



UNIVERSITY OF ECONOMICS IN BRATISLAVA SLOVAKIA  
UNIVERSITY OF THE THIRD AGE

**„THE POST-COVID PERIOD,  
SPECIAL CHALLENGES FOR SENIORS“**  
(3 basic steps)

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April, 2022 Athens



THE RECTORATE BUILDING OF OUR UNIVERSITY.  
OUR FACULTY BUILDINGS, A LIBRARY AND A  
MODERN CEREMONY HALL ARE AROUND.



Our university - public research university with tradition and extensive experience. Our university is ranked as **No 1** university by quality of economic and business research in Slovakia.



**„IT'S NEVER TOO LATE TO START SOMETHING NEW“**

It is the key idea of our university of the third age, which has been working with seniors and for seniors several years and the number of older students is increasing in all study programs every year.



## THE POST - COVID PERIOD, SPECIAL CHALLENGES FOR SENIORS

On March 9, 2020, a pandemic started in the Slovak Republic.

We did not know how we would live the next few days and we did not know that it would be two years.

At the beginning of the pandemic, the seniors had many positive and optimistic emotions. Positivism has passed and some seniors have become emotionally closed.

## **THE POST - COVID PERIOD, SPECIAL CHALLENGES FOR SENIORS**

After two years of isolation, it is difficult for seniors to adapt to the world after Covide.

Some are still afraid and do not want to return to normal life, they do not want to contact. Some seniors say they have lost two years and the end of their lives will come faster. They can't turn back time.

**Our U3A student Magda said: "Seniors came out of isolation smaller.,,"**

Seniors must find the world again, step by step.

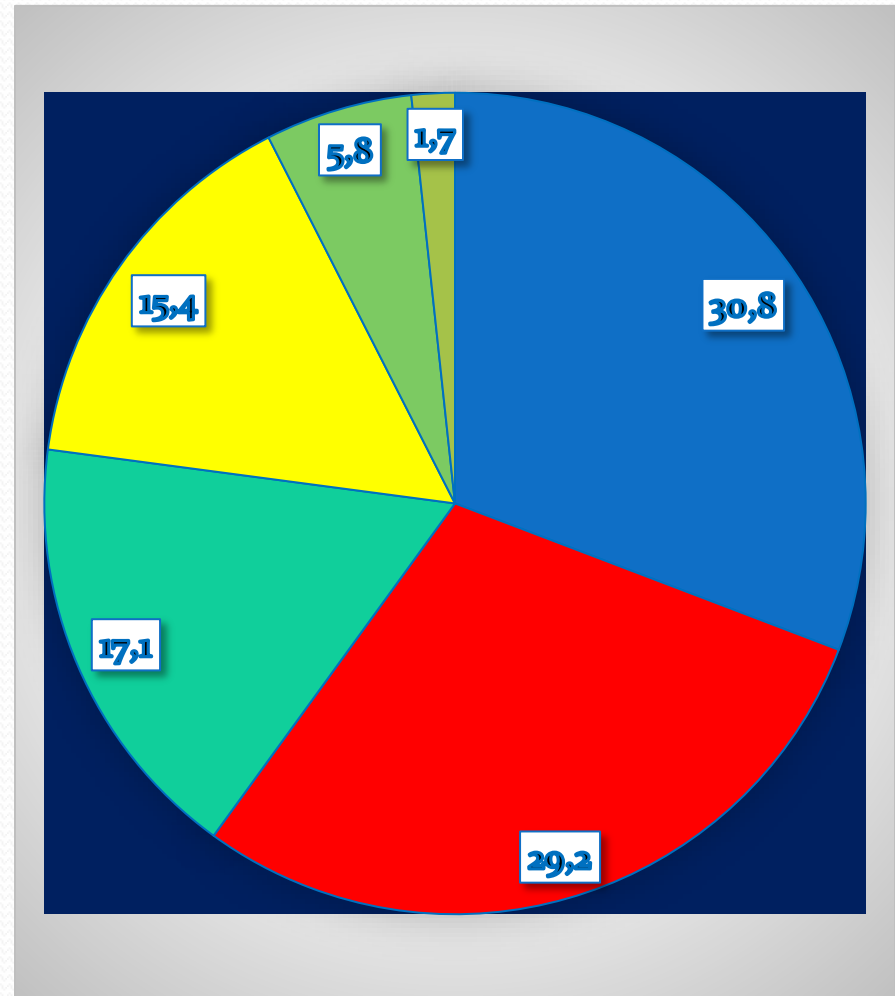
# ONE QUESTION FOR A THOUSAND SENIORS



The seniors answered the question by e-mail, telephone or in person. We have processed the answers and used them strategically in our U3A management.

# WHAT HELPED YOU MOST DURING THE PANDEMIC AND ISOLATION?

- 30,8 percent religion
- 29,2 percent family, friends, U3A, communication
- 17,1 percent interest creative activities, brain employment
- 15,4 percent television, radio, media, information
- 5,8 percent computer skills
- 1,7 percent medicines and alcohol



