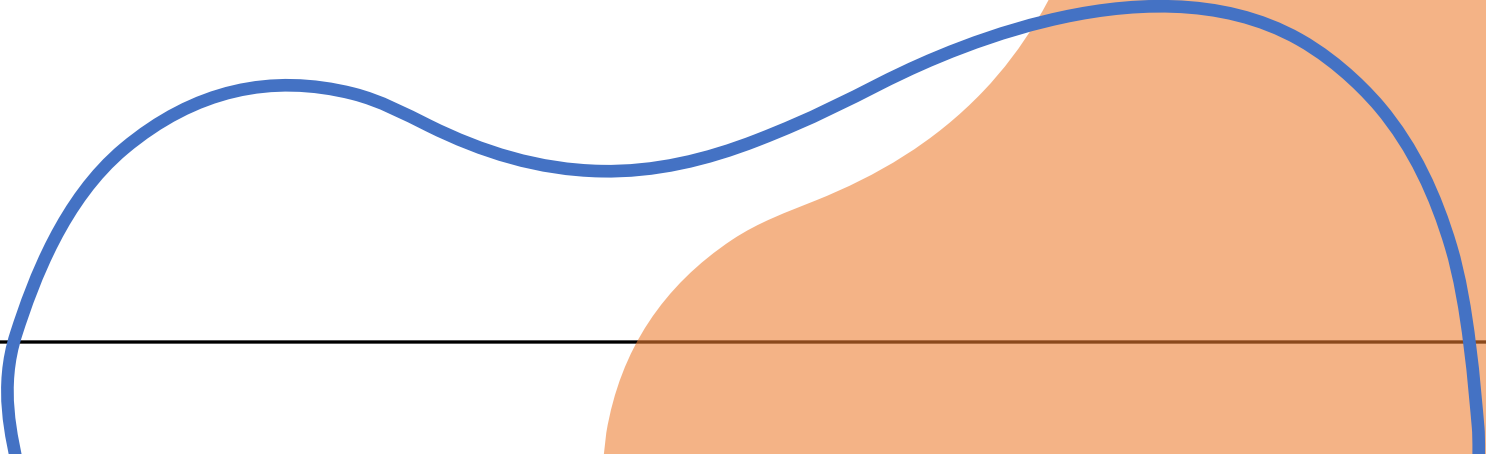




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Restoration, Regeneration & Transformation





In Depth Programme Details

Curriculum Tied Programmes

	Soil and Plants	Flora, Fauna and Ecosystems	Food Systems	Waste Management	Sustainable Living	Water Systems	Human Impact/Climate Change
Grades K - 2	Plant Power: Parts of Plants, Soil Health, Plant care, Benefits of Plants	Local Wonders: Exploring Local Habitats & Ecosystems, Nature Connection, Discovery	A Day on the Farm: Sources of Food, Food Systems, Organic Farming	The 3 Rs: Recycling Basics, Waste Reduction, Design Thinking, Responsible Consumption, Conserving Resources, Makerspace		Part of the Ecosystems programme "Local Wonders"	N/A
Grades 3 - 4	Amazing Soil: Soil Health, Ecosystem Linkages, Lifecycles, Interconnections in Nature	In a Small World: Adaptations, Behaviours & Habitats of Insects & 'Mini Beasts', STEM Exploration	Eco-Harvest: Permaculture Basics, Site Layout and Planning, Sustainable Food Production, Plant Diversity	Zero Waste Heroes: Waste Management, Urban Composting, Human Impact on the Planet	Eco-Design: Product Cycles, Design Thinking, Sustainable Choices, Natural Resources and Materials, Makerspace	Water World: Water Cycle, Irrigation, Water Usage, Water Conservation	
Grades 5 - 6	The Forests of Lantau: Deforestation, Ecological Restoration, Soil Health and Erosion, Living Systems and Biodiversity	On the Buffalo Trail: Species Tracking and Exploration (Buffaloes, Birds and more), Ecosystem Investigations (Wetlands, Mangroves, Beach), Story of the Lantau Buffaloes and Local Conservation Efforts	Seed to Plate Local Economies: Local Economies, Impact of Local Food Production, Food Miles, Food Systems, Food Cost and Pricing Systems	Eco - Footprint: Eco-Living, Sustainable food Production, Sustainable Energy, Waste Management, Water management		Save the Fish: Water Systems, Water Management, Ecosystems, Water Crisis	A Hot Topic: Climate Change (Local and Global), Carbon Footprint, Ecology and Restoration, Waste Management, Greenhouse Gases

Note: These are grade recommendations. All programmes can be adapted to different age ranges.

