

# A01



## OUTDOOR GYM

Excercise equipment in public places to promote physical and mental health.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία	++++
Αστικός Χώρος	□□□□
Περιβάλλον	◊
Κοινωνία	● ● ● ●

Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

A05 - ART

F02 - RESTING AREA

W02 - PERMEABLE MATERIALS

Such equipment in green spaces creates an attractive environment for sports, strengthens the relationship between man and nature and makes the community aware of nature in the city.

Πηγή: Kolokouris Petros (2021). *Investigating the attitudes of trainees about "green gyms" [..]*

Μελέτη Περίπτωσης  
Άγιος Ιωάννης, Λεμεσός, Κύπρος

# A02

## NATURAL PLAYGROUNDS



Activating children's senses and curiosity through play in nature.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία	+++
Αστικός Χώρος	□□□□
Περιβάλλον	◊◊◊
Κοινωνία	●●●●

Σύνδεση με άλλα NBS

- A01 - OUTDOOR GYM
- A03 - COMPOSTING
- A05 - ART
- F01 - ECO-FURNITURES
- F02 - RESTING AREA
- B01 - BIRD NEST
- B06 - DRY GARDENS

Natural playgrounds allow children to develop physically, socially, perceptually, and intellectually. They offer opportunities to explore, communicate, and interact with nature.

Πηγή: Ethier S. (2017). *Developmental benefits of play on a natural playground*

Μελέτη Περίπτωσης

Holary Rosary Primary School, Dublin,  
Ireland



# A03

## COMPOSTING



Community involvement in  
composting processes with natural  
stock appreciation.



€ 150 /p.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία      + + +

Αστικός Χώρος      ◊

Περιβάλλον      ◇ ◇ ◇

Κοινωνία      ● ● ●

Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

F01 - ECO-FURNITURES

W02 - PERMEABLE MATERIALS

B06 - DRY GARDENS

By implementing such procedures, opportunities are created to educate and activate the local community. For implementation, local resources such as organic waste and plant matter are needed.

Πηγή: URBAN GreenUp (2018). NBS Catalogue

Μελέτη Περίπτωσης  
Δήμος Αγλαντζιάς, Οικιακή  
Κομποστοποίηση



# A04

## DOG PARK



A place for animals and people,  
which intensifies social relations in  
the community.



### ΟΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

F01 - ECO-FURNITURES

W02 - PERMEABLE MATERIALS

Dog parks have social, psychological, and physical benefits. Community members develop relationships through their interactions in the park.

Πηγή: Gómez E.(2013). *Dog Parks: Benefits, Conflicts, and Suggestions*

Μελέτη Περίπτωσης

Πάρκο σκύλων Ακρόπολης, Δήμος  
Στροβόλου, Κύπρος



# A05

## ART



Public telescope for nature observations.



€ 5k /p.

### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

F02 - RESTING AREA

W02 - PERMEABLE MATERIALS

B01 -BIRD NEST

B03 - POLLINATORS HOTEL

In collaboration with local artists, creation of constructions that can be used for play but also for the enrichment of nature. Encouraging creativity and local art.

Πηγή: *CreativesUnite (2024). A contemporary artist that combines biodiversity installations and human [...]*

Μελέτη Περίπτωσης

Biodiversity Tower, Internationa Award  
for Public Art in Eurasia (2019)



# A06

## TELESCOPE



Furnitures made from recyclable materials that promote ecological culture and reuse.



€ 3k /p.

### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

A02 - NATURAL PLAYGROUNDS

A05 - ART

F02 - RESTING AREA

Placing a telescope in natural environments allows observing mainly birds of the ecosystem and constellations in the night sky. It can be used by different users.

