

Master Vitality and Ageing

YEARBOOK

2021-2022



A mission of intergenerational exchange



Leiden University
Medical Center



Universiteit
Leiden
The Netherlands

This is a production of:
 Master Vitality and Ageing
 Leiden University
 Leiden University Medical Center

© 2022
 All rights are reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the publisher.

Text	Yearbook committee with help of Vitality and Ageing students cohort 2021-2022
Final Editing	Babette van Rheenen
Design	Engelen & de Vrind, Leiden
Press-work	Drukkerij de Bink, Leiden
Edition	60
Contact	masterva@lumc.nl

Leids Universitair Medisch Centrum
 Albinusdreef 2
 Postbus 9600
 2300 RC Leiden
<http://masters.universiteitleiden.nl/va>

LUMC 2022



Meet the Yearbook committee	4
A hello from the captains	6
JVT says hi!	7
From our favourite designer	8
Meet the master staff	9
Biology of Vitality and Ageing	9
Older Individual	10
Organisation of an Ageing Society	11
Research and Evidence	13
Communication in Science	14
Academic Development	15
Science and Career	16
Sandra from behind the scenes	17
Junior Lecturers	18
Photo impressions	
“Say Raymond”	12
Game champ Tony	19
A stroll down memory lane	20
Internships	25
A day in the life of a V&A student	52
Thesis stories	21
Meet the students	26
A little poem by Bram	54
Songtekst V&A song	56



Maaïke en Ishara



Meet the yearbook committee

Lieve medestudenten, dear fellow students, queridos compañeros estudiantes, زعیزع نازومآ شیناد, cari compagni di studio, こんにちは仲間の学生,

One way or another, the shift of the cohort 2021/2022 is over. We have been brainstorming about all the things that made this year so special to us. Right from the start, we as students had a unique connection, a real sense of unity (thanks Hepatho and master staff for setting the tone 😊); above all things, we valued and respected each other and our different (educational) backgrounds, ready to reach a hand at any time. Moreover, there are some other things that shaped our Vitality & Ageing journey. The low threshold contact with the master staff; the staff of Communication in Science, confirming the phrase “communication is key” once again; and working together with co-students, staff and the elderly (board). During this year many of us were guilty of saying that they could not pinpoint what they exactly learned during this master that was so unique or invaluable, but take a moment to consider how we were able to make the education material our own, things we learned during our previous experiences suddenly “clicked”, we obtained skills in networking, creating a proper LinkedIn page, presenting, dealing with setbacks and debating to name a few. Actually, we can be quite proud of what we have achieved so far, individually and together!

As you might have noticed, the terms “unique” and “united” have been mentioned a few times by now. This is not a coincidence, unique & united are to us two words that describe our cohort best, which is why we chose them as the theme for this yearbook. We hope we have succeeded in reflecting this in the pages of this book. A thing you might have been wondering is what on earth we were thinking while creating the cover. Let us explain. Coming back to the things we have learned in the past year, like trees, we have roots, from these roots we develop further into the stem and branches, we gain knowledge and skills, our life experiences shape us, and our individuality becomes more sophisticated. From the unity of the stem we evolved into our unique (and juicy) apples, showing our core values and strength. Moreover, we would like to grab this opportunity to thank you for making this year so memorable for us and your fellow students!! We wish you all the best in your future careers and endeavors!

*“Ik heb tranen gelachen, onnozel gedaan
En tenslotte tevreden, het licht uitgedaan.”*

Guus Meeuwis

*“I shed tears because of laughter, I have been silly
After all, I satisfiedly turned off the lights.”*

Guus Meeuwis (English translation)

Until we meet again, lots of love,

Maaïke and Ishara | Yearbook Committee 2021 - 2022

Dear young V&A professionals,

Your master period is officially finished now. From the start in September onwards, we were enjoying our shared interests in ageing and in older people. You have studied all kinds of perspectives on vitality and ageing. Some things were easy, some very difficult to understand. But again and again, we saw your eyes twinkling to know more and more about older people. Working together on societal challenges was inspiring, both for you and the master team.

From the start, we were impressed by your interests, energy and talents. Your cohort was unique, in multiple ways. You were united from day one, and this stayed during the whole year. We have seen your development from student to professional. What an individual progress you have made this year. Seeing these huge steps in your personal and professional development, we are very proud. We are sure you will have a colourful career in our graying society!

On behalf of the master team Vitality and Ageing,

Prof.dr Jacobijn Gussekloo | director
dr. Arko Gorter | coordinator
dr. mr. Yvonne Drewes | programme coordinator



Prof. dr. Jacobijn Gussekloo, dr. Arko Gorter and dr. mr. Yvonne Drewes.

JVT: Unique and United

When we started our year, we were all still fresh, and dropped in the middle of the busyness of education organisation. We got the hang of our roles quickly, and got into a good flow with one another. The work entailed a lot of demanding creative tasks, but also offered us the unique opportunity of discussing Educational improvements, both for this year and the next. During our weekly meetings, we united our ideas on what had happened previously and what could be done to improve. On top of this, we experienced our own improvement, both as a group and as individuals. Combining the different perspectives, opinions, and backgrounds of each member created unique ideas. One thing we were definitely united on was our sensation of "gezelligheid", as meetings would often start, end, and be interjected with funny remarks and personal conversations. As a whole, we worked well together.

In relation to this year's cohort, we have attempted to take into account each student's different view, all the while providing another bridge between students and faculty. A unique challenge of this year in particular was the hybrid education, with students sometimes not being present physically while others were. This provided a higher level of personalisation of education, as students had more control over how they wanted to spend their time. On the other hand, this also meant having a huge variation on students' presence, which demotivated both students and teachers. Dealing with this challenge is an ongoing process, but we were glad to think alongside the teachers!

Altogether, we were unique and united with both students and teachers and together we made this year a success!

Jonne Versluijs | Chair
Yvonne van der Bent | Secretary/
 OLC member
Claudia Rossi | GOES member
Aidan Ponjee-Dillon | OLC member
Maryam Jamshidian | PR



Year representatives of 2021-2022

Hola!

Hola! My name is Angélica Ramos and I am a full-time student of the MSc Vitality & Ageing 2021-2022. I am originally from Chile but I have been living in The Netherlands for a while. From an early age, I was characterised as being an extremely curious person. I am always looking at my surroundings and trying to understand how the world works and the meaning behind everything. As a curious mind, I love learning and discovering ways to self-improve and develop my skills. My curiosity is beyond Science; I love the beauty, the colours and the meaningful and healing power found in art expressions. My mind & heart have always been between Science & Art, and the integration of both perspectives helps me by making me think outside of the box, empathise with others and come up with creative solutions to complex problems.

After knowing my love for art, the JVT thought of me making an illustration to be placed on the hoodies of the master students. I immediately got motivated and I started thinking about ideas that matched the spirit of the study programme. I knew older individuals needed to be the stars of this illustration, but not in the typical fragile and sad way they are often portrayed. Instead, in the illustration, I tried to integrate some key elements of the Dutch culture, like biking and tulips, by trying to show ageing as an active and joyful part of life. I showed my idea to the JVT team and I had a great reception of my work! Today my illustration can be seen on the back of the hoodies of master's students from 2021-2022 and every time I see someone with my work walking around the university, a sweet smile is drawn on my face :-).



