

What are CAS Projects?

A CAS project is a team effort where you take on a series of experiences that fit into at least one of the CAS strands—Creativity, Activity, or Service. To finish CAS, you need to complete at least one project.

The main goal of the CAS project is to help you grow by working with others on something meaningful. The project has to last at least a month from start to finish, but a lot of the best projects take longer, and that's encouraged!

Your CAS project isn't just about making a difference in the community—it's also a chance for you to build important skills. Whether it's improving your writing, running a campaign to raise awareness, or even handling a budget, this project is a hands-on way to learn and grow.

Creativity Project Ideas

1. Start a school art magazine: Gather a team of interested students and faculty advisors. Regularly promote and distribute the magazine in school and online.
2. Organize a virtual poetry slam: Publicise the event, inviting students to submit their original poetry. Have participants perform their poems and consider having a panel of judges to provide feedback or determine winners.
3. Choreograph a dance for a school talent show: Choose a song and develop a dance routine. Recruit participants and hold regular rehearsals. Perform the dance during the talent show and possibly record it for online sharing.
4. Develop a school website or app: Identify the needs that the website or app could fulfill. Learn or collaborate with someone who knows how to code and design. Regularly update and maintain the site or app once it's launched.
5. Write and produce a short film: Write a script, cast actors, and plan the scenes. Film and edit the project, ensuring good sound and lighting. Screen the film at school and consider entering it into student film festivals.

6. Create a sculpture from recycled materials: Collect recycled materials. Design and construct the sculpture. Display it at school or in the community with a plaque explaining the importance of recycling.
7. Start a school music band: Find interested students who play various instruments. Practice regularly, selecting a repertoire of songs. Perform at school events and consider recording performances.
8. Write and illustrate a children's book: Choose a story idea, write the text, and create illustrations. Print copies of the book. Share the book with local libraries, schools, or children's hospitals.
9. Design a mural for a community center: Propose the idea to the community center and design a sketch. Gather materials and volunteers. Oversee the painting of the mural, and hold a "reveal" event when it's finished.
10. Write a play about a social issue: Research a social issue, write a script, and hold auditions. Rehearse regularly and gather costumes and props. Perform the play at school and consider touring other schools or community centers.
11. Create a graphic novel: Develop a plot and characters, and begin drawing and scripting the novel. Use graphic design software if possible. Share your finished work at school and consider publishing it online or in print.
12. Run a creative writing workshop: Plan a series of activities and topics that cover different aspects of creative writing. Advertise the workshop and hold regular sessions. Encourage participants to share their work and provide constructive feedback.



Activity Project Ideas

1. Lead a weekend hiking group: Choose a variety of local trails suitable for different fitness levels. Promote the group and plan the first hike. Continue to lead regular hikes, ensuring everyone's safety and enjoyment.
2. Set up a school fitness challenge: Decide on the nature of the challenge (number of steps, minutes of activity, etc.). Promote the challenge and track participants' progress. Award prizes to those who achieve or exceed the goal.
3. Organize a dance-a-thon for charity: Secure a venue and a DJ or playlist. Register participants and encourage them to find sponsors. Hold the event, collect pledges, and donate the proceeds to a selected charity.
4. Start a yoga club at school: Find a suitable space and time for the club. Promote the club and begin leading regular sessions. Ensure the sessions are suitable for all levels of fitness and flexibility.
5. Lead a cycling tour of your city: Plan a route that includes interesting sites around Curacao. Promote the tour and gather necessary equipment. Lead the tour, ensuring everyone's safety and providing interesting commentary.
6. Organize a school-wide sports day: Plan a variety of events suitable for all fitness levels. Organize teams, equipment, and a schedule for the day. Run the sports day, ensuring everyone's safety and enjoyment.
7. Develop a fitness program for senior citizens: Research and plan exercises suitable for them. Find a venue and promote the program. Lead regular sessions, adjusting the exercises based on participants' feedback and abilities. IB Biology teachers can help here.
8. Start a school gardening club: Find a suitable space for a garden and plan what to plant. Recruit club members and begin regular gardening sessions. Plan for the care of the garden during school holidays and decide how to use or distribute the produce.

Service Project Ideas

1. Tutor underprivileged children in your community: Coordinate with a local school or community center. Find out what subjects the children need help with and plan in-person or online tutoring sessions. Provide regular tutoring, adjusting your methods based on each child's needs and progress.
2. Develop a campaign to promote mental health awareness: Research mental health issues relevant to your school. Plan activities such as assemblies, poster campaigns, or guest speakers. Run the campaign, aiming to reduce stigma and promote understanding and support.
3. Volunteer at a local animal shelter: Contact the shelter and find out what help they need. Regularly volunteer your time, doing tasks such as cleaning, feeding, or walking animals. Promote the shelter and the adoption of its animals.
4. Create a peer mentoring program at school: Coordinate with school administrators and plan how the program will work. Recruit mentors and train them. Match mentors with students who need support and regularly check in with all participants.
5. Run a book drive for a local library: Find out what types of books the library needs. Promote the book drive at school and set up collection bins. At the end of the drive, deliver the books to the library.
6. Start a community garden: Find a suitable plot of land and secure necessary permissions. Plan and plant the garden, recruiting community members to help. Organize a schedule for maintenance and a plan for distributing or using the product.
7. Organize a charity concert: Recruit performers and secure a venue. Promote the concert and sell tickets. Run the concert, ensuring a good experience for the audience and performers, and donate the proceeds to a chosen charity.