

# 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 problem solve instead of just memorizing facts.



## Bully-Proof Character

How to Handle a Bully? Anti-bullying, Brazilian Jiu Jitsu & Mixed Martial Arts self-defense, 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**

Children explore 100+ real-world career roles, earn KidZos and make independent decisions. Tied to the 'Hands-on culinary experience. Children make and bake their cookies—applying kitchen safety and teamwork skills learned the previous day in camp. How We Express Ourselves' transdisciplinary theme.



## 2 Outdoor field trips in a week

### WEEK 3 – WEDNESDAY

#### Jungle Gym

Children explore 100+ real-world career roles, earn KidZos and make independent decisions. Tied to Actively moving throughout the adventure—climbing, swinging, balancing and exploring alongside their friends creating shared memories and discovering the joy of pushing through obstacles. the 'How We Express Ourselves' transdisciplinary



### 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

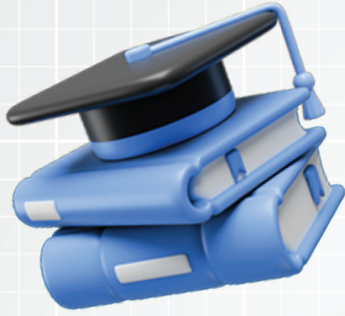
Daily movement session – coordination, flexibility, spatial awareness. Physical confidence underpins everything else.

## “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

9.00 - 4.00pm

## WEEK 2

### Be a Buddy, Not a Bully!

**MON - FRI**

27 - 31 July 2026

9.00 - 4.00pm

## WEEK 3

### STEAM Experience B

**MON - FRI**

3 - 7 Aug 2026

9.00 - 4.00pm

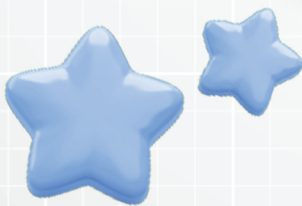
## WEEK 4

### Be a Buddy, Not a Bully!

**MON - FRI**

10 - 14 Aug 2026

9.00 - 4.00pm



## EARLY BIRD & BUNDLE SAVINGS

Bundle	Weeks Included	Price Per Week (RM)	Total	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



**EARLY BIRD DISCOUNT: 10% OFF**  
any bundles -Book before 12th July 2026

## ENROL EARLY & ENJOY MORE!

- ✓ Save more when you book multiple weeks
- ✓ 10% Sibling Discount
- ✓ Limited places available
- ✓ Quality learning & unforgettable experience



## 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!**

**A** SPIRATION  
INTERNATIONAL SCHOOL

📍 Aspiration Care Plaza Damansara Utama,  
Petaling Jaya, Selangor

☎ +6018 872 2660

✉ enquiries@primary.aspirations.edu.my

🌐 www.aspiration.edu.my