

# 800 Years On

Italy-Bahrain Launch Peace Events



Italian Ambassador Andrea Catalano with Italian Embassy and "This is Bahrain" officials at a press conference

**Hasan Barakat**  
TDT | Manama

A series of cultural and interfaith events will be held in Bahrain from June 2026 to mark the 800th anniversary of the death of St Francis of Assisi, the Italian Embassy in Manama announced.

Unveiled at a press conference in collaboration with "This is Bahrain," the programme will focus on themes of peace, dialogue, and coexistence, and will include conferences, youth competitions, and cultural performances.

Italian Ambassador Andrea Catalano said the initiative highlights St Francis as a lasting global symbol of humility and peaceful dialogue, whose message remains relevant amid contemporary divisions.

The programme opens in June with an intercultural and interreligious conference bringing together scholars and



ANDREA CATALANO, ITALIAN AMBASSADOR TO BAHRAIN

leaders to discuss the "universal message of peace," including reflections on St Francis' historic encounter with the Sultan of Egypt in 1219.

A nationwide drawing competition for Bahraini school-



**SAN FRANCESCO 1226-2026**  
COMITATO NAZIONALE  
PER LA CELEBRAZIONE DELL'OTTAVO CENTENARIO DELLA MORTE DI SAN FRANCESCO DI ASSISI

children and young artists will follow, encouraging creative interpretations of peace, friendship, and nature. A concert inspired by the "Canticle of the Creatures" is also planned to celebrate St Francis' spiritual and environmental legacy.

Participants will also be offered a visit to Italy in October 2026 to trace the life of St Francis in Assisi, coinciding with Italy's national day commemorating the saint on October 4.

The initiative also highlights

shared historical values between Italy and Bahrain, linking the legacy of St Francis with that of Isa bin Ali Al Khalifa, known for promoting openness and coexistence in Bahrain's modern history.

Betsy B. Mathieson, chairperson of "This is Bahrain," said the programme reflects both nations' commitment to tolerance and interfaith understanding, describing Bahrain as a "platform for dialogue and cultural openness."

## Unsafe homes repair drive boosted

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Officials are accelerating efforts to repair ageing and structurally unsafe homes in Capital Governorate, pushing for closer cooperation between government bodies, the private sector and civil society to reduce delays faced by low-income families.

The Capital Trustees Board unanimously approved a proposal to build a joint framework that will coordinate the funding and execution of urgent home repairs, according to the Services and Public Utilities Committee.

Committee Chairman Eng. Mohammed Tawfiq Al Abbas said the initiative is designed to streamline procedures and improve response times for residents living in deteriorating housing conditions.

The ministry noted that maintenance work is current-



**Stronger cooperation between government entities, the private sector and civil society is essential to reducing delays and improving delivery**

ENG. MOHAMMED TAWFIQ AL ABBAS

ly carried out under the Cities and Villages Development Project, which allocates an annual budget to address repair requests submitted through municipal councils.

## Why Your Workouts Aren't Working

Common fitness myths revealed

**Ghadeer Alkumaish**  
TDT | Manama

"Thinking exercise alone will help them lose weight." Many people still believe that working out alone is enough to achieve weight loss. However, in an exclusive interview with The Daily Tribune, fitness coach Vanessa Oropeza explains that this is one of the most common misconceptions preventing people from seeing real results.

Oropeza emphasizes that fitness progress is often misunderstood, as many individuals focus only on exercise while overlooking nutrition, recovery, and consistency—key elements that determine long-term success.

One of the biggest myths in fitness, according to Oropeza, is the belief that more training automatically leads to better results. "Consistency beats intensity," she explains. "Training without proper recovery can actually slow progress instead of improving it."

She also stresses that exercise alone is not enough for weight loss. "Nutrition plays a bigger role than most people think," she says. "You can train hard, but without proper eating habits, results will always be limited."

"Sweating is just your body regulating temperature," she clarifies, dismissing it as a misleading indicator of progress.

Oropeza also addresses the myth of spot reduction. "You cannot target fat loss in one specific area. Fat loss happens across the entire body, not just the abs," she explains. "Around 45 to 60 minutes is enough if the session is well structured,"



**Real results don't come from extreme training or quick fixes, they come from understanding your body, staying consistent, not from a short-term challenge**

VANESSA OROPEZA

she says. When it comes to training structure, she recommends balance and efficiency.

With over a decade of experience in the fitness industry, she holds multiple certifications in strength and conditioning, functional training, hybrid training, indoor cycling, nutrition, and sports physiology. She began her journey as a regular gym client before turning her passion for fitness into a professional career. Today, she is also a competitive CrossFit athlete.

For those still struggling with results, Oropeza's message remains clear: success in fitness is not about doing more, but about doing things right. "Train smart, fuel your body properly, and trust the process," she advises.

## Scholarship schemes

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The Isa bin Salman Education Charitable Trust Board of Trustees held a meeting at Riffa Palace, chaired by His Highness Shaikh Isa bin Salman bin Hamad Al Khalifa, Minister at the

Prime Minister's Court and Chairman of the Board.

The meeting reviewed the Trust's 2024 financial performance, alongside updates on scholarship programmes and beneficiary statistics, reflecting the impact of its educational initiatives.



## National, Children's Libraries Resume Services

**Neethu V**  
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The Isa Cultural Centre announced the reopening of services at both the National Library and the Children's Library, ending a temporary suspension caused by exceptional regional circumstances.

In a statement, the centre said it is fully prepared to welcome visitors once again, offering a dynamic knowledge hub designed to encourage reading, learning, and research.



A cultural and intellectual space for reading, learning and research.

Visitors can now benefit from core services, including book lending, reading areas, dedicated study rooms, and renewed programmes at the Children's

Library. Researchers and library users will also have improved access to valuable learning resources. Operating hours are set from Sunday to Thursday,

8:00am to 6:00pm, ensuring greater accessibility for students, researchers, and the wider community.

The reopening reflects the centre's ongoing mission to strengthen the role of libraries as cultural and intellectual spaces while reinvigorating public engagement with books and ideas.

The Isa Cultural Centre has invited the public to make full use of the library's facilities and programmes, reaffirming the importance of knowledge, culture, and lifelong learning in everyday life.

## Homemakers Train for Emergencies

**Hasan Barakat**  
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Homemakers in Bahrain's Northern Governorate have taken part in a specialised safety workshop aimed at improving emer-

gency preparedness inside the home, organisers said.

The session, held in cooperation with the General Directorate of Civil Defense, focused on practical training in basic safety procedures and first aid re-

sponses for common household emergencies.

Participants were guided through real-life scenarios and hands-on demonstrations designed to strengthen awareness, build confidence and improve re-

sponse times during accidents at home.

Officials said the initiative is part of wider efforts to enhance community readiness and reduce risks through early action and safety education.



Participants at the event