



# Inter Island Festival Ark Eden Foundation

## “Islands of Coherence”

Experience Nature, Sustainability, and Community with Ark Eden Foundation.

**PLEASE NOTE THAT PRE-REGISTRATION IS REQUIRED AHEAD OF TIME TO PARTICIPATE IN ACTIVITIES.**

*"When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order." - Ilya Prigogine*

*Ark Eden will run a series of activities throughout the day across its site and on the foothills of the valley, where people will engage in different regenerative practices. Each activity represents an 'island of coherence'.*

*These activities represent directional beacons that together have the capacity to shift the entire system to a higher order.*



# Tree Maintenance on the Hills

## TIME

9:30 AM - 12:00 PM

## AGE

Min. 8 Years

## FEE

\$50

Learn hands-on tree care techniques designed to support young native trees. The session includes a guided hike up to the tree-planting site, a comprehensive maintenance demonstration, mulching, and fertilising.

**Note:** This is more of a youth/adult activity but children over 8 are welcome if accompanied by an adult. Participants must be in good physical shape to join this activity.



## WHAT TO WEAR / BRING

It is essential to bring sturdy hiking shoes, a reusable water bottle (minimum 1.5 litres), a hat, sun protection, and comfortable outdoor clothing.



**Coming by ferry?**

**Suggested ferry time: 8:30am from Central Pier 6**



# Forest School Open Play

## SESSIONS

10:00 AM–1:00 PM  
2:30–4:00 PM

## FEE

Free

## REQUIREMENT

Adult Accomp.

We invite children of all ages (who must be accompanied by an adult) to enjoy our free Children Open Play sessions. Kids can freely explore various open play activities located in our jungle playground, which features an exciting dig zone, netting activities in the stream, swings, and more all designed for adventurous play.



## WHAT TO WEAR / BRING

Please ensure children wear clothes that can get dirty or wet. Bring a small towel, a full change of clothes, water shoes, a sun hat, bug spray and reusable water bottle.





# Outdoor Yoga

## TIME

10:30 AM - 12:00 PM

## AGE

14+

## FEE

\$50

Unwind and connect with your natural surroundings during our Outdoor Yoga session. This relaxing outdoor experience is run by a trained facilitator and is completely surrounded by nature. For your convenience, yoga mats are provided on-site.



## WHAT TO WEAR / BRING

Participants should wear comfortable, stretchy clothing suitable for movement. Please bring a reusable water bottle, and a small towel.





# Community Meals

Take a moment to refuel and connect with fellow festival participants during our Community Meals. Delicious vegan Indonesian food will be available for **purchase**. Open to all ages (children must be accompanied by an adult).

## LUNCH

12:00 PM – 2:00 PM

## DINNER

5:00 PM – 7:00 PM

\* Payment required on site — Cash, PayMe, FPS



## WHAT TO BRING

- **Payment methods:** Cash, PayMe, FPS
- **Reusable eating utensils & containers** (optional, but strongly encouraged for eco-friendliness)
- **Reusable water bottle**





# Play for Peace Cooperative Games

## TIME

2:00 - 2:30 PM

## AGE

All ages (3+)

## FEE

Free

A global initiative utilizing non-competitive, cooperative play to bring people together, actively fostering empathy, connection, and teamwork among participants young and old! Children must be accompanied by an adult.

## Grounded in 4 Core Values:

- Inclusivity, Safety, Cooperation, and Fun
- Engaging team-building games & rituals



## WHAT TO WEAR / BRING

Wear comfortable clothes suitable for light movement and interactive games. Bring a reusable water bottle. Most importantly, bring an open mind and enthusiasm!





# Intro to Living a Sustainable Lifestyle, Permaculture, Planting & Composting

## TIME

2:30 PM – 4:00 PM

## FEE

\$50

## AGE

14+ YRS

Deepen your understanding of sustainable living practices and natural design systems directly at our permaculture site. We engage in Ark Eden's 'Eco-house project', learn how to eliminate food-waste and create a kitchen garden.



## WHAT TO WEAR / BRING

Participants must wear clothes suitable for soil and gardening work, and a hat for sun protection. Please bring a reusable water bottle, sunscreen and bug spray.





# Nature Mandala

## TIME

4:30 PM – 5:30 PM

## FEE

\$50

## AGE

14+

In this grounding immersive experience our group creates a mindful nature mandala in Ark Eden's extensive garden. The exercise focuses on presence, ceremony and connection.



## WHAT TO WEAR / BRING

- Comfortable clothes and walking shoes
- Water bottle





## Film Screening & Panel

### TIME

7:00 PM Onwards

### FEE

Free

(Donations Welcome)

### AGE

All Ages

Conclude the festival evening with a captivating outdoor cinema screening highlighting Lantau Island's rich biodiversity through aerial, underwater, and night-vision footage.

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.



### WHAT TO WEAR / BRING

Please bring warm layers or a blanket for outdoor night seating, bug spray, a headlamp or flashlight, drinks and snacks, and cash for voluntary donations.





# FAQ

|                            |                                                                                                                                                                                                                                                                   |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Registration:</b>       | You must register in order to attend any of the activities listed. <a href="#">Register here.</a>                                                                                                                                                                 |
| <b>Location:</b>           | Mui Wo, Lantau Island. Specific directions to site will be provided and path will be marked with chalk.                                                                                                                                                           |
| <b>Central → Mui Wo</b>    | Central Ferry Pier 6 <a href="#">(schedule)</a>                                                                                                                                                                                                                   |
| <b>Walk to site:</b>       | 30-45 minute walk from MW ferry pier. Partly uphill and through forested area.                                                                                                                                                                                    |
| <b>Accessibility:</b>      | Last point for car access is Mui Wo Wet Market area. 15-25 minute walk. Paved paths.                                                                                                                                                                              |
| <b>Weather:</b>            | Bring layers and rain gear to be prepared for all weather conditions. Most activities will continue to run in rain. We will be in contact if activities will be changed or cancelled due to extreme weather.                                                      |
| <b>Water:</b>              | Filtered water available on site. Must have a reusable water bottle to refill.                                                                                                                                                                                    |
| <b>Food:</b>               | You are welcome to bring your own snacks and packed food. Food is available for purchase at lunch and dinner times. Please respect our zero waste policies and do not bring lots of packaging and rubbish to our site. All waste must be taken back out with you. |
| <b>Fees and Donations:</b> | Any fees for paid activities are non-refundable. This fee is to hold your spot and considered as a donation to Ark Eden Foundation's environmental programming.                                                                                                   |



# Contact

## NEED HELP?

Feel free to contact us via Whatsapp or email for any specific questions regarding accessibility, facilities, or schedule details.

**Email:** [info@arkedenonlantau.org](mailto:info@arkedenonlantau.org)

**Whatsapp:** +852 5117 4537

**Website:** <https://www.arkedenonlantau.org/workshops>