



sekolah alam
CIKREAS
Komplek Puri Cikreas
Jl. Lelida Nalar, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
Tlp: 021-8231985/021-8231986

<http://www.sacikeas.com>

INSIDE BUILDINGS

1. Leave the building as quickly as possible without running, pushing or shouting. Do not stop to collect personal belongings or shoes.
2. Walk quickly to the evacuation point or other open area keeping clear of buildings, billboards and bridges.
3. Stay at the evacuation point or safe open area. Give help to injured people only if you know how to do it properly.
4. Call one of the emergency numbers or contact the nearest available help.
5. Do not go back into buildings, even to look for casualties, until help arrives and you are told it is safe.

IF TRAPPED IN A BUILDING

1. If possible, shelter under a table or in a corner of the room. Keep away from cupboards or other things that might fall down.
2. When the shaking stops try to find a safe way out of the building.
3. Make your way to the nearest evacuation point or safe open area away from buildings, billboards and bridges.
4. Wait there until help arrives.
5. Call one of the emergency numbers or contact the nearest available help.

IF TRAPPED UNDER RUBBLE

1. Keep calm. Avoiding panic helps to conserve energy and water.
2. Wait for help. Call out from time to time and try to hit something which will make a loud noise. Listen for people nearby and do not tire yourself.

EMERGENCY EVACUATION EARTHQUAKE

EARTHQUAKE



Sound the alarm as hard as possible and/or shout, "Gempa!" (earthquake) repeatedly.

OUTSIDE BUILDINGS

1. Look out for safe places, clear of buildings, billboards and bridges.
2. Go to the evacuation point or another safe place.
3. Call one of the emergency numbers or contact the nearest available help.
4. Do not go back into buildings, even to look for casualties, until help arrives and you are told it is safe.

EMERGENCY NUMBERS



www.sacikeas.com



sekolah alam
CIKREAS
Komplek Puri Cikreas
Jl. Lelida Nalar, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia

021-8231985
fax: **021-8231986**

dan lebih banyak di situs kami

ang
a,
Drogba
ng ole
main
g
Trace
aga Lig
di
s,
Ingr
(29/11
api wa
menit
melak
lap-kip
dang b
kemb
bola te
deras-
ul,
hang 3
a seba
gas," u
li perin
berting
Namu
Weng
istis c
ut. Ch
gan po
ng. Ka
pada p
kaba W
(PW)

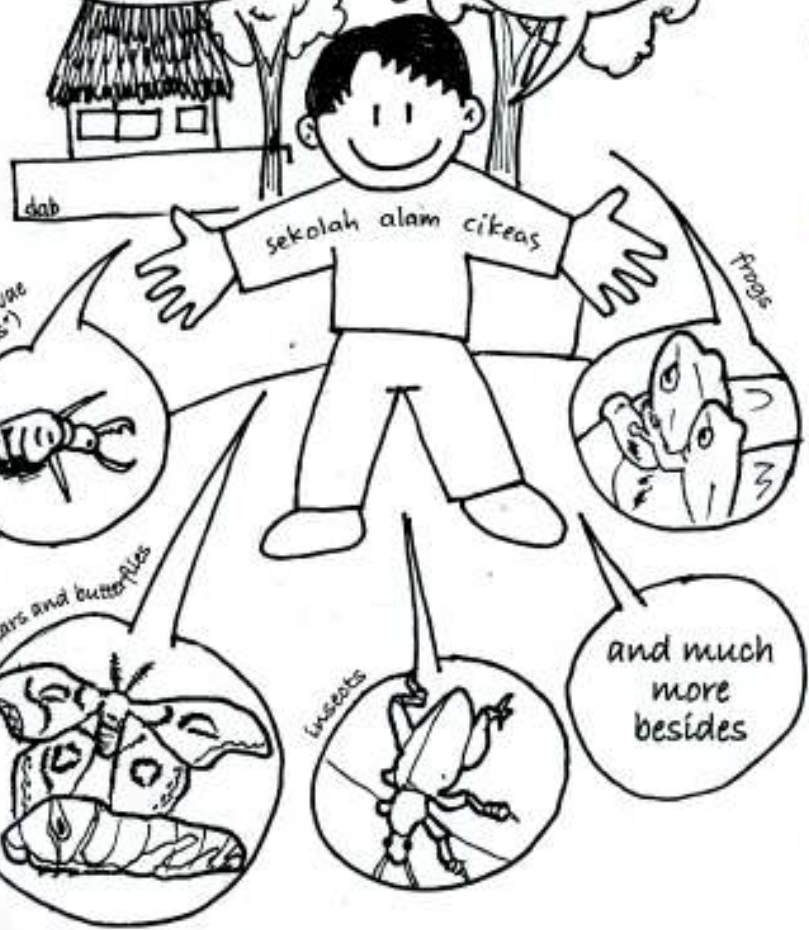
saja-mendapatkan diri
itu ke pribadi. Saat de-
yang untuk ke...
Indonesia
entour
Sal. As
t. raby
anyak
para tu
lak ke
for per
it meli
preat
saya
t. lida
Arah
yupak
t. lida
santir
berwan
padi d
ah. hal
reclut



