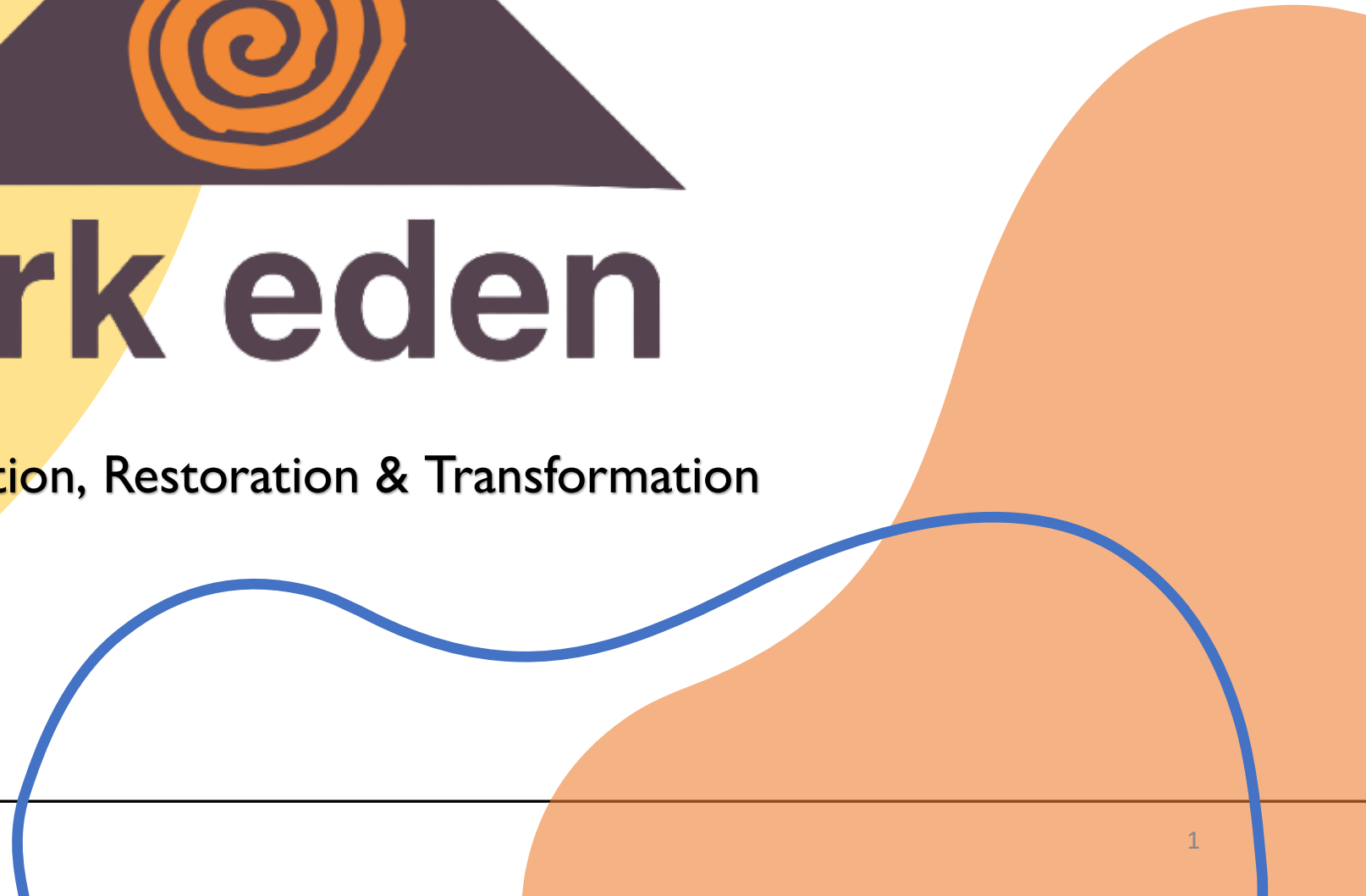




ark eden

Regeneration, Restoration & Transformation





Who We Are

We offer **transformational experiences through nature immersion & ecological restoration** to equip children and adults to deal with the mental, emotional and ecological challenges of the 21st century;

creating resilient, happier, healthier, empowered individuals

From ages 4 to 99

Supported by science and pedagogical research (see appendix)

Our Vision

Four Pillars

Holistic Health & Wellbeing

Care for people through mental/emotional and social health & nature immersion

Education & Community Leadership

Self Development & Environmental Stewardship with tangible solutions

Ecological Restoration & Care

Care for the Earth through our permaculture demonstration site & tree planting restoration

