

COLOURS Summer School - BIP

Food Forward: Green Bites for Sustainable Urban Future

Osijek, Croatia, 30 June 2025 – 04 July 2025

Host University: Josip Juraj Strossmayer University of Osijek – HR OSIJEK01

Target groups: Students, Academic Staff, Non-Academic Staff, Experts, Community

Partner Universities:



**Universidad de
Castilla-La Mancha**

University of Castilla-La Mancha, Spain, E CIUDA-R01

University of Life Sciences "King Mihai I" from Timisoara, RO TIMISOA03



GENERAL INFORMATION

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|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COLOURS Summer School in BIP format | Food Forward: Green Bites for Sustainable Urban Future |
| BIP code | 2023-1-HR01-KA131-HED-000122159-1 |
| Lead Instructor (Academic Coordinator) | Prof. Dr. Andrijana Rebekić, full professor, Vice-Dean of the Faculty of Agrobiotechnical Sciences Osijek (Andrijana.Rebekic@fazos.hr) |
| Administrative coordinator for BIP mobilities | Martina Šuto, UNIOS International Relations Officer (martina@unios.hr) |
| Contact hours | 40 onsite + 9 online |
| Dates for physical component | 30 June 2025 – 04 July 2025 |
| Dates for virtual component | 24-26 June 2025 |

| ECTS credits | 3 |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Target groups (20 participants minimum) | Undergraduate, graduate and postgraduate students (all ISCED subject areas) Academic and non-academic staff Business sector, SMEs, industry NGOs, civil society |
| Prerequisites | English language B1-B2 CEFR proficiency level |
| Website for information | www.unios.hr https://colours-alliance.eu/ social media |
| Application form | https://forms.gle/Vh8DweLdzDQ9wzbp9 |
| Deadline for application | 31 May 2025 |
| No participation fee for Summer School | |
| Costs for participants: travel, accommodation, health insurance and subsistence | |

SUMMARY

A blended intensive program titled "**Food Forward: Green Bites for Sustainable Urban Future**" will focus on the intersection of food systems, sustainability, and urban development.

During the online and on-site activities students and lecturers will explore topics such as **sustainable agriculture, urban gardening, food waste reduction, resource efficiency, local sourcing, biodiversity, community engagement, policy support and local food initiatives**. The Summer School topic will emphasise innovative practices and policies that promote environmentally friendly food production and consumption within urban environments. Additionally, participants will engage in discussions on community engagement, social equity in food access, and the role of technology in creating resilient food systems. Overall, participants will gain insights into how to foster a more sustainable and equitable food future in cities.

The aim of this Summer School is to equip participants with practical knowledge and skills in sustainable food systems, urban agriculture, and environmentally-friendly practices, while inspiring them to take action towards creating resilient, sustainable urban food systems that contribute positively to their local community progress and to preservation of environment.

LEARNING OBJECTIVES / OUTCOMES

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Discuss about innovative agricultural practices, such as vertical farming, hydroponics, aquaponics, permaculture and their potential to enhance food production in urban environments. |
| 2. Give examples of smart farming technologies, including precision agriculture and IoT applications, to optimize resource use and increase the sustainability of urban food systems. |
| 3. Analyze the sustainability and environmental impact of various agricultural innovations, identifying benefits and trade-offs related to biodiversity, resource conservation, and urban ecosystems. |
| 4. Illustrate the importance of community engagement initiatives that promote participation in sustainable food practices, focusing on social equity and access to healthy food. |
| 5. Evaluate the impact of local food policies and innovative technologies on urban food systems, identifying opportunities for advocacy and improvement. |
| 6. Develop strategies for fostering collaboration among stakeholders (farmers, policymakers, community organizations) to share knowledge and promote the adoption of innovative agricultural approaches in urban settings. |

Virtual BIP component 24-26 June 2025

The virtual component introduces participants to topics that cover key aspects of sustainable and circular food production in urban environment.

