

WHAT A JOURNEY!



Activity & colouring book

**BirdLife
Cyprus**



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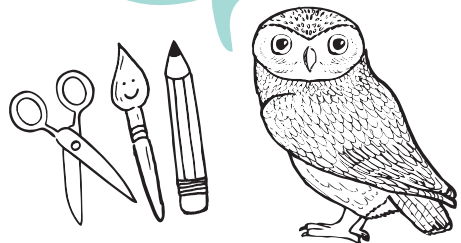
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WHAT A JOURNEY!

Activity & colouring book

This activity book belongs to:

Let's discover the wonder
of bird migration together!
Flip through the pages to
learn more about some of the
migratory birds that visit
Cyprus through fun activities.



AN AMAZING FEATHERED WORLD

Of all the animals in the world, birds are the most visible. And with more than 11,000 species of them, you can be sure that, no matter where you go, you will find birds.

Isn't that amazing? Each species is wonderful and unique, with impressive looks, behaviour, songs or calls.

But why are birds important and **why do we need to protect them?**

Birds play an important role in **keeping nature in balance.**



For example:

- **Hoopoes** feed on larvae, such as caterpillars, which can be harmful to pine trees. This way, Hoopoes help protect forests.
- Birds of prey, such as **Barn Owls** and **Kestrels**, eat rodents, helping farmers keep their crops safe from damage caused by rodents.

EACH SEASON
BRINGS
DIFFERENT
FEATHERED
VISITORS
TO CYPRUS

Barn Swallows, House Sparrows, Greater Flamingos and Chukars are only a few of the 400 different bird species that you can find in Cyprus. Of these, 57 can be found in Cyprus all year round. The rest are migratory, found in Cyprus only at certain times of the year. Cyprus lies on one of the four major migration flyways between Europe and Africa, and so **each season brings many different feathered visitors to our island.**

Each season is a chance for you to observe different bird species, whenever you are outside (in the garden, at the park, on an excursion, or on your way home, to school or to visit a friend). What do you see or hear? A bird guide, such as BirdLife Cyprus' bird guide for children '**What's that bird?**' can help you identify the birds you see. To recognize them by their call or song, you can visit the website www.xeno-canto.org.

THE WONDER OF BIRD MIGRATION

What is bird migration?

Bird migration is the regular movement of birds from one place to another and back. It's one of the wonders of the natural world, and has been happening for thousands of years. During this journey, birds fly long distances, passing through many countries and crossing over seas, until they reach their destination.

Why do birds make this difficult journey in the first place?

Birds migrate for survival. Come autumn or spring, birds migrate to other places to find food and better living conditions.

When do birds migrate?

Birds migrate twice a year. In **spring**, they migrate to their **breeding grounds** in the north, where they build their nest and lay their eggs. In **autumn**, they travel to their **wintering grounds** in the south, where it is warmer and there is plenty of food for the winter.

Many bird species migrate at **night**. This way, they are safe from predators (other animals that hunt them) and can spend the daytime resting or feeding. Traveling at night is also preferred as temperatures are cooler and birds can avoid overheating.

How long does the journey last?

The journey lasts four weeks on average, but depending on the bird species, it can take anything from a few days to months. Most birds do not fly non-stop, but they make stops to eat and rest.

How do they find their way?

Migratory birds do not travel "blindly"; they follow specific routes. Birds have a number of ways to find their way on migration: they rely on the position of the sun and the stars; they are guided by landmarks, such as coastlines, mountains and rivers; they use the Earth's magnetic field to navigate and they follow other birds in their flock.



Warning, danger ahead!

Not all birds survive this perilous journey. During migration, birds may encounter many threats, both natural and man-made. A natural threat could be bad weather conditions that can disorient a bird and cause it to lose its way. A man-made threat could be the destruction of a bird's habitat, due to human activities, such as intensive agriculture, the use of chemical pesticides, urban development and pollution. Habitats are very important for birds, as this is where they find food, rest and breed. By protecting birds and their habitats, we protect nature.

Cyprus and migratory birds

Cyprus is important for many migratory birds, as **it lies on one of the major routes birds use when migrating between Europe and Africa.** Most of them simply make a short stop before continuing their journey, but some migratory birds will stay in Cyprus to breed or spend the winter. Bird migration is a spectacle of the natural world, which brings birdwatchers from all over the world to Cyprus, where they have the chance to enjoy thousands of migratory birds that pass through Cyprus.

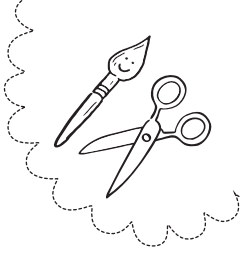
How did we find out about bird migration?

Researchers learned about migration thanks to **bird ringing**, which involves placing a ring with a number on a bird's leg and then freeing it back to nature. When the same bird is captured by researchers in another country, they can 'read' the information on the ring and find out where it came from and how long it took the bird to travel there. During bird ringing, various measurements are also taken, such as a bird's weight and size.

Thanks to ornithology, the science of studying birds, we know many things about birds and their migration journeys. If you also want to study birds and record your observations, like ornithologists do, you can make your own Migration Clock!

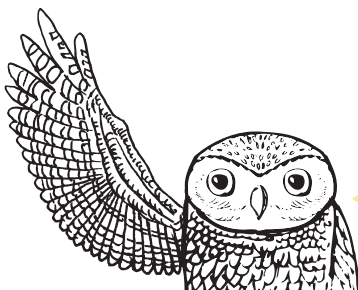
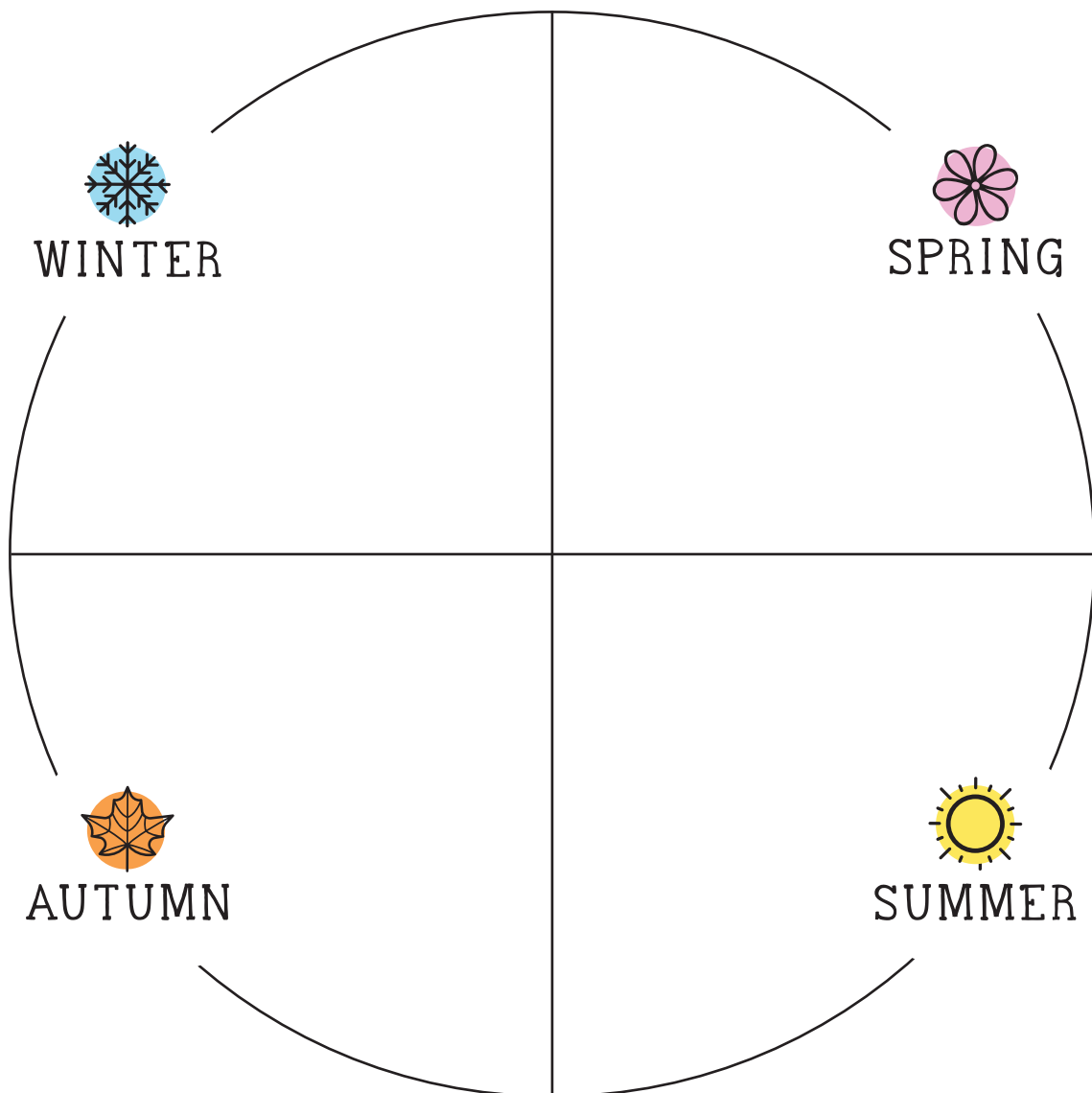


MIGRATION CLOCK



Make your own migration clock:

Take a piece of cardboard and draw a large circle on it, divided in four equal sections, as shown in the drawing below. Each quarter of the circle represents one of the four seasons: spring, summer, autumn and winter. Write the months of each season in the relevant quarter. Every time you see or hear a bird species for the first time, record it on the migration clock, in the month and season you saw or heard it. You can note each bird on the circle the way that expresses you best: by writing its name, by drawing it or by making a photo collage.



You can make the migration clock every year. You can even record more information on it, such as the time and location where you saw or heard a bird. This will allow you to see similarities or differences in migration patterns year after year.

I'm the
Kingfisher!

Colour me in!

You can
see me in



SPRING

and



AUTUMN

when I pass
through Cyprus
during migration,
as well as in the



WINTER

as some of us
like to spend
the winter here.



Look me up
in the guide
'What's that bird?'
to see my
impressive colours!

My scientific name is *Alcedo atthis*

My body length is 17-19,5 centimeters.

This is my actual size!

SPRING

In spring, millions of birds pass through Cyprus to go to their breeding grounds. It has been estimated that 100 million birds pass through our island every spring!

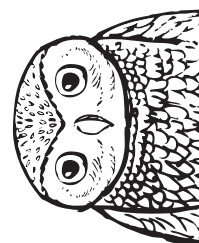
Some birds rest only for a while in Cyprus before continuing their journey, while others stay here to breed. Among the passing visitors is the colourful **Kingfisher** and the melodious **Blackcap**. Among the species that arrive to nest in Cyprus is the impressive **Roller** and the enchanting **Swift**.

When spring arrives and flowers bloom and nature is at its best, birds are looking for a mate to breed and make a family. What do they do to find that special someone?

- ♥ They sing their hearts out. Every bird species has its own distinct song!
- ♥ Some birds do impressive mating dances.
- ♥ Male birds usually have stunning colourful plumages to impress the females with.
- ♥ Plumage colour becomes brighter during the breeding season, hence the term "breeding plumage".

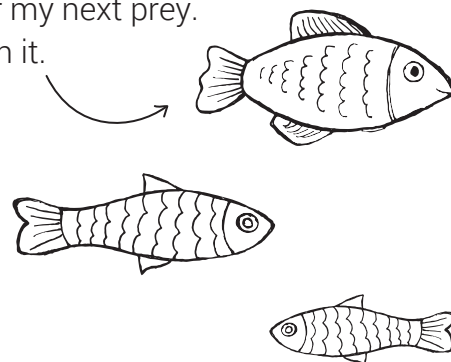


In spring, birds travel faster than in autumn, as those who arrive first get to choose the best spot for their nest.



Did you know...

- ✿ In spring, I breed in central and eastern Europe. In autumn, I migrate to southeast Europe and the Middle East where I spend the winter.
- ✿ I am excellent at fishing: Sitting very still, I look out for my next prey. When I locate it, I dive vertically into the water to catch it.
- ✿ I can eat my body weight in fish in a day! I advise you not to try it at home...
- ✿ I eat fish by swallowing them whole. What about the bones? Simple: Whatever I can't digest, I cough up in the form of a small ball!



