

**Press release****Leibniz-Institut für Alternsforschung - Fritz-Lipmann-Institut e.V. (FLI)****Sylvia Kreysel-Minar**

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<http://idw-online.de/en/news847843>Studies and teaching, Transfer of Science or Research  
Biology, Economics / business administration, Medicine  
transregional, national**Young Scientists from FLI shine at the Healthy Longevity Talent Incubator (HLTI) in Singapore**

Three emerging researchers from the Leibniz Institute on Aging - Fritz Lipmann Institute (FLI) participated in the prestigious Healthy Longevity Talent Incubator (HLTI) program, designed to cultivate future leaders in the vital of healthy longevity. Their experience in Singapore, characterized by scientific exchange, career development, and networking, has left a lasting impact on their professional and personal growth.

Jena/Singapore – Research on aging is crucial in addressing one of the most pressing challenges of our time: How can we extend our lifespan while maintaining good health? As global life expectancy rises, ensuring health in old age becomes increasingly important. Achieving this goal requires innovative scientific approaches and a new generation of well-trained specialists.

Last year, three young scientists from the FLI participated in the HLTI, a program launched in 2023 by the Academy of Healthy Longevity at Yong Loo Lin School of Medicine, NUS in Singapore. The HLTI is distinctive in its mission to unite young talents from various backgrounds, including basic researchers, healthcare professionals, and corporate managers. The program features a comprehensive curriculum that encompasses topics such as aging, healthy longevity research, and the application of geroscience in clinical practice.

Participants engage in interactive lectures led by esteemed experts, practical workshops focused on leadership skills in healthcare, and valuable networking opportunities with industry leaders and researchers. Each year, approximately 40 participants are selected through a rigorous two-step process to attend the 11-day workshop at the NUS campus. Zahra Fanaeikahrani, a PhD student at FLI, attended HLTI 2023 alongside peers from 30 countries. She describes the experience as one of the most enriching of her professional journey in the field of healthy longevity. During the workshop, she connected with Advitiya Khandelwal, who subsequently joined FLI as a PhD student.

Advitiya reflects on the impact of the HLTI networking opportunities, stating, "The connections and the chance to engage with internationally renowned mentors were truly inspiring. I gained not only specialized knowledge but also invaluable contacts that will shape my professional future."

The HLTI program continues to empower young scientists, fostering collaboration and innovation in the pursuit of healthier, longer lives for all.

The Leibniz Institute on Aging – Fritz Lipmann Institute (FLI) – upon its inauguration in 2004 – was the first German research organization dedicated to research on the process of aging. Around 350 employees from around 40 nations explore the molecular mechanisms underlying aging processes and age-associated diseases. For more information, please visit [www.leibniz-flu.de](http://www.leibniz-flu.de).

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