



**ASEB**

ACTIVE SENIORS' EDUCATION  
WITHOUT BARRIERS

Active Seniors Educations without Barriers

2020-1-CZ01-KA204-078151



Erasmus+



**COORDINATOR PERSPECTIVE**

Zdenka Telnarova

## PARTNERS

All partners were active and follow the aims and goals of the project. Coordinator appreciates this fact very much.



## **OUR TEAM:**

**Zuzana Zahradníková,  
Eva Polášková,  
Ruben Goncalves,  
Dulce Mota,  
Pavla Janoschová,  
José Regola,  
Ana Durao,  
Cristina Maduro,  
Márcio Cabral,  
Vera Ribeira,  
Jan Mlčoch,  
Petr Šlechta,  
Zdenka Telnarová,  
Janka Bednáríková.**



# TRAINING EVENT IN PORTUGAL

## TRAINING PROGRAM OF MUSIC EXPERTS – PORTUGAL

**12.09.2021 TO 18.09.2021**

The training had a duration of 7 days. It combined individual and group sessions - there were mostly group preparation sessions in the morning, 2 visits in the afternoon and informal activities in the evening. The times are indicated in Central European Time. The training program was organized by the experts as a part of the IO2 and IO3.

	11.09.2021	12.09.2021	13.09.2021 Monday	14.09.2021 Tuesday	15.09.2021 Wednesday	16.09.2021 Thursday	17.09.2021 Friday	18.09.2021	19.09.2021
Morning 9.30h - 13.00h	Arrival	Pre-task: Getting to know	Working on the Portuguese songs of the SonkBook	Working on the Slovakian songs of the SonkBook	Working on the Czech songs of the SonkBook	Working on vocal and conducting skills	Finalizing the Methodology	Future planning, Evaluation	
Afternoon 14.00h - 17.30h		Group Agreement, Training program, technicalities short intro + task for tomorrow	Training cavaquinho / ukulele	Training cavaquinho / ukulele	Assisting to a Cultural Music event in Coimbra	Instrumental practice with Portuguese Choir.  Working on the Methodology	Working on the final presentation	Free afternoon	Departure
Evening 19.30h		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell dinner	

# TRAINING EVENT IN PORTUGAL



## INTELLECTUAL OUTPUTS

# I. Seniors Choruses' Methodology

- **We have two versions:**
- „WORKING WITH CHOIRS OF SENIOR CITIZENS" , 34 pages, in English
- „METHODOLOGIES FOR WORKING WITH CHOIRS OF SENIOR CITIZENS“, 10 pages, in English and Slovak.
- **Where to find them?**
- Project web page (free for all). Link <http://projekty.osu.cz/aseb>
- Platform (only for registered users) Link <http://isev.osu.cz>

## Czech chorus:

Vladimíra Sehnalová,  
Milan Piatkovský,  
Ludmila Hermanová,  
Věra Piatkovská,  
Zdeňka Švihálková,  
Jiří Flassig,  
Milada Flassigová,  
Eva Ošťádalová,  
Josef Řeřicha,  
Eva Polášková,  
Ivana Řeřichová,  
Magda Hošková.



## Portuguese chorus:

On the behind row,  
ordered from left to right

Ruben Gonçalves; José  
Rebola; Carlos Dinis;  
Frederico Galvão; Márcio  
Cabral

Front row

Joaquim Dias; Deolinda de  
Jesus; Laurinda Teixeira;  
Aurora Santos; Flávio  
Santos; Lucia Carrondo;  
Cândida Marmelo;  
Margaretha Koekebakker;  
Lurdes Gomes





## Slovak chorus:

Rošteková Oľga (†),  
Glončáková Jana,  
Kučerková Dária,  
Fagová Helena,  
Kelčíková Oľga,  
Kajanová Viera,  
Kačová Mária,  
Kotulášová Marta,  
Otiepková Mária,  
Ondrejková Marta.



## INTELLECTUAL OUTPUTS

2. eLearning  
courses of cultural  
heritage focuses on  
music

- **We have 3 eLearning courses in 3 languages:**
- Czech cultural heritage (in Czech and Portuguese)
- Slovak cultural heritage (in Slovak and Portuguese)
- Portuguese cultural heritage (in Portuguese and Czech)
- **Where to find them?**
- Platform (only for registered users) Link <http://isev.osu.cz>
- **Everybody can register.**

## INTELLECTUAL OUTPUTS

### 3. Songbook

- **We have electronic and printed version of the Songbook**
- 10 Czech, 10 Slovak and 10 Portuguese songs
- Notes, lyrics and short content of all songs.
- **Where to find them?**
- Project web page (free for all). Link <http://projekty.osu.cz/aseb>
- Platform (only for registered users) Link <http://isev.osu.cz>
- **Everybody can register.**

# SONGBOOK

Printed version is available on the platform:

<http://isev.osu.cz>

and also on project web page:

<http://projekty.osu.cz/ASEB>

# Na tý louce zelený



**CZ** Chodská lidová píseň, jež pojednává o kráse západočeské přírody a myslivosti, jako typickému jevu českého venkova. Nechybí zde ani milostné motivy: hovoří se o lásce mezi mladým myslivcem a mladou slečnou. Myslivce jí vyznává lásku pomocí mysliveckých trofejí.

