

Lumpini Park Screen play

Name list:

- | | |
|-------------------------------|----------------|
| 1.) Akkarin Suparchavaroj | ID. 5404640020 |
| 2.) Aleena Patheerapong | ID. 5404640038 |
| 3.) Chanisa Sayatanan | ID. 5404640111 |
| 4.) Chanyanee toungchareontip | ID. 5404640145 |
| 5.) Chotiphol Anantasainont | ID. 5404640228 |
| 6.) Jirawut Ponsawang | ID. 5404640319 |
| 7.) Nichapa Trimungklayon | ID. 5404640608 |

Link : <http://www.youtube.com/watch?v=zArfnw2HTHQ&feature=share>

Opening : Akkarin introduce the way of transporting to Lumpini Park. He started from Pleonjit train station all the way to Saladang train station.

Scene1

Chanisa and Akkarin are main MC.

Location : At the front of Rama VI statue, which located at the front of Lumpini park.

Chanisa: Good morning everyone, my name is Chanisa

Akkarin: And my name is Akkarin . Now we are at the southwestern entrance to the suanlumpini park.

Chanisa : And today we'll be your host and provide you guys another perspective of Suan Lumpini Park which had been known as the lung of Bangkok.

Akkarin : So We gonna get in side now , let's see what's sup in there!

Introduce Lumpinipark

Lumpini Park ¹was created in the 1920s by King Rama VI on royal property. A statue of the king stands at the front entrance of the park.

It was named after Lumbini, the birthplace of the Buddha in Nepal.

A large, pleasant, well shaded and centrally located multi-purpose recreational area of 58 hectares (360 rai). The park is located near the center of the business district where Silom road meets Rama IV.

¹ Lumphini Park < http://en.wikipedia.org/wiki/Lumphini_Park>

Lumpni Park has over the years grown into the endearing centre for outdoor leisure activities² for Bangkokians, who would convene before and after sunset to enjoy a round of jog, light workout, aerobics and a host of other recreational activities. On weekends, the space is animated by families and the cheery sounds of children. Some of the colorful recreational pursuits at the park include rowing, paddleboats, and a fun outdoor gym.

Luckily, this is one of the best times of the year to visit the lungs of BKK as winter brings special events and activities to Lumpini Park, including The Bangkok Symphony Orchestra. The Bangkok Symphony Orchestra³ takes full advantage of the cooler weather by staging free concerts every Sunday from December through February.

Scene2

Location : At the front of Big pond inside the park.

Chanisa: What came up to you when you think of Suan Lum Akkarin?

Akkarin: Picnic, Paddling duck boat...

Chanisa: Is this the tricks you use to flirt with girls

Akkarin: ummmmm haha, Let's see what will other think.

Interview from people around Lumpini Park about how they think of this Park.

- 1.) First guy from Austria, Mr. Simon Frostel said : "I feel silence, tree, see people walk, very good, all Bangkok should be like this"
- 2.) Second Thai guy , Mr. Panuwit said "Joging"
- 3.) Third Thai woman, Ms. Sumitra said : " Exercise"
- 4.) Forth a couple from France, Mr.&Ms. Morrel said : " Peaceful, fresh air, people relaxing, beautiful place"
- 5.) Fifth young Thai man Mr.Suvicha said : " Joking"
- 6.) Six old man from England, Mr. David said : " Exercise"
- 7.) Seventh Thai man, Mr. Athith said : "I love to play basketball"
- 8.) Eight child Mr. Nick said : "picnic"

² Lumpini Park < <http://bangkokforvisitors.com/lumpini.html> >

³ December 22, 2011 December 22, 2011 < <http://www.bangkoksymphony.org/> >

Scene 3

Location : At the paddling zone

Mc: Nichapa (Joyce)

Joyce: Hey my name is Nichapa. Now I'm in the duck paddling zone⁴. You can take a forty minutes ride for 30 baths. Here there are two pools at Suanlum for the big pool and small pool. Here I'm at the big pool. You can see there have the great view and surrounded by many big trees and big building. On the weekend like this you can see the couple comes to paddling together and the families that have a little kid spending time together .

(change to the duck paddling scene)

Joyce: Here you can see you can enjoy the view and have many big trees around here and have a high building. And you can feeding a fish also maybe you can bring some bread or anything.

(feeding the fish then, focus the fish in water)

Joyce: When you paddling you can enjoy the nice breathe and you got many benefits from this exercise.

(show the view around there while paddling)

INTERVIEW PART

WHY DUCK PADDLING HERE?

- 1.) Couple Mr. Art and Ms. Katae said : I try to relax and happy.
- 2.) Mr.Nop: It's Ok. I feel relax.
- 3.) Sangthong Family: It's lively, relaxing and closed to nature.

