malta U Sqallija. Dawra Mal-Istorja U L-Kultura Li Malta U Sqallija Ilhom Jaqsmu Bejniethom Għal Eluf Ta' Snin
13 Nov	Kliem U Frażijiet Bil-Malti – Harsa Lejn Il-Kliem U Frażijiet Li Ngħidu Hafna Drabi U T-Tifsira Storika Kulturali Tagħhom
20 Nov	Toponomastika – L-Ismijiet Tal-Ibliet, L-Irħula U Dak Tal-Ambjent Rurali U Urban
27 Nov	L-Umorizmu Malti – Harsa Lejn L-Umorizmu Tal-Maltin – Dak Tal-Passat U Dak Tal-Lum
4 Dec	Malta Tas-Seklu 19 U Tas-Seklu 20 – Harsa Viżwali Fil-Fond Ta' Bosta Postijiet Urbani Ta' Malta Tal- Aħħar 200 Sena

The French in Malta 1798 – 1800 – Mr Vincent Zammit

Fridays 11 December 2026 to 12 February 2027 (Dec: 11, 18; Jan: 8, 15, 22, 29; Feb: 5, 12)

After a long period during which the Maltese Islands were under the rule of the Order of St John, they were lost to Napoleon Bonaparte in the summer of 1798. This brief French occupation can only be described as eventful, tumultuous, and dramatic, to say the least. Never before had the islands been taken in such a short time, yet never before had the Maltese risen in revolt against their foreign rulers so swiftly—within just a few weeks of the French arrival. These talks will explore the key events of this period and highlight the principal protagonists involved.

Food, Fibres and Dyes – Man's Utilisation of Wild Plants – Prof. Joseph Buhagiar

Fridays 19 February to 23 April 2027 (Feb: 19, 26; March: 5, 12; Apr: 9, 16, 23)

Man has been utilising wild plants for thousands of years primarily for food, but the use of plants for fibres and dyes are two additional important uses. Edible wild plants feature a lot in the diet of Mediterranean countries and will be reviewed for their diversity, the parts used and also how used. Fibres from plants have been put to different uses ranging from clothing to basketry and rope making. There is currently a great resurgence of interest in wild plant utilisation for extraction of natural dyes, formerly of great importance in getting pigments for painting and the textile.

The World of Music – Mr Manuel Psaila

Fridays 30 April to 18 June 2027 (Apr: 30; May: 7, 14, 21, 28, June: 4, 11, 18)

In this module, we will explore the world of music, which is vast and diverse, encompassing many genres, styles, and cultures. We will examine how music plays a significant role in human expression, entertainment, and communication. Additionally, we will trace its evolution through history. Music has the power to evoke emotions, tell stories, and unite people from different backgrounds. From classical symphonies and jazz improvisations to pop hits and traditional folk songs, music continuously evolves, reflecting societal changes and technological advancements. We will also highlight the biographies of some great composers to understand their contributions.

BIRŻEBBUĠA U3A CENTRE

Birżebbuġa Day Centre, Triq Birżebbuġa, B'Buġia

Wednesdays 09.00 – 11.00

Interior Freedom & Teresa's Interior Castle: Inspired by St Teresa of Avila's Interior Castle, Richard Rohr's Understanding of Inner Freedom, and the Città della Mistica – Fr Colin Apap

Wednesdays 14 October to 2 December 2026 (Oct: 14, 21, 28; Nov: 4, 11, 18, 25, Dec: 2)

In this module we will gradually recognise the identities, fears, achievements, expectations and masks with which we have constructed ourselves and discover a deeper freedom for authentic living. Who am I when I no longer have to prove who I am? This question is particularly powerful in later adulthood. We have accumulated careers, relationships, successes, failures, responsibilities, disappointments and identities. Inner freedom asks: What can I finally let go of? What no longer defines me? What have my wounds taught me? Who am I beneath my roles? What does authentic living mean for me now? What kind of person am I still becoming? Freedom is not simply doing whatever I want. Freedom is becoming free enough to become who I truly am. Have you ever asked yourself: Who am I really? We spend much of life becoming what others expect us to be. But is there a deeper freedom waiting within us?

