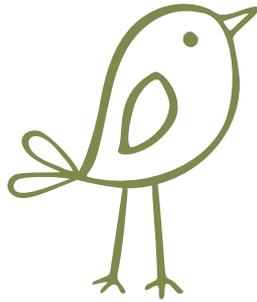


# BANGSAR BIRDWATCHING

Pulai Trail Community Forest - Bangsar Ecological Connector

## A Community Citizen Science Project



### About this Project

Citizen Science is when regular people help collect data for a scientific purpose.

This ecological bird study aims to collect data about the types and numbers of common birds around Bangsar over time. Data will be shared with scientists as information is uploaded and collated.

Join by visiting: [pulaitrail.info](http://pulaitrail.info)

### How You Can Help!

#### Care for your green spaces:

Plant more native trees that have flowers or fruit to feed our Malaysian birds.

Plant a range of plants to create suitable habitats.

#### Improve home practices:

Keep cats indoors.

Stop using pesticides that reduce and contaminate the insects that birds feed on.

Use less plastics that can physically harm and poison birds and their young.

#### Support your community:

Volunteer and donate to support environmental projects.

Take part in citizen science studies to collect data.

### Why Do We Care?

Birds serve as an indicator of how healthy an ecosystem is. Sadly, bird numbers are decreasing at an alarming rate. As we lose our birds, nature loses its ability to regenerate itself - they pollinate plants and disperse seeds. Their beauty and birdsong in our everyday lives feeds our souls and makes our world richer.

### Tools You Can Use

Notebook

Pen

Binoculars

Spotting Scope

ID Guide/Book

iNaturalist app



A collaboration prioritizing ecological support by



# My Bird Journal

## What's that Bird?

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Kingdom:

Phylum:

Class:

Order:

Family:

Genus:

Species:

Date:

Time:

AM/PM

Location:

Weather:



## Description of Bird

Main Colour:

Secondary Colour:

Wings:

Head:

Tail:

Body:

Beak:

Voice:

Legs/Feet:

Habitat:

Activity:

Female

Male

## Sketch of Bird



**PULAI TRAIL**  
COMMUNITY  
FOREST

Ecological bird studies involves identifying birds and their species distribution. Data collection can help monitor bird populations in different areas over time. Share this data with scientists by emailing a photo of this completed page to [ask@pulaitrail.info](mailto:ask@pulaitrail.info).