



SENIORS IN GREEN ACTION **ERASMUS+ KA2 PROJECT**

FINAL PROJECT MEETING IN RIJEKA (CROATIA)



The last project work meeting of the SIGA (Seniors in Green Action) project was hosted in Rijeka on September 22nd. Attendees included project staff from the five participating organizations: Croatia (lead partner), Slovenia, Greece, Spain, and Italy. In the magnificent and motivating environment of the Narodno Učilište Rijeka, participants engaged actively in finalizing the project, coordinating the publication of all results achieved on the website.

THE OUTCOMES OF THE PROJECT



In addition to general information about the project, SIGA website and e-learning platform offer educational materials developed during the project, available for download and online learning:

- the Home Herbal Pharmacy program, a non-formal educational program aimed at adults over 54 years of age to learn how to use wild medicinal plants to maintain health and general well-being;
- a practical manual with recipes for making preparations from wild medicinal plants;
- simple video recipes for replication at home.



Thanks to the developed educational materials, everyone who accesses the website and e-platform will also be able to learn more about:

- the various properties and health benefits of wild medicinal plants,
- how to collect plants without damaging their natural habitats and environment,
- what preparations can be prepared from wild medicinal plants and how to use them for the purpose of preserving health and achieving a better quality of life,
- how to live green and raise your awareness and that of your surroundings about the importance of preserving the environment

And finally, test your newly acquired knowledge with a pop quiz.

VISIT THE WEBSITE AND E-LEARNING PLATFORM:

<https://siga.ka2erasmusprojects.eu/>

FINAL INFORMATIVE EVENTS

The final informative events were held in each of the five partner countries, with the participation of 50 participants from each country, a total of 250 people. During the event, participants had the opportunity to learn more about the project objectives and results directly from the project leader and project partners, to familiarize themselves with the developed educational materials, and to experience the excitement of creating useful preparations from wild medicinal plants for everyday use.

