

22 May 2026

CLP Power and VTC Launch Intergenerational Social Inclusion Programme Helping Seniors Go Digital While Learning from their Life Wisdom

By 2046, one in every three Hong Kong people will be aged 65 or above. As the city prepares for this demographic shift alongside rapid digital advancement, CLP Power Hong Kong Limited (CLP Power) and the Vocational Training Council (VTC) have launched the “Social Inclusion Programme” (the “Programme”), bringing together young people and seniors to learn from one another. Through this mutual learning model, younger participants help seniors build confidence in digital and AI tools, while seniors share life experience and wisdom, supporting the HKSAR Government’s goal of an age-friendly and inclusive city.

As one of CLP Power’s key community initiatives, the Programme pairs students from Higher Diploma in Social Work under the Childcare, Elderly and Community Services Discipline at the Hong Kong Institute of Vocational Education (IVE), a member institution of VTC, with elderly participants from the Neighbourhood Elderly Centres under Yan Chai Hospital to form “intergenerational partners”. Through regular meet-ups, they share skills, stories, and perspectives, bridging the gap between digital know-how and traditional life wisdom.

The Programme includes practical workshops on smartphones and AI, energy saving and low-carbon living, scam prevention and cybersecurity, all-electric cooking and nutrition, and sports science. Students guide seniors in using the CLP App, co-creating simple recipes with AI tools, and interacting with AI chatbots to recognise scams. They also support seniors in using digital tools to manage daily habits such as energy use, diet, and exercise, helping them make informed lifestyle choices.

In sports science sessions, students introduce simple balance, strength and stretching exercises that can be practised at home. They also share practical fall prevention techniques, including improving posture, strengthening core stability, and adopting safe movement strategies such as maintaining balance, reducing impact when losing stability, and getting up safely after a fall. These hands-on activities help seniors stay active, independent, and confident, while seniors contribute valuable perspectives that enrich the learning experience of younger participants. The workshops are co-led by CLP Power staff alongside VTC students.

CLP Power and VTC officially launched the Programme today (22 May) at a ceremony attended by representatives from CLP Power, VTC and Yan Chai Hospital, as well as participating students and seniors, to mark the official commencement of the initiative.

CLP Power Managing Director Mr Joseph Law said, “As Hong Kong moves towards a super-aged society, elderly services are evolving from a care-focused approach to one that emphasises intergenerational interaction and co-creation of value. This Programme places mutual learning at its core, leveraging the strengths of both young and old. It not only enhances social resilience but also responds proactively to the HKSAR Government’s policy directions on ageing and digitalisation.”

VTC Chairman Mr Jeffrey Lam said, “VTC is committed to nurturing talent with professional knowledge and skills, supporting the sustainable development of society and the economy. Vocational and professional education and training (VPET) not only prepare young people to be work-ready, but also develops their professional competence and sense of social responsibility, encouraging them to apply what they have learnt and make meaningful contributions to society. With the support of enterprises, educational institutions, and social service partners, the Social Inclusion Programme provides a valuable platform for students and the elderly to learn from and inspire one another, helping to bring generations closer together.”

Yan Chai Hospital Board Chairman Ms Wendy Law said, “We are grateful to CLP Power for inviting our organisation to be a supporting partner of this event, providing our elderly participants with a unique intergenerational experience. Through a diverse range of activities, they were able to explore the application of technology, bridge generational gaps, and pass on their valuable life wisdom, helping to foster a warmer and more inclusive community.”

Building on the Programme, CLP Power will continue collaborating with partners to promote intergenerational inclusion and community wellbeing. We are also developing AI-enabled solutions to support cognitive health. One example is the upcoming “Neuro Camp” feature in the CLP App, designed for elderly users, including those with early-stage dementia. Through simple, game-based interactions, it helps train memory, attention and logical thinking, while offering practical brain health tips making cognitive training more accessible and engaging for seniors and their families. These initiatives underscore CLP Power’s commitment to leveraging innovation to foster a more inclusive, resilient and healthier community for all generations.

About CLP Power Hong Kong Limited

CLP Power Hong Kong Limited (CLP Power) is the Hong Kong utility subsidiary wholly owned by CLP Holdings Limited, a company listed on the Hong Kong Stock Exchange and one of the largest investor-owned power businesses in Asia. CLP Power operates a vertically integrated electricity supply business in Hong Kong, and provides a highly reliable supply of electricity and excellent customer services to more than six million people in its supply area.

