
CAS ACTIVITY PROPOSAL FORM

This form has to be completed by each student for each project, following the CAS guidelines and the IB CAS Guide provided to each student.

SCHOOL NAME: American School of Bilbao
CANDIDATE NAME: Sarah de la Mata
DATE:

SCHOOL CODE:
CANDIDATE CODE:

PROJECT/ACTIVITY TITLE: BAKUVA

PROJECT/ACTIVITY SHORT DESCRIPTION:

Volunteering in an association to help children at risk of social exclusion in San Francisco, Bilbao. I will attend every Friday about 3 hours to help the children in their English lessons and after that in any place I am needed.

PREDICTED LENGTH OF ACTIVITY

Explain how long/often you will undertake the activity.

All the school year 2015-2016

CAS ELEMENTS INVOLVED

CREATIVITY

ACTION

SERVICE

PERSONAL GOAL FOR THE ACTIVITY:

Write at least one paragraph specifically stating the goal(s) you plan to achieve during this CAS opportunity. Your goals should reflect your motivation for choosing this activity, and how you think this experience will affect you and/or others.

GUIDING QUESTIONS

- What do I hope to accomplish?
- How does what I'm doing help to accomplish the stated objectives?
- How will I know if I've achieved my objectives or not?

By attending this organization I hope to be useful in society and help these kids not only with their English, but I want them to be happy and feel comfortable. I want to gain their trust and make them know that I do care about them. When they progress in English and when I see that they come to me for help.

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ANTICIPATED LEARNING OUTCOMES:

Indicate which are the learning outcomes that you are hoping to meet with this activity. Explain how this project/activity will help you achieve the chosen CAS Learning Outcomes? (Explain the relationship between what you are doing and the learning outcomes)

1. Increased their awareness of their own strengths and areas for growth.

Increase my communication skills and trust in myself that I can help people

2. Undertaken new challenges

I have never helped people. I have always been passive and now I am trying to be active.

3. Planned and initiated activities

4. Worked collaboratively with others

I will work collaboratively with the other volunteers that attend Bakuva.

5. Shown perseverance and commitment in their activities

I will try to attend every Friday, no matter the circumstance.

6. Engaged with issues of global importance

Trying to help children at risk of social exclusion.

7. Considered the ethical implications of their actions

8. Developed new skills

Communications skills and teaching.



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ORGANIZATION ASSOCIATED WITH ACTIVITY:

- ADDRESS: C/Mina de San Luis n°8 48003 Bilbao
- PHONE NUMBER: 946558480

PERSON IN CHARGE (SUPERVISOR): Laura Martinez Sires
EMAIL: lmartinezsires@gmail.com
MOBILE PHONE NUMBER:

POSITION: Volunteer Coordinator

PARENTAL APPROVAL

I agree to my child or ward being supervised by the above signatory for the designated activity.

Signature of parent/guardian

8/9/2015
Date

SCHOOL APPROVAL

CAS Advisor Approval:

Date: 14/9/2015

Once the activity/project has been approved, please SCAN and SAVE the document in the corresponding folder as **proof of evidence**.