
PROJECT MEETING, PORTUGAL 8.7., 9.7.2026

ZDENKA TELNAROVA

WP2 International Senior Chorus

- **Indicators:**

- **Virtual classroom: e-learning course (HESSEB platform) to support the chorus**
- **Min. 10 seniors from each partner country**
- **Accounts for seniors- check list in the platform <http://hesseb.osu.cz>**
- **Each senior will have a completed profile (medallion)**
- **Detailed manual for seniors: How to work with the HESSEB platform translated into the languages of the partner countries**
- **Project website**

eLearning platform



Co-funded by
the European Union

The aim of the project is to strengthen:

- inclusion of seniors in society, including at the international level, by removing barriers to the education of seniors,
- awareness of seniors about the functioning, principles and values of the EU, to highlight the benefits of EU countries,
- digital literacy of seniors as a tool for digital inclusion,
- active approach of seniors to education by involvement in the creation of course content,
- ability to communicate using non-verbal communication and AI.



Senior chorus

eLearning course Senior chorus

Senior chorus



Učitel: Márcio Cabral

Učitel: Jiří Flassig

Učitel: Carme Mas

Učitel: Eva Polášková

Učitel: Zdenka Telnarová

<https://hesseb.osu.cz/course/view.php?id=2>

Number of seniors in choruses

CR: 12

SP: 13

PO: 20

The course includes these materials

- 14 Portuguese songs
- 13 Czech songs
- 11 Spanish songs
- 10 Slovak songs

Documents to the songs:

Notes of songs with lyrics

Video of the senior choir

Parlando – phonetics

Videos from the rehearsals:

- CR – 7 videos
- PT – 2 videos
- SP – 11 videos

Methodology and Manual for seniors How to work with platform

Methodology:

https://hesseb.osu.cz/pluginfile.php/497/mod_resource/content/3/Methodology-HESSEB.pdf

https://projekty.osu.cz/hesseb/doc/Methodology_HESSEB-new.pdf

Manual:

<https://projekty.osu.cz/hesseb/doc/how-to-use-platform-en.pdf>

<https://projekty.osu.cz/hesseb/doc/how-to-use-platform-cz.pdf>

<https://projekty.osu.cz/hesseb/doc/how-to-use-platform-pt.pdf>

<https://projekty.osu.cz/hesseb/doc/how-to-use-platform-sp.pdf>

Links also in the platform <http://hesseb.osu.cz>

Project website

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



How to Educate Seniors in the Spirit of European Belonging



About project

The aim of the project is to strengthen:

- inclusion of seniors in society, including at the international level, by removing barriers to the education of seniors,
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- active approach of seniors to education by involvement in the creation of course content,
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Homepage

Project partners

Project schedule 0,45 MB

Dissemination

Evaluation

Contacts

Common methodology of seniors choruses

eCourses European Belonging

Training activity for musicians

Songbook

Blended mobility

Dissemination event

eCourse Presentation of choruses results

Project management documents

Photos, videos



Co-funded by
the European Union

WP2 Songbook

Printed version – is it ok?

eVersion:

https://hesseb.osu.cz/pluginfile.php/577/mod_resource/content/1/zpevník_hotovo_dvoustranky.pdf

https://projekty.osu.cz/hesseb/doc/Songbook_AMBESP.pdf

The songbook contains

- 14 Portuguese songs
- 13 Czech songs
- 11 Spanish songs
- 10 Slovak songs

WP3 – Chorus pilot

The piloting has started on 1.1.2026

What is available?

- The Senior Chorus course, where you can find all the necessary materials to practice songs
- Videos from rehearsals
- Songbook in electronic form
- Songbook in printed form
- Profiles of all seniors in the chorus
- Seniors will view the profiles of all participants for introduction.
- Each face-to-face meeting of the chorus must have an attendance list.

