

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

Older patients often have many diseases simultaneously and receive care from many different specialists. Each specialist has his own treatment plan, which can be counter-productive to the plan of his colleague. Drugs can interact and 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.

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 healthcare 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. 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, a minor on evolution of ageing and disease and other short courses. Please visit our website for details.

<b>Trimester 1 Gerontology</b>	<b>Trimester 2 Geriatrics</b>	<b>Trimester 3 Healthcare structure</b>
<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><i>Academic development</i></p> <ul style="list-style-type: none"> <li>• Academic writing</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Multimorbidity</li> <li>• Vitality and healthy ageing</li> </ul> <p><i>Clinical research</i></p> <ul style="list-style-type: none"> <li>• Study designs</li> <li>• Evidence-based medicine</li> </ul>	<ul style="list-style-type: none"> <li>• Structure and financing of healthcare</li> <li>• Models of care</li> <li>• Governance</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>

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





### **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

### **Career prospects**

The master programme Vitality and Ageing has 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. 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 healthcare 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. Please note that 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:**

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



**Sasmita Kusumastuti**  
**from Indonesia, student 2013/2014:**

*"The master focuses on care for the elderly, not only from the medical perspective, but also from social and financial perspectives."*





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. The mission of the academy is to improve the quality of life of older people.

The master programme is a joint venture 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**  
Poortgebouw Entrance 'Zuid'  
Rijnsburgerweg 10  
2333 AA Leiden  
The Netherlands

T +31 (0) 71 524 0960  
F +31 (0) 71 524 0969  
master@leydenacademy.nl

[www.leydenacademy.nl](http://www.leydenacademy.nl)

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

All reasonable measures have been taken to ensure the quality, reliability and accuracy of the information in this brochure. For most up-to-date information we kindly refer to our website. No rights can be obtained from the information in this brochure.