Πηγή: *BirdLife Cyprus (2019). Celebrating World Wetlands Day at Nicosia's largest wetland*

Μελέτη Περίπτωσης

Πάρκο Αθαλάσσας, Λευκωσία, Κύπρος  
(περιστασιακά)



# F01



## ECO-FURNITURES

Furnitures made from recyclable materials that promote ecological culture and reuse.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία      +++

Αστικός Χώρος    □□□

Περιβάλλον      ♦♦♦

Κοινωνία      ●●●●

Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

A02 - NATURAL PLAYGROUNDS

A03 - COMPOSTING

A04 - DOG PARK

F02 - RESTING AREA

W02 - PERMEABLE MATERIALS

Reusing materials for urban equipment promotes sustainability, reduces carbon dioxide emissions and can accommodate planting to enrich biodiversity in the city.

Πηγή: *Politecnico Milano (2019). Catalogue of Nature-based solutions for urban regeneration*

Μελέτη Περίπτωσης

Johannesburg, Street installation  
"Brothers in Benches", by artist r1



# F02



## RESTING AREA

Creating spaces that encourage the relationship between human and nature.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία	+++
Αστικός Χώρος	□□□□
Περιβάλλον	◊◊◊◊
Κοινωνία	●●●●

Σύνδεση με άλλα NBS

- A05 - ART
- F01 - ECO-FURNITURES
- W02 - PERMEABLE MATERIALS
- B01 -BIRD NEST
- B02 - TREE PLANTATION
- B06 - DRY GARDENS

Resting areas offer peace, nature observation, and a place for social gatherings. They can be used by everyone and host various activities for residents.

Πηγή: URBAN GreenUp (2018). NBS Catalogue

Μελέτη Περίπτωσης

Εκδρομικός χώρος Μέσα Ποταμού,  
Κύπρος



# F03



## KIOSK

Covered spots, with sitting area for gathering purposes.



€ 6k /p.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

A05 - ART

F02 - RESTING AREA

W02 - PERMEABLE MATERIALS

B05 - STONE WALLS

The kiosk is a solution for public space that can be placed in unshaded areas. They can be used for meetings and activities, as well as reference points.

Πηγή:

Μελέτη Περίπτωσης  
Άλσος Ακαδημίας, Λευκωσία. Κύπρος



# W01 RIPARIAN ZONE



Vegetation zones along rivers and other wet features.



€ 350 /m<sup>2</sup>

## ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία      ++

Αστικός Χώρος    □□

Περιβάλλον      ♦♦♦♦

Κοινωνία      ●●●

Σύνδεση με άλλα NBS

W03 - FLOODING PARK

B02 - TREE PLANTATION

B05 - STONE WALLS

B06 - DRY GARDENS

Riparian vegetation zones allow protection of water and ecosystem quality, as well as flood resistance and heat adaptation.

Πηγή: *Climate ADAPT (2023). Establishment and restoration of riparian buffers*

Μελέτη Περίπτωσης  
Ποταμός Brenta, Τρέντο Ιταλία



# W02 PERMEABLE MATERIALS



Porous floors on non-covered areas that allow the absorption of rainwater.



€ 100 /m<sup>2</sup>



## ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

A02 - NATURAL PLAYGROUNDS

A03 - COMPOSTING

A04 - DOG PARK

A05 - ART

F01 - ECO-FURNITURES

F02 - RESTING AREA

They can reduce flooding due to their permeability and allow water to infiltrate, strengthening groundwater. It can reduce heat effect due to a smaller solid surface.

Πηγή: Cyprus Energy Agency (2021). *Nature-based solutions (NBS)*

Μελέτη Περίπτωσης



# W03 FLOODING PARK



Green spaces designed to flood  
during periods of heavy rainfall.



## ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία	++++
Αστικός Χώρος	□□□□□
Περιβάλλον	◊◊◊◊◊
Κοινωνία	●●

Σύνδεση με άλλα NBS

- A05 - ART
- F01 - ECO-FURNITURES
- F02 - RESTING AREA
- W02 - PERMEABLE MATERIALS
- B02 - TREE PLANTATION

Such parks can manage flooding events by retaining excess water. On the contrary, in dry periods, they can be used by the community as relaxation areas.

Πηγή: URBAN GreenUp (2018). NBS Catalogue

Μελέτη Περίπτωσης  
Corktown Common Park, Toronto, Canada



# B01



## BIRD NEST

Enhancing bird visitation in areas where artificial nests are placed.



