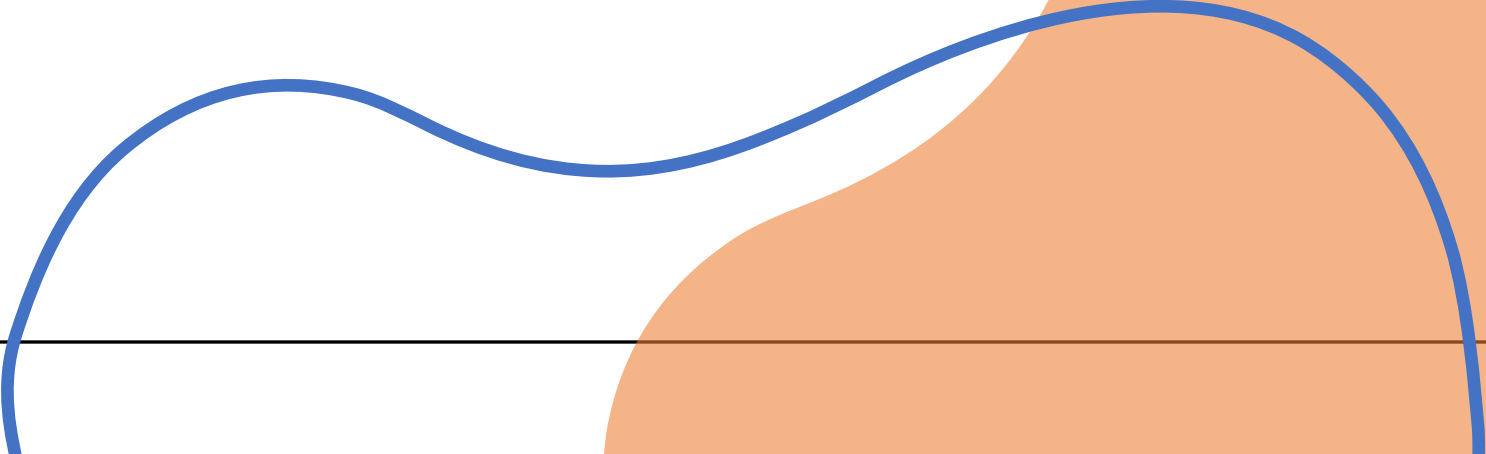




# ark eden

Restoration, Regeneration & Transformation





# **SECONDARY SCHOOL PROGRAMMES: AN OVERVIEW**

# Our Mission

We offer transformational experiences through nature immersion;

creating resilient, happier, healthier, empowered individuals.

Supported by science and pedagogical research (see appendix)

# Why it Works



## Research

There is growing pedagogical consensus that children that spend guided time in nature observe better mental health, educational outcomes, self awareness and self management



## Our Unique Site

Our jungle permaculture & play site, developed over many years, has been carefully molded to enhance nature connection & learning outcomes



## Our Expertise & Commitment

Our 20+ years of expertise in education & environmental care gives us a vast pool of knowledge to draw from and our commitment has kept us at the forefront of best educational practices



## Our Network

Being a pioneer in the eco-education space has meant we have a fast network of industry leaders, parents and schools to collaborate with that support our work



## Our Leadership Style

We lead from the heart and invest in the capacity of our team which in turn has meant that we have a committed community that supports us and returns to us year on year to build capacity and grow

# Ark Eden: Education Overview

## Our Services

### Single/Multi Day Field Trips & Overnight Camps

All our programme can run as single day or multi day experiences. Our overnight camps are blended immersive options for your learners to develop a strong connection to nature

### In School Workshops

If you cant come to us, we can come to you. We leverage expert knowledge in environmental topics and can come to your school to deliver workshops on select topics.

### Multi Year Programming

For lasting impact, we offer multi year programming with the same group of children so that they have continued interventions in nature to promote lasting behavioural change



## Our Focus

### Experiential, Fun & Nature First

Our core environmental' ethos runs through all our programmes and fall into two major categories;

- Curriculum Tied Learning
- Immersive Forest School and inquiry-based programmes

### Behaviour Change & Tangible

Our programmes are designed carefully to allow students to build meaning from their experiences and push them to make changes in their own behaviours that can care themselves and the planet.

### Authentic & Unique

We are the only full scale permaculture demonstration site in Hong Kong tailored to educational outcomes We walk our talk and are a living example for students to be inspired by and follow

# Our Permaculture Education Site

## Sustainable Systems

### Food

- Organic Farm
- Kitchen
- Nursery
- Organic Fertilizer station

### Waste

- Compost Toilets
- Hot & Cold Composts
- Worm Farms
- Recycling & Waste Segregation Bins
- Upcycled Furniture

### Water

- Filtered Stream Water Catchments
- Water Harvesting
- Natural Swimming Pool
- Mini Ponds

### Energy

- Solar showers (proposed)

### Ecosystems

- Wetlands
- Stream
- Forest



## KEY

- 01 Wooden Deck
- 02 Mary Jane
- 03 The Jungle Gym
- 04 New Tarp
- 05 Woodfired Pizza Oven
- 06 Campfire Pit
- 07 Mud Kitchen
- 08 Compost Toilets
- 09 Shed
- 10 Forest Theatre
- 11 Worm Farm
- 12 Outdoor Canteen
- 13 Kitchen
- 14 Jerry Maine
- 15 Eden Rock Sustainable Demo House
- 16 Wet Area
- 17 Shower Area
- 18 Rice Fields
- 19 Lower Campsite
- 20 Nursery
- 21 Secret Garden
- 22 Organic Farm
- 23 Fertilizer Station
- 24 Office
- 25 Stream
- 26 Spa
- 27 Tool Shed
- 28 Composts
- 29 Jenny's Garden
- 30 Turtle Pond
- 31 Natural Swimming Pool
- 32 Jenny's House
- 33 New Grounds
- 34 Beach