Topics covered during the online sessions:

- Ecological aspects of urban agriculture
- Food production and climate change
- Infrastructure for urban agriculture

Over three days, participants will engage in three-hour sessions led by university lecturers. This will ensure a diverse and in-depth online learning experience, blending theoretical foundations with interactive discussions.

Link to ZOOM provided by UNIOS

Schedule of online meetings – TBD

| Date | Topic |
|------------------------------------------------------|-----------------------------------------|
| DAY 1 (24 June 2025) 9.00 -12.00 am | Ecological aspects of urban agriculture |
| DAY 2 (25 June 2025) 9.00 -12.00 am | Food production and climate change |
| DAY 3 (26 June 2025) 9.00 -12.00 am | Infrastructure for urban agriculture |

Physical component CONTENT

Osijek, 30 June - 04 July 2025

| Date | Topic | Description of planned activities |
|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 0 29 June 2025 | <i>Arrival of participants to Osijek; accommodation</i> | |
| DAY 1 30 June 2025 9.00 – 15.00 | Introduction and basic concepts of sustainable and circular food production and perspectives of urban agriculture | <p>Welcome and orientation: brief overview of the course goals, schedule, and expected outcomes</p> <p>Icebreaker activity: Paper Airplanes</p> <p>Workshop: Sustainable and circular food production – current positions and future perspectives</p> <p>Lectures: Agricultural practices and their potential to enhance food production in urban environments</p> <p>Feedback: Focus on positive and negative aspects of food production in urban environments</p> <p><i>Lunch time, social activities</i></p> |
| DAY 2 01 July 2025 9.00 – 15.00 | Precision agriculture, IoT applications and environmental impact of innovative approaches in urban food production | <p>Warm up activity</p> <p>Workshop: Smart farming technologies and urban food systems.</p> <p>Lecture: Benefits and trade-offs related to biodiversity, resource conservation, and urban ecosystems</p> <p>Peer review: Positive and negative sides of smart farming technologies</p> <p>Reflection: Sustainability and environmental impact of agricultural innovations</p> <p><i>Lunch time, social activities</i></p> |
| DAY 3 02 July 2025 9.00 – 15.00 | Local food policies and community engagement in building sustainable urban food future | <p>Warm up activity</p> <p>Introductory lecture: Definition and explanation of terminology related to topic</p> <p>Mini research: Individual research and presentation of initiatives and local regulations related to sustainable and circular food production</p> <p>Presentation of local initiatives that promotes sustainable food practices</p> <p>Workshop: European, national and local food policies – do we have a framework for sustainable urban food future?</p> <p>Reflection: student's attitudes and opinion on the topic</p> <p><i>Lunch time; social activities</i></p> |

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|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 4 03 July 2025 09.00 – 19.00 | Field study to Baranja | <ul style="list-style-type: none"> • Excursion to Baranja • Visit to Orlov Put, a tour of the eco family farm, insights into organic food production • Visit to Belje Vineyards, Wine cellar, sustainable production of wine |
| DAY 5 04 July 2025 9.00 – 15.00 | Promotion and adoption of innovative agricultural approaches in urban settings Conclusion | Warm up activity Team work: Who should be involved in adoption of innovative agricultural approaches in urban settings? Lectures: Role of stakeholders in promotion and adoption of innovative agricultural approaches in urban settings Group presentations on a topic selected by students related to the online lessons Feedback: detailed feedback focusing on content, delivery, and overall impact <i>Lunch</i> |
| Day 6 | <i>Departure of participants</i> | |

METHODS of teaching: Interactive workshops; Ice-breakers and warm-ups; Mini-lectures; Lectures; Peer review; Individual and group presentations; Reflection; Mentorship and feedback; Multimedia integration; Gamified elements

ASSESSMENT

Participation and engagement: Evaluation of participants' active involvement in workshops and discussions. **Lecturer's feedback:** Ongoing, formative feedback after activities, focusing on strengths and areas for improvement. **Final presentation:** Participants' individual and group presentations on a given topic, focusing on content, delivery, and integration of the course concepts. Instructor's feedback and peer evaluations.



