



CAS BOOKLET

**CREATIVITY
ACTIVITY
SERVICE**

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TABLE OF CONTENTS

01	CAS Overview	Page 03
02	Student Information	Page 05
03	Excursions to choose from	Page 06
04	Scuba Diving	Page 07
05	Junior Chef's Cookery Course	Page 08
06	Flora Fieldwork	Page 09
07	Sea Kayaking Expedition	Page 10
08	Learn to Sail	Page 11
09	Outdoor Oman	Page 12
10	LooLA Eco Adventure	Page 13

OVERVIEW



Creativity, activity, service (CAS) is an integral part of the International Baccalaureate Diploma Programme and student life at ABA - Oman International School.

Developing a commitment to the community is fundamental to this programme. Students participate in activities that inspire learning, encourage a healthy lifestyle and/or give back to the community.

The three strands of CAS, often interwoven within any single endeavor, are as follows:

Creativity:

Engaging in enterprises that involve creative thinking, learning new skills, experiencing culture or other ventures that involve creative thinking in the design and implementation of service projects.

Activity:

Physical exertion contributing to a healthy lifestyle, not only from participation in individual and team sports but also when taking part in expeditions and in local or international projects.

Service:

An unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity, and autonomy of all those involved are respected.

OVERVIEW

CAS experiences should involve:

- Real, purposeful endeavors, with significant outcomes
- Personal challenge—tasks must extend the student and be achievable in scope
- Thoughtful consideration, such as reviewing progress, reporting and reflection

Students are expected to reflect on their experiences and be able to articulate or demonstrate learning outcomes that resulted from having participated in these trips. It is the experience and reflection upon the experience that counts; this is not merely an exercise in logging hours. By discussing their CAS work with their Advisor and fellow students, the Advisor helps the student to document their experiences and growth.



STUDENT INFORMATION

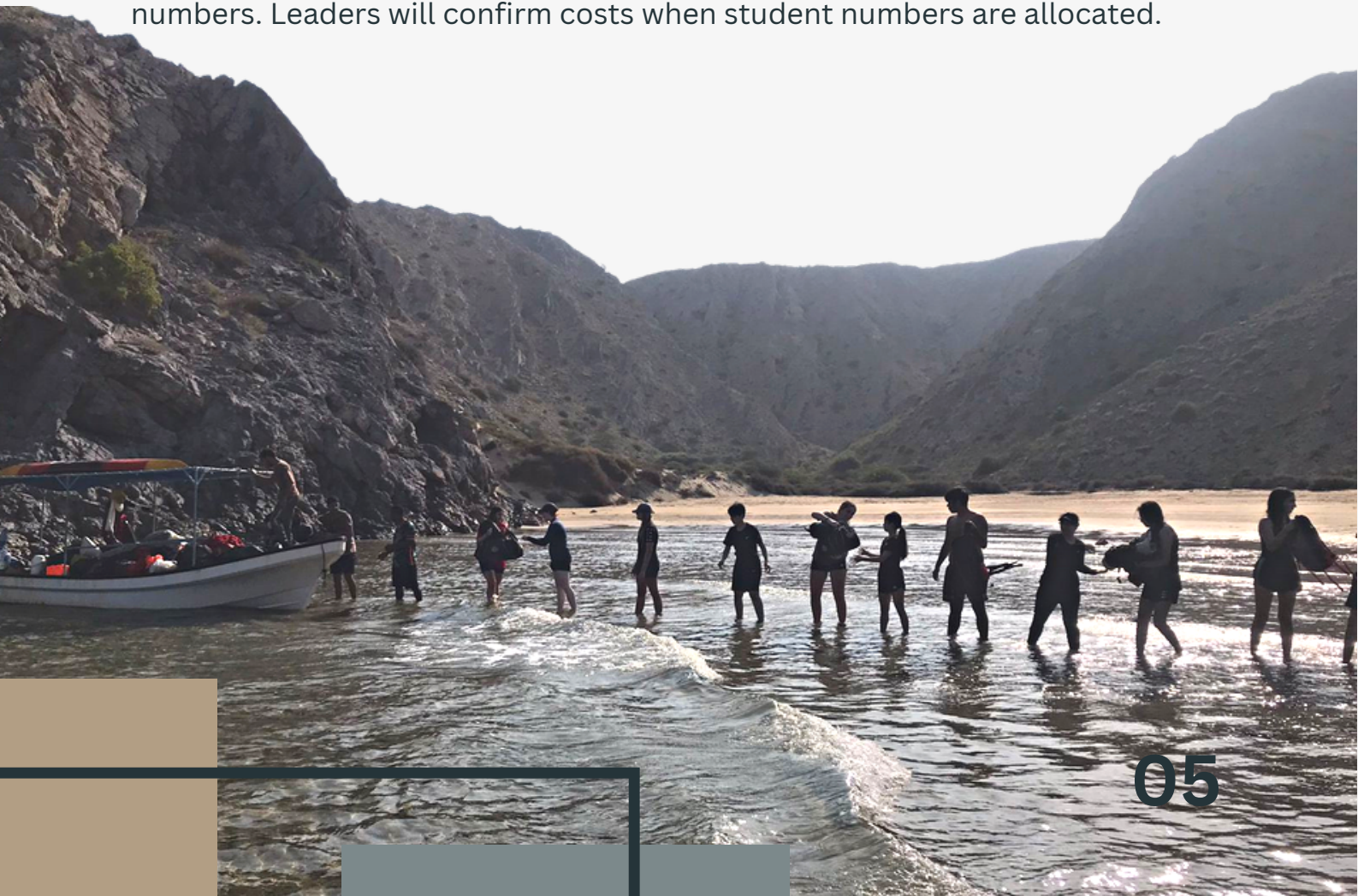
Who: All G11 Students with Faculty Chaperones

