An aerial photograph of a dense, vibrant green forest. A wooden boardwalk or path winds through the trees, leading towards a small stream or waterfall on the right side. The sunlight filters through the canopy, creating dappled light on the ground. The overall scene is peaceful and natural.

NEW GREEN POSSIBILITIES

THE FORESTIAS: HAPPINESS & RESILIENCE

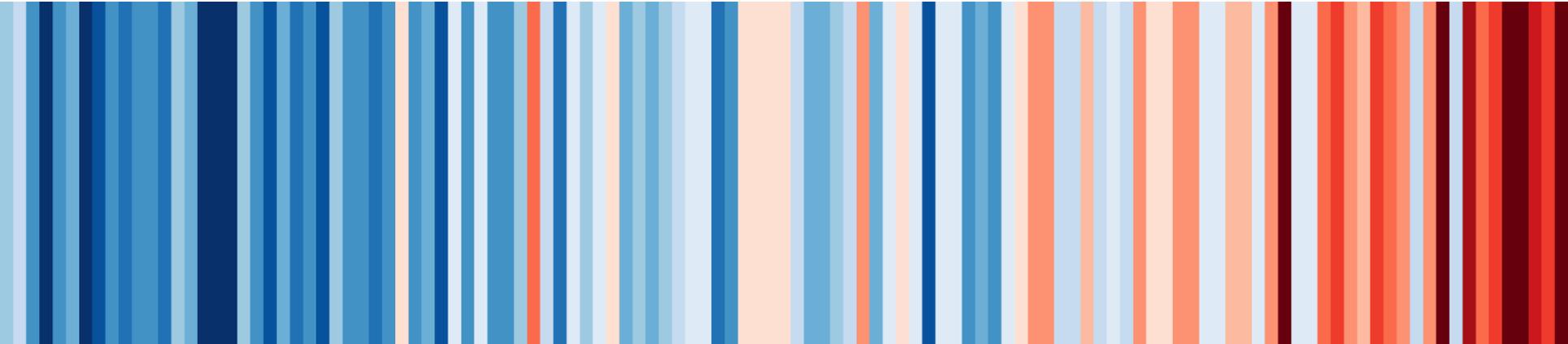
Karndee Leoparote, PhD
Executive Vice President
FutureTales Lab by MQDC



MOQDC

FOR ALL WELL-BEING

Warming Stripes. Annual Thailand temperatures from 1901 – 2019



Source: showyourstripes.info.

We are here ↑

Hello KHAO YAI



THE FORESTIAS





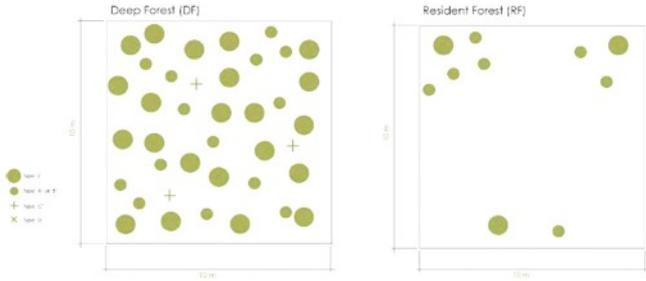


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DEEP FOREST

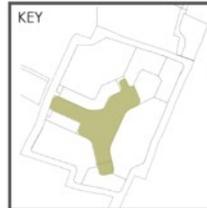
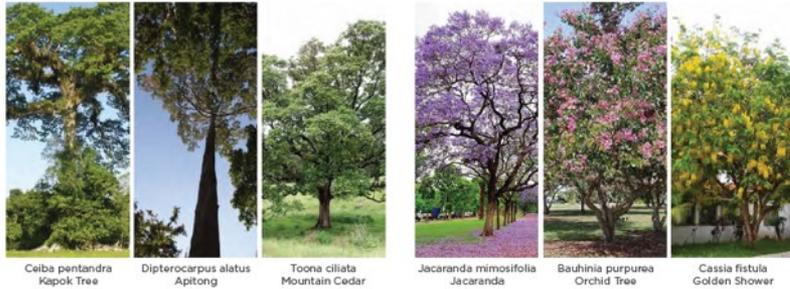
TREE PLANTING INTENSITY | CANOPY



