



**DIGITAL DETOX
MALAYSIA**

ATTENTION IS THE NEW CURRENCY

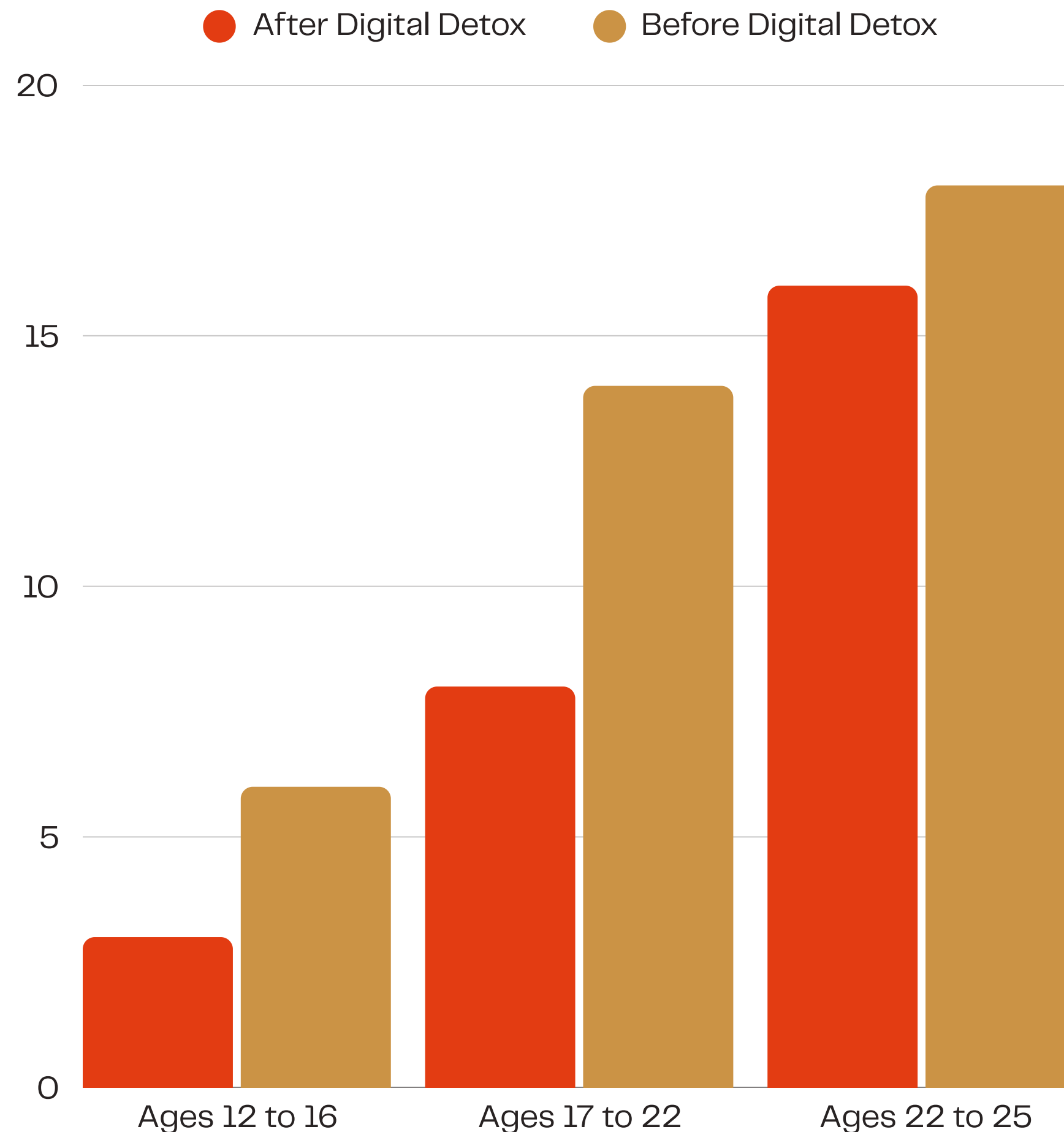


50% of teens feel addicted to their mobile devices
92% of students reported using their smartphones for non-classroom activities during class time

Studies suggest that students who engage in regular digital detoxing activities experience a 20% increase in their ability to focus and a 25% improvement in productivity levels.

Research has also found that students who spent less than two hours per day on digital devices for non-academic purposes had a 23% higher likelihood of achieving high grades compared to those who spent more than two hours per day.

