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ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS



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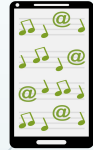
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Active Seniors' Education without Barriers

Zdenka Telnarova, University of Ostrava, Czech Republic



Greetings from our seniors to you all



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Partners:

- University of Ostrava (Czech Republic) – coordinator
- Associação do Melhoramentos e Bem Estar Social do Pias (Portugal)
- Associação Rede de Universidades da Terceira Idade (Portugal)
- Universita Catholica (Slovak Republic)



ICELAND

Reykjavik

Norwegian Sea

NORWAY

SWEDEN

FINLAND

Gulf of Bothnia

Oslo

Stockholm

Helsinki

Tallinn

ESTONIA

Riga

LATVIA

Vilnius

LITHUANIA

(Russia)

Minsk

Moscow

R U S S I A

North Sea

DENMARK

Copenhagen

Baltic Sea

UNITED KINGDOM

IRELAND

Dublin

London

NETHERLANDS

Amsterdam

Brussels

BELGIUM

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Podgorica

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Pristina

KOSOVO

Tirana

ALBANIA

Skopje

MACEDONIA

BULGARIA

Sofia

Black Sea

Caspian Sea

GEORGIA

Tbilisi

ARMENIA

Yerevan

AZERBAIJAN

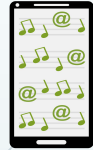
Baku

GREECE

Athens

TURKEY

Ankara



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The ASEB project is grounded on the following pillars focusing on seniors:

social inclusion, studies without barriers, using smart technologies, active and creative approaches to seniors' education, spreading cultural heritage, establish international dialogue among teachers, seniors, providers of seniors education and other stakeholders.



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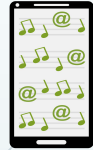
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Motivation for the project:

1. Social inclusion in seniors' education (using internet platform, intergeneration dialogue, removing all types of the barriers, prevent against discrimination of age, economic status, social status, gender, access to information, etc.).
2. Sharing experience and knowledge (spread cultural heritage from all partners' countries, share methodology of leading seniors')



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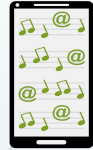
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4. Putting seniors and teachers from 3 countries together:
- using elearning platform for sharing information about cultural heritage focuses on music,
 - using communication tools of elearning platform,
 - preparing common methodology and repertoire for international seniors choruses concert consists of traditional music from all partners countries,
 - 30 seniors from 3 partners countries will be trained together using common methodology and songbook; concert will be organized for public, at least 100 people.



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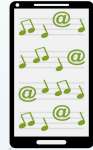


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5. Improvement of the SMART skills of seniors to be able to:

- obtain and evaluate information from internet,
- participate on on-line activities (for example distant education),
- study using elearning technology,
- communicate using different tools,
- create own activities using elearning platform,
- establish discussion forum,
- use mobile technology (smart phone, tablet, etc.).

All these skills are needed for seniors to be part of the society, not to be excluded from the society, to be active, mentally healthy, self



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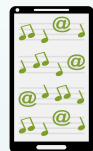
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Idea about international seniors chorus:

we have 3 seniors' choruses (Portugal, Czech Republic, Slovak Republic) as an input of this project,
we have different experience and cultural heritage,
we have common idea to enrich each other,
we have ambition to collaborate,
we would like to add some new approaches to our practice.

Who „we“ are?

providers of seniors education,
teachers and musicians leading seniors choruses,
seniors from U3A or other form of seniors education.



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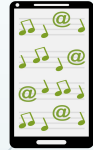
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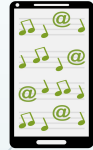


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**Preconditions for seniors'
social inclusion**



**What seniors mainly need for
social inclusion (from their
site)?**



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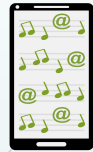
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**Preconditions for seniors'
social inclusion**

**What society mainly must
offer for social inclusion?**



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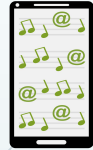
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Project contribution to the social inclusion of seniors



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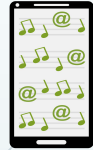
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How can SMART contribute to the social inclusion of seniors?

- remove information barriers,
- support independents on individual conditions (geographical, financial, social, health, family, etc.),
- facilitate communication,
- partly substitute face-to-face activities,



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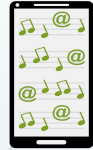
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How can MUSIC contribute to the social inclusion of seniors?

- can join people with similar preference,
- can offer non verbal form of communication,
- can join people from different nations and languages,
- can join people of different social status,
- contribute to establishment of interpersonal relationships,
- stimulate activity,
- can remove various type of barriers,
- etc.



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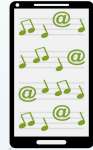
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How can **CULTURAL HERITAGE** contribute to the social inclusion of seniors?

- join seniors from different countries and put them platform for learning inspired topic (majority of seniors are interested in culture and history),
- motivate seniors to be members of collaborative groups,
- motivate seniors to think about differences but mainly about common history and culture,
- motivate seniors to think about common European citizenships.



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Project outputs:

Common methodology of seniors' choruses based on social inclusion.

Three e-Learning courses about Cultural Heritage focusing on music (Czech, Slovak and Portuguese).

International song book with lyrics for seniors' collaboration (songs from three partners countries that characterize particular country and particular national choruses).

e-Learning course for communication and sharing materials, experience and results.

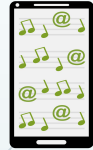
Multilanguage platform gives seniors and experts opportunity to establish social inclusion of seniors on international level.

To reach these outputs we also organize:

International training of musicians.

Blended mobility of seniors for collaborative learning.

Concert of international senior chorus with at least 30 seniors from 3 partners countries for the public.



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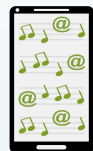
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Conclusions thus ASEB project can contribute to:

- social inclusion of seniors,
- active approach of seniors,
- international collaboration of people responsible for seniors education,
- international collaboration of seniors,
- improvement of using SMART technology mainly by means of on-line and virtual learning,
- sharing experience and practice and implement it into common educational methodology.



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Thank you very much for your