

## **Anidra Traineeship**

**Mentor for professional activities:** Prof. Valia Galdi

**Referee for transversal activities:** Giovanni Simonelli, employee of Anidagri srl

**Erasmus Trainee:** Chanel Wu, Middlesex University – London (UK)

**Host Institute:** Università Popolare Anidra - Borzonasca (GE), Italy

**Period:** from the 1<sup>st</sup> of June 2017 to the 25<sup>th</sup> of June 2017

**Number of Hours:** 87 Professional Activities; 43 Job-related Activities; 41 RotaJobs; Tot 171

## **Training Plan**

### **TARGET**

This training plan has as target the acquisition of technical and professional competences in the field of Architecture. 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 CEDEFOP<sup>1</sup>, 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.

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.

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<sup>1</sup> European Centre for the Development of Vocational Training

**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 Arch. Valia Galdi):**

#### **1. Pilot project:**

The main purpose of this project is to understand the meaning and purpose of Feng Shui, connecting the link between the movement of energy from nature to buildings and space. Defining the relationship amongst space, time and person. Designing a rhythm and flow of the earth.

### **Transversal Activities (Referee Giovanni Simonelli):**

#### **2. Outdoor activities:**

The outdoor activities I do is plucking rose petals into a bag almost every day and then cleaning them using a sieve. Once they have been cleaned I place them into a bowl to measure the weight whilst putting them into a bag. This is done so that the clean rose petals can be used to produce rose jam or syrup. The other activities I do is learning how to make the rose syrup, the rose syrup is marinated overnight and is then placed into a large metal container. Inside it contains many rose petals, sugar, water and slices of lemon. I had to take out the rose petals and squeeze the juice out whilst placing it inside a potato masher to squeeze the petals dry before placing it into another bowl. As well as taking the lemon slices out into a separate bowl. Another outdoor activity I have done is picking Raspberries into a bucket, making sure they are ripe and ready to be picked. In addition, I have done painting and sanding a table, the intention was that I understood that due to the use of chipboard material it is very absorbent. And therefore a need for layers of paint is needed before the product can be completed. First I sanded the table as it had old paint stuck to the surface which makes it harder for the paint to stick onto, and therefore I had to rip and sand the old paint job first before applying the first layer of water proof paint. After that I would do my day to day chores, which normally consists of washing the dishes, learning where to place each item back to its originally place. I would use the washing machine to rinse clean the dishes and then I would dry the dishes using a clean towel. I pick different type of berries as well as picking wild flowers and herbs, also cleaned the toilets and showers. I painted the tables and cassettes as well as drilling and screwing in the table components together. Watering plants and designing a cake for a person's birthday celebration.

#### **3. Acquisition of key competences of European citizenship:**

The importance of the competences of European citizenship is the amount of knowledge, skills and aptitudes of European workforce being a major factor in the EU's innovation, productivity and competitiveness. Being able to adapt in a complete new foreign work environment is significant in multitasking and exiting our own comfort zones and expanding our experiences. Europeans mustn't only keep their specific job-related skills up to date, but also possess the generic competences that will enable them to adapt to change. People's competence contributes

to their motivation and job satisfaction in the work place, therefore affecting the quality of their work. The need for new competence to master a whole new digital world. Gaining a deeper understanding of the opportunities posed by new technologies. How Centro Anidra applies to these qualities is that it's a complete different place, which means for someone to have lived their life in a crowded city and move to a suburban, quiet, isolated place in the forest, have to learn to adapt to a new living environment. As well as understanding their way of living, different methods, different necessities, different language and their different beliefs. All of which links to the competences of each individual.

#### **4. Learning and practice of the Italian language:**

Italian language needs time to understand and learn within time. Before I knew no words in Italian but after weeks of living in Centro Anidra, I have begun to know a few words as well as comprehend sentences that are being said to me. If I were to stay here for at least another month I would most likely start to understand with confidence a bit more words in Italian and start speaking a bit more myself.

