

education



'Nature has always had more power than education.' - Voltaire

why naked retreats?

immerse in nature

learn about the environment and sustainability

fresh air and tranquillity

experience fun outdoor activities

learn about rural culture and local craft

learn about the history of Moganshan

interact with local villagers and students

learn all about the amazing bamboo



sample itinerary

(3 days 2 nights)

Day 1

09:00 Depart Shanghai on coach

12:00 Arrive at naked retreats and check-in

12:15 Decompression Walk - naked will guide you on its signature decompression walk to allow the group to relax

12:30 Village-style lunch

13:30 Eco-talk

14:00 Litter picking activity (2 hours)

16:00 Tea break

16:30 Outdoor team games (2 hours)

18:30 Western style dinner

20:00 Indoor team/board games

Day 2

08:00 Morning stretching by the lake – this is to encourage early rising and to enjoy the beauty of the forest in the morning

08:30 English and/or local style breakfast served either indoor or in the garden with freshly baked homemade bread

09:00 Cooking lesson

12:00 Village-style lunch

13:00 Orientation and map reading (3 hours)

18:30 BBQ with bonfire

20:30 Singsong and bonfire

Day 3

08:00 English and/or local style breakfast

09:30 Local school exchange/ photo and painting project (2 hours)

11:00 Free time

12:30 Lunch

13:30 Depart for Shanghai

'You must be the change you wish to see in the world.'

Mahatma Gandhi

environmental education

At naked retreats, we pledge our support to raise environmental awareness and curb global warming through education and action.

1. We collaborate with Greenovate to organize long running environmental education program (GECKO – Greenovate Environmental Challenge for Kids Outreach) that includes the involvement of members from the local government and community, students from local schools as well as international schools from Shanghai.
2. On site recycling and compost program.
3. Organize the big litter pick.
4. Organize tree planting events.
5. Organize art program using bamboo and recycled materials.
6. Use our facility as an educational tool and example to demonstrate the importance of sustainability.

activities

Nature refreshes the body and mind. There are many fun and interesting activities for students of all ages to participate in. We work closely with the schools to come up with bespoke itineraries.

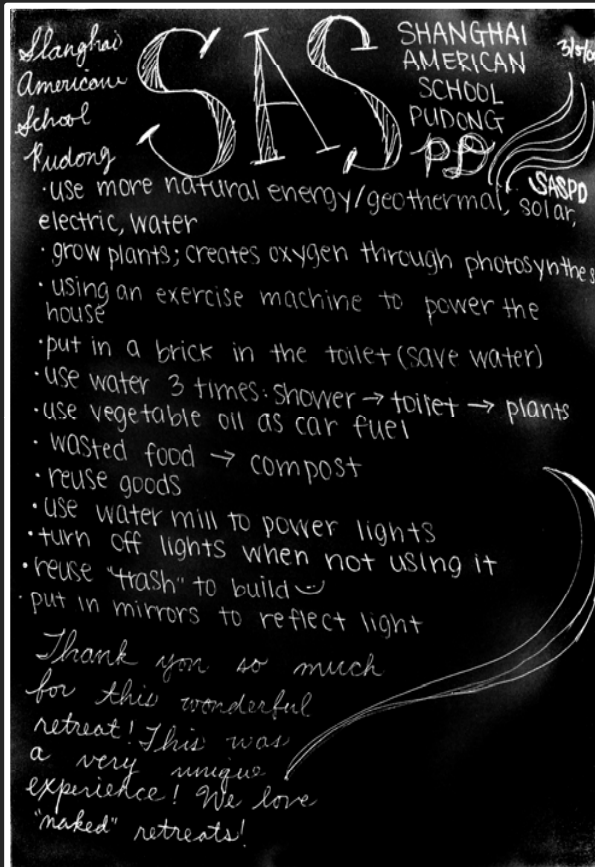
1. Creative arts and craft using bamboo and other recycled materials (eg. basket weaving, bamboo art, etc.)
2. Tea picking, roasting and packaging (seasonal)
3. Cycling
4. Swimming
5. Fishing
6. Tennis
7. Photography
8. Bamboo shoot hunting (seasonal)
9. Treasure hunt
10. Nature walk (learn about insects and fauna)
11. Bamboo forest walk
12. Historical Moganshan walk
13. Tea and nunnery walk
14. Starry starry night constellation walk



school testimonials

'This was a perfect place for our Roots and Shoots trip. We appreciate the invite to participate in the litter pick activity and the school exchange was a great experience for our middle school students from Shanghai. We lucked out with the weather and all enjoyed the peace and fresh air of the mountain. A real contrast from life in the big city. I hope we can continue to bring students from SAS up for future events and activities. Thank you!'

Eli Weiss - Roots and Shoots , SAS Pudong (3/6/09)



SAS PD (Shanghai American School Pudong)

'Thank you a ton! This was the best experience of my life. I loved this place, it was like our own little house. Thank you to everyone who helped us. I wish I could stay longer.'

'I love this! So cool! I think I'll come back with my parents!'

YCIS Shanghai (Yew Chung International School of Shanghai)

'You must be the change you want to see this world. Be ecofriendly. It doesn't mean doing without, it means doing differently.'

'Thank you for making a huge impact on us! We have really learnt a valuable lesson! And will pass it on!'

'This place is beautiful. Make sure it stays this way!'

'Awesome house! Awesome green! Save the earth! Lead a green life!'

'I love this place! Clean, beautiful, attractive! Let's protect the environment!'

BISS British International School Shanghai

'Naked: Pure, simple, enjoyable, nature, fresh and refilling the human resources! Thanks for this experience! We'll come back...'

YCIS

1. Different transportations: Bike, walking.
2. Recycle.
3. Shorter shower.
4. Open the windows instead of turning on the air conditioner.
5. Eat more vegetables.
6. Write on both sides of the paper.
7. Use energy saving light bulbs.
8. Don't litter.
9. Reuse things.
10. Recycle, reduce, reuse.
11. Buy lasting products.
12. Put pebbles in the back of the toilet. (Save water)
13. Fart less!
14. Compost.