Programme Overview Grade K - 2

Programme	Description	Sample Activities	Key Learning and Connections	Related skills and concepts
Plant Power	Students will delve into the world of plants, nurturing our green thumbs as they understand their crucial role in supporting all living things and learn how to care for them.	Inquiring into different plants, Companion Planting, Gardening	Parts of plants, Soil health, Plant care, Benefits of plants	Responsibility, Critical Thinking, Collaboration, Empathy
Local Wonders (Plants and Animals in our Local Environment)	Students will immerse themselves in the wonders of the natural world as we discover and explore some local habitats and ecosystems. Through these explorations they will develop a deep appreciation for nature while also fostering a sense of curiosity and respect for the environment.	Guided Nature Walks, Habitat and Ecosystem Observation and Exploration (including Beach, Wetlands, Estuarine and Freshwater Streams, Grasslands)	Local Habitats & Ecosystems, Nature Connection, Discovery	Observing and Analysing, Respect for the Environment, Curiosity
A Day on the Farm	Through hands-on activities, students will learn about the journey of food, understanding the processes it undergoes and the importance of making sustainable and healthy choices.	Composting, Worm Farms, Gardening, Harvesting, Making Food	Sources of food, Food Systems, Organic Farming,	Healthy Lifestyle, Informed Choices, Independence, Responsibility
The 3 R's	Through engaging activities that promote environmental stewardship and critical thinking, students will develop an understanding of recycling, discover creative solutions to reduce waste, and find creative ways to repurpose old items.	Sorting materials, Differentiating between recyclable and non recyclable items, Exploring solutions to reduce waste, Upcycling	Recycling basics, Waste reduction, Design thinking, Responsible Consumption, Conserving Resources, Makerspace	Responsibility, Informed Choices, Problem Solving, Creative Thinking, Taking Action, Self Awareness

Programme Overview Grade 3 - 4

Programme	Description	Sample Activities	Key Learning and Connections	Related skills and concepts
Amazing soil	Students will embark on a captivating journey to investigate the amazing characteristics and benefits of soil. They will cultivate lifelong skills, nurture their bond with nature and gain a holistic perspective on the intricate web of life.	Different composting techniques, Setting up gardens, Companion planting, Making worm farms, Soil experiments	Soil Health, Ecosystem linkages, Lifecycles, Interconnections in nature	Critical Thinking, Application of Knowledge, Collaboration, Organisation, Planning
In a Small World	Through engaging explorations and hands-on activities students will develop a deeper understanding of the fascinating creatures that inhabit our ecosystems while fostering a sense of curiosity, scientific inquiry, and environmental appreciation.	Nature Walk and Exploration, Biodiversity Survey/Scavenger Hunt, Netting in the stream, Butterfly Walk, Habitat Discovery	Life Cycles, Adaptations, Behaviours & habitats of insects & 'mini beasts', STEM exploration	Observing and Analysing, Curiosity, Formulating Questions, Critical Thinking, Creative Thinking
Eco-Harvest	Students will embark on an enriching journey to learn about the choices that are made when designing a permaculture site. Through a variety of engaging activities, they will develop a deep understanding of sustainable agricultural practices, the interdependence of ecosystems, and the benefits of diverse plant species. They will gain practical skills as well as foster a connection with nature.	Exploring and Investigating the Permaculture Systems and Layout of the site, Creating Model Farms using Permaculture Concepts, Harvesting, Cooking	Permaculture Basics, Site Layout and Planning, Sustainable Food Production, Plant Diversity	Observing and Analysing, Critical Thinking, Application of Knowledge, Planning, Healthy Lifestyle

Programme Overview Grade 3 - 4 (continued)

Programme	Description	Sample Activities	Key Learning and Connections	Related skills and concepts
Zero Waste Heroes	Students will dive into the world of waste. Through engaging activities students will gain a deeper understanding of their role in creating a sustainable future while developing a sense of environmental responsibility and stewardship.	Beach Clean Up, Eco Shopping, Conscious Consumerism, Composting	Waste management, urban composting, human impact on the planet	Respect for the Environment, Empathy, Critical thinking, Self Awareness, Taking Action
Eco-Design	Through engaging activities, Students will develop practical skills, critical thinking abilities, and a deep understanding of sustainable practices. We will explore the interconnectedness of materials, design innovative solutions, and gain hands-on experience while fostering a sense of responsibility and creativity.	Analysing Products We Buy, Wood Working, Upcycling, Building Systems on site	Product Cycles, Design Thinking, Sustainable Choices, Natural Resources and Materials, Makerspace	Creative Thinking, Responsibility, Self Awareness, Planning, Taking Action
Water World	Students will embark on an educational journey to explore the fascinating world of water. Through a series of engaging activities students will become conscious water stewards, empowered to make a positive impact on the environment and promote sustainable water management practices.	Embedded Water Footprint, Drip Irrigation/Self Watering Planters, Water reuse & Grey Water System Build	Water Cycle, Irrigation, Water Usage, Water Conservation	Critical Thinking, Creative Thinking, Problem Solving, Collaboration, Responsible Choices, Decision Making, Taking action

