



## **The University of Granada teaches elders how to be healthy and live 120 years**

LOCATION: Granada

DURATION: 1:35

**SUMMARY:** Every Thursday more than 50 elders meet in Granada to assist to classes that teach them the keys of active aging, that will allow them to live 120 years. The teachers are volunteers from the University of Granada. Also, every elder has a young student assigned so they can develop a solid friendship during the course.

### **VTR:**

#### **Ambience**

*"The smile we want to keep and take home. No one can pass that door being serious."*

Because humour is one of the keys of longevity, and that's what this class is all about: learning techniques to live more than 120 years.

*"And just because there aren't more, either way I would live them."*

#### **STUDENTS**

*"I want to love for long, I don't want to leave. Here is nice."*

The average age of these Andalusian students is seventy-eight years old. The teachers are volunteers of the University of Granada who teach their students the keys of active aging to keep a good quality of life.

#### **RAMONA RUBIO Professor at the University of Granada**

*"Positive thought, that's determinant. A negative and pessimist person, that sees everything in black, shortens his own life and his quality of life."*

But in this class there are also students on their twenties. Each elder has a young student assigned so they can develop a solid friendship during the course.

#### **BORJA CORDERO Student at the University of Granada**

*"We met to come walking to Ms. Ramona's classes and he tells me how his day was, and I tell him how it went at the University, with exams, studying. As he isn't very good with technologies, maybe I help him sending an email or anything through the Internet."*

#### **RAMONA RUBIO Professor at the University of Granada**

*"There is a stereotype and many people believe about intergenerational rejection and elders associate young people with drinking in the streets, with the lack of values, etc."*

Free classes that need no inscription, just wanting to live happy.

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