A SPRING WETLAND

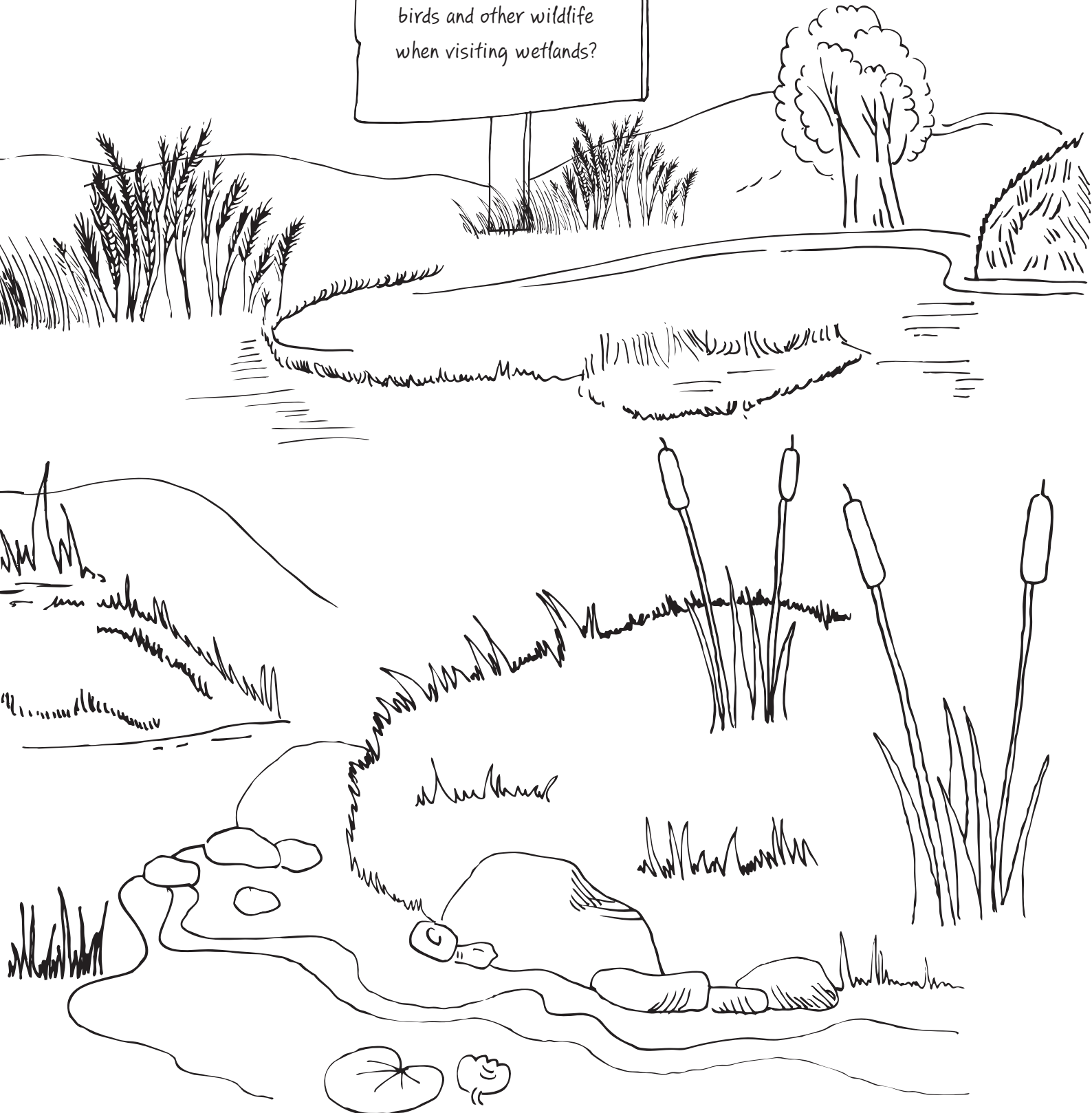
Aren't wetlands wonderful? Not only are they home to many amazing bird species, wetlands are also rich in other wildlife. Wetlands are a favourite spot for many birdwatchers, as they can enjoy many different bird species in a single area!

Colour in the wetland. With the help of the guide '**What's that bird?**' you can find out what bird species are likely to be found here during spring and draw them, or you can cut out the birds found on page 39 and glue them on these pages.





What can we do to make
sure we don't disturb
birds and other wildlife
when visiting wetlands?



I'm the
Hoopoe

Colour me in!

You can see me
in Cyprus in



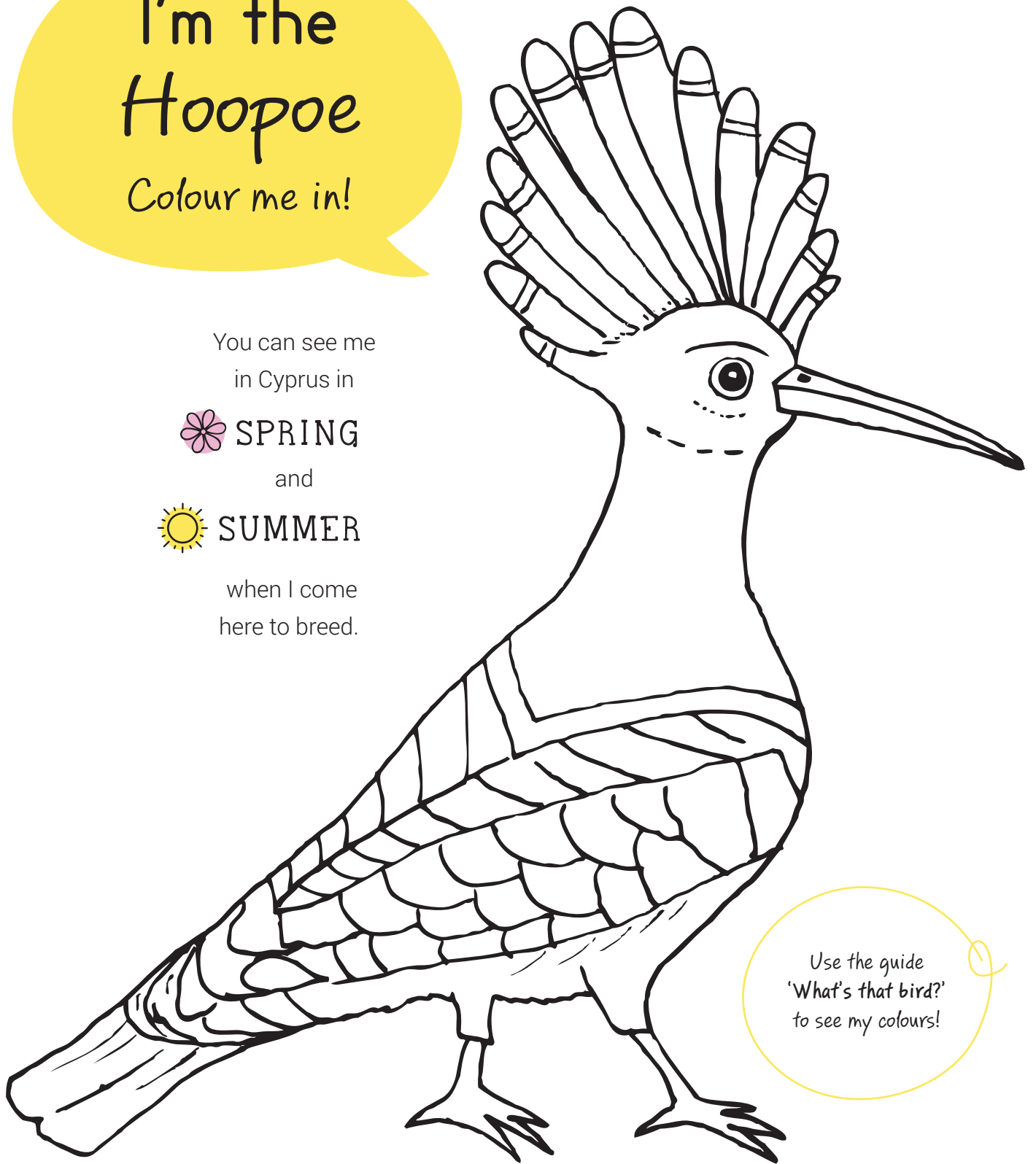
SPRING

and



SUMMER

when I come
here to breed.



Use the guide
'What's that bird?'
to see my colours!

My scientific name is *Upupa epops*

My body length is 25-29 centimeters and my wingspan is 44-48 centimeters.

This is my actual size!







SUMMER

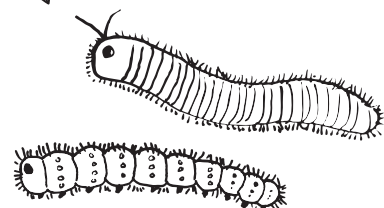
In summer, birds take care of their eggs and chicks. If there is plenty of food, they may even lay eggs more than once in the same year.

During summer, it is not unusual to find young birds seemingly stranded on the ground. They have most likely fallen from the nest or are still learning how to fly. Do not worry! Their parents are still looking after them. In this case, the best thing you can do is to find the nest and carefully put the bird back, after making sure that it does not look injured. If you are not sure about what to do, you can contact us for advice.

Can you guess what other thing birds are up to at this time of year? They are preparing for autumn migration!

Did you know...

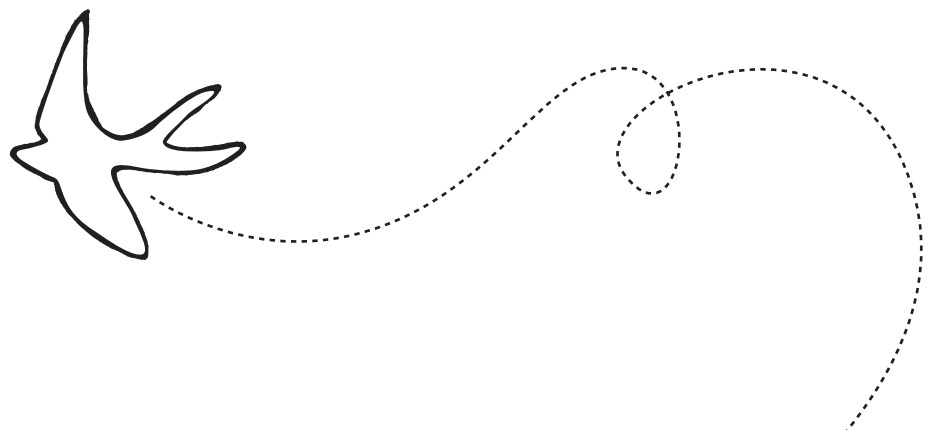
-  In spring, I migrate to Europe and Asia, where I breed, and in the autumn, I travel to Africa where I spend the winter.
-  I am one of the first migratory birds that arrive in Cyprus in spring. You can see me from as early as February in olive groves, vineyards and orchards.
-  I have a funky crest on my head that I like to raise from time to time.
-  The black and white stripes on my wings make me stand out when I fly.
-  I make my nest inside the holes of tree trunks and walls.
-  I search the ground for large insects and larvae, such as caterpillars, which can be harmful to pine trees. This is how I protect trees from harmful insects!



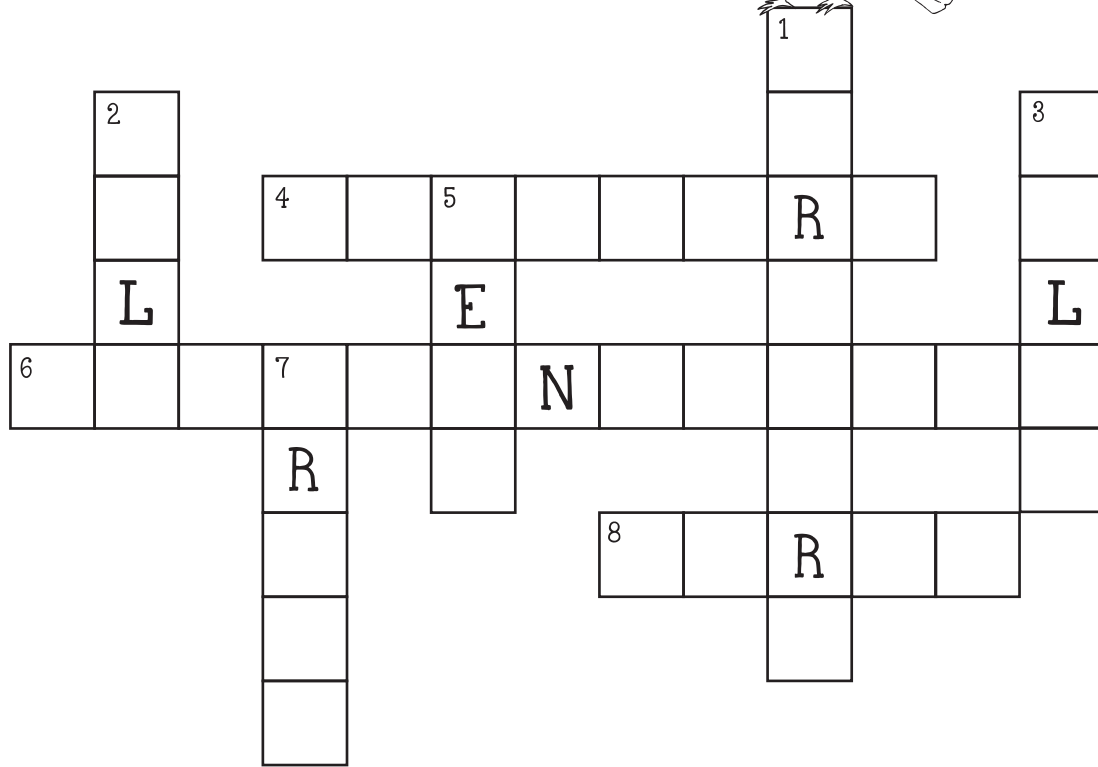
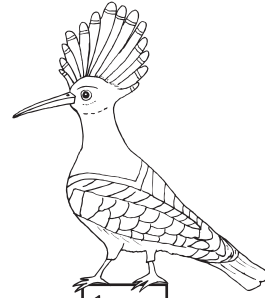
WORD SEARCH

Find and colour 8 words related to the Hoopoe.

