

Health, Ageing and
Soci-ety,
Health, Ageing and
Soci-ety,
Creating change
with crea-tivity
To improve ageing
life!

MEMORIES



Master Health Ageing and Society

Yearbook 2025-2026



Universiteit Leiden

Leiden University Medical Center

Colofon

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Health Ageing and Society MSc
Universiteit Leiden

Table of contents

Page	
4	Introductions
10	Line education
18	Courses
24	Study trip
26	Internships
32	Older individuals
34	Disciplines
36	Graduates
52	Afterword



Yearbook committee





Dear everyone <3

After a year full of memories, new friendships, valuable lessons, laughter, and new insights into the lives and surroundings of older individuals, we created this yearbook to capture all these stories in one place. We hope you all look back on an amazing year, just as we do. We truly enjoyed editing this yearbook and hope you will enjoy reading it as much as we enjoyed making it.
Have fun reading!

The Yearbook Committee
Lisann de Ruijsscher
Anne van der Veen
Julia van de Velde

Meet the:

Student Ambassador and JVT

Sanne: If someone had told me beforehand that I would become the "influencer" of the master's program, I would not have believed it. Honestly, I don't think I was the best student ambassador this master's program has ever had either. However, I still genuinely liked being the student ambassador and learned a lot along the way.

As a student ambassador, your tasks include creating content for the master's Instagram page, motivating new students during an open day or Student for a Day, and answering questions about the master's program through a chat system. The best part about being the student ambassador is that you get to capture all the fun activities of the master HAS, which makes you experience and enjoy those moments more consciously. My favorite memory is definitely the vlog I made. I am naturally not a vlogger at all, so in the beginning, it felt pretty awkward. But in the end, I was actually really proud of the final result, and to my surprise, the video had quite a few views. Last but not least, I would like to thank Marloes, who helped me with my role as a student ambassador.

My advice? Make some extra space on your camera roll for all the great memories!

Mila: "Within the JVT this year, my main responsibility was gathering students' opinions about the courses and discussing them with the lecturers. I wrote reports and had to communicate the feedback effectively so that concrete actions could be taken. I really enjoyed doing this, especially the challenge of presenting negative feedback in a positive and constructive way."



Sanne and Mila

Mila: A fun fact about the JVT that everyone from my year probably knows is that I was the only JVT member from the full-time group. Fortunately, I had Josefien in the part-time group, who was a great source of support during the meetings. However, we both had to handle most of the work on our own. So, a useful tip for future years: make sure to sign up with at least one other person.

HAS DIRECTOR



I have been involved in the Health, Ageing and Society master's program since 2016. Looking back at the past ten years, I would describe them as entrepreneurial, fun, and something to be really proud of. A moment I'll always remember is singing the V&A (HAS) song together with students and colleagues after OAS.

Looking back, this was a memorable year because you really have built a community together. Fun, studying, stressing, supporting and laughing; a good combination. Future Perspectives was the course I coordinated this year and is a really short and intensive course for students and teachers. Next to urgent lectures about actual dilemmas, different working groups and assignments were challenging you. To see students and staff everyone satisfied and tired after the week is the best you can have as a coordinator and direcwtor of the programme.

Jacobijn Gussekloo

10 HAS Lustrum









Master's Health, Ageing and Society 10







Junior Lecturers

Dear students,

You might be thinking all we did was give you a few working groups, but behind the scenes we were busy with a lot of things! Apart from developing and preparing working groups, we also had a lot of fun organizing the study trip to Belgium, organizing and developing the lustrum event, planning orientation visits, making sure a module runs smoothly and of course organizing the borrel after every module.

Apart from the combined tasks, Marloes was the junior coordinator of BVA and often did creative things for social media and all things recruitment-of-new-students related. Fien was the junior coordinator of OI and apart from this had a lot of contact with the older individuals from the Elderly board of the ZH-N, making sure we have sufficient older individuals in our education. And lastly, Eliza was the junior coordinator of OAS, and kept herself busy with organizational and administrative things.

We worked hard, but we also truly enjoyed our times in the office and also with you! Some of our favourite moments in the office are the lunch breaks and sharing what is happening in our lives. Fulfilling the snack-cravings is a must and a core element that makes us as a team run smoothly. Even though we enjoy doing things in peace, we all secretly also love a bit of adrenaline when things go not exactly as we plan it and then we get to put heads together and solve problems under pressure. That's when we've seen the best team work!

We've loved getting to know you over the year, and I hope you have also gotten to know us. However, here are a few more fun facts about us. Fien always hated running, but the hate dramatically changed to love in the past year and has even completed two half- marathons! Marloes has hobbies such as knitting, embroidering, scrapbooking and sewing, allowing for many connection points with older individuals. A fun fact about Eliza is that she has five siblings, yet none of them are biological – just a glimpse of her fun, slightly chaotic life.

Thank you for trusting us this past year. We have seen each of you grow, and we could not be prouder. Before we end this letter to you all, we want to leave you with some advice. Don't put too much pressure on yourself and make time to enjoy the things you love. If HAS taught you one thing, we hope it taught you how to work in groups. From the words of Eliza, "Life is a group project, we gotta help each other out." And lastly, we want to encourage you that you are never too old to learn. Learn from whoever and whatever you can. The world is rich with knowledge.

