

**ORGANIZATION OF EDUCATIONAL AND  
EXTRACURRICULAR ACTIVITIES IN THIRD AGE UNIVERSITIES  
OF UKRAINE AND THE REPUBLIC OF POLAND**

Unfortunately, the current economic and social situation in Ukraine does not facilitate, but only complicates the lives of the elderly. Retirement is one of the most critical moments in their lives. It entails significant changes in living conditions and lifestyle. Most of these changes are negative: reduced material security, deteriorating health, loneliness, loss of family and friends, lack of understanding on the part of the environment, depression, etc. According to a study by the World Health Organization, Ukrainians suffer from depression much more often than people in the European Union, especially people of retirement age. And the incidence of depression in our country continues to grow<sup>1</sup>. According to experts from the Oxford Center for Cognitive Therapy, an effective means of preventing these problems is education and training<sup>2</sup>. In this regard, the need to maintain an active life of the elderly through education and training - one of the current problems.

Education is considered an effective tool for the progress of society and increase its intellectual potential, and the involvement of the elderly in educational activities has become one of the strategic directions of public policy in developed countries. Properly organized education of the elderly should serve as a means of social protection and psychological stability, as well as a way of integration into the communicative and cultural space. It should be considered as an active activity aimed at self-realization of the individual<sup>3</sup>.

In Ukraine, the special importance of education for the elderly is due to the transition from the concept of "lifelong learning" to the concept of "lifelong learning", which is a characteristic feature of the education system in the information society. social change, to overcome the problems of loneliness, "redundancy" and social isolation. Among a number of institutions dealing with the education of the elderly, the most popular are the universities of the third age.

The analysis of literature sources shows the growing interest of domestic and foreign scientists in the organization of educational activities of the elderly in universities of the third age. Significant achievements in the field of providing educational services through the universities of the third age have European countries. A. Bogutska, V. Polishchuk, A. Khaletska and others studied the activities of educational institutions for the elderly in these countries. The UTV network has been actively developing in the last few decades in the Republic of Poland. This progress is covered in the works of

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<sup>1</sup> Депресія. Значення терміну, статистика, симптоми. URL: <http://amnu.gov.ua/depresiya-znachen-nya-terminu-statystyka-symptomy/> (2020).

<sup>2</sup> Вестбрук Д. Подолати депресію. Львів: Видавництво УКУ: Свічадо, 2014. 94 с.

<sup>3</sup> Каркач А.В. Університет третього віку: соціокультурні детермінанти споживання освітніх послуг літніми людьми. Соціальні технології: актуальні проблеми теорії та практики, 2016, 71, с. 80.

Polish theorists (I. Blaschak, V. Zhebinska, A. Kzhanka-Tekvinska, R. Konechna-Vozna, A. Martsinkevich V. Oleshko-Kurzyna, P. Pasherbyak, L. Torrus, O. Chernyavska, L. Schmidt etc.) and Ukrainian (M. Gavran, O. Puga, O. Mikhalchuk, L. Lukyanova, S. Fedorenko etc.).

Every year in Ukraine the number of scientific publications devoted to the problems of formation, organization and improvement of educational activities of UTV (A. Gakman, A. Karkach, A. Gorbovy, O. Stepanyuk, A. Kukhareno, I. Kurilo, S. Aksonova, N. Chagrak, V. Uhryniuk, G. Hrytchuk and others). At the same time, the educational and extracurricular activities of UTV in Ukraine and the Republic of Poland need a comprehensive comparative analysis.

The education of the elderly at the present stage of development of Ukrainian society has acquired special significance, its important role is to resocialize the elderly: changes in the value-normative system of activities and a radically new perception of reality. The content and state of education of the elderly depend not only on socio-political, socio-economic, but also to a large extent on socio-cultural determination. Indicators of the social effect of active learning activities of people of retirement age can be considered a situation where they, using the acquired knowledge, will be able to increase social adaptation, connect with the world, be active participants in electronic activities, find help in solving any problems, and will find the opportunity to work and earn extra income to maintain a decent standard of living.

