

# Master Vitality and Ageing

YEARBOOK

2022-2023



Leiden University  
Medical Center



Universiteit  
Leiden  
The Netherlands

## COLOFON

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Master Vitality and Ageing  
Leiden University  
Leiden University Medical Center

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Text	Yearbook committee with help of Vitality and Ageing students cohort 2022-2023
Design	Engelen & de Vrind, Leiden
Press-work	Drukkerij de Bink, Leiden
Edition	60
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LUMC 2023



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## Dear V&A Students,

As the yearbook committee, we want to express our warmest greetings and congratulations to everyone that graduated in this cohort 2022-2023. We are incredibly proud of how many things everyone achieved individually or as a group in one year. We would like to thank everyone in this master's program; your involvement, contribution, and connection made this yearbook a beautiful and lovely memory for the future.

As the first cohort without any restrictions of COVID-19, we decided on the theme of this year as "Open up the world". As you can see on the Cover page, opening and travel were big themes of this year. There are many "first-time moments this year during our study. The first time to travel to Cologne and Brussels for study trips since the pandemic, the first time to have all the events physically without masks, and the first time all the students and teachers could join for drinks without any restrictions.

Each of us devoted lots of time and work to this book, and we hope it will be a meaningful keepsake that you can have for many years.

Stay vital and gezellig!

From yearbook committee 2022-2023

**Angelika Gilli**  
**Olivia Black**  
**Desirée van Dam**  
**Tiangao Lin**



*A motivated yearbook team*



## Dear students,

This yearbook will remind us of the incredible year that we experienced together.

In September 2022, together we have started this challenging year of the master's Vitality and Ageing. Students and the staff were introduced to each other during a walk through the city of Leiden. Together we have experienced various perspectives on vitality and ageing. Next to the extensive knowledge that you have gained in the themes of vitality and ageing, you have obtained an advanced level of academic skills.

It has been very special to see the synergy you showed from the start onwards. Before starting in Leiden, you studied different disciplines at different universities in the Netherlands and abroad. You have reached out to each other on the topics of both VITALITY and AGEING. You worked very hard and learned a lot and impressed us. We saw you working together, learning, enjoying, studying, laughing, stressing and most of all having fun. Collaborating with older people has given you energy. We are proud to see your valuable connections in the fields of health, ageing and society.

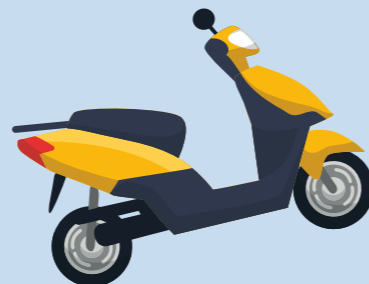


Prof. dr. Jacobijn Gussekloo  
and dr. Arko Gorter

After your master's, you will follow your own path, building the next steps in your career. As young academic V&A professionals, the ageing field, one of the great challenges this century, is really waiting for you.

We hope you will keep VITALITY and AGEING as a central theme in your professional life. Overall, this master's year was very special. Let's remember it this way.

**Jacobijn Gussekloo** | programme director Vitality and Ageing  
**Arko Gorter** | programme coordinator Vitality and Ageing



## JVT V&A 2022/2023

Like every year, this year's V&A also has a year's representative board. Our goals were to represent the students and to form a nice bridge between teachers and students. Furthermore, we designed the year sweater and enjoyed organising fun activities. We think we were the year representatives of the most fun V&A year yet.

Claire is the president of the JVT this year. She has finished her bachelor of Medicine in Amsterdam. Sanne is a member of the OLC and the secretary of the JVT. She finished her bachelor Bio-Pharmaceutical Sciences in Leiden. Maya is responsible for the GOES evaluations this year. She has a background in Sociology 🧐. Eva is also an OLC member and finished her bachelor in Medicine last year in Rotterdam. Anne does the PR and is a member of the OLC. She finished her bachelor Biomedical Sciences in Utrecht last year 🍷.

Thanks for this year!

Lots of love,

**Claire, Sanne, Maya, Eva & Anne**

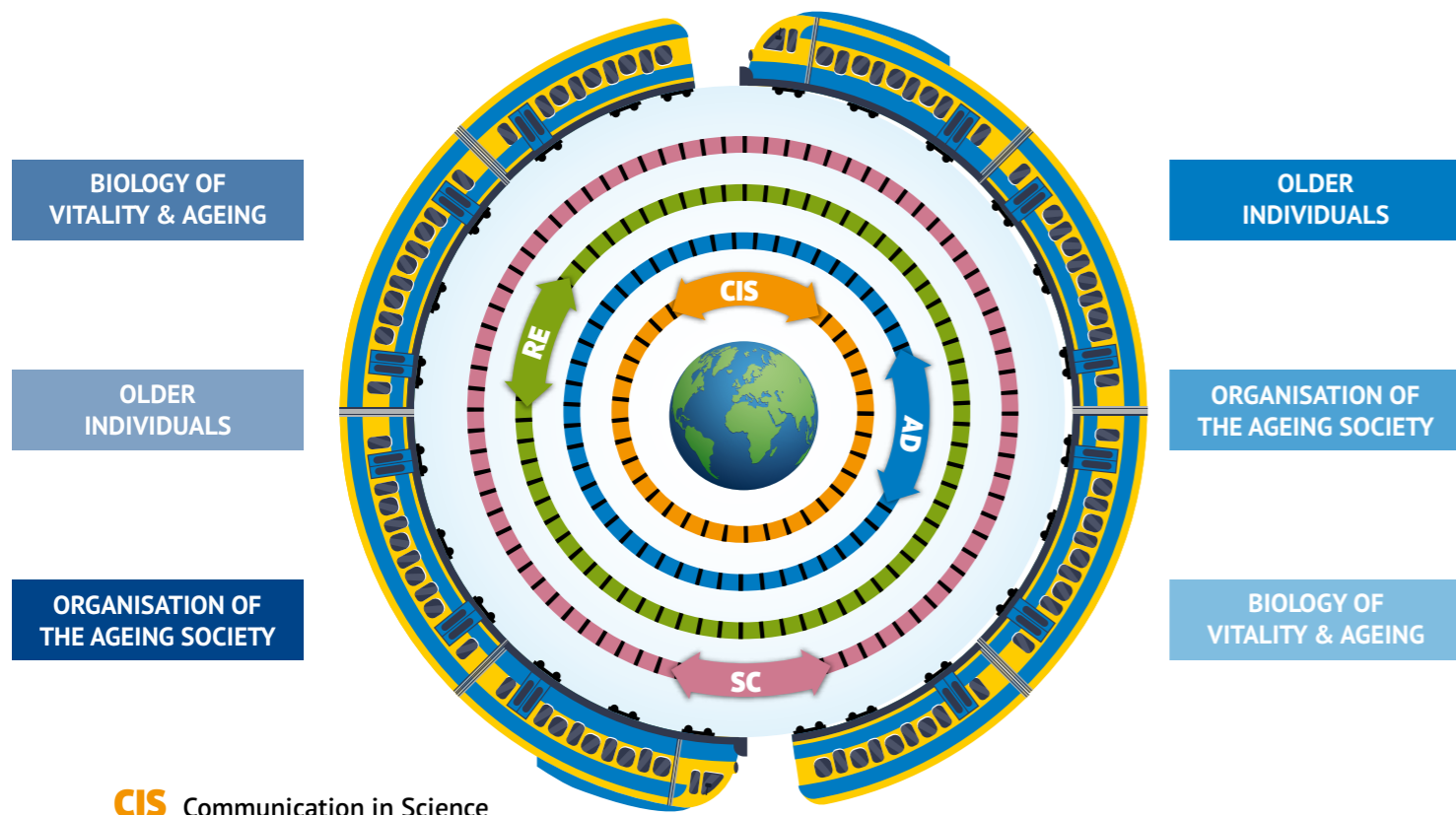


Members of the Jaarvertegenwoordiging (JVT)



Full-time

Part-time



- CIS** Communication in Science
- AD** Academic Development
- RE** Research & Evidence
- SC** Science and Career



Dear alumni,

First of all congratulations on this accomplishment! Even though you did not always see us, we were busy in the back supporting the course coordinators and senior staff. Irie is our part-time hero together with her helper "Meneertje" (the owl). Babette and Mara were the busy bees for the full-time groups and when Babette decided to follow her dream to travel the world, Mara took over the total group.

We loved being your junior lecturers, and we were pleased to be able to relive another V&A year with you! This year was the first year in three years that covid did not interfere with our teaching. We were finally able to visit Cologne and Brussels again! However, this year's challenge was the bus and train strikes. It already started before the year officially started on the introduction day. Luckily, you were almost all able to come and meet us. We think this shows your perseverance and flexibility that we have seen over the year.

One last piece of wisdom that we want to pass on: do what makes you happy. We know it sounds like a cliché, but it is true!

We're already cheering you on for your graduation!

