

WEEK 1: EMBRACE CHALLENGES

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY
8:00 AM	Registration & Welcome	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser
8:15 AM		8:15 AM		8:15 AM		8:15 AM		8:15 AM	
8:30 AM		8:30 AM		8:30 AM		8:30 AM		8:30 AM	
8:45 AM		8:45 AM		8:45 AM		8:45 AM		8:45 AM	
9:00 AM	Opening Ceremony & Camp Orientation	9:00 AM	Icebreaker	9:00 AM	Departure & Arrival	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap
9:15 AM		9:15 AM	Lesson 1: Kuala Lumpur Explorer	9:15 AM		9:15 AM	Lesson 1: Malaysian Culture	9:15 AM	Lesson 1: Public Speaking
9:30 AM		9:30 AM		9:30 AM		9:30 AM		9:30 AM	
9:45 AM		9:45 AM		9:45 AM		9:45 AM		9:45 AM	
10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time
10:15 AM	Lesson 2: Greetings & Introductions	10:15 AM	Lesson 2: Giving Directions	10:15 AM	Lesson 2: Restaurant Communication	10:15 AM	Lesson 2: Festivals & Celebrations	10:15 AM	Lesson 2: Presentation Skills
10:30 AM		10:30 AM		10:30 AM		10:30 AM		10:30 AM	
10:45 AM		10:45 AM		10:45 AM		10:45 AM		10:45 AM	
11:00 AM		11:00 AM		11:00 AM		11:00 AM		11:00 AM	

11:15 AM	Project-Based Lesson: My Country, My Story	11:15 AM	Speaking Workshop: Tourist & Tour Guide	11:15 AM	Role Play Workshop: Christmas Event Planner	11:15 AM	Project-Based Lesson: Malaysia's Landmarks	11:15 AM	Speech Preparation Workshop
11:30 AM		11:30 AM		11:30 AM		11:30 AM		11:30 AM	
11:45 AM		11:45 AM		11:45 AM		11:45 AM		11:45 AM	
12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch
12:15 AM		12:15 AM		12:15 AM		12:15 AM		12:15 AM	
12:30 AM		12:30 AM		12:30 AM		12:30 AM		12:30 AM	
12:45 AM		12:45 AM		12:45 AM		12:45 AM		12:45 AM	
1:00 PM	Team Building Activity: E.P.I.C. Challenge Games	1:00 PM	Team Building Activity: E.P.I.C. Challenge Games	1:00 PM	Workshop: Malaysian Culinary Experience	1:00 PM	Mobile Workshop: Wau Bulan Painting	1:00 PM	Weekly Showcase
1:15 PM		1:15 PM		1:15 PM		1:15 PM		1:15 PM	
1:30 PM		1:30 PM		1:30 PM		1:30 PM		1:30 PM	
1:45 PM		1:45 PM		1:45 PM		1:45 PM		1:45 PM	
2:00 PM	Break-Time	2:00 PM	Break-Time	2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time
2:15 PM	Team Challenge: Malaysian	2:15 PM	Team Challenge: Heritage Hunt	2:15 PM	Team	2:15 PM		2:15 PM	Team Challenge: E.P.I.C. Championship
2:30 PM		2:30 PM		2:30 PM		2:30 PM		2:30 PM	

2:45 PM	Christmas	2:45 PM		2:45 PM	Challenge: MasterChef Presentation Challenge	2:45 PM		2:45 PM	
3:00 PM		3:00 PM		3:00 PM		3:00 PM		3:00 PM	
3:15 PM	Reflection Journal	3:15 PM	Reflection Journal	3:15 PM	Photo Session & Departure	3:15 PM	Four Corners Debate	3:15 PM	Sharing Session
3:30 PM	Batu Seremban Battle	3:30 PM	Simon Says	3:30 PM		3:30 PM		3:30 PM	
3:45 PM		3:45 PM		3:45 PM		3:45 PM		3:45 PM	Weekly Awards & Excursion Briefing
4:00 PM		4:00 PM		4:00 PM		4:00 PM		4:00 PM	

