

u3a learn,
laugh,
live



Learning for everyone

Make the most of being part of u3a by getting involved with the many free initiatives and events offered across u3a.

Expand your learning as an individual or get support to develop local interest groups.

Expand your interests

Events



In addition to all the brilliant opportunities on offer at your local u3a, members can enjoy a diverse range of talks, workshops and courses on Zoom. These events are a great opportunity to try something new. They are brought to you by members with a passion or talent to share, as well as specialist guest speakers. Browse all events and sign up for monthly updates via our [online events page](#).

Initiatives



Take part in a competition, challenge and project – your chance to be inspired by and collaborate with other members.

Competitions such as **creative writing** and **poetry** run annually, whereas the **Paint or Draw & u3a Eye** photography challenge have ongoing monthly themes. Other projects include memory collections, maths challenges and much more.

Get involved at [National Learning Initiatives](#).

Expand your subject

Subject networks



A chance to collaborate; sharing resources and ideas around a particular interest. **Join or start a subject network** to meet like-minded members and to learn from each other. Join for your own interests or to take ideas back to your interest group.

Advisers



u3a's 90+ **Subject Advisers** are dedicated to sharing their enthusiasm for their subject with any interested u3a member. Contact them for resources, with ideas or for help starting a group in your u3a.

Get in touch at subjectadvisers@u3a.org.uk

The u3a **research & shared learning** volunteers offer advice and resources to support a range of research led learning and collaborative projects.

There's so much more

Join [Interest Groups Online](#); a u3a community furthering their learning within friendly online group settings. Access over 80 groups, covering a range of subjects, and meet members from all across u3a.

For the latest in the movement sign up to our [national newsletter](#).

Tune in to our monthly [u3a Radio Podcast](#) on the [u3a YouTube channel](#) or on Apple, Spotify and Google Podcasts.

Carry on the conversation with u3a [Facebook](#), [Twitter](#) & [Instagram](#).

If you have an idea for an event or something to share, get in touch at learning@u3a.org.uk

Find out more at u3a.org.uk/learning

