

Disaster Preparedness X Nature Conservation

Self-guided Booklet



Organised By



香港賽馬會災難防護應變教研中心
The Hong Kong Jockey Club
Disaster Preparedness and Response Institute

Funded By



The Hong Kong Jockey Club Charities Trust

Co-organised By



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Introduction

Our ancestors were full of wisdom; they coexisted with nature in a mutually beneficial way for many centuries. They were able to satisfy their needs without compromising nature. But, as the size of the human population has grown, the demand for natural resources has continued unabated. Through a combination of factors, humankind has caused irreversible damage to nature. “Natural disasters” have become less “natural”. With the global temperature rising, weather patterns changing and environmental pollution increasing, climate and ecological disasters have become markedly more frequent. At the same time, environmental change has brought psychological stress and emotional distress to people.

In light of this, the *Hong Kong Jockey Club Disaster Preparedness and Response Institute (HKJCDPRI)* has collaborated with *Kadoorie Farm and Botanic Garden* to jointly design and organize the “*Disaster Preparedness X Nature Education Programme*”. This programme encourages the general public to understand and reflect on the interactions between humans and nature, and to face stress, challenges and even disasters with a positive attitude. We can start with changes of our day-to-day life to proactively conserve the environment, working to decrease the risk of disasters and eventually reach our goal of developing a sustainable city.

Generously funded by the *Hong Kong Jockey Club Charities Trust*, HKJCDPRI was set up in 2014 by the *Hong Kong Academy of Medicine*. HKJCDPRI was founded with the mission to establish a knowledge platform to help the public gain better disaster management knowledge and enhance community capacity in disaster response and recovery. HKJCDPRI also conducts disaster risk management related training, school and public education programmes, online learning platforms and research projects. For more information, please visit: <https://www.hkjcdpri.org.hk>.

Kadoorie Farm and Botanic Garden was established in 1956 and is located on the northern slope of Tai Mo Shan, the highest mountain in Hong Kong. Deep valleys and clear streams meet here, surrounded by green forests. There are many gardens and terraced fields, as well as different conservation and education facilities.

This self-guided booklet has five different routes which will lead you on an in-depth experiential learning experience within the grounds of Kadoorie Farm and Botanic Garden. Rebuild a harmonious relationship with nature, animals and plants, while nourishing your soul.

Route 1

The “Invisible” Food Crisis

Although today’s science and technology have greatly advanced leading to increased agricultural productivity, humanity’s fondness for meat and fish and lack of attention towards sustainable food production has led to declines in soil fertility. Among other factors, population growth and unequal distribution mean that global food shortages and food security are lingering disaster risks.

Researchers from the Earth System Science course at the Chinese University of Hong Kong¹ predict climate change will cause world global food production to decline by more than 10% and the malnutrition rate to increase by more than 30%. Because of Hong Kong’s reliance on imported food, our risk is even greater.

Moreover, like many other places, Hong Kong creates a huge amount of food waste. The United Nations Environment Programme Food Waste Index Report 2021² shows that average Hong Kong resident wastes 101kg of food per year. This is 1.36 times the average wasted globally. According to the U.S. Centers for Disease Control and Prevention, the average person consumes up to 2.6kg of food per day³. This means that the wasted food per year of an average Hong Kong person, would provide enough food for one person for more than 38 days.

Reducing food waste can reduce greenhouse gas emissions, slow down land conversion and pollution, while also improving the availability of food, thereby reducing starvation and saving money.

This route takes visitors through 5 locations in the Lower Area of Kadoorie Farm and Botanic Garden. These locations can help you take a step towards understanding the food crisis and moreover, learn about possible solutions.



Duration 1.5 – 2 Hours

Difficulty Easy Medium Hard

¹ <https://www.cpr.cuhk.edu.hk/tc/press/cuhk-researcher-predicts-threat-to-global-food-security-from-climate-change-and-air-pollution-in-newly-published-study/>

² UN Environment Programme Food Waste Index Report 2021:
<https://www.unep.org/resources/report/unep-food-waste-index-report-2021>

³ A Low Energy–Dense Diet in the Context of a Weight-Management Program Affects Appetite Control in Overweight and Obese Women:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6054218/>

Not A Meal Without Meat?

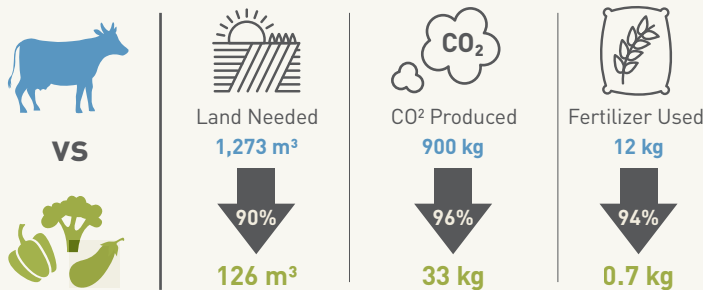
Location 1: Pigsties

Our “Da Hua Bai” pigs reside in these pigsties. They are some of the farm’s educational ambassadors helping to promote the “less meat” lifestyle. Animal husbandry is a heavy burden for the limited water, land and energy resources of our planet. Close to 80% of the world’s agricultural land is dedicated to the production of livestock for meat and the associated feed needed to raise them. Yet, not all the calories and nutrients pass on to human consumers. If this same land was used for growing grains and beans for direct human consumption, it would feed far more people and greatly reduce the food crisis.