WEEK 2: PUSH BEYOND LIMITS

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY
8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser
8:15 AM		8:15 AM		8:15 AM		8:15 AM		8:15 AM	
8:30 AM		8:30 AM		8:30 AM		8:30 AM		8:30 AM	
8:45 AM		8:45 AM		8:45 AM		8:45 AM		8:45 AM	
9:00 AM	Icebreaker	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap
9:15 AM		9:15 AM		9:15 AM		9:15 AM		9:15 AM	

9:30 AM	Lesson 1: Storytelling	9:30 AM	Lesson 1: Innovation & Technology	9:30 AM	Lesson 1: Entrepreneurship	9:30 AM	Lesson 1: Media & Communication	9:30 AM	Lesson 1: Presentation Skills
9:45 AM		9:45 AM		9:45 AM		9:45 AM		9:45 AM	
10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time
10:15 AM	Lesson 2: Creative Writing	10:15 AM	Lesson 2: Problem Solving	10:15 AM	Lesson 2: Business English	10:15 AM	Lesson 2: Public Speaking	10:15 AM	Lesson 2: Team Presentation
10:30 AM		10:30 AM		10:30 AM		10:30 AM		10:30 AM	
10:45 AM		10:45 AM		10:45 AM		10:45 AM		10:45 AM	
11:00 AM	Project-Based Lesson: Story Creation Workshop	11:00 AM	Project-Based Lesson: Design Thinking Workshop	11:00 AM	Project-Based Lesson: Mini Business Challenge	11:00 AM	Role-play Workshop: Culture Pitch	11:00 AM	Project-Based Lesson: Presentation Preparation
11:15 AM		11:15 AM		11:15 AM		11:15 AM		11:15 AM	
11:30 AM		11:30 AM		11:30 AM		11:30 AM		11:30 AM	
11:45 AM		11:45 AM		11:45 AM		11:45 AM		11:45 AM	
12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch
12:15 AM		12:15 AM		12:15 AM		12:15 AM		12:15 AM	
12:30 AM		12:30 AM		12:30 AM		12:30 AM		12:30 AM	
12:45 AM		12:45 AM		12:45 AM		12:45 AM		12:45 AM	

1:00 PM	Activity: Raft Building Using Stick	1:00 PM	Mobile Workshop: Traditional Costume Try- On	1:00 PM	Activity: Market Day Preparation	1:00 PM	Mobile Workshop: Traditional Dance	1:00 PM	Weekly Showcase
1:15 PM		1:15 PM		1:15 PM		1:15 PM		1:15 PM	
1:30 PM		1:30 PM		1:30 PM		1:30 PM		1:30 PM	
1:45 PM		1:45 PM		1:45 PM		1:45 PM		1:45 PM	
2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time
2:15 PM	Team Challenge: Santa's Tropical SOS	2:15 PM	Reflection Journal	2:15 PM	Team Challenge: Debate - Tropical vs. Traditional Christmas	2:15 PM		2:15 PM	Team Challenge: E.P.I.C. Championship
2:30 PM		2:30 PM		2:30 PM		2:30 PM		2:30 PM	
2:45 PM		2:45 PM		2:45 PM		2:45 PM		2:45 PM	
3:00 PM		3:00 PM		3:00 PM		3:00 PM	Reflection Journal	3:00 PM	Reflection Journal
3:15 PM	Reflection Journal	3:15 PM	Ping Pong Bounce	3:15 PM	Reflection Journal	3:15 PM	Four Corners Debate	3:15 PM	Sharing Session
3:30 PM	Congkak	3:30 PM		3:30 PM		3:30 PM		3:30 PM	
3:45 PM		3:45 PM		3:45 PM		3:45 PM		3:45 PM	
4:00 PM		4:00 PM		4:00 PM	Photo Session & Departure	4:00 PM		4:00 PM	Weekly Awards & Excursion Briefing