Transformation and Capacity Building

Investing in Youth & Training the Trainers to multiply impact





Breathwork and Wellness



Cooperative Gaming & Team Building



Childrens Eco Camps



Farm to Table Workshops



Drama & Creativity



Forest School Skills

Our Offerings

1. Ecological Restoration & Tree Planting for ESG Activities
2. Restorative Wellness & Nature Connection
3. Organic Farming & Zero Waste Living
4. Permaculture Solutions & Workshops
5. Forest School 'Family Days' for Employee Wellness
6. Cooperative Gaming for Community Building
7. Adventure Based Education for Team Building
8. Design Thinking Education



Book a Programme with us

Employee & Family Wellness

Family Wellness & Nature Adventure Play Days

Invest in your staffs mental and emotional well being focusing on a range of wholesome and fun activities for the family!
min. HKD\$30,000 and up*

Wilderness Survival Challenge (Team Building)

Build staff camaraderie through emphasizing collaboration, empathy and fun
min. HKD\$25,000 and up*

Restorative Wellness Workshops

Offer your staff a chance to destress and unwind and learn how to care for themselves and the planet better through our wellness and eco-care workshops
HKD\$25,000 and up*

01

02

03

07

Philanthropic Partners

Be a long term partner and help us raise the impact of our work starting at
HKD\$500,000 and up

04

05

06

ESG & CSR Opportunities

Ecological Care & Restoration Workshops

Sponsoring our 37,500+ Tree Planting activities, Beach Clean ups, Organic Farming, Zero Waste Offices & more
HKD\$25,000 and up*

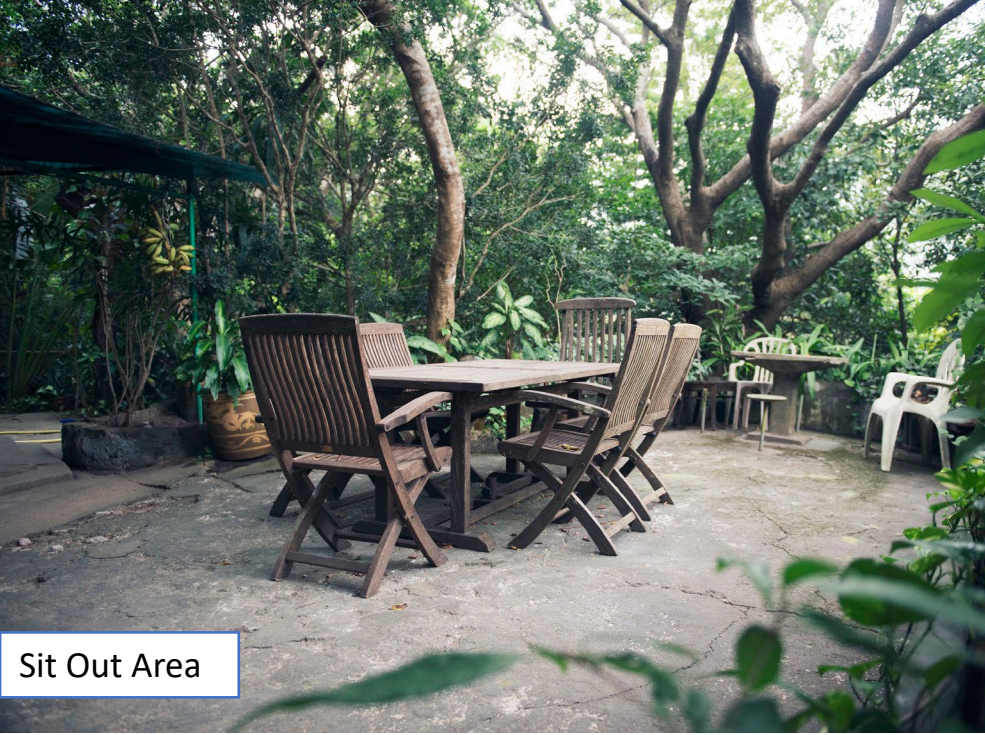
Sponsor an Underprivileged Community

Sponsor underprivileged children to attend our flagship programmes & equip them with critical life skills
HKD\$750 per child (min. HKD\$30,000)

Sponsor & Volunteer for our Site Development

Help sponsor our infrastructure on site to increase our event capacity & demonstrate sustainable living concepts effectively.
HKD \$75,000 -HKD\$350,000

*Price varies on programme length and number of participants



Sit Out Area



Benefits of your Experience at Ark Eden



Nature Immersion and Employee/ Participant Wellness;
Beneficial Impacts on Mental & Emotional health



New Knowledge & Skill Building;
Self Development in Environmental Education, Holistic Health & more; Building Resilience