Introducing Aerobic,Jogging, Yoga and Taichi

Loation: around the park

Voice : Chanisa

⁴ Nileguide contributors. "Top Kid Friendly attractions in Bangkok." familygetaway.20oct2011.<
http://www.familygetaway.com/images/PDF/nileguide/Asia_Top_Kid_Friendly_Attractions_in_Bangkok.pdf>

Aerobic exercise, the word aerobics itself mean "with oxygen" You can participate in aerobic exercise everyday in Suan lum, there are two rounds. First is 7 am until 9am and 5pm until 7pm. Aerobic trainer is on the stage leading the dance and people followed. It is suitable for all ages from teenage to elder. Aerobic⁵ dance is a fun activity that doesn't seem like an exercise but is a good exercise and can be done as 1, 2, 3 with the help of dance music.

Jogging, the most popular exercise on Suan lum. In Suan lum people start jogging since 5 in the morning until 8. It give people a good start for their day, where some might get back to their work. Jogging is a common form of exercise people does not need any equipment for jogging and it does not limit you to the court or the field. Jogging regularly can decrease your blood pressure and fats. You can put on your running shoe and start jogging anywhere you wanna go. The reason why people jog in Suan lum is because Suan lum is surrounded by tree, you can enjoy fresh air and nice view of Bangkok.

Yoga⁶ is a physical, mental, and spiritual discipline, which originate in India. The goal of yoga is to attain spiritual insight and tranquility. It could also varied from range of improving health to achieving moksha, which is the liberation from all worldly suffering and the cycle of birth and death. Yoga session started from 7 am to 8 30, which is an hour and half session located beside the duck paddling zone, which contributed great view and scenery. People of all age and generation are all welcome to join.

Tai Chi, Chinese martial art, has been known significantly for its martial aspect and smoothing and beneficial aspects as well. Concrete origins of this martial art have existed since the early 1800's and still hold its popularity through out the world. It has been known for its soft style of martial combat and emphasized on relaxed muscle position. In additional of the modern world, Tai Chi is not thought of a martial art, but rather a relief from stress, movement, and circular flow of breathing. Suanlum hold the heart of Bangkok people, who are influential to the new generation. Hundreds of people meet to practice and pass on the knowledge of Tai Chi to the new generation. Many are welcome to join and be a part in casting on the knowledge to the next generation.

⁵ http://en.wikipedia.org/wiki/Aerobic_exercise

⁶ The Health Benefits of Yoga < <http://www.webmd.com/balance/the-health-benefits-of-yoga>>

Scene 4

Location : East side of Lumpini park.

MC : Aleena

(Focus the woman in yellow shirt Ms. Orasa Mekangkul who is the representative from this taigek club)

MS. Orasa : The name of our club is Kai Berihan Buan Berk Fah .

(MC asking question but the scene still focusing on the woman)

MC: What is the activity you guys do?

MS. Orasa : In the morning, we meet here at 5.30AM. We exercise using music as the main subject .

MC: How does this activity benefit you?

MS. Orasa : First, exercise helps us concentrate. First when we have concentration our mind is delightful. Then, we are healthier by stretching around. Our club is suitable for all the golden age and elderly (changing scene to focus on other members in the club) who do not have stay at home and workers who come to exercise in the morning (focus back on the woman) would have joyful mind when they are working and the key concept is healthy.

Mc: Then how did you join together?

MS. Orasa : First, a dedicated leader thought that exercise is an important part of our life and many people participating for knowledge. Moreover, many saw our club and thought that this is a good place for exercise and would benefit for their health, so many of them join and our club keep growing.

(show some of members)

MC: What time do you start and end?

MS. Orasa : We start from 5:30 to 8:30 and we talk to each other, exchange our experience. We think that this 3 hours is the best relaxing time

MC: And why do you choose to set up your club?

MS. Orasa : Because Suanlum is a place that everyone come to exercise here.

Scence 5

Location: At the stone between the East gate of the park and Aerobic zone.

Mc : Chanisa & Akkarin

Chanisa : Well , as we can see there are so many things we can do in this park.

Moreover it is right in the middle of the city and easy to go.

Akkarin : Ironic isn't it ? Such a beautiful peacefully park located here surrounded by all the tall buildings. Bangkok people should get some break from the concrete and pollutions around the country and get some fresh air and green space here instead.

Chanisa : That's right. And this park also the setting of many festivals such as music festival or international streets show and many more concerts provided here which you can come and join such an interesting events.

Akkarin : Well, you guys should find some time and come and look for yourself how great this place is. It's not all about sports and exercise, this place give us an opportunity to spend some times with family and friends. In addition we can get to know many new people here.