WEEK 3: INSPIRE OTHERS

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY
8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser
8:15 AM		8:15 AM		8:15 AM		8:15 AM		8:15 AM	
8:30 AM		8:30 AM		8:30 AM		8:30 AM		8:30 AM	
8:45 AM		8:45 AM		8:45 AM		8:45 AM		8:45 AM	
9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap
9:15 AM	Lesson 1: Leadership & Teamwork	9:15 AM	Lesson 1: Community & Culture	9:15 AM	Lesson 1: Public Relations	9:15 AM	Lesson 1: Travel & Tourism	9:15 AM	Lesson 1: Reflection & Communication
9:30 AM		9:30 AM		9:30 AM		9:30 AM		9:30 AM	
9:45 AM		9:45 AM		9:45 AM		9:45 AM		9:45 AM	
10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time
10:15 AM	Lesson 2: Giving Opinions	10:15 AM	Lesson 2: Cross-Cultural Communication	10:15 AM	Lesson 2: Persuasive Speaking	10:15 AM	Lesson 2: Travel English	10:15 AM	Lesson 2: Presentation Skills
10:30 AM		10:30 AM		10:30 AM		10:30 AM		10:30 AM	
10:45 AM		10:45 AM		10:45 AM		10:45 AM		10:45 AM	

11:00 AM	Project-Based Lesson: Leadership Workshop	11:00 AM	Project-Based Lesson: Cultural Exchange Project	11:00 AM	Project-Based Lesson: Tourism Campaign Project	11:00 AM	Project-Based Lesson: Travel Planning Workshop	11:00 AM	Presentation
11:15 AM		11:15 AM		11:15 AM		11:15 AM		11:15 AM	
11:30 AM		11:30 AM		11:30 AM		11:30 AM		11:30 AM	
11:45 AM		11:45 AM		11:45 AM		11:45 AM		11:45 AM	
12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch
12:15 AM		12:15 AM		12:15 AM		12:15 AM		12:15 AM	
12:30 AM		12:30 AM		12:30 AM		12:30 AM		12:30 AM	
12:45 AM		12:45 AM		12:45 AM		12:45 AM		12:45 AM	
1:00 PM	Activity: Community Service Challenge	1:00 PM	Mobile Workshop: Canvas Painting Workshop	1:00 PM	Activity: Travel Vlog Production	1:00 PM	Team Challenge: Ketupat Battle	1:00 PM	Activity: Camp Olympics
1:15 PM		1:15 PM		1:15 PM		1:15 PM		1:15 PM	
1:30 PM		1:30 PM		1:30 PM		1:30 PM		1:30 PM	
1:45 PM		1:45 PM		1:45 PM		1:45 PM		1:45 PM	
2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time
2:15 PM		2:15 PM		2:15 PM		2:15 PM		2:15 PM	Team

2:30 PM	Team Challenge: Traditional Menu Creation	2:30 PM		2:30 PM	Team Challenge: Clay Animal Making	2:30 PM		2:30 PM	Challenge: E.P.I.C. Leadership Challenge
2:45 PM		2:45 PM		2:45 PM		2:45 PM		2:45 PM	
3:00 PM		3:00 PM		3:00 PM		3:00 PM	Reflection Journal	3:00 PM	Reflection Journal
3:15 PM	Reflection Journal	3:15 PM	Timbang Chapteh (Shuttlecock Keep-Up)	3:15 PM		3:15 PM	House Trivia	3:15 PM	Sharing Session
3:30 PM	Sponge Relay	3:30 PM		3:30 PM	Reflection Journal	3:30 PM		3:30 PM	
3:45 PM		3:45 PM		3:45 PM	Lompat Getah	3:45 PM		3:45 PM	Tour Briefing
4:00 PM		4:00 PM		4:00 PM		4:00 PM		4:00 PM	

WEEK 4: CHANGE THE WORLD

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY
8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser	8:00 AM	Assembly and Morning Energiser
8:15 AM		8:15 AM		8:15 AM		8:15 AM		8:15 AM	
8:30 AM		8:30 AM		8:30 AM		8:30 AM		8:30 AM	
8:45 AM		8:45 AM		8:45 AM		8:45 AM		8:45 AM	