By implementing digital detoxing strategies, students can optimize their well-being and success in various aspects of their lives.



DIGITAL DETOX STARTER CAMP & OUTDOOR SURVIVAL BASICS

Step away from screens and dive into an outdoor adventure!

This camp helps students unplug from technology and reconnect with nature through hands-on activities like basic survival skills, team challenges, navigation, exploration.

Designed for ages **8 to 12**, this camp builds resilience, confidence, and teamwork while teaching essential life skills in the great outdoors.

Time to unplug and explore!

Location : Janda Baik , Pahang



3Day / 2Night include :

- Daily Digital Detox Strategies & Briefing
- Wilderness Survival Skills Workshop
- Campfire & Campfire Games
- Basic First Aid
- River & Jungle Hands on Ecology

Accommodation Style :

- Dorm Facilities / Multi Sharing Room
- Twin room for Teacher / Adult Guardian



Starting from : RM 550 per student depending on group size & duration

Includes : All Meals / Accommodation / Activities

- All programs as shown in the itinerary, with proper supervision.
- Final Itinerary & Activities can be customisable to suit requirements
- Excludes : Transportation & Insurance

RIVER TREKKING & STUDENT SURVIVAL SKILLS CAMP

Step away from screens and dive into an action-packed outdoor adventure designed for young explorers **aged 8 to 12**

The SG-Benus ExploreRace & Wilderness Survival Skills Workshop challenges participants with a thrilling combination of team-based outdoor races, problem-solving challenges, and essential survival skills in the heart of nature.

Location : Janda Baik , Pahang



2Days / 1Night Or Day Field Trip Options include :

- Briefing & Digital Detox Strategies
- Nature hike & explore race along Sg Benus
- Wilderness Survival Skills Workshop
- Insect identification & Vivarium Making

Accommodation Style :

- Dorm Facilities / Multi Sharing Room
- Twin room for Teacher / Adult Guardian



Starting from : RM 250 per student depending on group size & duration

Includes : All Meals / Accommodation / Activities

- All programs as shown in the itinerary, with proper supervision.
- Final Itinerary & Activities can be customisable to suit requirements
- Excludes : Transportation & Insurance

BASIC OUTDOOR SURVIVAL & MUSIC CAMP (AGES 8-12)

Unplug and explore the harmony of nature and music! This camp combines outdoor survival skills like fire-making and navigation with music appreciation through drumming, rhythm games, and nature soundscapes.

A fun adventure fostering resilience, teamwork, and creativity! 🎵🔥🌿



2Days / 1Night Or Day Field Trip Options include :

- Briefing & Digital Detox Strategies
- Nature hike & explore race along Sg Benus
- Beats & Melodies: A Playful Intro to Music
- Percussion Basics : BEAT IS LIFE !

Accommodation Style :