**EN** A folk song from Western Bohemia, which deals with the beauty of the nature and with the hunting, as a typical phenomenon of the Czech countryside. There are also love motifs: a talk of love between a young hunter and a young lady. The hunter confesses his love for her with the help of hunting trophies.

**PT** Uma canção folclórica da Boémia Ocidental, que trata da beleza da natureza e da caça, como fenómeno típico do interior Checo. O tema do amor também está presente: uma conversa enamorada entre um jovem caçador e uma rapariga. O caçador confessa o seu amor por ela com a ajuda de alguns troféus de caça.

Bohemian folk song



- 1 Na tý louce zelený pasou se tam jeleni.  
/: Pase je tam mysliveček v kamizolce zelený. :/
- 2 Počkej na mě, má milá. Zastřelím ti jelena.  
/: Aby se ti zalíbila kamizolka zelená. :/
- 3 Počkej na mě, me srdce. zastřelím ti zajíce.  
/: Aby se ti zalíbila myslivečka čepice. :/



*PT Capela do Senhor da Pedra, na praia de Miragaia, zona do Porto*  
*EN The Senhor da Pedra's chapel, in the beach of Miragaia, near Porto*  
*CZ Kaple Senior da Pedra na pláži Miragaia, blízko Porto*

# Senhor da Pedra

Tradicional da praia de Miragaia-Porto



**PT** Senhor da Pedra, é um Santo que tem a sua capela erigida sobre uma grande rocha na praia de Miragaia, junto ao mar, na zona do Porto. Na rocha, sob a capela existe um túnel estreito que segundo a lenda, só consegue por lá passar quem for limpo de pecados, caso contrário fica lá preso e morre afogado quando a maré sobe e tapa a rocha. Esta canção fala do Senhor da Pedra, das grandes romarias à sua capela e do tal túnel, na canção referido como corredor.

**EN** Senhor da Pedra is a saint that has his chapel built in a big rock in the beach of Miragaia, by the sea, near Porto. In the rock, under the chapel there is a narrow tunnel where, according to the legend, only those who are free of sins are able to pass through, otherwise they will be stuck and drown there in the coming tide. The song talks about the saint, Senhor da Pedra, and the pilgrimages to his chapel and its tunnel, referred to in the song as the hallway ("corredor").

**CZ** Senior da Pedra je světec, který má kapli postavenou ve velké skále na pláži Miragaia, blízko Porto. Ve skále pod kaplí je úzký tunel, kde, podle legendy, projdou pouze ti, kdo jsou bez hříchů, jinak uvíznou a utopí se v přílivu. Píseň pojednává o tomto svatém a poutích do jeho kaple a tunelu, jemuž se v písni říká hala/chodbička.

- 1 Meu lindo senhor da pedra, meu rico senhor d'reia  
Meu lindo senhor da pedra, meu rico senhor d'reia  
Ah ai ó senhor da pedra, meu rico senhor d'reia  
Não posso entrar lá dentro que a capelinha está cheia  
Ah ai ó senhor da pedra, Ah ai eu lá quero ir  
Quem vai ao senhor da pedra, Vai ao céu e torne a vir
- 2 Quem vai ao senhor da pedra, E não vai ao corredor  
Quem vai ao senhor da pedra, E não vai ao corredor  
Ah ai ó senhor da pedra, E não vai ao corredor  
É como quem vai ao céu, E não vê nosso senhor  
Ah ai ó senhor da pedra, Ah ai eu lá quero ir  
Quem vai ao senhor da pedra, Vai ao céu e torne a vir
- 3 Hei-de ir ao senhor da pedra, Inda lá hei-de tornar  
Hei-de ir ao senhor da pedra, Inda lá hei-de tornar  
Ah ai ó senhor da pedra, Inda lá hei-de tornar  
C'um raminho de flores, Para pôr do seu altar  
Ah ai ó senhor da pedra, Ah ai eu lá quero ir  
Quem vai ao senhor da pedra, Vai ao céu e torne a vir

Senhor da Pedra

## INTELLECTUAL OUTPUTS

### 4. eLearning course Seniors' chorus

- **eLearning course contains of:**
- Methodology
- Songbook
- Descriptions of particular lessons (Czech, Slovak, Portuguese)
- Videos from particular lessons (Czech, Slovak, Portuguese)
- Photos and videos from blended mobility
- Photos and videos from concert
- Discussion board
  
- Course is available on the platform

# BLENDED MOBILITY

3.9. – 11.9.2022

# AGENDA

## **3.9.2022**

Arrival day, Accommodation at Hotel u Královny Elišky, Hradec Králové.

