

Press Release
4 May 2023

Never Stop Dreaming, urges U3A

In support of the United Nations' (UN) Decade of Healthy Ageing, the U3A ("University of 3rd Age") Network of Hong Kong, co-founded by HK Electric and the Hong Kong Council of Social Service (HKCSS), launched the "U3A Dream+" scheme today, encouraging local retirees to pursue their dreams and continue contributing to society, while promoting healthy ageing.

"U3A Dream+" is open to retirees aged between 55 and 75, who are invited to submit their dream project proposals, either individually or in teams, via U3A self-learning centres. Submissions will be assessed by a judging panel comprising representatives from HK Electric, HKCSS and experts from the social and elderly service sectors. Each shortlisted entry will receive funding up to HK \$20,000 for implementation from July this year to March 2024, and compete for outstanding awards in April 2024.

HK Electric General Manager (Public Affairs), Ms. Mimi Yeung explained the concept behind the new initiative, "The UN has designated 2021 to 2030 as the 'Decade of Healthy Ageing', advocating cross-sector collaboration to improve the lives and communities of the elderly, thereby building an ageing yet healthy society. To echo this, we have designed this new scheme under U3A to empower retirees to unleash their potential, turning dreams into reality and co-creating social impact."

Business Director of HKCSS, Ms. Grace Chan, added, "HKCSS and HK Electric have been working together to promote active aging through U3A. This year we took it further by accentuating the UN theme of 'healthy ageing', encouraging retirees to develop their own dream projects that promote personal physical and mental well-being, social harmony or environmental protection."

"To obtain funding, projects have to be relevant to the theme, be highly self-driven and effective in using resources, while creating social value. This is not only in line with U3A's advocacy in self-managing and serving the community, but also with the UN's appeal to address global ageing."

To allow more to understand the U3A programme and the "Dream+" scheme, a briefing session was organised to introduce the details and key points of the UN's Decade of Healthy Ageing. About 25 representatives from U3A and elderly service centres attended, with many saying that their members were excited about the opportunities to realise their dreams and serve the community. Application deadline of the scheme is 16 June 2023.

Meanwhile, U3A has commenced the 2023-24 academic year with the same theme of “Healthy Ageing”. On top of funding interest classes organised by U3A students, four thematic talks will be delivered by professionals on personal growth, social harmony and community enhancement. The first one will take place on 2 June for enrollment through U3A centres or HKCSS.

The U3A programme is supported by the HK Electric Centenary Trust and coordinated by HKCSS where elderly service agencies receive funding to run self-learning centres that provide courses conducted by the elderly for the elderly. Since its inception in 2006, over 8,900 such courses have been arranged, providing more than 151,000 learning opportunities for local retirees. In recent years, U3A has expanded to attract younger elders with a view to mobilising them to build an active and healthy ageing city. For more details on U3A and its self-learning centres, or the “Dream+” scheme, visit bit.ly/HKE-U3A, or call HKCSS at 2864 2957.

Photo Captions:





Some 25 representatives from U3A and elderly service centres attend a briefing session to find out more about the “U3A Dream+” scheme.



Two U3A leaders, Candy Yip (middle) and Alice Yeung (right) share in a radio interview on how the U3A programme has enriched their social and retired life.



Esme Lau (right) and Yee Tak-chow (middle) explain how they continue to leverage their expertise and experiences to give back to society after retiring from their capacities in the commercial sector.

社聯 HKCSS 香港第三齡學苑 港燈 HK Electric

U3A Dream+

2023-24 第三齡夢想+ 計劃

只要你有好構、好主意有助達至聯合國所提倡的「健康老齡化」主題，就要把握機會參加「第三齡夢想+ 計劃」，踏出達成「小確幸」以至「大夢想」的第一步！

參加資格

- 個人或團體皆可
- 個人參加者年齡須介乎55至75歲
- 團體人數不限，惟半數成員須介乎55至75歲

審批准則

- 切合「健康老齡化」主題* (30%)
- 籌劃及自發參與 (25%)
- 個人或社會效益 (25%)
- 有效運用資源 (20%)

參加規則

參加者須透過U3A中心提交計劃書，並清晰包括(但不限於)以下內容：

- 團隊成員資料
- 自發計劃的目標及具體構思
- 預期果效
- 開支預算
- 預計開始及完成日期

每項獲選計劃書可獲資助上限港幣2萬元。

*詳情可參考聯合國網站

計劃進程

- 截止申請日期
2023年6月16日
- 面試日期
2023年7月7日
- 推行日期
2023年8月至2024年3月
- 匯報及角逐優秀項目
2024年4月

歡迎致電社聯查詢
2864 2959

香港第三齡學苑

耆思妙想 · 成就夢想

Healthy Ageing
健康老齡化

The “U3A Dream+” scheme provides funding for retirees to pursue their dream projects while generating social value.