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Cataloging Active Gardens for the ByOase Project in Copenhagen: A qualitative evaluation of active gardens and recreational areas as examples of green space redevelopment

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A collection of gardens, nature centers, playgrounds and animal farms as examples of the possibilities in De Gamles By
<table>
<thead>
<tr>
<th>Contents</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview</td>
<td>3</td>
</tr>
<tr>
<td>Building Playgrounds</td>
<td>4</td>
</tr>
<tr>
<td>Children and Animals</td>
<td>5</td>
</tr>
<tr>
<td>Gardens</td>
<td>6</td>
</tr>
<tr>
<td>Nature Education</td>
<td>7</td>
</tr>
<tr>
<td>Sensory/Therapeutic Gardens</td>
<td>8</td>
</tr>
<tr>
<td>Bredegrund Byggelegeplads</td>
<td>9</td>
</tr>
<tr>
<td>Broparkens Byggelegeplads</td>
<td>10</td>
</tr>
<tr>
<td>Buehler Enabling Garden</td>
<td>11</td>
</tr>
<tr>
<td>Byggelegepladsen Rønneholm</td>
<td>12</td>
</tr>
<tr>
<td>Carter School Sensory Garden</td>
<td>13</td>
</tr>
<tr>
<td>Dam Head Park</td>
<td>14</td>
</tr>
<tr>
<td>Geelsgård Skolen</td>
<td>15</td>
</tr>
<tr>
<td>Kløvermarken</td>
<td>16</td>
</tr>
<tr>
<td>Lions Wellness Park</td>
<td>17</td>
</tr>
<tr>
<td>Psykiatrisk Center Skt. Hans</td>
<td>18</td>
</tr>
<tr>
<td>Remiseparken</td>
<td>19</td>
</tr>
<tr>
<td>Rødovre Byggelegeplads</td>
<td>20</td>
</tr>
<tr>
<td>Saxoparken</td>
<td>21</td>
</tr>
<tr>
<td>Skolelandbruget</td>
<td>22</td>
</tr>
<tr>
<td>Skovhaven</td>
<td>23</td>
</tr>
<tr>
<td>S:t Hansgården</td>
<td>24</td>
</tr>
<tr>
<td>Stengårdens Byggelegeplads</td>
<td>25</td>
</tr>
<tr>
<td>Tangensvej Skolehave</td>
<td>26</td>
</tr>
</tbody>
</table>

Unless otherwise noted, all photographs were taken by Alison LeFlore, Bernard Lis or Corey Randall
# Overview

A ★ indicates a facility’s membership in the particular category.

<table>
<thead>
<tr>
<th>Name</th>
<th>Animals</th>
<th>Building Playground</th>
<th>Community or Children’s Garden</th>
<th>Ecological or Sensory Garden</th>
<th>Elderly Facility</th>
<th>Nature Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bredegrund Byggeleplads</td>
<td></td>
<td>★</td>
<td>★</td>
<td></td>
<td></td>
<td></td>
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<tr>
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<td>Buehler Enabling Garden</td>
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<td></td>
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<td></td>
<td></td>
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<tr>
<td>Byggelepladeesen Rønnehlom</td>
<td>★</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Carter School Sensory Garden</td>
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<td>Dam Head Park</td>
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<td>★</td>
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<td>Skolelandbruget</td>
<td>★</td>
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<td></td>
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</tr>
<tr>
<td>Skovhavnen</td>
<td></td>
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<td></td>
<td>★</td>
<td>★</td>
</tr>
</tbody>
</table>

![Stengårdens Byggeleplads](image1)

![Kløvermarken](image2)

![Skolelandbruget](image3)

![Skt. Hansgården Hospital](image4)
Building Playgrounds

Building playgrounds are very common in the Copenhagen area, and offer children the opportunity to design and build their own play spaces. Children must work together in groups to build their house and then they share it once it is complete. Staff always assist the children with their work to build stable floors and frames. Beyond ensuring safety, most building playgrounds give children free reign over their designs.