ESG & CSR Benefits;
Community Engagement & Giving back to Hong Kong



Team Building;
increasing Cooperation & Collaboration

Our Permaculture Education Site

Sustainable Systems

Food

- Organic Farm
- Kitchen
- Nursery
- Organic Fertilizer Station

Waste

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

Water

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

Energy

- Solar showers (proposed)

Ecosystems

- Wetlands
- Woodland 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



Our 'Lunchroom'



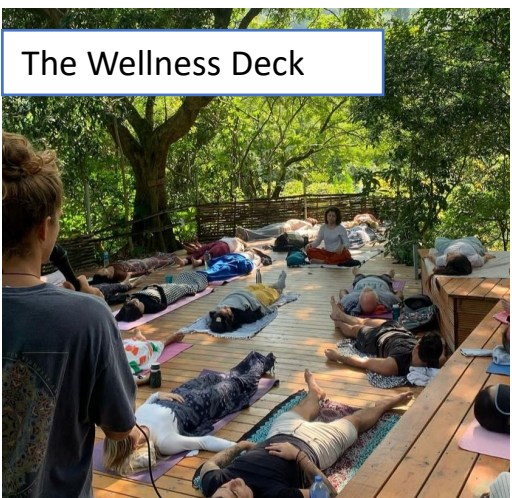
Tree Plantation Site



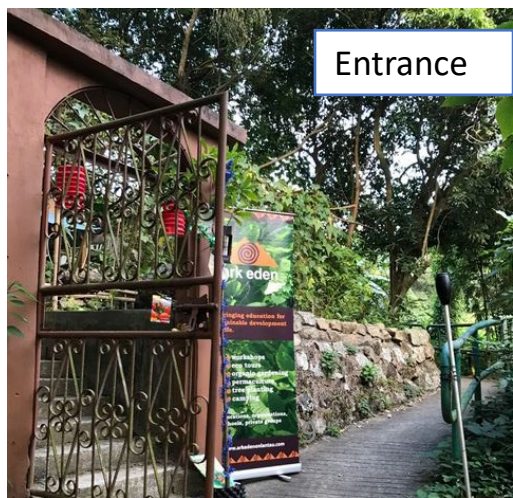
The Farm



The View



The Wellness Deck



Entrance

Our Impact

850,000 students
through our doors



37,500 trees
planted of over 150
species in the Tung
Hang Mei Valley



80 corporate
partners since 2006
partaking in various
ecological
restoration
activities



1 of Hong Kong's
fully functional
Permaculture
demonstration
sites for
sustainable living



10 Hong Kong
school wide
conferences
on Sustainability



150 Hong Kong
youth mentored
through our
'Service Learning'
programme

- **Affordable Education & Wellness Experiences** around nature immersion from ages 4 to 99
- **Working with Underprivileged communities**
 - Christian Action, Chicken Soup Foundation, Rotary Foundation, Caritas and more
- **Ecological Conservation & Restoration**
 - Restoring in the ecology of the Tung Hang Mei valley (Lantau)
 - Planting and maintaining 37,500 trees with over 150+ native species over 15 years
 - Bringing back the biodiversity index of the valley to an all time high.
 - Engaging in conservation issues for Hong Kong

Our Experts

- Combined 80 years in Education
- Combined 14 years in Ecological Restoration
- Combined 28 years in the Experiential / Outdoor Education
- Unique to Hong Kong for 34 years and counting

Mastery in:

- Experiential Education for all ages (Diploma by ELI)
- Social, Emotional, Ethical Education (Emory University)
- Forest School Level 3 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 – Level 1 (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

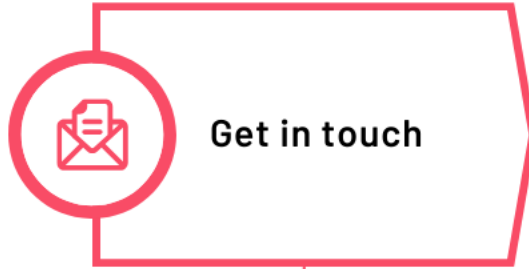
Accredited CA
 15+ years experience running accounts and financial operations
 Nature Enthusiast



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



Get in touch with us via email at partnerships@arkedenonlantau.org



Our curated programmes are supported by our 'Four Pillars' methodology and can meet your communities unique needs.



Engagements can be one or multi day, and can include visits to your community if applicable

Sponsorships will include photographic and video follow ups as well as project reports



Feedback & tracking impact is a vital way for us to understand our impact and what Hong Kong citizens need to be well.