ANIMAL CONSERVATION

Our school grounds used to be a ginger plantation but now

they are a palace for all sorts of animals

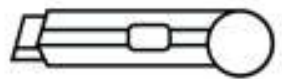


Bottle Watering System

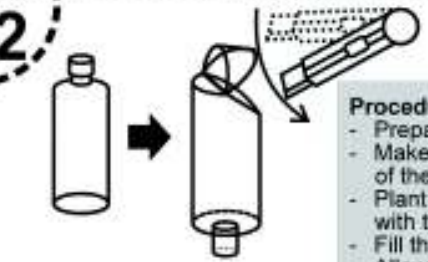


1

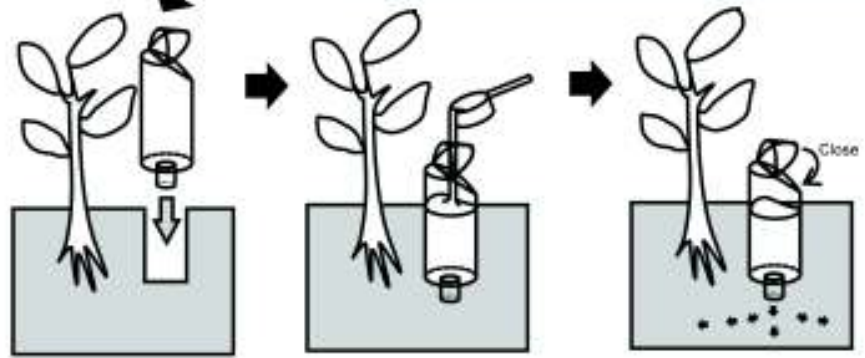
Tools and equipment:
- Used plastic bottle
- Cutter