# Curriculum Tied

## Experiential Hands On Learning

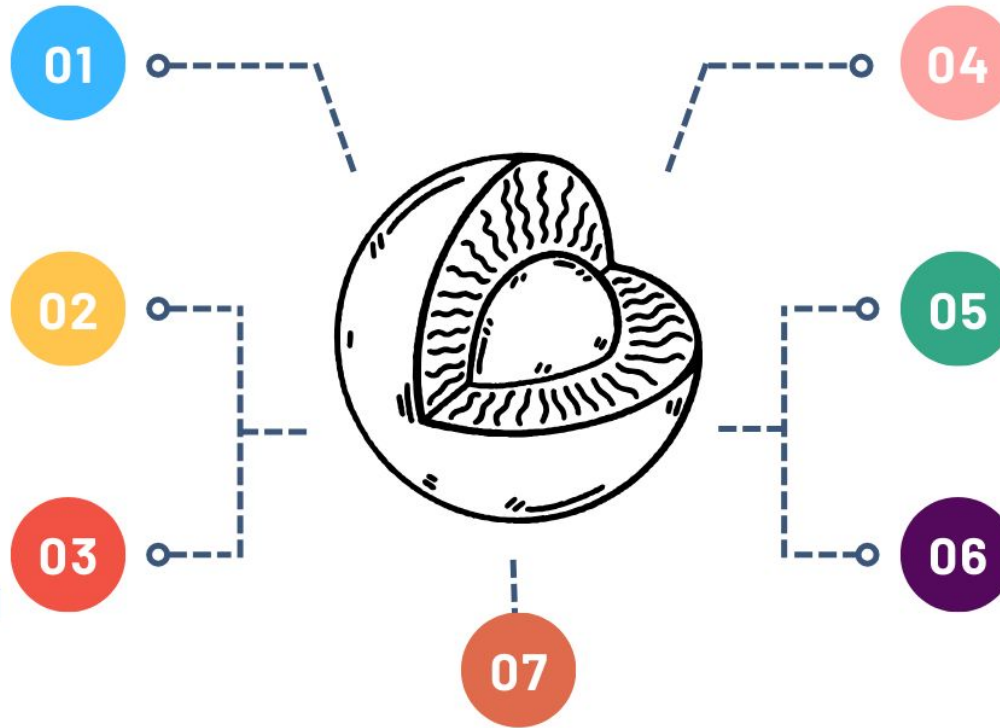
All our programmes are rooted in experiential methodology and pedagogy. We follow the adventure wave and Kolbs cycle. We also ensure that each curriculum intergrate as many learning styles as possible to ensure maximum retention for students.

## Learning Outcome Focused

We ensure the activities and learning outcomes align and Based on teacher feedback, we can emphasize certain points at the time of delivery.

## Reflective & Meaningful

Reflective pieces are woven into each day so that students are able to make meaning of the content and are inspired to change in their day to day lives/classroom. .



## Collaborative & Unifying

All our programmes build a shared purpose for participants and emphasize cooperation building collaboration and communication . We also use 'Play for Peace' methodology to bring groups together fast and build in inclusion from the get go.

## Tangible & Local Eco Literacy

Contextualized to Hong Kong , Our programmes give a unique local perspective to allow for tangible and real solutions relevant to the learner.

## Inquiry Based Learning

Through the nature of hands on learning, our participants are able to ask questions and find answers relevant to them.

## Continued Action & Ongoing Impact

Success for us comes when students are able to take what they learn at Ark Eden and apply it to their schools/lives. We look for partners who can engage with us over the long term to amplify impact in their students lives.

# Curriculum Tied Programmes - Overview

Programme	Subject/Focus	Sample Activities
<b>Forests of Lantau</b>	Ecological Restoration, Biodiversity, Life Sciences	Story of Ark Eden's Native Tree Care Programme, Guided hike, Species Identification, Ecosystem Exploration, Tree Maintenance Demo and Participation
<b>Burning Issues</b>	Climate Change, Environmental Sciences	Human impact Investigation, Cause and Effect Analysis, Soil Chemistry and Composting, Horticulture and Planting Workshop, Embedded Product Carbon Footprints, Permaculture Design
<b>Ripple Effects</b>	Geography, Earth Sciences, Water Systems	River and Waterways Observation and Analysis, Global Water Crisis Activity: Problems and Solutions, Embedded Water Relay
<b>The Amazing Eco-Race</b>	Sustainable Development Design & Permaculture	Upcycling, Composting, Companion Planting, Embedded Water Activity, Sustainable Living and Energy Saving, System Analysis, Greening, Responsible Buying
<b>Sustainable Communities</b>	Green Communities & Local Systems Thinking	Low Carbon Living, Community Composting Scheme, Community Waste Reduction Scheme, Exploring Local Solutions
<b>Permaculture Design Lab</b>	Design Thinking & Sustainability	Inquiry into Environmental Design Concepts, Investigating Biomimicry, Collaborative Design Challenges, Upcycling Workshop
<b>Wellness and Nature Connection</b>	Included in all Wellness Programmes: Nature Connection, Mindfulness, Cooperative Games and Community Building Exercises, Self Reflection Activities Other activities that can be added: 'Re-Tree-T' (instruction on how to connect with nature and tune in to quieter moments with the self), Gardening, Nature Walks, Hiking, Regenerative Tree Care, Ark Eden's Leadership Story (planting 37,000 trees and restoring the ecology of Lantau), Waterfall Exploration, Yoga, Mindful Nature Art, Campfire Cooking, Community Building Time,	
<b>Teamwork and Survival skills</b>	Team Survival Challenge which includes: Orienteering, Carpentry and Tool Use, Mastery of Knots, Shelter Building, Fire Lay and Construction, Lighting and Maintaining a Fire and Cooking on a Fire	
<b>Tailor Made Programmes</b>	Please share your curriculum expectations, desired learning outcomes, and/or the concepts and skills you aim to achieve, and we will develop a tailored and inclusive program for you.	