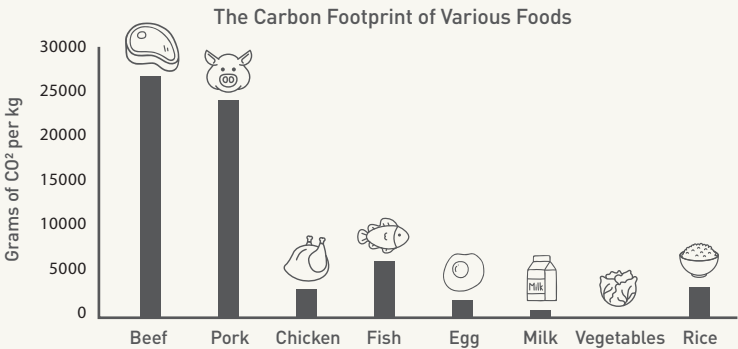


Meat production not only occupies land that could be used for direct consumption, it also produces carbon emissions and pollution in the process, much higher than the amount that would be produced for other foods. Advocating for a “less meat, more vegetables” lifestyle can help tackle the food crisis from its root, by addressing the insufficient supply of food.

Resources & Emissions for a Beef vs. Plant-Based Diet (Per Capita, U.S./Per Year)



Source: Environmentally Optimal, Nutritionally Aware Beef Replacement Plant-Based Diets



Source: Leung, et al, (2010). Carbon Audit Toolkit for Small and Medium Enterprises in Hong Kong

No Insects? Famine Comes

Location 2: Insect House

Insects play an extremely important role in nature. Inside the Insect House, you will find many different insect specimens and an introduction to various insects.

More than 80% of the crops we need for survival rely on insects to spread pollen and reproduce. Yet, even putting aside climate change, insect populations worldwide have been drastically reduced by environmental pollution, reduction of forest coverage, and the use of pesticides. When pollinators disappear, crops will be unable to bloom and bear fruit, severely affecting food production. Some crops may even become extinct.

Bees are one of the most important insect pollinators in the ecosystem, and help pollinate one third of the world's crop production. According to a research, the number of honeybee colonies in the United States decreased by 45.5%⁴ between April 2020 and April 2021. This caused crop yields to plummet by 70%⁵. Many of the fruits and vegetables we eat every day rely on insects for pollination.

In Australia, research also showed that if better conservation measures are not taken, 36 species of native butterflies will become extinct within the next 20 years⁶.

The disappearance of pollinating insects, such as bees and butterflies, may accelerate the extinction of other animals and plants. Ultimately, this snowball effect could bring disaster for biodiversity.

Do you know which of the crops below rely on bees for pollination and reproduction?



Figs



Bitter Melon



Oranges



Pumpkin



Almonds



Bok Choy



Onion



Guava



⁴ University of Maryland. (2021, June 23). US beekeepers continue to report high colony loss rates, no clear improvement. ScienceDaily. www.sciencedaily.com/releases/2021/06/210623193939.htm

⁵ Honey Bee Colonies – The USDA Economics, Statistics and Market Information System (ESMIS) <https://downloads.ers.usda.library.cornell.edu/ers-esmis/files/m301137d/8g84nk42x/00000x890/hcny0821.pdf>

⁶ Butterflies on the brink: identifying the Australian butterflies (Lepidoptera) most at risk of extinction: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/aen.12525>

A Little Goes A Long Way on Food Production

Location 3: Eco-Garden

In order to increase productivity, modern agriculture uses large amounts of chemical fertilizers and pesticides, adopts single-species crop farming, and over extracts nutrients from the land resulting in barren land which is unable to resist outbreaks of pest and disease. In the long term, this land loses the ability to be cultivated and ultimately reduces productivity.

The eco-garden is designed to imitate the natural ecological environment, and adopts rigorous organic farming practices, without the use of chemical fertilizers, pesticides or genetically modified crops. Moreover, the eco-garden strictly observes a crop rotation cycle so that the land can recuperate and regain nutrients. Finally, no dig gardening techniques are also used to reduce soil erosion and support the sustainable farming of this land.



Industrialised agriculture using the single species crop (monoculture) method



Lack of Land? No problem

Location 4 & 5: One-Dou Farm & Fruit Forest

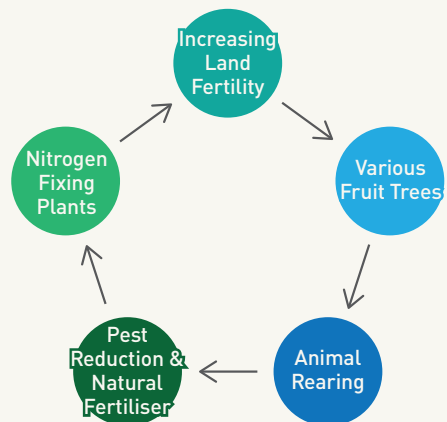
Hong Kong has always relied on imported food to feed its population. Local food production would only meet the needs of less than 2% of the population. Therefore, Hong Kong is at relatively greater risk under future food shortages and economic fluctuations. Sustainable small-scale farming methods can help reduce the risk; two demonstrations can be seen at Kadoorie Farm and Botanic Garden.

The One-dou Farm demonstrates one form of sustainable agriculture, using organic farming methods to reduce dependence on chemical fertilisers and pesticides. Tending to the One-dou Farm takes only two hours a day yet this small plot can produce enough fruits and vegetables to sustain the needs of five people.