A	D	R	Y	H	O	O	P	O	E	G	I	A	I	L	D	O
G	F	A	Z	V	Y	B	G	J	Y	U	T	S	D	A	C	K
H	J	K	L	D	H	G	R	R	F	E	A	S	E	R	T	D
Z	V	N	M	A	S	A	G	Y	N	X	E	D	D	V	G	X
A	S	D	F	G	H	J	K	M	N	B	V	C	X	A	N	B
E	M	A	R	G	V	V	U	N	B	E	A	K	H	E	W	V
A	I	E	T	V	J	B	B	J	M	X	X	A	I	H	E	A
D	G	S	G	Y	U	C	F	J	I	L	D	A	T	G	G	H
O	R	T	O	S	S	G	H	S	A	Z	Q	B	S	B	F	O
Z	A	B	S	E	F	D	J	N	C	R	E	S	T	S	H	L
V	T	Q	W	E	Q	R	G	S	S	G	R	K	Q	B	I	E
Z	I	S	Q	D	D	A	F	V	U	I	A	E	S	T	O	S
A	O	X	F	S	G	X	V	J	V	H	H	H	C	W	L	T
A	N	C	C	F	I	G	J	E	C	N	A	R	F	H	K	S
F	R	B	F	F	O	A	E	R	I	T	O	F	H	K	S	H
H	U	T	H	E	R	Y	K	O	T	Y	U	I	K	O	A	M
B	S	F	V	G	H	A	R	N	F	E	B	X	N	V	N	M
N	J	Y	U	I	H	I	N	S	E	C	T	S	A	F	C	B



CROSSWORD



Across

4. You will see me in Cyprus in spring, sometimes as early as in... (month)
6. My wings have ... stripes. (3 words connected)
8. My favourite food is ...

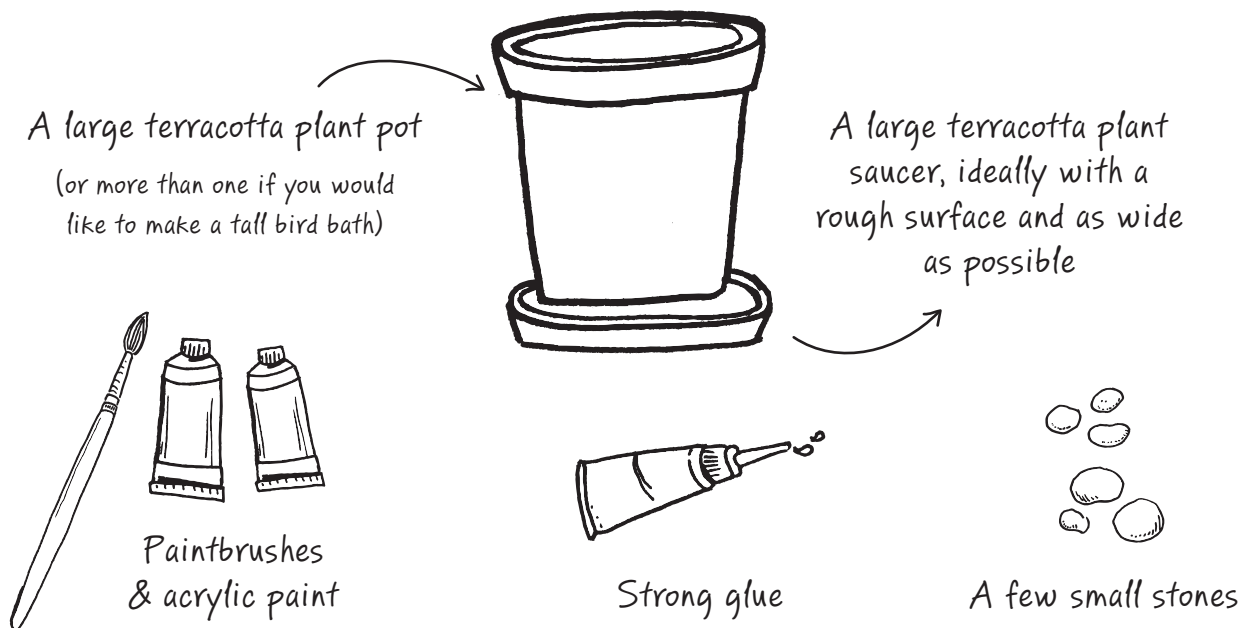
Down

1. In spring, migratory birds travel from southern to ... places.
2. I was named after my ...
3. In these parts of trees I build my nest.
5. I use it to find seeds and worms.
7. I raise it when I land and it makes me look even more impressive.

MAKE A BIRD BATH

Making a bird bath is a kind and easy thing to do to help our feathered neighbours stay cool during hot summer days.

WHAT YOU WILL NEED:



Instructions:

- 1 Turn the plant pot upside-down, so that the base of the pot is on top. If you would like to make the base taller, use more than one pot, and stack one on top of the other upside-down. Important tip: if you choose to make a taller bird bath, try stacking the pots first without using glue, to decide on the height.
- 2 Decorate the outside of the pot with your favourite colours, patterns, drawings. Avoid colouring the top (the base of the pot), as that part won't be visible when the bird bath is finished. **Do not** colour the inside of the saucer, as this could be harmful to the birds that use the bird bath.
- 3 Clean and dry the base of the pot and the saucer (the surfaces where you will apply the glue). Put glue on the base of the pot and press the saucer down on it to make the basin.

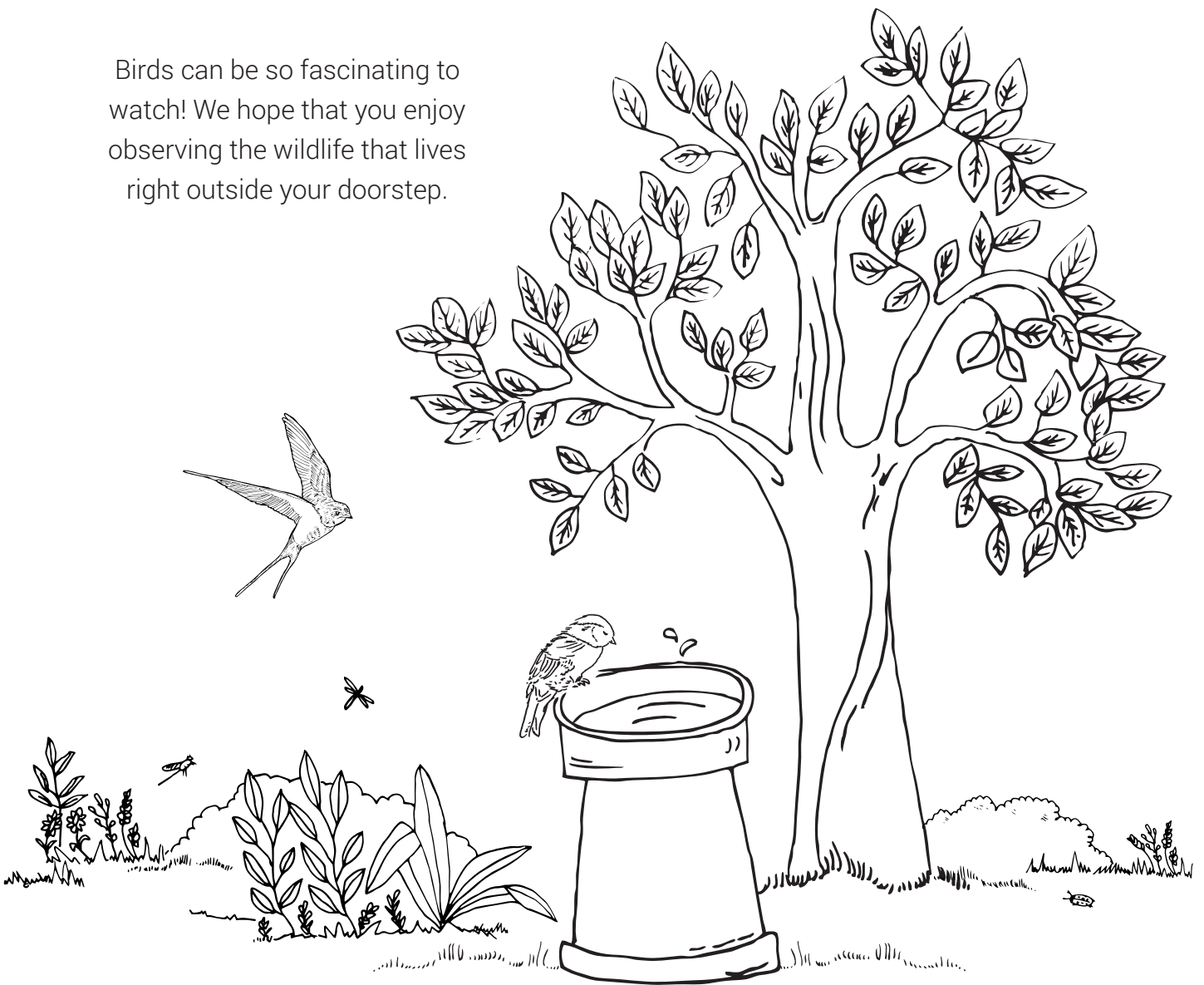


Let's prepare the bird bath for its feathered visitors:

Put the bird bath in a level, open spot so that cats can't creep up on it (aim for at least two meters from where a predator could be hiding). Birds will use the bird bath only if they feel safe. It would be good if there are some bushes or trees not too far away, so that if birds feel threatened they can hide in them. Put the bird bath where you can easily see it without getting too close, or at a spot that is visible from a window in your home.

Now place the small stones in the basin, which will help birds not to slip if the surface of the saucer is smooth, and add fresh water (about five cm depth is ideal). Make sure to keep the bird bath clean and top it up with fresh water regularly.

Birds can be so fascinating to watch! We hope that you enjoy observing the wildlife that lives right outside your doorstep.



We would love to see a photo of your wonderful bird bath (with or without feathered visitors) in your garden. You can share it with us at birdlifecyprus@birdlifecyprus.org.cy.

You can see me
in Cyprus in



SPRING

and



AUTUMN

when I make a stop
here to rest before I
continue my journey.
Some of us stay here
to breed, so you will
also see us in



SUMMER

I'm the
Bee-eater

Colour me in!



Look me up in
'What's that bird?'
to see my colourful
plumage!

My scientific name is *Merops apiaster*

My body length is 25-29 centimeters
and my wingspan is 36-40 centimeters.

This is my actual size!

AUTUMN

In autumn, when the days begin to get shorter, the temperature drops and the leaves change colour, migratory birds know it is time to fly back to their wintering grounds. To prepare for the long journey ahead, birds eat a lot of food to gain weight. Only then will they have the stored-up energy they need for their journey.

It has been estimated that during autumn migration, 150 million birds pass through Cyprus! Why so many more birds compared to spring?

- The chicks that were born in the summer are now ready to travel with their parents.
- Some bird species follow a different route in spring from the one they choose in autumn, so more are passing through Cyprus in the autumn.

During autumn migration, many birds such as the **Song Thrush**, the **Cuckoo**, and the **Blackcap** make a stopover in Cyprus. Unfortunately, the journey for many Blackcaps and other songbirds comes to a sudden end on our island, as these birds are targeted by trappers. Trappers illegally set up nets and limesticks with glue on them to catch birds and sell them for consumption. As a result, hundreds of thousands of birds are killed every year in Cyprus. More than 150 different bird species are affected, since almost anything can get caught in nets and on limesticks. The **Bee-eater** is also among the many birds that are affected.

Did you know...



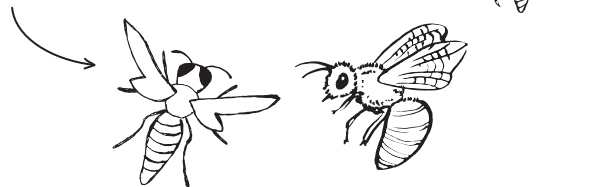
In spring, I migrate to southern Europe, where I breed, and in autumn, I travel to South Africa, where I spend the winter.