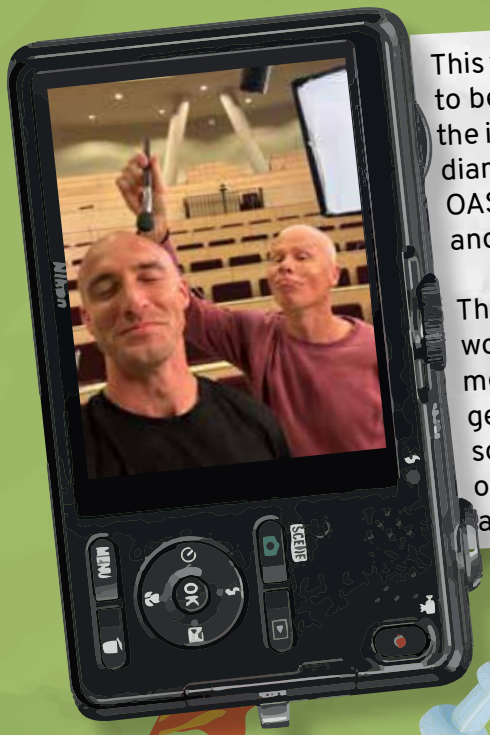
All our love,

Fien van de Kamer, Marloes Krijger and Eliza van Walbeek



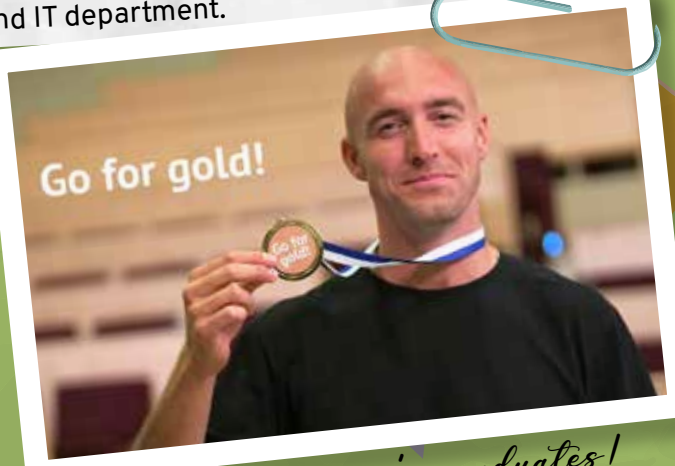
Congratulations on receiving your diploma! We have loved being your junior lecturers this past year and we are very proud of each and every one of you!

Innovation Line



This year, the master's program has taken a step forward in preparing students to be leaders in the field of ageing. We have made adjustments by centering the innovation curriculum around a design approach seen through the double diamond method. Through individual and team assignments in BVA, OI, and OAS, students are encouraged to experiment with what 'makes them tick' and how to integrate those passions into their professional identities.

The frameworks and tools taught here are directly applicable to the "real world." For example, in my own research at the LUMC, we utilize similar methodologies to develop a chatbot designed to assist in conducting geriatric consultations. In our research, we are laser focused on developing something that is valuable to all the stakeholders involved, from the older individual and their families, to the nurses, geriatricians, hospital administrators, insurers and IT department.



When I am not busy with the master's program or doing research, I am likely playing tennis, padel, or pickleball. I love to play all sports, but racquet sports have my heart. I also love to go to the cinema, especially in the middle of a sunny day when I know no one else is going to be there. For a very interesting and complicated story, ask me why I once had to pay a family a goat in order not to go to jail. You will be amused!

Congratulations to this year's graduates!

Talk soon, Jake Johnson

Curriculum



Future Perspectives





Biology of Vitality and Ageing







Science and Career

Research and Evidence

The Older Individual





Communication in Science

Academic Development

Organisation of the Ageing Society

Future Perspectives














Communication in Science

I'll never forget the mild embarrassment when I realized I'd given my Communication in Science students a big heartfelt goodbye at the end of Biology of Vitality & Aging, only to realize I would see them again after the winter break. Somehow in my first weeks in my new role. But it was one of the best minor embarrassments I've had the chance to feel. A more sustained contact with students over a longer period of time was one of the main things I sought leaving the heady world of teaching science communication as a freelancer to teach at LUMC. I can't imagine a finer group of Master's students to have met when making that switch.

The best insight I got from an older person, was from my mentor during my bachelor's studies. He was in his late sixties when I met him and became his literary assistant. He told me more than once that he felt inside basically the same he felt when he was 19. So, ever since, I try to give my inner teenager plenty of room to talk and express themselves while at the same time remembering that the older individuals I meet all have a 19-year-old within them as well.

I have only been with the HAS program for the past academic year, and can already tell the program is impactful and stimulates growth. The most memorable thing about my students is how impressive they all are!

My piece of life advice for our graduates is to remember that kindness is contagious! Myself, the way I hope to grow old is dancing, and with a twinkle in my eye.



Michael Glennon

Academic Development



I truly enjoyed teaching the Academic Development skills training this year. Each group and each student brought something unique, creating dynamic group experiences.
With full-time students, part-time students, and minor groups, I occasionally found myself wondering who had attended which session already. Luckily, you were kind enough to forgive my moments of confusion!

I also appreciated the many meaningful conversations I had with you, and I found it inspiring how openly some of you shared personal stories. We shared quite a few laughs during the exercises, which made the sessions even more memorable.

I hope you have developed valuable transferable skills that you will carry with you and reflect on often in your next steps. Perhaps you have also gained a deeper understanding of yourself and others and, most importantly, I hope you had a great time along the way.