Many of the building playgrounds have a woodshop where children can make smaller woodcrafts and where all the tools can be stored.

Rødovre Byggelegeplads requires that children build an animal house before they can own their rabbit, chicken or bird.

Some of the many play houses. Each has the same basic structure, but others have additional floors, decks and decoration.
Children and Animals

Most children love animals and are excited to have the opportunity to interact with one. Keeping various farm animals at after school clubs is fairly common. Most of the locations had one or two goats, chickens and rabbits. It is also very common for children to be able to rent or buy a rabbit from the institution and get help caring for it from the institution staff. Some institutions offer children the opportunity to own a bird or chicken.

Caring for an animal teaches children about responsibility. Even children who do not have their own rabbit often help to care for the rabbits. The staff is responsible for taking care of the institution’s animals, but many children help by feeding or exercising the animals.

Many institutions have incentives for children to help with chores. The children who clean stalls (shown left) and help with other chores get first priority on riding lessons at Rødovre Byggelegeplads. Club members at S:t Hansgården earn money for their group by gardening or doing other chores.

Children develop very strong bonds with animals as well as with other children and staff members who are involved with the animals.

All the animals have pens or cages, but there are larger areas where they can get exercise. Goats and chickens usually run free in the yard. Skolelandbruget and S:t Hansgården both have large pastures where the goats, sheep, cows and pigs can exercise and graze.
Gardens

Gardens are very common at nature parks and educational facilities. Gardens are used for many purposes, such as demonstrating sustainable practices, teaching children about nature and food or creating nature environments for them to play in.

Many of the gardens are cared for by the staff, but others have children help with the gardening. Some locations even have gardens that community members can plant themselves.

Raised beds filled with purchased soil ensure that the plants used for cooking and eating are not growing in contaminated soil.

Planting annuals in small gardens such as these is very common in nature programs.

This water garden at Kløvermarken collects run-off rainwater from the roof and creates a great environment for water-loving plants, small animals and amphibious reptiles.

Gardens can be used to create private or group seating areas.

Fruits, vegetables and herbs are very common in kitchen gardens. Pictured: fruit trees, gooseberries and chives (top right, top left, bottom) at the S:t Hansgården.

Herb spirals are an easy way to increase garden size, create different environments for various plants and are fun for children to play on.
Cooking simple foods such as pancakes, popcorn and bread is one of the most common traits of nature education. Kløvermarken, Saxoparken and many of the after school clubs have outdoor fire pits and stoves so that children can learn about cooking.

During nature programs, cooking is often one of the methods used to show children that nature is a part of their everyday lives. Cooking also gives children something tangible to do during their lesson, since they get to eat when they are done.

Many of the nature parks and farms offer educational programs about nature and the environment. These programs are designed for younger children, the vast majority of the groups are grades 0-3. Occasionally, groups of older students will visit and sometimes groups of mentally challenged adults have programs. Programs offered range from the Birds of Copenhagen to lessons on environmental sustainability and alternative energy.

At each park, they use the various outdoor facilities for programs and only offer indoor programs when the weather is especially bad.

The classrooms are designed for interactive programs. They include things that children can touch, such as animal horns and wool.

Each nature park had at least one compost pile where children learn about conservation by composting the excess materials from cooking, crafts or other projects.

This greenhouse at Kløvermarken allows children to enjoy the garden even when they have to stay inside.

Gardening is another common element of nature education centers. Children often get to help with the gardens on their visits.

Environmental energy forms are often highlighted during nature education programs. Each site had solar panels and some even had wind turbines.
Sensory/Therapeutic Gardens use nature to help visitors relax and connect with nature. Their design focuses on creating separate areas for restorative and rehabilitative areas. Further, their design can be modified to appeal to particular user groups. For example, some gardens include multiple pathways throughout so that users do not feel confined and can avoid other visitors if they choose to.

Creating outdoor rooms is very important when designing sensory and therapeutic gardens, as they make visitors feel comfortable by creating a sense of separation from the large outdoors.