Blended mobility

	05.07.2026 Sunday	06.07.2026 Monday	07.07.2026 Tuesday	08.07.2026 Wednesday	09.07.2026 Thursday	10.07.2026 Friday	11.07.2026 Saturday	12.07.2026 Sunday
Morning <u>9.30h 13.00h</u>	Arriving day AMBESP WILL PICK UP ALL SENIORS AT THE LISBON AIRPORT	Getting to know <u>each others</u> , presentation of the <u>program</u> , technicalities short intro + task for the week	<u>Visit Caves Alianca</u> <u>Sangalhos</u>	2 nd Rehearsal (Cultural Center – Stage)	Visit Tomar old city center	4 th Rehearsal (Cultural Center – Stage)	6 th Final Rehearsal (Cultural Center – Stage)	Departure
13.00h to 14.00h		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon 14.00h 16.30h		1 st Rehearsal		3 rd Rehearsal (Cultural Center – Stage)	Visit to Convento de Cristo	5 th Rehearsal (Cultural Center – Stage)	Concert	
Evening		Free Dinner	Free Dinner	Free Dinner	Free Dinner	Farewell dinner		

Activities after blended mobility

- Pilot continues till the end December 2026
- Regular face-to-face lessons – all partners
- More videos from lessons – all partners, min. 12 videos
- Dissemination activities on national level (concerts?) – all partners
- Evaluation – RUTIS
 - ❖ evaluation of blended mobility
 - ❖ evaluation of the course as a whole (questionnaire for teachers, questionnaire for seniors)

WP4 European Belonging courses

There are 9 topics in each course (the same topics, different language)

Portugal <https://hesseb.osu.cz/course/view.php?id=5>

Spain <https://hesseb.osu.cz/course/view.php?id=4>

Czech <https://hesseb.osu.cz/course/view.php?id=3>

Each partner will present its course, how the course looks like and what activities have been done so far.

Czech course

European belonging – The Czech Republic



<https://hesseb.osu.cz/course/view.php?id=3>

Učitel: Tadeusz Siwek

Učitel: Zdenka Telnarová

WP4 - indicators

- 9 lectures always in the national language (3 courses: Czech, Portuguese, Spanish).
- Min. 20 seniors studying in the course - **checking seniors in the courses**
- Activities for seniors (quizzes, assignments, discussions).
- Activities must be documented in the course, i.e. seniors must work with them.

Pilot – European Belonging course

Start: 1.1.2026

Face-to face lessons (min. 3, recommended 5 face-to-face lessons).

Seniors study from the platform HESSEB.

Seniors doing activities.

End of the pilot 31.12.2026.

Evaluation of the course

2 parts of evaluation WP4:

- ❑ Evaluation of the seniors activities – each partner elaborate report about seniors activities in the course (RUTIS will prepare structure of the document, partners will provide RUTIS by evaluation document)
- ❑ RUTIS will prepare evaluation questionnaire for teachers and for seniors.

RUTIS will create final evaluation and dissemination report of the whole project

Dissemination

Overview of so art activities

https://drive.google.com/drive/folders/1mr5g_qKyUI5Fkp-s05mCz3L2yNVVnbet

OU 17

EDENSOL 6

AMBESP+RUTIS 10

What partners suggest how to improve?

Organizational and financial matters

Extension of WP 3 by two months, i.e., February 28, 2027

Reason: evaluation of the pilot phase

The request will be submitted after the TPM—with no additional financial claims: the budget remains at its original amount

PUBLICITY!

A major focus in the National Agency's final evaluation: publicity

Take photos at all events and post them online. Blended mobility and the concert are great opportunities to generate publicity.

Organizational and financial matters

Financial reports for TPM and Blended Mobility:

Boarding Passes – CZ and ES

Attendance Lists

Photos, videos !!!

Portuguese partners:

Invoices related to the organization of blended mobility—rental, transportation, etc.

Each invoice must be accompanied by proof of payment—preferably a bank statement

Declaration regarding the supplier's VAT registration — an extract from the national register or VIES is sufficient.

Organizational and financial matters

EDENSOL and AMBESP have a budget for the following services:

software purchase

printing of workbooks

The following must be submitted:

invoices

proof of payment—preferably a bank statement

the supplier's VAT registration certificate—an extract from the national register or VIES is sufficient.

Important note: Invoices should already be available—given the timeline; if they are not, obtain them IMMEDIATELY!

Discussion, conclusions of the meeting
