



„ University of Third Age in Kosciierzyna ”

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In Kosciierzyna District number of retired people is growing (1)

- There are about 8300 people in postproduction age which is 12,4% of the whole community.
- One of the main problem which cannot be avoided by local community is much smaller number of seniors engaged in social activities.
- There is a lack of places where older persons could meet, make friendship, exchange opinions and experiences and learn new things as well.



In Kosciierzyna District number of retired people is growing (2)

- The participation in activities of the University of Third Age in Kościierzyna is free of charge.
- It enables seniors fulfilling their cognitive interests, better understanding and better functioning in reality, meeting new people having similar interests and problems, making new acquaintances.
- All these activities help older people to cope with their loneliness as well as support their inclusion in city life and make them active and helpful for other citizens.
- Taking part in the University of Third Age, having listener's duties, planning his/her own time cause, that seniors feel more useful and they realise sense of their existence.



U3A project partners

1. Kasubian Institut for Development in Kosciierzyna
- non government organisation
2. Kosciierzyna District





**The 1st edition of Kosciierzyna University
of Third Age
January – May 2004
„Be active in your Autumn of life”**





What was done in the first edition of U3A?

1. Inauguration of U3A was integrated with Granparents Day celebration
2. Each Tuesday – measuring a blood pressure and level of sugar in blood.
 - rational feeding
 - gymnastic
 - meetings with interesting people
3. Easter celebration – seniors and children from house for children and from socioteraphy club „to2”
4. Theatre in Gdansk
5. Evening with classical music
6. Bus trip to Lichen.
7. Big family May-party organised by seniors.



**2nd edition
of Kosciierzyna University
of Third Age
June – December 2007
„Young spirit and experienced ripped”**



What was done in the 2nd edition of U3A?

- Lectures about illness in older age – meeting with gerontology and reumatology specialists.
- Lawyer advices.
- Meetings with local government representatives.
- Meeting with social security office staff.
- Meeting with District Consumer Representative.
- Evenings with classical music.
- Trip to Wdzydze Kiszewskie.
- Christmas celebration

This program enabled seniors to learn about healthy life style, to know more about consumers rights, retirement requirements, meetings with local government representatives.





The 3rd edition of Kosciierzyna University of Third Age

was conducted from February till December 2008 r.

- **135** people took part in the 3rd edition.
- The age of participants was from 55 to 80 years.



What was done in the 3rd edition of U3A?

- Psychologist and diet specialist lectures
- Meetings about healthy life, coping with stress
- Computers' workshops
- Workshops of wickerwork, painting on glass
- German language lessons.
- Theatre workshops
- Gymnastic
- Lawyer advices
- Music evenings
- Trip to the theatre and Wdzydze Kiszewskie
- Meetings with local government representatives
- Poetry evening by students U3A
- Common Christmas celebration





The 3rd edition of Kosciierzyna University of Third Age

- helped older people to become the active members of local community.
- Seniors purchased computer knowledge, they learnt German language and art (e.g. wickerwork, painting on glass), they take part in music evenings they have also an opportunity to listen to lawyer lectures so they could try to solve their legal problems with lawyer.
- More over two trips were organised: to Ethnographical Museum in Wdzydze Kiszewskie as well as visit to the theatre.





The 4th edition of Kosciierzyna University of Third Age

- In this year Kosciierzyna University of Third Age will be continued.
- Thanks to Kosciierzyna local government and local community funds seniors will again learn English and German, they will take part in culinary activities and theatre workshops.



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Thank you for your attention