The Fruit Forest uses a sustainable planting method. Various types of trees are planted, taking into account the characteristics of each species. Using this method, fruit can be harvested throughout the year. The orchard is designed to avoid damage to the environment while providing food for both humans and wild animals. The different species mutually benefit each other and effectively reduce the outbreak of disease and pest, increasing food productivity to counter food shortages.

Some farmers in Europe and the United States also raise chickens in their orchards which not only help reduce pests but also provide natural fertiliser for the trees. This approach is similar to the one used at the Fruit Forest.



Route 2 Climate Change and Disaster

Many people think that the impact of climate change on a modern city like Hong Kong would be limited. Perhaps, at most, summers would become hotter and winters colder. Some might think if we get lucky, we may even get out of work if a typhoon lands during office hours and we can get an extra day of vacation and take a break.

Actually, the impact of climate change in Hong Kong far exceeds that. The super typhoons that have appeared increasingly frequently in recent years are due precisely to the warming of the ocean's surface temperature. This creates typhoons with stronger wind speeds that carry more water, which cause severe flooding, landslides and storm surges.

Changes in precipitation patterns also contribute to climate disasters such as heatwaves. The Institute of Future Cities Research Hub at the Chinese University of Hong Kong in 2020⁷ analysed the number of hot nights and the number of deaths. It found that hot nights will increase number of deaths by 2.43% and 5 consecutive hot nights raise the risk of death by 6.66% with women and the elderly are at even greater risk.

A briefing paper written by Imperial College London researchers⁸ mentions extreme weather events can have varying effects on mood and mental illness, and could even increase rates of suicide.

Extreme weather has a negative impact on our body and mind. Through this route, we encourage you to explore the relationship between human activity, climate change and disasters, and act proactively to reduce your carbon footprint and the risk of disasters together.



*You may check the Shuttle Bus Timetable at Reception and purchase a shuttle bus ticket to reach the Kwun Yum Shan Summit. Alternatively, you can challenge yourself by hiking up the mountain, which takes about 1.5 -2 hours.

⁷ Beware Bad Health from "Hot Nights" <https://cuhkintouch.cpr.cuhk.edu.hk/2020/09/3346/>

⁸ Imperial College London: The impact of climate change on mental health and emotional wellbeing: current evidence and implications for policy and practice: <https://spiral.imperial.ac.uk/bitstream/10044/1/88568/7/The%20impact%20of%20climate%20change%20on%20mental%20health%20and%20emotional%20wellbeing%20-%20current%20evidence%20and%20implications%20for%20policy%20and%20practice%20%281%29.pdf>

The Hidden Culprit of Global Warming

Location 1: Pigsties

The livestock industry is one of the main culprits of global warming, accounting for 18% of global greenhouse gas emissions; this is more than the total global transportation industry (railways, ships, aeroplanes, etc.). The “Peak Oil” exhibit next to the Pigsties provides an in-depth understanding of ways you can change your eating habits to help mitigate climate change.



Deforestation for pastures causes a reduction in carbon dioxide absorption

Feed processing and transportation consumes energy



Livestock stomach gas and excrement contribute to greenhouse gases

The protein, vitamins, and fats in meat provide high nutritional value for people. Therefore, it is not easy to give up meat completely. We can start by changing just a little, such as eating a meal without meat one day a week and reducing the amount of meat we eat at each meal while adding more high-protein beans and nuts to our diet. By doing this, not only do we reduce our burden on the environment but it can also benefit our health.

We encourage everyone to practice a “less meat” diet. If everyone could eat less meat, the accumulation of our efforts would be considerable and the result should not be underestimated.

The Interdependence of Plants and Insects

Location 2: T.S. Woo Memorial Pavilion

Many Taiwan cherry trees grow by the T.S. Woo Memorial Pavillion, blooming between January to February every year. Kadoorie Farm and Botanic Garden has a “Cherry Blossom Index” for visitors to know about the most of the blooming period and admire the blossoms.

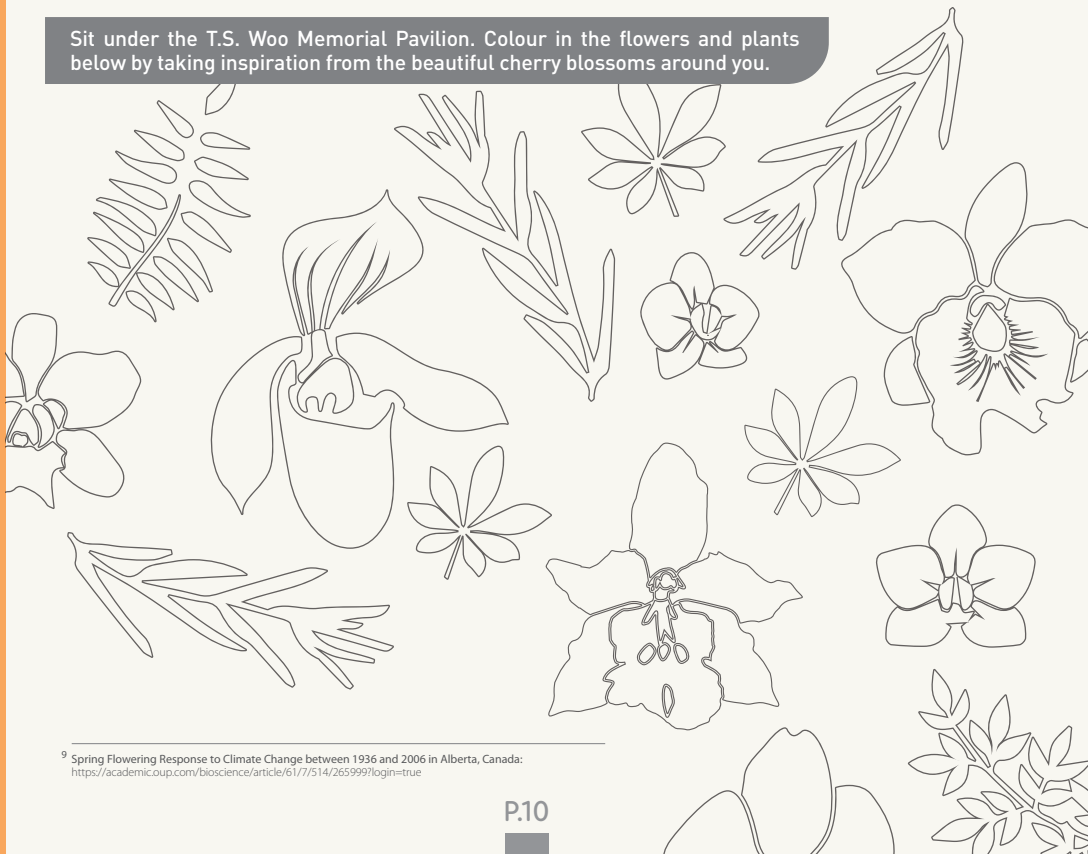
Viewing the cherry blossoms is a wonderful experience, but research⁹ shows that in recent years, flowering periods are beginning to change around the world because of climate change. Japanese cherry blossoms bloomed early in 2021, setting a new record for the earliest flowering period in 1,200 years of record keeping.

