



**ASEB**  
ACTIVE SENIORS' EDUCATION  
WITHOUT BARRIERS

INCLUSIVE SENIOR EDUCATION  
THROUGH VIRTUAL U3A

**SETIP**

# Active Seniors' Education without Barriers

## Seniors' chorus

## Project meeting

Hradec Králove 5.9.- 6.9.2022

# Temple choir "Andrej" in Ružomberok

- ✓ created in 1894
- ✓ has a spiritual focus
- ✓ performs at Holy Masses and other church festivities, e.g.: "June concerts"
- ✓ it is composed mainly of seniors



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# Organization



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## Experts

✓ Janka Bednáriková, Zuzana Záhradníková, Jana Klimeková

## Seniors

✓ 16 persons

## Place

✓ premises of the Roman Catholic parish office in Ružomberok

# Course of rehearsals



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## Beginning

14.10.2021 - Janka Bednáríková informed the participants about the goals, tasks, schedule of the meeting subsequently due to the spread of coronavirus interruption of rehearsals

## Continuation

from 30th of May 2022, on Mondays and Thursdays



# Methodology – creation of an international hymnbook



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Janka Bednáriková and Zuzana Zahradníková included in the international hymnbook:

2 Slovak folk songs

8 spiritual compositions:

*3 traditional Christmas carols*

*4 compositions of contemporary authors of spiritual music*

*1 composition international vocals from Taizé*

## Songbook

(Selected songs from the Czech Republic, Slovakia and Portugal)



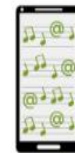
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Erasmus+

# Methodology of rehearsals



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- ✓ selection of Slovak vocals and songs – Janka Bednáríková and Zuzana Záhradníková
- ✓ Rehearsal of Slovak songs
- ✓ Rehearsal of Czech songs: *Nepij, Jano, Beskyde, Beskyde, Ej lásko, lásko, Mikulecká dedina*
- ✓ Rehearsal of Portuguese songs: *O Laurindinha, Senhor da Pedra, Malmequer mentiroso a Dom Solidom*, where initially there were phonetic problems, which were eliminated by recordings of the said songs,
- ✓ the helper was the phonetic transcription of each song
- ✓ during the rehearsal of Portuguese songs, there was also learning to play the ukulele included



# Learning to play the ukulele

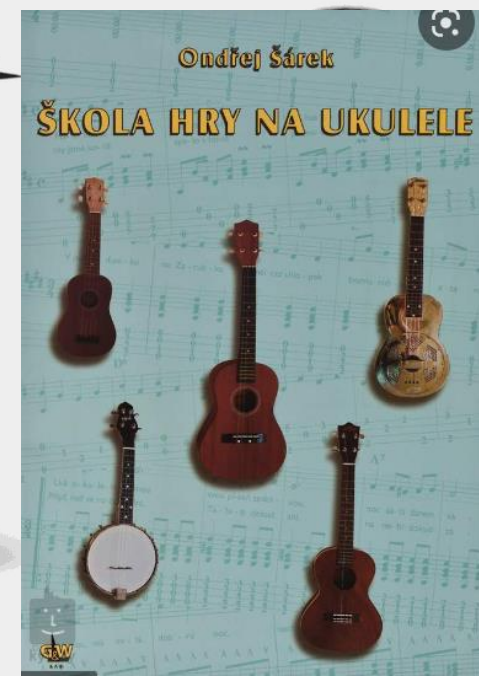


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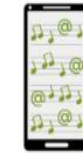
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The experts got acquainted with the technique of playing at a working meeting in Ferreira do Zêzer, Portugal, in September 2021, where they learned the basics of playing musical instruments cavaquinho and ukulele.



# Dissemination



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- ✓ international conference on 20.10.2022
- ✓ website of the Catholic University in Ružomberok
- ✓ magazine Kurier



# Significance



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- ✓ enrichment of team members with new knowledge, experience and, above all, new human-professional friendships,
- ✓ assistance in the creation of a new study programme within the University of the Third Age at the Catholic University in Ružomberok,
- ✓ the methodology of singing work with seniors as well as the created international hymnbook can thus become a proven and proven tool in the implementation of the program, or in the creation of other similar musical activities in senior clubs and organizations,
- ✓ social inclusion through music can also serve as a source of social mediation and new interpersonal relationships in interaction with new entities and institutions in both the domestic and international community.

# Conclusion

Thank you  
for your attention!

české, slovenské a portugalské písně v jedinečném mezinárodním podání



## Koncert

mezinárodních seniorských  
pěveckých sborů

sobota 10. 9. 2022 v 17 hodin

Koncertní sál Nového Adalbertina  
Velké náměstí 32, Hradec Králové

Vstup

zdarma



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