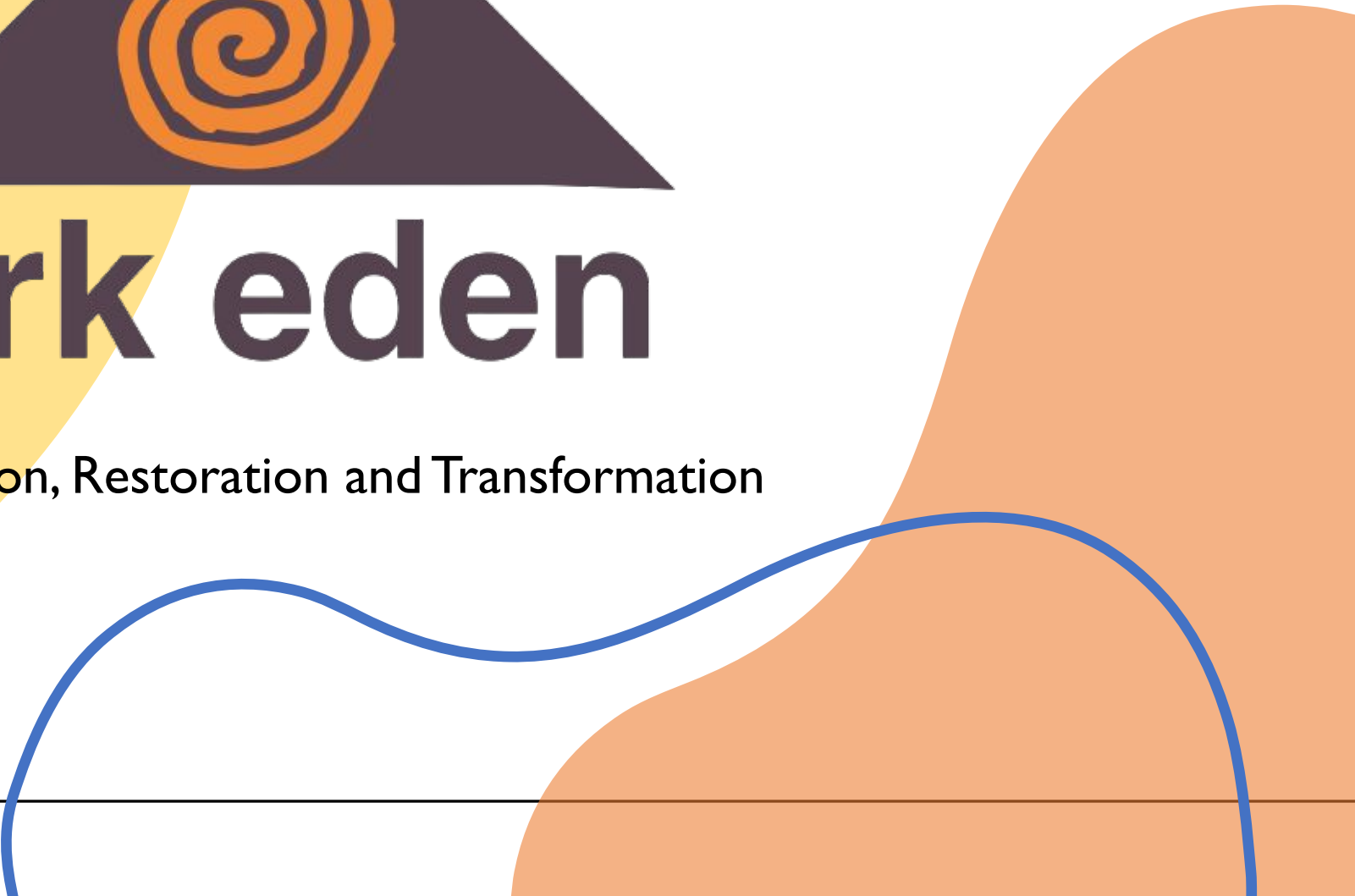




ark eden

Regeneration, Restoration and Transformation



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



FIVE ELEMENTS FOREST CAMP

Ark Eden's Signature CAS / Secondary Camp

Camp Introduction

In addition to fostering leadership, character development, and holistic well-being, our signature 'Five Elements' programme also emphasizes **strong curriculum connections**.

