

ASEB

ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

EVALUATION REPORT



PREPARED BY
RUTIS



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



01.	Introduction	3
02.	Partners	4-6
03.	Learning Programme, activities and Meetings Evaluation	7-33
	Evaluation Meeting	10-14
	C1 Training	15-19
	Pilot	20
	Experts Evaluation	21-23
	Blended Mobility	24-33
04.	E-learning Platform	34
	E-Learning Courses Statistics	35-37
05.	Participants Profiles, selection and motivation	38-39
06.	Dissemination	40-41
	Czech Republic	42-54
	Slovakia	55-67
	Portugal	68-75
07.	Conclusions	76
08.	References	77



01. Introduction



This report presents the findings of the evaluation carried out during the implementation of the European project **"ASEB - Active Seniors' Education Without Barriers"**, 2020-2023- implemented between 20xx and 20xx, as a part of the *European Programme Erasmus+ Strategic Partnerships for Adult Education*, that promotes continuous lifelong learning.

The project objective was to create a system of inclusive education for seniors with the use of information technology and nonverbal communication using music.

Other project objectives were to create and pilot common methodology for seniors' choruses, develop eLearning courses about cultural heritage from partners countries, establish a platform for sharing results and communication, prepare original international songbooks for collaborative learning and prepare seniors from all partner countries for dissemination events that showcase the use of common methodology to lead seniors' choruses.

However, one of the most important goals was to promote an active approach of seniors to learning activities and social inclusion.



02. Partners

University of Ostrava (OU) Czechia



The University of Ostrava (UO) is a public research university educating nearly 9,000 students in six faculties. Our Faculty of Science, Faculty of Arts, Faculty of Fine Arts and Music, Faculty of Medicine, Faculty of Social Studies, and Faculty of Education offer a wide variety of disciplines and unconventional combinations of majors.

As a dynamic and intellectually challenging modern institution the University of Ostrava provides an international environment in which to study. Our campus is spread primarily throughout the old city centre providing a stimulating environment to contemplate the living arts and sciences. Teaching at UO is research-driven, and its programmes are often taught by active researchers.

The university is proud to retain lecturers, professors and researchers that are leading figures in their fields of expertise whom are scientists and inspirational and open-minded personalities with a vivid sense of creativity.

The small size of the university and its relative youth (founded in 1991) allows for a strongly individual approach to our students and flexible reactions to the needs of a modern society and labour market. The university offers high quality education and many possibilities for those who wish to fulfil their visions: whether in language study, founding a student organisation, or gaining practical experience.

The university actively searches for opportunities for students to raise their qualifications and help them commence their careers.

The University of Ostrava has established cooperation with several local organisations (such as a local studio of the public Czech Television) that provide students with valuable work experience. Community engagement is an integral part of the university's mission of education and research. The UO and its faculties, student organisations and scientific institutes establish and promote hundreds of public events every year; which include free workshops, lectures, seminars, experiential events, scientific adventures, charitable events, international gatherings, sporting and cultural events, art exhibitions, happenings, alumni reunions, concerts, and theatre plays.

The University of Ostrava is an essential part of the city and its social life, and continues to cooperate with a steadily increasing number of cultural organisations and local institutions.

Catholic University in Ružomberok



The Catholic University in Ružomberok consists of four faculties (Faculty of Arts and Letters, Faculty of Education, Faculty of Theology, Faculty of Public Health). The Catholic University in Ružomberok is a full member of the Association of the Universities of the Third Age



in Slovakia. The University of Third Age (UTV) provides lifelong education of the citizens, satisfying their interests in the area of academic sciences.

The Mission of UTV is:

- To ensure the lifelong education of the older citizens in line with the philosophy of the further education in the Slovak Republic,
- To develop the special character of the education in the academic sciences in the Christian spirit,
- To provide students such knowledge and skills in a way that would be a contribution to the development of their personalities, so that they know how to face present day problems and challenges.

Associação de Melhoramentos e Bem Estar Social de Pias (AMBESP), Portugal



A Associação de Melhoramentos e Bem Estar Social de Pias is a non-profit Private Institution of Social Solidarity of Public Utility, whose main purposes (or objectives) are beneficence and social assistance, also pursuing cultural purposes, although in a secondary way.

Its mission is to provide a social support service to families, the elderly and children, working directly with the community, or through

partnerships with other entities and projects.

Its vision is to be recognized as an Institution that provides support to the elderly, children, families and the community in general, and which is committed to the rigor and quality of the services provided, in order to guarantee the satisfaction of its customers.

Its main principles are:

- Continuously satisfy their customers;
- To be a responsible Institution, towards clients/families/community with strong social concerns;
- Convey to customers the confidence of a service that seeks to meet their needs;
- Raise awareness, motivate and value employees;
- Comply with legal, regulatory and other requirements applicable to the Institution;
- Continuously improve the effectiveness of the Quality Management System as well as the quality of the services provided.

In short, the Associação de Melhoramentos e Bem Estar Social de Pias looks at Quality as a fundamental element of the Institution, being that to ensure the quality of the services is a responsibility of all employees.

Associação Rede de Universidades da Terceira Idade (RUTIS), Portugal



The RUTIS (Universities of the Third Age Network Association) is a Social Non Profit National Association which promotes the active aging and supports the Senior Universities and the Portuguese Third Age Academies (UTI).

Currently there are 369 UTI in Portugal belong to RUTIS, representing 65.000 senior students and 7.500 voluntaries teachers. RUTIS intends to open Third Age Universities in the Portuguese communities in different countries in Europe. As a social association and representative of the Third Age Universities and Academies in Portugal, RUTIS develops activities for the Third Age Universities and Academies (UTIs), its students, teachers and managers; raises funds and finds sponsors to support the UTIs; promotes volunteering among seniors and for the seniors; increases the active aging; develops didactic resources for senior education. The social importance of RUTIS and the senior universities was officially recognized by the Council resolution of Ministers No. 76/2016 of 29 November 2016. RUTIS is a member of several national and international networks and is the only national institution with a signed agreement with the Government for the promotion of active ageing. Their vision is to create new life projects for seniors; our mission is to promote active ageing, defend, support and represent the third age universities and encourage social participation amongst the older population. RUTIS has as main values the respect for the human person and his dignity, in all circumstances and the respect for the right to non-discrimination on grounds of ancestry, gender, language, territory of origin, religion, political or ideological convictions, education, economic situation or social condition.

The RUTIS objectives are:

- To develop activities for the UTI, its students, teachers and managers.
- To raise funds and find sponsors to support the UTI.
- To promote volunteering among seniors and for the seniors.
- To increase the active aging.
- To develop didactic resources for senior education.

Their headquarters is located in the city of Almeirim, only 40 minutes from Lisbon, capital of the country. Almeirim is a rural area characterized by its agriculture and gastronomy. It is a city with a great number of senior citizens, with whom RUTIS has some contact that is possible by the work we do with seniors and for seniors.

03. Learning Programme and activities

The ASEB Project's E-Learning Platform: Empowering Seniors with Accessible Cross-Cultural Education

The ASEB project's e-learning platform stands as a beacon of opportunity for senior users seeking a deeper understanding of the diverse cultures and traditions woven into the fabric of participating countries. In this unique digital space, seniors can effortlessly access courses crafted with their comfort in mind, all delivered in their native language.

Through this innovative e-learning platform, seniors embark on a journey that leads them to a richer comprehension of the cultural nuances and heritage that define the countries involved in the project. Delving into the project's songbook, they can explore the melodies and lyrics chosen with newfound insight, having posed countless inquiries to their dedicated instructors.

This interactive engagement goes beyond mere coursework; it includes active participation in quizzes, personal research endeavors, and collaborative initiatives.

This dynamic and inclusive methodology becomes a motivating force, propelling seniors towards further education. It sparks their interest and enthusiasm to enroll in senior universities, where they can continue to acquire knowledge and skills that enhance their lives. The ASEB project's e-learning platform is more than just a learning tool; it is a gateway to lifelong learning, cultural exploration, and personal growth.

The Importance of Applying Satisfaction Surveys at the End of Work Meetings

Work meetings are an essential component of professional life in any organization. They serve as a space for discussions, decision-making, information sharing, and collaboration among colleagues and leaders. However, for these meetings to be truly productive and contribute to the company's success, it is crucial to constantly evaluate their effectiveness. One effective way to do this is through the application of satisfaction surveys at the end of meetings.

Here are some reasons why applying satisfaction surveys at the end of work meetings is so important:

1. Assessment of Effectiveness: Satisfaction surveys allow participants to assess the effectiveness of the meeting. This includes the quality of discussions, the clarity of shared information, and the meeting's ability to achieve its objectives. These evaluations are critical for identifying weaknesses and areas in need of improvement.

2. Immediate Feedback: Administering surveys right after the meeting ensures that feedback is fresh in participants' minds. This increases the likelihood of obtaining honest and accurate responses because feelings and impressions are still vivid.

3. Problem Identification: Satisfaction surveys can reveal issues that may not have been perceived during the meeting itself. Participants can pinpoint communication issues, lack of engagement, or any other obstacles hindering progress.

4. Continuous Improvement: Regularly collecting feedback through surveys allows for continuous improvement of work meetings. As feedback patterns emerge, meeting organizers can adjust their approach and implement changes to make meetings more productive and effective.

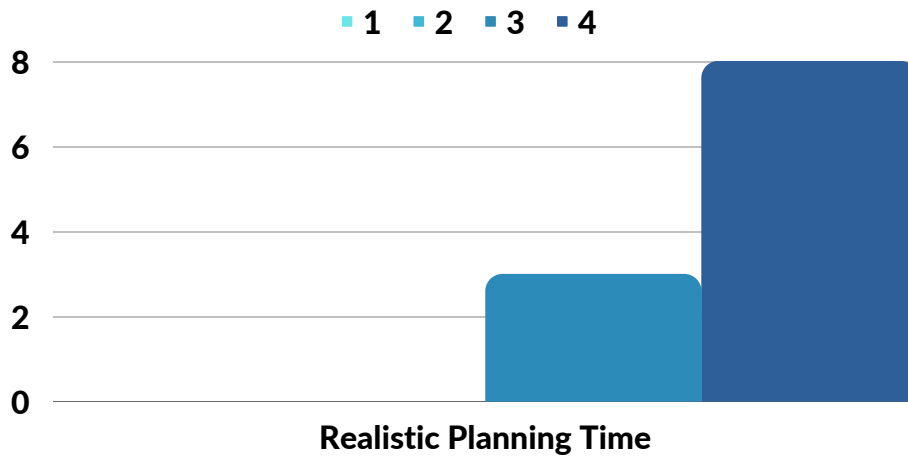
The Importance of Applying Satisfaction Surveys at the End of Work Meetings

5. Engagement and Motivation: When employees see that the company values their opinions and is willing to make improvements based on feedback, they tend to feel more engaged and motivated. This can have a positive impact on the organisational culture and overall team performance.

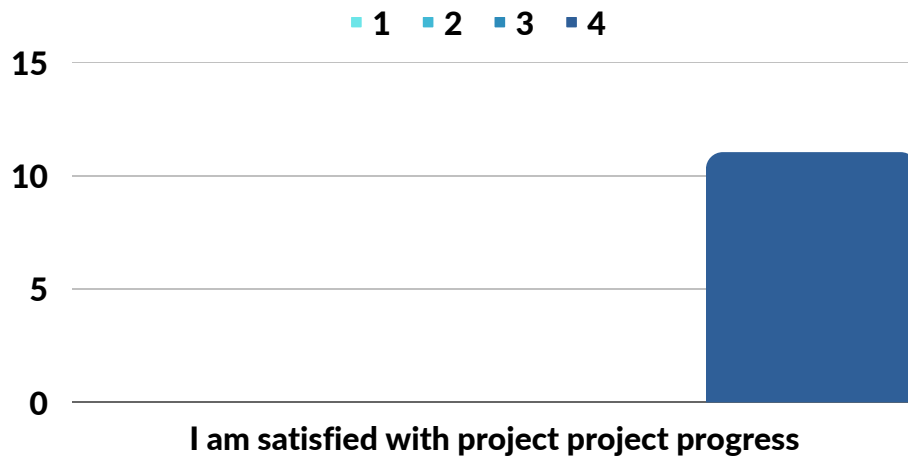
6. Informed Decision-Making: Data collected through satisfaction surveys can be used to make informed decisions about how to conduct future meetings. This includes selecting the right topics, setting relevant agendas, and choosing the appropriate participants.

7. Reinforcing Transparency: Applying satisfaction surveys demonstrates a commitment to transparency and continuous improvement. This helps build trust between leaders and team members, promoting a healthy work environment. In summary, applying satisfaction surveys at the end of work meetings plays a crucial role in improving meeting effectiveness and shaping organizational culture. It is a valuable tool for listening to participants voices, identifying areas for improvement, and ensuring that meetings continue to be a productive investment of time and resources for the organization. Therefore, its implementation should be considered an essential practice in any modern workplace.

Evaluation Meeting

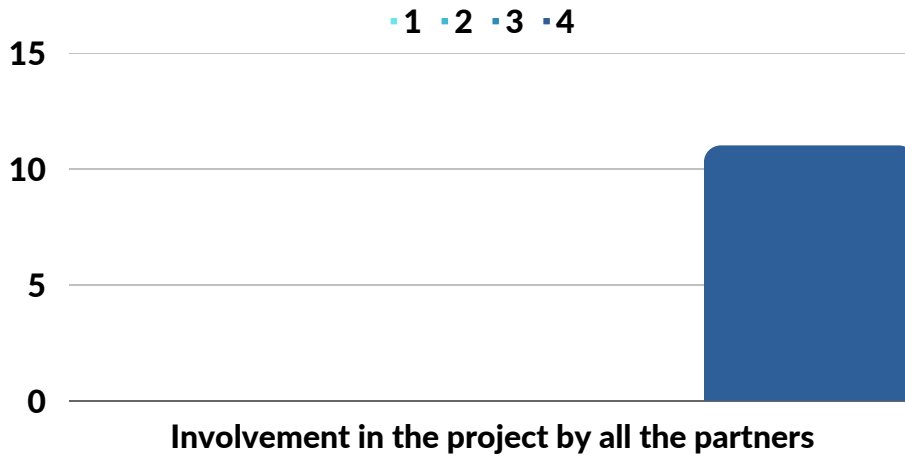


In this graphical representation, we assess the collective sentiment of a group of individuals during a meeting focused on evaluating the realism of planning time. The graphic is a visual encapsulation of the satisfaction levels expressed by the participants.

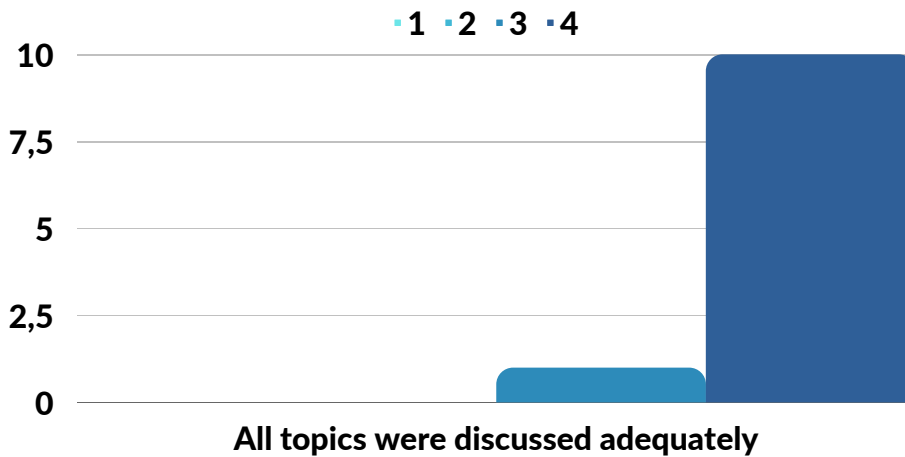


Participants express a commendable level of satisfaction, indicated by a pronounced upward trend in the data. The consistently high satisfaction ratings reflect the effectiveness of project management and the successful execution of key milestones.

Evaluation Meeting

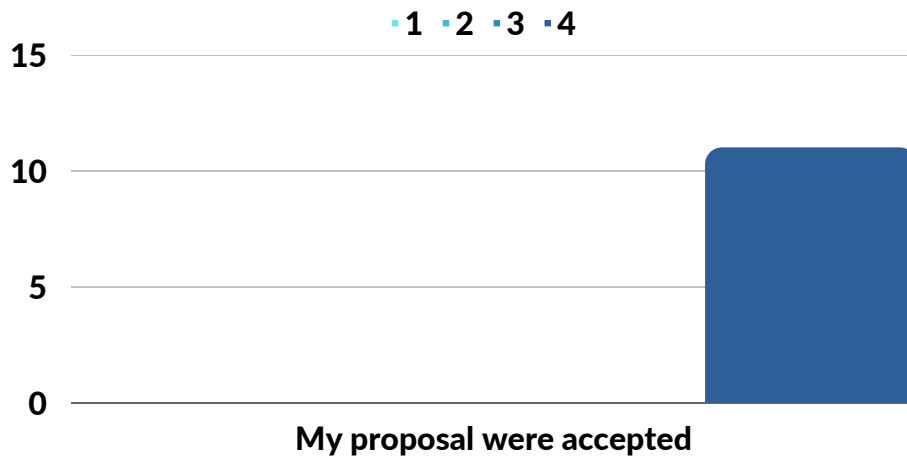


The uniformity in involvement is a testament to the harmonious and collaborative working relationships established among project stakeholders. It underscores the shared vision and commitment to achieving common goals, driving the project forward with collective vigor.

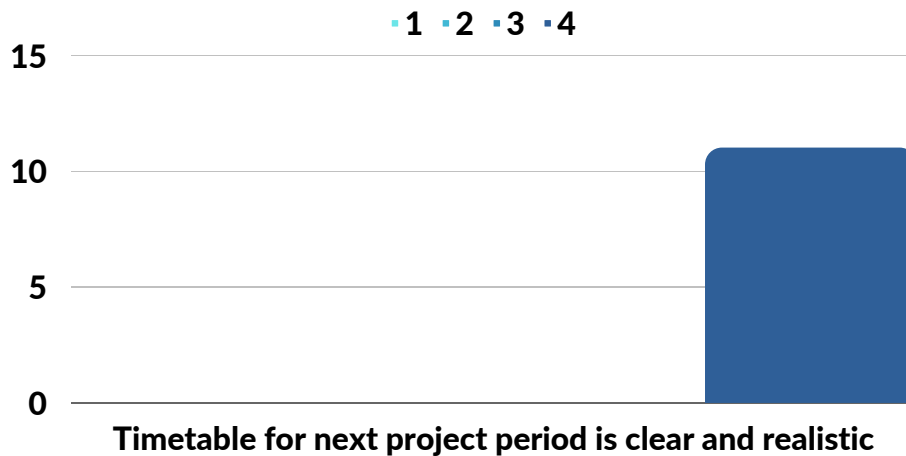


In summary, this graph portrays a strong vote of confidence in the quality of discussions held, reaffirming the effectiveness of the group's communication and decision-making processes.

