

Video Transcript

The love of a lifelong learning programme

Lifelong learning is really important for keeping the mind active, having some sense of purpose, and also for contributing to better quality of life because people are getting up in the morning, they're going down to the classes, they're making new friends, keeping your brain active, and of course you're also contributing your expertise and knowledge to the university.

We have all sorts of people coming into the university, from homemakers, traditional homemakers, right up to CEOs of leading institutions who are now retired.

And a lot of people may have had an interest, they may have been working in an area, for example, in financial services, and now they've decided that they've retired, they'd love to explore their interest in history or humanities or jazz or you know, American politics. It's all out there for them.

It's only just there to be taken and you can take part in all of those programmes.

So the age range of the profile of people coming into the university is, in our programme, it's about 40 upwards.

So we have a wide range of people coming in really from their mid forties up until their mid nineties.

If you were to look at what success looks like for us in the age friendly university, it's not about academic achievement, it's about the impact on the individual when they leave our university, having had a wonderful day, having had a great learning experience, having made new friends and having, you know, given them something that they hadn't thought about before.

So it's really, really great to have that sort of sense of camaraderie and focus to people's lives, and we try to do that as much as we can in the AFU unit.