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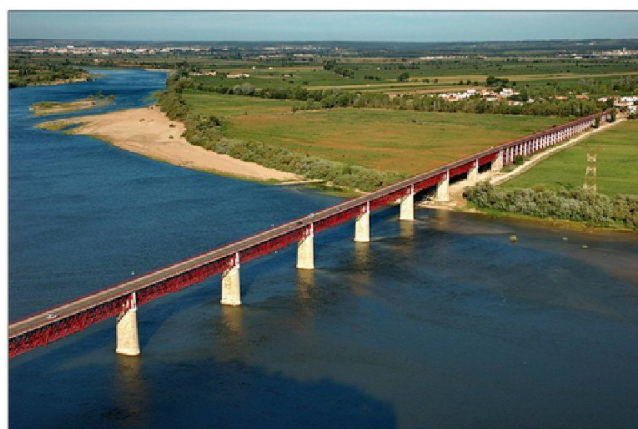
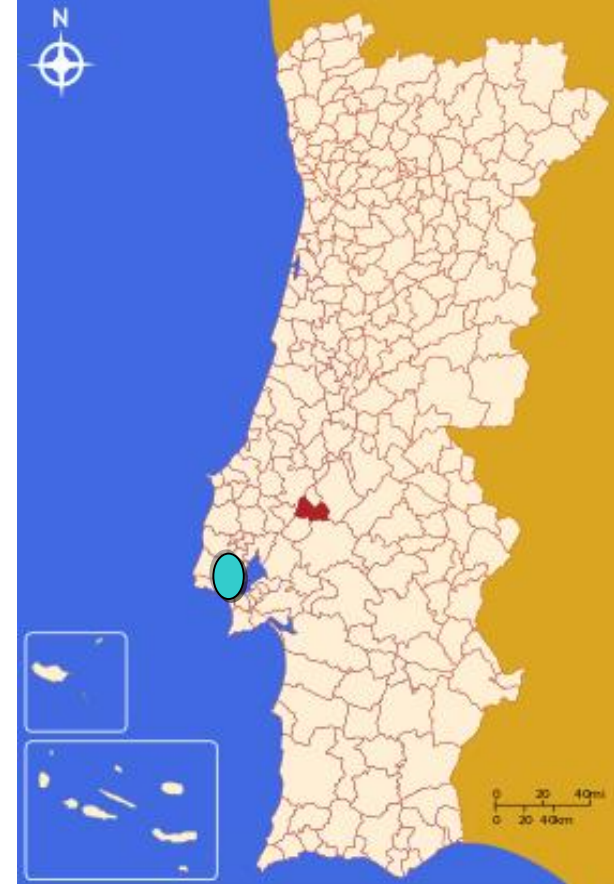




Associação Rede de Universidades da Terceira Idade **Association of Third Age Universities Network**