Evaluation Meeting

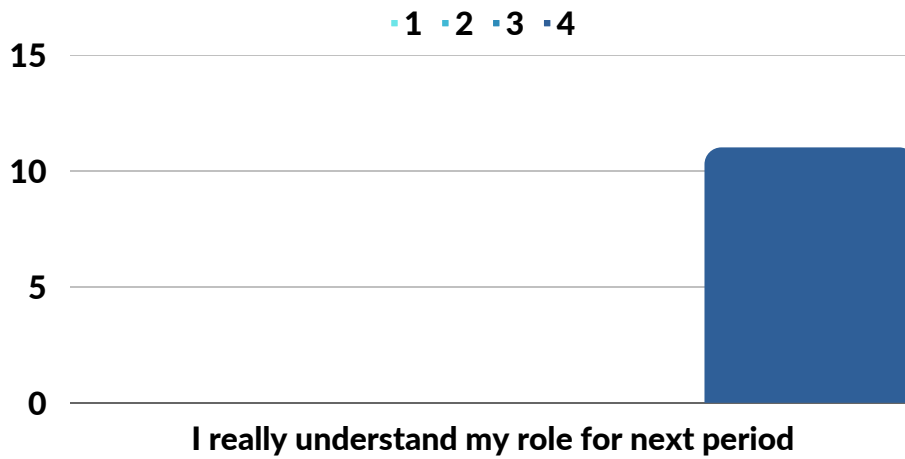


This graphical representation serves as a testament to the rigor of proposal development, where submissions are thoughtfully crafted and aligned with organizational objectives. It also highlights the soundness of the decision-making criteria employed, contributing to a high acceptance rate.

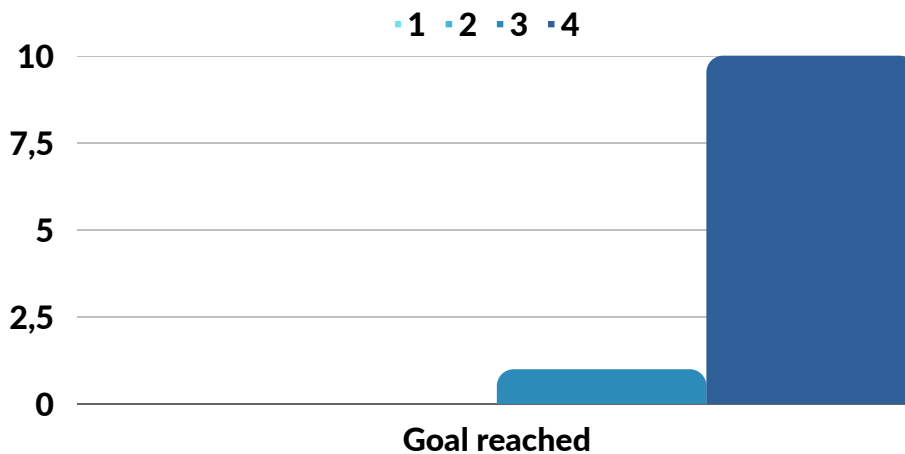


The graph communicates a vital message: that the project is well-prepared and poised for success in the upcoming period, with a timetable that is both straightforward and practical.

Evaluation Meeting

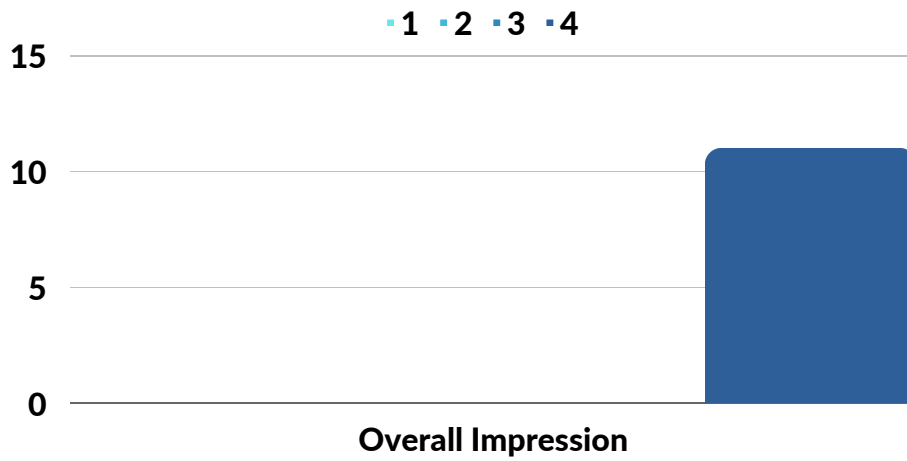


The graph illustrates a convergence of positive sentiments, indicating that a significant majority of partners not only acknowledge their roles but also have a clear grasp of their respective contributions. This alignment in understanding is a testament to effective communication and collaborative planning within the project.



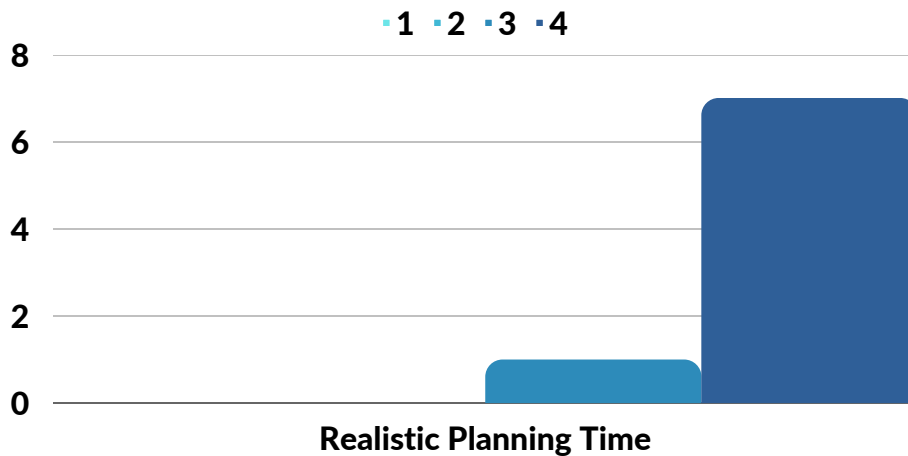
The graph showcases a distinct and decisive point where the goal is marked as reached. This momentous achievement is the result of meticulous planning, dedicated efforts, and effective execution that was possible due to the collaboration of all the partners involved.

Evaluation Meeting

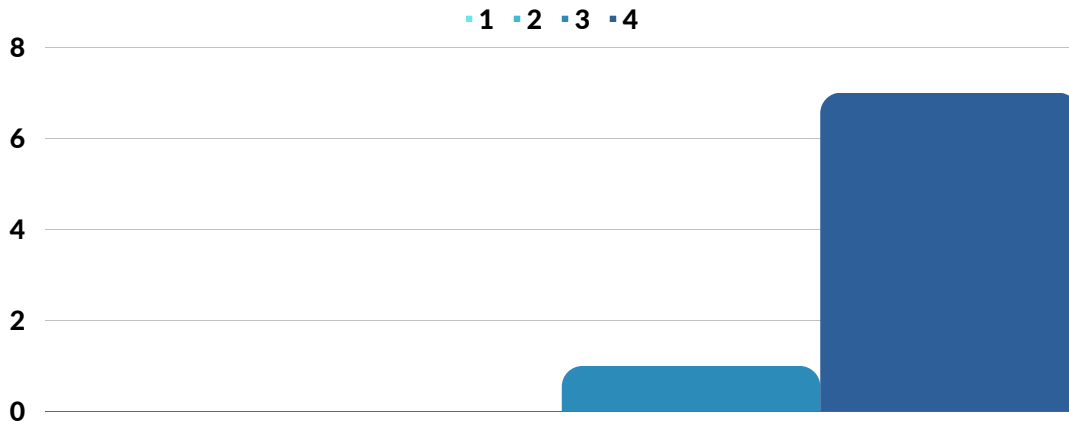


This graphic presents a compelling snapshot of the overall impression left by the project's results. The data portrayed in this graph unequivocally highlights an overwhelmingly positive sentiment among stakeholders.

C1 Training



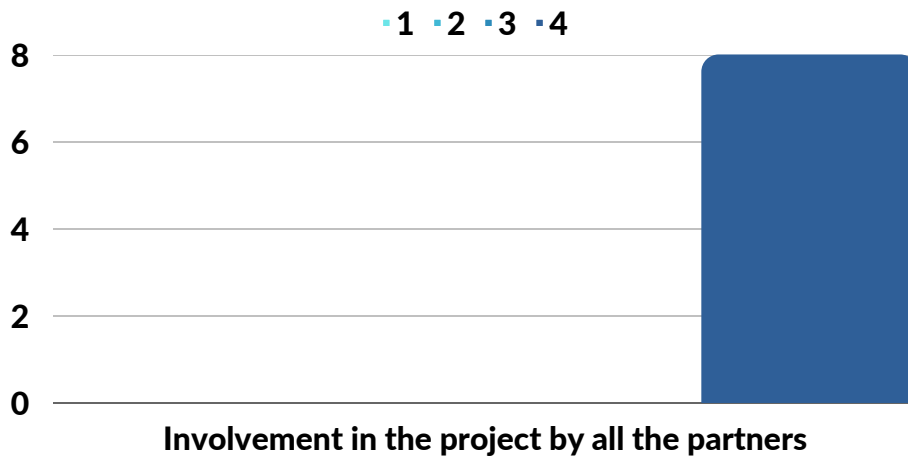
The graph prominently showcases a consistent upward trend, symbolizing the collective agreement among partners that the planning time was not only adequate but also well-reasoned and realistic. This alignment in perspective highlights the effectiveness of the planning process and the project team's ability to address partners' expectations.



A suitable choice of activities, ie. Ice breaking exercises, didactic sessions, workshops, social meetings, free time.

This graphic provides an insightful overview of the project partners' collective sentiment towards a range of project activities, including ice-breaking exercises, didactic sessions, workshops, and social meetings. It encapsulates their overall impression of these activities.

C1 Training



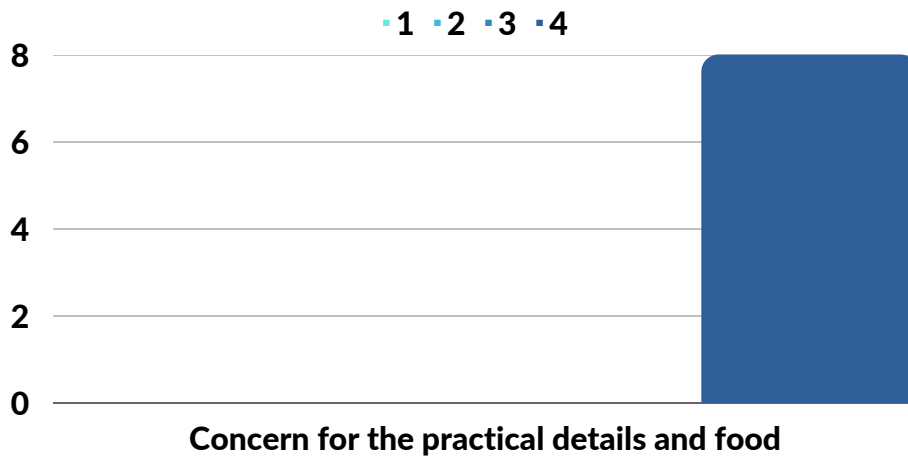
In summary, this graph provides a compelling visual confirmation of the satisfaction partners derive from each other's involvement in the project, emphasizing the strength and cohesiveness of the collaborative effort.



This graphic offers a comprehensive evaluation of the workplace's appropriateness and functionality in relation to the tasks assigned during the project. It serves as a visual representation of the workspace's suitability.



C1 Training

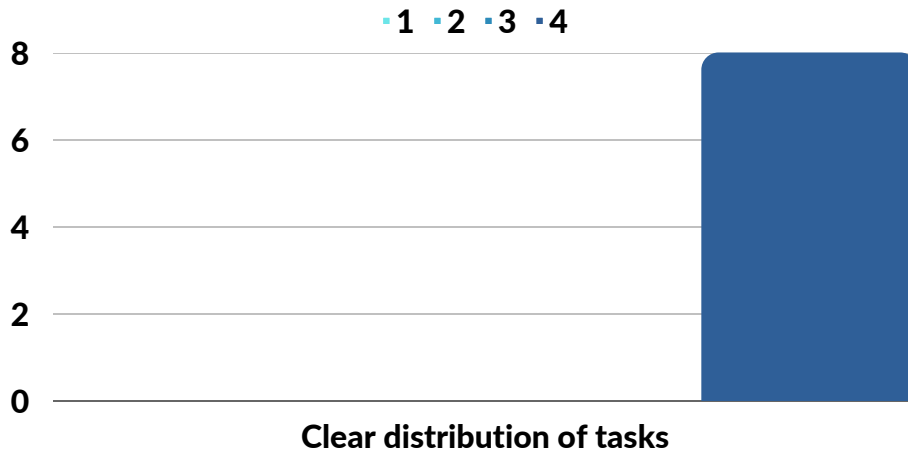


In summary, this graph offers a clear and vivid affirmation of the positive feelings towards both practical details and the quality of food provided, reflecting the project's dedication to ensuring a smooth and enjoyable experience for all.

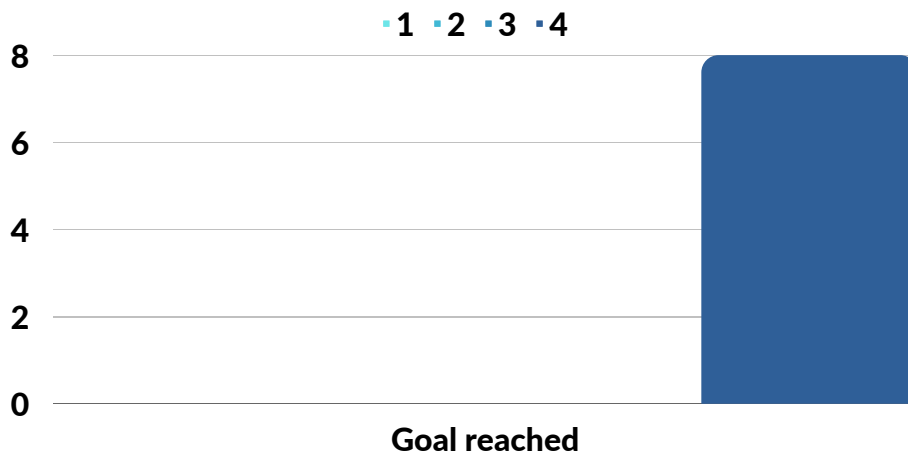


The data displayed in this graph reflects a prominent and positive trend, signifying the high degree of satisfaction with the accommodation's quality. This alignment in sentiment underscores the project's commitment to ensuring a comfortable and conducive living environment for all participants.

C1 Training



This graph affirms the project's commitment to task clarity and efficient distribution, highlighting the importance of organized and collaborative project management.



This graphical representation celebrates the achievement of the project's objectives and the sense of fulfillment it has brought to stakeholders. It reflects the project's commitment to delivering meaningful results and ensuring stakeholder satisfaction.

C1 Training

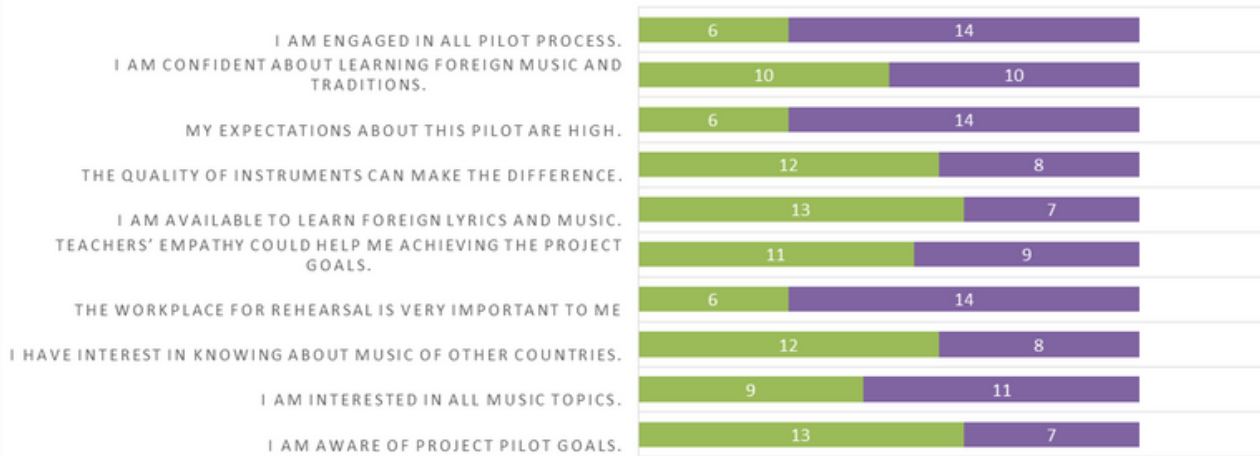


This graphical representation signifies not only the project's achievements but also the collaborative efforts and dedication of all involved. It reaffirms the project's commitment to delivering excellence and fostering a positive atmosphere.