# Overnight Programmes

	<b>Sustainable Hong Kong</b>	<b>5 Elements Forest Camp</b>
<b>Duration:</b>	<b>3 Night / 4 Days</b> <b>(can be adapted for as short as 2 nights / 3 days)</b>	<b>4 Night / 5 Days</b> <b>(can be adapted for as short as 2 nights / 3 days)</b>
<b>Experience Details:</b>	Embark on a transformative sustainability programme that explores solutions to some of Hong Kong's biggest climate issues. Each day has a focus on different environmental principles focusing on unsustainable development, waste management, biodiversity preservation and the mindset needed to make serious ecological shifts. Gain knowledge, skills, and the right attitude for success. Join us for an unforgettable journey towards a greener future.	Our signature 'Five Elements' programme is about building a joyful, inner foundation from which students can develop their leadership, depth of character and holistic wellbeing while applying the practical skills of permaculture, a method of design that provides comprehensive nature-based solutions. Each day has a specific thematic element where specific leadership and life skills will be taught, within the green sanctuary of Ark Eden on Lantau.
<b>Sample Activities</b>	Introduction to Permaculture Design, Investigation and Site Analysis, Learning to Read The Land; Waterways and Hills Ecosystem Exploration, Eco Living Activity, Responsible Buying Self Reflection and Solutions, Ecological Restoration, Biomimicry Concepts and Design, Foraging and Campfire Cooking, Compost Workshop, Community Compost Programme, Manage your own waste & Visit the Recycling Shop, Nightly Campfires and Night Activities	Grounding in Sustainable Living, Community Building Activities & Games, Restorative Soil Solutions, Mindfulness and Reflective Activities, Introduction to Permaculture Design, Site Work on Practical Eco-Projects, Rivers and Waterfall Rock Pools Visit, Regenerative Tree Care in the Hills, Learning about Ark Eden's Leadership Story, Picnic in the hills, Beach Visit, Foraging and Campfire Cooking, Practical Permaculture Gardening on Site, Yoga, Nightly Campfires and Night Activities
<b>Tailormade Overnight Experiences</b>	We offer the flexibility to combine any of our day programmes to create an exciting overnight experience. Simply let us know your preferences, and we can assist you in designing a customized programme that perfectly suits you and your students.	







# Our Experts

**Founded 2006. 18 Years Proven in the market.**

- Combined 80 years in the Education Field
- Combined 28 years in the outdoor education space
- Combined 14 years in Ecological Restoration

**Mastery in:**

- Experiential Education for all ages (Diploma by ELI)
- Social, Emotional, Ethical Education (Emory University)
- Forest School L3 Accredited (Archimedes)
- Corporate Facilitation for CSR, Inclusion & Well Being
- Permaculture Design & Ecological Restoration Diploma (Green Warrior)
- Outdoor First Aid Certified
- Primary School Education – ESF & IB
- Play for Peace Accredited (Play for Peace USA)



**Jenny Quinton | Founder & CEO**

35+ Years in Education (EX ESF coordinator & primary school teacher)  
 Permaculture Design Cert.  
 Forest School Level 3 Trainer  
 Diploma in Experiential Education  
 Practicing Buddhist



**Sukriti Gupta | COO & Head of Partnerships**

BA in Design & Sustainability  
 9+ Years running a social enterprise reaching over 1 million children across India  
 Diploma in Experiential Ed. & Social Emotional Ed.  
 Permaculture Design Cert.  
 Ocean Lover



**Angus Quinton Page | Site Manager**

10+ years in adventure sports & event coordination including London Olympics, and Multistage Ultra Marathons in China & Iceland  
 8+ Years in construction & property management  
 Mountain Trail Biking Coach



**Vanessa Staples | Operations Head**

Degree in Hospitality Management  
 5+ Years in F&B and Events  
 Specialty in Client Management  
 English & Cantonese Speaker  
 First Aid Certified



**Danielle Fitzgerald | Head of Education**

BE in Education  
 BA in Psychology  
 10+ years Global Teaching Experience  
 Leadership Experience  
 Forest School Level 3 Leader  
 Outdoor First Aid Certified



**Benjamin Powrie | Lead Facilitator**

Degree in English Linguistics  
 4 years experience as a second language Teacher  
 Forest School Level 3 Leader  
 Play for Peace L1 Facilitator  
 Outdoor First Aid Certified  
 Top Rope Climbing Instructor



**Ying Yin Liu | Accounts & Finance**

Accredited CA  
 15+ years experience running accounts and financial operations  
 Nature Enthusiast



**Jamie Chan | Researcher & Facilitator**

BA in Anthropology focusing on Disaster Resilience, Enviro Justice  
 Resilience Research Assistant at Yale Office of Sustainability  
 COP27 Delegate

# Next Steps



# Testimonials


*Ark Eden is an extraordinary outdoor centre offering a never to be forgotten outdoor experience. Challenging activities that push students to examine the environment and their place in our long-term sustainability.*

*Amazing food and superlative instructors whose expertise and passion create a never to be forgotten experience. I would recommend Ark Eden to all schools to build it into their education programme. A “must do” experience that students will never forget.”*

Ian Goff - Experiential Leader KGV School Hong Kong

*“At Ark Eden, you will find yourself reconnecting with who you are, alongside all the amazing people you will meet along the way. I’ve gained so many new life and learning experiences here and discovered a new layer of my relationship with nature. I have also learned how to take a lot more responsibility, make decisions for the group, and to always think how I impact other people, especially my influence on children”*

Logan So, - Ark Eden Student Leader



*There are many benefits to participating in nature. Such outcomes from nature play include achievement, innovation, creativity, positive relationship development, skill development, self-awareness directly related to employability skills planning, organising, decision making, innovation, problem solving, communication and working with others. **The connection between these skills and the skills that will contribute to success in life are clear to see.***

<https://www.mentalhealth.org.uk/our-work/research/nature-how-connecting-nature-benefits-our-mental-health>



# Appendix

# Happy Clients

## Schools & Colleges

- Discovery College
- International School Foundation
- Shekou International
- KG5
- Renaissance College
- HKU
- English School Foundation
- Beacon Hill School
- DSC International School of Canada
- French International School
- South Island School
- Li Po Chun
- Mary Knoll
- Kennedy School
- Peak School
- Discovery Bay International School
- Chinese International School
- Malvern College
- ...and more

## Corporates

- Boston Consulting Group
- Deutsche Bank
- Morgan Stanley
- Ovolo
- Marriot
- Bloomberg
- Li & Fung
- Rosewood Hotels
- Lloyds
- UBS
- SinoTech
- SunLife
- PWC
- ...and more

## NGOs & Institutions

- Rotary Foundation
- Christian Action
- Chicken Soup Foundation
- Hands on Hong Kong
- Plastic Free Seas
- Asia Charity Services