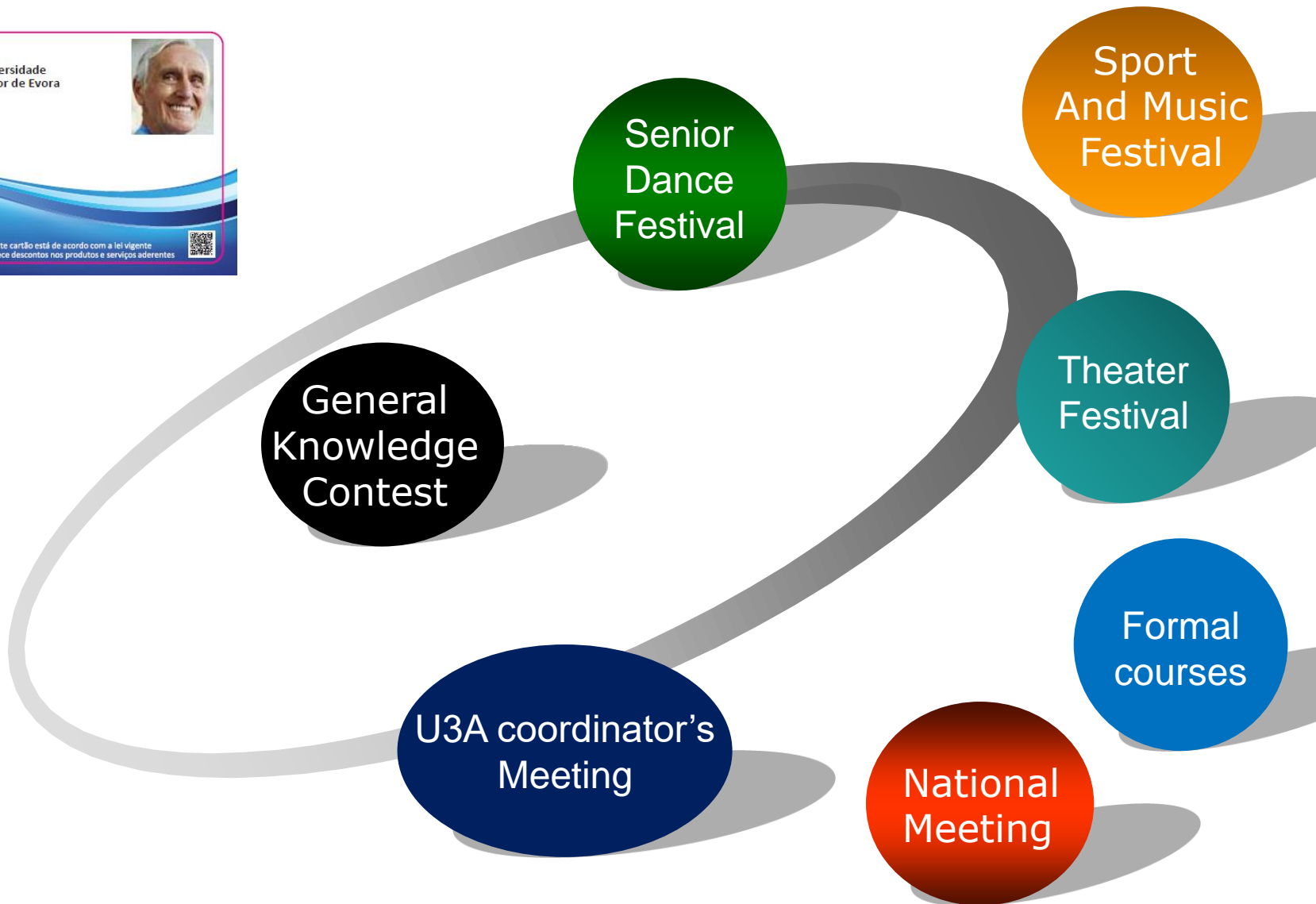
- RUTIS is a Private Institution (ONG) that works in a national level providing active ageing.
 - It was created in 2005 and the headquarters are located in the city of Almeirim.
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- RUTIS is a member of the Economic and Social Council.
 - We have participated in several European projects funded by the Lifelong Learning Programme, the AAL, Erasmus + e Grundtvig





RUTIS' Main activities

RUTIS senior identification card





As Universidades Seniores (UTIs)

The Third Age Universities

- A Third Age University (UTI or U3A) is a social and cultural answer, well developed in terms of equipment whose aims are to create, to develop and to organize cultural activities regularly, providing non-formal education, leisure activities and social gatherings and events for people over 50 years old.
- Educative activities are performed in non-formal policy, without certification purposes and in the lifelong learning formation context.
- Seniors participating in the U3A can be students, teachers and leaders.