Pilot

EVALUATION SENIOR CHORUS PILOT

■ 1 ■ 2 ■ 3 ■ 4

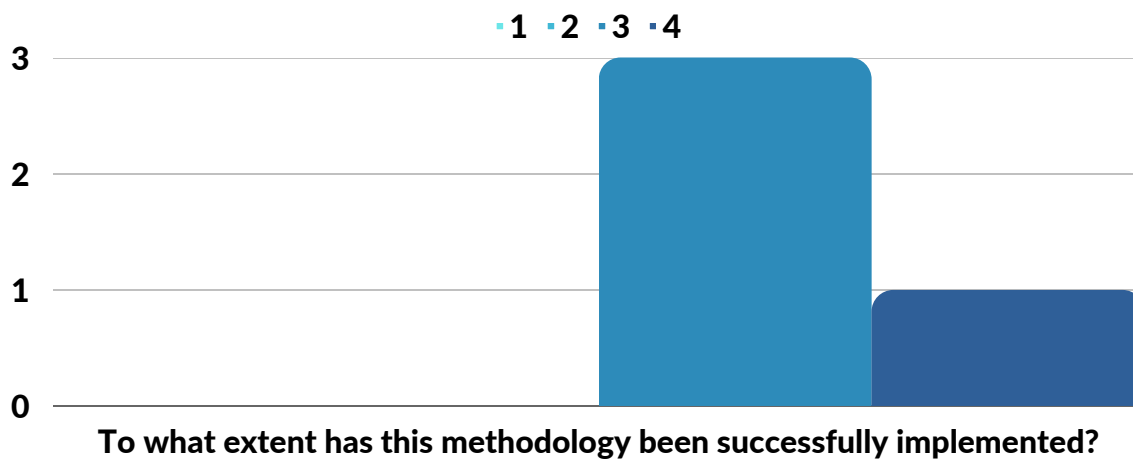


The graphic presents survey findings from our senior students, indicating their strong readiness and confidence in embracing new foreign music and traditions. The results show their keen interest in this subject and their trust in their teachers to guide them towards achieving this goal.

Experts Evaluation



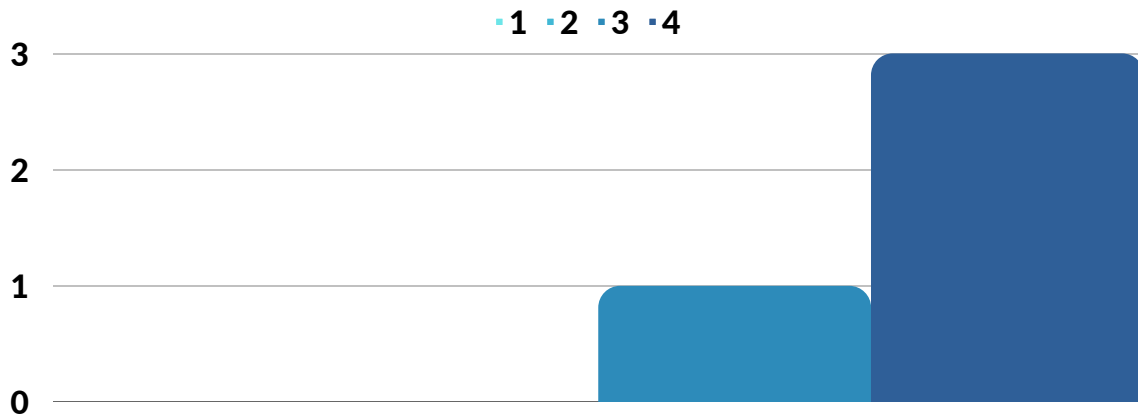
This graphic illustrates how we put our project plans into action by using our chosen methods effectively. It gives a visual representation of how we made our project goals a reality.



This graphical representation serves as a tool for assessing the practicality and effectiveness of the method in a real-world context. It allows for a nuanced understanding of the method's impact.

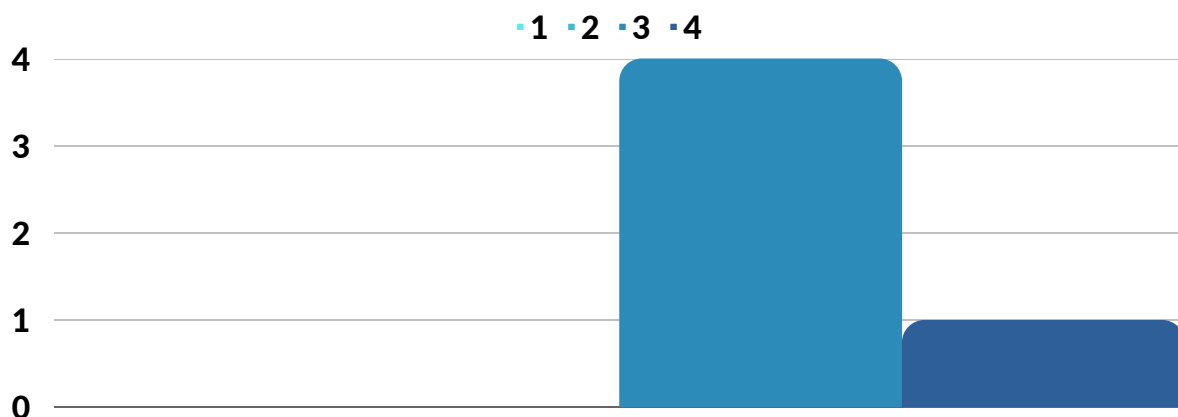


Experts Evaluation



The positive impact (cause-effect relationship) of the pilot ASEB in participants learning?

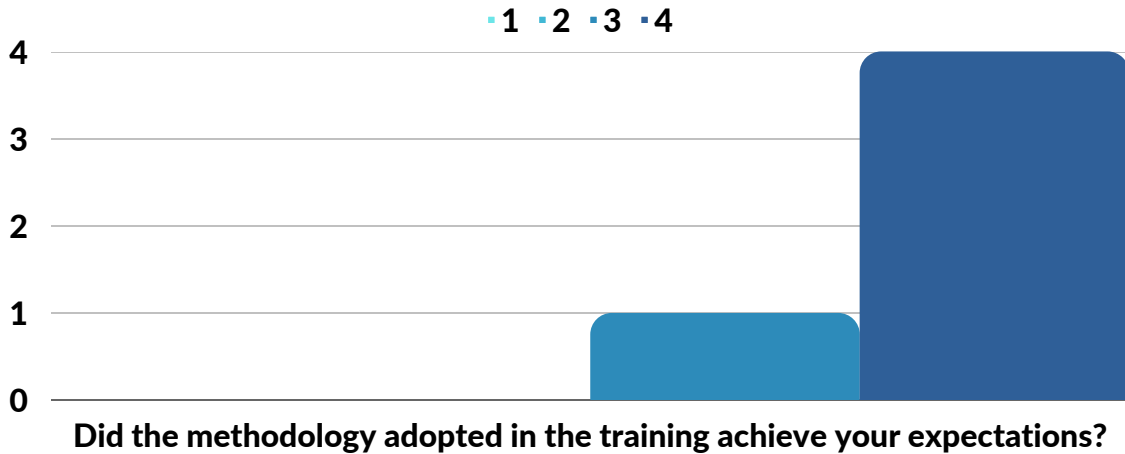
This graphical representation highlights the significance of initiatives that contribute positively to the learning process, fostering an environment where participants can thrive academically and professionally.



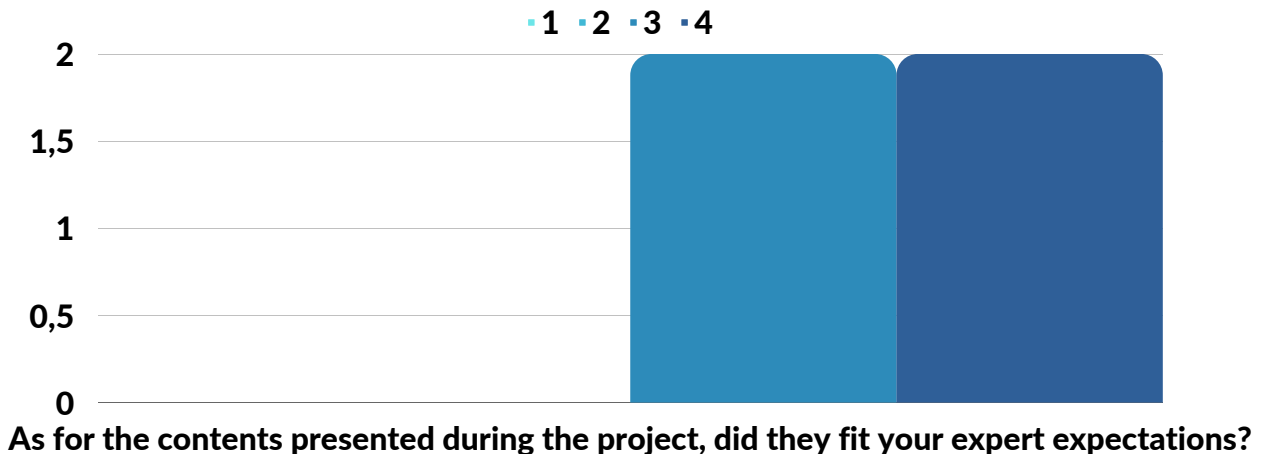
Was the established timetable of classes and courses adequate?

In summary, this graph affirms the successful alignment of timing with the classes and courses, indicating that the schedule was appropriate and met the expectations of participants, fostering an environment conducive to effective learning.

Experts Evaluation



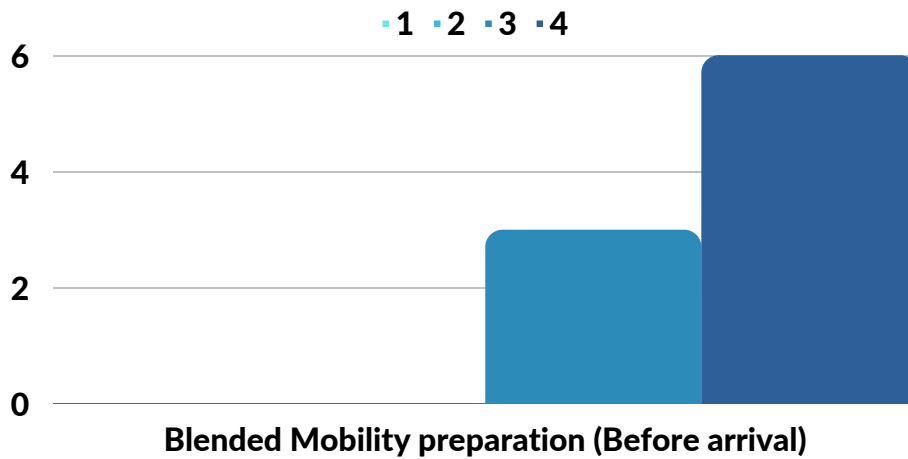
This graphical representation emphasizes the methodology's value in achieving desired results and its potential to serve as a reliable approach for future projects.



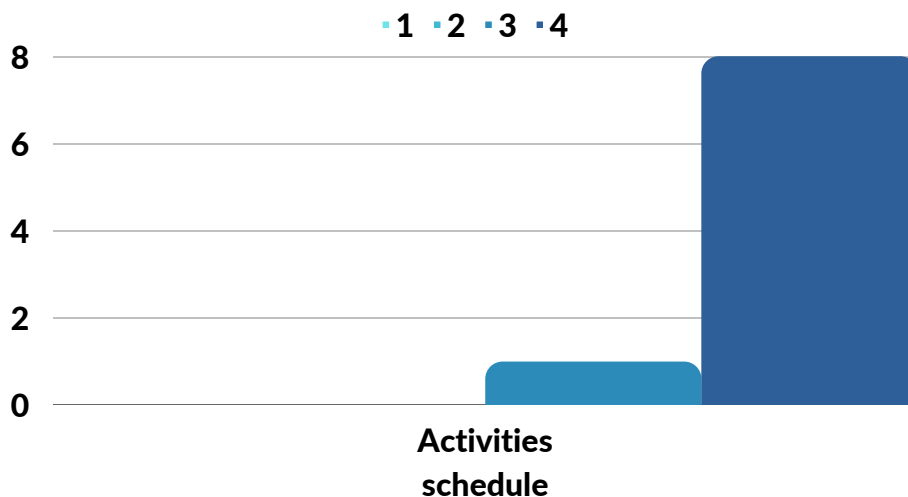
This graph visually represents the level of alignment between the project's contents and the expectations of experts involved in the project. It serves as a gauge of how well the project meets the standards and anticipations set by these experts.

Blended Mobility

Staff



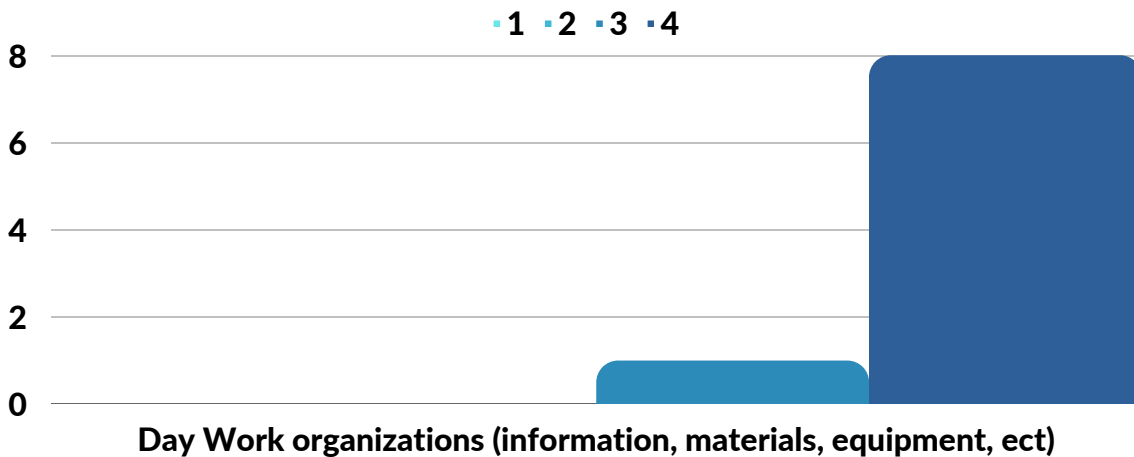
In summary, this graph conveys a clear and compelling message: staff members are well-prepared and enthusiastic as they approach their blended mobility experience, reflecting the program's success in facilitating their readiness for a successful mobility endeavor.



This graph provides a visual representation of the positive sentiment among staff members regarding their activity schedule. It illustrates their overall satisfaction with the schedule, reflecting a content and positive perspective.

Blended Mobility

Staff



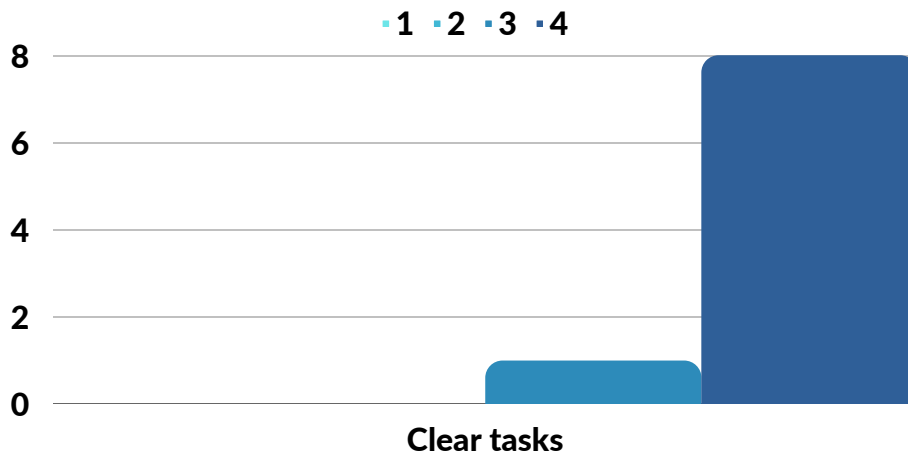
The data depicted in this graph demonstrates a clear and consistent trend of positive feedback. It reflects the widespread agreement among participants that the information materials and equipment were effective and valuable in supporting the project's objectives.



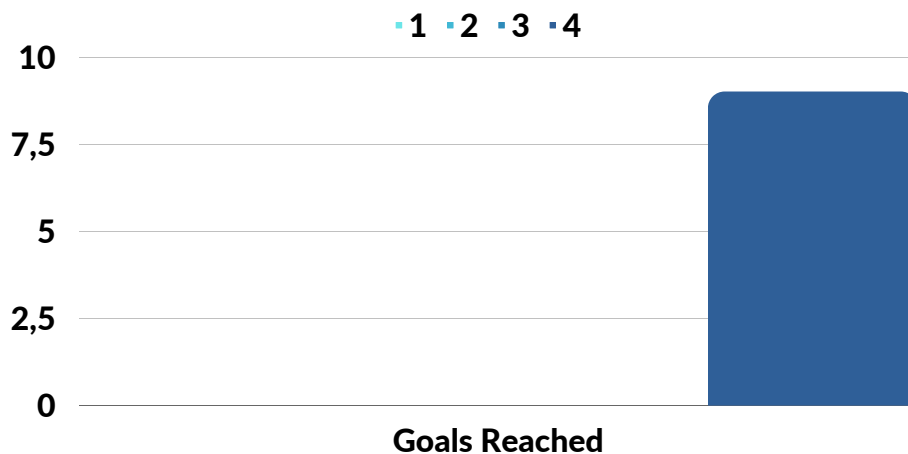
This graphic provides an overview of the interaction dynamics between project partners, staff members, and participants. It offers a concise snapshot of the collaborative relationships within the project.

Blended Mobility

Staff



The data depicted in this graph showcases the extent to which tasks have been clearly defined and communicated. It emphasizes the project's commitment to ensuring that everyone understands their roles and responsibilities.



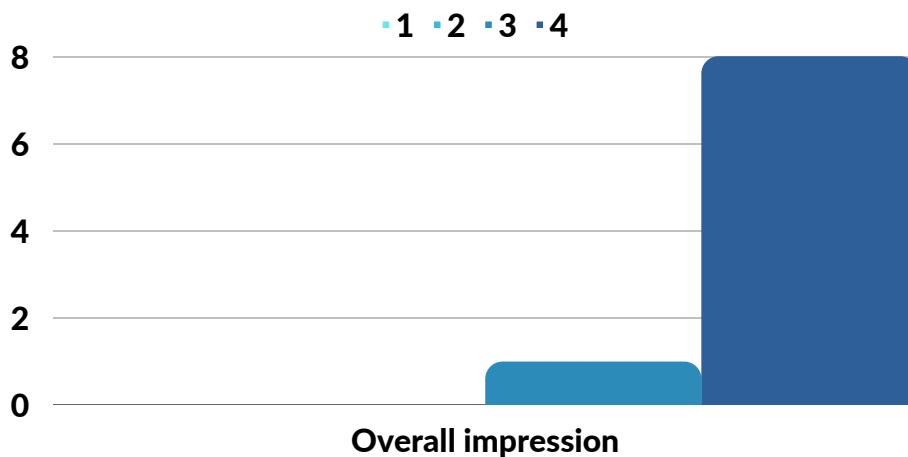
The data illustrated in this graph highlights the extent to which project goals have been met or exceeded. It reflects the project's commitment to delivering tangible results and realizing its objectives.