Understanding Financial Services in Everyday Life – Various representatives from the Malta Financial Services Authority (MFSA)

Wednesdays 9 December 2026 to 3 February 2027 (Dec: 9, 16; Jan: 6, 13, 20, 27; Feb: 3)

This series of interactive sessions aims to help participants better understand financial services in Malta and their impact on everyday life. Through practical examples and discussions, participants will explore topics related to personal finance, consumer protection, financial decision-making, emerging developments in financial services and the role of regulatory safeguards. The sessions will provide useful insights to help individuals increase their financial awareness, recognise potential risks and make more informed decisions in their everyday lives with confidence.

Dementia and Beyond: Caring for Yourself and Your Loved Ones – Malta Dementia Society

Wednesdays 17 February to 21 April 2027 (Feb: 17, 24; March: 3, 10, 17; Apr: 7, 14, 21)

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.

The Secret Life of Plants – Prof. Joseph Buhagiar

Wednesdays 28 April to 16 June 2027 (Apr: 28; May: 5, 12, 19, 26, June: 2, 9, 16)

People often take plants for granted, rarely pausing to appreciate how fascinating and diverse their life functions are. In this series of talks, we will explore the journey of plants—from the moment a seed germinates to the time it reaches maturity. We'll uncover what triggers flowering, fruit formation, and seed dispersal. Many people ask me intriguing questions such as: How does a seed 'know' when to germinate, or which way is up and down? How do plants survive extreme droughts or freezing temperatures? When do they decide to flower, and how do they attract pollinators? How do plants defend themselves against predators and avoid competition from their neighbours? Do plants communicate with each other? Do they rely on help from other organisms to survive? What relationships do they have with soil microbes, fungi, and even animals? These are just some of the mysteries we will unravel in The Secret Life of Plants.

MELLIEĦA U3A CENTRE

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

Tuesdays 17.00 – 19.00

Kif Kienu Jitkellmu l-Antiki – Dr Olvin Vella

Tuesdays 13 October to 1 December 2026 (Oct: 13, 20, 27; Nov: 3, 10, 17, 24, Dec: 1)

Għandna biżżejjed dokumenti biex nieħdu f'għajnejha ta' kif żviluppa l-Malti matul il-mijiet tas-snin. Xi wħud iqisu dil-bidla bħala korruzzjoni, taħsir. Imma l-lingwi kollha, huma u jiġu mħaddma, jinbidlu minħabba f'tigiet godda u pressjoni soċjali. Matul il-kors se nkunu qed nosservaw kif inbidel il-Malti u nsemmu xi raġunijiet li wasslu għall-bidla.

Art for Wellbeing: Creative Practices for Self-Discovery and Inner Balance – Prof. Louis Lagana

Tuesdays 15 December 2026 to 9 February 2027 (Dec: 15, Jan: 5, 12, 19, 26; Feb: 2, 9)

This eight-session course explores how art-making can enhance emotional wellbeing, mindfulness, and personal growth. Through hands-on creative exercises in drawing, painting, collage, and mixed media, participants will discover how visual expression can promote relaxation, self-awareness, and inner balance. Each session introduces a theme that connects artistic creation with reflective practice, offering both experiential and theoretical perspectives. Short presentations will draw on concepts from psychology, art therapy theory, and art history, illustrating how art has long served as a mirror of the human spirit. The course provides a supportive, non-judgmental environment where participants can engage creatively, share reflections, and enjoy the process of making art. No prior artistic training is required; the emphasis is on creative process, expression, and insight rather than technique or product.

