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## **UNIVERSITY OF THE THIRD AGE IN THE CITY OF KHMELNYTSKYI**

This study is carried out to get acquainted with the University of the Third Age, located in Khmelnytskyi, its objectives, methods and features.

The University of the Third age is located on the basis of the territorial center of social services, which is at 7-A Peremoha Street, room 18. In addition to the main branch, there are several branches located at 38 Kamianetska Street and 3/2 Zarichanska Street.

The university has been operating at the Khmelnytskyi City Territorial Center for Social Services since 2017. It was then that the Khmelnytskyi City Council, by its decision, approved the Procedure and conditions for the provision of social and pedagogical services "University of the Third Age" [3].

"Despite the fact that I am retired, I want to develop, learn about other aspects of social life, communication, and in our still difficult time, psychology is extremely necessary," comments Natalia, a student, who conveys the importance of the existence of projects such as this one [2].

The requirements for admission to this university are the presence of a pension certificate, passport, certificate of an internally displaced person or if the person is lonely. The minimum age for men is 60 years old, and for women - 50 years old.

In general, the purpose of the service is to implement the principle of lifelong learning for older people and support their physical, psychological and social abilities. At the University of the Third Age, students acquire new knowledge and share their own, spend their free time with benefit, expand their circle of friends and find like-minded people, and actively spend their leisure time.

In 2023, the university had 1950 students, and so far this is a record number.

There are 23 faculties, the most popular of which are the study of foreign languages, the study of psychology, the basics of health care, health aerobics and fitness. The students also learn how to use a smartphone and office equipment, engage in activities and visit creative faculties. In 2023, UTA students took part in the All-Ukrainian radio dictation of national unity and showed excellent results, and the national amateur volunteer choir "Yednist" as part of UTA students won the III place in the nomination "People's amateur choral groups" in the Mykola Bidiuk regional survey-competition of choral groups [3].

The average age of university students is from 60 to 75 years, but the oldest student is a man who has already crossed the threshold of 86 years old.

Teachers at the University of the Golden Age are from different levels of educational institutions. There are teachers from universities, colleges, Khmelnytskyi Pedagogical Academy, as well as young professionals who have just graduated from educational institutions [1].

From the preceding study a number of conclusions can be drawn. Studying at a University of the Third Age is not only about helping the elderly, but also about acquiring new knowledge and skills, modern methods of maintaining health, as well as the principles of an active lifestyle.

## REFERENCES

1. University of the third age: it is never too late to learn  
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3. The interview with the curator of the university for people over 60  
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