



CAS
LEGACY
OF IB'20

CREATIVITY



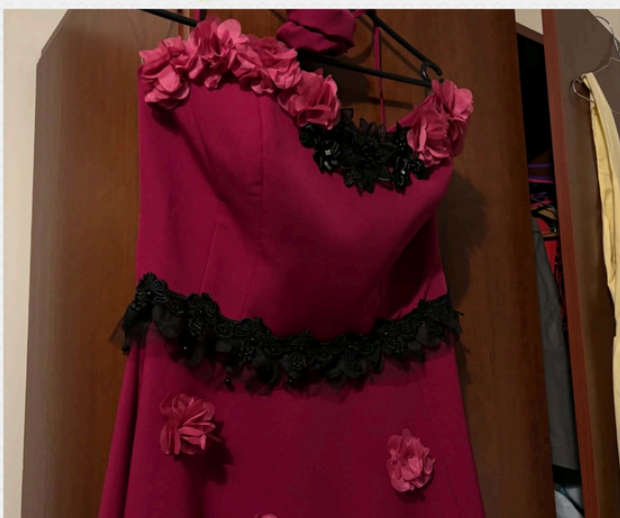
“The Lectio Ultima of IB’19 was an event dedicated to celebrating the experiences, achievements, and memories of the IB’19 graduating class. As part of the celebration, our class prepared a creative performance based on a song that we wrote specifically for the occasion. The song reflected unforgettable experiences that defined the years spent in the IB programme. During the event, we performed the song in front of teachers, parents, and other students. Seeing the audience engaged and appreciative made the experience especially rewarding and helped build confidence in performing publicly.”



CREATIVITY



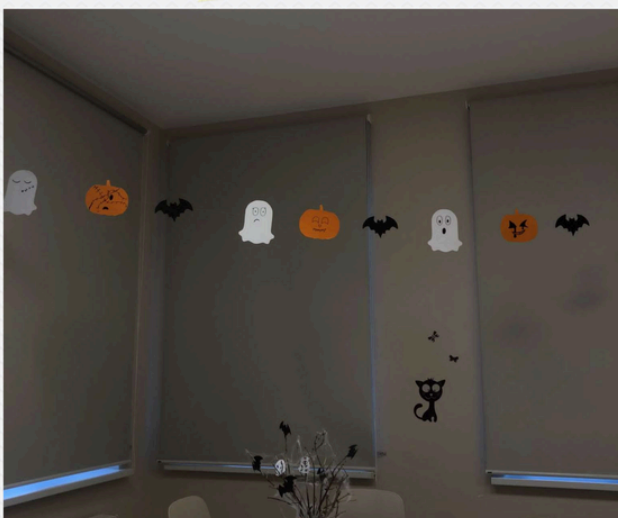
"I designed and customized my own prom dress. I started with a simple dress and transformed it by sewing on flowers, decorative details, and additional embellishments to create a unique final design. This activity allowed me to express my creativity while developing practical sewing and design skills. It required patience, attention to detail, and problem-solving throughout the process. By creating something personal and meaningful entirely through my own modifications, I was able to showcase both creativity and dedication while producing a lasting result that reflects my personal style and effort."



CREATIVITY



“Creating Halloween decorations for a children’s center was a creative activity focused on making the environment more festive and enjoyable for children. Decorations such as pumpkins, spider webs, and other Halloween-themed designs were prepared to create a welcoming atmosphere. The activity required planning, gathering materials, and thinking of ideas that would be both visually engaging and suitable for children. Organising a Halloween-themed event later on included games, storytelling, snacks, activities, and a movie for the children to enjoy.”