Too much structure can be a negative characteristic in sensory gardens, so there are often some areas where plants are allowed to grow naturally and other areas where plants are cultivated and organized.

Many sensory/therapeutic gardens include raised beds so that people who must sit or are in wheelchairs can garden as if they were sitting at a table.

Moving water stimulates the sense of hearing and is dynamic but calming.

Seating is provided throughout the Skt. Hans Sensory Garden. The seating supports the back and is situated so that nobody can approach from behind.
Bredegrund Byggelegeplads is divided into two separate areas, one is a typical playground and the other is a staffed building playground. In the staffed area, there is a very large ship that is connected to a variety of play equipment, a wood shop, forts that the children have built, a garden, campfire, obstacle course and a weather station.

The staff builds the floor and the initial framing for the forts, but then the children build the rest; they add the siding, doors, windows, additional floors and even decks if they choose. The staff monitors construction and ensures that the buildings are structurally sound.

There is an obstacle course that challenges children’s motor skills by requiring them to climb over walls and jump over hurdles.

The ship area was built by the staff and some of the oldest children. The ship is connected to the rest of the playground by a plank bridge. In addition, there is an over-sized slide made of an oil pipeline, a zipline and various other attractions on the playground.

Children of all ages play together in the building playground and the older children generally look out for and play nicely with the younger children.

Children can have a plot of land in this garden to raise their own plants. They are responsible for taking care of their area, including planting, watering and weeding.

Most of the wood used for building is recycled, so children learn to reuse items to reduce waste.
Broparkens Byggelegeplads has an after school program for all school aged children and a daycare/kindergarten for younger children. In addition to the farm animals, there is an area only for older children where they can build forts and use a wood-working shop. There is a staff member dedicated to this area to make sure that tools are being used properly and that the forts are safe. There is also a fire pit in this area where the children make simple snacks. The playground is open to the public evenings and weekends.

They have many rabbits, three goats, birds and some chickens. Children can have their own rabbits, but the chickens and goats are communal animals. The children help the staff to care for all the animals.

Inside, they have two hamsters and a bird that the children play with and help to care for.

Older children can build in the workshop (right) or work on their own forts (above).

The rabbits live in hutches (below) but the children are expected to play with the rabbits in a large outdoor area (above).
The Buehler Enabling Garden is part of the Chicago Botanic Garden. It features many of the common characteristics of enabling and sensory gardens along with other unique aspects. As with all sensory gardens, many different textures, sounds and smells are used to engage the various senses. The garden includes many features that ensure that physically challenged visitors can find their way around and safely maneuver.

Unlike most botanic gardens, The Buehler Garden invites all its visitors to actively participate in gardening activities. In addition to raised beds and wall gardens, the Buehler Garden uses large garden pots so that the garden can be cared for anywhere and then placed in the garden. The garden was not designed as a therapy garden, but there is a full-time horticultural therapist who runs programs for private groups. In addition to the garden staff, many volunteers help with the gardening responsibilities.

Staff in the garden often offer programs for the public. These programs teach visitors about many different topics, such as flora arrangement and plant propagation.

The tool shed is open to the public and has many tools designed specifically for physically challenged individuals.

Raised beds and wall gardens make plants easy to reach from a wheelchair. All the raised beds have wide walls to that gardeners can sit while they work without straining to reach the plants.

These hanging baskets are mounted on the wall and attached to a pulley system that allows them to be easily raised or lowered so that anyone can reach them.

All photographs on this page are public domain and taken from http://www.chicagobotanic.org/
Byggelegepladsen
Rønneholm

Rønneholmsvej 2, 2610 Rødovre
Telephone: 36 41 06 94
Contact: Flemming Rasmuseen

Byggelegepladsen Rønneholm is an after school club
for children ages eight to eighteen. A kindergarten
and day care share the building with the club. In
addition to their indoor facilities, they have a
playground, building playground and animals. All
the children share the outdoor area which includes a
bicycle repair shop, woodshop, building playground,
a traditional playground, animals and a small
football court. Their one goat has a pen, but is often
roaming the area. The chickens also roam most of
the time. The birds are caged, but the children can
go into their enclosure. Similar to the other after
school clubs, children can rent or buy a rabbit and
must care for it. Staff members care for the
chickens and goat as well as ensure that the rabbits
are cared for properly.

