



ark eden

Restoration, Regeneration & Transformation



In Depth Programme Details

Secondary Programmes - Overview

Programme	Subject/Focus	Sample Activities
Forests of Lantau	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
Burning Issues	Climate Change, Environmental Sciences	Human impact Investigation, Cause and Effect Analysis, Ecological Restoration, Embedded Product Carbon & Water Footprints, Permaculture Design, Local Systems and Community Impact
Ripple Effects	Geography, Earth Sciences, Water Systems	River and Waterways Observation and Analysis, Global Water Crisis Activity: Problems and Solutions, Embedded Water Relay
The Amazing Eco-Race	Sustainable Development Design & Permaculture	Upcycling, Composting, Companion Planting, Embedded Water Activity, Sustainable Living and Energy Saving, System Analysis, Greening, Responsible Buying
Sustainable Communities	Green Communities & Local Systems Thinking	Low Carbon Living, Community Composting Scheme, Community Waste Reduction Scheme, Exploring Local Solutions
Permaculture Design Lab	Design Thinking & Sustainability	Inquiry into Environmental Design Concepts, Investigating Biomimicry, Collaborative Design Challenges, Upcycling Workshop
Wellness and Nature Connection	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,	
Teamwork and Survival skills	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	
Tailor-made Programmes	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.	

Eco Literacy Programme Overview

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
Forests of Lantau; Ecological Restoration Project	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
Burning Issues	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, Ecological Restoration, Embedded Product Carbon & Water Footprints, Permaculture Design, Local Systems and Community Impact	Global Warming/Climate Change, Carbon Footprint, Ecological Restoration, Local Communities & Sustainable Towns, Globalisation and Sustainability	Change, Observation and Analysis, Reflection and Awareness, Critical Thinking, Responsibility, Taking Action
Ripple Effects	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

Eco Literacy Programme Overview

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
The Amazing Eco-Race	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
Sustainable Communities	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	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
Permaculture Design Lab	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

Wellness & Community Regenerative Nature Programmes

Programme	Description	Sample Activities	Key Learning and Connections	Other Connected Concepts and Skills
Restore & Regenerate: A journey into Mindfulness	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	
Teamwork and Survival Skills	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	
Tailor-made Programmes	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.			
In School Talks	Available upon request. Can be related to the above programme themes.			
Pricing upon request based on programme chosen and number of students participating				

Overnight Programmes

	Sustainable Hong Kong	5 Elements Forest Camp
Duration:	3 Night / 4 Days (can be adapted for as short as 2 nights / 3 days)	4 Night / 5 Days (can be adapted for as short as 2 nights / 3 days)
Experience Details:	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.
Sample Activities	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
Tailor-made Overnight Experiences	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 and are wholesome, nutritious and delicious!

	Examples of food that may be served
Breakfast	Cereal, Fruits, Toast, Soy Milk, Warm Oatmeal, Jam and Butter, Teas, Coffee
Morning Tea	Baked Cakes (Banana, Carrot, etc.), Fruit, Coconut Rice Pudding, Biscuits
Lunch	Udon Noodles, Miso Soup, Veggie Cauliflower Stir Fry, Lentil Bolognese Pasta, Falafel/Chickpea Wraps, Dumplings, Curry Dishes, Rice
Afternoon Tea	Fruit, Cakes, Biscuits, Dips, Veggies and Pita
Dinner	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

Location	Ark Eden Permaculture Site, Mui Wo
Length	Varies Depending on Programme
Accommodation	Tents on Site (highly recommended for winter season) or Hostel Stay for Summer
Food	Breakfast, lunch, dinner, morning and afternoon teas included. We provide high-quality, organic, vegan food that goes beyond regular “camp food”.
No of Students	Minimum 20
Age Groups	Year 9 – 13
Transport	Ferry or Bus to Mui Wo and a 20 minute walk to Ark Eden’s Site
Health and Safety	<ul style="list-style-type: none">• Ark Eden will provide risk assessments for all activities throughout the camp• Fully qualified First Aiders and complete first aid kits, including an AED• Insurance Provided• All necessary police checks for staff

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.



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

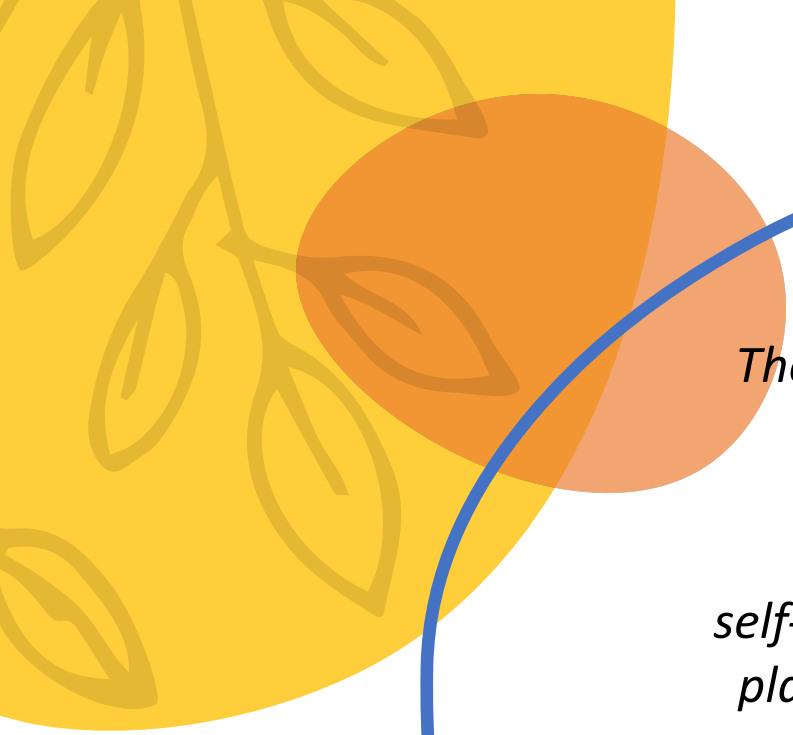
Ark Eden is an extraordinary outdoor centre offering a never to be forgotten outdoor experience. Challenging activities that push students to examine the environment and their place in our long-term sustainability.

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>



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Thank You

Ark Eden Foundation

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www.arkedenonlantau.org