



Master Health, Ageing and Society

PAST - PRESENT - FUTURE



Leiden University
Medical Center



Universiteit
Leiden
The Netherlands

INTRODUCTION

It is with pride and pleasure to present to you this lustrum booklet. It reflects memorable moments of 10 years of the Health, Ageing and Society master's programme at LUMC, previously known as Vitality & Ageing, from the start in September 2016 until the present day in April 2026.

A big thanks to all students, staff, lecturers, and older individuals to turn the vision into reality! We are happy that our past and present students can contribute to a healthy ageing society, creating impact now and in the future!

We look forward to the future with confidence, knowing it will bring many more years of knowledge and skills, and inspiration and innovation!

Enjoy reading!

This booklet is a production of Health Ageing and Society (MSc) Leiden University

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COLOFON

Text Sandra van de Venne
Photography Shaw Fotografie,
Barbra Verbij Fotografie,
Marc de Haan Fotografie,
staff and students
Design Engelen & de Vrind, Leiden
Press-work Drukkerij de Bink, Leiden

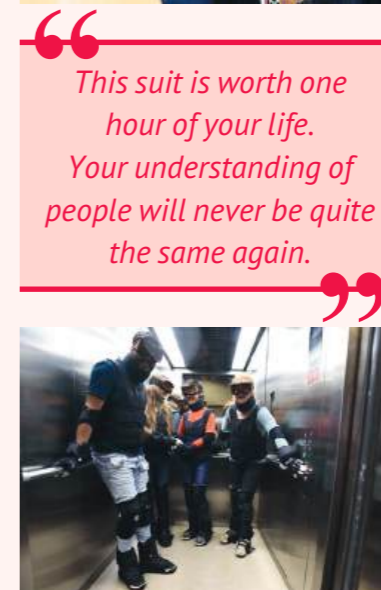
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Contact masterhas@lumc.nl

Leids Universitair Medisch Centrum
Albinusdreef 2
Postbus 9600
2300 RC Leiden

LUMC 2026

AGEING SUITS



Ageing suits are used to experience how ageing affects functioning, using items such as (tremor) gloves, goggles, a weighted vest, ear muffers, and knee and ankle braces.



“This suit is worth one hour of your life. Your understanding of people will never be quite the same again.”

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SOCIAL ACTIVITIES



JVT activities like pubcrawl and ice skating, and of course the famous pubquiz and the V&A/HAS song performed by the staff, are examples of many of the social activities taking place each year. Most consumed: broodjes, beer and bitterballen.



“ Meeting many lovely students and make new friends. ”

CO-CREATION



“ Co-creation was emphasized so much in the master's, that I've made it a priority in my current work to actively involve staff and clients. ”



Through co-creation students learn to involve the target population into their research and work. Many members of the Ouderenberaad Zuid-Holland Noord and also other older individuals have participated in these sessions to discuss students' ideas and provide feedback.