When: January 15 (Sunday) - January 19 (Thursday), 2023

Purpose: To participate in an experiential learning week in small groups focused on developing and achieving a goal both individually and as a team. Students will be able to count this for the IB DP Diploma CAS requirements as well as for ABA's HS Diploma CAS requirements.

Choosing: On 10th Nov, a Google Form will be sent to students to identify their first, second, and third choices. Efforts will be made to give all students their first choice; however, with minimum and maximum numbers for each experience, we will need to assign students possibly to their second or third choices.

Payment: Payment will be due in full to the ABA Business Office on Dec 4. Please note that the costs are estimated and can vary based on student numbers. Leaders will confirm costs when student numbers are allocated.



CAS EXCURSIONS TO CHOOSE FROM



Scuba Diving



**Junior Chef's
Cookery Course**



Flora Fieldwork



**Sea Kayaking
Expedition**



Learn to Sail



Outdoor Oman



SCUBA DIVING

Location: Al Mouj - The Wave, [Mola Mola Divers](#)

ABA Staff Chaperones: Haley Kemper, Aida Nausía Bonet

Dates: 5 days, 8am to 3pm

Estimated cost:

- Open Water: 250 OMR
- Advanced: 280 OMR
- Rescue: 290 OMR (including EFR course)
- Fun Dives: 230 OMR

Transportation: students will need to have their own transportation to and from Al Mouj.

Food: lunch and water provided, students should bring their own water bottles and additional snacks if desired.

Number of places:

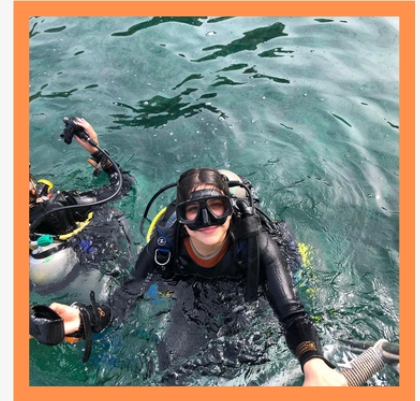
- Open Water: min 3, max 8
- Advanced: min 3, max 8
- Rescue: min 4, max 8
- Fun Divers: min 3, max 8

CAS:

Creativity- learning new skills of diving

Activity- physical exertion of SCUBA and swimming

Service- beach cleanup and underwater cleanup



Summary:

The ability to swim is a prerequisite for this trip. Students who participate in the Open Water Diver, Advanced Open Water Diver, or Rescue Diver course and by the end of the week will have hopefully attained that PADI qualification. There will be a section of study including dive theory and dive safety that students will need to successfully complete online before starting the course. This will be examined as part of the qualification. In addition to these qualifications students will also complete the Project Aware Course and do a beach clean up.

The total number of dives are as follows: Open Water: 6
Advanced: 8
Rescue: 6
Fun Divers: 8

JUNIOR CHEF'S COOKERY COURSE

Location: [National Hospitality Institute](#), Wadi Kabir
Oman

ABA Staff Chaperones: Bina Philip, Sebastien Monclar

Days: 5 days, go home every evening, meet at 8:30am
at NHI, pick up time at 2:15 at NHI each day

Estimated cost: 115 OMR

Additional (Optional): Personalised chef jackets
tailored for 7 OMR

Transportation: students provide own transport to
and from NHI daily

Food: students bring packed lunch each day or can use
the NHI Cafeteria (paid by student)

Number of places:

Min: 10 students

Max: 15 students



CAS:

Creativity- learning new skills in food preparation

Activity- N/A

Service- N/A

Summary:

The Junior Chef's Course run by the NHI aims to provide knowledge and skills in basic food safety, food preparation and cooking for under 18 year olds.

Participants will learn and practice:

- Barista skills
- Planning and preparation of Starters
- Planning and preparation of Main Course
- Planning and preparation of Desserts
- Planning and preparation of Breads
- Food safety and etiquette

Other: COVID Protocol to be followed.