Plants and insects are interdependent and both rely on environmental cues. Global warming means earlier flowering and faster insect growth but the two may not be able to synchronise. When flowers bloom early, insect populations may not be ready and create a situation where insects will have no nectar to eat and flowers unable to rely on insects for pollination. This dilemma will create severe ecological imbalance.



Taiwan cherry,
also known as bellflower cherry
(*Cerasus campanulate*/
Prunus campanulate)

Sit under the T.S. Woo Memorial Pavilion. Colour in the flowers and plants below by taking inspiration from the beautiful cherry blossoms around you.



⁹ Spring Flowering Response to Climate Change between 1936 and 2006 in Alberta, Canada:
<https://academic.oup.com/bioscience/article/61/7/514/2659997/login=true>

The Aftermath of Typhoon Mangkhut – On Woods

Location 3: Kwun Yum Shan

While departing from the T.S. Woo Memorial Pavilion, pause at the entrance.

On September 16, 2018, the super typhoon Mangkhut struck Hong Kong; Kadoorie Farm and Botanic Garden did not escape its path. In the aftermath, fallen trees littered the roads leaving the area in chaos. If you follow the roads down the mountain, you will see stockpiles of the trees that were destroyed by Mangkhut that day. So many trees were brought down that these trees have yet to be processed. Eventually Kadoorie Farm and Botanic Garden will recycle these fallen trees, using them for biochar and recycled wooden furniture among other things.



The majority of Hong Kong's forests made up of single species that are not native, or are regenerated secondary forests. Compared to the rich biodiversity of natural forests, these forests have lower levels of biodiversity and soil quality. Coupled with the countless wildfires caused by human activity, what is left is forest with a low-degree of resilience. Trees are less likely to be able to withstand typhoons, and damage to the trees can be devastating.

Climate change brings more unpredictable phenomena. To deal with more frequent super typhoons, we must increase the diversity of tree species and establish strong and healthy forests able to withstand these challenges.

Saving Energy through Simple Living

Location 4 & 5: Lower Area Pedestrian Area and Farm Shop

On this route, you will pass through the pedestrian zone in the Lower Area and eventually arrive at the Farm Shop.

Carbon emissions generally refer to greenhouse gas emissions, of which carbon dioxide is the main one. Currently, electricity generation accounts for approximately 67% of greenhouse gas emissions in Hong Kong. Therefore, conserving energy is one of the most important ways we can reduce our carbon emissions.



Before reaching the pedestrian zone in the Lower Area, you will see 3 solar energy circuit lights and power generation system. You can learn more about them by reading the display panels there.

The Farm Shop sells seasonal and environmentally friendly items that have been produced locally or in neighbouring areas. Imported food consumes a lot of energy because of its need for long-term cold storage to keep it fresh and long-distance transportation which generates a lot of greenhouse gases.

According to data released in 2019¹⁰, if everyone on Earth adopted the current lifestyle of the average Hong Kong person, it would require the resources of more than 4 Earths to meet the demand. Reducing our carbon footprint must start with lifestyle habits such as reducing waste and conserving energy. We encourage everyone to reject fast food culture, consumption culture and choose locally produced, durable products with less packaging. Everyone can follow these habits and change our consumer culture to reduce disaster risk and build a brighter future for us all.