Lots of love,

**Babette, Irie & Mara**



Junior lecturers

*"As management assistant of the V&A master's, Sandra was involved in organising, coordinating, and managing many aspects of the master's program. From the first course of Future Perspectives to the last course of Organisation of Ageing society, she really helped make sure everything ran smoothly. Thanks from the Yearbook Committee!"*

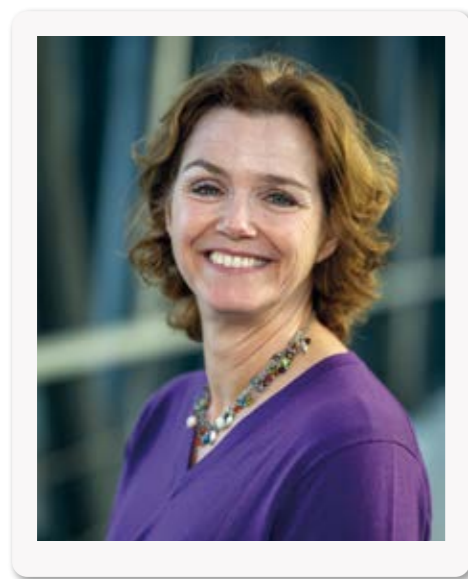
## Dear students,

Your group was the best so far! Thank you for a fabulous year. During the social activity the week before the programme started, there was a public transport strike. To my – and also to the other staff members – utmost surprise, everyone showed up at the event. And even on time. That was a sign – nothing stopped you guys! You were enthusiastic and participated in every activity we organized. The pub quiz, R&E poster presentations (i.e. handing in the posters on time), study trips to Cologne and Brussels, the social events after closing of the courses. And let's not forget the interviews with the older individuals, which are a lot of work to organize. You cannot believe how happy I was that my efforts were never in vain – you were

there! And no matter how early... The train journey to Brussels must have been the earliest. Everyone was on time. Strikes or bad weather, no worries, you found a way to get to the LUMC for the lectures/working groups, to Utrecht for the orientation visit to Vilans and most recent, the visit to the ministry of Health, Welfare and Sports (VWS), where you pitched your policy paper to advisors of the Department of Long Term Care. It was great to see you shine in front of a professional audience. With the last obstacle of trains not running to The Hague, the circle is now closed. You were a pleasure to work with! I wish you all the best for the future!

Regards,

Sandra



## The Introduction Day: 30<sup>th</sup> August 2022

*This is how we experienced our first day!*

**12:00-13:00**

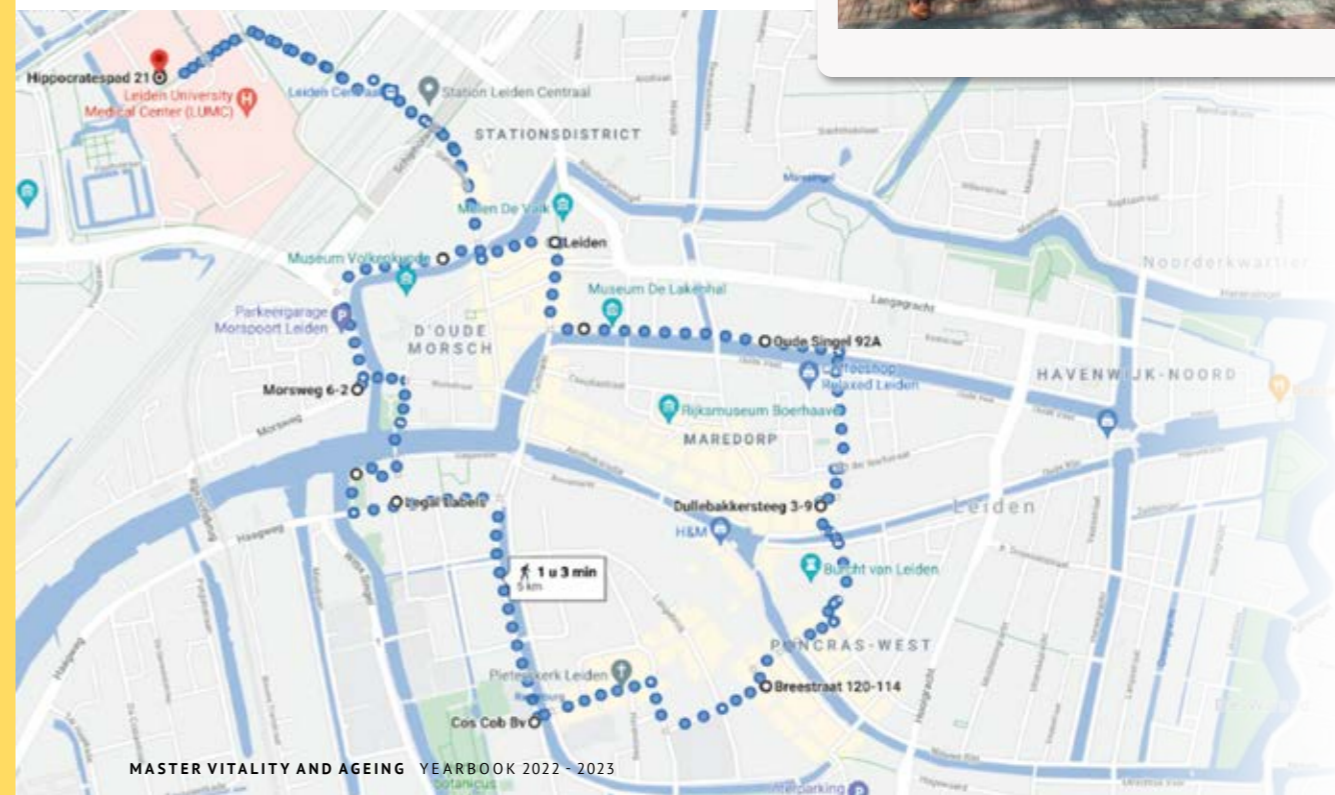
- Walk in
- Lunch provided by the master

**13:00-13:20**

- Words of welcome
- Getting to know each other a little bit more

**13:20- 15:00**

- Scavenger/photo hunt through Leiden Centrum





## Dear students,

Thank you all for working so enthusiastically during the Research and Evidence weeks. I really enjoyed the working groups, flash poll presentations, and the poster session.

Within the Research and Evidence line, we had the unique opportunity to incorporate the educational activities within the project called “The Research Cycle”. You, as the master V&A students could design and develop a flashpoll about physical health and their relation with positive health and vitality. Your ideas were discussed in a working group with an elderly of the advisory board and they were really enthusiastic. We even combined some of your flash polls into one which was then actually sent out to the elderly advisory panel. In February 2023 one of the V&A students will perform her internship on this data!

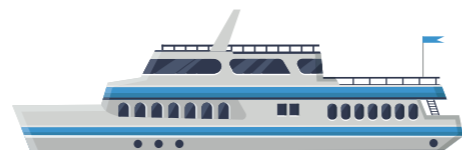
Also, you had an interview with an older individual with “Physical health and the relation with positive health and vitality” as the theme. We learned from you that these interviews were very valuable. I was impressed by your ideas for qualitative research and your enthusiasm. The poster session in November was really one to remember, all unique posters were made with lots of creativity and nice discussions, also between the full-time and part-time master students.



During the year you were prepared for performing your research in your internships. I felt that this has been successful during the internship presentations. You all already had good ideas on how to perform and execute your research! Nice to hear that you all have found such different and good internships.

I wish you good luck with your internship and all the best for your future career!

**Stella Trompet** | Line Coordinator Research and Evidence



## Dear students,

When people ask us, “What’s your favourite programme to teach in?”, our answer has to be Vitality and Ageing. Getting to know all of you throughout the year, and seeing you grow as professional, scientific communicators is one of the best parts of our jobs.

From the crazy start in that first September week, when we throw all of you in the deep end and ask you to give a Fame Lab talk, to the profile writing, the innovation video, and the many other detailed writing assignments in between, we thoroughly enjoy all of the original ideas you’ve brought to the class and to the work you’ve shown.

Hopefully you have enjoyed your time with us during your master’s program. We hope that you’ll hold on to your own, unique writing, presenting, and researching styles in all your future endeavours. And, we hope you’ll get to hold on to the connections you’ve made here, too—together, you’ve been a fantastic cohort and we’ve loved having you in class!

**Emma and Inge**



## Dear students,

Academic Development in Vitality and Ageing consists of a series of masterclasses in which you learn to develop your academic and professional skills. This year the series started with several meetings led by Fieke Harinck. The line started with community building, in which you developed ideas on how to make a safe and inspiring learning environment for yourselves. In the following meetings, you learned about your team roles, about teamwork (with leaders, followers, and rebels), and about giving feedback. During the Academic Development week, you showed your creativity in presenting your views on ageing: from a roleplay about getting old in different cultures and timeframes across the world to an analysis of how older people are portrayed in Disney films. You managed to realise an inspiring session with a lot of fun!

