

Content Package for Park Appreciation Week

This is an open-source, downloadable collection of the content designed by a group of students from CityStudio Oslo, in Fall 2021.

The signs and “Dream Tree” tags were both used as part of a pilot “Park Appreciation Week” event that occurred in Kampen Park from November 30 - December 5, 2021. The aim of the event was to highlight the biodiversity that exists in city parks in Oslo, and the valuable functions that these species fulfill.



We, the student group, hope that this initiative can be carried out in other parks around Oslo, and want to offer a free and accessible download of our content to anyone who wants to use it. Let's continue to spread awareness about our non-human neighbors in this city and change our behavior in ways that are much more generous to their wants and needs. Eco> Ego!

Charlotte Borchsenius
Dennis Lange
Torvald Kambestand
Paloma Stark

Contents

Part 1: How to get in touch with your local park's "forvalter"

Part 2: Insider tips

Part 3: Dream Tree Tags and Posters

PART 1:

How to get in touch with your local park's forvalter

- Send an email to postmottak@bym.oslo.kommune.no and inform about the project and ask specifically about who the parkforvalter for your selected park is.
- Within a few days the parkforvalter will respond to you from the email address that you will use for further communication for your urban intervention.

- Use this following link to apply for renting the park at least two weeks before your urban intervention starts:

<https://www.oslo.kommune.no/gate-transport-og-parkering/leie-torg-fortau-og-gater/leie-areal/>

- Both companies and private individuals can apply to rent municipal space in Oslo.
 - You can not rent space for private or closed events
 - The City Council has decided that due to corona, the rent of parks will be for **free**.
- Scroll down on the page and click on "Søk her for leie av Bymiljøetaten (logg inn)

Hvor skal du sende søknaden?

Bymiljøetaten behandler søknader for

- store gater i Oslo sentrum
- torg og plasser i Oslo sentrum
- Ekebergsletta, Ekeberg kulturpark, Frognerparken, Grünerhagen, Jakobskirken (friområde), Kampenparken, Kubaparken, Nedre Foss park, St. Hanshaugparken, Torshovdalen, Tøyenparken, Verdensparken og Vaterlandsparken
- Bislett stadion, Sirkustomta, Sørenga sjøbad og Valle Hovin
- Huk, Ingierstrand og øyene i indre Oslofjord

[Se priser for arealer Bymiljøetaten leier ut \(PDF\)](#)

[Søk her for å leie areal av Bymiljøetaten \(logg inn\)](#)

- Log in with **MinID**
- Fill in the easy application form
- Before you submit the application, you are asked to accept a self-declaration were you accepting the following:
 - *I declare that the information provided in the application is correct and as complete as possible*
 - *I am aware that I am responsible for waste management for the entire area for the entire rental period and that the municipality will order cleaning at my expense if it is not good enough*
 - *I am aware that I am responsible for any damage to the rental area*
- Wait 5 working days +/- for reply.

Part 2: Insider tips

Do's:

- DO plan your event strategically. During the summer, when many people already use parks, and on weekends are the best times. If you do the event during the week, schedule activities after working hours.
- DO get in touch with local neighborhood groups. They can promote the event and inform you about local initiatives.
- DO use accessible language in your signs/dream cards. Children can understand and engage with this topic if simple enough wording is used.
- DO try to have as much active facilitation during the event as possible.
- DO map out the most used paths in the park, and place the interventions there.
- DO make sure there are ways to receive feedback from people, even when you are not physically in the park yourself. Some sort of contact information is helpful!

Don'ts:

- DON'T damage the park with your interventions (breaking branches, digging deep holes, etc.)
- DON'T skip getting in contact with your park's forvalter.
- DON'T start planning the event too late.
- DON'T hold back with promotion.
- DON'T be afraid! Just DO IT!

Part 3: Posters and Dream Tree Tags

When we hosted our event, we printed out two sets of our posters and hung them in two series in Kampen park. One of the posters was placed in front of the Dream Tree in order to let people know how to interact with the tree when it wasn't being actively facilitated. We also included another poster which featured a QR-code that led to a survey, where people could give us feedback.

