

Third Age Universities Network

RUTIS



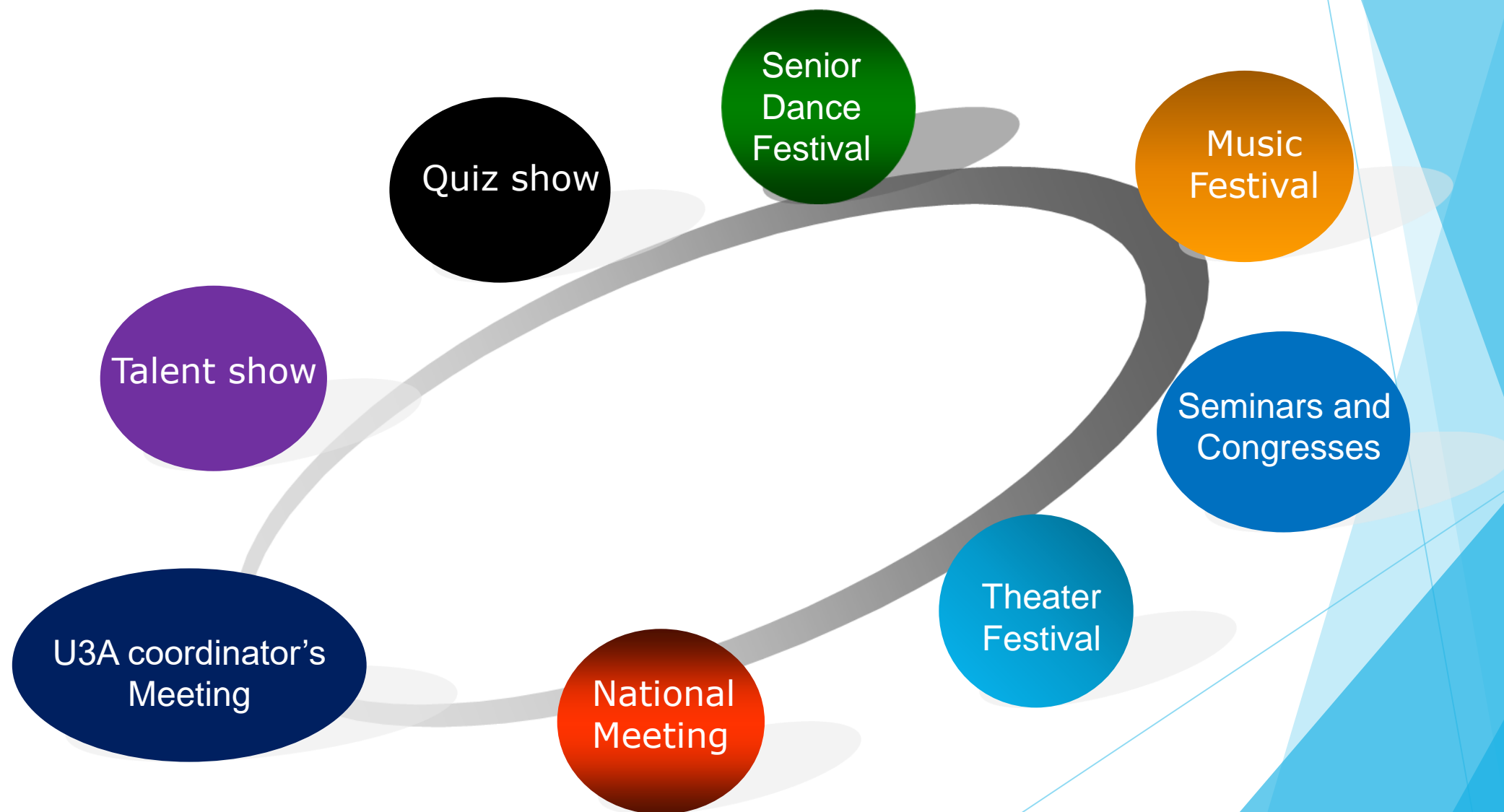
**REDE DE UNIVERSIDADES
DA TERCEIRA IDADE**

Conference with DIAL project, Riga
27 July 2019



- ▶ RUTIS is a Public Institution that works in a national level providing support to the family, the community and the elderly.
- ▶ It was created in 2005 and the headquarters are located in the city of Almeirim.
- ▶ The work of RUTIS and the Senior Universities was recognized by the Council of Ministers Resolution No. 76/2016 in which RUTIS was indicated as the framework of "senior universities", assuming itself as a fundamental partner for the development of policies of Active ageing and social economy.