Later in the year, you learned about leadership, power, and negotiation (by Wolfgang Steinel). What stood out for us this year was the good atmosphere from the start, and the willingness to collaborate and listen to each other. As Fieke mentioned to Yvonne: "After a meeting with V&A students, my faith in humanity is restored". Thanks for your willingness to actively participate in the classes, and we have seen you grow and develop, which was very gratifying.

We are happy that we had the opportunity to work with you, and wish you all the best in your career after V&A.

**Fieke Harinck and Yvonne Drewes**





## Dear new Vitality and Ageing professional,

As coordinators, we had the pleasure to guide you through the program on the Biology of Vitality and Ageing.

After starting with several concepts regarding the biology of ageing, we discussed some of the most pronounced mechanisms of ageing in more detail. Do you still remember the general concepts of the hypothalamic-pituitary-adrenal axis? You all learned about it, passed the written examination, and wrote some very nice essays on a great diversity of topics, which were a pleasure to read.

It was, for the first time in 2 years, that the whole course could continue without COVID-19 restrictions, which meant that we were able to organise the study trip to the Max Planck Institute for the Biology of Ageing in Cologne, which was really great and inspiring. For next year, we will ask a bus driver who actually knows the way to the hotel.... Mondays and Tuesdays were still online due to the large number of external speakers in the program. We were very pleased to have, among others, professor Rudi Westendorp from Denmark, professors Susan Redline and Andrezj Bartke from the United States of America, and Dr. Felix Day from the United Kingdom in the program.

Later during the program, we focused more on integrating all what we learned in a research proposal (together with colleagues from ZonMW) and a business pitch. We hope you enjoyed it; we sure did!

Biology is everywhere, and ageing has already started! We wish you the very best in your future careers.

Best wishes,

**Dr. Raymond Noordam** and **Dr. Ir. Diana van Heemst**,  
Course Coordinators Biology of Vitality and Ageing



**Describe the BVA course in one word!**

*Anne: "Extended knowledge"*

*Esther: "Informative"*

**What is one of the most interesting things you learned?**

*Anne: "The hallmarks and that everything was explained around that, to have this red line, everything was built up around that."*

*Esther: "I would say the entrepreneur part of the course because it was very different and new."*



**What is something you learned that you would apply in your future life?**

*Anne: "That nutrition is very important for how you age, e.g. caloric restriction makes it better → made me more aware of what affects my ageing in the future."*

**What would you think your biological age is?**

*Esther: "I am 24 in chronological age, and I hope that I'm 24 or younger in biological age, but I don't think I'm younger! Sometimes I feel like a granny because I'm knitting and I enjoy a cup of tea on my couch, but I also feel like I can still embrace my inner child."*



MEMORIES FROM THE COLOGNE TRIP



Staying vital in the Club



Pre Return group photo

MEMORIES FROM THE COLOGNE TRIP



Dinner at Brauhaus Sünner im Walfisch



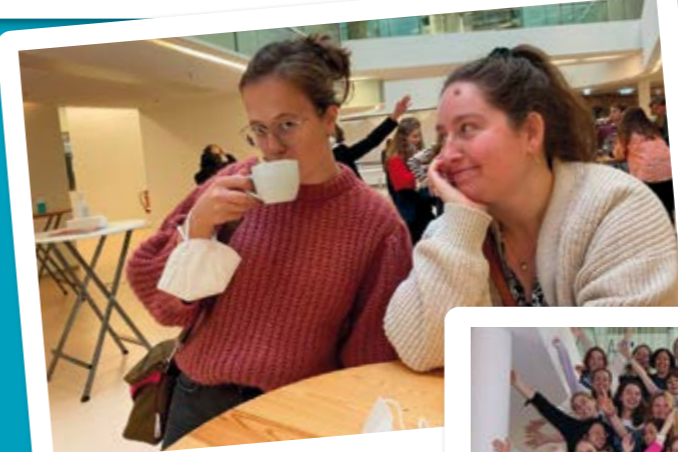
All smiles at 8 am before the bus



Dinner at Brauhaus Sünner im Walfisch



Interesting presentations at CECAD Research Center



Much needed coffee



Fun looking at fruit flies



Exploring Max Planck Institute in Köln



Happy together



## Dear students,

Thinking about the student group of this year, the words 'inclusive', 'engaged', and 'inspiring' are popping up. From September until February, we enjoyed working with you, starting with part-time students on Fridays. Later on, the full-time students also joined the course The Older Individual. We had the opportunity to watch together the movie 100UP. Your views on the older people portrayed in this movie were very insightful. During the lectures, you were well prepared. That gave us the feeling that we really worked together: we have tried to offer you a program that contributed to your professional development and you have used this program by obtaining knowledge and developing new insights. During the course, you met older people several times to discuss your new ideas. This inspired you to also meet older people outside the program: you organised a high tea together with them, a nice example of your engagement and an innovation in itself! You ended the course with creative video presentations of all your innovative ideas which can contribute to the life and well-being of older people. The municipality of Leiden was already interested in your products, that is a big compliment!

Thank you for working together and we wish you all the best!

Frederiek van den Bos and Yvonne Drewes



### Describe the OI course in one word!

Nadine: "Innovative"

Anique: "Multiperspective"



### What is something you learned that you would apply in your future life?

Nadine: "When interacting with other people, it's good to realise what their perspective is, and really see the person as an individual. The needs of the people are based on those perspectives, so by knowing the perspective you can satisfy them. In the future, if I become a doctor, I think that it is important for me to engage with the patient and ask them for their viewpoints and needs."

### What was one of the highlights for you in the OI course? Why?

Anique: "I would say shooting the video with one of my clients from the nursing home. He was so proud of participating and it was really fun to do, because of his really special humour. So I'm calling him from now onwards "My Movie Star"."



### How do you stay vital in your daily life?

Anique: "I really like to move and to stay outside, therefore I walk and bike a lot."

Nadine: "Well, first of all, I am quite short, so I am going to live longer. Staying happy is also really important to stay vital."



## Dear Students,

Your OAS-module started in February 2023 with a big mixed group. Full-time students, part-time students, and the new students starting Vitality and Ageing at that moment. For some of you an addition to your Bachelor programme, for some of you a very new experience.

To understand the macro-level, we took a deep dive into the Dutch health care system. Some politicians state that this Dutch system is too difficult. But how to improve, that is an important question for you as V&A students. To get an illustration of the macro-macro level, we visited the European Union. How are 27 member states working together? What is the parliament doing? Even more important: how is it to work as an attaché in Bruxelles?

We also visited organisations working at the meso-level. How are municipalities or hospitals working in between the macro-level of the ministry and the citizens, patients or clients at the microlevel? How could you innovate in such a tight system of rules and regulations? You had very good ideas and questions, which gave more insights.

The MOOC of alternative payment models was a favourite for some of you, and not understandable for some others. Then time to start with writing the Policy Paper. What topic to choose, how to write? But for you most important: how many pages? We loved the consternation! After the essay exam, the OAS games went on. Two days of practising and learning. You were very quick learners, the learning points of day 1 were directly applied during day 2.

We loved your energy and interest, and really hope you will not forget the important lessons of the OAS module.

Sincerely,

Jacobijn Gussekloo | Course coordinator



**Describe the OAS course in one word!**

*Tamanna: "Very different"*

*Maya: "Bureaucracy"*



**What was one of the highlights for you in the OAS course? Why?**

*Maya: "The OAS course was the opportunity for us to analyse real-life challenges and find innovative solutions."*

**What is one of the most interesting things you learned?**

*Tamanna: "To learn about the Dutch healthcare system. I have been living in this country for 4 years now and I have used the system more often. But I did not understand the system until now."*

**If you would implement any policy about ageing, what would it be?**

*Tamanna: "I would love to make transportation for older individuals for free. Maybe from the age of 75 and older, to let them have more participation in society without thinking about the costs."*







**Angelika Gilli**

Bergen, Norway



UNIVERSITETET I BERGEN

**Isolde van Oostenrijk**

Leiden, Netherlands



Leiden University Medical Center

**Ilse de Boom**

Schiedam, Netherlands



Frankelandgroep

**Sanne Meijers**

Leiden, Netherlands



Leiden University Medical Center

**Konstantina Tsiflikioti**

Thessaloniki, Greece



**Samantha Scharringa**

Leiden, Netherlands



Leiden University Medical Center

**Maya Saat**

Amsterdam, Netherlands



Amsterdam UMC Universitair Medische Centra

**Claire Veldkamp**

Boston, USA



HARVARD MEDICAL SCHOOL

**Isa van Aniel**

Sydney, Australia



**Eva Edam**

Rotterdam, Netherlands



Erasmus MC Universitair Medisch Centrum Rotterdam

**Olivia Black**

Utrecht, Netherlands



Longitudinal Aging Study Amsterdam

**Hannah Sasburg**

Leiden, Netherlands



Mass General Brigham

**Amber Dijkstra**

Leiden, Netherlands



Leiden University Medical Center

**Esther Werkman**

Bern, Switzerland



BIHAM

**Danielle Kaiser**

Amsterdam, Netherlands



Amsterdam UMC Universitair Medische Centra

**Jenny Araque**

Rotterdam, Netherlands



Erasmus MC Universitair Medisch Centrum Rotterdam

**Anne Centeno Neelen**

Bern, Switzerland



BIHAM

**Desirée van Dam**

Nagasaki, Japan



長崎大学 NAGASAKI UNIVERSITY

**Tiangao Lin**

Leiden, Netherlands



Leiden University Medical Center





## Dear Students,

I really loved working with you all. I met you several times during the year, during lectures, internship example hours, working groups, and walk-in hours. I loved helping you to find a suitable internship and supporting you to think of what life would look like after the Master's.

