



University of Novo mesto
Faculty of Health Sciences

PHYTOTHERAPY IN MODERN SOCIETY

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ABOUT THE PROJECT



— EVROPSKI KMETIJSKI SKLAD ZA RAZVOJ PODEŽELJA: —
Evropa investira v podeželje

Development and implementation of training courses about medicinal plants on educational farms - PHYTOFARMS

- **Call:** Submeasure 16.9 Support for the diversification of agricultural activities in terms of health care, social inclusion, community-based agriculture and environmental and food education.
- **Budget:** 74.998,46 EUR
- **Funding:** The project is co-financed by European Agricultural Fund for Rural Development.
- **Project Coordinator:** University of Novo mesto Faculty of Health Sciences
- **Partners:** Educational Institution Višnja Gora, farm Mahne, farm Divji vrt in farm Markovi
- **Duration:** 2 years (17. 10. 2019 – 16. 10. 2021)



WHAT IS PHYTOTHERAPY?

- Phytotherapy is a method of treating, alleviating and preventing diseases using herbs or parts of them.
- Phytotherapeutic contents:
 - traditional herbalism,
 - benefits of wild plants for nutrition and health,
 - production of medicinal plant preparations,
 - basics of botany,
 - protection of plant species.
- The oldest form of health care.
- The development of chemical, scientific and experimental pharmacology in the 19th century displaced the use of herbs in practice.
- Today, herbalism is experiencing a significant renaissance.





Research starting points

- Modern medicine still largely rejects herbal remedies.
- Many doctors and other health professionals are not aware of the importance of phytotherapy.
- The regulations for the performance of phytotherapy vary widely around the world.
- The profession of phytotherapist does not (yet) exist in Slovenia.

1) The health care sector is generally unregulated in Slovenia.

- Professional experts in the field of CAM strive for mutual cooperation with the health and education authorities.

Accreditation of a higher education study program of the I. cycle
PHYTOTHERAPY (180 ECTS)
at the University of Novo mesto Faculty of Health Sciences.



Research starting points

2) Educational institutions provide subject-specific training without insight into the solution of specific problems after graduation.

- Training of partner farms for the practical training of Phytotherapy students.
- Getting to know the solutions and development possibilities in practice..
- The long-term goal is to involve other herbal farms in cooperation.
- Training for other forms of educational activities (guided workshops for various vulnerable groups).
- Cooperation with the Educational Institution Višnja Gora:
 - inclusion of the agricultural curriculum in the school's curriculum,
 - active participation of young people in the project.



Research starting points

- 3) Farmers are not aware of the importance of extensively farmed land for nature conservation and do not know how to find market potential in it.
- How such areas can be used for herbalism, tourism, wild food and phytotherapeutic activities..



The habitat of medicinal plants and wild food in the natural environment is a value of national importance, which we must preserve and strengthen and promote public awareness, support and education.



PROJECT GOALS

- Prepare training courses for students of Phytotherapy;
- Prepare trainings for students of Educational institution Višnja Gora;
- Prepare programs (training courses) that help to learn and preserve the environment, a healthy lifestyle and the use of local raw materials for food and health, as well as programs to support the personal growth of young people.





ACTIVITIES

- Training »Herbalism and phytotherapy on the farm«;
- Communication workshop;
- Intergenerational cooperation,
- Open day for elementary School students;
- Informational event for unemployed and disabled people
- Demo workshop as part of Lifelong learning week;
- Education and Professions Fair – Informativa
- European Heritage Days.





