Video Transcript

What is an Age-Friendly University

My name is Christina O'Kelly.
I'm the Age-Friendly Coordinator in Dublin City University.

The Age-Friendly University was established by DCU to improve age inclusivity on campus of older people. It's very, very important as Ireland has a rising ageing population, and we wanted to have a university that embraced all ages, not just young people. Anybody can join the Age-Friendly 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 of course, academics as well who are also retired.

So you can come to DCU and take a module, which is the same as a course, and you can take the module without having to do the exams or assignments.
And you also get a student card and you're part of the the DCU community.

We also have a lifelong learning programme, which are what we call softer options, where we do genealogy, life writing, history, creative writing, arts programmes, and a whole range of other things.

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, they're engaging in learning.

You're keeping your brain active, and of course, you're also contributing your expertise and knowledge to the university.