



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A
SETIP

Z01-KA204-078151

ASEB

Active Seniors' Education without Barriers

*Helena Kadučáková, Marcela Ižová,
Zuzana Zahradníková, Janka Bednáriková,
Rastislav Adamko, Martina Krušinská*

Department of Nursing, Faculty of Health,
Department of Music, Faculty of Education
Catholic University in Ružomberok, Slovak Republic

Ferreira do Zêzere, May, 16, 2023

Dissemination



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A

SETIP

2020-1-CZ01-KA204-078151



Introductory meeting 14/10/2021 with members of Andrej Church Choir, Parish

Office building in Ružomberok

- ✓ **Cantus Choralis 2021 - International symposium on Choral singing in Ústí nad Labem (Czech Republic) 18/10/2021**
- ✓ **Article in the magazine of Catholic University in Ružomberok, Kuriér KU, ISSN 1337-463X / N° 2/2021, pp. 22-23**
- ✓ **Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of PF KU**
- ✓ **Information about the blended mobility on 3-11 septembre 2022 in Hradec Králové, website of Catholic University in Ružomberok**
- ✓ **Article in the newspaper “Ružomberský hlas” (The Vois of the city of Ružomberok) 23.09.2022, roč. XXXVI., N° 18, p. 17**

Dissemination



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A
SETIP

- ✓ **FAMILY – HEALTH – DISEASE, (12th annual conference) Faculty of Health of Catholic University in Ružomberok 20/10/2022**
- ✓ **NEW TRENDS IN NURSING VIII. Department of nursing, Faculty of Health and Social Work, University of Trnava 24/11/2022**
- ✓ **Information about the Concert of Czech and Slovak seniors' chorus on 9 december 2022 in Ostrava, website of Faculty of Health of Catholic University in Ružomberok**
- ✓ **VIII - INTERDISCIPLINARY ASPECTS OF BEAUTY, HEALTH AND DISEASE, The State University Of Technology And Economics in Jaroslaw (PL) 12/5/2023**



Benefits

2020-1-CZ01-KA204-078151

✓ acquiring new knowledge and skills in the field
of music

- ✓ increasing social cohesion and communication skills
- ✓ obtaining of skills in the informed and knowledge society
- ✓ acquiring new social contacts
- ✓ increasing of self-confidence in the learning process
- ✓ maintaining sensory and cognitive functions
- ✓ reducing the cases of loneliness, isolation and incidence of depression
- ✓ promoting active aging



Disadvantages



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A

SETIP

2020-1-CZ01-KA204-078151

- ✓ COVID 19
- ✓ great difficulty in preparation
- ✓ combining professional and pedagogical quality of experts
- ✓ tendency to stop working before the project is finished
- ✓ collaboration can be difficult

www.ku.sk

Maintainability of project



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

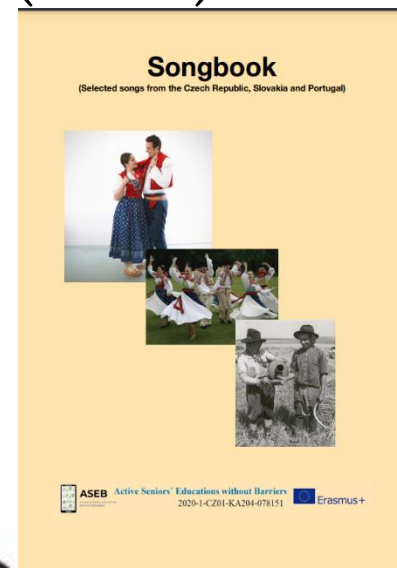
INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A
SETIP

2020-1-CZ01-KA204-078151

Songbook

- ✓ we offer to the temple's ensemble
- ✓ art schools
- ✓ it is posted on web-page of the university (UTV)

www.ku.sk





Maintainability of project



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A

SETIP

2020-1-CZ01-KA204-078151

E-learning course

- ✓ universities of the third age (UTV)
- ✓ civil associations for the senior
- ✓ social services home

www.ku.sk

Thank you for your attention!



ASEB

ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION
THROUGH VIRTUAL U3A

SETIP

www.ku.sk



Erasmus+

<http://isev.osu.cz>