Each day's specific thematic element not only provides a framework for teaching **essential leadership and life skills**, but also serves as a platform for integrating academic subjects with **practical applications**.

By exploring different themes within the green sanctuary of Ark Eden, students have the opportunity to deepen their understanding of subjects such as **environmental science, biology, and sustainability**, while simultaneously developing their leadership abilities and cultivating a sense of **well-being**.

This **holistic approach** to education ensures that students not only gain practical skills but also forge meaningful connections between academic knowledge and real-world contexts.



5 Thematic Elements

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 site analysis and design activity
- River, Rock pools and waterfall visit
- Local geology exploration

Night Activities: Drama & Creativity, Mindful activities, Camp-fire, 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 beautiful viewpoint
- Beach visit - social skills and team building

Night Activities: Campfire, BBQ and drum circle, reflections

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
- Reflections

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
- Final Reflections
- Camp set down
- Nature walk back to bus/ferry
- Depart Mui Wo and return home

Curriculum Connections

Day 1: Earth

Community Building and Permaculture Earth Solutions

Day 2: Water

Creativity and Imagination, Embracing Change and Finding Flow

Day 3: Fire

Finding our true identity, Passion and Purpose

Day 4: Air

Compassionate Living

Day 5: Ether

Leading with the heart

Key Learning Connections

UN Sustainable development Goal #11, Sustainable Food Production, Eco-living Practices, Sustainable Energy, Fairness and Development, Globalisation and Sustainability

Design Thinking, Environmental Impact, Sustainable Practices, Water Management, Ecosystems, Water Crisis, Geology, Scientific and Technical Innovation, Globalisation and Sustainability, Fairness and Development

Deforestation, Ecological Restoration, Local Ecology, Soil health and Erosion, Living Systems and Biodiversity, Globalisation and Sustainability

Local Economies, Local Food Production, Ecosystems, Biodiversity, Soil Composition, Globalisation and Sustainability, Fairness and Development

**This day serves as the culmination of the preceding four days, providing an opportunity for students to consolidate their acquired knowledge and reflect upon the shared experiences they have had throughout the program.*

Other Skills and Concepts

Physical Well-being, Mental Well-being, Emotional Intelligence, Environmental Awareness, Connection to Nature, Problem-solving Skills, Critical Thinking, Creative Thinking, Communication Skills, Collaboration and Teamwork, Leadership skills, Sense of Purpose, Community Engagement, Global citizenship

Additional Themes

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





Logistics

Location	Ark Eden Permaculture Site, Mui Wo
Length	Recommended 4 nights / 5 days (but can be shortened up to 2 nights/3 days)
Accommodation	Tents on Site (highly recommended for winter season)
Food	Breakfast, lunch, dinner, and morning and afternoon teas included. We provide high-quality, organic, vegan food that goes beyond regular “camp food”.
No of Students	Minimum 20, Maximum 40 (<i>40+ please inquire</i>)
Age Groups	Year 9 – 13
Transport	Ferry or Bus to Mui Wo (not included in cost) and a 20 minute walk to Ark Eden’s Site
Cost	HKD \$980 Per Day Per Student / \$200 Per Day For Teachers
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

Sample Menu

	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)

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

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



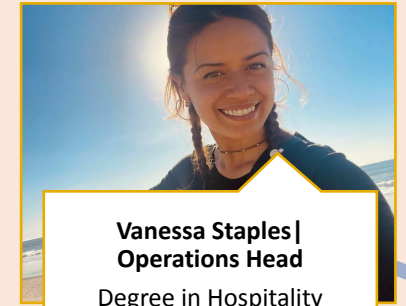
Sukriti Gupta | COO & Head of Partnerships

