

Wellbeing from Nature Erasmus+ BIP 3ECTS

WHAT?

Aim: to enhance multiprofessional cooperation by bringing together different fields of health related study programmes to develop nature based wellbeing products. Students, with support of the teachers will work in small international, multiprofessional teams developing real product prototypes for beauty care, oral health, energy boost and illness prevention.

Learning outcomes:

- will have knowledge about holistic human wellbeing approach
- will have knowledge about medical plant raw materials and their use for wellness
- will be able to recognize and to explain useful for wellness properties of medical plant raw materials
- will be able to produce selected wellness product and to evaluate its' quality

Course is developed for the students of these study fields: oral health, biomedical diagnostics, dietetics, pharmacotechnics and cosmetology.

HOW?

BIP will have two parts: online lectures and physical meeting week in Kaunas (Lithuania).

Online lectures will be organized on 7th, 14th, 21st and 28th of March (starting 16:00 (GMT+2) for 1,5 hours + discussions). Classes will use Google meet tool and Moodle environment.

Physical meeting will be organized from 24th till 28th of April 2023.

Intensive course at Kauno kolegija will consist of two parts: lectures and workshops.

Workshops will be supplemented by short theoretical introduction before each:

Separating active ingredients

Developing the product for chosen area

Laboratory examination of the developed product

Preparation of product description (information label)

Organizers will offer some snacks/meals during the week, but all the traveling and accommodation costs should be covered by sending institutions' Erasmus grants.

To participate:

Sending institution have to nominate students by 28th of February 2023.

Students have to apply by 4th of March 2023.

Registration form for the students:

<https://forms.gle/EcspCWE4WXm7MBpE7>

Teachers are also welcome to come and to contribute to the development of the intensive week. It would be wonderful if teachers would offer lectures in some of these thematic areas:

Impact of the active ingredients of medical herbs on human health

Recognizing the active ingredients in natural resources
Nature based resources for health
Understanding the wellbeing – holistic approach

Please contact projects manager **Povilas Beseckas** if you have any questions by email:
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