FLORA FIELDWORK

Location: [Oman Botanical Gardens](#), Muscat

ABA Staff Chaperones: Ruairidh Mackenzie, Janique Gallivan

Days: 5 days, go home every evening

Estimated cost: 60 OMR

Transportation: bussing to and from school each day

Food: students bring packed lunch each day

Number of places:

Min: 5

Max: 10



CAS:

Creativity- learning new skills in scientific fieldwork

Activity- physical exertion related to small amounts of hiking during fieldwork

Service- collecting and documenting samples for Oman Botanical Gardens

Summary:

This trip is an exciting opportunity to participate in some real life scientific work with the Oman Botanical Garden. Oman Botanical Garden provides a platform for appreciating the indigenous natural environment of the country that we live in. As a result this trip would be perfect for any students who wish to study biology, chemistry or environmental science based courses at University. It is sure to be a strong point on any application letter and also a great opportunity to get inspired or plan your ESS or Bio IA.



SEA KAYAKING EXPEDITION

Location: Coastline between Sifah & Yiti with [WaveSummit](#)

ABA Staff Chaperones: Jim James & Tommy Elderkamp

Days: 5 days, 4 nights camping

Estimated cost: 220 OMR

Transportation: bussing from school to Sifah and return to school supplied by WaveSummit

Food: provided, students prepare and clean up each meal

Number of places:

Min: 10

Max: 30



CAS:

Creativity- learning new skills of navigation, paddling, camping, and learning about geology and marine life

Activity- physical exertion of kayaking, swimming, snorkeling, hiking

Service - beach/bay cleanup

Summary:

Students will participate in a 5 day sea kayaking expedition with some day hiking, which will involve camping each night on beaches along the coast. All equipment will be provided except for sleeping bags and personal items. All safety items will be provided and safety will be ensured through WaveSummit. The ability to swim is a prerequisite for this trip.

LEARN TO SAIL

Location: Al Mouj - [The Wave, Oman Sail](#)

ABA Staff Chaperones: Samantha Cole, Nik Narayanan & Niels Zwart

Days: 5 days, go home every evening, 8:15 am - 3:45 pm daily

Transportation: students will need to have their own transportation to and from Al Mouj.

Food: Students bring packed lunch each day

Estimated cost: 120 OMR

Number of places:

Min: 5

Max: 32



CAS:

Creativity- learning new skills of sailing, safety, navigation

Activity- physical exertion of sailing

Service- N/A

Summary:

Complete courses Learn to Sail 1 (2 days), Learn to Sail 2 (2 days), and 1 day of fun sailing. The ability to swim is a prerequisite for this activity. Students will receive a log book for sailing and earn their Learn to Sail 1 & 2 Certifications.



OUTDOOR OMAN

Location: [Husaak Center](#), Al Mouj

ABA Staff Chaperones: Kirsten Birchall and Paul Griffiths

Days: 5 days, go home every evening, 7:30 am - 2:30 pm daily

Transportation: Students picked up and dropped off at Husaak center. Transportation will be provided during the day

Food: Lunch provided each day

Estimated cost: 300 OMR

Number of places:

Min: 20

Max: 30

CAS:

Creativity- learning new skills of navigation, kayaking, and biking

Activity- physical exertion of kayaking, hiking, biking and abseiling

Service- create a tourism pamphlet educating people on all the history, culture and activities which are available in Oman

Summary: Come and discover your new outdoor passion in Oman! Become proficient in mountain biking, abseiling, navigation, kayaking and hiking/spelunking. This will allow you to take your new passion even further and continue it on as a hobby. Also learn about Oman's rich history in trade and navigation.



LOOLA ECO ADVENTURE

"Help bring lifesaving and lifelong water and sanitation to Indonesian village families."

Location: Online at ABA, connecting with [LooLa Eco Adventure](#)

ABA Staff Chaperones: ABA staff members

Days: 5 days, school hours and break times apply

Estimated cost: 200 OMR

Transportation: students will have to be dropped off and picked up at school

Food: students bring packed lunch each day / can eat from school cafeteria

Number of places:

Min: 10

Max: 24



CAS:

Creativity- through the production of lively presentations so as to engage Indonesian village communities, and in the creation of several media files to help local Indonesian families with permanent life-improvements and to inspire the wider world to follow in your footsteps.

Activity- you could bring activity into this project as well if your fund-raising involves an activity.

Service- your project will bring lifelong lifesaving water and sanitation systems to Indonesian village families in need of such systems, plus you will engage them on how to leverage on these WASH systems so as to achieve food independence, healthy food habits, and potentially future employment operating a homestay



LOOLA ECO ADVENTURE

Summary:

In this trip, you will have an opportunity to change lives forever – those of Indonesian village families and your own! You will meet the families via Zoom, introduce yourself, your school, and the situation in Oman as it relates to WASH (Water, Sanitation, Hygiene). The Indonesian families will introduce themselves and share with you their current WASH situation, which ranks amongst the poorest in the world. Together, you will then provide (witness the key stages via Zoom) lifelong sanitation, running water, and clean drinking water. Together, everyone will realize that WASH is also the ticket to food-security (micro-farming), healthy food habits, and ownership of a micro-business. You will teach the family about nutrition but you will learn how to cook the family's best plant-based dish and you can then use your media skills to feature the family's dish in Indonesia's national cookbook of healthy village dishes.



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