

**ŠIAULIAI DIDŽDVARIS
GYMNASIUM
IB'16 PRESENTS**

CAS BOOKLET

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- Introduction to CAS
 - CAS in Didždvaris and IB'16
 - Individual student accounts

DG
IB'16
CAS



ŠIAULIŲ DIDŽDVARIO
GIMNAZIJA



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Hey there, curious reader!

**There must a good reason why you are reading
this booklet.**

**Maybe you're interested about the civic-social
engagement?**

**Perhaps you're wondering what are those silly
letter combinations on the cover?**

**Maybe this booklet simply attracted your
attention?**

Or maybe you're just, well, curious?

Wander no more, dear reader,

for we are about to present the:

- Best opportunities to serve the community**
- Best perception of the world**
- Best way to find new relations**
- Best approach to practical learning**

All what's Best, in a form of

GAS

What is CAS?

CAS is one of the key components of the International Baccalaureate Diploma Programme (IB DP).

Each Diploma candidate must fulfill at least one social-civic engagement activity per month, every month.

IB students are encouraged to implement CAS in their daily routine, to reflect on all such activities, and thoroughly register them.

CAS stands for:

C - Creativity

A - Activity

S - Service

CREATIVITY is to incorporate student's creative skills, critical thinking, and academic proficiency to attend self-development or communal pursuits.

ACTIVITY requires for student's active embedment into the community life through participation, organization, and socialization.

SERVICE fosters altruistic and voluntary aid in pursuance of equality and social and principal welfare.

IB's goal with CAS is to complement its academic curriculum with advanced opportunities for its candidates to broaden social skills and global understanding.

CAS in Didždvaris

IB students of Šiauliai Didždvaris gymnasium are deeply engaged in the school, city, and international communities through CAS activities.

Many IB students can be found volunteering in the events of Šiauliai, food banks, community centres, and environmental cleanups.

CAS encourages Didždvaris IB students to actively engage in after-school activities, including extracurricular clubs and self-care activities.





CAS in IB'16

IB'16 was facing a particularly difficult time in terms of the IB curriculum and CAS due to the COVID-19 pandemic restrictions.

However, not only did that open new frontiers for the social-civic engagements, it posed a challenge of using IB knowledge to tackle serious global issues, one CAS activity at a time.

IB'16, therefore, proudly presents the generation's profile of all the CAS stories, experiences, thoughts, and opinions to you!




"To me,
CAS is being selfless
and selfish at the
same time.

In one way,
I am giving my all to
others and their well-
being.

In another way,
I am giving myself the
extraordinary
experiences I will
cherish in the future."

-Elada Ivoškutė, IB'16



A person wearing a yellow safety vest, a dark hooded jacket, and a face mask is holding a white sign and a mobile phone. The sign reads "PARODYKITE SMS ŽINUTĘ IŠ 1808". The person is standing in front of a large, modern building with a curved glass facade. The ground is covered in snow and dirt. Another person's hand holding a similar sign is visible in the bottom right corner.

“CAS has constantly pushed me out of my comfort zone to develop as a person, the result – a confident 21st century learner.”

- Matas Kenstavičius, IB'16



“CAS is a great opportunity to find oneself in new fields.”

- Gabija Dešriūtė, IB'16



"IB teaches
you about the
world."

CAS
lets you
experience it."

- Pijus Gaidamavičius, IB'16

"CAS was very valuable
for me since it
encouraged me to get
out of my comfort zone,
which in turn helped to
grow as a person."


- Agnius Grigaitis, IB'16





"CAS was an opportunity which allowed me to improve my communication skills and opened my eyes to see the world from a different perspective."

- Brigita Bruškytė, IB'16

A person in camouflage gear, including a bucket hat and a jacket with a small flag patch on the sleeve, is shown in profile, looking out over a group of people sitting on the ground in a wooded area. The group consists of several individuals, also in camouflage, some holding papers or notebooks. The background shows trees and a grassy area.