The Dream Tree tags were hung upon a tree with low-hanging branches in the center of the Park. The cards had holes punched into the tops with string threaded through so that they could be hung on the tree. Empty cards were also hung, along with a marker, so that people could fill out their responses. They were hung both at low and high heights, so that both children and adults could read and write easily. (TIP: laminated cards can be helpful in poor weather, and lighting can allow people to interact with the tree at night).

Below are all of our posters and dream cards:

LAWN

MOWER

OR

HABITAT MOVER

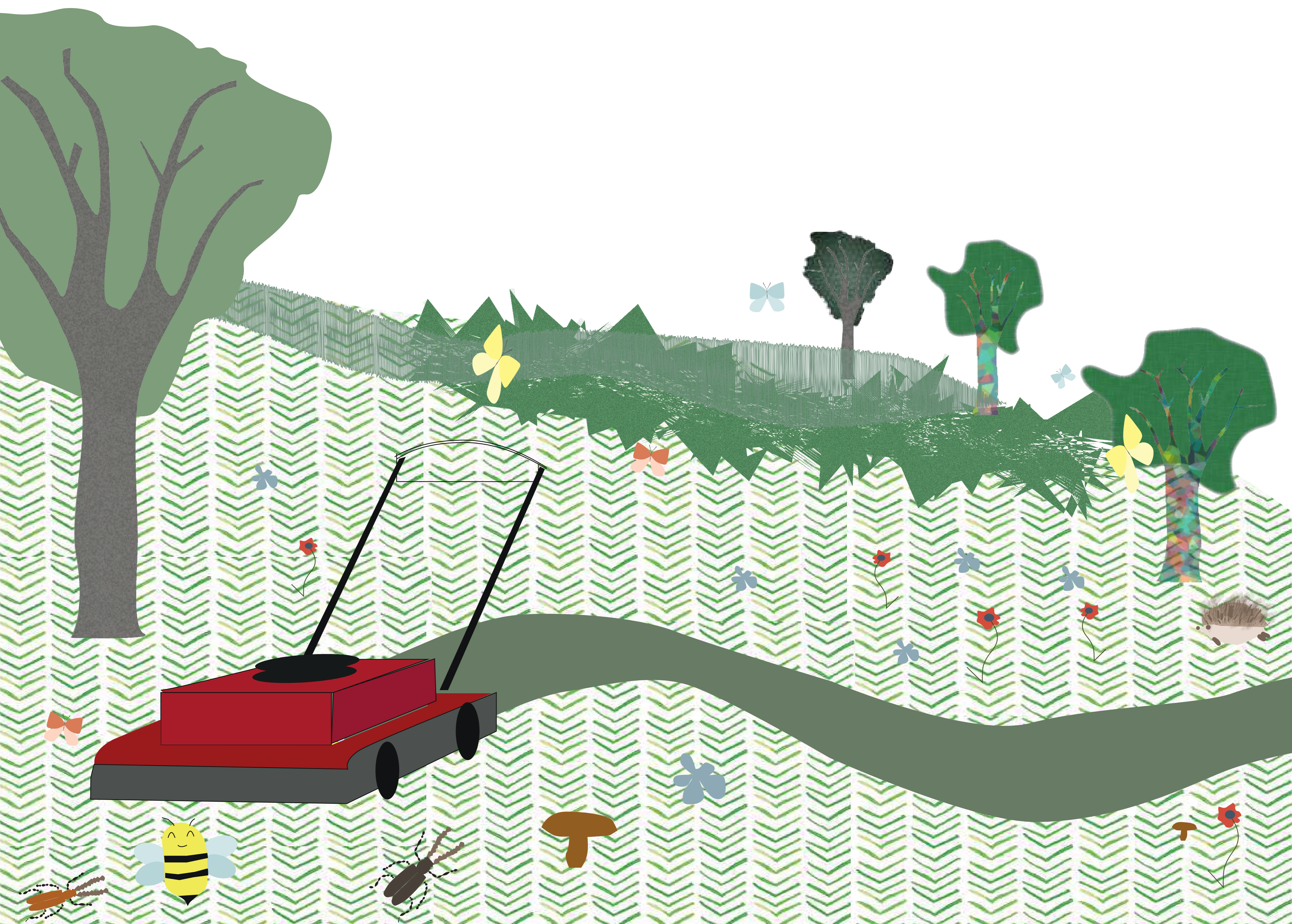
CITYSTUDIO

OSLO 2021

The neatly-manicured, shortly-cut green lawn is so common that we take it for granted. But they are purely designed for human aesthetics. Frequent mowing leads to more monoculture, as only the plants that are low-lying (like dandelion and clover) or that grow from their base can survive. Plus habitats for insects and V.I.Ps (Very Important Pollinators) are destroyed in the process.

So, if we let the grasses grow, and replace lawns with meadows and local wildflowers, we can both increase biodiversity and reduce the need for maintenance.

WIN-WIN!





THE DREAM TREE

Welcome!

Right in front of you there is a beautiful dream tree - a tree full of wishes and needs. As you look closer you can see the different wishes of our neighbors in the city and parks.

You will be amazed by the variety of nature's needs and dreams of specific species. Feel free to look around and try to understand their perspectives and desires.