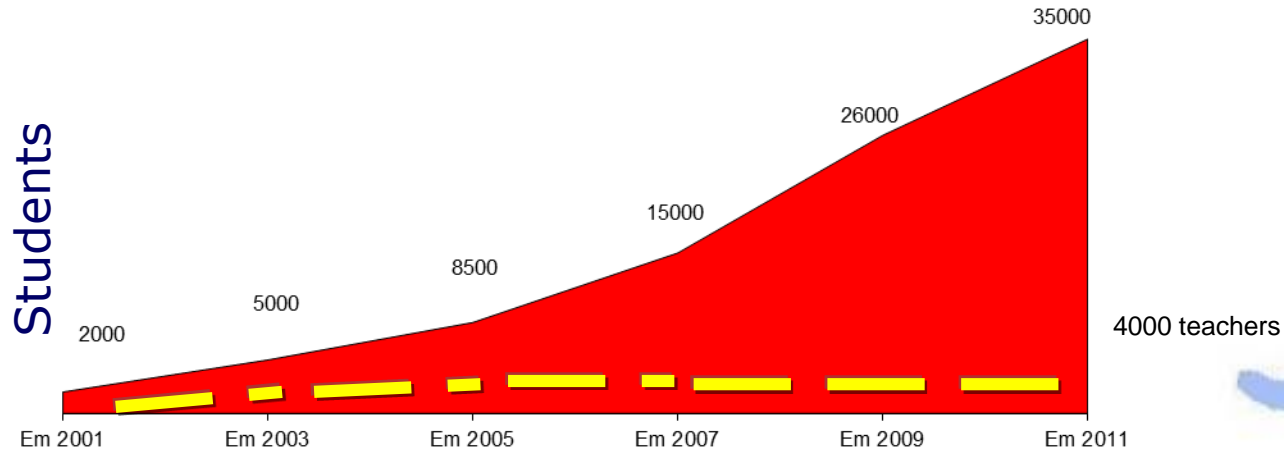
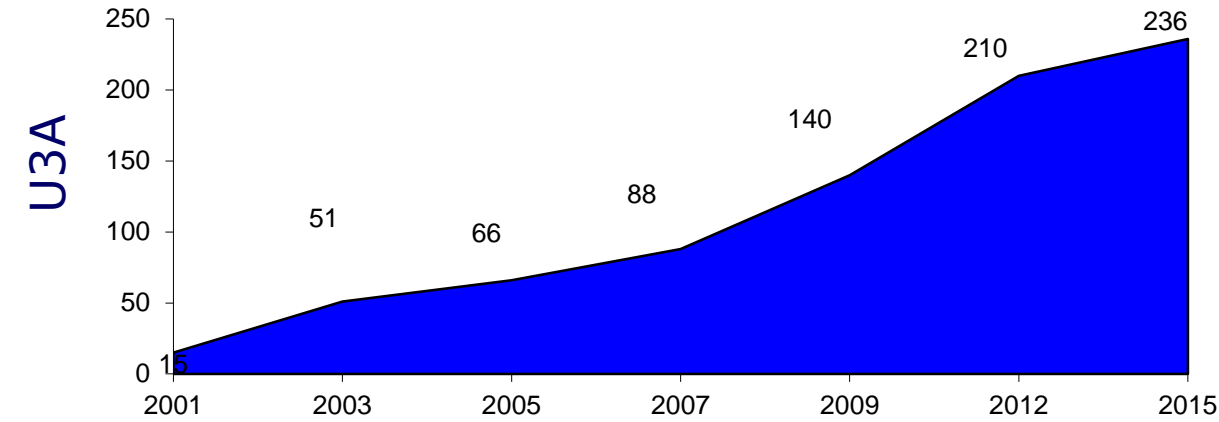
**Several studies show
the influence that U3A have on
the elderly's life quality**

Question	Students	Non- students
Have you felt happy the last 30 days?	80%	40%
Have you felt depressed the last 30 days?	4%	28%
Daily consumption of drugs	- 20%	-



A growing social response

336 U3A





Activities of the U3A: Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10 h D Swimming and Aerobics	10 – 10.50 h C Italian		9.30 – 10.20 h B Gymnastics	10 – 10.50 h A Portuguese Literature
10.45 – 11.45h C Portuguese I and II	11 – 11.50 h C Citizenship		11 – 12.30 h C Floral Arts	11 – 11.50 h A Memory training
10– 11h / 11– 12 h 12-13h A ICT				
14.30 – 15-30 h C History	14 – 17 h C Sociology	Seminars or Tours	11 – 11.50 h C English I and II	14 h C Ballroom
15.30 – 16.30 h C Health	15 – 17 h C Arts		15 – 17 h C Arraiolos	15 – 17 h C Arts
	20 h C Choir	20 h C Theater		

A – Public Library **B** – Sports hall **C** – Head Office **D** – Swimming Pools

* The last Wednesday of the month is dedicated to birthday parties.