From the Silent Era to the Golden Age of Hollywood – Mr Charles Visanich

Tuesdays 16 February to 20 April 2027 (Feb: 16, 23; March: 2, 9, 16; Apr: 6, 13, 20)

In this module, participants will take a very informative and enjoyable journey through the early years of cinema — beginning with the Silent Era, when films relied on expressive acting and live music, and continuing into the Golden Age of Hollywood, the period when American studios created many of the most beloved movies ever made.

We will explore the rise of famous film genres such as musicals, dramas, comedies, westerns, thrillers, and animation, and meet the legendary stars and directors who shaped movie history. The module also celebrates the unforgettable music of the time — from magical film scores to popular songs that filled radios and dance halls.

By the end of the unit, participants will have a richer appreciation of how cinema evolved, how these films touched everyday life, and why they remain treasured memories for generations.

History of Film and Film Appreciation – Mr Manuel Delia

Tuesdays from 27 April to 15 June 2027 (Apr: 27 May: 4, 11, 18, 25 June: 1, 8, 15)

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.

ST PAUL'S BAY U3A CENTRE

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

Thursdays 09.00 – 11.00

Wellbeing and Health – Various Lecturers from the Health Promotion and Chronic Disease Unit

Thursdays 15 October to 3 December 2026 (Oct: 15, 22, 29; Nov: 5, 12, 19, 26, Dec: 3)

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.

The Mind Matters: Wellbeing in Later Life – Ms Michaela Pace

Thursdays 10 December 2026 to 11 February 2027 (Dec: 10, 17; Jan: 7, 14, 21, 28; Feb: 4, 11)

Growing older brings new opportunities as well as new challenges. This interactive series explores the psychological aspects of ageing, offering practical tools to support emotional wellbeing, resilience and healthy relationships. Led by Psychotherapist Michaela Pace, each session combines knowledge with group discussion, reflection and simple strategies that can be applied to everyday life. Whether learning about stress, sleep, grief, identity or finding renewed purpose, participants will leave with greater understanding, confidence and skills to foster positive mental health.

Explorations in Literature – Mr Martin Bugelli

Thursdays 18 February to 22 April 2027 (Feb: 18, 25; March: 4, 11, 18; Apr: 8, 15, 22)

This eight-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.

Forensic Sciences – Prof. Sebastiano D'Amico

Thursdays 29 April to 17 June 2027 (Apr: 29 May: 6, 13, 20, 27 June: 3, 10, 17)

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.

GOZO U3A CENTRE

University Campus, Triq L-Imġarr, Ix-Xewkija

Fridays 09.00 – 11.00

Various Aspects of Film and Filmmaking – Mr Ino Bonello

Fridays 16 October to 4 December 2026 (Oct: 16, 23, 30; Nov: 6, 13, 20, 27, Dec: 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

Understanding and Exploring Literature – Mr Charles Bezzina

Fridays 11 December 2026 to 12 February 2027 (Dec: 11, 18; Jan: 8, 15, 22, 29; Feb: 5, 12)

Understanding and Exploring Literature introduces participants to the ways in which poetry, drama and prose can help us better understand human experience and expression. The lectures will consider why authors dedicate themselves to literature, why they choose particular forms of expression, and what they seek to communicate through their writing. Particular attention will be given to poets and prose writers such as Dun Karm Psaila, Karmenu Vassallo, Ġuze Galea, Emilio Lombardi, Ġorg Borg, Achille Nuzzi, Mario Azzopardi, Ġorg Pisani, Mary Meylak, Frans Sammut, Ġuze Delia, Anastasju Cuschieri, George Zammit, Juan Mamo, Ġuze Orlando, Ġuze Ellul Mercer, Ġuze Chetcuti, among others. Through discussion and exploration of their works, the lectures will seek to better understand what these authors wanted to say and how they chose to express it.