Organic Farming & Food Systems



Ecological Restoration & Tree Care



Biodiversity Mapping



Yoga and Wellness



Children/Family Camping & Campfires



Family Days

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



ark eden

Thank You

Ark Eden Foundation

partnerships@arkedenonlantau.org

www.arkedenonlantau.org



ark eden

Appendix

Our Client List

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
- Caritas

Vision: More on Our Four Pillars

Our vision for the future is one where care for the planet and care for people are harmonized and in balance with one another.

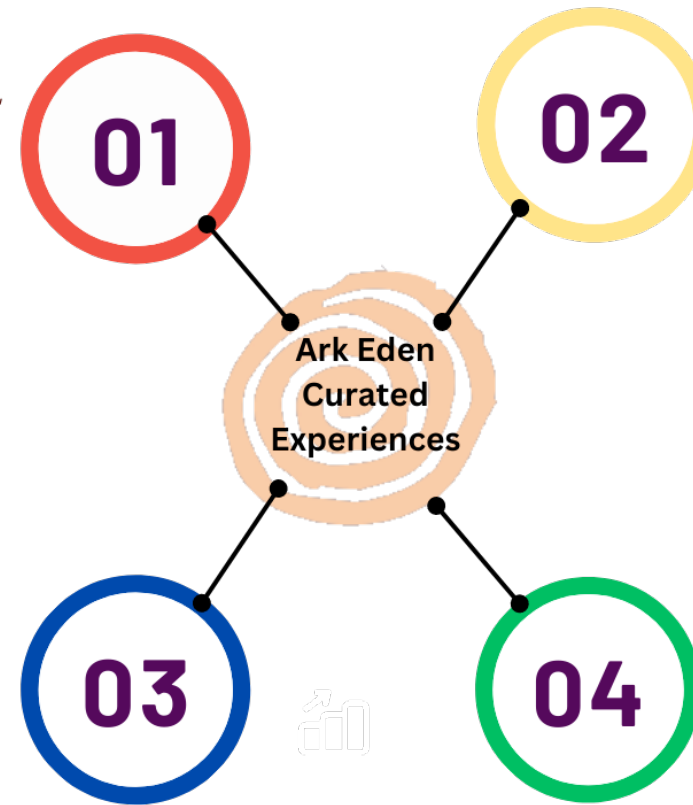
We achieve this through our 'Four Pillars' methodology

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**

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

Pedagogical Research

- Children who spend more time playing adventurously have lower symptoms of anxiety and depression and have overall better mental health ([Dodd et al, 2022](#))
- Connection to nature revealed significant positive associations with overall SEL (social emotional learning) skills, self-awareness, self-management, and relationship skills for children aged 2 – 18 ([Lanza et al, 2022, U of T](#))
- More access, proximity to, and time spent in outdoor and green spaces is positively associated with higher concentration, greater self-control, and increased memory and academic success. ([Chawla, 2009](#)).
- Children who play and spend time in nature have increased concentration and cognitive skills, including mitigation of ADHD/ADD symptoms. ([Taylor, 2009](#))
- Spontaneous, open-ended, play in natural surroundings offers unrivalled opportunities for early learners to classify, observe, explore, and interpret the phenomena around them. (Kellert, 2005) Through play, in the varied and less structured spaces of the outdoors, children encounter diverse opportunities for decision making that stimulate problem solving and creativity.
- Young people overall do not always perceive environmental issues as particularly pressing, and may be reluctant to acknowledge the need to change their own behaviour (e.g. [Goldman et al., 2015](#); [Lehnert et al., 2020](#)). However, by increasing nature connectedness through guided interventions will not only benefit their wellbeing, but will bring a higher proportion of the adult population to the level at which pro-environmental and pro-conservation behaviours. This in turn will benefit global biodiversity and environmental health, and create a sustainable future for us all. ([Price et al, 2022](#))
- There is growing evidence for developing public health interventions that attend to the psychological connection to nature of children, beyond simply exposing children to nature, for positive youth development ([Lanza et al, 2022, U of T](#))
- Spontaneous, open-ended, play in natural surroundings offers unrivalled opportunities for early learners to classify, observe, explore, and interpret the phenomena around them. (Kellert, 2005) Through play, in the varied and less structured spaces of the outdoors, children encounter diverse opportunities for decision making that stimulate problem solving and creativity.
- Opportunities for creative use of loose parts and child-led investigation set the ground work for cognitive processes and support scientific and aesthetic thinking. ([Ernst, 2008](#))



*There are many benefits to participating in nature. Such outcomes from nature immersion 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.***



ark eden
Thank You

Ark Eden Foundation

partnerships@arkedenonlantau.org

www.arkedenonlantau.org