Do you know what my favourite food is? Think about my name. Yes, I like to eat bees, as well as other insects, such as wasps and hornets.



I have a special eating habit: before I eat stinging insects, I remove their sting by hitting or rubbing them on a hard surface, such as a branch.



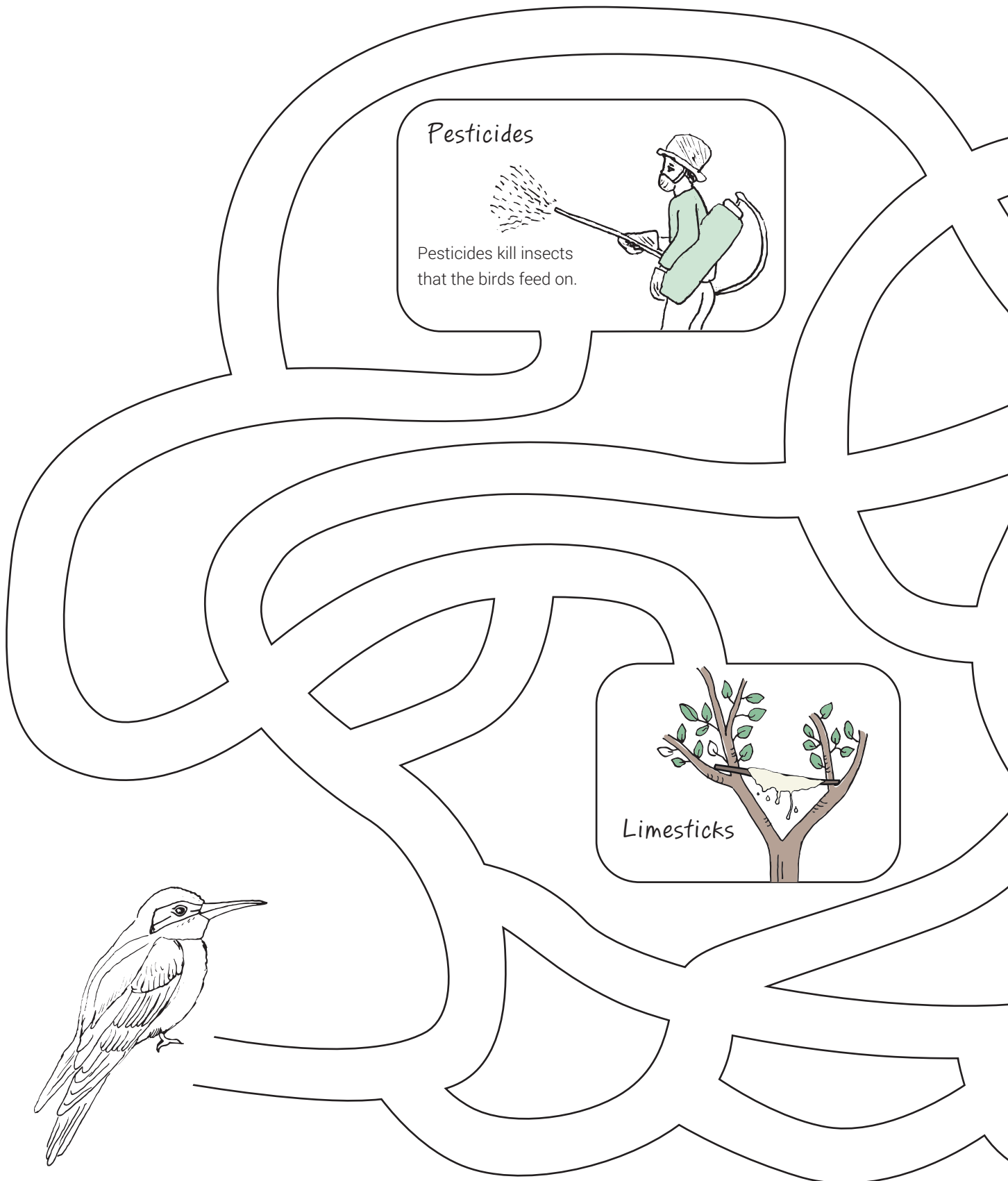
I cough up the parts of my food that I cannot digest, in the form of a small ball! Just like the Kingfisher and the Barn Owl do.

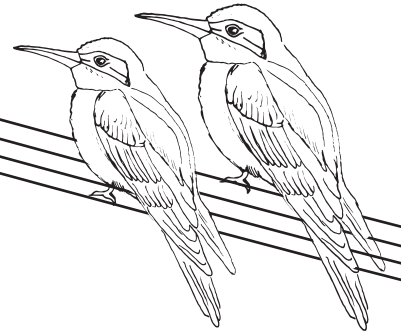


Many years ago, I used to be a game species, which meant hunters were allowed to hunt me. Thankfully, this has changed and now it is illegal for people to hunt me.

THE BEE-EATER IN THE MAZE

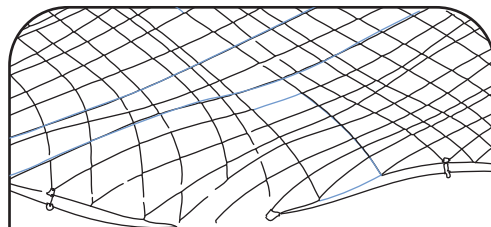
Help the Bee-eater avoid the dangers and reach its friends safely.
Then draw it on the wires, next to its friends.





Poaching

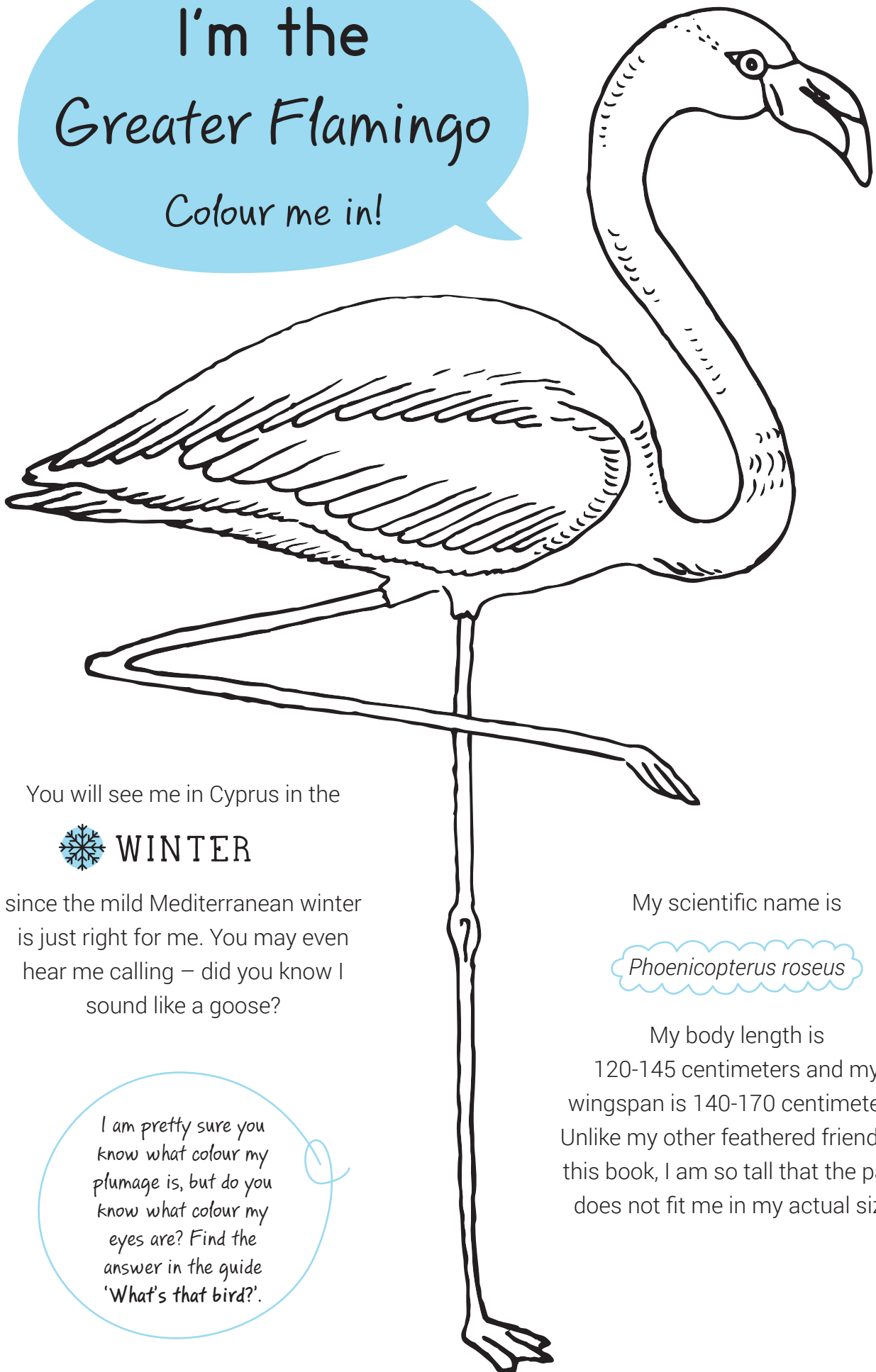
Some people hunt me illegally, even though I am not a game species anymore.



Mist nets for illegal trapping

I'm the Greater Flamingo

Colour me in!



You will see me in Cyprus in the



WINTER

since the mild Mediterranean winter is just right for me. You may even hear me calling – did you know I sound like a goose?

I am pretty sure you know what colour my plumage is, but do you know what colour my eyes are? Find the answer in the guide 'What's that bird?'.

My scientific name is

Phoenicopterus roseus

My body length is

120-145 centimeters and my wingspan is 140-170 centimeters. Unlike my other feathered friends in this book, I am so tall that the page does not fit me in my actual size!


WINTER


Winter in Cyprus is milder than in other European countries and our wetlands do not freeze over. As a result, many birds come to Cyprus to spend the winter. Among them are many wildfowl (duck species), **Robins** and **Blackcaps**.


Only a few bird species continue singing into winter, adding sweet sounds to this season with their melodies. Such species are the Robin and the Blackcap, which is also known as the 'Nightingale of the North', because of its lovely, fluting song.


Can you guess what else happens during winter in the world of birds? They are getting ready for spring migration, gathering energy for their journey and the upcoming breeding season.


Did you know...

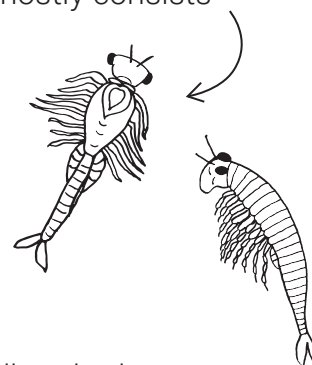
 In spring, I migrate to Turkey, Italy, Sardinia and Iran, where I build my mud nest and in autumn, I migrate to Cyprus and the Middle East to spend the winter.

 I have a thing for water. The moment a salt lake fills with water (not too shallow and not too deep), my flock and I are on our way there!

 When I am young, my plumage is brown-grey! Only when I become 3-4 years old does my plumage turn pink. I owe it all to my diet, which mostly consists of plenty of *Artemia salina* shrimps.

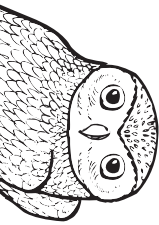
 My secret to finding shrimps: Using my feet, I stir up the water and then I lower my head into the water. Then, moving my head from side to side I filter the muddy water with my beak so that I am left with tasty shrimps in my mouth.

 I don't like disturbance. After a long journey, I need to rest undisturbed, to get my strength back. In spring, my journey back to my breeding grounds is demanding and requires a lot of energy. I do not like it when I have to waste my energy, trying to get away from people who come too close to me, even if all they want to do is to admire me. With a pair of binoculars they can observe me from afar for as long as they wish, without scaring me away. Please let them know!



FLAMINGO IN DANGER

Some of the things happening in this wetland are putting the Greater Flamingo and its friends in danger. Help them by circling all the threats you can find. Colour in the wetland, apart from the threats you spotted.



Discuss with a friend the threats that this wetland and its birds are facing. Why are birds threatened by these things? What do you think people should do? Use the empty space on the information sign to write down a few helpful tips for future visitors.