Buying 5
new t-shirts
each season



75 kg CO₂

(Assuming worn and washed 50x)

Reduce
80%
of CO₂

Buying 1
new t-shirt
each season



15 kg CO₂

(Assuming worn and washed 50x)

Eating a 90g
portion of steak
(roughly palm sized)



2.4 kg CO₂

Reduce
90%
of CO₂

Eating 90g
of potato



0.26 kg CO₂

Running a 1HP
air conditioner
for 8 hours
(9000BTU/hour)



3.8 kg CO₂

Reduce
95%
of CO₂

Running a
portable fan
for 8 hours



0.2 kg CO₂

One litre of
petrol burnt
in a car engine -
from Chai Wan to
Kennedy Town



2.5 kg CO₂

(Assuming it is
a midsize car/
large family car)

Reduce
99%
of CO₂

Taking the MTR
from Chai Wan to
Kennedy Town



0.03 kg CO₂

Source: Time to Step Up Action Now, How Do We Move Forward?
<https://www.susdev.org.hk/elearning/en/pe-3.php>

¹⁰ WWF Hong Kong Chapter "Hong Kong's Ecological Footprint 2019":
<https://www.wwf.org.hk/news/722561/-WWF42>

Route 3

Human Induced Ecological Disaster

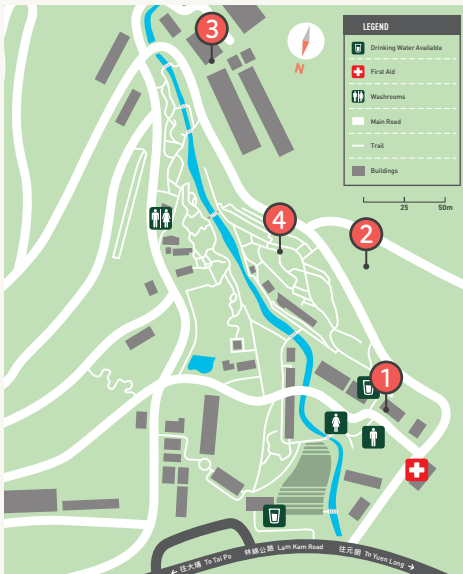
Nature has evolved over a long period of time to achieve balance. It is not accidental that humans have been able to live in harmony with nature for a long time. Our ancestors were full of wisdom and able to coexist with nature, fulfilling their needs without damage to nature.

Unfortunately, in order to meet the needs of our ever-increasing population and resource demands, humans began to destroy wild habitats. Between 1980 and 2000, 5 billion hectares of tropical rainforest was cut down and converted to agricultural land. One quarter of the world's flora and fauna are endangered.

Human activities have caused ecological disasters and the consequences are gradually emerging. Experts in infectious diseases predict there will be more epidemics in the future. Looking at climate-sensitive mosquito-borne diseases such as dengue fever and malaria, and others such as cholera, we can see that the spread and regional coverage of diseases have already increased significantly. According to data from the World Health Organization¹¹, only 9 countries had experienced severe dengue epidemics in the past, but dengue is now commonly found in more than 100 countries. More than half the world's population is being threatened.

Droughts and locust plagues also have serious consequences for food supply and security. Some regional crops have already become unsustainable due to high temperatures, endless flooding and increased humidity.

Our destructive behaviour towards nature endangers our own health. As just one member of nature that exists on Earth, should we learn to coexist peacefully and interdependently with other species, or let the situation continue to deteriorate and the environment suffer? This route allows us to rethink how to coexist peacefully with nature and wild animals, as well as to maintain ecological balance.



Duration 1 hour

Difficulty Easy Medium Hard



¹¹ World Health Organization: Dengue and Severe Dengue Fact Sheet
<https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue>

Improper Contact with Wildlife Spreads Disease

Location 1: Piers Jacob Wildlife Sanctuary

At the Piers Jacob Wildlife Sanctuary, you will see some of Hong Kong's local wildlife, such as barking deer and short-nose fruit bats.

The image of bats drinking blood is deeply rooted in our minds. Yet, majority of the approximately 1,000 species of bats actually feed on insects, nectar or fruit. In Hong Kong, a common east Asian house bat can eat up to 3,000 mosquito-sized insects in one night.

Bats should be even more beloved in the United States; at night, they help catch crop pests saving farmers US\$3.7 billion in economic losses every year¹². In addition, many fruit trees and crops, including bananas and durians rely on bats for pollination and reproduction.

Think about your impression of bats? Is its image in your mind positive or negative? Why do you have this perception? Have you gained a new understanding of bats after reading the exhibit?



¹² Bats are essential in a healthy world Part One
<https://www.kfbg.org/en/KFBG-blog/post/Bats-are-essential-in-a-healthy-world-Part-one>

The Fallacy that Endangers Wild Animals

Location 2: Amphibian and Reptile House

In the Amphibian and Reptile House, you will see many animals that have been seized from the illegal pet trade. The display panels also introduce the rare golden coin turtle and the local Romer's tree frog.

Many people believe that consuming wild animals can be beneficial for health. For example, in traditional Chinese medicine, it is believed that pangolin scales can cure diseases and provide pain relief. However, this claim has no scientific basis¹³. Pangolin scales are made of keratin, the same protein that makes up our hair and nails and is not helpful in promoting health.

In addition, different turtles, such as the golden coin turtle, are often regarded as a delicacy or kept as pets. This leads to over-harvesting in their native areas and endangers the survival of the species. The endangered Amboina box turtle of Indonesia plays an important role in its ecological environment. After eating the seeds of plants, their stomach acid helps remove the hard-outer layer of seeds. The seeds it disperses have a better germination rate, and a wider range of dispersal, which effectively helps afforestation.



The red eared slider is one of the turtles commonly kept as pets by Hong Kong people.

¹³ Kadoorie Farm and Botanic Garden - Pangolin Forensics
<https://www.kfbg.org/en/fauna-conservation/pangolin-forensics>

A Farmer's Friend

Location 3: Jim Ades Raptor Sanctuary

Jim Ades Raptor Sanctuary focuses on the treatment and rehabilitation of raptors. It houses raptors that are being rescued, but disabled or overly dependent on humans and therefore unable to be released in the wild. These black kites, crested goshawks or owls will live on in the sanctuary as education ambassadors.