UTVs have been operating in the Republic of Poland for a long time. The first UTV was established in Warsaw in 1975 as part of the Center for Postgraduate Medical Training and was one of the first in Europe. The founder was Halina Schwartz, professor of medicine, gerontologist, in 1970-1971 vice-rector of the Academy of Physical Education in Warsaw. In the following years, she initiated the creation of universities of the third age throughout the country: in 1976 in Wroclaw, in 1977 in Opole, in 1978 in Szczecin, in 1980 in Lublin, Poznan, Gdansk, and later in Lodz and other large cities<sup>4</sup>. Over the past few years in the Republic of Poland there is an accelerated development of UTV. According to the National Federation of Associations of Universities of the Third Age of the Republic of Poland at the end of 2012 there were 424 universities. The Senate of the Republic of Poland has declared 2012 the year of universities of the third age.

In Ukraine, universities of the third age began to be actively created at the beginning of the XXI century. In particular, in 2008 this issue was raised at a round table initiated by the Ministry of Labor and Social Policy of Ukraine, UN Population Fund within the project UKR1P41A "Support to the Madrid International Plan of Action on Aging in Ukraine" on "Universities of the third age: older generation in the modern information environment". The participants of the round table emphasized that the universities of the third age, which have existed for more than four decades in Europe, have become one of the tools for activating the role of the elderly in society. Since then, massive work has begun on the implementation of the Madrid International Plan of Action on Aging, which sets out a

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<sup>4</sup> H. Szeloch. Na naukę nigdy nie jest za późno. Nowe Życie, 2011, (445)9, s. 11-12.

strategy for action to transform aging from a threat to society's development into its driving force. The result was the creation in 2015 of more than 300 UTV at the territorial centers of social services, which trained more than 25 thousand elderly students<sup>5</sup>. Currently, UTV are active in many cities: Kovel (since 2005), Kremenchug (with 2009), Kyiv (since 2009), Pryluky (since 2009), Kharkiv (since 2009), Kramatorsk (since 2009), Vinnytsia (since 2010), Dnipropetrovsk (since 2011), Lviv (since 2011), Sumy (since 2013), Poltava (since 2018), Khmelnytsky (2018) and etc.

One of the key features of UTV is the special support of the elderly through special guidance, counseling and training. At the same time, each UTV has its own forms of such educational support, ie its own models of teaching the elderly. Despite some differences between these models, what they have in common is that they cover educational and extracurricular activities.

Educational activities usually include a structured curriculum, regular attendance at special training events, the opportunity to listen to a series of lectures and more. The main directions of educational activity: humanitarian, scientific and technical, research and experimental. Extracurricular activities can be structured in the following areas: artistic and aesthetic, tourist and local lore, ecological and naturalistic, health, physical culture and sports, patriotic and others.

Analysis of the curricula of Ukrainian UTVs (20 UTVs were selected for the study) provides an opportunity to build a rating of the most popular courses. The first step of the rating is occupied by the courses that are available in all 20 FTAs. These are: computer courses; foreign languages (mostly English), a healthy lifestyle. Mastering computer literacy is extremely important for Ukrainian retirees today. Computer, smartphone, Internet is becoming an integral attribute of their lives, which gives the opportunity to communicate with relatives and friends who live far away, make new acquaintances, be aware of events in the world, country, city, be users of electronic libraries, online stores, pay for utilities without standing in line at banks, etc. Learning foreign languages allows older people to use the global network to solve the problem of lonely old age, which in recent years has become really widespread, because it is loneliness older people complain even more often than illness or insufficient pension. Training courses that have health-preserving potential and are designed taking into account the age characteristics of the elderly, provide for the introduction of such educational, cultural-adaptive, rehabilitation components that allow students not only to improve certain knowledge and skills, but also to develop creative abilities with their further adaptation. to the conditions of today, to increase social and creative activity. In particular, these are: "Learning to live well", "Healthy lifestyle", "Healthy eating", "Food hygiene", "Express methods for determining the quality and safety of food", "Major contaminants of raw materials and food", "Art-therapy "and others.

