



UNTRIM
INTERNATIONAL

**THERE'S A WORLD
TO EXPLORE**

GRAND TOUR

HEALTHY AND HAPPY AGEING

The minor is about

- Acquiring intercultural competences through comparative studies of culture, values, habits and norms, and ways of thinking in the health professions. Adapting yourself to the culture of Bali.
- Achieve understanding of gerontological and geriatric care.
- Developing an open-minded and committed view of health strategies in their own culture, as well as in other cultures.

Testimonial

This minor has changed my view of aging.

Healthy and Happy ageing is not only about elderly but covers all age categories. Catch them young and watch them grow...

Hillyjanne van der Schaar

Local context

- Cross culture understanding and Bahasa (language)
- Gerontological and Geriatric concept
- Healthy and Happy Ageing at Bali
- Healthcare at Bali
- Music Therapy, Boreh Therapy, Lengis Tandusan & Acupressure, Balinese Yoga, Melukat
- East meets West
- Voluntary project in Sanganan Village and Voluntary Project in Nursing Home
- Presentation & assessment

#AWORLDTOEXPLORE

“Healthy and Happy Ageing: East meets West”

In the Netherlands, healthcare innovation has developed at a rapid pace in the past few decades. Increasingly, people are reaching old age. People strive to live a long and healthy life and want to stay active, even in their later years. This is also expected of them. Patients and professional caregivers are increasingly becoming partners in care, meaning that they jointly discuss the needs of the elderly person, focusing mainly on wellbeing. In the years ahead, the focus will increasingly shift to prevention and wellness. Technology, e-health and home automation are becoming increasingly important in enabling people to stay at home and to remain independent for as long as possible.

In this minor, the focus is on EAST MEETS WEST. What similarities and differences are there with regard to the older population of Indonesia and specifically in Bali when it comes to norms, values, culture, health care, prevention, technology, wealth, poverty, wellbeing, etc. What can we learn from each other, to ensure future-proof care and wellbeing for the elderly. The concepts that will be covered deal with the different groups of the elderly, healthy ageing, prevention, communication, interdisciplinary work, and applied research. The language of instruction is English. At the end of the minor, the student will take an exam in the form of a portfolio assessment.

