

# Sustainability Experiences

Catalogue  
2024 - 2025

A circular inset image at the top of the page shows a group of people sitting on a grassy field, engaged in an outdoor art activity. They are holding paintbrushes and looking at their work on canvases. A box of art supplies is visible in the center. The background of the entire page is a solid green color with a large, light green circular shape on the left side.

## Table of Contents

**01.**

**About Eedama**

**p. 03**

**02.**

**Site Visits**

**p. 09**

**03.**

**Workshops &  
Courses**

**p. 22**

**04.**

**Our Prices**

**p. 36**

**05.**

**Contact Us**

**p. 37**

## Who is Eedama?



Eedama is a MAAN certified social enterprise, founded in Masdar City, Abu Dhabi in 2015; that promotes **sustainable development** by supporting citizens, schools and organizations in embracing sustainability within their practices.

“

Eedama comes from the Arabic verb  
"to make it last" which is what  
sustainability is all about: Being proactive!

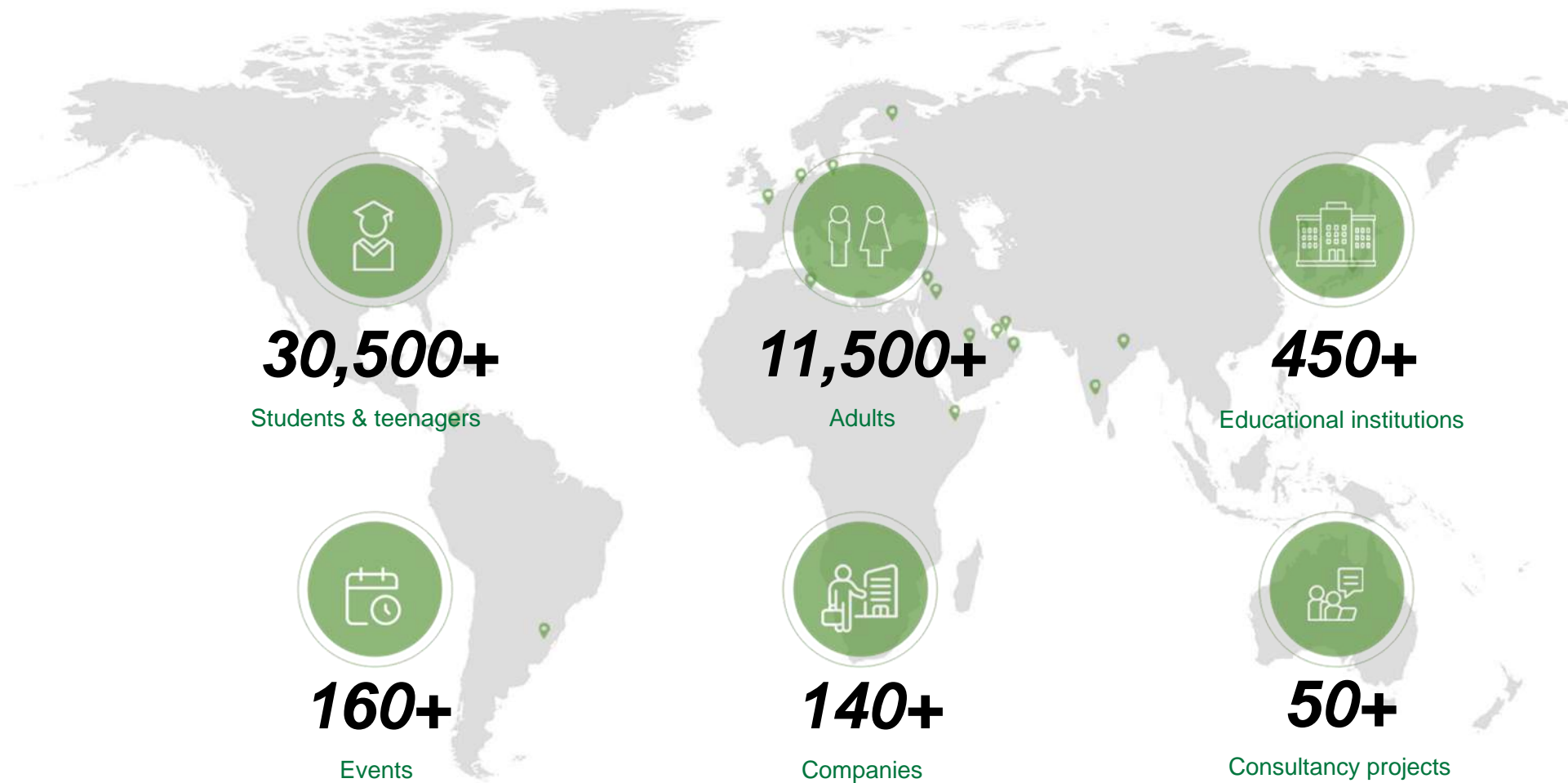
- Dr. Ounsi El Daif  
Founder & CEO

”