Angélica Ramos Zamora

Dear V&A alumnus 2021/2022,

From September till November 2021, we had the pleasure to guide you in your journeys in the field of the Biology of Vitality and Ageing. By starting with some very molecular mechanisms, such as DNA repair, and cellular senescence, we quickly moved forward to the main hormonal axes involved in human ageing, such as the thyroid hormone axis and the growth hormone axis, and focused on how the biological clock and sleep accelerate the ageing process. After a small break in which you worked on your scientific essays, we continued the course with nutritional interventions to intervene with the ageing process and to translate biological knowledge to a small enterprise in the entrepreneurship week. During the course, we were honored to have some renowned foreign speakers.

Although during the year 2021/2022 the COVID-19 pandemic was still there, we were pleased to have most working groups on Thursdays and Fridays live at the LUMC. Using a hybrid system, we were able to do most working groups as planned with a very special session with people from ZonMw and with a session to pitch your entrepreneurial ideas to start your own company. Despite the limitations of another COVID-19 proof course, we got to know you all and learned about your skills, attitudes, habits, and, of course, the gossip. With your different backgrounds, preferences, and future perspectives, your participation made the course very valuable to us. Furthermore, it was very special to see that despite the sometimes long distances between you (especially for the part-time students) and not being able to see each other on a very regular basis, the group developed its own dynamic and multiple friendships developed. Unique and United!!

We thank you all for the time we had with you; we really enjoyed this year! We wish you all the best in your future careers! And remember, although your job might not become hardcore biological, biology in vitality and ageing is everywhere!

Best wishes,

dr. Raymond Noordam | Course coordinator BVA
dr. ir. Diana van Heemst | Course coordinator BVA



Raymond and Diana

Dear V&A students,

What a wonderful OI block we have had together. It felt really good to be able to meet you on campus, although part of the course had to be online. Despite the online setting, it felt that we were in touch and the hybrid way of meeting and teaching worked very well for us.

Every new curriculum, we, as your teachers, are very curious about what 'our' group will be like.

And this year... Your enthusiasm and motivation were wonderful! The fantastic mix of your individual personalities, your cohesion as a group and your never-ending curiosity was very stimulating to us.

During the first weeks, we had many lectures and working groups. We started training on the creation of a 'fictional case' which culminated in a very professional performance of you all at the mini-symposium. Your interviews with members of the elderly board were very inspiring and educational. The way you performed in teams as moderators and also as pitchers of these lectures at the "what have we learned" sessions was heartwarming. And naturally, the paper exam in which you had to apply your knowledge and insights on a fictional case was new and exciting for you, but the results were really good. The creativity in constructing your fictional cases for the exam very much showed your understanding of the coping and adaptation of older individuals to deal with disabilities and other challenges.

In January we started with the Living Lab in which you were put into a creative pressure cooker.

Thanks to your professional and positive attitude you created thoughtful interventions and innovations. The quality of your work showed that you carefully followed the steps of intervention development and this was recognized and very much appreciated by the pitchers. Due to your hard work, they were stimulated to get together to follow up on your wonderful ideas to improve vitality and ageing in the real world.

Summarizing, we look back at a wonderful time due to your positive efforts, curiosity and positivity.

Thanks for everything!

Wim Lely, MD | Course coordinator OI

dr. Sandra van Dijk | Course coordinator OI



Sandra and Wim

Dear V&A students,

In February 2022, like every year, we welcomed a new group of students to the OAS module. Also like every year they were united in their trepidation for the unknown of this last and strangest module of the master's. More than in other years the students seemed unique in their background and expectations. Our warning on the first day that the OAS module is a busy and sometimes confusing confrontation with 'viewpoint-based science' on care organization and its governance was taken as a statement of fact and questions mainly concerned the Policy Brief and the Essay Exam. As coordinators we tried to ease the worried minds of the students that all would become clear and end well as long as they participated in the lectures and other events and that we would iron out the wrinkles as we went along during regular Q&A and 'what have we learned' sessions.

Week by week we descended from a macro to a micro level via the meso zone. We went from relatively abstract macro-level concepts like 'integrated', 'value and population-based' care in a Beveridge or Bismarck setting under an accountable governance structure within the constraints of the human rights declaration to the level of street-level bureaucrats and the direct engagement of stakeholders in co-creation. After following evidence-based lectures, alternated by experience-based presentations and 'site visits' the gained insights were practiced in week assignments. Then students had the opportunity to demonstrate their progress in the policy brief and the essay exam.

At the end of the module and after having read a number of policy briefs, played the serious leadership games and celebrated their completion during an excellent dinner, we can say that all has turned out well. The variety and creativity of the policy briefs are impressive and bodes well for the future of care for older persons. As coordinators, we can look back on an excellent cooperation with a united group of motivated and interested students who we have come to know as individuals with unique backgrounds and qualities which will serve the care of older persons for years to come.

dr. Tony Poot | Course coordinator OAS

dr. Suzan van de Pas | Course coordinator OAS



Tony and Suzan



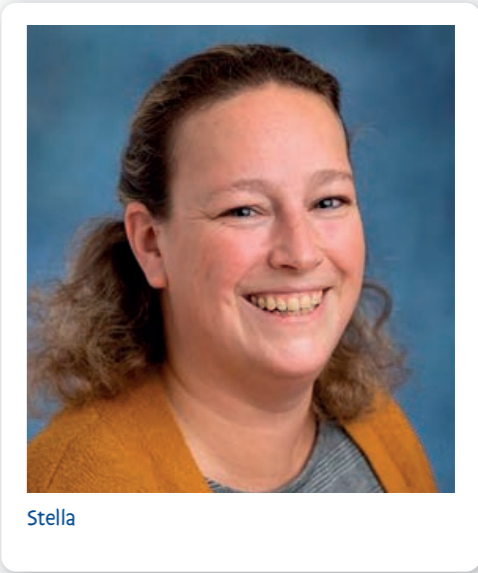
Dear V&A students,

This year the Research and Evidence line 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 frailty which was then actually sent out to the Older Persons Advisory Board. Also, you had an interview with an older individual with "Living situation" as a theme, and these interviews were used in a qualitative research line. So for us, this unique opportunity was an ideal way to combine education with research and to unite the students with the older individuals. I was impressed by the amount of work you all had done within each Research and Evidence week! The poster session in November was really one to remember, all unique posters made with lots of creativity and nice discussions.

During the year you were prepared for performing your research in your internships. During the internship presentations, I felt that this has been successful. You all already had good ideas on how to perform and execute your research and were all so enthusiastic! 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!

dr. Stella Trompet | Line coordinator Research and Evidence



Stella

Dear students,

It was such a pleasure to work with you this year! The central theme of the course Academic Development is to stimulate students to foster their personal ambitions and to develop interdisciplinary skills.

