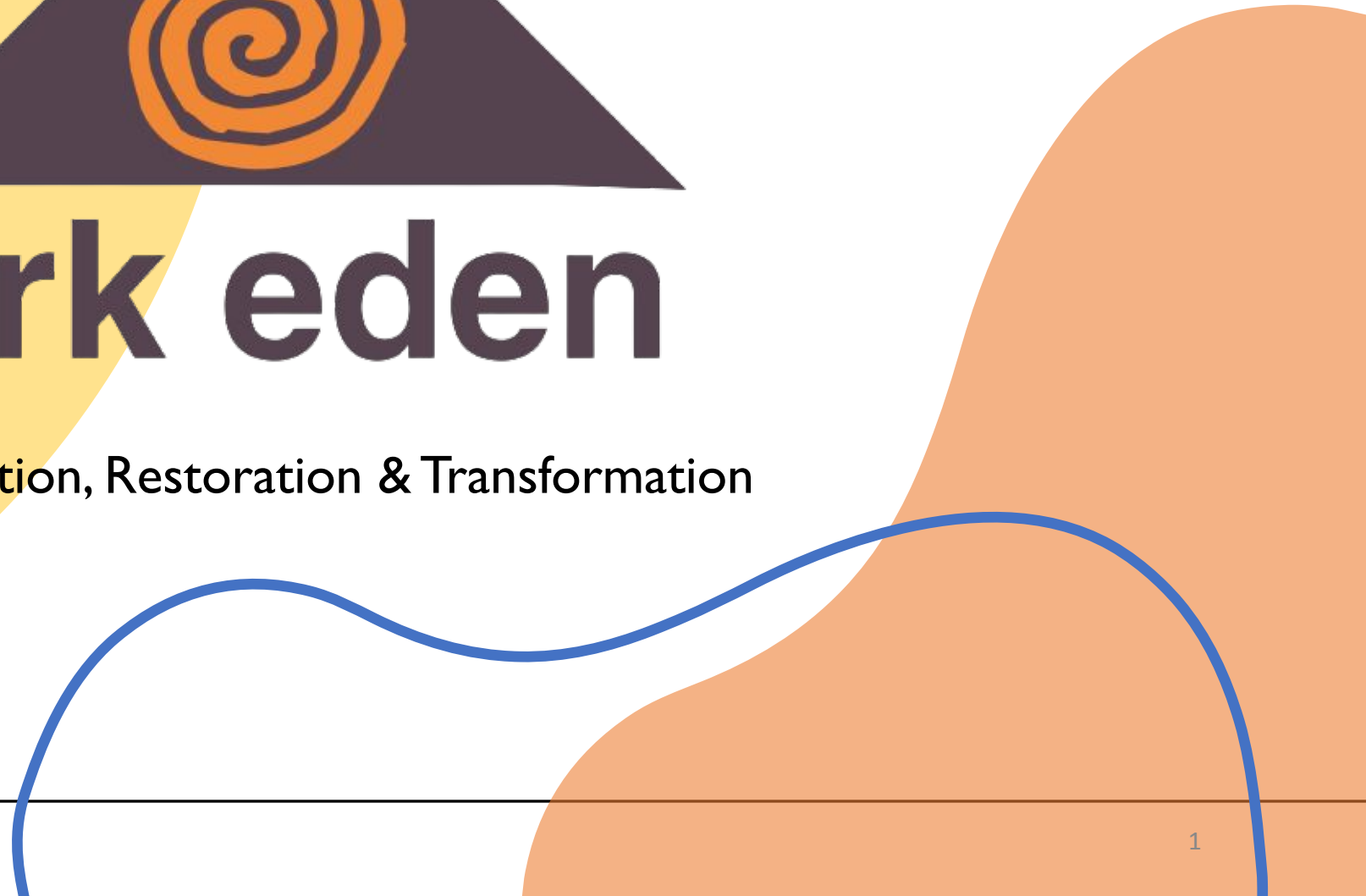




# ark eden

Regeneration, Restoration & Transformation



# What we do

We offer transformational experiences through nature immersion & ecological restoration; creating resilient, happier, healthier, empowered individuals & families.