TREE QUANTITY PERCENTAGES



TYPE A + B



- KEY FEATURES**
- 1 FOREST CENTER EVENT CANOPY
 - 2 FOREST CANOPY WALK
 - 3 NEIGHBORHOOD ENTRY TO FOREST GLADE
 - 4 GLADE
 - 5 WATERFALL
 - 6 ROPE SUSPENSION BRIDGE
 - 7 LOG JAM
 - 8 ROCK "ARCH" BRIDGE
 - 9 STREAM
 - 10 ART DECK
 - 11 LABYRINTH
 - 12 DEEP FOREST



EDIBLE FOREST

1. *Muntingia calabura* 2. *Phyllanthus emblica* 3. *Syzygium cumini* 4. *Terminalia chebula* 5. *Elaeocarpus hygrophilus*
 6. *Tamarindus indica* 7. *Artocarpus heterophyllus* 8. *Averrhoa bilimbi* 9. *Moringa oleifera* 10. *Mangifera indica*

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FRAGRANT TREES

1. *Fagraea fragrans* 2. *Buddleja paniculata* 3. *Citrathoryx spinosum* 4. *Wrightia sinkhiata* 5. *Fagraea racemosa*
 6. *Barringtonia macrocarpa* 7. *Holarrhena pubescens* 8. *Aquilaria crassna* 9. *Cinnamomum verum* 10. *Vatica diospyroides*

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DEEP FOREST

1. *Hopea odorata* 2. *Dipterocarpus alatus* 3. *Calophyllum inophyllum* 4. *Carallia brachiata* 5. *Shorea roxburghii*
 6. *Terminalia bellirica* 7. *Lagerstroemia calyculata* 8. *Dalbergia oliveri* 9. *Erythrina subumbrans* 10. *Ficus altissima* Blume

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MAGNOLIA AND
EVERGREEN FOREST

1. *Michelia alba* 2. *Michelia champaca* 3. *Mimusops elengi* 4. *Hopea odorata* 5. *Mammea siamensis*
 6. *Dillenia indica* 7. *Magnolia siindhorniae* 8. *Winghtia arborea* 9. *Dipterocarpus macrocarpus* 10. *Diospyros dasycarpa*

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ANIMAL RESCUE

THE FORESTIAS



FOREST DAY @THE FORESTIAS

28 AUGUST 2018



เราเชื่อว่า ต้นไม้ทุกต้นมีค่า



ชื่อสามัญ : งามจู้รี
สถานที่ : ลาดพร้าว 110
ผู้ช่วยเหลือ : พันธุ์ศักดิ์ วิชาโพพรรณ
วันขนย้าย : 5 มิถุนายน 2561





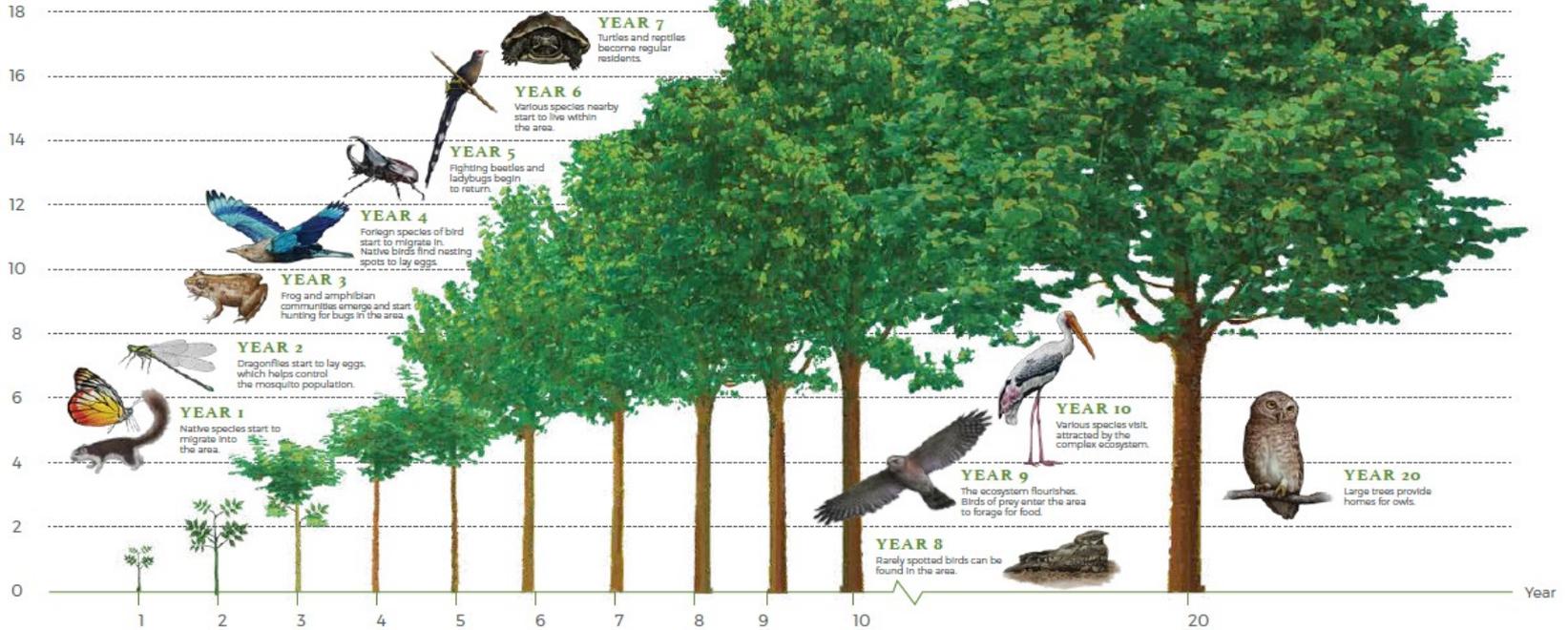
5 มิถุนายน 2561 : ต้นไม้ต้นแรกที่ถูกช่วยผ่าน #ForestRescue
โดย คุณพันธุ์ศักดิ์ อำไพพรรณ