# EEDAMA'S OUTREACH & IMPACT

since 2015



## PARTNERS & CLIENTS

Eedama operates in both the UAE and Lebanon, hosting & collaborating with partners globally.



## Topics & Themes

Programs can be delivered at your location, commercial locations or through online platforms. Tailor, mix and match from more than 50 different sessions, multiple professional training options and various field trip locations



# PAST PROJECTS 2023



**June 2023**  
- Abu Dhabi  
Graduate Program Team  
Building, COP 28 Experiential  
Teamwork & Collaboration  
Empowering managers on  
conflict resolution & decision  
making towards the  
environment.  
(25 pax)



**January 2023**  
- Abu Dhabi

Empowering employees with  
profound awareness of the  
impact of their daily office  
actions & how they can reach  
their companies sustainability  
goals.  
(400 pax)



**May 2023**  
- Abu Dhabi

Hosted various Indian  
Universities such as  
IBA (Indus Business  
Academy) – 100  
Engineering Students



**May 2023**  
- Abu Dhabi  
Graduate Program Team  
Building, Sustainable Auditing  
& UN SDGs  
Empowering youth on finding  
sustainable housing solutions  
for the city of Abu Dhabi  
(30 pax)



**Summer 2017 &  
2018**

Omani Youth Vision &  
Shell Program –  
Sustainable Innovation  
training



**January 2023**  
- Abu Dhabi

Circular Economy,  
Technology &  
Innovation Training  
with Universidad Piloto  
in Colombia (45 pax)

## VARIOUS TRIP LOCATIONS

Book a meaningful field trip with Eedama for your team and give them an opportunity to realize human impact on local and global environmental issues in a real life scenario. Participants will have a chance to experience local sustainable practices, discover the reality of tomorrow's challenges, imagine solutions and participate in meaningful activities with a mix of talks, workshops, experiments and team buildings.

# 02

## SITE VISITS

### MASDAR CITY

Abu Dhabi

### HYDROPONICS FARM

Abu Dhabi

### AVENTURA

Dubai

### CLEAN UP

UAE

### SHAMS SOLAR POWER PLANT

Abu Dhabi

### RECYCLING FACILITY

Abu Dhabi/Dubai

### SOIL MUSEUM

Dubai

### DUBAI DESERT CONSERVATION RESERVE

Dubai

# Masdar City – Sustainable City

## Abu Dhabi

### Includes:

- Interactive tour
- Riding driverless cars and buses
- Treasure hunt/Team Building
- Environmental audit
- Lunch can be organized



Masdar City



Starting from  
150 AED  
(INCL. VAT)  
per person



3 Hours



15-60 pax

- Masdar City is a state-of-art pilot project for a sustainable city; it integrates **urban planning, knowledge, research & development, and culture**. Students have the opportunity to discover the livelihood and challenges of a sustainable city in the desert climate. They will engage in an **interactive tour** where students get exposed to sustainability first hand through **new technology, traditional and modern passive design, renewable energy** and much more. They will also experience the different **alternative transportation** means such as driverless cars and buses. To top it all off, students will then engage in a **treasure hunt** around the city as well as conduct an **environmental audit** on how to improve future cities.



Arrival



Discussion



Lunch Break



Tour &  
Treasure hunt



Departure

# Shams Solar Power Plant

## Al Dhafrah Innovation Centre

### Includes:

- Interactive tour
- Treasure hunt/Energy Audit
- Energy workshops



Al Dhafrah -  
Abu Dhabi  
Western  
Region



Starting from  
150 AED  
(INCL. VAT)  
per person



2.5 Hours



20-80 pax



- Discover Shams, the **solar power plant** in Madinat Zayed that is a pioneering renewable energy project in the UAE. This trip includes a visit to Al Dhafrah Innovation Centre—a fascinating hub showcasing the latest in **sustainable technology and research** where students can witness the magic of **renewable energy** in action. This trip offers a fun and enlightening experience for school trips, inspiring students about the future of **clean energy** and innovation through **hands-on workshops** related to **solar energy**, **energy competitions**, and more.



