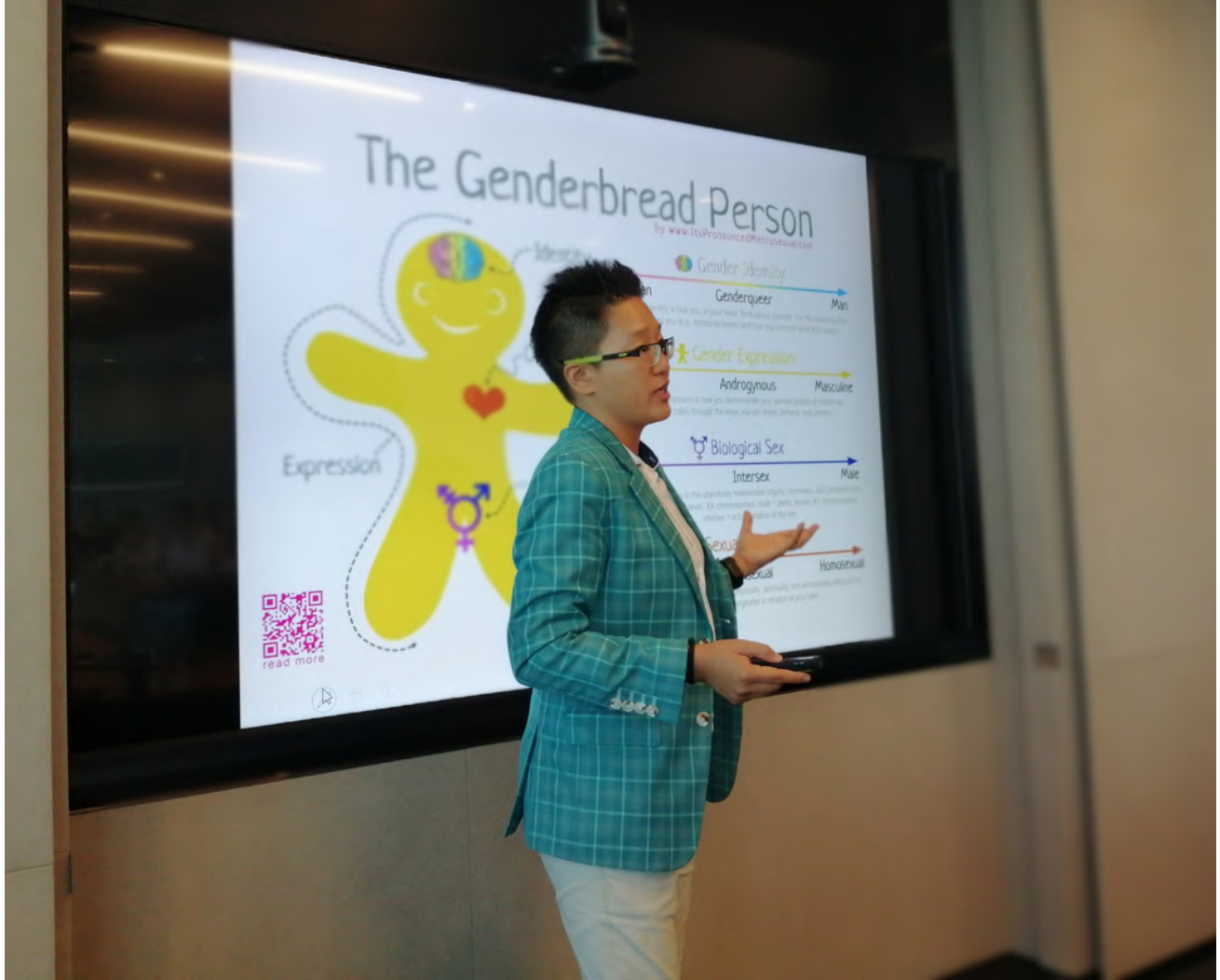




SUSTAINABLE TASTING WORKSHOPS



ENCOMPASS HK



ABOUT ENCOMPASS HK

Encompass HK is a social enterprise that advocates for the United Nation's Sustainable Development Goals (SDGs) through training and consultancy services that educate and support organisations to be more diverse and inclusive. Encompass serves the community by contributing to social causes and Non-Governmental Organisations, as well as working with them through collaborative models. Our clients include SWIRE Properties, Jardines, Manulife, HSBC, Schrodgers, Freshfields, KPMG, VISA, L'Oreal, Verizon Media and many others.

