

## Anidra Traineeship

**Mentor for professional activities:** Lorenzo della Cella, Paola Dora

**Erasmus Trainee:** Ege Otenen

**Host Institute:** Università Popolare Anidra

**Period:** 19 June 2018 - 19 August 2018

**Number of Hours:** 365

## 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 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 Prof. Lorenzo della Cella/Paola Dora):

1. **Pilot project:** my aims in here are to learn psychoanalyses and making observation about human behavior, group work.

### Transversal Activities (Referee Giovanni Simonelli):

2. **Outdoor activities:**

I am experiencing generally farm, decoration, cleaning and group work in here. Additionally, treatment of plants, trees watering them; picking and preparing them to shop as syrups, marmalades.

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

It is really essential in here to learn different aspects of cultures and the complete the requirements of its. For example, compare to my culture people are more individualistic in here and I have to learn to adapt this situation.

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

I take lessons once a week. It is really exciting and important for me to learn a new language. We have home works, we watch some films and cartoons in Italian and grammars of Italian language.

5. **Individual research:**

I do researches about Bruce Lipton and Gregg Braden; types of meditation and yoga; its effects to human body, Lacan's approach to psychoanalyses; personal observations about the emotions and reading articles that Paola Dora and Lorenzo della Cella gave us.

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

It facilitates me learning how to manage my time and having discipline. I do corvée and cleaning the common space. I learn to respect others and control to my feelings against to tiredness.

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

Because of the language differences it is hard to contact but they gave me articles and read my reports about the lessons.

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

Researches, yoga and lessons can be inserted in the CV.

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

**Corvée:** It is another group work to helps us to create interpersonal bonds. I learnt to work under stress and time limit.





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

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## KEY COMPETENCES

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

**1. Communication in mother tongue:** it is important to speak in a language that enables you to express all the feelings. I have Turkish friends in here and it's really amazing for me to communicate someone in my mother tongue especially in emergency situations it really helps.

**2. Communication in foreign languages:**

It is really fundamental to understand others as in their most comfortable language. I can observe and started to understand people with all their natural expressions. It is really valuable for me cause I can't learn these reactions with going an Italiano course in my country. It is something that I can learn from daily life in Italy.

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

Three of them determine the way of this century and we should update ourselves. However, I do not need to use them in here cause we focus more on using nature and it is better to be out of city and technology for sometimes.

**4. Digital competences:**

Digital skills are also essential to be competitive in any field of work. I am in digital world in anytime with my phone, my computer. I think I should improve my digital skills more.

**5. Learning to learn:**

The most important thing is to learn the way we learn easily and effectively. In here, only with observation I learn how to do something without trying them like in kitchen; when Michela prepares some syrups I just ask the recipe and it teaches me how to do.

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

Life depends on the interpersonal relationships. That's why we should be excellent in social life to solve every problem. In here I met with people from Ireland, Germany, America, Switzerland, Brazil, France, Belgium, Russia. It was really essential for me to meet and share time together. We did group work, we experienced some problems but these situations taught me how to solve them and cope with all problem.

**7. Entrepreneurship:** Self confidence and being creative helps to create entrepreneurship and it provides to generate new ideas. This place created too many ideas in my mind I can use them in my country. For being an entrepreneur you should know something and I got a lot of information in here about nature and management.

**8. Cultural expression:**

For a psychologist in counseling with a client we should be able to understand the client in this person's cultural frame. In CentroAnidra I learnt the differences and how to deal with them, how Italian people express themselves, how they show their feelings.





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Borzonasca, li 19/12/18

**UNIVERSITÀ POPOLARE ANIDRA**

**THE PRESIDENT**

Prof. Vincenzo Paolo Bendinelli



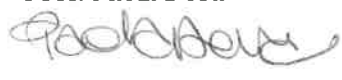
**THE MENTOR**

Prof. Lorenzo della Cella



**THE MENTOR**

Prof. Paola Dora



**THE TRAINEE**

Ege Otėnen





**Attachments:**

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



**PORTFOLIO OF WORKSHOPS AND LABS**



**Morning study with a perfect cake of Miki <3**

**African Dance Group**



**Pear cutting with peers ☺**









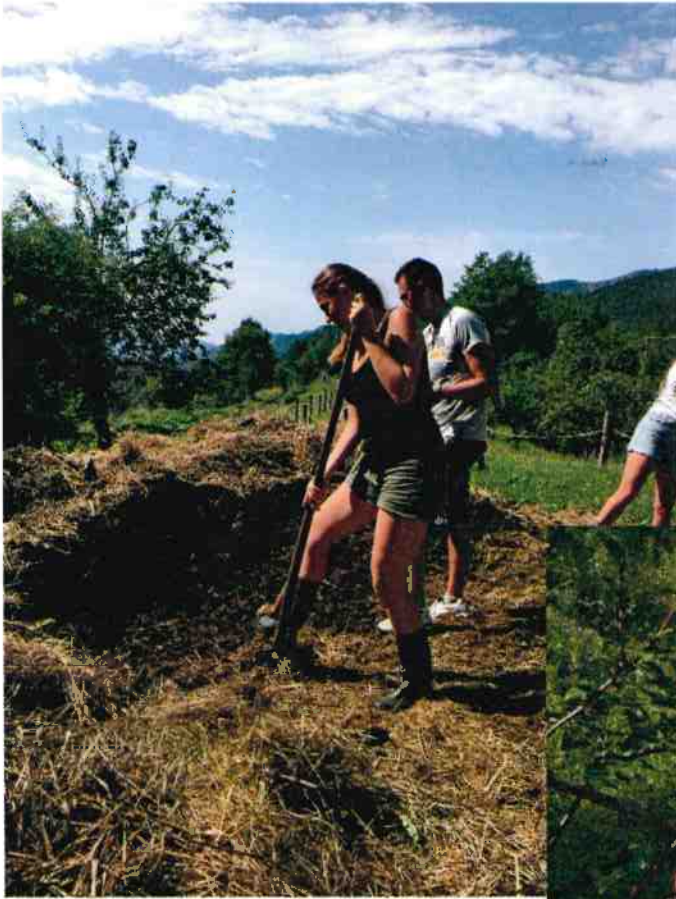
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# MIEI AMICI









**Working as a farmer**









Negozio&Rita



First time in tractor with Giulia 😊







**Picking vegetables -MOLTO CALDO-**



**Me after alllll Yoga classes with Bobby**







Learn to say Goodbyes ☹