Arrival



Tour



Snack  
Break



Workshops &  
Treasure hunt



Departure



# Modern Farming in the Desert

## Abu Dhabi

### Includes:

- Engaging farm tour
- Team Building
- Planting & harvesting
- Hydroponics workshop
- Breakfast can be organized



Al Rahba,  
Abu Dhabi



Starting from  
200 AED  
(INCL. VAT)  
per person



3 Hours



12-60 pax



- Explore one of the first Emirates **hydroponics farm** in the Middle East and the region. The farm aims to spread the culture of healthy food and planting in order to reach food security and global excellence in agriculture. Eedama in collaboration with Gracia offers a program that focuses on **the concept of local, urban and sustainable farming** where students get exposed to modern techniques in agriculture such as **hydroponics** and **aquaponics**.



Arrival



Discussion



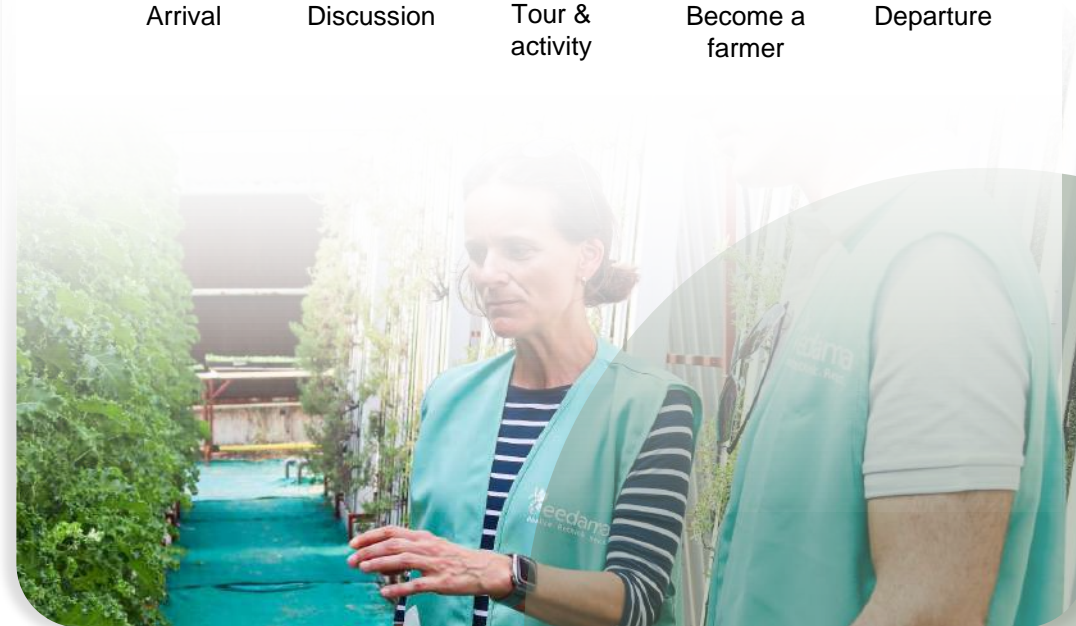
Tour &  
activity



Become a  
farmer



Departure



# Kayaking in the Mangroves

## Ajman

### Includes:

- Engaging tour
- Environmental workshops
- kayaking
- Clean up
- Mangrove Planting



Yas Island  
& Ajman



Starting from  
300 AED (INCL.  
VAT) per person



2-2.5 Hours



20-50 pax



- The Mangroves are an important part of our **natural ecosystem** and their survival is vital for UAE's environment. They are a source of **biodiversity** and are able to **control air pollution** by naturally filtering out industrial and other types of waste. They can also grow where no other tree can grow! Eedama offers an educational program along with an exciting **kayaking tour & mangrove planting** activity that highlight the importance of such ecosystem.