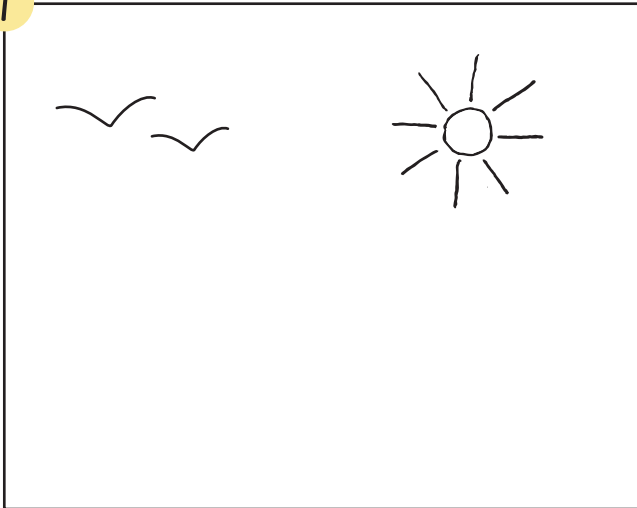




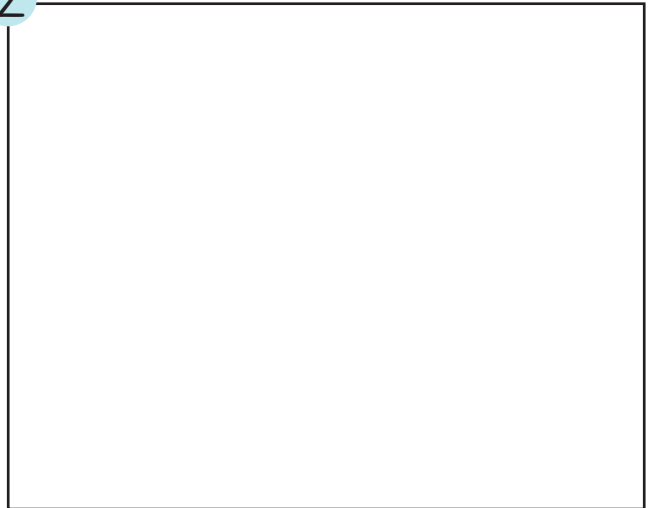
ONCE UPON A TIME

Draw or write a story starring the birds of this book.

1



2



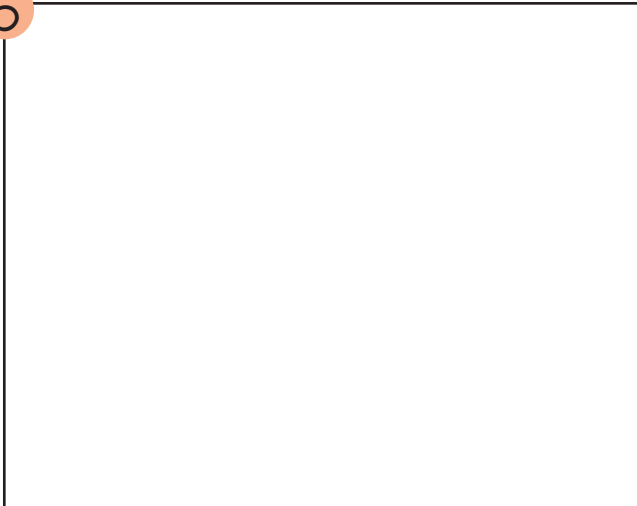
3



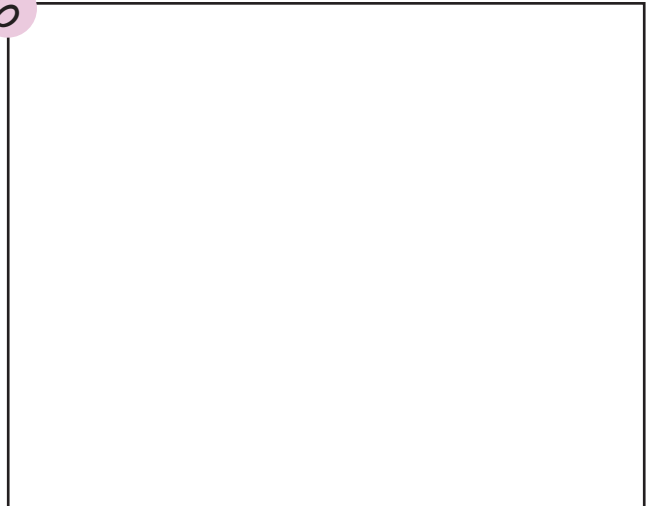
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5



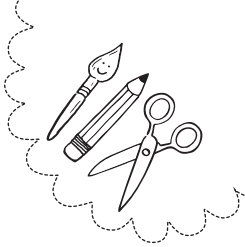
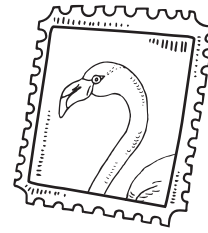
6



If you would like to do a performance based on the story you have just written, you can use the masks found at the last pages of this book!

A POSTCARD FOR BIRDS

What if you could send a postcard to the Kingfisher, the Hoopoe, the Bee-eater or the Greater Flamingo? What would you write or wish for them?



Fold the
card on the
dashed line

Cut along
the outline
of the card

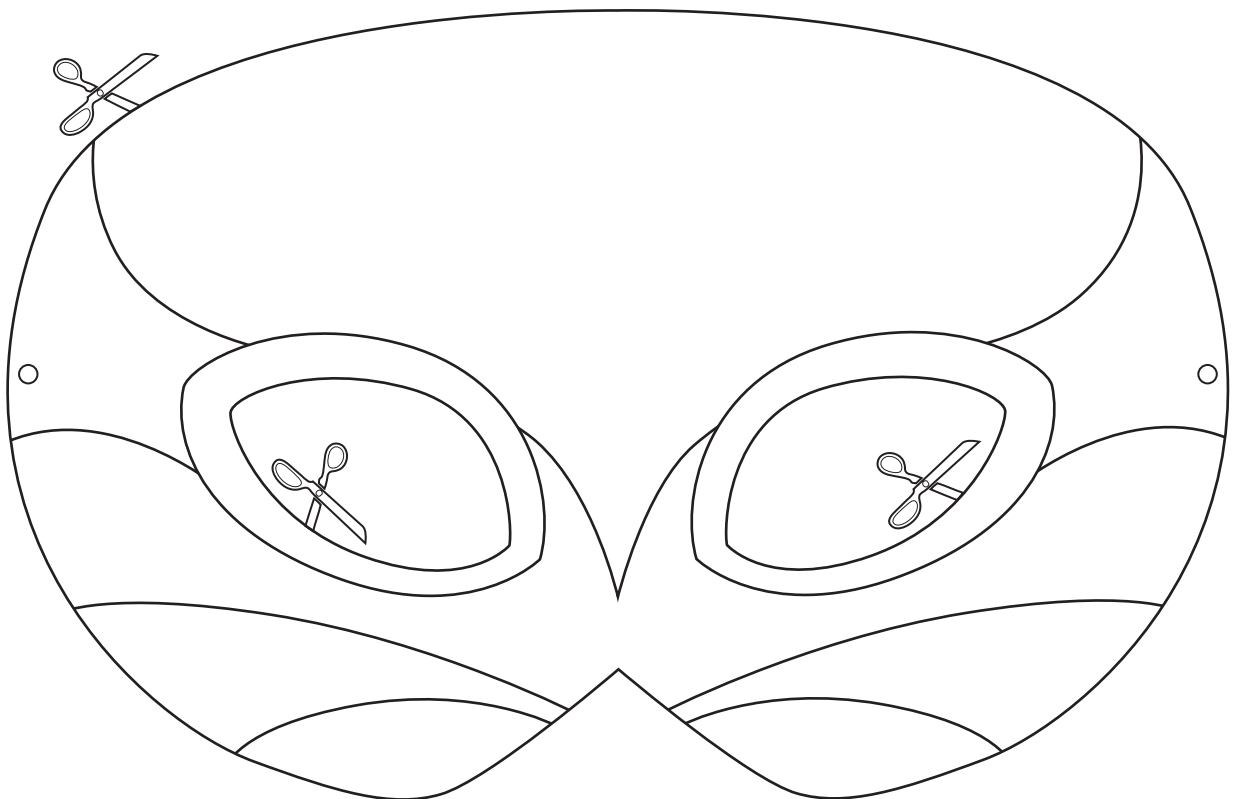
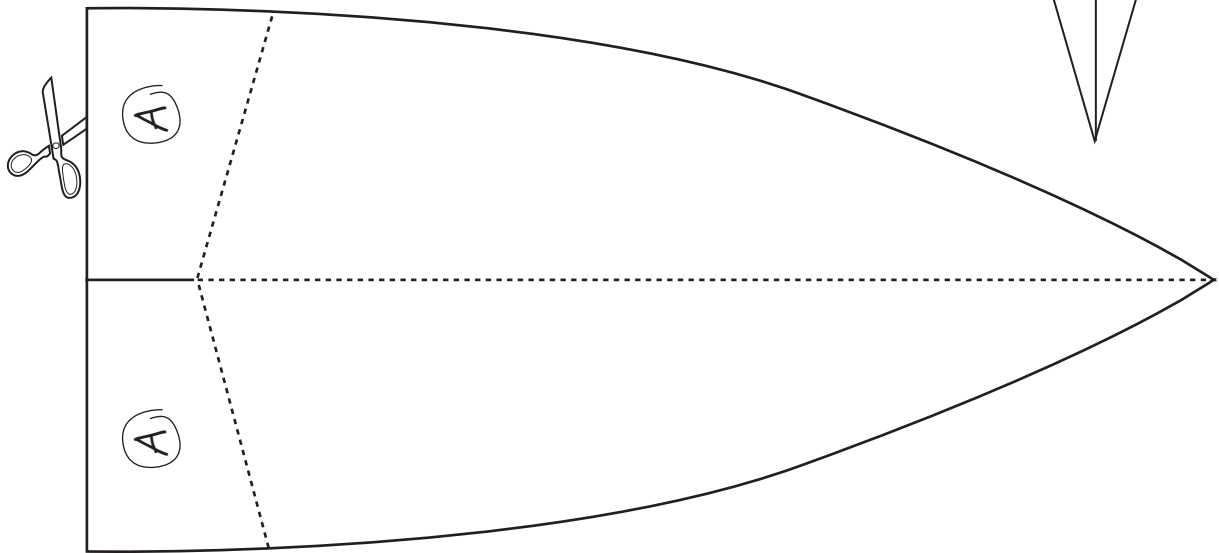
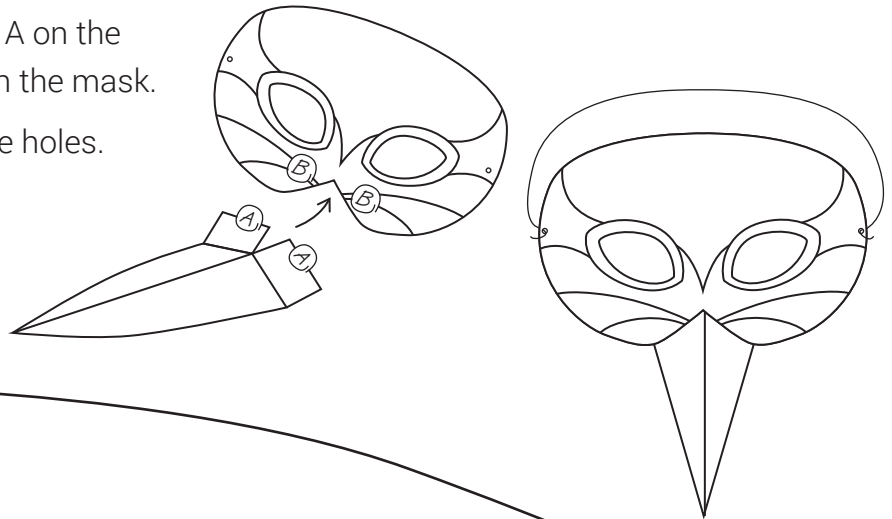


We would love to see your beautiful creations! Share your postcard with us, by sending it by post to **BirdLife Cyprus, P.O. Box 12026, 2340 Nicosia** or via email to birdlifecyprus@birdlifecyprus.org.cy.

KINGFISHER MASK

1. Colour the mask and the beak.
2. Cut out the mask, the holes for the eyes and the beak along the black outline.
3. Fold along the dotted lines.
4. Glue together the parts marked A on the beak with the parts marked B on the mask.
5. Pass an elastic cord through the holes.

Using these masks, you can work together with your friends or classmates to give a "feathered" performance to your families or school!!

