



SDG 3 / TWSGDG 3

確保及促進

各年齡層健康生活與福祉

建構樂齡生活，提升銀髮族生活品質

東華美崙校區自 106 學年起開辦樂齡大學，考量花蓮人口集中於花蓮市、吉安鄉，上課地點設立於美崙創新研究園區，服務高齡者。開辦後，招生人數逐年成長，證明花蓮市區高齡者逐年增加，願意走出家園，投入學習、交朋友聯誼的觀念逐漸開放中。在樂齡大學每學期的課程中，除安排一般養生保養課程外，科技技能、人際關係、休閒新知等，也都列入課程，陶冶高齡者願意服務及參予公益的熱誠，相互感染、分享之下，特別安排一些公益活動，讓高齡者藉由學習、分享，投入公益，例如端午節，節慶料理製作肉粽，多做些送給偏鄉學校學童，熱騰騰的肉粽讓孩子感受爺爺奶奶的熱情；安排參訪活動，前往榮民之家，與園區高齡者聯誼、做點心分享、歡唱老歌，大家樂融融。未來將與學校人文社會科學學院合作，代間學習，由大學生規劃社會服務，計畫樂齡大學課程安排至偏鄉小學去做公益服務，以爺爺奶奶的身分，去小學做繪本故事，三代相融，分享溫馨。

現代社會因醫療進步與飲食習慣改變，讓成人為以後的老年生活提早準備並能永續學習，讓銀髮族參與藝術活動確實可帶給生活更多的愉悅與滿足，同時也刺激其心智活動延緩身心老化，因此東華藝術學院遂規劃將教育內涵與身心健康促進結合的「青銀藝術多元學習課程」，同時為了讓青年學生對於長輩更加理解與關懷，學習共享長者的經歷與智慧，更舉辦了「樂齡關懷專題演講及工作坊」、樂齡機構戶外教學及音樂照護現場實作。

觀光暨休閒遊憩學系與弘道老人福利基金會合作，透過「2021 不老騎士 為愛千里」摩托車環島公益旅程，於 3 月 22 日環島第五站入住東華大學，並於 3 月 23 日搭配上 109-2 學期「休閒社會心理學」課程，與 60 多位觀遊系學生進行分組交流、練習隊呼等活動，學生們透過訪問阿公、阿嬤的追夢心情與生命故事，不但被不老騎士們的追夢勇氣與熱情所感動，也能學習到休閒心理學理論在熟齡生命週期的應用，以及休閒的重要性。



著重身心健康，推廣體育課程

在「健康」對人們愈來愈重要的前提下，東華著重身體與心靈雙重健康，才能真正呼應 SDG 3 的倡議，東華於 2021 年，各院系所舉辦許多與身心健康強化有關的課程或活動，希望可以讓教職員師生與社會大眾，一起體會健康的真諦。

1. 生命科學系發展跨院校轉譯醫學研究，主要包含「IL-10 在多發性骨髓瘤的轉譯醫學研究」、「EB 病毒作為間質性膀胱炎治療標的探討」、「腎源性尿崩症的分子病理」等研究計畫。
2. 心理諮商輔導中心舉辦眾多活動，含括生命安全、生涯發展、性別平等、自我照護、紓壓、網路安全、精神疾患之認識等，旨在照顧學生及教職員的身心健康，增進多元意識，學習互動及群體精神。
3. 共同教育委員會體育中心持續辦理推廣教育課程，並將所屬之體能訓練室、田徑場、體育館、游泳池、戶外球場對外開放付費使用。
4. 幼兒教育學系大學部學生於 4 月 17 日花蓮市明義國民小學參與「2021 玩具復活節」志工服務。
5. 體育系舉辦一系列針對在地與關懷弱勢學童之體育活動，如高教深耕計畫「嗨 High 起來冬令營」、強化在地關懷之體育系畢業專題翻轉運動「SDG 魔法運動營」、前進卓清國小辦理優質跨領域素養導向運動營，以及增進職場競爭力之「體育與運動專業證照說明會」。
6. 美崙校區提供在地花蓮四維與海星中學籃球校隊借用體育館。