Children can make handicrafts in the woodshop and
staff in the bicycle repair shop teach children basic
bicycle maintenance. Staff members ensure that the
forts are safe and help groups of children with
construction.

The staff portions out food for each rabbit
and puts it in a red box for the children
to feed the rabbits.

All the pens are big enough for children
go to in to play and interact with the
animals. The goat and chickens are often
loose in the yard, but have large pens.
The rabbits each have a hut but they also
have large exercise pens (above, right).
The bird house is partially indoors and
partially outdoors (above, left).

Even small children enjoy the animals
and can learn how to care for them.

Working on forts or in the wood-
shop and bicycle shop teaches
children practical skills and how to
work together.
The Carter School is a public school in Boston, MA (USA) for children with severe physical, mental and learning disabilities. In 2007, they opened a sensory garden to serve as an outdoor classroom. The garden has many characteristics to ensure that the handicapped students can enjoy the garden safely and independently. The garden is also designed to reduce maintenance and rainwater runoff. It is funded by The Friends of William E. Carter School Foundation.

The garden is 1500 square meters. Throughout construction, as much material as possible was re-used. Many of the plants that were already planted on the property were preserved in the new garden design. Seating throughout the garden is made of granite that was already on the site.

All of the paths in the garden are made of a smooth material and are very wide so that handicapped students can easily maneuver throughout the garden. The wide, white lines along the edges create contrast to help visually impaired students identify the edge.

All photographs on this page credit Marianne Kopaczynski, Photographer: Tom Holzell
Dam Head is a residential development that has a very active Residents Association that has initiated several projects to improve their neighborhood. They have community gardening activities and a young gardeners program where school children maintain their own little plots of land. One of the most popular community gardens programs is the Adopt-A-Flowerbed program where families or individuals can take responsibility for a garden that has already been planted. To help maintain public gardens and areas, there is a group of residents who volunteer to care for all the common outdoor areas. They garden each week, but they also paint and complete other tasks when necessary.

The Dam Head Residents Association recently opened an elderly playground in the park. The playground is adjacent to a playground for children under 5. This proximity allows parents and grandparents to exercise while they monitor the children. In choosing this location, members of the Residents Association hoped that having an area to exercise near the children’s playground would encourage parents and grandparents to take their children to the playground.

In the young gardeners program, children work with adults, generally pensioners, to cultivate and care for gardens. Some school classes also have gardens that they care for.

There are six different types of equipment in the playground. The equipment is low-resistance so that elderly people do not get injured while using it. There are several main stations where people can do many different exercises, including standing push-ups and leg pedaling.

The Ski tones the hip muscles.

The Skate trains the leg muscles.

All photographs on this page credit Daniel Ilisevic and are from Dam Head Residents Association Website (www.damra.co.uk).
Geelsgård Skolen is a school for handicapped children. Some of the students have mental disabilities and others are physically disabled. The school built the garden in 1998 to help their students engage with nature. It is designed so that students can experience nature through taste, smell, touch and sight. The garden itself is closed in to make the user feel that they are in a room. In addition to many other features, the garden includes raised beds, differently textured pathways, sculptures and wind chimes. Just outside the garden is a wild garden area, where they do no maintenance, they just let it grow. Throughout the spring, summer and fall, different plants bloom there. They also have a small orchard with apple trees.

There are no organized activities in the garden, however some of the classes use the garden for various lessons. Additionally, in the courtyard they have features of a kitchen garden where there are table beds so that children in wheelchairs can plant and care for their own gardens.

The sensory garden is enclosed by these tall bushes. The rocks and sand create an interesting texture for students to experience.