Arrival



Discussion



Kayaking



Hands-on  
workshop



Departure



# Vine Communities - Green Interiors

## Abu Dhabi

### Includes:

- Interactive tour
- Healthy cooking
- Circular economy
- Business & sustainability
- Sustainable fashion
- Green Interiors



AlKhalidiyah,  
Abu Dhabi



Starting from  
150AED  
(INCL. VAT)  
per person



2-2.5 Hours



15-60 pax



- Explore green interiors in the heart of Abu Dhabi. This trip includes **engaging indoor tour** where students get exposed to **green indoor spaces** while understanding the concepts of sustainable life style and design. Students can get the chance to participate in **healthy cooking, cheesemaking, sewing, planting, creating hygiene and beauty products, designing** and more!



Arrival



Hands-on  
workshop



Snack break



Tour & Audit



Departure



# Umm Al Emarat – Sustainable Park

## Abu Dhabi

### Includes:

- Interactive tour
- Treasure hunt/Park Audit
- Sustainable open spaces design



Al Mushrif,  
Abu Dhabi



Starting from  
100 AED  
(INCL. VAT)  
per person



2-2.5 Hours



15-60 pax



- Parks are important to our urban scape because they act as lungs for the city. They help in reducing heat in the city and help reduce the impacts of climate change by absorbing pollution. If designed well, parks can also act as **conservation and restoration areas for natural habitats**, and be the source of **biodiversity** within the city.
- Eedama offers an **educational trip** to one of the rare parks in the UAE, Umm Al Emarat park, where sustainability and environmental friendliness were considered. Students will participate in an **engaging tour** that tackles various topics related to **sustainable open spaces** followed by a **hand-on activity**.



Arrival



Tour



Snack break



Activity &  
workshops



Departure



# E-waste Recycling Facility

## Abu Dhabi

### Includes:

- Interactive facility tour
- Insight on waste management
- Explore different waste streams and machinery on site
- Competing in a dismantling & sorting workshop



Mussafah -  
Abu Dhabi



Starting from  
200 AED  
(INCL. VAT)  
per person



2-2.5 Hours



20-50 pax



- Ever wondered how to dispose your E-waste? In this trip, students will understand the **innovative ecological alternative to landfill dumping** at site and explore how their waste can be **processed, recycled and upcycled**. The program mainly focuses on **E-waste recycling** and how to extract valuable materials after shredding the e-waste into tiny pieces that could be reused in a new electronic appliance.



Arrival



Tour &  
activity



Dismantling  
Workshop



Departure



# Journey To The Recycling Realm

## Dubai

### Includes:

- Interactive facility tour
- Explore different waste streams & machinery on site
- Q&A with industry experts



Jebel Ali –  
Dubai



Starting from  
100 AED  
(INCL. VAT)  
per person



2-2.5 Hours



20-50 pax



- This is an opportunity for students to embark on an educational adventure to a state-of-the-art recycling facility. During this engaging excursion, students will get an up-close and personal look at how recycling processes work, from the collection of materials to their transformation into new products. They will gain valuable insights into the vital role recycling plays in conserving our environment and reducing waste.



Arrival



Tour &  
activity



Activities &  
Workshop



Departure



# Aventura Park - Sustainability Expedition

## Dubai

### Includes:

- Biodiversity & Conservation Workshops
- Nature Walk
- Soil Art & Painting
- The largest Zip-line and rope course in the Middle East
- Ghaf Tree Seeds Planting



AlMushrif  
Park - Dubai



Starting from  
230 AED  
(INCL. VAT)  
per person



4 Hours



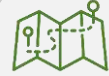
15-150 pax



- An exciting and educational journey designed for students to explore sustainability in the heart of adventure and nature at Aventura Parks in Dubai. This unique field trip commence an immersive introduction to the principles of sustainability and the importance of environmental responsibility. The adventure includes thrilling **zip-lining and rope course** activities with guided nature walks and hands-on activities. **Interactive workshops** will engage students in nature conservation where they will be encouraged to think critically about **sustainable practices** and how they can adopt them in their daily lives.



Arrival &  
Introductory  
session



Tour &  
Treasure hunt



Snack/lunch  
break



Zipline &  
Courses



Departure



# Dubai Desert Conservation Reserve

## Dubai

### Includes:

- Desert Conservation Centre Tour
- Hands-on National Tree Workshop
- Scavenger Hunt
- Cafe on site
- Sand Painting Workshop
- 80 AED additional for Desert Safari