Blended Mobility

Staff



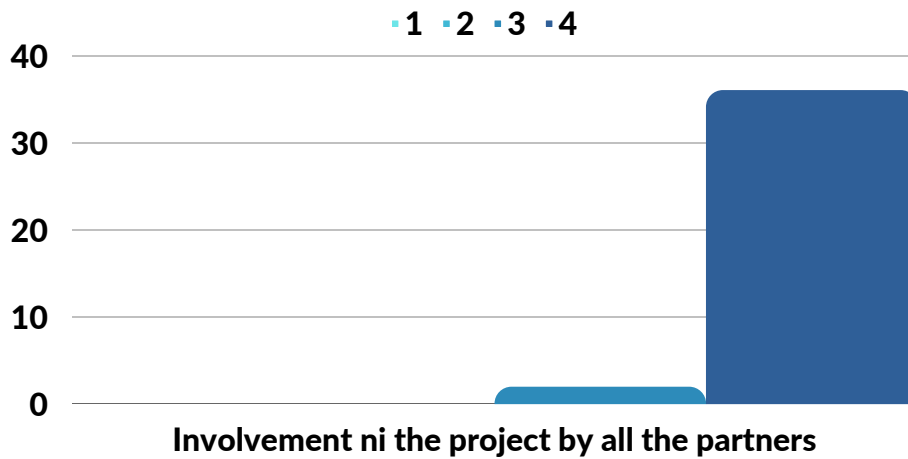
The data displayed in this graph conveys the collective sentiment regarding both accommodation and meals. It reflects the project's commitment to ensuring that participants have a comfortable and enjoyable stay, including high-quality meals.



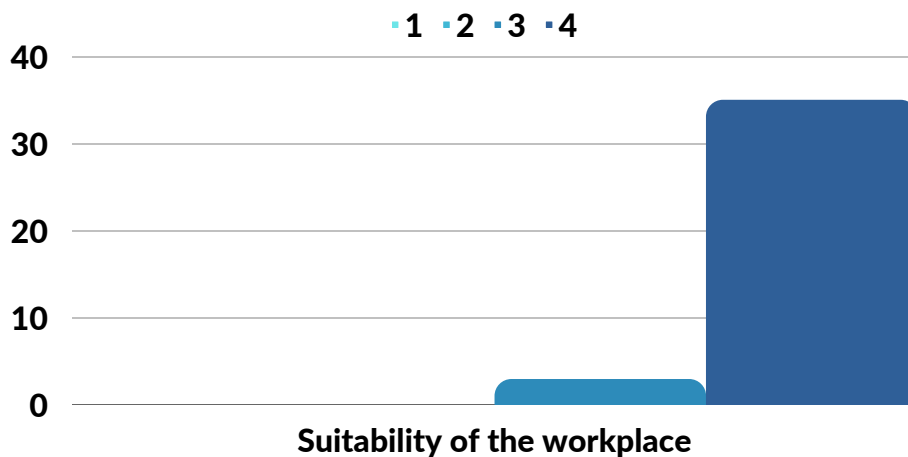
This graphic provides a condensed view of the collective impression gathered from staff members' opinions. It offers a concise summary of the general sentiment expressed by the project's staff.

Blended Mobility

Participants



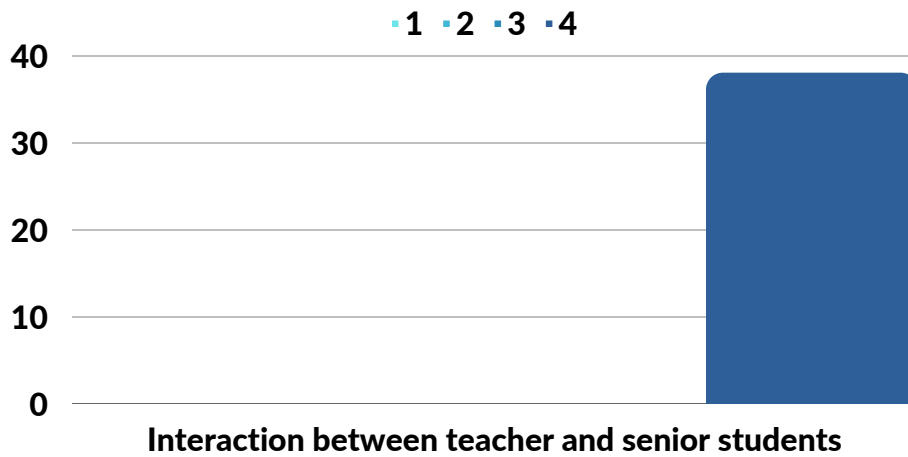
This concise representation highlights the collective commitment to the project's success, emphasizing the importance of active involvement by all partners.



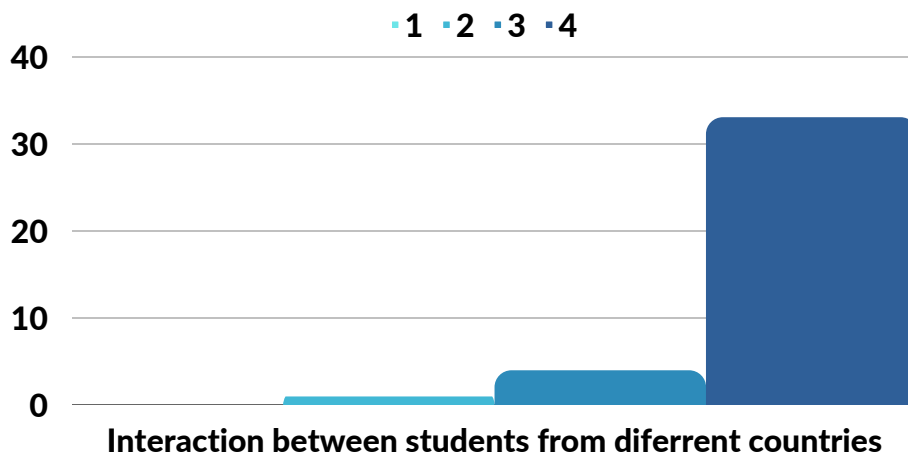
This graphic provides a summarized evaluation of the workplace's suitability for the tasks and activities conducted during the project. It offers a brief overview of the workspace's effectiveness in supporting project goals.

Blended Mobility

Participants



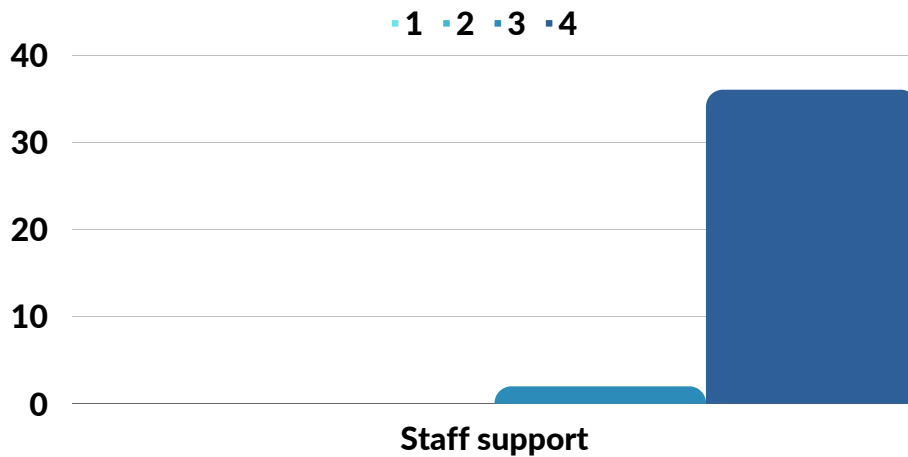
This brief representation allows stakeholders to swiftly assess the level of interaction and cooperation between educators and senior students, highlighting the significance of effective communication and mentoring in the academic environment.



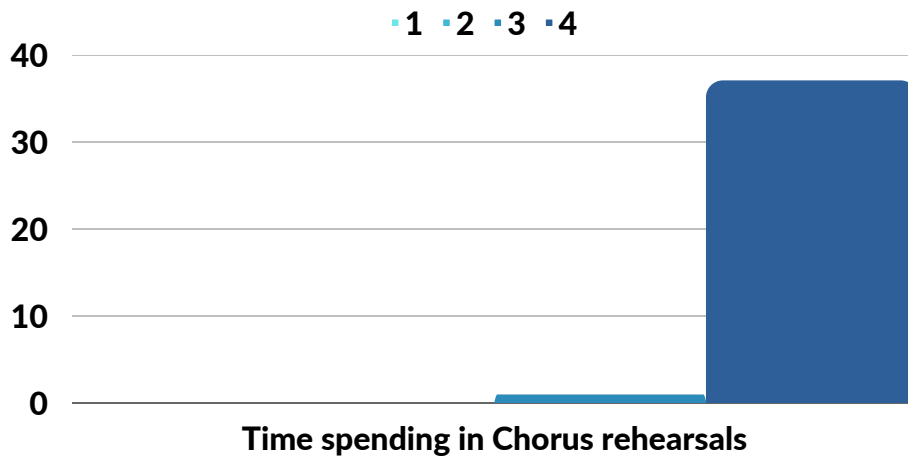
This concise representation underscores the importance of fostering cross-cultural connections and promoting global understanding among students.

Blended Mobility

Participants



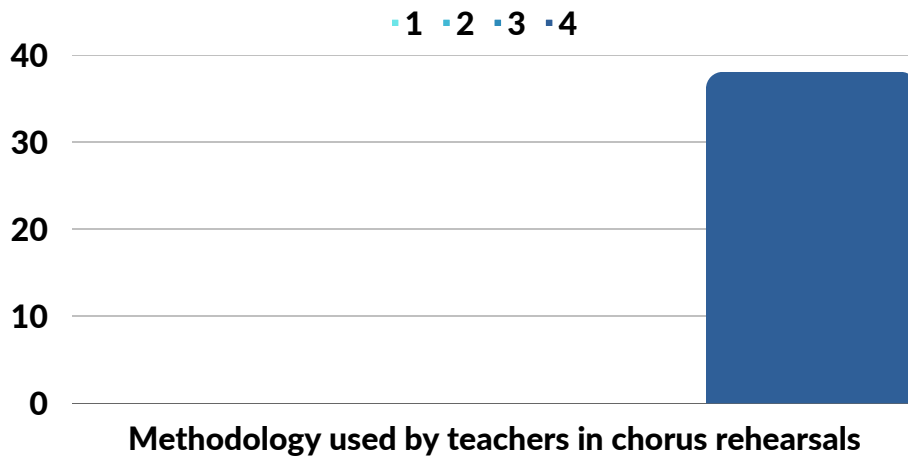
This graphic provides a summarized view of participant feedback regarding the level of support received from the project staff. It offers a quick snapshot of participants' perspectives on the effectiveness of staff support.



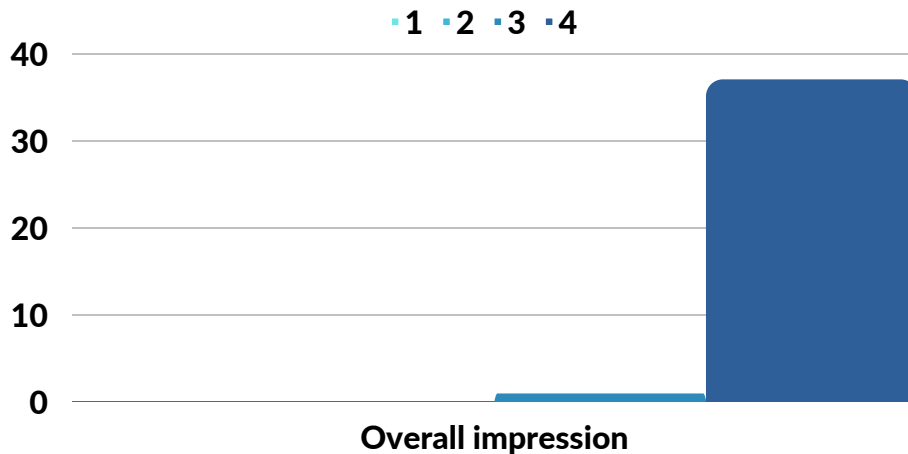
This graphic visually represents the amount of time dedicated to chorus rehearsals. It offers a quick overview of the duration and commitment of participants in preparing for choral performances.

Blended Mobility

Participants



This graphic offers a snapshot of participant satisfaction with the teaching methodology employed by instructors during chorus rehearsals. It provides a quick overview of participants' contentment with the instructional approach.

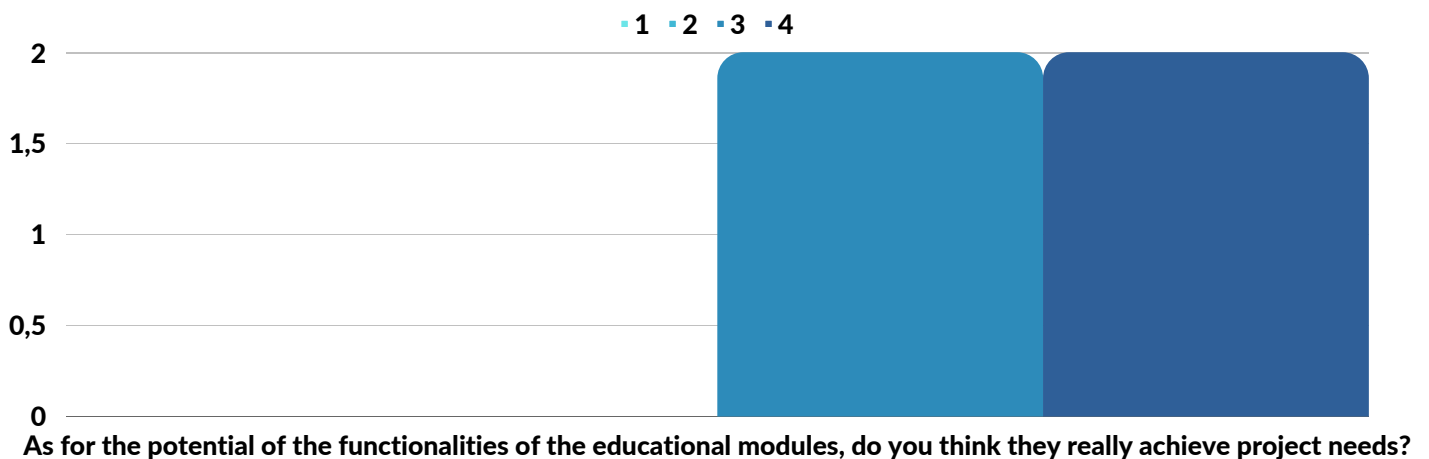


The graphic reflects participants' satisfaction with the subject matter.

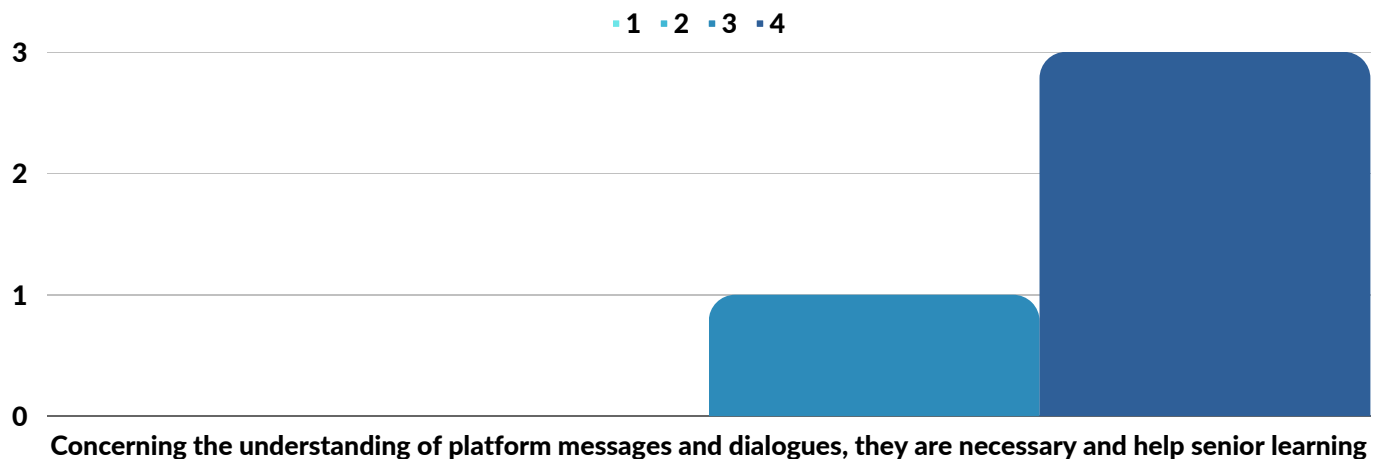


Blended Mobility

Participants



The graphic presents participants' opinions on educational modules and their alignment with project needs.



This graphic visually emphasizes the significance of platform messages and dialogues in facilitating senior learning. It underscores their essential role in enhancing understanding and knowledge acquisition within the senior learning context.



Please tell us any problems or negative experiences you find in ASEB pilot.

- The ASEB project is built very well, but during its implementation it was significantly affected by the wave of Covid-19. And although the Slovak seniors were pleased with the opportunity to learn something new, the singing meetings were very limited and postponed for a long time.
- I don't see any major problems with the ASEB pilot, the focus of the project is meaningful and certainly rewarding with regard to working with seniors. A complication in the implementation of activities and the achievement of set goals was the Covid pandemic, which for a long time prevented personal meetings and work in the choir.
- I really miss the Portuguese pronunciation and some of the songs we work with are not adequate for this project based mainly on the folk music.
- I feel some issues with the timetable of classes because the suspension provoked by Covid-19. In these ages it's very difficult to maintain the learning of the Seniors between the interruptions.

Please tell us some suggestions to improve methodology and senior learning in this project.

- Proposals for improving the methodology and education of seniors result from the specifics and experiences of each choir. Slovak choir Andrej, which has a really rich tradition, is currently very weakened by the social situation, low numbers and weak interest on the part of the younger generations. When implementing the methodology, we relied primarily on personal experience with leading the student choirs, while we tried to take into account the age and generational differences of the seniors. Despite the objective complications, I am glad that our seniors were interested and passionate about the ASEB project.
- It would be useful to simplify the orientation on the platform for seniors.
- I have no suggestions regarding the methodology.
- I think if the experts make some video classes playing and singing the songs of their countries, it's easier to work with the seniors of other countries.

