

## Anidra Traineeship

**Mentor for professional activities:** Lorenza Della Cella and Paola Dora

**Erasmus Trainee:** Pelin KARAMAN

**Host Institute:** Anidra Università Popolare

**Period:** 1<sup>st</sup> July 2018 – 1<sup>st</sup> of September 2018

**Number of Hours:** 368

### 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 and Paola Dora):

- 1. Pilot project:** I decided to do my internship in here because, I thought it would be a different and interesting experience to do an internship in here. I was thinking that I would do psychoanalytic observations, some work in the university, learning about new psychological theories, and doing some other job-related activities.

### Transversal Activities (Referee Giovanni Simonelli):

#### 2. Outdoor activities:

Painting threes, pulling out weeds, taken care of garden yoga practice helping in the wedding organization, collecting lavender, sweeping leaves, watering the plants.

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

I improved my English here, I also think that my ability to learning to learn got increased as well.

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

We have Italian lesson every week, sometimes I do some home works, I watch some shows in Italian and try to speak a little of Italian.

#### 5. Individual research:

I learned about some psychological hypothesizes and thoughts, I also read about them and also some articles.

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

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

I have psychology lessons with Paola Dora and Lorenzo della Cella, also I read some articles that they suggest and write a report about them.

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

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

**Corvée:**

I do corvée after lunch for a week in every two weeks.

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

None.

**KEY COMPETENCES**

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

**1. Communication in mother tongue:**

There are Turkish people in here therefore, I make many communications in my mother tongue.

**2. Communication in foreign languages:**

There are foreign people in here therefore, I speak in English with them.

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

I love and enjoy learning about math and other science, a friend I met here taught me some new things in these areas, also I like using technology and if it is some device I haven't use before I try to learn how to use it.

**4. Digital competences:**

I can use many digital devices and programs, and if I am new with this particular device or program I try to learn how to use it.

**5. Learning to learn:**

My ability of learning to learn got improved during this internship, also my ability to tolerance got increased as well.

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

I had the chance to have intercultural experience, I improved my interpersonal, social and civic competences thanks to this chance.

**7. Entrepreneurship:**

If I have a good idea on my mind I am good at entrepreneurship, I would try to figure out how to make my idea the reality and once I found the way I would work hard for it, also if I am doing something I like I prefer to do my best and get the job done in a good way, even when I am doing something I don't enjoy so much I would still try my best, but I am better at doing the jobs that has more meaning for me.

**8. Cultural expression:**

I enjoyed being around different cultures, I saw the differences between my culture and the other cultures and I also observed the positive and not so positive sides of these cultures as well as mine.

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**UNIVERSITÀ POPOLARE ANIDRA  
THE PRESIDENT**

Prof. Vincenzo Paolo Bendinelli



**THE MENTOR**

Prof. Lorenzo della Cella



**THE MENTOR**

Prof. Paola Dora



**THE TRAINEE**

Pelin Karaman



**Attachments:**

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



## PORTFOLIO OF WORKSHOPS AND LABS



**In the yoga class that I really enjoy**



**Before coming here, I was very afraid of dogs, now I got over my fear a bit**





**Working for Turkish night**



**Working for the Wedding**





**Studying**



**Visiting and feeding Taddeo**



**Cleaning rockets**



**On our way to work**



**Enjoying the river after work**