Make your wish come true!

1. Take a card from the box.
2. Write down your personal wishes for Kampen Park and its neighbors.
3. Tie the card gently to the tree. May your wishes come true.

SUPER POOPER

OR

SUPER POWER



Rats with wings. Food stealers. Poop bombers. Maybe we need to be more generous with our descriptions of the birds all around us. Birds control pests, pollinate plants, spread seeds and fill our mornings with music.

More than 300 species of birds have been spotted in Oslo, and over 100 have visited the Botanical Garden right across the street. Can you identify at least 3 different species in this park? We'll start: Eurasian Magpie, Hooded Crow, Feral Pigeon....

CITYSTUDIO
OSLO 2021



PESTS

OR

POLLINATORS

Did you know that around 1/4 of all pollinating insect species have been recognized as endangered species and put on the Norwegian Red-list? Insect pollinators include beetles, flies, ants, moths, butterflies, bumble bees, honey bees, solitary bees, and wasps.

Without these critters, there would be catastrophic consequences for wild plants and agricultural crops that rely on the services these pollinators provide.

We think it's fair to say : V.I.P= very important POLLINATOR.

CITYSTUDIO

OSLO 2021



ROTTEN

SMELL

OR

INSECT

HOTEL

When a tree dies it doesn't lose its value! In fact, it becomes a "snag" (a dead tree left standing upright) or a "log" (a dead tree left on the ground). Both of these are extremely valuable for wildlife.