04. E-Learning Platform

The ASEB Project's E-Learning Platform: Empowering Seniors with Accessible Cross-Cultural Education

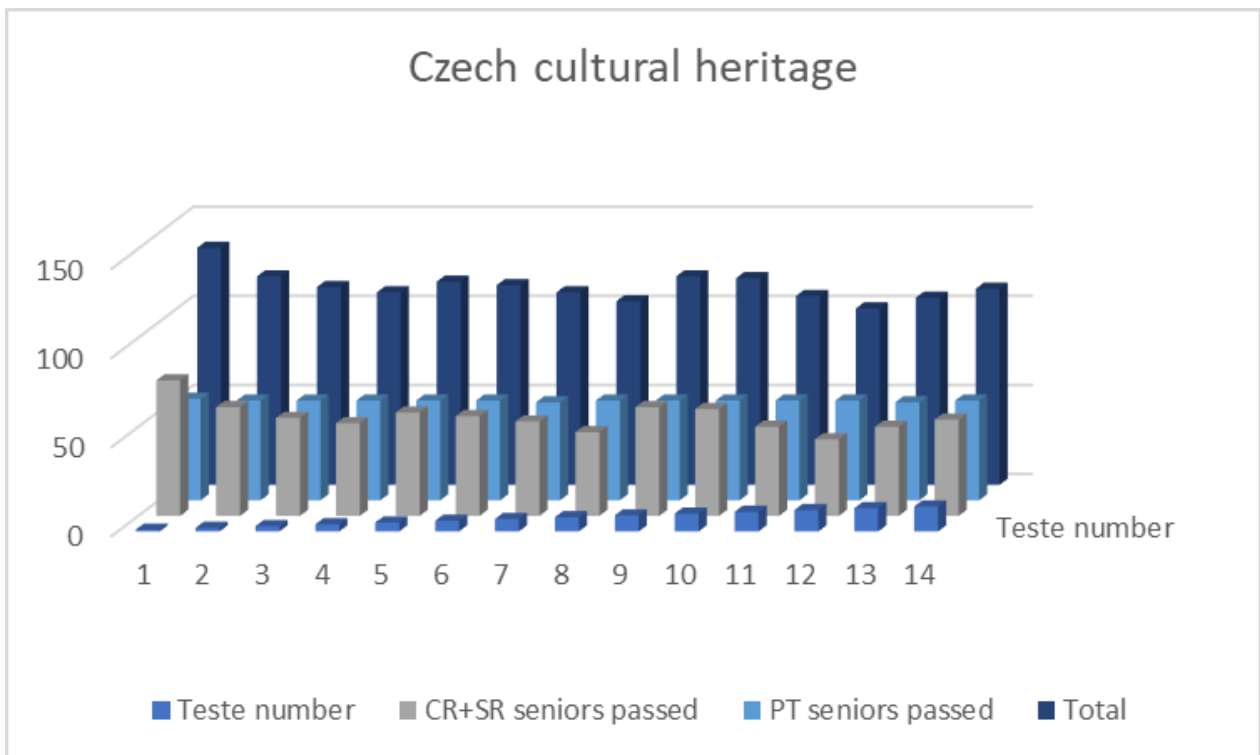
The ASEB project's e-learning platform stands as a beacon of opportunity for senior users seeking a deeper understanding of the diverse cultures and traditions woven into the fabric of participating countries. In this unique digital space, seniors can effortlessly access courses crafted with their comfort in mind, all delivered in their native language.

Through this innovative e-learning platform, seniors embark on a journey that leads them to a richer comprehension of the cultural nuances and heritage that define the countries involved in the project. Delving into the project's songbook, they can explore the melodies and lyrics chosen with newfound insight, having posed countless inquiries to their dedicated instructors. This interactive engagement goes beyond mere coursework; it includes active participation in quizzes, personal research endeavors, and collaborative initiatives.

This dynamic and inclusive methodology becomes a motivating force, propelling seniors towards further education. It sparks their interest and enthusiasm to enroll in senior universities, where they can continue to acquire knowledge and skills that enhance their lives. The ASEB project's e-learning platform is more than just a learning tool; it is a gateway to lifelong learning, cultural exploration, and personal growth.

4.1. E- Learning Courses Statistics

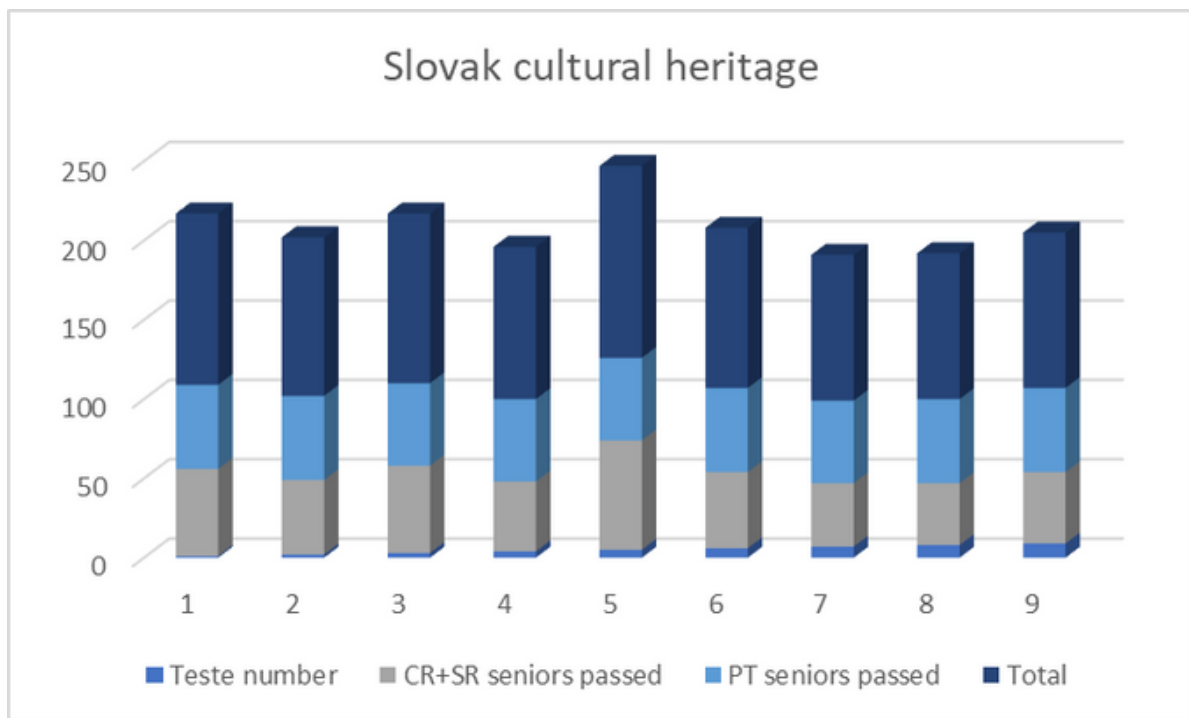
4.1.1. Cultural Heritage



In summary, this graph offers a clear and insightful view of senior exam results by country, shedding light on the academic achievements of senior students from diverse nationalities.

4.1. E- Learning Courses Statistics

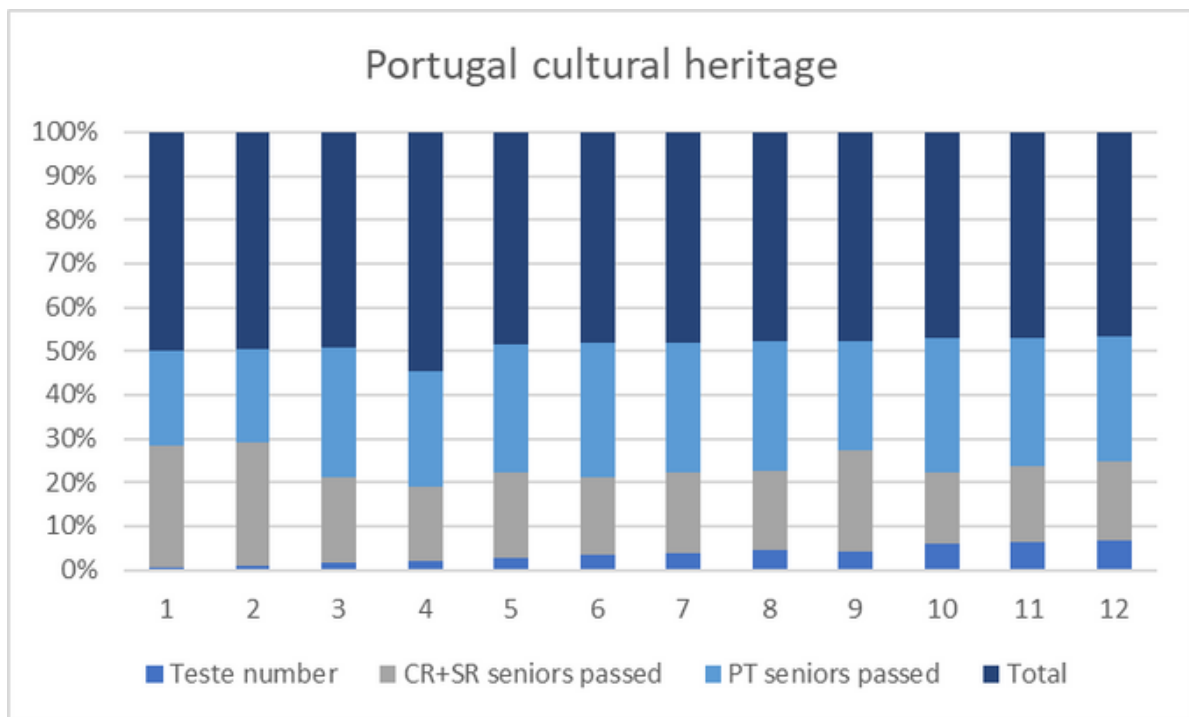
4.1.1. Cultural Heritage



This visual representation not only allows for a comparative analysis of senior performance across different countries but also underscores the notably high success rates among senior students.

4.1. E- Learning Courses Statistics

4.1.1. Cultural Heritage



This visual representation not only facilitates a comparative analysis of senior performance across different countries but also underscores the notably high success rates achieved by senior students in assessments related to Portugal's cultural heritage.



05. Participants profiles, selection and motivation

TARGET GROUP

The course in **Portugal** revolved around the existing activities of the University's choir, "The Tuna". This group has 20 members, including 18 females and 2 males aged 65 to 82, with different backgrounds and different nationalities. The majority of the members don't have previous musical experience. The main bond in the group is the will to belong and to share meaningful experiences in the context of musical learning and performing. A distinctive characteristic of this group is the use of traditional folk instruments to accompany the voices, namely, cavaquinhos, guitars and a recorder. The seniors' sociability and desire to participate in cultural exchanges makes them a perfect partner for this ASEB project.

The course in the **Czech Republic** emphasized the joint activities of the mixed choir "Collegium Bonum", which is partly composed of music students from the Academy of Arts and Culture of the Third Age Ostrava. The average age of the members was approximately 65 years old and many of them had previous (amateur or professional) musical training. In general it can be stated that choral singers, across the age and social spectrum, are united by a desire to create together, to be a participant in the artistic process, and acknowledge a responsibility to achieve a common goal together. They are aware that they are part of a whole that transcends them. That is the reason why many return to musical activities after a great number of years, begin studying a new instrument or are singing at the "Academy".

They enjoy participation in the choir, which is another opportunity for these student-seniors to come together. The number of choir members is approximately 30. The final composition of the choir will be determined by the situation when there are no longer health restrictions.

The course in **Slovakia** was focused on a senior mixed choir, which has been working in more or less the same form for a long time. The average age of its members is around 65 years old, and many of them (the older ones) have been in the choir for several decades. The number of members fluctuates (around the number 25). The social status of the Andrej Church Choir has long enjoyed respect and a good name, which is why it was approached to participate in the IO1 activity within the international ASEB project.

ENTRY REQUIREMENTS

The participants for the course in **Slovakia**, members of the Andrej Church Choir, have been part of the choir for several years, so working with musical material is not a problem for them. If there are those among them who know how to use the Internet and have an e-mail address, they will be offered the opportunity to attend an e-learning course within the IO4 activity, which is part of the ASEB project.

For course participants in the **Czech Republic**, a healthy voice, experience with choral singing or playing an instrument is welcome, but not a requirement. Active and regular participation in choir rehearsals and choir retreats is required. In the case of senior students, music theory basics are provided to facilitate working with musical material. Most singers use e-mail or MS teams for communication within the choir, as well as sending music, so it can be expected that they will welcome the e-learning platform as well.

In **Portugal** there are no musical background requirements for the seniors. The only requirement is the will to participate and to enjoy the various offerings, since these informal music classes mainly have a social purpose.



06. Dissemination

The Importance of Disseminating Results from European Projects for Seniors: Promoting Greater Information Sharing for Enhanced Knowledge

In an increasingly interconnected and diverse world, the dissemination of results from European projects aimed at seniors plays a crucial role in fostering a more informed and inclusive society. These projects cover a wide range of areas, from health and well-being to social inclusion, education, and technology. The importance of actively sharing the outcomes of these projects cannot be understated, and here are some reasons why this practice is essential:

1. Empowerment of Seniors: Disseminating results from European projects for seniors empowers this population by providing valuable information that can enhance their quality of life. This includes insights into maintaining good health, leveraging technology, and accessing resources that can benefit them.

2. Promotion of Health and Well-being: Many European projects for seniors focus on health-related issues, such as disease prevention, proper healthcare, and well-being promotion. Sharing these results helps raise awareness among seniors about healthy practices and strategies for a longer and healthier life.

3. Social Inclusion: The dissemination of results from European projects can highlight initiatives aimed at combating social isolation and promoting active senior participation in society. This contributes to a more inclusive and cohesive community.

4. Innovation and Technology: As technology plays an increasingly significant role in our lives, sharing information about projects that empower seniors to use technology effectively is crucial. This enables them to reap the benefits of digitalization and stay connected with the modern world.

The Importance of Disseminating Results from European Projects for Seniors: Promoting Greater Information Sharing for Enhanced Knowledge

5. Lifelong Learning: Disseminating results from European projects promotes lifelong learning by highlighting educational opportunities and available resources. This encourages seniors to continue acquiring knowledge and developing new skills.

6. Community Awareness: When project results are widely disseminated, the community at large becomes more aware of the needs and contributions of seniors. This can lead to greater support and respect for this vital segment of the population.

7. Collaboration and Future Development: The dissemination of results also fosters collaboration among organizations, institutions, and governments, enabling the sharing of best practices and the development of new initiatives that address the ever-evolving needs of seniors.

To ensure the success of such dissemination efforts, it is essential to use a variety of communication channels, including traditional media, social media, and community events. Additionally, creating materials that are accessible and easy to understand is critical to ensuring that information effectively reaches seniors and their families. In summary, active dissemination of results from European projects aimed at seniors is a crucial piece in the puzzle of inclusion and enrichment of the lives of this population. By sharing knowledge and valuable information, we are investing in the well-being and prosperity of our seniors, and in doing so, we strengthen society as a whole. Transparency and the dissemination of best practices should be ongoing priorities in our efforts to support and respect our seniors.

Czech Republic

Event/Activity

Article in the newspaper "Ružomberský hlas" (The Vois of the city of Ružomberok)

Date: 23.09.2022, roč. XXXVI.,

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Article in the newspaper "Ružomberský hlas"





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Czech Republic

Event/Activity

Seniors' Education in the Context of IT Inclusion - International conference "Inovations in SMART cities"

Date: 20 - 21.10.2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Presentation - Zdenka Telnarova

Event/Activity

V rámci Erasmus Days Ostravská univerzita zorganizovala setkání, na němž informovala o Erasmus+ projektech, které byly a jsou zaměřeny na vzdělávání seniorů. Především informovala o aktuálním projektu ASEB, který dal dohromady seniorské pěvecké sbory ze tří zemí a vytvořil několik vzdělávacích aktivit zaměřených na sdílení kulturního dědictví s důrazem na hudbu.

Date: 14.10.2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Erasmus Days - Presentation - Zdenka Telnarova



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Czech Republic

Event/Activity

Blog: Aktivní vzdělávání seniorů bez bariér aneb Erasmus+ projekt pomáhá bořit bariéry

Date: 03.10.2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

<https://alive.osu.cz/blog/blog-jake-mohou-byt-cile-seniorskych-peveckych-sboru/>



*Tady to
takže žije*



OU@live

ŽIVÝ ONLINE MAGAZÍN OSTRAVSKÉ UNIVERZITY

🔍 VYHLEDÁVÁNÍ KONTAKT EN
☰ RUBRIKY ☰ FAKULTY ☰ BLOG

ARÉNA OU

CITY CAMPUS

OSOBNOSTI

STUDENT

VĚDA, SPOLEČNOST A UMĚNÍ

POZVÁNKY

AUDIO

OMBUDSMAN

PORADENSKÉ CENTRUM A CENTRUM PYRAMIDA

Blog: Aktivní vzdělávání seniorů bez bariér aneb Erasmus+ projekt pomáhá bořit bariéry

Senioři se setkávají s mnoha bariérami, které jim znemožňují se zapojit do různých činností. Snaha se těmto bariérám postavit čelem se stala motem mezinárodního projektu Erasmus+ s názvem Active Seniors' Education without Barriers, jehož hlavním řešitelem je Ostravská univerzita.

ZDENKA TELNAROVÁ
30. září 2022
Věda, společnost a umění
© 3 min.

Posli to dál



Czech Republic

Event/Activity:

Úspěch spočívá v rovnováze mezi řádem a improvizací

Date: 12/2022

Nr of people attending:

Way of dissemination (Include links, photos, etc): https://www.dzs.cz/sites/default/files/mosaic/2022-12/Mozaika_zima_2022.pdf



Event/Activity:

Article in National Magazine. Name of Article: What can be the aims of seniors' choruses?

Part of this article is link to the printed version of ASEB Songbook.