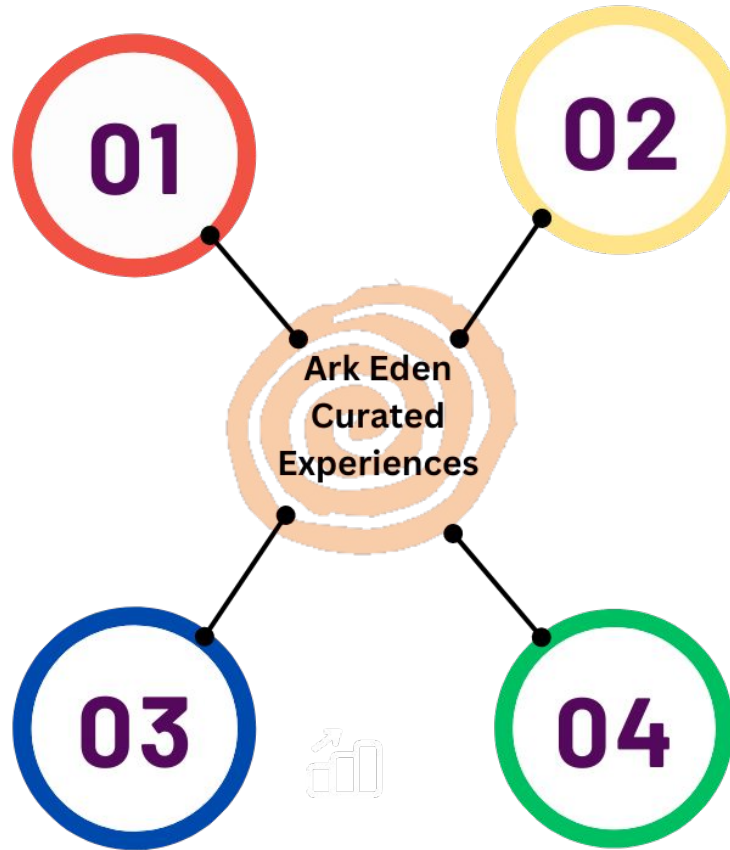
# Mission & Vision: Our Core Programming

## Mental, Emotional & Physical Health

- **Nature Connection Sensory Play Activities** (Planting, Composting, Tree Planting & Maintenance, River and Stream Explorations)
- **Mindfulness Activities** (Meditation, Forest Bathing, Tree Connection, Sound Mapping, Nature Art)
- **Navigating Risks and Fostering Creativity** (Story Telling, Imaginative Play, Nature Adventure, Wood Working)

## Leadership for Community Building

- **Building Diversity, Empathy & Inclusion** (Play for Peace, Helping Hands & Forest School)
- **Flagship '5 Elements Camp Youth Leadership Camp'** (offered to high school and college going adults')
- **Seasonal Community Wellness Days** (Pay as you Feel - Breathwork, Meditation and Yoga)
- **Providing Roadmaps for Engaged Community Citizenry** (Greater Bay Area - Green Blue Plan)



## Ecological Restoration

- **Permaculture Site Development**
- **Tree Planting & Tree Maintenance**
- **Biodiversity Tracking** (City as Nature Challenge, Propagation and Cataloguing of Wild, Native Species)

## Transformation & Capacity Building

### Training the Trainers in:

- **Permaculture Design Courses**
- **Accredited Forest School trainings**
- **Accredited Play for Peace trainings** (Cooperative Gaming) to build better communication and empathy
- **Experiential Education Training**



**ark eden**

**Thank You**

Ark Eden Foundation

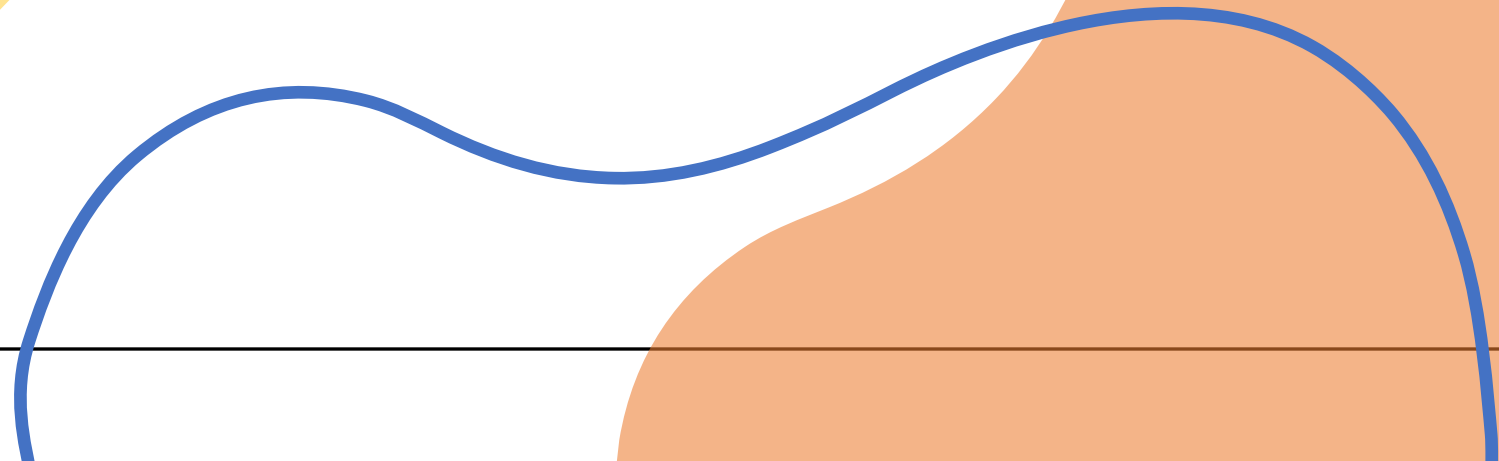
Director of Education - [Danielle@arkedenonlantau.org](mailto:Danielle@arkedenonlantau.org)

[www.arkedenonlantau.org](http://www.arkedenonlantau.org)