€ 5 /m<sup>2</sup>



### ΟΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A05 - ART

F02 - RESTING AREA

By installing nests in green spaces, but also in household gardens, biodiversity is enhanced, and welcoming spaces for birds are created. They are made simply and economically.

Πηγή: URBAN GreenUp (2018). NBS Catalogue

Cyprus Energy Agency (2021). Nature-based solutions (NBS)

Μελέτη Περίπτωσης

Πάρκο Επικονιαστών, Στρόβολος -  
Λακατάμια, Κύπρος



**B02**

## TREE PLANTATION

Enrichment of the local flora through tree planting specific plant species.



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

W03 - FLOODING PARK

B06 - DRY GARDENS

The benefits of trees are manifold, including temperature regulation and improving mental health. At the same time, they can enrich biodiversity and the city.

Πηγή: Cyprus Energy Agency (2021). *Nature-based solutions (NBS)*

Μελέτη Περίπτωσης

Διάφοροι χώροι πρασίνου, Δήμος

Στροβόλου 2022-23



**B03**

## POLLINATORS HOTEL

Facilitating insect pollination for plant breeding and food health.



€ 100 /p.

### ΟΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

A02 - NATURAL PLAYGROUNDS

A05 - ART

B06 - DRY GARDENS

The construction of hotels for bees and other pollinators can be done with simple materials found in nature and placed in various places, even unattended.

Πηγή: URBAN GreenUp (2018). NBS Catalogue  
Cyprus Energy Agency (2021). Nature-based solutions (NBS)

Μελέτη Περίπτωσης

Πάρκο Επικονιαστών, Στρόβολος -  
Λακατάμια, Κύπρος



# B04



## VEGETABLE GARDENS

Typical construction for growing plants and food by residents.



€ 50 /m<sup>2</sup>



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία      + + +

Αστικός Χώρος     

Περιβάλλον     

Κοινωνία     

Σύνδεση με άλλα NBS

A02 - NATURAL PLAYGROUNDS

A03 - COMPOSTING

F01 - ECO-FURNITURES

F02 - RESTING AREA

B02 - TREE PLANTATION

Vegetable gardens can be designed and built by residents. They are managed by the residents themselves, intensifying the feeling of responsibility and ownership.

Πηγή:

Μελέτη Περίπτωσης  
Jardin d'éole, Paris, France



# B05

## STONE WALLS



Stacks of stones with functional, or non-functional character.



€ 50 /m<sup>2</sup>



### ΩΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



Σύνδεση με άλλα NBS

A05 - ART

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B01 - BIRD NEST

B02 - TREE PLANTATION

B03 - POLLINATORS HOTEL

B06 - DRY GARDENS

Dry stones can be a nature-based solutions for creating walls, fences, benches, and for supporting the ground. They contribute to the preservation of biodiversity and to tackling climate change.

Πηγή: 3PRO-TROODOS (2022). Manual for the construction of mountain drystone terraces in Cyprus. Deliverable D2.3c

Μελέτη Περίπτωσης  
Βουνά Τροόδους, Κύπρος



**B06**

## DRY GARDENS



Gardens designed for harsh weather conditions, with low maintenance plantation.

**€ 30 /m<sup>2</sup>**

### ΟΦΕΛΗ ΚΑΡΤΑΣ

Οικονομία



Αστικός Χώρος



Περιβάλλον



Κοινωνία



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Σύνδεση με άλλα NBS

A01 - OUTDOOR GYM

A02 - NATURAL PLAYGROUNDS

A05 - ART

F02 - RESTING AREA

W02 - PERMEABLE MATERIALS

B02 - TREE PLANTATION

B03 - POLLINATORS HOTEL

Dry gardens improve the aesthetics of an area. They are made with natural materials suchs as stones and wood, and resistant plants suchs cacti, succulents and air plants.

Πηγή: *Politecnico Milano (2019). Catalogue of Nature-based solutions for urban regeneration*

Μελέτη Περίπτωσης

Roads Water-Smart Gardens, Colorado,  
USA

