

  
AHLAN  
RAMADHAN  
CHALLENGE

An Outreach Programme  
for 12-18 year olds

# A Journey ❖ Through The Quran

Malaysia's 1st Structured  
Ramadhan Camp

Day 1

One day

28<sup>th</sup>  
MAR24

Ahlan Academy,  
TTDI, Kuala Lumpur

Day 2-4

Overnight

29<sup>th</sup> -31<sup>st</sup>  
MARCH24

Masjid Negara,  
Kuala Lumpur



# A Journey Through The Quran



28th March 2024

Ahlan Academy, TTDI, Kuala Lumpur

## Programme Itinerary

Time	Programme Details
8:00am – 8:20am	<b>Registration at Ahlan Academy</b>
8:30am – 9:30am	Session 1: <b>Ice Breaking</b>
9:45am – 11:45am	Session 2: <b>Ramadhan Revelation: A Journey through Quran</b>
11:50am – 12:50pm	<b>Preparation for the Social Experiment</b>
1:00pm – 1:30pm	<b>Zhuhr</b>
1:45pm – 3:45pm	Session 3: <b>Social Experiment</b>
4:00pm – 4:45pm	<b>Reflection on Session 3</b>
5:00pm	<b>End of session &amp; return home</b>

\*Subject to change



# A Journey Through The Quran



29th March 2024  
Masjid Negara, Kuala Lumpur

## Programme Itinerary

Time	Programme Details
5:00pm – 5:30pm	Registration at Masjid Negara
5:45pm – 6:45pm	Session 4: Salah 101
6:50pm-7:15pm	Ibadah Me-Time
7:20pm – 7:45pm	Iftar & Maghrib
8:00pm – 8:30pm	Briefing on Day 2
8:45pm – 10:00pm	'Isha' & Tarawih
10:00pm – 10:15pm	Moreh
10:30pm	Lights off

\*Subject to change



# A Journey Through The Quran

30th March 2024  
Masjid Negara, Kuala Lumpur



## Programme Itinerary

Time	Programme Details
4:30am – 5:15 am	The Rise of the Knight
5:20am – 6:00am	Sahur
6:00am – 6:50am	Subh
7:00am – 7:30am	Briefing on Session 5
7:45am – 8:15am	Depart to spring cleaning
8:15am – 8:45am	Final briefing
9:00am – 12:20pm	Session 5: Spring cleaning I
12:30pm – 2:00pm	Sunnah Siesta & Zhuhr
2:15pm – 4:45pm	Session 5: Spring cleaning II
4:50pm – 5:20pm	'Asr
5:30pm – 6:20pm	Back to Masjid Negara & self-preparation
6:30pm – 7:50pm	Iftar & Maghrib
8:00pm – 8:30pm	Rest
8:45pm – 10:00pm	'Isha' & Tarawih
10:00pm – 10:15pm	Moreh
10:30pm	Lights off

\*Subject to change



# A Journey Through The Quran

31st March 2024  
Masjid Negara, Kuala Lumpur



## Programme Itinerary

Time	Programme Details
4:30am – 5:15 am	The Rise of the Knight
5:20am – 6:00am	Sahur
6:00am – 6:50am	Subh
7:00am – 8:30am	Session 6: Stroll with Knowledge
8:45am – 10:45am	Final preparation for Tour De ARC
11:00am – 12:15pm	Session 7: Tour De ARC
12:30pm – 1:00pm	Ibadah Me-Time
1:10pm – 2:00pm	Zhuhr
2:15pm – 3:15pm	Closing ceremony
3:30pm – 3:45pm	Photo session
3:45pm – 5:00pm	Free & easy
5:00pm	End of programme

\*Subject to change





# A Journey Through The Quran



## Programme Checklist

### Attire:

	Quantity
<input type="checkbox"/> Sports attire for 28th March 2024 (Shari'ah Compliant) – <b>TO BE WORN</b>	1
<input type="checkbox"/> Sports attire for 29th-31st March 2024 (Shari'ah Compliant) – <b>TO BE PACKED</b>	3
<input type="checkbox"/> Instant scarf/Tudung sarung (only for female participants)	3-4
<input type="checkbox"/> Baju Melayu, Kurta or Jubah (White only) for male participants	2
<input type="checkbox"/> Telekung (for female participants)	1
<input type="checkbox"/> Socks	8
<input type="checkbox"/> Sports shoes	1
<input type="checkbox"/> Cap (recommended)	1

### Sleeping Essentials:

<input type="checkbox"/> Sleeping attire	3
<input type="checkbox"/> Sweater / blanket	1
<input type="checkbox"/> Sleeping bag, pillow, or sleep-related items	-