Supported by science and pedagogical research (see appendix)

# Our Four Pillars

## Holistic Health & Wellbeing

Care for people through nature immersion focusing on restoration & mental, emotional and social health

## Education & Community Leadership

We promote Self Development & Environmental Stewardship for anyone aged 5 to 99, focusing on lasting impact & tangible, practical solutions

## Ecological Restoration

Care for the Earth through our permaculture demonstration site, through organic farming, waste management, tree planting & tree care

## Transformation and Capacity Building

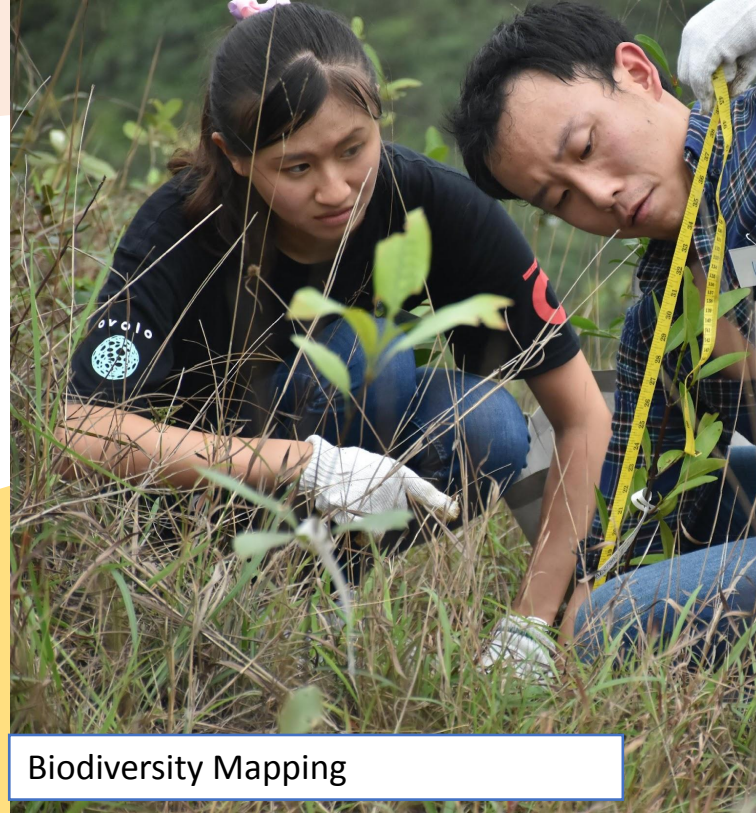
Providing a roadmap for engaged Hong Kong citizenry, Service Learning for Young Adults and 'Training the Trainers' to deliver effective programmes across the world



Organic Farming & Food Systems



Ecological Restoration & Tree Care



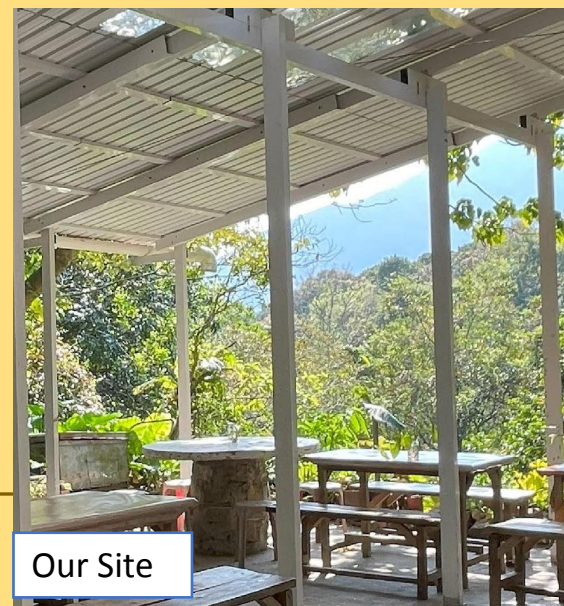
Biodiversity Mapping



Yoga and Wellness



Children/Family Camping & Campfires



Our Site



# **Programme & Workshop Details**

# ESG & CSR

Being a leading eco-education and permaculture community in Hong Kong, we can help you and your team participate in ecological restoration programmes and increase your eco-literacy by running experiential workshops on topics such as waste management, sustainable living, organic farming, tree care, tree plantation, eco consumerism and more.

Being a registered charity, our ecological restoration activities can also fall under your CSR goals for your organization. These workshops and activities can also be combined with our Wellness offerings to create a custom experience for you. **By cultivating a giving nature in employees, initiatives that give back drive improved behavior, productivity, and overall success.**

# Nature Connection

Recent studies have shown that for skill and capacity building are not the only piece required for people to take positive action in nature. For people to sustain eco-behaviours, they must have a relationship and develop an affinity for nature.