ต้นจามจุรียักษ์ ที่ลาดพร้าว 110 อายุกว่า 27 ปี ได้ถูกช่วยไว้ทันก่อนถูกตัด
โดยทีมงาน Forest Rescue ได้ขนย้ายไปยังสถานพักฟื้นต้นไม้
The Forestias บางนา ก่อนจะนำไปปลูกในพื้นที่ ที่ทางโครงการ
มอบให้เป็นพื้นที่สาธารณะ และจะกลายเป็นปอดแห่งใหม่ของคนกรุงเทพฯ

ทีมงาน Forest Rescue ยังไม่หยุดที่จะช่วยต้นไม้ที่ได้รับการร้องเรียน
เข้ามาผ่านทาง #ForestRescue

BIODIVERSITY IN THE CITY

Height
in meters



As the forest matures, biodiversity increases. The extensive ecosystem with over 500 species of plant and animal provides a nurturing space for family bonds to develop and mature into strong relationships rooted in harmony with all living things. The wildlife expected to flourish here

includes insects such as fireflies, dragonflies, and butterflies, amphibians such as tree frogs and toads, mudskippers and freshwater fish, small mammals such as squirrels and bats, reptiles such as water monitors and snakes, and many species of local and migratory birds.

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KEY WILDLIFE AT THE FORESTIAS



- | YEAR 1 | YEAR 2 | YEAR 3 | YEAR 4 | YEAR 5 | YEAR 6 | YEAR 7 | YEAR 8 | YEAR 9 | YEAR 10-20 |
|--------------------------------|-------------------------|------------------------|---------------------------|----------------------------|------------------------------|----------------------------|---------------------------|-----------------|-------------------------------|
| 1. Pied fantail | 7. Dragonfly | 13. Brahminy kite | 17. Black drongo | 21. Black-naped oriole | 25. Pink-necked green pigeon | 27. Brown-throated sunbird | 29. Lesser whistling duck | 31. Ashy drongo | 33. Stork-billed kingfisher |
| 2. Scarlet-backed flowerpecker | 8. Olive-backed sunbird | 14. Coppersmith barbet | 18. Black-shouldered kite | 22. Little green bee-eater | 26. Green-billed malkoha | 28. Asian box turtle | 30. Indian nightjar | 32. Shikra | 34. Spotted owl |
| 3. Little egret | 9. Lizard | 15. Grass frog | 19. Indian roller | 23. Firefly | | | | | 35. Blue-winged pitta |
| 4. Asian openbill | 10. Red-collared dove | 16. Asian painted frog | 20. Snail-eating turtle | 24. Fighting beetle | | | | | 36. Painted stork |
| 5. Variable squirrel | 11. Moth | | | | | | | | 37. Asian paradise flycatcher |
| 6. Butterfly | 12. Damsel selfy | | | | | | | | |

All illustrations of animal above are for an advertising purpose only and not based on actual scales.