In addition to the above, students of the University of the Third Age are offered a wide range of interesting useful and practical topics to study. They are on the second step of the ranking, which is the most numerous. These are a number of courses in the following thematic areas:

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<sup>5</sup> A. Gorbovy, A. Khaletska, O. Stepaniuk, A. Kukharenko, D. Spulber. The concept of a activity of educational centers of the "third age" in Ukraine: methodical manual. Kyiv–Lutsk, 2017, p. 30.

- different types and directions of art: decorative painting, applications, embroidery, pottery, weaving; there is a course "Phenomenon of Culture", etc.;

- financial literacy "Drawing up a frugal family budget", "Planning investment life taking into account the available opportunities", "Learn to make money on your dreams", "Participation in the public budget. How to read the city budget ", etc.;

- psychology, communication and interpersonal relationships: "Gerontopsychology", "Conflict Management", "Stress Management", etc.;

- historical local lore: "Ethnography and folklore", "A new look at the works of Poltava artists", etc.;

- public life: "condominiums from creation to organization of work", etc.;

- professional: "Fundamentals of photography", courses for accountants, etc.;

- jurisprudence: "Legal knowledge", etc.;

- horticulture and gardening: "Agrolandscape", etc.

On the third step of the rating are the original courses that operate in individual UTV. These are "Language etiquette", "Etiquette in clothing, individual style", "The art of making floral ornaments from foamiran", "How not to be influenced by advertising on the minds of consumers", "Pros and cons of international integration", "Instructions for the use of human homo sapiens", "Smart age 55+", "Papermaking", "Viticulture and Needlework", "Time Management, or how to have time", "Hospitality in the house. Table setting", "Color solutions of interiors", "Cutting, tailoring and repair of clothes", etc.

The analysis of the training programs of Polish UTVs (10 UTVs were selected for the study) made it possible to generalize their courses and compare them with the results of domestic ones. First, in the UTV of the Republic of Poland, in contrast to the Ukrainian ones, the first step of the rating is occupied by mathematical and natural sciences, philosophy, literature and history, economics and entrepreneurship. However, when developing UTV curricula, the main emphasis is on the fact that they must meet the needs, demands and capabilities of students, and ways must be developed that will allow each student to choose their level. They do not set general university standards or comparisons with any standards of higher education institutions.

Secondly, a significant share of Polish UTVs are courses aimed at ensuring a healthy lifestyle, activation and improvement of memory and physical condition. That is why more than 90% of all UTVs offer classes in medicine and health, and another 62% - in psychology. No less important is the desire of the elderly to master foreign language competencies. To meet this need, language courses are mostly held at UTV, offering the study of English (83% UTV) and German (55%). One of the functional features of UTV, which arose in accordance with the growing need for computer literacy, is the active involvement of participants of all ages to master information literacy, gaining practical

experience with computers and the Internet. According to statistics, 330 UTVs offer computer courses (which is 73% of the total)<sup>6</sup>.

Traditional forms of education are lectures, discussions, seminars with a large number of participants; reading and discussion; demonstration of skills, activities at scientific sites, archeological or historical monuments, museums, art galleries, archives and other institutions and establishments. The study of subjects of social, psychological and physiological areas in a particular university of the third age is different. Students are invited to join research projects to deepen their knowledge and develop skills in certain areas of knowledge that have developed in the region (eg, archeology, natural history, population history and social structure, history of climatic and geological phenomena). Each student is expected, if possible, to have his or her own research project and analysis (description) of the results obtained. Thus, educational activity occupies a large share of the total activity of UTV both in Ukraine and in Poland.

