

## Food for Thought

As part of the CIS self-study, we have solicited testimonials from VIS alumni who have left Lithuania and are attending IB schools abroad. Here is what they have to say about the impact our school has had on their preparation for life after VIS.

“VIS has helped me build a range of skills and develop in many ways. It has helped me better understand myself as an individual and the world around me. It has also taught me how to question critically, be a risk taker, thinker, communicator, but most importantly, VIS, through the wonderful teachers and great community, has taught me to be caring and open-minded. VIS gave me the confidence and independence that allowed me to do well in my new school and has helped me to better understand the IB curriculum and its requirements. Furthermore, VIS familiarised me with the IB learner-profile and encouraged me to look back at it and reflect on what areas of growth I need to improve on. Over all, VIS was one of the best schools I have ever been to and what I loved about it was that, it not only concentrated on the education, but they also cared about your personal development.” - Nicola

“I feel like nothing can really prepare you for IB because the work load is unimaginable. The best thing that can prepare you is teaching the structure of work that has to be handed in and the way to answer to the twisted test questions that the IB comes up with. That is what Vilnius International School has done well. The style of lessons is interesting and informative at the same time and the care that teachers put into creating strong bonds with the students is extraordinary. I am really thankful that I had the opportunity to go to such an amazing school.” – Karolis

“My name is Julija and I graduated from VIS a year ago and all I can say is it was the best experience and preparation for my further learning in the IB programme I could have hoped for. Of course, some things were covered thoroughly and yes, I lacked some information from the former years, but in general, the school gave me a clear idea of what a student should be like. Independent. Coming to my IB school, I realised that what we learn is completely up to us. If we do not follow deadlines, which, by the way was taught at VIS, you are under pressure of not passing a certain subject. Yes, it is stressful, but you learn how to cope with it over time. VIS taught me exactly that and I am thankful.” - Julija.