

HOLIDAY PROGRAMME

Less screen. More memories.
Our Holiday Programme is
where real childhood happens!



Ages 6–12



20 July – 14 August 2026



Aspiration Care Plaza Damansara
Utama



TWO UNIQUE THEMES. FOUR WEEKS OF ADVENTURES.



STEAM EXPERIENCE

Hands-on activities, experiments
and creative challenges that
spark curiosity and develop
problem-solving skills.

Week 1 & Week 3



BE A BUDDY, NOT A BULLY.

How to Handle a Bully! – Our
coaches teach your child how to
build real confidence, develop the
skills to prevent bullying, and find
the courage to stand up for
themselves.

Week 2 & Week 4

Why This Programme Exists



STEAM Discovery

Hands-on science, technology, engineering, arts and maths across two unique weekly programmes—kids build, experiment and solve problems instead of just memorising facts.



Bully-Proof Character

How to Handle a Bully?
Anti-bullying, Brazilian Jiu Jitsu & Mixed Martial Arts
self-defence, character circles, mindfulness and emotional resilience



2 Outdoor field trips in a week

WEEK 1 – WEDNESDAY

KidZania KL

Children explore 100+ real-world career roles, earn KidZos and make independent decisions. Tied to the 'How We Express Ourselves' transdisciplinary theme.



WEEK 1 – FRIDAY

Chocolate Chip Baking Session at Modern Kitchen in PKK Taman Tun

Hands-on culinary experience. Children make and bake their cookies—applying kitchen safety and teamwork skills learned the previous day in camp.



2 Outdoor field trips in a week

WEEK 3 – WEDNESDAY

Jungle Gym

Actively moving throughout the adventure-climbing, swinging, balancing and exploring alongside their friends, creating shared memories and discovering the joy of pushing through obstacles.



WEEK 3 – FRIDAY

Discovering Nature @ Taman Rimba

Nature walk, collecting natural materials and nature art. Direct outdoor learning – children explore biodiversity and connect with the environment.



What “Be a Buddy, Not a Bully” Actually Teaches



Awareness & Prevention

Recognising bullying early – verbal, physical and online. Children learn to identify warning signs and trust their instincts.



De-escalation & Confidence

How to respond without escalating. Verbal confidence, body language, and the power of walking away with dignity.



BJJ & MMA Safe Escape

Physical techniques focused on safe escape – not aggression. Age-appropriate techniques from both BJJ and MMA disciplines.



Kindness as Strength

Anti-bullying from both sides – the upstander not the bystander. Empathy is taught as the strongest character trait.



What “Be a Buddy, Not a Bully” Actually Teaches



Character Circle

Daily discussion, role play and storytelling sessions exploring courage, empathy and standing up for others.



Mobility & Movement

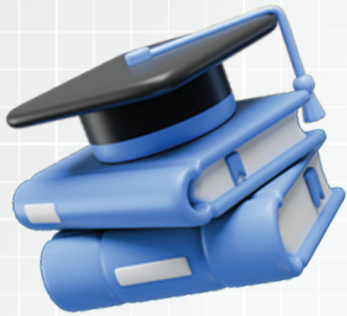
Daily movement session — coordination, flexibility, spatial awareness. Physical confidence underpins everything else.

“Be a Buddy, Not a Bully”

Led by Prof. Aaron Goh, Founder of Leverage BJJ Malaysia and Malaysia's only double gold IBJJF Pan Pacific Champion, these sessions go beyond self-defence. Children leave with real confidence, a kind character, and the skills to handle whatever comes their way.







WEEK 1

STEAM Experience A

MON - FRI

20 – 24 July 2026

9.00am – 4.00pm

WEEK 2

Be a Buddy, Not a Bully!

MON - FRI

27 – 31 July 2026

9.00am – 4.00pm

WEEK 3

STEAM Experience B

MON - FRI

3 – 7 Aug 2026

9.00am – 4.00pm

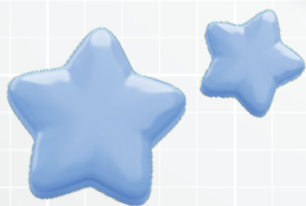
WEEK 4

Be a Buddy, Not a Bully!

MON - FRI

10 – 14 Aug 2026

9.00am – 4.00pm



SIBLING DISCOUNT & BUNDLE SAVINGS

Bundle	Weeks Included	Price Per Week (RM)	Total	Bundle Savings
Single Week	Any 1 week	1,399.00	1,399.00	-
2-Week Bundle	Any 2 weeks	1,199.00	2,398.00	Save 400
3-Week Bundle	Any 3 weeks	1,099.00	3,297.00	Save 900
Full Programme (4 Weeks)	Week 1-4	999.00	3,996.00	Save 1,600



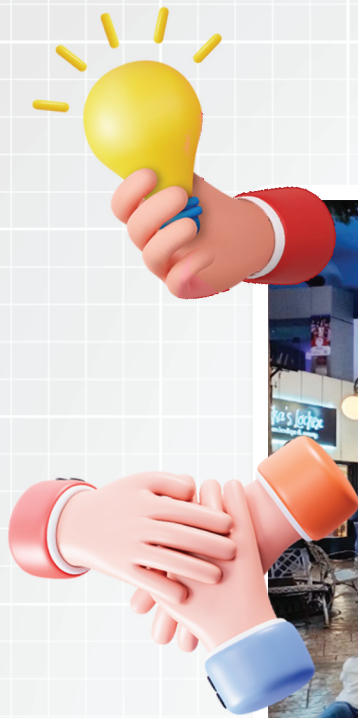
SIBLING DISCOUNT: 10% OFF
for the second child



BUNDLE SAVINGS DISCOUNT: 10% OFF

BUNDLE SAVINGS

- ✓ Save More When You Book Multiple Weeks
- ✓ 10% OFF for Bundle Packages & Sibling Discount For The Second Child
- ✓ Limited Places Available
- ✓ Quality Learning & Unforgettable Experiences



WHY CHOOSE ASPIRATION?



Inquiry-Based Learning

Encourages curiosity and real-world understanding.



Focus on Wellbeing

Nurtures social-emotional growth and confidence.



International Mindset

Global perspectives and cultural correspondence.



Experienced Educators

Passionate teachers and industry experts.



Real-World Learning

Practical skills for a bright future.



Safe & Nurturing

Meaningful experiences in a secure environment.

Give your child a holiday filled with discovery,
friendship and life-changing experiences.

WE LOOK FORWARD TO WELCOMING THEM!

ASPIRATION
INTERNATIONAL SCHOOL

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