Although you are with a relatively small group of students, you were very creative, showed lots of initiative, and were ready to go out and meet future colleagues. Seven of you knew very quickly that they wanted to gain research experience abroad. You organised internships in Japan, Australia, the USA, Norway, Switzerland (2x), and Greece. Five of you organised an internship outside the LUMC at Tover, Frankenland Zorggroep, Erasmus mc, VUmc (2x), and three of you at the LUMC, at the department of Public Health and Primary Care. I loved your perseverance in finding the right spot and research topic!

I look forward with great confidence to your internships and theses and the steps you will take in the continuation of your career. I wish you all the best for the future and good luck with your career wherever your inspiration takes you!



**Carla Bakker** | Course coordinator Science and Career

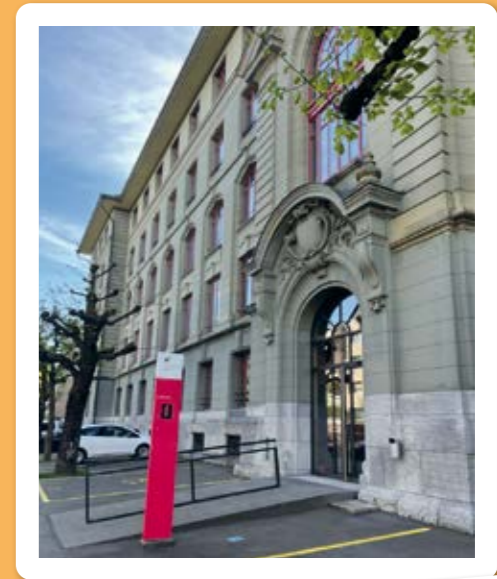


BERN INSTITUTE OF PRIMARY CARE, SWITZERLAND

## The LESS study: older individuals with polypharmacy in nine different European countries

by Esther Werkman and Anne Centeno Neelen

Bern is the 'capital' city of Switzerland where we (Esther & Anne) did our internships at the Institute of Primary Care (BIHAM). We both used data from the LESS study for our projects. Less or more, this study is about polypharmacy in older individuals from nine different European countries. The data is versatile because we both had completely different topics for our theses. Anne investigated which medications older individuals with polypharmacy wanted to deprescribe (stop with or reduce the dosage of) and why, and Esther studied the effects of socio-economic status on access to primary care. Despite our different topics, it was very nice to be able to discuss our thesis troubles and victories together, and of course enjoy the lovely city of Bern and flammkuchen (pro tip: just buy them from the store, don't try to make them at home). Bern is not a big city and you can walk endlessly through the old city with its small streets and the nice shops. Of course we can't forget the beautiful blue Aare that passes the city. Despite not finding the Edelweiss flower here, we have found many good experiences and very lovely people. Bern is definitely the ideal place for an internship!



AT THE COMMUNITY MEDICINE DEPARTMENT, AT NAGASAKI UNIVERSITY

# Different levels of physical activity and health of older individuals on Goto islands

By Desirée van Dam

At the end of April, I started my internship in Nagasaki, Japan. In this internship, I will investigate whether there is a difference between different types of physical activity and health of older individuals on the Goto islands. Goto islands are remote islands, around 100 km off the Nagasaki coast, they are part of the Nagasaki prefecture. I will be performing analysis on data collected via annual questionnaires. Me and another internship student will go to one of the Goto islands in a few weeks time, to meet the older individuals. I'm very excited to go there!



I'm living at a very nice residence on campus, together with some other international students. Nagasaki is a really nice city, not very big or busy, it feels more like a small village sometimes! Especially with the international students, when you walk down to the city center, you will always bump into someone you know. The Japanese people are really sweet and open, even if we don't understand each other, they always try to help you! I already did some exploring in Nagasaki and Fukuoka, I also would like to go to Kyoto, Okinawa and Tokyo before I fly back home!

I hope everyone is enjoying their internship, and I hope to see you all again in September!



MY INTERNSHIP AT THE CENTRE FOR ELDERLY AND NURSING HOME MEDICINE AT THE UNIVERSITY OF BERGEN, NORWAY

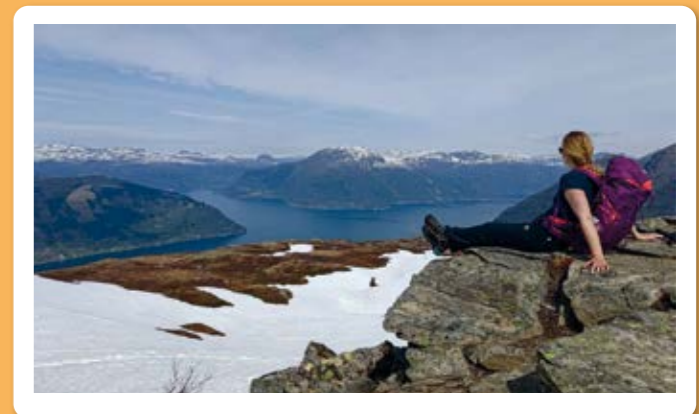
# What matters to you? Quality of Life!

By Angelika Gilli

Driven by the wish to combine the field of "Older Individual" in my ten weeks internship with my passion for hiking in the mountains and exploring a Scandinavian country, I was lucky to get to Norway. The collaboration between Prof.dr. Wilco Achterberg, LUMC (my internal supervisor) and Dr. Bettina Husebø, SEFAS Bergen (my local supervisor together with two others) made it possible for me to have an internship at the Centre for elderly and nursing home medicine, where I got an overview of research in the field of dementia.

Starting in April, I was welcomed by an interprofessional team in Bergen. Right from the beginning I was guided on how to plan my work for the thesis. I looked into factors associated with the difference between self and proxy rating scores in people with dementia and their caregivers. My weekly working days at the office consisted of exploring SPSS at three screens next to all PhD students. Also, I had weekly supervision meetings to discuss the proceeding. Nice talks during lunch and coffee breaks kept me really motivated. Additionally, I have attended interesting multidisciplinary discussions and small conferences about Public Health.

Throughout this period I felt well prepared after all the knowledge gained previously at the LUMC and it was nice to actually work with the skills in a real working environment. For my own quality of life I did not miss any opportunity to admire the amazing nature from the top of a mountain and to get some nice sunsets there. For me it was a perfect work-life balance.





A STORY OF MY RESEARCH INTERNSHIP AT TOVER IN UTRECHT, NETHERLANDS

## Quality-of-life in decision-making in United States residential care homes

By Olivia Black

For my internship, I had the opportunity to be a research intern at Tover, a company in Utrecht, Netherlands that designs interactive games for people with dementia and intellectual disabilities. These games, such as the Tovertafel (or magic table), help promote purposeful play as well as increase quality-of-life and joy in these individuals. The company is internationally recognized, and has expanded its market to multiple continents and countries, such as the United States. My research is focused on understanding the consideration of quality-of-life in decision-making for decision-makers in residential care homes. I am focusing on care homes in the New England area, the Northeast region of the US where I am originally from.

I am interviewing multiple decision-makers, some from my home state of New Hampshire, and others in Maine, Vermont, and Massachusetts.

I am really grateful that I have found an internship that bridges my current studies with my roots back home. During my interviews, I have been able to connect with some amazing people who have opened my eyes and perspective on memory care back home. It makes me optimistic and looking forward to what might come next for me. I'm grateful for how much this master's program from start to now has helped open doors containing new possibilities and connections.

I am staying busy with interviews, transcriptions, analyses, thesis writing, and of course many coffee breaks. From my first day at Tover, I felt really welcomed, and appreciate being able to meet many employees as well as interns. Pictured here are some of the interns and me at our work space. It's very gezellig to connect with other students and share meals and stories together. I'm looking forward to presenting my research at Tover in the next coming weeks as well as celebrating at a borrel afterwards.

All in all, I feel really lucky to be an intern at Tover, as I feel like I'm not only researching quality-of-life, but experiencing it here :-)



RESEARCH AND INTERNSHIP LUMC LEIDEN

By Isolde van Oostenrijk

After 18 months of attending online classes in Canada I was excited to finally be in-person at the LUMC. My research team was extremely helpful, and the research project was a perfect match with my professional background and experience. In the department of rheumatology and orthopedics I worked closely with two supervisors and experienced PhD students who were completing their final assessments of an ongoing research study on rheumatoid arthritis (RA) and axial spondyloarthritis (axSpA). Personally, I have been working the past 15 years with clients in Canada suffering from axSpA and living with RA. I was motivated to learn more about these conditions by conducting an extensive literature search and to expand my statistical knowledge of SPSS. My research and internship have provided me with hands-on experience in field testing, data preparation, and analysis. Most importantly my priori hypothesis that longstanding exercise therapy will have a positive effect on patients suffering from RA and axSpA was statistically significant and supported my professional recommendations.



