



Schedule modules and social program

Healthy Ageing

06.07.2026 - 17.07.2026

Course Director: Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN

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Nb. Please visit https://utrechtsummerschool.nl/social_programme for the social programme

Saturday, 4 th of July and Sunday, 5 th of July		
Time	Activity	Description
12:00-18:00	Key pick up	<i>You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.</i>

Monday, 6 th of July		
Time	Activity	Description
9:30-11:00	Module 1: Opening summer school Address: Heidelberglaan 7 Room: 2.058	9:15: Walk in at the institute of Nursing Studies (2 nd floor) 9:30: Official opening summer school by Eva Povel, MSc, Director of the Institute of Nursing studies. Introduction to the Dutch health care system.
11:00-13:00	Module 2: Workshop Address: Heidelberglaan 7 Room: 4.056	Practical information, Meet & Greet and “Let’s talk Healthy Ageing”. Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
13:00-13:30	Lunch	
13.30-14:30	Module 3: Lecture Address: Heidelberglaan 7 Room: 4.056	Proactive health care in the primary care setting. Nienke Bleijenbergh, PhD, RN, Professor proactive care for older people living at home
14:30-17:00	Self-study	Working on presentation home assignment: Life review with an older person

Tuesday, 7 th of July		
Time	Activity	Description
9:00-12:00	Module 4: Presentations and discussion Address: Heidelberglaan 7 Room: 4.056 and 4.059	Presentations home assignment: conduct a life review with an elderly person (75+). Marianne Jacobs, PhD and Sophie van Mierlo, MSc, RN
12:00-13:00	Lunch	
13:00-14:30	Module 5: Lecture, workshop Address: Heidelberglaan 7 Room: 4.056	Prevention of decline in hospitals Roelof Ettema, PhD, RN

Wednesday, 8 th of July		
Time	Activity	Description
09:00-12:00	Module 6: Group workshop Address: Heidelberglaan 7 Room: 4.056 and 4.059	Palliative care, End of Life, Advocacy and Leadership Riet Ruben, MA, RN and Tanja Schaftenaar, MEd, RN
12:00-13:00	Lunch	
13:00-14:30	Module 7: Lecture Address: Heidelberglaan 7 Room: 4.056	Palliative sedation. Robbert-Jan de Jonge, MSc, RN

Thursday, 9 th of July		
Time	Activity	Description
10:00-12:00	Module 8: Lecture Address: Heidelberglaan 7 Room: 4.056	Biological ageing in perspective. Bart Cuppen, PhD, MD
12:00-13:00	Lunch and travel time	Lunch and take a tram (approx. 10 minutes) to site visit
13:00-15:00	Module 9: Site visit. See chapter 4 for details.	Positive Health at the Future Care Lab.

	Address: Vondellaan 174, Utrecht (ROC Midden Nederland)	Marielle Garritsen - van Woerkom, RN and students of the ROC Midden Nederland
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Friday, 10 th of July		
Time	Activity	Description
10:00-12:00	Module 10: Workshop / experience Address: Heidelberglaan 7 Room: 3.042 and 3.046	Being 85, feeling old? Marlieke Siteur and Kelvin Zomer, BSc
12:00-13:00	Lunch	
13:00-15:00	Module 11: Lecture Address: Heidelberglaan 7 Room: 4.035	Psychological and social ageing. Marianne Jacobs, PhD.

Saturday, 11 th of July and Sunday 12 th of July
Free time

Monday, 13 th of July		
Time	Activity	Description
9:00-12:30	Module 12: Workshop Address: Heidelberglaan 7 Room: 4.056	New technology for learning about older people (part 1). Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
12:30-13:00	Lunch	
13:00-16:00	Module 13: Workshop Address: Heidelberglaan 15 Room: 3.058 / 3.060	Intercultural care for older people: the way to agetopia. Edwin Hagenbeek, MSc, RN

Tuesday, 14 th of July		
Time	Activity	Description
9:00-12:00	Module 14: Workshop Address: Heidelberglaan 7 Room: 0.012	Technology: ageing in place? Thijs van Houwelingen, PhD, RN & Mirjam van Tilburg
12:00-13:00	Lunch	
13.00-16.00	Module 15: Site visit See chapter 4 for details	Demeter, Hospice, De Bilt Marianne Jacobs PhD and Sophie van Mierlo MSc, RN

Wednesday, 15 th of July		
9:00-12:00	Self-study	Working on reflection report. Turn in your assignments by e-mail on Thursday 16th of July 9:00 to marianne.jacobs@hu.nl and sophie.vanmierlo@hu.nl
12:00-12:45	Lunch and travel	
12:45-16:00	Module 16: Site visit See chapter 4 for details	Diakonessenhuis, Zeist Marianne Jacobs PhD and Sophie van Mierlo MSc, RN

Thursday, 16 th of July		
Time	Activity	Description
9:00-12:00	Module 17: Workshop Address: Heidelberglaan 7 Room: 4.056	New technology for learning about older people (part 2). Vera Habes, MSc, RN and Sophie van Mierlo, MSc, RN
12:00-14:00	Module 18: Meet and greet Address: Heidelberglaan 7 Room: Open space next to 2.070	New technology for learning about older people Film Presentations Lunch: Bring your own: make/bring some typical local food/dish/drink to this lunch of your own country.
17:00	‘Borrel’ Wilhelminapark	

Friday, 17 th of July		
Time	Activity	Description
08:30-10:00	Check out of accommodation	Check out of accommodation and drop keys off with Marianne before 10:00
10:00-12:00	Module 19: Evaluation and closing course Address: Heidelberglaan 7 Room: 0.056	Course evaluation and certificate ceremony Marianne Jacobs, PhD
12:00	Closing summer school	Closing summer school