Verena Ly

One of the things I have learned from my students is how important it is to keep a sense of fun in the learning process. Working with you has been a constant reminder that learning and enjoyment can and should go hand in hand. I hope to grow old by enjoying each day as if it were my last, while nurturing meaningful connections and engaging in activities that bring purpose and joy.

My advice to our graduates may sound a bit cliché, but it would be to stay open to the perspectives and advice of others, regardless of their background or role, while also taking the time to reflect on what truly resonates with you (and what not) and what you can learn from it.

Research & Evidence



Stella Trompet
Coordinator

We started the year with the Quantitative Research Week. Here we had the opportunity to incorporate the educational activities within the project called "The Research Cycle". You, as HAS master students could design and develop a flashpoll about mindfulness and its relation to positive health and vitality. Your flashpolls were filled and discussed in a working group with an older adult of the advisory board which led to some surprising interactions.

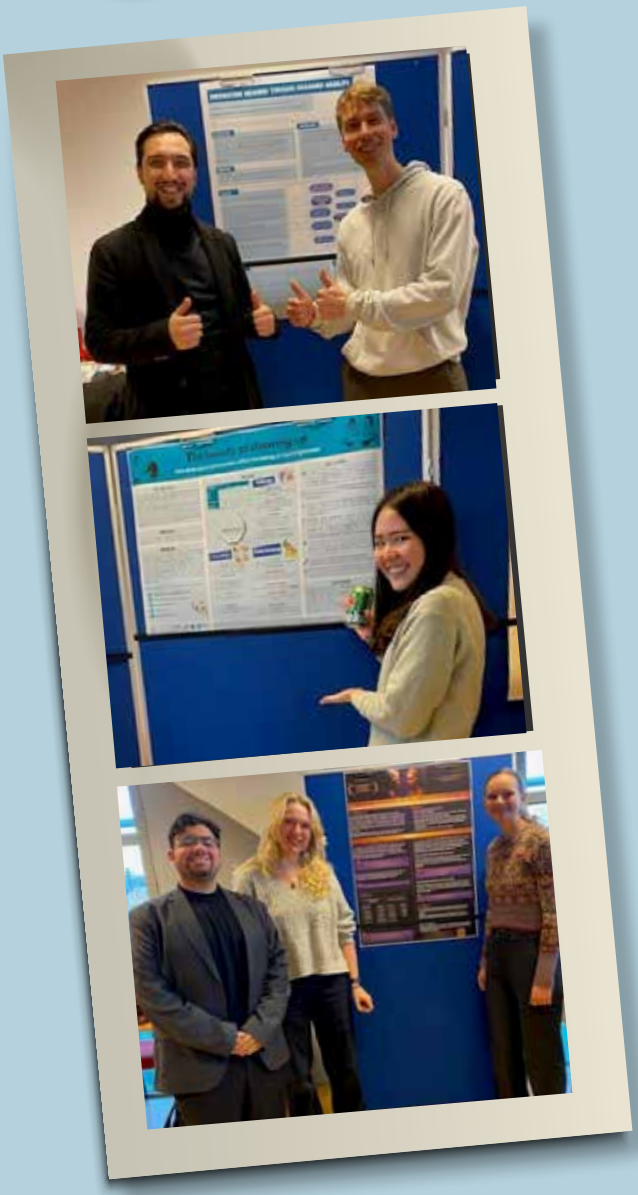
The second week in November was dedicated to qualitative research. Again, you already performed your own research within one week! You had an interview with an older individual within that same research theme. We learned from you that these interviews were very valuable. I was impressed by your creative ideas for qualitative research. The poster session was really one to remember: to see all these unique posters made with lots of creativity and inspiration for further research ideas.

Now you will start with your internships, good to hear that you all have found such different places to visit and work on inspiring projects. Hopefully you all feel prepared to perform your research with the help of the quantitative or qualitative education week and the E-learning. I am already looking forward to the thesis defenses to see what you have done and have learned during your internships!

If I could give my students one piece of (life) advice, my advice would be: be open and curious, dare to ask questions. Do not think that you already know everything, but dig deeper!

Research and Evidence

Qualitative Research Week



Winners!



Orientation visits





Nursing Homes



Life Code Solutions



ActiZ





Vilans



Zorg en Zekerheid





Inclusio



Municipality of Leiden

Biology of Vitality and Ageing

"Presentations, presentations, presentations."
- Niels van der Knaap



Orientalieon visit to Life Code Solutions

"From a biological perspective, ageing is a by-product, not a goal."
-Sam van Rossum

"I am still learning a lot from the students.Not only from the great and diverse topics for your scientific essays, but also from how students nowadays look at the world."
(yes, boomer talking here ;-)

This course was the favorite of the HAS students!

"Sacrificing your circadian rhythm to learn about circadian rhythm."
- Julia van de Velde

"I wish you the best of luck in your future endeavours."



Raymond Noordam
Course Coordinator BVA

This edition of the Biology of Vitality and Ageing (BVA) course was again a great one! With some great lectures from foreign experts (for example, professor Andrzej Bartke and professor Ruth Frikke-Schmidt) in different research fields and with some great discussions and debate throughout the course. Although the study burden was high, the grades were high and there were again some very nice topics for the scientific essays. I am always surprised by the quality of the work and by the creativity how you handled complex topics. Even after 8 years as the BVA coordinator, I am still amazed by the different topics you selected for the essays; again some new topics were written! So I also keep learning :-)

"The hallmarks of ageing are the holy grail!"
- Sanne Gorter

The Older Individual

Dear alumni,
What a great group of students you were to work with; heaps of determination, curiosity, and energy. Throughout The Older Individual you built a bridge from your own perspective on ageing towards the perspectives that older individuals themselves have on ageing. It was wonderful to see every one of you dive into all the knowledge presented during part 1 and then integrate the knowledge into your own discipline, sometimes into a new understanding. Part 2 of OI helped you create a bridge between all this knowledge and the concrete reality of ageing by answering a wicked challenge with an effective innovation. Despite the stress that often goes hand in hand with growing pains and pressure cookers, Brightspace quickly filled with papers and video's packed with creative and analytical impact.