Furthermore, attending the LUMC in-person reinforced the opportunity for me to acquire the junior lecturer position for the honours class in "Health, Ageing and Society" as part of my academic development commitment. I thoroughly enjoyed working with a talented group of 12 honours students under the guidance of Yvonne Drewes.

As an older student I have happily embraced all the opportunities this Master in Vitality and Ageing has afforded me.



## Interview with Herma-Joze Blaauwgeers

### What made you join the elder board?

*I am getting older, so consequently I want to know what I am getting into. I want to have a participation in what that looks like. I also am part of the elderly council in the Hague. What I experience when I am involved in these councils is gaining knowledge and learning what the possibilities are.*



### How do you stay vital?

*I need to be a part of something, to be involved in something. I need the freedom that I can do whatever I want, and also to have purpose.*

### What are some important lessons you have learned over the years?

*That whatever has to be, will be. I have learned to see it all the time. I have also learned to trust your feelings, when something is wrong vs. right. And, if you are not positive, it does not help you.*



*“Je kan alleen goed voor anderen zorgen als je ook goed voor jezelf zorgt: hobby, bewegen, recreatie/vakantie. “You can only take good care of others if you take good care of yourself; Hobbies, movement, recreation/vacation.”*

ANNEKE DE SWART

*“Bezint eer gij begint. Look before you leap.”*

*“Blijf je dromen volgen, maar verlies de realiteit niet uit het oog. Keep following your dreams, but don't lose sight of reality.”*

MARGOT DUIJVESTEIJN

*“Denk tijdig na over de vraag hoe jij oud(er) wil worden. “Think early on about how you want to grow old(er).”*

*“Ik heb veel gehad aan een uitspraak die ik van een wijze vrouw hoorde en die ik jou, veel jonger, als wens mee wil geven in je leven. Ik wens je de kracht te veranderen wat veranderd, te accepteren wat niet veranderd kan, en de wijsheid het verschil te zien tussen beide.*

*I have benefited greatly from a quote I heard from a wise woman that I wish you, much younger, to take with you as a wish in your life. I wish you the strength to change what changes, to accept what cannot change, and the wisdom to see the difference between the two.”*

(NAAR CITAAT VAN VIRGINIA SATIR) KOSTER KORSMIT

*“Onderzoek waarom een vraag gesteld is of een bepaalde oplossing aangedragen is. Investigate why a question was asked or a particular solution was proposed.”*

*“Kijk goed vooruit door regelmatig op tijd achterom te kijken. Look well ahead by regularly looking back in time.”*

KEES VAN DER MOOLEN

*“Je leeft maar een keer, volg je hart met verstand. You only live once, follow your heart with reason.”*

JOHAN HOGENDOORN

*“Met een Master V&A investeer je niet alleen in je eigen maar ook in onze toekomst. With a Master Q&A, you invest not only in your own but also in our future.”*

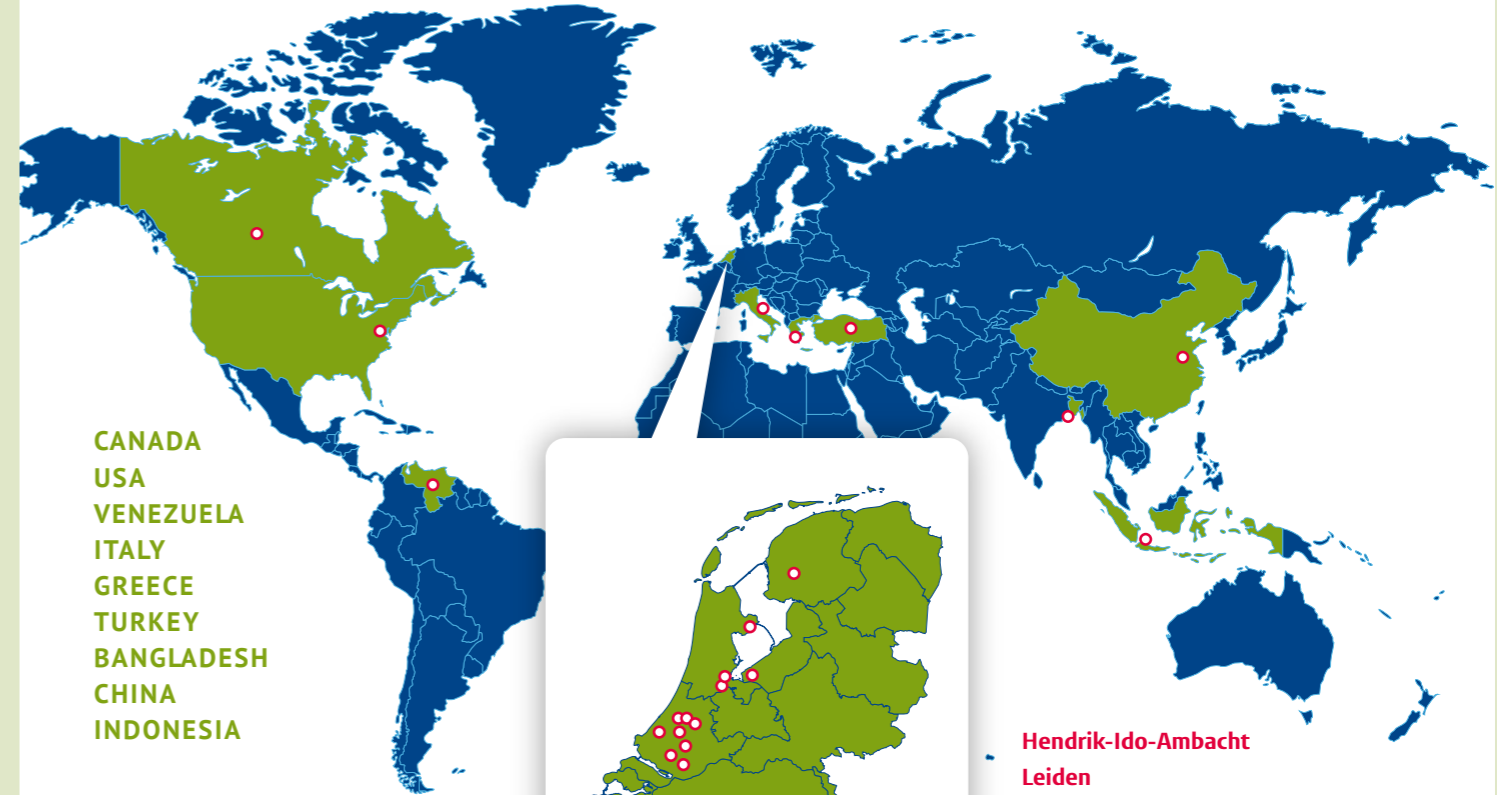
MARGRIET VAN REES



*“Ik wens elke oudere een luisterend en begripvol oor van mijn huisarts die er ook werkelijk tijd voor heeft. I wish every elderly person a listening and understanding ear from a GP who actually has time for it.”*

F. VERAART





CANADA  
USA  
VENEZUELA  
ITALY  
GREECE  
TURKEY  
BANGLADESH  
CHINA  
INDONESIA



Hendrik-Ido-Ambacht  
Leiden  
Den Haag  
Oirschot  
Leiderdorp  
Rotterdam  
Amstelveen  
Almere  
Zoetermeer  
Amsterdam  
Bovenkarspel  
Alphen aan den Rijn  
Sneek  
Arcen  
Berkel en Rodenrijs



## Angelika Gilli, 33

**Background study:** Physiotherapy BSc

### **What made you choose this Masters?**

I wanted to broaden my horizon in the field of ageing. Since this Master's offers very different points of view, it is actually more than my expectations were.

### **Describe a highlight of the V&A year for you?**

I really liked the orientation visits. Especially the one to the municipality in Den Haag, where we as students were asked to present our own ideas for an actual problem about older individuals. It made the work opportunity really clear and it was also fun to come up with ideas.

### **Where do you see yourself in 10 years?**

I definitely see myself working still hands-on with the patients and maybe also running my own innovation. And for sure I will live somewhere much closer to the mountains than now ;)



## Konstantina Tsiflikioti, 24

**Background study:** Psychology BSc, Aristotle University of Thessaloniki, Greece

### **What made you choose this Masters?**

I chose this master's because I want to be a geropsychologist and I thought that it would be a great educational experience to get to know this field better.

### **Describe a highlight of the V&A year for you?**

A highlight of this year would be the second study trip that we did in Brussels where I realised how fortunate I am to be travelling Europe with great people and learning more about the things that I love.

### **Where do you see yourself in 10 years?**

I see myself hopefully as someone who has already started working in the field and helping as many older individuals and their families as possible.