FUTURE ACTIVITIES

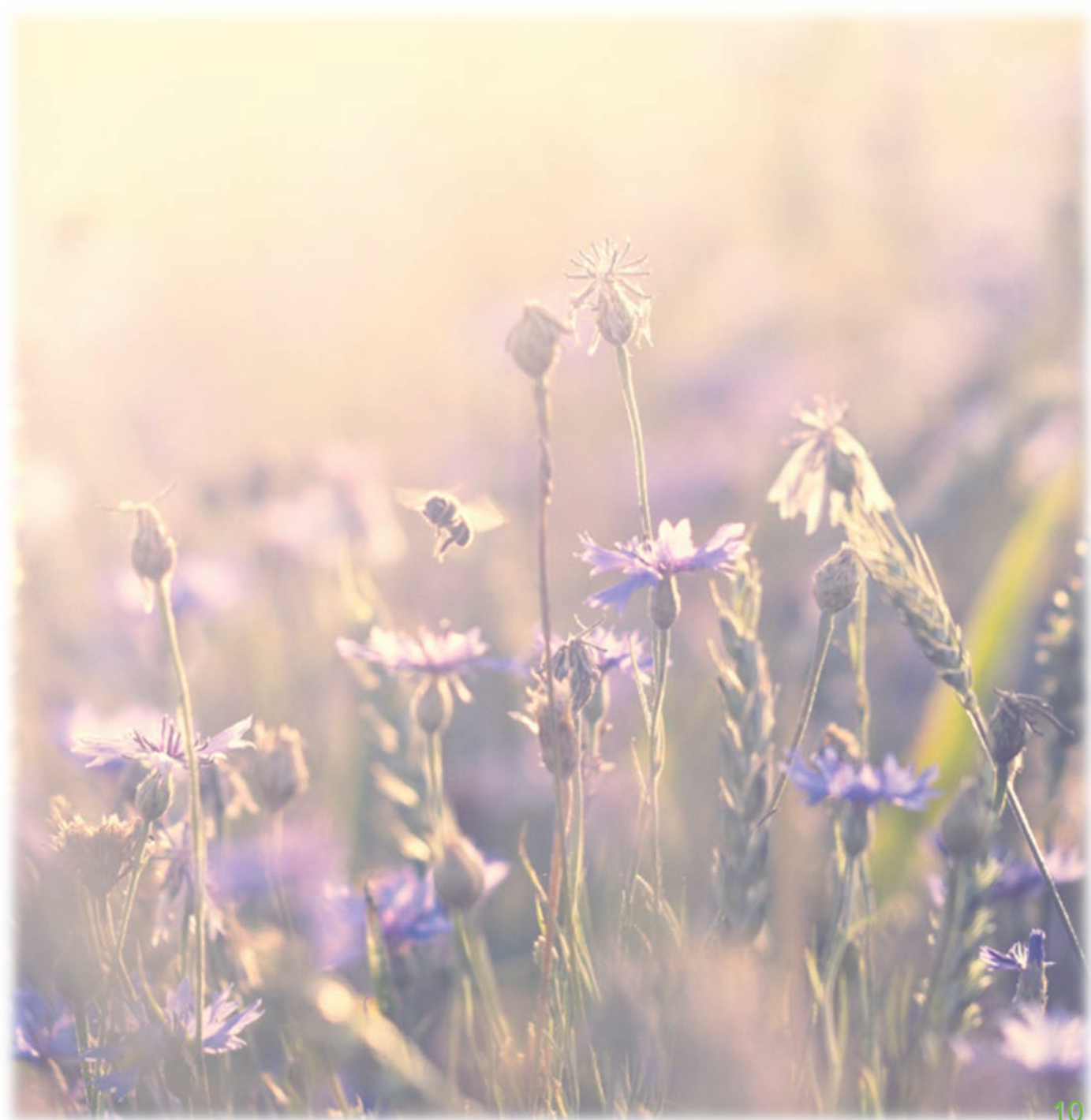
- 15-hour pilot training course for 15 farms that are not members of the project partnership
- Public event at the University of Novo mesto, where we will present the conclusions and initiatives to improve phytotherapy and herbalism in Slovenia.





THE CONTRIBUTION TO PROGRESS AND RAISING INNOVATION

- Development of new services of didactic farms for herbalism with emphasis on the preservation of the environment and the use of herbs in nutrition.
- Upgrading of traditional healing approaches in Slovenia.
- A new approach to marketing extensive areas.





SUSTAINABILITY OF PROJECT RESULTS

- Use of the designed programs even after the project is completed for the practical training of phytotherapy students and students from Education Institution Višnja Gora.
- Training of new farmers and individuals who want to expand their market offer.
- Diverse knowledge and participation in new projects and initiatives.



THANK YOU FOR YOUR ATTENTION

More information about the project:

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