

Anidra Traineeship

Mentor for professional activities: Lorenzo della Cella/Paola Dora

Erasmus Trainee: Buse Gozde Donmez

Host Institute: Università Popolare Anidra

Period: 13 June – 13 August

Number of Hours: 351

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of PSYCHOLOGY. The path within the Anidra People's University envisages also the development of job-related/transversal skills through the inclusion of the trainee in the daily life of Centroanidra, Anidra Campus and Anidagri. The transversal nature of key competences makes them essential for future employment, social cohesion of young people, permanent source of learning in terms of adaptation and integration capabilities.

THE ANIDRA METHOD FOR THE EVALUATION OF COMPETENCES, NON-FORMAL AND INFORMAL LEARNING

According to the EUROPEAN GUIDELINES for validating non-formal and informal learning of CEDEFOP¹, validating non-formal and informal learning is increasingly seen as a way to improve lifelong and life wide learning. The informal learning results from daily activities related to work, relationship with staff members of Centroanidra, leisure activities, and participation to residential seminars of Università Popolare Anidra. The center of the validation process is the individual, and the impact of the traineeship on the individual. Sharing experiences and the full functioning of a community is a part of the development programme for trainees. The interaction between trainee's mentors and the teachers of Anidra, the immersion in a natural environment, and the immersion in a multicultural, multi-vocational environment, led to an alternative way of validation.

We herewith state that guidance, counseling and information about these systems and approaches have been provided; external observers participated to the training activities as external auditor and observers.

¹ European Centre for the Development of Vocational Training

The vocational activities are both practical and theoretical. Theoretical activities involve the writing of daily reports: the trainee with the student's tutor of Anidra wrote this final essay about procedures, data and analysis.

The evaluation of competences considers the use of the following factors:

- 1. Direct observation by the Anidra and Anidagri mentor of the relationships and learning activities in order to obtain an evaluation of behaviors and their variability depending on the work context**
- 2. Observational context, i.e. definition of the aspects that have been explored, preparation and organization in the most effective way to pursue the objectives of the researcher**
- 3. The observer has assumed the role of guide and identified the subject to observe: aspects of character and skills acquired during the training**

Tools of validation:

- 1. Observational table: set of behavioral descriptions related to specific reports, used to notice the phase of development skills**
- 2. Q-Sort method: technique that uses a set of predefined item to evaluate specific aspects of conduct**
- 3. Sociometric techniques: the indicator of social competence is the position occupied by the individual within the working group**
- 4. Evidence, simulation, tests, final essay**

Final Essay

Professional Activities (Referee Prof. Lorenzo della Cella/Paola Dora):

1. Pilot project:

As a psychology student in Anidra, I learnt some methods and scientist about psychology like Seven mirrors, Anidra method, attachment theory, Lipton Bruce, and Gregg Braden. All theories and method show different perspective to me about psychology because I also looked to psychology from biological perspective. Furthermore, with my tutors Paola Dora and Lorenzo della Cella I did some meetings and they evaluated our homework, study etc.

Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

I worked with Rita and Jack in outdoor. With Rita, we collected rose, cleaned shop, labeled stickers on jar. Also, I worked with Jack in the kitchen, we organized kitchen and washed some goods. Furthermore, we did yoga and meditation near the beach and it is very effective for us. We listen ourselves and develop our body movement.

3. Acquisition of key competences of European citizenship:

I have experienced many things in Europe, Italy during my internship. This is my first time in Italy and when I compare with other countries, here include lots of refugees and different culture. Sometimes living with other cultures can be hard but they do not have problem with them. They live their way and help to refuges. This is amazing because it show that they give importance to humanity. When I compare with Turkey, European citizens are lucky because they have lots of right and they live more free based on Turkey.

4. Learning and practice of the Italian language:

Every week we have lesson and we learn Italian in basic level. In here, most of the people speak Italian and we had chance for doing practice. It was good chance for us. Grammar was a bit hard because it is different from Turkish.

5. Individual research:

Generally, in our professional hour, we search some psychologist, biologist and their ideology or philosophy. Then, we wrote report about research. Thus, we

learned lots of people. Also, we researched some job-related things like meditation types.