SOME practical information for visiting Osijek & UNIOS

Planning of travel

Flying to Croatia

The main Croatian airport is located in Zagreb and it is well connected to many European destinations. Osijek, however, has a local airport, which offers some international direct flights.

More information about timetables and destinations is available on the official site of Croatia Airlines (www.croatiaairlines.com), as well as on the web page of the Osijek airport web page <https://osijek-airport.hr/en/>.

Railway travel

Croatia has direct railway links with many European countries and cities. Information about Croatian railways and connections to Osijek <https://prodaja.hzpp.hr/en>

Bus travel

Bus lines connect all parts of the country. Regular international bus lines connect Croatia with all neighboring countries. For information about national and international bus lines please check the site of Central Bus Station in Zagreb (www.akz.hr) and the site of Bus Station in Osijek: <https://www.arriva.com.hr/en-us/home>

There are also frequent bus connections operated by FlixBus <https://www.flixbus.hr/>

The easiest way

The easiest way to reach Osijek from abroad is to fly to Zagreb and to transfer to flight to Osijek. Another option is to fly to Zagreb and continue by train or bus to Osijek. There is frequent shuttle bus from the Zagreb Airport to the main bus station in Zagreb (every half an hour).

Bus service from Zagreb to Osijek is frequent, safe and reliable and takes approximately 3.5 to 4 hours to reach Osijek. A one-way ticket from Zagreb to Osijek costs approx. 16,00 EUR.

Flying to Budapest or to Belgrade is another option, however, *there are not many connections by bus or by train to Osijek from Budapest or from Belgrade, so it is a bit difficult to organize travel schedule without quite long waiting for connections.*

Private shuttles from / to airports (Zagreb, Budapest and Belgrade) to / from Osijek can be organised upon individual request to the agency **Glavota Transferi** (coordinator Marin Glavota; mobile phone +385976069000). Price of the private shuttle depends on the number of people that travel together.

BY CAR

The fastest transport is by car, using Zagreb-Osijek highway (275 km/2:45 hours) which is part of European highway E70, coming from Bregana direction Zagreb-Lipovac-Osijek and then from A3 to A5 highway (European highway E73, known as *Slavonika*), direction Zagreb-Osijek.

If you are travel by car, we suggest you consult the web page <https://www.hak.hr/info/stanje-na-cestama?lang=en#traffic-flow-and-road-conditions> for current traffic conditions on Croatian roads.

Health insurance

The University of Osijek cannot facilitate any insurance for our guests, nor it can take over any damage or costs for guests that may come out due to lacking of insurance!

Therefore, it is highly advisable that you regulate personal health insurance that will be valid during your stay in Croatia.

The health insurance can be provided by an international travel and health insurance policy issued by any insurance company in your home country. Such insurance must be valid for the whole period of your stay in Croatia and you have to have it closed before coming to Croatia.

EHIC – European Health Insurance Card - regulates basic health insurance for citizens of the European Union countries. It is issued usually free of charge and it is valid over certain time period (usually for one year).

Osijek TAXI SERVICE 0-24

Price for the first 5 km – 4.00 EUR

Each additional km within the city – 1.00 EUR

Phone: 00385 31 200 200

<https://www.osjecki-taxi.hr/>

Osijek CITY PUBLIC TRANSPORT

City public transport consists of **tram and bus lines**.

Single ticket for the first city zone (around city center) is 1.50 EUR.

The ticket can be bought in tram / bus from the driver and it is valid for one hour.

Single ticket for the second city zone (further city parts and outskirts) is 1.80 EUR.

Daily ticket is 4.65 EUR.

All City of Osijek's public transport lines are presented at <https://web.gpp-osijek.com/POLASCI/LINIJE/LINIJE.pdf>

Hotel Accommodation Suggestions

Please, **make your own reservation and arrangements directly with the hotel of your choice**.

The following accommodation options are recommended, as the facilities are close to the main University building.