## Isa van Andel, 23

**Background study:**

- 2018/2019 Biomedical Sciences (University of Amsterdam)
- 2019/2020 - 2023 Bachelor Medicine (LUMC)
- 2024 Master Medicine (LUMC)

### **What made you choose this Masters?**

Before starting my clinical rotations for medicine, I wanted to have a multidisciplinary fun year and gain a lot of knowledge about the different aspects of ageing. Also during my Bachelor of Medicine, I missed lectures and courses about older individuals as I only had an internship in a nursing home in my first year and a course 'Issues at a later stage of life' in my third year. I joined the Honours class Ageing and Vitality in 2022 and decided this master's is a good fit for me. I never regretted my choice to do the Master V&A.

### **Describe a highlight of the V&A year for you?**

Hmmm, where do I start? I will for sure never forget the friendships I built during the Master's. I had a lot of fun during the innovation video in which we asked a member of the elderly board to be a part of it. But the best thing during the year was for sure our trip to Cologne because it was at the beginning of the Master's program and I felt like I got to know the whole group of students and teachers more.

### **Where do you see yourself in 10 years?**

I hope to be working with older individuals in the hospital as a doctor. In addition, I want to improve the care for older individuals somehow. But more importantly, I want to remain surrounded by family and friends and be happy somewhere <3.



## Anne Centeno Neelen, 23

**Background study:** Biomedical Sciences

### **What made you choose this Masters?**

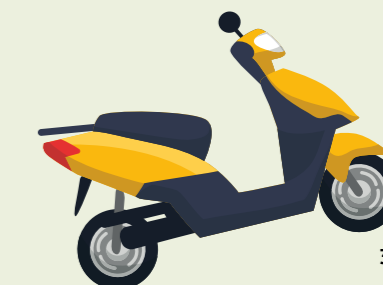
I chose this master's because it covers different aspects, including Biology, Society, and Management.

### **Describe a highlight of the V&A year for you?**

The highlight of this V&A year for me was making and presenting the innovation video for OI. It was so much fun!

### **Where do you see yourself in 10 years?**

I hope that I will work somewhere where I can help older individuals improve their quality of life.





## Anique Landré, 39

**Background study:** Physiotherapy

### **What made you choose this Masters?**

The friendly contact with the teachers, the fact that you can choose topics of interest for assignments, and the multidisciplinary and international background of the students.

### **Describe a highlight of the V&A year for you?**

I liked the "kennismakingsdag" and the study trip to Brussels as well as the ageing suits.

### **Where do you see yourself in 10 years?**

In elderly care. Maybe still as a physiotherapist but maybe also more trying to get the latest research results implemented. Probably in The Hague but maybe somewhere tropical combining my job with protecting the coral reefs :-)



## Amber Dijkstra, 21

**Background study:** Biopharmaceutical sciences

### **What made you choose this Masters?**

A few years ago I worked in a nursing home as a supporter of living activities and during this job, I noticed that the field of elderly care could really benefit from improvements. When I saw the opportunity for the master's V&A after my bachelor's, I liked the idea of learning more about the healthcare system and contributing to possible improvements.

### **Describe a highlight of the V&A year for you?**

A highlight of this V&A year for me was to meet so many lovely other students and to get to know each other. This was not possible during my bachelor's because of the number of students, thus I really valued being part of a small and close group of students during this master's. Also, because of this, the trip to Brussels was really fun ;)

### **Where do you see yourself in 10 years?**

It might sound crazy because this study is all about older individuals, but in 10 years I either want to be studying to become a pediatrician or I will be working as a special education generalist or "orthopedagoog" in Dutch.



## Isolde van Oostenrijk, 51

**Background study:** BAHMSc(Hons) Sport Science

### **What made you choose this Masters?**

My interest in the hallmarks of ageing and multi-professional collaboration within a part-time program that allows me to work and study.

### **Describe a highlight of the V&A year for you?**

Every Friday in the part-time program and the trip to the EU headquarters in Brussels was a highlight in the V&A program.

### **Where do you see yourself in 10 years?**

I see myself as a lecturer and researcher, teaching personal trainers/kinesiologists how to promote safe multicomponent exercise programs as preventative health care for older individuals.



## Wouter Heuer, 42

**Background study:**

- Social work, NTI University of applied sciences
- Geriatric psychiatry, Open University Utrecht

### **What made you choose this Masters?**

As a superlative after many studies and jobs, I picked this study because of the expected development of a wide array of skills and abilities. Since being older than most fellow students, I thought I could be of value by using my own life experience and different viewpoints during assignments and working groups. This turned out to be a success. I like to improvise, being versatile and analytical. This education connects to these qualities and so much more. The actual experience was above my expectations, it boosted my brain for sure.

### **Describe a highlight of the V&A year for you?**

The fact that I finally got a good understanding of scientific qualitative research, after previous studies this was definitely not the case, and i love it now. And of course... meeting with my lovely part-time students for a drink Friday afternoon.

### **Where do you see yourself in 10 years?**

I was sure before starting this education, but now I am slowly realising it is so much more. Also, my perspective on career opportunities is changing. I still love to reach out to care-avoiding older adults, to give a happy ending for all to a complex care case. Complex care usually does not match because of a mismatch between personalities and the approach. As a professional I treat someone like you want to be treated yourself; just stand next to someone as a person, positive, respectful, and without judging. Future career? Maybe as an ambulatory qualitative researcher working in the field of elderly care.



## Samantha Scharringa, 23

### Background study:

- Bachelor: Liberal Arts & Sciences (Premed + Psychology track), University College Roosevelt
- Premaster: Medicine, Leiden University
- Master: Medicine, Leiden University

### What made you choose this Masters?

I missed the “social/human” side of medicine. As a future doctor, regardless of specialization, you will be involved in the care of elderly patients, and so it's important for me that I remember that the patient sitting across from me is a human being and not just a disease I need to treat. Plus, it was hybrid and only 7 months of theory, which suits my schedule perfectly

### Describe a highlight of the V&A year for you?

I loved meeting new people! My classmates are awesome and the teachers are super chill. Additionally, I enjoyed the frequent study trips and found the AUMC Biostatistics course to be useful for my medical master's too.

### Where do you see yourself in 10 years?

I will be a doctor in the Netherlands and I'll own 2 hypoallergenic cats called Boots and Beans. I would also hopefully own a Dyson vacuum cleaner to clean the cat hair and maybe a Roomba.



## Eva Edam, 22

### Background study:

- Bachelor Medicine at Erasmus University Rotterdam
- During the master V&A, I started my master's in medicine at Erasmus University Rotterdam

### What made you choose this Masters?

Before beginning my clinical rotations, I wanted to have a useful gap year. This one-year master's program really stood out to me because of its broad curriculum. Besides that, I wanted to learn more about all the aspects of ageing.

### Describe a highlight of the V&A year for you?

The main highlight of the year was the relaxed environment and the cool and interesting people I got to meet!

### Where do you see yourself in 10 years?

In ten years, I will be a 32 (wow) years old doctor working in Rotterdam. Furthermore, I will also finally be able to finish knitting two socks (this project is stuck in the prototype phase).



## Esther Werkman, 24

### Background study: Health sciences

### What made you choose this Masters?

I really liked the combination of biology, the experience of the older individual, and the management of health care.

### Describe a highlight of the V&A year for you?

A highlight for me is that older individuals are involved in the study program. They sometimes give feedback for assignments, or we interview them to learn more about their experience. I think this is very valuable.

### Where do you see yourself in 10 years?

In ten years, I hope I have a job where I can do something about the inequalities in health and access to health care between different groups in society.



## Claire Veldkamp, 22

### Background study: Bachelor of Medicine, VU Amsterdam

### What made you choose this Masters?

As I previously did a bachelor's in Medicine I was used to big lecture halls and 300+ students. This master offered me the opportunity to also experience a more personal and small group type of education. The fact that all your teachers know you by name was super nice! Additionally, during my bachelor years, I also got interested in topics in healthcare besides biology. Like the social, societal, and economical aspects. Which are all touched upon in this master.

### Describe a highlight of the V&A year for you?

A highlight for me was the study trip to Brussels in February. During the course, we learned about the management of healthcare systems. During this study trip, all the learned theory really came into practice and we had the opportunity to speak with people working in the parliament and even visited the parliament!

### Where do you see yourself in 10 years?

In 10 years I hope to be a doctor. Either a “real” one or a fake one because I think it would also be really cool to be the new Dr. Grey in a hospital tv-show ;)





## Ilse de Boom, 25

**Background study:** Bio-Pharmaceutical Sciences, Universiteit Leiden

What made you choose this Masters?

I loved the idea of applying my knowledge of science and biology in a societal setting.

**Describe a highlight of the V&A year for you?**

A continuous highlight is getting to know all the people from different countries and their cultures! It gives you a very different perspective on life.

**Where do you see yourself in 10 years?**

Settled in my own home with my cat(s), and a job where I can experience the joy of helping others every day :)



## Maya Saat, 27

**Background study:** Sociology

What made you choose this Masters?

