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The Association is supported by  
A scientific committee

**OLD'UP**

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**masfip**  
UNIS & SOLIDAIRES  
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**UMR**  
Union Mutualiste Retraite



Fondation  
de  
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MAIRIE DE PARIS

DISCOVER

PARTICIPATE

**OLD'UP**



*Not so young but not so old*

CREATE  
INNOVATE

TOGETHER

PASS IT ON



## The **OLD'UP** Association

is an effective tool for reflection and action, an objective is vital, that of "active aging".

Retirement is an opportunity for **renewal**.

One can devote one's time to actions interesting and useful to oneself and to others.

**Work** (salaried or volunteer) as an "active citizen" through worthy actions that give **significance to one's life**.

In the contemporary world knowledge or know-how is soon out of date... **Continuous learning** throughout one's life is a necessity. This concept should be extended to life after retirement, learning and action are inseparable.

Participation in an association is a way of staying informed and fit.

OLD'UP aspires to breathe life into this "utopie créatrice".

*Professeur Maurice Tubiana  
Président d'honneur de OLD'UP*

A  
**THIRD  
LIFE**

In  
**ALLIANCE**  
with **OTHER**  
**GENERATIONS**

## **Actions** of the **Association**

**Addressing the "Not so young but not so old",** who want to give meaning and utility to their lengthening life.

**OLD'UP unites and supports «elderlies» who are aware of the challenges they confront to be full citizens participating positively and usefully in social life, an asset and not a burden for society.**

Particularly intended to bring together people living the second phase of their retirement, and to promote an ACTIVE AGING. Its frame of activity is the following to:

- Organize thematic workshops, a wellspring of exchanges, resources, conviviality, and apprenticeships.
-  Propose a training in "today's digital" skills.
- **PROMOTE AND ORGANIZE CITIZEN ACTIONS.**
- Join a European action.
- Initiate research and produce articles or publications.
- Organize and participate in conferences, colloquia or forums.
- Militate for the accessibility to active life of people of this generation often suffering multi-mini-handicaps.
- Contribute through its site [www.old-up.eu](http://www.old-up.eu) to form a network, a dynamic movement for the new generation.



Give  
**MEANING**  
and **USEFULNESS**  
in the **lengthening**  
of life

