



SENIORS IN GREEN ACTION

ERASMUS+ KA2 PROJECT

NEWSLETTER ISSUE 2

>>> PROJECT GOALS

The SIGA project aims to create an educational program for seniors centered on the use of wild medicinal plants, emphasizing the importance of preserving their natural habitats. This program will equip seniors with the knowledge necessary for the proper harvesting of wild medicinal plants and their application in creating herbal preparations that promote health and prevent illness. Participants will have the chance to engage actively with their local communities by spending quality time in nature, acquiring and refining new skills, enhancing environmental awareness, and prioritizing their health.

>>> PROJECT DEVELOPMENT

The project partners have created a program titled “Home Herbal pharmacy,” tailored to the specific context of each partner country. This program encompasses theoretical lessons, field activities such as nature outings, organized training sessions, and demonstrations on the appropriate collection of wild medicinal plants, all while respecting their habitats and fostering ecological awareness. Additionally, it includes practical lessons focused on preparing remedies from the medicinal plants that have been previously collected.

PILOT COURSE

The Home Herbal pharmacy program will be piloted in all partner countries: Croatia, Italy, Slovenia, Spain, and Cyprus. Aimed at individuals over the age of 54, the pilot activities will provide a distinctive blend of theoretical knowledge and practical application. 60 participants will learn about medicinal plants in a classroom setting, engage in guided outdoor excursions for responsible harvesting, and acquire hands-on experience in crafting simple herbal remedies during specialized workshops.

