GROW THE CITY TRAINING

Durée
7.5 jours

Date début prochaine session
sur inscription

Nb places dispo.
/

Langue
/

LIEU DE LA FORMATION

Référence : M4218
Effectif max : 100 participants
Langue : EN;FR;DE
Tarif : 0,00 € HTVA

ACCÈS AU LIEU DE FORMATION

INSTITUT DE FORMATION SECTORIEL
DU BATIMENT SA.

PUBLIC CIBLÉ

Who should attend ?

This training is open to anyone concerned about the design, the construction or the management of urban farms, as urban developpers, real estate, public authorities, municipalities, architects, engineers, constructors, urban farmers.

OBJECTIF

What is Grow the City training?

Grow the city is dedicated to empowering urban development stakeholders with the necessary knowledge and skills to embrace circular urban agriculture through:

- Online and on site training modules
- Learning from experts and professionals
- Networking with peers

This combination ensures that you receive a well-rounded education that encompasses both theoretical knowledge and practical experience !

- For the customer: to be able to develop efficient and circular urban agriculture in its real estate project.
- For the Main Contractor: to be able to take into account all the ins and outs of integrating an urban agricutre into a building project.
- For the farmer, to be able to choose the right equipment and crops to ensure agricultural production in line with the business plan.

**This 2025 edition starts in February and is free of charge thanks to Interreg NWE funds.
Grow the City training program, developed as part of the CUF Training project, is an initiative aimed at promoting the transition to a circular and resource-efficient economy in North-West Europe.**

Interreg Co-funded by the European Union
North-West Europe
CUF training

>>Grow the City - flyer<

CONTENU DE LA FORMATION

- Business models: discover strategies that balance profitability with social and ecological targets, and learn from failures stories.
- Eco-friendly construction: get an insight about the integration of greenhouses or other production infrastructures in urban buildings using recyclable and reusable materials following the cradle-to-cradle approach, and learn how to use the city to maximize agriculture: rainwater from rooftops, waste energy, etc.
- Innovative growing systems: explore new systems as hydroponics, aquaponics, soil-based systems and Integrated Food and Energy Systems (IFES), that emphasize productivity and low environmental impact.
- Circular principles: learn how to minimize waste, reduce energy inputs, and implement sustainable farming practices.
- Energy & water management: learn the basics of efficient energy and water use and the underlying rules and principals of

resource and food system design to enhance the farm's sustainability.

VALIDATION DE LA FORMATION

Theoretical exam

>>Download Program details <

Grow the City
Programme details

2025 edition

Summary

Subject	Circular urban farms designing, construction and/or management
Online kick-off session (2 h.)	Choose between: • Friday 7/02/2025 10:00 to 12:00 • Thursday 13/02/2025 10:00 to 12:00
Online Mooc (+/- 30 h.)	Follow self-guided modules from the kick-off session to the evaluation/"certification"
Interactive online sessions (6 h.)	• 27/02/2025, 10:00 to 12:00 • 11/03/2025, 10:00 to 12:00 • 22/04/2025, 10:00 to 12:00
On-site sessions (minimum 1 required)	• 27/03/2025, Saint-Denis (France): business model & social • 03/04/2025, Bettembourg (Luxembourg): construction & energy • 10/04/2025, Damendorf (Germany): renewable energy & eco-circular construction • 17/04/2025, Gembloux (Belgium): growing systems
Certification	Choose between : • Wednesday 23/04/2025 • Thursday 24/04/2025 • Friday 25/04/2025

Learning goals

Learn from experts in the field of urban agriculture and gain insights and practical skills from professionals	Acquire the skills needed to **design, build, and/or manage** your own circular urban farm	**Meet people** in your field of interest to create synergies

Detailed program

Each participant has access to all the online courses, but has the choice to follow either the entire program or only specific parts tailored to their individual needs. Once you have registered, the trainers will recommand you a selection of courses based on your profile. The precise program and each chapter duration will be clarified and validate during the kick-off session.