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



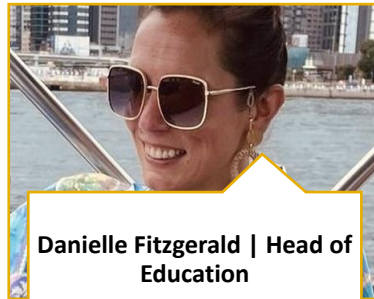
Angus Quinton Page | Site Manager

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
 Roller Blading Enthusiast



Danielle Fitzgerald | Head of Education

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



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



*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>

thank you for guiding us through
the week with such patience and
tolerance, and supporting us throughout
this experience. I'll always be grateful
for how you taught us so much, and
for the wisdom Jenny shared from her
many years of accumulated knowledge.
This has been an incredibly insightful
and unforgettable ELP, and I'm proud
to say my fear of spiders has lessened
- Cheriann

Student,
Year 10 Feedback
ISF



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

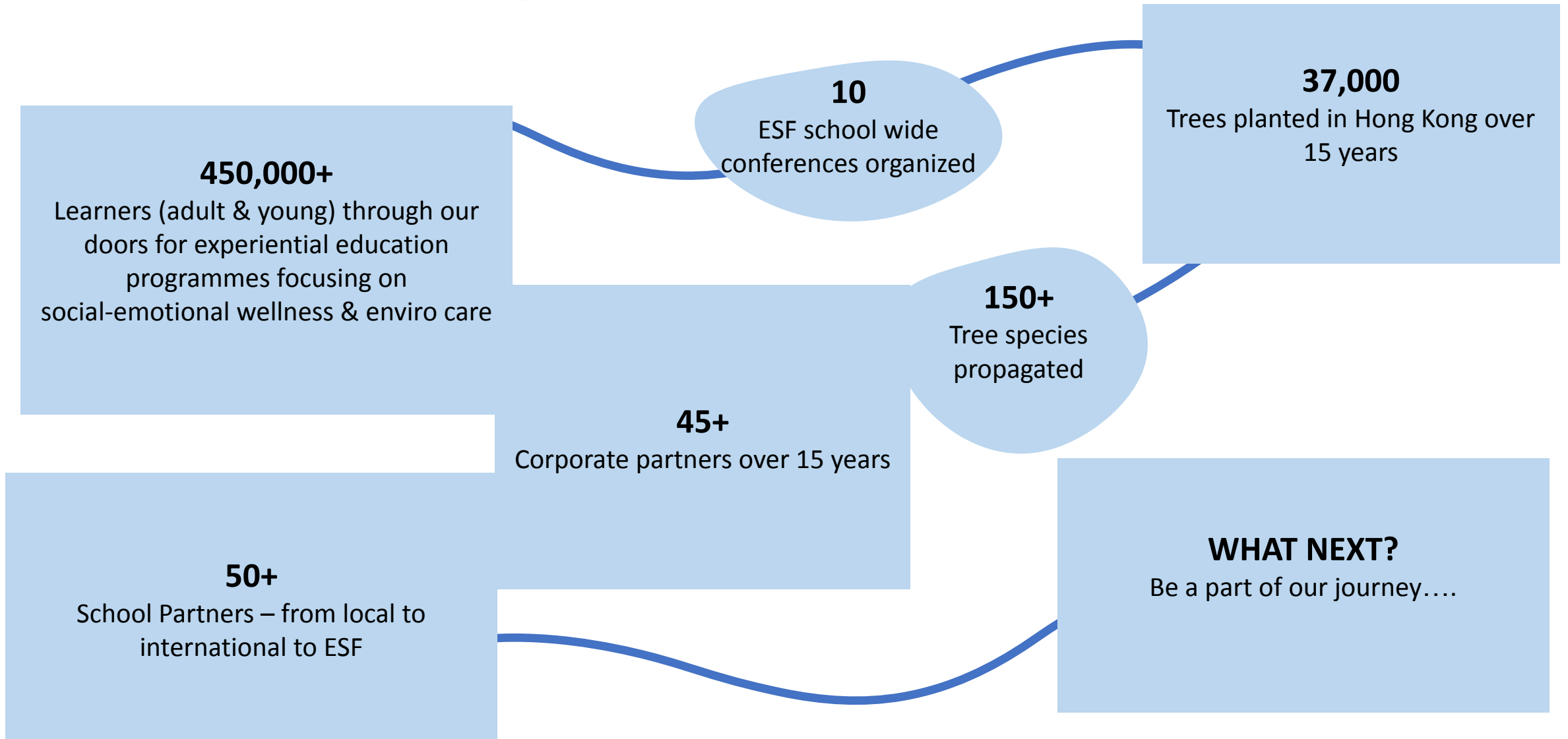
Corporates

- 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

Impact in Numbers



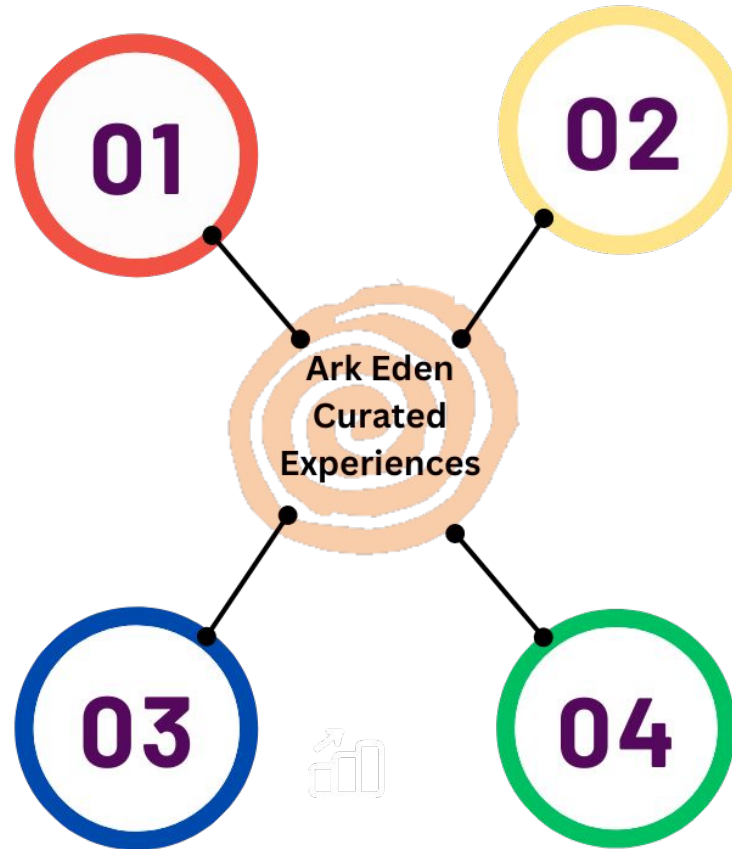
Our Core Programming

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**



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Thank You

Ark Eden Foundation

Director of Education - Danielle@arkedenonlantau.org

www.arkedenonlantau.org

Optional Expert Facilitators

Subject to availability and at an additional cost

Facilitator	Area of Expertise
Gavin Coates	<p>Senior Lecturer at HKU's Division of Landscape Architecture teaching Planting Design and Drawing Landscapes.</p> <p>Registered Landscape Architect in Hong Kong, Fellow of the Hong Kong Institute of Landscape Architects, Chartered Member of The Landscape Institute (UK) and a Member of the Chartered Society of Designers (UK).</p> <p>Expert knowledge in the plant and tree species found in Hong Kong.</p>
Dana Winograd	<p>CEO and Co-founder of Plastic Free Seas Hong Kong.</p> <p>Has delivered hundreds of talks on waste reduction and personal behaviour change to students of all ages, and has been invited as a guest speaker by many corporate and community groups since 2013.</p> <p>Expert knowledge in environmental issues with a passion for plastic and waste problems and solutions in Hong Kong.</p>