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Oban u3a members Alastair and Zoe travel by ferry and car to make the journey from their home on the Scottish island, Luing, to the mainland where they lead their geology group each month.

During Volunteers' Week (1 – 7 June) we're shining the spotlight on some of the exceptional individuals who give their time to make u3a such a joy for its 400,000 members.

Retired teachers Alastair and Zoe go above and beyond to lead Oban u3a's Geology Group. They travel by ferry and car to make the journey from their home on the tiny Scottish island of Luing, to Oban on the mainland, loaded up with projectors, screens and equipment for field trips.

"We do different things all the time," explains Zoe, "We show slides, people can catch up, it's quite a social group. People just join in and get what they want out of it."

The couple love volunteering for the u3a and Alastair admits, "We do this as much for our own benefit as anyone else's!"

The u3a movement is made up of members who contribute their time and energy to run groups, serve on committee - and many other roles that keep the movement going.

There are more than 1,000 u3as across the UK with many hundreds of different interest groups, everything from Egyptology to crafting. [Join u3a.](#)

Our new film, 'u3a off the wall - be part of something bigger' celebrates volunteering within u3a. [Watch it now on the u3a YouTube channel.](#)