

## **What is U3A?**

It is a unique and exciting self-help educational movement for people no longer in full-time work (the Third Age). It offers the opportunity to pursue learning for sheer enjoyment and for its own sake. U3A stands for University of the Third Age and is part of an international network.

## **Who can join Sheffield U3A?**

Anyone in the Third Age can join. All you need is interest and enthusiasm and the willingness to join in group activities. You can find out about over 180 groups on this website.