Anneke Julien

"People continue leading, and want to lead dynamic and holistic lives even while they age. It helped me think about older individuals as complex individuals with their own unique lives, interests and needs, instead of a monolith."
Kelvin Jenghon Chan

Meaningful and very oriented toward the older individual's perspective
- Lizzie María Flores Becerril



Interviews with older individuals



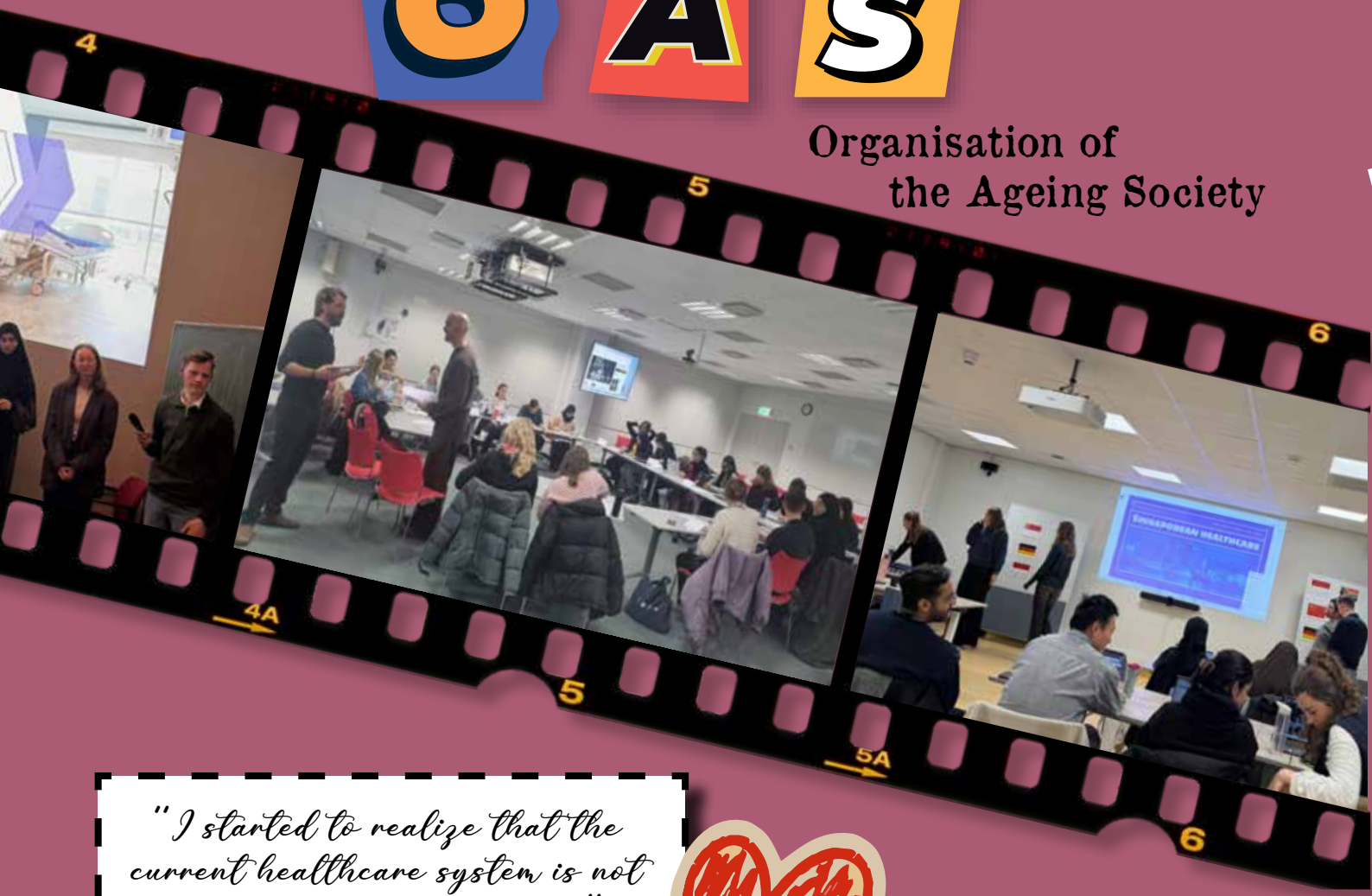
The ageing suits

"Most fun I've had for ECT's."
Mila van Til

Congratulations on completing your master's! I wish you all the very best.
- Anneke

OAS

Organisation of
the Ageing Society



"I started to realize that the current healthcare system is not sustainable for the future."
-Andrea Hoekman-de Vries



Yvonne Drewes



The Negotiation Games of OAS

"Be kind to others, kindness has a way of coming back to you."

"Successful ageing is not only an individual process, but also a societal responsibility!"
- Lisann de Ruijsscher

Yvonne: It was a pleasure to work with you. During the course the Organisation of the Ageing Society you gave very inspiring presentations about different countries, including nice sweets. We went to Brussels to see the European Parliament and we visited the University of Ghent. I enjoyed your interest, your critical questions and your original ideas. You are really innovative in your solutions to improve the Ageing Society!
This is what society needs!

