

Master Programme

Vitality and Ageing



LEIDEN UNIVERSITY MEDICAL CENTER



Universiteit Leiden
The Netherlands



Leyden Academy

ON VITALITY AND AGEING





Become part of the future of medicine!

With people living longer and longer, the future of medical care will also change. To assure healthy ageing for the next generations, health professionals of tomorrow will have to address the special needs of the increasing number of elderly. Their care requires a different approach.

Elderly patients often have many diseases simultaneously and receive care from many different specialists. Each specialist has his own treatment plan, which can often be counter-productive to the plan of his colleague. Drugs can interact and without a holistic view of the whole patient, specialized medicine will not suffice to provide the right medical care for the elderly. A new approach is needed. You are the health professional of tomorrow and the master Vitality and Ageing prepares you to be a pioneer in this growing field. Whether it is your ambition to become a practising physician, a researcher or a health care manager, this master gives you the head start to become successful.



How to become an Academy student?

Students come to Leiden from all over the world: Mexico, Iran, Italy, China, you name it. Each year a group of maximum twenty students is selected. The programme is tailored to people 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. Please see our website for exact criteria and the application procedure.

You can also follow parts of the programme as a guest student. Besides that, we offer summer courses and other short courses. Please visit our website for details.

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

The curriculum can also be found on our website. Scanning this QR code with your phone will lead you automatically to the right pages.





Core attributes of the programme

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

Career prospects

The master programme Vitality and Ageing has very good career prospects in three fields:

MEDICAL

- It prepares medical professionals for the care of tomorrow's patients, which will be largely elderly patients. You will be a better adviser for your patients and have the latest knowledge about ageing and the treatment of age-related diseases and the elderly.

SCIENTIFIC

- The master provides excellent training for a scientific career. There are larger funds available for the study of ageing and its underlying process. With this master, you will be able to set your first steps in a scientific career and also greatly 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 governmental and non-governmental organisations are realising that the care for elderly populations warrants careful planning and investment. With an entire trimester dedicated to health care structure, this master is the perfect stepping stone for a career in (inter)national health care organisations.

Master Programme

The master Vitality and Ageing has been 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, the oldest university in the Netherlands, founded in 1575.

Costs and scholarships

You can find the tuition fee on our website. The fee includes all study materials but living costs are at your own expense. Leiden University can assist you with housing. Many students have successfully applied for scholarships to study at Leyden Academy. Please visit our website for links to different scholarships.

Living in Leiden

During the master programme you will probably live in or around Leiden, a vibrant university city in the Netherlands. It has a lively city centre and a rich cultural and social scene. Leiden is close to Amsterdam, Schiphol (Amsterdam Airport) and The Hague.

RAÚL HERNÁN MEDINA CAMPOS FROM MEXICO, STUDENT 2012/2013:

"In our course Multimorbidity we learned some revolutionary concepts that bring into question some of the current practices of geriatric medicine. I find this stimulating."

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



Leyden Academy on Vitality and Ageing is a knowledge centre in the field of ageing and vitality with an international education and research programme. The Academy offers vocational courses to master students and professionals, given by leading international scholars. With these programmes it aims to contribute to its main goal: to advance the quality of life of older people. Leyden Academy is a joint venture of Leiden University and its academic hospital, the Leiden University Medical Center (LUMC).



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Please do not hesitate to contact our staff for further questions. You can also find us on Facebook, Twitter and LinkedIn.

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