This area just outside the garden is left natural. Different plants grow there each season. Students enjoy seeing the various plants that grow there throughout the year.

The wind chime, rock fountain and rustling leaves create sound in the garden.

Edible plants, such as chives, are planted throughout the garden so that students can taste them. Of course, there are not poisonous plants.

Children hide and play in between these trees.
Kløvermarken is a nature playground that runs programs for groups of school children. These programs teach children about a variety of topics ranging from native Scandinavian plants to environmental stewardship. Kløvermarken is closed to the public during the week when school groups are visiting, but anyone can visit on weekends or evenings. They had a couple instances of vandalism when they first opened and considered locking the yard, but they decided not to and have had no problems since.

The nature playground is a highlight for younger visitors who enjoy sliding down and then climbing up a hill, running through the tree maze, running up and down the herb spiral and enjoying the feeling of wilderness.

In addition to the the nature playground, there are numerous gardens. Some of the gardens are designed around a theme such as Scandinavian plants, herbs or types of onions.

The pond and gardens are an outdoor laboratory where children explore nature and learn about wild plants and animals.

The building has plants on the roof to reduce run-off and teach children about the water cycle.

The playground equipment is all made naturally and blends into the landscape. The slide and climbing wall are built into the hill.

The tree maze is popular with everyone!

All of the plants in this bed are different kinds of onions.
The Lions Wellness Park was developed and built by the Tsawwassen Boundary Bay Lions Association. The Wellness Park is designed to improve users’ physical and psychological fitness while giving the elderly a place for recreation and social interaction. Playground designers worked with people at Trinity West University School of Human Kinetics to design the playground. In a survey, the local residents said that they were most interested in improving their strength and flexibility, so the playground equipment is designed for stretching and flexibility exercises.

The wellness park is located near the center of town within a larger park that has sports fields, a children’s playground and a fitness center. It is very close to a housing complex for seniors and adjacent to a nursing home.

The wellness park includes a walking path that has markers that say how far users have walked.

The wellness park features several exercise and stretching stations on a rubber chip surface. The equipment is designed to prevent falls and injuries, but offers various levels of difficulty based on the user’s current physical ability.

There is a children’s playground, baseball diamond, community garden and lawn bowling club in close proximity to the wellness park. This location was chosen because designers wanted the wellness park to be in a central area.

People at The Trinity West University School of Human Kinetics created an exercise program for the seniors who use the wellness park.

All photographs credit Jim Levin: Parks Development & Operations Office, The Corporation of Delta
The Skt. Hans Mental Center Sensory Garden serves as one of the treatment centers for patients suffering from a variety of mental ailments. Since the patients have such a variety of illnesses, the garden must be comfortable for everyone. For example, there are multiple paths through each garden to ensure that patients never feel trapped.

The garden has two separate functions, rehabilitative and restorative. In the restorative section of the garden, patients do not have high levels of interaction with nature, they just enjoy it. In the rehabilitative section, patients interact with nature by gardening and caring for plants around the garden.

The grounds include several large gardens, seating areas, two greenhouses, a garden house with potting areas inside, a courtyard and an orchard. They also have a few sheep and chickens.

Many of their patients fear structure and order, so plants are often grouped instead of aligned. However, most elderly people prefer structure and order so they can see how humans have worked with nature.

Seating in the garden is situated so that patients do not worry about being approached from behind.

The two large greenhouses and indoor potting rooms create areas for patients to garden and relax year round. Many seedlings are forced in these areas before being planted outside in the spring.
Remiseparken is the largest staffed playground in Copenhagen. Each year, between 80 and 100 thousand people visit the park to work in the building playground, see the animals or play in their wading pool. It is open to the public daily and visitors are free to participate in any of the activities offered at the park. The indoor facilities include a playroom for small children, an art studio, computers and a pool table. The outdoor activities are far more numerous and include the building playground, sports fields, farm animals, a wading pool in summer and picnic areas. The buildings in Remiseparken are historic farm buildings and the staff works to maintain the historical characteristics.