This combination will prepare you for your future work as a V&A professional. To really practice interdisciplinary skills, a large variation in students in bachelor backgrounds, age, professional experiences and characters is useful. And there you came in, with all your diverse ideas, backgrounds and expectations. To foster your personal ambitions you worked on your personal development, you made your personal choices and you developed your individual learning pathways, in which you focused on your future career plans. As future interdisciplinary-oriented professionals, you need skills in reflection, critical thinking and collaboration. Therefore, you participated in mentor meetings and you worked on personal assignments in your portfolio in which you reflected on your personal growth. To practice critical thinking, you were challenged to apply rather unfamiliar perspectives, such as philosophy, ethics and law on V&A issues. Additionally, to strengthen your interdisciplinary skills, you actively participated in workshops regarding professional skills, such as collaboration, feedback, conflict management and leadership. Ultimately, you practiced all these obtained skills in two leadership games. Two very intense days, during which we enjoyed seeing your professional interdisciplinary attitude. You followed your unique personal plans and you have learned to cooperate and unite as interdisciplinary professionals. We wish you all the best in the future, stay Unique and be United!!

dr. mr. Yvonne Drewes | Line coordinator
Academic Development

dr. Fieke Harinck | Workshop teacher Academic
Development



Yvonne and Fieke

Dear students,

Here we are, at the end of the programme—well done on making it all this way! Finally coming back to the classroom (well, most of the time) has been extra special for us because of all of you. From our first meeting, early September, doing an online theatrical presentation training that had you all scrambling for props, to our last workgroup together in which you all came up with fresh, catchy pitches in little over an hour, we've gotten to know you all as inquisitive, funny, creative, and tremendously good sports. It's been great watching each and every one of you grow as writers and presenters.

We've absolutely loved the energy you brought to class, and to your assignments—in particular, your individual takes on assignments, which have once and for all proven that, no, there isn't a single way to write a good essay, or make an appealing video, or write an engaging profile. There are many different ways and many different styles. We hope that you'll hold on to your own, unique styles in all your future endeavors. And, we hope you'll get to hold on to the connections you've made here, too—together, you've formed a fantastic cohort.

We wish you nothing but the very best!

Inge 't Hart | Communication in Science

Emma Galloway | Communication in Science

Julie Schoolt | Communication in Science



Emma



Julie



Inge

Dear students/alumni,

At the start of this year, we could only just dream of performing internships at the actual organization's location, let alone that you would be able to go abroad. And yes, our dreams came true! Throughout the year, I met you several times online and on campus during lectures, working groups and walk-in hours. Although you are with a relatively small group of students, you were very creative, showed lots of initiative, were united, and ready to get out of the online world into the real world to meet future colleagues. Eight of you knew very quickly that they wanted to gain research experience abroad. Possible corona restrictions or required quarantine obligation upon arrival abroad including a plan B didn't stop you. You organised internships in Japan (3x), South Korea, Norway (2x), Denmark and Germany. I think that is a unique achievement! I loved your perseverance in finding the right spot and research topic. This year's students are truly the most international in their internships since the start of the master's in 2016.

Other students decided to stay in The Netherlands and organized internships at different departments at the LUMC. In addition, some internships take place at various organizations outside the LUMC. For example, the department of geriatrics at Radboud University Medical Centre, the department of health services research at Maastricht University and the Older Individual Advisory Board in Leiden. You too showed to independently find and organize an internship. Hats off!

For me 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. Also to see how quickly you developed into future professionals, ready to execute research in the field of Vitality and Ageing. I look forward with great confidence to your internships and theses and the steps you will take in the continuation of your career.

Thank you for the inspiring time and I wish you all the best for the future!

Warm regards,

dr. Carla Bakker | Course coordinator Science and Career



Carla

Dear students,

In my role, I am responsible for arranging many things in the background. For instance, I usually answer most of the questions that come in in the master mailbox, I arrange the presence of the older individuals for the interviews throughout the year, and I also organize the social events in the master's programme. You guys did not give me a lot to do this year in the mailbox since instead, most of the time you bombarded the junior lecturers with your questions directly via the app or later via their personal e-mail. This gave them a lot of work but for me it was quite relaxing.... Only a mail from the JVT once in a while concerning the working groups, the weather, grades, GOES evaluations and suggestions to improve Brightspace – great! A unique experience I could easily learn to live with ;-).

It was a pleasure to see how quickly you and your fellow students found each other and united as a group. It was good to see you enjoying lunch right at the start of the programme just before we left on the city-walk, and the beer and bitterballen at the pubquiz led by the junior lecturers at the end of FP. You really surprised me with your unique video's at the end of OI and even more surprising, it was the first time everyone actually showed up. It made me worry that I had not ordered enough drinks and snacks for the pub quiz afterwards. Luckily it turned out there was enough, so that was a relief. One of the older individuals that had joined the video presentations, liked the pub quiz so much that he stayed until the very end, so compliments for the fun evening! Last but not least, I found the dinner party at the end of the OAS game very enjoyable. It was good to see you all together having drinks in the sun and having fun with each other. It gave a unique feeling when you joined in with the song that we as staff had prepared for you. I look forward to seeing you at the graduation event, where we can have some more drinks together! I wish you all the best!

Sandra van de Venne | Management assistant



Sandra

Dear alumni,

At the beginning of the year, some of you thought that we only gave the working groups. We hope that you now know that we are doing so much more! All of us are involved in supporting the coordination of the courses, Irie, the parttime superhero, is together with Babette also involved in the marketing and recruitment for next year. Then the researchers: Julia managed the V&A research cycle, Anneke studies connectedness, and Mara's research focuses on new diagnostic strategies for thyroid disorders.

We loved to be your junior lecturers. It was very nice to relive the V&A year, now from a teacher's perspective. We hope you learned from us, but we definitely learned a lot from you guys. This year was unique, a challenge you could say. With all the corona restrictions coming and going, we had to improvise a lot with hybrid education. Regardless, you were united from day one. With one working group being canceled and spread out over the other two, you showed immediately how close you were as a group. With more than half of the week at home, and many mini lockdowns, you still found the slightest opportunity to see each other and have a drink at the HePatho. Another unique thing about you, is that despite your high study drive and engagement, the attendance in the lectures was really low at times. Even so low that a lecturer left or only Anneke and Mara were on campus with the lecturer because you were afraid of the storm. But hey, that's what you're a student for! 😊

One thing that we want to pass on for the future is; do what you enjoy and give yourself some time to explore that, you are still very young! You learned a lot this year so be proud of all your V&A skills and do not be scared to face the challenges of the future!

Lots of love from,

- Anneke Julien | Junior lecturer
- Julia Minnema | Junior lecturer
- Irie Timmers | Junior lecturer parttime
- Mara Jongeneelen | Junior lecturer
- Babette van Rheenen | Junior lecturer



Babette, Mara, Irie, Julia



JVT Game Activity

The waiting was totally worth it! It took a while before our JVT was able to arrange a fun live activity for us, but it was one to remember. What a way to close off of the OAS-module.



Totally unexpected to most of us, Tony showed us how to play pong the proper way, scoring shot after shot!



shoot your shot

As we learned during our master's, an important part of creating is *drum roll* **CO-CREATING!** With the input of fellow students we were able to rank our stars, because we all are stars of course!