6. Inclusion in the daily tasks of the circuit Centroanidra residents (rota&jobs, emergency management) in order to acquire soft skills:

Based on Anidra philosophy, job related is very important for our emotion and feelings but I do not agree it because we worked here like staff and in the opposite side, I feel bad myself. They were fold worthless myself. Maybe our communication skills developed because we worked together but this is not philosophy.

7. Contact with professionals in the field of interest who provided to the trainees their knowledge:

I worked with Prof. Paolo Bendinelli, Lorenzo della Cella, Paola Dora, and Michela Alessi in Anidra. Lorenzo and Paola are psychologists that they are our tutors and help us to cope with our problems and they gave some suggestion, solutions etc. Paolo also gives the lecture called as Inner Technology once a week, it includes some point of view of psychology, our inner self, emotions, feelings, meditation etc. Also we wrote some report about them. This was like a class.

8. Performance of tasks and assignments that can be inserted in the CV:

I did intern in Anidra 2 months about psychology and I can add it to my CV. Also, we took Italian lecture and I tried to talking and understanding Italian. Maybe I can add my Italian language like base.

Rota&Jobs (Referee Antonella Tarditi):

Corvée:

After lunch, I worked in kitchen. I collected dishes, washed dishes then dried dishes and put all dishes in cupboard. We worked collectively and we divided of job. Thus, we finished short-time.

Extra activities - visits to companies and workshops:

KEY COMPETENCES

The trainee has acquired the eight key competences of the European Union framework:

1.Communication in mother tongue:

In here there are some Turkish people and when we talk with them, we prefer our mother language because it is more easy and quick for us. I can use my knowledge, skill, and show positive attitude during communication. I can be more creative, interact and observe the environment/ situation in different areas, text.

2.Communication in foreign languages:

Intercultural understanding. For good communication, we need to speak English because our mentor gives plan or program English and we need to understand each other. Also, I believe that my English developed because some volunteer from USA or England and we talk them. My listening and speaking increase day bay day. Also, I am learning Italian in here and I can speak with simple sentences.

3.Competences in math, science and technology:

In math, my analytic thinking develop because we build a tent then we picked up again. Also, when I do plan in day, I also use math. So, I can use my working and life. In science and technology, some fundamental science concepts, natural world and technology use in here. We learned using some machines.

4.Digital competences:

We are using digital area like communicate with e-mail or research in internet, writing report about our homework. Also, we watch some films about psychology. For it we need some data. As weak as it, also internet includes some wrong information and when we do search, we should be careful.

5.Learning to learn:

Learning is ability to pursue and persist in learning. We learn our own learning time, management and working with group or individually. Thus, our awareness increase. This process is also education and training in my life. I learned how can solve problem or change learning way.

6.Interpersonal, intercultural and social competences, civic competence:

In here, we learnt different things about nature and they develop each other. Also, when we communicate, we develop ourselves, like self-esteem, self respect etc. or

when we sharing something, our socialization or bond develop. When I compare two countries civic right, I saw that Europe give importance to their citizen. In Turkey, we do not have rights like them.

7. Entrepreneurship:

It includes creativity, innovation and risk-taking in order to achieve objectives. Also, we have some personal goals, aims held in common with others including a work. Our skills and knowledge also important for it. Based on my strengths and weaknesses, I can take risk and be entrepreneurship.

8. Cultural expression:

Every culture has different features, stereotypes, characteristics etc. sometimes our culture show some features or sometimes all of them different from each other. Europe and Turkey have some features because in map we are so close and before we lived in some characteristics. Therefore, we show some features. We teach some beliefs to teach each other.

