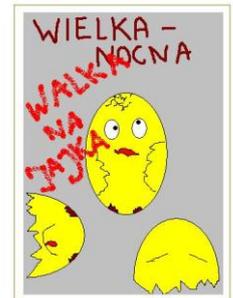


About us

Our seniors group Connecting +55 was organized by the retired employees of the Gdansk University of Technology (GUT), in Polish Politechnika Gdanska (PG). Our group meets every Friday at 15:15 in a modern computer laboratory of the Electronic, Telecommunication and Informatics Faculty. Except of the computer course we have the possibility to improve our English language (e-senior English Club), to look at many interesting photos (e-senior Photo Club), to train fitness and Nordic Walking (e-senior Fitness Club). Our new Grundtvig Partnership project LLLab has just started. [LLLab stands for LifeLong Learning for Active Citizenship and Capacity Building](#). There is a long list of objectives of the partnership. The most visible is the set of six workshops for the employees or members of partners' organizations. Up till now we delivered two workshops "Make your own postcard" and "Draw your Easter egg".



What is important for Gdansk citizens

The Latin sentence on the arms of Gdansk "NEC TEMERE, NEC TIMIDE" was given by the Polish king Kazimierz Jagiellonczyk in 15th century. This time and 16th century it was the "Golden age" in the history of Gdansk. In English this inscription means "Not boldly, not timidly = without of temerity, without of timidity".

It was timely in particular 30 years ago, when the strike of the Gdansk ship-yard workers and the movement of "SOLIDARITY" union initiated the democratic changes and damaging of the "iron curtain" between the West and East Europe.

Welcome to our beautiful country

The history of the Poland State dates from adoption of Christianity in 966. The capital of Poland -Warszawa as well as Gdansk were almost completely destroyed after the 2nd World War. Now they are again beautiful towns.

Near Warszawa, in the village Zelazowa Wola, 200 years ago our greatest composer and pianist Fryderyk Chopin was born. In connection with this anniversary many wonderful concerts of his music are organised. Our old capital Krakow is a famous town with many ancient monuments. Very interesting objects of the architecture and arts you can see also in Zamosc, Kozlowka, Krasiczyn and other towns in the South-East part of Poland. Many tourists arrive to the beautiful town Zakopane in our highest mountains Tatry. In the North-East part of our country we have the "Land of thousand lakes", named Mazury. It was lately nominated to the miracles of the world. Near of this land, in the virgin forest Bialowieza, you can find a reserve of the European bisons. Many interesting places you can visit in our old and big towns: Wroclaw, Poznan, Gniezno, Szczecin.

Our **Connecting +55 group** is living upon the Baltic sea, in the agglomeration of three cities : old Gdansk, the spa Sopot and the modern harbour town Gdynia.