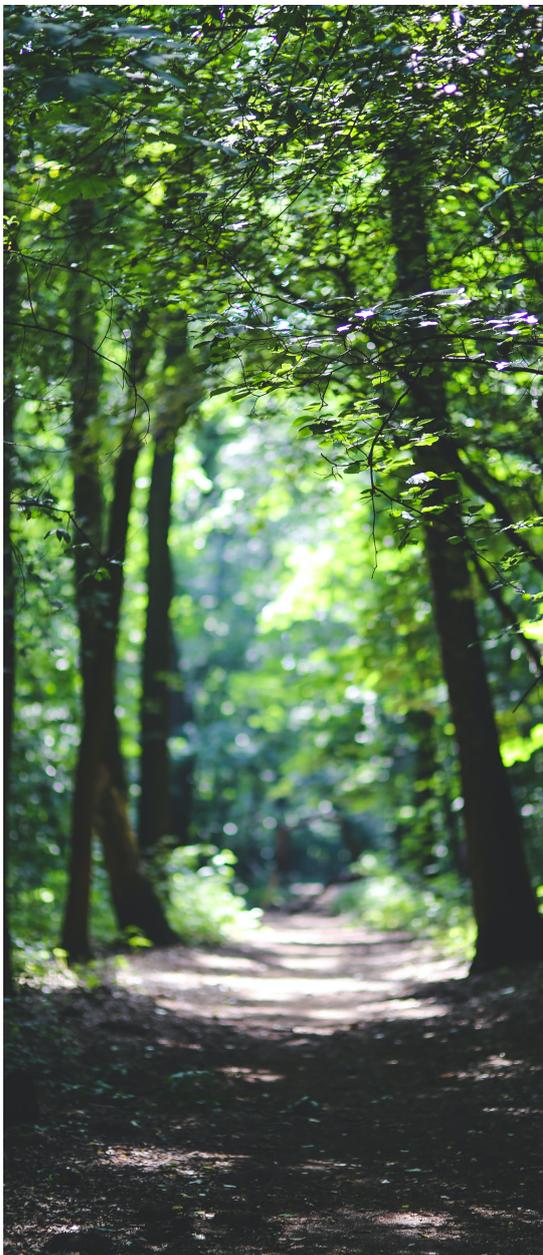


ENCOURAGING EXPLORATION AND PLAY IN UNDERUSED PUBLIC SPACES: AN ACTIVITY TRAIL.

#PLACEMAKINGDURINGCOVID-19
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ABOUT THE PROJECT

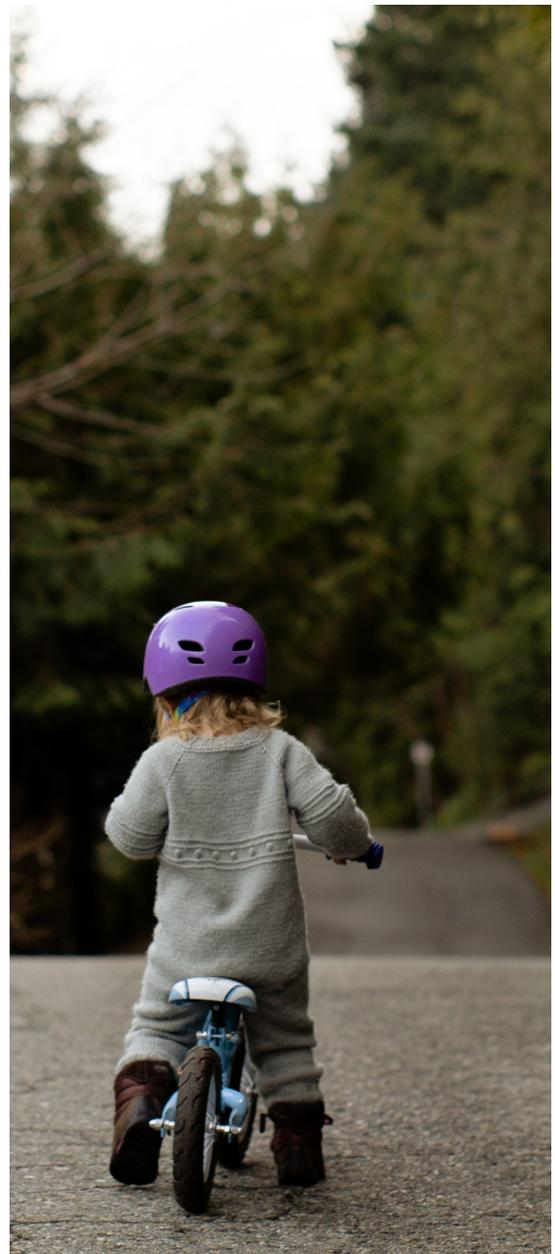


Nabolagshager and Oslo Living Lab have created an activity trail around Linderud Gård which is a former farm manor in the East of Oslo. Oslo East is home to many people with a migrant background and a lower socio-economic status in comparison to the west side of Norway's capital. The area is also characterised by large family units with young children, living together in small apartments within dense high rise apartment blocks. These apartment blocks often have green space at the ground level, but these consist of large unimaginative and non-biodiverse lawn spaces with an small activity structure for children.

Creating a space where people are encouraged to go outside of their dense living spaces, enjoy nature, be active and have activities for children that are safe for Covid-19 was especially important in that area. This was also a way to invite people to explore areas of the former farm space that had previously been closed to the public, and enjoy the new community garden space in one area of the farm, which became a gathering place for the neighbourhood.

WHAT IS AN ACTIVITY TRAIL?