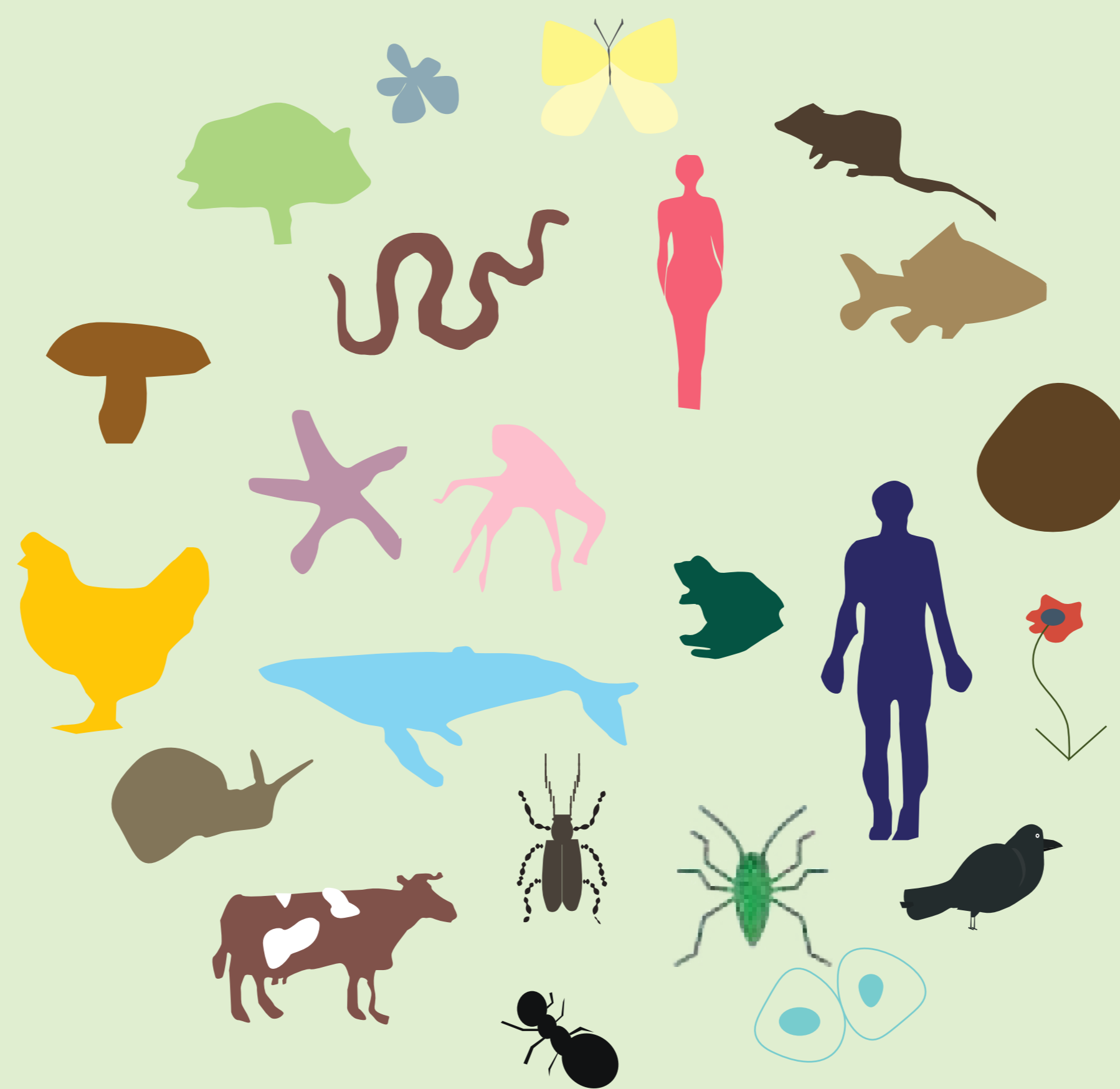
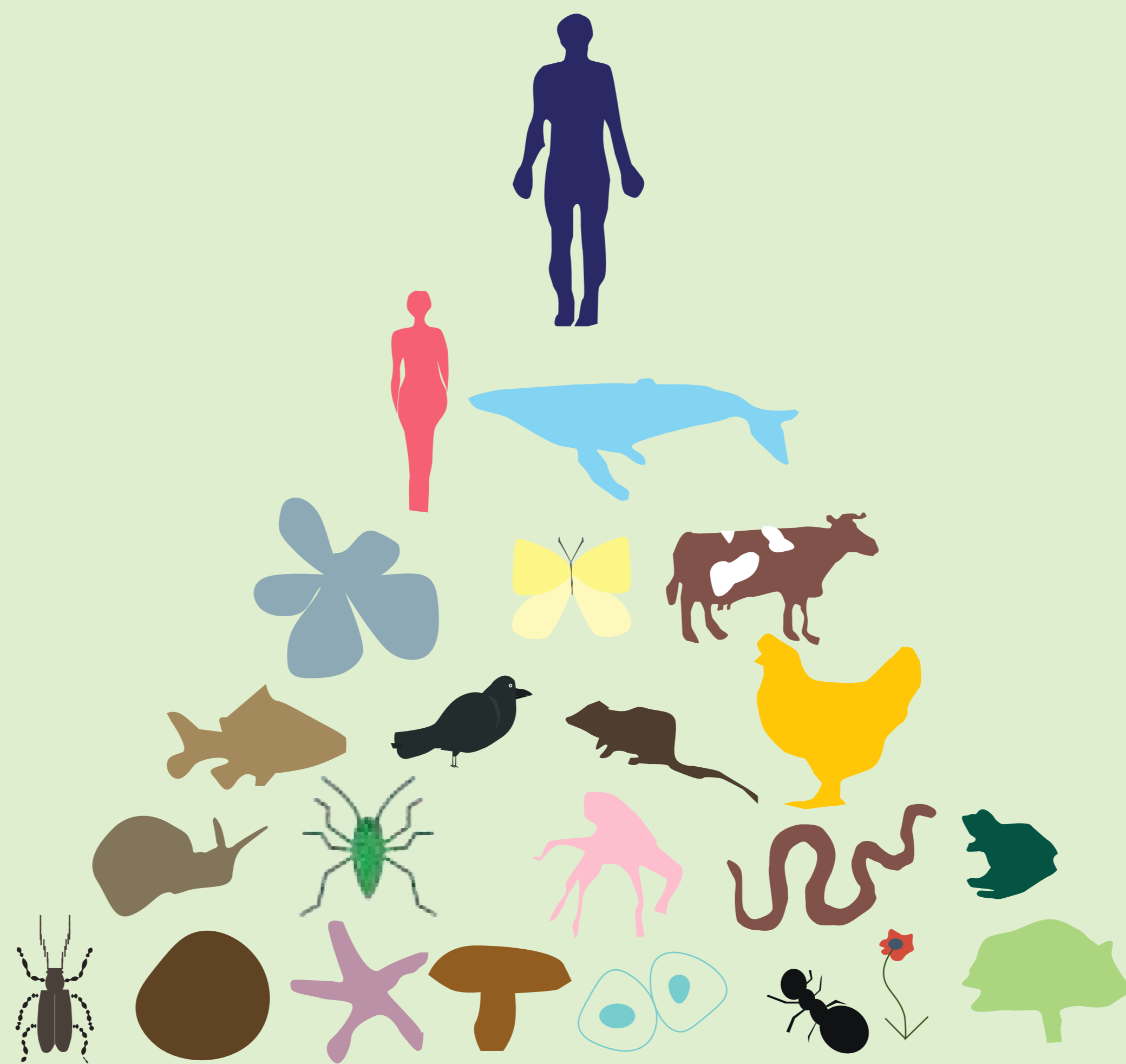
They can provide places to live, food sources, lookouts, and hiding places, all of which can encourage the survival and co-existence of several species. When we clear this valuable "dead-wood" from our parks and forests, we are also losing these many benefits.

