



## Erasmus+ Programme

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for education and training.

Erasmus+ also aims to promote the sustainable development of its partners in the field of higher education, and contribute to achieving the objectives of the EU Youth Strategy.

<http://ec.europa.eu/programmes/erasmus-plus>



Api+Health

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The project Apihealth is implemented under the European Union programme ERASMUS+

The project implementation period is scheduled for 24 months, with the start date on 1st November 2018 and the end on 31st December 2020

## About ApiHealth

The Apihealth project is being implemented under the ERASMUS + programme of the EU. The project aims at designing a training curriculum in apitherapy, complemented by up-to-date and technology-enhanced training materials to meet the needs of training in this field and indirectly to promote the benefits

of apitherapy as a means of increasing income for beekeepers, medical staff and other interested professionals. The project implementation period had initially been scheduled for 24 months but due to the pandemic situation this period has been extended by two months.

The project targets: beekeepers and people interested in apitherapy, retired people from rural areas who are interested in beekeeping and apitherapy, medical sector staff, including in alternative medicine, adult education and training institutions and other related groups.

## Project Progress



So far, we have fully developed four of the five project outputs. All the outputs are available at the project website [www.apihealth.eu](http://www.apihealth.eu). Below you will find a short reference to each.

### Training methodology

The methodology is targeted to trainers and provides a detailed description of all the training activities and methods applied under APIHEALTH.

### ApiHealth Curriculum

The Curriculum can serve as a model outlining a training approach to Apitherapy,

where e-learning is an efficient training option, along with blended learning and conventional face-to-face classes. The Curriculum served as the guidelines to develop the training materials in Apitherapy.

### Training content in Apitherapy

The training materials were firstly developed in English and then translated into each partner's local language after having been cross-checked and tested within the partnership. The training materials are meant to be used primarily in electronic form.

### E-Learning platform:

The e-learning platform is the APIHEALTH main tool for delivering the training to potential users. The training materials developed previously have been used to feed platform and will be used to test the content outside the partnership. The e-learning platform serves as an interactive tool which integrates the training modules into a structured learning content with additional training tools and activities. The ApiHealth e-learning platform is available at:

<https://learn.apihealth.eu>.

## Upcoming events – testing the e-learning platform and content

Training methodology

ApiHealth Curriculum

Training content on apitherapy

E-Learning platform

Pilot testing course

ApiHealth Handbook

As described, the aim of APIHEALTH is to design a training curriculum in apitherapy and to create training materials focused on the use of bee products in alternative medicine. In this way, indirectly,

the project is supporting bee keepers in producing and selling a variety of bee products for human health. To make sure what we have created is user-friendly, of good quality and relevant to the

needs, we intend to test the e-learning platform and the training content among online end users in August and early September.

## How to enroll for the APIHEALTH course

To access the course on the e-learning platform: <https://learn.apihealth.eu>, one firstly needs to create an account. When registering, users should follow the form instructions and make sure they remember their login details. After receiving an email with a link to confirm their registration, users will be able to

log into the platform and enroll for the course by entering an enrolment key, provided by the course providers and then click on the "Enrol" button. In case of technical or any other type of problems users might experience, our staff will be available for personal support at: [elearning@agroinstitut.sk](mailto:elearning@agroinstitut.sk).

Your involvement and feedback as users is of extreme importance to our partnership as it will help us evaluate both the content and the platform and adapt these accordingly.



## Apitherapy and autism

A Case study from Slovakia

People usually turn to apitherapy if they are not treated by conventional treatment or suffer from chronic problems and are looking for an alternative solution. According to experts, apitherapy solves the whole spectrum of health problems, not just colds or airway problems. Apitherapist Iveta Krajňáková helps children with

autism spectrum problems.

*"All bee products are powerful antioxidants, full of vitamins and enzymes. We know from our experience that following a diet without milk protein and without sugar and supplementing the diet with bee products, the condition of these children improves significantly. It calms them down, improves their attention, digestion, and regulates their sleep. It doesn't take long and*

*the variety of diets they eat will spread up. From a mental and motoric point of view, thanks to apitherapy, children with autistic disorder are constantly advancing and socializing better in the team,"* says bee products expert and apitherapist Iveta Krajňáková from

[www.apipraktik.sk](http://www.apipraktik.sk).