Dubai



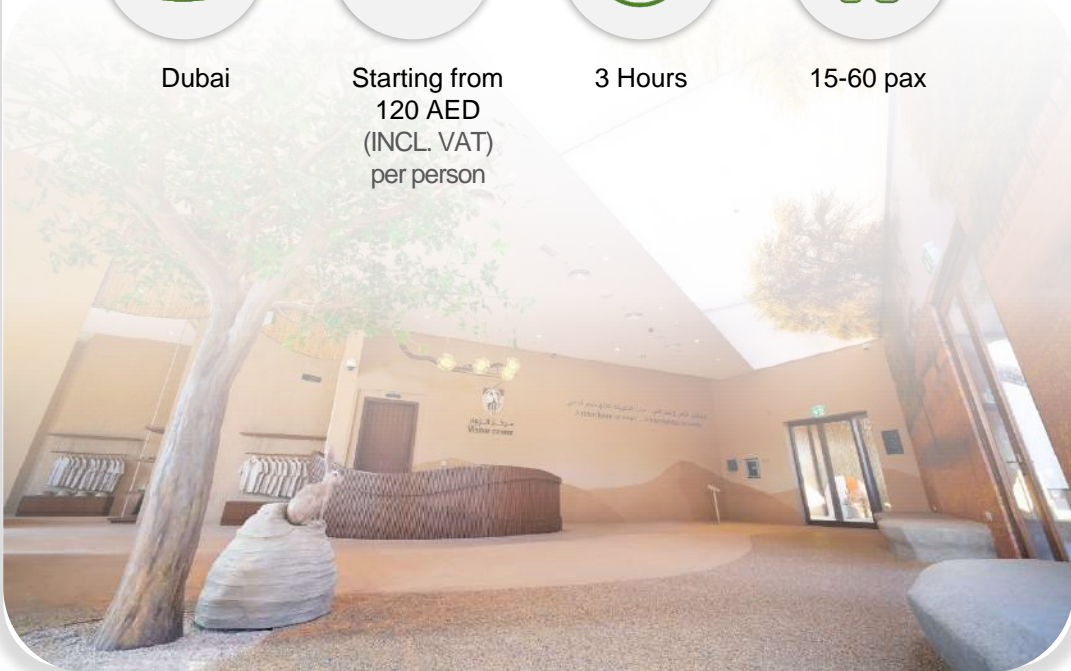
Starting from  
120 AED  
(INCL. VAT)  
per person



3 Hours



15-60 pax



Dubai Desert Conservation Reserve works to protect Dubai's last desert wilderness and its native plants and animals. It is the UAE's first national park and part of Dubai's natural heritage. Join us for the program where we learn through interactive tour and engaging workshops about desert ecosystem, flora & fauna conservation, and human-environment relationship. The tour and workshops include learning about desert habitats (plants, mammals, reptiles, birds and spiders), creative sand dunes painting workshop, Ghaf Seeds workshop.



Arrival



Tour &  
treasure hunt



Break



Activities &  
Workshops



Departure



# Soil Conservation Journey at the Soil Museum Dubai

## Includes:

- Soil Erosion & Conservation
- Urban Farming & Planting workshop
- Soil Painting
- Meet Worms - Nature's Top Recyclers
- Composting and Soil Enrichment

NOTE: Climate Fresk Workshop & Living Soils are available upon request



Emirates Soil Museum  
- Dubai



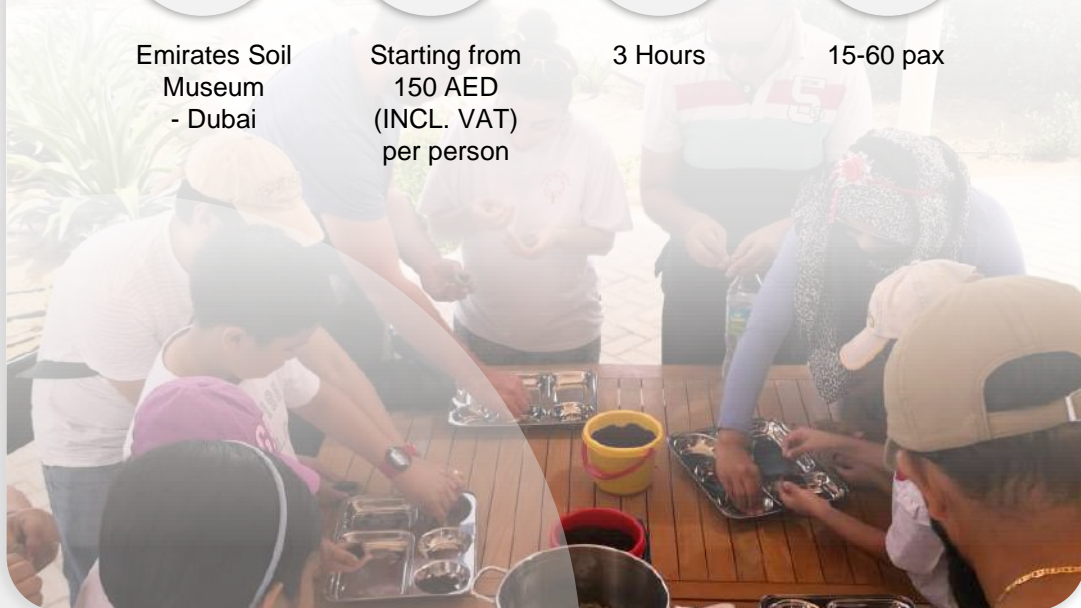
Starting from  
150 AED  
(INCL. VAT)  
per person



