

Video Transcript

Why lifelong learning matters

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.

Well, of course, 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.

So the Age-Friendly University is really far more than just about education. It's about quality of life and impact of life.

Learning has consistently shown in our research that lifelong learning is absolutely essential to have good positive ageing outcomes and that's not just for older people, it's for everybody.

The European Union is currently involved in a green paper on ageing that looks at those areas.

So intergenerational learning, lifelong learning, and of course, goods, products and services aimed at older people are really, really important to the success of the EU and to Ireland as we age in the future.