#### **5. Individual research:**

The understanding of Feng Shui, from my own independent research Hong Kong was the refuge for many Feng Shui masters. Feng Shui masters and Taoist master in the history were prosecuted and killed, hiding in small communities in Southeast Asia, China, Laos and Vietnam, mainly because their thoughts were free and full of ancient knowledge. Taoism is a Chinese philosophy attributed to Lao Tzu which contributed to the folk religion of the people, primarily in the rural areas of China and it became an official religion of the country Dynasty. (Taoism is basically a philosophy and a religion). It emphasis what is natural and "going with the flow" according to Tao. Taoism has exerted great influence during the Tang Dynasty and the emperor Xuan Ong decreed it a state religion. However, it fell out of favor as Tang Dynasty declined and was replaced by Confucianism and Buddhism. During the Shang era, the practice of divination became more popular through the reading of oracle bones, which would tell one's future. The hexagrams consists of six unbroken lines (Yang) and six broken lines (Yin). The broken and unbroken lines (Ying and Yang) were both necessary for life. According to historian Koller, the Ying and Yang is the Chinese myth as a result of interactions between the two primordial opposing forces of Ying and Yang. Without Yang, nothing can come into existence, but without Yin, nothing can pass out of existence. Yin and Yang are the symbol of opposites in balance of; dark/light, passive/aggressive and female/male. It all links into harmony with nature, Taoism encourages people to live and accept that kind of harmony. The belief according to Tao, resisting to Tao is unnatural and causes friction in nature. The best way for a person to live is to submit to whatever life brings and be flexible. That way the person will be happy. Confucians believed in this same concept and reversed their ancestors as their daily practices as those who died lived in another place in the presence of Gods. Taoist rituals are concerned with honoring their ancestors of the village, community or city and the Grand Master that will invoke the spirits of these ancestors while incense burns to purify the area. Purification is an important element throughout the ritual. In conclusion, Taoism is significantly influenced by Chinese culture from the Shang Dynasty. It is the development of the arts which reflects the peoples understanding of their place in the Universe and their obligation to each other. Taoism became the state religion under the reign of the emperor Xuan Ong as he believed it creates a harmonious balance in his subjects. His rule is considered as the most prosperous and stable in history of China and of Tang Dynasty. Taoism is one of the greatest world religion and continues to be practiced by people throughout around the world. This links with the

project I am working on as it helps to understand the meaning of Feng Shui and why it is important to keep a well balance between nature and buildings.

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

The Rota and jobs I have done since my stay at Centro Anidra:

- Rose petal picking.
- Picking Berries.
- Picking herbs, flowers and plants for San Giovanni.
- Painting Tables.
- Painting Cassettes.
- Syrup making.
- Cake making and designing.
- Screwing and drilling in the Table parts.
- Water the plants.
- Washing toilets and showers.
- Washing dishes at lunch or dinner or during preparation for lunch once a day.
- Having 1 lesson with Valia Galdi a week.
- Having 3 hours of architect work a day and 3 hours of Centro Anidra work.

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

Architect: Valia Galdi

- valiagaldi@gmail.com
- +39 0185 183 5737

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

- Studying Vector works plan of Centro anidra
- Plan view of Mulino building and analyzing the interior design.
- Photo shopping colour of the plan.
- Adapting to a new working environment and compromising in understanding a complete different language.

**Rota&Jobs (Referee Antonella Tarditi):**

- Rose petal picking.
- Picking Berries.
- Picking herbs, flowers and plants for San Giovanni.
- Painting Tables.
- Painting Cassettes.
- Syrup making.
- Cake making and designing.
- Screwing and drilling in the Table parts.
- Water the plants.
- Having 1 lesson with Valia Galdi a week.

- Having 3 hours of architect work a day and 3 hours of Centro Anidra work

**Corvée:**

- Washing toilets and showers.
- Washing dishes at lunch or dinner or during preparation for lunch once a day.

**Extra activities: visits to companies and workshops**

- Visiting Cassali



**KEY COMPETENCES**

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

**1. Communication in mother tongue:**

- It was slightly difficult to communicate to other people in English mainly because many did not understand the language very well as therefore communication was slightly difficult at some point and google translate was needed. As well as sometimes feeling like I am not making any sense myself, therefore it can be a struggle to communicate, but was not so bad as some spoke English confidently and can be understood by analyzing the context of the situation.

**2. Communication in foreign languages:**

- It was difficult to communicate in a foreign language as I did not know any Italian words before my arrival, therefore since my stay I have learnt a few words and phrases and can understand what others are saying a bit in a conversation. If I were to stay another month or so, I would be able to start talking and understanding Italian language a lot more than I do now.

**3. Competences in math, science and technology:**

- It was not difficult to use any technology, mostly consisted of knowing the health and safety of others. Math's and science used in Centro Anidra during cooking or baking for measures as well as positioning of the straw house and its plan and sectional views.