3 Hours



15-60 pax



- No Soil, No Us! What is under your feet is more important than you think. That's why this fieldtrip highlights the importance of soil in our lives through a guided tour and hands-on activities at the Emirates Soil Museum in Dubai. From the arid sands of the desert to the rich soils supporting agricultural endeavors, students will gain a deeper understanding of the unique characteristics and properties of these soils. Students will leave the museum with a newfound appreciation for the vital role of soil in our environment and a sense of responsibility to contribute to its conservation.



Arrival



Tour & activity



Discussion & workshop



Departure



# Climate Picnic & Clean Up at Qudra Lake

## Dubai

### Includes:

- Educational Workshop
- Data Collection Measurement
- Collection and Sorting
- Analysis Discussion
- Tools & Materials provided
- Clean up

\*In a collaboration with Dubai Municipality



Qudra Lake -  
Dubai



100 AED  
(INCL. VAT)  
per person



2 Hours



20-50 pax



- Desert cleanup field trip is a fantastic initiative that not only contributes to environmental conservation but also educates students about the importance of responsible waste management. This trip is a powerful learning experience that instils a sense of environmental responsibility and supports successful integration of UN SGD Goals.



Arrival



Discussing &  
clean up



Snack Break



Games &  
Workshop



Departure



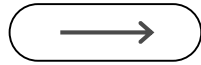
03

## WORKSHOPS & COURSES



# Example of Sustainability Trainings Available





# PROPOSED WORKSHOPS

**01**

Concentric Circles is a powerful bonding exercise that gives individuals the opportunity to share their thoughts and experiences with others in one-on-one conversations. As people are given an ordered situation in which to have these conversations, they are able to build relationships with others without the pressure or awkwardness that are often part of social interactions.

## CONCENTRIC CIRCLES



**02**

In this activity, we will be shaping the organization (indicating pile of rope). Each of us knows in our own minds what we think the organization should look like, but we are frequently blind to one another's visions when starting out.

## FORMING A TEAM



**03**

**Connecting actions to the companies Values and the UNSDG's – Interdisciplinary of Sustainability.**

The participants will be given an environmental topic and asked to place it on the right company pillar while linking it by a thread to the problem and solutions.

## SUSTAINABILITY MIND MAP



# PROPOSED WORKSHOPS

04

Participants will learn about the importance of locally grown food and water efficiency through a self watering planting system. They will kick start their own self mini farm while exploring modern urban farming solutions such as Hydroponics and Aquaponics.

## HYDROPONICS SELF WATERING FARMING KIT



05

This activity combines knowledge, collaboration, and innovation to address real-world challenges. It focuses on creating sustainable business ideas, fostering a sense of purpose and responsibility within your team. By engaging in this activity, your team can learn about climate-related topics, and bond through problem-solving..

## UN SDGS BUSINESS SOLUTIONS



06

Creation of DIY natural personal use and hygiene products from material that are readily available in most homes. Participants will learn how to customize a body scrub with essential oils and other ingredients for a nourishing skincare routine.

## DIY SCRUB





# PROPOSED WORKSHOPS

**07**

The fast-growing Neem tree, a member of the mahogany family, is highly valued for its medicinal properties. Various parts of the Neem tree can be utilized for organic farming applications or in cosmetics.