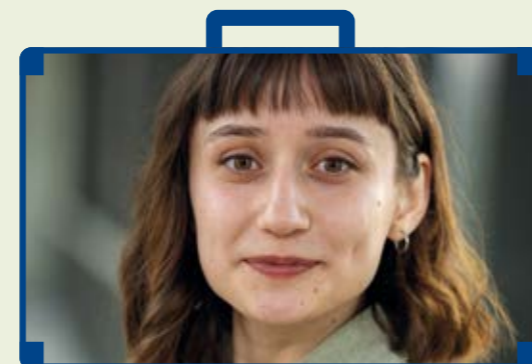
I chose the Vitality and Ageing master's program because I believe it addresses an interesting and required research topic. Also, this topic will become more and more important as the global population ages.

**Describe a highlight of the V&A year for you?**

The V&A year was challenging but also enjoyable. One of the highlights for me was the interdisciplinary nature of the program, which allowed me to learn from my professors and my fellow students with diverse backgrounds.

**Where do you see yourself in 10 years?**

In 10 years, I hope to be working as a researcher in the field of ageing. However, I am someone who likes to go with the flow, so I am also open to other opportunities.



## Olivia Black, 27

**Background study:** Bachelor's of Science in Nursing at University of New Hampshire, United States

What made you choose this Masters?

When I was googling international master's programs about ageing, I was immediately inspired by the title of this master's. To pair the word vitality with ageing felt so refreshing and positive. I also loved how it approached learning about ageing in such an intentional, comprehensive way: first from a cellular level, then zooming out to the individual, and then to the societal and organisational levels. Another positive is I really appreciated how much the program encourages self-development, like with the internship and ILP.

**Describe a highlight of the V&A year for you?**

Filming scenes around Leiden with an older individual and international pals for the Innovation Video, and then showing and discussing the end result in the symposium with my lovely team :)

**Where do you see yourself in 10 years?**

I can envision a lot of possibilities, but I would love to be a consultant that helps to improve and innovate elder care and well-being at different care homes around the world. A close second would be to become a professor about ageing at a university. The most important thing is that I enjoy coming to work and I am helping people. One more dream is to have a dog to take on long walks, and maybe a kid or two :)



## Daniëlle Kaiser, 25

**Background study:** Bachelor and Master of Medicine at Vrije Universiteit Amsterdam

**What made you choose this Masters?**

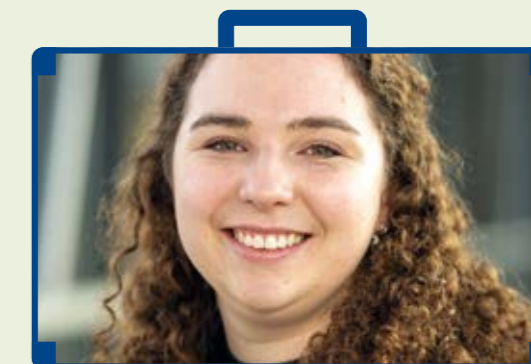
During my senior rotation of Medicine, I noticed that I wanted to broaden my knowledge before graduating from med school. I discussed this master's with my roommate who also did V&A and she convinced me quite easily to also do this program.

**Describe a highlight of the V&A year for you?**

A highlight for me is all the nice people I got to meet through V&A. We did a lot of fun things together outside regular V&A activities, such as Secret Santa, the Efteling, and a trip to Rome with Desirée in the self-study week :)

**Where do you see yourself in 10 years?**

In ten years I hope I'll have a nice job as a doctor in the field of internal medicine, and I may have done a PhD in the meantime as well. The most important thing for me will be that I enjoy coming to work and live a happy life outside working with some travels around the world.



## Nadine Chow, 20

**Background study:** Bachelor of Medicine, Erasmus MC

### *What made you choose this Masters?*

I had one year until my clinical rotations would start. But before I knew that, I was already looking for how I could broaden my perspectives more and acquire knowledge outside the Medicine curriculum, so that in the end I have broader opportunities for my career. Besides that, I really like the older individuals as a target group to help.

### *Describe a highlight of the V&A year for you?*

A highlight for me was definitely meeting other V&A students this year: I think that there are a lot of amazing and kind people here and it was nice to spend time with them through the trip to Cologne and Brussels.

### *Where do you see yourself in 10 years?*

I hope that I am a doctor who focuses on the patient's best interests. Personally, I hope to have travelled a lot and maybe still go on a vacation somewhere if I have the time for it. Hope that in 10 years I and the people around me are living happily!



## Laura Klaassen, 23

**Background study:** Nutrition & Dietetics BSc, Health Sciences pre-master

### *What made you choose this Masters?*

During my work as a dietician, I experienced that I have an affinity for working with older individuals. This master seemed to me the perfect choice. Especially the combination of the different perspectives on growing older in good health, public health, and health management drew my attention. I like that I can follow it part-time.

### *Describe a highlight of the V&A year for you?*

The lovely (international) fellow students with all different backgrounds that I got to know made the lectures and assignments more interesting. Also working with older individuals during various assignments was very educational and fun.

### *Where do you see yourself in 10 years?*

Probably working as a dietician in the hospital (like I do know) specialised in elderly care. Although I also see myself working as a researcher or policy advisor. We will see :)



## Desirée van Dam, 24

**Background study:** Biomedical Science bachelor at the University of Amsterdam

### *What made you choose this Masters?*

For a few years, I've been interested in the so-called blue zones around the world, where people are ageing healthily. When I came across this master I knew I wanted to follow this program, it would increase my knowledge about this topic and it would also give me some new information outside a biomedical viewpoint. I wanted to follow another master outside of the biomedical sciences field, but it needed to be something that would still fit my interests.

### *Describe a highlight of the V&A year for you?*

I really liked the trip to Cologne and Brussels, it was nice to get to know everyone outside of the classroom. I would have never gone to the European Parliament on my own. Besides these study trips, I really liked the experience of the ageing suits! It gave some new perspectives to understand how older individuals experience the world. Outside of the V&A program we also did a lot of fun activities with the group together, like Secret Santa, cultural dinners, Efteling, and a city trip to Rome with Daniëlle in our free study week :)

### *Where do you see yourself in 10 years?*

In 10 years I hopefully will be working as a neuroscientist with a finished PhD, hopefully in the field of neurodegenerative diseases. I don't really mind which country I will be working in. I hope to also have the option to combine research with focusing on the more human aspect of ageing, may it be in the field of policy-making or working together with older individuals to improve environments for them.



## Eline Haarhuis, 24

**Background study:** Health Sciences @Wageningen University & Research

### *What made you choose this Masters?*

With a rapidly ageing population worldwide, the demand for professionals in this field is increasing, and there is a growing need for individuals who possess the skills and knowledge to improve the lives of the elderly. Working with the elderly feels like an opportunity to make a positive impact on people's lives by helping them maintain their independence and quality of life. It also offers the chance to develop a deep understanding of the complex challenges that arise with ageing, including physical, emotional, and social issues, and to develop strategies to address these challenges effectively. Besides that, I love the combination of social and biological courses and the small group of students makes it feel like we're one big family!

### *Describe a highlight of the V&A year for you?*

There isn't a particular moment that stands out for me, but rather it's the overall atmosphere that I experience when we work together in groups, go on orientation visits, or just hang out at Hepatho's over a beer. I appreciate how everyone can be their authentic selves, and this creates a warm and enjoyable environment to pursue our master's degree together!

### *Where do you see yourself in 10 years?*

Honestly, I'm not really sure! Hopefully working as a successful clinical psychologist in an international setting. To study and treat people who have mental illnesses or emotional difficulties, or to provide research on human behaviour and how people think. The most crucial aspect for me is to engage in activities that bring me joy, experience a sense of happiness, and be surrounded by people who uplift my spirits :)





## Sanne Meijers, 21

**Background study:** Biopharmaceutical Sciences

### **What made you choose this Masters?**

I chose this masters because I really liked the combination of the courses and the fact that it is multidisciplinary. For me, it was also important that there was still a biological part because that is the subject I am most interested in!

### **Describe a highlight of the V&A year for you?**

For me, the highlight of the V&A year was the study trip to Cologne. It was nice to learn more about the research there but the part I liked the most about it was that you get to know your fellow students outside of the classroom.

### **Where do you see yourself in 10 years?**

I hope I have a nice job that I really enjoy, even though I am not sure in what field I would like to work yet.



## Hannah Sasburg, 22

**Background study:** Medicine

### **What made you choose this Masters?**

I really wanted to broaden my knowledge of the ageing population in the world. As I did a bachelor's in medicine, my dream is to become a general practitioner. This Master's would definitely help with developing certain skills for later that I did not have before. The education on different aspects of managing healthcare for the older population really appealed to me.

### **Describe a highlight of the V&A year for you?**

The highlight of this year was definitely the trip to Cologne, where we got to know everyone from the whole group in another way! I liked that there was a combination of fun and serious study things with an interesting visit to the research departments. Also, I really like that this Master's degree is small scale, which I had not experienced before in my bachelor.