**4. Digital competences:**

- Used Vector works programming, continued to discover more tools that could be used for future work. As well as becoming more confident in using Photoshop program.

#### 5. Learning to learn:

- Being able to multi-task with different situations and challenges.
- Being able to read and understand written charts on the board in order to follow through with the system.
- Companies hired most are scouting in European countries therefore, it is an opportunity to experience a different work style in another country.
- Having a developed relationship with other people and face problems together. Working and trying to communicate to one another builds a social environment and learning from one another as a team.

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

Working with other people has never been an issue for me, I liked working in teams and I liked meeting new people and understand each person's different background. I rather enjoyed working with others and it was a new experience to work with others from abroad in the same program. We faced some challenges together, not difficulty. The reason being is because of languages, their English was not fluent and therefore communicating to others was a bit of an issue but it did not bother us, we still enjoyed talking to one another. I did learn to face my fears, I never would've imagined being able to live in the outskirts of a suburban area in the forest full of animals and insects. I was surprised in the end how far I had managed to adapt to the environment as I am a city person, having a change in your lifestyle is difficult to enjoy, but within a week I have gotten used to being around in a place with less technologies and begun to enjoy the peace and nature of the surrounding.

#### 7. Entrepreneurship:

- For the first week I was not use to living in a tent at all, I had various day where I couldn't take it anymore, with the bathroom being far away and surrounded by people I don't know. It was a challenging experience at first, but within time the people who were once strangers are now part of a close friendship group, which was nice.

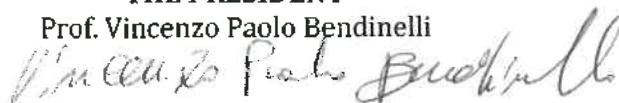
#### 8. Cultural expression:

- Italian culture isn't extremely different, it was nice to get used to. The times for eating breakfast, lunch and dinner is different to Britain, but was a nice change. The beliefs is interesting and was enjoyable to watch and learn. It is a new experience that was a once in a life time opportunity.

Borzonasca, li 25/06/2017

**UNIVERSITÀ POPOLARE ANIDRA**  
**THE PRESIDENT**

Prof. Vincenzo Paolo Bendinelli



**THE MENTOR**  
Arch. Valia Galdi



**THE TRAINEE**  
Chanel Wu



**Attachments:**

1. Portfolio
2. Anidra evaluation
3. Letter of reference



## PORTFOLIO OF WORKSHOPS AND LABS

### Thursday 1<sup>st</sup> June 2017

On the day of arrival I had an introduction orientation, having a tour around the area.

Breakfast: 7.30am – 8.00am

Lunch: 12.30 pm – 1.00pm

Dinner: 8.30pm – 9.00pm

### Friday 2<sup>nd</sup> June 2017

Throughout the morning I completed the task of doing Raccolta e Pulizia petali which was picking rose petals from the buds into a bag. Once that has been completed I then started making the rose syrup, which was to use a potato masher and squeeze the juices from the petals until it is dry before taking it out, as well as taking lemon slices out. Later I started picking ripe raspberries into a bucket. These activities are done to understand how nature circulates and understanding methods to making organic products. Later in the evening I spent 2hrs doing kitchen duty after dinner, washing and drying dishes and placing them back into place.



### Saturday 3<sup>rd</sup> June 2017

I met up with my architect teacher Valia Galdi, she introduced me to Feng Shui discussing the flow of the Ying and Yang. We discussed the energy and the understanding of the Chinese beliefs of the Chi's and its five elements. We discussed the first manifestation and the balance of life to meet its equilibrium. The relationship between space, time and the person. Connecting the design of a rhythm to the flow of the Earth. We discussed how the Water element is significant during the designing process as it justifies the vitality for movement, and the multilayer of Feng Shui.

### Sunday 4<sup>th</sup> June 2017

In the morning I washed the dishes from 9am till 12.10pm, I later spent the rest of the day doing Valia's given tasks. Which was to create a diagram using the understanding of knowledge about Feng Shui and the Chinese mythology to create the North, East, South and West of the five elements. Include imagery and annotations to show my understandings and to use some photographic skills in Photoshop and InDesign cc.

### Monday 5<sup>th</sup> June 2017

In the morning I picked rose petals again into a bag. Once that has been completed I used a sieve to sift out any bugs or leaves that were on it, once the petals were clean they were placed inside a large cardboard box ready to be transported to a lab/factory ready to be manufactured into products. Once that was done, I finished off Valia's given task of the diagram of Feng Shui and its five elements, analyzing its significance and how the positioning of the building and the nature each has an important role.