Our programs have been featured on ViuTV, HKIBC, HKEJ, RTHK and SCMP.



ABOUT OUR APPROACH

Encompass HK believes that best learning outcomes result when participants are engaged holistically with the program content. Our learning and development programs incorporate experiential learning techniques with opportunities for participants to reflect on and apply learnings to face real-life challenges. Our workshops are all customized according to each client's needs. Some of our signature programs include:



1-day Sustainability training for SWIRE Properties, using the University of Hong Kong campus as a SDG model.



Gender equality training through beer and chocolate tasting for Manulife and Schrodgers to stimulate discussions on gender stereotypes and on how to be a better male ally.



LGBTQ+ inclusive language training with case studies and role-play for Freshfields.



BENITA CHICK

A strong believer in community outreach, Benita works and advocates in professional as well as personal capacity for social causes with many different organizations. She has many citable experiences in collaboration with businesses, government, non-profits, and youth on a wide range of advocacy projects.

Benita is educated with a B.A. from Cornell University and M.A. from Boston University. Her scholastic knowledge and practical skills in research, psychology, education, and experiential learning give her a unique competence in corporate and organisational training. She is passionate about diversity and inclusion, having coached differently-abled individuals at Outward Bound Hong Kong, curated the city's first LGBTQ+ tour, organized HK's first Green Women Festival, and served as a mentor for RESOLVE Foundation.

Benita founded Encompass HK in 2018 to realize her vocation for Sustainable Development Goals (SDGs) through education and consultancy.

Benita's other community commitments include serving as a Board Member of KELY Support Group and Youth Arch Foundation, Education Director of Pink Alliance, Mentor for HKUST HeadStart Fellows, and as an Admission Interviewer for Li Po Chun United World College. Benita is also a part-time Lecturer at the University of Hong Kong on sustainability.



OUR CLIENTS

L'ORÉAL
PARIS



MACQUARIE

J.P.Morgan



Salvatore Ferragamo



Freshfields Bruckhaus Deringer

Morgan
Stanley

Gammon



SWIRE PROPERTIES

KPMG

STEPHENSON
HARWOOD



CATHAY PACIFIC

A. FAIR TRADE AND CHOCOLATE

Length: 60 minutes

In this interactive workshop, participants will be taken through the entire bean-to-bar process; from the farmers who grow the cocoa beans to us, the consumer. It will begin with the exploration of chocolate's fascinating origin story in Peru and Mexico and its subsequent development into a delicacy. Then, we'll explore the bitter reality—the 'dark side' of chocolate production — which includes the issues of child labor and deforestation, among others. Finally, we'll explore how Fair Trade responds to these problems.



HIGHLIGHTS

- Facilitate awareness and better understanding of SDGs (Sustainable Development Goals).
- Explore the story of chocolate by examining its origin and culture
- Experience the different "taste" of chocolate from a sustainable perspective.
- Empower individuals to incorporate sustainability into their daily lives.



A. FAIR TRADE AND CHOCOLATE RUNDOWN

Length: 60 minutes

Greeting & Introduction (10 mins)

Brief introduction of Sustainable Development Goals (SDGs).

Chocolate Tasting (15min)

Indulge in the exquisite experience of sampling three delectable chocolates accompanied by our specially crafted chocolate tasting sheet

Sustainable Chocolate Sharing (20 mins)

Engaging chocolate "fun fact" quiz. After, a sharing on chocolate's origin, history and problems, as well as the introduction of Fair Trade.

Engagement & Personal Plan Creation (10 mins)

Discussion of personal SDGs (Responsible Production & Consumption) plan.

Sharing & Wrap Up (5 mins)



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B. SUSTAINABLE BEER TASTING

Length: 60 minutes

The craft beer and pub industry in Hong Kong has experienced a significant boom in recent years, with the emergence of numerous new local brands and bars. Many of the characteristics associated with craft beer, such as being small-scale, locally produced, and traditional, align well with sustainability principles. However, it is important to note that not all craft brews are equally sustainable.

