

Healthy AGErasmus (Fact sheet)

Objective

Continuing increases in longevity are generating demographic shifts that lead to profound changes in the European society and will represent a challenge for their future sustainability. Life expectancy and the percentage of older citizens will certainly increase in the EU in the years to come. The contribution of all these citizens to society will heavily depend on one factor: their mental and physical wellbeing. The Healthy AGErasmus Master aims to prepare graduates who can meet the increasing demand for highly qualified professionals to promote and develop interventions in the field of active Ageing. Graduates from the Master will have the skills and competence to work in multidisciplinary clinical and academic environments. The program will provide practical skills in exercise training and testing, geriatrics and gerontology, and socio sanitary issues in both healthy and frail older populations, and thereby developing an understanding of the determinants of active and healthy ageing as a whole. The project is developed by a consortium of five different EU universities (Spain, Denmark, France, Poland, and Portugal), with lectures and seminars taught both by academics of the highest scientific level and by practitioners in exercise science in older populations, geriatrics, gerontologist also from socio sanitary contexts. The students will benefit from a high-level scientific environment on all campuses and will have the opportunity to couple the theoretical courses with practical activities like taking part in actual research studies, working with clinical populations, and training older individuals in specialized sport/communities' centres. Regarding the career prospects, graduates will be candidates for both PhD degrees and positions in hospitals, nursing homes, and specialized training centres for older individuals. Also, the internships provided by the partners will allow the students to create connections that will ensure their further career development.

Key words: Active ageing/ functional ability/ exercise/ training/sports/ science/ geriatrics/ gerontology

Programme(s)

[Erasmus+ Programme \(ERASMUS\)-undefined](#)

Topic(s)

[ERASMUS-EDU-2021-EMJM-DESIGN](#)

Type of action

ERASMUS Lump Sum Grants