- Dorm Facilities / Multi Sharing Room
- Twin room for Teacher / Adult Guardian



Starting from : RM 250 per student depending on group size & duration

Includes : All Meals / Accommodation / Activities

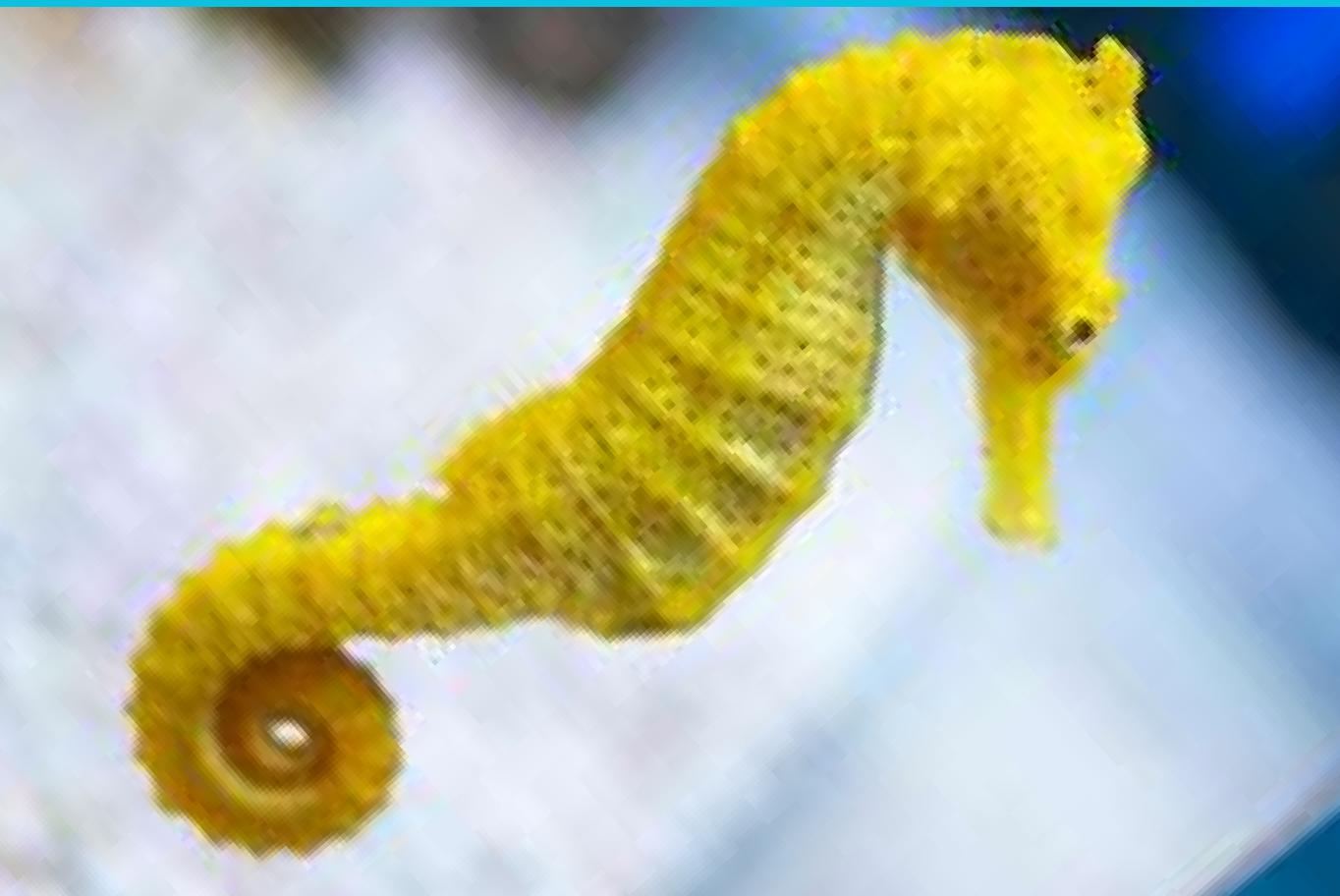
- All programs as shown in the itinerary, with proper supervision.
- Final Itinerary & Activities can be customisable to suit requirements
- Excludes : Transportation & Insurance

SEAHORSE CONSERVATION & MARINE STEWARDSHIP WORKSHOP

Dive into the world of seahorses and ocean conservation! Kids will learn about these fascinating creatures, their role in marine ecosystems, and how to protect our oceans through fun, hands-on activities. A perfect workshop for young ocean guardians! 🌿🐡.

Recommended Ages From 10 to 16

Location : Iskandar Puteri , Johor



3Day/2Night | 2Day /1Night Options include :

- Seahorse Basics & Foundation
- Marine Conservation Guide & Lessons
- Seahorse Spotting & Tagging
- On ground & Boat Transfers
- Option to add on LEGOLAND SEALIFE

Accommodation Style :

- 3 bedroom Service apartments
- Homestay Options for above 10 pax



Starting from : RM 850 per student depending on group size & duration

Available Dates: May 28th – 30th / June 26th – 28th / July 25th – 27th
Aug 10th – 12th / Sept 10th – 11th / Oct 9th – 11th
Nov 6th – 8th / Dec 5th – 7th



**DIGITAL DETOX
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JUNGLE ADVENTURE & CAVE EXPLORATION CAMP

Immerse yourself in the tranquility of the great outdoors, away from screens and distractions. Join us for a rejuvenating retreat filled with outdoor adventures, campfires, abseiling, and meaningful connections with a unique blend of indoor and outdoor activation

It's time to unplug and unwind under the open sky."

Recommended for Ages : 16 & Above
Groups Activities can be tailored to suit each group

16+



Gopeng Perak : Terra Adventure Camp Recommended Ages From 16 to 19

4 Day 3 Night Highlights include :

- River-Crossing & Digital Detox Strategies
- Swift-water Rescue
- Team-Building Games
- Night: Risk Assessment & Search & Rescue
- White Water Rafting
- Nature Hike. Search & Rescue
- Set-up camp for the night
- Night: Campfire
- Wet Caving Experience
- Waterfall Abseiling.
- Rope Ascending (tree climb)
- Night: Class on Organization Skills

Accommodation Style : Dorm + 1 night camp out

Leadership Development : Team Leadership

Outdoor Skills Focus Area :

Fire & Cooking | Safety & SAR | Ecology & Conservation.