HOTELS IN THE CITY CENTER

The Osijek Hotel ** Address: Šamačka 4, Osijek**

Located in the city center, in the heart of Osijek's pedestrian zone right next to a quiet river port and the Osijek promenade. Distance to the main University building venue is app. 10 minutes on foot.

More info at www.hotelosijek.hr

The Central Hotel ** Address: Trg Ante Starčevića 6, Osijek

Located right at the main city square, next to the Church of Sts. Peter and Paul. It is the oldest hotel in Osijek. Walking distance to the main University building is app. 15 minutes, or 5 minutes by tram (direction Zeleno Polje). More info at <https://www.hotel-central-os.hr/hr/naslovnica/>

The Waldinger Hotel** or Waldinger Pansion *** Address: *Županijska 8, Osijek***

Hotel Waldinger holds four stars and its Pansion right in the hotel back yard is assigned with three stars. It is located in Županijska street, in the center of the city. The prices of accommodation depend on the type of room booked either in the hotel or in the pansion. Walking distance to the main University building is also app. 15 minutes. More info at: www.waldinger.hr

HOTELS IN THE OSIJEK OLD TOWN - TVRĐA**Boutique hotel Tvrđa*** Address: *Franjevačka 7, Osijek***

The hotel is the first original boutique hotel in Osijek that combines traditional and modern design. The hotel offers uniquely decorated, luxurious and comfortable rooms, as well as a swimming pool and sauna on the roof. It is a place of superior services and authentic design, which shall certainly make its guests feel comfortable and relaxed. More info at: <https://www.hoteltvrđa.hr/>

The Maksimilian Guesthouse* Address: *Franjevačka 12, Osijek***

Guesthouse Maksimilian is situated in the very center of Osijek Old Town - baroque part of Osijek („Tvrđa“ - The Fortress), right next to the main University building venue. Maksimilian is a relaxed, romantic place to stay and all our guests are always pleased with its service. More info at: <http://www.maksimilian.hr/?lang=en>

The Merlon Rooms* Address: *Franje Markovića 3, Osijek***

The Rooms are located also in Osijek Old Town „Tvrđa“, right across the main University building (meeting venue). The rooms are well equipped, still they are located on the top floor of the beerhouse, so during weekends it is sometimes noisy. More info at: <https://merlon.hr/>
<https://www.booking.com/hotel/hr/sobe-merlon-osijek.hr.html>

More options for accommodation in Osijek (e.g. private apartments) available at www.booking.com

Hostels in Osijek – suitable for students

HI Hostel Stara Pekara / Old Bakery Osijek; address: *Trg Vatroslava Lisinskog 1, Osijek* Located in the Old Town / Tvrđa, this newly built hostel offers high standard hostel accommodation in 15 new rooms, each room has its own bathroom. There is a restaurant, café and terrace, social area with a TV. The Osijek city center is some 10 minutes away on foot. More info at <https://www.hicroatia.com/hostel/hi-hostel-stara-pekara-osijek/>

OS Hostel; address: *Županijska 5, Osijek* Modern Hostel OS is located in the city centre, on the main square, right opposite the St. Peter and Paul's Cathedral. Right next to the Hostel OS, there is also the Croatian National Theatre and the County Palace. Hostel OS forms a functional unit with the famous restaurant in Osijek – American Bar Dollar. More info at <https://hostelos.hr/en/>

****ACCOMMODATION WILL BE PROVIDED IN THE UNIOS STUDENT DORMITORY if there will be enough rooms for the whole groups of students****

VENUE for the Summer School OPENING

University of Osijek Rectorate – main building
in the Osijek Old Town - Tvrđa
Address: Trg Svetog Trojstva 3, Osijek

Meeting time: Monday, **30 June 2025**

Gathering & Registration: **09.00 – 09.30 a.m.**



VENUE for the Summer School Programme

Faculty of Agrobiotechnical Sciences Osijek
in the Osijek Campus
Address: Vladimira Preloga 1, Osijek



Map of Osijek for easier orientation:

<https://osijek-cro.com/karta-grada-vodic>

For all additional information:

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Looking forward to meeting you soon! 😊