

# Master programme

## Vitality and Ageing



Universiteit  
Leiden  
The Netherlands



LEIDEN UNIVERSITY MEDICAL CENTER

Leyden Academy

ON VITALITY AND AGEING





# Become part of the future of medicine!

With people living longer, the future of medical care evolves. Elderly care requires a different approach. At Leyden Academy, we challenge tomorrow's health professionals to assure vital and healthy ageing for next generations and to become a pioneer in this growing field.

Older patients often have many diseases simultaneously and receive care from different specialists. Each specialist has his own treatment plan, which can be counter-productive and lead to under- and overtreatment. Without a holistic view on the patient, specialised medicine will not suffice to provide the right medical care for the elderly. A new approach is needed.



## Master programme Vitality and Ageing

The master programme Vitality and Ageing prepares international students to become pioneers in elderly care. It focuses on the biological, social and medical aspects of ageing. Furthermore, attention is paid to management, collaboration, communication and personal development.

<p><b>Trimester 1</b> <b>Gerontology</b></p> <ul style="list-style-type: none"> <li>• The ageing process</li> <li>• Biological mechanisms of ageing</li> <li>• Anthropology of ageing</li> <li>• Demography of ageing</li> </ul>	<p><b>Trimester 2</b> <b>Geriatrics</b></p> <ul style="list-style-type: none"> <li>• Multimorbidity</li> <li>• Vitality and healthy ageing</li> </ul>	<p><b>Trimester 3</b> <b>Healthcare structure</b></p> <ul style="list-style-type: none"> <li>• Structure and financing of healthcare</li> <li>• Models of care</li> <li>• Governance</li> </ul>
<p><b>Skills</b> <i>Academic development</i></p> <ul style="list-style-type: none"> <li>• Academic writing</li> <li>• Presentation</li> </ul>	<p><i>Clinical research</i></p> <ul style="list-style-type: none"> <li>• Study designs</li> <li>• Evidence-based medicine</li> </ul>	<p><i>Management and leadership</i></p> <ul style="list-style-type: none"> <li>• Philosophy</li> <li>• Leadership and team roles</li> <li>• Business administration</li> </ul>

## Core attributes of the programme

- One year programme from September to July
- Small group of international students
- Master of Science degree from Leiden University
- Degree with an international academic stature
- Internationally renowned lecturers
- Intensive supervision and personal development
- Interdisciplinary programme
- Introduction week in Leiden and study trip in Europe



Check our website or the QR code for more information on the curriculum.



## Career prospects

### MEDICAL

The master Vitality and Ageing prepares medical professionals for the care of tomorrow's patients, which will largely be elderly patients. After completing this master you have the latest knowledge on ageing and on the treatment of age-related diseases.

### SCIENTIFIC

During the master programme you will become acquainted with scientific research. Furthermore, you will extend your international network of scientists in the field of ageing. Many students continue in PhD positions after graduating from our master.

### MANAGEMENT

Many (inter)national (non-)governmental organisations realise that the care for elderly populations warrants careful planning and investment. With an entire trimester dedicated to healthcare structure, this master is the perfect stepping stone for a career in a healthcare organisation.

#### **Dr. Raúl Hernán Medina Campos from Mexico, student 2012/2013**

*"Listening to lectures by researchers whose papers I have read before in high-profile medical and scientific journals, has been both humbling and inspiring."*



#### **Dr. Sasmita Kusumastuti from Indonesia, student 2013/2014**

*"My fellow students come from all around the world with different backgrounds, but we share the same love for the elderly. This whole experience creates a bond and we have become close friends."*





### **Accreditation**

The master Vitality and Ageing is accredited by the Dutch-Flemish Accreditation Organisation (NVAO). Students who successfully complete the programme will receive the internationally accredited title 'Master of Science' from Leiden University.

### **Application**

The programme is tailored to a maximum of twenty students who have completed their basic medical training. As we value an interdisciplinary approach to ageing, we also accept students from other fields that are highly interested in ageing. It is possible to follow parts of the programme as a guest student. Please visit our website for the exact criteria and the application procedure.

### **Costs and scholarships**

Our website provides up-to-date information on the tuition fee and available scholarship and grant finders. Please note that costs for living and travel are at your own expense.

### **Studying in Leiden**

The master programme on Vitality and Ageing is an MSc programme of Leiden University, the oldest university of the Netherlands (founded in 1575). Leiden is a lively city with a rich cultural and social scene. Leiden is centrally located and is close to Amsterdam, Schiphol Airport and The Hague.

### **Collaboration**

The master programme is a collaboration of Leiden University, its academic hospital the Leiden University Medical Center (LUMC) and Leyden Academy on Vitality and Ageing.

Leyden Academy on Vitality and Ageing is a knowledge centre that pursues innovation, provides education and conducts research in the field of human ageing and vitality. Our mission is to improve the quality of life of older people.



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