Study



Aperol in the Sun :)

"We loved to visit the European Parliament!"
- Sophie, Miranda and Rezvan







"My best memory was the boat trip through the canals of Gent" - Lennart ten Hove

Trip

"I really liked playing cards in the hotel room and exploring Brussels"
- Fleur Cremers







Drinks at Delirium, Antwerp

"I loved Visting GREY, Ghent University Research for Aging Young"
Daantje van der Kooij

Science & Career



Carla Bakker

Dear students,

I really enjoyed working with you all over the past year. I met you during the year, during lectures 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. It was a unique experience to see how you didn't know what to do at the beginning and how quickly you took steps and found a suitable place to do your internship. You organised internships in Japan (2x), Canada, and Sweden. One student showed her vitality because she was forced to switch from a last-minute canceled internship in Switzerland to an internship at Franciscus Hospital in Rotterdam. Other students did their internships at various departments at the LUMC. In addition, some internships took place at various organizations outside the LUMC. For example the Alzheimer Centre Rotterdam, and Amsterdam, Erasmus mc, VUmc, Ben Sajet Centre in Amsterdam, ministry of Health, Welfare and Sports in The Hague, Nursing home Pieter van Foreest in Delft, Leyden Academy, Institute for Pharmacy Practice and Policy in Leiden. You too showed to independently find and organize an internship! Hats off to you all!! I wish you all the best for the future and good luck with your career, wherever your inspiration takes you!

Looking back on this year, I was very impressed by how creative students are when it comes to finding an internship. I have been with the program since 2016, and if I had to describe the past 10 years of HAS in three words, they would be innovative, energetic and growth.

My wish for my future is to grow old happily, preferably in good health, staying active, and staying connected with family, friends, and the community. The wisdom I would like to give you is to follow your passion, and do what makes you happy!

HAS Research News

Research questions from all over the world, discover thesis stories

RIKEN

Pieter van Foreest

franciscus

What gaps in care can be identified across the entire care trajectory in memory clinics for individuals with dementia and their informal caregivers?

How do older residents of the Hornmeer experience and draw on social relationships, in terms of connectedness and support, both within and beyond the Hornmeer, and how do these relationships influence their engagement with the Lang Leven Thuis iniative?

What is the relationship between cultural prescribing and self-perceived psychological well-being among remote island residents aged 60+?

KAROLINSKA INSTITUTET · ANNO 1810

Leyden Academy on Vitality & Ageing

Ministerie van Volksgezondheid, Welzijn en Sport

Internship Daily

Ageing focused internships provide new perspectives

Is the time of day of elective hip surgery after a hip fracture associated with the degree of functional recovery or delirium in older adults, and is this association stronger in frail or cognitively impaired people?

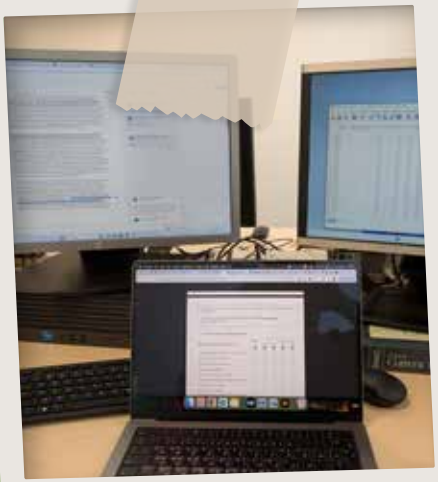
To what extent are functional limitations related to loneliness in Swedisch older adults aged 77 and over, and which measurements of functional limitations are most important for loneliness?

Which patient characteristics predict benefit from starting levothyroxine as well as failure of levothyroxine discontinuation in older adults with subclinical hypothyroidism?



Thesis Stories





Hussein Elwan
(Fulltime 2025)
PHEG department LUMC

Since most of my classmates already know what I've been up to during my internship, I'll direct this thesis story towards you, future HAS students starting your internship search :)

To keep it simple, I'll talk about three internship components: the place, the work, and the people.

Starting off with the place, I'm doing my internship at the Department of Public Health and Primary Care (PHEG) at the LUMC. At first, I assumed LUMC would feel like familiar territory, but it actually felt like unlocking a completely new part of the map: the Pelikaan, where the department is located. Once I figured out how to get there, though, I quickly grew to like it. It's modern, spacious, full of sunlight, and home to my multi-screen workstation.

Speaking of work, my thesis involves analyzing three existing datasets from studies focusing on subclinical hypothyroidism. If you remember from BVA, that condition is prevalent in older individuals. Although current evidence suggests treatment is generally not beneficial, those results reflect average treatment effects. Thus, certain subgroups may still benefit depending on characteristics such as age, sex, biochemical measurements, or symptoms. My role is to identify those subgroups using logistic regression analyses in SPSS. What I especially enjoy is that the project has real clinical relevance, as patients actively contact the department with questions about who could truly benefit from treatment.

Now, we get to the people. I'm very fortunate to be supervised by two cornerstones of the HAS program: Jacobijn Gussekloo and Stella Trompet. I meet with them every week to discuss my findings and progress. Often, these discussions are open-ended with no concrete answers, and they really welcome my input in such cases. Beyond that, I'm surrounded by experienced researchers at the PHEG and attend science meetings and journal clubs, which really enhance the feeling that I'm becoming part of the scientific world. Plus, I'm lucky that several of my HAS friends are also doing their internships at the LUMC. So when it's time for a break, it's always fun hanging out and enjoying a bit of sun by the morgue (you should try it, very life-affirming)!