RUTIS main Activities



Projects by RUTIS

► U3A management platform



► Manage teachers, students and classes.

Projects by RUTIS

► Students Card



► RIPE - World Network of Educational Projects for Seniors



- RUTIS has the presidency
- This year conference will be held in Brazil

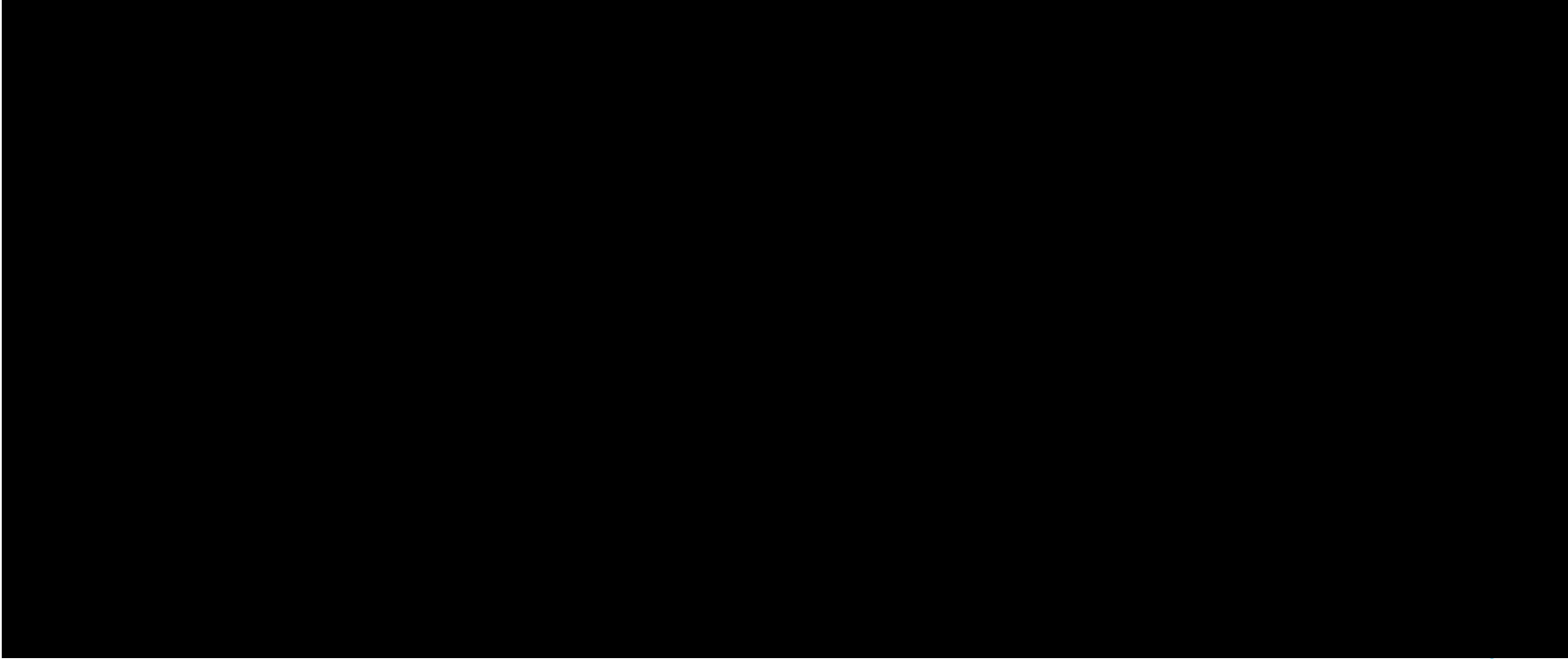
Projects by RUTIS

▶ Erasmus+ projects

- Rutis has been recognized as good example in several projects and has a Star project.