Extracurricular activities are an important part of UTV. It is aimed at developing the talents and abilities of students, meeting their interests, spiritual needs and needs for self-development. Extracurricular activities take place in extracurricular and extracurricular activities. In both Polish and Ukrainian UTV extracurricular activities are carried out in the following areas:

- artistic and aesthetic – provides the development of creative abilities, talents and acquisition of practical skills by students, mastering knowledge in the field of national and world culture and art;

- tourist and local lore – is aimed at involving students in active activities to study the history of the native land and environment, world civilization, geographical, ethnographic, historical objects and phenomena of social life, mastering practical skills in tourism and local lore;

- ecological and naturalistic – involves students mastering knowledge about the environment, the formation of ecological culture of the individual, gaining knowledge and experience in solving environmental problems, involvement in practical environmental work and other biological areas, the formation of knowledge and skills in agriculture: floriculture, forestry, horticulture, mushroom growing, beekeeping;

- scientific and technical – provides students with technical and technological skills, expanding the scientific worldview, preparation for active research, mastery of modern equipment and technology;

- research-experimental – promotes the involvement of students in research, experimental, design and inventive work in various fields of science, technology, culture and art, as well as creating conditions for creative self-improvement and identification, development and support of talents and talents;

- physical culture and sports – provides development of physical abilities of listeners, necessary conditions for high-grade improvement, hardening, meaningful rest and leisure, occupations

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<sup>6</sup> Uniwersytety Trzeciego Wieku w roku akademickim 2014/2015. Główny Urząd Statystyczny. Warszawa: ZWS, 2016. s 22-23.

by physical culture and sports, preparation of a sports reserve for national teams of Ukraine, acquisition of skills of a healthy way of life;

- patriotic – provides an appropriate level of preparation of students for the development of patriotic feelings and civic responsibility;

- health – provides the necessary conditions for meaningful recreation and provides students with knowledge of a healthy lifestyle, the organization of their recovery, acquisition and consolidation of skills, strengthening personal health, the formation of a hygienic culture of the individual;

- humanitarian – provides the development of abilities, talents, practical skills of students, mastering the knowledge of the basics of the sciences of the socio-humanitarian cycle<sup>7</sup>.

Among these areas in Ukrainian UTV a special place belongs to art, because it is most conducive to creative self-realization of the individual. The use of art (music, dance, art, poetry, drama, choreography (there are even "Classical ballroom dances"), choral singing, etc.) is aimed at developing practical skills of understanding works of art of different types, genres and styles; development on this basis of artistic and creative skills, aesthetic taste, creative approaches to any business. Thanks to extracurricular activities, students were able not only to feel like students in lectures, but also to visit exhibitions, museums, art galleries, to create bright holidays on their own. UTV listeners join various contests and competitions across the country: take part in international summer sports seniors, festivals and conferences, join flash mobs. In particular, about 300 students of the University of the Third Age in Dnipro set an all-Ukrainian dance record and held the first beauty contest in the history of the city among women of elegant age. (<https://utvdnipro.dp.ua/ru/>). Also among the forms of implementation of this direction are the celebration of professional holidays, talks and information hours, participation of students in thematic tournaments, organization of "Creativity Fairs" and "Open Days", preparation of thematic evenings, concerts, various events; organization of work of curators; creation of a volunteer detachment, etc. An important component of the development of this area is the meetings of students with leading figures of government, culture, social protection, during which there is a creative dialogue.

To improve and maintain the health of listeners, UTV has active longevity clubs, which offer classes in: physical therapy (exercise), Nordic walking, yoga, dance aerobics, training on simulators, basics of medicine and a healthy lifestyle. Exercise therapy is currently the most popular direction among the elderly. It is an effective and affordable method of restoring and improving health. After each exercise session, aromatherapy is used as a means to relax and relieve tension, which in turn stimulates the body's defenses and strengthens its resistance to any pathogenic factors. Dance aerobics promotes the development of coordination skills, strengthening the cardiovascular and respiratory systems, improving psycho-emotional state. In yoga classes, students strengthen their health and rejuvenate the body. The exercises there are simple, easy to remember and do not require much

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<sup>7</sup> A. Gorbovy, A. Khaletskaya, O. Stepaniuk, A. Kukharenko, D. Spulber. The concept of a activity of educational centers of the "third age" in Ukraine: methodical manual. Kyiv–Lutsk, 2017, p. 63-64..

physical effort. Classes in the basics of medicine and a healthy lifestyle are aimed at deepening knowledge, maintaining one's own health and respect for oneself and the environment. The basic principle of such crafts is that the disease is easier to prevent than to cure.

