

# Grow the City Programme details

2025 edition



## Summary

<b>Subject</b>	Circular urban farms designing, construction and/or management
<b>Online kick-off session (2 h.)</b>	Choose between: <ul style="list-style-type: none"><li>• Friday 7/02/2025 10:00 to 12:00</li><li>• Thursday 13/02/2025 10:00 to 12:00</li></ul>
<b>Online Mooc (+/- 30 h.)</b>	Follow self-guided modules from the kick-off session to the evaluation/"certification"
<b>Interactive online sessions (6 h.)</b>	<ul style="list-style-type: none"><li>• 27/02/2025, 10:00 to 12:00</li><li>• 11/03/2025, 10:00 to 12:00</li><li>• 22/04/2025, 10:00 to 12:00</li></ul>
<b>On-site sessions (minimum 1 required)</b>	<ul style="list-style-type: none"><li>• 27/03/2025, Saint-Denis (France): business model &amp; social</li><li>• 03/04/2025, Bettembourg (Luxembourg): construction &amp; energy</li><li>• 10/04/2025, Damendorf (Germany): renewable energy &amp; eco-circular construction</li><li>• 17/04/2025, Gembloux (Belgium): growing systems</li></ul>
<b>Certification</b>	Choose between : <ul style="list-style-type: none"><li>• Wednesday 23/04/2025</li><li>• Thursday 24/04/2025</li><li>• Friday 25/04/2025</li></ul>

## 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 recommend you a selection of courses based on your profile. The precise program and each chapter duration will be clarified and validated during the kick-off session.

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

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

**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*

<b>Aquaponics: 1st principles</b> <i>Haissam Jijakli, Uliège</i>	
<b>Aquaponics: actors</b> <i>Haissam Jijakli, Uliège</i>	
<b>Aquaponics: : basics of a domestic system</b> <i>Haissam Jijakli, Uliège</i>	
<b>Aquaponics: exemples of more advanced systems</b> <i>Haissam Jijakli, Uliège</i>	
<b>Aquaponics: new perspectives</b> <i>Haissam Jijakli, Uliège</i>	
<b>Bioponics: principles and development</b> <i>Haissam Jijakli, Uliège</i>	
<b>Bioponics: low tech applications</b> <i>Haissam Jijakli, Uliège</i>	
<b>On-site sessions</b> <span style="float: right;">Duration : 1 entire day (8 hours)</span> <i>Minimum 1 choice (2 is recommended)</i>	
<b>27/03/25 9.00-17.30</b> <ul style="list-style-type: none"> <li>• Q/A Session &amp; speed meeting with trainers</li> <li>• Guided tour of the farm and the rooftop greenhouse</li> <li>• Focus on business model and social effects</li> <li>• Workshop: study case</li> </ul>	Ferme Urbaine de Saint-Denis, Saint-Denis  <b>Paris, France</b>
<b>03/04/25 9.00-17.30</b> <ul style="list-style-type: none"> <li>• Q/A Session &amp; speed meeting with trainers</li> <li>• Guided tour of the FRESF rooftop greenhouse</li> <li>• Focus on construction and energy synergies with the greenhouse</li> <li>• Workshop: study case</li> </ul>	IFSB, Bettembourg  <b>Luxembourg</b>
<b>10/04/25 9.00-17.30</b> <ul style="list-style-type: none"> <li>• Q/A Session &amp; speed meeting with trainers</li> <li>• Guided tour of the gardens and the greenhouse</li> <li>• Focus on renewable energy and eco-circular construction</li> <li>• Workshop: study case</li> </ul>	EBF, Damendorf  <b>Germany</b>
<b>17/04/25 9.00-17.30</b> <ul style="list-style-type: none"> <li>• Q/A Session &amp; speed meeting with trainers</li> <li>• Guided tour of the Wasabi platform and the SERR'URE rooftop greenhouse</li> <li>• Focus on crop production systems (hydroponics, aquaponics, bioponics, agroforestry, spin farming, ...), and circularity implications</li> <li>• Workshop: study case</li> </ul>	ULiège, Gembloux  <b>Belgium</b>

**Register** here before 30/01/2025: [Grow the City Training - IFSB](#)

**Contact us** through:

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<https://cuftraining.nweurope.eu>



**GROW  
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Co-funded by  
the European Union

North-West Europe

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**This 2025 edition training is supported and financed by Interreg North-West Europe**

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