An activity trail is a defined route in a neighbourhood that is ideally located in a green area and a space that people are not familiar with or that is seen as restricted/inaccessible by many local residents. It contains indicated stops with little quizzes that have to be solved or activities for children. Each solution is needed to solve a crossword puzzle. The participants are invited to submit it online to the activity trail hosts and are part of a prize drawing.



WHY CREATE AN ACTIVITY TRAIL?



Inviting people to go for a walk while solving quizzes in an area that they may have not experienced before or did not feel welcome to explore combines a joyful experience that engages physical activity and activates in an outdoor public place.

During the uncertainties of the Covid-19 pandemic, these are especially important ways to engage the local community safely, and can also be a way to share information about local public spaces with users.

HOW TO CREATE AN ACTIVITY TRAIL?

1. Choose a public space for the activity trail. Ideally, the space should be barrier-free so families with strollers and people with special needs can be included. It's a plus if the space is a green space and or a space people are not so familiar with or has recently been opened up to the public. This is a possibility to engage people in discovering the hidden gems in their neighbourhood. Think about a possible route and how different stops can be spread out over the route that encourage users to notice previously overlooked parts of their community.

2. Think about whom you would like to engage? Who is your target group? Maybe you would like to engage people in different age groups? Crossword puzzles will engage adult users, whereas simple activities ("The next sign is 10 meters away. An artic hare can hop over 2 meters in a single jump, so will take 5 hops to get to the next sign. How many hops does it take you?") will engage children as well.

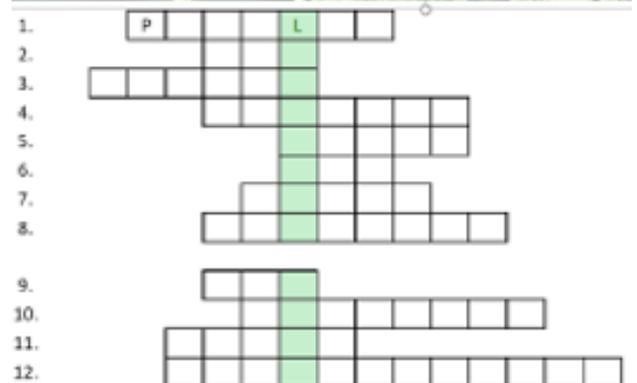


3. Think about how many stops you would like. Each stop should have a quiz. We recommend 12 stops but of course, this is entirely up to you. Think of a crossword you would like to get then draft your quizzes. Your quiz questions can be easy or hard depending on whom you are writing them for. Maybe you want to have several quizzes at each station for different age groups or even create different activity trail routes? You could indicate them in different colours. Think if you would like to have a prize for the participants. Local shops often set prizes aside for activities that support the local community. If you have a prize raffle include a way to contact you and the date you will have the raffle. Don't want to have prizes? Maybe it's a good idea to include a sheet with answers to the questions at the end of the route.

HOW TO CREATE AN ACTIVITY TRAIL?

4. Print or write the questions on paper and laminate them or put them in plastic foil and close them to make them weatherproof. Included signs:

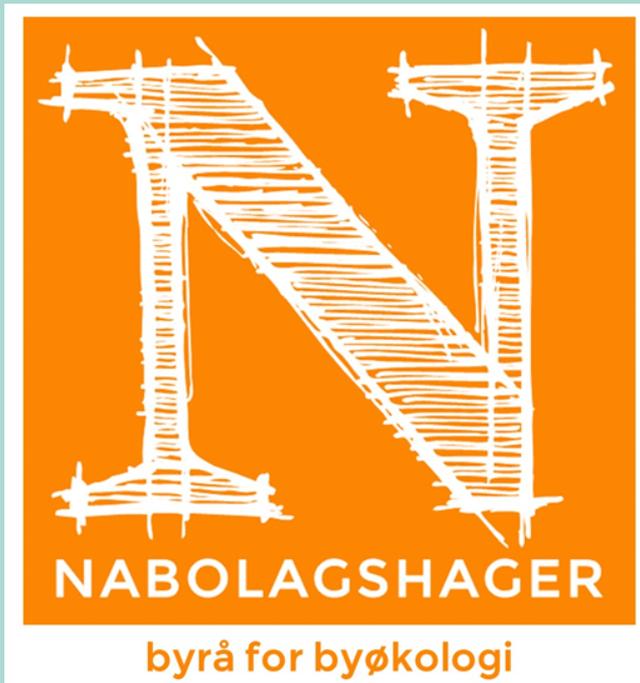
- A map of the activity route at the beginning of the route (there can be more than one entry point, but then you will need to have the questions match up for the crossword puzzle).
- A description of how to do the activity trail at the beginning of the route.
- A Covid-19 sign explaining that signs should not be touched, and that users should write answers in their own electronic device or on their own paper.
- Include a picture of the crossword on each sign with each question, as well as the directions for where to go next. Make sure it's easy to read the questions. You can also include a 'hint.' We put one letter from the crossword on each question (for example a hint from the answer to question #2 on the sign for question #3).



HOW TO CREATE AN ACTIVITY TRAIL?

5. Hang up the quizzes in the planned stops of your neighbourhood.
6. Invite your local community to participate in the activity trail. You can use different channels such as social media or the local newspaper. Don't forget to share for whom this activity is. Mention where the route is and remind people to take a pen and paper or their phones to note down the quiz answers. Remind people to not touch the quiz sheets to keep a social distance and to stay home if they feel sick.
7. If you have a prize raffle: collect all the answers do a little lottery and send the prizes to the winners.
8. Don't forget to take down the quizzes after a while so they won't fall and litter the place. If your community enjoyed this you may want to update the quizzes?
9. Have fun with the quizzes, exploring and engaging your community.





Oslo Living Lab



PHOTO CREDIT

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