In this tasting event, we will introduce you to five international and local beers that exemplify the relationship between sustainability and the brewery industry. We will dive into how breweries have integrated sustainability practices into their supply chains and discuss the broader implications of sustainability for other industries.

Join Encompass HK as we explore the latest initiatives in sustainable brewing and indulge in some fantastic drinks. Let's raise a glass to a greener future today!

HIGHLIGHTS

- Learn fun facts about the sustainable beer industry
- Understand the sustainability issues surrounding beer.
- Understand the relevance of responsible consumption and production

B.SUSTAINABLE BEER TASTING RUNDOWN

Length: 60 minutes

Greetings and Introductions (10 minutes)

Brief introduction of Sustainable Development Goals (SDGs)

Sustainable Beer Sharing (20 minutes)

Enjoyable beer fun facts quiz. After, a presentation on beer production, challenges, current problems in the industry.

Beer Tasting Session (20 minutes)

Beer tasting of five distinct beers with tasting notes.

Engagement & Personal Plan Creation (10 minutes)

Discussion of sustainable beer and creation of responsible habits plan





C. SUSTAINABLE COFFEE TASTING

Length: 90 minutes

We know you love your morning cup of coffee, but do you know how much climate change is going to affect this?

Coffee holds a significant position in global trade, providing crucial support to the economies of many coffee-exporting countries. More than 125 million people around the world rely on coffee production as their source of livelihood.

However, the effects of climate change are already posing immense challenges for these producers. With rising temperatures and increasingly unpredictable and extreme weather patterns, coffee ecosystems are facing heightened vulnerability.

In addition to the climate change impacts, we will also delve into the sustainability aspects of the coffee industry, including gender equality, fair trade, and promoting decent working conditions.

Join us as we examine the far-reaching consequences of climate change on coffee production and explore ways in which individuals can embrace a more sustainable coffee ritual. Together, let's empower ourselves with knowledge and take action for a more sustainable future.



HIGHLIGHTS

- Understand the sustainability issues surrounding coffee.
- Learn how climate change is affecting coffee production.
- Explore sustainable coffee habits.



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C. SUSTAINABLE COFFEE TASTING RUNDOWN

Length: 90 minutes

Greeting & Introduction (10 mins)

Brief introduction of Sustainable Development Goals (SDGs).

Sustainable Coffee sharing (30 mins)

Enjoyable chocolate "fun fact" quiz. After, a presentation on coffee's origin, history, and current problems in the industry.

Coffee Tasting Session 1 (10 mins)

Coffee tasting with tasting notes.

Climate Change and Coffee (20 mins)

Impact of climate change on coffee production and the coffee market.

Coffee Tasting Session 2 (10 mins)

Coffee tasting with tasting notes.

Engagement & Personal Plan Creation (10 mins)

Discussion of sustainable coffee and creation of responsible habits plan.

D. WINE-TASTING AND SDG

Length: 90 minutes

When it comes to drinking wines, sustainability may not be the first thing that comes to mind. However, it is important to understand that the wine business can embrace various green practices. Some wineries promote their biodynamic methods or organic farming, while others simply label themselves as "sustainable." It is crucial to recognize that each of these terms holds a distinct meaning.

Encompass HK aims to delve into the realm of organic, biodynamic, and sustainable wine growing practices, highlighting how these approaches enable wines to more accurately express their unique terroir. These practices also emphasize the principles of environmentally conscious winemaking and the production of high-quality wines.

Additionally, we will explore the wine industry's alignment with different Sustainable Development Goals (SDGs) and examine the implications for other industries and individual actions.

HIGHLIGHTS

- Understand the difference between organic, biodynamic and sustainable wine.
- Enjoy 5 "biodynamic" wines (both red and white wines).
- Understand the relationship between wine and the SDGs.

D. WINE-TASTING AND SDG PROGRAM RUNDOWN

Length: 90 minutes

Greeting & Introduction (10 mins)

Brief introduction of Sustainable Development Goals (SDGs).

Presentation (20mins)

Biodynamic, organic, and sustainable wine.

Wine Tasting (50 mins)

Wine tasting of 5 wines with tasting notes.

Engagement & Personal Plan Creation (10 mins)

Discussion of personal SDGs (Responsible Production & Consumption) Plan.

