


nbs

**Nature-Based
Solutions**





What Are Nature based Solutions?

Nature-based Solutions (NBS) are ways we work with nature to solve problems in our communities. For example, planting trees to cool down a city, restoring rivers to prevent floods, or protecting mangroves to stop coastal erosion. These solutions help take care of the environment, improve people's lives, and support wildlife—all at the same time.



Why Are NBS Important?

Climate Resilience

NBS enhance the resilience of ecosystems, supporting societies to adapt to climate hazards such as flooding, sea-level rise, and more frequent and intense droughts, floods, heatwaves, and wildfires.



Biodiversity Conservation

By restoring and protecting natural habitats, NBS support biodiversity, which is essential for ecosystem health and function.

Human Well being

NBS contribute to human health and well-being by providing clean air and water, recreational spaces, and protection against natural disasters.



ILAM's MyNBS Initiative



The Institute of Landscape Architects Malaysia (ILAM) launched the **MyNBS Initiative** to promote the integration of **Nature-based Solutions (NBS) in landscape architecture design**. MyNBS aims to guide professionals towards creating landscapes that support sustainability, climate resilience, and community well-being.

Objectives



AWARENESS

Increase understanding of NBS among professionals, stakeholders, and the public.



CAPACITY BUILDING

Provide training, tools, and resources to help landscape professionals apply NBS effectively.



POLICY INTEGRATION

Advocate for the inclusion of NBS in national, state, and local planning policies.

Key Activities



WORKSHOPS AND SEMINARS

Organising educational events to share knowledge, strategies, and best practices.



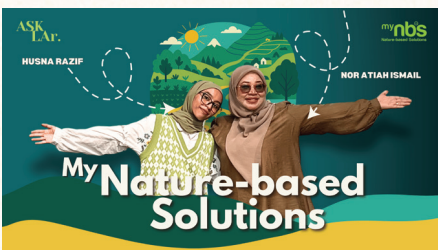
PUBLICATIONS

Producing case studies and guides on successful NBS projects.



COLLABORATIONS

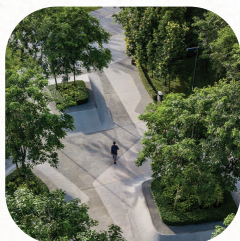
Partnering with government agencies, NGOs, universities, and other key stakeholders to expand the reach and impact of NBS.



Watch myNBS Campaign Video



Examples of NBS



Urban Green Spaces

Creating parks, green roofs, and urban forests helps reduce city heat, improve air quality, and provide recreational areas for residents. These green spaces also support urban biodiversity and can mitigate the impacts of heavy rainfall by enhancing water infiltration.



Green Roofs and Walls

Incorporating vegetation into building designs through green roofs and walls can regulate indoor temperatures, reduce energy consumption, and manage stormwater runoff. These features also enhance urban aesthetics and provide habitats for pollinators.



Wetland Restoration

Rehabilitating wetlands involves reestablishing natural water flow and native vegetation, which can improve water quality, provide wildlife habitat, and reduce flood risks. Wetlands act as natural sponges, absorbing and slowly releasing water.



Rewilding

Allowing natural processes to restore ecosystems can lead to the return of native species, improved ecosystem services, and increased resilience to environmental changes.



Sponge Cities

This concept involves designing urban areas to absorb and reuse rainwater through green infrastructure, reducing flood risks and enhancing water security.



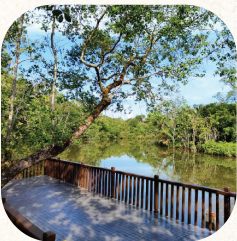
Permeable Surfaces

Using permeable materials for sidewalks and parking lots allows rainwater to infiltrate the ground, reducing surface runoff and recharging groundwater. This approach helps prevent urban flooding and improves water quality by filtering pollutants.



Urban Forests

Establishing and maintaining tree canopies in urban areas can lower temperatures, improve air quality, and provide shade. Urban forests also offer habitat for wildlife and contribute to the mental well-being of city dwellers.



Mangrove Reforestation

Planting mangroves along coastlines protects against erosion, storm surges, and sea-level rise. Mangroves also serve as nurseries for marine life and sequester significant amounts of carbon, contributing to climate change mitigation.



Be Part of ILAM's NBS Initiative

INSTITUTE OF LANDSCAPE ARCHITECTS MALAYSIA (ILAM)

my nbs
Nature-based Solutions



SCAN ME

ILAM NBS Microsite

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