EVENTS THIS MONTH

NEWSLETTER

August 2025

Malta International Food Festival 2025 (Malta)

A seven-day celebration of Malta's food scene with exotic and Mediterranean cuisine, fine wines, drinks, and live entertainment. Don't miss this lively event with activities for all ages!





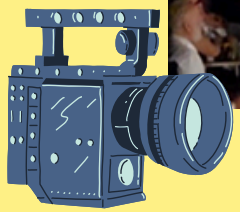
📍 **Location: Floriana Granaries, Valletta**

6th to 10th August

Gozo Film Festival 2025 (Gozo)

A celebration of short and feature films from Gozo, Malta, and beyond, with workshops, lectures, and documentaries. Free entry to explore the world of filmmaking and creative opportunities!





📍 **Location: Cittadella, Rabat, Gozo**

📅 **Date: To be Announced for 2025**

To Be Announced

EDUCATION

Jobsplus Courses

Jobsplus offers courses and vocational trainings, most of them free of charge, to acquire skills in any field of work you might like. Here is this month's selection of courses:

Award in Digital Literacy

This course is designed for individuals who lack basic digital skills. Its scope is to give these persons the basic knowledge and skills necessary to use basic functions of the PC.

Hal Far, Birzebbuga
Duration: 25 hours

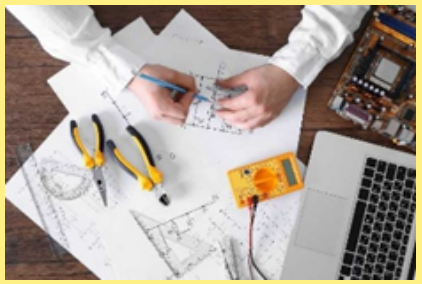


For more information on Jobsplus courses or assistance registering to trainings, please visit the MAU information point of your centre.

Award in Physics and Maths for Electrical Fitters

Through this training programme, the learner will be able to conduct basic mathematical and physics calculations, and comprehend basic physics concepts and basic electrical theory that are closely related to the electrical trade.

Hal Far, Birzebbuga
Duration: 100 hours



CHILDREN & ADOLESCENTS

The importance of sleep

Sleep is very important because it helps our body and mind recover and recharge.
It can be difficult to go to sleep, or to stay asleep, when you are in a new country, and you are worried about different things.
Here are some ways to help us sleep better

1. **Go to bed at the same time every night**
2. **Exercise during the day.**
3. **Try to get up at the same time every day**
4. **Don’t sleep during the day**
5. **Don’t use your phone for an hour before bed**
6. **Don’t drink tea or coffee before bed**





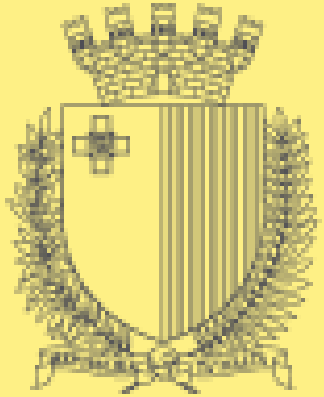


EMPLOYMENT ADVICE

NEW LABOUR MIGRATION POLICY IN MALTA

Recommendations of the ministry of home affairs include:

- Employers with high termination rates relative to the size of their business will be barred from employing or bringing in new third country national workers.
- Foreign workers will be required to take a course on Maltese culture and society prior to departing for Malta.
- New third-country national (TCN) workers should have their pay deposited into a bank account.





HEALTH

Useful Phone Numbers – Health

Emergency: 112

Immunization Clinic: 21231231

GU Clinic: 22987115

Chest Clinic: 21440177

Dermatology Department: 25450000

Health Centres: 21231231

Mater Dei Hospital: 25450000

GU Clinic Mater Dei: 25457494

Gozo General Hospital: 23446000

Mount Carmel hospital 21415183







ENTERTAINMENT

BOOK

"The Fortunes of Wangrin" is a 1973 book written by Amadou Hampâté Bâ about Wangrin, a rogue and an operator, hustling both the colonial French and his own people.



MUSIC

"Bahdeni Nami" is a 2015 song performed by Omar Souleyman about love, affection and longing.

FILM

"The Yacoubian Building" is a 2006 movie directed by Marwan Hamed, that paints a portrait of corruption, fundamentalism, prostitution, homosexuality, and drugs in central Cairo and creates a vibrant but socially critical picture of contemporary Egypt.