2



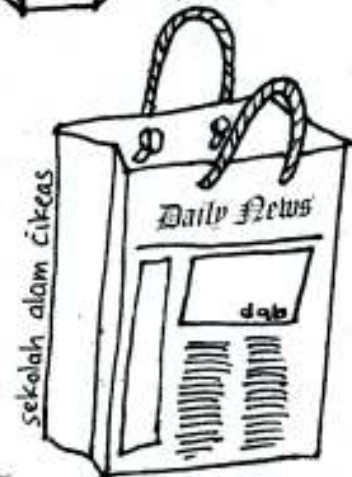
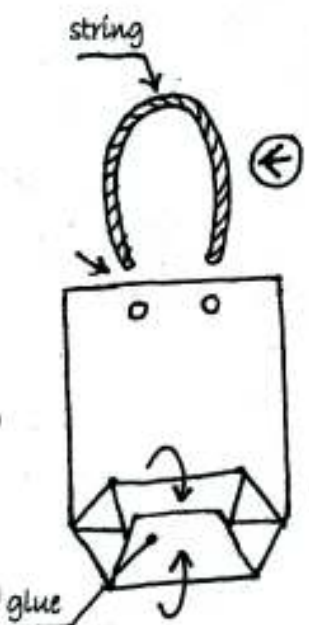
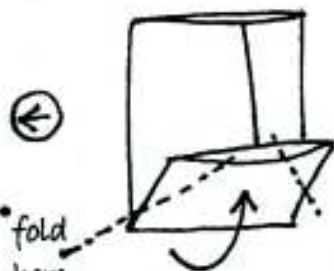
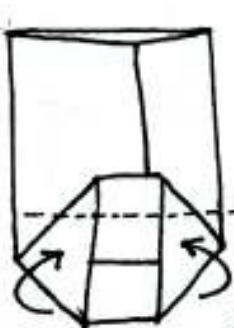
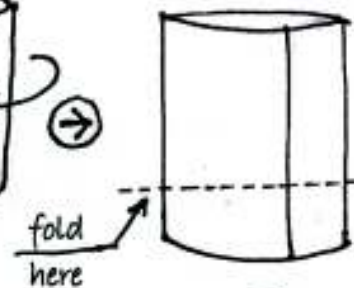
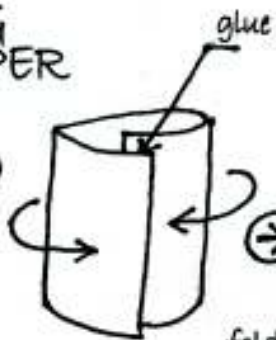
Procedure:
- Prepare the plastic bottle and remove any top.
- Make a diagonal cut across part of the bottom of the bottle to make a closable lid.
- Plant the bottle in the ground upside down, with the lid above the surface.
- Fill the bottle with water.
- Allow the water to irrigate the soil as required.
- Re-fill the bottle when empty.



3

Aims:
- Making use of old bottles as watering devices.
- The children get to understand a simple watering system.
- Water conservation by irrigating each plant individually.
- The children learn the role of water in plant growth.

RE-USING NEWSPAPER



sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Lelisa Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8231985 / fax: 021-8231986
www.sacikeas.com

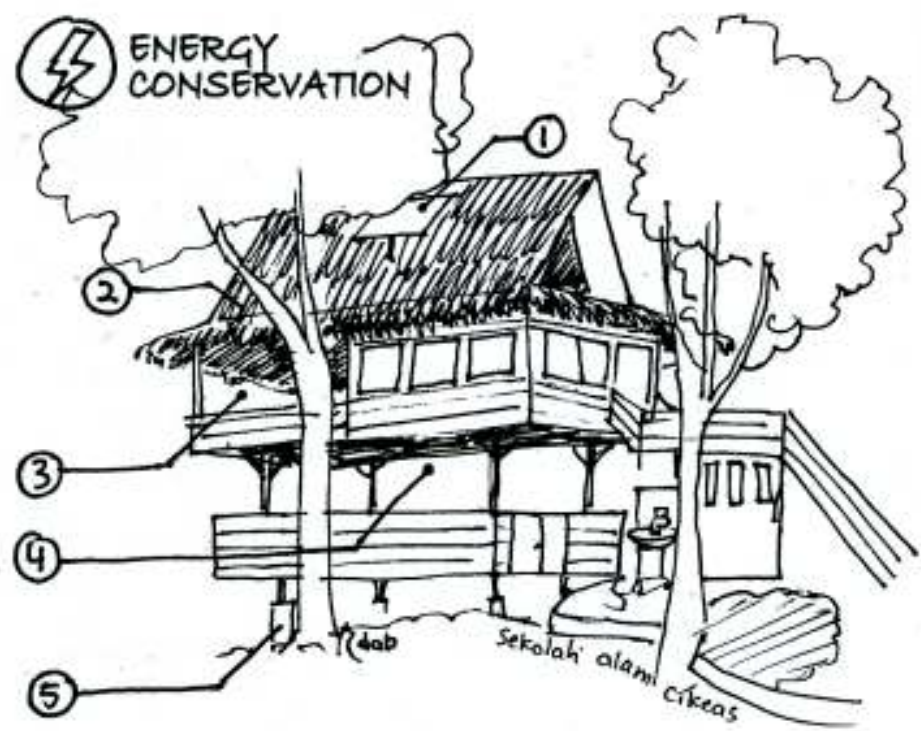
bangunan Daerah Tertinggal),
dan Ely Lasat (Bupati Tabaco).
Kemarin, Dolffe Maringka, ak-