STAFF



Jacobijn Gussekloo



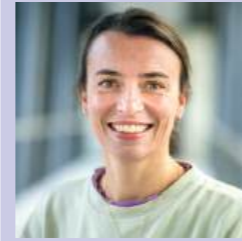
Yvonne Drewes



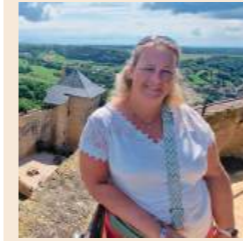
Carla Bakker



Sandra van de Venne



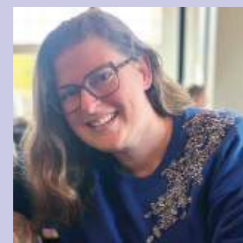
Anneke Julien



Stella Trompet



Raymond Noordam,
Diana van Heemst



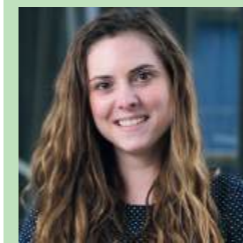
Petra Peters



Fieke Harinck



Emma Galloway, Inge 't Hart



Amber Schoenmakers



Bronwyn Hughes



Anna Bolhuis



Sandra van Dijk, Wim Lely



Lucia Creveld



Verena Li



Luis Daniele



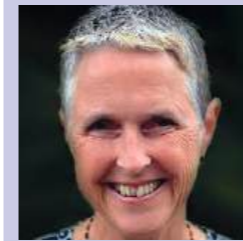
Wendy den Elzen



Arko Gorter

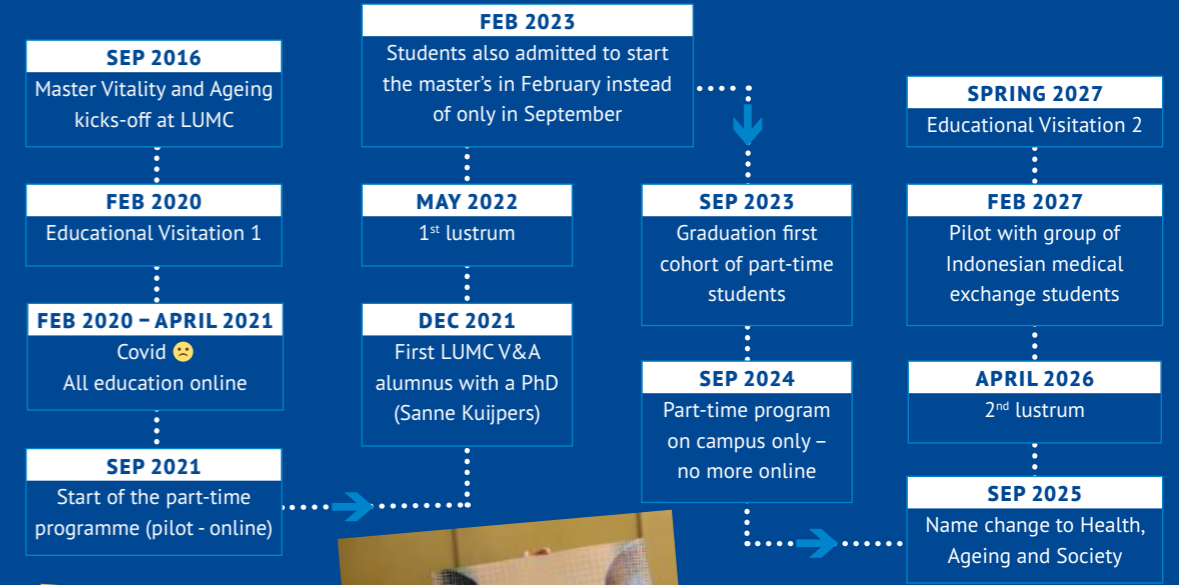


Tony Poot, Suzan van der Pas



Jeanet Blom

PAST - PRESENT - FUTURE HIGHLIGHTS



225
Graduated students from September 2017 until December 2025

100th
Diploma signed for on 27 September 2021 (Jodie Dekker)

2 Lustrums
20 May 2022 and 16 April 2026

NSE scores	content	teachers	examination	career prep	atmosphere
2025	4,2	4,4	4	4,4	4,7
2024	4	4,5	4	4,1	4,9
2023	4,1	4,4	4,1	4,1	4,9
2022	4,1	4,5	4	4,1	4,7
2021	4,2	4,5	3,8	4,1	4,5
2020					
2019	3,9	3,9	3,8	4	4,5
2018	4,1	4,4	4,1	4,1	4,9
2017	3,7	3,8	3,3	3,6	4

16 → 48
Growth! From 16 students in the first cohort to 48 students in February 2026

JUNIOR LECTURERS



2018-2019

Lisa



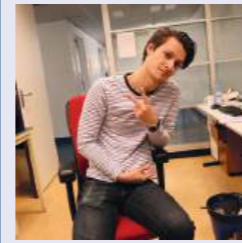
2018-2019

Millie



2018-2019

Robert, Leon



2019-2021

Leon



2019-2021

Mareline



2019-2021

Winnie



2021-2022

Julia



2021-2023

Irie, Babette, Mara



2023-2024

Anne, Ilse

Through the years, the junior lecturers have brought energy, inspiration, and many memorable moments to the programme, both in front and behind the scenes.