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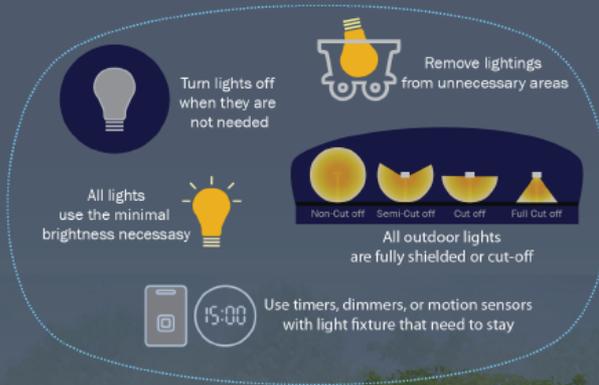
Major Causes of Night Light Pollution



Effects of Light Pollution



Solutions to Reduce Light Pollution



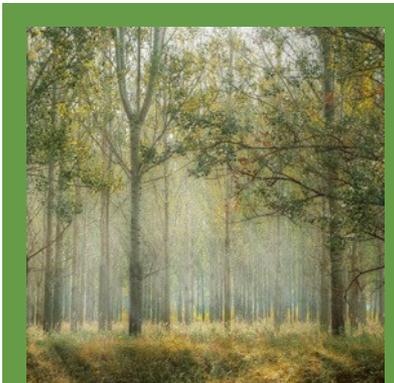
Location in Samut Prakarn, there is still a potential of the Forestias to contribute to lighting pollution which is excessive artificial light trespass that lessen night sky visibility and disrupt ecosystem and biodiversity.

Design Team should minimise lighting pollution by controlling and redirecting light to maximise its effectiveness and to serve its function to provide safety and visibility. Specifying smaller cut-off fixtures and providing well-lit environment without causing glare are a few strategies that should be employed within each development. Moreover, low-wattage or LED solar powered lights can further reduce the energy consumption associated with the outdoor lighting system.



RESEARCH FOCUS

Research methodology will be premised on health-promoting influences of community, physical activity, and nature on wellbeing, both objective (health) and subjective (happiness)



Exposure to Nature

The therapeutic effects of nature on humans, observable in physiology, mood, cognitive function, etc.



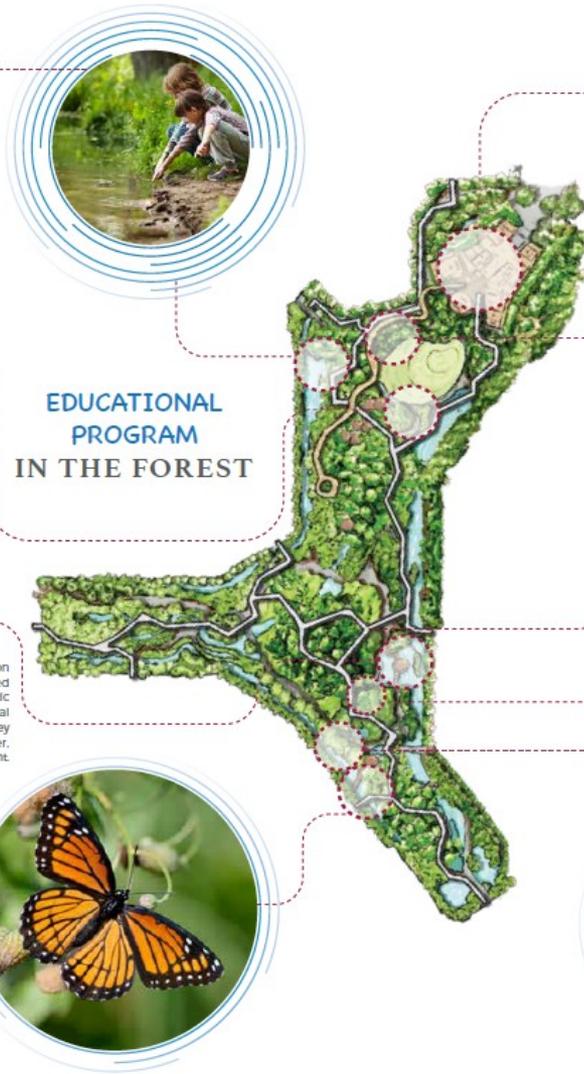
Physical activity

Potential of design to promote active lifestyle and consequently promote health



Community

Potential for encouragement for a more cohesive community and its effect on happiness



EDUCATIONAL PROGRAM IN THE FOREST

NATURAL PONDS

The Forestias treats water as a limited resource. After standard wastewater treatment, reclaimed water will be released into polishing ponds for further improvement before it enters the forest lagoon for reuse in irrigating the forest.