Now repeat after me:
See a dead tree? Let it be!

CITYSTUDIO

OSLO 2021





EGO OR ECO

When we only think about nature in terms of how it serves us, humans, we get stuck in an EGO mindset. If we instead see ourselves as part of an interconnected web of species, we switch to an ECO mindset. Every species impacts, and is impacted by other species. By changing our mindsets and behaviors, we can find better ways to co-exist in all aspects of life. Like in this park, for example!

CITYSTUDIO

OSLO 2021

Decomposers are made up of the FBI:
Fungi, bacteria and invertebrates
(worms and insects). They are all living
things that get energy by eating dead
animals and plants and breaking down
wastes of other animals

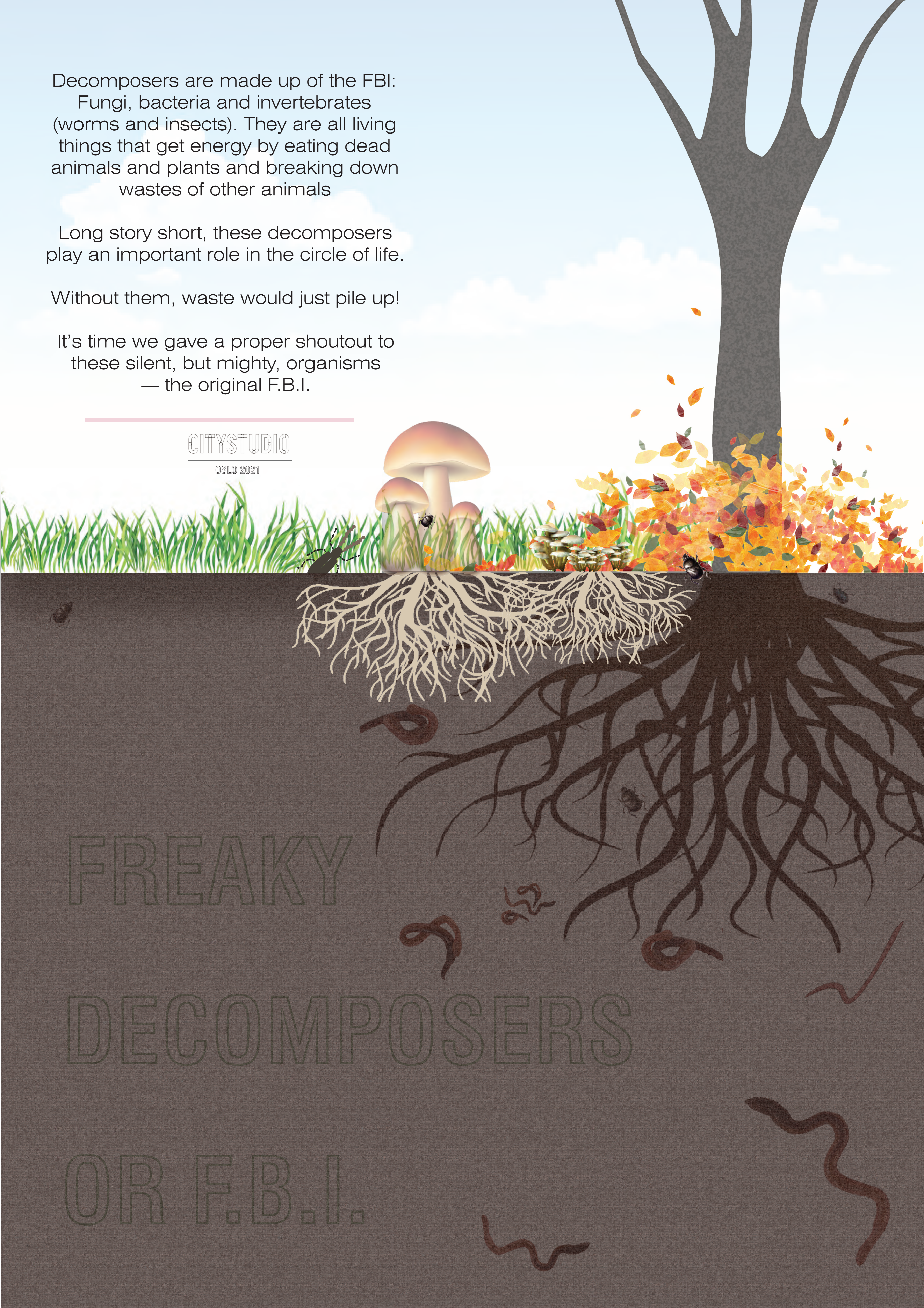
Long story short, these decomposers
play an important role in the circle of life.

Without them, waste would just pile up!

It's time we gave a proper shoutout to
these silent, but mighty, organisms
— the original F.B.I.

CITYSTUDIO

OSLO 2021



FREAKY

DECOMPOSERS

OR F.B.I.





Badger

GREVLING



You will probably never see me, because I always sleep during the day. After a long rest I like to clean my fur and drink water from the nearby ponds, creeks and puddles.

Beech

BOK



**Hey. Please be delicate
with me, my bark is
thin! It scars very
easily, so if you carve
anything into my trunk,
I won't be able to heal
myself. A gentle hug
would be nice instead.**

Birch

BJØRK



Hello! I have shallow roots and I am quite sensitive to heat or drought. Of course, I still need the sun to grow healthy, like we all do, so the best spots for me are places where I can get sunlight on my leaves and shade on my roots.