### **Where do you see yourself in 10 years?**

I hope I have a nice job that I really enjoy, even though I am not sure in what field I would like to work yet.



## Tiangao Lin, 31

**Background study:** Physiotherapy

### **What made you choose this Masters?**

After studying and working as a physiotherapist for years, I encountered many older individuals in practice, and I felt the need to provide better care to them. This program can give me insight into the ageing and well-being of the ageing population and guide me in which practice.

### **Describe a highlight of the V&A year for you?**

One of the year's highlights is the visit to the Max Planck Institute in Germany, where we got to be on the frontline of biomedical science worldwide. The trip gave me a glance at the fascinating work the scientists are doing in ageing studies. I am excited to be part of this trending scientific field.

### **Where do you see yourself in 10 years?**

I spent my last 10 years travelling, studying, and working in many countries, which opened my mind. After exploring the world, I see myself settling in China for the next 10 years and applying what I learned there. China is the country I am most familiar with but also alien to after leaving countries for many years. I am excited about the new life back home.



## Tamanna Tabashum, 28

**Background study:** Medicine(bachelor)

### **What made you choose this Masters?**

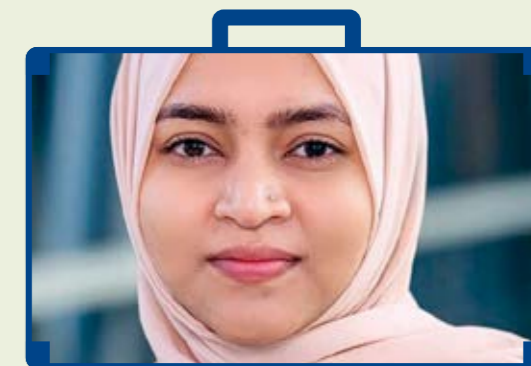
I have finished my bachelor's in medicine in my own country. To have some knowledge about the health care system in the Netherlands and to integrate into the care sector here, I need to do a degree. Since older patients are the main group here who use most of the healthcare, I thought it would be best to study something that relates to my background.

### **Describe a highlight of the V&A year for you?**

The teachers in this master's are very cooperative and helpful. Apart from that, I really liked the orientation visits and working together with the group in class.

### **Where do you see yourself in 10 years?**

In ten years, I hope I will be an internist in geriatric and gerontology, and working in a hospital, maybe here in the Netherlands or in my own country.



## Jenny Araque, 39

### **What made you choose this Masters?**

It had a relation with my study and work background.

### **Describe a highlight of the V&A year for you?**

I like the online and part-time options. Teachers and junior lecturers are very nice, helpful, and flexible. It has a mix of activities. They do a great job.

### **Where do you see yourself in 10 years?**

Hopefully working in the healthcare sector in Rotterdam.



## Joël van den Berg, 24

**Background study:** Human movement sciences, Vrij Universiteit Amsterdam.

### **What made you choose this Masters?**

During my bachelor's I developed an interest in ageing. I decided that I wanted to broaden my knowledge about the elderly so when I came across this master I knew that it would be the right choice for me.

### **Describe a highlight of the V&A year for you?**

I really like the orientation visits. They give you the opportunity to see what the possibilities are in the field. I also find it very inspiring to have contact with the elderly. And of course my lovely fellow students, it is always nice to start the weekend together with drinks at Hepatho.

### **Where do you see yourself in 10 years?**

I don't have a specific goal in mind yet. But I hope that I can combine my knowledge about human movement sciences and the elderly and in that way can contribute to a healthy ageing society.



## Kirsten Klijnsma, 38

**Background study:** Drs/ Bachelor Medicine

### **What made you choose this Masters?**

I have been working with older people since writing my thesis about different types of dementia a long time ago. I love working, helping, and treating older people, but I see a lot of things that can and need to be changed in the care of older individuals. This master's will give me the knowledge and skills to hopefully make some needed changes in the future.

### **Describe a highlight of the V&A year for you?**

That would be the study trip to Brussels a couple of weeks ago! I do this master online, and it was so great to see and meet everybody in real life.

### **Where do you see yourself in 10 years?**

Working in a policy function in a hospital/municipality or the government/VWS.



## Dear students of V&A,

Almost 4 months ago,  
You have started your Vitality and Ageing flow.  
Fanatically, happily and full of vitality,  
You are studying on important topics of the elderly

It is already your routine  
To have lectures using the Kaltura machine.  
This asks for patience, humour and flexibility  
From you all, as members of the V&A community

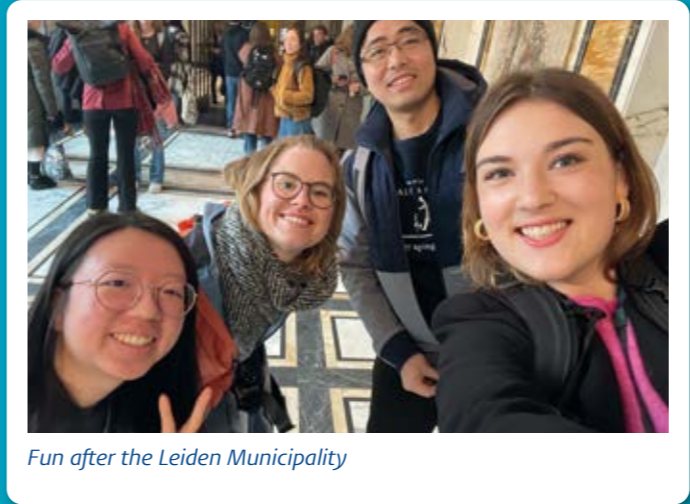
Luckily, once or twice a week you see  
Your fellow-students live at the LUMC  
You do AD working groups, present assignments and after  
all,  
Sometimes some beers and tosti's in the Hepatho hall

Sinterklaas wants to give you a serious compliment,  
For your participation in the educational activities for a  
full 100 percent.  
Therefore, a small sweet Sinterklaas present for all of you  
Since this weekend his birthday is due!

*Sinterklaas & Piet*







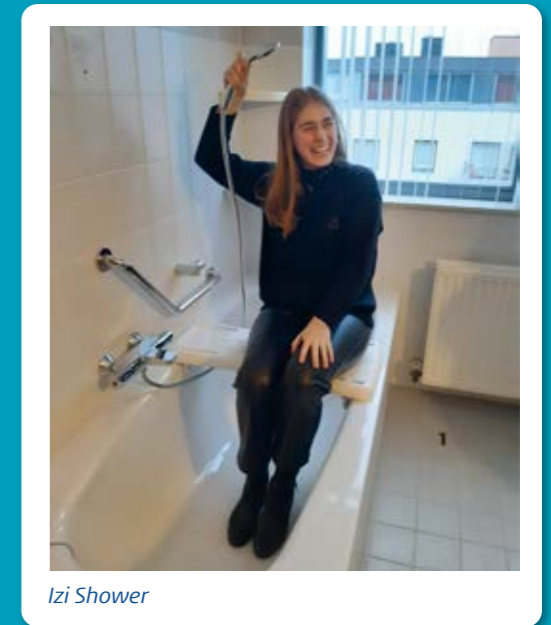
Fun after the Leiden Municipality



Fun at the Leiden Municipality



Tech Experts



Izi Shower











**Refrain**

*We vitality and ageing  
You vitality and ageing  
All vitality and ageing  
To im-prove a-geing life*

*Master Vee and AAA, you chose to study for a year  
From the start fa-ná-tic, that was us soon ve-ry clear  
Co-ming to the Netherlands or staying far a-way  
To stu-dy, live and play*

**Refrain**

*Bee Vee Aa was cat-ching soon your time and interest,  
Eight weeks of bi-o-lo-gy, cells, sys-tems and the rest  
As 'bí-o-pro' you wrote essays and did the final tests  
Your team-work is the best!*

**Refrain**

*Vi-ta-li-ty, re-si-li-ence, and cope while you grow old  
That's what in the interviews the older people told  
U-sing logic models, and be-come more cre-a-tive  
Let's be in-no-va-tive!*

**Refrain**

*So-ci-e-ty is a-geing, that's what e-ve-ry one knows,  
you have learned to understand, and change  
the cur-rent flows  
To im-prove so-cie-e-ty for better a-geing life  
With know-ledge, skills and drive*

**Refrain**

*Cu-ri-ous and fun, you are an optimistic group,  
Storms and stri-king public transport did not bother you  
Wor-kin-groups and self study was challenging you all,  
You ma-naged rea-lly well*

**Refrain**

*Co-ming weeks you will start thesis and your internship  
Then you ask your peers and staff the best and fi-nal tip.  
By stay-ing calm, and work, en-joy this new ex-pe-rience  
You bring this to the end!*

**Refrain**

*Here it will be dif-fi-cult as you are all a-way  
We as master staff will miss your pre-sence day to day.  
Thus let's par-ty now together, and enjoy the rest  
We wish you all the best!*

**Refrain**