FOREST DISCOVERY CENTER

This is the key educational zone and the gateway to the forest. Residents, guests, and children will learn here about the project's concept and its sustainability efforts. The exhibition will feature the forest's ecosystem and its management.



FOREST TRAILS

Forest trekking will encourage visitors to take various routes to enjoy up-close views of plants, trees, and animals in their habitats. Residents and guests will improve their trekking skills while learning more about the natural environment.



FOREST PLAY

Outdoor play areas will serve as adventure playgrounds where children develop their physical, emotional, social, and cognitive skills.



AQUATIC ECOLOGY SYSTEM IN WETLANDS

Wetland boardwalks along the lagoon will allow visitors to follow self-guided trails. Signage will explain the aquatic ecosystem and the environmental benefits of wetlands, such as how they host diverse wildlife, purify water, reduce erosion, and control sediment.



BIRDWATCHING TOWER

The birdwatching center will give residents and guests the chance to observe birds close up and through binoculars or telescopes. Learning to identify birds by their calls and plumage, visitors will enhance their reflexes and mental alertness as well as their appreciation of nature.



BUTTERFLY GLADES

Butterfly glades and pools will be incorporated in the stream system. Ponds will be designed to attract butterflies and other beneficial insects like beetles. Residents and guests will learn about the lives of insects and how they pollinate plants, flowers, and vegetables.



ORGANIC HOME FARMING

Organic home farming in the community for older adults will let residents and their guests enjoy growing healthy fruit and vegetables. The nutritious harvests can be cooked and enjoyed with friends and family or sold at the weekend farmers' market in the town center.



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Forest Discovery PROGRAM

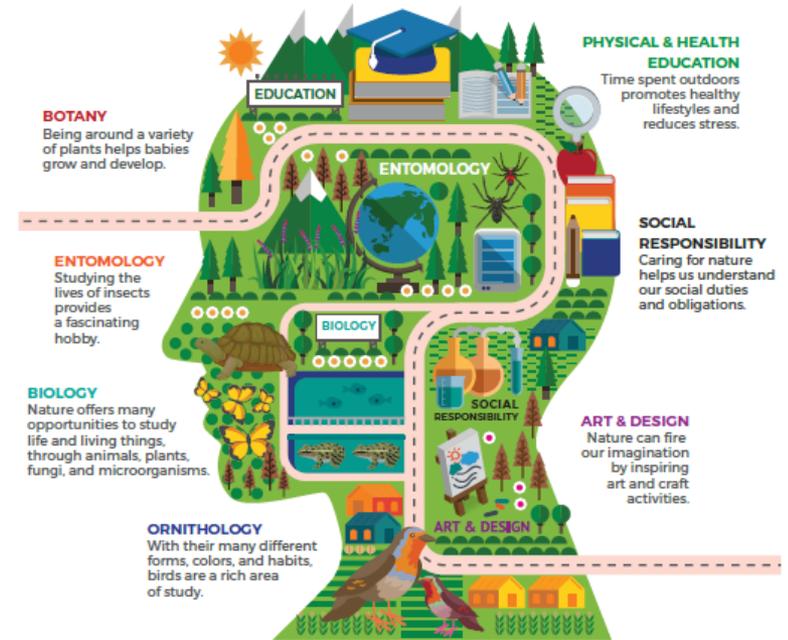


Research shows that children can gain a lot by spending time in nature. They become healthier, enjoy lower stress levels, and show greater appreciation for the environment.

The Forestias will have several areas for forest discovery activities, where families and communities can explore nature and observe animals in their own habitats. Through up-close, immersive experience on forest trails, residents and guests can encounter nature while exercising. The program will also build awareness of how to live in harmony with the natural world.

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Outdoor CLASSROOM



The forest will also provide an outdoor classroom at The Forestias. Children will pick up traditional skills in a natural environment. The outdoor classroom has the key advantage of letting children move freely in open space, an effective way to gain knowledge as well as exercise. Children will also be motivated to discover the wild forest by experts, sharing valuable insights in areas such as biology, botany, entomology, ornithology, art and design, and social responsibility.

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An aerial photograph of a lush green forest. A wooden boardwalk path winds through the trees, leading to a small stream. The text is overlaid in white, bold, sans-serif font. The background shows dense foliage, a wooden boardwalk, and a stream with rocks.

Sustainable & Innovative Infrastructure
Forest vs Park
Healthier. Happier.
All Inclusive
All Well-Being

It all starts with one

THE FORESTIAS