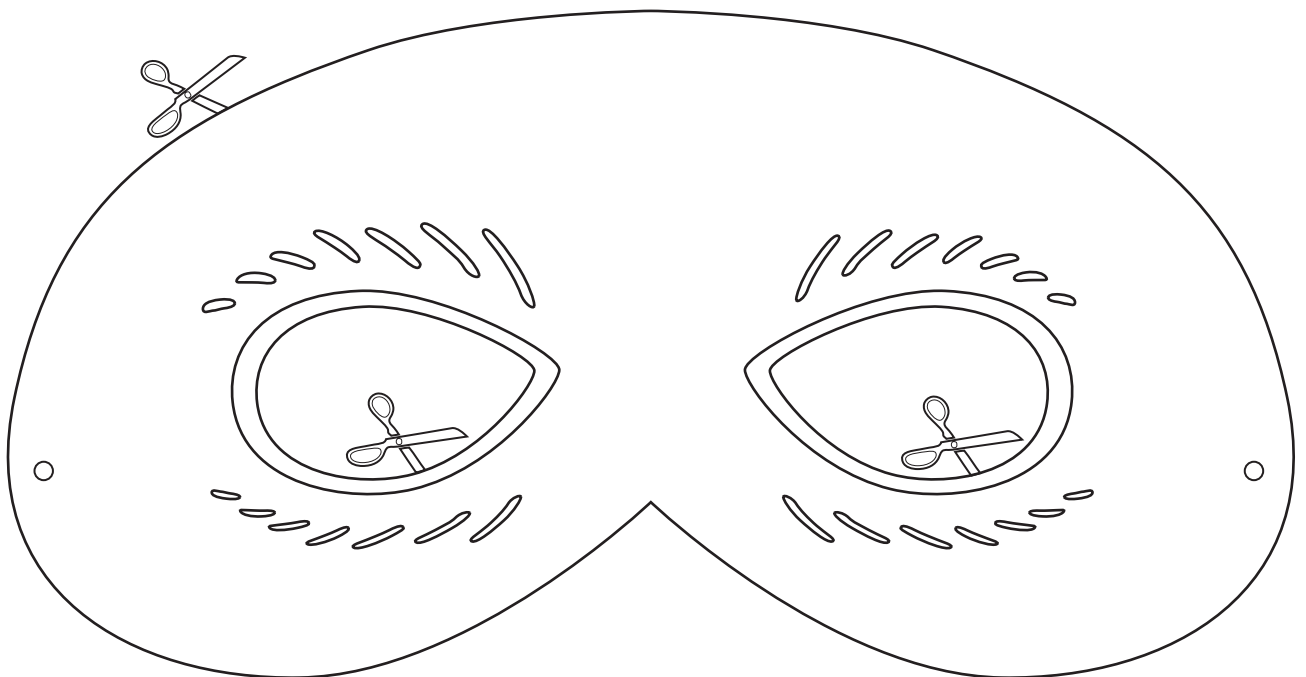
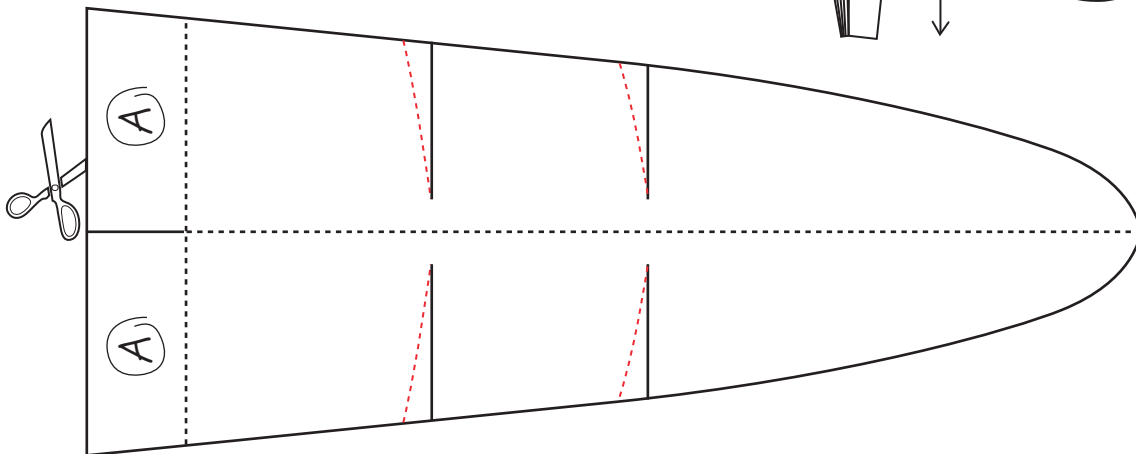
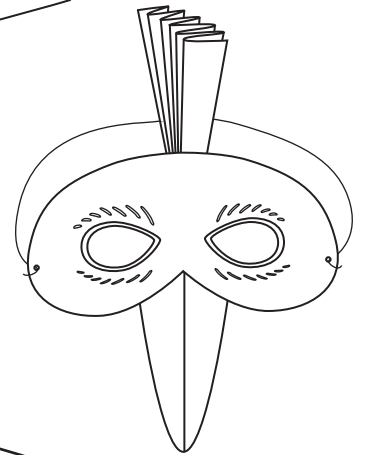
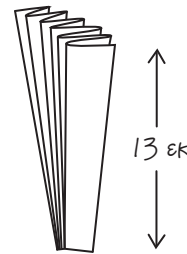
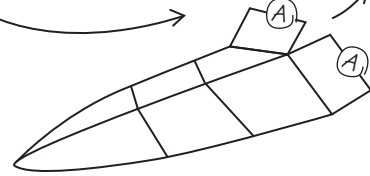
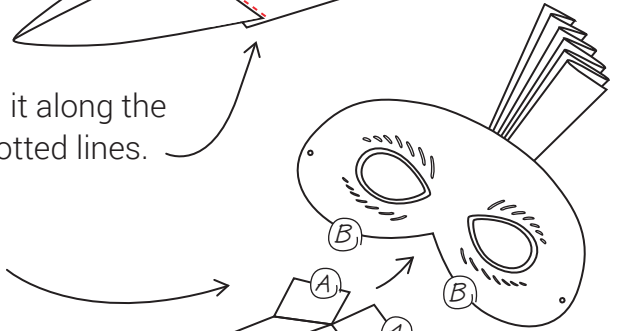
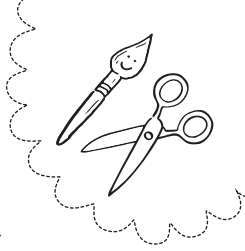
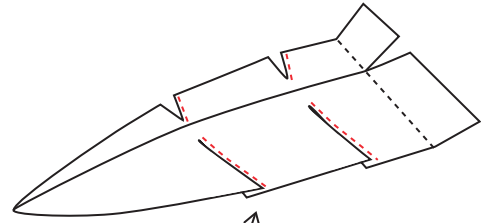


(B)

(B)

HOOPOE MASK

1. Colour the mask and the beak.
2. Cut out the mask, the holes for the eyes and the beak along the black outline.
3. Cut into vertical solid black lines on the beak. Fold it along the black dotted lines. Then glue the beak in the red dotted lines.
4. Make the beak more durable by adding tape to the back side of it. Glue parts A and B together.
5. To make the crest, cut and colour a piece of cardboard (20x13 cm). Fold it every 2 cm and attach it to the mask using a stapler.
6. Pass an elastic cord through the holes.



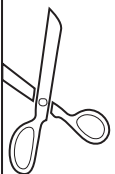
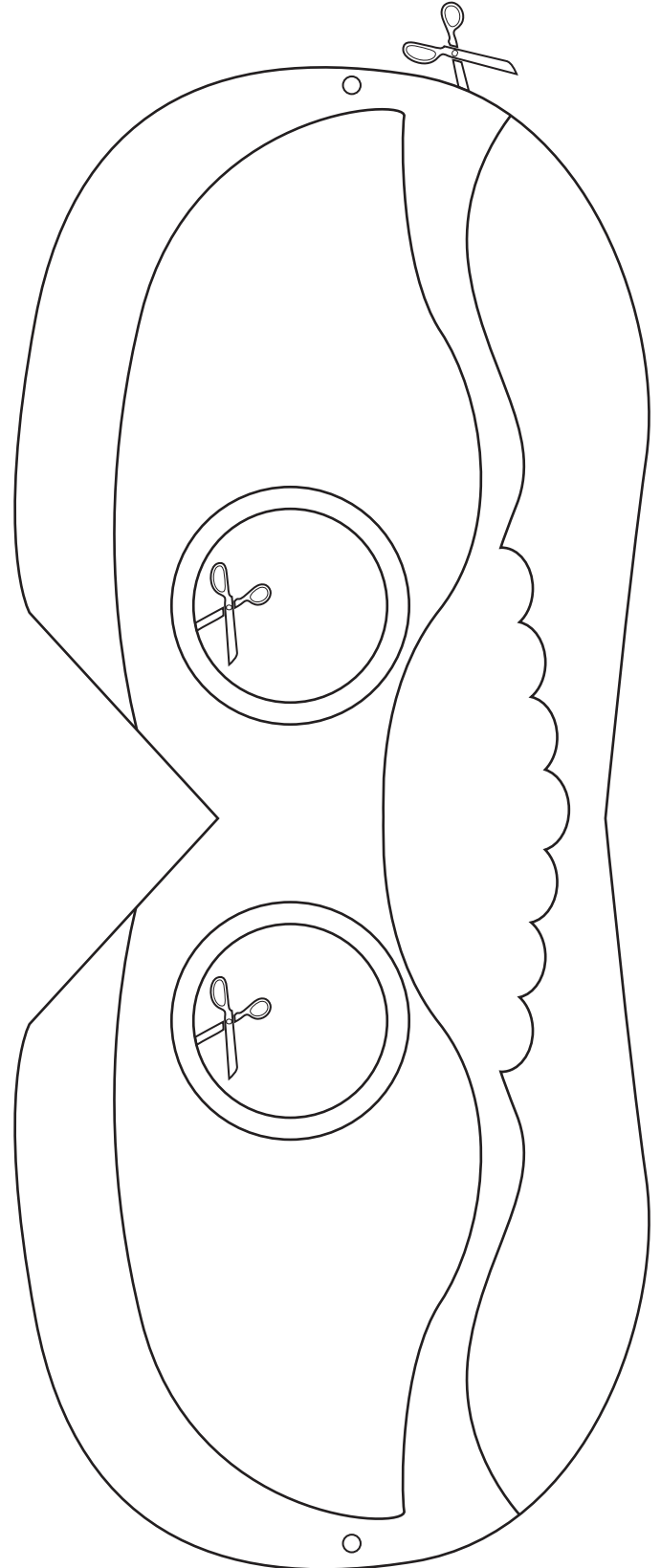
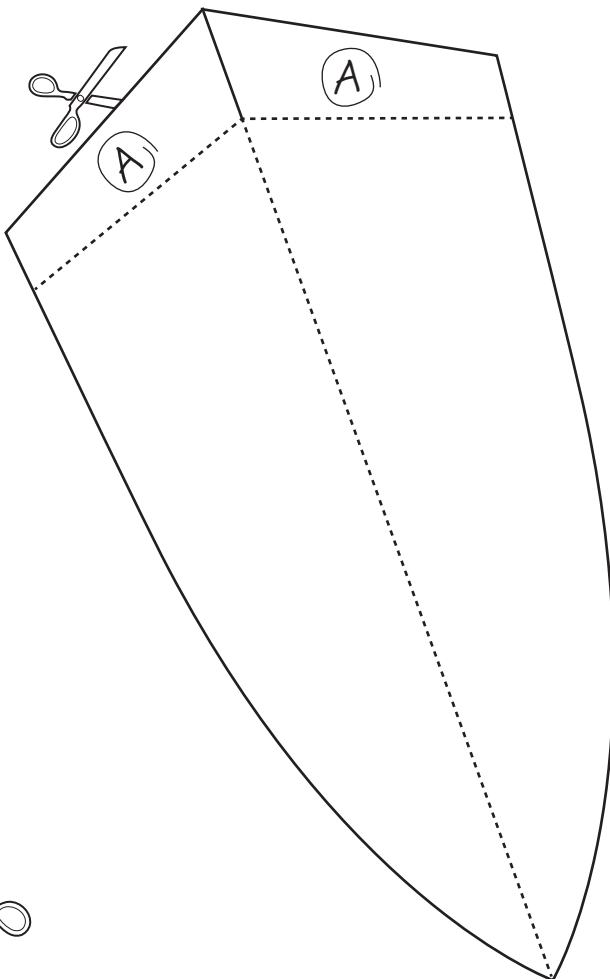
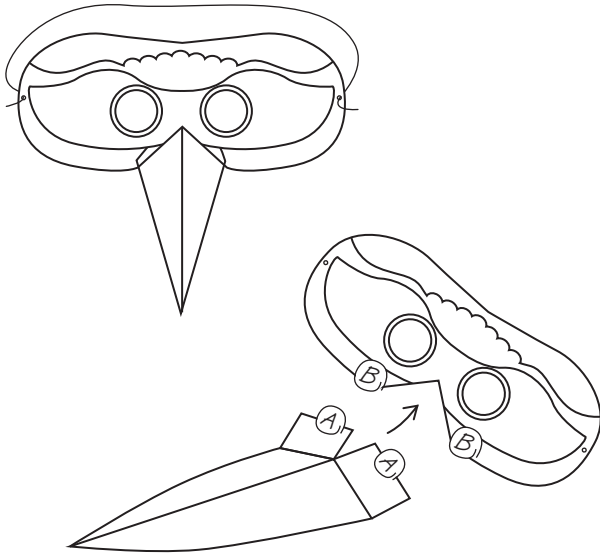
(B)