# ark eden

Restoration, Regeneration & Transformation





# **In Depth Programme Details**

# Curriculum Tied Programmes - Overview

Programme	Subject/Focus	Sample Activities
<b>Forests of Lantau</b>	Ecological Restoration, Biodiversity, Life Sciences	Story of Ark Eden's Native Tree Care Programme, Guided hike, Species Identification, Ecosystem Exploration, Tree Maintenance Demo and Participation
<b>Burning Issues</b>	Climate Change, Environmental Sciences	Human impact Investigation, Cause and Effect Analysis, Soil Chemistry and Composting, Horticulture and Planting Workshop, Embedded Product Carbon Footprints, Permaculture Design
<b>Ripple Effects</b>	Geography, Earth Sciences, Water Systems	River and Waterways Observation and Analysis, Global Water Crisis Activity: Problems and Solutions, Embedded Water Relay
<b>The Amazing Eco-Race</b>	Sustainable Development Design & Permaculture	Upcycling, Composting, Companion Planting, Embedded Water Activity, Sustainable Living and Energy Saving, System Analysis, Greening, Responsible Buying
<b>Sustainable Communities</b>	Green Communities & Local Systems Thinking	Low Carbon Living, Community Composting Scheme, Community Waste Reduction Scheme, Exploring Local Solutions
<b>Permaculture Design Lab</b>	Design Thinking & Sustainability	Inquiry into Environmental Design Concepts, Investigating Biomimicry, Collaborative Design Challenges, Upcycling Workshop
<b>Wellness and Nature Connection</b>	Included in all Wellness Programmes: Nature Connection, Mindfulness, Cooperative Games and Community Building Exercises, Self Reflection Activities Other activities that can be added: 'Re-Tree-T' (instruction on how to connect with nature and tune in to quieter moments with the self), Gardening, Nature Walks, Hiking, Regenerative Tree Care, Ark Eden's Leadership Story (planting 37,000 trees and restoring the ecology of Lantau), Waterfall Exploration, Yoga, Mindful Nature Art, Campfire Cooking, Community Building Time,	
<b>Teamwork and Survival skills</b>	Team Survival Challenge which includes: Orienteering, Carpentry and Tool Use, Mastery of Knots, Shelter Building, Fire Lay and Construction, Lighting and Maintaining a Fire and Cooking on a Fire	
<b>Tailor Made Programmes</b>	Please share your curriculum expectations, desired learning outcomes, and/or the concepts and skills you aim to achieve, and we will develop a tailored and inclusive program for you.	

# Programme Overview

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
<b>Forests of Lantau; Ecological Restoration Project</b>	This programme empowers students with a profound understanding of the critical importance of ecosystem preservation, environmental balance, ecological restoration, and the vital role of biodiversity in building a sustainable future. Students will delve into the intricacies of ecosystems, uncovering the delicate interplay between flora, fauna, and their habitats.	Guided hike, Native Species Identification, Ecosystem Exploration, Tree Maintenance Demo and Activity, Story of Ark Eden's Native Tree Care Programme,	Deforestation, Ecological Restoration, Soil health and Erosion, Living Systems and Biodiversity, Globalisation and Sustainability	Systems, Communities, Culture, Change, Development, Reflection and Awareness, Responsibility, Taking Action
<b>Burning Issues</b>	This programme is centred around human impact and climate change. It deepens students' understanding of the immediate and long term influence of human actions on our planet, and effective strategies for combating climate change and fostering a more sustainable future.	Human impact Investigation, Cause and Effect Analysis, Soil Chemistry and Composting, Planting Workshop, Embedded Product Carbon Footprints, Permaculture Design, Local Systems and Community Impact	Global Warming/Climate Change, Carbon Footprint, Ecology and Restoration, Waste Management, Soil Composition, Greenhouse Gases, Globalisation and Sustainability	Change, Observation and Analysis, Reflection and Awareness, Critical Thinking, Responsibility, Taking Action
<b>Ripple Effects</b>	Through observation, analysis and collaborative activities, students will develop a deep understanding of the interconnectedness of water ecosystems such as rivers, streams and wetlands, and the urgent need for sustainable water management in HK and worldwide.	River and Waterways Observation and Analysis, Global Water Crisis Activity: Problems and Solutions, Water Pathways Analysis at Ark Eden, Embedded Water Relay, Model Farms	Water Systems, Water Management, Ecosystems, Water Crisis, Fairness and Development, Globalisation and Sustainability, Sustainable Design	Observation and Analysis, Critical Thinking, Systems, Development, Collaboration, Taking Action, Communities, Reflection and Awareness, Responsibility

# Programme Overview

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
<b>The Amazing Eco-Race</b>	An interactive programme where students work together as a team to complete activities and tasks related to lowering individual waste production. The students will develop their communication and collaborative skills. Activities are designed to leave a lasting impression on the students and to impact their future decision making.	Upcycling, Composting,, Embedded Water Activity, Sustainable Living and Energy Saving, System Analysis, Greening, Responsible Buying	Waste Production, Environmental Issues, Soil Composition, Biodiversity, Sustainable Living, Permaculture, Fairness and Development, Globalisation and Sustainability	Collaboration, Change, Critical Thinking, Taking Action, Development, Reflection and Awareness, Responsibility
<b>Sustainable Communities</b>	This programme aims at helping students identify sustainable practices in Mui Wo as an example of a sustainable community in Hong Kong, arming them with tangible solutions. Students will be able to look at how individual practices combined with community infrastructure in tandem with the natural ecosystems help people make better choices for the planet, experientially.	Low Carbon Living, Community Composting Scheme, Community Waste Reduction Scheme, Exploring Local Solutions. Local Food Planting, Mapping Mui Wo's ...	UN Sustainable development Goal #11, Sustainable Food Production, Eco-living Practices, Sustainable Energy, Waste Management, Water Management, Fairness and Development, Globalisation and Sustainability, Scientific and Technical Innovation	Change, Systems, Communities, Development, Reflection and Awareness, Responsibility, Taking Action
<b>Permaculture Design Lab</b>	This is a design thinking programme that allows students to become familiar with the concepts of Permaculture as a system of sustainable design, using the features of the Ark Eden Demonstration Site as a springboard for inspiration. The day ends with students modeling their own sustainable solutions for green issues in their own communities.	Inquiry into Environmental Design Concepts, Investigating Biomimicry, Collaborative Design Challenges, Upcycling Workshop	Design thinking, Environmental Impact, Sustainable Practices, Nature Design, Scientific and Technical Innovation, Globalisation and Sustainability, Fairness and Development	Collaboration, Observation and Analysis, Creative Thinking, Aesthetics, Development, Responsibility, Taking Action

