

# Starting a U3A

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Starting and running a U3A is a rewarding experience for you personally and for your community. Here is the process:

- Contact U3A South Australia ([u3asouthaustralia@gmail.com](mailto:u3asouthaustralia@gmail.com) or through the website [www.u3asouthaustralia.org.au](http://www.u3asouthaustralia.org.au)). They can provide you with information, advice and ongoing support. Seeding money may be available to cover initial expenses.
- Learn about U3A. Familiarise yourself with the publicity material available so you can give a brief but accurate answer which will win people over to your cause. Don't confuse people with too much information.
- Let people know what's in it for them. Rather than explaining the name or history, tell them how they will benefit: low cost leisure learning and activities, the opportunity to meet people who share their interests, warding off dementia, making the most of retirement years.
- Gather a small circle of helpers to work with you through to the first big milestone: a public meeting to formally launch the project.
- Publicise the project and the meeting to ensure its success.
- Look for people who have the skills to be future committee members or group leaders.
- Invite U3A SA and any neighbouring U3A to attend the public meeting to assist with explanations. Be aware that every U3A is different and a product of what its members want so you will not be a carbon copy of any other U3A.
- Inform everyone at the public meeting of your intention to start a U3A, ask for volunteers to form a steering committee to achieve that goal, and acquire as many names with contact details (especially email addresses) as possible of those who want to become members and may even help by becoming group leaders within their area of expertise/interest.