Janda Baik : Jungle Expedition Camp Recommended Ages From 16 to 19

4 Day 3 Night Highlights include :

- Briefing & Digital Detox Ice Breakers
- Hike to Lubuk Lesong
- Set-up survival camp for overnight
- Independent trapping, fishing, foraging
- Night: Campfire Games
- Hike-up Gunung Nuang (full day)
- Foraging and cooking lunch
- Hike down to Radiant Campsite B
- Night: Class on Leadership
- River Tubing (5kms)
- Beginners Mountain Biking (7kms)
- Night: Sharing on Leadership

Accommodation Style : Dorms + jungle camp out

Leadership Development : Team Leadership

Outdoor Skills Focus Area :

Survival | Food ,Water&Fire Safety | Marksmanship

Price : **RM 1200 – 1250** per student depending on group size

Includes: Breakfast / Lunch / Dinner & Snacks

- All activities with proper supervision and workbook with Safety Briefing
- Emphasis on Character-Building, Leadership-Development Competency-Growth (CLC)
- 20 Pax Per Group Minimum



**DIGITAL DETOX
MALAYSIA**

UNPLUGGED ESCAPES: DIGITAL DETOX DAY TRIPS

Escape the digital grind and embark on a rejuvenating journey with our Digital Detox Day Trips.

Disconnect to reconnect with yourself and the world around you on our Digital Detox Day Trips – where every moment is a chance to recharge, refocus, and rediscover the joy of being present

Recommended for Ages : 8 & Above



Kuala Gandah : Elephant Sanctuary Visit

Disconnect from screens and reconnect with nature at Kuala Gandah Elephant Sanctuary.

- ❖ Elephant Feeding & Bathing
- ❖ Gandah Gallery with Expert
- ❖ Visit to the Institute of Biodiversity
- ❖ Games: Deerland Classification Challenge



Melaka : Gua Batu Maloi Cave & River Exploration

Pause the digital world and embrace the serenity of nature of Gua Batu Maloi, which is renowned for its limestone formations, stalactites, and stalagmites, making it a fascinating site for spelunking and exploration.

Items to bring : Wet Bag , Hiking Gear,&Extra Clothes



KL City Adventure :

Explore | Race | Hunt    

Leave the digital world behind and dive into the heart of Kuala Lumpur on our thrilling KL City Tour with Explore Race elements. Immerse yourself in the excitement of a real-life Amazing Race adventure as you race through iconic landmarks, solve clues, and complete challenges.



Pulau Orang Utan Bukit Merah : Conservation & Island Visit

Escape the digital hustle and immerse yourself in the tranquility of nature at Orangutan Island, Bukit Merah. As you explore the island, reconnect with the wonders of the natural world and witness the playful antics of orangutans in their natural habitat. Join us for a rejuvenating digital detox experience

Price: **RM 250 – 300** per student depending on group size

Includes: Lunch & 2 Breaks

- All activities with proper supervision and workbook
- Digital Detox Activation & Challenges
- Each day trip will be delivered by experienced facilitators, in locations with comfortable facilities, and local delights & delicious food !

UNPLUGGED ESCAPES: DIGITAL DETOX DAY TRIPS

Disconnect to reconnect with yourself and the world around you on our Digital Detox Day Trips – where every moment is a chance to recharge, refocus, and rediscover the joy of being present

Recommended for Ages : 8 & Above



Janda Baik : Ulu Tampit Waterfall Hike & Nature Walk

Pause the digital world and embrace the serenity of nature on our Nature Walk and Waterfall Hike.

- ❖ River Trek and Safe Water Crossing
 - Forest Hiking Permits & Approvals
 - Forest Ranger Guide(First Aid Certified)
 - Clean up Station (Showers Available)



KL City Adventure : Explore | Race | Hunt Concept

Leave the digital world behind and dive into the heart of Kuala Lumpur on our thrilling KL City Tour with Explore Race elements.



Forest Research Institute Malaysia Eco Education Field Trip

Unplug and reconnect with nature at FRIM!

