

CAS WEEK 2011

November 14-18

Why have a CAS Week?

- * At RCHK, we recognise the pressure that Diploma students are under to complete all that is required of them in the rigorous International Baccalaureate Diploma Programme
- * We collapse the curriculum for the entire Year 12 cohort for one week, to allow them the opportunity to try something new and challenging in a concentrated time period
- * Please note - this is not the only CAS that students will be involved in!

CAS Week Options

- * There are a variety of options for Year 12 students, some are free, others vary in cost, but are opportunities that are not offered at any other time during the school year
- * Students will indicate their top 3 preferences for CAS Week activities
- * Places for Overseas trips will depend on payment of deposits, a commitment to awareness raising and fundraising, preparation involving workshops, as well as other factors which are unique to each trip

Which activity to choose???

- * Students should choose activities that they could not normally access at other times during the school year and something that will be personally challenging
- * e.g. If a student thinks they will find it difficult to fulfill a certain aspect of CAS - Creativity or Action or Service-based activities, then CAS Week is the ideal time to participate in such an activity!
- * However, please be aware that this will NOT be the only time they participate in that 'strand' of activity
- * Costs are a factor and no student should select an option that they have not discussed with their parents

Overseas Opportunities

- * All overseas trips involve Service work on projects requiring fund-raising
- * All students participating in these trips will be required to assist with fund-raising
- * No fund-raising will take place without awareness-raising about the relevant causes/issues
- * Preparation for these trips starts immediately and students wishing to participate must understand *why* we will be travelling to these countries and working on the respective Service projects

Deposits for Overseas trips

- * Each Overseas opportunity involves different activities and is costed accordingly
- * Deposits will be \$2 000HK
- * Deposits will be **due by Friday 26th August**
- * Spaces are limited and places will ultimately be decided by 'first come, first served' payment of deposits
- * Deposits will be non-refundable (unless there is no space for the student to participate)

OVERSEAS OPPORTUNITIES

- Indochina Starfish Foundation - Phnom Penh, Cambodia (a week long programme of Sports, Art, Music, Games, created and led by RCHK students, for the children of the Stung Meanchey community)
- United World Schools, Ratanakiri, Cambodia - (a week long programme of Sports, Art, Music, Games, created and led by RCHK students, for the children in indigenous villages of North-East Cambodia)
- Schools To Schools - Aceh (teaching local students in Primary Schools and Kindergarten)
- Laos - Community Learning International (teaching local students, working on the Library Boat in Luang Prabang)

OVERSEAS OPPORTUNITIES

- Bali - service on a community organic farm and surfing lessons
- India - creativity and service - Darjeeling area - teaching local students and beautifying the school, raising funds for the free local medical clinic based at Karmi Farm
- Sabah - working with a local NGO (www.fieldskills.com) just north of Borneo and then down to climb Mt Kinabalu. This trip involves all 3 of C, A, and S.

Within HK

- Crossroads experience - simulation exercises and working with refugees and range of voluntary experiences
- Nesbitt Centre - volunteering with physically and mentally disabled adults in a week long programme in the centre, as well as around HK
- Jockey Club Sarah Roe school - working with severe and profoundly learning disabled school children
- Sailing (\$3 000) - learning to sail - Hebe Haven Yacht Club and some environmental clean-ups
- Blue Sky Water fun programme (\$3 500) - Stand Up Paddle Boarding, Dragon Boating, Surfing, Kayaking and Wakeboarding
- Photography project with a professional photographer (some cost to be divided amongst participants - will be between \$750 - \$1500)

More within HK

- Mountain Bike Super Camp (\$2 750) - learning skills, maintenance and applying all that is learned to completing of HKs best mountain bike trails
- HK Academy of Performing Arts - working in the Costumes or Props department and learning from experts in their fields
- Vision First - working at the NGO with the refugees and disadvantaged
- Ark Eden (\$2850) - environmental workshops & activities, service work, cooking, hiking & more. Includes most meals and 3 nights in an eco-lodge

CREATE YOUR OWN CAS WEEK EXPERIENCE

- this would require DETAILED planning, risk assessments and thoughtful consideration
- MUST BE APPROVED BY Miss Bignold (CAS Coordinator) BEFORE YOU START PLANNING!!!

