

Lifelong learning: The University of the Third Age

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Abstract

Population ageing and the simultaneous decline in fertility rates are among the greatest challenges facing European countries. At the same time, the prestige of education of older people is growing, helping them to better adapt to rapidly changing living conditions and remain a full-fledged member of society at any age.

This paper focuses on activities the University of the Third Age by examining Lifelong learning in general.

This paper aims to take a reflective approach to the author own experiences of older adults education across 14 years and within 3 different Universities of the Third Age in Belarus.

Data has been collected from students from a wide range of courses, developed and delivered by the author.

The results indicate a key role of lifelong learning and the University of the Third Age in improving the quality of life and well-being of older adults.

The study also describes the specifics of the University of the Third Age and it proposes teaching methods, which are necessary to use in the process of adult education.

Keywords: ageing; Belarus; European countries; senior learning; teaching methods.