

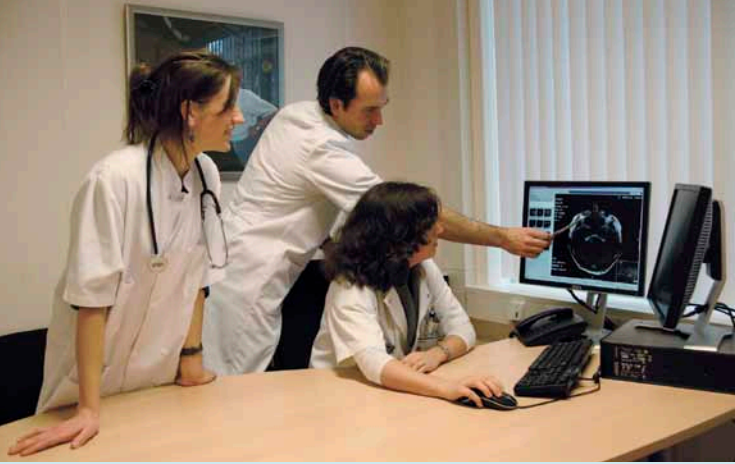
Leyden Academy

ON VITALITY AND AGEING



Master's Degree in Vitality and Ageing
FOR PIONEERS OF TOMORROW'S MEDICAL CARE





THE FUTURE OF MEDICINE

Once the problem of childhood mortality had been solved, old age arrived. Over half of all elderly people who have ever lived are alive today. Thanks to advances in medical care that address the cumulative damage sustained by the ageing body, death has been banished to old age. However, the ageing process itself can be prevented if enough is invested in maintenance and repairs. In this way, the length and quality of our lives can be continually improved. We look forward to a future with more years lived in good health. But despite our best efforts, life will still end with a period of poor health and disabilities. Care for the elderly is different from care for children and adults, as it involves the treatment of multiple concurrent conditions. The result is both over-treatment and under-treatment. The elderly require a different – more holistic – treatment strategy. Current academic and clinical practice is insufficiently equipped to translate this essential paradigm shift into action. In order to address this need, the Leyden Academy developed the ‘Vitality and Ageing’ master’s degree for young medical doctors.

CORE ATTRIBUTES OF THE MASTER

- High academic level
- Intensive educational programme
- Challenging environment
- Holistic view of medicine
- Interdisciplinary approach
- Personal development

CORE ATTRIBUTES OF THE STUDENTS

- Great capacity for abstract thought
- Above-average initiative
- Eager to learn
- Broad view of the profession
- Scientific interest
- Capacity for self-reflection

THE MASTER'S DEGREE

The 'Vitality and Ageing' master's degree is tailored to talented doctors who have completed their basic medical training. No matter your future area of specialisation, this master's degree is an excellent stepping stone towards modern medical practice. It focuses on the biological and social aspects of the ageing process (gerontology) as well as on the medical aspects of the care for elderly people (geriatrics). The organisation and management of the care process is also closely examined. Additionally, the degree programme leaves ample room for personal development – a requirement if one is to provide the highest quality medical care in the future. Such initiatives are notably absent from modern medical curricula, making this internationally accredited Master of Science degree unique and exclusive. Leyden Academy attracts esteemed scientific staff from all over the world in order to guarantee the highest level of education. The master's degree also offers a select few the opportunity to proceed to a doctorate programme.

THE STUDENTS

Applications will be accepted from young, recently graduated medical doctors who realise that the question of ageing – after eradicating child mortality and greatly reducing death during middle age – is the greatest challenge for the current generation of doctors. Students come from various countries, as the problems are common to all developed societies. Students are looking to extend their knowledge of ageing, improve their basic medical skills and develop themselves personally. Upon successful completion of the master's degree, this will enable them to shape the future of medical care.