Instead of only having one type of animal as many farms today do, Remiseparken keeps many different animals to show children how farms used to be. There are chickens, rabbits, three ponies, two pigs, a cow and several goats living at Remiseparken. The animals are enclosed, but children can enter the pens to interact with the animals.

There are many ways to interact with the animals. There are wagon rides and horseback riding for those who are interested.

This large area is where children and rabbits interact.

Elderly residents from the senior center often come sit in this garden.

When there are not baby goats, children can go into the goat yard. The kids in the pictures are 1 and 2 days old.

The buildings are historic farm buildings. The staff works to maintain their characteristics. These stalls are built to resemble stalls from the 1860s.

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Rødovre Byggelegeplads

Nyholms Allé 49, 2610 Rødovre
Telephone: 36 41 05 90
Contact: John Hansen

Rødovre Byggelegeplads is an after-school club for ages eight to eighteen with a building playground and farm animals. It is much different than the other clubs. Some of the children build forts, but most build animal enclosures since they cannot have an animal without one. Similar to the other clubs, members at Rødovre Byggelegeplads can own their own rabbit or bird. However, before a child can get an animal, they must build an enclosure for it.

In addition to the private animals, Rødovre Byggelegeplads has several goats and two horses. Horseback riding lessons are included in the membership fee and are very popular, especially with the girls. The staff helps children care for their own animals and take primary responsibility for the goats and horses. Inside the club building, they have a parrot and fish in addition to a kitchen, café area, woodshop and rooms for crafts, video games or hanging out.

The land is divided into sections and pairs of children share small plots for their structures and animals. Staff members are assigned to certain areas so the children, staff and animals can develop strong relationships.

Club members help with the chores for all the animals.

The size and type of enclosure children build depends on the animal they want to own. When children are too old for the club, their animals move home with them.

This very large bird enclosure houses a variety of birds, including peacocks.
Saxoparken was developed by the Vesterbro Agenda 21 Center about a year and a half ago. The park is quite small, 500 square meters, and is used as a nature classroom for children as well as a place for the neighbourhood to enjoy. The neighbours have taken great pride in Saxoparken, as they helped to plant it when it first began. They are in the process of creating a volunteer group to regularly help with the gardening and maintenance responsibilities.

Saxoparken is a popular field trip location for children in kindergarten through third grade. Its goal is to promote sustainability, teach children about nature and help them learn to take responsibility for our environment. To teach children about these topics, staff prepare four or five different lessons each fall and spring. Currently, the programs are: birds, rats, bats and insects.

The area around Saxoparken has a very large immigrant population and many children do not speak Danish. To help these students understand everything at Saxoparken and learn some Danish, their classes get a box with items they will be learning about on their visit for them to work with in class prior to their field study.

To ensure that the food is safe, vegetables are planted in raised beds with purchased soil.

In the spirit of conservation, everything possible is reused; these insect and animal houses were built with materials found in the park.

The sculpture is made from a tree that died (left) the tree maze is still growing (below).

The nature house has a fireplace, toilet, books and toys.

Nature Education
Community Garden
Skolelandbruget is an educational farm where children and adults learn about farm animals and where our food comes from. They have pigs, goats, sheep, cows, chickens, rabbits, guinea pigs and a cat. Schools visit the farm on field studies and the children help with everyday farm tasks and spend time with the animals.

Several times a year, the farm holds open houses where the public can come and experience different farm events. For example, the sheep are sheared at an open house and people can make small crafts with the wool. For older children, there is a program that incorporates chicks and mathematics. Classes visit the farm once a week for eight weeks and pairs of students are assigned a chick to weigh and measure. The amount of food they have eaten and how much they grow are incorporated into mathematics classes back at school. At the end of eight weeks, when the chicks are full grown, they are slaughtered and the children make a meal for their parents to learn more about the food we eat.

At the open houses, anyone can learn about the farm through programs that include small crafts that include this lamb wreath.

They have farm equipment in all sizes, so even small children can help with chores.