Programme Overview Grade 5 - 6

Programme	Description	Sample Activities	Key Learning and Connections	Related skills and concepts
The Forests of Lantau	Through a range of engaging activities, students will develop a deeper understanding of the importance of preserving ecosystems, restoring balance to the environment, and fostering biodiversity for a sustainable future.	Hiking, Native Tree Planting/Maintenance, Species Identification, Soil Building, Wellness	Deforestation, Ecological Restoration, Soil health and Erosion, Living Systems and Biodiversity	Critical Thinking, Observation and Analysis, Responsibility, Taking Action, Resilience
On the Buffalo Trail	In this immersive programme, students will develop a deep appreciation for the interconnectedness of all living things and their environments. Through engaging activities and contextual learning, they will get a better understanding of the significance of preserving endangered species.	Species Tracking and Exploration (Buffaloes, Birds and more), Ecosystem Investigations (Wetlands, Mangroves, Beach), Story of the Lantau Buffaloes and Local Conservation Efforts	Animal Adaptations and Symbiotic Relationships, Biodiversity, Coastal Ecosystems and Habitats, Local History, Conservation, Human Interference, Interconnections	Community Engagement, Advocacy and Action, Observation and Data Collection, Environmental Stewardship
Seed to Plate Local Economies	Students will explore the integral world of local production and support for local businesses. Through hands-on activities and immersive experiences, students will gain a deeper understanding of the journey from seed to plate, fostering a connection with local economies and promoting a sustainable and mindful approach to food.	Planting Calendars, Food System Mapping, Comparing costs of local vs. imported, Organic Farming, Harvesting, Cooking one crop in various ways	Local Economies, Environmental Impact of Local Food Production, Food Miles, Food Systems, Food Cost and Pricing Systems	Critical Thinking, Problem Solving, Making Inferences, Decision Making, Collaboration, Responsible Choices

Programme Overview Grade 5 - 6 (continued)

Programme	Description	Sample Activities	Key Learning and Connections	Related skills and concepts
Eco-Footprint	Students will embark on a hands-on journey around the rural township of Mui Wo. By the end of the day, students will emerge as a champion for sustainable living, armed with practical knowledge and a deeper understanding role we play in preserving our planet.	Low Carbon living, Community Composting Scheme, Community Waste Reduction Scheme, Visiting Local Organisations and shops that follow a sustainable living ethos	Eco-Living, Sustainable food Production, Sustainable Energy, Waste Management, Water management	Observation and Analysis, Self Awareness, Reflection, Problem Solving, Collaboration, Maps and Following Directions
Save the Fish	Through observation, analysis and collaborative activities, students will develop a deep understanding of the importance of water, its interconnectedness with ecosystems, and the urgent need for sustainable water management to address the global water crisis.	River Observation and Analysis, Global Water Crisis Activity: Problems and Solutions, Embedded Water Relay	Water Systems, Water Management, Ecosystems, Water Crisis	Observation and Analysis, Collaboration, Problem Solving, Creative Thinking, Taking Action
A Hot Topic	Students will engage in a transformative learning experience focused on human impact and climate change. Through a variety of hands-on activities they will develop a comprehensive understanding of environmental sustainability, the impact of human actions on the planet, and practical strategies for mitigating climate change and promoting a greener future.	Ecological Restoration, Composting, Worm Farms, Making DIY plant products, Planting their own Garden, Embedded Product Carbon Footprints	Global warming, Carbon Footprint, Ecology and Restoration, Waste Management, Greenhouse Gases, Climate Change and Hong Kong	Critical thinking, Global issues, Reflection and Awareness, Responsibility, Finding Solutions, Taking Action

