

SIGA - Seniors in Green Action Newsletter

ISSUE 1 - NOVEMBER 2023



WHAT IS THE SIGA PROJECT?

SIGA (Seniors in green action) is an innovative project initiated by Narodno učilište Rijeka. This project, co-financed with funds from the European Union's Erasmus+ program, is aimed at educating the elderly about the use of medicinal wild plants and their inclusion in sustainable development.

Why did we decide to start the SIGA project?

Many people use their stay in nature to collect wild herbs, but do not take into account the amount of harvested herbs or the method of collection, which most often unintentionally contributes to the devastation of the habitat of wild plants and its natural environment due to ignorance of the principles of sustainability.

Who is the SIGA project intended for?

People over the age of 54 are less physically active and spend less and less time in nature, which further isolates them.

By implementing this project, we want to enable people over the age of 54 to actively participate in society with quality time spent in nature, learning and mastering new skills applicable in everyday life in a simple and interesting way.

Who are the project partners?

1. DOREA EDUCATIONAL INSTITUTE WTF, Limassol, Cyprus
2. Studio Naturalistico Hyla s.r.l., Tuoro Sul Trasimeno, Italy
3. Education In Progress, Palma de Mallorca, Spain
4. Ljudska univerza Ormož (LUO), Ormož, Slovenia



The project was co-financed by the European Union's Erasmus+ program in the amount of EUR 250,000.00.

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Contract number: 2023-1-HR01-KA220-ADU-000156656

How will the SIGA project affect the community?

By implementing this project, we will solve the problem of environmental sustainability and thus achieve a double benefit:

- educate the elderly on how to properly collect wild herbs and how these herbs will be used to make various herbal preparations for health preservation and disease prevention
- reduce the amount of waste of industrial medicines

By implementing the project, we will create new educational opportunities for learning among all citizens and generations, since through the project we will create:

- Home Herbal Pharmacy program
- mini curriculum on sustainability and environmental protection
- manual with recipes for making natural medicinal preparations

How long does the project last?

The project will last 24 months, until October 1, 2025.

What will participants learn from the SIGA project?

During the implementation of the project, participants will have the opportunity to take part in a free workshop on proper collection and preparation of wild medicinal plants in all partner countries.

Each partner will carry out the workshop with 12 participants, which means that a total of 60 people over the age of 54 will benefit in the form of gaining new knowledge related to preserving their health, and at the same time will develop awareness of environmental preservation.

After completing the training, participants will know:

- how to collect wild medicinal plant
- cultivate them
- perform pruning of wild medicinal plants

After completing the education, the participants will also be able to independently make herbal preparations, tea mixtures and grow medicinal plants, thereby helping themselves and their local community.

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