



ECOLOGICAL WORKSHOP SCENARIO

"Herbal Heritage – Creating Herbariums"

Scenario developed by the Stowarzyszenie Kobiet Wsi Mszanka as part of the project "Sustainable Development – Healthy Cuisine – Healthy Society" 2023-2-PL01-KA210-ADU-000184622.

Date: 08.10.2025

Location: Community Center in Mszanka

Participants: Residents of Mszanka – adults interested in ecology, herbal medicine, and tradition.

Main Goal:

To expand participants' knowledge of herbs, their properties and uses, and to cultivate pro-ecological attitudes through practical activities inspired by herbal traditions.

Specific Objectives:

- To introduce participants to basic herb species and their properties.
- To teach the principles of proper harvesting, drying, and storing of herbs.
- To develop skills in creating herbariums.
- To promote conscious and ecological use of nature's gifts.
- To nurture local herbal traditions.
- To foster integration within the local community.

Workshop Program:

Introduction:

- Properties and uses of selected herbs
- Principles of ecological plant harvesting
- Methods of drying and storing herbs
- The importance of herbs in cooking, ecology, and natural medicine



Practical Part:

- Instructions on creating a herbarium
- Participants independently composing their own herbariums
- Describing plants and their uses
- Individual consultations with the instructor

Expected Outcomes:

- Increased participants' knowledge about herbs and their applications
- Acquisition of practical skills in creating herbariums
- Strengthened pro-ecological attitudes
- Preservation of herbal traditions
- Integration of the local community

Evaluation:

- Summary discussion with participants
- Observation of participants' engagement
- Photographic documentation

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