tivis
(BRU
unta
ngan
ment
mokr
deng
bagai
jahter
Doi
tung
apabil
bernu
tetapi
ram
"Visi
sanksi
sokali
China
ya siap
tanya.
Pela
jadwal
militar
tujuh
e
provins

Per Isu

perunda
ran gab
sor pem
bati/wali
ni belum
imal. Sa
paran pe
ngsung
upaten/
aryak l
ndang
nggaran
nggung
ernur,"
Kedua,
rategis
impin
nggung
tertiban,
oordina
"Diperl
engenal
dinasi T

4
lidi gubernur, khususnya un
k wilayah perbatasan dan k
san pesisir," paparnya.



1. Solar cell providing the hut with electricity.
2. Palm fibre roof insulating against the sun's heat.
3. Open air design - natural air conditioning.
4. Good natural lighting - no lamps needed.
5. Earthquake resistant construction.

LIBRARY & CLASSROOMS



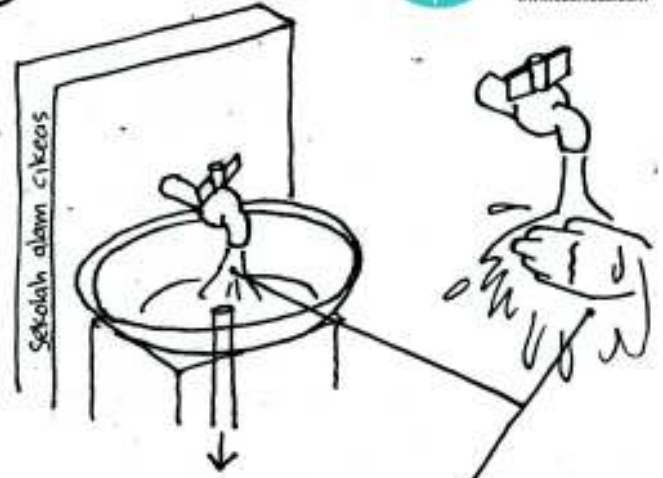
sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Lelisa Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8231985 / fax: 021-8231986
www.sacikeas.com