Owls are actually closely involved in human agricultural production. Owls are skilled hunters and both the Chinese Academy of Sciences¹⁴ and the Israeli Ministry of Agriculture¹⁵ have data indicating each owl can prey on hundreds of mice a year, reducing crop losses. However, with the destruction of their habitat, and illegal hunting fuelled by the pet trade, the number of owls has decreased significantly. Not only does this impact agricultural production but more seriously, ecological balance could be destroyed and rodent-borne diseases could have the opportunity to spread.



¹⁴ Barn owls as biological control agents: potential risks to non-target rare and endangered species
<https://doi.org/10.1111/acv.12576>

¹⁵ Institute of Subtropical Agriculture, Chinese Academy of Sciences "Varied food chains: how rodent populations grow despite pest control"
http://www.isa.ac.cn/foxb/kpyd/201210/t20121016_3659259.html

The Illegal Pet Trade

Location 4: Parrot Sanctuary

The Parrot Sanctuary houses blue-and-yellow macaws, African grey parrots, orange-winged Amazons and many more, most being abandoned pets.

Due to their beautiful appearance, parrots are popular pets. They can live as long as 70 years and require a lot of care to live a healthy life. Because of this, many of them are eventually abandoned by their owners. In nature, parrots live in tropical rainforests and only come to Hong Kong via the pet trade. Once abandoned or escaped, because of the climate and lack of natural enemies, they reproduce rapidly.

In the UK, reports show that alien species of parrots reduce crop yields by 20%¹⁶; in Belgium, the number of native Eurasian nuthatch has been greatly reduced due to parrots occupying their habitat. This is an ecological disaster for the local plants that rely on the Eurasian nuthatch to spread their seeds. In nature, where the food chain is closely linked, whether it is species extinction or invasion, changes have a wide range of impacts and disrupt the entire ecological balance.

The various parrot species are written on the display board. Do you recognize any of them?



¹⁶ Cameron, M. (2012). *Parrots: the animal answer guide*. Baltimore: Johns Hopkins University Press.

No one ever wishes to encounter a disaster, but there’s always the chance that disasters will happen affecting our day-to-day or even our lives. When bad things happen, “mental resilience” can help us to move forward even in the face of adversity and is our most important skill. If we are able to maintain calm and turn stress into motivation, actively cope and overcome difficulties, it will be easier to recover after a disaster.

A 2019 study by the University of Exeter¹⁷ confirmed the link between exposure to nature and mental health improvement. Experiments have shown that being in contact with nature for 2 or more hours a week can help reduce the impact of stress on mood and positively affect your cortisol levels, heart rate and mental health. Research also shows that strolling, relaxing, smelling the fragrance of nature, listening to the sound of a running stream, birds singing or even just taking a minute to enjoy a green space can help you relax and reduce stress.

This route starts from the “heart”, allowing you to balance your body and mind, take a moment to relax and immerse yourself in the quiet peace of nature.



Duration 2 – 3 Hours

Difficulty Easy Medium Hard

¹⁷ University of Exeter – “Spending at least 120 minutes a week in nature is associated with good health and wellbeing”
https://www.exeter.ac.uk/news/research/title_720059_en.html

Becoming One with Nature

Location 1: Art House

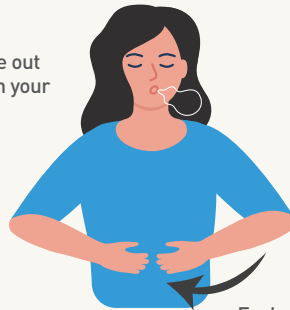
The open space in front of the Art House overlooks the scenic view of Tai To Yan Mountain located in Lam Tsuen Country Park. As a start, spending a few moments here to set your mood, relax and continue along the route in a calm and focused manner. When we are tense, we tend to breathe in short breaths, tense our muscles and it is difficult to relax. Diaphragmatic breathing, or deep breathing, expands the diaphragm so that the lungs can take in more oxygen, helping to reduce the heart rate and create a calming effect.

Breathe in
through your
nose



Feel your
abdomen expand

Breathe out
through your
mouth



Feel your
abdomen relax

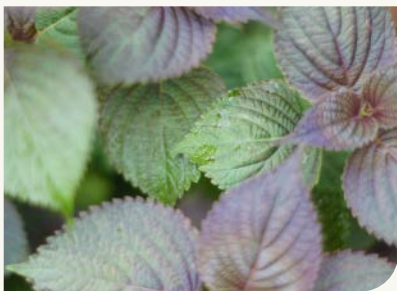
Find a comfortable place to sit down, close your eyes, feel the contact between your body and the ground, and the gentle breeze passing by. Then, take a few deep breaths, and let yourself become one with nature.

Open your eyes, how do you feel? Write or draw your feelings in the box.

Observing from the "Heart", Taking A Closer Look at Life

Location 2: Plants and Us Greenhouse

Walk along the ramp from the Art House to the Plants and Us Greenhouse. Take a stroll in the greenhouse and explore the flowers and plants on either side with your five senses. Try touching different plants gently, they each have their own unique texture, fragrance and can help you immerse yourself in nature. Feel harmony with nature. Slowly focus your thoughts on one of the plants that you like and quietly appreciate its shape, colour, and texture, and let your mind linger on this miracle of nature.