Forest School Programmes

<p>Self-Led Exploration/Play Based</p>	<p align="center">Forest School Play Sessions Campfire Cooking, Building Shelters, Working with Tools, Woodland Crafts, Fun with Knots, Netting in the Stream, Composting, Gardening, Personal interest directed choice and play</p>					
<p>Creativity & Story Dramas</p>	<p>Three Little Pigs Building a Shelter, Gathering Food from the Garden, Campfire, Boiling water on a Fire</p>	<p>Go Bananas Planting, Nature walk, DIY Natural Products, Cooking in the Jungle</p>	<p>Jurassic Ark Nature Scavenger Hunt, Making Dino Slime from the Forest, Dino themed Obstacle Course, Cooperative Gaming</p>	<p>Eco Avengers Building Worm Farms, Zero waste 'shopping', 3 Rs Scavenger Hunt, Plastic Clean up, Eco-Art</p>	<p>Alien Survival Den Making, Fire Making, Carpentry, Tool Use, Cooperative Gaming</p>	<p>Wizards & Potions Using tools, Nature Scavenger Hunt, Foraging, Potions in the Wild, Arts & Crafts, Netting in the stream</p>
<p>Forest School Skills</p>	<p>Wilderness Architects Knot work, Rope Skills, Planning and Design, Shelter Construction</p>	<p>We are Woodworkers Tool use and Safety, Carpentry, Creating Products out of Natural Materials</p>	<p>Fire and Feast Fire Building Basics, Tinder Cutting and Gathering, Fire Lay Construction, Fire Safety and Management, Harvesting, Cooking on a Fire</p>	<p>Survival Camp Tool Use and Safety, Knot Work, Shelter Construction, Foraging, Fire Building, Cooking on a Fire, Carpentry</p>	<p align="center">Tailor-Made A combination of forest skill activities based on interest/need</p>	

Programme Overview - Forest School Play Sessions

Programme	Description	Sample Activities	Forest skills and concepts	Interpersonal Skills / Holistic Development
<p>Forest School Play Sessions</p>	<p><i>Forest School Play Sessions can be adapted by age and exposure to outdoor play.</i></p> <p>Forest School Play sessions are half day or whole day sessions taken once a month or more at our site.</p> <p>Each session builds on the last, increasing learners emotional literacy and practical skills. Experiences are child-led and play-based.</p>	<p>Campfire Cooking, Building Shelters, Working with Tools, Woodland Crafts, Fun with Knots, Netting in the Stream, Composting, Gardening, Personal Interest directed Choice and Play</p>	<p>Nature Connection, Self-Led Exploration and Discovery, Fire Building, Shelter Construction, Tool Use and Safety, Environmental Stewardship</p>	<p>Social-Emotional Resilience and Adaptability Independence and Confidence Teamwork and Collaboration Imagination and Creativity Self-Awareness Reflection</p>

Programme Overview - Story and Drama Based

Programme	Description	Sample Activities	Forest skills and concepts	Interpersonal Skills / Holistic Development
Three Little Pigs	Walk into the drama of the three little pigs. What does it take to make a strong enough shelter to withstand a strong 'huff' and 'puff'? How can we tame the Big Bad Wolf?	Building a Shelter, Gathering Food from the Garden, Campfire, Boiling water on a Fire	Shelter Construction, Foraging, Fire Building and Safety	Nature Connection Social-Emotional Resilience and Adaptability Independence and Confidence Teamwork and Collaboration Imagination and Creativity Reflection
Go Bananas	Today we just go bananas! Banana trekking, banana games, banana plant pots, banana crafts, banana spa & banana pancakes	Planting, Nature walk, DIY Natural Products, Cooking in the Jungle	Foraging, Fire Building and Safety, Personal Risk Assessment	
Jurassic Ark	When our time machine goes wrong, we travel back in time through swamps and jungle to an earth that was ruled by dinosaurs! What creatures will we encounter? Can we get the time machine mended in time to catch the ferry home?	Nature Scavenger Hunt, Making Dino Slime from the Forest, Dino themed Obstacle Course, Cooperative Gaming	Curiosity, Inquiry, Foraging, Orienteering	

Programme Overview - Story and Drama Based (Continued)