Kuching! Ho Chi Minh City! Here!
Tabarta

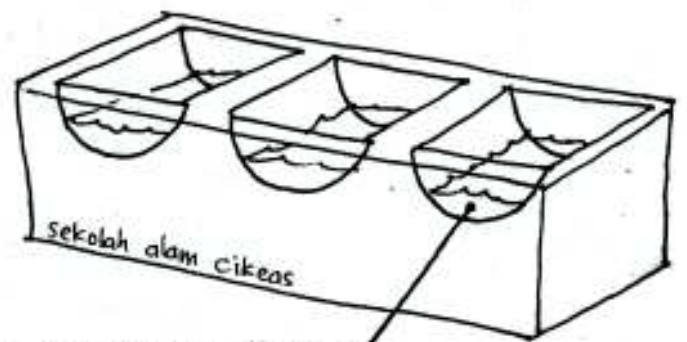
WATER CONSERVATION



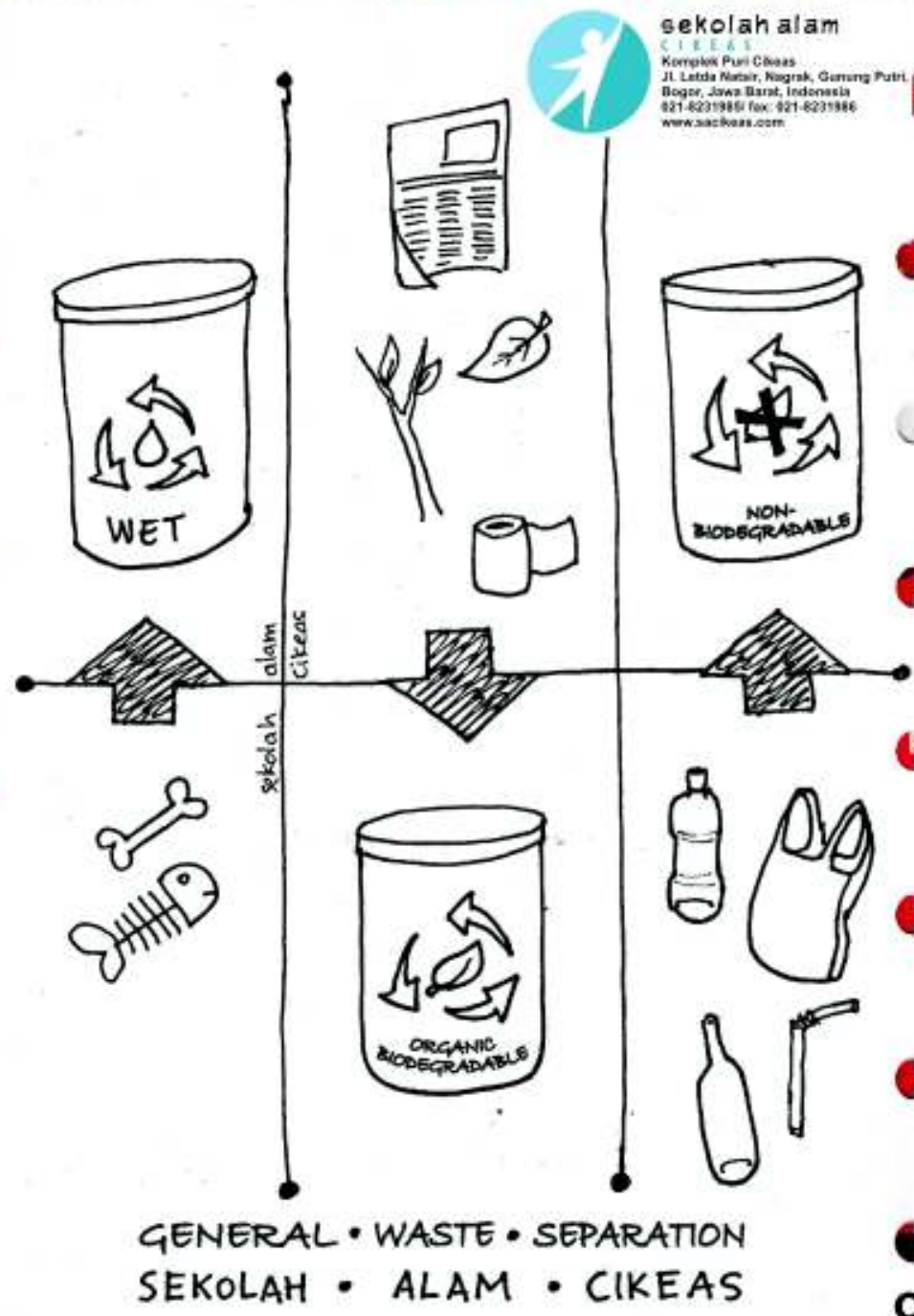
sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Letda Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8231985 / fax: 021-8231986
www.sacikeas.com



Waste water from wudhu & the wash basins is returned to the earth



Sunken basins make the most efficient use of drinking water for the animals



sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Letda Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8231985 / fax: 021-8231986
www.sacikeas.com

GENERAL • WASTE • SEPARATION
SEKOLAH • ALAM • CIKEAS

mukan POI adalah pro-
 g harus segera dilakukan
 menghadapi sebuah "ade-
 t". Begitu kita bisa me-

to 5 yang meraih penghargaan
 internasional tahun 90-an men-
 jadi menarik setelah Anda me-
 nemukan POI-nya. Dapat?