# Programme Overview

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
<b>Restore &amp; Regenerate: A journey into Mindfulness</b>	Wellness and a connection to nature contribute to the holistic development of students. By nurturing their physical, mental, emotional, and social well-being, students are better equipped to navigate the challenges of adolescence, develop a sense of purpose, and become responsible and empathetic individuals capable of making positive contributions to their communities and the world.	Cooperative Games and Team Building Exercises, Self Inquiry, Discovery & Reflection, Guided Nature Connection, Joyful Gardening, Nature Walks, Hiking, Waterfall Exploration, Yoga, Mindful Nature Art, Campfire Cooking, Social Beach Time, Carpentry	Physical Well-being, Mental Well-being, Emotional Intelligence, Environmental awareness, Connection to Nature, Problem-solving Skills, Critical Thinking  Communication Skills, Collaboration and Teamwork, Leadership skills, Sense of Purpose, Community Engagement, Global citizenship	
<b>Teamwork and Survival Skills</b>	This programme is designed to enhance the students' ability to collaborate by introducing them to a challenge outside of their regular classroom obligations. They will learn practical life skills and knowledge that can be applied in various real-life situations. By acquiring survival skills, students develop a sense of self-reliance and resilience. They gain confidence in their ability to handle challenging situations, adapt to different environments, and solve problems independently.	Team Survival Challenge which includes: Orienteering, Carpentry and Tool Use, Mastery of Knots, Shelter Building, Fire Lay and Construction, Lighting and Maintaining a Fire and Cooking on a Fire	Emotional Intelligence, Connection to Nature, Problem-solving Skills, Critical Thinking, Creative Thinking, Reflection and Awareness  Communication Skills, Collaboration and Teamwork, Leadership skills, Confidence, Independence	

<b>Tailor Made Programmes</b>	Please share your curriculum expectations, desired learning outcomes, and/or the concepts and skills you aim to achieve, and we will develop a tailored and inclusive program for you.
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# Overnight Programmes

	<b>Sustainable Hong Kong</b>	<b>5 Elements Forest Camp</b>
<b>Duration:</b>	<b>3 Night / 4 Days</b> <b>(can be adapted for as short as 2 nights / 3 days)</b>	<b>4 Night / 5 Days</b> <b>(can be adapted for as short as 2 nights / 3 days)</b>
<b>Experience Details:</b>	Embark on a transformative sustainability programme that explores solutions to some of Hong Kong's biggest climate issues. Each day has a focus on different environmental principles focusing on unsustainable development, waste management, biodiversity preservation and the mindset needed to make serious ecological shifts. Gain knowledge, skills, and the right attitude for success. Join us for an unforgettable journey towards a greener future.	Our signature 'Five Elements' programme is about building a joyful, inner foundation from which students can develop their leadership, depth of character and holistic wellbeing while applying the practical skills of permaculture, a method of design that provides comprehensive nature-based solutions. Each day has a specific thematic element where specific leadership and life skills will be taught, within the green sanctuary of Ark Eden on Lantau.
<b>Sample Activities</b>	Introduction to Permaculture Design, Investigation and Site Analysis, Learning to Read The Land; Waterways and Hills Ecosystem Exploration,, Eco Living Activity, Responsible Buying Self Reflection and Solutions, Ecological Restoration, Biomimicry Concepts and Design, Foraging and Campfire Cooking, Compost Workshop, Community Compost Programme, Manage your own waste & Visit the Recycling Shop, Nightly Campfires and Night Activities	Grounding in Sustainable Living, Community Building Activities & Games, Restorative Soil Solutions, Mindfulness and Reflective Activities, Introduction to Permaculture Design, Site Work on Practical Eco-Projects, Rivers and Waterfall Rock Pools Visit, Regenerative Tree Care in the Hills, Learning about Ark Eden's Leadership Story, Picnic in the hills, Beach Visit, Foraging and Campfire Cooking, Practical Permaculture Gardening on Site, Yoga, Nightly Campfires and Night Activities
<b>Tailormade Overnight Experiences</b>	We offer the flexibility to combine any of our day programmes to create an exciting overnight experience. Simply let us know your preferences, and we can assist you in designing a customized programme that perfectly suits you and your students.	

# 1. Sustainable Hong Kong

## Day 1: Deep Dive

### Unsustainable Development & Ourselves

- Arrive in Mui Wo and Walk to Ark Eden
- Site Orientation
- Community Building Activities
- Camp Set-up
- Eco Living - Self Audit
- Site Discovery; Understanding the ways in which Ark Eden minimizes its impact
- Site Analysis & Reflections
- Nature Connection
- Night Activities

**Night Activities:** Campfire, Yoga on the Deck and Other Mindful Activities

## Day 2: Resource

### Mapping Sustainable Communities in HK

- Reading the Land: Understanding how culture shapes resource use and the ecosystems around it
- Further exploration of Permaculture Design
- Looking at how Ark Eden manages waste as an example
- Composting, Waste Management and Upcycling Activities
- Learning about community composting programme

**Night Activities:** Vegan Cooking Class, Campfire BBQ, Drum Circle

## Day 3: Restore

### Restorative Solutions & Taking Action

- Hike up to the hills of Lantau to one of Ark Eden's 6 Ecological Repair Sites
- Regenerative Tree Care Activities
- Picnic in the Hills & Story of the Lantau Trees
- Understanding Native Biodiversity & Reforestation Practices
- Biomimicry Concepts and Design & Nature Based Solutions as a remedy to climate change

**Night Activities:** Campfire, Pizza Making in our Outdoor Woodfire Oven, Music and Party

## Day 4: Shift

### Mindset Mapping

- Reflections on the 3 C's: Learning how to shift behaviour
- Camp set-Down
- Nature Connection & Campfire Cooking
- Camp Audit: Sort our waste from Camp
- Bring our Recycling to the Recycling Shop
- Site recommendations and Camp Reflection
- Nature walk back to bus/ferry

# 2. Five Elements Forest Camp

## Day 1: Earth

**Community Building and Permaculture Earth Solutions**

- Arrive in Mui Wo and Peaceful nature walk to Ark Eden site
- Grounding in sustainable living
- Site orientation
- Cooperative games and community building activities
- Permaculture soil solutions
- Tent set up and preparing campsite for the week

**Night Activities:** Yoga, Guided Night Jungle Walk, Camp-fire, Reflections

## Day 2: Water

**Creativity and Imagination, Embracing Change and Finding Flow**

- 'Embedded Water' team relay
- Introduction to Permaculture
- Collaborative practical eco-site projects
- Permaculture design analysis and activity
- Rivers, waterfall and rock pools exploration and local geology

