



by Blooms Egypt

What is SOL Academy?

SOL Academy is a capacity building program that targets youths from age 5 to 17, with the aim of helping them develop their personal skills, discover their potential and strengthen them socially through character building activities, performing arts trainings, inspirational speakers, camps and trips. This program intends to empower youth and encourage them to pursue their dreams and overcome the obstacles they face while reaching out to their goals.

In Our SOL Culture, you can find:

- People you can reach out to
- People that care about you
- Somewhere you belong
- Space to make mistakes and learn
- Space to grow and become a leader
- Space to develop your skills

Our Mission

Is to offer a positive community-like experience for children to help them tap into their potentialities, strengths and encourage them to dream.

Our Vision

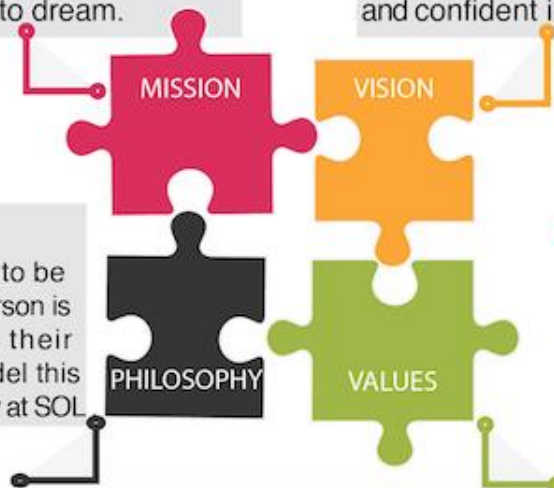
Is to see each child become a leader: a happy, caring, and confident leader making an impact in the community. To grow into an independent, and confident individual.

Our Philosophy

Every person dreams to be someone and every person is equipped to pursue their dreams. We shall model this "dream come true" reality at SOL

Our Values

Confidence
Independence
Social Skills
Leadership skills
Time management
persistence
Goals and dreams



Our Philosophy...

According to positive psychology, both skills of achievement and well being, need to be taught to have happy, confident and successful people. In fact, Happier students pay better attention, are more creative, and have greater levels of community involvement (Fisher, 2015). This can be accomplished through the model of **PERMA** (Fisher, 2015):

- P** – Positive Emotions: Feeling positive emotions such as joy, gratitude, interest, hope.
- E** – Engagement: Being fully absorbed in activities that use your skills yet challenges you.
- R** – Relationships: Having positive relationships.
- M** – Meaning: Belonging to and serving something you believe is bigger than yourself.
- A** – Accomplishment: Pursuing success, winning achievement and mastery.

At SOL, we will foster an environment of PERMA through art-based activities to promote confidence, happiness and success. We believe that if every child has one good experience of overcoming a challenge (fear of singing, presenting) and succeeding, the child is more likely to believe in himself and take on the path he or she wishes in life.

How is our program structured?

**1. Character Building
Social Skills Development**

2. Performing Arts and Sports

3. Camps and Outings

4. Motivational Speaker sessions

1. Character Building & Social Development

We focus on mainly five areas that help our SOLers grow into successful individuals

Communication- public speaking, presentation skills and engaging the participation of others.

Teamwork- respecting others, performing roles of both leader and follower, building on strengths, and commitment to free group input and expression.

Goal Setting: developing action plans, meeting facilitation, reflection, distinguishing between one's interests and community needs.

Personal Identity- understanding the relationship between oneself and the community, pride in being a member of a larger group, awareness of areas for self-improvement, taking responsibility for one's actions and the resulting consequences. Growing into more **Independent** and **confident Individuals**.

Professionalism-demonstrating tactfulness, understanding protocols, appropriate dress and action given appraisal of context, delivering quality work, positively presenting oneself to others.



2. Performing Arts and Sports

Students learn different rhythms, tempos, singing styles and vocal techniques in our singing lessons, while dancing classes feature pop, street and musical theatre routines. As for acting classes, children enjoy working on role-play, improvisation and performance.

Studies show that exercise has a positive influence on mental and social capabilities. Physical self-worth and physical self-perception, including body image, has been linked to improved self-esteem. That is why we do special sessions for sports and 15 minutes fitness at the beginning of the day is always a good idea.



3. Camps and Outings

"Children like being with children" Nowadays with all the technology that has invaded our lives, having friends and outside interests can make a difference in living happier and healthier lives.

Our trips and camps will revolve around the aspect of increasing their national social awareness, visiting more museums, farms and factories. As for the overnight camps, every camp will have a certain message and theme according to the place, however, they will be able to create more bond with their SOL family and grow more independent while traveling. Exploring more about themselves and their country.



Motivational Speakers sessions

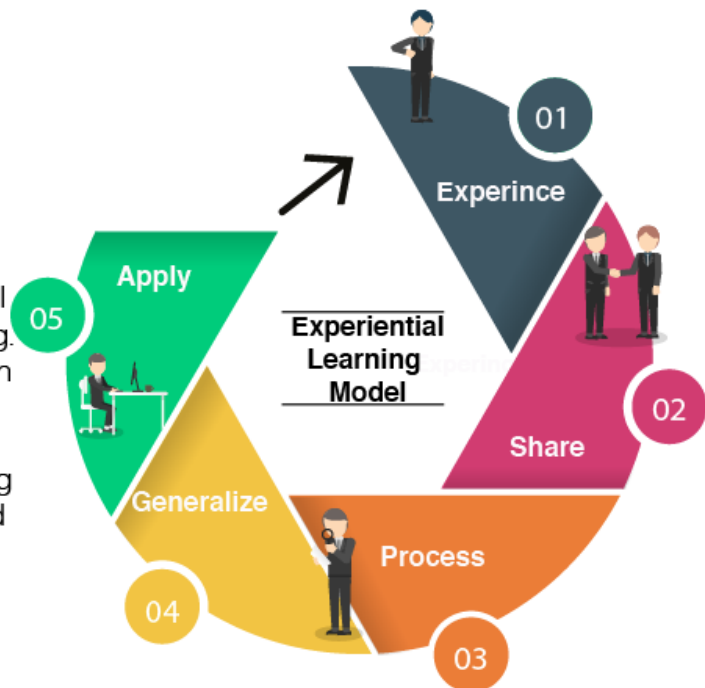
We strive to help our SOLers reach their goals and dreams, through getting them exposed to the success stories of distinguished figures in the Egyptian society.



SOL Teaching Methods:

1. Informal Education is the wise, respectful and spontaneous process of cultivating learning. It works through conversation, and the exploration and enlargement of experience.

2. Experiential learning is the process of learning through experience, and is more specifically defined as "learning through reflection on doing".
ex. Hands-on learning.



Who are our Leaders?

SOL Academy leaders are thoroughly selected and reviewed periodically. We Provide regular trainings for our staff with professional coaches and social workers.