

Anidra Traineeship

Mentor for professional activities: Michela Alessi

Erasmus Trainee: Paulina Gawron, University

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

Period: from the 7th of July 2017 to the 6th of September 2017

Number of Hours: 382h

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of Gastronomy and Food Processing. 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.

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.

¹ 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 Michela Alessi):

1. Pilot project:

Getting an extensive knowledge in the field of processing fruits, vegetables into jams, chutney, syrups and juices. Moreover, learning about pastry, baking cakes, preparing deserts.

I learned how to make traditional and ecological desserts and cakes. I learned a lot about processing fruits into juices and jams and also I get a knowledge about natural and useful fermentation in food.

I learned about processing vegetables into chutney.

I get a knowledge about collecting and transformations of fruits and vegetables before using them in kitchen.

I got knowledge in field of gastronomy and bread making. I learned how to prepare healthy meals for big amount of guests from local, ecological and fresh products. I learned how to do the natural sourdough.

I get the informations about practical way of work in agrotourism institution, I know how to operate with guests. I also work with other interns, this gives me a possibility to know different cultures.

Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

I did farming, picking up vegetables. I took part in preparations to wedding. I took care about the plants, watering them. I helped with collecting fruits from trees. I was cleaning straw house.

3. Acquisition of key competences of European citizenship:

Internship gives me an opportunity to improve my knowledge about cooperating with different cultures. It opened my mind for a lot of things in my life. I get motivated to learned more specially in field of languages.

4. Learning and practice of the Italian language:

I get a knowledge about basic Italian language. I started to communicate with common phrases. I was taking part in Italian lessons and on-line course.

5. Individual research:

I get the opportunity to work on my blog. I search the information about traditional Italian cuisine and recipes. I found nutrition facts about the meals we prepare.

I increased my knowledge in the field of nutrition, I learned how to prepare meals for fruitarians, vegetarians and vegans, and also for those who are gluten or lactose intolerant.

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

I get the knowledge about practical way of work in agrotourism institution, I know how the work organization looks like before coming the bigger groups of guests or preparing to wedding. I learned how to clean the area.

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

The knowledge I got will be useful. I had learned a lot about the process of making sourdough for bread and also about fermentation, I got a lot of experience in field of gastronomy. The contact with professionals during the work was very good.

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

Kitchen worker in field of preparing meals and also in field of pastry.

Farming experience

Food processing experience

Rota&Jobs (Referee Antonella Tarditi):

Corvée:

I learned how looks the cleaning dishes after meals for big amount of guests. It gives me an opportunity to see how the work in gastronomic field looks like.

Extra activities - visits to companies and workshops:

I took part in culinary photo shooting workshop. It gives me an opportunity to increase level of professionalism of photos on my blog. Also, I took part in fruitarian cooking classes. I learned about preparing meals for people on diet like this. Moreover, I had a psychological meeting about empathy and mind waves during team work.

KEY COMPETENCES

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

1. Communication in mother tongue:

I had an opportunity to communicate with one of my teachers in mother language. That gives me the chance to learn in easy way.

2. Communication in foreign languages:

I improve my English because of everyday communication with other workers. Also, I started to learn Italian and I can see that I made progress.

3. Competences in math, science and technology:

During lessons of bread making I learned about chemicals process which occurs inside the sourdough. Also, I had an opportunity to made my own yogurt with using the knowledge about fermentation process.

4. Digital competences:

I had time to work on my blog. I improve an outside look and learned how to process photographs before putting them on page.

5. Learning to learn:

Because of time I spend here I started to challenge myself more. Hard works during the day motivate me to designate the everyday time for learning.

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

The internship in Centroanidra gave me the opportunity to know a lot of foreign students and Italian people. It made me a more open-minded person. It was one of the best experience that I got here. During my work I could get interesting information about cultures in different countries. It's the first time for me in which I made so many close friends and acquaintances who did not speak my mother language. Everyday talking to them gives me a different view for my own culture and life. Moreover, I learned how to cooperate with guests.

7. Entrepreneurship:

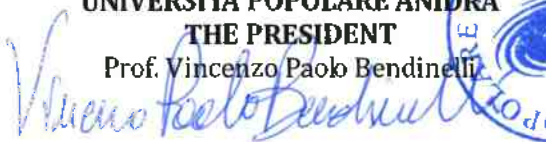
I learned how to distribute the natural products of centroAnidra. I noticed a lot of way to keep in touch with guests who are interested in healthy style of leaving. For example in one ice cream shop I saw the Centroanidra granite with roses.

8. Cultural expression:

I met people from all over the world. I got chance to see the different attitude and behavior. I am really happy to get the chance to meet such an interesting people from different countries in one place. Also, I get the chance to learned about theirs cousin which will be very useful for my future job.

Borzonasca, li 5/9/2017

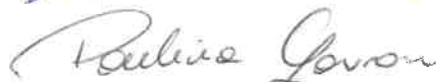
UNIVERSITÀ POPOLARE ANIDRA
THE PRESIDENT
Prof. Vincenzo Paolo Bendinelli



THE MENTOR
Michela Alessi



THE TRAINEE
Paulina Gawron



Attachments:

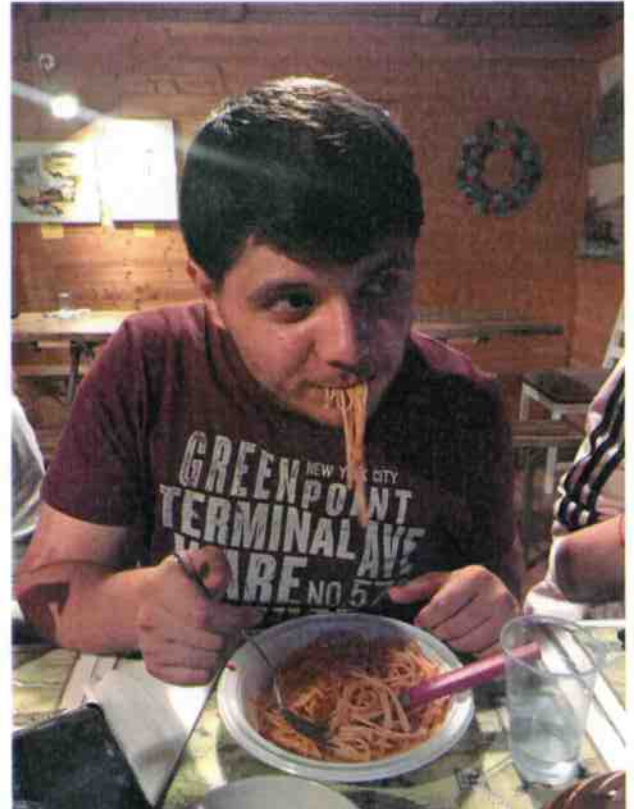
1. Portfolio
2. Certificates of the visits of the companies
3. Anidra evaluation
4. Letter of reference



PORTFOLIO OF WORKSHOPS AND LABS









ANIDRĂ
Universităţii Popolare



TRAINING PLAN PAULINA GAWRON A.A. 2016/2017