Borzonasca, li 13/01/2018

UNIVERSITÀ POPOLARE ANIDRA
THE PRESIDENT
Prof. Vincenzo Paolo Bendinelli



THE MENTOR
Prof. Lorenzo della Cella



THE MENTOR

Prof. Paola Dora



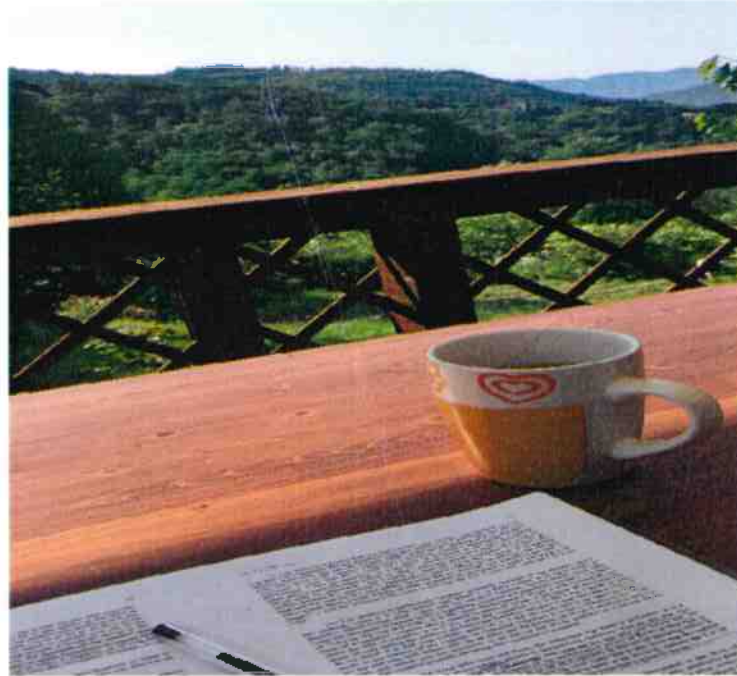
THE TRAINEE
Buse Gozde Donmez



Attachments:

- 1. Portfolio**
- 2. Certificates of the visits of the companies**
- 3. Anidra evaluation**
- 4. Letter of reference**

PORTFOLIO OF WORKSHOPS AND LABS



Studying Time in Anidra



First week with Dear Dora and Prof. Paolo (in lunch)



Every morning walking with Giulia in forest (Thank you so much!!!!)



First Yoga, first experience with Bobby



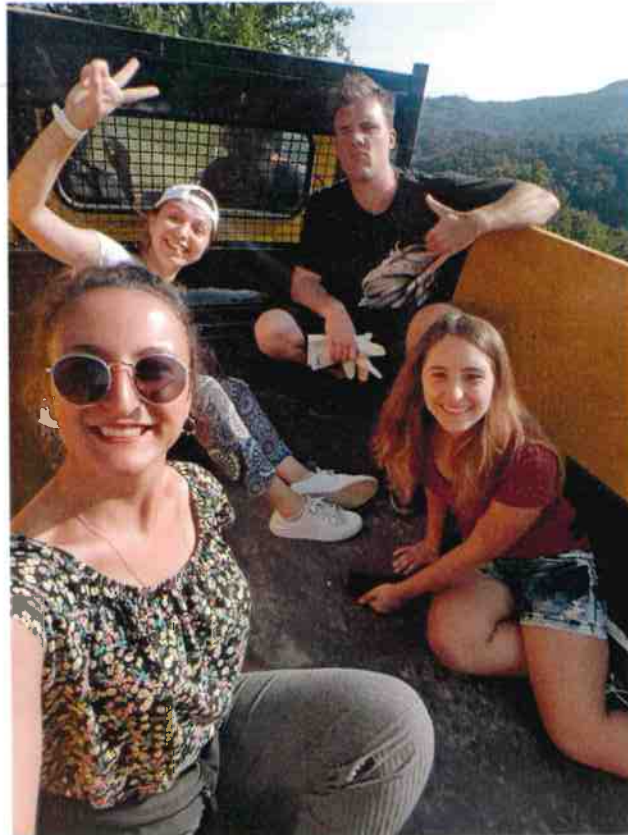
Working for Negozio (Rita)



My Birthday surprise and my sisterhood (I am so happy for meeting this cute girl thank you Anidra <3)



Sometimes we have to say goodbye.....





We learned lots of things about agriculture



My Indian Mafia



Working together with volunteers and interns





Jack Jack !! ☺



Preparing Cake for birthdays



Sisterhood goal