Therefore, We recommend pairing our eco-literacy workshops with a nature connection activity for maximum impact and memorability.

These **build complimentary skills to our eco literacy** workshops such as knots, knife skills, fire building and more. They also bring about a deeper connection to the natural world and increase satisfaction and feelings of accomplishment.

# Family & Wellness

Ark Eden offers an immersive journey focused on promoting mental health; teaching valuable tools to cope with burnout and fostering a sense of well-being.

Invest in your team's holistic growth and enjoy lasting positive impacts on their mental well-being, productivity, and overall happiness.

Choose from our packages to create a foundation of resilience, enhance work-life balance, and cultivate a supportive and thriving work culture for the long run.

Based on the desired number of family participants, we can offer a carousel of custom activities for families & staff to bond, relax and play. You can choose any combination of activities as per your requirements

*Description of the activities are on the following slide*

# Community Building

While all our workshops foster a sense of unity and team building, our Wilderness Survival Challenge is a great way for you and your team to challenge themselves to work together in a unique, challenging and fun environment

Use the power of storytelling, skill building, communication and the great outdoors to harness the problem solving and creative thinking powers of your team and come together to survive the great outdoors!

# Eco Literacy Workshops

Forest of Lantau: Ecological Restoration	Zero Waste Office	Introduction to Permaculture	Farm to Table	Eco House & Sustainable Living	Dolphin Watch & Beach Clean
<p>Ark Eden has planted over 37,500 trees of over 120 species. We invite your team to join our Tree Maintenance programs to fertilise, mulch, water the trees and collect data to help with monitoring their progress and impact.</p> <p>We also have limited tree plantation dates available during the planting season.</p>	<p>This experiential workshop gives participants practical knowledge on sustainable life-style solutions with a blue-print that can be adapted to homes, offices and the community. Be the change you want to see. Walk your talk.' Zero Waste' your work space, your home and your community!</p>	<p>The introductory session runs through the ethics and basic principles of permaculture. Working in teams, participants get a crash course designing a permaculture food system and involves activities such as various composting and fertilising methods, soil building, setting up a worm farm, a plant nursery, companion planting and seed-saving</p>	<p>The day is spent planting and harvesting food from our organic farm. We look at alternatives for a more sustainable and greener way of living – and then we make some of those alternatives by harvesting from the farm and processing. Depending on the season of the year we might make sauces, preserves, fermented and dried foods. Or we might make soap, candles and natural dyes</p>	<p>The world of sustainability can be</p> <p>This is a great crash course for your team to understand how to make more sustainable living choices in Hong Kong. From energy efficiency upgrades to sustainable home goods, discover tangible changes you can make to reduce your environmental impact. Hands-on activities and expert guidance will empower you to transform your living space into a model of eco-friendly living.</p>	<p>On this event, volunteers will join us on board the HK Dolphin Watch junk boat and travel carefully through the dolphin's habitat, observing them as we sail to the Soko Islands, where finless porpoises can also be spotted!</p> <p>After a workshop on the different issues we face with pollution of the oceans, volunteers will get hands-on experience cleaning one of the beaches on the Soko Islands and get a first- hand look at the types of threats not just the dolphins, but our entire ecosystem faces.</p>

# Nature Connection Workshops

(These can be customized as Family workshops as well - suitable for ages 5+)