## The Honey House

A Case study from Bulgaria

It is a kind of a family museum where one can taste the magical bee products produced by [beekeepers Mihovi](#) and enjoy the incredible taste of hand-made sweets, made by honey, try a honey bar, honey brandy and a high-energy cocktail of honey, pollen and a fresh citrus. While tasting the unique natural

products, visitors can watch a documentary about bees' life and work of the apiary and learn interesting facts about bees and their unique rules, order and organization. The owners explain and bring examples of the healing characteristic of the bee products and their importance for the human body. The demonstrative beehive with glass walls

shows the live of bees inside the hive. It offers the opportunity to see how the bee workers bring in pollen and nectar, ventilate and build the wax cells of their honeycomb. The male presence (drones) can also be seen in the hive. The solar wax melter collects the sun rays and converts the old honeycombs in purified "golden" wax.

**Apitherapy is a branch of alternative medicine that uses honey and bee products for health benefits, as an effective, affordable and natural treatment**

## Strategic partnership



### Applicant Organisation

#### Agroinštitút Nitra, štátny podnik (Slovakia)

Agroinštitút Nitra is a training institution under the Ministry of Agriculture and Rural Development of the Slovak Re-

public established in 1967. Agroinštitút Nitra provides a wide range of services especially in the field of lifelong education and agricultural advisory services.

The main strategic goals of Agroinštitút:

- Contribution to human resource development in agricultural sector
- Training of farmers
- Training of agricultural advisers in the field of agriculture and forestry

[www.agroinstitut.sk](http://www.agroinstitut.sk)



**AGROINŠTITÚT NITRA**  
štátny podnik

## Partners



**Infocenter (Bulgaria),** [www.infocenter.tryavna.biz](http://www.infocenter.tryavna.biz)

Infocenter is a Vocational Education and Training (VET) provider, licensed by the National Agency of Vocational Education and Training to the Council of Ministers of Bulgaria. The organisation provides licensed trainings for more than 40 qualifications from the national list of professions. Infocenter team members are co-founders of the Local Action Group of the territory (LEADER Program).



**Çanakkale Onsekiz Mart Üniversitesi (Turkey),** [www.comu.edu.tr](http://www.comu.edu.tr)

Çanakkale Onsekiz Mart University (ÇOMU) was founded in 1992. The university has over 45,000 students participating in a wide variety of programs taught by 1600 academic staff in 10 faculties, 2 polytechnic colleges and 11 vocational colleges. The Faculty of Agriculture at the University of COMU is committed to excellence in graduate, post-graduate education and research, scholarly and professional activities.



**Stowarzyszenie ARID (Poland),** [www.arid.org.pl](http://www.arid.org.pl)

Association ARID is a private NGO, working in various areas, especially in vocational education field. Association's main goal is to promote modern knowledge, innovations and enterprise through lifelong learning.



**Slovak University of Agriculture in Nitra (Slovakia),** [www.uniag.sk](http://www.uniag.sk)

The Slovak University of Agriculture in Nitra (SUA) is the only educational and scientific institution of this kind in Slovakia. As the only agricultural university in Slovakia SUA has an exclusive position within the Slovak universities and nation-wide field of activities including beekeeping education.



**Asociación para el desarrollo rural de la campiña de Jerez (Spain),** [www.jerezrural.com](http://www.jerezrural.com)

It is a private nonprofit organization with extensive experience and a reference entity in the area. The objective of LAG is to contribute to the achievement of sustainable development of rural municipalities in Jerez de la Frontera, El Puerto de Santa Maria and Puerto Real and promote the development of rural regions in the context of the Regional Center of "Jerez y Bahía de Cadiz".



**CPIP - Comunitatea Pentru Invatarea Permanenta (Romania),** [www.cpip.ro](http://www.cpip.ro)

CPIP is a Romanian NGO that has been working in the area of Lifelong Learning since 2010. It aims at promoting the culture of lifelong learning through active involvement of all community members.