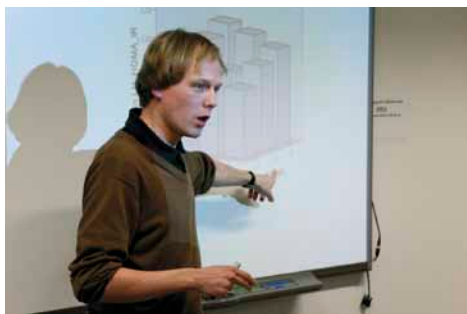
CORE ATTRIBUTES OF LEYDEN ACADEMY

- International academic stature
- Intensive supervision
- Internationally renowned lecturers
- A multitude of medical disciplines
- Inter-faculty programme
- Tutor programme



LEYDEN ACADEMY

The Leyden Academy on Vitality and Ageing is a medical knowledge centre with an international education and research programme in the field of geriatric medicine. The academy selects young medical students and ambitious professionals for vocational courses given by leading international academics. The Leyden Academy also offers healthcare managers and professionals an executive programme. Leyden Academy is a joint venture of Leiden University, Leiden University Medical Center (LUMC) and Association AEGON.



DEGREE PROGRAMME STRUCTURE

The Vitality and Ageing master's degree programme lasts one academic year and is divided into three thematic trimesters: gerontology, geriatrics and healthcare structure. Basic skills including academic development, clinical research, management and leadership are constant threads running through the curriculum.

The Vitality and Ageing master's degree is an intensive programme that goes beyond attending lectures and participating in work groups. Students are expected to do more than merely absorb facts. The intensive,

international nature of the programme means that personal development also – and perhaps mostly – occurs outside of the lecture halls, during meetings involving arts, culture, society and elderly themselves.

Because cooperation and communication are crucial skills in medicine, the master's degree pays special attention to personal development. Written and verbal communication, teamwork and defending a position are given particular attention. Personalised tutoring has been developed with this goals in mind.

CURRICULUM

	TRIMESTER 1	TRIMESTER 2	TRIMESTER 3
MORNING SESSIONS	GERONTOLOGY	GERIATRICS	HEALTHCARE STRUCTURE
	Biological determinants and consequences of the ageing process	Multi-morbidity	Models of care
	Socio-demographic aspects of ageing	Geriatric giants	Structure and finance of healthcare
	Psychological aspects of ageing	Healthy ageing and vitality	Governance
AFTERNOON SESSIONS	ACADEMIC DEVELOPMENT		
	Philosophy of science, scientific English, taking a stand		
	CLINICAL RESEARCH		
	Principles of clinical research, study designs, critical appraisal scientific literature		
	MANAGEMENT AND LEADERSHIP		
	Team roles, management skills, role models and leadership		
DURING SEMESTER	Writing an essay	Performing your own research project	Professional collaboration

For detailed information of the various courses please visit our website.

FACTS

Terms

The Vitality and Ageing master's degree starts every year in September and ends in June.

The number of students will be limited to a maximum of 20 each year.

Master's degree

Students who successfully complete the degree programme will receive the internationally accredited title of 'Master of Science' from Leiden University. Leiden University is the oldest university in The Netherlands, founded in 1575.

Costs and bursaries

There are three costs associated with the master's degree:

- Study-related costs (tuition fees, books, teaching materials, internship costs, etc.)
- Living expenses during your stay in the Netherlands
- Travelling expenses from and to your home country/city

If you are selected to participate in the master programme, you can apply for a grant to cover (a part of) the study-related expenses. Living expenses during your stay in the Netherlands are your own responsibility. Travel costs are

not covered by the grant. Many countries have state funds and private funds for this kind of expenses.

Living in Leiden

During the master's degree you will live and work in Leiden. It is a lively university town and has a rich cultural and social scene.

Leiden is close to Amsterdam, Schiphol (Amsterdam Airport) and The Hague.

More information

Please do not hesitate to contact our staff if you have further questions.

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