

“I have successfully learnt the Social Networking tools, and also made new friends during the programme. I enjoyed the intergenerational bonding activities between the younger and elder generations.”

Shirley Teo, 55, senior participant at Temasek Polytechnic's Social Networks ILP

“My buddy is an active learner and is very enthusiastic and passionate towards acquiring new knowledge. Through sessions, I knew more about how the ILP seniors learn and the ways they prefer to learn.”

Ren Ziyu, 16, Raffles Institution's ICT ILP

“Feeling the energy from all the students has helped me learn how to think, reflect and look at life from a different perspective. Thanks to the students, I am reminded that as long as I live my life to the fullest and am happy, I would have lived a life of no regrets.”

Mah Hwee Leng, 55, senior participant at Republic Polytechnic's Health Management's ILP



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Lifelong Learning



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“Are you still a student? I expect I shall be a student to the end of my days.”

- Anton Chekhov,
Russian Dramatist and Writer

C3A aims to cultivate the concept of lifelong learning and active living while enhancing mental and social wellbeing of seniors. Through learning, intergenerational bonds can be strengthened. Seniors can also make new friends, form interest groups and thus enlarge their social circle.

Intergenerational Learning Programme (ILP)

The ILP aims to encourage intergenerational bonding by matching youths and seniors in a group learning environment. Through practical lessons such as Skype, Facebook, managing health and laughter yoga, seniors acquire new knowledge while youths share theirs and learn character building.



Three primary objectives of ILP are forging intergenerational bonding between the youths and the seniors, promoting active living by enhancing mental and social wellbeing among seniors as well as improving public perceptions and attitudes towards ageing.

C3A works with partners such as schools, grassroots organisations and VWOs to roll out this initiative and to reach out to more seniors through their networks. Studies and testimonies from the participants have proven that the ILP has effectively bridged generational gaps. C3A will also inject new elements into the programme based on feedback from seniors.



Programme Structure

- Each senior will be paired with a student
- Seniors must be 50 years old and above
- Programme consists of 5 to 8 consecutive sessions

For more information about ILP, please contact ilp@c3a.org.sg

You can also check out www.c3a.org.sg/activity for upcoming ILP programmes.

