

Organizer:

**Rotary**  
Club of  
Tsim Sha Tsui



**SERVE TO  
CHANGE LIVES**

# Super Golden Age

– Seniors Against the Pandemic  
Video and Photo Contests



Under the current pandemic situation, it is especially important to maintain one's physical and mental health. Let's pay close attention to the needs of the elderly and show the care towards them, so as to support the elderly in maintaining a strong physique as well as facilitate them in leading an independent life.

**Target participants: secondary school, college & university students**

## (1) "The Merry Silver-haired" video contest

- Film a 3-min video on activities or exercises to maintain/enhance physical health, cognitive skills or mental well-being of elderly with clear introduction and demonstration

## (2) "Good Old Memories" photo contest

- Interview an elderly aged 65 or above to learn about the activities or collectible items that they like/liked, and to take a picture with brief caption

Kindly read the contest rules and complete the attached application form and email the photo/ video to [rctst.supergoldenage@gmail.com](mailto:rctst.supergoldenage@gmail.com)

**Multiple entries are permitted.** Follow the link for more information on the enrolment

<https://www.facebook.com/RCTST/>

**Deadline on submission: 15th April 2022**

**Awards:** Gold/silver/bronze and merit awards for secondary and territory education group

The shortlisted entries will be voted on by a panel of judges and the public to select the winner of each award



Enquiry: [rctst.supergoldenage@gmail.com](mailto:rctst.supergoldenage@gmail.com)

Co-organizer:



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



康復治療科學系  
Department of Rehabilitation Sciences

Supporting Organizations:



Chinese YMCA of Hong Kong  
Lam Tin Centre