

“Wellbeing from Nature“ Erasmus+ BIP (3ECTS)
(Focus area – *Calendula officinalis*)
20–24 April 2026 at Kauno kolegija (Kaunas, Lithuania)

TARGET GROUP: The course is developed for the students/teachers of these study fields: oral health, biomedical diagnostics, dietetics, pharmacy techniques and cosmetology. Students and staff from other health related study fields are welcome as well.

Students have to apply until March 13th, 2026. Registration form:

<https://forms.gle/nw2E4xMvFBnrnhZGA>

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.

ABOUT THE BIP:

Aim:

To enhance multiprofessional cooperation by bringing together students from different health-related study programmes to develop nature-based wellbeing products.

Students, with the support of teachers, will work in small international and multiprofessional teams to develop real product prototypes for beauty care, oral health, energy boosting, and illness prevention.

Learning outcomes:

Upon completion of the programme, students:

- will have knowledge of a holistic approach to human wellbeing;
- will understand medicinal plant raw materials and their use in wellness products;
- will be able to recognize and explain the wellness-related properties of medicinal plant raw materials;
- will be able to produce selected wellness products and evaluate their quality.

HOW?

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

Online lectures will be organized on:

17th of March and 24th, 31st and 14th of April (starting 16:00 (GMT+2) for 1,5 hours + discussions)

Classes will use Google meet tool and Moodle environment.

Face to face part will be implemented in small groups (4-5 students) 20- 24 of April 2026 at Kauno kolegija. 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 meals and snacks during the week, but all the traveling and accommodation costs should be covered by sending institutions' Erasmus grants.

Please contact the International Coordinator of the Faculty of Medicine at Kauno kolegija, Justina Rėkutė, if you have any questions by email: **justina.rekute@go.kauko.lt**.