Nour



Irie

Who has the best hair?



1 Who is always late?

- A Ligaya
- B Ruben
- C Nour
- D Claudia

2 Who is the party animal?

- A Jonne
- B Claudia
- C Roos
- D Sifra



3 Who buys the most beer?

- A Bram
- B Imke
- C Maryam
- D Claudia



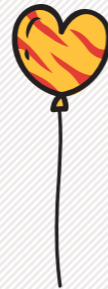
4 Who gets the most beer?

- A Claudia
- B Roos
- C Madelief
- D. Maaïke



5 Who of our cohort will most likely become a professor?

- A Denise
- B Ishara
- C Ruben
- D Bram



6 Who of the part timers has the nicest background?

- A Panagiotis
- B Isolde
- C Spiro
- D Jenny



Answers: 1. C and D; 2. A; 3. D; 4. A; 5. C; 6. B.

Falls and syncope: comparing work-as-imagined and work-as-done using FRAM models

At the Geriatrics Department of the Amsterdam University Medical Center

By Roos Schroten

My internship at the department of geriatrics at the Amsterdam UMC, location AMC started in May. I am focussing on falls among elderly with a (possible) cardiovascular cause and I am conducting interviews with professionals in fall clinics. The aim of my research is to compare clinical practice with guidelines and identify barriers and possible improvements. This will be visualized using FRAM models and eventually contribute to the formation of a new care pathway for cardiovascular falls in the Netherlands. It is a challenging subject and qualitative research is new for me, but I enjoy working with the PhD students around me and gaining new insights into the diagnostics of falls. I am most excited about conducting the interviews with professionals from other hospitals, to see how they work over there and compare this with what I already know from the Amsterdam UMC. Visits to Radboud UMC and Erasmus MC are scheduled for next week.

interviewees, I experienced some delay and had to extend my internship by 3 weeks. Furthermore, the V&A assignments during the internship caused some stress (I made a lot of Coursera hours in the 2 weeks before the deadline), but other than that, everything is fine and I just have to finish in time and then start my clinical rotations, which I am really looking forward to. I am also looking forward to the V&A graduation day, even though I won't be graduating myself due to the delay. I hope I will see all of you and hear everything about your internships!

The downside of my internship is the lack of fellow students, I really miss the contact and teamwork from V&A! Another setback during my internship was the planning of the interviews. Due to the busy schedules of the



Quantifying the physical resilience in older patients: the feasibility of the implementation of the newly developed device Eforto in the hospital

At the Geriatrics Department of the Radboudumc in Nijmegen

By Ligaya Smetsers

I found my internship at the Geriatrics department at the Radboudumc in Nijmegen. I took the opportunity to combine the V&A internship with the research internship for my other master's (medicine). Therefore, my internship lasts a bit longer, it will be an internship of twelve weeks. My research is about the physical resilience of older patients. I am studying a newly developed device called eforto® which measures the grip work of a patient. Grip work is thought to have a predictive value on the physical resilience of a patient. Physical resilience entails the ability to recover from difficult periods such as trauma and sickness. With eforto® we aim to timely detect a delayed recovery within discharged geriatric inpatients.

A few weeks into my internship I had to make changes to my plan of work due to a delay in the delivery of the eforto® devices. At first, I was going to study how well geriatric inpatients can use eforto® independently in their own homes after they are discharged from the hospital. But for this, they needed the eforto® devices which were not delivered on time. Therefore, I changed my topic from the feasibility of eforto® for independent at-home use within discharged geriatric inpatients to the feasibility of eforto® for hospital use within the geriatric department.

Most days in the week I have to work in the hospital, but I always have at least one day in the week that I am allowed to work from home. In the hospital, I collect data with two other students for my supervisor. Doing the data collection was a requirement to do a research project under her supervision. So, when I have to be in the hospital, I start my day around a quarter to nine in the morning. If I have to collect data for my supervisor most of the time I am busy with that. The data collection entails doing a questionnaire and a measurement of the grip work using eforto® two times a day, once in the morning and once in the afternoon.

For my own research, I do need the same patients participating in the study of my supervisor as I am researching the experience of the patients with using eforto® during their hospital stay. However, it is very hard to get participants. Most of the patients do not wish to participate in the study of my supervisor, they often feel too tired or too sick to participate. But if they do, they mostly also like to do an extra interview with me.

In short, I enjoy my time here at the Geriatrics Department. My colleagues are very friendly and fun, and I did not mind changing my research topic as I think it is just as interesting. I hope I will learn many things about doing research and I hope to deliver a good thesis in the end!

Investigating if your daily cup of coffee or tea influences the risk of dementia later in your life

At the K.G. Jebsen Center for Genetic Epidemiology in Trondheim and the HUNT Research Center in Levanger

By Denise Abbel

From an early age, I knew that I wanted to work in elderly care, and more specifically with people with dementia. Don't get me wrong, I absolutely adore Dutch research, but if you really want to work on a cool cohort study, you have to go abroad. I told Raymond, my supervisor, I wanted a topic that was challenging, but also explainable during birthday parties. I was very lucky, there was a spot for me in Norway to investigate the possible association between coffee and tea intake and the incidence of dementia. Since there is unfortunately no cure yet for dementia, research on prevention is important.

With way too many clothes, 1,5 kilo of peanut butter, a lot of courage, and no clue if there even was public transportation to my new home, I took the plane to Trondheim. Right now, I'm three weeks in Norway. I love the beautiful nature, the freedom within my internship and the welcoming people.

I finally know what it is like to be an international student! It's weird that common things for Norwegians are so unknown to me. For example, on one of my first days, I had a list of stuff I needed to buy. Imagine yourself walking down a shopping center with only shops you have never heard of.

Which shop do you need to enter for certain products? I ended up looking for my jeans size in a shop that turned out to be a plus size shop... I still struggle with finding the right shops, the things I did not check off my list yet are batteries and cheap food.

I've seen most of Trondheim, but luckily I'm staying until November 2022. I have plans to go to Munkholmen, Oslo, Bergen, on a road trip to Sweden, and on a real Norwegian cabin trip. I've read stories about people who couldn't find their cabin and ended up sleeping under the stars. And my colleagues warned me about the musk oxen, they are apparently very aggressive. If I do not make it back alive, I just want to tell you I had an amazing year with every one of you during V&A, I hope you'll find amazing jobs, improve the elderly care and I can't wait to meet you during the reunion!

Best wishes, or as Norwegians say: Hilsener!

Studying the association between timing of physical activity and the incidence of depression, dementia, and Alzheimer’s disease

At the Gerontology and Geriatrics Department of the LUMC in Leiden

By Piraveena Thangarajah

“I love working with software R.” I can guarantee you, you won’t hear those words coming from my mouth. I know, with a huge database from the UK Biobank it is logical to use R. However, I had truly a tough time with writing the script and dealing with the horrendous errors coming along with it as it was like a 1+1 offer. I still cannot believe how I managed to get my script running and get some interesting results in week 8: so, yay! So, I will never say that I love working with software R, but I am sincerely thankful it worked in the end with the help of my wonderful supervisors!

