

What is Included

1. A small selection of short and long-term online [Affiliate Courses](#)
2. Weekly expert forums on current topics,
3. Recordings of sessions, and
4. The U3A Newsletter with updates, events, and news.

Affiliates may access online courses, forums, and recorded proceedings, but cannot participate in any face-to-face courses or activities at U3A Canberra.

The Affiliate fee only covers program access. Joining the Affiliates Trial Program does not make you a U3A Canberra member.

Eligibility

- You are new to U3A Canberra and not currently a member
- You are over the age of 50
- Participation is for individuals (no joint participation available)
- You have access to a computer with an internet connection and skills in using programs required for online group activities (e.g. Zoom)
- You agree to comply with U3A Canberra policies and the [Code of Conduct](#)
- You understand that any breach of the policies or Code of Conduct will result in removal from the program and forfeiture of any fees paid
- You agree to use only online forms of communication with U3A Canberra
- You acknowledge that access to online courses and forums is subject to availability and agreement of the course leader
- You agree to pay any course fee (e.g. contribution to the cost of Zoom license)
- You acknowledge that you may participate only in online activities
- You acknowledge that you are not eligible to participate in any other course or activity advertised in the U3A Newsletter or website, which includes face-to-face courses and activities available only to U3A members
- Pay the non-refundable fee of \$10 (for the trial)

Details are provided on page 2 of how to enrol in courses.

If you have any questions about the trial please direct them to the Membership Secretary – membership@u3acanberra.org.au

How to enrol in Courses

- [Apply for Affiliate](#) membership
- When you have paid, you will get an Affiliate number.
- Visit [Courses – Affiliates](#) (login using your Affiliate number). For the course you want, read the full details and contact the Course Leader.
- Most Course Leaders indicate a date for the first day of enrolment. You may apply to enrol any day after that date, providing there are still vacancies in the class. Affiliates should not contact Course Leaders about enrolling prior to that date.
- Course Leaders are not obliged to take a waiting list when their class is full, but some may opt to do so. Please let the Course Leader know if you no longer need to have your name on their waiting list.
- If you find that you are unable to continue a course after it starts, please advise the Course Leader promptly as this may create an opportunity for another affiliate or member to join the course.
- If your preferred course is full when you apply to join, please be flexible and find one that does have vacancies. Affiliate fees are not refundable if your targeted course is full.

Course Fees

- Fees vary across courses and are in addition to the fee paid to participate in the Affiliates Trial. The course fee charged will usually be for support of the Zoom (or equivalent) licence. Course Leaders receive no remuneration for conducting courses, but they are entitled to be reimbursed by classes for all their costs if they choose to seek reimbursement.
- For courses of 12 weeks or less, fees are generally payable in advance on the first day of the course. This may vary at the discretion of the Course Leader.

Affiliate Courses

Courses vary in duration and can start at any time through the year. Some function as informal interest groups, letting you enrol anytime.

Details of new online courses and changes to existing courses are publicised on our website.

SHE121.04 — JOHN BEANEY

Healing Ourselves and Our Planet (Tuesday) VIRTUAL COURSE

We should be living in a time of unprecedented good health. Instead, we have switched from the infections of the 19th century to our current, mostly non-infectious, chronic, disabling diseases. In addition, we are overshooting the boundaries that protect our precious planet. Let's investigate what constitutes personal and planetary good health, re-engage with nature, and regenerate what we have lost. Expect me to challenge current dogma and expose myths. No prior knowledge is required, but do bring an open, enquiring mind and a sense of humour.

L116.07 — Peter Crawford

Latin Reading B (VIRTUAL COURSE)

This course is designed to strengthen fluency in reading Latin. This will involve expansion of vocabulary and close analysis of grammatical constructions encountered in the readings. Selection of readings chosen by group discussion. Currently reading Aeneid Book 4

L148.04 — Claire Lane

Mandarin Beginners (Virtual Course)

Although this group has been running for over 4 years and has covered basic vocabulary and grammar it is slow paced and friendly. We use free apps to chart our progress and meet online once a week. We will be using Hanban Book 1 – New Practical Chinese Reader (Ed 1)

CUA011.16 — WAYNE RYAN

Current Issues, Ideas and Opinions (VIRTUAL COURSE)

Virtual by Zoom. Each week a group member chairs our informal discussion of 3-4 articles chosen by them and available online. The articles can come from, for example, the previous Friday's Australian Financial Review and any articles freely available online such as The Guardian, The Conversation or the BBC etc.

M093.15 — Peter Bazeos

Popular Music- Artists of Our Time (Virtual Course)

Covers genres of popular, jazz, gospel, rock'n'roll et al. Course is run on a personal level where I recall performances I have attended or rely on moving moments in my life. Participation is encouraged and all that is required is a passion for this form of entertainment. I offer clips from YouTube, DVDs, CDs and refer to bios and discographies as sources.

CUA066.05 — Alex Gosman

Conversations with the Famous and not so Famous (VIRTUAL COURSE)

On a mostly fortnightly basis this "zoom" based course offers an intimate conversation with a prominent Canberran, and on occasion "outsider", to discover what makes them tick and what have been major influences and events in their life.

Like the ABC Program "Conversations" the course is designed to "draw you deeper into the life story of someone you may, or may not, have heard about." Guests will be drawn from politics, the arts, academia, sports, media and everyday life. Past guests included Justice Michael Kirby, Jenny Hocking, Don Watson, Tim Hollo, Fred Smith and Kim Cunio.

SHE121.03 — JOHN BEANEY

Healing Ourselves and Our Planet VIRTUAL COURSE (Friday)

We should be living in a time of unprecedented good health. Instead, we have switched from the infections of the 19th century to our current, mostly non-infectious, chronic, disabling diseases. In addition, we are overshooting the boundaries that protect our precious planet. Let's investigate what constitutes personal and planetary good health, re-engage with nature, and regenerate what we have lost. Expect me to challenge current dogma and expose myths. No prior knowledge is required, but do bring an open, enquiring mind and a sense of humour.

CUA045.19 — Carol Flynn

Course 2: Managing Your Retirement Investments - (Virtual Course)

This course follows on from Course 1: Understanding your Superannuation. It is focused on deeper understanding of how each of your retirement investments and entitlements works in your portfolio to provide your returns/interest. The knowledge/experiences of the group will enrich our understanding and empower our discussions with our financial advisers. Attendance at Superannuation Course 1 is assumed; either concurrently or in previous semesters. Course program is available. The course is live on Zoom.

R118.01 — HELEN WOODBRIDGE

Breathing Space - Online Mindfulness Meditation for Chronic Conditions (Virtual Course)

Mindfulness meditation uses the flow of the breath to clear the mind. This reduces stress, which helps the body relax and refresh. It creates a breathing space in which people feel more grounded and better able to cope with their chronic conditions.

In this weekly one-hour Zoom session the coordinator plays one or two carefully chosen mindfulness meditations from well-tried online sources and there's usually time at the end for a bit of mutually supportive conversation.

There is no religious or spiritual agenda, no dogma or pseudo psychology, just an hour of calm.

105.07 — Masako Yamasaki

Japanese III (Advanced) - VIRTUAL COURSE

Japanese conversation, writing, reading and culture.

L067.12 — John McKinlay

Latin Reading C (VIRTUAL COURSE)

This group reads Latin texts by classical authors. Participants need to have a knowledge of Latin grammar and a basic vocabulary.