(B)

BEE-EATER MASK



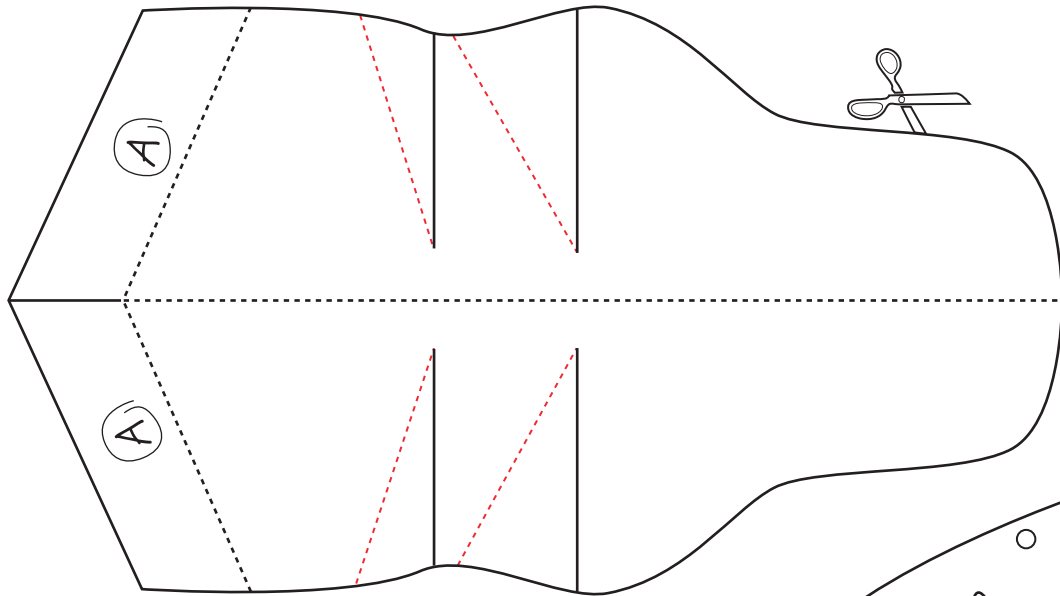
1. Colour the mask and the beak.
2. Cut out the mask, the holes for the eyes and the beak along the black outline.
3. Fold along the dotted lines.
4. Glue parts A and B together.
5. Pass an elastic cord through the holes.



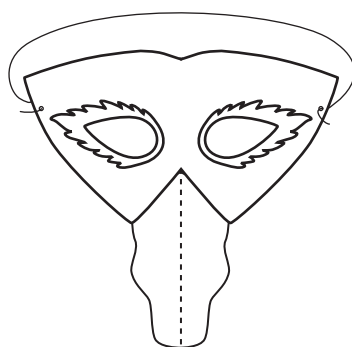
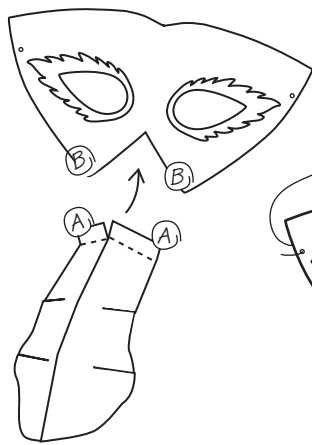
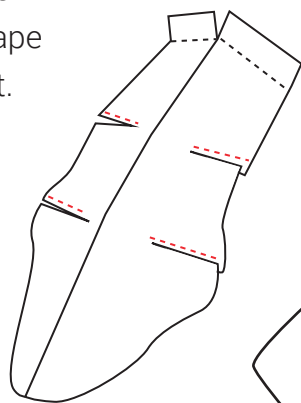
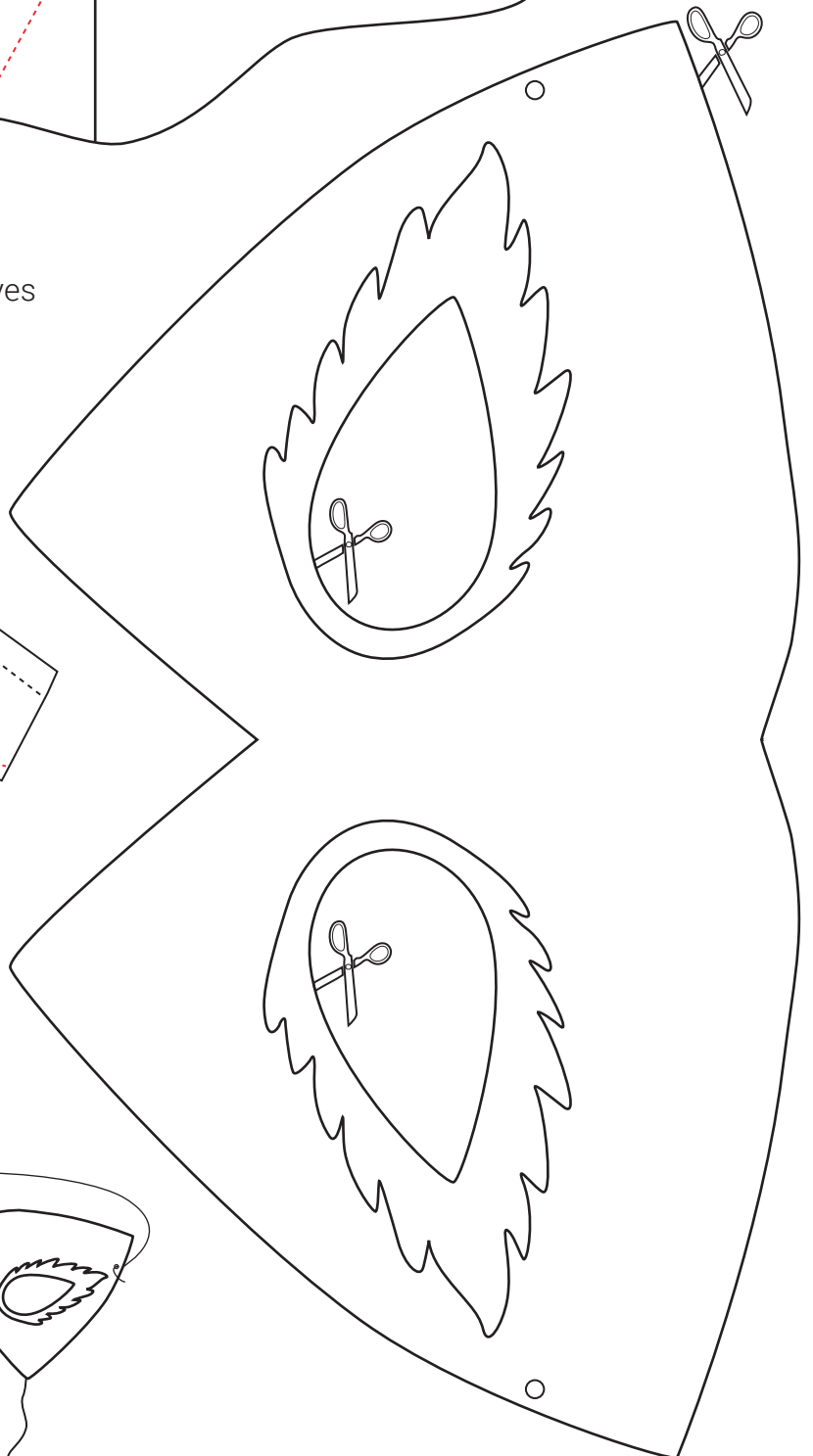
B

B

FLAMINGO MASK



1. Colour the mask and the beak.
2. Cut out the mask, the holes for the eyes and the beak along the black outline.
3. Cut into vertical solid black lines on the beak. Fold it along the black dotted lines. Then glue the beak in the red dotted lines.
4. Make the beak more durable by adding tape to the back side of it.
5. Glue parts A and B together.



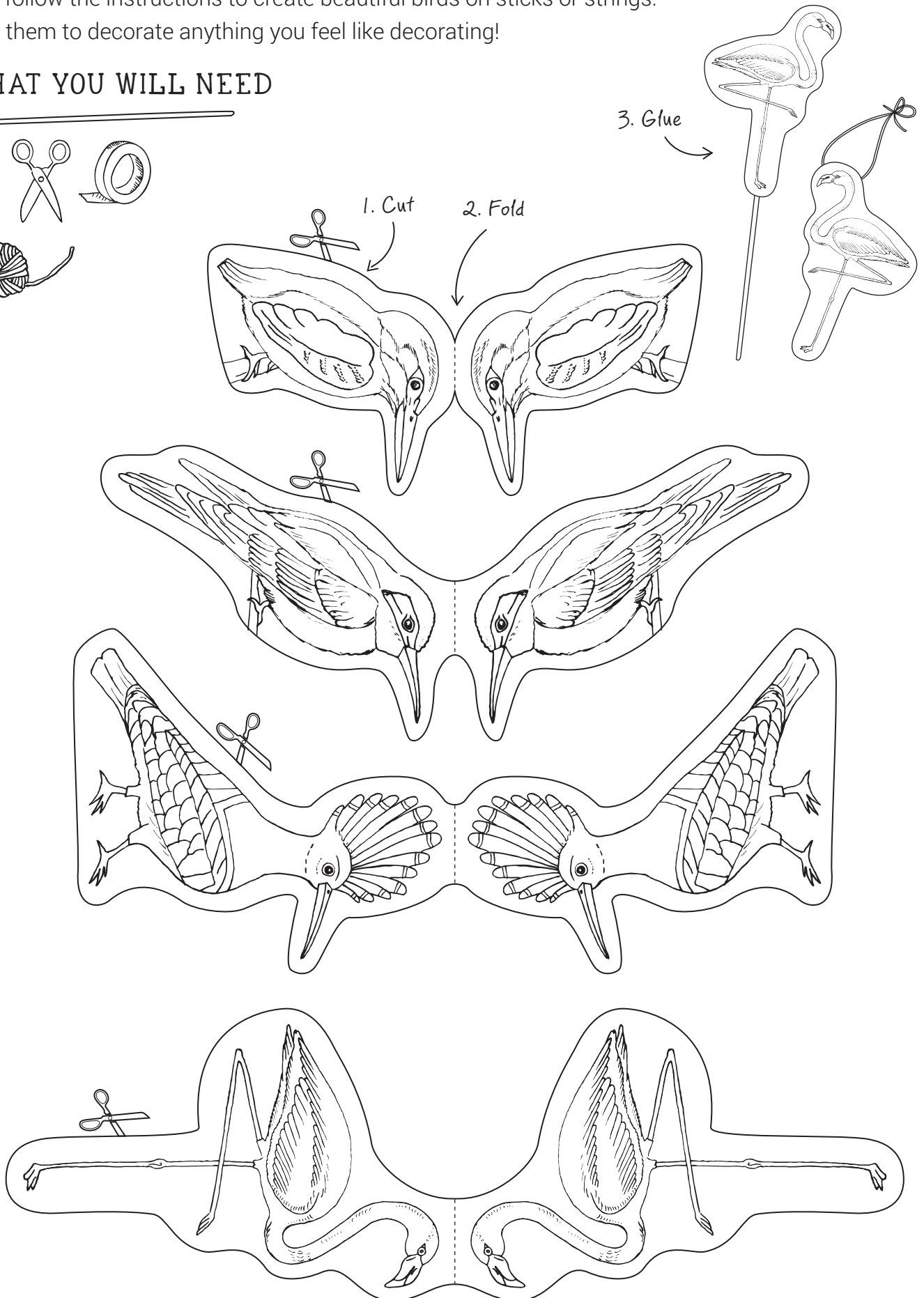
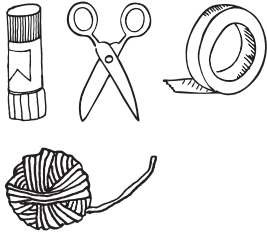
B

B

PAPER BIRDS

Colour the Kingfisher, the Bee-eater, the Hoopoe and the Greater Flamingo and follow the instructions to create beautiful birds on sticks or strings. Use them to decorate anything you feel like decorating!

WHAT YOU WILL NEED



FLYING KINGFISHER

1. Find the Kingfisher in the guide 'What's that bird?' and colour it.
Turn the page to colour the back of its wings as well.