▶ Training projects

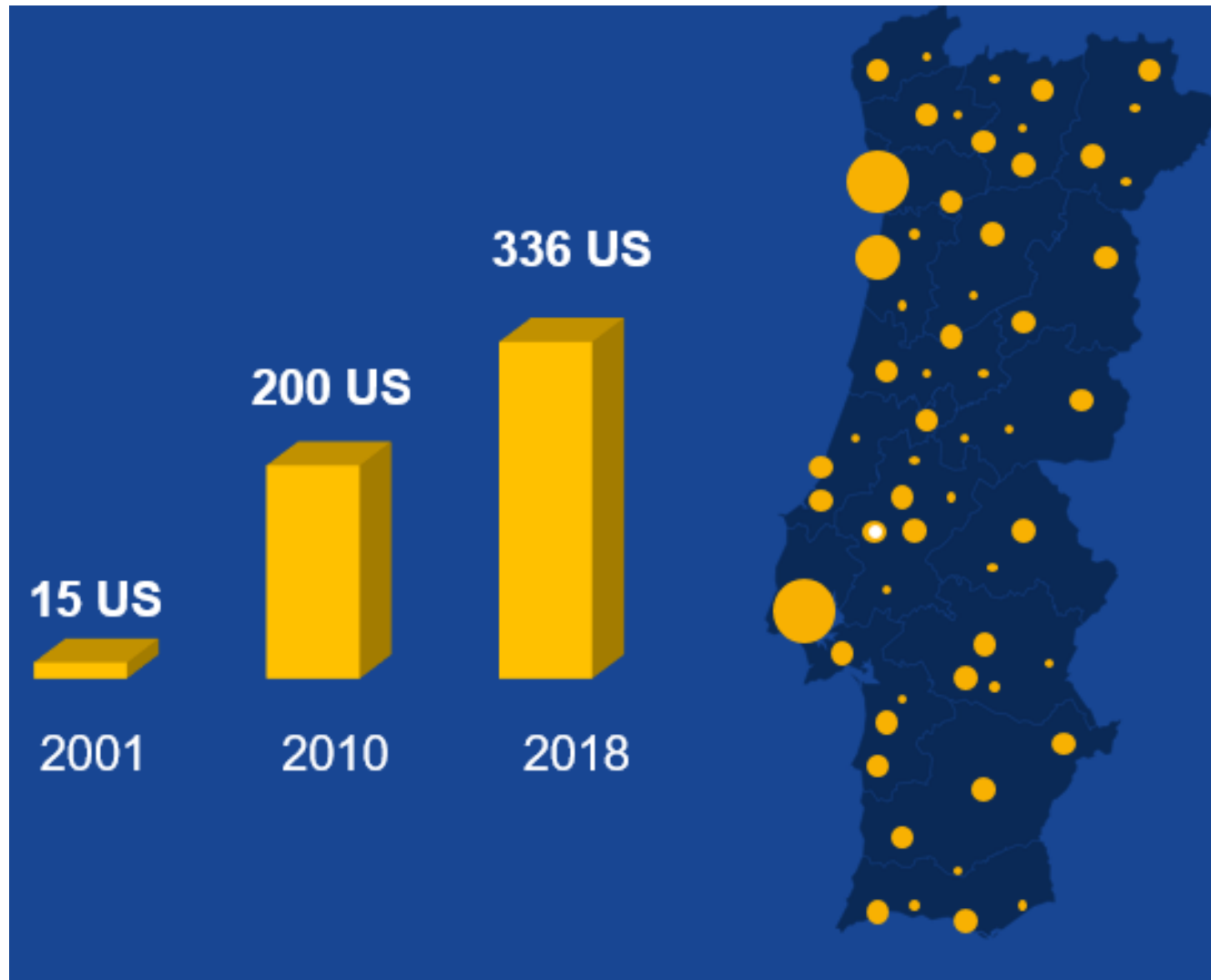
- RUTIS develops several training sessions for the community.
- Some trainings are supported by the Commission and National entities



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.
- ▶ **“The results of the action of the "Senior Universities" - are unquestionable as to the well-being that they offer, both in the reinforcement of the perspectives of insertion and social participation, and in the improvement of the conditions and quality of life of the people who attend them.”**

Third Age Universities - National Level



Third Age Universities - International Level



347

Senior Universities

50 to 2000 students

+ 6300

Classes

Average of 20 per SU

+ 45.000

Students

75% women

60-70 anos

+ 5.500

Volunteer teachers

30% have less than 40 years

-20%

Anti depression medication

5X

More social contacts

2X

Happier

7X

Less depress



“The Senior Universities have a positive impact in the health of their students.”