**Night Activities:** Drama & Creativity, Mindful Activities, Campfire, Reflections

## Day 3: Fire

**Finding our true identity, Passion and Purpose**

- Learning about Ark Eden's Leadership Story (The planting of 37,000 trees and restoring ecology of Lantau)
- Hike and tree species identification
- Regenerative tree care in the hills of Lantau
- Picnic at viewpoint
- Beach visit

**Night Activities:** Campfire, BBQ and Drum Circle

## Day 4: Air

**Compassionate Living**

- Jungle Chef: foraging, campfire building, team cooking challenge, sharing of prepared dishes with peers and teachers
- Organic gardening on site
- Community building and cooperative games
- Building autonomy with free-choice activities based on interest

**Night Activities:** Pizza Making and Cooking on Wood Fired Oven, Music, Campfire

## Day 5: Ether

**Leading with the heart**

- Celebrating our unlimited potential and securing future
- Nature Art tree mandalas
- Personal project presentations
- Reflections
- Camp set down
- Nature walk back to bus/ferry
- Depart Mui Wo and return home

# Additional Themes of Overnight Camps

## Helping Hands

The camp ethos involves heads, hearts and hands. Students and teachers work in small teams during the week to support the practical functioning of the camp including cooking, composting and cleaning teams.

## Sustainable Living

This is a key component of the Forest Camp. The students and teachers develop daily habits that constitute leading a sustainable lifestyle. Meals are vegan, home-made and mainly locally sourced. Students will learn practical and meaningful ways they can enact environmental change

## Nature connection & Mindfulness

Through our guided facilitation process and signature 'Re-Tree-T' multi – day activity, students are given instruction on how to connect and be in nature and tune into the quieter, magical moments – both within nature and themselves.

## CAS Elements

**Creativity:** Design thinking, Modelling, Drama, Art

**Activity:** Gentle hiking, Rock Pool and Waterfall Exploration, Camping and Gardening

**Service:** Permaculture Service-Learning projects, Tree Planting projects, Bio-Diversity Enhancement and Eco-site Projects

# Sample Menu for Overnight Camps

Our meals are mostly locally sourced, either from nearby farms or from our own organic veggie garden, bringing home the farm to table concept. They are cooked by a vegan/vegetarian professional chef (no catering!) and are wholesome, nutritious and yummy!

	Examples of food that may be served
<b>Breakfast</b>	Cereal, Fruits, Toast, Soy Milk, Warm Oatmeal, Jam and Butter, Teas, Coffee
<b>Morning Tea</b>	Baked Cakes (Banana, Carrot, etc.), Fruit, Coconut Rice Pudding, Biscuits
<b>Lunch</b>	Udon Noodles, Miso Soup, Veggie Cauliflower Stir Fry, Lentil Bolognese Pasta, Falafel/Chickpea Wraps, Dumplings, Curry Dishes, Rice
<b>Afternoon Tea</b>	Fruit, Cakes, Biscuits, Dips, Veggies and Pita
<b>Dinner</b>	Campfire Cooking: Baked Sweet Potatoes, Roasted Veggies, Pumpkin Stew, Veggie Burgers, Corn, Curry Dishes, Rice  Wood Fired Pizzas (with cheese and other toppings)

# Pricing & Logistics for Overnight Camps

<b>Location</b>	Ark Eden Permaculture Site, Mui Wo
<b>Length</b>	Varies Depending on Programme
<b>Accommodation</b>	Tents on Site (highly recommended for winter season) or Hostel Stay for Summer
<b>Food</b>	Breakfast, lunch, dinner, morning and afternoon teas included. We provide high-quality, organic, vegan food that goes beyond regular “camp food”.
<b>No of Students</b>	Minimum 20, Maximum 40 ( <i>40+ please inquire</i> )
<b>Age Groups</b>	Year 9 – 13
<b>Transport</b>	Ferry or Bus to Mui Wo (not included in cost) and a 20 minute walk to Ark Eden’s Site
<b>Cost</b>	HKD \$980 Per Day Per Student / \$200 Per Day For Teachers
<b>Health and Safety</b>	<ul style="list-style-type: none"><li>• Ark Eden will provide risk assessments for all activities throughout the camp</li><li>• Fully qualified First Aiders and complete first aid kits, including an AED</li><li>• Insurance Provided</li><li>• All necessary police checks for staff</li></ul>

# Our Experts

**Founded 2006. 18 Years Proven in the market.**

- Combined 80 years in the Education Field
- Combined 28 years in the outdoor education space
- Combined 14 years in Ecological Restoration

**Mastery in:**

- Experiential Education for all ages (Diploma by ELI)
- Social, Emotional, Ethical Education (Emory University)
- Forest School L3 Accredited (Archimedes)
- Corporate Facilitation for CSR, Inclusion & Well Being
- Permaculture Design & Ecological Restoration Diploma (Green Warrior)
- Outdoor First Aid Certified
- Primary School Education – ESF & IB
- Play for Peace Accredited (Play for Peace USA)



**Jenny Quinton | Founder & CEO**

35+ Years in Education (EX ESF coordinator & primary school teacher)  
 Permaculture Design Cert.  
 Forest School Level 3 Trainer  
 Diploma in Experiential Education  
 Practicing Buddhist



**Sukriti Gupta | COO & Head of Partnerships**

BA in Design & Sustainability  
 9+ Years running a social enterprise reaching over 1 million children across India  
 Diploma in Experiential Ed. & Social Emotional Ed.  
 Permaculture Design Cert.  
 Ocean Lover



**Angus Quinton Page | Site Manager**

10+ years in adventure sports & event coordination including London Olympics, and Multistage Ultra Marathons in China & Iceland  
 8+ Years in construction & property management  
 Mountain Trail Biking Coach



**Vanessa Staples | Operations Head**

Degree in Hospitality Management  
 5+ Years in F&B and Events  
 Specialty in Client Management  
 English & Cantonese Speaker  
 First Aid Certified



**Danielle Fitzgerald | Head of Education**

BE in Education  
 BA in Psychology  
 10+ years Global Teaching Experience  
 Leadership Experience  
 Forest School Level 3 Leader  
 Outdoor First Aid Certified