BIO-POROUS CAVITIES AROUND THE CLASSES



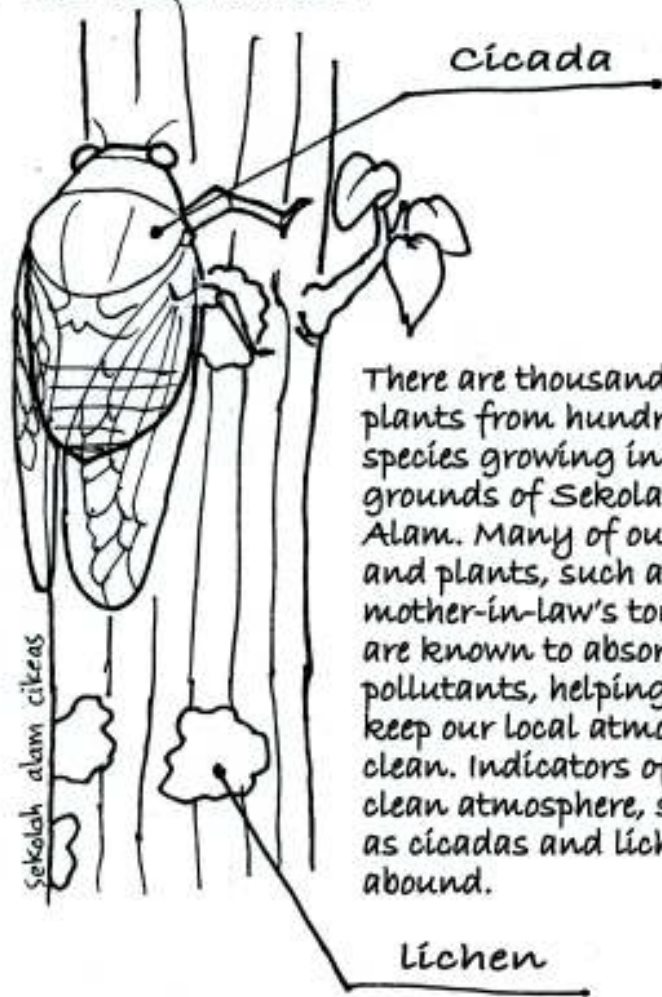
3R

Sekolah Alam Cikeas
 ↓
SORT OUT

glass bottles	plastic bottles	metal cans	cardboard	newspapers	Styro foam

- ↓ musical instruments
- ↓ watering system
- ↓ pencil cases
- ↓ school signage
- ↓ paper bags
- ↓ toys

ATMOSPHERIC CONSERVATION



There are thousands of plants from hundreds of species growing in the grounds of Sekolah Alam. Many of our trees and plants, such as mother-in-law's tongue, are known to absorb pollutants, helping to keep our local atmosphere clean. Indicators of a clean atmosphere, such as cicadas and lichen, abound.



sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Leteño Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8221985/ fax: 021-8221986
www.sekolahalam.com

TIN CAN EARTH

Look at the Earth globe at our gate,
Her urgent care cannot just wait.
Thrust her into your mind and sight,
And tell the world her piteous plight.

When she can no longer bear our tread,
Where shall we gain shelter; whence be fed?
And it was our unthinking hands
That drove the water from her lands.

Will the plants which gave us food and air
Be fragments of a tale; no longer there?
The fossils of our greed remaining:
Dominion where just waste is reigning.

If we have completely lost our wits
Nature will scream in her dying fits.
If the harmony of life is killed by Man
Our precious Earth will be just an old tin can.

(A tin can filled with poisonous sweets
Which fooled us once with their physical treats.)

Look at us! Our Earth lies on the point of collapse
If we green her afresh then, just perhaps,
We might nurse her back to life again
And show thanks to God, Who gave us a brain.

Sekolah Alam Cikeas, 2 July 2006



**SCHOOL ENTRANCE GATE
"MONUMENT TO A TIN CAN EARTH"**



sekolah alam
CIKEAS
Komplek Puri Cikeas
Jl. Leteño Natsir, Nagrak, Gunung Putri,
Bogor, Jawa Barat, Indonesia
021-8221985/ fax: 021-8221986
www.sekolahalam.com