"CAS, in a way, obliges me to be critically thinking, engaging, responsible, and dedicated in all daily undertakings, mundane or meaningful."

- Julius Urbonas, IB'16

“For me, CAS is an activity
which unites people to
spread creativity
together.”


- Faustė Klimaitė, IB'16



"CAS teaches
us not only to be
human, but it
also cultivates
personality."

- Lukas Bomgardas, IB'16





"CAS to me is a three-dimensional tool for personal growth"

- Laura Trinkaitė, IB'16



**"CAS helped me be productive,
meet new people, while also helping out with
events or other activities.
Surprisingly, CAS also granted me time for
myself as well, when I was cooking or taking walks."**

- Valerija Tarasiuk, IB'16

“During my two years of CAS activities, I discovered my own strengths and identified places for improvement. CAS allowed me to express my creativity and curiosity while also exposing me to a variety of new experiences. The most important lesson I've gained from service CAS activities is the importance of caring for others.”

- Rosita Miežytė, IB'16





"CAS consumes you
the way that it makes you realise that
without work, there would be nothing"

- Ainas Puidokas, IB'16



**“CAS made me
realise that no
matter of rain or
sun, you can always
make someone’s
life a little bit
more colorful”**

– Ieva Sokolovaitė, IB’16



**"CAS: Incredible
experience
with lots of
opportunities!"**

- Jokūbas Jakavičius, IB'16

“CAS is a journey
that paves the way to
self-gratification and
the world around us.”