PHNOM PENH, CAMBODIA

- this year we will take 20-30 students to volunteer with the Indochina Starfish Foundation who change the lives of many of the poorest children in Phnom Penh
- students will work to create a week-long programme involving Sports, Art, Music, Games and more, then deliver the programme at ISF
- <http://www.indochinastarfish.org/>

RATANAKIRI, CAMBODIA

- * 8 students & 2 staff will travel up to Banlung in Ratanakiri, the poorest province, in the North-East of Cambodia to work in the United World Schools in remote villages
- * this trip is one of the most challenging and students will create mini-classes that they will teach, including Sports, Music, Singing, Art and Games.
- * students will be staying in both remote villages and in a guest house in town
- * <http://www.unitedworldschools.org/>

CAMBODIA - STS



ACEH STS

- 2009 was the first year we were able to send DP students to Calang, Banda Aceh, Indonesia to work with local students affected by the 2004 tsunami (when 226 000 Indonesians died and 500 000 were left homeless)
- 90% of Calang was destroyed - likely to be the worst affected area of the Indian Ocean tsunami
- RCHK has supported teacher training and the rebuilding of education in Aceh and raised funds for the construction of a playgroup and teaching resources in Calang
- we would like to continue to send RCHK students who raise awareness, funds and assist in the development of education in Aceh

ACEH, INDONESIA - STS



LAOS - CLI

- students will work with the NGO Community Learning International (CLI) in World Heritage Listed Luang Prabang, Laos
- students will support the Library Boat, teach English and interact with the impoverished Lao students and experience a range of cultural activities
- see attached slide show for further information (do not click on the slide with Luang Prabang, Laos, UNESCO's World Heritage Site and the Community Learning International logo - videos will play automatically)
- [CAS Week Laos](#)

LUANG PRABANG, LAOS



BALI

- the students will be working with local farmers at the Side By Side Organic Farm, which helps lift families out of poverty and empower them by promoting self-help and a sustainable future
- students will also be participating in an accredited Surf Camp, taught by qualified Surfing instructors in one of the most popular surfing tourist spots in the world
- the students will also examine issues relating to mass tourism and environmental protection

BALI, INDONESIA



DARJEELING, INDIA

- students will be based in North West India amongst some of the most spectacular and tallest mountains in the world
- some of the time will be based at Karmi Farm, as well as the opportunity of staying with local villagers
- Service work will include teaching local school students and the free Medical clinic on the Karmi Farm, as well as participating in a range of Action and Creativity activities
- <http://www.karmifarm.com/>

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DARJEELING, INDIA



SABAH, MALAYSIA

- Students will work and travel with a local NGO (www.fieldskills.com) to the Malaysian state of Sabah in the north of Borneo. They will visit an Orangutan Sanctuary before 'home-staying' at Bilit Village on the Kinabatangan River.
- **SERVICE:** installing a rainwater tank and stand at a village house, and planting fruit trees to help support local wildlife
- **CREATIVITY:** afternoon games with local school children.
- Students will depart Bilit for the **ACTION** component of the week: a significant personal challenge in an overnight climb of Mt Kinabalu.

SABAH. MALAYSIA



WHAT HAPPENS NEXT?

- CAS Week (overseas opportunities) sign-ups will be commence Monday, 22nd August and conclude Friday, 26th August
- Students can give 1, 2 or 3 preferences for these trips
- Spaces are limited and every effort will be made to run each trip
- Places are only confirmed once the deposit has been paid & a copy of the student's passport and HKID card has been handed in

AND...

- \$2000 deposit (non-refundable) will need to be paid by cheque - made out to Renaissance College
- trips will only run if there are enough students who have paid their deposit (look in the Announcements section on the RCHK website)

PAYMENT SCHEDULE

- final costs can only be confirmed once numbers have been set, currency rates have been taken into account and flights confirmed
- estimate the trips will cost between \$10-15K
- \$6000 (or balance if possible) will be due by Friday 9th September
- Balance will be due Friday 7th October

OR...

- If you would prefer the within HK options, sign ups will commence Monday, 29th August and conclude Wednesday 31st August
- you will still be required to pay a deposit for activities within HK involving a cost, shortly after final lists have been compiled. More details to follow.

OR...

- If you wish to create your own CAS Week experience, you need to make an appointment to see Miss Bignold in the week beginning 1st September