Bluebell

KLOKKEBLÅSTJERNE



**I prefer lean,
calcareous and
nutrient-poor grounds,
especially in the city. I
don't like the
countryside as much,
because everything is
overly nutritious due to
the intense fertilization
of the farm fields.**

Dandelion

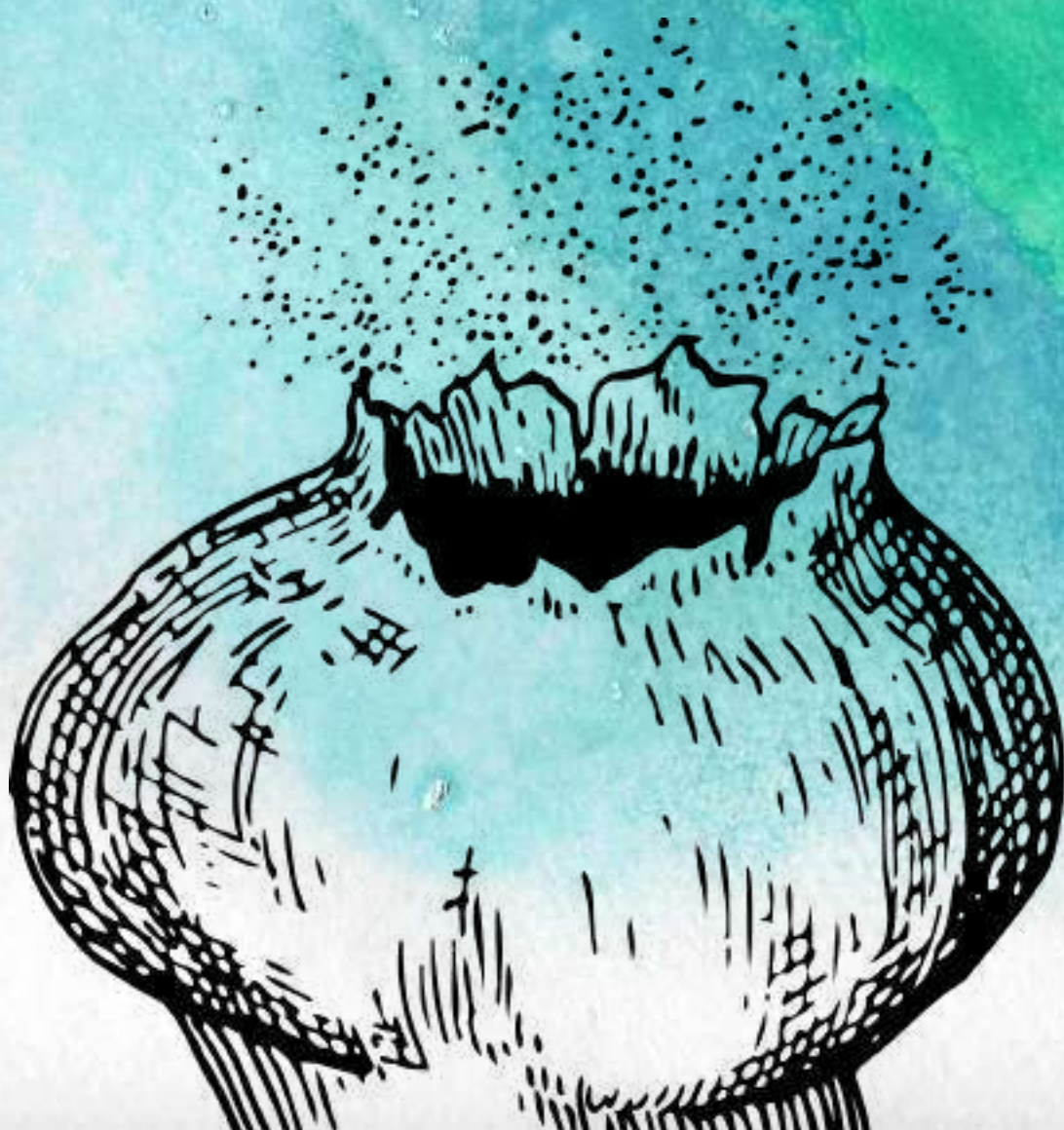
LÖVETANN



I'm probably quite familiar to you, and there's good reason for this. I prefer highly disturbed soils and this makes me able to grow in construction sites, by roadsides and on heavily mowed lawns. I mostly rely on wind to spread my seeds.

