



"FSY" - TSX-V

Shares Outstanding: 42,447,788

FORSYS ADVANCED PROJECTS UPDATE

December 12, 2005, Toronto, Ontario: Forsys Metals Corp (the "Company" or "Forsys") is pleased to report progress on its Valencia Uranium and Ondundu Gold Projects, both located in Namibia, Africa.

Valencia Uranium

The Company has received its environmental clearance certificate for exploration and pre-feasibility work from the Namibian Ministry of Environment and Tourism.

The Company is currently undertaking a planned 3000m pre-feasibility core drilling program of which 450m has now been completed. The first hole to test extensions of the Valencia Uranium deposit was completed to a depth of 352m. The second hole has advanced to 76m (planned depth 450m) and with the arrival of a second drilling rig the drilling of the third hole in the program has commenced.

Logging and sampling of the first hole by on-site Company geologists is underway, while core from a number of earlier drillholes missing information in the Company's National Instrument 43-101 technical report (see Table 8: Drillholes with missing information) on the Valencia property filed November 1, 2005 has been located and is also currently being logged. Initial sampling results are expected by the end of January, 2006.

The Company anticipates providing a resource update at the end of February, 2006.

Ondundu Gold

A core drilling program of 440m comprising 10 holes is planned to commence mid-January, 2006. Drilling contract tenders have been submitted for this program which represents the first phase of a three phase drilling program designed with the objective to define a 4 Mt resource for initial open-pit production.

A hyperspectral survey of the entire exclusive prospecting licence area is underway, while a comprehensive geochemical sampling program is planned to commence mid-January, 2006. The Company's Exploration Manager, Rick Bonner, P.Geol., is the designated qualified person as defined by National Instrument 43-101.

Forsys Metals Corp. is an innovative exploration company in the business of advancing high value advanced stage projects in Namibia, Africa.

For further information on the Valencia Uranium and Ondundu Gold projects please contact Duane Parnham, Chairman and CEO at 416.601.1286 or visit <http://www.forsysmetals.com/>

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

This release contains certain "forward-looking statements". All statements, other than statements of historical fact, that address activities, events or developments that the Company believes, expects or anticipates will or may occur in the future, are forward-looking statements. Forward-looking statements reflect the current internal projections, expectations or beliefs of the Company based on information currently available to the Company. Forward-looking statements are subject to a number of risks and uncertainties, including those detailed from time to time in filings made by the Company with securities regulatory authorities, that may cause the actual results of the Company to differ materially from those discussed in the forward-looking statements, and even if such actual results are realized or substantially realized, there can be no assurance that they will have the expected consequences to, or effects on, the Company.