Tuesday 6<sup>th</sup> June 2017

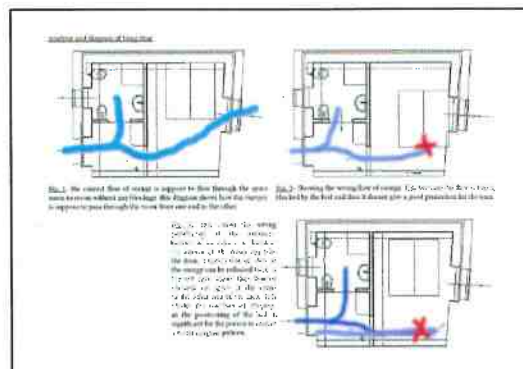
I was given the duty to pluck petals again into the bag, once that has been completed I went to do another activity which was pittura. This task evolves around sanding the table until it is rough and easy to paint on, due to the material used for the table (Chip board) it is a very absorbent material. Which means that there had to be several coatings of paint until the finished product. Once that has been completed, in the afternoon I visited the Cassali building, and had a look around its structure and its design. Unfortunately, we could not enter the building as the roof top is unstable to enter.

Wednesday 7<sup>th</sup> June 2017

Day off.

Thursday 8<sup>th</sup> June 2017

In the morning I plucked rose petals into a bag and then I cleaned the petals using the sieve. To sift out any bugs and seeds from the flower. Then I weigh the rose petals and placed it into another bag so we can receive the total measurement of the weight of the petals for production of rose jam or syrup. In the afternoon I finished off Valia's work, which was to show the analysis and understanding of the energy and flow through a space.



Friday 9<sup>th</sup> June 2017

In the morning I did Valia's work as well as writing and documenting my work. In the afternoon I was fixing the table, sanding and painting the table more so that the paint is able to take coverage over the entire table making sure no paint drips down and the table's surface is completely flushed. And then after dinner, I washed the plates for 2 hrs till 10pm before finishing the day.

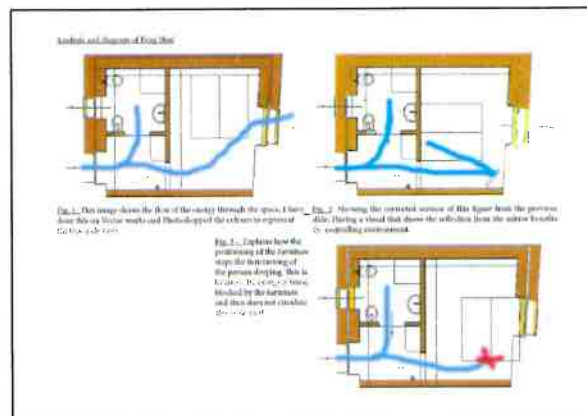


Saturday 10<sup>th</sup> June 2017

In the morning I was writing my diary and documenting and introducing further research of Feng Shui to understand it more and find out its origins. In the afternoon, Valia taught me more about analyzing the shapes of the mountains and what it symbolizes in Feng Shui. Understanding how the Taoists believed and studied their designs throughout the building. Then I washed dishes again for 2hrs after dinner.

Sunday 11<sup>th</sup> June 2017

In the morning I did Valia's given tasks which was to draw in Vector works the design and add colour to show the Earth element and the flow of the energy. In the evening I did some more essay writing and did a bit more of Valia's work in the evening.



Monday 12<sup>th</sup> June 2017

In the morning I did lavori Valia work, which consisted of drawing symbols and icons to represent the understanding of the importance of the positioning of the housings that can affect the well-being of the people living there. In the evening I did painting the tables. After lunch I did clearing and washing the dishes.

Tuesday 13<sup>th</sup> June 2017

In the morning, I did a team building activity which was to pick raspberries and rose petals together with another Erasmus student to socialize and work together. As well as talking about our studies. Later, we had a security conversation about our safety and health in the area of living here. I did washing dishes in the evening after dinner.



Wednesday 14<sup>th</sup> June 2017

In the morning, I was with Michela and was in the kitchen learning how to make elderflower syrup, going through step by step the process of producing it and how much sugar or water is needed in measurements. Then I did washing the dishes after lunch and clearing the tables. In the evening, I did Valia's work, continuing with the icons on Vector works as well as adding in additional perspective views of the plans improved using color and repositioning the furniture showing the flow of energy throughout the room design.