▲ 東華體育系高教深耕計畫「嗨 High 起來冬令營」，落實偏鄉暨弱勢國小學童運動教育

3 GOOD HEALTH AND WELL-BEING



SDG 3 / TWSDG 3

Ensure Healthy Lives and Promote Well-Being for All Ages

Senior-friendly Facilities and Programs to Enhance Quality of Life

Leling University has been catering to senior citizens since 2017. Considering the population of Hualien gathers mostly in Hualien City and Ji'an Town, the class is scheduled at the Innovation & Research Park in Meilun Campus. The expanding service proves that seniors are increasing in the Hualien City area, as are the habits of going out, learning, and interacting with others. In addition to self-care and longevity knowledge, the course further covers technology skills, interpersonal know-how, and recreational ideas, as well as cultivates the mindset of serving public welfare. Through group impact and sharing of experiences, golden-agers make extra rice dumplings on Dragon Boat Festival for children in remote areas, bringing festive and heart-warming gifts to young ones; they visit veteran homes and spend quality time together making snacks, singing, and enjoying one another's company. For intergenerational learning, social services are planned by college students through future collaboration with the College of Humanities and Social Sciences. The making and telling of illustrated stories at elementary schools in remote areas by seniors promote interaction and the sharing of love.

Medical technology and diet advances now allow adults to prepare for aging and sustainable learning. Art is a good medium for accessing joy and fulfillment, activating mental activities, and delaying the effects of aging. Combining education and health through inclusive arts courses

for seniors, the Explanation and Workshop of Care for the Elderly, outdoor learning by institutes for elder care, and music care practice are some of the activities that the College of the Arts has organized to improve the young generation's care and understanding for elders and to learn from golden wisdom.

Partnering with the Hondao Senior Citizen's Welfare Foundation, the Department of Tourism, Recreation and Leisure Studies organized a 2021 bike trip around Taiwan and made NDHU its 5th stop for a night on 22nd March. The next day, joining sixty students in the Social Psychology of Leisure course for grouping, the members shared stories of their dreams and lives with the students. Touched by their courage and passion, students also learned the application of the life cycle at a more mature age and the importance of recreational activities.

Exercise Course for Mental and Physical Health

As people pursue the idea of health, Dong Hwa focuses on both mental and physical wellness, responding to the SDG 3 initiative.



In 2021, many courses and activities were held across colleges and departments to enhance health in the hope of bringing awareness to the faculty, the students, and the public.

1. The Department of Life Science and Institute of Biotechnology develops studies for cross-college translational medicine to cover projects of Translational Research Focusing on IL-10 in Multiple Myeloma, Epstein-Barr Virus as a Therapeutic Target in Interstitial Cystitis, and Molecular Pathology of Nephrogenic Diabetes Insipidus.
2. The Psychological Counseling Center has many programs to improve people's life security, professional development, awareness for gender equality, self-care, stress relief, cybersecurity, and psychological illness, improving the mental and physical status of both students and teachers, as well as enhancing diversity, interaction, and group spirit.
3. The promotion of educational courses continued in the Center for Physical Education with a physical training room, track field, sports hall, swimming pool, and outdoor sports courts for paid use by the public.
4. Students of the Department of Early Childhood Education participated in the 2021 Toy Easter Day voluntary service at Ming Yih Primary School on 17th April.
5. Hosted by the Department of Physical Education and Kinesiology, a series of sports programs for underrepresented children included the Higher Education SPROUT project's High Winter Camp; SDG Magic Sports Camp, a graduation project that stressed local care; quality cross-field foundation-oriented sports camp, and Introduction to Professional Exercise and Sports Certificates for professional ability enhancement.
6. Sports Hall in Meilun Campus for Szu-Wei Senior High School and Stella Maris Ursuline High School's basketball team practice



▲ The Department of Physical Education and Kinesiology designed a High Winter Camp based on the Higher Education SPROUT project to give less-advantaged elementary school students in remote areas proper exercise and sports education.