## NEEM WORKSHOP



**08**

The objective of this workshop is to have fun and gain a deeper appreciation of soil – one of our most important natural resources. Participants will be given various elements to upcycle into artwork using natural material

## SOIL PAINTING



**09**

Designing an urban planning model as a team known as the '15-minute city'. This envisions a decentralized approach where every neighborhood provides essential social functions within a short walk or bike ride, making urban living more sustainable and convenient.

## DESIGN A 15-MINUTE CITY



# PROPOSED WORKSHOPS

10

Participants will be introduced to recycling practices in the UAE in terms of food waste and other common waste streams. They will be divided into groups and asked to compete and sort recyclables and non-recyclables correctly.

## SORTING & RECYCLING



11

Participants will be divided into groups & assigned specific materials to explore & experiment with, aiming to develop the optimal mixture for creating rammed earth structures. They will gain knowledge on material selection, compaction techniques, and the importance of soil composition in achieving robust & eco-friendly building material.

## RAMMED EARTH CONSTRUCTION



12

Participants will plant in a sustainable way that can reduce the water consumption per plant by using the right planting and layering components. Each one of them will leave with a beautifully layered flower jar with their choice of herbs.

## ARTISTIC PLANTING





# PROPOSED WORKSHOPS

**13**

Participants will create their own hand-crafted candle made out of organic and sustainable material.

DIY candle making offers individuals to express creativity, cultivate self-reliance, and enjoy the therapeutic benefits of crafting personalized, high-quality candles.

## DIY CANDLE MAKING



**14**

Creation of DIY natural personal use and hygiene products from material. Participants learn about natural ingredients as they customize their own deodorant with essential oils to promote healthy, odor-free underarms without harsh chemicals.

## DIY DEODORANT



**15**

Taking a lip balm recipe and making some from scratch offers a sense of simplicity, personal connection, and satisfaction that you can't get from buying it from a store. Participants learn how to create an all natural lip balm that is chemical free.

## DIY LIP BALM



# PROPOSED WORKSHOPS

16

Participants will learn how to transform an old t-shirt into a stylish shopping tote bag using various weaving techniques. This workshop emphasizes repurposing materials to reduce waste and the water footprint associated with t-shirts. By creating reusable bags from old t-shirts.

## UPCYCLING T-SHIRTS



17

Participants will learn about renewable energy sources and explore the connection between electricity use & its production by experiment with solar panels. Participants compete in teams to create six different installations using solar and wind energy. Participants will build their own solar-powered cars and enter a race to determine who has constructed the best model.

## SOLAR WORKSHOPS



18

Participants learn about waste management by creating compost from organic materials, exploring the world of worms and how they help enrich soil. This session allows participants to investigate the world of vermicomposting (wormeries) as they can see worms close up, identify the main parts and learn about their diets and what products the worms produce.

## THE WORLD OF WORMS





# PROPOSED WORKSHOPS

**19**

A collaborative tool designed to promote a shared understanding of soil functioning & issues related to its preservation. Over the course of 2 to 2.5 hours, participants engage with 30 informative cards about soils. Participants understand the impacts of agricultural practices on soil health.

## LIVING SOILS WORKSHOP



**20**

In this interactive session, participants will learn to create their own personalized pillow mist using soothing essential oils that promote restful sleep. The workshop blends aromatherapy with creativity, allowing your team to unwind, bond, and take home a custom-made sleep aid that supports better relaxation and well-being.

## DIY PILLOW MIST



**21**

An engaging DIY Natural Toothpaste workshop where the team will learn to craft their own eco-friendly toothpaste using simple, natural ingredients. Participants will leave with their own personalized toothpaste and the know-how to continue their natural oral care journey.

## TOOTH PASTE



# PROPOSED WORKSHOPS

22

Create art pieces from recycled/upcycled items such as bottles and caps. This artistic approach not only adds a distinctive flair to your event but also aligns with modern values of environmental responsibility, making it a perfect choice for businesses looking to leave a lasting, positive impact.

## TRASH TO TREASURE



23

This hands-on workshop you will make a functional decorative accessory for yourself or as a gift for someone. Participants will learn about eco-friendly gypsum-based material. Participants will then use a no-waste production technique to create one-of-a-kind pieces in their choice of color and design. You will give your piece finishing touches to take home with you.

## ECO RESIN



24

This activity focuses on designing a small garden plot using companion planting principles. Participants are given a farm plot to design in teams and compete on the best organized outcome. This can then be transformed into a mini farm in the office/home.

## CROP PLANNING





# PROPOSED WORKSHOPS

**25**

Because the better we feel, the better we do.