I started my internship at the department of Gerontology and Geriatrics at the LUMC on Tuesday 19 April 2022. You might wonder, why so specific? Well, my first day left quite an impression on me. I met all the wonderful people of the department and my co-research interns. That was really nice. However, when I sat down in front of my assigned computer it did not start. MY COMPUTER DID NOT

START. I could not sign in with my account. So, I went to the ICT and got a new password. You might think problem solved, right? But nope. I simply encountered my second problem: the computer loaded for hours and did not work until after lunch time. And actually this experience was rather representative of the rest of my internship period as I have worked with 6 dataset versions. Can you imagine 6 times adjusting the R script and creating tables. I hope none of you have had to go through this as well, but I must say this made me a tad bit more patient. So that’s good, I guess.

Before ending this thesis story, which might come across as a complaint- but believe me that was not my intention-, I want to express my gratitude to my supervisors, my bestie Nour, and my colleagues who were so supportive and kind during my whole internship period. Thanks to you all I have enjoyed these 10 weeks despite the struggles with R.



Yvonne van der Bent



What did V&A bring you?

Meeting these amazing fellow students and getting the opportunity to go abroad :D

In 10 years, how would you like to be remembered by your co-students?

The one that was obsessed with Korea hahaha

What was your favourite course this year and why?

Content-wise I think OAS, but I really loved OI because I was in a dreamteam during that course 😊

What is your favourite V&A memory?

I really liked all the Hepatho VriMiBo's we had, but what takes the cake is probably the day we filmed the OI innovation video. We had so much fun filming in these different locations and finding dramatic background music :p

Friend Marco
about Yvonne

Everytime it was as if I got to take a peek into a world unfamiliar to me as someone with a literary background, but awe-inspiring nonetheless. Even though not every internship was as fun as the

others, Yvonne nevertheless always managed to take something from it, something beautiful, to then share it with our friendgroup – definitely a quality to cherish.

Maryam Jamshidian



What did V&A bring you?

My interest in improving care quality for elderly from nursing perspective

In 10 years, how would you like to be remembered by your co-students?

Hard working, kind

What was your favourite course this year and why?

I enjoyed my ILP from academic development the most. Beside that BVA

What is your favourite V&A memory?

It's hard to choose. I love all 😊

Husband Alireza
about Maryam

Maryam and I decided to move our family home to the Netherlands. Learning a new language, building networks and soon starting a new master course at LUMC, were amongst some of the extra

challenges that Maryam had to take. It was a unique and pleasant experience to be able to share our office and study room under one roof.

Piraveena Thangarajah



What did V&A bring you?

Knowledge and network

In 10 years, how would you like to be remembered by your co-students?

The kind but quiet girl

What was your favourite course this year and why?

The older individual because it was a lot of fun to create the film together

What is your favourite V&A memory?

Trying out the ageing suits

Best friend Nour about Piraveena

Pira is my bestie, probably everyone already noticed that this year... We've done almost everything together in the past years and I hope to spend a lot of time together in the future. Where I am a bit of an extrovert, she is an introvert. Pira is a very unique person in many ways, however, her ability to avoid people and to

socialize as little as possible is what I would like to point out. Dear Pira, what I would like to give as advice for the future, because of course you also have to talk to colleagues and patients later on, is that you need to open your mouth more, be more social and avoid less people!!

Jonneke Bouwhuis



What did V&A bring you?

Much fun and a good preparation for the future

In 10 years, how would you like to be remembered by your co-students?

As a kind person

What was your favourite course this year and why?

The organization of the aging society, because the serious games and the lectures on policy making were very interesting

What is your favourite V&A memory?

Working on an elderly-friendly environment during Biology of Vitality and Ageing, by recreating and improving a park in The Sims 3. The best part is that both teachers and students were enthusiastic about the way my group and I performed on this assignment!

Parents about Jonneke

Now that she is completing her master's in this hybrid form of education, she regularly returns to the old nest. This allows us to get better insights into what she gets hung up on: analyzing her dataset. Jonne has prepared herself for the "adult life" as we call it together. Leaving behind the

student life in exchange for a working existence. We have confidence in her and are very proud of her! In fact, with her character traits, she can and will be able to counterbalance the cold number analysis in healthcare, because Vitality & Ageing is, and will remain, for the people and by the people.

Jonne Versluijs



What did V&A bring you?

An internship in Japan and nice friends!

In 10 years, how would you like to be remembered by your co-students?

As a nice and fun person

What was your favourite course this year and why?

Biology of Vitality and Ageing because it is closest to my interests

What is your favourite V&A memory?

Having drinks at HePatho with other students of Vitality and Ageing!

Friend Joelle about Jonne

What makes you unique is your sense of humor, your energy and spontaneity, and the fact that you make even the crappiest situations a breeze to be

in. I hope we - along with the rest of our friends - will experience many more beautiful moments together in the future.

Sifra van de Beek



What did V&A bring you?

V&A was an amazing program that did not only provide me with theoretical knowledge, but also fueled my desire for personal and social development. We got the opportunity to work together with older individuals and experience how to work in practice with regard to innovative thinking and development. Furthermore, we were able to learn more about teamwork, group dynamics, presenting and writing skills. An all-inclusive package I would say! :)

In 10 years, how would you like to be remembered by your co-students?

As being thoughtful and attentive.

What was your favourite course this year and why?

Difficult! I think CIS, because I like training these skills. However, I also really liked the social aspects of OI and the theoretical challenges of BVA (since I have no biological background).

What is your favourite V&A memory?

Everything! I loved the group of students as well as the teaching staff. Some things that stood out were: hepato (tosti's and beer), beer pong with the staff, farewell dinner, and the 2 game days.

Friend Joni about Sifra

What makes her so unique is that she will do anything for her loved ones and always treats people with respect. She is the first to offer help when someone needs it, she takes people's feelings into account and is extremely caring. In addition, she is not a quitter, both in terms of

her studies and the goals she wants to achieve in her life. What I would like to advise Sifra is that she should be herself at any time and she doesn't have to doubt herself. I am sure she then will be able to realize her ambitions.

Ligaya Smetsers



What did V&A bring you?

V&A has made me more aware of the older population, how they feel, what kind of issues they might come across, etc. Of course I already did, but now I feel even more considerate about older people, and know better what their needs are.

In 10 years, how would you like to be remembered by your co-students?

I hope they will remember me as a friendly person.

What was your favourite course this year and why?

Communication & Science as I really think the classes were helpful to me. I also enjoyed the classes a lot as the teachers were kind and fun, the classes always had a nice vibe.

What is your favourite V&A memory?