Play for Peace – Cooperative Gaming	Nature Scavenger Hunt	Nature Art	Farm to Table	Woodwork & Carpentry	Native Tree Walk & Ecological Restoration	Story Drama Immersive Day	Fire Building & Jungle Campfire Cooking	Making Woodfired Pizza Party	Forest School Skills & Wilderness Survival
<p>Discover the joy of cooperative play and strengthen your community's bonds in this engaging workshop with easy and enjoyable games! This is a one of a kind offering as Ark Eden is the only certified Play for Peace provider in HK.</p>	<p>Our Nature Scavenger Hunt will take you on a thrilling quest as you uncover the hidden treasures of the Tung Hang Mei valley in the lap of nature. Destress and tune into what nature has to offer.</p>	<p>Using natural materials found in our surroundings, we'll embark on a journey of artistic expression. Be amazed as you transform leaves, twigs, and other natural elements into unique pieces of art. Let the beauty of nature guide your artistic vision and unleash your creativity.</p>	<p>Experience the joy of gardening as you learn to make soil, plant, and harvest your own food. Indulge in a beautiful vegan lunch at Ark Eden, where gardening becomes a serene escape that nourishes both body and mind.</p>	<p>Unlock your inner craftsman! Learn the basics of woodworking and carpentry and whittle your own small musical instrument or tool and craft something useful. Under the guidance of our skilled instructors, you'll gain practical skills and a sense of accomplishment.</p>	<p>Join us in nurturing &amp; caring for the 37,000+ trees we've planted to revive the Tung Hang Mei Valley. Immerse yourself in nature as you embark on a walk through the hills surrounding Ark Eden. Disconnect from technology and reconnect with yourself and the natural world.</p>	<p>Let us take your family on a captivating and immersive journey with our signature Drama Days. Get lost in enchanting stories and adventure-packed activities. From Jurassic Ark to Alien Survival Camp and Ark Eden School of Wizardry (and more!) prepare for unforgettable experiences.</p>	<p>Learn the art of building campfires and unleash your inner culinary skills in the Ark Eden Master Chef challenge. Prepare and cook your lunch over an open campfire, guided by our expert instructors. This workshop fosters collaboration, teamwork, and a delicious sense of achievement.</p>	<p>Roll your own dough and build your own pizzas in our woodfired Pizza Oven. A great hands on workshop with a delicious end!</p>	<p>Develop new skills and a sense of accomplishment in our Forest School &amp; Wilderness Survival workshop. From knife skills to knots and dens; overcome obstacles together and strengthen team spirit; bond and grow while embracing the wonders of the wilderness.</p>



# Wellness Workshops

Somatic Breathwork	Sound Healing (Singing Bowls)	Conscious Dance	Re-Tree-T	Traditional Chinese Tea Ceremony	Jungle Gym	Sustainable Living	Mindful Mandala Art	Elemental Yoga
Experience the transformative power of conscious breathing with Somatic Breathwork. Release stress and enhance oxygen flow to your brain and body through this highly sophisticated form of breathwork, distinct from pranayama and yoga	Immerse yourself in the soothing sounds of nature and resonating singing bowls in this workshop. Experience the combined effects of binaural sounds, aiding in destressing the brain and inducing a meditative state, allowing you to get lost in a blissful sonic journey.	Journey into meditation through mindful movement with Conscious Dance. Explore various modalities that connect breath, body, and the present moment. This unchoreographed, non-evaluative practice is best enjoyed in a group setting amidst nature's embrace on our all-natural wooden dance deck.	Each tree at Ark Eden has a story to tell. With our signature 'Re-Tree-T' workshop participants are guided through a nature connection activity, focusing on how to connect and be in nature and tune into the quieter, magical moments – both within nature and themselves.	Immerse yourself in mindfulness and the beauty of the present moment with a Traditional Chinese Tea Ceremony. Through this sacred practice, connect deeply with the fleeting nature of each moment while enjoying the serene setting of nature, making it a truly special and unique experience.	Engage in a mini-CrossFit challenge in the heart of the jungle while contributing to Ark Eden's Site Development work. Led by a certified CrossFit trainer, build muscles, foster team spirit, and support Ark Eden's site maintenance efforts simultaneously.	Delve into the importance of eco-living and its impact on personal well-being in the Sustainable Living workshop. Gain insights into conscious decision-making for the planet and receive practical guidance on immediate steps you can take to initiate positive change in your life.	A restorative practice; journey into a nurturing world guided by nature's wisdom. Slow down, listen to the voices of nature, and discover the profound beauty of the present moment. Engage in restorative practices such as creating a mandala, harmonizing the outside world with your inner world.	Grounded Yoga inspired by the natural world, connect mind, body, and spirit to the bountiful surroundings. Engage in a meditative yoga flow, exploring asanas that mirror the physical space and the elements within you – Earth, Fire, Air, Water and Ether!

# Wilderness Survival Challenges

Experience the thrill of Wilderness Survival Challenges, an extraordinary opportunity to **learn essential survival skills** such as fire making, knot tying, shelter building, and campfire cooking.