Bringing the de-stressing benefits of yoga, breath work and meditation to your office. Improving the physical, mental & spiritual state of every participant

**YOGA AT YOUR DESK**



**26**

Understanding the complexity of climate science is hard, but this workshop turns climate science into a game in which students get the complete picture of the phenomenon of climate change by building cause-and-effect relationships. The game allows them to see the role of humans in climate change, as well as to think about how we – humans can also solve them.

**CLIMATE FRESK**



**27**

An interactive and fun way to reinforce learning about the Sustainable Development Goals (SDGs). Players roll a large dice, move across the board and answer questions related to the SDGs when they land on specific spaces. The game fosters a sense of teamwork and critical thinking while helping participants connect their knowledge to the 2030 agenda

**SDG SNAKES & LADDERS**





# ENTREPRENEURSHIP COURSE

topic 1

**Team Building**

Topic 2

**Market Sizing**

Topic 3

**Impact Assessment**

Topic 4

**Business Model**

Topic 5

**Marketing**

Topic 6

**Fundraising**

# CAREER EXPLORATION

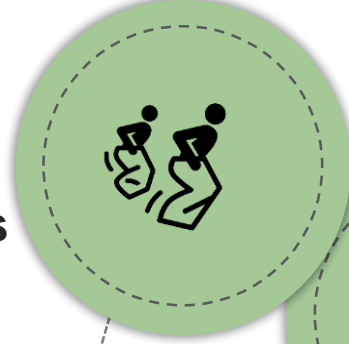
## Integration to World of Work

### 12 weeks

- Session 1 **Global trends in the world economy**
- Session 2 **UN Sustainable Development Goals (SDGs)**
- Session 3 **Preparing CVs, Cover letters, Interviews, Internships & Job search**
- Session 4 **Engineering & Sustainability**
- Session 5 **Architecture & Urban Planning**
- Session 6 **Agritech & Innovation**
- Session 7 **Renewable Energy**
- Session 8 **Business Sustainability**
- Session 9 **Waste & water management**



## Games & Activities



01

### Race To Net Zero

Time-based 1 VS 1 game, 2 teams



02

### SDGs Snakes & Ladders

4 teams



03

### Eco Jenga

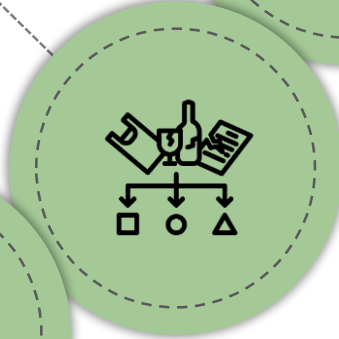
An informative game on daily unsustainable choices & behavior  
Up to 2 players at a time



04

### Recycling Ring Toss

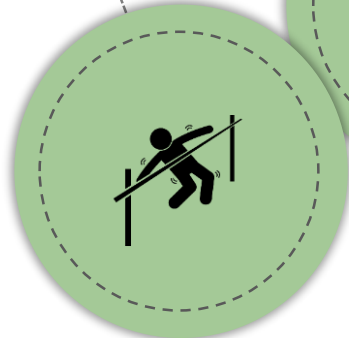
Informative Game ,2 teams



05

### Segregate Right

Time-based ,2 teams



06

### Carbon Footprint Limbo

Individual players



04

OUR  
PRICES



# Pricing

## Booking Fee: 25% of the total amount invoiced

- Minimum charge for booking with Eedama which includes logistics, transport, and coordination
- This fee is deducted from the total amount that is to be paid
- This fee is to be paid a week in advance to secure booking
- Fees are non refundable less than 48h hours before the start of the activities

## Workshop Fees

- Starting from 100 AED per person
- 1.5 to 2 hours

# Booking Procedure

In order to book with us, please send an email to [contact@eedama.org](mailto:contact@eedama.org) with the following:

- Tentative dates
  - Topics of interest
  - Number of students
  - Desired duration and time
  - Preferred language
- Documents Required:
    - Trade license
    - TRN certificate



UAE: +971 56 913 9024  
LEBANON: +961 71 447 944  
[contact@eedama.org](mailto:contact@eedama.org)



[www.eedama.org](http://www.eedama.org)  
[@eedama\\_official](https://www.instagram.com/eedama_official)  
[Eedama](https://www.facebook.com/Eedama)

 **eedama**  
Realize. Rethink. React.