

Project SIGA (Seniors in Green Action)

Home Herbal Pharmacy piloting

As a part of SIGA project we successfully carried out educational program for the elderly, focusing on the use of medicinal plants while emphasizing the importance of preserving the natural habitats of these plants. The participants gained new knowledge and skills related to plant-based healing, while also raising awareness about environmental protection and sustainability.





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They were actively engaged with society, while spending quality time in nature. Participants acquired valuable knowledge about medicinal plants, while also developing a sense of responsibility for preserving the natural world.





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Development of different herbal preparations

In the 40-hour program, participants created a variety of herbal preparations that they can use in their home apothecary, including tinctures, syrups, teas and herbal blends, oil macerates, and other ointments. These results were the direct outcome of the hands-on activities, and participants gained valuable knowledge on how to make these products on their own in the future.





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The pilot program participants also learned about the correct choice of packaging for these products and were introduced to the essential tools required for making ointments, tinctures, and oil macerates. The program provided them with the skills and confidence to continue using and producing these natural remedies at home.





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Piloting in partner organizations

The Home Herbal Pharmacy program was piloted in five partner countries: Croatia, Italy, Slovenia, Spain, and Cyprus. 60 participants over 54 all from five partner countries carried out multiple activities outdoors and indoors. Specially guided outdoor excursions provided participants with knowledge about wild plants, their's habitats and ecological impact on the environment.





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Our pilot program participants expressed great satisfaction with the developed program and the education provided, which makes us extremely happy.

Thank you to all our participants who participated in the implementation of the piloting program of our first project result, Home Herbal Pharmacy program, and thank you for following the implementation of the SIGA project!



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