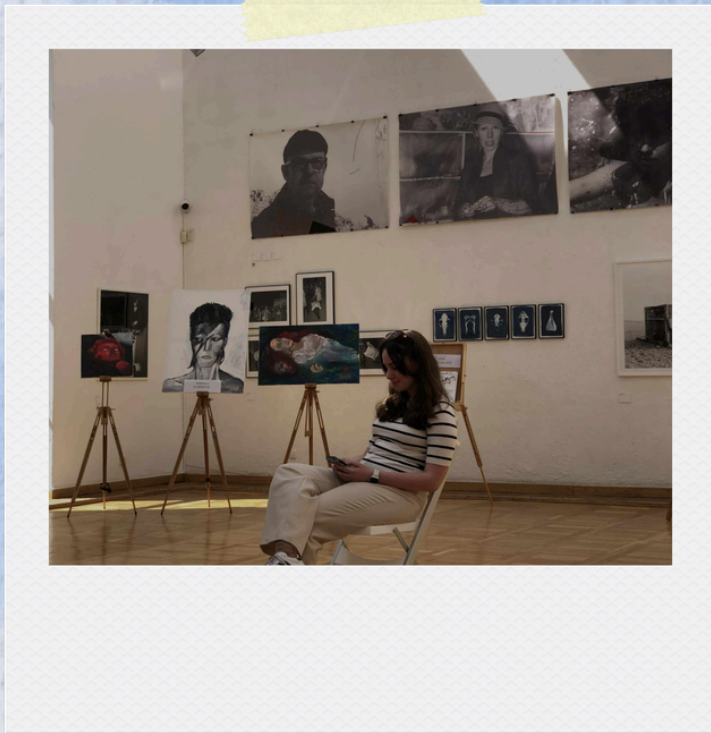
CREATIVITY



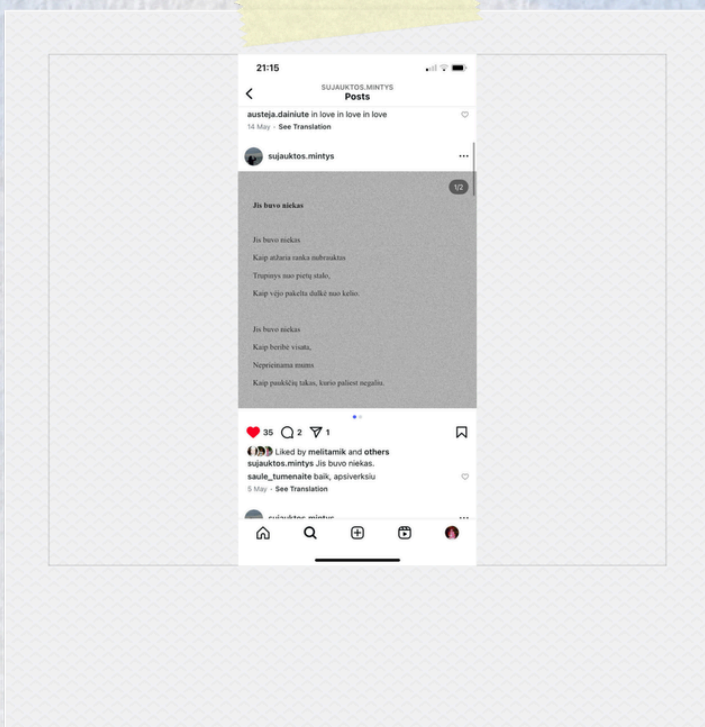
“The 100 Days Until Exams celebration play was one of the most memorable and exciting events of the school year. Inspired by Charlie and the Chocolate Factory, the performance was organized as a fun and creative way to mark the countdown to our final exams while bringing students together before an intense academic period. The majority of our class participated in the production, whether through acting, organizing costumes and props, helping backstage, or supporting rehearsals, which made the event feel very inclusive and collaborative.”



CREATIVITY



“One of my most meaningful long-term personal activities has been writing poetry and sharing it publicly through Instagram. Over time, poetry became an important activity that allowed me to express emotions, thoughts, and personal experiences. Through this process, I improved my writing skills, expanded my vocabulary. I also participated in poetry slams and other events, where I had the opportunity to recite my poems in front of live audiences. Performing poetry publicly challenged me to step outside of my comfort zone and helped me improve my public speaking and stage presence.”



ACTIVITY



“Five classmates participated in an Erasmus exchange trip to Saint-Brieuc, where we stayed with different host families and experienced everyday life with French high school students. We took part in various school activities and attended lessons, which allowed us to learn about the differences between the French and Lithuanian education systems. We observed their curriculum strategies, teaching methods, and the way lessons were conducted, which gave us a broader understanding of international education and classroom culture.”



ACTIVITY



“One of my CAS legacy activities was long-term cycling, which I consistently continued for eight months. Despite difficult weather conditions such as cold winter temperatures, rain, and extreme summer heat, I remained committed and cycled regularly, averaging 300 km each month. This activity demonstrated perseverance, discipline, and dedication, as it required me to stay motivated even when conditions were physically challenging. Through cycling, I improved my physical endurance and mental resilience while developing a healthier and more active lifestyle.”



ACTIVITY



“The Runway Run 2025 was a unique sporting event held on an airport runway surrounded by jets and aircraft. Participants completed a 3 km course while enjoying the exciting atmosphere created by the aviation setting. Participants aimed to maintain a steady pace throughout the run while also enjoying the overall experience. Maintaining endurance and consistency throughout the course demonstrated determination and perseverance. Overall, the event combined physical activity, motivation, entertainment and cuisine into a highly enjoyable experience.”



