



89-year-old student aims to help others through lifelong learning

Wong Yip-wan

Short course in Social Policy and Services for the Elderly

“Live and learn” is perhaps the most suitable description of the attitude of Wong Yip-wan, an 89-year-old student who is still learning diligently. In 2014, he completed a short course on Social Policy and Services for the Elderly at PolyU SPEED, aspiring to help himself and others.

A dream of pursuing doctoral degree

Yip-wan took a number of short courses at PolyU SPEED which span different academic disciplines, including economics and psychology. “I started my working life at the age of 12 and retired at 50 due to the closing down of the factory,” he said. “For me, life actually began after retirement as I seized the day to enrich myself through learning, an opportunity I did not have when I was young.” As a father and grandfather, Yip-wan no doubt enjoyed more than enough support from his family in pursuing his studies. Yet he insisted on paying his own tuition fees as he wanted to fulfil his dreams with his own savings.

Undoubtedly, Yip-wan is a keen learner who is passionate about knowledge. One of the key reasons for him to

enrol on the short course in Social Policy and Services for the Elderly is that it provided a lot of useful information about the silver hair generation such as the statistics of an ageing population. “I want to know more about the elderly population in Hong Kong, its future situation as well as its global trends. It is worthwhile to complete the course and I am striving for the dream of pursuing a doctoral degree in future,” Yip-wan said.

Sharing tips to stay healthy

Apart from reading and studying, Yip-wan said he was also interested in examining the relationship between plants and human well-being. “The key to good health is to go to bed and get up early, and maintain a balanced life. I get up at 4am every day to do exercise,” he revealed.

“The key to staying healthy: maintain a balance in life, work, diet, exercise and everything.”



Yip-wan believes that to stay healthy it is important to maintain a balanced life.