### Hygiene and Personal Care:

<input type="checkbox"/> Toiletries (towel, soap, shampoo, toothbrush & toothpaste)	1
<input type="checkbox"/> Sanitary pads (if applicable)	-
<input type="checkbox"/> Medications (if needed)	-
<input type="checkbox"/> Face Mask (recommended)	10
<input type="checkbox"/> Self-test kit	1
<input type="checkbox"/> Basic stationeries (pencil, pen & eraser)	1 set

### Outdoor Essentials:

<input type="checkbox"/> Raincoat (recommended)	1
<input type="checkbox"/> Sunscreen (recommended)	1
<input type="checkbox"/> Insect repellent	1

### Miscellaneous:

<input type="checkbox"/> Handkerchief / small towel (recommended)	1
<input type="checkbox"/> Plastic bags for wet/dirty clothes	1
<input type="checkbox"/> Toilet slipper	1





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## Note to parents:

1. **28th March 2024** : Gather at Ahlan Academy (BAKTI Hall) at 8.00am or earlier for registration.
2. **29th March 2024**: Gather at Masjid Negara at 5.00pm or earlier for registration.
3. Please be informed that the dress code for the programme is sports attire.
4. Participants are to wear proper clothing that covers the 'awrah throughout the programme. No shorts are allowed.
5. Participants are to bring their own water bottles to be used throughout the programme.
6. Participants are **NOT ALLOWED** to bring any electronic devices (eg; phone, iPad etc.) at all. Ahlan Academy will not be responsible for any losses or damages.
7. For female participants, head scarf is compulsory.
8. It is advisable for participants to tag their own belongings for safety purposes before departing for the programme.
9. Please notify the committee if the participant has any medical needs to be attended during the programme.
10. Parents are invited to join **Session 7: Tour De ARC**. Tour De ARC is an exhibition prepared by the participants to showcase and present what they have learnt throughout the programme.

### Objectives of Tour De ARC:

1. For students to present and showcase what they have learnt throughout the whole programme.
2. To establish a 3-way communication and connection between Ahlan Academy, participants, and parents.
3. To support the growth and success of the participants after going through the challenges during the programme.

\*Families are invited to the Tour De ARC event. **Please RSVP to +6012-5802872**

