

Headline	Into the heart of nature		
MediaTitle	The Sun		
Date	14 Nov 2023	Color	Full Color
Section	Supplement	Circulation	297,582
Page No	21,22	Readership	892,746
Language	English	ArticleSize	1488 cm ²
Journalist	THASHINE SELVAKUMARAN	AdValue	RM 38,187
Frequency	Daily	PR Value	RM 114,561



Headline	Into the heart of nature		
MediaTitle	The Sun		
Date	14 Nov 2023	Color	Full Color
Section	Supplement	Circulation	297,582
Page No	21,22	Readership	892,746
Language	English	ArticleSize	1488 cm ²
Journalist	THASHINE SELVAKUMARAN	AdValue	RM 38,187
Frequency	Daily	PR Value	RM 114,561



FRIM preserves endangered species and houses vital seed bank. – SELANGOR TRAVEL

Into the heart of nature

➤ Discover forest wonders with FRIM

■ BY THASHINE SELVAKUMARAN

IN Malaysia's bustling urban tapestry lies a hidden gem that attracts those seeking comfort in the embrace of nature - the Forest Research Institute Malaysia (FRIM). Nestled in the lush greenery of Kepong in Kuala Lumpur, this institute stands as a testament to Malaysia's commitment to understanding, preserving and celebrating its rich forestry heritage.

A symphony of green

As you step into its expansive grounds, the cacophony of city life fades into a harmonious symphony of rustling leaves, chirping birds and the gentle hum of nature's rhythm. The institute spans over 600ha of tropical forest, providing a sanctuary for biodiversity and an oasis for those yearning to escape the concrete jungle.

Venture into the treetop canopy walkway, an architectural marvel suspended among the verdant giants. As you walk among the tree branches, you will gain a bird's-eye view of the vibrant ecosystem below. The canopy walkway, a thrilling 150m long, offers a perspective that transcends the ordinary, providing an immersive experience in the heart of the forest.

Conservation in action

FRIM is not merely a picturesque retreat. It is a hub of scientific inquiry and conservation efforts. The institute actively engages in research to unravel the mysteries of Malaysia's diverse flora and fauna. Through their studies, the institute contributes valuable insights into sustainable forest management and biodiversity conservation.

One of FRIM's noteworthy projects involves the preservation of endangered species. The institute houses a seed bank, safeguarding the genetic diversity of native plant species. As you stroll through its nursery, you will encounter an impressive collection of trees, each with a unique story to tell.

The institute's commitment to preserving

these species ensures that Malaysia's natural legacy continues to thrive for generations to come.

Education and exploration

FRIM is also a dynamic learning centre open to all. Whether you are an avid nature enthusiast, a student eager to expand your knowledge, or a family seeking a weekend adventure, the institute has something to offer.

Embark on a guided nature walk led by knowledgeable botanists who unravel the secrets of the forest. Learn about the medicinal properties of indigenous plants, the ecological interplay between species, and the delicate balance that sustains this ecosystem.

For the more adventurous souls, the institute organises eco-tourism activities such as jungle trekking and bird-watching, allowing you to forge a deeper connection with Malaysia's natural tapestry.

Green haven for wellness

Beyond its scientific endeavours, FRIM beckons those seeking wellness and tranquility. Take a meditative stroll along the herbal garden, where the aromatic scents of healing plants envelope you. Engage in yoga sessions amidst the serene backdrop of the forest, allowing nature's energy to revitalise your spirit.

The institute also offers eco-friendly accommodations for those yearning to extend their communion with nature. Spend a night in a rustic chalet nestled within the forest, serenaded by the nocturnal symphony of crickets and frogs.

Wake up to the gentle rays of the sun filtering through the leaves and you will understand why the institute is not just a destination but a transformative experience.

Towards a sustainable future

As the world grapples with environmental challenges, FRIM stands as a beacon of sustainability. The institute actively promotes sustainable forest management practices, emphasising the delicate balance between human needs and ecological preservation.

Through community engagement and



FRIM's nursery showcases a diverse collection of native trees and plants. – MAJLIS PERBANDARAN SELAYANG



FRIM offers educational nature walks and eco-friendly accommodations. – JOM JALAN

educational programmes, the institute seeks to instill a sense of environmental responsibility in every visitor. Take part in FRIM's tree-planting initiatives, contributing to the institute's commitment to reforestation.

Join workshops on eco-friendly living and discover how small lifestyle changes can have a profound impact on the planet. The institute is not just a passive observer of environmental issues but also a catalyst for change, inspiring individuals to become stewards of the Earth.

Embracing nature's bounty

FRIM is a living, breathing testament to the wonders of Malaysia's natural heritage. As you

explore its trails, engage with its researchers and immerse yourself in the tranquility of its surroundings, you will discover a profound connection with the environment. The institute invites you to not only witness the beauty of nature but also to become an active participant in its preservation.

So, pack your curiosity and embark on a journey into the heart of nature with FRIM. Whether you are a nature lover, a seeker of knowledge, or someone simply looking for a retreat from the urban hustle, the institute offers an enchanting escape where the vibrant greens and whispered secrets of the forest beckon you to rediscover the magic of the natural world.