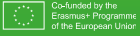




TWO MINUTES OF SILENCE WITH BIRDS



Co-funded by the Erasmus+ Programme of the European Union

Easy to integrate listening exercise that shows the impact of a loud group on birds.



Learning experience



Topic

Fauna



2 min.
+ reflection



Participants

- Have a higher nature awareness and connectedness
- Understand the impact of noise on birds



Suitable for
outdoor sport instructors
and course participants



Practical sessions



Outdoor F2F



Materials needed

No

More activities under see-project.eu



Easy to integrate listening exercise that shows the impact of a loud group on birds.



Preparation

This exercise can be done when you are en route with a loud group (be it because of bikes, braking, talking etc.) in an area where you expect birdlife.

Activity instruction

Find an area suitable to stop the whole group. When the group stops, the trainer asks participants to stay in silence for one minute and to listen to the sound of nature. Then the group can report what they have heard. This first minute exercise should be followed by some time where the group is calm and does not move around much, so the birds can get used to the group. You can e.g. have a discussion on potential impacts of the activity, give information about the area or similar.

Once the wildlife in the surrounding environment get used to the group, and the birds start singing again, the group is asked one more time to listen to nature for one minute. If everything goes fine, they will hear (more) birds singing this time.

Reflection and discussion

In a short reflection, you can explain about the impact of noise (see background knowledge) and discuss ways to minimise it.



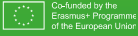
Potential variations

Can also be combined with 1 minute of silence at the start of the route (e.g. in an urban context), if the effect on birds does not occur you can still discuss the difference between urban and nature surroundings and sound.

If you want to go deeper into the sounds of a forest or nature in general, you can ask participants to stay in silence for a longer time (e.g. 5 minutes) or/and count the sounds they are hearing.



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Following the activity, you can also try to find out what birds live in the area, e.g., with the help of an identification app.



Background knowledge

When being outside with a group (and especially on bikes or with kids) the noise disturbance can be significant for birds but this is not so much in the minds of participants. With this easy exercise we can show that we have an impact on animals even if we do not see them fleeing.

Research from Davis et al. (2010) showed that breeding success in a designated bike region dropped to 35 percent compared to 70 percent breeding success in a region with no bike use. At the same time, nest duties increased from an average of five to 15 percent.

Literature

Davis, C. A. et al. (2010): Mountain biking trail use affects reproductive success of nesting golden-cheeked warblers. *The Wilson Journal of Ornithology*, 122/3, S. 465–474.



Key words

#fauna
#noise disturbance
#nature awareness



Source

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