

2025



VICTORIA UNIVERSITY OF  
**WELLINGTON**  
TE HERENGA WAKA

# HOPE FOUNDATION SCHOLARSHIP FOR RESEARCH ON AGEING

# IMPACT REPORT



**CAPITAL THINKING.  
GLOBALLY MINDED.**  
MAI I TE IHO KI TE PAE

# A WORD FROM THE STUDENT YOU HAVE HELPED

Our 2025 scholarship recipient shares what a difference your gift is making to him.

## Sadiq Younes



I hope this message finds you well. I would like to express my sincere appreciation to the Hope Foundation for Research on Ageing for awarding me the scholarship in the 2025 round. The following report outlines the progress of my studies and research during this period, the impact of the scholarship on my academic journey, and my future plans.

Over the past year, following the receipt of the scholarship, I have made significant progress in my PhD studies. I have prepared a paper entitled 'An Ethnographic Exploration of Older Adults' Activities in Urban Public Spaces', which has been submitted to the peer-reviewed journal Local Environment and is currently under review.

In addition, I will be presenting another part of my research, 'Age-Related Mobility Constraints in the Use of Public Spaces: Insights from a Qualitative Study', at the International Conference on Urban Health (ICUH 2025) to be held in Wellington this November. Regarding my doctoral thesis, I have completed all data collection and analysis phases and finalised the full draft of the thesis, which I plan to submit by the end of this year.

Receiving the Hope Foundation scholarship has had a profound impact on my academic progress. It alleviated a considerable amount of financial stress, allowing me to dedicate more focus and time to my research and academic writing. It also provided me with the flexibility to pursue further learning opportunities related to ageing and urban design.

My motivation to dedicate my PhD research to older adults originated from my personal experience with my grandmother, who, after experiencing a decline in health, lost confidence in walking. This led to a series of physical, mental, and cognitive challenges. I believe my research has strong potential to contribute to the wellbeing of older adults by informing the design of built environments that support independence and active ageing. I intend to continue researching in this field beyond my PhD.

Finally, I would like to extend my deep gratitude to the Hope Foundation for Research on Ageing and its supporters for granting me this invaluable opportunity. The scholarship has had a substantial positive impact on my PhD journey. As population ageing continues, I firmly believe that supporting research on ageing will benefit the wider community by helping older adults maintain active participation and engagement in society.

Best regards,

**Sadiq R. Younes**

PhD Student in Landscape Architecture

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## THANK YOU

for supporting the HOPE Foundation Scholarship for Research on Ageing



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