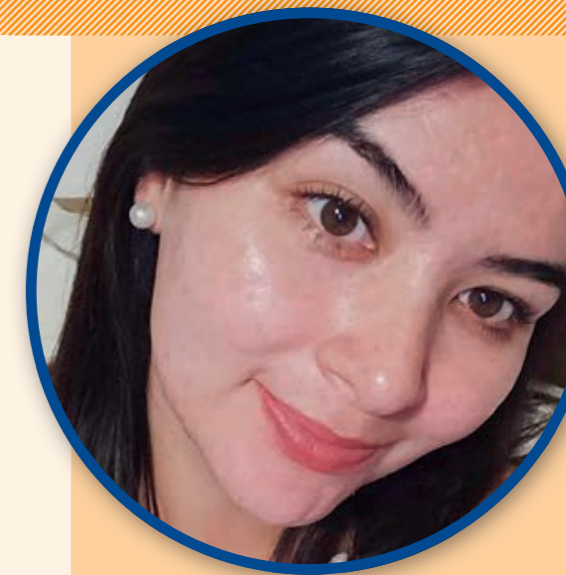
The introduction day! It was so nice to meet everyone, you guys are all amazing people! :)

Brother Renante
about Ligaya

What makes Ligaya unique is her perseverance in getting her degree in medicine at University. She wanted this from a young age and works hard

every day to achieve her goal. For the future, I advise Ligaya to keep chasing her goal.

Angelica Ramos Zamora



What did V&A bring you?

A lot of new knowledge and challenges, as well as, beautiful people as friends.

In 10 years, how would you like to be remembered by your co-students?

As a person who brought something good while spending time together. A joke, a creative thought, an interesting idea or discussion, a new point of view, a smile :)

What was your favourite course this year and why?

I liked OI, the design thinking for innovation in the healthcare. I loved learning how to use my creative thinking for helping to solve problems that affect society 😊

What is your favourite V&A memory?

All the Hephato toasties and laughs and the good energy around the master :)

Friend Andra
about Angelica

Angie is by far one of the most kind hearted people I've met, she's incredibly smart with a creative and curious mind, she is also patient, humble and funny. It may seem that she is a bit shy and quiet

but she's packed with a great sense of humor that can have you laughing for hours. I'd encourage her to never give up on her curiosity for learning and acquiring new experiences in life.

Maaike van Dalsen

What did V&A bring you?

New friends, new knowledge, and new skills: a fantastic academic year!

In 10 years, how would you like to be remembered by your co-students?

Hopefully as a happy and friendly person.

What was your favourite course this year and why?

OI, really enjoyed developing a dating app for the elderly together with my group.

What is your favourite V&A memory?

The V&A quizzes and the beerpong tournament with bitterballen and beer, the nice vrijmibo's in hepato with occasionally slightly drunk sitting in the train afterwards, the fun during the lessons, and the dinner during OAS.



Parents and sister Emma about Maaike

She is VERY social. Countless friends. Everywhere. Maaike will one day be a doctor. After her Rotterdam Bachelor of Medicine she decided to do Vitality and Ageing in Leiden. Different city, university, people. Learned and laughed a lot. New and useful experiences. Maaike will be a doctor of the elderly. She likes old people. They save memories. Maaike also saves a lot. She finds

cleaning up difficult. She can't throw things away. Her style of throwing away is to move it to her sister with the instruction to keep it. Maaike combines smart with being social and sporty. And she is modest too. We tell her to ALWAYS be Maaike. Don't change anything. Just keep on going. It always works out with Maaike. Sure.

Denise Abbel

What did V&A bring you?

Good friends, research experiences.

In 10 years, how would you like to be remembered by your co-students?

Hopefully not as the student that was never there during social activities.

What was your favourite course this year and why?

BVA! Loved to learn more about the biology of ageing.

What is your favourite V&A memory?

Last minute booking a trip to the Bonte Wever with Claudia.



Mother Jannie about Denise

I am super proud of you, my sweet enterprising daughter! I respect how you handle everything! As a consequence of corona, your medical rotations started later, which resulted in you having a gap year. You made good of it by studying Health Care Management and Vitality & Ageing! Tough!! You set high standards for yourself and you would like

to orient yourself even more broadly, already considering additional courses. Although you are unique, I also find it special to see things of myself in you from time to time. Sweet Denise, working is very good, but also take the time to enjoy all the beautiful moments and the people around you!

Roos Schrotten

What did V&A bring you?

New perspectives, insights, unexpected interests, and friends.

In 10 years, how would you like to be remembered by your co-students?

As easy to work with and always up for a beer!

What was your favourite course this year and why?

OAS, I discovered an interest in policy and policy making (good grades also helped).

What is your favourite V&A memory?

Beerpong with junior lecturers and professors.



Friend Maud about Roos

Her natural leadership is one of the first things someone will notice when meeting her. In her (volunteering) work, her caring and empathetic side is strongly reflected. Roos is a hard worker with a lot of discipline, but she also allows herself to have some fun and moments of relaxation.

She is a real fanatic when it comes to sports and games, she will always go for the win and give her most. I hope that in the future she continues to challenge herself without asking disproportionately much of herself.

Ishara Ibrahim

What did V&A bring you?

V&A made things tangible for me. Things I have learned before, suddenly became more practicable and understandable. Besides that, it brought me new friends, from the very start and I am super grateful for that!

In 10 years, how would you like to be remembered by your co-students?

Hopefully not only as the student ambassador.

What was your favourite course this year and why?

The OAS-course. Until this course I never had any interest in pursuing a career as a healthcare consultant or a policy worker, somehow this course managed to get me interested.

What is your favourite V&A memory?

My favourite V&A memory might be the one of my first encounters with my co-students. Having drinks, Italian food, and one of them putting a nice souvenir from the restaurant in my bag which I discovered when I got home.



Parents and boyfriend Max about Ishara

The combination of involvement and her social character make her a beautiful person, of which we as parents are very proud! Our advice to Ishara is: in life there will be bumps on the road, but don't let that stop you from pursuing your goals.

What makes Ishara unique is that she faces all situations with incredible strength and courage, so there is no doubt that she has an incredible future ahead of her. She also adds a touch of humor to every situation, even if in some situations it is better told behind closed doors :)

Ruben Kamphuis

What did V&A bring you?

A deeper appreciation of not being old yet.

In 10 years, how would you like to be remembered by your co-students?

As the guy who's trying to cure death. (I BELIEVE!)

What was your favourite course this year and why?

Biology of Vitality and Ageing.

What is your favourite V&A memory?

That time when we got weights strapped on our limbs and were made half-blind and deaf.



Girlfriend Chihuro about Ruben

I've never seen someone more creative than him. He tries to deal with problems by himself even though he has never done that or no one has ever done. He finds a way to deal with problems by himself. I think he will be a great scientist! I would like to tell him that he should be proud of himself and

believe in himself, then he will make the right choice whenever. I know how clever he is and if he ever wonders whether his choice was/is wrong or right, I'd like him to remember that he is clever and calm all the time, and his choice never disappoints me!

Femke Groenewegen

What did V&A bring you?

I learned to think outside the box when looking at elderly and the organisation of a society. Furthermore, I got to know a lot of very nice students from different backgrounds and really enjoyed all the different perspectives!

In 10 years, how would you like to be remembered by your co-students?

I would love to be remembered as a kind, hard-working person.

What was your favourite course this year and why?

Biology of Ageing. I loved writing the essay!

What is your favourite V&A memory?

All the lunches we had in the LUMC!