Programme	Description	Sample Activities	Forest skills and concepts	Interpersonal Skills / Holistic Development
Eco Avengers	Help the Eco Avengers As heroes fight against Captain Plastic and protect the world by developing knowledge and skills to Reduce, Reuse and Recycle!	Building worm farms, Zero waste 'shopping', 3 Rs Scavenger Hunt, Plastic Clean up, Eco Art	Environmental Stewardship, Curiosity and Inquiry,	Nature Connection Social-Emotional Resilience and Adaptability Independence and Confidence Teamwork and Collaboration Imagination and Creativity Reflection
Alien Survival	Learn the bushcraft skills needed to survive the alien invasion and solve the fun challenges to take back the Earth! What's the message we can learn from our alien visitors?	Den Making, Fire Making, Carpentry, Tool Use, Cooperative Gaming	Shelter construction, Tool use, Fire building, Personal risk assessment and safety	
Wizards & Potions	When Henry the Herbalist goes missing from the Ark Eden School of Wizardry, the apprentice wizards must gain magical powers and quickly learn the fine arts of potion and spell making to rescue him.	Using tools, Nature Scavenger Hunt & Foraging, Potions in the Wild, Arts & Crafts. Netting in the stream	Foraging, Inquiry, Personal Risk Assessment and Safety	

Programme Overview - Forest School Skills Based

Programme	Description	Sample Activities/Skills	Interpersonal Skills / Holistic Development
<p>Wilderness Architects</p>	<p>Embark on an exciting journey to learn a variety of essential knots, develop rope skills, and master the art of shelter construction. You will gain the knowledge and practical skills needed to confidently build sturdy and functional shelters in the wilderness.</p>	<p>Knot work, Rope Skills, Planning and Design, Shelter Construction</p>	<p>Nature Connection Environmental Stewardship Self Awareness Personal Safety Social-Emotional Resilience and Adaptability Independence and Confidence Reflection</p>
<p>We are Woodworkers</p>	<p>Spend the day developing carpentry skills in the forest. Learn how to use a variety of tools such as saws and knives. Apply and refine your newly acquired skills to create a personal project that you can proudly take home with you.</p>	<p>Tool use and Safety, Carpentry, Creating Products out of Natural Materials</p>	
<p>Fire and Feast</p>	<p>Learn the skills needed to successfully and safely build a fire, harvest food from the garden and cook a meal for yourself in a jungle setting.</p>	<p>Fire Building Basics, Tinder Cutting and Gathering, Fire Lay Construction, Fire Safety and Management, Harvesting, Cooking on a Fire</p>	
<p>Survival Camp</p>	<p>This programme has it all! Learn the a variety of bushcraft skills needed to survive in the jungle. Rotate through the activities to become a survival expert.</p>	<p>Tool Use and Safety, Knot Work, Shelter Construction, Foraging, Fire Building, Cooking on a Fire, Carpentry</p>	

Overnight Camps

	Forest Discovery Retreat	Into the Wild	Eco Heroes	Cooperative Oasis
Duration:	1 Night / 2 Days	2 Nights / 3 Days	2 Nights / 3 Days	2 Nights / 3 Days
Blended Experience: Environmental Care, Forest School & Permaculture	This programme is specifically designed as an engaging and memorable introductory experience. This programme serves as a perfect introduction to the magic of camp life and the wonders of Forest School Play.	This immersive overnight experience builds students' connection to the outdoors through Permaculture, Forest School Play, and ecosystems explorations while also igniting a sense of wonder, curiosity, and appreciation for the natural world.	This programme focuses on equipping children with tangible actions they can take to become environmental stewards, focusing on Lantau ecosystems, climate change, sustainable living & nature connection relevant to Hong Kong.	Community building, teamwork, and social skills take center stage in this programme. Students engage in activities designed to foster connections, strengthen teamwork, and build lifelong friendships.
Sample Activities	Cooperative Gaming, Scavenger Hunts, Nature Crafts, Sensory Exploration in the Forest, Stargazing, Night Walks, Free-choice Play and Exploration, Imaginative Play (Mud Kitchen, Costume Trolley), Forest School Playground, Campfire Cooking	Organic Farming, Composting, Den Making, Carpentry, Fire Building, Pizza Making, Drum Jam, Waterfall & Beach Ecosystem Explorations, Forest School Playground, Cooperative Games, Nature Art	Ecological Restoration (Tree Care), Waste Management, Sustainable Living, Cooperative Gaming, Water Management, Jungle Cooking, Farming, Pizza Making, Forest School Nature Connection, Drum Jam, Yoga and Mindfulness	Cooperative Gaming and Team Building Exercises, Team Orienteering and Waterfall Exploration, Cooperative Upcycling Project, Group Hike and Ecological Restoration (Tree Care), Fire Building, Companion Planting, Pizza Making, Campfire Cooking
Logistics	Customisable, Seasonal camping (tents provided) or Hostel living on Lantau, Meals included, Teachers cost at 200 per person, Transport Excluded			
Tailormade 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 customised programme that perfectly suits you and your students.			

Next Steps





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Thank You

Ark Eden Foundation

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