Date: 03/2023

Nr of people attending:

Way of dissemination (Include links, photos, etc): Magazine Cantus – National magazine Number 133

Czech Republic

Event/Activity:

CEDAC - Creative educators of digital arts and culture - Facebook

Date: 04/2023

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.facebook.com/CEDACproject/posts/pfbid026viNEYu98RzYuvqS3DnmeLJGPNKPN4ad3ykH9SfR7BGpFHK4PWwnprbnnuHuzKXhl>





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Czech Republic

International Scientific conference of Educational projects for seniors

 **ASEB**
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

 Erasmus+


UNIVERSITY
OF OSTRAVA

Active Seniors' Education without Barriers

Zdenka Telnarova, University of Ostrava, Czech Republic



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

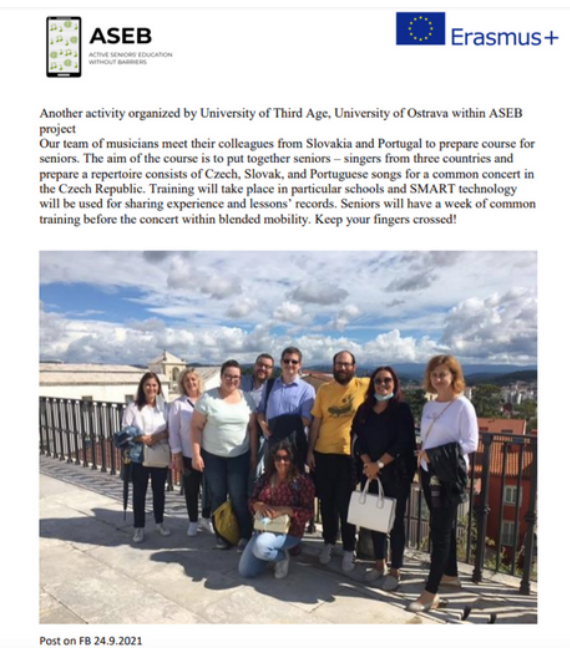
Czech Republic

Official web pages of University of Ostrava

The screenshot shows the website of the Faculty of Science at the University of Ostrava. The main navigation bar includes links for 'UNIVERZITA', 'O FAKULTĚ', 'SOUČÁSTI FAKULTY', 'UCHAZEČ', 'STUDENT', 'VĚDA A VÝZKUM', 'FAKULTA PRO', and 'PRO MÉDIA'. The article title is 'Seniory ze tří evropských zemí spojí smart technologie a láska k hudbě a historii'. The text describes a project by the Faculty of Informatics and Computer Science (KIP PIF) to help seniors through smart technology and music. It mentions a conference in Ostrava and a concert in Portugal. The footer includes the ASEB logo and the Erasmus+ logo.

Czech Republic

Facebook posts



ASEB ACTIVE SENIORS' EDUCATION WITHOUT BARRIERS

Erasmus+

Another activity organized by University of Third Age, University of Ostrava within ASEB project
Our team of musicians meet their colleagues from Slovakia and Portugal to prepare course for seniors. The aim of the course is to put together seniors – singers from three countries and prepare a repertoire consists of Czech, Slovak, and Portuguese songs for a common concert in the Czech Republic. Training will take place in particular schools and SMART technology will be used for sharing experience and lessons' records. Seniors will have a week of common training before the concert within blended mobility. Keep your fingers crossed!

Post on FB 24.9.2021



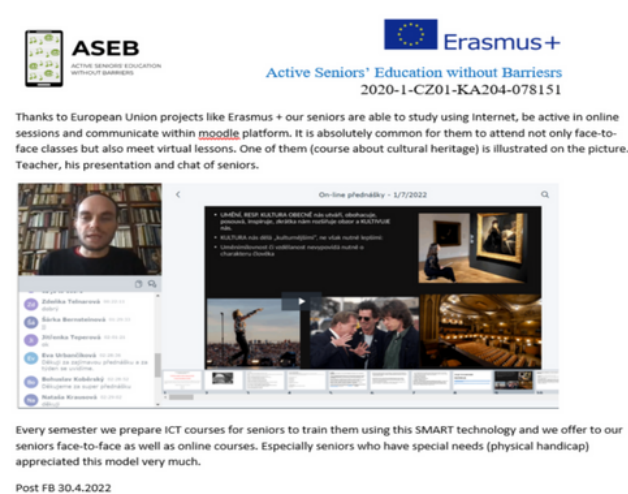
ASEB ACTIVE SENIORS' EDUCATION WITHOUT BARRIERS

Erasmus+
Active Seniors' Education without Barriers
2020-1-CZ01-KA204-078151

Pěvecký sbor Collegium Bonum, jehož členové jsou zapojeni do projektu ASEB, vystoupil ve dnech 9. a 10. dubna 2022 na tradičním velikonočním jarmarku na zámku v Kravařích. Akce se konala po dvouleté pauze způsobené vládními opatřeními proti koronaviru a navštívilo ji velké množství návštěvníků. Sbor Collegium Bonum tvoří zpěváci také z Kravař, velmi nás tedy potěšilo, že se pořadatelé obrátili také na nás. Sbor vystupoval po oba dny v zámecké kapli sv. Michaela vždy v hodinovém repertoáru, který byl skláčen jak z duchovních, tak ze světských písní. Velký úspěch u diváků, kteří zaplnili kapli do posledního místa, zaznamenaly např. Moravské dvojplky Antonína Dvořáka nebo duchovní písně současného anglického autora Johna Ruttera.

Collegium Bonum je partnerem projektu Aktivní vzdělávání seniorů bez bariér (ASEB), kde hudba je hlavním komunikačním nástrojem. Seniorské pěvecké sbory ze tří partnerských zemí – České republiky, Slovenska a Portugalska pracují na společném repertoáru složeném z národních písní a skladeb. Skladby vybírali a zpracovávali sborníky všech partnerských zemí a vytvořili zpěvník, který je společně s nahrávkami hlavní pomůckou při studiu repertoáru. Celé úsilí bude korunováno společným koncertem, který se uskuteční v září 2022. Koordinátorem projektu je Přírodovědecká fakulta OU, katedra informatiky a počítačů.

Post on FB 11.4.2022



ASEB ACTIVE SENIORS' EDUCATION WITHOUT BARRIERS

Erasmus+
Active Seniors' Education without Barriers
2020-1-CZ01-KA204-078151

Thanks to European Union projects like Erasmus + our seniors are able to study using internet, be active in online sessions and communicate within moodle platform. It is absolutely common for them to attend not only face-to-face classes but also meet virtual lessons. One of them (course about cultural heritage) is illustrated on the picture. Teacher, his presentation and chat of seniors.

Post on FB 30.4.2022



Katedra informatiky a počítačů
9 min · 🌐

Inclusive Senior Education through Virtual USA
Ostravská univerzita

Post on FB 30.4.2022

Czech Republic

Official web pages of ZUŠ Eduarda Marhuly
Ostrava

Přestože jeden cyklus uměleckého vzdělávání končí a jiný začíná, některé projekty pokračují dále. Zejména projekt „ASEB – Active Seniors' Education without Barriers“, na němž v rámci Erasmus+ participujeme s PŘF OU, se má čile k světu. Celý projekt, postavený na sdílení národního hudebního i obecně-kulturního povědomí, se rozběhl již v době covidové. Našim seniorským studentům nabídne mimo jiné možnost vstupovat do IT platformy, jež je kolektivním dílem všech partnerských zemí, tedy ČR, Slovenska a Portugalska, a jež nabízí on-line kurzy kulturního dědictví, nahrávky práce pěveckých sborů, národní zpěvníky jednotlivých partnerů a v neposlední řadě také mezinárodní diskuzi. Právě idea společného muzicírování a hudby jako obecného jazyka stála u zrodu tohoto projektu. Naše instituce opět spolupracuje se smíšeným pěveckým sborem Collegium bonum a po delší odmlce připravuje repertoár (nejen) závěrečného koncertu, který proběhne v ČR za účasti všech evropských partnerů a jejich seniorských studentů. Moc se těšíme a věříme, že nás tentokrát nezastaví protipandemická či jiná společenská opatření.





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Czech Republic

In Day – workshop for University of Ostrava staff

-

ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

ISEV
Inclusive Senior Education Through
Virtual U3A

CEDAC
Creative educators of digital arts & culture

Zdenka Telnarova, University of Ostrava

Co-funded by the
Erasmus+ Programme
of the European Union



UNIVERZITA ■ O FAKULTĚ ■ SOUČÁSTI FAKULTY ■ UCHAZEČ ■ STUDENT ■ VĚDA A VÝZKUM ■

[OU](#) • [Univerzita](#) • [Struktura univerzity](#) • [Fakulta](#) • [Jazyky](#) • [Přírodovědecká fakulta](#) • [Oblasti](#) • [Aktuality](#)

Vzdělávání seniorů patří u nás k nejlepším v Česku

Projekt Přírodovědecké fakulty Ostravské univerzity (PIF OU) na inkluzivní vzdělávání a mezigenerační dialog mládeže a seniorů se dostal mezi nejlepší v Česku. Dům zahraniční spolupráce jej zařadil do užší nominace na ocenění v rámci kategorie inkluze a diverzita.

Celkem bylo v rámci cen Domu zahraniční spolupráce hodnoceno na 496 mezinárodních projektů, do širší nominace se jich dostalo 66 a do užší nominace nakonec 33. Projekt Inclusive Seniors' Education through Virtual U3A (ISEV) zaměřený na inkluzivní vzdělávání a mezigenerační dialog mládeže a seniorů, realizovaný Přírodovědeckou fakultou, se v rámci kategorie Diverzita a inkluze dostal do užší nominace mezi 6 nejlepších projektů.

„Na našem projektu se podíleli partneři z Portugalska a Itálie. Jeho cílem bylo vytvořit systém vzdělávání seniorů s využitím prvků informačních a komunikačních technologií, a to se zapojením studentů i samotných seniorů, kteří se dostali do rolí vyučujících. Na základě studie srovnávající současný stav vzdělávání seniorů v jednotlivých partnerských zemích vznikla jednotná metodika, která byla v rámci projektu úspěšně pilotně ověřena. Důležitým prvkem pak bylo společné setkání seniorů z partnerských zemí, které prokázalo, že společná metodika vzdělávání seniorů je přínosná napříč různými vzdělávacími systémy,“ popisuje za řešitele doktorka Zdenka Telnarová z katedry informatiky a počítače PIF OU.

Právě úspěšná mezinárodní spolupráce a snaha o její prohloubení byla podnětem pro podání dalšího projektu v rámci programu Erasmus+, kde je hlavním řešitelem Ostravská univerzita a partnerské vzdělávací organizace z Portugalska a Slovenska. K cílům předchozího projektu jako je inkluze, mezigenerační dialog a vzdělávání s využitím SMART technologií přibývaly i cíle většího využití non verbální komunikace a sdílení hodnot. „K non verbální komunikaci jsme si vybrali hudbu, ke sdílení hodnot kulturní dědictví jednotlivých partnerských zemí,“ doplňuje doktorka Telnarová.

Ceny Domu zahraniční spolupráce za mimořádný přínos českému vzdělávání se uděluje v šesti kategoriích, které odpovídají hlavním trendům současného vzdělávání v Evropě a vycházejí z priorit programu ERASMUS+ a Evropského sboru solidarity. Kromě projektu PIF OU uspěla také naše Ostravská univerzita s projektem Mobilita studentů a zaměstnanců mezi programovými zeměmi Erasmus+.

Co-funded by the
Erasmus+ Programme
of the European Union



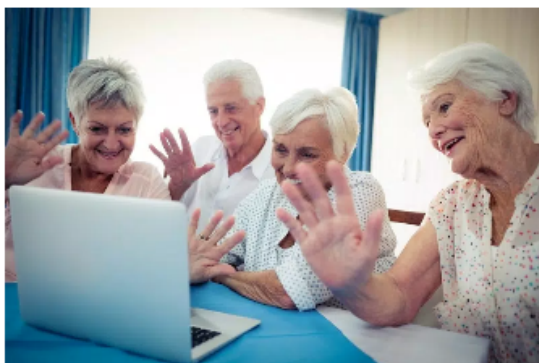
University of Ostrava home page

Czech Republic

International Scientific conference of Educational projects for seniors



Active Seniors Educations without Barriers
2020-1-CZ01-KA204-078151



Seniors Education in the Context of IT Inclusion

Zdenka Telnarova, Jana Kutnohorska



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Czech Republic

International Scientific conference of Educational projects for seniors

KULTURNÍ DŮM K-TRIO
Dr. Martinka 1439/4, Ostrava-Hrabůvka
20.–21. 10. 2022



Zvou na konferenci pod záštitou:



Závěrečná konference projektu Dlouhodobé mezesektorové spolupráce pro ITI „SMART technologie pro zvyšování kvality života ve městech a regionech“ (CZ.02.1.01/0.0/0.0/0.0/17_049/0008452), kterou pořádá konsorcium partnerů pod vedením Ostravské univerzity. Nabídne vystoupení českých i zahraničních odborníků, kteří se specializují na využití SMART technologií v energetice, dopravě, zdravotnictví, vzdělávání, veřejné správě, úrbánním plánování aj.

[KONFERENCE]

Inovativní přístupy v rozvoji měst, obcí a regionů IV

energetika
doprava e-learning
městské plánování
digitalizace mobilita
open data smart city
digitální inkluze lifestyle
telemedicína



EVROPSKÁ UNIE
Evropské strukturální a investiční fondy
Operační program Výzkum, vývoj a vzdělávání





Slovakia

Event/Activity:

Paper at the conference NEW TRENDS IN NURSING VIII.

Department of Nursing, Faculty of Health and Social Work, University of Trnava in Trnava

Date: 24/11/2022

Nr of people attending: 70

Way of dissemination (Include links, photos, etc):

Title of contribution: Inovatívne prístupy v edukácii seniorov - Innovative approaches in the education of seniors

konferenciefzp.truni.sk/sites/default/files/konferencie/katedry/ose/nto_viii._program_konferencie_5.pdf

Medzinárodný projekt Aktívne bezbariérové vzdelávanie pre seniorov (ASEB), na ktorom od roku 2020 participuje Fakulta zdravotníctva Katolíckej univerzity v Ružomberku v spolupráci s Katedrou hudby na Pedagogickej fakulte KU, sa v roku 2023 ukončí. Jeho hlavným cieľom bolo vzdelávanie seniorov prostredníctvom informačných technológií a predovšetkým hudby. Svoj kulminálny bod dosiahol projekt v septembri roku 2022 v rámci týždenného blended mobility v Hradci Králové. Zúčastnili sa na nej vybraní seniori z Čiech, Slovenska a Portugalska, ktorí sa po týždňovej aktívnej príprave pod vedením medzinárodného tímu hudobníkov prezentovali vo forme spoločného koncertu, na ktorom zazneli ľudové, duchovné i tradičné piesne všetkých troch krajín. Pre veľký úspech tohto podujatia a vďaka hlavným manažérkam projektu - Dr. **Zdeňka Telnarovej** a Bc. **Pavle Janoschovej** sa koncert zopakoval aj v srdci projektu - na Ostravskej univerzite v Ostrave v piatok 9. decembra 2022, tentokrát v česko-slovenskom zložení. Programová náplň koncertu, ktorý prebiehal v Komornej sále na Fakulte sociálnych štúdií OU, bola podobná ako v Hradci Králové, avšak z dôvodu prebiehajúceho Adventu mala už aj predvianočný charakter. Hudobné podujatie pútavo sprevádzala hlavná riaditeľka projektu Dr. Telnarová, ktorá zároveň predstavila jeho výnjam a úspechy: kurzy prednášok o kultúrnom dedičstve zúčastnených krajín, vlastná webová stránka, zdokonalovanie sa vo využívaní IK technológií, výučba seniorov v hre na ukulele či zostavenie vlastného medzinárodného spevníka. V preplnenej sále zazneli české ľudové piesne, slovenské duchovné piesne a koledy, portugalské tradičné piesne s instrumentálnym sprievodom na ukulele, ktoré si seniori osvojili a osobitne zdokonaľili na spomínanej blended mobility. Program koncertného večera umocnilo aj vystúpenie detí z Literárno-dramatického odboru a dvoch pripravných speváckych zborov pôsobiach na Základnej umeleckej škole Eduarda Marhuly v Ostrave, ktoré vedie a diriguje ďalšia členka projektu za OU Dr. **Eva Polášková**. Na záver si všetci účinkujúci - seniori aj deti spoločne zaspievali české vianočné koledy.

Na záverečnom verejnom vystúpení projektu ASEB sa zúčastnili viacerí členovia projektu: za manažérsku časť Ing. **Jana Husarčíková**, doc. **Helena Kadučáková** a Dr. **Marceta Ižová** (FZ KU); za odbornú hudobnú stránku projektu doc. **Zuzana Zahradníková**, ktorá viaceré čísla ostravského koncertu aj dirigovala, doc. **Janka Bednáriková** a prof. **Rastislav Adamko**, ktorí koncert sprevádzali hrou na hudobných nástrojoch (PF KU). Seniori sú časť reprezentovalo 11 členiek Chrámového speváckeho zboru Andrej, ktoré boli a sú hlavnými protagonistkami celého projektu a ktoré sa z koncertných podujatí i zo vznikajúcich medzinárodných priateľstiev úprimne tešia.