- Justina Ubartaitė, IB'16



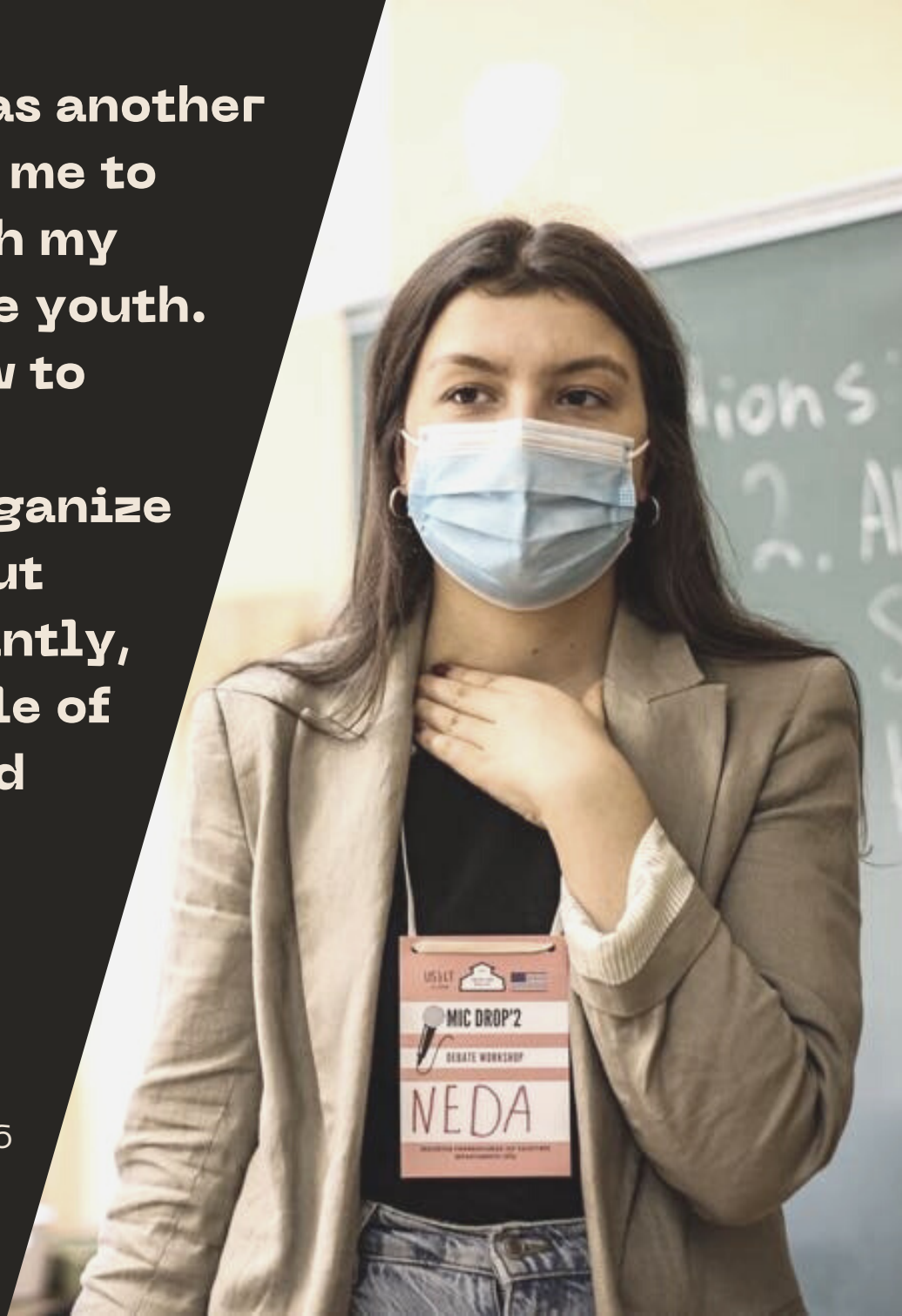



"CAS was important to me because it encouraged me to try new things and broaden my horizons, it also encouraged me to be more involved with my community and inspired me to help others more."

- Augustė Jankauskaitė, IB'16

"CAS served as another incentive for me to continue with my work with the youth. I learned how to write project proposals, organize big events, but most importantly, I grew a circle of people around me that were always there to help or participate!"

– Neda Miltinytė, IB'16



Three young women are standing outdoors in front of a brick wall. They are all smiling and holding long wooden sticks with twisted bread (karst) on them. The woman on the left is wearing a black jacket and a striped scarf. The woman in the middle is wearing a black jacket. The woman on the right is wearing a white quilted jacket. They are standing on a cobblestone path.


"CAS provided me with an
opportunity to explore new activities
and to get to know myself better."

– Gintarė Ušakovaitė, IB'16

"CAS shows that we can
change the world if we put
our mind to it."

- Jonas Rudnickas, IB'16



A young woman with braided hair, wearing a pink puffer jacket and black pants, is crouching in a grassy field. She is holding a blue leash and petting a black dog. A tan dog is standing in the foreground, looking towards the camera. The background shows a line of trees under a cloudy sky.

**"The best way
to get to know
yourself is to
lose yourself in
the help for
others."**

- Austėja Micevičiūtė, IB'16

“CAS provided me
an opportunity to
explore the world
and make new and
unforgettable
connections for
life.”

- Agnietė Vyšniauskaitė, IB'16



Final word:

**So, this is how our practical way of being a
learner, a knower, a citizen, a teenager
looks like!**

**While the IB curriculum might be challenging,
CAS provides an unparalleled opportunity to
put all that global IB's curriculum into a practical
perspective, in a way understandable to us - through
personal growth, engagement, altruism, and leisure.**

**And, in the end, most of our proficiency and orientation
in the ever-changing world did not come entirely from the
curriculum.**

Most of it came from CAS.

**To ambitious readers,
maybe prospective IB students,
maybe just wanderers,**

**All that IB, along with CAS, give to the person is worth
all the dedication, energy, and will.**

**As we yield to let new IB students in, we hope
that someday you will encourage the benefits CAS
gives, starting with anything merely procedural
to valuable principal, spiritual aspects.**

**We all grew during those two years of IB,
because CAS encouraged us to live
an empathetic, dedicated, mature life.**

Peace out,

IB'16

Created by DG IB'16



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