



Five Elements Forest Camp

This powerful five day residential camp harnesses the elements of earth, water, fire, air and ether as guiding principles to help you build a joyful, inner foundation from which to evolve wellbeing, depth of character, and your unique leadership qualities.



At the same time you will apply the framework of permaculture, a method of design that provides nature-based solutions, and enjoy the wonderful benefits of outdoor living - exploring hills, forests and beaches, and camping under the stars.

**5 Element
Themed Days**

**Designed for
Senior School
Students**

Thank you for the wonderful 5 days of laughter, pain and eye-opening experiences, which nothing I will do in the future or did in the past will match up with in uniqueness and personal growth. This camp really inspired me to learn more about myself, my peers and the great outdoors!

Justine, RCHK

Accommodating around 40 students and their teachers

Please contact info@arkedenonlantau.org for more details or leave us a message



Five Elements Forest Camp

Daily Activities

Day 1 Earth

Grounding in self-awareness. Arriving in Mui Wo and trekking to Ark Eden. Getting to know the valley and each other. Community building. Preparing our campsite for the week.

Night Activities: night yoga, jungle walk, campfire reflections



Day 2 Earth and Water

Harnessing creativity and observation. Embracing change and finding flow. An introduction to permaculture and work on practical eco-site projects. Rivers and waterfall rockpools visit.

Night Activities: creativity and drama



Day 3 Fire

Finding our true identity, passion and purpose. Regenerative tree care, picnic in the hills, beach time.

Night Activities: campfire, BBQ and drumming



Day 4 Air

Compassionate living. Jungle Chef: foraging and campfire cooking. Permaculture farming and practical projects.

Night Activities: pizza and party



Day 5 Ether

Leading with the heart, celebrating unlimited potential and securing future success. Personal projects and reflection before the return home.

Although I had doubts before choosing this camp, I certainly did not have any regrets after leaving. It's been 2 weeks since my visit, and I still haven't quite gotten used to the city lifestyle.