Introduction courses	Duration : approx. 2 hours
Challenges in a transitioning world & Urban farming definition *Haissam Jijakli, Uliège*	
Urban farming ecological benefits *Haissam Jijakli, Uliège*	
Urban farming socio-economic benefits *Haissam Jijakli, Uliège*	
Technology and typology *Haissam Jijakli, Uliège*	
Business courses	Duration : approx. 3 hours
What is a business model? *Caroline Bini, Groupe One*	
Urban farms business model types *Caroline Bini, Groupe One*	
Learning from failures *Caroline Bini, Groupe One*	
Minimal surfaces for viability *Caroline Bini, Groupe One*	
Costs (investment et operationnal) *Caroline Bini, Groupe One*	
Inspiring projects *Caroline Bini, Groupe One*	

Construction courses	Duration : approx. 4 hours
Design rules for a greenhouse *Marcel Deravet, IFSB*	
Construction rules for a greenhouse *Marcel Deravet, IFSB*	
Practical details for building a greenhouse *Marcel Deravet, IFSB*	
Interactions between a greenhouse and a building *Marcel Deravet, IFSB*	
Greenhouse construction: samples *Marcel Deravet, IFSB*	
A greenhouse on a new building *Marcel Deravet, IFSB*	
Energy courses	Duration : approx. 4 hours
Energy and carbon cycle: introduction *Karsten Wilhelm, IfaS*	
Energy dependency in growing systems *Karsten Wilhelm, IfaS*	
Renewable energies for urban farming *Karsten Wilhelm, IfaS*	
Energy in urban farming greenhouses *Karsten Wilhelm, IfaS*	
Urban farming and energy *Franz Schreier, EBF*	
Summary & outlook *Franz Schreier, EBF*	
Impulses from a practical point of view *Franz Schreier, EBF*	
8 basic principles of biocybermetics *Franz Schreier, EBF*	

Water management courses	Duration : approx. 5,5 hours
Introduction to water use (city water or well water) *Marie Baelen, Astredhor*	
Water and the city, a cross-disciplinary issue *Marie Baelen, Astredhor*	
Use of rainwater: guidelines, sanitation, and filtration *Marie Baelen, Astredhor*	
Use of waste water: guidelines for recirculation *Marie Baelen, Astredhor*	
Waste management courses	Duration : approx. 1 hour
Create a supportive environment *Camille Soulard, Astredhor*	
Productive potential *Camille Soulard, Astredhor*	
Growing systems courses	Duration : approx. 7 hours
Nutrients: what is soil and why is it useful for plant growth? *Caroline Declerk, Uliège*	
Nutrients: the fundamentals of soil fertility *Caroline Declerk, Uliège*	
Nutrients: permaculture raised beds *Caroline Declerk, Uliège*	
Nutrients: SPIN farming *Caroline Declerk, Uliège*	
Hydroponics: hydroponic introduction *Haissam Jijakli, Uliège*	
Hydroponics: plant nutrition *Haissam Jijakli, Uliège*	
Hydroponics: nutrient solution *Haissam Jijakli, Uliège*	
Hydroponics: growing tools and substrates *Haissam Jijakli, Uliège*	
Hydroponics: growing systems & parameters *Haissam Jijakli, Uliège*	

Aquaponics: 1st principles *Haissam Jijakli, Uliège*	
Aquaponics: actors *Haissam Jijakli, Uliège*	
Aquaponics: : basics of a domestic system *Haissam Jijakli, Uliège*	
Aquaponics: exemples of more advanced systems *Haissam Jijakli, Uliège*	
Aquaponics: new perspectives *Haissam Jijakli, Uliège*	
Bioponics: principles and development *Haissam Jijakli, Uliège*	
Bioponics: low tech applications *Haissam Jijakli, Uliège*	
On-site sessions *Minimum 1 choice (2 is recommended)*	Duration : 1 entire day (8 hours)
27/03/25 9.00-17.30 • Q/A Session & speed meeting with trainers • Guided tour of the farm and the rooftop greenhouse • Focus on business model and social effects • Workshop: study case	Ferme Urbaine de Saint-Denis, Saint-Denis Paris, France
03/04/25 9.00-17.30 • Q/A Session & speed meeting with trainers • Guided tour of the FRESF rooftop greenhouse • Focus on construction and energy synergies with the greenhouse • Workshop: study case	IFSB, Bettembourg Luxembourg
10/04/25 9.00-17.30 • Q/A Session & speed meeting with trainers • Guided tour of the gardens and the greenhouse • Focus on renewable energy and eco-circular construction • Workshop: study case	EBF, Damendorf Germany
17/04/25 9.00-17.30 • Q/A Session & speed meeting with trainers • Guided tour of the Wasabi platform and the SERR'URE rooftop greenhouse • Focus on crop production systems (hydroponics, aquaponics, bioponics, agroforestry, spin farming, ...), and circularity implications • Workshop: study case	ULiège, Gembloux Belgium