Polish UTVs have slightly different priorities. For example, students of the University of Plock of the third age have the opportunity to engage in needlework, gymnastics, fine arts, in a literary studio<sup>8</sup>. The University of Gniezno of the Third Age offers its students a wide range of services in tourism, physical therapy, occupational therapy, cooking, as well as literary studios<sup>9</sup>. At the University of the Third Age, which operates at the University of Opole, in extracurricular activities, students have the opportunity to engage in needlework, dance, theater and choral singing. The close connection with the Philharmonic, the theater and the modern gallery allows the older generation to feel needed and to establish communication with the younger generation. Gymnastics and swimming classes are very popular. Opole University of the Third Age also organizes rehabilitation and tourist trips for its students, the main purpose of which is to improve the physical and mental condition of students. The university is currently implementing a program called "How to Add Years to Life" and health workshops combined with a holiday in Orava in hot springs<sup>10</sup>.

It should be noted that in Polish practice, extracurricular activities are facilitated by associations, public organizations, regional communities, foundations and corporations. In Ukraine, extracurricular activities are carried out mainly through volunteering. Clubs of motorists, local historians, tourists, ethnographers, folklorists, physical training and other directions), Small academy of arts (folk crafts), Small academy of sciences, Centers of art creativity, art and aesthetic creativity, Center of ecological and naturalistic creativity, Center are involved in this process. scientific and technical creativity, the Bureau of Tourism, Local History, Sports and Excursions. Students, teachers, doctors, social workers, representatives of public and state organizations are involved in conducting educational classes, organizing trips, excursions, sports and recreation, group work.

The volunteer movement as a voluntary charitable aid, based on the emotional and personal attitude to the person who needs support, is popularized among the listeners of UTV. The organization of the volunteer movement is one of the forms of extracurricular activities that are implemented in extracurricular time and is designed to carry out educational work with students, form their social responsibility, develop cultural competences, creative approach to work, apply in practice the knowledge, skills<sup>11</sup>.

Thus, the universities of the third age are educational centers for further personal development of the elderly, their social integration, socialization and adaptation, fill their lives with meaning and

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<sup>8</sup> Stowarzyszenie Uniwersytetu Trzeciego Wieku w Płocku im. Janiny Czaplickiej. URL: <http://sutwplock.pl/>. (2021).

<sup>9</sup> Gnieźnieński Uniwersytet Trzeciego Wieku. URL: <https://gutw.edupage.org/>. (2021).

<sup>10</sup> Stowarzyszenie Uniwersytetu Trzeciego Wieku w Opolu. URL: <http://www.seniorwopolu.pl/stowarzyszenie-universytetu-trzeciego-wieku-w-opolu> (2021).

<sup>11</sup> A. Gorbovy, A. Khaletska, O. Stepaniuk, A. Kukharenko, D. Spulber. The concept of a activity of educational centers of the "third age" in Ukraine: methodical manual. Kyiv–Lutsk, 2017, p 64.

meet intellectual needs. Educational and extracurricular activities at UTV create opportunities for students to spend their free time actively, expand knowledge, update skills necessary for active life in the modern world, establish and maintain social contacts and interpersonal communication, involve students in socially useful activities, social work, volunteer, helping others, representing their interests to local authorities and at the governmental level.

When designing the technology of teaching training courses in UTV, the leading role is played not by the teacher, but by the listener. The key function of the teacher is to assist students in identifying, systematizing, formalizing the personal experience of the latter and replenishing their knowledge. An important condition for the effective organization of the learning process in UTV is the creation of a favorable psychological atmosphere: mutual respect of participants in the learning process, friendly relations between them, mutual assistance and cooperation. The learning process is based on the principles of voluntariness, classes are held without exams, tests and tests, attendance and success – on a voluntary basis.