

LESSON 1: INTRODUCTION TO DEMOGRAPHY

Activity 4 – How Old Will You Be?



Look at the chapters “What are my chances of reaching 100?”, “Is there a formula for healthy ageing?” and “Can demographers predict the future?” in the app *A Life Journey* to learn more about what your chances are of living to 100! **Answer the following questions:**

What do you think are the causes that have made it possible in recent decades to increase life expectancy so drastically?

Which factors play a significant role in reaching a very high age?

In your opinion, is there a limit to the lifespan of humans? If so, what do you think it would be?

Why do you think there are differences in the life expectancies between European countries?

How could you improve your chances of living longer?

What impact do you think demographic change will have on your life?

What arguments could one make that demographic change is actually a chance for society?