Father about Femke

What makes Femke unique is that she combines goal orientation and ambition with focus, discipline, planning and perseverance. Not only in her studies, but equally in her work and free time. Femke can study and work hard, but also have fun very hard. Work smart and hard, play just as hard! What we want to pass on to Femke is that

following a course 'straight through the sea' can also pass through storms, and adjusting the route slightly at times can lead to even more beautiful travels and destinations. In addition, the 80% of Femke is 100% for many others and just a little less can occasionally also be enough. Wisdom consists of knowing when to avoid perfection.

Claudia Rossi



What did V&A bring you?

Change.

In 10 years, how would you like to be remembered by your co-students?

As the caring one.

What was your favourite course this year and why?

Biology of Aging, science is pretty much my field.

What is your favourite V&A memory?

The first Pub Quiz: my group thought we would win and instead we reached the 3rd spot.

Friend Megan about Claudia

Claudia is a very unique person. I think if you know her that statement explains enough. Another unique thing about Claudia is her approach to connection. It never ceases to amaze me to see how outreaching she is, and how much she gets

comfort out of knowing that the people she cares about are okay. In the future, I would love to pass myself onto her. So that she has no choice but to stick by me and stay connected to me forever. I cannot imagine a life without my unique Claudia.

Bram Baars



What did V&A bring you?

I think for me V&A was a great opportunity to experience student life, to learn more about elderly care and the options to work with the elderly, and I have met some amazing people during this year both during the study year and during my internship.

In 10 years, how would you like to be remembered by your co-students?

Hopefully as kind of funny, but also caring.

What was your favourite course this year and why?

I was going to say BVA, because I really had to push myself there and learn, but I think in the end when it's about the enjoyment I really enjoyed CiS, both the skills we learned, as well as the feedback we got on things.

What is your favourite V&A memory?

Probably the last dinner we all had before everyone went away to their internships.

Mother Wietske about Bram

Bram is really involved with the people he cares for and thoroughly enjoys the personal conversations, the life stories and the contact with family. The connection this creates is valuable and appreciated by all involved! Bram's calmness, immediate action or finding solutions in

emergency situations are also great qualities in this work. If you ask me: what would you like to give Bram along for the future, I say: Follow your heart; keep doing what gets you excited. Look for it in contact with (older) fellow human beings.

Madelief de Wit



What did V&A bring you?

More sense of clarity on what I want to do in my future career.

In 10 years, how would you like to be remembered by your co-students?

Hopefully as a nice person.

What was your favourite course this year and why?

The older individual, because I really enjoyed the assignments of this subject!

What is your favourite V&A memory?

The ageing suits!

Sister Annabel about Madelief

I'm so happy with you in my life and I'm so very proud of everything you do, everything you've accomplished and everything you are. It sounds like a cliché but I really admire how you can always

go with the flow, you are so very inspiring to many! I'm sure you'll do just fine in the future, I can't wait to see where you'll end up!

Tristan Zijdeman



What did V&A bring you?

A more thorough understanding of the perspective of an ageing individual and the importance of the psychological aspect and social network during ageing.

In 10 years, how would you like to be remembered by your co-students?

Always busy and active yet genuinely interested in the master's program and eager to learn.

What was your favourite course this year and why?

BVA, due to the fact that I could relate to the content of the course the most and the fact that I have the most affinity with the biological perspective of ageing.

What is your favourite V&A memory?

Leadership Game.

Mother Ilona and Grandmother Annie about Tristan

"Thank you Grandma, for always being there for me!"

This sentence says a lot about our togetherness. Tristan, eager to learn. He got his typing diploma around the age of 10!! He did everything by typing

on the computer. He talks and types at the same speed. He already knew what he wanted to be when he was 12: "I'm going to work at Médecins Sans Frontières", he said! It looks like he's well on his way!! Dear Tristan, how proud I am of you. Make your dreams come true!

Aidan Ponjee-Dillon



What did V&A bring you?

A broadened perspective and deeper knowledge on healthcare and ageing, with expanded soft skills for working in a professional academical environment. On top of this, a wonderful group of fellow students to have a ton of fun with it :)

In 10 years, how would you like to be remembered by your co-students?

For introducing bouldering to a number of people :p

What was your favourite course this year and why?

I think I enjoyed OAS the most, because the topics were well-presented and quite different compared to what had been taught during my bachelor's.

What is your favourite V&A memory?

It would have to be the organised drinks we had with students and staff, where we got to have a lot of fun playing beer pong and chatting it up :)

Friends Feline and Jolan about Aidan

Aidan has a uniquely nice bad sense of humor, a passion and a talent for music and, most importantly, a great hammock. He is very driven and he always goes out of his way for his friends.

He is a friend who really takes the time when you need it. A listening ear without prejudice, that certainly makes him unique.

Nour al Kuhaili



What did V&A bring you?

It gave me a fresh perspective, not only my professional life, but also my personal life. It has broadened the way I had perceived the world.

In 10 years, how would you like to be remembered by your co-students?

"As someone who did the best she could with the talent she had."

What was your favourite course this year and why?

My favourite course was the Older Individual. This was mainly as a result of the possibility to research the older individuals with a migrant background and write about them.

What is your favourite V&A memory?

My favourite memory has to be the dinner where everyone who was involved in this Master's program, sang a song for us. It was nice to listen to this song, and this was not as a result of the singing (it was a bit out of tune). But, we felt one at that moment as we all have been busy for a whole year with the subjects vitality and ageing both teachers and students.

Best friend Piraveena about Nour

The fact that Nour suffers occasionally from speech impediment and word finding disorder, would make her unique in my eyes. This is probably due to her talking 24/7, which is not strange as she is a very social girl. So, what my advice for Nour in

the future is as follows: keep your mouth shut occasionally and enjoy the silence and in this way you will suffer less often from speech impediment and word finding disorder!

Chris Wouters



What did V&A bring you?

Content-wise, V&A mainly gave me more knowledge about the biology-aspect of ageing as I did not know anything about that beforehand. Besides more knowledge, I had a really good time and I made new friends!

In 10 years, how would you like to be remembered by your co-students?

I think it is better to say that I probably will be remembered as the girl who lived in the south of The Netherlands and travelled many hours by train every week!

What was your favourite course this year and why?

My favourite course this year was Organisation of the Ageing Society. This was my favourite course because of the interesting weekly assignments and the leadership game at the end of the module.

What is your favourite V&A memory?

The closing dinner on the final day of the OAS module.

Father Math
about Chris

What makes Chris unique, is that despite little practical experience, she did gain a good view on healthcare, and specifically elderly care. Furthermore, she always goes the extra mile and does not deliver half work. For the future, I would

like to give her the following advice: after finishing your studies, follow your heart and find a job that suits you. It would be great if this was in elderly care, but completely something else is also perfectly fine!

Imke Zirkzee



What did V&A bring you?

A lot of friends and of course new knowledge. It gave me an experience of what to expect in the workingfield and how important it is to have conversations with the older individuals.

In 10 years, how would you like to be remembered by your co-students?

As a co-student that was always available to help.

What was your favourite course this year and why?

BVA, because I learned the most from this course. My background was more in line with the other courses. So, for me this was the most challenging course, but also the most fun! I had a lot of great co-students who helped me and this made it more fun.

