



## Inter Island Festival – Ark Eden Foundation Activity Schedule

*Note: To participate in the below activities. You must [register](#) ahead of time.*

*[Click here to find: Activity descriptions, What to Wear/Bring, FAQ and more.](#)*

| Time                | Activity                             | Age Requirement                               | Description                                                                                                                                                                                                     | Fee                  |
|---------------------|--------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 9:30 AM - 12:00 PM  | Tree Maintenance on the Hills        | All ages<br>(Min Age: 8; children with adult) | Learn hands-on tree care techniques to support young native trees. Includes a hike to the treeplanting site, maintenance demonstration, mulching, and fertilising. <i>Note: Must be in good physical shape.</i> | \$50 per participant |
| 10:00 AM - 1:00 PM  | Children Open Play (Morning Session) | Children of all ages (with adult)             | Open play activities including dig zone, netting in the stream, swings, and climbing in our jungle playground.                                                                                                  | Free                 |
| 10:30 AM - 12:00 PM | Outdoor Yoga                         | Age 14+                                       | Outdoor yoga session run by a trained facilitator. Mats provided.                                                                                                                                               | \$50 per participant |
| 12:00 PM - 2:00 PM  | Lunch                                | All ages<br>(children with adult)             | Vegan Indonesian food available for purchase. Bring cash.                                                                                                                                                       | Pay on site          |
| 2:00 PM - 2:30 PM   | Play for Peace                       | All ages<br>(Min Age: 3; children with adult) | A global initiative that uses non-competitive, cooperative play to bring people together fostering empathy, connection, and teamwork. Uses team-building games and rituals.                                     | Free                 |

| Time              | Activity                                              | Age Requirement                      | Description                                                                                                                                                                                                                                                                | Fee                                |
|-------------------|-------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| 2:30 PM - 4:00 PM | Children Open Play<br>(Afternoon Session)             | Children of all ages<br>(with adult) | Open play activities including dig zone, netting in the stream, swings, and climbing in our jungle playground.                                                                                                                                                             | Free                               |
| 2:30 PM - 4:00 PM | Intro to Permaculture living,<br>Planting, Composting | Minimum Age: 14+                     | Hands-on sustainable living practices including living a sustainable permaculture lifestyle, composting food-waste and creating a kitchen garden                                                                                                                           | \$50 per participant               |
| 4:30 PM - 5:30 PM | Nature Mandala                                        | Minimum Age: 14+                     | A mindful hour creating a nature mandala in the Ark Eden garden, holding it in ceremony and then returning it to nature                                                                                                                                                    | \$50 per participant               |
| 5:00 PM - 7:00 PM | Dinner                                                | All ages<br>(children with adult)    | Vegan Indonesian food available for purchase. Bring cash.                                                                                                                                                                                                                  | Pay on site                        |
| 7:00 PM onwards   | Film Screening + Question &<br>Answer Session         | All ages<br>(children with adult)    | Outdoor cinema screening.<br>'Lantau: The Hidden Treasures of Hong Kong' directed by Fung Hon Shing and narrated by Stephen Chan, the documentary aims to raise awareness about ecological conservation. A panel plus Question and Answer session will immediately follow. | Donations encouraged at the event. |