2024-2025

Thomas, Finley



2024-2025

Demi



2024-2025

Jake



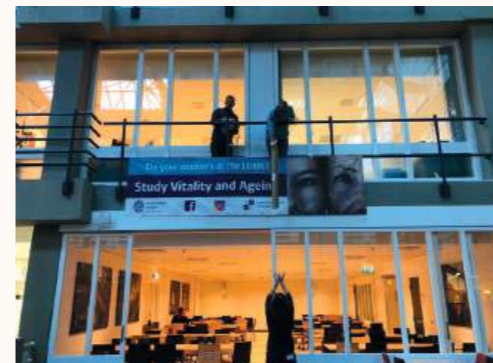
2025-2026

Fien, Eliza, Marloes

STUDYING AT LUMC



Lectures, working groups, presentations, debates, orientation visits, writing essays, papers and exams for FP, BVA, OI, OAS, AD, CIS and R&E, rounding off with an internship and thesis.

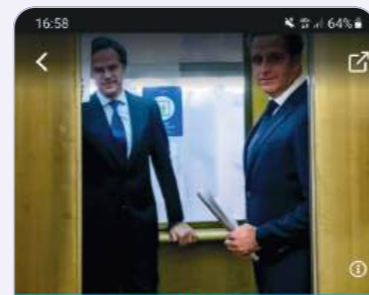


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COVID CRISIS



From one day to the other, all education had to be done online via Kaltura, Zoom and MTeams. Much flexibility of staff, students and older individuals was needed and the study trips had to be cancelled 😞.



Hogescholen en universiteiten mogen begin collegejaar open, zonder 1,5 meter
Aangepast: 4 minuten geleden
De universiteiten en hogescholen mogen aan de start van het nieuwe collegejaar weer open, zonder dat er 1,5 meter afstand gehouden hoeft te worden. Wel gaat er een maximaal aantal studenten per collegezaal gelden. Dat maakt het kabinet morgen op de coronapersconferentie bekend, melden bronnen aan de politieke redactie van RTL Nieuws.



Updates coronavirus
Dit artikel wordt dagelijks bijgewerkt; als de situatie daartoe aanleiding geeft vaker.

Update 17 maart 17.00u: Restauratieve voorzieningen Faculty Club en Huygens gesloten
Restauratieve voorzieningen in de Faculty Club en het Huygens zijn m.l.v. woensdag 18 maart gesloten.

Update 17 maart 12u: Promoties afgelast, waarschuwing voor phishing mails
Alle promoties afgelast
Met ingang van vandaag, 17 maart, zijn alle promoties aan de Universiteit Leiden afgelast. Dit geldt in ieder geval tot 6 april. Vier promoties die plaatsvinden in deze week zijn hiervan uitgezonderd, de desbetreffende promovendi en hun promotiecommissies hebben hierover persoonlijk bericht gehad. Doordat vier promoties zijn afgelast, wordt het aantal promoties in dit collegejaar lager dan normaal.

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STUDY TRIP



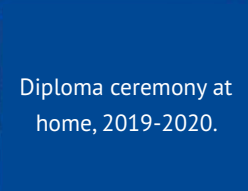
Many students said the trips to the Max Planck Institute and the European Parliament were favourites, because they gave a chance to connect with fellow students and staff outside the usual study setting.



The trip to Cologne was unforgettable for reasons I won't mention here, haha.



GRADUATION



Happy and proud faces!
From student to professional,
ready to find out what the
future will bring.

