



Uniwersytet
Wrocławski



Uniwersytet
Trzeciego
Wieku

THE UNIVERSITY OF THE THIRD AGE

IN THE UNIVERSITY OF WROCLAW, POLAND



1/3 DAWIDA STR.
50-527 WROCLAW, POLAND

WWW.UTW.UNI.WROC.PL

THE UNIVERSITY OF THE THIRD AGE IN THE UNIVERSITY OF WROCLAW

Established in 1976, it is the second oldest institution of its kind, after Warsaw, in Poland, and one of the first in the world. The headquarters of the University of the Third Age (U3A) is located in the building of the University of Wrocław at Jana Władysława Dawida Street 1. In the academic year 2021/2022, there were 623 students at UTW of University the Wrocław. The head of the University of the Third Age is Magdalena Wnuk-Olenicz PhD. UTW is directly supervised by Vice-Rector for Teaching at UW, Prof. Łukasz Machaj. The Advisory Body of the Scientific Council has 9 members composed of representatives of various universities and the Students' Council of UTW.

OBJECTIVES OF THE UNIVERSITY OF THE THIRD AGE IN UNIVERSITY OF WROCLAW

The University of the Third Age in the University of Wrocław is an institution that promotes a meaningful way of life among seniors, enabling them to develop knowledge and learn about contemporary scientific achievements. UTW encourages a friendly atmosphere, gives support, ennobles, and encourages work for the benefit of other people. It counteracts social and civil exclusion.

COOPERATION

U3A cooperates not only with Wrocław universities but also with other Polish and international organizations such as the Municipality of Wrocław, the Marshal's Office of Lower Silesian Voivodeship, the Academy of Physical Education in Wrocław, the University of Economics in Wrocław, Wrocław Medical University, Wrocław branch of the Polish Gerontological Society and EFOS - European Federation of Older Students based in Vienna - Austria.

STUDENT COUNCIL

In matters such as applications, comments, and suggestions students are represented by the U3A Student Council elected by the General Student Assembly. The work of the local council is managed by a 9-member board with Chairman, Jerzy Sosnowski. The Local Government works strictly together with the Head of the UTW.

EDUCATION AT THE UNIVERSITY OF THE THIRD AGE IN UW

We offer lectures in various fields, taking into consideration the interests of the students.

We also offer thematic cycles of lectures such as:

- Learning activities in late adulthood
- Classical Philology
- History of censorship of world literary works
- Contemporary Philosophy
- Humanistic Reflections on Human Nature
- Quality of Life in Late Adulthood
- Physical Culture in gerontological prevention and rehabilitation
- Ethical-aesthetic exploration of values
- The beauty of Polish landscapes
- Arts and customs

- Our Health in Our Hands
- The beauty of world landscapes
- The origins of cultures and nations in the most ancient chronicles: Slavic-Polish-Silesia
- Psychological potentials of human health and happiness
- Psychology of Late Adulthood
- World of Nature
- Opera music
- Mysteries of human life
- Geological Walking Tour in the Sudety Mountains
- Structure of the Universe
- Poetry in an elderly man's life
- Stone in architecture and art

WORKSHOPS:

Literary Journalism, Basic computer skills, New technologies for seniors, Open Workshop - meetings with a book, Dance, Theatre, Therapy of Art, Critical Thinking Workshops

FOREIGN LANGUAGE COURSES:

Language: English, German, Spanish, French

PHYSICAL ACTIVITY EDUCATION AND RELAXATION:

Rehabilitation Gymnastics, Nordic Walking, Brain gymnastics, Yoga for the spine, Feldenkrais movement classes, Laughter therapy, Thai Chi, Dance Movement Therapy, Training of visual and auditory memory

SECTIONS:

Bridge, Photography, Genealogical, Culture, Physical Education, Music and Dance, Organizational and Integration, Handicrafts, Scrabble, Travel, Mutual Assistance, Health and Myself

CLUB ACTIVITIES:

English at play, English Language, Modern Greek Language, German Language, Russian Language, Art Lovers, Bowling Enthusiasts, Spanish Culture Lovers

DISCUSSION MEETINGS:

Discursive Circle "O.K.N.O.," Adventure with a book

ARTISTIC GROUPS:

"Sursum Corda" Choir, Revel Group "The Magic of Memories," Cabaret "UTW-jacy," Poetry Theatre plus Literary Duo, Music and Poetic Group "ART"

OTHER TEAMS OPERATING AT THE UNIVERSITY OF THE THIRD AGE:

Editorial Team of "Kurier UTW," and "Agora Seniora" magazine. A team is documenting and reporting events in the life of U3A .

GROUPS WORKING FOR THE LOCAL COMMUNITY:

Connecting Generations, Volunteering

U3A REACHES OUT TO OTHERS BY:

- passing on the knowledge obtained at UTW to family, friends, and neighbours
- cooperating with organizations and associations working for the elderly
- cooperating with children and young people as part of intergenerational integration
- organizing help for current and former UTW students, especially the sick and disabled
- maintaining contact with residents of social welfare homes
- providing organizational and methodological assistance to the newly emerging Universities of the Third Age
- cooperating with students studying the problem of elderly people as part of Doctoral, Master's or Bachelor's Theses
- organizing scientific conferences together with pedagogy and psychology students
- offering counselling for the UTW students concerning technical advice, legal advice, social security insurance advice as well as psychological and social assistance
- U3A students' active participation in the activities of the City of Wrocław and the Marshal Office has been undertaken for the improvement of seniors' environment
- participating in the work of EFOS (European Federation of Older Students) and cooperating with U3A both at home and abroad.

Everyone is responsible for the level of classes, atmosphere, and mutual assistance, starting with the students, lecturers, seminarists, teachers, running sections, teams, clubs, and ending with the Head of U3A together with the employees, the Management Board and the Council of Students according to their competences and capabilities.

University of the Third Age at the University of Wrocław is a meeting place of people who implement the idea of lifelong learning, who develop passions and interests, and who, thanks to all the diverse forms of activities they take part in, create a community based on mutual respect and understanding.



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