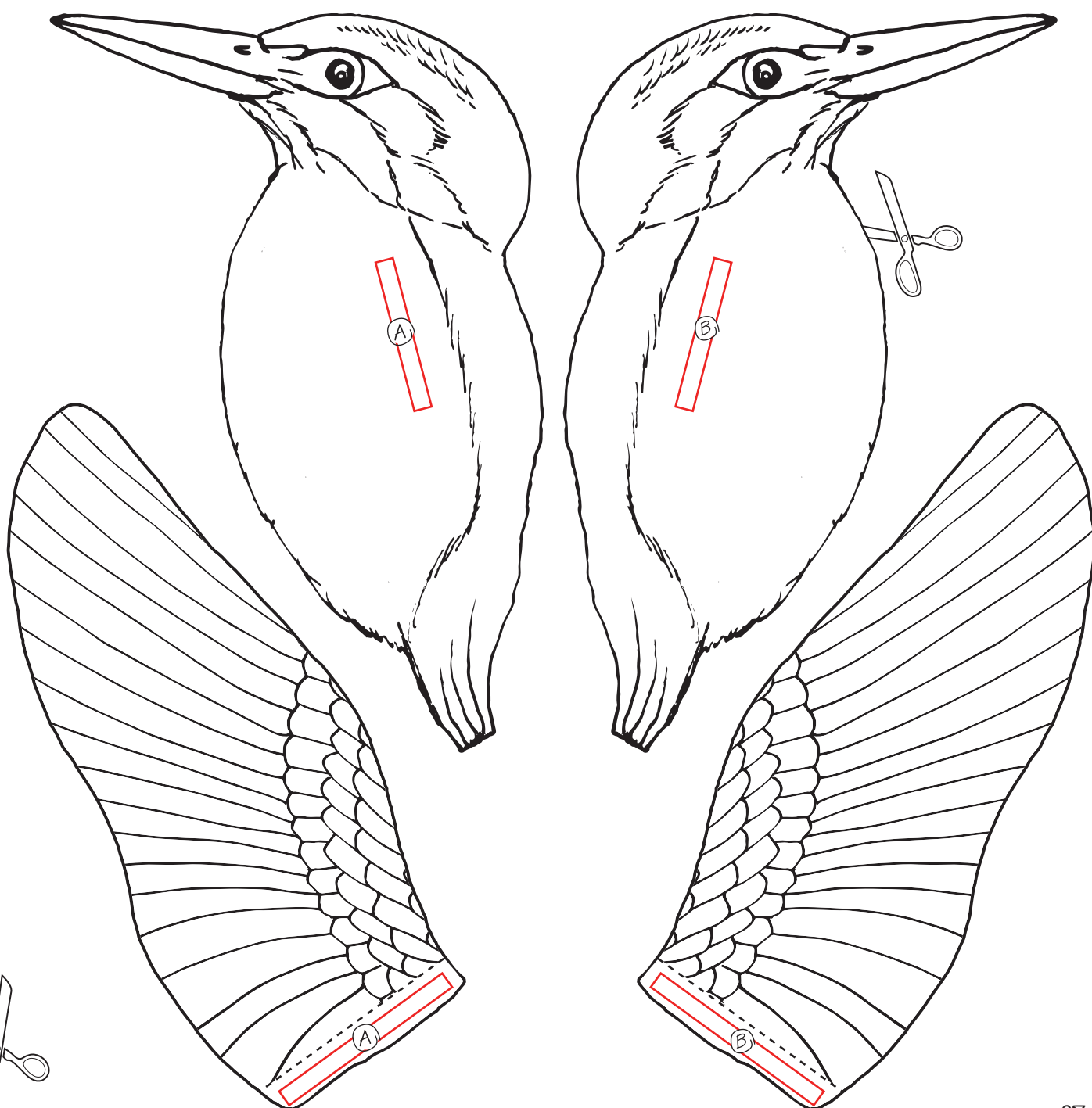
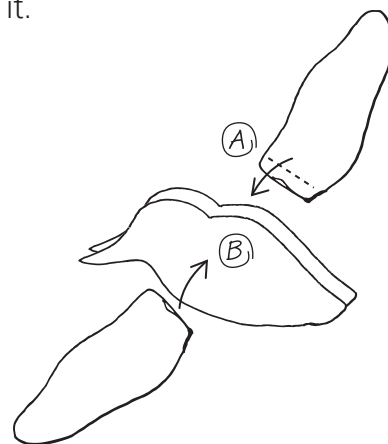
2. Cut out the body and the wings.

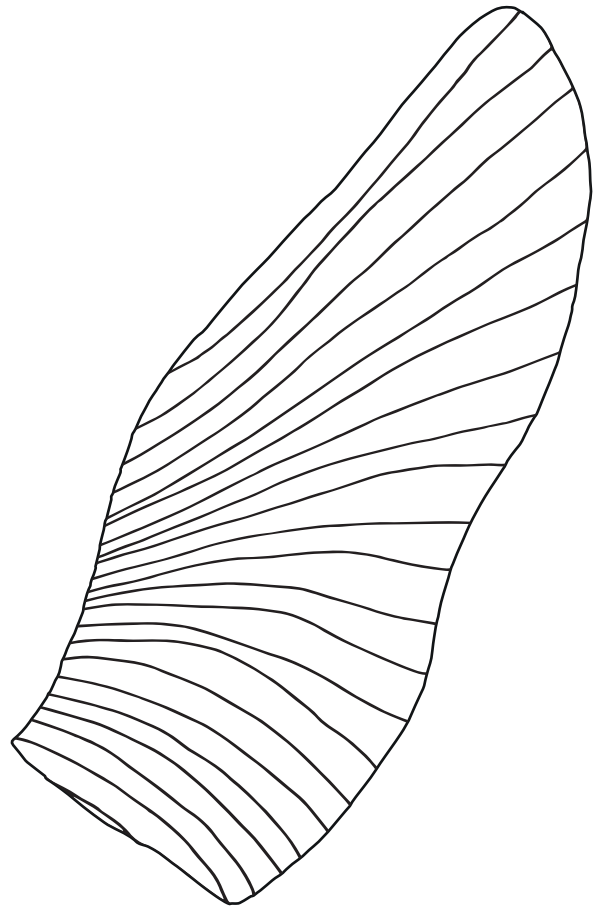
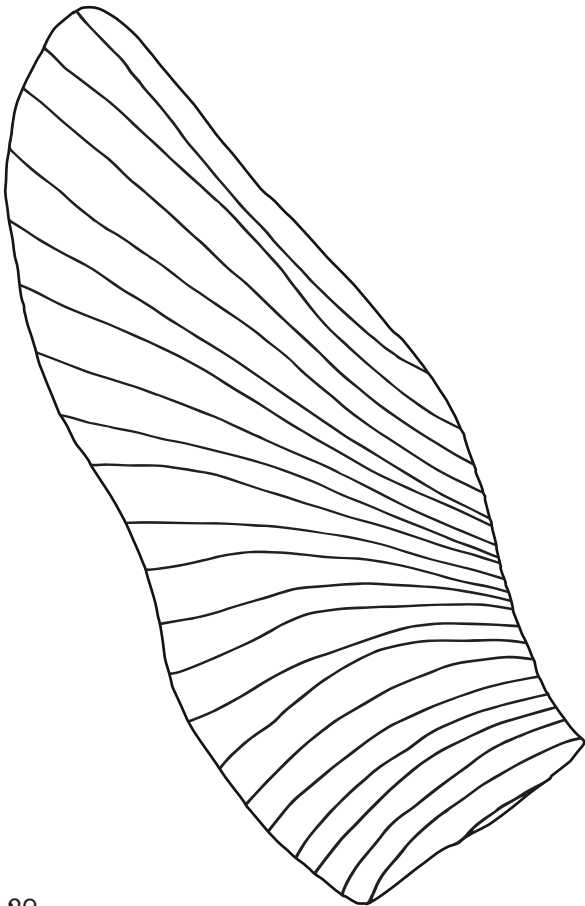
3. Glue the two body parts together.

4. Fold the wings along the dotted lines.

5. Glue parts A together. Do the same for parts B.

6. Pass a string on the top of the bird to decorate
your bedroom or classroom with a flying Kingfisher!





WETLAND BIRDS

Wetlands are important for many migratory birds: some birds rest there before continuing their journey, while others spend their winter or build their nest in spring. Cut out the birds and glue them on the wetland drawing (pages 8-9).



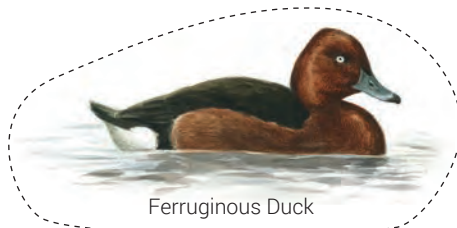
Kingfisher



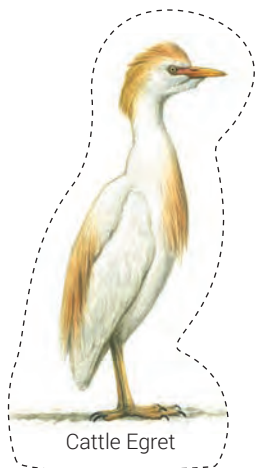
Northern Shoveler



Greater Flamingo



Ferruginous Duck



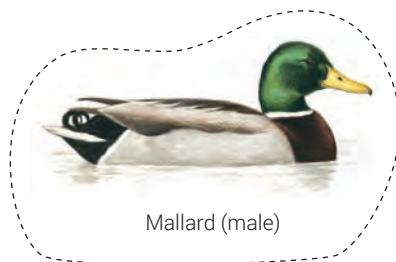
Cattle Egret



Black-winged Stilt



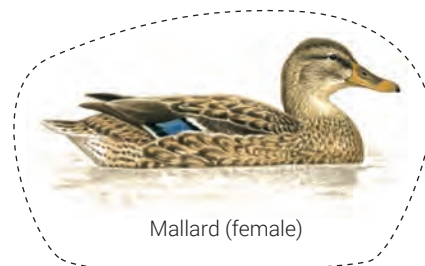
Grey Heron



Mallard (male)



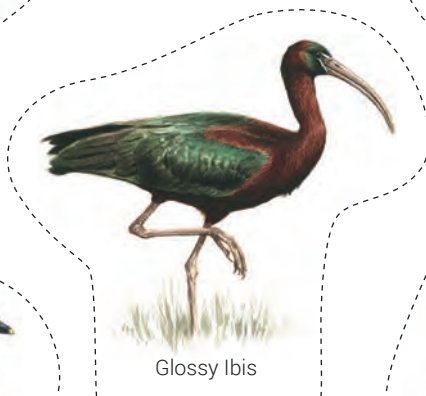
Spur-winged Lapwing



Mallard (female)



Little Grebe



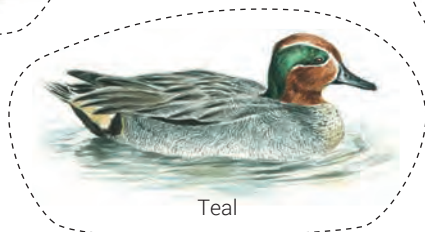
Glossy Ibis



Cormorant



Little Egret



Teal

LEARN MORE

If this activity book has triggered your interest in birds and nature and you would like to learn more about them and the need to protect them, you can visit our website at www.birdlifecyprus.org

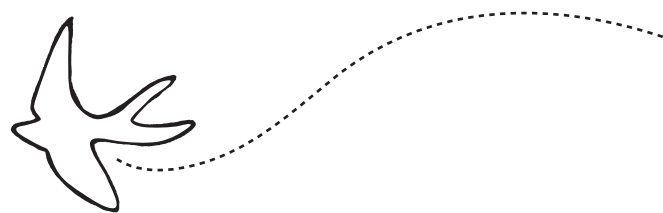
BirdLife Cyprus is the most active non-governmental, non-profit organization in Cyprus that works to protect wild birds, their habitats and wider biodiversity, through science, advocacy, education and on-the-ground conservation work. **You can support us in protecting the birds of Cyprus by becoming a member.** Contact us or visit our website to find out how.

Why do we need to protect birds?

Every living organism, including birds, is part of the ecological web of life. Every part of this web is important for keeping a balance in nature. Healthy bird populations mean a healthy natural environment and a healthy planet, on which not only wildlife but also we humans can thrive. In addition to that, birds are important because they warn us about problems in the natural world.

If you would like to learn more about the birds of Cyprus, the following books are a good start:

- ***What's that bird?***, BirdLife Cyprus
- ***Birds of Cyprus***, Jane Stylianou
- ***Collins Bird Guide***, David A. Christie & Lars Svensson



WHAT A JOURNEY

Activity & colouring book

This activity book is about a wondrous journey. A journey that has been going on for thousands of years. The journey of bird migration. The migration of birds is one of the greatest mysteries of the animal kingdom. To explain this phenomenon, Aristotle, the ancient Greek philosopher, suggested that during winter some bird species transform into other species with similar colours. Others believed that because birds weren't around during winter, they slept at the bottom of lakes. But through observation and research, scientists solved this mystery and now we know about bird migration.

Learn more about bird migration and some of the migratory birds that visit Cyprus, through the fun activities of this book. Dive into the four seasons of the year and find out what happens in the bird world, through four beautiful bird species: the Kingfisher, the Hoopoe, the Bee-eater and the Greater Flamingo.

