



CAS PROJECT 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 TITLE: Awareness Day

PROJECT SHORT DESCRIPTION:

This project will consist in preparing disease awareness days at our school. Miren and I, inspired by the Pink day that took place at school, where everyone came to school dressed in pink to support cancer breast, decided to organize two events to promote conciousness. The first event will be the Cancer Awareness Day and will take place in World Cancer Day. We will prepare a bakesale and prepare and sell cancer ribbons to raise money and give it to the cancer research department from the hospital "Cruces". On our second event, we will focus on Autism awareness. We will prepare a presentation and an activity for people to participate in.

PREDICTED LENGTH OF ACTIVITY

Explain how long/often you will undertake the activity.

1 month for each event

CAS ELEMENTS INVOLVED

CREATIVITY

ACTION

SERVICE



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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?*

I feel the school is very united, and activities in which we help people make us even more united. We already had breast cancer awareness day, and with our world cancer awareness day I want expand the possibilities for helping to research cure for other cancers. My goal is to make people conscious of the cancer diseases and encourage people to help to the cause by raising a large amount of money. For the second event my goal is simply for people to understand what autism really is, and be aware they will meet people with autism throughout their lives and how they should act around them.

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 awareness of public speaking skills and organization skills.
2. **Undertaken new challenges** – I have never organized a campaign to raise money to donate to a charity, so it will be a challenge getting everything prepared in time and making the ribbons. For the second event, I will take a new challenge by preparing activities for lower school children.
3. **Planned and initiated activities** – Miren and I came up with the idea, and will organize everything and make our own ribbons.
4. **Worked collaboratively with others** – Miren and I will work collaboratively with each other, with the people that want to help, and with the teachers to make both events a success.
5. Shown perseverance and commitment in their activities
6. **Engaged with issues of global importance** – We will help in the research to finding a cure for cancer.
7. Considered the ethical implications of their actions
8. Developed new skills



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ORGANIZATION ASSOCIATED WITH ACTIVITY:

- ADDRESS:
- PHONE NUMBER:

PERSON IN CHARGE (SUPERVISOR):
EMAIL:
MOBILE PHONE NUMBER:

POSITION:

PARENTAL APPROVAL

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

Signature of parent/guardian

Date

SCHOOL APPROVAL

CAS Advisor Approval: _____

Date: _____

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



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APPENDIX

WHY

Explain why you want to carry out this project, what prompted you to embark on this and what you wish to accomplish.

We wanted to carry along this project, because we really want people to be aware of diseases going on around us and how they can help, we want to encourage people to help and show them how to handle future situations where you will meet people with diseases.

We really want to feel like we are helping the world, and so we want to raise money to help to the cause and help to find a cure.

HUMAN CAPITAL

Who will take part on this project and roles.

This project will be carried out by Sarah de la Mata and Miren López (us), in which we are both leaders, planners and initiators of the project.

Isabel Ruiz and Naroa Quintana have helped us with logistics and the bake sale preparation.

STEP BY STEP

- *Explain in detail HOW, WHEN and WHERE you will carry out the project. Explain the context (When coordinating with another institution, please provide its description, aims, targeted population, context, etc.)*
- *Describe sustained time of planning and implementation, the manner in which you incorporated collaboration and how/with whom you collaborated, as well as address any thinking you've done about enduring outcome of the activities.*

The first thing we are doing is talking to our high school principal and the biggest supporter of this activity, who is all for the idea and gives us a free pathway to organize the first activity: Cancer Awareness Day on February 4th, World Cancer Day. Sarah and I realized that the planning for the event was NOT going to be simple, so we started organizing in January. We came up with a plan. We would do a big whole-school bake sale and craft many ribbons for the different cancer awareness colors, such as pink for breast cancer, white for lung cancer and purple for generic cancer. We spent a whole morning and 35€ buying 25 meters of lace, and then we spent another 15€ for marketing purposes. We met up in Sarah's house and spent three whole afternoons crafting ribbons, we made about 250 ribbons. Then, we made cancer awareness posters with facts about cancer and which marketed and informed people about our event, and encouraged them to bring money on February 4th.



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TIMING

Predicted Length of the project (include time planning, thinking, contacting people, collaborating with others, logistical details, as well as the actual time and frequency of implementation activities)

(January-April 2016)

NEEDS & RESOURCES

List the needs or points you need to take care of before the project. Think of those things that need to be in place before the project takes place.

- Ribbon
- Baked goods
- Tables for a bakesale
- Approval for both campaigns
- Children to present to
- People willing to donate! :)