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Thursday 15<sup>th</sup> June 2017

Day off.

Friday 16<sup>th</sup> June 2017

In the morning, I was with Michela finishing off the syrup making and then I washed the dishes after lunch and cleared the tables. In the evening, we all had a meeting with the president of Centro Anidra. Then I washed dishes again after dinner and cleared the tables.

Saturday 17<sup>th</sup> June 2017

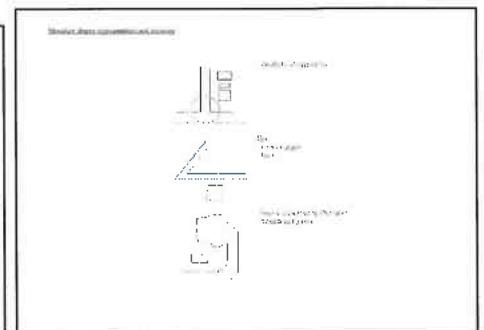
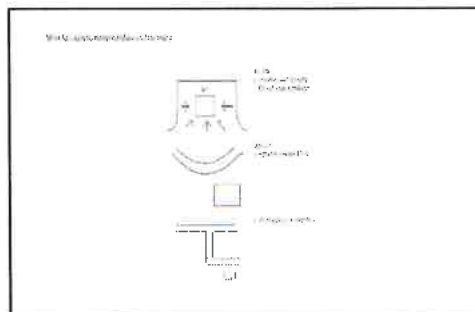
In the morning I cleaned the bathroom and toilets with Federica, and then I washed the dishes after lunch. I later painted tables. I was not feeling well on that day and so I rested after.

Sunday 18<sup>th</sup> June 2017

In the morning, I was with Valia learning more things about the plan in Centro anidra on Vector Works. In the evening I was doing manual labor, screwing in the tables to attach the legs to the surface. Then I washed the dishes before and during dinner.

Monday 19<sup>th</sup> June 2017

I did Valia's work all day, did more Icons and placed it into my portfolio presentation mode and started the Vector Works plan of Centro Anidra.

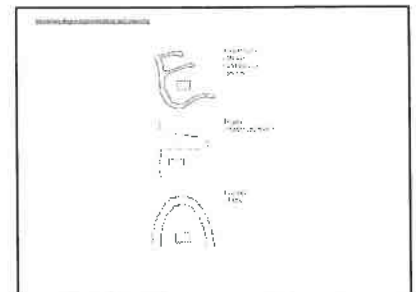
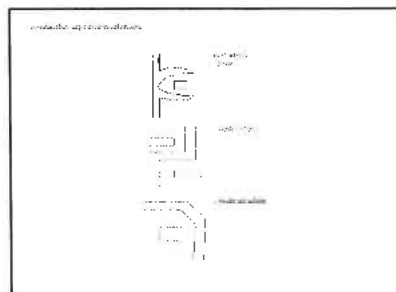
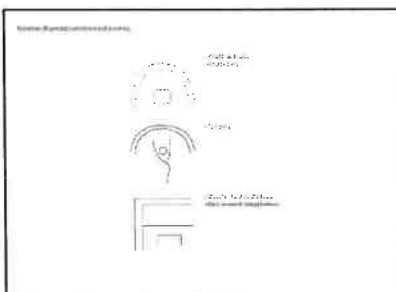


Tuesday 20<sup>th</sup> June 2017

I did Valia's work all day doing the Vector Work plan still adding material colours and patterns and washed the dishes after lunch.

Wednesday 21<sup>st</sup> June 2017

In the morning and evening I did Valia's work of finishing the Icons of the mountain shapes.



Thursday 22<sup>nd</sup> June 2017

In the morning, I did Valia's work all day. Finishing all the work she has given me. And placed it into In design in presentation mode as well as exporting it into pdf to be sent.



Friday 23<sup>rd</sup> June 2017

In the morning, I was doing this essay as well as talking to Valia and working with other Erasmus students introducing them to the work I completed. Then for 3 hrs. collected herbs and flowers for San Giovanni recipe.

Saturday 24<sup>th</sup> June 2017

Worked with Valia in the morning and then did my essay, in the evening I worked with Giulia and Valia.

Sunday 25<sup>th</sup> June 2017

Day off. Finale day for the Erasmus Program. I had cooked dinner as a farewell gift and for Centro Anidra to try traditional British dishes!