Ħajja u Mewt: Il-Mard u s-Saħħa f'Ġhawdex fi Żmien l-Arċipriet Dun Martin Camilleri (1910–1920) - Dr Mario Saliba

Fridays 19 February to 23 April 2027 (Feb: 19, 26; March: 5, 12; Apr: 9, 16, 23)

The lecture module explores the medical, social, and economic history of Gozo during the first two decades of the twentieth century through the lens of Mario Saliba's pioneering research. Drawing on original archival sources, including previously unpublished documents on the 1918–1919 Spanish influenza pandemic, the module examines the impact of infectious diseases, poverty, famine, and social hardship on Gozitan society. Particular attention is given to the contribution of Archpriest Martin Camilleri of Nadur in improving the welfare of his parishioners during a period of profound crisis. Students will gain insight into the development of healthcare services in Gozo, including hospitals, public health administration, community health systems, and the work of doctors and pharmacists. The module highlights the value of interdisciplinary historical research in understanding public health, social resilience, and community leadership.

Life on Earth – Prof. Victor Axiak

Fridays 30 April to 18 June 2027 (Apr: 30; May: 7, 14, 21, 28, June: 4, 11, 18)

What makes us tick? What is life? This course takes the audience through the fantastic answer to these questions, without the need for any scientific knowledge. 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 unique properties of water essential to life. What is energy and how does it support life? Different types of energy. How do we inherit our characteristics? Origin of Life on Earth. If life started only once on earth, how come all this variety of plants and animals? Evolution and how does it happen. Humans and the environment.

GOZO U3A CENTRE

Il-Ħaġar – Heart of Gozo Museum and Cultural Centre, Pjazza San Ġorġ, Victoria
Mondays 09.30 – 11.30

The Rise and Fall of the Kingdom of Jerusalem – Mr Joseph Tabone
Mondays 12 October to 23 November 2026 (Oct: 12, 19, 26; Nov: 2, 9, 16, 23)

Monday 30 November: 19th Century Life in Gozo – Mr Charles Cassar

In these lectures we will be exploring why Pope Urban II called for the First Crusade on November 27, 1095, and what was the response. We will also be discussing the setting up of the Crusader States "to give safe passage" to pilgrims, the taking of Jerusalem and setting up of the Kingdom of Jerusalem, as well as to the reasons why this kingdom was lost to Salah id-Din.

History of Film and Film Appreciation – Mr Manuel Delia
Mondays 7 December 2026 to 8 February 2027 (Dec: 7, 14; Jan: 4, 11, 18, 25; Feb: 1, 8)

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.

Museums: Origins, Present and Future – Mr Kurt Cassar
Mondays 15 February to 19 April 2027 (Feb: 15, 22; March: 1, 8, 15; Apr: 5, 12, 19)

This course is intended to give a brief overview of the museums' origins and their role in contemporary society. A brief overview of the major issues of museum management will be discussed. The course will also provide an insight into national, private and ecclesiastical museums in Malta. Case studies from different museums around the world will be discussed the relevant material.

Artists and Masterpieces that shaped Human Society – Mr Anthony Caruana
Mondays 26 April to 14 June 2027 (Apr: 26; May: 3, 10, 17, 24, 31; June: 14)

This eight-lecture module explores how visionary artists shaped human society throughout history. This course examines the profound cultural, political, and philosophical impacts of history's most influential creators. Students will analyse how masterpieces reflected contemporary realities while actively driving social change across centuries. We will investigate the lives and legacies of these figures fostering rich discussions and deep historical connections. Join us to rediscover familiar masterpieces through a transformative social lens, celebrating the enduring power of human creativity.

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

CONTACT DETAILS:

FLORIANA AND SLIEMA U3A CENTRES

Contact: Mr Joseph Said

✉ joseph.said@um.edu.mt

BIRŻEBBUĠA, BORMLA AND GOZO HAGAR U3A CENTRES

Contact: Mr Joseph Vella

✉ jvell31@um.edu.mt

UNIVERSITY OF THE THIRD AGE ADMINISTRATOR AND ALL OTHER CENTRES:

Contact: Ms Simone Ellul

✉ simone.ellul@um.edu.mt

➔ um.edu.mt/u3a |  University of the Third Age Malta



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