



# Urban Farming for Children

Tulla – Learning Program

**12 June 2023 – 13 July 2023**

Application deadline: **10 June 2023**



## Intensive course on urban farming for children

Hey kids are you ready for a fun and educational month-long adventure exploring the journey of real food? If you are 8 to 11 years old, we are waiting for you at Tulla, at the Urban Farm for Children.

The educational program that we have prepared aims to familiarise children with the life cycle of plants, cereals and vegetables for consumption. During the meetings at our urban farm, professional advice on healthy eating and living for a developing child will be provided.

This is a pilot educational programme, part of the Tulla – Non-formal Educational Program, focused on family means.

We extend invitation to all those parents interested in educating their children on the importance of healthy

## About the Class

The lesson plan is designed for children to get to know more closely:

How is the earth formed?

What does the seed contain and how is the process of obtaining the seeds from the fruit or flower carried out?  
Planting seeds and soil preparation.

How to take care of the healthy growth of our favorite fruits and vegetables?

Vegetables suitable for planting on our balconies.

How to prepare food for our plants?

Healthy nutrition serves us for healthy development.

How does food help us feel good?

How to prepare a healthy meal?

The program will be combined with various artistic activities which will be finalized with a “Farm Show”

## Expert

**Ada Shukullari** is a Biologist nutritionist who graduated from the Faculty of Natural Sciences Biology. In 2022, she completed the master’s degree in “Nutrition and health education” at the Faculty of Medicine Bologna.

Between 2008 – 2019 she was an invited lecturer at various universities in Tirana and other cities in Albania, focusing on human

psycho-physiology in the Faculty of Psychology. In 2019, she founded the ifoodsteps, a platform dedicated to education about real food and its biology. Since 2013, she has been part of TEDxTirana as an organizer, a multidisciplinary platform, which she manages for the main aim of personal and professional development.

## Requirements

The program is designed only for participants between the ages of 8 and 11.  
No more than 15 participants will be accepted in this course.

**Course fee is: 100 euros**

## Course length

5 weeks, monday's and thursday's.

2 hours per week

Certificate when eligible.

## Contact

Deadline for sending applications:

**10 June 2023**

Announcement of the results:

**11 June 2023**

Course dates:

**12 June – 13 July 2023**

For more details feel free to contact us at:

**education@tulla.tv**

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