Earth Ball

POTETRØYKSOPP



**Hey! I'm a beautiful
mushroom growing in
this park, my inside
looks like the universe.
I like to grow in sandy
soil, preferably in
parks and gardens.**

Elder

SVARTHYLL



**Hello. I am growing up
to be an old and strong
tree. In my early age I
feel weak, so please
don't climb on me. I am
fragile and you can be
quite heavy.**

Elm

ALM



Help! I am infected by a fungal disease. You can help me with some fungicide, but prevention is key! Watering during drought periods and following a fertilization schedule would strengthen me immensely.

Eurasian Blue Tit

BLÅMEIS



Please don't fill the holes in the facades of the surrounding buildings, they are perfect nesting homes for us, we need them to protect ourselves from the cold winter and scary squirrels and cats. I appreciate nesting boxes in the park with delicious worms and seeds and space for us to reproduce.

Eurasian Magpie

SKJÆRE



I love Oslo. Did you know that I have passed the self-awareness test, because I recognized when my appearance has been modified during this test. Yes, I am pretty clever and super adaptable and can eat almost anything, which is why I do so well in cities.

Feral Pigeon

BYDUE



Hi. I mate for life and I am very devoted to my family. I'm a big fan of all the hard and rocky surfaces in the city, because they mimic my natural habitat. In fact, you're more likely to find me living near you, rather than in a park. I might just be here to look for scraps.

Giant Hogweed

KJEMPEBJØRNEKJEKS



Although I want to spread as far as possible, I'm super invasive and unwanted in Oslo. I can also cause painful blisters if touched, so if you try to weed me, wear gloves!

Goosefoot

MELDESTOKK



**Hello. I prefer heavily
fertilized soil in
gardens and open fields
on which I have enough
space to spread my
seeds, on average 3000
seeds per plant.**

Hazel

HASSEL



I want to become an old tree to provide safe shelter for my neighbors and friends. Birds and insects like to rest and live on my branches, so please don't cut them. When my lifetime is over I want to turn into an insect hotel, rather than being burned or wasted.

Hedgehog

PIGGSVIN



**You will probably
never see me in the
city, because of all
these cars and scary
roads. I mostly like to
hang out in the
suburbs. If you see me,
please don't give me
milk, it will make my
stomach
hurt. I like to eat
insects like beetles and
snails.**

Large Earth Bumblebee

MØRK JORDHUMLE



Help! One third of Norway's wild bee population is threatened! That includes me! I really appreciate the urban bee highway, initiated by the city of Oslo, and the different initiatives to plant more wildflowers and meadows.

Red Squirrel

RØDT EKORN



**Compared to my
brothers and sisters
that live out in
forested areas, I do not
move around so much in
the city. This is because
I don't forge as much
and because the city's
green spaces are so
fragmented. I would
love some green
corridors connecting
different parks!**

Snowberry

SNØBÆR



Hey! I am a hardy bush that looks nice even in the winter. Most parts of me are poisonous for humans and animals, but some birds love to snack on my white fruits! If you want to attract more birds in your garden, planting me is the way to go.

Stinging Nettle

STORNESLE



**Be aware! If you keep
your distance or
protect your skin
around me, we can still
be friends! I'm really
picky about my soil, I
prefer it rich in
phosphates and
nitrogen. Yummy!
Because I can self-seed,
I can become quite
invasive.**

Tree Bumblebee

TREHUMLE



**Hello! I need frequent
and connected places to
stop, rest and gather
nectar on my
pollinating journey. I
appreciate meadows
and wildflowers being
planted around in parks
and on rooftops around
Oslo.**

Woodpecker

HAKKESPETT



I like old trees, they are hosting a lot of nutritious and delicious insects. All these newly planted trees are too small and smooth for insects. Never cut down old trees, but continue planting new ones.