



Lublin University of the Third Age

The Lublin University of the Third Age (LUTW) was founded in 1985, under the patronage of five universities in Lublin. LUTW works under direct organizational and academic supervision of the Society of Polish Free University, Branch in Lublin.

Lublin is the centre of one of the eastern provinces of Poland and it is the ninth largest city, with a population of 350 thousands. The Lublin Province is the eastern most region not only in Poland, but also in the European Union, bordering with Ukraine and Belarus. Lublin remains predominantly an academic centre, even though several industrial sectors are quite well developed, especially in the production of light vans, the pharmaceutical industry and food processing.

The basic forms of activity of the Lublin University of the Third Age are education, seniors volunteer activity and editorial work.

The objectives of LUTW:

- to popularize educational initiatives,
- to activate senior citizens intellectually, psychologically, socially and physically,
- to enlarge the knowledge and skills of seniors, to facilitating contacts with institutions such as healthcare, culture centres, rehabilitation centres etc.,
- to engage students into activities concerning the environment that surrounds them, to strengthen social bonds and communication among seniors.

The aim of the classes and lectures in LUTW is development. They do not aim at getting or increasing professional qualifications. The classes are supposed to popularize knowledge, whereas the methods are adjusted to the age and requirements of the students.

Apart from three cycles of weekly lectures, the educational system of LUTW offers interest groups, which, by presenting a richness and diversity of content and methodological solutions, play an important role in the multilateral activation of seniors.

Forms of activities of the University of the Third Age in Lublin:

Lectures for large audience: general lectures, lectures on science, lectures on health.

Interest groups: art knowledge, art history, culture, radio and literature, gardening, art and nature, psychology, pastoral ministry.

Workshop groups: group for activity with music, dance, choir, IT courses, theatre group.

Physical activity groups: swimming, gymnastics, Tai Chi, Yoga, Nordic walking, tourist group.

Foreign language courses: English, Italian, German, French.

Seniors' Volunteer Activity: Active Senior Club, Multi-generation Volunteer Club, Information and consultancy for seniors, Super Grandma and Super Grandpa Club.

Holiday encounters of LUTW members (lectures) – from July to September,

Sightseeing in Lublin with the Student Council (excursions).

Editorial and publishing activity: Bulletin „The Life of LUTW”(published quarterly), Guide-books for LUTW members (published yearly), Occasional and conference publications, books.

The classes are supposed to popularize knowledge, whereas the methods are adjusted to the age and requirements of the students. It is an indispensable condition to use the knowledge and competence of older people as a potential of the developing society. To be able to function well in the world surrounding us requires constant gaining of new skills and knowledge.

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The Lublin University of the Third Age in numbers

- 900 students in Lublin and 1400 students in the branches
- 11 branches in the Lublin Province
- 75 lectures from general knowledge, health and nature every year
- 450 hours of classes in seminar groups
- 312 hours of workshops
- 572 hours of physical activity classes
- 338 hours of foreign languages classes
- 40 volunteers engaged in the organization of LUTW classes

The Lublin Centre of Seniors' Volunteer Activity

Old age is one of the many stages we experience during our lifetime. As every stage, it has its special characteristics, challenges and opportunities. Elderly people can use their free time for social, educational and physical activity.

The University of the Third Age is a place which, by creating proper conditions for development, education and integration is the right space for meetings and self-realization for retired people.

The idea of volunteer work is attributed to people for as long as they exist.

Objectives of activating elderly people:

- broadening social contacts,
- integration within their own age group,
- compensation of the social roles they lost,
- organizing free time,
- feeling of satisfaction,
- increase of self esteem,
- feeling of being useful and helping others,
- improvement of physical condition, promoting of a healthy lifestyle,
- developing new interests,
- intergeneration cooperation,
- changing the social image of old age,
- development of seniors' volunteer activity.

That is the role of the Centre of Seniors' Volunteer Activity in Lublin (LCAS). The following organizations act within the frames of LCAS:

Seniors' volunteer activity:

- Centre for Activation of Seniors,
- Multi-generation Volunteer Club,
- Super Grandma Club.

International cooperation

The Lublin University of the third Age is member of AIUTA (International Association of Universities of the Third Age)

International projects:

- Cooperation with seniors from the German town of Delmenhorst (Germany) for 11 years.

- Cooperation for activation of seniors with the non-government organization Humanitarian Bridge from Brzesc in Belarus. Project: “Two towns, two cultures, thousands of inspirations”. Within the frames of RITA (Region in Transition). It is a grant project of the American Foundation for Freedom, carried on by the Education for Democracy Foundation.
- 2004–2006 **ODE** – Open Doors for Europe – a project within the frames of Grundtvig, carried on with partner organizations from Germany, Spain and Italy: <http://www.gemeinsamlernen.de/ode>
- 2010–2012 **Cultural Bridges** (within the Grundtvig project) with partner organizations from Latvia (Jelgava), Lithuania (Vilnius), Portugal (Almeirim) and Belgium (Assende)
- 2011–2013 **MTN** – More than Neighbours” (within the Grundtvig project). The participants are organizations dealing with education and activation of seniors from Germany, Belgium, Spain, Italy and Poland. <http://morethanneighbours.eu>
- **BALL, Be Active through Lifelong Learning** - The project focuses on the urgency to establish guidelines and practices on how to prepare individuals at an early stage for the „third age“ with emphasis on learning, cultural environment and ambiance, and sharing of knowledge. (within the Erasmus+ project) <http://www.ball-project.eu>

You can find more information on our website: www.utw.lublin.pl