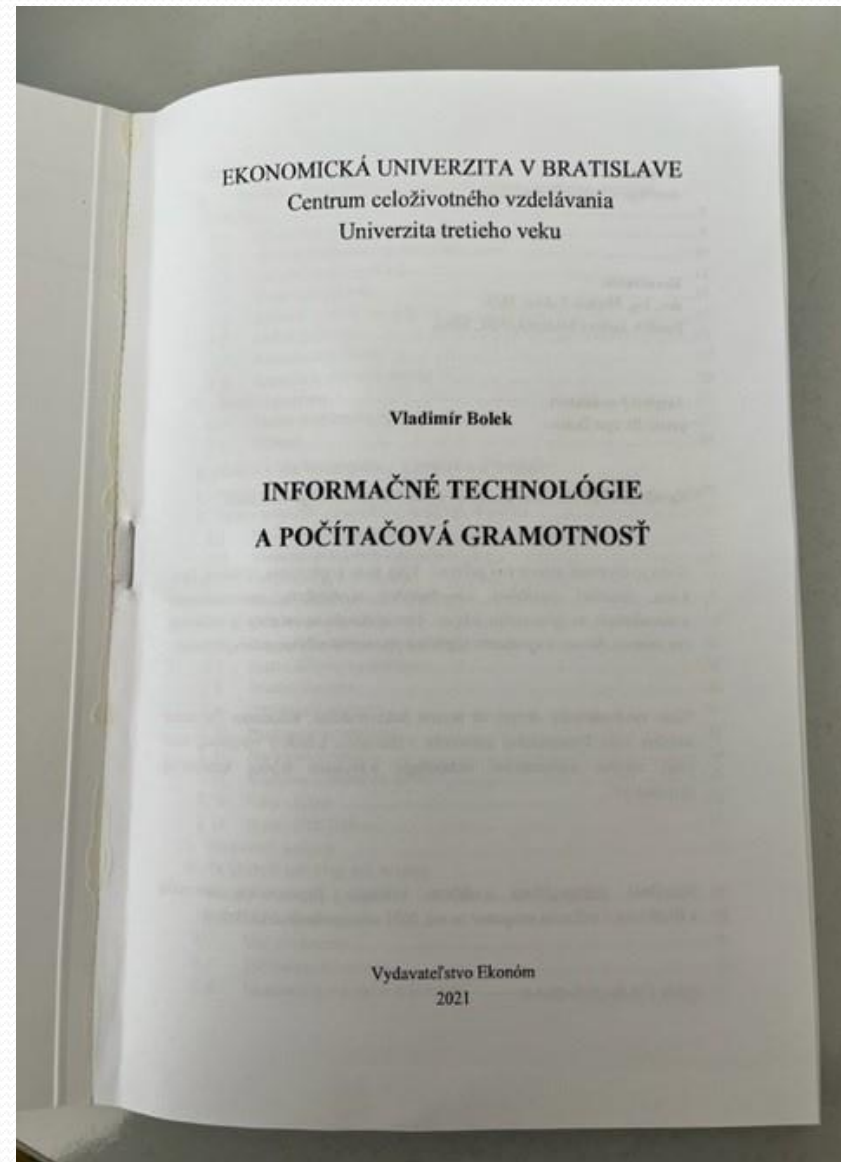


## THE POST-COVID PERIOD SPECIAL CHALLENGES FOR SENIORS

The answers to the questions helped us to assess the risks of the planned activities and teaching. We need to look to the future.

We have to plan all the activities, we start with small activities, pleasant activities and later the frequency will increase.

Computer skills are very important for seniors. In December 2021, we published a textbook, **Information Technology and Computer Literacy**, especially for seniors.





## THE POST-COVID PERIOD SPECIAL CHALLENGES FOR SENIORS

It took time to adapt to pandemic life. It will also take time to adapt to life after the pandemic.

We want to help seniors, return to a normal life.



## THE POST-COVID PERIOD SPECIAL CHALLENGES FOR SENIORS

The Covid period surprised all of us, a lot has changed in our lives and we have not been prepared for this period.

The post-Covid era is a new era, a new chance. A lot has changed and a lot will change around the world. We will all have to get used to the new changes and it will be more difficult for seniors to adapt. They were isolated, their activities were stopped, their physical activities were limited and their mental and physical health was affected.

This is a barrier to a new normal life to which they adapt.

## THE POST-COVID PERIOD SPECIAL CHALLENGES FOR SENIORS

**We have identified 3 steps to return to a normal life for seniors.**

- 1. Slowly** - it is not possible to speed up the transition to normal life.
- 2. Regular communication** with seniors, we must also talk about negative emotions.
- 3. Movement**, movement, movement - we focused on movement and sports activities.

**CONCLUSION** - the key role of all 3 steps:  
**BALANCE OF MENTAL AND PHYSICAL CONDITION.**

## OUR NEWS



Seniors in the academic year 2021/2022 studied full-time.

They interrupted their studies in December and resumed from January.

In January, we opened new summer study programs.

**BEEKEEPING (our university has its bees and apiary)**

**GOLF FOR SENIORS**

**SENIORS SELF-DEFENSE**

















## OUR NEWS

Our university has been cooperating with the mayor of Bratislava-Petržalka for several years.

Every year we organize many events for seniors.

The mayor of Bratislava-Petržalka and the rector of the University of Economics in Bratislava together opened a **CLUBHOUSE FOR ACTIVE SENIORS**.

This is a place, where seniors like to learn, where they like to laugh, where they feel good, where they meet, where they develop their interests.



## **CLUBHOUSE FOR ACTIVE SENIORS**

...table tennis, petanque, billiards, board games, darts, memory training, dancing, singing, playing the accordion, keyboard, practicing yoga, zumba, pilates, reciting poems...

Many other activities for body and brain balance.

The clubhouse also has a large garden.

In March 2022, 627 seniors visited the clubhouse.

**Summer activities 2022 - excursions, two summer universities, in Bratislava and outside Bratislava.**

































THANK YOU VERY MUCH FOR YOUR ATTENTION!