Autori: Janka Bednáriková



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

Event/Activity

Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of Catholic University in Ružomberok

Date: 23-24/11/2021

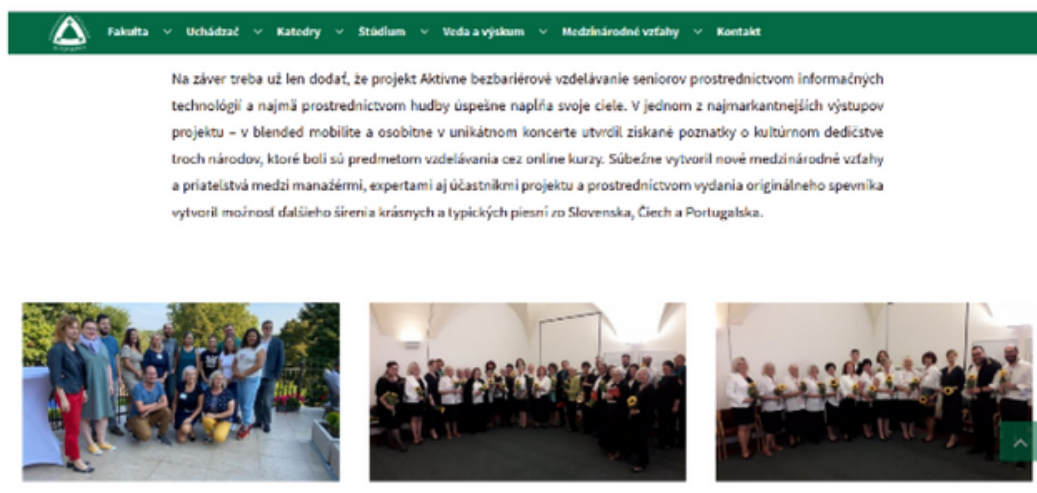
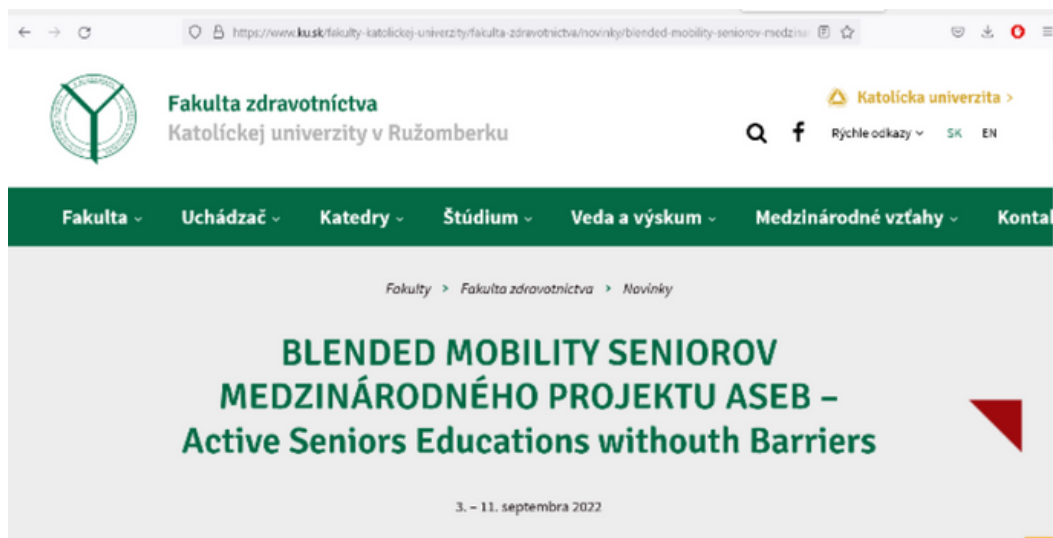
Nr of people attending:

Way of dissemination (Include links, photos, etc)

Information about meeting on the website of Catholic University (Slovak and English text)

<https://www.ku.sk/fakulty-katolickej-univerzity/fakulta-zdravotnictva/novinky/stretnutie-expertov-medzinarodneho-projektu-aseb-active-seniors-educations-withouth-barriers.html>

<https://www.ku.sk/en/faculties/faculty-of-health/news/experts-meeting-of-international-project-aseb-active-seniors-educations-withouth->





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

Event/Activity

Cantus Choralis 2021 - International symposium on Choral singing in Ústí nad Labem (Czech Republic)

Date: 18/10/2021

Nr of people attending: 50

Way of dissemination (Include links, photos, etc)

Lecture and presentation, discussion, the program Post title of article: ASEB medzinárodný projekt zameraný na aktívne bezbariérové vzdelávanie seniorov prostredníctvom informačných technológií, hudby a zborového spievania

<https://photos.google.com/share/AF1QipPKApUPSfjLaZGEoyKNc4gJzFEOpSI8ghxnDy3OlwuaAYzq6T1ax9MBgjz6zptRpA?pli=1&key=Nk0xTENpOHRZOVNwWHZ0SHkycFNkUUtRWHD5NnFR>





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

Event/Activity

Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of Catholic University in Ružomberok

Date: 23-24/11/2021

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Information about meeting on the website of Catholic University (the same text and fotos as above)

<https://www.ku.sk/novinky-katolickej-univerzity/stretnutie-expertov-medzinarodneho-projektu-aseb-active-seniors-educations-withouth-barriers.html>

Katolícka univerzita
v Ružomberku

Univerzita ▾ Štúdium ▾ Fakulty ▾ Veda a výskum ▾ Medzinárodné vzťahy ▾ Kontakty ▾

Novinky

Blended mobility seniorov troch krajín v rámci medzinárodného projektu

Katedra hudby PF KU už od roku 2020 spolupracuje s Fakultou zdravotníctva KU na medzinárodnom projekte Aktivne bezbariérové vzdelávanie pre seniorov (ASEB), v rámci ktorého sa v dňoch 3. - 11. septembra 2022 konala tzv. blended mobilita v Hradci Králové.





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

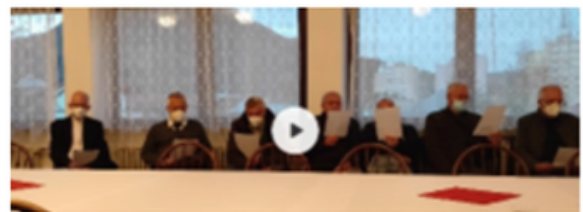
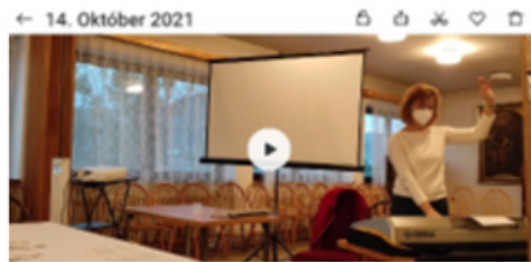
Event/Activity:

Introductory meeting with members of Andrej Church Choir, Parish Office building in Ružomberok

Date: 14/10/2021

Nr of people attending: 18

Way of dissemination (Include links, photos, etc):



Event/Activity:

Cantus Choralis 2021 - International symposium on Choral singing in Ústí nad Labem (Czech Republic)

Date: 18/10/2021

Nr of people attending: 50

Way of dissemination (Include links, photos, etc):

<https://photos.google.com/share/AF1QipPKApUPSfjLaZGEoyKNc4gJzFEOpSI8ghxnDy3OIwuaAYzq6T1ax9MBgjz6zptRpA?key=Nk0xTENpOHRZOVNwWHZ0SHkycFNkUUtrWHd5NnFR>





Slovakia

Event/Activity:

Article in the magazine of Catholic University in Ružomberok Kuriér KU, ISSN 1337-463X

Date: N o 2/2021, pp. 22-23

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.ku.sk/katolicka-univerzita-v-ruzomberku/o-univerzite/casopisy-na-ku/kurier-ku-issn-1337-463x/>

AKTÍVNE BEZBARIÉROVÉ VZDELÁVANIE PRE SENIOROV

Prvé výsledky medzinárodného projektu



Fakulta zdravotníctva Katolíckej univerzity v Ružomberku v spolupráci s Katedrou hudby na Pedagogickej fakulte KU sa v septembri roku 2020 stala súčasťou medzinárodného projektu Aktívne bezbariérové vzdelávanie pre seniorov (ASEB – Active Seniors' Education without Barriers), ktorého hlavným riaditeľom je Ostravská univerzita v Ostrave. Ďalšími partnermi sú dve portugalské inštitúcie – Seniorská univerzita vo Ferrere do Zêzere (Universidade Sénior de Ferreira do Zêzere) a Asociação Rede de Universidades da Terceira Idade) so sídlom v Porte. Do projektu sú zapojení manažéri, ekonómovia, technici, hudobní odborníci a experti z oblasti kultúrneho dedičstva zo všetkých týchto inštitúcií, ktorí pracujú pod dohľadom grantovej a hlavnej koordinátorky projektu Ing. Zdenky Tešnarovej, Ph.D. z Ostravskej univerzity.

Seniorská univerzita vo Ferrere do Zêzere vznikla vďaka združeniu zameranému na zlepšovanie a sociálne starostlivosť v Pias (Associação de Melhoramentos e Bem Estar Social de Pias) v apríli roku 2009.

V súčasnosti ju navštevuje 50 študentov, z ktorých sú niektorí cudzinci. Poslaním tejto inštitúcie je podporovať vedomosti a kultúru, vedeckú a technickú výučbu v rôznych oblastiach vedomosti a sociálnej činnosti. Hlavným cieľom univerzity je propagovať neformálne vzdelávanie, podporovať učiaci a organizačný proces v kultúrnych, občianskych, výrobných a záujmových činnostiach, rozvíjať medzidružkové a sociálne vzťahy medzi rôznymi generáciami a v neposlednom rade podporovať dobrovoľníctvo a solidaritu. Spolupráca na portugalskej národnej úrovni sa realizuje v rámci aktív RUTIS. Je to súkromná inštitúcia sociálnej solidarity a verejnej služby na podporu komunity a seniorov na národnej i medzinárodnej úrovni, ktorá bola založená v roku 2005. Každoročne organizuje niekoľko podujatí, ktoré zabezpečujú rôzne univerzity a na ktorých sa prezentujú hudobné či divadelné skupiny, akadémie, umelecké a tanečné slávnosti. Hlavným zameraním RUTIS je podpora aktívneho starnutia a podpora seniorských univerzít v Portugalsku.

Univerzity tretieho veku (UVV) v Českej republike fungujú podľa tzv. francúzskeho modelu vzdelávania seniorov, ktorý bol predstavený v roku 1973 v Toulouse a pre ktorý je typické úzke napojenie na univerzitné prostredie. Medzi výhody tohto modelu patrí predovšetkým aktívna participácia kvalifikovaných vysokoškolských pedagógov na výuke seniorov, ako aj možnosť využitia prístrojovo-technického potenciálu danej univerzity. V Čechách sa od roku 1993 univerzity tretieho veku združujú v Asociácii univerzít tretieho veku, ktorá je členom ARIETA (International Association of the Universities of the Third Age), EFOS (European Federation of Older Students) a európskej informačnej siete pre UVV. Univerzity, ktoré sú súčasťou Asociácie, môžu každoročne žiadať Ministerstvo školstva, mládeže a športu o finančné prostriedky, ktoré sa významne podieľajú na pokrytí nákladov a umožňujú minimalizovať poplatky seniorov na úrovni symbolických čiastok. V súčasnosti možnosť štúdia na UVV ponúka väčšina českých verejných vysokých škôl a tiež niektoré súkromné vysoké školy. V Ostrave bola UVV založená pri Ostravskej univerzite v roku

1991. Skupina seniorských frekventantov v súčasnosti pracuje s etablovaným speváckym zborom Collegium boom. Základu nad týmto projektom prevzala ZUŠ Eduarda Marhuly v Ostrave – Malých Hořách.

Na Slovensku sa systematické vzdelávanie seniorov uskutočňuje od roku 1990, kedy vznikla prvá Univerzita tretieho veku (UTV) na Univerzite Komenského v Bratislave. Následne sa k tejto iniciatíve pripojili aj iné univerzity a boli otvorené ďalšie UTV v Martine, Nitre a v Banskej Bystrici. Na Katolíckej univerzite v Ružomberku vznikla UTV v roku 2006. Zameranie študijných programov pre seniorov na Slovensku je rôznorodé, avšak doposiaľ sa realizovalo len veľmi málo programov s hudobným obsahom. Zapojenie sa do projektu ASEB je preto vysokojuho príležitouťou rozšíriť sa o podobný typ vzdelávania v zahraničí a na základe tejto spolupráce vytvoriť originálny hudobný kurz so širším európskym zameraním. Do spolupráce na projekte bol pozvaný ružomberký Chrámový zbor Andrej. Je to autonómne teleso, ktoré svoje aktivity organizuje samostatne, predieňuje a výlučne na duchovné účely, teda vystrája len počas slávnostných bohoslužieb na veľké liturgické sviatky a odpustové slávnosti, resp. na samostatných koncertoch.

Cieľom projektu je vytvoriť systém inkluzívneho vzdelávania seniorov a využitím informačných technológií a neverbálnej komunikácie pomôcť ľuďom. Používanie hudby v geriatrickej a gerontologickej praxi bolo vypracované dvoma metodickými dokumentmi, v ktorých líria verzia zachytáva cieľ, štruktúru, náplň a realizáciu celého projektu, užšia verzia zas môže poslúžiť ako príručka pre choreografiu seniorských speváckych zborov pri zberových nácvikoch, resp. pri orientovaní sa v seniorskom hudobnom priestore. Druhým zaujímavým výstupom bude českoro medzinárodný spevník obsahujúci 30 piesní z portugalského, českého i slovenského repertoáru. Spevník sa stane hlavným ľudovým materiálom pri príprave a realizácii záverečného výstupu – koncertu medzinárodne vypracovaného seniorského zboru, ktorý sa uskutoční v Českej republike v roku 2022. Nemenej významnou aktivitou, ktorá má ambíciu preniesť sa do lírliho priestoru seniorského vzdelávania, je e-learningový

kurz Kultúrne dedičstvo. Jeho obsahová náplň je pripravená v troch jazykových mutáciách a v dôkladnej dobe sa stane predmetom vzdelávania účastníkov projektu. Postoj spoločnosti k starobe a starým ľuďom je v súčasnosti, žiaľ, stále negatívny. Starnutie je chápané ako obdobie, počas ktorého človek môže len chátrať. Hodnotový systém spoločnosti, ktorá zdôrazňuje zachovanie mladistvého vzhľadu a vyžaduje maximálny výkon, starých ľudí veľmi znevýhodňuje. Veríme, že vďaka realizácii projektu ASEB sa nám aspoň čiastočne podarí znevažovať tieto trendy a ponúkame tak pre seniorov nové možnosti a koncepty. Sociálna inkluzia prostredníctvom hudby, ktorú tu môžeme označiť ako vzdelávací nástroj pre seniorov, môže tiež slúžiť ako zdroj sociálnej medicíny a nových medzidružkových vzťahov v interakcii s novými subjektmi a inštitúciami v domácej i medzinárodnej komunite.



Slovakia

Event/Activity:

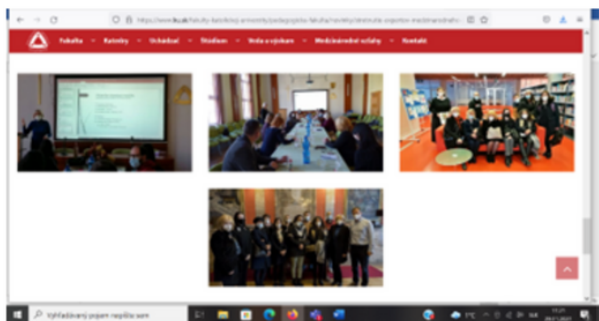
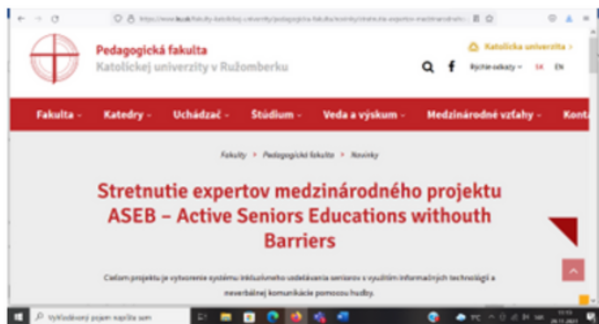
Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of PF KU

Date: 23-24/11/2021

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.ku.sk/fakulty-katolickej-univerzity/pedagogicka-fakulta/novinky/stretnutie-expertov-medzinarodneho-projektu-aseb-active-seniors-educationswithouth-barriers.html>



Slovakia

Event/Activity:

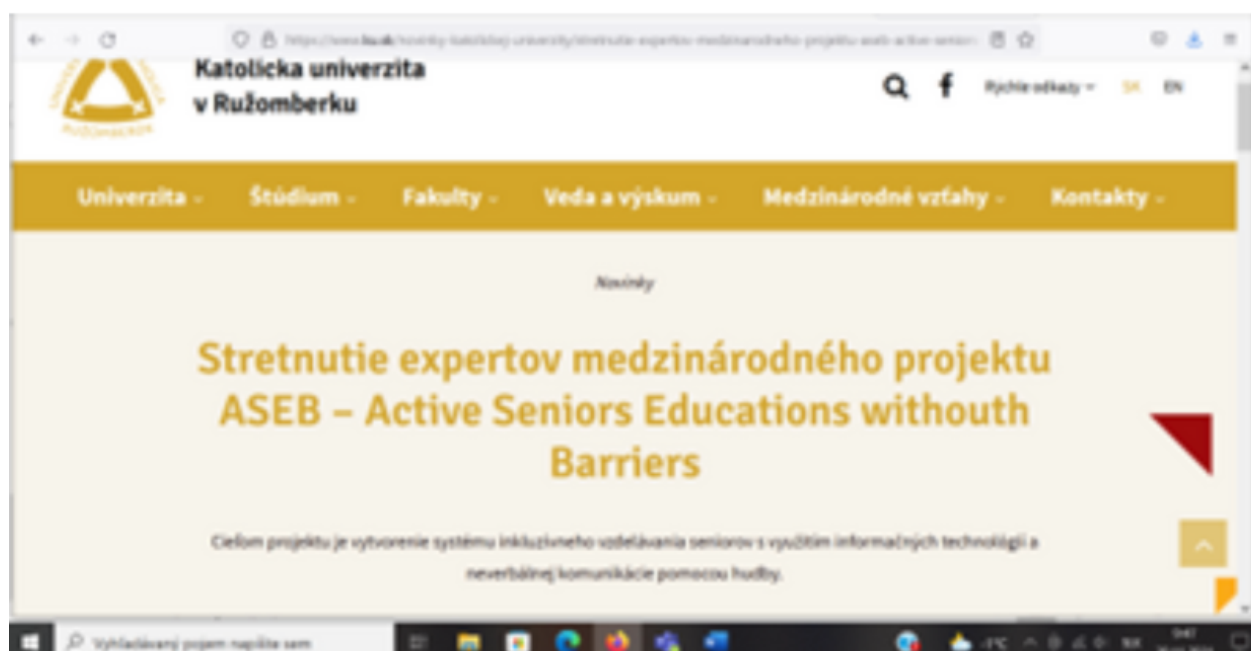
Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of Catholic University in Ružomberok

Date: 23-24/11/2021

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.ku.sk/novinky-katolickej-univerzity/stretnutie-expertov-medzinarodneho-projektu-aseb-active-seniors-educations-withouth-barriers.html>





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

Event/Activity:

Information about the course of the meeting on 23-24 novembre 2021 in Ružomberok, website of Catholic University in Ružomberok

Date: 23-24/11/2021

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.ku.sk/fakulty-katolickej-univerzity/fakulta-zdravotnictva/novinky/stretnutie-expertov-medzinarodneho-projektu-aseb-active-seniors-educations-withouth-barriers.html>

<https://www.ku.sk/en/faculties/faculty-of-health/news/experts-meeting-of-international-project-aseb-active-seniors-educations-withouth-barriers.html>





Slovakia

Event/Activity

Information about the blended mobility on 3-11 septembre 2022 in Hradec Králové, website of Catholic University in Ružomberok

Date: 3-11/9/2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Information on website of Catholic University:

<https://www.ku.sk/novinky-katolickej-univerzity/blended-mobility-seniorov-troch-krajin-v-ramci-medzinarodneho-projektu.html>

Event/Activity

Information about the blended mobility on 3-11 septembre 2022 in Hradec Králové, website of Faculty of Health in Ružomberok

Date: 3-11/9/2022


Nr of people attending:


Way of dissemination (Include links, photos, etc)

Information on website of Faculty of Education:

<https://www.ku.sk/fakulty-katolickej-univerzity/fakulta-zdravotnictva/novinky/blended-mobility-seniorov-medzinarodneho-projektu-aseb-active-seniors-educations-withouth-barriers.html>

← → ↻ <https://www.ku.sk/fakulty-katolickej-univerzity/pedagogicka-fakulta/novinky/blended-mobility-seniorov-troch-krajin-v-ramci-medzinarodneho-projektu.html> ⌵ ⌵ ⌵

 **Pedagogická fakulta**
Katolíckej univerzity v Ružomberku

 **Katolícka univerzita** >
Rychle odkazy ▾ SK EN



Fakulta ▾ Katedry ▾ Uchádzači ▾ Štúdium ▾ Veda a výskum ▾ Medzinárodné vzťahy ▾ Kontakty

Fakulta > Pedagogická fakulta > Novinky

Blended mobility seniorov troch krajín v rámci medzinárodného projektu

Katedra hudby PF KU už od roku 2020 spolupracuje s Fakultou zdravotníctva KU na medzinárodnom projekte Aktívne bezbariérové vzdelávanie pre seniorov (ASEB), v rámci ktorého sa v dňoch 3. - 11. septembra 2022 konala tzv. blended mobilita v Hradci Králové.

