



## **Sydney u3a – Origin and Organisation**

### **Introduction**

The origin of u3a is in Toulouse, France, where it was established in February 1973, in association with the local university, as a means of providing educational opportunities for retired people.

The idea spread to England in 1981 where it was first established in association with Cambridge University and soon spread with the formation of independent u3a groups in towns throughout the UK, based on the needs of the local communities.

The first u3a in Australia was in Melbourne in 1984, then in Adelaide, ACT and Perth in 1986, Brisbane in 1987 and in Sydney in 1988.

Sydney u3a was subsequently subdivided into seven regions to serve local interests. Each region selects its own committee and sends representatives to the Board of Management, which meets regularly at the Central Office.

Office volunteers handle enquiries and applications and provide clerical services to the Executive and to the Regions. At present there are over 4,000 members in Sydney u3a. All members may attend as many courses as they wish in any of the regions.

### **Guiding Principles**

Sydney u3a aims to bring together people in retirement or semi-retirement by providing affordable and intellectually stimulating experiences that engage the brain, encourage physical activity and promote healthy social relationships.

These experiences are gained through courses, and activities, delivered by a voluntary self-help community in which all members enjoy equal status.

### **Courses, Talks and Events**

Courses, talks and events are conducted in a relaxed environment. They are stimulating and interesting across a wide variety of topics.

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