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INNO-SAFE-LIFE

REPORT

STAFF TRAINING

Organized by

CO of the ERASMUS KA220-HED - Cooperation partnerships in higher education, project no. 2023-1-RO01-KA220-HED-000164767, Partnership for innovation on the exchange of best practices and the design of joint collaborative initiatives at European level related to the awareness of the effects contamination on human health

The specific objectives of Work Package n°2 – Teaching, Training and Learning are to provide continuous training for specialists by addressing international and interdisciplinary topics relevant to soil, food, and health contamination; to educate and support students in developing and implementing innovative techniques and protocols at institutional, national, and international levels; to integrate expertise from agriculture, horticulture, health, and industry in order to ensure knowledge transfer, promote sustainable practices, and respond to global challenges such as climate change and antimicrobial resistance; and to foster professional development, civic engagement, and entrepreneurial skills through theoretical and practical activities designed to stimulate active participation and innovation.

The main results of Work Package n°2 – Teaching, Training and Learning will consist of the formation of a well-prepared group of experts with advanced interdisciplinary and complementary qualifications, alongside a significant number of students equipped with the skills to develop innovative solutions in the fields of agriculture, horticulture, health, and industry. The activities will generate progress and training reports as well as digital support materials to ensure the transfer of knowledge and best practices. Direct beneficiaries, including academic staff, researchers, industry specialists, and students, will gain both theoretical and practical competencies, while indirect beneficiaries, such as the wider population, will benefit from improved access to qualified professionals and comprehensive educational resources. These results will contribute to strengthening international cooperation, enhancing professional development, and reinforcing the link between higher education, research, industry, and society.

Staff training period: 18-22 November 2024

Between 18–22 November 2024, “Victor Babeș” University of Medicine and Pharmacy from Timișoara (UMFVBT) hosted a five-day training under the INNO-SAFE-LIFE project. The program gathered specialists, researchers, students, and industry representatives with the aim of enhancing interdisciplinary knowledge and practical expertise on food supplements, toxicology, contaminants, mycoremediation, and regulatory frameworks.



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The training combined theoretical lectures (Days 1–3) with practical sessions (Days 4–5), ensuring participants gained both conceptual understanding and applied laboratory and regulatory skills.

1. Theoretical Part (Days 1–3)

Day 1 – 18.11.2024

Welcome and institutional presentation.

Project overview: INNO-SAFE-LIFE – Partnership for innovation and exchange of best practices.

Session on methods of preserving active principles in food supplements.

Concluding discussions on the importance of innovation in supplement preservation and consumer safety.

Day 2 – 19.11.2024

Presentation on toxic plants in cosmetics: safety and regulation.

Lecture on mycoremediation as a sustainable method for reducing contaminants.

Additional sessions on food, health, and regulatory aspects

Working group meeting to integrate knowledge and exchange practices.

Day 3 – 20.11.2024

Phytochemistry and functional foods.

Session on remediation procedures for pesticide removal from the environment.

Lecture on toxicological and biomedical perspectives of contaminants.

Discussion of the regulatory framework for food supplements in Romania.

Collaborative working group discussions to consolidate theoretical knowledge.

Outcomes

The theoretical sessions provided participants with a strong interdisciplinary understanding of:

Food supplement preservation and regulation.

Toxicological challenges of plants and contaminants.

Biotechnological methods such as mycoremediation.

Remediation strategies for pesticide-contaminated environments.

International and national regulatory perspectives.

2. Practical Part (Days 4–5)

Day 4 – 21.11.2024

In vitro methods for assessing plant and active principle toxicity.

In vivo methods to complement toxicological evaluation.

Workshop on contaminants in food supplements, prevention, and regulation.

Day 5 – 22.11.2024

Applied session on health effects of contaminants in food supplements.



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Final evaluation of participants' acquired knowledge.
Closing conclusions and certification of participation.

Outcomes

Participants gained hands-on experience in toxicological testing methods (both in vitro and in vivo), applied laboratory knowledge to food supplement safety, and explored regulatory and preventive strategies to ensure consumer health. The evaluation stage confirmed the acquisition of both theoretical and practical competencies.

The November 2024 training successfully integrated theoretical learning with practical application, meeting the project's objectives of interdisciplinary skill development, knowledge transfer, and regulatory awareness.

Key achievements included:

Strengthened capacity in toxicology and food supplement safety.

Enhanced knowledge of contaminants, remediation strategies, and mycoremediation.

Practical skills in laboratory toxicological assessment methods.

Increased awareness of regulatory frameworks at both national and European levels.

The program fostered collaboration among academia, research, and industry, reinforcing the international partnership and supporting the development of innovative and safe practices in food, health, and environmental fields.





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