9:00 AM	Icebreaker	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap	9:00 AM	Lesson Recap
9:15 AM	Lesson 1: Future Careers	9:15 AM	Lesson 1: Future Careers	9:15 AM	Lesson 1: Global Citizenship	9:15 AM	Lesson 1: Sustainability	9:15 AM	Lesson 1: Inspiring Leaders
9:30 AM		9:30 AM		9:30 AM		9:30 AM		9:30 AM	
9:45 AM		9:45 AM		9:45 AM		9:45 AM		9:45 AM	
10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time	10:00 AM	Break-Time
10:15 AM	Lesson 2: Career Exploration	10:15 AM	Lesson 2: Current Global Issues	10:15 AM	Lesson 2: Environmental Awareness	10:15 AM	Lesson 2: Leadership Communication	10:15 AM	Lesson 2: Reflection & Goal Setting
10:30 AM		10:30 AM		10:30 AM		10:30 AM		10:30 AM	
10:45 AM		10:45 AM		10:45 AM		10:45 AM		10:45 AM	
11:00 AM	Project-Based Lesson: My Dream Career	11:00 AM	Project-Based Lesson: Model United Nations Workshop	11:00 AM	Project-Based Lesson: Green Innovation Project	11:00 AM	Graduation Rehearsal	11:00 AM	Final Project Exhibition
11:15 AM		11:15 AM		11:15 AM		11:15 AM		11:15 AM	
11:30 AM		11:30 AM		11:30 AM		11:30 AM		11:30 AM	
11:45 AM		11:45 AM		11:45 AM		11:45 AM		11:45 AM	
12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch	12:00 AM	Lunch
12:15 AM		12:15 AM		12:15 AM		12:15 AM		12:15 AM	

12:30 AM		12:30 AM		12:30 AM		12:30 AM		12:30 AM	
12:45 AM		12:45 AM		12:45 AM		12:45 AM		12:45 AM	
1:00 PM	Mobile Workshop: Crocheting Workshop	1:00 PM	Activity: Community Impact Project	1:00 PM	Activity: Upcycled Art Workshop	1:00 PM	Team Challenge: Tower Building Challenge	1:00 PM	Team Challenge: Amazing Race
1:15 PM		1:15 PM		1:15 PM		1:15 PM		1:15 PM	
1:30 PM		1:30 PM		1:30 PM		1:30 PM		1:30 PM	
1:45 PM		1:45 PM		1:45 PM		1:45 PM		1:45 PM	
2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time	2:00 PM		2:00 PM	Break-Time
2:15 PM	Team Challenge: Christmas Gift Rush	2:15 PM		2:15 PM	Team Challenge: Christmas Carol Battle	2:15 PM		2:15 PM	Team Challenge: E.P.I.C. Leadership Challenge
2:30 PM		2:30 PM		2:30 PM		2:30 PM		2:30 PM	
2:45 PM		2:45 PM		2:45 PM		2:45 PM		2:45 PM	
3:00 PM		3:00 PM	Reflection Journal	3:00 PM		3:00 PM	Reflection Journal	3:00 PM	Reflection Journal
3:15 PM	Reflection Journal	3:15 PM	Team Challenge: SDG	3:15 PM	Reflection Journal	3:15 PM		3:15 PM	Sharing Session
3:30 PM		3:30 PM		3:30 PM		3:30 PM		3:30 PM	

3:45 PM	Taboo	3:45 PM	Challenge	3:45 PM	Egg Drop Challenge	3:45 PM	Improv Theatre	3:45 PM	Tour Briefing
4:00 PM		4:00 PM		4:00 PM		4:00 PM		4:00 PM	

WEEKEND EXCURSIONS

WEEK	Group A	Group B	LEARNING FOCUS
Week 1	1. SplashMania Waterpark / Sunway Lagoon		• Team Building • Communication • Water Safety • Confidence Building
Week 2	1. Aquaria KLCC 2. Petrosains		• Exposure to science: marine biology, ocean conservation, physics, engineering,
Week 3	2D1N Trip 1. Port Dickson, Negeri Sembilan (Most recommended) 2. Lost World of Tambun, Perak (Second opinion) 3. Malacca City, Melaka (Third option) 4. Dusun Eco Resort, Karak 5. Bukit Merah Laketown Resort, Perak		• Leadership • Independence • Cultural Exploration • Teamwork & Outdoor Learning • House Challenge: Camp Olymp
Week 4	1. Farm in the City 2. District21		• Nature & Wildlife • Adventure Learning • Problem Solving • Urban Exploration