Join our Nature Walk for a refreshing escape from screens. Explore lush greenery, breathe in fresh air, and rejuvenate your mind and soul

- ❖ Interpretative Forest Walk with Forest Ranger



Workshop / Factory Visit Location : Various

Get a behind-the-scenes look at real-world production, explore how things are made, and enjoy hands-on learning that brings classroom lessons to life! 🏭🔧🚀

Trips inclusive of Transportation & All meals can be customised to suit group requirements

Price : **RM 100 – 150** per student depending on group size

Includes : Lunch & 2 Breaks

- All activities with proper supervision and workbook
- Digital Detox Activation & Challenges
- Each day trip will be delivered by experienced facilitators, in locations with comfortable facilities, and local delights & delicious food!

DISCOVERING KUALA LUMPUR: A STUDENT HERITAGE TOUR

Designed for students aged **8–11** or **12–15** this adventure promises a thrilling exploration of the city's cultural heritage. Join us as we delve into the stories behind renowned sites such as the majestic Petronas Twin Towers, the historic Merdeka Square, and a visit to the money museum .

But this isn't just a sightseeing tour – get ready for a series of engaging challenges and tasks that will put your teamwork, problem-solving, and creativity to the test!



School Day Trip : Kuala Lumpur Heritage Sights Tour & Treasure Hunt

0700 – 0730	Introduction and Safety Briefing to all Students (On School Grounds)
0730 – 0800	Morning Warm up / Grouping Activation & Load up to depart
0830 – 0945	Tugu Negara : Historical Info & Activity Briefing & Challenges
1000. – 1045	Money Museum : Historical Info & Activity Briefing & Challenges
1100 – 1130	Merdeka Square : Site Visit and Challenges
11:45 – 1300	Central Market (Lunch Stop)
1300 – 1345	Taman Eco Rimba – Nature Canopy Treetop Walk
1400. – 1430.	KLCC Twin Towers : Photo & Group Challenge
1430 – 1500.	Return to school
1530	Goodbye



Price: **RM 150** per student / **FREE** for Teachers & Lectures

Includes: All fees , Tickets , Event Crew & Lunch

- You will learn about the historic landmarks and their significance to the country and the city.
- Social Media Challenges & Trivia included



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**JUNGLE SCHOOL
GOMBAK**

ORANG ASLI ADVENTURE & SUSTAINABILITY SECRETS

Dive into an unforgettable experience with Sustainable Orang Asli Journeys. Explore the jungle, learn from indigenous cultures, and discover sustainable practices firsthand. It's more than a trip – it's a chance to make lasting connections and be part of positive change.

Recommended for Ages : 6 & Above
Groups Activities can be tailored to suit each group



Jungle School Gombak Day Trip : Sustainability & The Orang Asli Community

0800 – 0900	Arrival at Orang Asli Museum
0900 – 0930	Introduction to Orang Asli Museum & Kg Batu 12 & 18 tribes of orang asli in Malaysia.
0930 – 1030	Jungle trekking along the Semai trail with identification of flora and fauna,
1030. – 1130	Trap and snare preparation, how to start fire and fire preparation
1130 – 1330	Shelter preparation (searching for 'bertam' leaves and demo of preparing a day shelter).
1330 – 1430	Lunch time (food will be cooked and prepared in bamboo by the orang asli host)
1430 – 1630	Learn to prepare food in bamboo and cooking (bamboo – rice, chicken, fish, vegetables),
1530 – 1630	Fun Challenge blowpipe game, puzzle (kerchang game), top spin.
1630 – 1700	Tea time
1700	Class end.



Price: **RM 150** per person depending on group size

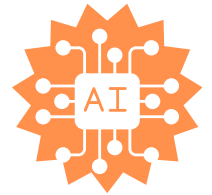
Includes: Donation to the Orang Asli Foundation , All fees & Lunch

- You will learn about Sustainable Development Goals highlighted by the United Nations through the knowledge of the Orang Asli Community .
- Authentic Orang Asli Lunch & Lessons

COLLEGE STUDENT WORKSHOP & LECTURE SERIES



**Reclaim Your Focus : Digital Detox
Workshop for Academic Brilliance**



**Unlocking Potential :
Using AI to Excel in College Work**



**Transitioning Triumph :
From Student to Career Professional**



Our Services



Digital Detox Student Camps

- Janda Baik (Home Base) + Other Locations
- Leadership Development Camps



Eco Conservation Field Trip

- Class Field Trip (Overnight / Day Trip)
- Hands on educational classes



Customised Trips & Camps

- Customise your own camp based on your requirements for any group size
- Music / Finance / Fitness Modules available