About Vocational Training Council

Established in 1982, the Vocational Training Council (VTC) is the largest vocational and professional education and training provider in Hong Kong. The mission of VTC is to provide a valued choice to school leavers and working people to acquire the values, knowledge, and skills for lifelong learning and enhanced employability, and to provide support to industries for their manpower development. VTC has 14 member institutions, namely the Technological and Higher Education Institute of Hong Kong (THEi), the Institute of Professional Education And Knowledge (PEAK), the School for Higher and Professional Education (SHAPE), the Hong Kong Institute of Vocational Education (IVE), the Hong Kong Design Institute (HKDI), the Hong Kong Institute of Information Technology (HKIIT), the Hotel and Tourism Institute (HTI), the Chinese Culinary Institute (CCI), the International Culinary Institute (ICI), the Maritime Services Training Institute (MSTI), Youth College, Pro-Act by VTC, the Integrated Vocational Development Centre (IVDC) and the Shine Skills Centre. Website: www.vtc.edu.hk

About Yan Chai Hospital

Established in 1962 with the formation of its Board of Directors and officially founded in 1973, Yan Chai Hospital has grown into one of the Hong Kong's leading charitable organizations. Guided by its enduring motto "Serving the Community in the Spirit of Benevolence", Yan Chai remains steadfast in its mission to promote public welfare and serve the community. Today, Yan Chai Hospital oversees 125 service units spanning Chinese and Western medicine, education, social welfare, transitional housing, and columbarium services. In addition, a range of relief funds have been established to provide timely financial assistance to the severely disabled, paralyzed, rehabilitated individuals, and families impacted by natural disasters or accidents. These initiatives reflect the hospital's comprehensive approach to addressing diverse societal needs and its unwavering commitment to care and compassion.

Photo Captions:

Photo 1



(From left to right) CLP Power Managing Director Mr Joseph Law, VTC Chairman Mr Jeffrey Lam, CLP Power Chairman Mrs Betty Yuen, Yan Chai Hospital Board Chairman Ms Wendy Law and VTC Executive Director Mr Donald Tong officiate at the launch ceremony of “Social Inclusion Programme”, collaborating to drive Hong Kong towards a sustainable and intergenerationally inclusive future.

Photo 2



(From left to right) CLP Power Associate Director of Marketing & Communications Ms May Kwan, Ms Louise Lee, VTC Deputy Executive Director Ms Gladys Yam, CLP Power Managing Director Mr Joseph Law, VTC Chairman Mr Jeffrey Lam, CLP Power Chairman Mrs Betty Yuen, Yan Chai Hospital Board Chairman Ms Wendy Law, VTC Executive Director Mr Donald Tong, CLP Power Senior Director of Customer Success and Experience Ms Lena Low, Mr Lam Chiu Ying and Social Welfare Department Chief Social Work Officer of Elderly Branch (Community Care and Support Services Section) Ms Mable Tsang take a group photo at the launch ceremony of the Programme.

Photo 3



CLP Power Managing Director Mr Joseph Law highlights that the Programme strengthens social resilience through mutual learning across generations, and also responds proactively to the HKSAR Government's policy directions on ageing and digitalisation.

Photo 4



VTC Chairman Mr Jeffrey Lam expresses that with the support of enterprises, educational institutions, and social service partners, the Social Inclusion Programme provides a valuable platform for students and the elderly to learn from and inspire one another, helping to bring generations closer together.

Photo 5



VTC students lead participants in a light exercise session to promote active ageing.

Photo 6



At the “Ageless Smarts Lab” workshop, HKIIT students teach elderly participants to use AI to turn photos into videos.

Photo 7



At the “Ageless Ageing Fitness” workshop, students from the Diploma of Vocational Baccalaureate (Sport) of Youth College (International) guide intergenerational pairs through simple exercises to help reduce the risk of falls.

Photo 8



The new CLP App game “Neuro Camp” to be launched in June, is specially designed for people with dementia. It helps train players’ attention, memory, and logical thinking skills, while continuously monitoring their performance and providing useful tips on brain health.

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