



# SENIORS IN GREEN ACTION

## ERASMUS+ KA2 PROJECT

### »»» PROJECT GOALS

The SIGA project goal is to develop an educational program for the elderly on the use of medicinal wild plants with an emphasis on preserving the habitat of wild plants. Through the developed program, the elderly will gain knowledge on how to properly collect medicinal wild plants and how to use these plants to make herbal preparations for health preservation and disease prevention. The elderly will get the chance to actively contribute to their local communities while spending quality time in nature, learning and mastering new skills, raising environmental awareness and caring for their health.

### »»» DEVELOPMENT

Project partners have developed a Home Herbal Pharmacy program that is adapted to each partner country's context and includes theoretical classes, field classes (outings in nature, organized education, and demonstration of proper collection of wild medicinal plants while taking care of plant habitats and encouraging ecological awareness) as well practical classes (making preparations from previously collected medicinal wild plants).

## PILOT TESTING

The Home Herbal Pharmacy program will be piloted in all partner countries: Croatia, Italy, Latvia, Spain, and Cyprus. Designed for individuals over 54, the pilot activities will offer a unique blend of theory and practice. The 60 participants will learn about medicinal plants in classrooms, participate in guided outdoor excursions to responsibly collect them, and gain hands-on experience creating herbal remedies in practical workshops.