Fakulta ▾ Katedry ▾ Uchádzači ▾ Štúdium ▾ Veda a výskum ▾ Medzinárodné vzťahy ▾ Kontakt





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Slovakia

IEvent/Activity:

septembre 2022 in Hradec Králové, website of Faculty of Education in Ružomberok

Date: 23.09.2022, roč. XXXVI

Nr of people attending:

Way of dissemination (Include links, photos, etc):

<https://www.ku.sk/fakulty-katolickej-univerzity/pedagogicka-fakulta/novinky/blended-mobility-seniorov-troch-krajin-v-ramci-medzinarodneho-projektu.html>



Slovakia

Event/Activity

Information about the blended mobility on 3-11 septembre 2022 in Hradec Králové, website of Catholic University in Ružomberok

Date: 3-11/9/2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

Information on website of Catholic University:

<https://www.ku.sk/novinky-katolickej-univerzity/blended-mobility-seniorov-troch-krajin-v-ramci-medzinarodneho-projektu.html>

Event/Activity

Paper at the conference FAMILY – HEALTH – DISEASE, (12 th annual conference) Faculty of Health of Catholic University in Ružomberok

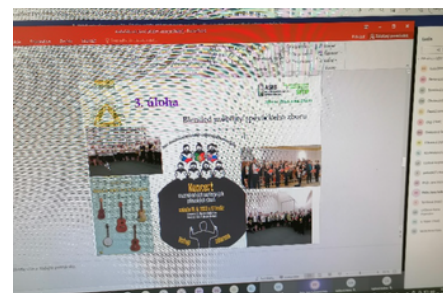
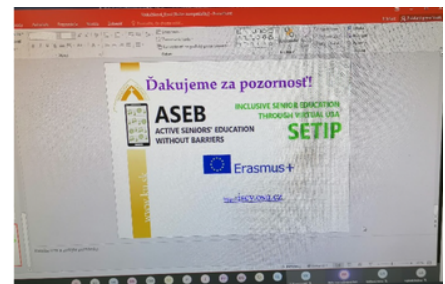
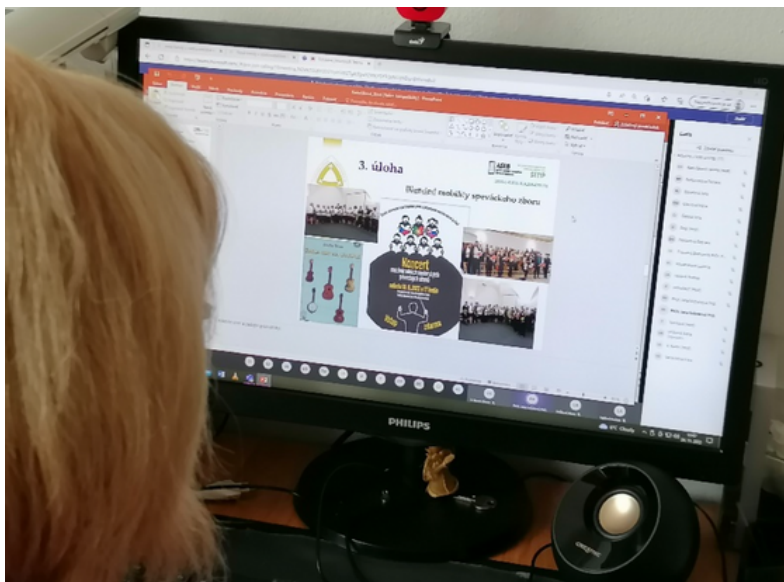
Date: 20/10/2022

Nr of people attending: 100

Way of dissemination (Include links, photos, etc)

Title of contribution: Blended mobility of seniors from three countries as part of an international project ASEB

<https://www.ku.sk/app/cmsFile.php?disposition=i&ID=2434>



Slovakia

Event/Activity

Paper at the conference FAMILY – HEALTH – DISEASE, (12th annual conference)

Blended mobility of seniors from three countries as part of an international project ASEB

Date: 20/10/2022

Nr of people attending: 100

Way of dissemination (Include links, photos, etc)

<https://www.ku.sk/app/cmsFile.php?disposition=i&ID=2434>

Event/Activity

NEW TRENDS IN NURSING VIII., Department of Nursing, Faculty of Health and Social Work, University of Trnava in Trnava

Date: 20/10/2022

Nr of people attending: 70

Way of dissemination (Include links, photos, etc)

Inovatívne prístupy v edukácii seniorov - Innovative approaches in the education of seniors

https://projekty.osu.cz/aseb/konferenciefzsp.truni.sk/sites/default/files/konferencie/katedry/ose/nto_viii._-program_konferencie_5.pdf

Event/Activity

Koncert seniorov v Ostrave - záverečný výstup projektu

Date: 09/12/2022

Nr of people attending:

Way of dissemination (Include links, photos, etc)

<https://www.ku.sk/fakulty-katolickej-univerzity/pedagogicka-fakulta/novinky/koncert-seniorov-v-ostrave-zaverecny-vystup-projektu.html>



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Facebook post on RUTIS's page



RUTIS - Rede de Universidades Seniores

Publicado por Luis Jacob · 14 de março ·

O projecto **ASEB (Active Seniors Education without barriers)** tem como objetivo criar uma plataforma Moodle sobre herança cultural através da música, dirigida à população acima dos 50 anos, culminando com a criação de Coros em todos os países parceiros. A RUTIS teve o prazer de apresentar este projeto e explicar os resultados pretendidos no IX Congresso Nacional das Universidades e Academias Seniores.





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Event/ Activity:

RUTIS integra projecto europeu sobre herança cultural

Date:

28/04/2021

Way of dissemination (Include links, photos, etc): https://correiodoribatejo.pt/rutis-integra-projecto-europeu-sobre-heranca-cultural/?fbclid=IwAR3MpRzCKMBgbG-VqCDo_q859uww2dH5nkHpuFm9IElyQIVTCZxg5OsW8fs

CORREIO DO RIBATEJO

Sociedade Cultura Desporto Educação Empresas & Empresários Entrevistas Saúde Opinião Ecos do Burladero

EDUCAÇÃO

RUTIS integra projecto europeu sobre herança cultural

1 MINUTOS DE LETURA

16 SHARES 16 Share Tweet

ARQUIVO DIGITAL 132 ANOS DE HISTÓRIA



INICIAR SESSÃO

UTILIZADOR

SENHA

Iniciar sessão

Perdi

PUB

ESTA SEMANA



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Event/ Activity:

RUTIS integra projecto europeu sobre herana cultural

Date: 15/06/2021

Way of dissemination (Include links, photos, etc): <https://projekty.osu.cz/aseb/doc/apresentacao-smart-tech-copia-15-6-2021.pdf>

Using SMART TECHNOLOGY

for support of creative senior's activities

Dulce Mota
Andreia Veloso

June, 2021



Portugal

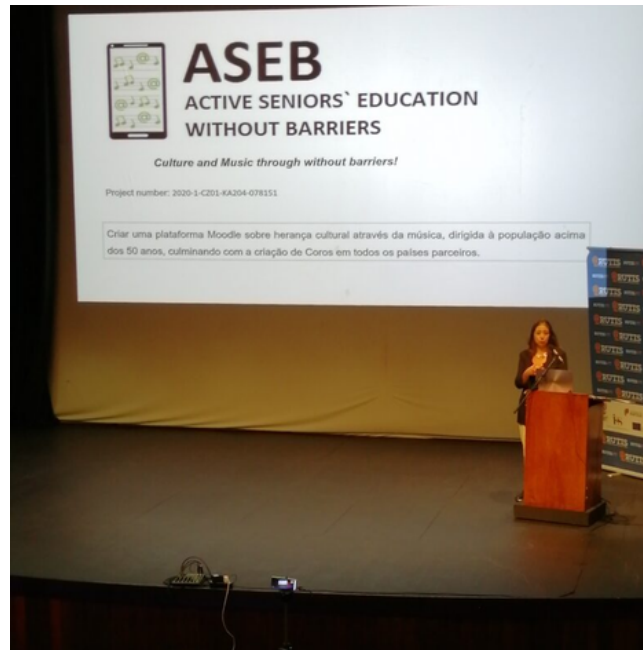
Event/ Activity:

Magna Meeting/International Conference

Date: 16/10/2021

Nr of people attending: 73

Way of dissemination (Include links, photos, etc):



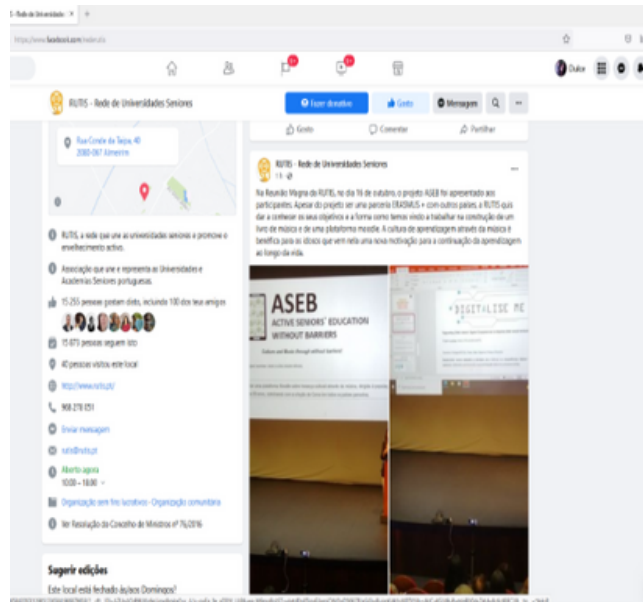
Event/ Activity:

Post on facebook about RUTIS Magna Meeting

Date: 21/10/2021

Nr of people attending:

Way of dissemination (Include links, photos, etc):





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Event/ Activity:

Music Festival with presentation of ASEB project, in order to motivate more seniors working in European projects.

Date: 14/03/2022

Nr of people attending: 83

Way of dissemination (Include links, photos, etc):



Event/ Activity:

Seminary about Active Aging. All RUTIS'S projects were presented, included ASEB

Date:

12/05/2022

Nr of people attending: 54

Way of dissemination (Include links, photos, etc):





Portugal

Event/ Activity:

Article in newspaper about Portuguese seniors in CR visit

Date: 14/09/2022

Nr of people attending:

Way of dissemination (Include links, photos, etc):

The newspaper is distributed in all community

ATUALIDADE | Almeirim

RUTIS e AMBESP em visita a República Checa com o projeto ASEB

Na primeira semana de Setembro, a RUTIS e a Ambesp estiveram na Rep. Checa, numa visita no âmbito do projeto ASEB. Este projeto europeu visa trocar experiências musicais entre coros dos 3 países integrantes (Portugal, Rep. Checa e Eslováquia) e também informar os participantes sobre a cultura destes 3 países, através de cursos desenvolvidos online, em todas as línguas do projeto, através de uma plataforma moodle. Depois de já terem recebido os parceiros em Portugal, numa altura em que os professores dos diferentes coros vieram aprender as músicas portuguesas e os professores portugueses (José Rebola e Márcio Cabral) aprenderam as músicas Checas e Eslovacas, chegou agora a vez de juntar todos os coros na cidade de Hradec

Kralové para um concerto final. A visita contou ainda com uma parte cultural, onde os nossos participantes puderam visitar parte dos palácios e museus da Boémia Oriental e apreciar as paisagens ricas em vegetação na confluência dos Rios Elba e Orlice. Segundo a diretora técnica da Ambesp, Vera Ribeiro, "Tratou-se de uma experiência única para os nossos alunos!". O projeto ASEB continuará com os cursos online a decorrer até meados de Outubro de 2023 e o coro da Universidade Sénior de Ferreira do Zêzere irá atuar em diversas cidades do país, cantando canções Eslovacas e Checas como uma forma de disseminar este projecto e motivar outros seniores a participarem em projectos europeus.



Mês de iniciativas solidárias



A Biblioteca Municipal Marquesa do Cadaval, em Almeirim, recebe a apresentação do livro "O médico que deveria ter sido eterno", Memórias do doutor Torres Paulo, escrito por Célia de Figueiredo, no próximo dia 15 de abril, pelas 16h00.

"Todos juntos pelo Francisco" é o evento de caridade que irá contar com vários artistas, no próximo dia 30 de abril, pelas 16h00, no Centro Cultural de Fazendas de Almeirim. O custo do evento será de 3 euros.

Abril é o mês de prevenção aos maus-tratos na infância, para não deixar passar esta causa tão importante e necessária, vão realizar-se três eventos para assinalar a causa:

A biblioteca municipal de Almeirim irá receber uma na-



ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Event/ Activity:

Conference about RUTIS projects and annual activities.

Date: 11/11/2022

Nr of people attending: 61

Way of dissemination (Include links, photos, etc):



Event/ Activity:

Christmas Music festival (ASEB songbook music's were been incorporated). University of third Age sang for institutions of elderly people.

Date: 07/12/2022

Nr of people attending: +/-200

Way of dissemination (Include links, photos, etc):





ASEB
ACTIVE SENIORS' EDUCATION
WITHOUT BARRIERS

Portugal

Event/ Activity:

RUTIS conference where RUTIS president explained all projects that RUTIS are involved in.

Date: 06/01/2023

Nr of people attending: +/-200

Way of dissemination (Include links, photos, etc):

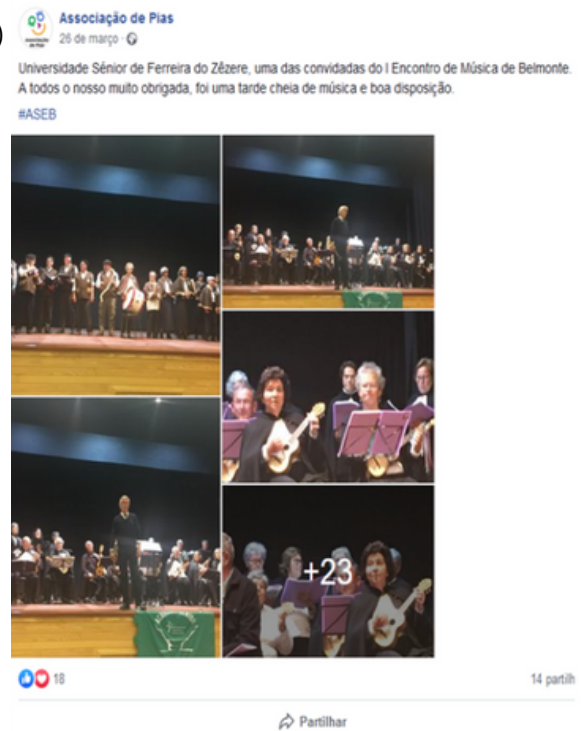
Event/ Activity:

Music festival with ASEB project music's (from songbook)

Date: 26/03/2023

Nr of people attending: 220

Way of dissemination (Include links, photos, etc):



Event/ Activity:

Chorus Festival with participation of ASEB songs

Date: 04/05/2023

Nr of people attending: 125

Way of dissemination (Include links, photos, etc):



07. Conclusions

During the international meeting, we consistently met our predetermined goals. The allocated time proved sufficient for accomplishing all assigned tasks. Each partner had ample opportunity to share their insights, and survey feedback revealed that everyone felt their opinions were valued, contributing to the project's collective success.

One area for potential improvement lies in enhancing the interaction between staff members and our senior participants, given that language barriers can pose a challenge. While our staff members diligently provided necessary translations, we acknowledge the persistence of language obstacles. Looking ahead, we aspire to introduce live translators for various languages in our future projects, ensuring seamless communication during work meetings, congresses, and seminars. This proactive step aims to eliminate interruptions and provide a smoother experience for each senior group.

This is one of the reasons why projects like "ASEB" are valuable, as they offer the opportunity to utilize a digital platform that enables communication among participants in their respective native languages.

In reference to the group chorus rehearsals, we can confidently assert that they proceeded smoothly, primarily due to two significant factors. Firstly, each group was fortunate to have dedicated teachers who could seamlessly translate instructions into the participants' native languages. Secondly, the universal language of music transcended communication barriers, fostering excitement and motivation among all participants as they harmoniously sang together.

08. References

Lifelong Learning:

1. UNESCO Report on Lifelong Education (2000): This UNESCO report highlights the importance of lifelong learning for personal and professional development and provides several recommendations for promoting this approach.

2. European Commission - Lifelong Learning: The European Commission's website provides detailed information on policies, programs, and initiatives related to lifelong learning in the European Union.

3. Academic Article - "Lifelong Learning: Concepts and Contexts" (2002): This academic article explores the concepts and contexts of lifelong learning and highlights its importance in contemporary society. [Link to the article](#)

Project Dissemination:

1. European Commission's Manual on Project Results Dissemination (2017): This manual provides detailed guidance on how to plan and implement the dissemination of results from projects funded by the European Union.

2. Academic Article - "Effective Dissemination of Research" (2011): This article discusses effective strategies for disseminating research results, which can be applied to projects in various fields.

3. National Endowment for the Arts (NEA) Guide on Project Dissemination (2017): This guide offers insights into how cultural organizations can effectively disseminate the results of their artistic and cultural projects.