The Feeling of the Body

Location 3: Great Falls and Rainbow Pavilion

From the Lower Area, walk along the Woodland Trail and the Jackfruit Jaunt to the Great Falls. On the way, you will see old trees that have grown into spectacular shapes. If something catches your eyes, take a break and appreciate it. Follow your gut feeling and walk slowly, listen to your body and its message. For example, does your body feel relaxed or is there a certain part that is tight?

When you reach the Great Falls, you will have travelled about 1.5km. Stretch your muscles gently, and enjoy the feeling of moving about in nature. Going forward, you will reach the Rainbow Pavilion, a double-storey pavilion surrounded by a beautifully landscaped garden.



The Sounds of Nature

Location 4: Walter Kerr Gardens



As you walk down from the Butterfly Path to the beautiful Walter Kerr Gardens, you will see the interdependence of plants, animals and insects in nature.

Find a place to sit quietly, close your eyes and take a deep breath. Listen carefully to the sounds around you and see if you can distinguish the sounds of birdsong, the running river and the swaying trees. Refocus your attention on your breathing and listen carefully to the sound of your inhalation and exhalation.

While listening to your breath and the surrounding ambient sounds, immerse yourself in the movement of nature, calm your heart and try to feel yourself become a part of nature.

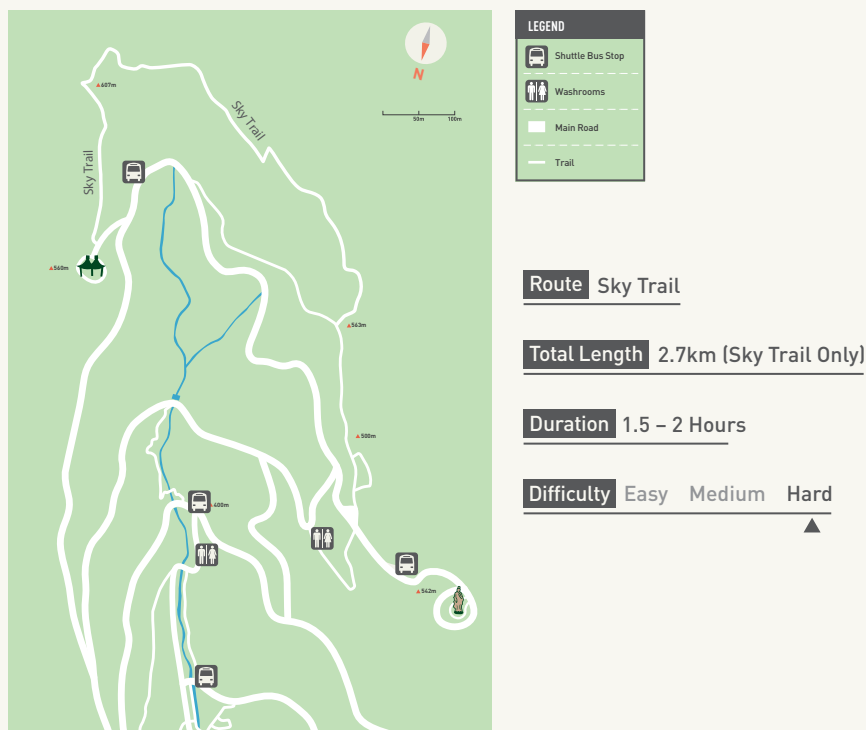
Route 5 Starting from the Body

Apart from a positive attitude, a strong and healthy body is also necessary in the face of disasters and adversity.

For most people, soil is just where plants grow. But for microorganisms, soil is their home. Soil does not only provide a fertile area for plants to grow but helps filter water, maintains ecological health, and is extremely important for people. Soil is a source of life. Without soil, it would be impossible for life to grow on Earth. Without proper protection for soil, food shortages would be inevitable.

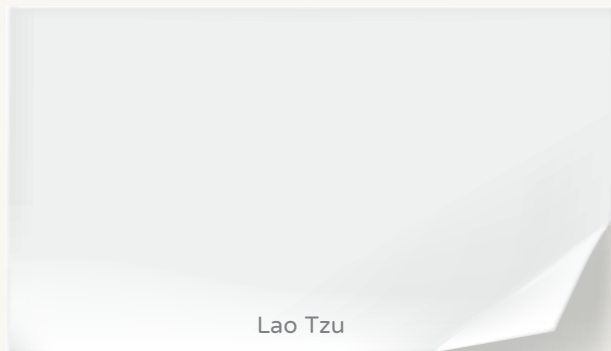
This is a slightly challenging trail and can help you exercise both your body and mind. By challenging your body and mind, you can improve your reaction and increase your resilience in the face of disaster. With a calm and positive attitude, it can help you escape a predicament safely and effectively.

Along this route, there are 8 famous quotes. You may copy these quotes in the blank spaces on the following pages as you pass each quote and spend some time to carefully understand its meaning. You may also try engaging in some meditation activities designed to help you relax your muscles and cleanse your mind. Embrace the transformation of mind and body as you follow this route.



*You may check the Shuttle Bus Timetable at Reception and purchase a shuttle bus ticket to reach the Kwun Yum Shan Summit. Alternatively, you can challenge yourself by hiking up the mountain, which takes about 1.5 -2 hours.

