



# U3A Online

*Education by and for older people*

[www.u3aonline.org.au](http://www.u3aonline.org.au)



“Learning must continue throughout life.  
This can have a direct effect on mental health  
and well-being across all age groups, and has  
particular promise in older people.”

Beddington et al. “The mental wealth of nations”. Nature, vol 455, Oct 2008, 1070-1060.

# U3A benefits

- Learn for the love of learning and benefits to the mind
- No exams
- No entry requirements
- No awards
- Very low membership fee



# U3A Online allows you to...

- Keep your mind active
- Study interesting subjects and topics
- Improve your knowledge
- Learn at your own pace
- Meet other older people online with similar interests
- Study from home
- Study when it suits you



**Are you ready for a smart new age?**





***The U3A Asia Pacific Alliance is an informal group of country representatives, meeting weekly by teleconference. It is currently run by a 'steering group' of nine members.***

***The following aims for the U3A Asia Pacific Alliance have been fully discussed and adopted.***

- Encouragement for the formation of U3A groups.
- Support for all emerging local and national U3A groups in the Asia Pacific Region.
- World Wide Promotion and publicity of Annual Conference.
- Encouragement of fraternal visits by individuals and groups.





Jeevan Lohani (U3A Nepal), Akiko Tsukatani (U3A Japan), Tom Holloway (WorldU3A), Thomas Kuan (U3A Singapore), Dianne Delchau (U3A Online Australia), Kathrine Fenton May (U3A Durban, South Africa), Dr Sajjan Singh (U3A India)

## MY U3A - a WorldU3A.org Project

An invitation to meet and greet U3A friends from anywhere and everywhere

**Welcome to My U3A.** Encouraged by the strategy adopted by the Core Group of the [U3A Asia Pacific Alliance](#), seen above at the 2011 international U3A conference in Singapore, we want to extend the project we started many years ago on WorldU3A.org.



Are you visiting another town, city or country? Would you like to get in touch with U3A people there - perhaps even arrange a meeting or request some helpful information?

We will be happy to put you in contact with a person in the place you wish to visit. They will then be able to provide you with further details to enable your visit to be arranged. Confidential information (email addresses and contact phone numbers) will not be shown here, but can be requested on our contact form. Such information will NOT be passed to anyone without the owner's permission.

You can see a list of some U3A groups and learn something about each one, but we would like to extend it to include the many more U3As that are active throughout the world. To have your U3A included in the list please use the Contact form (right) to get in touch.

Contact MYU3A





### **AFRICA**

[Cape Town](#)  
[Durban](#)  
[Ibadan, Nigeria](#)  
[Johannesburg](#)

### **ASIA/PACIFIC**

[Kathmandu, Nepal](#)  
[Lucknow](#)  
[Rewa, India](#)  
[Singapore](#)

### **AUSTRALIA**

[Bendigo](#)  
[Brisbane](#)  
[Brunswick Valley](#)  
[Cairns](#)  
[Glenorchy Tasm](#)  
[Hume](#)  
[Kingston, Melbourne](#)  
[Mandurah](#)  
[Northern Rivers](#)  
[Pakenham](#)  
[Snowy Mountains](#)  
[Sunshine Coast](#)  
[Sydney](#)  
[Toowoomba](#)  
[U3A Online](#)

### **CANADA/USA**

[Montreal](#)  
[Norwalk, CT](#)  
[Sherbrooke](#)

### **ENGLAND**

[Banstead](#)  
[Bicester](#)  
[Blackbourne](#)  
[Blossomfield](#)  
[Brighton & Hove](#)  
[Bromley](#)  
[Chard/Ilminster](#)  
[Doncaster](#)  
[Evesham](#)  
[Farnborough](#)  
[Fawley/Holbury](#)  
[Fetcham](#)  
[Fivedeans](#)  
[Hackney](#)  
[Harrow](#)  
[Harrow](#)  
[Hastings](#)  
[Hertford](#)  
[Heswall](#)  
[Ilkley](#)

### **London**

[London North](#)  
[Lymington](#)  
[March](#)  
[Milton Keynes](#)  
[New Forest](#)  
[Newark-on-Trent](#)  
[Oxford](#)  
[Reading](#)  
[Sevenoaks](#)  
[Warwick District](#)  
[Weymouth&portland](#)  
[Worthing](#)  
[York](#)

### **EUROPE/RUSSIA**

[Belgrade](#)  
[Costa del Sol](#)  
[Creteil](#)  
[Groningen](#)  
[Malta G.C.](#)  
[Reykjavik](#)  
[Uppsala](#)  
[Valencia](#)  
[Versailles](#)  
[Zelenogorsk](#)  
[Zilina](#)

### **NEW ZEALAND**

[Pakuranga](#)  
[Pegasus](#)  
[Port Hills](#)  
[Tauranga](#)

### **SCOTLAND**

[East Berwickshire](#)  
[Isle of Skye](#)

### **WALES**

[Abergavenny](#)  
[Brecon](#)  
[Swansea](#)