Finally, I have to extend my gratitude to Carla Bakker, who helped me enormously throughout my internship search. My advice to you: meet with Carla early (and regularly) and make use of her guidance!

Thesis stories



Erasmus MC
University Medical Center Rotterdam

For my thesis, I am doing my internship at Erasmus Medical Center in Rotterdam, where I am researching the recognition and coding of frailty among older adults in general practice. While that may sound quite specific, it has turned out to be a fascinating topic that combines healthcare, research, and real-world practice.

One of the things I enjoy most about this internship is the variety. I am part of the GPsciences department, which is a dynamic and welcoming environment with many other students. It is great to be surrounded by people who are just as enthusiastic about research and always willing to brainstorm ideas or discuss findings.

Another aspect I love is that I get to work with mixed methods. Some days, I am completely immersed in large databases, running analyses in R and searching for patterns in the data. Other days, I am interviewing general practitioners and learning how frailty is recognised, discussed, and recorded in daily practice. Moving between numbers and personal experiences keeps every week different and gives me a much broader perspective on the topic.

Through this research, I have discovered that there are still many challenges and opportunities that are not talked about enough. I enjoy exploring these issues and identifying what is needed to maintain and improve the quality of care for older adults.

As my project progresses, I am starting to see some interesting patterns emerge, and it is exciting to watch the bigger picture come together. I am looking forward to sharing the final results and seeing where this research can contribute in the future!



Arlette Paul
(Fulltime 2025)

Thesis stories

Marijn Willemse
Parttime 2024
Geriatric Medicine
LUMC





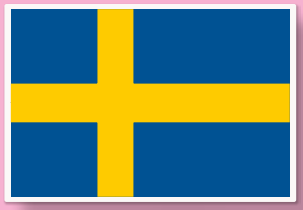
My name is Marijn, and I started the Master's programme in Health, Ageing and Society in February 2024. As I write this, on 9 March 2026, I am in the final week of my internship. My internship was at the geriatric medicine department of the LUMC, a very pleasant department! My internship lasted six months, which is longer than the usual internship for the HAS Master's programme. This was because I combined my internship with an extended research internship for the Master's programme in Medicine.

During my internship, I contributed to an existing project on the use of antithrombotic drugs in patients with cancer in the final stages of life. Research in this area is mainly focused on starting or stopping antithrombotic medication. Therefore, my internship focused on other changes in medication policy (such as switching medication) and on the communication around these decisions, for example who initiated conversations about medication. I investigated this by reading texts from general practitioners to search for decisions regarding antithrombotic therapy. This was quite a task, especially because the R programming program did not always cooperate and was often very slow. In the end, everything worked out well thanks to fantastic supervision, and we even plan to publish the results. This is of course very cool!

Besides all the hard work, there was also plenty of fun in the department: a games night and a Sinterklaas dice game were organised. And in February, there was FitFeb, which involved climbing as many stairs as possible and weekly sports activities. Soon it will be time for Heel Ouderengeneeskunde Bakt, but unfortunately I will miss the tasty treats because I will leave this week (which might actually be better after the good work during FitFeb ;)).



Thesis Stories



To complete the HAS program, I packed my bags and moved to Stockholm, where I was lucky to secure an internship at the Aging Research Center (ARC), part of the Karolinska Institutet. At ARC, I joined the Social Gerontology group and conducted my own research on functional limitations (such as mobility issues, hearing, visual and cognitive impairments) and their relationship with loneliness among older adults. Experiencing the day-to-day life within a research institute like ARC has been incredibly valuable for shaping my future career plans.

At the beginning of my internship, most days were spent at my desk, diving into the data, running analyses, and having long meetings with my supervisors. As time went on, I was able to combine working on my thesis with attending article seminars, retreats, and other events. It was inspiring to see so many people who share a passion for the older population working together to answer important research questions. Even though everyone was busy, there was always time to discuss results or offer advice.

Before moving abroad, I was nervous about starting a new internship and building a social life in a new city. But my experience has been amazing so far. I was lucky to have such welcoming colleagues and to meet wonderful people at my residence, who quickly became close friends. In fact, I made so many friends that it sometimes became a challenge to prioritize my internship.

Annegien van Noortwijk (Fulltime 2025) Karolinska Institutet



"My internship in Stockholm truly was the cherry on top of my student life. I have learned so much from this experience, both professionally and personally"

Older Individuals



"Connecting with young people is simply wonderful, there's so much happening in your world that I can learn from."
Willemien



The young people are genuinely interested in what I share, I love that."



"I really enjoy diving into the topic of ageing and realising that there is still so much possible, instead of not possible."
Rianne

"I want to learn new things, meet new people and reinvent myself."
Angela

"The older adults involved in our master's programme bring colour, wisdom and a lot of joy to our learning. They join because they enjoy meeting students, sharing stories and staying connected to what's happening in today's world. Their energy, humour and honesty make every conversation special. Thanks to them, we learn not only about ageing, but also about life, perspective and what it means to keep moving forward with curiosity."