What is your favourite V&A memory?

The group activities with all the students. Especially the last dinner with the whole V&A group.

Sister Lotte
about Imke

She is very trustworthy, and can laugh a lot. She can get her teeth into something, in other words you are very driven. You should be very proud of who you are, of what you have achieved

so far and chase your dreams now! Keep being yourself and as we often say: 'just act normal, as that is crazy enough'. You are a winner!

Sara Salman



What did V&A bring you?
New knowledge and friendships.

In 10 years, how would you like to be remembered by your co-students?
A little funny.

What was your favourite course this year and why?
Biology of vitality and ageing.

What is your favourite V&A memory?
Stress we had for the essay in BVA.

Friend Myrthe
about Sara

I have never met anyone in my life who has so much ambition in the medical world. I think it's so amazing that she manages to combine literally EVERYTHING. In addition, we laugh at the craziest things like 15 springs young. Keep up these good vibes. You can do anything you want with this attitude :).

Jenny Araque Cancar



What did V&A bring you?
Lots of new knowledge.

In 10 years, how would you like to be remembered by your co-students?
As a nice & hardworking student.

What was your favourite course this year and why?
So far, OAS. It gives a good general knowledge of the healthcare in the Netherlands.

What is your favourite V&A memory?
The debates were fun.

Junior lecturer Irie
about Jenny

Jenny managed to succeed her Dutch language exams as well as all the V&A exams and assignments this year. With her unique background she has a lot to offer in the field of the Dutch healthcare!

Isolde van Oostenrijk

What did V&A bring you?

This Masters validated the in-practice approach I follow as an exercise physiologist. Functional exercise IS key to successful ageing! It gave me insight to the cellular and societal aspect of ageing, what the Dutch healthcare system entails and the complexity of health care policy-making. From a personal perspective I met wonderful international students, and experienced multi-disciplinary collaboration first hand.

In 10 years, how would you like to be remembered by your co-students?

I would like to be remembered as the hard working “senior” student motivated to learn more.

What was your favourite course this year and why?

Biology of Vitality and Ageing: I have always been interested in human biology. BVA contains cellular evidence and emphasizes the need for a proactive exercise approach in order to age successfully. In light of our worldwide ageing population this in-depth focus on the hallmarks of ageing should be a requirement for all health Professionals that work with ageing clients.

What is your favourite V&A memory?

As a part-time international student, the most distressing moment (setting my alarm for 3 PM instead of 3 AM) was also my favourite. It showed me the caring nature of both my lecturer and fellow students. I realized that V&A have become my online family over the past year.



Junior lecturer Irie about Isolde

Isolde has a never ending interest in the field of Physiology, Health and Ageing. She never stops searching for new knowledge and her hard work pays of a lot!

Spiro Ilias

What did V&A bring you?

A different way of thinking and knowledge on the field of ageing.

In 10 years, how would you like to be remembered by your co-students?

10 years is too long to have any expectations but at least I'll remember that I met very interesting people and as a group we shared this experience!

What was your favourite course this year and why?

Communication in science because it actually helped me to improve a set of skills through diverse assignments.

What is your favourite V&A memory?

The moment I received the exam results of Biology of V&A.



Junior lecturer Irie about Spiro

Spiro is a really kind person and is always happy to help his fellow students. He works very hard to

reach his goals and always shows up in class with a big smile!

PHOTO IMPRESSION - A DAY IN THE LIFE OF A V&A STUDENT



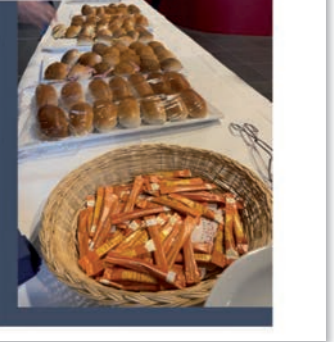
PHOTO IMPRESSION - A DAY IN THE LIFE OF A V&A STUDENT



Mini-symposium & closing lunch

As part of the course "the Older Individual", yesterday students presented their own lecture on a common disease in elderly individuals. They applied the "Positive Health model" to consider different factors involved in disease and care. During the break there was a nice lunch to have a good closure of the final on-campus activity this year!

MASTER VITALITY AND AGEING IN LEIDEN



My V&A experience

By Bram Baars

*With a small group of students, we gathered in front of building 3,
Slightly nervous, but ready for the one-day introduction activity.
After that, the year took off right from the bat with BVA,
Guided by Dr. Raymond Noordam through the hallmarks of A.*

*Even though the week assignments were not loved by everyone,
For me, they helped me to get things done.
Sometimes with surprises, things we did not know right from the gate,
One time a junior lecturer told us: "Surprise, this presentation is for a grade!"*

*Although our instability was not genomic,
and our exhaustion is not stem cell related,
Our week assignment presentations were iconic,
And our biology knowledge was rapidly inflated.*

*Guided by R&E, AD and CIS for our academic skills from the start,
the team made sure we would academically not fall apart.
From high-speed R&E week to working on your ILP for AD,
Sometimes having to be as busy as the average bee.*

*Although we got a lot of knowledge from these,
We lastly had CIS, to improve our writing expertise.
Even though at times I was feeling a lot of fear,
It has been helpful to feel supported by the staff throughout the year.*

*From being surrounded by new people at the start,
So quickly developing to even feeling sad when being apart.
With so many activities in a year, it is impossible to reflect on all,
From the ageing suits, the OI paper, and the interview call.*

*Yet it was not always roses and sunshine in our activity,
Sometimes it was cloudy and stormy, quite literally.
As a group yet always present at the LUMC, sometimes with slight fear,
But still feeling highly encouraged, just to all be here.*

*Luckily, even if things did not go exactly the right way,
We were always informed about the consequences later the same day.
Also important to mention is the hard work of the JVT,
Cause hard work they had to do, as we could all see.*

*All jokes aside, this year has been a blast,
Sometimes I hoped that certain moments would forever last.
All people from different backgrounds, yet also similar in ways,
Through this year I have had some of my best life days.*

*I have learned, laughed, loved, I have cried,
Now it is finally almost time to say goodbye.
Wishing for you all to you find your own path in life,
And hopefully sometimes think back on this 1-year V&A deep dive.*

*This was it, my fellow students, we have come to the end of the V&A show,
I hope at this point, you will all feel satisfied, and nearly pro.
Ready to continue your academic journey without any fear.
Thank you all for a wonderful year!*

*Thank you to the JVT, the Junior Lecturers, and the other staff for a wonderful time,
I hope I have been able to express some of my gratitude and joy through this rhyme.*

Bram



Say farewell song Vitality and Ageing students 2021-2022

Melody: Glory glory Halleluya



Refrain (all)

We vitality and ageing
You vitality and ageing
All vitality and ageing
To ím-próve 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 was 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, to 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

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

Zoom, Kal-tu-ra, e-vry day another stress-sy thing,
Hea-vy storms and impend snow were also disrupting
Stu-dy-ing and home working was challenging us all,
We ma-naged o-ver-all.

Refrain

Now 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