



Master programme

# Vitality and Ageing

## Study the Future!

The master's Vitality and Ageing is a 1-year MSc programme that focuses the most recent scientific insights on the challenges of the increasing ageing population. Our society is in the need of academic experts who are able to advice companies and governments on the challenges of the growing ageing population. This master's will provide you with the extensive knowledge and dedicated skills to enable you to enhance the lives of the elderly at a macro level.

For example: the average age of patients admitted in the hospital is 68 years old and expected to rise, healthcare costs are rising and many governments are developing new healthcare structures. These challenges create the need for new academic experts who are provided with skills and knowledge regarding ageing related questions.

Students in the master's programme have various backgrounds and experience. These varying backgrounds inspire interdisciplinary thought, interaction and work. The ageing challenges are globally characterised, therefor students from diverse international backgrounds are admitted.

## Why you need to study the Master Vitality and Ageing

### *Shape the Future!*

The future of medicine is evolving! Therefore, a new academic generation of ageing experts and innovators is needed.

### *Top of the field researchers*

Learn from top scientists and leaders how to enhance lifespan and health span with the impact of The Biology of Vitality and Ageing.

### *Expand your knowledge and academic skills*

Learn how the world's healthcare systems are organised and changing due to the growing ageing population. Develop your interdisciplinary teamwork skills to create the future of tomorrow's healthcare systems.

### *Scientific Researcher*

Become a successful researcher with extensive training in how to design, write, present and publish your scientific papers. You will be provided with interactive lectures during the whole year with the master's educational lines.

Degree:	Master of Science degree from Leiden University (internationally accredited)
Duration:	full-time 1 year, from September to July
Language:	English
Entry requirements:	For information: <a href="http://www.mastersinleiden.nl/programmes/vitality-and-ageing">www.mastersinleiden.nl/programmes/vitality-and-ageing</a>
Costs:	Check the website for information on the tuition fee.

## Programme

This international master's offers a varied programme in the field of Vitality and Ageing, combining biological, individual and societal perspectives. Finally, during the Science and Career course you will be introduced to your future working field. The master's will contribute to your personal and professional development through mentoring, interactive lectures and training.

### *5 Interactive courses*

Future Perspectives  
Biology of Vitality and Ageing  
The Older Individual  
Organisation of the Ageing Society  
Science and Career

### *3 Educational lines*

Communication in Science  
Research and Evidence  
Academic Development



**Universiteit  
Leiden**  
The Netherlands



**Leiden University  
Medical Center**

Discover the world at Leiden University



## Career opportunities

### *Management*

Organisations are globally recruiting experts to create and implement new policies on ageing issues. The programme is a perfect step towards a career in management and policy developing.

### *Scientific*

The field of Vitality and Ageing is relatively undiscovered in scientific research. During the master's programme you will receive extensive training in research and scientific communication, writing and presenting to become a successful researcher. The LUMC and partners actively recruit alumni of the master's Vitality and Ageing for PhD positions.

### *(Bio)Medical*

The future of medicine is evolving since the average age of patients is 68 years and expected to rise. This master's is an excellent supplement for every (bio)medical student. For Dutch students, the programme can be followed for regular tuition fees in combination with a second master!

## Master in Leiden

Leiden University is the oldest university of the Netherlands (founded in 1575). The University's key principles are a strong international orientation, a research-intensive profile, teaching and research of the highest quality. The Leiden University Medical Centre is a modern institution where research, education and patient care combine both a high quality profile with a strong scientific orientation.

Internationally, LUMC-research in Vitality and Ageing scores very high. LUMC researchers are actively involved in this Master's programme. Moreover, in this Masters, the LUMC works closely together with the Faculty of Governance and Global Affairs and the Faculty of Social Science of the Leiden University.

## Contact

For information on course content:

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## Useful link

More information

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

[programmes/vitality-and-ageing](http://www.mastersinleiden.nl/programmes/vitality-and-ageing)

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### **Amber Schoenmakers, Alumni**

"I want to be an entrepreneur in the challenges which the ageing population brings. To find solutions and implement new policies is what motivates me the most."

### **Sanne Kuipers, master student:**

"The process of becoming older is very complex and there are still many more questions than answers. This creates challenging future perspectives both for me and my fellow Masters students."