Travel & Event Consultation

- Event planning & execution
- All Logistics & Meal requirements



Lectures & Workshops

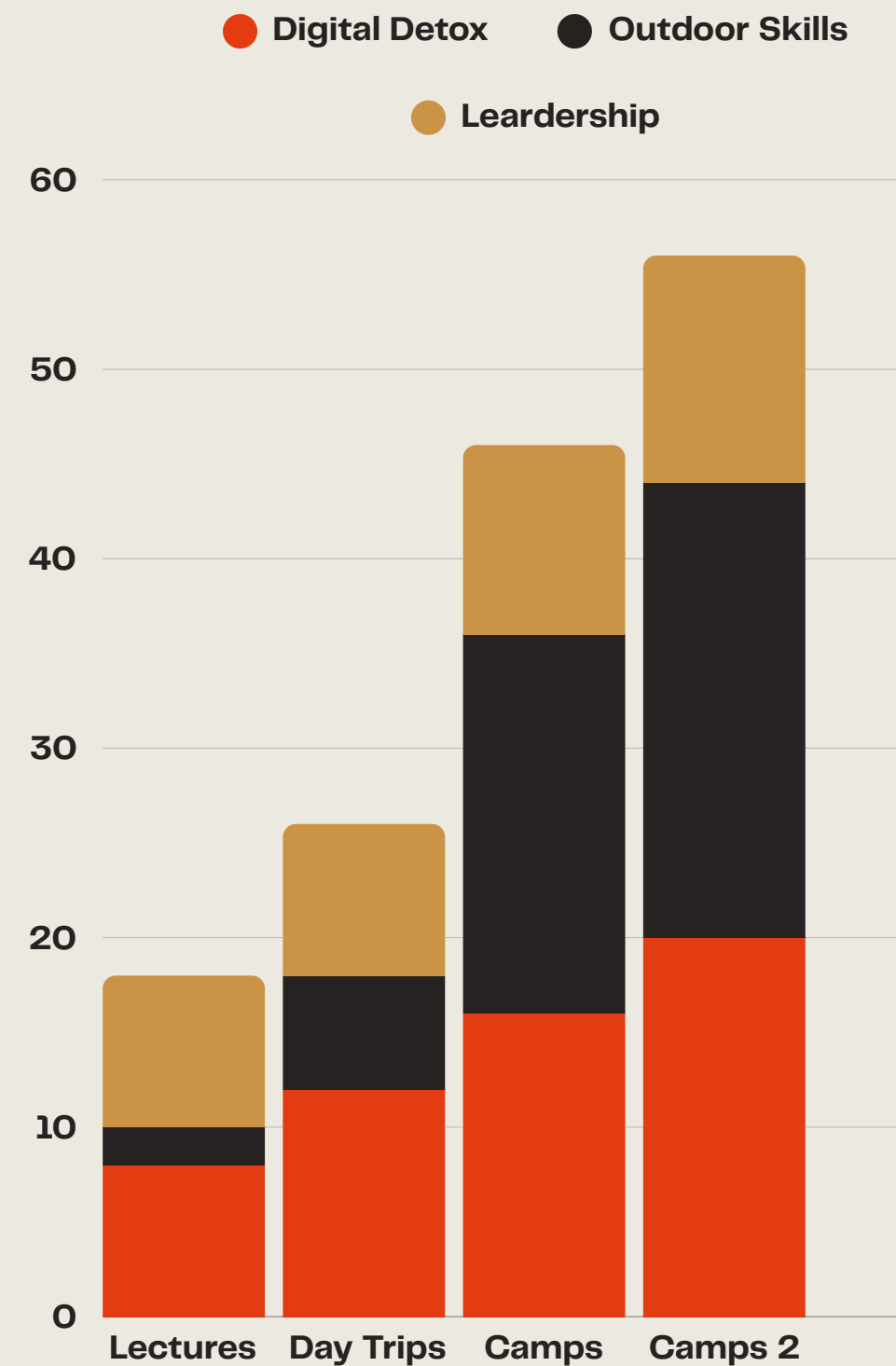
- Digital Detox For Student
- Lifeskills Module : Cooking / Cyber Security



Helping kids to unplug, explore, & enjoy life beyond screens!

Our Digital Detox Leadership camps offer a unique opportunity for students to unplug, recharge, and develop crucial skills away from screens.

Through outdoor activities, team-building exercises, and meaningful interactions, your teens will cultivate resilience, focus, and authentic connections.



DIGITAL DETOX RETREATS & SKILL-BUILDING CAMPS





LET'S WORK TOGETHER



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