

Blended Intensive Programme



Herbs in food and culture

Healing power of herbs in diet,
natural medicine and culture

Virtual Component: 6th–8th of May 2025

Physical Component: 13th–17th of May 2025

University of Humanities and Economics in Lodz (Poland)

Participants
will receive
3 ECTS

+

Meals and
cultural
activities
included



Akademia
Humanistyczna
Ekonomiczna w Łodzi



Co-funded by
the European Union

Programme description:

The programme aims to present current trends in medicinal plants usage in diet, natural medicine and as a health-keeping remedy. The programme also provides some overview on the herbal usage in traditional cuisines of the chosen regions and its place in popular art and culture, including music, literature, theatre, poetry, painting, rituals, and local customs. The proposed Blended Intensive Programme (BIP) is designed for students from diverse fields, including dietetics, philosophy, cultural studies, literature, music studies, cosmetology, and cognitive science.

Topics covered may include the following areas:

Modern clinical diet therapy and herbal components play a vital role in disease prevention, treatment, and health maintenance. Traditional cuisine, combined with modern healing methods, promotes longevity, while herbal medicine, rooted in ethnological research and traditions like Ayurveda and Traditional Chinese Medicine, offers holistic approaches to well-being. Fields such as ethnobotany, pharmacognosy, sociology, and medical anthropology enhance our understanding of herbs. They hold cultural significance, appearing in rituals, literature, art, and regional cuisines. Herbs inspire philosophical and artistic reflection, improve cognitive abilities, and play a role in cosmetology. Botanical gardens and herbariums serve as cultural and philosophical symbols, emphasizing the timeless importance of herbs in human history and creativity.

Łódź

Welcome to Łódź, the vibrant heart of Poland, where history and modernity blend seamlessly. Discover the city's industrial heritage at the Museum of the Factory and stroll along Piotrkowska Street, one of Europe's longest commercial avenues, lined with cafes, boutiques, and street art. Immerse yourself in cinematic history at the renowned Łódź Film School, alma mater of legends like Andrzej Wajda. Marvel at architectural gems like the Neo-Baroque Poznański Palace and the avant-garde EC1 Łódź – City of Culture. Explore the Museum of Art, showcasing Polish and international contemporary works, and dive into Łódź's cultural mosaic. Whether you're drawn to its architecture, film legacy, or vibrant cultural scene, Łódź offers a perfect setting to explore the symbolic and practical roles of herbs in art, cuisine, and tradition. Experience the fusion of past and present, nature and culture, and let Łódź's multifaceted charm leave you inspired.

More information

