

## **U3As INTERNATIONAL COMPETITION**

### **APRIL – AUGUST 2020**

#### **RULES**

##### **Competition number 1: Poetry**

You will write a poem on the theme of "Seniors and the art of living in all circumstances". You can take inspiration from the haiku format:

The haiku is a very short form of poetry made up of seventeen syllables in three lines (5-7-5)

##### **Competition number 2: Drawing/painting**

On the support of your choice (paper, cardboard, plastic, etc.) you will draw a drawing or a painting on the theme of "Seniors and the art of living in all circumstances". There are no particular rules when it comes to the creation tool (brush, markers, charcoal, calligraphy).

##### **Competition number 3: Creativity**

Ingenious, manual, a hidden talent? You can join this category by creating all kinds of things, cut paper, origami, masking tape (creative hobbies with scotch tape). You are free to create what you want according to your skills.

##### **Competition number 4: Singing**

Record a song, or write a song about the University of the Third Age, which may become the next official anthem of the U3A.

##### **Competition 5: Photography sport**

Display your sports commitment in all circumstances! Take a picture of yourself or your activity and share your sportsmanship in a few comments.

