

U3A Wroclaw



The University of the 3rd Age in Wrocław was founded in 1976, so it has been existing for 30 years now. The U3A is run by Walentyna Wnuk. She is a university teacher, andragogist and gerontologist involved in adult education as well as in education of the elderly. However, the core of U3A is the Scientific Board of Supervisors which consists of professors of the Medical Academy, the Academy of Physical Education, the University of Wrocław and representatives of the University of the Third Age Council.

The program of the U3A includes intellectual, physical and social aspects of non-formal education.

The University of the Third Age in Wrocław offers the following:

- completing and updating people's knowledge,
- gaining competence, which helps to overcome developmental crises
- possibilities to get to know other older people
- support for elderly people
- stimulation to work for the sake of others.

U3A of Wrocław offers the following kinds of activities for older students:

- Lectures given weekly by professors
- Work in small groups which focus on:
 - The autumn of life from the gerontological perspective.
 - Physical culture in elderly people's lives
 - Art in elderly people's lives
 - Music therapy
 - Anthropology – philosophical and theological aspects
- Sections
 - Bridge section
 - Photography section
 - Embroidery section
 - Cultural section
 - Physical culture
 - Dance and music section
 - Organization and planning section
 - Artistic and decorating section
 - Nature section
 - Chess section
 - Tourist section
 - Publishing section
 - Section of mutual help
- Clubs

- Dicussion club
- Art lovers' club
- Wanderers of the golden age' club
- Artistic groups
 - Chorus
 - Cabaret "The elderlies"
 - Poetry theatre
- Foreign languages courses
 - English
 - French
 - German
 - Russian
- Gymnastics
- Modules
 - Natural World
 - Psychology of late adulthood
 - Medicine and physical activity in old age
 - Study of Knowledge of the European Union
- Workshops
 - Andragogical
 - Philosophical
 - Painting
 - Dance therapy



An important thing to say is that from its beginnings local authorities have been supporting U3A's activities in the financial and content-related way . They have helped U3A to become an autonomous unit with its own small base.

To sum up, elderly people show a great interest in attending U3A. The students of U3A edit and publish their own periodical ("Kurier"), which is distributed to U3A's all over Poland.

Owing to the well-developing co-operation with the authorities of Wrocław University as well as local authorities, U3A can expand its activities. However, due to space limitations (e.g. the lack of a room equipped with computers), it cannot fully meet the needs of elderly people.