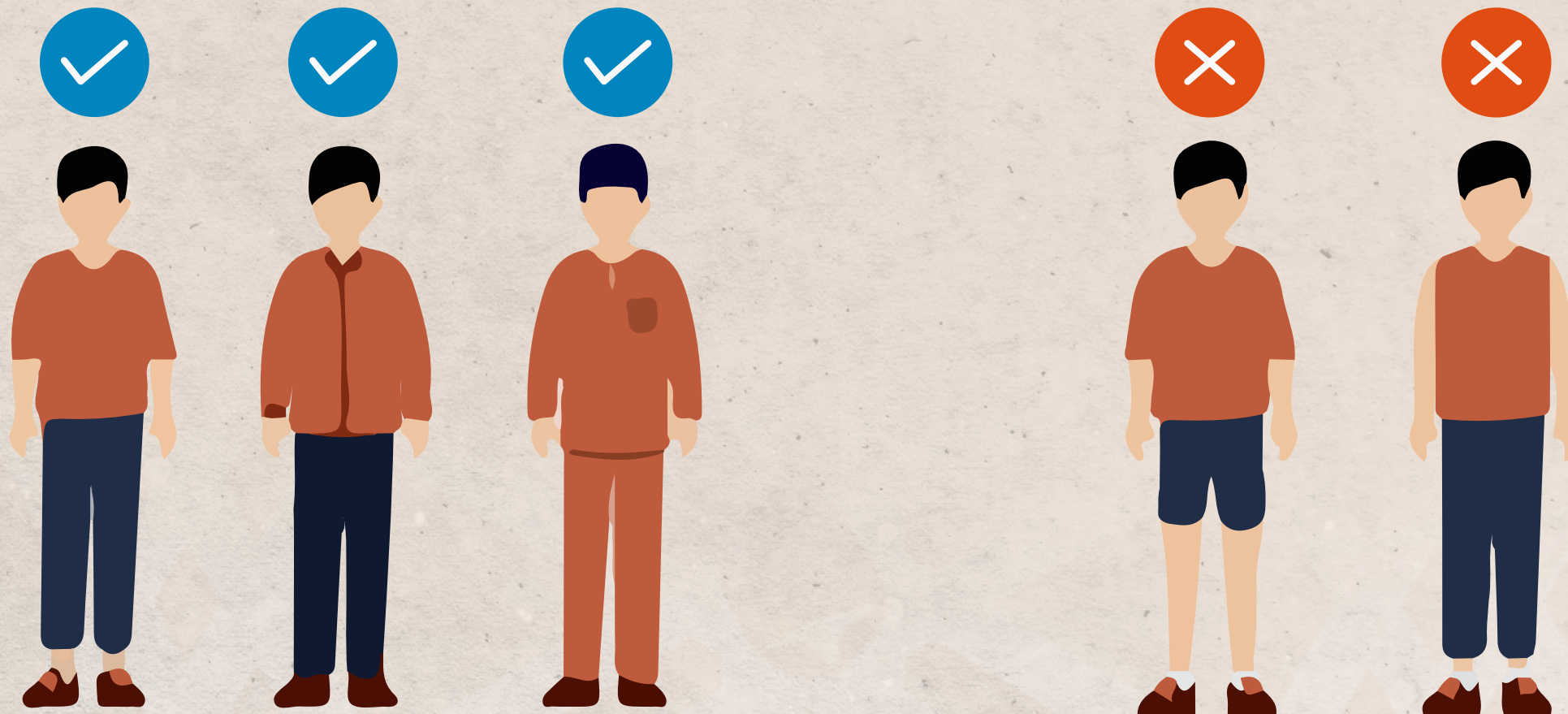


# A Journey Through The Quran

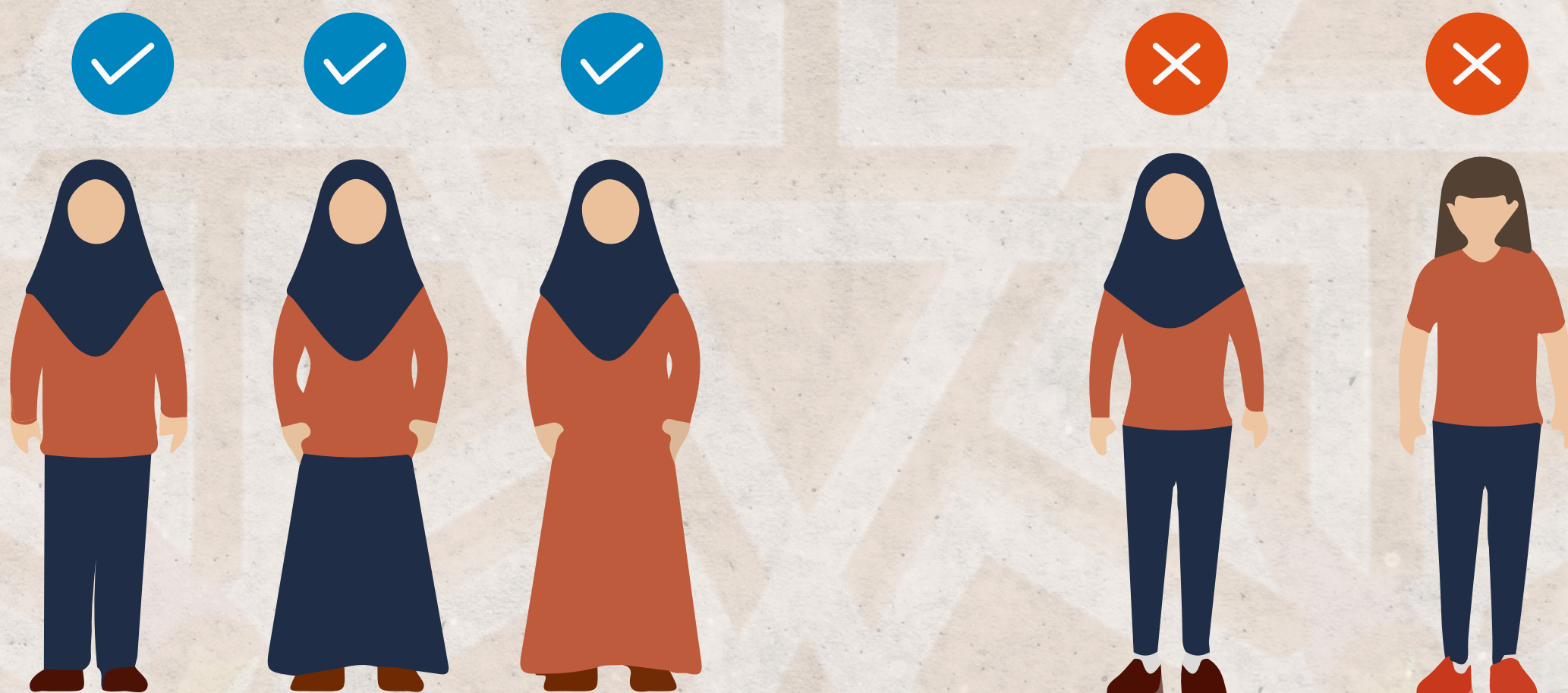
## Dress Code Guidelines:

Please observe the proper dress code throughout the programme. It is part of the Muslim etiquette to dress appropriately. The guideline of the 'awrah is as follows:

**The 'awrah for men is everything that is between the naval and the knee.**



**The 'awrah for women is everything EXCEPT for face and hands until the wrist.**







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Register now:

[bit.ly/ahlanrc24](https://bit.ly/ahlanrc24)