ACTIVITY



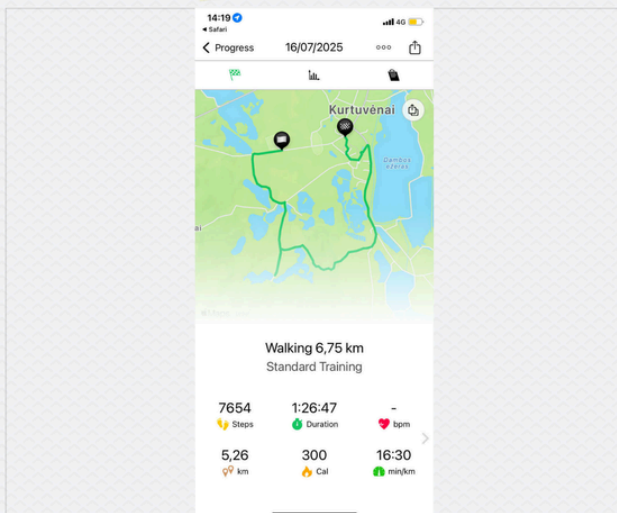
"Dog shows were one example of how CAS activities can help students grow outside the classroom. Through training, teamwork, discipline, and communication, this activity encouraged responsibility and confidence while also creating connections with others who share similar interests. It showed that CAS can include unique hobbies and passions, not only traditional school activities. Dog shows also offer opportunities for other students to get involved through volunteering, handling, animal care, or event organization. Overall, this activity demonstrated how CAS experiences can become meaningful, enjoyable, and impactful parts of student life."



ACTIVITY



"I participated in a 6 km hike through Kurtuvėnai Regional Park, where I explored natural landscapes including forests, open fields, and lakesides. The hike required physical effort and endurance, especially during longer stretches under the sun, helping me develop resilience and maintain a steady pace throughout the activity. Beyond the physical challenge, the experience gave me an opportunity to disconnect from daily routines, appreciate nature, and reflect on the importance of balancing physical activity with mental well-being. This activity increased my motivation to spend more time outdoors and continue participating in similar activities to improve both my fitness and overall mindset."



SERVICE



“Being part of Scouts became an important experience that helped develop responsibility, leadership, and teamwork skills through service and community involvement. Various camps, activities, and events were organized for younger scouts, while volunteering at different events helped create a positive and supportive environment for others.”



“During my time in scouts I helped to organize immersive meetings, teach others about scout ideology and share my knowledge on how to survive in the forests as well as in dangerous scenarios.”

SERVICE



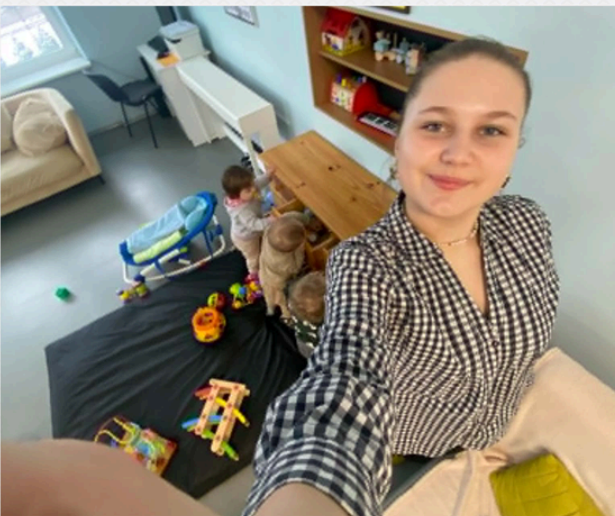
“Part of our class participated in a blood donation initiative. The activity was organised by the National Blood Center and aimed to support patients in need while contributing to the local healthcare system. For many participants, this was their first experience donating blood, which made the activity both meaningful and challenging. Donating blood required students to overcome fear, discomfort, and uncertainty about the process. However, participating together as a group created a supportive atmosphere where classmates encouraged and motivated one another throughout the experience.”



SERVICE



“Volunteering at Mother Teresa Family Home, a place that supports children and families facing difficult life situations, family crises, and social challenges. Over time, this place started feeling like a second home to me as well. I volunteered there almost every day and helped in many different ways. My service involved supporting both the teachers who work there and the children who live or spend time there. One of the most meaningful experiences for me was teaching several girls with intellectual disabilities basic kitchen skills, such as simple cooking techniques and proper dishwashing.”



SERVICE



“Volunteering at the elders home - this activity was targeted to connect more with the elders, share my experience from my FLEX experience and play bingo to involve them in a fun and easy activity. During this experience I got to get to know the elders better, listen to their stories and connect with them as well as the workers.”



SERVICE



“Volunteering for the Food Bank involved encouraging shoppers to donate food products and helping support people facing financial difficulties. During the first volunteering experience, the process felt stressful and anxiety-inducing because some people reacted rudely or started arguments when approached with donation pamphlets. Despite these challenges, working alongside another volunteer also helped create a sense of teamwork and support during difficult moments. The second volunteering experience felt much easier because there was greater confidence and less attention paid to negative reactions from some people.”