But it's not just about the skills—this unique challenge goes beyond, **boosting confidence and fostering exceptional interpersonal communication and collaboration among team members**. Engage in a fun and immersive adventure that is **truly one-of-a-kind** in Hong Kong. Unleash your team's potential while creating unforgettable memories in this exhilarating and transformative wilderness survival experience.

The relevant workshops are to the right that can apply to this day for you and your team members

Story Drama Immersive Day	Forest School Skills & Wilderness Survival
Let us take your family on a captivating and immersive journey with our signature Drama Days. Get lost in enchanting stories and adventure-packed activities. From Jurassic Ark to Alien Survival Camp and Ark Eden School of Wizardry (and more!) prepare for unforgettable experiences.	Develop new skills and a sense of accomplishment in our Forest School & Wilderness Survival workshop. From knife skills to knots and dens; overcome obstacles together and strengthen team spirit; bond and grow while embracing the wonders of the wilderness.



Breathwork and Wellness



Cooperative Gaming & Team Building



Childrens Eco Camps



Farm to Table Workshops



Drama & Creativity



Forest School Skills

# Packages & Scheduling

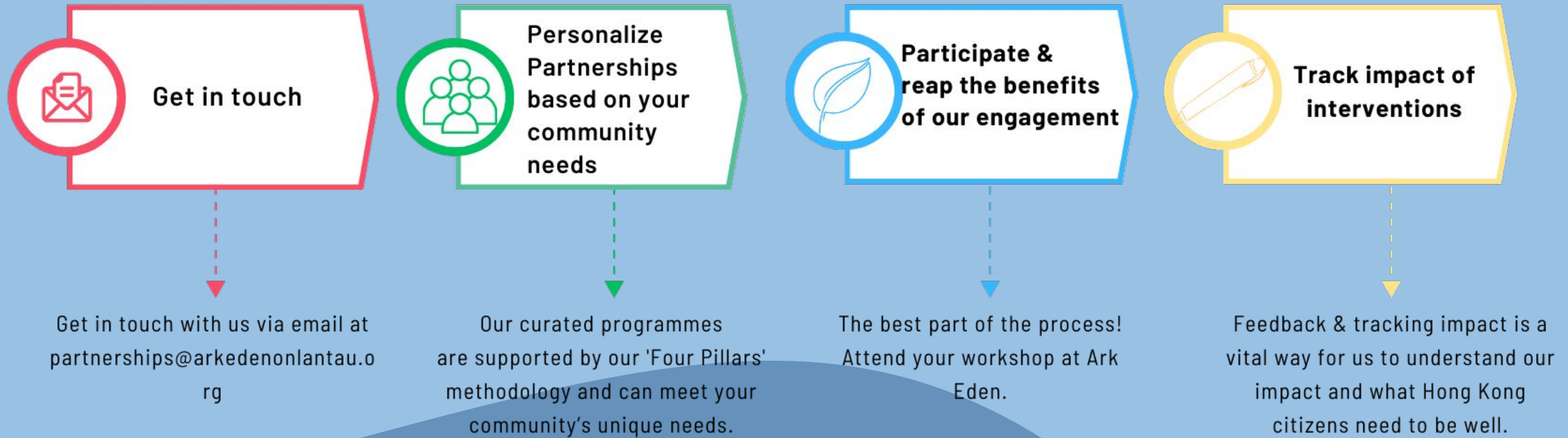
Details	Single Day Package	Quarterly Year Long Package	Bi Monthly Package
<b>Duration</b>	Any day of the year subject to availability	One day/weekend every FY quarter as an employee benefit (4-8 days total)	Organize a workshop once every 2 months (6 – 12 days total)
<b>Details</b>	Pick from any of the workshops available in our workshop list and Ark Eden will design a programme for you	A blend of any workshops available  Emphasis on building skills to cope with burnout and mental stress at home/office	A blend of any workshops available  Emphasis on transformation and building skills to cope with burnout and mental stress at home/office  Participants can pick a theme and learn to scaffold their skills
<b>Cost</b>	Cost varies depending on the Workshop and Number of participants <ul style="list-style-type: none"> <li>Approximate range from HKD\$900 to HKD\$1500 per person for a full day's worth of activities</li> </ul> <p><b>Minimum</b> spend/donation of \$25,000 per day - Ark Eden is a registered charity</p>	Cost varies depending on workshop and number of participants and final choice of days  Cost decreases based on number of participants and number of days <ul style="list-style-type: none"> <li>Approximate range from HKD\$820+</li> </ul>	cost varies depending on workshop and number of participants and final choice of days  Cost decreases based on number of participants and number of days <ul style="list-style-type: none"> <li>Approximate range from HKD\$780+</li> </ul>