18.00 first common meeting.

## **4.9.2022**

9.00 – 11.30 chorus training

13.00 – 18.00 excursion to the baroque hospital in Kuks

## **5.9.2022**

9.00 – 12.00 chorus training/project meeting

14.00 – 17.00 chorus training/project meeting

## **6.9.2022**

9.00 – 11.30 chorus training/project meeting

12.30 excursion to the town Kutná Hora – on the UNESCO list

## **7.9.2022**

9.00 – 12.00 chorus training

14.00 – 17.00 chorus training

## **8.9.2022**

All day excursion to Prague – on the UNESCO list

## **9.9.2022**

9.00 – 12.00 chorus training

14.00 – 17.00 chorus training

## **10.9.2022**

9.00 – 12.00 chorus training

14.00 – 17.00 preparation for the concert

17.00 – 19.00 concert at Nové Adalbertinum

**11.9.2022** Departure day

**EXCURSION TO KUKS**



**4.9.2022**



# EXCURSION TO KUTNÁ HORA



6.9.2022

# EXCURSION TO PRAGUE



8.9.2022

# TRAINING IN HRADEC KRÁLOVÉ



9.9.2022

# CONCERT IN HRADEC KRÁLOVÉ



# PILOT OF ELEARNING CULTURAL HERITAGE COURSES 1.1.2022 -31.12.2022

## CZECH CULTURAL HERITAGE

259 users involved

231 seniors involved

14 on-line activities for seniors

133 seniors involved in them

5 on-line lessons (recorded and available)

## SLOVAK CULTURAL HERITAGE

250 users involved

228 seniors involved

11 on-line activities for seniors

122 seniors involved in them

8 on-line lessons (recorded and available)

## PORTUGUESE CULTURAL HERITAGE

250 users involved

222 seniors involved

12 on-line activities for seniors

123 seniors involved in them

# EXAMPLES OF PARTICULAR TOPICS

## Contextos da música tradicional portuguesa

- Musica tradicional portuguesa
- Contextos da música tradicional portuguesa - Teste



## Téma 1: Hudobný stredovek na Slovensku

Prednáška *Hudobný stredovek na Slovensku* sa zameriava na význam, postavenie a vývoj hudobnej kultúry na území Slovenska do 14. storočia. Cieľom prednášky je poukázať na existenciu bohatej duchovnej hudobnej kultúry východnej a západnej kresťanskej misie v jednotlivých kultúrnych strediskách na Slovensku.

Starosloviensky Otcenas



Alleluia



Hospodine pomiluj ny



Materiály:

- Hudobný stredovek na Slovensku - študijný text
- Hudobný stredovek na Slovensku - prezentácia
- Zvukové ukážky
- Kontrolné otázky



## Téma 10: Pojdte s námi na procházku předválečnou érou

Pojďte s námi na procházku předválečnou érou - prezentace

J. Ježek: Bugatti step



I. Krejčí: Uproar in Ephesus



- Test
- Shrnutí v ppt
- Shrnutí v pdf (nelze spouštět video a audio ukážky)

**BUGATTI STEP**  
Jiří Ježek, Opus 3000 (1927)

# EVALUATION

Report will be presented by Dulce Mota

# DISSEMINATION

Report will be presented by Dulce Mota



## ADDITIONAL ACTIVITIES (BEYOND THE PROJECT)

- Christmas concert of Czech and Slovak seniors (repertoire from ASEB Songbook)
- Seniors concert as a part of CEDAC conference (repertoire from ASEB Songbook)
- New course of music based on ASEB methodology in CR
- **Something else from the partners?????**

## OUR INTENTION FOR THE FUTURE

- Continue with Music Course (we have content and can share it) for seniors (in CR, **and what about other partners????**)
- Continue with eLearning courses of cultural heritage. On-line lessons with teachers. **May be international with translations into national languages ????**
- More concerts of seniors' chorus (first of them 9.9.2023 in Ružomberok).
- Spring 2024 – new application for Erasmus+ Small Scale Project (CR, SR, Portugal, Poland) – **discussion about it.**
  - **Songbook extension**
  - **Print of new version**
  - **On-line lessons about cultural heritage**
  - **Joint meetings of seniors (3 concerts in Slovakia, Poland, the Czech Republic with the participation of seniors from the Czech Republic, Slovakia, Portugal and Poland)**

**ASEB was inspired by the activities of Portugal seniors and we thank you for that VERY MUCH.**

**I hope ASEB was successful project, mainly seniors appreciate the project very much.**

**This is the main reason why we do all these activities.**

**Thank you ALL!**