First Quote



Lao Tzu

- 1 Continue walking slowly in the forest
- 2 With every step, give thanks to the Earth
- 3 Expand your gratitude to the nature that nurtures everything

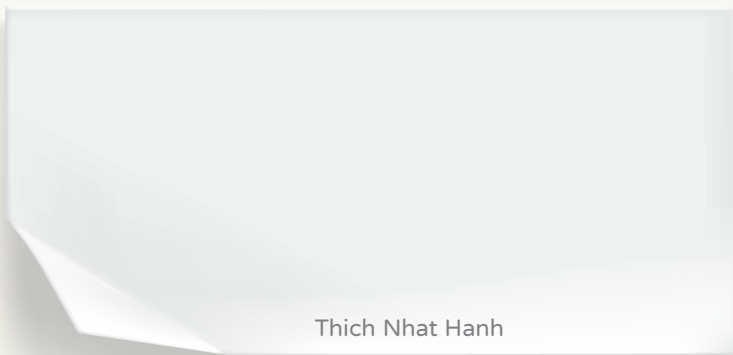
Translation/Explanation

If you know how to be satisfied, you can no longer be humiliated.

If you know that enough is enough, you will not encounter danger.

In this way, peace can be preserved for a long time.

Second Quote



Thich Nhat Hanh

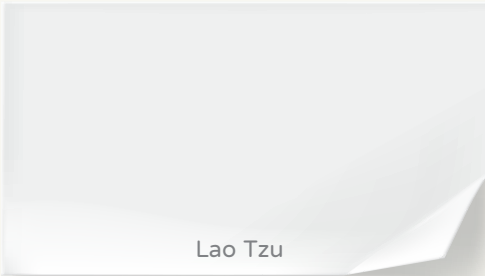
- 1 Close your eyes
- 2 Focus on the feeling of each breath
- 3 Feel the sensation of air entering and leaving the body
- 4 Focus on how you feel at this moment and let yourself live in the present moment

Third Quote

Ouyang Xiu

- ① Pause
- ② Look at the sky
- ③ Close your eyes
- ④ Feel what nature has brought to you
- ⑤ Can you feel the warmth of sunshine?
- ⑥ Can you feel a cool breeze or a drizzle?
- ⑦ Let calmness wash over you
- ⑧ Think carefully
- ⑨ Is there anything bothering you lately?
- ⑩ You are invited to write down your worries below

Fourth Quote

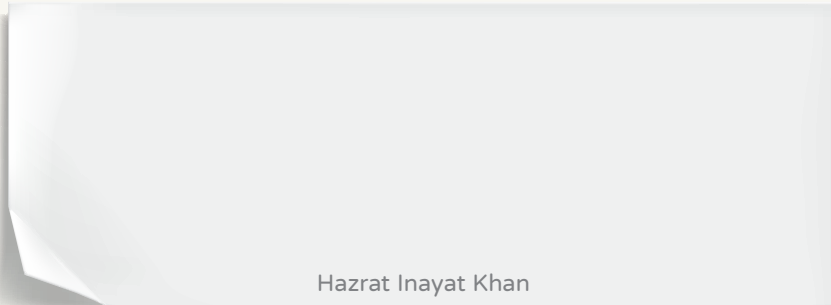


Lao Tzu

Lao Tzu from the Tao Te Ching

- ① How long has it been since you last felt calm?
- ② Find a comfortable position to sit down
- ③ Close your eyes and breathe slowly
- ④ If thoughts enter your mind, try to pause and focus again
- ⑤ Take another moment to focus on your breathing

Fifth Quote



Hazrat Inayat Khan

- ① Walk forward slowly
- ② Look for a tree you feel a connection with
- ③ Imagine that you are that tree
- ④ How would you feel?
- ⑤ What might you encounter?
- ⑥ Think again
- ⑦ How long has it been here?
- ⑧ How might it interact with other living things?
- ⑨ How might it communicate with us?
- ⑩ Try to understand nature from another perspective

Sixth Quote

Yoka Daishi (Zen Master)

- ① Close your eyes
- ② Try to focus on what you hear
- ③ Can you hear the sound of the wind?
- ④ What other sounds do you hear?
- ⑤ Take a guess and write down the source of the sound
- ⑥ Or, try to draw the source of the sound

Seventh Quote



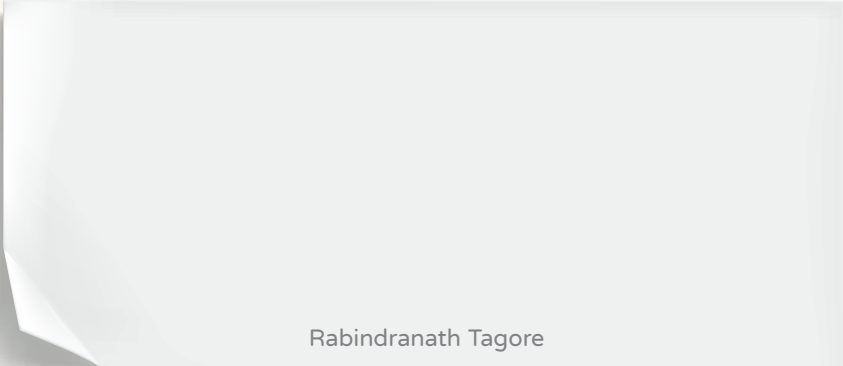
Lao Tzu

Translation/Explanation

The skilful traveller leaves no traces,
The skilful speaker says nothing that can be faulted,
The skilful strategist needs no chips.

- 1 Slow your step
- 2 Take a closer look at nature
- 3 Feel the breeze and listen to the sounds of nature
- 4 Reflect on your feelings towards nature
- 5 Try to enjoy this moment with gratitude

Eighth Quote



Rabindranath Tagore

- 1 Find something in nature you are drawn to
- 2 Try to write or draw it below
- 3 Observe it carefully with a grateful heart



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