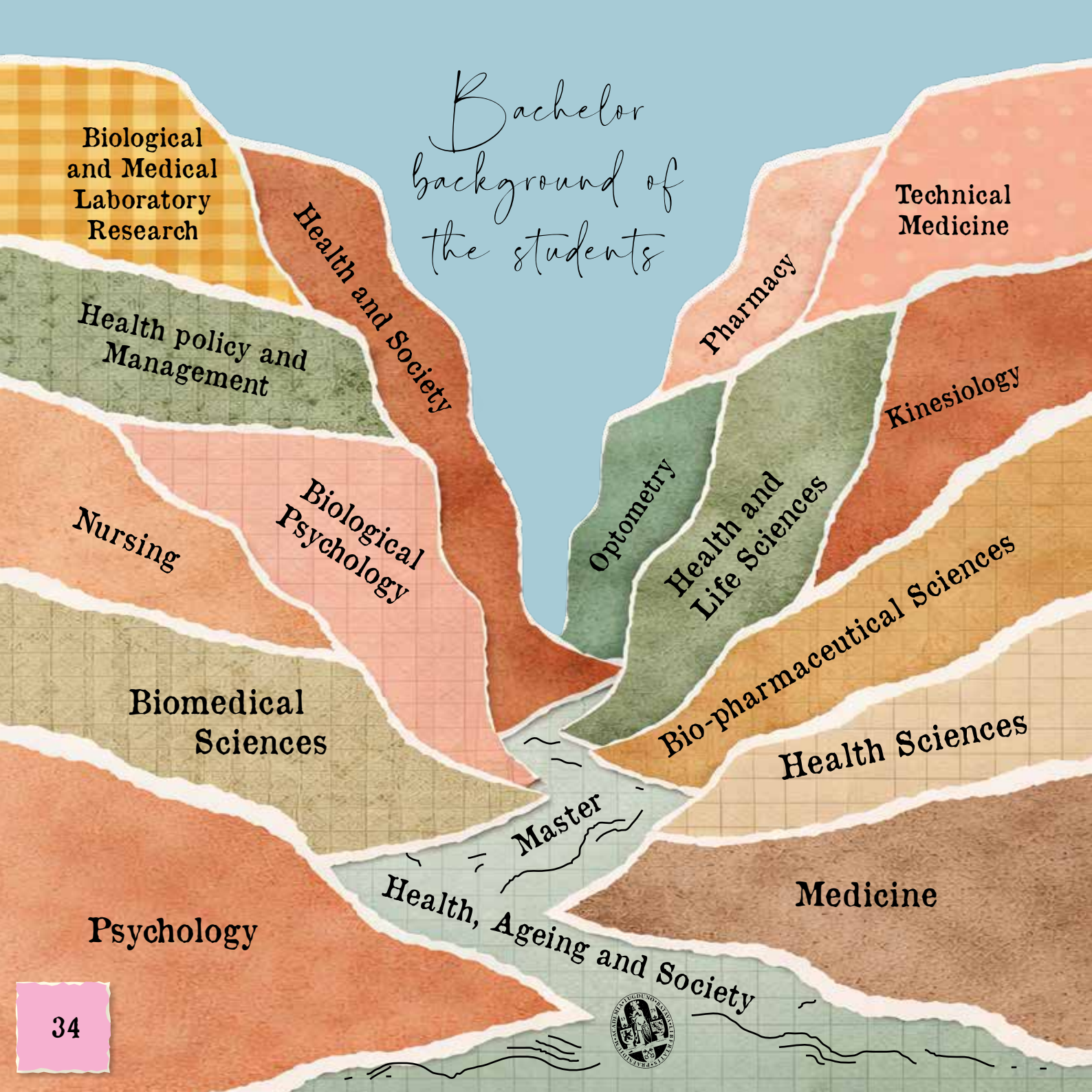
- Anne van der Veer after interviewing Angela, Willemien and Rianne



Learning from and with older individuals



Interviews with older individuals


Bachelor background of the students
Biological and Medical Laboratory Research
Health and Society
Technical Medicine
Pharmacy
Health policy and Management
Kinesiology
Optometry
Health and Life Sciences
Nursing
Biological Psychology
Bio-pharmaceutical Sciences
Biomedical Sciences
Health Sciences
Master
Medicine
Health, Ageing and Society
Psychology

A trip down Memory Lane







students



Andrea Hoekman-de Vries

Age: 28

Bachelor: Nursing

"I gained a deep understanding of the real-life perspectives of older individuals."



Anne van der Veer

Age: 23

Bachelor: Health Sciences

"Never disregard the surroundings of older individuals in the medical perspective."



Annegien van Noortwijk

Age: 23

Bachelor:

Health & Life Sciences

"Change is messy and chaotic."



Arlette Paul

Age: 23

Bachelor:

Health Policy & Management

Master:

Health Economics, Policy & Law

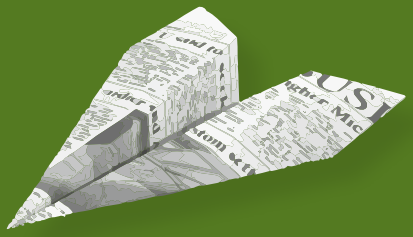
"You get nowhere without lobbying."



Astrid MJ Verwey

Master:

Psychology





Daantje van der Kooij

Age: 23

Bachelor:

Psychology

"Health is defined by what matters most to the older individual."