Cost of the SU in comparison with Social answers



10X

Clubs and gyms

27X

Less than day cares

30X

Less than home support

75X

Less than old age homes

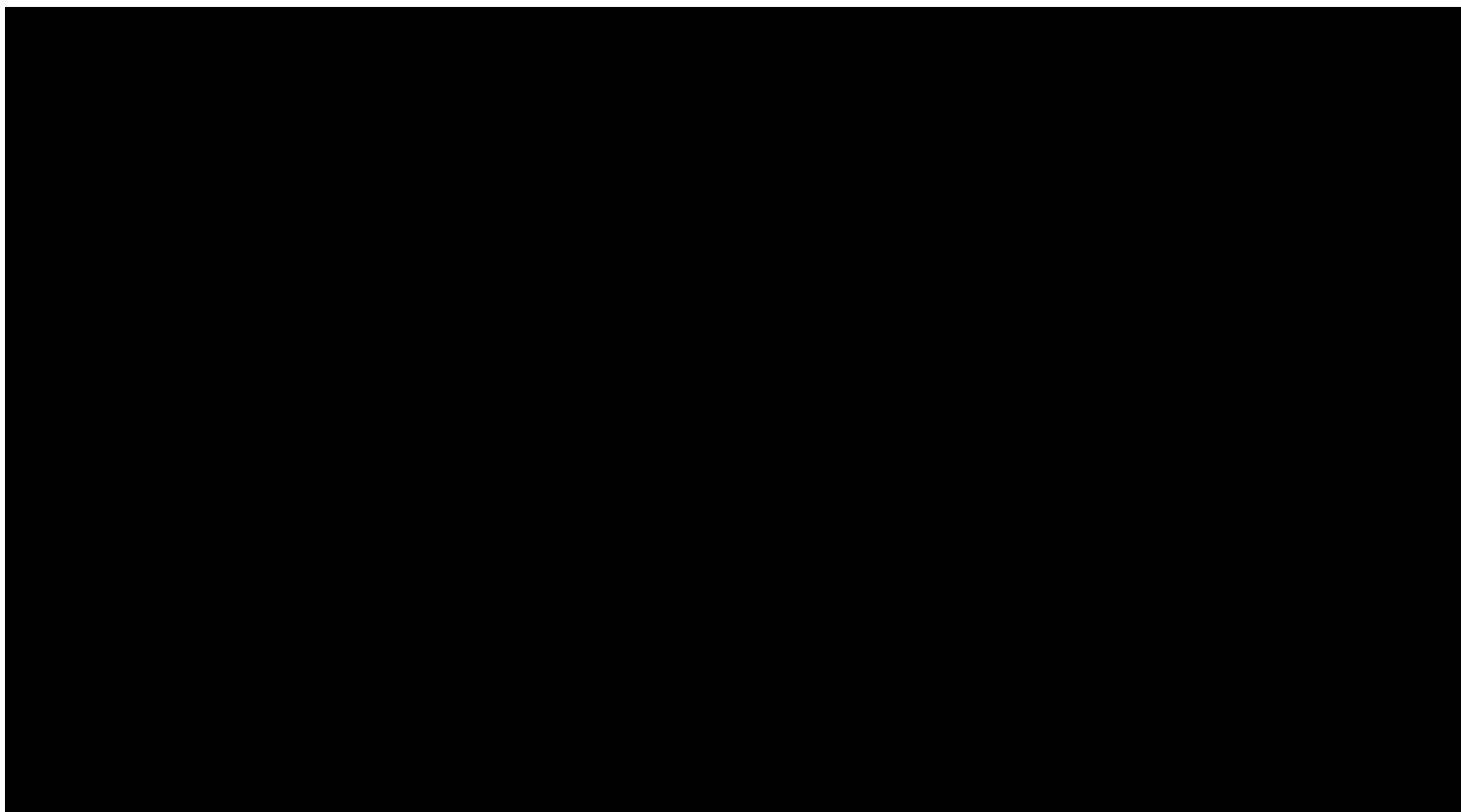
For the price of

2 people in homes

can

150 students in a SU







**If you already have the school of life,
Attend a senior university!**

Thank you for your Attention!

► Giselle Janeiro

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