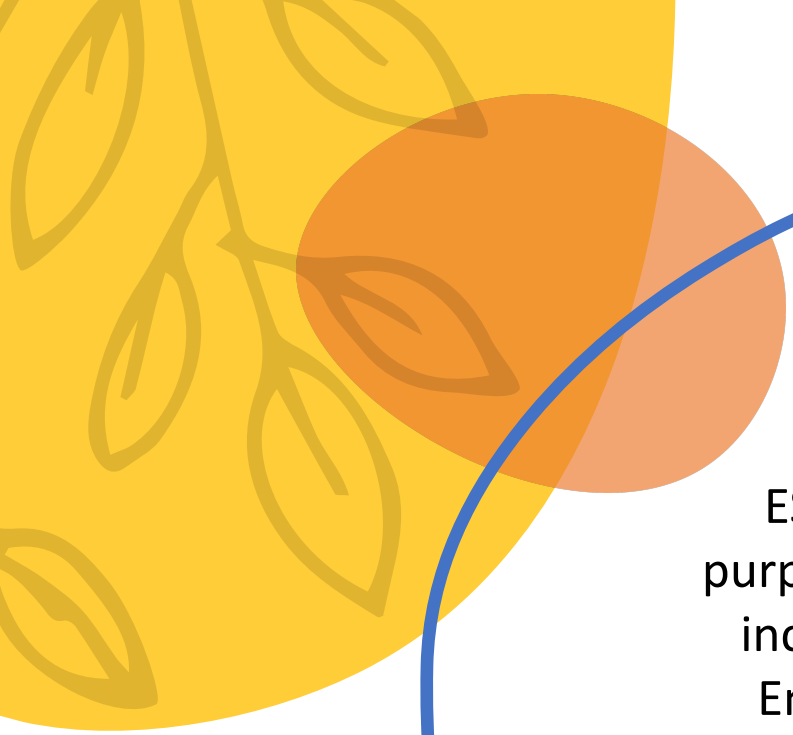
# Logistics & Info

<b>Location</b>	Ark Eden Permaculture Site, Mui Wo
<b>Length</b>	Recommended: A multi day year long engagement to reap the most benefits from continued immersion in nature
<b>Participant No.</b>	Minimum 25 (any age) – Maximum 120 (any age) per day
<b>Transport</b>	Ferry or Bus to Mui Wo and then 20-minute walk to Ark Eden's Site
<b>Cost</b>	Cost varies depending on the Workshop and Number of participants <ul style="list-style-type: none"> <li>• Approximate range from 900 per person to 1500 per person for a full day's worth of activities</li> </ul>
<b>Health and Safety</b>	<ul style="list-style-type: none"> <li>• Ark Eden will provide risk assessments for all activities throughout the day</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>

Sample Schedule	
09:00	Ferry from Central Pier 6 to Mui Wo
09:40	Meet Ark Eden team and head up to Ark Eden ( <i>short 20 minute walk from ferry pier to our site</i> )
10:10	Reach Ark Eden
10:15	Introductions & Refreshments
10:45 – 12:30	Workshop Option #1 ( <i>choose from any on the subsequent lists – can be customized to a carousel of activities depending on requirements</i> )
12:30	Lunch
1:30 – 3:30	Workshop Option #2
3:45	Closing Reflections
4:00	Walk Down
4:50	Ferry Back to Central Pier 6

# Next Steps





ESG, Community Building & CSR activities foster purpose and fulfillment among employees, leading to increased job satisfaction, loyalty, and motivation. Employees develop a stronger connection to the company's values and collaborate better within teams.

# Our Client List

## Schools & Universities

- Discovery College
- International School Foundation
- Shekou International
- KGV
- Renaissance College
- HKU
- English School Foundation (ESF)
- 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
- Jaeger-lecoultre
- JP Morgan Chase
- Deutsche Bank
- Morgan Stanley
- Ovolo
- Marriot Intl
- Chevron
- Bloomberg
- Li & Fung
- Rosewood Hotels
- Lloyds
- Mox Bank
- PVC
- Publicis Groupe
- 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
- Caritas
- Sons & Daughters





**ark eden**

**Thank You**

Ark Eden Foundation

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