

# NEWSLETTER

November  
2024

## A Popp day out – Autumn 2024

Everyone's favourite day out is back for the Autumn Edition at the BMX Warehouse in Pembroke. A day packed with delicious drinks, great street food, awesome music by Malta's top alternative DJs playing their vinyl collections, and a so popular craft market.

9th November  
12pm to 11pm

## Zabbar Halloween Lantern Festival

The 4th Edition of Żabbar Halloween Lantern Festival will be taking place on Saturday 2nd November, at Biċċieni Alleys. The perfect free outing for all - Families, children, youths, and adults! Experience one of Malta's favourite Halloween Festivals consisting of numerous activities, attractions, entertainment, and fun for all ages.

2nd November  
6pm onwards



# EDUCATION

## WHY YOU SHOULD GET YOUR ACADEMIC QUALIFICATIONS RECOGNIZED BY MQRIC?

The Malta Qualifications Recognition Information Centre (MQRIC) is essential for individuals with foreign qualifications looking to study or work in Malta. By assessing and recognizing your academic achievements, MQRIC ensures that your qualifications are aligned with Malta's education system and the Malta Qualifications Framework (MQF). This recognition is crucial for securing employment, enrolling in further education, or meeting professional licensing requirements. Without it, your qualifications may not be accepted by employers or educational institutions. Get your qualifications recognized to open doors to more opportunities and a successful career in Malta.



# EMPLOYMENT ADVICE

## TRADE UNIONS

Joining a trade union provides workers with group power to negotiate better wages, working conditions, and benefits. In Malta, unions like the General Workers' Union (GWU) and Union *Ħaddiema Magħqudin* (U $\dot{H}$ M) play an important role in protecting workers from unfair treatment, discrimination, and unsafe workplaces. They also offer legal support and representation in disputes with employers, ensuring that workers' rights are upheld under Maltese labor laws.

Maltese trade unions work closely with the government to safeguard workers' interests. Union membership strengthens employees' collective voice. Unions can also organize industrial action, like strikes, to resolve disputes and maintain fair practices, making them vital for worker protection and fair labor conditions across the country.



# DID YOU KNOW THAT...?

## IMQARET

Imqaret are a traditional Maltese dessert that consist of a fried thin sweet pastry filled with a spiced date and citrus paste. They are a popular dessert that the Maltese inherited from the Arabs. In fact, a similar dessert exists in the Maghreb cuisine named 'maqroun'. The name refers to the diamond shape. In Maltese they are referred to in plural form 'imqaret' (maybe because it is very difficult to have just one!). As one of the most popular desserts in Malta, imqaret can be found around the island all year round. During the Christmas celebrations and in other festive gatherings, such as during weddings or in the traditional Maltese festas, imqaret are almost always present.



# ENTERTAINMENT

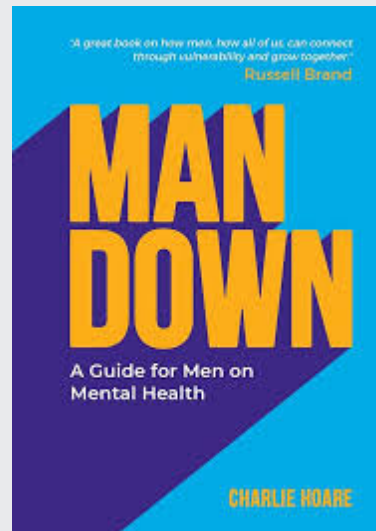
## F I L M

“Silver Linings Playbook” is a 2012 movie directed by David O. Russell about former teacher Pat Solitano who, after spending some time in a mental institution, moves back in with his parents and tries to reconcile with his ex-wife.

## M U S I C

“Light It Up (Ritviz Diwali Edition)” is a 2019 song produced by Major Lazer featuring Nyla and Fuse ODG about unity and the celebration of overcoming challenges together.

## B O O K



“Man Down: A Guide for Men on Mental Health” is a 2020 self-help book written by Charlie Hoare on common issues faced by men and some tips for wellbeing.