Danny Drogt

Age: 28

Bachelor:

Biology and Medical Laboratory Research

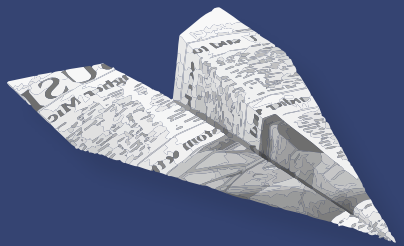


Eman Badawy

Age: 46

Bachelor:

Pharmaceutical Sciences





Eva van Sleijn

Age: 23

Bachelor:

Health Sciences

"Not just learning, but thinking, creating, and exploring."



Fleur Creemers

Bachelor:

University College Maastricht

"It was very interesting to learn about self-directed ageism and intimacy in older age."



Hussein Elwan

Age: 29

Bachelor:

Pharmacy

"Ageing is not your fault, identity or burden alone to bear."



Ilona Alij

Age: 25

Bachelor:
Biomedical Sciences

"I enjoyed BVA a lot, it was like advanced biology for beginners."



Indy van der Berg

Age: 28

Bachelor:
Biomedical Sciences

"It was interesting to learn how cholesterol is linked to dementia risk."



Josefien de Bie

Bachelor:
Biomedical Sciences

"My favorite place to study was the trainset near the library."



Julia van de Velde

Age: 28

Bachelor:

Biomedical Sciences

"Older individuals know very well what is needed to help them and their community."



Kelvin Chan

Age: 26

Bachelor:

Nursing

"Learning about healthcare organisation from the Dutch perspective and context was intriguing."



Kirsten Last

Age: 24

Bachelor:

Health Sciences

"My favorite memory of the master's is the study trip!"



Laura Verweg

Age: 25

Bachelor:

Psychobiology

"My favorite thing about this master's is that everybody is very kind."



Lennart ten Hove

Age: 22

Bachelor:

Technical Medicine

"It was very interesting to learn about the pillars of positive health."



Lisann de Ruijsscher

Age: 23

Bachelor:

Health Sciences

Master:

Healthcare Policy, Innovation and Management

"Chronological age says less about a person than society thinks."



Lizzie Maria Flores Becerril

Age: 25

Bachelor:
Psychology

"The hallmarks of ageing are relevant to understanding the biological processes that occur in the body."



Manuela Griss

Age: 23

Bachelor:
Medicine

"Every person ages differently, shaped by a lifetime of experiences, making individuality more important, with age."



Marijn Willemse

Age: 25

Bachelor:
Biomedical Sciences

"It was a great learning experience to collaborate with the elderly board during OI."



Megan Currie

Age: 23

Bachelor:

Biomedical Sciences

"A healthcare system might seem simple at first glance, but is very complicated in real-life."



Mila van Til

Age: 22

Bachelor:

Medicine

"Ageism is everywhere, there is a thing as too much protein, and politics can be interesesting!."



Miranda Liden Covinha

Age: 24

Bachelor:

Kinesiology

"Did you know that telomere length can be used to measure cellular senescence and biological age?"



Niels van der Knaap

Age: 24

Bachelor:

Bio-Pharmaceutical Sciences

"I have loved learning about the importance of community and co-creation."



Nikki van der Geest

Age: 24

Bachelor:

Health and society

"I was curious about learning how cultural differences explain different levels of loneliness across countries."



Pornchita "Netty" Munintharawong

Age: 29

Bachelor:

Medicine

"Strong organization and a holistic perspective on care will enhance older individual's quality of life."



Rezvan Zamanishahri

Age: 40

Bachelor:

Optometry

"Looking at the persective from older adults in person-centered care was most insightful."



Salman Barikzai

Age: 27

Bachelor:

Psychology

"My advice for future students: try to see everything as a learning opportunity."



Sam van Rossum

Age: 22

Bachelor:

Health Sciences

"What we often perceive as limitations of ageing are often mismatches between ageing individuals and environments."



Sanne Gorter

Age: 22

Bachelor:

Health and Life Sciences

"The years after you retire can actually be the best years of your life."



Sophie van der Kuyl

Age: 25

Bachelor:

Psychology & Medicine

"I loved the little moments in between lectures and working group, the feeling of a community."



Syifa Permana

Age: 22

Bachelor:

Health and Life Sciences

"The hallmarks of ageing and the different animal study possibilities were so interesting to learn."

Most Likely To

Win a Nobel prize



Hussein

Answer every question in a lecture

Danny



Sophie

Kelvin

Become a 100 years old



Netty

Become junior lecturer



Megan

Move to a blue zone



Ilona

Organize the next reunion

Daantje & Megan

Survive on coffee



Julia

Become a motivational speaker



Arlette

Finish assignments last minute



Niels

Turn a 5 minute presentation into 30 minutes

Salman



Extracurricular Activities







Group Pictures

Ice skating



Study trip



Afterword



Dear graduates, teachers and older individuals

This year the three of us, Anne, Julia and Lisann, have worked on the yearbook for this second Lustrum edition. Different than other yearbooks, we (very ambitiously) planned to design all the lay-out ourselves, even though most of us did not have any pre-existing graphic design skills. Grateful for the opportunity, we were supported by the master's to experiment with great design software. We had a lot of fun with it and hope you can see that throughout the pages!

We would like to give a big thank you to all the contributors to this book, from teachers and staff to parttime and fulltime students to older indiviuduals. Without everybody this yearbook would be pretty much empty. A special thank you goes to Marloes Krijger for supporting us all the way, and to Ton van der Zeeuw with the studio of BinkOpmeer for quality control and printing.

We hoped you have enjoyed reading this yearbook, and are as proud of this program and its graduates as we are!

The Yearbook Committee

SPECIFICATIONS

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