

Stop N.
1 1A

The entrance onto
the island full of life

GPS coordinates: **48.155470, 17.046432**

In this area, you can not only do some sports activities or play on child-hood playgrounds, but also observe the complex being changed into an island full of life. Let's observe and discover how the area comes to life and how nature thrives with everyone in it with its little and bigger animals, plants and trees while playing games and doing sports.

The educational trail will guide you through the area and show you how it comes to life!

Now you are holding an orientation map with marked places that are worth-visiting. Those are the places where birds, hedgehogs, lizards, pollinating insects (solitary bees, common drone flies, butterflies) nest; where meadow flowers grow, young trees and bushes grow. Thanks to it you can choose which place you will visit. Or you can walk from one board to another following their order and discover what is happening here, how it is related to preparing for climate change and how it mitigates its negative effects.

We wish you a pleasant stay and many enjoyable experiences!



Stop N.
2 2A

Welcome to a meadow

GPS coordinates: **48.156083, 17.045992**

If we don't mow the lawn grass, it blooms stunningly.

We don't leave grasses and meadows to grow only for their blooming beauty or to feed or house little animals. Grasses and meadows also trap plenty of fine carcinogenic dust from the air, especially along roads. They collect more humidity than lawns and in time of droughts they refresh and damp the air by means of evaporation. Besides that, the tall grass prevents the soil from drying out and overheating and reduces the amount of radiant heat. In addition, this means that such meadows help us mitigate climate change impacts.

During summer days, when the air temperature is above 30°C, the temperature above the surface of the meadow is about 10-20 degrees lower than above the mown, dried up grass.

Stop N.
3 2B

Health from medicinal
Plants on meadows

GPS coordinates: **48.156060, 17.046013**

St. John's wort (*Hypericum perforatum*) in bloom on unmown meadow in the area.

On unmown planes and meadows, among plants in bloom, you can even find a number of medicinal plants. In the past, people used their healing power and many still use it today. Give it a try too! On the information board labelled 2B you can read about the medicinal species of plants that grow in the area and what their use is.



Stop N.
4 3A

One tree, two trees.
a whole forest

GPS coordinates: **48.156272, 17.046150**

The young shoots of silver poplar thrive even without our care.

We support a natural rejuvenation of silver poplar (*Populus alba*), from the roots of which young shoots grow saplings. These are supplied with nutrients and water from the mother tree and therefore they manage to thrive even amidst periods of drought without being watered. Saplings may turn to as strong and tall trees as their mother tree in several years. And that's how an entire forest may grow around this tree from its roots. It is a forest and one and only tree at the very same time. With a rapidly progressing climate change it is required to start to focus on and observe which trees we should keep and which trees we should start to grow in residential areas. Growing tree seedlings bought at the garden centre is expensive, it requires an enormous care and regular watering. On average, about 30-50% of seedlings die within the first three years, unless they're watered. If they are watered, it is only 10-15%. Hence it is wise, cheap and, without much effort, but also in harmony with nature, to support the growth of our native trees in residential areas that have "planted" themselves.

Stop N.
5 3B

Trees Planted
in the area

GPS coordinates: **48.156347, 17.046100**

In the area we have already planted 47 trees. Eventually, in time, besides birds even you can also relish their fruits.

In summer, the temperature under an old branched tree is 18-20°C lower than on the grass in the direct sunlight. Trees protect the ground with their shades from drying out in summer. At the same time, they cool down and add moisture to the air around them, i.e., they "air-condition". They do so by means of leaves from which the water evaporates in the form of water vapour. Moreover, trees retain humidity with the help of their roots and prevent soil movement during wind and rain. Without trees, our residential areas and the entire Bratislava city would turn into semi-desert in summer periods with high temperatures, strong winds with dust, scorched lawns and overheated spaces in apartments. To make life in residential areas endurable in the future, it is inevitable to plant as many trees as possible in all suitable places. In addition to reducing the ambient temperature, trees are capable of storing carbon dioxide (CO₂) in their wood through photosynthesis. By doing so they contribute to reducing its concentration in the atmosphere. It is the raising concentration of CO₂ in the atmosphere that causes the climate change.

So, let's protect and plant trees while there's still time!



Stop N.
6 4A

Bushes for Pollinators,
birds and People

GPS coordinates: bushes are planted on several spots within the area **48.156086, 17.045954, 48.156736, 17.045570, 48.156845, 17.047034**

You can enjoy edible fruit from the bushes too.

Bushes planted in the area were selected with regards to their flowering period, origin and the ability to sustain periods without humidity. Besides invasive species, we can find native and foreign species among them too. The goal was to have a mix of various shrubs that would flower at different times so that butterflies, bumblebees and other pollinators would have enough nectar throughout the growing season, from spring to fall. Apart from that, shrubs offer nourishing crops and seeds that wintering birds can feed on in the residential area. Among the planted shrubs we may find also those whose crops are edible and healthy for people as well: rose hips, fruit of black elderberry, currants, cornel, sea buckthorns. Almost all the fruits of planted shrubs contain vitamins (especially vitamin C) in addition to nutrients.

Shrubs are also a shelter for birds, but also butterflies and other insects. Common hawthorn and blackthorn are nutritive plants for caterpillars of eastern eggar and scarce swallowtail.

Stop N.
7 4B

They were here before us,
let's create some space
for them next to us

GPS coordinates: Insect hotel: **48.156004, 17.047506**
Nest box: **48.156471, 17.047536** Hedgehog home: **48.156512, 17.047599**
Lizzard home: **48.156515, 17.047489** Dead wood: **48.156104, 17.047541**

Thanks to various shelters we can observe different animals species. Enjoy!

We, people, share the living space in the city with other animals. They were here before us and adapt to life in a new environment. They do not always find a suitable space for their life here. Why? Because residential areas are "tidy" of piles of leaves, branches, grass areas and stones. Such "tidied" residential area doesn't provide them with enough space to hide. In order for them to thrive, we have built up suitable shelters together with pupils – walls and piles of stones for slow worms and lizards, special piles of branches, grasses and leaves for hedgehogs bordered by pallets with a hollow at the bottom, nest boxes for birds hanging from trees, insect hotels and dead wood for insects. Take a good look around. How many animal shelters can you see?



Stop N.
8 5A

A gazebo harvesting
rainwater

GPS coordinates: **48.156059, 17.047497**

The gazebo serving as an environmental classroom collects rainwater.

A built-up gazebo in the shape of a linden leaf serves as an environmental classroom for pupils. It has also other important uses. Its roof was designed to collect as much rainwater as possible and drain it into a wooden barrel. There is no water source available in the area so collecting the rainwater is a key factor for the survival of planted plants. In times of a climate change, the city is increasingly exposed to long periods without precipitation and higher temperatures all the more. Plants and animals suffer from displeasing droughts. Rainwater management is the easiest way to add water to urban nature. Doing so we create a suitable space for all its inhabitants, including animals that also feel thirsty. Bowls are placed on the sides of the barrel for the animals to drink from. On your next walk to the grounds, you can bring them water and pour it into bowls for them!

An Island
Full of Life
in the Urban Environment

Guide of the educational trail
in a sports-recreation area
of ZŠ A. Dubčeka