The U3A also provide other activities



Theater



Tours

Ar



Sp

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Music



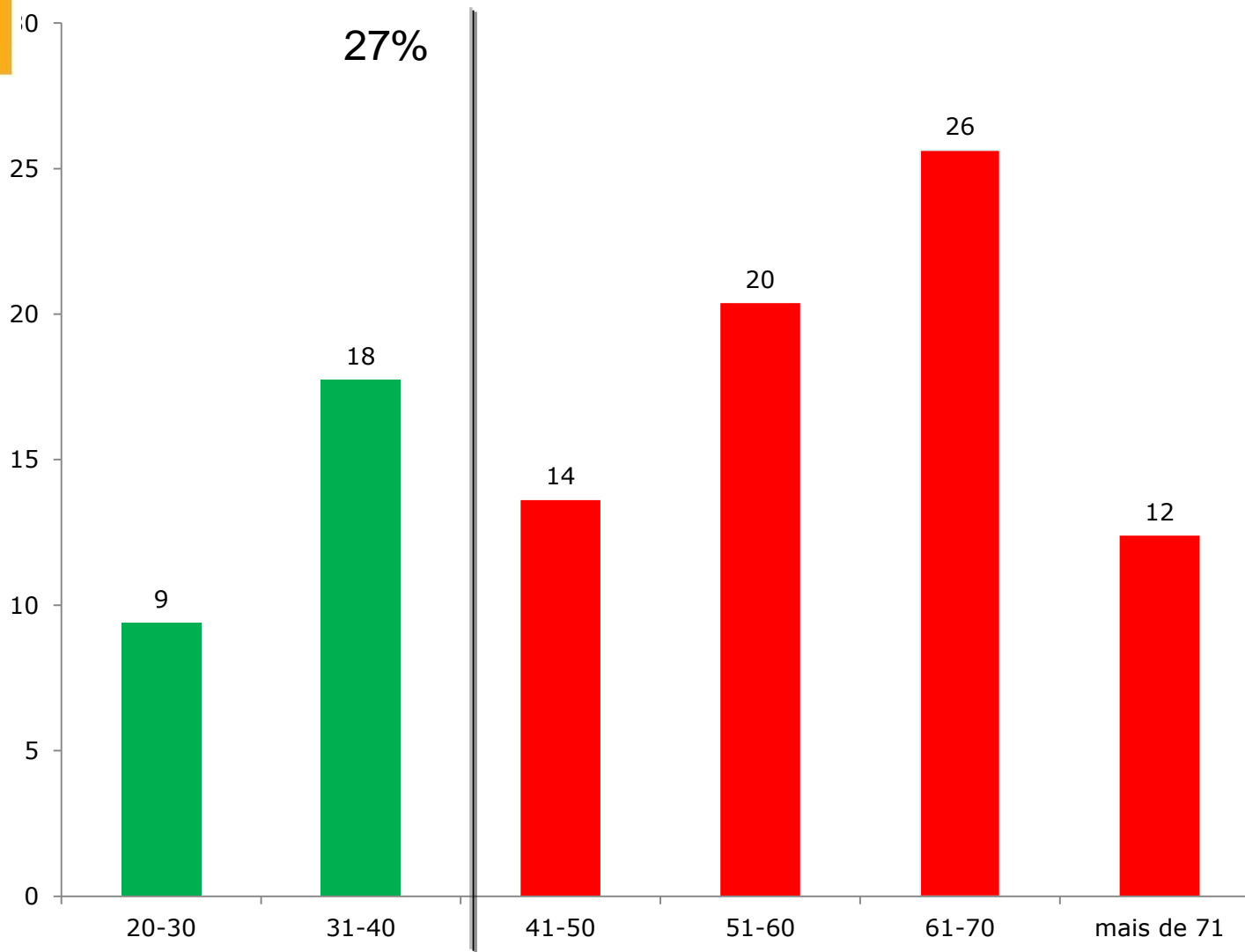


Characterization of the U3A in Portugal

- 336 U3A, 52.000 students and 6.500 volunteer teachers
- 40% of Universities are managed by elderly people
- 75% of the students are women
- The average age is 67 years old
- The average qualifications is above the 9th grade
- The average monthly payment is 15 euros
- The most taught classes are **ICT**, Health, Citizenship, History and Arts.



27% teachers are under the age of 40



Principais parceiros



Públicos e Instituições Erasmus+



Privados



Walking Futebol