**Benjamin Powrie | Lead Facilitator**

Degree in English Linguistics  
 4 years experience as a second language Teacher  
 Forest School Level 3 Leader  
 Play for Peace L1 Facilitator  
 Outdoor First Aid Certified  
 Top Rope Climbing Instructor



**Ying Yin Liu | Accounts & Finance**

Accredited CA  
 15+ years experience running accounts and financial operations  
 Nature Enthusiast



**Jamie Chan | Researcher & Facilitator**

BA in Anthropology focusing on Disaster Resilience, Enviro Justice  
 Resilience Research Assistant at Yale Office of Sustainability  
 COP27 Delegate

# Next Steps





# Testimonials


*Ark Eden is an extraordinary outdoor centre offering a never to be forgotten outdoor experience. Challenging activities that push students to examine the environment and their place in our long-term sustainability.*

*Amazing food and superlative instructors whose expertise and passion create a never to be forgotten experience. I would recommend Ark Eden to all schools to build it into their education programme. A “must do” experience that students will never forget.”*

Ian Goff - Experiential Leader KGV School Hong Kong

*“At Ark Eden, you will find yourself reconnecting with who you are, alongside all the amazing people you will meet along the way. I’ve gained so many new life and learning experiences here and discovered a new layer of my relationship with nature. I have also learned how to take a lot more responsibility, make decisions for the group, and to always think how I impact other people, especially my influence on children”*

Logan So, - Ark Eden Student Leader



*There are many benefits to participating in nature. Such outcomes from nature play include achievement, innovation, creativity, positive relationship development, skill development, self-awareness directly related to employability skills planning, organising, decision making, innovation, problem solving, communication and working with others. **The connection between these skills and the skills that will contribute to success in life are clear to see.***

<https://www.mentalhealth.org.uk/our-work/research/nature-how-connecting-nature-benefits-our-mental-health>



# Appendix

# Happy Clients

## Schools & Colleges

- Discovery College
- International School Foundation
- Shekou International
- KG5
- Renaissance College
- HKU
- English School Foundation
- Beacon Hill School
- DSC International School of Canada
- French International School
- South Island School
- Li Po Chun
- Mary Knoll
- Kennedy School
- Peak School
- Discovery Bay International School
- Chinese International School
- Malvern College
- ...and more

## Corporates

- Boston Consulting Group
- Deutsche Bank
- Morgan Stanley
- Ovolo
- Marriot
- Bloomberg
- Li & Fung
- Rosewood Hotels
- Lloyds
- UBS
- SinoTech
- SunLife
- PWC
- ...and more

## NGOs & Institutions

- Rotary Foundation
- Christian Action
- Chicken Soup Foundation
- Hands on Hong Kong
- Plastic Free Seas
- Asia Charity Services

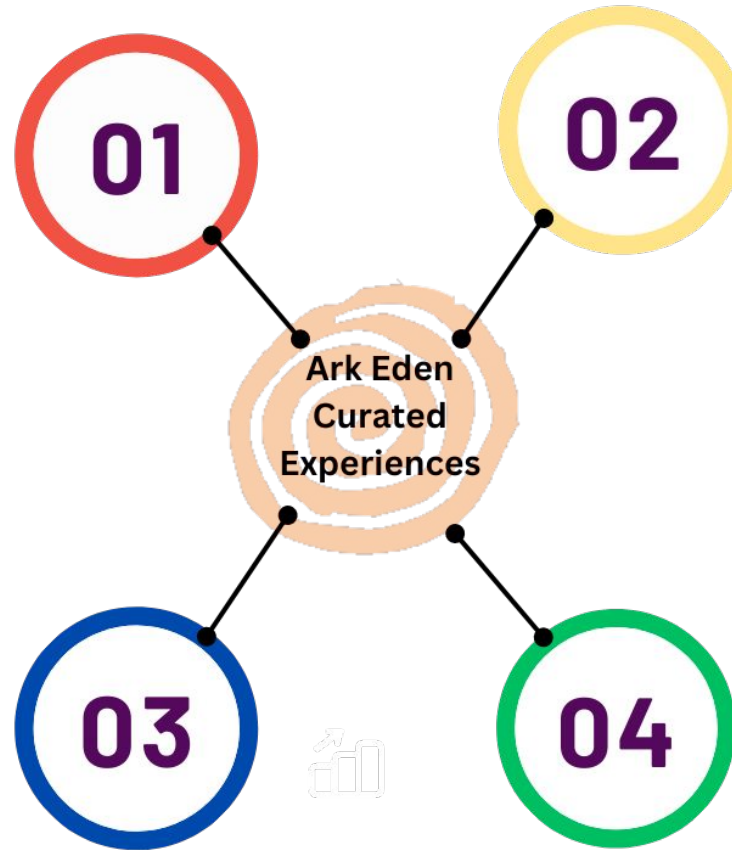
# Mission & Vision: Our Core Programming

## Mental, Emotional & Physical Health

- **Nature Connection Sensory Play Activities** (Planting, Composting, Tree Planting & Maintenance, River and Stream Explorations)
- **Mindfulness Activities** (Meditation, Forest Bathing, Tree Connection, Sound Mapping, Nature Art)
- **Navigating Risks and Fostering Creativity** (Story Telling, Imaginative Play, Nature Adventure, Wood Working)

## Leadership for Community Building

- **Building Diversity, Empathy & Inclusion** (Play for Peace, Helping Hands & Forest School)
- **Flagship '5 Elements Camp Youth Leadership Camp'** (offered to high school and college going adults')
- **Seasonal Community Wellness Days** (Pay as you Feel - Breathwork, Meditation and Yoga)
- **Providing Roadmaps for Engaged Community Citizenry** (Greater Bay Area - Green Blue Plan)



## Ecological Restoration

- **Permaculture Site Development**
- **Tree Planting & Tree Maintenance**
- **Biodiversity Tracking** (City as Nature Challenge, Propagation and Cataloguing of Wild, Native Species)

## Transformation & Capacity Building

### Training the Trainers in:

- **Permaculture Design Courses**
- **Accredited Forest School trainings**
- **Accredited Play for Peace trainings** (Cooperative Gaming) to build better communication and empathy
- **Experiential Education Training**



**ark eden**

**Thank You**

Ark Eden Foundation

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[www.arkedenonlantau.org](http://www.arkedenonlantau.org)