Children who are scared of the large animals often enjoy spending time with the guinea pigs and rabbits.

Each spring, many animals are born on the farm and are very popular with the children. These pigs and goat are two months old.
Skovhavn in Valbyparken is one of the seventeen themed gardens. The garden was built and designed in 1996 and is approximately 330 square meters. It is designed using several of the permaculture principles. Different areas of the garden represent the five zones that are at the center of permaculture theory. When it was first built, it included a house, small vegetable garden, herb spiral, water garden, fruit trees, a forest and an orchard. The orchard includes wild apple trees, walnut trees and elderberries.

The funding for the garden has been decreased, so the group in charge of it is no longer able to do as much upkeep in the garden. The vegetable garden and herb spiral no longer exist and the building is not enclosed. The garden was designed to feature only plants native to Scandinavia, but unfortunately, many of the plants are not native due to a miscommunication between the designer and builder.

The water garden collects rain water and releases it slowly into the ground. Many plants and animals thrive in this wet environment.

The indoor-outdoor compost illustrates that heat produced from compost can be used to help heat a building.

The plants in the garden do not require much attention because Skovhavn mirrors the natural progression of plants that grow in different stages of a forest’s development.

When a tree dies or falls, it is left in the forest so that nature can go through its cycle.

The garden provides a habitat for many kinds of wildlife.
The S:t Hansgården afterschool club has many gardens and farm animals. School classes can visit the nature center during the day to learn about different topics, often edible plants and outdoor cooking. Afterschool, club members help to care for the animals and with general garden maintenance. The farm houses goats, sheep, chickens and rabbits. The animals are all privately owned, but the rest of the animals belong to the institution. Similar to other afterschool clubs, the children must care for their rabbit. However, unlike the other clubs, the staff members do not help with their care, other children help out with rabbits if their owner is ill or on holiday.

The gardens feature edible plants throughout. The fruits, vegetables and herbs are used for programs and food at the club. The herb gardens are located closest to the building and the orchard is furthest away. They have all kinds of herbs and fruits, including thyme, basil, grapes, apples, elderberries and pears.

The club uses alternative energy whenever possible, they have solar panels and wind turbine.
Stengårdens Byggelegeplads is an after-school institution for school-aged children. They offer a variety of indoor activities and they have a cafe where children can purchase snacks.

There is playground equipment, a football field, building forts and farm animals outside. The staff helps groups of children to build forts and makes sure the forts are safe.

The institution owns the three goats, rabbits and several chickens. Children are encouraged to help the staff care for all the animals, but do not have responsibility for the chickens or goats. Children can rent rabbits or chickens for a monthly fee. They are then responsible for the care of their animal and may take them home for weekends and holidays. The staff checks on each animal everyday to ensure that the children are caring for their animals.

Rabbits are very social animals; they have plenty of room that they can run around together both inside and out.

All of the animals have plenty of space to exercise. The rabbits have indoor cages and outdoor play pens, the goats run freely on the property and the chickens have a large coop.

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Tangensvej Skolehave is a school garden where children can learn to garden and while learning about nature. Children rent a plot of land for 166kr a season and it is their responsibility to plant and care for their plot. Every child at the garden must grow the same plants because they all take the same lessons. The gardens have vegetables, flowers and herbs. The most common vegetables in the Tangensvej gardens are onions, radishes, potatoes and pumpkins. Throughout the season, children learn about food through doing. They plant the seeds, care for them as they grow and then harvest the food. Children learn about nature, plants, healthy foods and how to prepare them.

There are a few paid staff members at Tangensvej, but most of the work is done by volunteers who coordinate programs and help children with their gardens.

In addition to growing and reaping their own foods, children cook over fires and learn how to preserve foods.

Through working in their own gardens, children learn about composting, the water cycle and how to work together.

Children participate in all garden activities including planting, weeding and harvesting.

Professional chefs help children cook a harvest feast for their parents each year using plants grown in their own gardens.

All photographs credit Camilla Friedrichsen (camillafr@telelet.nu)