

u3a learn,
laugh,
live



Learning for everyone

Make the most of being part of u3a by getting involved with the many free activities and events available.

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](#).

Activities



Take part in competitions, challenges and projects – your chance to be inspired by and collaborate with other members. Competitions include photography and creative writing, and other activities have involved memory collections and research projects. There are also resources such as Find a Speaker and the quiz library. Get involved on our [Learning Activities page](#).

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, ideas or help starting a group in your u3a. Find out more on our [Subject Advisers page](#).



There's so much more

Join **Interest Groups Online**; a u3a community furthering their learning within friendly online group settings. Access over 100 groups, covering a range of subjects, and meet members from all across u3a.

For the latest in the movement sign up to the **u3a Friends newsletter** and have a look at the online **u3a blog**, Sources.

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**, **X** & **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